



# 2023

## Logan County Heritage Center Newsletter





Glenda Conley	April 3
Sherry Cook	April 8
Clay Prall	April 8
JoAnn Rizzolo	April 9
Rena Morrison	April 12
Dave Conley	April 13
Darlene Roche	April 13
Ron McCoy	April 16
Erma Miner	April 20
Linda Bond	April 24
Ruth Prall	April 30

#### **Wedding Anniversaries**




Gary Reeder (Dawn)	April 18, 2020
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**Join us Wednesday, June 28<sup>th</sup> 3:00 p.m.**

**For our Quarterly celebration of  
Sr. Citizen Club Member's birthdays and  
Anniversaries**

# APRIL 2023 HERITAGE MEAL SITE

**For Reservations or Cancelations call 970-522-1237 by 8:00 a.m.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Suggested Donation - \$6.25</b></p> <p><b>Under Age 60</b> <b>Mandatory Charge - \$12.50</b></p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>		<p>For Reservations Call 970-522-1237 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>		
3	4	5	6	7
<b>MEATLOAF</b> <b>MASHED POTATOES W/ GRAVY</b> <b>CALIFORNIA VEGETABLES</b> <b>OATMEAL ROLL</b> <b>BANANA SPLIT FRUIT CUP</b> <b>SUGAR COOKIE</b>  Calories: 704   Carb: 107.4g   Fiber: 11.4g Protein: 36.3g   Fat: 17.1g   Sodium: 881mg	<b>SMOTHERED PORK CHOPS</b> <b>OVEN BROWNED POTATOES</b> <b>STIR FRY VEGETABLES</b> <b>CARAWAY ROLL</b> <b>PINEAPPLE MANDARIN ORANGE COMPOTE</b> <b>OATMEAL NUT COOKIE</b>  Calories: 799   Carb: 100.7g   Fiber: 9.7g Protein: 39.8g   Fat: 27.7g   Sodium: 560mg	<b>PARMESAN CHICKEN</b> <b>BAKED SWEET POTATO</b> <b>WINTER MIX VEGETABLES</b> <b>APPLE MUFFIN</b> <b>PEACH SLICES</b>  Calories: 758   Carb: 91.2g   Fiber: 11.2g Protein: 50.8g   Fat: 23.1g   Sodium: 956mg	<b>SLOPPY JOE SANDWICH</b> <b>ROTINI PASTA SALAD</b> <b>BRUSSEL SPROUTS</b> <b>FRUIT COCKTAIL</b> <b>CINNAMON CRISPIES</b>  Calories: 717   Carb: 108.1g   Fiber: 12.6g Protein: 37.7g   Fat: 18.5g   Sodium: 615mg	<b>SALMON PATTIES</b> <b>CHEESE SAUCE</b> <b>BAKED POTATO</b> <b>BRAN MUFFIN</b> <b>ASPARAGUS CUTS</b> <b>FRUIT MIX</b>  Calories: 645   Carb: 84.4g   Fiber: 10.2g Protein: 34.7g   Fat: 21.4g   Sodium: 688mg
10	11	12	13	14
<b>LASAGNA BIANCO</b> <b>BEAN MEDLEY</b> <b>FRENCH BREAD</b> <b>FRUIT SALAD</b>  Calories: 749   Carb: 80.6g   Fiber: 11.2g Protein: 50.6g   Fat: 27.0g   Sodium: 919mg	<b>BACON POTATO BREAKFAST BURRITO</b> <b>GREEN CHILI w/ PORK</b> <b>SPANISH RICE</b> <b>TOSSED GREEN SALAD w/ DRESSING</b> <b>PEAR ORANGE FRUIT CUP</b> <b>BROWNIES</b>  Calories: 753   Carb: 105.1g   Fiber: 10.2g Protein: 28.8g   Fat: 26.1g   Sodium: 1043mg	<b>CHILI CON CARNE &amp; BEANS</b> <b>JEANNIE'S SALAD</b> <b>GARLIC CHEESE BISCUIT</b> <b>PINEAPPLE TIDBITS</b>  Calories: 672   Carb: 83.2g   Fiber: 11.5g Protein: 28.8g   Fat: 27.6g   Sodium: 1052mg	<b>BAKED FISH</b> <b>OVEN BROWNED POTATOES</b> <b>COUNTRY MIX VEGETABLES</b> <b>ORANGE MUFFIN</b> <b>PEACH SLICES</b>  Calories: 699   Carb: 99.0g   Fiber: 10.4g Protein: 33.8g   Fat: 21.5g   Sodium: 854mg	<b>BEEF BARLEY SOUP</b> <b>BROCCOLI SALAD</b> <b>CORN BREAD</b> <b>BERRY BLEND</b> <b>OATMEAL CHOCOLATE CHIP COOKIE</b>  Calories: 644   Carb: 96.3g   Fiber: 11.7g Protein: 23.9g   Fat: 20.6g   Sodium: 840mg
17	18	19	20	21
<b>MEXICAN BEEF</b> <b>SPANISH RICE</b> <b>GREEN BEANS &amp; CORN</b> <b>ROLL</b> <b>FRUIT SALAD</b> <b>NATURE COOKIE</b>  Calories: 777   Carb: 118.3g   Fiber: 13.5g Protein: 30.0g   Fat: 23.8g   Sodium: 1054mg	<b>CHICKEN FRIED STEAK</b> <b>MASHED POTATOES &amp; GRAVY</b> <b>CALIFORNIA VEGETABLES</b> <b>ROLL</b> <b>SLICED BANANAS</b>  Calories: 703   Carb: 84.7g   Fiber: 9.6g Protein: 37.8g   Fat: 26.0g   Sodium: 729mg	<p style="text-align: center;"><b>SENIOR CITIZENS CLUB</b> <b>BANQUET</b></p> <p style="text-align: center;">No Meals delivered or served through the nutrition program.</p>	<b>CHICKEN ALFREDO</b> <b>CAESAR SALAD</b> <b>MIXED VEGETABLES</b> <b>GARLIC BREAD</b> <b>WINTER FRUIT CUP</b>  Calories: 714   Carb: 97.4g   Fiber: 10.5g Protein: 36.9g   Fat: 22.7g   Sodium: 624mg	<b>PORK CHOP SUEY</b> <b>BROWN RICE</b> <b>ORIENTAL VEGETABLES</b> <b>WW ROLL</b> <b>APRICOT HALVES</b> <b>COOKIES W/ RAISINS</b> <b>ORANGE JUICE</b>  Calories: 772   Carb: 106.8g   Fiber: 10.0g Protein: 36.2g   Fat: 23.2g   Sodium: 490mg
24	25	26	27	28
<b>SWISS STEAK</b> <b>MASHED POTATOES</b> <b>CABBAGE TOSS</b> <b>ONION ROLL</b> <b>CINNAMON APPLE SLICES</b>   <p style="color: red; text-align: center;"><b>BIRTHDAY RECOGNITION</b></p> Calories: 685   Carb: 79.1g   Fiber: 9.9g Protein: 39.1g   Fat: 25.4g   Sodium: 632mg	<b>TUNA PASTA SALAD</b> <b>TOMATO SLICES</b> <b>SPINACH MANDARIN ORANGE SALAD</b> <b>WW ROLL</b> <b>CHERRY BANANA SURPRISE</b> <b>NATURE COOKIE</b>  Calories: 728   Carb: 109.8g   Fiber: 10.4g Protein: 32.2g   Fat: 22.0g   Sodium: 736mg	<b>CHICKEN RICE SOUP</b> <b>BRAISED CELERY &amp; TOMATOES</b> <b>BRAN MUFFIN</b> <b>PINEAPPLE MANDARIN ORANGE COMPOTE</b>  Calories: 654   Carb: 87.9g   Fiber: 10.5g Protein: 34.2g   Fat: 20.7g   Sodium: 868mg	<b>PULLED PORK SANDWICH</b> <b>OVEN BROWNED POTATOES</b> <b>BAKED BEANS</b> <b>CREAMY COLESLAW</b> <b>TROPICAL FRUIT CUP</b>  Calories: 722   Carb: 106.1g   Fiber: 10.8g Protein: 40.2g   Fat: 16.9g   Sodium: 1293mg	<b>SHEPHERD'S PIE</b> <b>LAYERED SALAD</b> <b>BEETS</b> <b>ROLL</b> <b>STRAWBERRY APPLESAUCE</b>  Calories: 637   Carb: 98.0g   Fiber: 11.0g Protein: 33.4g   Fat: 15.6g   Sodium: 1026mg

## April 2023

Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Day of Dance @ NJC \$25.00 9:00 Registration Dance w/ Classic Country 6:30-9:30 \$8.00
<b>3</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	<b>4</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	<b>5</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Pool, Mah Jong, Chess & Checkers	<b>6</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Card Group 1:30 Pool	<b>7</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Meeting 1:30 Cards & Pool 1:30 Dominoes & Corn hole Sign up deadline for Cornelius Dinner	<b>8</b> Dance w/ FM Country 6:30-9:30 \$8.00
<b>10</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	<b>11</b> 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 JWill Pink Village-Pillows 1:30 Rummy/Five Crowns 1:30 Pool	<b>12</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Mah Jong, Chess & Checkers	<b>13</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>14</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Dominoes & Corn hole	<b>15</b> 6:30-9:30 Dance w/ Dan Dobson \$8.00
<b>17</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	<b>18</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool 5:30-6:30 American Red Cross Volunteer Program	<b>19</b> 12:00 Sr. Citizen's Club Cornelius Dinner No Meet & Eat or Home Delivered Meals 2:00 Cards & Pool 2:00 SilverSneakers® Yoga	<b>20</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Elvis" 1:30 Card Group 1:30 Pool	<b>21</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Dominoes & Corn hole	<b>22</b> 6:30-9:30 Dance w/ FM Country \$8.00
<b>24</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	<b>25</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	<b>26</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Mah Jong, Chess & Checkers	<b>27</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>28</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Dominoes & Corn hole	<b>29</b> 6:30-9:30 Dance w/ Dan Dobson \$8.00

# LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



## SilverSneakers® Yoga

Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

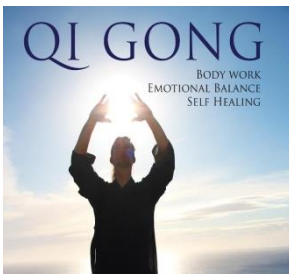
**Monday & Wednesday mornings at 10:00 a.m.**

Some supplemental insurance will cover the expense of the class.

\$2.00 a class for those with no applicable insurance coverage.

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## Qi Gong



This group will be meeting for exercise class led by DVD

Instruction on Friday mornings at 10:00 a.m. Stretches to clear stress and tension, acupressure to open energy meridians and flowing movement practices to draw in energy to counteract fatigue and boost immune health. Please come and join us, this class is free.

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## SILVERSNEAKERS® CLASSIC

This group exercise program will help improve functional capacities, physical fitness and sense of well-being targeting strength, range of movement, agility, balance and coordination. Medicare Supplemental insurance can cover the cost of this class we would be glad to check your eligibility. \$2.00 for those without eligible insurance.

**Tuesday and Thursday mornings at 10:00 a.m.**

Please come and join us.



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## Renew Active

by  UnitedHealthcare

Renew Active™, the gold standard in Medicare fitness programs for body and mind; Logan County Heritage Center is a participating location. The program is available at no additional cost with UnitedHealthcare® Medicare plans. You can learn more at [UHCRenewActive.com](http://UHCRenewActive.com)

## DATE & TIME CHANGE

**SilverSneakers® Yoga Class will be held at 2:00 on Wednesday,  
April 19<sup>th</sup> due to the Sr. Citizen Club Cornelius Dinner**



## RUMMY or FIVE CROWNS

We will be playing on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of each month starting at 1:30 p.m. Bring a snack and enjoy the company of others in a relaxed atmosphere.



### Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on

Mondays, Wednesdays, & Fridays

1: 30 start time, Snack break at 3:00

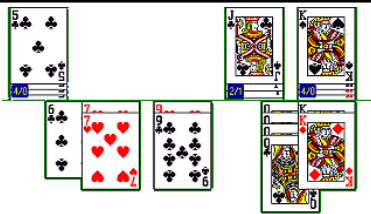


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## SEWING AND HOBBIES



Like to share ideas and work as a group. Bring what you want to work on and be prepared to talk/visit. All ideas/projects are welcome.



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## HAND & FOOT CANASTA

2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month

1:30 – 4:00 p.m. Individuals or partners are welcome to join us to play hand and foot canasta. This is a great group to join if you have never played before and want to learn. Let us know you are coming by calling 522-1237.

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## MAH JONG, CHESS, DOMINOES, CORNHOLE

These other recreational games are offered throughout the month, we would love to get enough interest to start a league. Please call us or sign up for the newsletter to find out when these games are on the monthly calendar. Please provide your name and contact information so we can start forming leagues.

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## FOOT CARE CLINIC

2<sup>nd</sup> Tuesday of every month

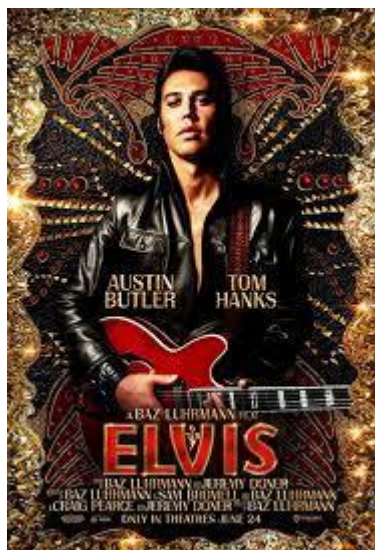
10:00-11:00 a.m. BY APPOINTMENT ONLY

Call 970 522-1237 to schedule your 15 minute appointment

Suggested donation no less than \$5.00-\$15.00

Please soak your feet before you come and bring a towel for your added comfort

Provided by Northeast Plains Home Health



## MOVIE MATINEE

### ***“ELVIS”***

**Thursday, April 20<sup>TH</sup>**

**1:30 p.m.**

**FRESH POPCORN AND INTERMISSION PROVIDED**

From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years. Central to Presley's journey and happiness is one of the most influential people in his life -- Priscilla.



## APRIL DANCE SCHEDULE

April 1 <sup>st</sup>	Classic Country
April 8 <sup>th</sup>	FM Country
April 15 <sup>th</sup>	Dan Dobson
April 22 <sup>nd</sup>	FM Country
April 29 <sup>th</sup>	Dan Dobson



## FOOT CARE CLINIC

**April 11<sup>th</sup>**

**10:00-11:00**

**By appointment only, appointments can be made  
after the 1<sup>st</sup> of April**

**Suggested Donation \$5-15**

**Call 970-522-1237 to schedule**



**DAY OF DANCE**  
*Community Workshop*  
**APRIL 1ST**

LOCATION: NORTHEASTERN JUNIOR COLLEGE



Brought to you by Colorado State University Extension Office of Logan County in partnership with the CSU School of Music, Theatre, and Dance

**9:00 REGISTRATION**  
**9:30-11:30 YOGA & ACTIVE MOVEMENT AND SOCIAL DANCE & CHOREOGRAPHY**  
**11:30-1:30 HEALTH & WELLNESS LUNCH AND LEARN**

**COST: \$25**

STOP BY THE LOGAN COUNTY EXTENSION OFFICE TO REGISTER OR SCAN THE QR CODE ABOVE

FOR MORE INFORMATION CONTACT BRIAN KAILEY AT (970)522-3200 X2 OR BRIAN.KAILEY@COLOSTATE.EDU



**Senior Citizen's Club**  
**CORNELIUS DINNER**  
**Catered by Jambalicious**  
(Donna Frankenfeld)

**WEDNESDAY, APRIL 19<sup>TH</sup>**  
**NOON**

Pan Fried Chicken, Mashed Potatoes, Green Beans,  
Salad, Dinner Roll, Dessert  
Coffee/Tea/Water

**\$12.00**

**Reservations REQUIRED by April 7<sup>th</sup>**

**Tickets go on sale March 6<sup>th</sup>**  
**No Tickets sold at the door**





**L.E.A.P. Assistance ENDS April 30<sup>th</sup>**

The Low-income Energy Assistance Program starts November 1<sup>st</sup> and applications are accepted through April 30<sup>th</sup>. LEAP is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs. It is not intended to pay the entire cost of home heating, but rather to help alleviate some of the burden associated with the colder months. You can qualify if your monthly income for 1 person is \$2759 or less or \$3608 for a 2 person household.

Applications available at the Heritage Center or Department of Human Services. Applications will not be accepted at the local Dept. of Human Services office. For more information please call Cynthia at 522-1237 or

1-866-432-8435



**Senior Citizen Club Members**

The 2023 Directories are available, please ask for a copy at the Heritage Center office.

We are in need of your help! We need your opinion, your thoughts, your insight. Please fill out our survey. What else can we offer that you would be willing to participate in? Tell us why you don't spend more time at the Heritage Center? We are trying for grant money to help build and improve on our current facility and programming but we NEED YOU and your opinion. Ask Cynthia for a survey, email me your suggestions, or give me a call I would love to hear from you.

## GRANDS GARDEN AT THE HERITAGE CENTER

We will be enlarging our raised garden beds located on the patio of the Heritage Center. We would love anyone interested in planning, pruning and tending to join our Grands Garden Club.

The current members of the Grands Garden Club would love your input on what you would like to see planted in our garden beds? Is there a vegetable you prefer, a flower you would like to see or a color you think would look nice. Reach out to Cynthia at the Heritage Center (970) 522-1237 or contact Brenda Berg or Alan & Peggy Duvall



# SPRING INTO ACTION



## American Red Cross Volunteers

April 16<sup>th</sup>-April 22<sup>nd</sup>

National Volunteer Appreciation Week.

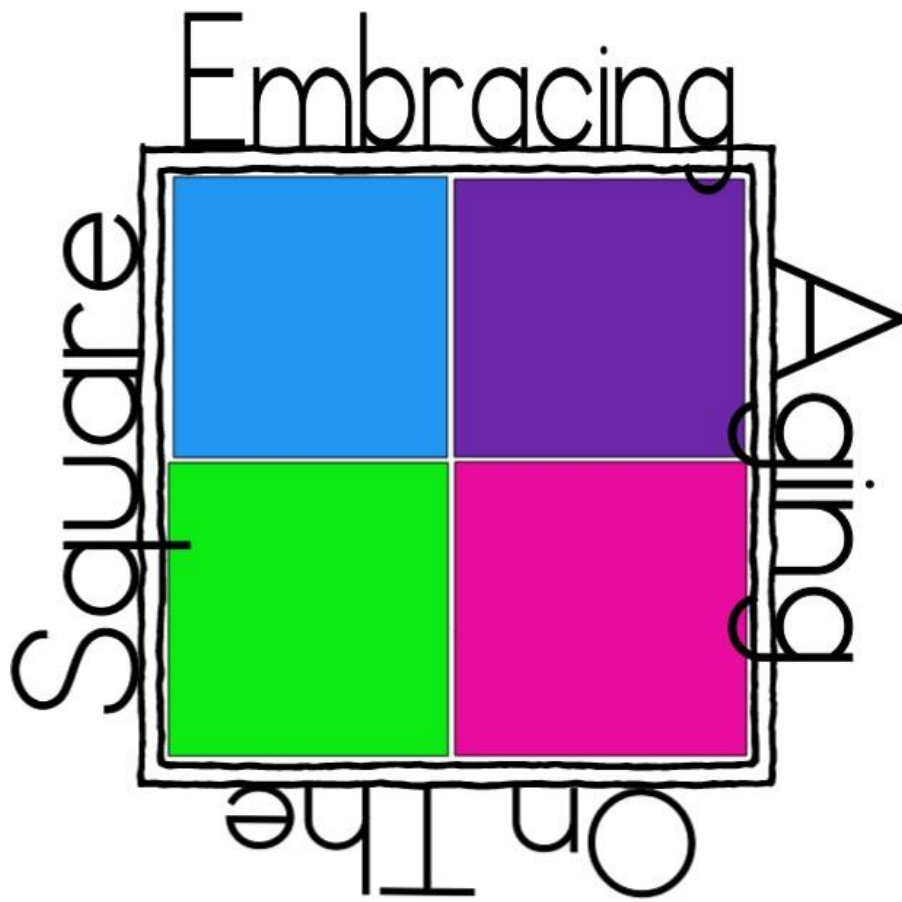
Meet & Great Bill O'Connor, American Red Cross Disaster Response Team for CO and WY

**TUESDAY, APRIL 18<sup>TH</sup> 5:30-6:30 P.M.**

During National Volunteer Week the American Red Cross is looking for volunteers to help in the Sterling/Logan County communities to help with assistance after a house fire as well as the prevention program partnered with the local fire department. To learn more join us on Tuesday, April 15<sup>th</sup>

**Turn Your Compassion Into Action**

Our many thanks to our volunteers that make such a difference here at the Heritage Center. To those who help keep exercise classes organized, to setting tables, packing bags, delivering meals. Our deepest gratitude to those who serve as officers and board members, those who volunteer to clerk, answer phones, send cards, make phone calls. WE ARE FOREVER GRATEFUL TO YOU AND YOUR KIND HEARTS!



2023

Aging Unbound

CELEBRATE OLDER AMERICANS MONTH

FRIDAY, MAY 5<sup>th</sup>

12:45 P.M.

LOGAN COUNTY  
COURTHOUSE SQUARE  
315 MAIN STREET  
STERLING, CO

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JOIN US TO  
CELEBRATE AND  
HONOR OLDER  
ADULTS

TAKE A FEW LAPS  
AROUND THE  
COURTHOUSE  
SQUARE &  
ENJOY INTERACTIVE  
BOOTHES FROM  
LOCAL AGENCIES  
AND BUSINESSES  
THAT SUPPORT AN  
AGE FRIENDLY  
COMMUNITY

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FOR MORE INFORMATION  
CONTACT KAREN AT  
970-520-7142 OR  
CYNTHIA AT  
970-522-1237