

AUGUST

2024

Heritage Center
Monthly
Newsletter





Roxana Davis	August 2 nd
Roberta Miller	August 3 rd
Jeanette Stubbe	August 4 th
John Ertle	August 13 th
Richard Robirds	August 16 th
Della Williams	August 18 th
Joyce Werner	August 26 th

WEDDING ANNIVERSARIES

Joe & Kathleen Kloberdanz	August 6, 1961
Charles & Erma Miner	August 6, 1963
Dorothy Fretheim-Smith (Gerrald Smith)	August 17, 1991


Senior Citizen's Club celebrates our club members Birthdays and Anniversaries quarterly.

**Please join us
September 25th 3:00 p.m.
for angel food, cake & ice cream**

AUGUST 2024 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
<p>Suggested Donation - \$6.25</p> <p>Under Age 60 Mandatory Charge - \$12.50</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>		<p>HOT ROAST BEEF SANDWICH 3 BEAN SALAD FRUIT MIX NATURE COOKIE</p> <p>Calories: 708 Carb: 106.0g Fiber: 10.9g Protein: 35.6g Fat: 17.6g Sodium: 967mg</p>	<p>HAM MAC & CHEESE CAULIFLOWER & PEAS APPLE CARROT RAISIN SALAD FRESH FRUIT CUP OATMEAL NUT COOKIE</p> <p>Calories: 675 Carb: 90.6g Fiber: 11.2g Protein: 28.7g Fat: 25.1g Sodium: 615mg</p>
<p>ORIENTAL CHICKEN BROCHETTE BROWN RICE PARSLIED CARROTS WW ROLL BANANA SPLIT FRUIT CUP</p> <p>Calories: 772 Carb: 90.9g Fiber: 10.7g Protein: 42.6g Fat: 28.6g Sodium: 395mg</p>	<p>BBQ PORK CHOPS PASTA SALAD CREAMY COLESLAW BRAN MUFFIN PEAR ORANGE FRUIT CUP</p> <p>Calories: 759 Carb: 95.0g Fiber: 11.7g Protein: 38.1g Fat: 29.0g Sodium: 1123mg</p>	<p>SLOPPY JOE SANDWICH POTATO SALAD BROWN BUTTER AND DILL BRUSSEL SPROUTS CANTALOUPE CUBES</p> <p>Calories: 642 Carb: 82.7g Fiber: 10.7g Protein: 32.4g Fat: 23.0g Sodium: 757mg</p>	<p style="text-align: center;">KITCHEN CLOSED</p> <p style="text-align: center;">NO MEALS SERVED TODAY</p>	<p>MEATLOAF MASHED POTATOES & GRAVY GREEN BEANS WW ROLL ORANGE WEDGES NATURE COOKIE</p> <p>Calories: 744 Carb: 103.5g Fiber: 11.3g Protein: 34.2g Fat: 23.9g Sodium: 1022mg</p>
<p>SWISS STEAK BOILED POTATOES ITALIAN VEGETABLES ROLLS BANANA</p> <p>Calories: 689 Carb: 81.2g Fiber: 10.0g Protein: 41.5g Fat: 23.4g Sodium: 433mg</p>	<p>BBQ CHICKEN SANDWICH OVEN BROWNED POTATOES BRUSSEL SPROUTS FRUIT COCKTAIL APPLE GRANOLA COOKIES</p> <p>Calories: 734 Carb: 104.1g Fiber: 11.1g Protein: 38.8g Fat: 19.9g Sodium: 749mg</p>	<p>CHEESEBURGER PIE BROCCOLI APPLE SALAD ASPARAGUS CUTS BERRY BLEND TRAIL COOKIE</p> <p>Calories: 715 Carb: 77.6g Fiber: 10.7g Protein: 40.0g Fat: 29.8g Sodium: 726mg</p>	<p>PARMESAN CHICKEN BAKED SWEET POTATO WINTER MIX VEGETABLES WW ROLLS APRICOT HALVES</p> <p>Calories: 731 Carb: 78.8g Fiber: 10.8g Protein: 50.7g Fat: 25.0g Sodium: 876mg</p>	<p>SPANISH RICE w/ GROUND BEEF TOSSED SALAD w/ DRESSING ROLLS STRAWBERRIES & BANANAS SPICE CAKE</p> <p>Calories: 685 Carb: 101.5g Fiber: 11.4g Protein: 32.1g Fat: 19.6g Sodium: 888mg</p>
<p>PORK CHOP SUEY BROWN RICE STIR FRY VEGETABLES WW ROLLS PINEAPPLE TIDBITS BROWNIES</p> <p>Calories: 797 Carb: 110.5g Fiber: 10.3g Protein: 35.1g Fat: 25.7g Sodium: 478mg</p>	<p>PASTA PRIMAVERA w/ CHICKEN BRUSSEL SPROUTS SUPREME PEAR SLICES APPLE GRANOLA COOKIES</p> <p>Calories: 718 Carb: 78.6g Fiber: 9.7g Protein: 45.6g Fat: 26.0g Sodium: 437mg</p>	<p>CITRUS PEPPER SALMON FILLET PARSLIED POTATOES BREEN BEANS w/ TOMATOES ANNA'S DILLY BREAD WATERMELON NATURE COOKIE</p> <p>Calories: 679 Carb: 101.2g Fiber: 9.5g Protein: 33.6g Fat: 18.3g Sodium: 993mg</p>	<p>SHEPHERD'S PIE BEEETS CABBAGE TOSS APRICOT HALVES COOKIES w/ RAISINS GRAPE JUICE</p> <p>Calories: 634 Carb: 98.6g Fiber: 9.7g Protein: 29.0g Fat: 16.7g Sodium: 662mg</p>	<p>CHINESE CHICKEN SALAD w/ PASTA 3 BEAN SALAD FRENCH BREAD PEAR ORANGE FRUIT CUP APPLE JUICE</p> <p>Calories: 797 Carb: 94.5g Fiber: 9.8g Protein: 37.3g Fat: 31.7g Sodium: 787g</p>
<p>SWEDISH MEATBALLS MASHED POTATOES VEGETABLE SALAD GARLIC BREAD FRUIT MIX</p> <p style="text-align: center;">BIRTHDAY RECOGNITION</p> <p>Calories: 669 Carb: 90.9g Fiber: 10.3g Protein: 34.20 Fat: 21.2g Sodium: 828mg</p>	<p>BACON POTATO BREAKFAST BURRITO GREEN CHILI w/ PORK LETTUCE & TOMATO GARNISH SPANISH RICE FRUIT CUP NATURE COOKIE</p> <p>Calories: 736 Carb: 112.1g Fiber: 10.5g Protein: 29.1g Fat: 21.7g Sodium: 1086mg</p>	<p>LIVER & ONIONS PARSLIED POTATOES BRAISED CELERY & TOMATOES WW ROLLS APPLESAUCE</p> <p>Calories: 645 Carb: 91.9g Fiber: 10.6g Protein: 33.6g Fat: 17.9g Sodium: 525mg</p>	<p>BBQ CHICKEN SANDWICH BOSTON BEANS CRISPY CUCUMBERS & TOMATOES MANDARIN ORANGES</p> <p>Calories: 607 Carb: 85.4g Fiber: 9.7g Protein: 40.3g Fat: 12.2g Sodium: 937mg</p>	<p>CHICKEN ALFREDO MIXED VEGETABLES FRENCH BREAD PINEAPPLE MANDARIN ORANGE COMPOTE CARROT CAKE</p> <p>Calories: 733 Carb: 115.7g Fiber: 10.6g Protein: 38.9g Fat: 15.8g Sodium: 675mg</p>

August 2024

Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	2 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards Cornhole, Dominoes & Pool	3 NO DANCE
5 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Exercise Class	6 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00-4:00 Root Beer Float PUBLIC WELCOME	7 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Senior Citizen's Club Business meeting 1:30 Cards, Pool, Chess, Checkers, Mah Jong	8 KITCHEN CLOSED – No meals served or delivered 10:00 SilverSneakers® Classic 1:30 Hand & Foot Canasta 1:30 Pool	9 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, & Pool	10 Dance w/ Dan Dobson 6:30-9:30 \$8.00
12 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's Exercise Class	13 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Rummy/Five Crowns 1:30 Pool	14 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	15 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	16 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, & Pool	17 NO DANCE
19 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Exercise Class	20 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Movie Matinee "8 Seconds" 1:30 Pool	21 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	22 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	23 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, & Pool	24 Dance w/ FM Country 6:30-9:30 \$8.00
26 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's Exercise Class	27 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Rummy/Five Crowns 1:30 Pool	28 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	29 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool	30 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, & Pool	31 Dance w/ Dan Dobson 6:30-9:30 \$8.00

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

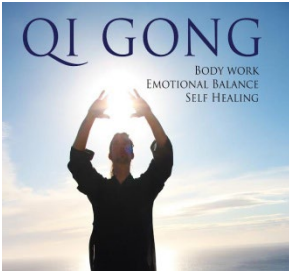


SilverSneakers® Yoga

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.



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.



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.

Stay tuned for information regarding class days and times.



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.



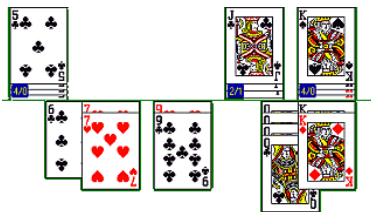
Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1:00 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 970-522-1237.

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

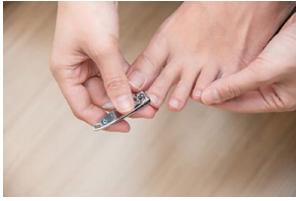
10:00-11:00 a.m. BY APPOINTMENT ONLY Call 970 522-1237 to schedule your 15 minute appointment

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 IS 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



TOENAIL CARE

Our next clinic for toe nail trimming is

TUESDAY, AUGUST 13TH

10:00-11:00

Please call for your appointment

(970) 522-1237

Minimum donation of \$5.00

Thank you Northeast Plains Home Health

AUGUST MOVIE MATINEE

“8 SECONDS

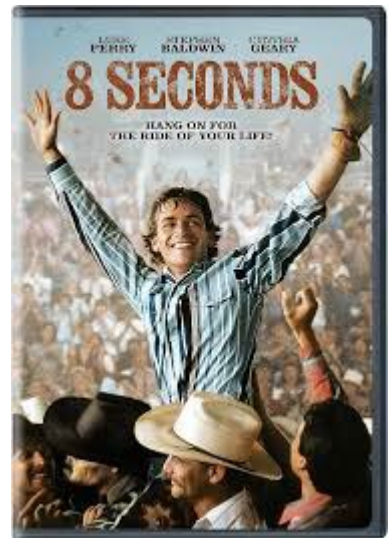
Join us

Tuesday, August 20th

1:30 p.m.

Comfortable seating, fresh popcorn and an intermission

8 Seconds chronicles the life of Lane Frost, 1987 PRCA Bull Riding World Champion, his marriage and his friendships with Tuff Hedeman (three-time World Champion) and Cody Lambert.



AUGUST DANCE SCHEDULE

6:30-9:30 p.m.

\$8.00 entry

August 3rd

NO DANCE

August 10th

Dan Dobson

August 17th

NO DANCE

August 24th

FM Country

August 31st

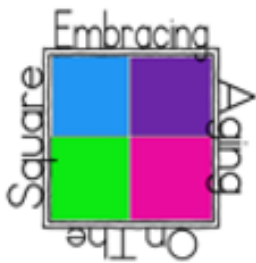
Dan Dobson

NATIONAL SENIOR CENTER MONTH

SEPTEMBER

“Powering Connections”

We will be hosting guest speakers and special events during the month to celebrate the Logan County Heritage Center. Please watch for more details.



Logan County Residents 55+ Call For Art

Embracing Aging on the Square

In conjunction with the

Peter L. Youngers Gallery

The purpose of the art show is to highlight work created by Logan County Residents

- Logan County Resident
- Age 55 +
- Any skill level (beginner through master)
- Any medium
- No more than 4 pieces
- Not larger than 48 inches
- Wire attachment for framed pieces
- Art maybe priced or not for sale (NFS)
- Priced art must have contact information for buyer
- Drop off October 7th and October 8th
- Pick up November 1st
- Art show opens October 11th and Closes October 31st



**PARKINSON
ASSOCIATION
OF THE ROCKIES**

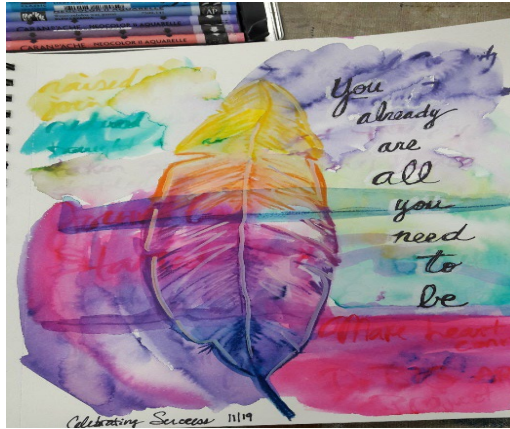
New!
**Exercise Class for People with
Parkinson's and their Care Partners**



Mondays 3:30-4:30pm
Logan County Heritage Center
821 N Division Avenue
Sterling, CO
Starting August 5th

To register for this FREE class, visit
www.ParkinsonRockies.org/exercise

For more information, contact Delisa at
DNovak@ParkinsonRockies.org or call (303) 830-1839



INTRODUCTION TO ART JOURNALING

Deb Montgomery

Artist with Emerge and Sterling Creatives

Deb will be offering a 4-week workshop on the Introduction to Art Journaling here at the Logan County Heritage Center. The introductory class will be held for 2 hours every Thursday in September. Thanks to the generosity of our Logan County Commissioner's this class will be FREE to 15 people.

Sign up deadline AUGUST 22ND.

Thursday, September 5th 1:30-3:30

Thursday, September 12th 1:30-3:30

Thursday, September 19th 1:30-3:30

Thursday, September 26th 1:30-3:30



National Root Beer Float Day

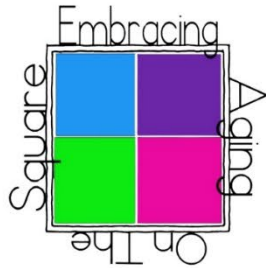


EVERYONE WELCOME!!!

Come in to the Heritage Center
821 N. Division Avenue

Tuesday, August 6th
1:00 – 4:00 pm
for a **FREE** Root Beer Float

Presented by Logan County's Council on Aging
in Partnership with CU Anschutz's Multidisciplinary Center on Aging
and CSU Columbine Health System's Center for Healthy Aging



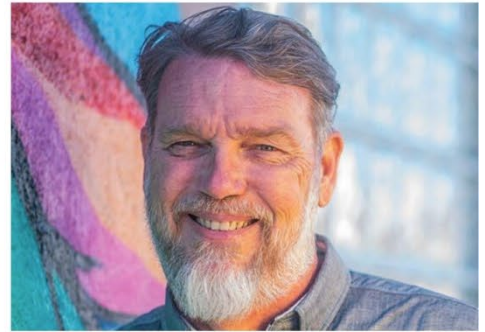
4TH ANNUAL Embracing Aging on the Square

 **Friday, October 11**  **11AM-3PM**

Northeastern Junior College - E.S French Hall
100 College Avenue, Sterling, CO 80751

FREE!

Walk-ins welcome!



Join researchers from Logan County, CU Anschutz and CSU for an opportunity to engage in hands-on and fun research activities!

Highlights & Features:

LIGHT LUNCH PROVIDED!

- Community art show
- Hearing screenings
- Embracing life with diabetes
- Vision screenings
- Granny Does Graffiti w/ Damon McLeese
- Car-fit driving assessments
- Cancer 101: Nutrition and exercise programs for cancer survivors

REGISTER HERE!



LINK: tinyurl.com/f576yw9d

OR register by emailing Jodi: jodi.waterhouse@cuanschutz.edu



Research Roadshow
THE MULTIDISCIPLINARY CENTER ON AGING
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY



ENGAGEMENT
AND EXTENSION
COLORADO STATE UNIVERSITY