



2025

# Heritage Center Monthly Newsletter





Roxana Davis	August 2 <sup>nd</sup>
Roberta Miller	August 3 <sup>rd</sup>
Jeanette Stubbe	August 4 <sup>th</sup>
Richard Robirds	August 16 <sup>th</sup>
Della Williams	August 18 <sup>th</sup>
Joyce Werner	August 26 <sup>th</sup>

## **WEDDING ANNIVERSARIES**

Joe & Kathleen Klobberdanz	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 24<sup>th</sup> 3:00 p.m.  
for angel food cake, sheet cake &  
ice cream**

# AUGUST 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
<p><b>For Reservations</b> Call 970-522-1237 by 8:00 a.m. the day you want the meal. <b>If you must cancel your meal,</b> please do so by 8:00 a.m.</p>	<p><b>Suggested Donation - \$6.25</b> <b>Under Age 60</b> <b>Mandatory Charge - \$17.00</b></p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	   		<p><b>HAM MAC and CHEESE</b> <b>CAULIFLOWER &amp; PEAS</b> <b>APPLE CARROT RAISIN SALAD</b> <b>FRESH FRUIT CUP</b> <b>OATMEAL NUT COOKIE</b></p> <p>Calories: 732   Carb: 89.8g   Fiber: 12.2g Protein: 34.6g   Fat: 19.0g   Sod: 927mg</p>
<p><b>ORIENTAL CHICKEN BROCHETTE</b> <b>BROWN RICE</b> <b>PARSLIED CARROTS</b> <b>WHOLE WHEAT ROLL</b> <b>FRUIT CUP</b></p> <p>Calories: 639   Carb: 92.1g   Fiber: 10.5g Protein: 33.6g   Fat: 17.4g   Sod: 541mg</p>	<p><b>BBQ PORK CHOP</b> <b>PASTA SALAD</b> <b>CONFETTI COLESLAW</b> <b>BRAN MUFFIN</b> <b>PEAR ORANGE FRUIT CUP</b></p> <p>Calories: 783   Carb: 100.8g   Fiber: 12.4g Protein: 47.5g   Fat: 24.8g   Sod: 1103mg</p>	<p><b>SLOPPY JOE SANDWICH</b> <b>POTATO SALAD</b> <b>BRN BTR &amp; DILL BRUSSEL SPROUTS</b> <b>MELON CUP</b></p> <p>Calories: 659   Carb: 82.3g   Fiber: 10.8g Protein: 33.2g   Fat: 24.6g   Sod: 847mg</p>	<p><b>TUNA PASTA SALAD</b> <b>MARINATED VEGETABLE SALAD</b> <b>APPLE MUFFIN</b> <b>FRUIT SALAD</b> <b>COOKIE w/ RAISINS</b></p> <p>Calories: 709   Carb: 73.2g   Fiber: 9.3g Protein: 27.9g   Fat: 29.3g   Sod: 809mg</p>	<p><b>MEATLOAF</b> <b>MASHED POTATOES</b> <b>BEEF GRAVY</b> <b>GREEN BEANS</b> <b>WW ROLL</b> <b>ORANGE WEDGES</b></p> <p>Calories: 618   Carb: 83.6g   Fiber: 10.6g Protein: 31.7g   Fat: 18.2g   Sod: 758mg</p>
<p><b>SWISS STEAK</b> <b>BOILED POTATOES</b> <b>ITALIAN VEGETABLES</b> <b>ROLL</b> <b>CHERRY BANANA SURPRISE</b></p> <p>Calories: 730   Carb: 89.8g   Fiber: 11.5g Protein: 41.0g   Fat: 25.0g   Sod: 504mg</p>	<p><b>PARMESAN CHICKEN</b> <b>BAKED SWEET POTATO</b> <b>WINTER MIX VEGETABLE</b> <b>ANNA'S DILLY BREAD</b> <b>APRICOT HALVES</b></p> <p>Calories: 610   Carb: 83.2g   Fiber: 11.3g Protein: 37.3g   Fat: 16.0g   Sod: 1016mg</p>	<p><b>CHEESEBURGER PIE</b> <b>ASPARAGUS CUTS</b> <b>BROCCOLI APPLE SALAD</b> <b>BERRY BLEND</b> <b>TRAIL COOKIE</b></p> <p>Calories: 662   Carb: 73.5g   Fiber: 10.3g Protein: 31.9g   Fat: 29.1g   Sod: 853mg</p>	<p><b>SPANISH RICE w/ GROUND BEEF</b> <b>TOSSED SALAD w/ FRENCH DRESSING</b> <b>ROLL</b> <b>STRAWBERRIES &amp; BANANAS</b> <b>SPICE CAKE</b></p> <p>Calories: 791   Carb: 99.8g   Fiber: 11.2g Protein: 30.5g   Fat: 32.6g   Sod: 689mg</p>	<p><b>BBQ CHICKEN SANDWICH</b> <b>BOSTON BEANS</b> <b>CREAMY COLESLAW</b> <b>FRUIT COCKTAIL</b></p> <p>Calories: 682   Carb: 94.4g   Fiber: 12.8g Protein: 41.3g   Fat: 17.0g   Sod: 842mg</p>
<p><b>PORK CHOP SUEY</b> <b>BROWN RICE</b> <b>STIR FRY VEGETABLES</b> <b>WW ROLL</b> <b>PINEAPPLE TIDBITS</b> <b>NATURE COOKIE</b></p> <p>Calories: 763   Carb: 111.9g   Fiber: 9.2g Protein: 35.8g   Fat: 21.2g   Sod: 631mg</p>	<p><b>PASTA PRIMAVERA w/ CHICKEN</b> <b>BRUSSEL SPROUTS SUPREME</b> <b>PEAR SLICES</b> <b>APPLE GRANOLA COOKIE</b></p> <p>Calories: 668   Carb: 67.7g   Fiber: 9.9g Protein: 45.6g   Fat: 26.1g   Sod: 336mg</p>	<p><b>POLLOCK FISH PIECES</b> <b>BAKED POTATO</b> <b>GREEN BEANS w/ TOMATOES</b> <b>ANNA'S DILLY BREAD</b> <b>WATERMELON</b></p> <p>Calories: 777   Carb: 95.4g   Fiber: 9.6g Protein: 31.8g   Fat: 31.7g   Sod: 1188mg</p>	<p><b>SHEPHERD'S PIE</b> <b>BEETS</b> <b>CABBAGE TOSS</b> <b>APRICOT HALVES</b> <b>OATMEAL RAISIN COOKIE</b></p> <p>Calories: 632   Carb: 89.3g   Fiber: 10.3g Protein: 27.4g   Fat: 19.4g   Sod: 731mg</p>	<p><b>CHINESE CHICKEN SALAD w/ PASTA</b> <b>THREE BEAN SALAD</b> <b>FRENCH BREAD</b> <b>MANDARIN ORANGES</b></p> <p>Calories: 616   Carb: 75.9g   Fiber: 9.3g Protein: 37.6g   Fat: 20.2g   Sod: 980mg</p>
<p><b>SWEDISH MEATBALLS</b> <b>MASHED POTATOES</b> <b>MARINATED VEGETABLE SALAD</b> <b>GARLIC BREAD</b> <b>FRUIT MIX</b></p> <p><b>BIRTHDAY RECOGNITION</b></p> <p>Calories: 760   Carb: 99.4g   Fiber: 15.9g Protein: 33.3g   Fat: 26.6g   Sod: 681mg</p>	<p><b>BACON POTATO BREAKFAST BURRITO</b> <b>GREEN CHILI w/ PORK</b> <b>SPANISH RICE</b> <b>SALSA, LETTUCE &amp; TOMATO</b> <b>FRUIT CUP</b> <b>APPLE GRANOLA COOKIE</b></p> <p>Calories: 757   Carb: 104.6g   Fiber: 9.2g Protein: 27.8g   Fat: 27.5g   Sod: 1013mg</p>	<p><b>LIVER &amp; ONIONS</b> <b>PARSLIED POTATOES</b> <b>BRAISED CELERY &amp; TOMATOES</b> <b>WW ROLL</b> <b>APPLESAUCE</b></p> <p>Calories: 691   Carb: 85.7g   Fiber: 9.9g Protein: 42.2g   Fat: 21.8g   Sod: 517mg</p>	<p><b>CHICKEN ALFREDO</b> <b>MIXED VEGETABLES</b> <b>FRENCH BREAD</b> <b>PINEAPPLE MANDARIN ORANGE COMPOTE</b></p> <p>Calories: 710   Carb: 76.2g   Fiber: 8.6g Protein: 38.1g   Fat: 18.3g   Sod: 554mg</p>	<p><b>BBQ CHICKEN</b> <b>BOSTON BEANS</b> <b>ONION ROLL</b> <b>CRISPY CUCUMBERS &amp; TOMATOES</b> <b>STRAWBERRIES &amp; BANANAS</b></p> <p>Calories: 652   Carb: 94.3g   Fiber: 11.7g Protein: 38.5g   Fat: 15.6g   Sod: 1026mg</p>

August 2025					
Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards, Cornhole, Dominoes & Pool	<b>2</b> Dance w/ live music Classic Country 6:30-9:00 \$8.00 Public Invited
<b>4</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class	<b>5</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool	<b>6</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat <b>1:00-4:00 Root Beer Float Open House</b> 1:00 Sr. Citizen's Club Business Meeting 1:30 Bunco 1:30 Cards, Checkers, Chess & Pool	<b>7</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	<b>8</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	<b>9</b> Dance w/ live music Dan Dobson 6:30-9:00 \$8.00 All ages welcome
<b>11</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 PAR Exercise Class	<b>12</b> <b>10:00 Toenail Clinic (by appt.)</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	<b>13</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	<b>14</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>15</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	<b>16</b> No Dance Tonight
<b>18</b> 10:00 SilversSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class	<b>19</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Move Matinee "Father Stu"	<b>20</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00-4:00 50 <sup>th</sup> Anniversary Open House 1:30 Cards, Checkers, Chess & Pool	<b>21</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Bingo 1:30 Pool & Pich	<b>22</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	<b>23</b> 6:30-9:00 Dance w/ live music FM Country \$8.00 No membership required
<b>25</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 PAR Exercise Class	<b>26</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Show & Tell with Peter Youngers "The art of Stain Glass" 1:30 Rummy/Five Crowns 1:30 Pool	<b>27</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	<b>28</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>29</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	<b>30</b> 6:30-9:00 Dance w/ live music Dan Dobson \$8.00 Public Invited

# LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

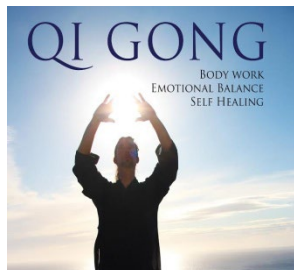


## SilverSneakers® Yoga

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, 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 in touch to find out when we start classes again.

Exercise and nutrition are important for everyone; but especially those living with Parkinson's as exercise has been proven to slow the progression of the disease. Parkinson Association of the Rockies is pleased to offer free, donation-based exercise classes with the partnership of the Logan County Heritage Center. A liability waiver and a medical consent form from your doctor is all that is required for any Parkinson Association class. Scroll down to see upcoming classes. For more information, please call (303) 830-1839 or email [info@parkinsonrockies.org](mailto:info@parkinsonrockies.org).



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](http://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 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

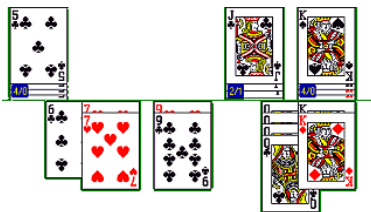
For Pinochle and Pool on  
Mondays, Wednesdays, & Fridays  
1:30 start time



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### 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

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 if you are coming by calling 970-522-1237.

### PITCH

10 point pitch will be played on the 1<sup>st</sup> and 3<sup>rd</sup> 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.

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### 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.

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### FOOT CARE CLINIC

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

9:00-10:45a.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 EYEGLASSES AND HEARING AIDS. PLEASE CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237**



## **TOENAIL CARE**

Our next clinic for toenail trimming is

**TUESDAY, AUGUST 12<sup>TH</sup>**

**9:00-10:45 a.m.**

**Please call for your appointment after**

**(970) 522-1237**



## **AUGUST MOVIE MATINEE**

### **FATHER STU**

**Starring Mark Wahlberg**

Join us

**Tuesday, August 19<sup>th</sup>**

**1:30 p.m.**

Comfortable seating, fresh popcorn and an intermission

Follows the life of Father Stuart Long, a boxer-turned-priest who inspired countless people during his journey from self-destruction to redemption. (IMbD)



## **SAVE THE DATE**

Sr. Citizen's Club

Quarterly Birthday and Anniversary Party

All members are invited to attend

**Wednesday, September 24<sup>th</sup>**

**3:00 p.m.**

Sheet Cake, Angel Food and Ice Cream will be served



# LOGAN COUNTY HERITAGE CENTER 50<sup>th</sup> ANNIVERSARY PHOTO CONTEST

Help us honor the *heritage* of Logan County, submit your digital photos of the people, the favorite places, the celebrations, the landscape, or the history of our beloved community.

The top three winners will have pictures displayed in the Logan County Heritage Center lobby and other photos will be used for new art/decoration of the center and other promotional materials.

## CRITERIA FOR SUBMISSION

- Photographers submitting images must be at least 18 years old.
- Images must be high resolution: 300 dpi and at least 3600 X 3000px
  - Submit your entry as a JPEG/PNG format
- If file size exceeds the maximum upload size, a lower resolution image can be used for submission. If picked for printing, photographers must provide high resolution image.
- You can submit up to 5 photos preferably taken within Logan County, CO
- Parties submitting photos certify they have permission of all individuals shown in each photo and individuals owning property in each photo.

## JUDGING CRITERIA

- Connection to the heritage of Logan County (past, present or future)
  - Emotion and Storytelling
  - Technical Quality (focus, composition, lighting)

## DISCLAIMER

- Participants retain ownership of the copyright in any submitted photographs and photo credit will be given to the photographer in any use whenever practical.
- All submitted photographs will become a part of Logan County Heritage Center/Logan County and may be used on our property, website, social media, and in various forms of communication.

**SUBMIT YOUR DIGITAL PHOTOS TO [heritagecenter@logancountyco.gov](mailto:heritagecenter@logancountyco.gov)**

**Please include your first and last name, age, phone number, email address, and a description of the photo ( i.e. town/location/season/time of year)**

## SUBMISSION DEADLINE OCTOBER 1<sup>ST</sup>

**Winners will be announced at the Embracing Aging on the Square Symposium  
Friday, October 10<sup>th</sup>**

**E.S. French Hall on Northeastern Junior College Campus**





ERWIN  
“CANDY  
MAN”  
DOBSON

## NOMINATIONS OPEN

The Candy Man Award in honor of  
Erwin “Candy Man” Dobson  
For True Compassion, Kindness and Service

In honor of the 50 years of the Heritage Center and the many years that Erwin forged his own heritage at the center, the Candy Man Award will once again be awarded to a deserving individual. We are asking you to nominate those who make a difference in the lives of those at the Heritage Center or in our community with a smile, a kind word, or a small gesture that changes someone’s day. Please stop by the Heritage Center at 821 N Division Avenue to pick up a nomination form or let us know you would like a form by emailing us at [heritagecenter@logancountyco.gov](mailto:heritagecenter@logancountyco.gov). **Nominations are due by August 15, 2025, 11:59 p.m.** and the winner will be announced and awarded at the Heritage Center’s 50<sup>th</sup> Anniversary Celebration on Wednesday, August 20, 2025.

# National Root Beer Float Day



**EVERYONE WELCOME!!!**

Come into the Heritage Center  
821 N. Division Avenue

Wednesday, August 6<sup>th</sup>

1:00 – 4:00 pm

for a **FREE** Root Beer Float



# Logan County Heritage Center Celebrates 50 years

Join us for an open house to celebrate!

Wednesday, August 20<sup>th</sup>

1:00-4:00 p.m.

Cake and punch will be served



## **JOIN US FOR A NEW MONTHLY CREATIVE SHARING CIRCLE**

Each month we will ask a local artist/hobbyist to SHOW us their work and creations and then TELL us their inspiration or their process.

AUGUST, Tuesday 26<sup>th</sup> 1:00 p.m.

Peter Youngers-Stain Glass

SEPTEMBER, Thursday 11<sup>th</sup> 1:00 p.m.

Mike Hopsicker-Photography

OCTOBER, Tuesday 7<sup>th</sup> 1:00 p.m.

Jane DeSanti-Paper Art (and we will make cards)

NOVEMBER TBD

Andy Rice-Repurposed Lamps

# National Senior Center Month

## Powering Possibilities: Flip the Script

September is National Senior Center Month, a time to recognize the vital role senior centers play in enhancing the lives of older adults and strengthening communities. This year's theme—"Powering Possibilities: Flip the Script"—encourages us to challenge outdated stereotypes about aging and elevate the positive contributions of older adults and the centers that serve them.

More than 10,000 senior centers across the United States connect older adults to wellness, creativity, purpose, and essential services. From their grassroots beginnings to their recognition in the Older Americans Act, senior centers have evolved into dynamic community hubs that reflect the diversity and resilience of today's older population.

Join us at one of these many events and activities to  
celebrate Logan County Heritage Center

YOUR community senior center

- **Thursday, September 4<sup>th</sup> 11:30am- 12:30 pm**

Meet & Greet with NEW Logan County Veterans Officer Christopher Kelley

- **Monday, September 8<sup>th</sup>**

Have lunch with a grandchild or a younger person day; go on a picnic, go out to lunch, make lunch together, go to school and eat lunch, join us at the Heritage Center

- **September 8<sup>th</sup>-September 12<sup>th</sup>**

Volunteers needed for guest readers at Sterling Early Learners for our little friends in the neighborhood

- **Wednesday, September 17<sup>th</sup> 11:15 a.m.**

**Share the Care:** You don't have to do it alone. Learn about Share the Care, a caregiving model created to mobilize friends who want to help in times of need so you can spend time with your family and focus on your recovery. Attendees will be better prepared to create a team to help them through an illness and support others who need help. Brenda Harms a life coach, death doula, and founder of Oleander Way. You can read more about her and her practice

at <https://www.oleanderway.com/>

- **Monday, September 22<sup>nd</sup>**

Fall Prevention Awareness Day and Week look for guest speakers and activities to help you prevent what we all fear....FALLING

# **Embracing Aging On The Square**

## **Northeast Colorado Residents 55+ Call For Art**

### **In conjunction with the Peter L. Youngers Gallery**

The purpose of the art show is to highlight work created by area residents.

- Northeast Colorado Resident
- Age 55 +
- Any skill level (beginner through master)
- Any medium
- No more than 3 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 2<sup>nd</sup> & 3<sup>rd</sup> 9 a.m. - 4 p.m.
- Pick up October 30<sup>th</sup> & 31<sup>st</sup> 9 a.m. - 4 p.m.
- Art show opens October 10<sup>th</sup> and Closes October 30<sup>th</sup>



## **DOOR PRIZE BINGO**

Thursday, August 2<sup>nd</sup>

1:30p.m.- until we run out of prizes

Our many thanks to Devonshire for sponsoring our door prize bingo each month.

# LIVING AN INSPIRED LIFE

1. Cultivate a positive mindset
  - Practice Gratitude-regularly acknowledge the good in your life, this fosters a positive outlook
  - Identify and reframe negative thoughts that hold you back
  - Embrace Failure as a Learning Opportunity
2. Connect with Your Purpose
  - Identify your values-what truly matters to you and let it guide your choices
  - Set Meaningful Goals
  - Live Authentically
3. Seek Inspiration and Growth
  - Immerse Yourself in Nature
  - Engage in Creative Pursuits-explore activities that spark creativity and your imagination
  - Learn Continuously
  - Surround Yourself with Inspiring People
4. Take Action and Stay Present
  - Be Present in the Moment-focus on the here and now, appreciate the small joys and opportunities that each day brings
  - Take Inspired Action
  - Don't Be Afraid to Try New Things
5. Practice Self-Care & Kindness
  - Prioritize Physical Well-being: exercise, eat well, and get enough sleep to support your physical and mental health
  - Be Kind to Yourself and Others
  - Seek Inspiration in Everyday Moments-Find beauty and wonder in the ordinary, and let it fuel your inspiration, says Liveology.

## HEALTH & HEALING THROUGH THE AGES- LIVING AN INSPIRED LIFE

The next step to aging with grace and vigor is

SOCIAL NETWORK.

“At the very heart of all relationships are spiritual experiences that nurture us, teach us and connect us to the souls of others and most significantly to the depth of our very own souls.”-

Depok Chopra

Those who volunteered the most and had lots of connections to family and friends were least likely to show decline in memory.

Positive social relationships also have other benefits-decreased cardiovascular disease, faster recovery, stronger immune systems and overall better functioning and survive longer when they do become ill.

Loretta LaRoche author “Life is short-Wear Your Party Pants” says no matter what you do connecting yourself to the community around you, is a foolproof way to add meaning to your life.

“The best way to find yourself is to lose yourself in the service of others.”-Gandhi

~ Paulette Carpenter