

December

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 28 th
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"
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
2	3	4	5	6
BBQ BEEF SANDWICH BROWN BUTTER & DILL BRUSSEL SPROUTS PASTA SALAD BANAN SPLIT FRUIT CUP Calories: 697 Carb: 94.7g Fiber: 12.9g Protein: 34.9g Fat: 23.4g Sod: 531mg	POLISH SAUSAGE SAUERKRAUT PARSLIED POTATOES CARAWAY ROLL BERRY BLEND Calories: 705 Carb: 87.3g Fiber: 12.8g Protein: 24.8g Fat: 31.2g Sod: 850mg	MEXICAN CHICKEN BAKE SALSA BROCCOLI FRITO SALAD PEACH POLKA DOT SALAD COOKIES w/ CHOCOLATE CHIPS Calories: 765 Carb: 83.2g Fiber: 10.1g Protein: 42.8g Fat: 31.0g Sod: 714mg	PORK CHOP SUEY BROWN RICE ORIENTAL VEGETABLES WHOLE WHEAT ROLLS WINTER FRUIT CUP BROWNIES Calories: 758 Carb: 98.4g Fiber: 9.8g Protein: 35.8g Fat: 25.7g Sod: 477mg	PORCUPINE MEATBALLS BOILED POTATOES PEAS & CARROTS ANNA'S DILLY BREAD PEAR SLICES Calories: 609 Carb: 95.9g Fiber: 11.7g Protein: 33.8g Fat: 12.9g Sod: 451mg
9	10	11	12	13
VEGETABLE BEEF SOUP CORN BREAD LAYERED SALAD PEACH SLICES Calories: 624 Carb: 89.2g Fiber: 9.8 Protein: 32.3g Fat: 17.4g Sod: 727mg	PASTA PRIMAVERA w/ CHICKEN BRUSSEL SPROUTS SUPREME FRENCH BREAD FRUIT COCKTAIL Calories: 648 Carb: 75.0g Fiber: 8.9g Protein: 46.0g Fat: 19.6g Sod: 507mg	CHEESE POTATO OMELET SALSA ALMOND BROCCOLI BRAN MUFFIN STRAWBERRY GELATIN SALAD Calories: 609 Carb: 70.8g Fiber: 10.3g Protein: 30.5g Fat: 25.6g Sod: 794mg	SOUTHERN BEEF PIE BEETS TOSSED SALAD FRENCH DRESSING PEAR SLICES OATMEAL NUT COOKIES Calories: 657 Carb: 90.7g Fiber: 9.7g Protein: 29.5g Fat: 22.6g Sod: 600mg	TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES RAISIN ROLL FRUIT CUP GRAPE JUICE Calories: 692 Carb: 120.7g Fiber: 10.9g Protein: 31.4g Fat: 12.8g Sod: 507mg
16	17	18	19	20
SWISS STEAK BAKED POTATO ASPARAGUS CUTS ROLLS TROPICAL FRUIT CUP Calories: 670 Carb: 74.6g Fiber: 9.3g Protein: 42.5g Fat: 23.7g Sod: 401mg	BAKED HAM w/ RAISIN SAUCE BAKED SWEET POTATO STIR FRY VEGETABLES WHOLE WHEAT ROLLS CRANBERRY MOLD PUMPKIN COOKIE Calories: 694 Carb: 114.1g Fiber: 11.1g Protein: 25.5g Fat: 17.0g Sod: 1027mg	CHICKEN RICE SOUP CRACKER PACKET GREEN BEANS & CORN ONION ROLLS WINTER FRUIT CUP OTAMEAL NUT COOKIES APPLE JUICE Calories: 794 Carb: 113.7g Fiber: 9.4g Protein: 36.6g Fat: 23.7g Sod: 759mg	MEATLOAF MASHED POTATOES BEEF GRAVY CAROLINA SALAD ROLLS STRAWBERRY APPLESAUCE Calories: 702 Carb: 103.0g Fiber: 9.6g Protein: 32.3g Fat: 20.4g Sod: 1018mg	POT ROAST POT ROAST VEGETABLES CONFETTI COLESLAW ANNA'S DILLY BREAD APPLE SALAD CINNAMON CRISPIES Calories: 697 Carb: 108.5g Fiber: 10.2g Protein: 34.2g Fat: 16.7g Sod: 607mg
23	24	25	26	27
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			BRAISED BEEF MASHED POTATOES HARVARD BEETS ROLLS PINEAPPLE MANDARIN ORANGE COMPOTE OATMEAL CHOCOLATE CHIP COOKIES Calories: 669 Carb: 100.7g Fiber: 8.7g Protein: 29.1g Fat: 18.6g Sod: 874mg	CHICKEN ALFREDO TOSSED GREEN SALAD RANCH DRESSING MIXED VEGETABLES GARLIC CHEESE BISCUITS CINNAMON APPLE SLICES ORANGE JUICE Calories: 786 Carb: 117.8g Fiber: 13.7g Protein: 40.7g Fat: 20.7g Sod: 850mg
30	31			
CHILIE w/ BEANS JEANNIE'S SALAD HONEY CORN BREAD APRICOT HALVES APPLESAUCE CAKE  BIRTHDAY RECOGNITION Calories: 738 Carb: 117.6g Fiber: 14.9g Protein: 31.8g Fat: 18.6g Sod: 991mg	CHICKEN FRIED STEAK COUNTRY GRAVY PARSLIED POTATOES BRUSSEL SPROUTS OATMEAL ROLLS STRAWBERRIES & BANANAS Calories: 783 Carb: 108.8g Fiber: 12.7g Protein: 35.7g Fat: 26.6g Sod: 1178mg	Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$17.00 Menu may change due to availability of food items or conditions that cause the kitchen to close.		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.
				

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	4 10:00 SilverSneakers® Yoga Noon Meet & Eat 12:30 Departure for Cheyenne, WY 1:30 Cards, Checkers, Chess & Pool	5 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 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, Cornhole, 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) Exercise Class	31 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool				

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

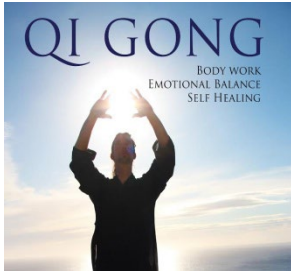


SilverSneakers® Yoga

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 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 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

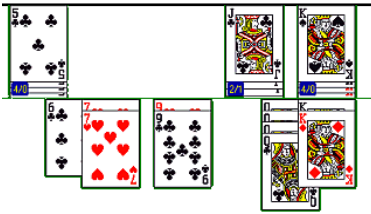
Mondays, Wednesdays, & Fridays

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

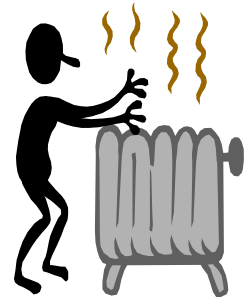
FUNDING AVAILABLE THROUGH THE LOGAN COUNTY COUNCIL ON AGING TO HELP WITH THE EXPENSE OF NEW EYEGASSES AND HEARING AIDS. PLEASE CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237

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.

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



Dance to live music every Saturday Night

6:30 p.m.-9:30 p.m.

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.

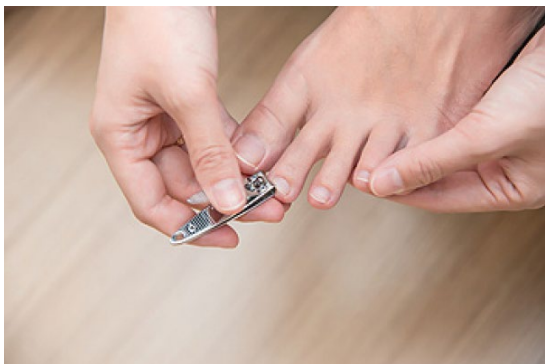


Deck the Halls and Trim the Trees

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**



**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