

2024 Senior Citizen's Club Newsletter





Kay Gentry	December 2 nd
Gary Reeder	December 5^{th}
Amelia Schepler	December 6^{th}
Steve Jemison	December 8 th
Joan Whitney	December 14 th
Keith Dallegge	December 15 th
Donna Schuler	December 23 rd
Kathleen Kloberdanz	December 25^{th}
Peggy Duvall	December 27
Rita House	December 28th
Myron Graybill	December 29 th

Wedding Anniversaries

Joe & Kathy Kaufman	December 17, 1982
Bob & Jane Mullanix	December 23, 1985
Dan & Marsha Clark	December 27, 1980

Please Join Us in Celebrating

Member Birthdays and Anniversaries for the last Quarter (October, November, December)

All are welcome, guest of honor will be those with birthdays or anniversaries in October, November, and December

Wednesday, December 18th at 3:00 p.m.



DECEMBER 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"

BRO GREF SHANDWORD PARTS ASLAD PROLEM SALES BROWN BUTTER A DILL BRUSSEL SPROUTS SALES PROTECTION SHAND			reanuts, wheat, Soy, and sesame. Please contact sergens in the recipes we serve, please contact our	staff for more information about these ingredients" office @ 970-867-9409 Ext 3001	
BRO BEET SANDWIGH BROWN BITTER SAUL SPROUTS SAURSAGE SAROWN BUTTER SAUL SPROUTS SAURSAGE SAROWN BUTTER SAUL SPROUTS SAUL SPROUT	MONDAY			•	FRIDAY
BROWN RICE BROWN RICE CARAWAY ROLL BRAYN FLEND CARAWAY ROLL CARAWAY ROLL BRAYN FLEND CARAWAY ROLL		2	3	1	5
PARSTA SALAD BANAN SPLIT FRUIT CUP CARAWAY ROLL BERRY 9 LEND CARAWAY ROLL PRICE TO CARAWAY ROLL BERRY 9 LEND CARAWAY ROLL BERRY 9 LEND CARAWAY ROLL BERRY 9 LEND Protein: 32 g Fiber: 13 g Sod: 45 Imag Protein: 32 g Fiber: 13 g Sod: 45 Imag CARAWAY ROLL BERRY 9 LEND Protein: 32 g Fiber: 13 g Sod: 45 Imag CARAWAY ROLL BERRY 9 LEND Protein: 32 g Fiber: 13 g Sod: 45 Imag CARAWAY ROLL BERRY 9 LEND Protein: 32 g Fiber: 13 g Sod: 45 Imag CARAWAY ROLL BERRY 9 LEND PROTEIN: 34 g Fiber: 11 g Sod: 45 Imag CARAWAY ROLL BERRY 9 LEND PROTEIN: 34 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32 g Fiber: 11 g Sod: 50 Lend Protein: 32	BBQ BEEF SANDWICH	POLISH SAUSAGE	MEXICAN CHICKEN BAKE	PORK CHOP SUEY	PORCUPINE MEATBALLS
PART FRUIT CUP SCARMAY ROLL SERY BLEND SCARMAY ROLL SERY BLEND SCARMAY ROLL SERVE BLEND SCARMAY ROLL SCARMAY ROLL SERVE BLEND SCARMAY ROLL SCARMAY	BROWN BUTTER & DILL BRUSSEL SPROUTS	SAUERKRAUT	SALSA	BROWN RICE	BOILED POTATOES
PART FRUIT CUP SCARMAY ROLL SERY BLEND SCARMAY ROLL SERY BLEND SCARMAY ROLL SERVE BLEND SCARMAY ROLL SCARMAY ROLL SERVE BLEND SCARMAY ROLL SCARMAY	PASTA SALAD	PARSLIED POTATOES	BROCCOLI	ORIENTAL VEGETABLES	PEAS & CARROTS
BERRY BLEND	BANAN SPLIT FRUIT CUP	CARAWAY ROLL	FRITO SALAD		
Calories: 697 Carb: 94.7g Fiber: 12.9g Protein: 34.9g Fait 23.4g Sod: 33 fmg Protein: 34.9g Fait 23.4g Protein: 34.9g Fait 23.4g Protein: 34.9g Fait 23.4g Protein: 34.9g Fait 31.2g Protein: 34.9g Fait					=
Protein: 34 9g Fat: 23 4g Sod: 531mg Protein: 34 9g Fat: 31 2g Sod: 850mg Protein: 32 9g Fat: 31 0g Sod: 714mg Protein: 32 9g Fat: 31 0g Sod: 714mg Protein: 32 9g Fat: 12 9g Sod: 451mg PROTEIN: 33 9g Fat: 12 9g Sod: 451mg PROTEIN: 34 9g Fat: 23 7g Sod: 477mg Protein: 32 9g Fat: 12 9g Sod: 451mg PROTEIN: 34 9g Fat: 12 9g Sod: 451mg PROTEIN: 34 9g Fat: 12 9g Sod: 451mg PROTEIN: 34 9g Fat: 12 9g Sod: 451mg Protein: 32 9g Fat: 22 9g Sod: 451mg Protein: 32 9g Fat: 32 9g Sod: 451mg Protein: 32 9g Fat: 32 9g Sod: 451mg Protein: 32 9g Fat: 32 9g Sod: 4		SERRI SEERS			Part Science
Protein: 34 9g Fat: 31 0g Sod: 591mg Protein: 34 9g Fat: 31 0g Sod: 591mg Protein: 34 9g Fat: 31 0g Sod: 714mg Protein: 34 9g Fat: 31 0g Sod: 714mg Protein: 34 9g Fat: 32 7g Sod: 477mg Protein: 38 9g Fat: 22 7g Sod: 4	Calories: 697 Carb: 94.7g Fiber: 12.9g	Calories: 705 Carb: 87.3g Fiber: 12.8g	Calories: 765 Carb: 83.2g Fiber: 10.1g	Calories: 758 Carb: 98.4g Fiber: 9.8g	Calories: 609 Carb: 95.9g Fiber: 11.7g
PASTA PRIMAVERA W CHICKEN BRUSSEL SPROUTS SUPREME FRENCH BREAD PEACH SLICES PASTA PRIMAVERA W CHICKEN BRUSSEL SPROUTS SUPREME FRENCH BREAD FRENCH B					
SALSA LAYERED SALAD PEACH SLICES RETS LAYERED SALAD PERCH BEAD PERCH BEAD PEACH SLICES RETS LAYERED SALAD PERCH BEAD PEACH SLICES RAWOND BROCCOLI BRAN MUFFIN STRAWBERRY GELATIN SALAD PEAR SLICES Calories: 624 Carb: 99.2g Fiber: 9.8 Protein: 32.3g Fat: 17.4g Sod: 727mg Protein: 36.5g Fat: 28.6g Sod: 507mg Protein: 36.5g Fat: 28.7g Sod: 307mg Protein: 36.5g Fat:	g				
ALMOND BROCCCUI FRENCH BREAD FRUIT COCKTAIL ALMOND BROCCCUI BRAM MUFFIN STRAWBERRY GELATIN \$ALAD ALMOND GROCCCUI BRAM MUFFIN STRAWBERRY GELATIN \$ALAD ALMOND GROCCCUI BRAM MUFFIN STRAWBERRY GELATIN \$ALAD ALMOND GELATION FRENCH DRESSING FRENCH	VEGETABLE BEEF SOUP	PASTA PRIMAVERA w/ CHICKEN	CHEESE POTATO OMELET	SOUTHERN BEEF PIE	TUNA PENNE CASSEROLE
FRUIT COCKTAIL STRAWBERRY GELATIN SALAD FRENCH DRESSING FRUIT CUP GRAPE JUICE	CORN BREAD	BRUSSEL SPROUTS SUPREME	SALSA	BEETS	COUNTRY MIX VEGETABLES
Calories: 624 Carb: 89.2g Fiber: 9.8 Calories: 648 Carb: 75.0g Fiber: 9.9g Protein: 32.3g Fat: 17.4g Sod: 727mg Protein: 32.3g Fat: 17.4g Sod: 727mg Protein: 32.3g Fat: 17.4g Sod: 507mg Fiber: 10.9g Protein: 32.3g Fat: 17.4g Sod: 507mg Fiber: 10.9g Protein: 32.3g Fat: 17.4g Sod: 507mg Fiber: 10.9g Protein: 32.3g Fat: 22.6g Sod: 600mg Protein: 34.1g Fat: 12.8g Sod: 507mg Fiber: 10.9g Protein: 34.1g Fiber: 11.1g POT ROAST VEGETABLES Converted to Pot Roast Vegetables Pot Roast Vegetable	LAYERED SALAD	FRENCH BREAD	ALMOND BROCCOLI	TOSSED SALAD	RAISIN ROLL
Calories: 624 Carb: 89.2g Fiber: 9.8 Protein: 32.3g Fiber: 9.8g Protein: 32.3g Fiber: 9.8g Protein: 32.3g Fiber: 9.8g Sod: 507mg Protein: 32.3g Fiber: 9.2g Fiber: 9.2g Fibe	PEACH SLICES	FRUIT COCKTAIL	BRAN MUFFIN	FRENCH DRESSING	FRUIT CUP
Calories: 624 Carb: 89.2g Fiber: 9.8 Protein: 32.3g Fiber: 9.8g Protein: 32.3g Fiber: 9.8g Protein: 32.3g Fiber: 9.8g Sod: 507mg Protein: 32.3g Fiber: 9.2g Fiber: 9.2g Fibe					
Protein: 32.3g Fat: 17.4g Sod: 724mg Protein: 34.0g Fat: 19.6g Sod: 507mg Protein: 35.5g Fat: 25.6g Sod: 794mg Protein: 25.5g Fat: 22.6g Sod: 600mg Protein: 34.4g Fat: 12.8g Sod: 507mg Protein: 34.4g Fat					
Protein: 32.3g Fat: 17.4g Sod: 724mg Protein: 34.0g Fat: 19.6g Sod: 507mg Protein: 35.0g Fat: 25.6g Sod: 794mg Protein: 29.5g Fat: 22.6g Sod: 600mg Protein: 34.4g Fat: 12.8g Sod: 507mg 20 SWISS STEAK SAKED HAM W; RAISIN SAUCE SAKED HAM W; RAI	Calories: 624 Carb: 89.2q Fiber: 9.8	Calories: 648 Carb: 75.0a Fiber: 8.9a	Calories: 609 Carb: 70.8a Fiber: 10.3a	Calories: 657 Carb: 90.7g Fiber: 9.7g	Calories: 692 Carb: 120.7g Fiber: 10.9g
SWISS STEAK BAKED POTATO BAKED SWEET POTATO STIP FRY VEGETABLES WHOLE WHEAT ROLLS CARDINAS & CORN BEEF GRAWY CAROLINA SALAD CINNAMON CRISPIES CAROLINA SALAD CINNAMON CRISPIES BUNNSWICK STEW GREEN BEANS W/ TOMATOES ONION ROLLS GREEN BEANS W/ TOM					
BAKED POTATO ASPARAGUS CUTS ROLLS RO					
ASPARAGUS CUTS ROLLS ROL	SWISS STEAK	BAKED HAM w/ RAISIN SAUCE	CHICKEN RICE SOUP	MEATLOAF	POT ROAST
WHOLE WHEAT ROLLS TROPICAL FRUIT CUP Calories: 670 Carb: 74.6g Fiber: 9.3g Protein: 25.5g Fat: 23.7g Sod: 401mg Protein: 25.5g Fat: 23.7g Sod: 401mg Protein: 35.5g Fat: 24.0g Sod: 588mg Calories: 677 Carb: 83.0g Fat: 24.0g Sod: 588mg Calories: 677 Carb: 83.0g Fat: 24.0g Sod: 588mg Calories: 677 Carb: 83.0g Fat: 24.0g Sod: 588mg Calories: 678 Carb: 74.8g Sod: 588mg Calories: 678 Carb: 74.8g Sod: 588mg Calories: 679 Carb: 10.8g Fiber: 10.8g Sod: 580mg Calories: 670 Carb: 83.0g Fat: 24.0g Sod: 588mg Calories: 677 Carb: 83.0g Fat: 24.0g Sod: 588mg Calories: 678 Carb: 10.8g Fiber: 10.8g Sod: 580mg Calories: 678 Carb: 10.8g Fiber: 10.8g Sod: 580mg Calories: 677 Carb: 83.0g Fat: 24.0g Sod: 588mg Calories: 678 Carb: 10.8g Fiber: 10.8g Sod: 580mg Calories: 678 Carb: 10.8g Fiber: 12.7g Calories: 678 Carb: 10.8g Fiber: 12.7g Calories: 678 Carb: 10.8g Fiber: 12.7g Calories: 792 Carb: 103.0g Fiber: 9.6g Calories: 697 Carb: 103.0g Fiber: 9.6g Protein: 32.3g Fat: 20.4g Sod: 1018mg Calories: 702 Carb: 103.0g Fiber: 9.6g Protein: 32.3g Fat: 20.4g Sod: 1018mg Calories: 702 Carb: 103.0g Fiber: 9.6g Protein: 32.3g Fat: 20.4g Sod: 1018mg Calories: 702 Carb: 103.0g Fiber: 9.6g Protein: 32.3g Fat: 20.4g Sod: 1018mg Calories: 702 Carb: 103.0g Fiber: 9.6g Protein: 32.3g Fat: 20.4g Sod: 1018mg Calories: 702 Carb: 103.0g Fiber: 9.6g Protein: 32.3g Fat: 20.4g Sod: 1018mg Calories: 702 Carb: 103.0g Fiber: 9.6g Protein: 32.3g Fat: 20.7g Sod: 607mg Calories: 702 Carb: 103.0g Fiber: 9.6g Protein: 32.3g Fat: 20.4g Sod: 1018mg Calories: 702 Carb: 103.0g Fiber: 9.6g Protein: 32.3g Fat: 20.4g Sod: 1018mg Calories: 702 Carb: 103.0g Fiber: 9.6g Protein: 32.3g Fat: 20.4g Sod: 1018mg Calories: 702 Carb: 103.0g Fiber: 9.6g Protein: 32.3g Fat: 20.7g Sod: 607mg Calories: 702 Carb: 103.0g Fiber: 9.6g Protein: 32.3g Fat: 20.7g Sod: 607mg Calories: 702 Carb: 103.0g Fiber: 10.2g Sod: 607mg Calories: 602 Carb: 103.0g Fiber: 10.2g Sod: 607mg Calories: 603 Carb: 103.0g Fiber: 10.2g Sod: 607mg Calories: 603 Carb: 103.0g Fiber: 10.	BAKED POTATO	BAKED SWEET POTATO	CRACKER PACKET	MASHED POTATOES	POT ROAST VEGETABLES
TROPICAL FRUIT CUP Calories: 670 Carb: 74.6g Fiber: 9.3g Protein: 24.5g Fat: 23.7g Sod: 401mg Protein: 25.5g Fat: 17.0g Sod: 1027mg Protein: 25.5g Fat: 17.0g Sod: 1027mg Protein: 36.6g Fat: 23.7g Sod: 759mg Protein: 36.6g Fat: 24.0g Sod: 759mg Protein: 3	ASPARAGUS CUTS	STIR FRY VEGETABLES	GREEN BEANS & CORN	BEEF GRAVY	CONFETTI COLESLAW
Calories: 670 Carb: 74.6g Fiber: 9.3g Protein: 25.5g Fat: 23.7g Sod: 401mg Calories: 694 Carb: 114.1g Fiber: 11.1g Calories: 794 Carb: 113.7g Fiber: 9.4g Protein: 25.5g Fat: 23.7g Sod: 401mg 23	ROLLS	WHOLE WHEAT ROLLS	ONION ROLLS	CAROLINA SALAD	ANNA'S DILLY BREAD
Calories: 670 Carb: 74.6g Fiber: 9.3g Protein: 25.5g Fat: 23.7g Sod: 401mg Protein: 25.5g Fat: 17.1g Fiber: 11.1g Fiber: 1	TROPICAL FRUIT CUP	CRANBERRY MOLD	WINTER FRUIT CUP	ROLLS	APPLE SALAD
Calories: 670 Carb: 74.6g Fiber: 9.3g Fiber: 9.3g Protein: 22.5g Fat: 23.7g Sod: 401mg Protein: 25.5g Fat: 17.0g Sod: 1027mg Protein: 36.6g Fat: 23.7g Sod: 759mg Protein: 32.3g Fat: 20.4g Sod: 1018mg Protein: 34.2g Fat: 16.7g Sod: 607mg Protein: 32.3g Fat: 20.4g Sod: 1018mg Protein: 34.2g Fat: 16.7g Sod: 607mg Protein: 32.3g Fat: 20.4g Sod: 1018mg Protein: 34.2g Fat: 16.7g Sod: 607mg Protein: 32.3g Fat: 20.4g Sod: 1018mg Protein: 34.2g Fat: 16.7g Sod: 607mg Protein: 32.3g Fat: 20.4g Sod: 1018mg Protein: 34.2g Fat: 16.7g Sod: 607mg Protein: 32.3g Fat: 20.4g Sod: 1018mg Protein: 34.2g Fat: 16.7g Sod: 607mg Protein: 32.3g Fat: 20.4g Sod: 1018mg Protein: 34.2g Fat: 16.7g Sod: 607mg Protein: 32.3g Fat: 20.4g Sod: 1018mg Protein: 34.2g Fat: 16.7g Sod: 607mg Protein: 32.3g Fat: 20.4g Sod: 1018mg Protein: 34.2g Fat: 16.7g Sod: 607mg Protein: 32.3g Fat: 20.4g Sod: 1018mg Protein: 34.2g Fat: 16.7g Sod: 607mg Protein: 32.3g Fat: 20.4g Sod: 1018mg Protein: 34.2g Fat: 16.7g Sod: 607mg Protein: 32.3g Fat: 20.4g Sod: 1018mg Protein: 34.2g Fat: 16.7g Sod: 607mg Protein: 34.2g Fat: 16.7g Sod: 607mg S		PUMPKIN COOKIE		STRAWBERRY APPLESAUCE	CINNAMON CRISPIES
Protein: 42.5g Fat: 23.7g Sod: 401mg Protein: 25.5g Fat: 17.0g Sod: 1027mg Protein: 36.6g Fat: 23.7g Sod: 759mg Protein: 32.3g Fat: 20.4g Sod: 1018mg Protein: 34.2g Fat: 16.7g Sod: 607mg SBRUNSWICK STEW GREEN BEANS w/ TOMATOES ONION ROLLS PEAR ORANGE FRUIT CUP COOKIES w/ RAISINS Calories: 677 Carb: 83.0g Fiber: 10.6g Protein: 37.5g Fat: 24.0g Sod: 568mg Sod: 5	Calories: 670 Carb: 74.6g Fiber: 9.3g	Calories: 694 Carb: 114.1g Fiber: 11.1g		Calories: 702 Carb: 103.0a Fiber: 9.6a	Calories: 697 Carb: 108.5q Fiber: 10.2q
BRUNSWICK STEW GREEN BEANS W TOMATOES ONION ROLLS PEAR ORANGE FRUIT CUP COOKIES W/ RAISINS Calories: 677 Carb: 83.0g Fiber: 10.6g Protein: 37.5g Fat: 24.0g Sod: 568mg 30 CHILLE W/ BEANS JEANNIE'S SALAD HONEY CORN BREAD APPICESAUCE CAKE BIRTHDAY RECOGNITION Calories: 738 Carb: 117.6g Fiber: 14.9g 25 BRAISED BEEF MASHED POTATOES HARVARD BEETS ROLLS PINEAPPLE MANDARIN ORANGE COMPOTE OATMEAL CHOCOLATE CHIP COOKIES ORANGE JUICE Calories: 669 Carb: 100.7g Fiber: 8.7g Protein: 29.1g Fat: 18.6g Sod: 874mg Protein: 29.1g Fat: 18.6g Sod: 874mg Protein: 29.1g Fat: 20.7g Sod: 850mg APPLESAUCE CAKE BIRTHDAY RECOGNITION Calories: 738 Carb: 117.6g Fiber: 14.9g Calories: 738 Carb: 117.6g Fiber: 12.7g Calories: 738 Carb: 117.6g Fiber: 12.7g Menu may change due to availability of food items or conditions that cause			0 0	o o	9
GREEN BEANS W/ TOMATOES ONION ROLLS PEAR ORANGE FRUIT CUP COOKIES W/ RAISINS Calories: 677 Carb: 83.0g Fiber: 10.6g Protein: 37.5g Fat: 24.0g Sod: 568mg CHILLE W/ BEANS JEANNIE'S SALAD HONEY CORN BREAD APPLESAUCE CAKE BIRTHDAY RECOGNITION Calories: 738 Carb: 117.6g Fiber: 14.9g Calories: 738 Carb: 117.6g Fiber: 14.9g MASHED POTATOES HARVARD BEETS ROLLS PINEAPPLE MANDARIN ORANGE COMPOTE OATMEAL CHOCOLATE CHIP COOKIES GARLIC CHEESE BISCUITS CINNAMON APPLE SLICES ORANGE JUICE Calories: 669 Carb: 100.7g Fiber: 8.7g Protein: 29.1g Fat: 18.6g Sod: 874mg TOSSED GREEN SALAD MIKED VEGETABLES GARLIC CHEESE BISCUITS CINNAMON APPLE SLICES ORANGE JUICE Calories: 780 Carb: 117.6g Fiber: 13.7g Protein: 29.1g Fat: 18.6g Sod: 874mg TOSSED GREEN SALAD MIKED VEGETABLES GARLIC CHEESE BISCUITS CINNAMON APPLE SLICES ORANGE JUICE Calories: 780 Carb: 117.8g Fiber: 13.7g Protein: 29.1g Fat: 18.6g Sod: 874mg TOSSED GREEN SALAD MIKED VEGETABLES GARLIC CHEESE BISCUITS CINNAMON APPLE SLICES ORANGE JUICE Calories: 780 Carb: 117.8g Fiber: 13.7g Protein: 29.1g Fat: 18.6g Sod: 874mg 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. Wenu may change due to availability of food items or conditions that cause	8 8				8 8
ONION ROLLS PEAR ORANGE FRUIT CUP COOKIES w/ RAISINS Calories: 677 Carb: 83.0g Fiber: 10.6g Protein: 37.5g Fat: 24.0g Sod: 568mg CHILLE w/ BEANS JEANNIE'S SALAD HONEY CORN BREAD APPLESAUCE CAKE BIRTHDAY RECOGNITION Calories: 738 Carb: 117.6g Fiber: 14.9g Calories: 738 Carb: 117.6g Fiber: 14.9g Calories: 738 Carb: 117.6g Fiber: 12.7g Calories: 738 Carb: 117.6g Fiber: 12.7g Calories: 738 Carb: 117.6g Fiber: 12.7g CAID: 83.0g Fiber: 10.6g PINEAPPLE MANDARIN ORANGE COMPOTE OATMEAL CHOCOLATE CHIP COOKIES CAID: 88.7g Protein: 29.1g Fat: 18.6g Sod: 874mg Calories: 786 Carb: 117.8g Fiber: 13.7g Protein: 29.1g Fat: 20.7g Sod: 850mg Calories: 780 Carb: 117.8g Fiber: 13.7g Protein: 29.1g Fat: 20.7g Sod: 850mg CAID: 88.7g For Reservations CAID: 970-522-1237 by 8:00 a.m. CAID: 970-522-1237 by 8:00 a.m. Menu may change due to availability of food items or conditions that cause	BRUNSWICK STEW			BRAISED BEEF	CHICKEN ALFREDO
PEAR ORANGE FRUIT CUP COOKIES W/ RAISINS Calories: 677 Carb: 83.0g Fiber: 10.6g Protein: 37.5g Fat: 24.0g Sod: 568mg CHILLE W/ BEANS JEANNIE'S SALAD HONEY CORN BREAD APRICOT HALVES APPLESAUCE CAKE BIRTHDAY RECOGNITION Calories: 738 Carb: 117.6g Fiber: 14.9g MIXED VEGETABLES GARLIC CHEESE BISCUITS CINNAMON APPLE SLICES ORANGE JUICE Calories: 669 Carb: 100.7g Fiber: 8.7g Protein: 29.1g Fat: 18.6g Sod: 874mg MIXED VEGETABLES GARLIC CHEESE BISCUITS CINNAMON APPLE SLICES ORANGE JUICE Calories: 669 Carb: 100.7g Fiber: 13.7g Protein: 29.1g Fat: 18.6g Sod: 874mg 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. Wenu may change due to availability of food items or conditions that cause	GREEN BEANS w/ TOMATOES			MASHED POTATOES	TOSSED GREEN SALAD
COOKIES W/ RAISINS Calories: 677 Carb: 83.0g Fiber: 10.6g Protein: 37.5g Fat: 24.0g Sod: 568mg CHILIE W/ BEANS JEANNIE'S SALAD HONEY CORN BREAD APRICOT HALVES APPLESAUCE CAKE BIRTHDAY RECOGNITION Calories: 738 Carb: 117.6g Fiber: 14.9g Calories: 738 Carb: 117.6g Fiber: 12.7g Calories: 738 Carb: 117.6g Fiber: 14.9g Calories: 738 Carb: 117.6g Fiber: 12.7g Calories: 738 Carb: 117.6g Fiber: 12.7g Calories: 738 Carb: 117.6g Fiber: 14.9g Calories: 748 Carb: 117.6g Fiber: 14.9g Calories: 748 Carb: 117.6g Fiber: 14.9g Ca	ONION ROLLS			HARVARD BEETS	RANCH DRESSING
Calories: 677 Carb: 83.0g Fiber: 10.6g Protein: 37.5g Fat: 24.0g Sod: 568mg 30 CHILLE W BEANS JEANNIE'S SALAD HONEY CORN BREAD APRICOT HALVES APPLESAUCE CAKE BIRTHDAY RECOGNITION Calories: 738 Carb: 117.6g Fiber: 14.9g Calories: 738 Carb: 117.6g Fiber: 14.9g CAID TEST Carb: 83.0g Fiber: 10.6g Calories: 669 Carb: 100.7g Fiber: 8.7g Protein: 29.1g Fat: 18.6g Sod: 874mg Calories: 786 Carb: 117.8g Fiber: 13.7g Protein: 29.1g Fat: 18.6g Sod: 874mg Calories: 786 Carb: 117.8g Fiber: 13.7g Protein: 29.1g Fat: 18.6g Sod: 874mg Calories: 786 Carb: 117.8g Fiber: 13.7g Protein: 29.1g Fat: 18.6g Sod: 874mg Calories: 780 Carb: 117.8g Fiber: 14.7g Calories: 780 Carb: 117.8g Fiber: 14.9g Calories: 780 Carb: 117.8g Fiber: 13.7g Protein: 29.1g Fat: 18.6g Sod: 874mg Calories: 780 Carb: 117.8g Fiber: 13.7g Protein: 29.1g Fat: 18.6g Sod: 874mg Calories: 780 Carb: 117.8g Fiber: 13.7g Protein: 29.1g Fat: 18.6g Sod: 874mg Calories: 780 Carb: 117.8g Fiber: 13.7g Protein: 29.1g Fat: 18.6g Sod: 874mg Calories: 780 Carb: 117.8g Fiber: 13.7g Calories: 780 Carb: 117.8g Fiber: 14.7g Calories: 780 Carb: 117.8g Fiber: 14.9g Calories: 780 Carb: 117.8g Fiber: 14.7g Calories: 780 Carb	PEAR ORANGE FRUIT CUP		Merry	ROLLS	MIXED VEGETABLES
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	Protein: 31.8g Fat: 18.6g Sod: 991mg	Protein: 35.7g Fat: 26.6g Sod: 1178mg	the kitchen to close.		

		December 2024					
Mon	Tue	Wed	Thu	Fri	Sat		
2 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Assoc. of the Rockies (PAR) Exercise Class	3 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Deck the Halls/Trim the Tree 1:30 Pool	1:30 Cards, Checkers, Chess & Pool	1:30 Pool	6 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	7 6:30-9:30 p.m. Dance w/ Classic Country \$8.00 All Ages Welcome		
9 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's (PAR) Exercise Class	10 10:00 Toe Nail Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 SRM Sewing Circle 1:30 Rummy/Five Crowns 1:30 Pool	11 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	12 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	13 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	14 6:30-9:30 p.m. Dance w/ Dan Dobson \$8.00 No Membership Required		
16 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Assoc of the Rockies (PAR) Exercise Class	17 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Christmas Lost & Found" 1:30 Pool	18 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool 3:00 Sr. Citizen's Club Quarterly Birthday & Anniversary Party	19 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	20 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Comhole, Dominoes, Mah Jong	21 NO DANCE		
23 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's Assoc of the Rockies (PAR) Exercise Class	24 Closed	25 CLOSED MERRY CHRISTMAS	26 10:00 Exercise Class Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	27 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	28 6:30-9:30 p.m. Dance w/ FM Country \$8.00 Public Invited		
30 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's (PAR)	31 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool						

Exericise Class

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSESS

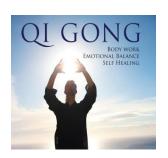
SilverSneakers® Yoga



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,
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. Stay tuned for information regarding class days and times.



Renew ActiveTM, 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

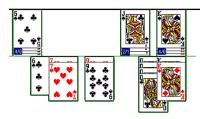
For Pinochle and Pool on Mondays, Wednesdays, & Fridays

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 monthy calendar. Please provide your name and contact information so we can start forming leagues.

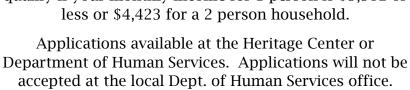
FOOT CARE CLINIC

2nd Tuesday of <u>every month</u>
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 EYEGLASSES AND HEARING AIDS. PLEASE CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237

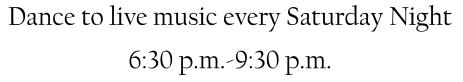
L.E.A.P. Assistance Still Being Offered

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 \$3,382 or less or \$4,423 for a 2 person household.



1-866-432-8435

For more information please call Cynthia at 522-1237 or



All ages welcome, no membership required

\$8.00 to enter



December 7 Classic Country

December 14 Dan Dobson

December 21 NO DANCE

December 28 FM Country



Tuesday, December 24th CLOSED

No meals served or delivered No activities

Wednesday, December 25th CLOSED

No meals served or delivered No Activities

Wednesday, January 1st CLOSED

No meals served or delivered No activities





Senior Citizen's Club Members please stop by and pay your 2025 Membership Dues \$5.00. Please let us know if we need to correct your birthday or anniversary or if you have had a change to your address and/or phone number. Thank you!

BUNCO RETURNS

Thanks to the efforts of Shirley Bickel, Bunco will be back to the line-up of activities in January. Look for more details in the January newsletter. If you are interested in playing with us call the Heritage Center at (970) 522-1237.





MOVIE MATINEE

JOIN US FOR THE LIFETIME CHANNEL MOVIE

"CHRISTMAS LOST & FOUND"

TUESDAY, DECEMBER 17TH

1:30 P.M.

COMFORTABLE SEATING, FRESH POPCORN, INTERMISSION

After years of missing family gatherings, Whitney Kennison is spending Christmas with Grandma Frances. Frances decides to bestow Whitney with the precious family ornament collection.

Whitney mistakenly throws out the box but Grandma Frances fixes the mistake with a fun scavenger hunt to remind Whitney what the holiday is all about.



Deck the Halls and Trim the Trees

We will be decorating the Heritage Center on

Tuesday, December 3rd 1:30-?

Hot Chocolate, Apple Cider and donut holes for those who show up to help.



FOOT CARE CLINIC NEW TIME

Beginning January 2025 the foot care clinic/toe nail care will be changing times to

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

2nd Tuesday of every month by appointment only Suggested Donation \$5-15



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