



2024

Logan County
Heritage Center
Newsletter





APRIL BIRTHDAYS

Sherry Cook	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 22
Sue Horton	April 23

ANNIVERSARIES

Gary & Dawn Reeder

April 18, 2020

JOIN US ON

WEDNESDAY, JUNE 26TH


3:00 P.M.

**FOR OUR QUARTERLY BIRTHDAY AND
ANNIVERSARY PARTY**

APRIL 2024 HERITAGE MEAL SITE

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

“The following major food allergens are used as ingredients:
Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and sesame. Please contact staff for more information about these ingredients”
If you have questions about allergens in the recipes we serve, please contact our office @ 970-867-9409 Ext 3001

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
MEATLOAF MASHED POTATOES W/ GRAVY CALIFORNIA VEGETABLES OATMEAL ROLL BANANA SPLIT FRUIT CUP SPICE CAKE Calories: 773 Carb: 114.3g Fiber: 11.9g Protein: 37.9g Fat: 21.2g Sodium: 900mg	SMOTHERED PORK CHOPS HERBED LENTILS AND RICE STIR FRY VEGETABLES APPLE MUFFINS PINEAPPLE MANDARIN ORANGE COMPOTE CARROT CAKE Calories: 799 Carb: 101.7g Fiber: 9.9g Protein: 41.9g Fat: 24.3g Sodium: 736mg	PARMESAN CHICKEN BAKED SWEET POTATO WINTER MIX VEGETABLES APRICOT MUFFIN PEACH SLICES Calories: 773 Carb: 91.1g Fiber: 10.3g Protein: 51.3g Fat: 24.0g Sodium: 1019mg	SLOPPY JOE SANDWICH PASTA SALAD BRUSSEL SPROUTS FRUIT COCKTAIL CINNAMON CRISPIES Calories: 665 Carb: 105.8g Fiber: 12.5g Protein: 35.3g Fat: 14.7g Sodium: 790mg	POLISH SAUSAGE SAUERKRAUT OVEN BROWNED POTATOES CARAWAY ROLL BERRY BLEND Calories: 763 Carb: 89.1g Fiber: 13.4g Protein: 27.5g Fat: 35.85g Sodium: 1032mg
8	9	10	11	12
LASAGNA ROTINI CASSEROLE PEAS AND CARROTS FRENCH BREAD FRUIT SALAD Calories: 665 Carb: 99.5g Fiber: 12.8g Protein: 38.2g Fat: 15.8g Sodium: 633mg	BBQ CHICKEN SANDWICH BOSTON BEANS CONFETTI COLESLAW PEAR ORANGE FRUIT CUP Calories: 673 Carb: 103.9g Fiber: 12.0g Protein: 41.0g Fat: 11.9g Sodium: 1078mg	BRAISED BEEF MASHED POTATOES ITALIAN VEGETABLES CRANBERRY MUFFIN ORANGE WEDGES BROWNIES Calories: 670 Carb: 92.0g Fiber: 9.8g Protein: 31.2g Fat: 21.4g Sodium: 806mg	CITRUS PEPPER SALMON FILLET RICE PILAF CABBAGE TOSS BRAN MUFFIN HEAVENLY HASH NATURE COOKIE Calories: 781 Carb: 113.2g Fiber: 10.0g Protein: 33.5g Fat: 24.8g Sodium: 1004mg	BEEF BARLEY SOUP BROCCOLI SALAD CORN BREAD STRAWBERRIES & BANANAS OATMEAL CHOCOLATE CHIP COOKIE GRAPE JUICE Calories: 697 Carb: 109.3g Fiber: 9.5g Protein: 24.3g Fat: 20.5g Sodium: 846mg
15	16	17	18	19
MEXICAN BEEF SPANISH RICE GREEN BEANS & CORN ROLL FRUIT SALAD OATMEAL RAISIN COOKIE Calories: 734 Carb: 108.9g Fiber: 12.4g Protein: 28.4g Fat: 23.4g Sodium: 1075mg	CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY CALIFORNIA VEGETABLES V'S MORNING MUFFINS BANANA Calories: 741 Carb: 86.6g Fiber: 9.7g Protein: 37.2g Fat: 29.8g Sodium: 834mg	CHINESE CHICKEN SALAD w/ PASTA 3 BEAN SALAD FRENCH BREAD PEAR SLICES APPLE JUICE Calories: 791 Carb: 92.1g Fiber: 9.8g Protein: 37.1g Fat: 32.0g Sodium: 678mg	CHICKEN A LA KING CAESAR SALAD MIXED VEGETABLES BISCUITS WINTER FRUIT CUP Calories: 742 Carb: 82.7g Fiber: 10.1g Protein: 37.2g Fat: 32.5g Sodium: 688mg	SWEDISH MEATBALL RICE ORIENTAL VEGETABLES JEANNIE'S SALAD ANNA'S DILLY BREAD APRICOT HALVES Calories: 738 Carb: 107.0g Fiber: 11.5g Protein: 37.4g Fat: 19.7g Sodium: 441mg
22	23	24	25	26
SWISS STEAK MASHED POTATOES CABBAGE TOSS ONION ROLL CINNAMON APPLE SLICES Calories: 685 Carb: 79.1g Fiber: 9.9g Protein: 39.1g Fat: 25.4g Sodium: 632mg	TUNA PASTA SALAD TOMATO SLICES SPINACH MANDARIN ORANGE SALAD WW ROLL CHERRY BANANA SURPRISE BANANA NUT BREAD Calories: 724 Carb: 103.6g Fiber: 10.3g Protein: 32.9g Fat: 23.8g Sodium: 787mg	INDIANA STYLE CHICKEN & RICE MARINATED VEGETABLE SALAD BRAN MUFFIN PEAR ORANGE FRUIT CUP Calories: 773 Carb: 87.5g Fiber: 9.5g Protein: 43.4g Fat: 30.1g Sodium: 1064mg	PULLED PORK SANDWICH OVEN BROWNED POTATOES BOSTON BEANS JC SOMALI SUMMER SALAD TRIPICAL FRUIT CUP Calories: 758 Carb: 108.5g Fiber: 11.7g Protein: 42.2g Fat: 17.6g Sodium: 657mg	SOUTHERN BEEF PIE LAYERED SALAD BEETS STRAWBERRY APPLESAUCE BUTTERSCOTCH BROWNIES Calories: 740 Carb: 108.9g Fiber: 9.7g Protein: 33.7g Fat: 22.4g Sodium: 798mg
29	30			
SWEET & SOUR PORK RICE STIR FRY VEGETABLES RAISIN ROLLS MANDARIN ORANGES w/ BANANAS <div style="text-align: center;"></div> <p style="text-align: center;">BIRTHDAY RECOGNITION</p> Calories: 677 Carb: 101.8g Fiber: 10.1g Protein: 33.2g Fat: 16.7g Sodium: 466mg	HOT ROAST BEEF SANDWICH RADISH & CUCUMBER SALAD CALIFORNIA VEGETABLES PEAR HALF w/ CRANBERRY SAUCE NATURE COOKIE Calories: 759 Carb: 103.0g Fiber: 9.7g Protein: 33.8g Fat: 14.5g Sodium: 910mg	<p style="text-align: center;">Suggested Donation - \$6.25</p> <p style="text-align: center;">Under Age 60 Mandatory Charge - \$12.50</p> <p style="text-align: center;">Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<div style="text-align: center;"></div> <p style="text-align: center;">April Showers</p>	<p style="text-align: center;">For Reservations Call 970-522-1237 by 8:00 a.m. the day you want the meal.</p> <p style="text-align: center;">If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>

April 2024

Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	2 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Board Games	3 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Pool, Chess, Checkers, Mah Jong	4 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	5 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Council on Aging Meeting 1:30 Cards, Cornhole, Dominoes & Pool Sign up deadline for Cornelius Dinner	6 Dance w/ Classic Country 6:30-9:30 \$8.00
8 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	9 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Pillow Project 1:30 Rummy/Five Crowns 1:30 Pool	10 10:00 SilverSneakers® Yoga 11:00 "Pickleball Basics" with Guest Speaker Monte Waite Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	11 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	12 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	13 Dance w/ Dan Dobson 6:30-9:30 \$8.00
15 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	16 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Board Games 1:30 Movie Matinee "The Monuments Men"	17 Noon Senior Citizens Club Cornelius Dinner 2:00 SilverSneakers® Classic 2:00 Cards, Pool, Chess, Checkers, Mah Jong	18 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	19 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	20 No Dance
22 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	23 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	24 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	25 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	26 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	27 Dance w/ FM Country 6:30-9:30 \$8.00
29 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	30 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool				

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

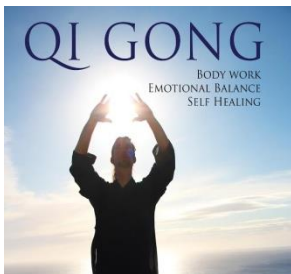


SilverSneakers® Yoga

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.



Qi Gong

This group will be meeting for exercise class led by DVD

Instruction on Friday mornings at 9:00 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.

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.



TAI CHI

Tai Chi is a gentle exercise that involves a series of slow gentle movements, known to improve balance and benefits your mental and physical health.

No cost to attend this class on Friday mornings at 10:00 a.m.



Renew Active™, the gold standard in Medicare fitness programs for body and mind. The program is available at no additional cost with UnitedHealthcare® Medicare plans. In the meantime, you can learn more at UHCRenewActive.com or call Cynthia at (970) 522-1237 to see if you are eligible.

RUMMY or FIVE CROWNS



We will be playing on the 2nd and 4th 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

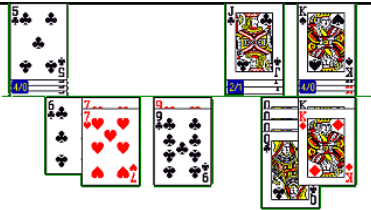
Mondays, Wednesdays, & Fridays

1:30 start time



SCHOLARSHIP PROGRAM

The Senior Citizen's Club is pleased to announce a Scholarship Program. The program allows a recipient to receive up to \$30 to help with the cost of a dinner, membership or activity. Please see Cynthia for an application.



HAND & FOOT CANASTA

2nd and 4th 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.

PITCH

10 point pitch will be played on the 1st and 3rd Thursday of each month

1:30-4:00 Individuals or partners are welcome to join us. Let us know if you are interested so we can add you to the calling list.

MAH JONG, CHESS, DOMINOES, CORNHOLE, CHECKERS

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.

FOOT CARE CLINIC

2nd 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

FUNDING AVAILABLE THROUGH THE LOGAN COUNTY COUNCIL ON AGING TO HELP WITH THE EXPENSE OF NEW EYEGASSES AND HEARING AIDS. PLEASE CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237

Senior Citizen's Club
CORNELIUS DINNER
Catered by Jambalicious

(Donna Frankenfeld)

WEDNESDAY, APRIL 17TH
NOON

Ham, Cracker Barrel potatoes, southern green beans, salad, dinner roll, dessert,
Coffee/Tea/Water

\$12.00

Reservations REQUIRED by April 5th



ACTIVE APRIL

April is

NATIONAL PICKLEBALL MONTH

In 1965, two dads, Joel Pritchard and Bill Bell, hatched a plan to alleviate the summertime boredom of family and friends. Hoping to play badminton on an old course, they could not find enough rackets for a full game and improvised using spare ping pong paddles and a wiffle ball. They began with the net set at badminton's regulation height of 60", but soon found they could lower it to 36" because the ball bounced so well on the asphalt.

With just a few rules, the two dads introduced the game to another friend, Barney McCullum. Inspired by badminton, the three dads created new rules with family play and accessibility in mind.

In 1967, Pritchard built the first, permanent pickleball court in a neighbor's backyard. This further cemented this homemade game into a family pastime.

In 1972, Pickleball, Inc. was founded. This corporation helped players buy paddles, nets and balls created specifically for pickleball.

Today, this simple and inexpensive activity designed for all ages is the fastest growing sport in the United States with almost 4000 courts nationwide, according to the U.S.A. Pickleball Association.

Why is it called Pickleball?

According to the U.S.A Pickleball Association, there are two accounts of the name's origin.

Pritchard's wife, Joan, called the game pickleball because "the combination of different sports reminded me of the pickle boat in crew where oarsmen were chosen from the leftovers of other boats."

According to Barney McCallum, the game was named after Pritchard's dog, Pickles, who was known to run off with the ball while it was still being played.

-excerpt from Long Cove Club "The History of Pickleball"

➤ Pickleball Basics – Wednesday, April 10th 11:00 am

Join Monte Waite, Recreation Superintendent for the City of Sterling, as he explains the equipment and rules for Pickleball and provides a demonstration of this family friendly activity.



FOOT CARE CLINIC

Our next clinic offering toenail trimming will be held on

Tuesday, April 9th

10:00-11:00 a.m.

By appointment only, 8 slots available

Appointments can be made April 1st and after at
970 522-1237

Please soak your feet before you arrive.

Donations greatly appreciated

APRIL DANCE SCHEDULE



APRIL 6TH

CLASSIC COUNTRY

APRIL 13TH

DAN DOBSON

APRIL 20TH

NO DANCE

APRIL 27TH

FM COUNTRY

NATIONAL VOLUNTEER WEEK

APRIL 21 – 27, 2024

THEME: CELEBRATE SERVICE

Sign up to volunteer!

Thank a volunteer!

MOVIE MATINEE

“The Monuments Men”

Tuesday, April 16

1:30 p.m.

**POPCORN, COMFORTABLE
SEATING, INTERMISSION**

**Based on the true story of the greatest
treasure hunt in history, an unlikely World
War II platoon known as the Monuments
Men are tasked with rescuing artistic
masterpieces from the Nazis and returning
them to their rightful owners.**



BOARD GAMES

We have added a couple afternoons each month for people to come in and enjoy board games. In April we will gather on Tuesday, April 2nd 1:30 p.m.

Tuesday, April 16th 1:30 p.m.

We have a few games on hand, if you want to bring one of your own in, please feel welcome to do so.



L.E.A.P. Assistance Still Being Offered

The Low-income Energy Assistance Program starts November 1st and applications are accepted through April 30th. 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.

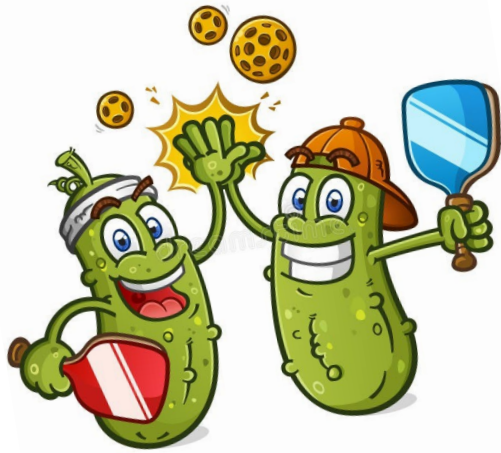
Applications available at the Heritage Center or Department of Human Services. Applications will not be accepted at the local Dept. of Human Services office. For more information please call Cynthia at 522-1237 or

1-866-432-8435



TABOR REFUND

Colorado has voted to refund all Colorado residents an \$800 refund for single households and a \$1600 refund for married couples on sales tax due to the Taxpayer's Bill of Rights. If you do not file income taxes in order to receive your money you must file a Form DR 0104. We have those forms available at the Heritage Center and can help you fill it out. You are not required to complete the entire form. Forms must be submitted by April 15th.



April is
**NATIONAL PICKLEBALL
MONTH**
Join us for
PICKLEBALL BASICS
with
MONTE WAITE
RECREATION SUPERINTENDENT
on
WEDNESDAY, APRIL 10th
11:00 am