

February

2023

HERITAGE CENTER NEWSLETTER





SENIOR CITIZEN'S CLUB MEMBERS BIRTHDAYS

Scott Uhrich	February 2nd
Miriam Barton	February 6 th
Richard Robirds	February 7 th
Ann Withrow	February 10 th
Mary Margaret Bianco	February 11 th
Mary Ann Hiler	February 13 th
Dan Clark	February 18 th
Barbara Mari	February 18 th
Janice Bellendir	February 19 th
Kristyne Hernandez	February 20 th
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
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JOIN US ON
WEDNESDAY, MARCH 29TH
3:00 P.M.
FOR OUR QUARTERLY BIRTHDAY AND
ANNIVERSARY PARTY

FEBRUARY 2023 HERITAGE MEAL SITE



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Menu may change due to availability of food items or conditions that cause the kitchen to close.		MEXICAN CHICKEN BAKE PEAS & CARROTS CORN MUFFIN TROPICAL FRUIT CUP Calories: 718 Carbs: 92.6g Fib: 9.9g Protein: 40.4g Fat: 22.6g Sod: 957mg	SWEDISH MEATBALLS RICE LAYERED SALAD WW ROLLS STRAWBERRIES & BANANAS Calories: 699 Carbs: 96.4g Fib: 10.1g Protein: 37.1g Fat: 20.8g Sod: 653mg	SCALLOPED HAM & NOODLES APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS APRICOT HALVES Calories: 722 Carbs: 105.4g Fib: 11.2g Protein: 34.2g Fat: 20.5g Sod: 731mg
6	7	8	9	10
LASAGNA TOSSED GREEN SALAD W/ DRESSING MIXED VEGETABLES GARLIC BREAD FRUIT CUP Calories: 607 Carbs: 94.1g Fib: 11.2g Protein: 34.3g Fat: 14.1g Sod: 877mg	SOUTHWEST CHICKEN SOUP FRITO SALAD CORN MUFFIN PEAR ORANGE FRUIT CUP APPLE GRANOLA COOKIE Calories: 797 Carbs: 93.2g Fib: 10.0g Protein: 37.1g Fat: 32.5g Sod: 906mg	TUNA NOODLE CASSEROLE CALIFORNIA VEGETABLES ORANGE MUFFIN PINEAPPLE TIDBITS OATMEAL NUT COOKIE Calories: 787 Carbs: 104.6g Fib: 10.0g Protein: 36.3g Fat: 28.0g Sod: 667mg	YANKEE POT ROAST AU GRATIN POTATOES BRUSSEL SPROUTS SUPREME RAISIN ROLLS SLICED BANANAS Calories: 697 Carbs: 93.1g Fib: 11.0g Protein: 40.6g Fat: 20.8g Sod: 619mg	CHICKEN ALFREDO CAESAR SALAD GARLIC BREAD MIX VEGETABLES WINTER FRUIT CUP Calories: 731 Carbs: 97.4g Fib: 10.5g Protein: 36.9g Fat: 24.6g Sod: 654mg
13	14	15	16	17
SAVORY BAKED CHICKEN PARSLIED RICE CAULIFLOWER & PEAS APPLE MUFFIN PEACH SLICES Calories: 673 Carbs: 82.5g Fib: 9.5g Protein: 43.0g Fat: 20.2g Sod: 738mg	BEEF STROGANOFF w/ NOODLES BEAN MEDLEY BRAN MUFFIN PLUMS ORANGE JUICE  Calories: 625 Carbs: 99.2g Fib: 9.9g Protein: 32.1g Fat: 13.2g Sod: 555mg	VEGETABLE BEEF SOUP COTTAGE CHEESE & PINEAPPLE SALAD GARLIC CHEESE BISCUITS FRUIT CUP OATMEAL BANANA RAISIN COOKIE Calories: 672 Carbs: 95.7g Fib: 10.1g Protein: 36.1g Fat: 18.5g Sod: 680mg	SLOPPY JOE SANDWICH OVEN BROWNED POTATOES ASPARAGUS CUTS FRUIT COCKTAIL APPLE GRANOLA COOKIE Calories: 729 Carbs: 107.4g Fib: 10.9g Protein: 35.1g Fat: 20.8g Sod: 501mg	BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ROLL APRICOT HALVES OATMEAL RAISIN COOKIES Calories: 657 Carbs: 102.8g Fib: 9.8g Protein: 30.2g Fat: 16.2g Sod: 770mg
20	21	22	23	24
CHICKEN PENNE CASSEROLE PEAS ROLLS FRUIT CUP Calories: 656 Carbs: 92.7g Fib: 12.4g Protein: 40.9g Fat: 15.6g Sod: 429mg	ROAST PORK BAKED SWEET POTATO PARSLIED CARROTS CARAWAY ROLL APPLESAUCE ORANGE JUICE Calories: 672 Carbs: 95.2g Fib: 12.5g Protein: 30.9g Fat: 20.4g Sod: 490mg	SALMON PATTY w/ CHEESE SAUCE BAKED POTATO TOSSED GREEN SALAD W/ DRESSING CALIFORNIA VEGETABLES FRUIT MIX OATMEAL RAISIN COOKIE Calories: 651 Carbs: 91.9g Fib: 9.5g Protein: 32.3g Fat: 18.9g Sod: 881mg	BRAISED BEEF MASHED POTATOES WINTER MIX VEGETABLES ROLL STRAWBERRIES & BANANAS CINNAMON CRISPIES Calories: 611 Carbs: 87.6g Fib: 11.0g Protein: 33.8g Fat: 16.2g Sod: 679mg	CITRUS PEPPER SALMON FILLET BAKED SWEET POTATO FRIES GREEN BEANS RAISIN BRAN MUFFIN PEACH CRISP GRAPE JUICE Calories: 752 Carbs: 130.5g Fib: 14.6g Protein: 31.1g Fat: 16.1g Sod: 1146mg
27	28			
SPAGHETTI W/ MEAT SAUCE CAESAR SALAD ITALIAN VEGETABLES GARLIC BREAD PEAR SLICES  BIRTHDAY RECOGNITION Calories: 730 Carbs: 82.8g Fib: 11.6g Protein: 32.6g Fat: 33.0g Sod: 641mg	HOT TURKEY SANWICH BRUSSEL SPROUTS & CHESTNUTS PEAR ORANGE FRUIT CUP Calories: 533 Carbs: 82.8g Fib: 9.9g Protein: 29.0g Fat: 11.6g Sod: 939mg		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.	Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$12.50

February 2023

Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards 1:30 Pool	2 10:00 Exercise Class (No SilverSneakers® today) Noon Meet & Eat 1:30 Card Group 1:30 Pool	3 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging 1:30 Cards 1:30 Pool 1:30 Dominoes & Cornhole	4 6:30-9:30 Dance w/ Classic Country \$7.00 to get in ALL AGES welcome
6 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	7 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies	8 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards 1:30 Pool 1:30 Mah Jong, Chess, Checkers	9 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	10 10:00 Qi Gong Noon Meet & Eat 1:30 Cards 1:30 Pool 1:30 Dominoes & Cornhole	11 6:30-9:30 Dance w/ FM Country \$7.00 All AGES Welcome
13 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards 1:30 Pool	14 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 JWill Pink Village (pillows) 1:30 Rummy/ Kings Court 1:30 Sewing & Hobbies	15 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards 1:30 Pool 1:30 Mah Jong, Chess, Checkers	16 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Card Group 1:30 Pool 1:30 Movie Matinee "Dog"	17 10:00 Qi Gong Noon Meet & Eat 1:30 Cards 1:30 Pool 1:30 Dominoes & Cornhole	18 6:30-9:30 Dance w/ Dan Dobson \$7.00 EVERYONE Welcome
20 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Close at 1:00 in observance of President's Day holiday	21 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies	22 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Pool 1:30 Cards 1:30 Mah Jong, Chess, Checkers	23 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	24 10:00 Qi gong Noon Meet & Eat 1:30 Pool 1:30 Cards 1:30 Dominoes & Cornhole	25 6:30-9:30 Dance w/ FM Country \$7.00 Public Invited
27 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards 1:30 Pool	28 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Kings Court 1:30 Sewing & Hobbies				

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



SilverSneakers® Yoga

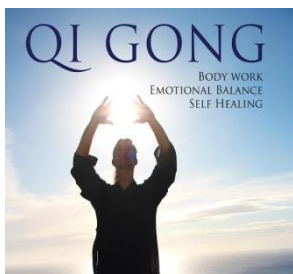
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

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.



Renew Active
by  **UnitedHealthcare**

Renew Active™, the gold standard in Medicare fitness programs for body and mind, is coming to Logan County Heritage Center in January. The program is available at no additional cost with UnitedHealthcare® Medicare plans. In the meantime, you can learn more at UHCRenewActive.com



RUMMY or KINGS COURT

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.



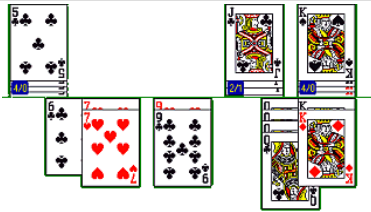
Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1: 30 start time, Snack break at 3:00



SEWING AND HOBBIES

Like to share ideas and work as a group. Bring what you want to work on and be prepared to talk/visit. All ideas/projects are welcome.



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.

MAH JONG, CHESS, DOMINOES, CORNHOLE

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



INCOME TAX ASSISTANCE

Households earning less than \$60,000 qualify for FREE,
tax help from IRS certified preparer.

Northeastern Junior College 100 College Avenue
Sterling, CO 80751

February 7th-March 4th, 2023

Saturdays 9 am-2 pm

To make an appointment go to

www.taxhelpcolorado.as.me/NJC or call

(970) 521-6637





MOVIE MATINEE

Two former Army Randers are paired against their will on the road trip of a lifetime. Briggs (Channing Tatum) and LuLu (A Belgian Malinois) race down the Pacific Coast to get to a fellow soldiers funeral on time.

Fresh Popcorn, Comfortable Seating and Intermission

THURSDAY, FEBRUARY 16TH

1:30 p.m.

FOOT CARE CLINIC RETURNS STARTING FEBRUARY 14TH.

We are pleased to announce in partnership with the nursing staff from Northeast Plains Home Health the foot care clinic will return EVERY MONTH on the 2nd Tuesday of the month. This will be by appointment only and we will not start scheduling those until after the 1st of each month. If you have additional questions please call us at (970) 522-1237.





**Sr. Citizen's Club
Members' Dues are Due**

Please take time to stop
by and pay your \$5.00
membership fee by
March 31st.

DIRECTORY 2023

We will be making our final revisions on the
Sr. Citizen's Club Membership Directory.
Please update your information if you have
had a change in address, phone number and
please let us know if we have your
information incorrectly listed in the past.



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 \$2759 or
less or \$3608 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



OVERLAND TRAIL BUS LINES

Trip to see "The Thorn"

The Thorn a powerful and popular live musical drama, brings the passion of Jesus to life with performances by cast of 40. The Thorn is a compelling mix of drama, music, dance, martial arts, aerial acrobatics emotionally evocative performance and timeless spiritual perspectives. The script is based on the Bible.

WEDNESDAY, MARCH 1, 2023

Budweiser Event Center, Loveland

\$90 for transportation & ticket

Payment must be received by Saturday, February 5th

Make checks payable to Overland Trail Bus Lines

610 Oleander Way Sterling, CO 80751 or call 970-522-1421



DANCE WITH LIVE BANDS EVERY SATURDAY NIGHT

6:30-9:30 P.M. EVERYONE IS WELCOME,

NO MEMBERSHIP REQUIRED \$7.00

Saturday, February 4th

Classic Country

Saturday, February 11th

FM Country

Saturday, February 18th

Dan Dobson

Saturday, February 25th

FM Country

CSU Engagement Center and Senior Planet brings technology training to older adults

CSU Engagement Center – 302 Main Street, Sterling

All Classes Begin at 2:00 p.m.

Mon., Jan.23- Introduction to Social Media

Wed., Feb.1- Introduction to Hosting on Zoom

Wed., Feb. 8- All things Zoom

Wed., Feb. 15- Smartphones

Wed., Feb. 22- Smartphone Photography

Wed., Mar. 1- Online Health Resources

Wed., Mar. 8- Telemedicine

Wed., Mar. 15- Google Workspace

Wed., Mar. 22-Introduction to Facebook

Wed., Mar. 29- Cloud Storage

SENIOR PLANET
FROM JARP



**ENGAGEMENT
AND EXTENSION
COLORADO STATE UNIVERSITY**



SENIOR PLANET

All classes are free 75-minute
lectures with handouts.

(No homework!)

Contact Peggy Stoltenberg at
CSU Engagement Center to sign up
or for more information.

(970) 571-9582

Colorado State University's Office of Engagement and Extension ensures that no person is subjected to prohibited discrimination based on national origin in any program or service. It is our policy to ensure that reasonable steps are taken to provide timely, meaningful access and an equal opportunity to participate in services, activities, programs, and other benefits to individuals whose first language is not English. This policy includes providing oral interpretation or written translation of vital documents and other information to limited English proficient (LEP) persons without cost to program participants.

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