



2025

Logan County
Heritage Center
Newsletter





APRIL BIRTHDAYS

Glenda Conley	April 3
JoAnn Rizzolo	April 9
Rena Morrison	April 12
Dave Conley	April 13
Ron McCoy	April 16
Erma Miner	April 20
Linda Bond	April 22
Sue Horton	April 23
Dorothy Fretheim-Smith	April 24

ANNIVERSARIES

Gary & Dawn Reeder

April 18, 2020

**JOIN US ON
WEDNESDAY, JUNE 25TH
3:00 P.M.
FOR OUR QUARTERLY BIRTHDAY AND
ANNIVERSARY PARTY**



APRIL 2025 HERITAGE MEAL SITE

For Reservations or Cancellations 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
7	8	9	10	11
<p style="text-align: center;">Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$17.00</p>	<p>SMOTHERED PORK CHOPS LENTILS AND RICE STIR FRY VEGETABLES APPLE MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE CARROT CAKE</p> <p>Calories: 779 Carb: 101.7g Fiber: 10.0g Protein: 41.9g Fat: 24.3g Sod: 736mg</p>	<p>PARMESAN CHICKEN BAKED SWEET POTATO BRUSSEL SPROUTS APRICOT MUFFIN PEACH SLICES</p> <p>Calories: 780 Carb: 92.1g Fiber: 11.5g Protein: 46.0g Fat: 28.0g Sod: 903mg</p>	<p>SLOPPY JOE SANDWICH PASTA SALAD WINTER MIX VEGETABLES FRUIT COCKTAIL CINNAMON CRISPY</p> <p>Calories: 745 Carb: 100.6g Fiber: 11.2g Protein: 33.0g Fat: 26.3g Sod: 573mg</p>	<p>BAKED FISH BAKED POTATO GREEN BEANS ALMONDINE ANNA'S DILLY BREAD OJ/BANANA GELATIN SALAD OATMEAL NUT COOKIE</p> <p>Calories: 695 Carb: 101.0g Fiber: 9.6g Protein: 33.1g Fat: 19.8g Sod: 1031mg</p>
<p>LASAGNA MIXED VEGETABLES GARLIC BREAD TOSSED SALAD W/ DRESSING FRUIT SALAD</p> <p>Calories: 635 Carb: 82.0g Fiber: 10.0 Protein: 31.9g Fat: 23.3g Sod: 644mg</p>	<p>BBQ CHICKEN SANDWICH BOSTON BEANS CONFETTI COLESLAW CHERRY BANANA SURPRISE</p> <p>Calories: 667 Carb: 101.5g Fiber: 11.9g Protein: 41.8g Fat: 12.2g Sod: 1068mg</p>	<p>BRAISED BEEF MASHED POTATOES ITALIAN VEGETABLES CRANBERRY MUFFIN ORANGE WEDGES BROWNIE</p> <p>Calories: 669 Carb: 92.0g Fiber: 9.8g Protein: 31.1g Fat: 21.3g Sod: 805mg</p>	<p>SOUTHWEST CHICKEN SOUP FRITO SALAD CORN MUFFIN PEAR ORANGE FRUIT C UP APPLE GRANOLA COOKIE</p> <p>Calories: 758 Carb: 89.1g Fiber: 9.3g Protein: 36.0g Fat: 30.4g Sod: 877mg</p>	<p>CHEESE POTATO OMELET BEAN MEDLEY V'S MORNING MUFFIN BANANA SPLIT FUIT CUP GRAPE JUICE</p> <p>Calories: 713 Carb: 100.0g Fiber: 9.1g Protein: 27.9g Fat: 24.6g Sod: 762mg</p>
14	15	16	17	18
<p>SWEDISH MEATBALLS BROWN RICE ALMOND BROCCOLI ROLLS JEANNIE'S SALAD APRICOT HALVES</p> <p>Calories: 775 Carb: 101.4g Fiber: 11.8g Protein: 34.9g Fat: 28.3g Sod: 381mg</p>	<p>SOUTHERN BEEF PIE BEEFS LAYERED SALAD STRAWBERRY APPLESAUCE BUTTERSCOTCH BROWNIE</p> <p>Calories: 778 Carb: 107.2g Fiber: 9.5g Protein: 31.7g Fat: 27.8g Sod: 942mg</p>	<p>CHINESE CHICKEN SALAD w/ PASTA THREE BEAN SALAD FRENCH BREAD PEAR SLICES APPLE JUICE</p> <p>Calories: 791 Carb: 91.3g Fiber: 9.8g Protein: 38.5g Fat: 31.7g Sod: 716mg</p>	<p>CHICKEN A LA KING CAESAR SALAD PEAS AND CARROTS GARLIC CHEESE BISCUIT WINTER FRUIT CUP</p> <p>Calories: 727 Carb: 74.0g Fiber: 10.0g Protein: 38.5g Fat: 33.8g Sod: 758mg</p>	<p>TUSCANY SOUP TUNA CROISSANT APPLE CARROT RAISIN SALAD PINEAPPLE MANDARIN ORANGE COMPOTE</p> <p>Calories: 797 Carb: 110.3g Fiber: 12.4g Protein: 35.0g Fat: 25.5g Sod: 1083mg</p>
21	22	23	24	25
<p>SWISS STEAK MASHED POTATOES CABBAGE TOSS ONION ROLL CINNAMON APPLE SLICES</p> <p>Calories: 685 Carb: 79.1g Fiber: 9.9g Protein: 39.1g Fat: 25.4g Sod: 632mg</p>	<p>TERIYAKI BEEF BROWN RICE SPINACH MANDARIN ORANGE SALAD WHOLE WHEAT ROLL PEACH SLICES OATMEAL RAISIN COOKIE</p> <p>Calories: 722 Carb: 117.6g Fiber: 9.4g Protein: 30.2g Fat: 16.9g Sod: 557mg</p>	<p>INDIAN STYLE CHICKEN & RICE MARINATED VEGETABLE SALAD BRAN MUFFIN PEAR ORANGE FRUIT CUP HOME DELIVERED MEALS ONLY</p> <p style="text-align: center;">NO MEET & EAT CONGREGATE TODAY</p> <p>Calories: 751 Carb: 87.1g Fiber: 10.6g Protein: 43.5g Fat: 27.8g Sod: 856mg</p>	<p>PULLED PORK SANDWICH OVEN BROWNNED POTATOES BOSTON BEANS JC SOMALI SUMMER SALAD TROPICAL FRUIT CUP</p> <p>Calories: 758 Carb: 108.5g Fiber: 11.7g Protein: 42.2g Fat: 17.6g Sod: 656mg</p>	<p>POLISH SAUSAGE SAUERKRAUT MASHED POTATOES CARAWAY ROLL BERRY BLEND</p> <p>Calories: 640 Carb: 78.2g Fiber: 11.7g Protein: 24.1g Fat: 28.2g Sod: 1066mg</p>
28	29	30	31	
<p>SWEET & SOUR PORK BROWN RICE STIR FRY VEGETABLES RAISIN ROLL MANDARIN ORANGES w/ BANANAS</p> <p style="text-align: center;">BIRTHDAY RECOGNITION</p> <p>Calories: 678 Carb: 101.9g Fiber: 10.0g Protein: 33.3g Fat: 16.7g Sod: 514mg</p>	<p>HOT ROAST BEEF SANDWICH RADISH & CUCUMBER SALAD CALIFORNIA VEGETABLES PEAR HALF w/ CRANBERRY SAUCE HONEY APPLE CAKE</p> <p>Calories: 678 Carb: 97.0g Fiber: 9.7g Protein: 33.7g Fat: 19.5g Sod: 797mg</p>	<p>PASTA PRIMAVERA w/ CHICKEN BRUSSEL SPROUTS ONION ROLL FRUIT SALAD</p> <p>Calories: 650 Carb: 75.3g Fiber: 9.4g Protein: 46.2g Fat: 19.8g Sod: 504mg</p>	<p>For Reservations Call 970-522-1237 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m.</p>	
				<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>



April 2025

Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Board Games	2 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Chess, Checkers, Pool	3 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	4 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool 1:30 Council on Aging Business Meeting	5 6:30-9:00 Dance W/ live music \$8.00 admission Public invited No membership required
7 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 PAR Exercise Class	8 9:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 SRM Sewing Circle 1:30 Rummy/Five Crown 1:30 Pool	9 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	10 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	11 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	12 6:30-9:00 p.m. Dance w/ live music \$8.00 admission All ages welcome
14 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 PAR exercise class	15 10:00 Exercise Class Noon Meet & Eat 1:30 Pool	16 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	17 10:00 Exercise Class Noon Meet & Eat 1:30 BINGO 1:30 Pool/Pitch	18 10:00 Qi Gong Noon Meet & Eat 1:00 Heritage Center Closes	19 6:30-9:00 p.m. \$8.00 Admission Open to Public
21 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 PAR Exercise Class	22 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	23 10:00 No Exercise Class Noon Home Delivery ONLY 12:00 Senior Citizen's Club Birthday & Anniversary Party 1:30 Cards, Chess, Checkers, Pool	24 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	25 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	26 6:30-9:00 Dance w/ \$8.00 Public invited
28 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 PAR Exercise Class	29 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Board Games	30 10:00 SilverSneakers® Yoga 11:15 Dermatology Program Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool			

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

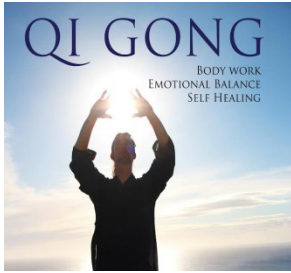


SilverSneakers® Yoga

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 10:00 a.m. Stretches to clear stress and tension, acupuncture 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.



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

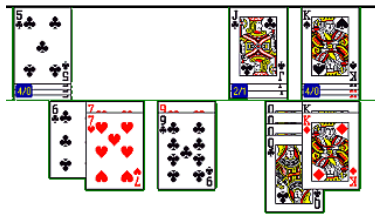
Mondays, Wednesdays, & Fridays

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 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 if 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.

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

9:00-10:45 a.m. BY APPOINTMENT ONLY

Call 970 522-1237 to schedule your 15-minute appointment on the 1st of the month or after

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



FOOT CARE CLINIC

Our next clinic offering toenail trimming will be held on

Tuesday, April 8th

9:00-10:45 a.m.

By appointment only

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 5TH

CLASSIC COUNTRY

APRIL 12TH

DAN DOBSON

APRIL 19TH

NO DANCE

APRIL 26TH

FM COUNTRY

TIME CHANGE DANCE FROM 6:30-9:00 P.M.

\$8.00 ADMISSION

TABOR REFUND

Colorado has voted to refund all Colorado residents a refund 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.

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 1st 1:30 p.m.

Tuesday, April 29th 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 \$3382 or less or \$4423 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



WEDNESDAY, APRIL 23RD
NO SILVERSNEAKERS® YOGA
CLASS WILL BE HELD



SPRING INTO HEALTHY SKIN

Dermatology Care for the Entire Family

Call (970) 425-3092 to schedule an appointment today!



519 W Main St., Ste. B, Sterling, CO 80751
WWW.USDERMATOLOGYPARTNERS.COM

CASEY BUSMENTE, PA-C

WILL BE PRESENTING A PROGRAM

“SKIN CANCER AWARENESS”

AT LOGAN COUNTY HERITAGE CENTER
821 N DIVISION AVENUE

WEDNESDAY, APRIL 30TH

11:15 A.M.

DOOR PRIZE BINGO

**Put a little spring in your step, hop on
over for some fun and prizes.**

THURSDAY, APRIL 17TH

1:30 p.m.

Devonshire Staff will be calling our numbers
and sponsoring our door prizes.



SAVE THE DATE

Drew Mari, independent Agent

Presenting Medicare 101 Educational workshop

Tuesday, May 6, 2025

11:30 a.m.

Call to register 970- 571- 1800

Look for more details in the May newsletter and at the
heritage center

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

**WEDNESDAY, APRIL 23rd
NOON**

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

\$12.00

Reservations REQUIRED by

April 18th



GRAND'S GARDEN CLUB

We will have our first organizational, planning meeting for the season on

Thursday, May 1st at 9:00 a.m.

If you would like to help with our raised garden beds, please attend or let
Cynthia know to be included on the schedule and rotation.



HEALTH AND HEALING

THROUGH THE AGES

This is the perfect time to spring clean not only our homes, but we also need to spring clean our minds, body and spirit.

Spring cleaning at home begins by getting rid of clutter; that stuff that does not serve our needs or looks unappealing.

Spring cleaning our mind, body and spirit begins with getting rid of old negative thoughts, focusing on being in the present moment and taking time to pray, meditate or just be still for several moments each day.

1. Find a few minutes each day to completely *unplug*.
2. Giving to others is the most *powerful* thing we can do for ourselves.
3. See physical fitness as a practice, not a goal.
4. This spring make it a point to heed your need for *solitude*.
5. The secret to beautiful skin starts with what you put *inside* your body.
6. Try doing even the most menial tasks *mindfully* and with grace.
7. The quality of your *connections* with other people will carry you further than you think.
8. Just because a no-frills home remedy is *simple* doesn't mean it won't work.
9. If you want to eat *healthier*, try giving yourself the benefit of better choices.
10. Home isn't a place. It's a state of *mind*.

MIND, BODY, & SPIRIT HEALING

The Golden Rule of Health and Healing is that each one of us has the power to create our own health and we do it by growing and expanding as human beings. When you take one small step to improve your health and your life, it's easier to take the next.

*~Paulette
Carpenter*