

February

2020 HERITAGE CENTER NEWSLETTER





SENIOR CITIZEN'S CLUB MEMBERS BIRTHDAYS

Phyllis Wilkins	February 4 th
Miriam Barton	February 6 th
Richard Robirds	February 7 th
Mary Louise Wiebers	February 7 th
Ann Withrow	February 10 th
Mary Margaret Bianco	February 11 th
Larry Lybarger	February 12 th
Mary Ann Hiler	February 13 th
Janice Lechman	February 14 th
Betty Pancost	February 16 th
Dan Clark	February 18 th
Barbara Mari	February 18 th
Janice Bellendir-Stieb	February 19 th
Kristyne Hernandez	February 20 th
Selby White	February 21 st
Shirley Bickel	February 23 rd
Donna Nicklas	February 24 th
Leota Thayer	February 26 th
Esther Skrdlant	February 27 th

SENIOR CITIZEN'S CLUB MEMBERS ANNIVERSARIES


Dave & Glenda Conley	February 17, 1968
Larry & Joyce Lybarger	February 18, 1955

JOIN US ON
FRIDAY, FEBRUARY 28th
3:00 P.M.
FOR OUR MONTHLY BIRTHDAY AND
ANNIVERSARY PARTY

FEBRUARY 2020

HERITAGE MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 522-1237 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
SWEDISH MEATBALLS MASHED POTATOES LAYERED SALAD WW ROLL PINEAPPLE MAND ORANGE COMPOTE Calories: 679 Carbs: 93.8g Fib: 10.2g Protein: 37.2g Fat: 20.1g Sod: 847mg	CORN TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD FRENCH DRESSING FRUIT CUP Calories: 610 Carbs: 85.0g Fib: 12.1g Protein: 35.1g Fat: 16.2g Sod: 728mg	BEEF GOULASH GREEN BEANS & CORN ROLLS CINNAMON APPLE SLICES NATURE COOKIES Calories: 711 Carbs: 113.1g Fib: 14.1g Protein: 33.6g Fat: 18.3g Sod: 489mg	CABBAGE BURGERS COBBLER CORN BEAN MEDLEY SALAD BANANA SPLIT FRUIT CUP CHOCOLATE CAKE Calories: 733 Carbs: 108.7g Fib: 12.7g Protein: 31.2g Fat: 23.5g Sod: 418mg	SCALLOPED POTATOES W/ HAM JEANNIE'S SALAD WINTER MIX VEGETABLES WW ROLLS APRICOT HALVES Calories: 640 Carbs: 85.1g Fib: 10.6g Protein: 31.1g Fat: 22.4g Sod: 905mg
10	11	12	13	14
LASAGNA TOSSED SALAD FRENCH DRESSING BEAN MEDLEY GARLIC BREAD FRUIT CUP Calories: 634 Carbs: 85.1g Fib: 11.3g Protein: 32.8g Fat: 20.9g Sod: 579mg	SWEET & SOUR CHICKEN RICE ORIENTAL VEGETABLES WW ROLL APRICOT HALVES Calories: 627 Carbs: 95.1g Fib: 10.3g Protein: 35.0g Fat: 12.3g Sod: 489mg	PORCUPINE MEATBALLS SCALLOPED POTATOES CABBAGE WW ROLL PLUMS NATURE COOKIE Calories: 736 Carbs: 114.1g Fib: 11.1g Protein: 35.0g Fat: 19.1g Sod: 581mg	CHOICE: CHICKEN NOODLE CASSEROLE TUNA NOODLE CASSEROLE CALIFORNIA VEGETABLES ROLLS PINEAPPLE TIDBITS COOKIES W/ CHOCOLATE CHIPS Calories: 738 Carbs: 94.5g Fib: 10.1g Protein: 36.8g Fat: 26.7g Sod: 577mg	ROAST BEEF MASHED POTATOES & GRAVY TOSSED SALAD FRENCH DRESSING COUNTRY MIX VEGETABLES WW ROLLS PEAR ORANGE FRUIT CUP Calories: 646 Carbs: 90.7g Fib: 10.3g Protein: 30.8g Fat: 19.7g Sod: 756mg <i>Happy Valentine's Day</i>
17	18	19	20	21
SLOPPY JOE SANDWICH POTATO SALAD BRUSSEL SPROUTS FRUIT COCKTAIL CINNAMON CRISPIES Calories: 676 Carbs: 106.3g Fib: 12.3g Protein: 35.0g Fat: 16.1g Sod: 802mg	BEEF STROGANOFF NOODLES BEAN MEDLEY BRAN MUFFIN APRICOT HALVES Calories: 628 Carbs: 99.9g Fib: 10.23g Protein: 31.8g Fat: 13.2g Sod: 559mg	VEGETABLE BEEF SOUP COTTAGE CHEESE & PINEAPPLE SALAD CORN MUFFIN FRUIT CUP BANANA NUT BREAD Calories: 702 Carbs: 105.2g Fib: 9.9g Protein: 35.5g Fat: 17.5g Sod: 846mg	BAKED CHICKEN MASHED POTATOES W/GRAVY CAULIFLOWER & PEAS APPLE MUFFIN PEACHES Calories: 667 Carbs: 82.3g Fib: 9.8g Protein: 43.0g Fat: 19.8g Sod: 1091mg	SOUTHERN BEEF PIE BEETS TOSSED SALAD FRENCH DRESSING FRUIT COCKTAIL COOKIES W/ RAISINS Calories: 635 Carbs: 85.9g Fib: 9.1g Protein: 30.1g Fat: 22.1g Sod: 542mg
24	25	26	27	28
CHICKEN NOODLE SOUP MASHED POTATOES PEAS ROLL FRUIT CUP BIRTHDAY RECOGNITION Calories: 656 Carbs: 98.0g Fib: 12.5g Protein: 39.7g Fat: 13.4g Sod: 602mg	ROAST PORK W/ GRAVY BAKED POTATO PARSLIED CARROTS CARAWAY ROLL STRAWBERRY GELATIN SALAD Calories: 613 Carbs: 79.1g Fib: 9.5g Protein: 32.0g Fat: 19.9g Sod: 574mg	CHOICE: HAMBURGER STEAK BAKED FISH / TARTER SAUCE CALIFORNIA VEGETABLES BAKED POTATO ROLLS WINTER FRUIT CUP NATURE COOKIE Calories: 697 Carbs: 112.0g Fib: 11.3g Protein: 31.9g Fat: 16.5g Sod: 718mg	BRAISED BEEF MASHES POTATOES BEETS ROLLS STRAWBERRIES & BANANAS COOKIES W/ RAISINS Calories: 655 Carbs: 95.3g Fib: 10.7g Protein: 30.3g Fat: 19.6g Sod: 893mg	CHOICE: HAMBURGER STEAK SALMON FILET W/ DILL SAUCE BAKED SWEET POTATO FRIES GREEN BEANS BRAN MUFFIN MANDARIN ORANGES CINNAMON CRISPIES Calories: 644 Carbs: 96.3g Fib: 11.2g Protein: 30.3g Fat: 17.6g Sod: 899mg
Menu may change due to availability of food items or conditions that cause the kitchen to close.	For Reservations Call 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. the day of the meal.		IF YOU CHOOSE THE CHOICE ENTREE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE	Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50

February 2020

Mon	Tue	Wed	Thu	Fri	Sat
					1 6:30 p.m. Dance w/ FM Country \$7.00 All ages welcome
3 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	4 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Etc. 2:00 Chess, Cornhole & Pool	5 9:00 Council on Aging 10:00 SilverSneakers® Yoga 11:30 Council on Aging Appreciation Luncheon 1:00 Cards & Pool 3:30 Sr. Citizen's Club Business Meeting	6 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 2:00 Billiards, Chess, Cornhole 7:00 Camera Club	7 10:00 Qi Gong 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool	8 6:30 p.m. Dance w/ Classic Country \$7.00 Open to the Public
10 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool	11 10:00 Foot Care Clinic 10:00 SilverSneakers® Noon Meet & Eat 1:30 Sewing & Etc. 1:30 Humanities Meeting	12 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	13 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Hand & Foot Canasta 2:00 Billiards, Mah Jong, Chess	14 10:00 Qi Gong 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool	15 6:30 p.m. Dance w/ Jim Ehrlich \$7.00 All Ages Welcome
17 Business Office Closed 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Center Closes	18 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas Bridge Club 1:30 Sewing & Etc. 2:00 Billiards	19 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	20 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 2:00 Movie Matinee "Ghost" 7:00 Camera Club	21 10:00 Qi Gong 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool	22 6:30 p.m. Dance w/ Ray Mullen \$7.00 Open to the Public
24 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Clinic	25 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Bunco	26 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool	27 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi	28 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool	29 6:30 p.m. Dance w/ Out of the Blue \$7.00 Everyone Welcome

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES



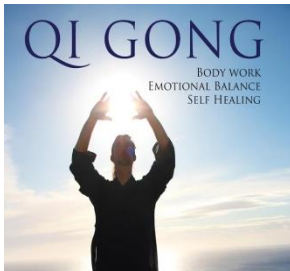
SilverSneakers® Yoga

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.-11:15 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.



Guest speakers, guest instructors, Tai chi classes and other health related topics are offered throughout the year. Sign-up to receive our email newsletter to keep informed of upcoming opportunities to improve your health and to remain **ACTIVE while AGING.**



Join the SENIOR CITIZEN'S CLUB
For Pinochle and Pool on
Mondays, Wednesdays, and Fridays
1:00-4:30



SEWING, AND ETC.

Bring what you want to work on and be prepared to talk/visit.
Beginning quilting, embroidery, Christmas decorations, Table runners and anything else your crafting heart desires.

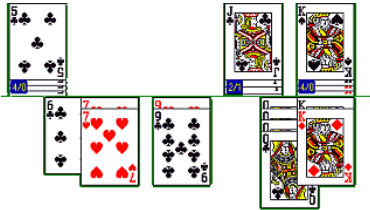


LEGAL AID DAY

3rd MONDAY OF EACH MONTH
1:30-4:30 p.m.

Appointments strongly suggested, please call 522-1237

Judge Jim Leh will be available at the Heritage Center to meet with anyone who might need legal advice or assistance who cannot otherwise afford an attorney.



HAND & FOOT CANASTA

2nd and 4th Thursday of each month

1:00 – 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.

FOOT CARE CLINIC

2nd Tuesday of each month

10:00 a.m. no appointments, Sign-up sheet doesn't go out until 9:30

Suggested donation of \$5.00-\$10.00

Please soak your feet before you come and bring a towel for your added comfort

Provided by Northeast Plains Home Health and Sterling MedCare Home Health

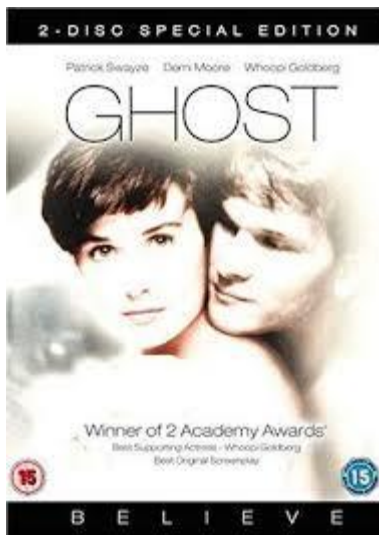
BLOOD PRESSURE CLINIC

4th Friday of each month

R. N. or L.P.N. will be available to check your blood pressure

Provided by Hospice of the Plains-Cheryl Dillon

No Cost



MOVIE MATINEE

Patrick Swayze, Demi Moore & Whoopi Goldberg star in "Ghost"

Sam Wheat (Patrick Swayze) is a banker, Molly Jensen (Demi Moore) is an artist, and the two are madly in love. However, when Sam is murdered by friend and corrupt business partner Carl Bruner (Tony Goldwyn) over a shady business deal, he is left to roam the earth as a powerless spirit. When he learns of Carl's betrayal, Sam must seek the help of psychic Oda Mae Brown (Whoopi Goldberg) to set things right and protect Molly from Carl and his goons.

**Join us Thursday, February 20th
2:00 p.m.**

**Comfortable Seating, Intermission and
Fresh Popcorn Available**

Income Tax Assistance

Northeastern Junior College Business Department will again be offering a limited amount of appointments for income tax assistance.

Please call 521-6637 between the hours of 12:00-5:00 p.m. to schedule your 20 minute appointment.



Legal Aid Clinic

Schedule Change

The legal aid clinic for February will be held on Monday, February 24th 1:30-4:30 due to President's Day falling on the 3rd Monday.



Life Long Learning Series

How Your Bank Can Help You Detect Fraud

By Patti Vandembark and Kristine Bell

CSU Northeast Regional Engagement Center

304 Main St.

Sterling, Colorado

February 6, 2020

1 P.M. to 2 P.M.

Join us in person or by Zoom at

<https://zoom.us/j/5842143355>

Leaving a Lasting Legacy - Farm/Ranch Estate and Succession Planning Seminar

Northeastern Junior College's Agriculture Business Management Program (ABM) is hosting Jeff Tranel from Colorado State University Extension

Thursday, Feb. 13 from 6-9 p.m.

Hays Student Center Ballroom at NJC

This seminar will help farm and ranch families find answers to passing on one's life work and legacy. It is important and critical to the ongoing success of a farm and ranch business. A meal will be served from 5-6 p.m. prior to the seminar. \$40 per person or \$30 for 2/family. For more information, please contact Emily Molloy at 970-521-6762



DAY TRIP

Wed. April 22nd

North Platte, NE

**Tour the Golden Spike
Tower and Railyard**

**Enjoy a delicious lunch at
the historic switchyard
grill & pub**



2020 CENSUS

What you need to know

By law, the U.S. government is required to count the number of people living in the United States every 10 years. Getting an accurate count is important because census numbers impact daily life in the United States in many ways. For example, census data are often used to determine how much federal funding is allocated for important projects and services that benefit local communities. The census also plays a vital role in our nation's system of government by determining how many representatives will be sent to Congress from each state. This includes the programs and services offered through the Heritage Center.

Because getting an accurate count is so important, the process is designed to be fast, easy, and safe. On average, it takes no more than 10 minutes to answer the questions on the census.

In 2020, households will have the option of responding online, by mail, or by phone. The Census Bureau expects many households to complete the questionnaire online, using instructions received in the mail. These instructions will also include information about how to respond by phone. Some households will receive a printed questionnaire which they can mail, postage-free, back to the Census Bureau. A small percentage of households, primarily located in remote areas of the country, will be visited by a census taker who will help collect the necessary information to complete the form.

Please note that the Census Bureau will never ask for your full social security number, bank account number, or passwords.

If you require immediate assistance with verifying a survey other than the 2020 Census is conducted by the Census Bureau, contact the **Census Bureau Regional Office** for your state or the **Customer Service Center** for more information.

Here are some ways you can verify an individual is a Census Bureau employee:

- The census taker or field representative will present an ID badge that includes:
 - their name, > their photograph, > an expiration date
 - a Department of Commerce watermark
- They will have an official bag and Census Bureau-issued electronic device, such as a laptop or smartphone, bearing the Census Bureau logo.
- Census takers and field representatives will conduct their work between the hours of 9am and 9pm, local time.
- Census representatives will be at local organizations and community events with computer tablets to help individuals respond online to the 2020 Census.

When in doubt, please call the Denver Regional Office for verification at 1-800-852-6159. Office hours are Monday through Friday, 7:00 a.m.- 4:30 p.m., Mountain Daylight Time.

Call Center: 301-763-INFO (4636) or 800-923-8282 or ask.census.gov

SAVE THE DATE

DAY TRIP

Thursday, June 4th, 2020

Take a trip with us to the Terry Bison Ranch in Cheyenne, WY.

We will take a train ride through the pasture and bison herds, have a burger fry (choice of beef, bison or veggie) and enjoy the beauty of this unique ranch.

Sign-up will be offered April 16th



HOME DELIVERY VOLUNTEERS

Our home delivered meals program is seeing a lot of growth and we are needing more volunteers to help deliver to our clients.

If you are interested, please stop by the office, there is an application process. It only takes 30-60 minutes to do something that makes a HUGE difference.



BRAIN TEASERS

Our Brain Teaser station is up and running. Please find the weekly brain teaser on the Northeast wall of the big room. The new teaser goes out on Friday and the answer key for the week prior will go out on Friday. Each week the brain teasers will target key mental functions that can change with age including: long-term memory, working memory, executive functioning, attention to detail, multitasking and processing speed.

Turn your answers each week for a SMALL prize.

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.” - Sophia Loren