



2025

# Senior Citizen's Club Newsletter





Kay Gentry	December 2 <sup>nd</sup>
Gary Reeder	December 5 <sup>th</sup>
Amelia Schepler	December 6 <sup>th</sup>
Steve Jemison	December 8 <sup>th</sup>
Joan Whitney	December 14 <sup>th</sup>
Keith Dallegge	December 15 <sup>th</sup>
Donna Schuler	December 23 <sup>rd</sup>
Kathleen Kloberdanz	December 25 <sup>th</sup>
Peggy Duvall	December 27
Myron Graybill	December 29 <sup>th</sup>

### **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 17<sup>th</sup> at  
3:00 p.m.**



# DECEMBER 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
1	2	3	4	5
<b>PORCUPINE MEATBALLS</b> <b>BOILED POTATOES</b> <b>PEAS &amp; CARROTS</b> <b>ANNA'S DILLY B READ</b> <b>PEAR SLICES</b> <b>PUDDING</b>  Calories: 627 Carb: 99.1g Fiber: 14.7g Protein: 28.0g Fat: 16.7g Sod: 1053mg	<b>POLISH SAUSAGE</b> <b>SAUERKRAUT</b> <b>PARSLIED POTATOES</b> <b>CARAWAY ROLL</b> <b>BERRY BLEND</b> <b>MILK</b>  Calories: 746 Carb: 77.2g Fiber: 12.1g Protein: 29.2g Fat: 37.1g Sod: 1110mg	<b>MEXICAN CHICKEN BAKE w/ SALSA</b> <b>BROCCOLI</b> <b>FRITO SALAD</b> <b>PEACH SLICES</b> <b>DARK BROWNIE</b> <b>FRUIT YOGURT</b>  Calories: 712 Carb: 93.2g Fiber: 10.0g Protein: 35.9g Fat: 24.4g Sod: 739mg	<b>SHEPHERD'S PIE</b> <b>HARVARD BEETS</b> <b>CARROT RAISIN SALAD</b> <b>HEAVENLY HASH</b> <b>BANANA NUT BREAD</b> <b>CHEESE STICK</b>  Calories: 783 Carb: 106.6g Fiber: 12.1g Protein: 28.7g Fat: 29.1g Sod: 1008mg	<b>FIESTA PORK CHOP</b> <b>CHUCKWAGON CORN</b> <b>BISCUIT</b> <b>WINTER FRUIT CUP</b> <b>CHOCOLATE MILK</b>  Calories: 800 Carb: 103.2g Fiber: 10.1g Protein: 47.8g Fat: 24.2g Sod: 606mg
8	9	10	11	12
<b>MEXICAN BEEF</b> <b>SPANISH RICE</b> <b>MEXICALI CORN</b> <b>ROLL</b> <b>ORANGE JUICE/BANANA GELATIN SALAD</b> <b>CHEESE STICK</b>  Calories: 788 Carb: 80.3g Fiber: 10.0g Protein: 42.5g Fat: 34.9g Sod: 1170mg	<b>INDIANA STYLE CHICKEN &amp; RICE</b> <b>MARINATED VEGETABLE SALAD</b> <b>RAISIN BRAN MUFFIN</b> <b>APRICOT HALVES</b> <b>MILK</b>  Calories: 624 Carb: 94.8g Fiber: 11.2g Protein: 34.5g Fat: 15.1g Sod: 693mg	<b>CHEESE POTATO OMELET</b> <b>ALMOND BROCCOLI</b> <b>V'S MORNING MUFFIN</b> <b>FRUIT COCKTAIL &amp; COTTAGE CHEESE</b> <b>BROWNIE</b>  Calories: 701 Carb: 78.4g Fiber: 9.7g Protein: 30.0g Fat: 32.5g Sod: 820mg	<b>VEGETABLE BEEF SOUP</b> <b>LAYERED SALAD</b> <b>CORN BREAD</b> <b>PEAR SLICES</b> <b>FRUIT YOGURT</b>  Calories: 652 Carb: 100.1g Fiber: 10.4g Protein: 28.1g Fat: 17.1g Sod: 584mg	<b>POLLOCK FISH PIECES w/ TARTAR SAUCE</b> <b>BAKED POTATO</b> <b>CALIFORNIA VEGETABLES</b> <b>RAISIN ROLL</b> <b>STRAWBERRY GELATIN SALAD</b> <b>CHOCOLATE MILK</b>  Calories: 799 Carb: 101.1g Fiber: 9.9g Protein: 31.3g Fat: 31.5g Sod: 1070mg
15	16	17	18	19
<b>SWISS STEAK</b> <b>PARSLIED POTATOES</b> <b>ASPARAGUS CUTS</b> <b>ROLL</b> <b>TROPICAL FRUIT CUP</b> <b>PUDDING</b>  Calories: 646 Carb: 83.0g Fiber: 11.5g Protein: 35.2g Fat: 21.9g Sod: 707mg	<b>CHICKEN RICE SOUP</b> <b>CRACKER PACKET</b> <b>BRUSSEL SPROUTS</b> <b>ONION ROLL</b> <b>WINTER FRUIT CUP</b> <b>ORANGE JUICE</b> <b>MILK</b>  Calories: 646 Carb: 97.2g Fiber: 10.7g Protein: 35.7g Fat: 15.0g Sod: 532mg	<b>ROAST PORK</b> <b>MASHED POTATOES &amp; CHICKEN GRAVY</b> <b>BLUEBERRY MUFFIN</b> <b>ZUCCHINI TOMATO BAKE</b> <b>PINEAPPLE TIDBITS</b> <b>COOKIE w/ CHOCOLATE CHIPS</b> <b>FRUIT YOGURT</b>  Calories: 785 Carb: 110.8g Fiber: 9.4g Protein: 33.4g Fat: 24.5g Sod: 485mg	<b>CHEESEBURGER on a BUN</b> <b>BAKED SWEET POTATO FRIES</b> <b>CAROLINA SALAD</b> <b>PEACH SLICES</b> <b>LETTUCE, TOMATO &amp; ONION SLICES</b> <b>DILL PICKLE CHIPS</b> <b>CHEESE STICK</b>  Calories: 731 Carb: 77.2g Fiber: 10.0g Protein: 39.7g Fat: 31.1g Sod: 967mg	<b>POT ROAST</b> <b>POT ROAST VEGETABLES</b> <b>CONFETTI COLESLAW</b> <b>PUMPKIN BREAD</b> <b>APPLE SALAD</b> <b>CHOCOLATE MILK</b>  Calories: 725 Carb: 108.2g Fiber: 8.8g Protein: 29.7g Fat: 20.9g Sod: 885mg
22	23	24	25	26
<b>BRUNSWICK STEW</b> <b>GREEN BEANS w/ TOMATOES</b> <b>ONION ROLL</b> <b>PEAR ORANGE FRUIT CUP</b> <b>APPLE GRANOLA COOKIE</b> <b>PUDDING</b>  Calories: 711 Carb: 94.6g Fiber: 13.7g Protein: 30.0g Fat: 25.5g Sod: 889mg	<b>BAKED HAM w/ RAISIN SAUCE</b> <b>BAKED SWEET POTATO</b> <b>BROCCOLI</b> <b>WHOLE WHEAT ROLL</b> <b>CRANBERRY MOLD</b> <b>PUMPKIN COOKIE</b> <b>MILK</b>  Calories: 724 Carb: 116.9g Fiber: 11.3g Protein: 32.0g Fat: 17.0g Sod: 1089mg			<b>CHICKEN ALFREDO</b> <b>MIXED VEGETABLES</b> <b>GARLIC BREAD</b> <b>PINEAPPLE MANDARIN ORANGE COMPOTE</b> <b>CHOCOLATE MILK</b>  Calories: 744 Carb: 85.9g Fiber: 8.8g Protein: 37.4g Fat: 18.0g Sod: 290mg
29	30	31		
<b>SPANISH RICE w/ GROUND BEEF</b> <b>SPINACH CAULIFLOWER SALAD</b> <b>CORN MUFFIN</b> <b>APRICOT HALVES</b> <b>APPLESAUCE CAKE</b> <b>CHEESE STICK</b>   <b>BIRTHDAY RECOGNITION</b>  Calories: 753 Carb: 96.6g Fiber: 10.8g Protein: 30.0g Fat: 29.8g Sod: 1118mg	<b>CHICKEN SANDWICH</b> <b>BOSTON BEANS</b> <b>POTATO SALAD</b> <b>CINNAMON APPLE SLICES</b> <b>LETTUCE, TOMATO, ONION SLICES</b> <b>MILK</b>  Calories: 607 Carb: 88.4g Fiber: 12.3g Protein: 34.7g Fat: 15.0g Sod: 780mg	<b>CHICKEN FRIED STEAK</b> <b>MASHED POTATOES &amp; COUNTRY GRAVY</b> <b>ASPARAGUS CUTS</b> <b>OATMEAL ROLL</b> <b>SLICED BANANAS</b> <b>PUDDING</b>    Calories: 763 Carb: 112.1g Fiber: 28.8g Protein: 42.4g Fat: 24.0g Sod: 1145mg	<b>For Reservations</b> <b>Call 970-522-1237 by 8:00 a.m.</b> <b>the day you want the meal.</b> <b>If you must cancel your meal,</b> <b>please do so by 8:00 a.m.</b>	<b>Suggested Donation - \$6.25</b> <b>Under Age 60</b> <b>Mandatory Charge - \$19.25</b>  <b>Menu may change due to availability</b> <b>of food items or conditions that cause</b> <b>the kitchen to close.</b>

## December 2025

Mon	Tue	Wed	Thu	Fri	Sat
<b>1</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>2</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Decorate for Christmas 1:30 Board Games & Pool	<b>3</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards & Pool	<b>4</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	<b>5</b> 9:30 Cardio Drumming 10:30 Qi Gong Noon Meet & Eat 1:30 Council on Aging Meeting 1:30 Cards & Pool	<b>6</b> 6:30-9:00 Dance w/ Classic Country \$8.00 All are welcome
<b>8</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 PAR Exercise Class	<b>9</b> 10:00 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	<b>10</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 BUNCO	<b>11</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>12</b> 9:30 Cardio Drumming 10:30 Qi Gong Noon Meet & Eat 1:30 Cards & Pool	<b>6</b> 6:30-9:00 Dance w/ Dan Dobson \$8.00 All ages welcome
<b>15</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class	<b>16</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "National Lampoon Christmas Vacation" 1:30 Pool	<b>17</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Mexican Train Dominoes 3:00 Sr. Citizen's Club 4 <sup>th</sup> Quarter B-day and Anniv party	<b>18</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	<b>19</b> 9:30 Cardio Drumming 10:30 Qi Gong Noon Meet & Eat 1:30 Cards & Pool	<b>20</b> 6:30-9:00 Dance w/ FM Country \$8.00 Public Welcome
<b>22</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 PAR Exercise Class	<b>23</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	<b>24</b> 10:00 SilverSneakers® Yoga Noon No Meals served or delivered Kitchen closed. 1:30 Cards & Pool	<b>25</b> Closed Merry Christmas	<b>26</b> Noon Meet & Eat	<b>27</b> NO DANCE TONIGHT
<b>29</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class	<b>30</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Door Prize Bingo "Ugly Sweater Edition"	<b>31</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & 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.

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### QI GONG

This group will be meeting for exercise class led by DVD.

Instruction on **Friday mornings at 10:30 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.

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### 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.

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### CARDIO DRUMMING

Exercise that combines drumming, (no experience necessary), rhythm & music. Participants use drumsticks to “drum” on a padded surface following the rhythm of music and routines taught by an instructor. Lowers blood pressure, reduces stress/anxiety, increases strength, improves coordination, motor skills and memory. **Friday mornings at 9:30 a.m.**

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. Mondays 3:30 p.m. To register, please call (303) 830-1839 or email [info@parkinsonrockies.org](mailto:info@parkinsonrockies.org).



### Renew Active



by UnitedHealthcare 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

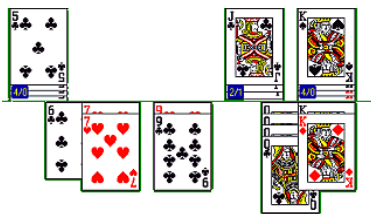


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### SCHOLARSHIP PROGRAM

The Senior Citizen's Club is pleased to announce a Scholarship Program. The program allows an eligible club member to receive up to \$30 to help with the cost of dinner, membership or activity. Please see Cynthia for an application.

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### 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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### MEXICAN TRAIN DOMINOES

This game is a variation of dominoes and chicken foot.

Players are to build "trains" from a central hub while playing on their on "train" trying to be the first one to play all of their dominoes. Played at 1:30 p.m. on the 3<sup>rd</sup> Wednesday of each month.

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### BUNCO

2<sup>nd</sup> Wednesday of each month 1:30-4:00, please call if you are interested.

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### TOENAIL CARE CLINIC

2<sup>nd</sup> 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

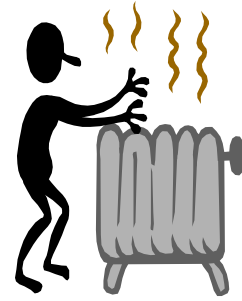
Provided by Northeast Plains Home Health

**L.E.A.P. ASSISTANCE AVAILABLE TO ALL  
COLORADOANS**

The Low-income Energy Assistance Program starts November 1<sup>st</sup> and applications are accepted through April 30<sup>th</sup>. 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 \$3,607 or less or \$4,717 for a 2-person household.

Applications available at the Heritage Center or Department of Human Services. 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.-9:00 p.m.

All ages welcome, no membership required

\$8.00 to enter



December 6

Classic Country

December 13

Dan Dobson

December 20

FM Country

December 27

NO DANCE TONIGHT



**Tuesday, December 24<sup>th</sup>**  
**NO LUNCH WILL BE SERVED**  
Heritage Center closes at Noon

**Wednesday, December 25<sup>th</sup>**  
**CLOSED**  
No meals served or delivered  
No Activities

**Friday, December 26<sup>th</sup>**  
Business office closed  
No exercise or activities  
**LUNCH WILL BE SERVED**

**Thursday, January 1<sup>st</sup>**  
**CLOSED**  
No meals served or delivered  
No activities

**Friday, January 2<sup>nd</sup>**  
**NO LUNCH WILL BE SERVED**  
Business office open



Senior Citizen's Club Members please stop by and pay your 2026 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!



SILVERSNEAKERS® YOGA  
SILVERSNEAKERS® CLASSIC  
CARDIO DRUMMING  
QI GONG

**WATCH FOR DETAILS IN JANUARY FOR OUR BIRTHDAY PARTY**





# MOVIE MATINEE

JOIN US FOR A HOLIDAY LAUGH

## NATIONAL LAMPOON CHRISTMAS VACATION

TUESDAY, DECEMBER 16<sup>TH</sup>

1:30 P.M.

COMFORTABLE SEATING, FRESH POPCORN,  
INTERMISSION

### FOOT CARE CLINIC

**TUESDAY, DECEMBER 9TH**

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

2<sup>nd</sup> Tuesday of every month  
by appointment only

Suggested Donation \$5-15

Call December 1<sup>st</sup> and after to make  
an appointment

(970) 522-1237

Thank you, Northeast Plains Home  
Health, for providing this service.



TUESDAY, JANURAY 20<sup>TH</sup>

11:15 A.M.

Paulette Carpenter

“Understanding the Chakras and How affect  
our health and healing”



**SR. CITIZEN'S CLUB**  
**4<sup>TH</sup> QUARTER**  
**BIRTHDAY AND**  
**ANNIVERSARY PARTY**  
**WED. DEC. 17<sup>TH</sup>**  
**3:00 P.M.**

**DOOR PRIZE BINGO**

**TUESDAY, DECEMBER 30<sup>TH</sup>**  
**1:30 P.M.**

Sponsored by Devonshire Acres

Come join us for fun and  
holiday festivity!

Wear your ugly sweater.



Please make a note; Cynthia will be out of the office most days between 3:00-4:15. Cynthia will also be absent from the office more between December 1<sup>st</sup> through February. Thank you for your patience and understanding.

## AGING WITH GRACE & VIGOR

The Yearning of your soul, you awaken to whom you really are through a process of being in relationship with others, building your careers, making choices, raising children, and dealing with your parents. This is how you learn the lessons you are here to learn. Through a bout of cancer, you may have grown in courage. Through dealing with a critically ill parent, you may have learned compassion. Through being born with a disability, you may have learned persistence. Through going through a difficult divorce, you may have learned about forgiveness. As you co-create with God to bring your dreams to fruition you willingly step into the unknown. You expand your view of yourself as you fulfill your potential and ultimately grow into a great, more compassionate and loving human being.

By Lynn Robinson "Divine Intuition"

The next key step to aging with grace and vigor is INTUITION. We all have a built-in guidance system to keep us on track in all areas of our lives.

Christiane Northrup said when tuned in to inner wisdom-you're well on your way to creating health on all levels- emotionally, physically and spiritually.

Florence Shinn said all suffering comes from violation of intuition or that "gut feeling." She says intuition is the most important part of spiritual development. It is the divine guidance.

We are told we have all the knowledge within us regarding our health, relationships, or whatever we need. We just need to be still for a time and listen to our inner guidance system telling us what we need to do. The more we use our intuition or "gut feeling" the more developed it becomes. Our guidance system or intuition or inner wisdom will never lead us in the wrong direction.

A true sign of the presence of wisdom is the ability to follow one's own inner guide or intuition. As Lynn Robinson said in "Divine Intuition." "As you listen to the guidance within you will not only hear the directions you need for creating a life of peace and meaning, but you will also find you receive ample instructions for Living the Life of your dreams."

Submitted by Paulette Carpenter