

# February

## 2025

# HERITAGE CENTER NEWSLETTER





**SENIOR CITIZEN'S CLUB MEMBERS BIRTHDAYS**

<b>Bill Ertle</b>	<b>February 2<sup>nd</sup></b>
<b>Miriam Barton</b>	<b>February 6<sup>th</sup></b>
<b>Jean Peterson</b>	<b>February 6<sup>th</sup></b>
<b>Mary Margaret Bianco</b>	<b>February 11<sup>th</sup></b>
<b>Mary Ann Hiler</b>	<b>February 13<sup>th</sup></b>
<b>Dan Clark</b>	<b>February 18<sup>th</sup></b>
<b>Barbara Mari</b>	<b>February 18<sup>th</sup></b>
<b>Janice Bellendir</b>	<b>February 19<sup>th</sup></b>
<b>Kristyne Hernandez</b>	<b>February 20<sup>th</sup></b>
<b>Connie Miller</b>	<b>February 22<sup>nd</sup></b>
<b>Shirley Bickel</b>	<b>February 23<sup>rd</sup></b>
<b>Donna Nicklas</b>	<b>February 24<sup>th</sup></b>
<b>Esther Skrdlant</b>	<b>February 27<sup>th</sup></b>




**SENIOR CITIZEN'S CLUB MEMBERS ANNIVERSARIES**  
**Dave & Glenda Conley**                      **February 17, 1968**

**JOIN US ON**  
**WEDNESDAY, MARCH 27<sup>TH</sup>**  
**3:00 P.M.**  
**FOR OUR QUARTERLY BIRTHDAY AND**  
**ANNIVERSARY PARTY**

# FEBRUARY 2025 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
<p><b>Suggested Donation - \$6.25</b> <b>Under Age 60</b> <b>Mandatory Charge - \$17.00</b></p>	<p><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></p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>		
3	4	5	6	7
<p><b>LASAGNA</b> <b>TOSSED SALAD</b> <b>SALAD DRESSING</b> <b>GARLIC BREAD</b> <b>MIXED VEGETABLES</b> <b>FRUIT CUP</b></p> <p>Calories: 631 Carb: 93.0g Fiber: 11.1 Protein: 32.9g Fat: 17.6g Sod: 986mg</p>	<p><b>SOUTHWEST CHICKEN SOUP</b> <b>FRITO SALAD</b> <b>CORN MUFFIN</b> <b>PEAR ORANGE FRUIT CUP</b> <b>APPLE GRANOLA COOKIES</b></p> <p>Calories: 797 Carb: 93.2g Fiber: 10.0g Protein: 37.1g Fat: 32.5g Sod: 906mg</p>	<p><b>VEGETABLE BEEF SOUP</b> <b>COTTAGE CHEESE &amp; PINEAPPLE SALAD</b> <b>GARLIC CHEESE BISCUITS</b> <b>FRUIT COCKTAIL</b> <b>OATMEAL BANANA RAISIN COOKIES</b></p> <p>Calories: 654 Carb: 91.1g Fiber: 9.2g Protein: 35.6g Fat: 18.3g Sod: 680mg</p>	<p><b>YANKEE POT ROAST</b> <b>AU GRATIN POTATOES</b> <b>BRUSSELE SPROUTS SUPREME</b> <b>RAISIN ROLLS</b> <b>BANANA</b></p> <p>Calories: 690 Carb: 83.4g Fiber: 9.9g Protein: 38.1g Fat: 24.9g Sod: 703mg</p>	<p><b>CHICKEN ALFREDO</b> <b>CAESAR SALAD</b> <b>GREEN BEANS</b> <b>GARLIC BREAD</b> <b>WINTER FRUIT CUP</b> <b>ORANGE JUICE</b></p> <p>Calories: 717 Carb: 91.4g Fiber: 9.7g Protein: 37.5g Fat: 24.9g Sod: 636mg</p>
10	11	12	13	14
<p><b>HAM MAC -N- CHEESE</b> <b>ITALIAN VEGETABLES</b> <b>FRENCH BREAD</b> <b>CARROT RAISIN SALAD</b> <b>STRAWBERRIES &amp; BANANAS</b></p> <p>Calories: 692 Carb: 100.9g Fiber: 11.6g Protein: 29.0g Fat: 22.7g Sod: 716mg</p>	<p><b>CHICKEN CACCIATORE</b> <b>MASHED POTATOES</b> <b>BEAN MEDLEY</b> <b>APRICOT MUFFIN</b> <b>BERRY BLEND</b></p> <p>Calories: 688 Carb: 80.8g Fiber: 11.6g Protein: 41.4g Fat: 23.4g Sod: 1198mg</p>	<p><b>MEXICAN BEEF</b> <b>SPANISH RICE</b> <b>COBBLER CORN</b> <b>ROLL</b> <b>PINEAPPLE MANDARIN -</b> <b>ORANGE COMPOTE</b></p> <p>Calories: 667 Carb: 95.1g Fiber: 10.3g Protein: 27.3g Fat: 22.6g Sod: 952mg</p>	<p><b>SLOPPY JOE SANDWICH</b> <b>OVEN BROWNED POTATOES</b> <b>ASPARAGUS CUTS</b> <b>FRUIT COCKTAIL</b> <b>TRAIL COOKIES</b></p> <p>Calories: 748 Carb: 111.7g Fiber: 10.0g Protein: 32.5g Fat: 21.8g Sod: 548mg</p>	<p><b>CHICKEN POT PIE</b> <b>BROCCOLI</b> <b>JEANNIE'S SALAD</b> <b>FRUIT CUP</b> <b>HURRY-UP CHOCOLATE CAKE</b></p> 
17	18	19	20	21
 <p><b>ROAST PORK</b> <b>BAKED SWEET POTATO</b> <b>PEAS &amp; CARROTS</b> <b>CARAWAY ROLL</b> <b>APPLESAUCE</b> <b>ORANGE JUICE</b></p> <p>Calories: 643 Carb: 93.6g Fiber: 11.4g Protein: 33.0g Fat: 17.5g Sod: 474mg</p>	<p><b>SALMON PATTIES</b> <b>CHEESE SAUCE</b> <b>BAKED POTATO</b> <b>ONION ROLLS</b> <b>PARSLIED CARROTS</b> <b>TROPICAL FRUIT CUP</b> <b>OATMEAL RAISIN COOKIES</b></p> <p>Calories: 784 Carb: 104.3g Fiber: 10.6g Protein: 34.1g Fat: 27.3g Sod: 710mg</p>	<p><b>BRAISED BEEF</b> <b>MASHED POTATOES</b> <b>WINTER MIX VEGETABLES</b> <b>ROLLS</b> <b>BANANA SPLIT FRUIT CUP</b> <b>CINNAMON CRISPIES</b></p> <p>Calories: 635 Carb: 94.0g Fiber: 10.9g Protein: 33.9g Fat: 16.2g Sod: 679mg</p>	<p><b>MEXICAN CHICKEN BAKE</b> <b>SALSA</b> <b>PEAS &amp; CARROTS</b> <b>ORANGE MUFFINS</b> <b>PEACH CRISP</b></p> <p>Calories: 747 Carb: 92.2g Fiber: 9.7g Protein: 41.3g Fat: 26.4g Sod: 789mg</p>	
24	25	26	27	28
<p><b>SPAGHETTI WITH MEAT SAUCE</b> <b>MARINATED VEGETABLE SALAD</b> <b>ITALIAN VEGETABLES</b> <b>GARLIC BREAD</b> <b>FRUIT COCKTAIL</b></p> <p style="background-color: yellow; text-align: center;"><b>REGIONAL MEETING - SEE BACK</b> <b>BIRTHDAY RECOGNITION</b></p> <p>Calories: 609 Carb: 82.2g Fiber: 11.1g Protein: 30.5g Fat: 20.0g Sod: 673mg</p> 	<p><b>HOT TURKEY SANDWICH</b> <b>BRUSSEL SPROUTS &amp; CHESTNUTS</b> <b>APRICOT HALVES</b> <b>BROWNIES</b></p> <p>Calories: 682 Carb: 97.2g Fiber: 11.2g Protein: 32.5g Fat: 20.8g Sod: 964mg</p>	<p><b>BEEF O'LE</b> <b>MEXICALI CORN</b> <b>REFRIED BEANS</b> <b>MANDARIN ORANGES w/ BANANAS</b></p> <p>Calories: 722 Carb: 92.1g Fiber: 12.1g Protein: 41.7g Fat: 23.4g Sod: 680mg</p>	<p><b>HAMBURGER STEAK</b> <b>BAKED POTATO</b> <b>MIXED VEGETABLES</b> <b>BRAN MUFFIN</b> <b>HEAVENLY HASH</b></p> <p>Calories: 775 Carb: 95.4g Fiber: 12.7g Protein: 38.2g Fat: 30.7g Sod: 854mg</p>	<p><b>PARMESAN CHICKEN</b> <b>PARSLIED RICE</b> <b>SPINACH MANDARIN ORANGE SALAD</b> <b>CRANBERRY BRAN MUFFIN</b> <b>PEAR SLICES</b></p> <p>Calories: 780 Carb: 89.9g Fiber: 9.7g Protein: 43.1g Fat: 30.4g Sod: 936mg</p>

## February 2025

Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 6:30-9:30 p.m. Dance w/ Classic Country \$8.00 All ages welcome
<b>3</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30-4:30 Parkinson's Assoc of the Rockies Exercise Class	<b>4</b> 10:00 Chair Aerobics Noon Meet & Eat 1:30 Pool	<b>5</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool 1:30 Sr. Citizen's Club Business Meeting	<b>6</b> 10:00 Chair Aerobics Noon Meet & Eat 1:30 Pitch 1:30 Pool	<b>7</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes Mah Jong, Pool 1:30 Council on Aging Meeting	<b>8</b> 6:30-9:30 p.m. Dance w/ FM Country \$8.00 Public Welcome
<b>10</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30-4:30 PAR Exercise Class	<b>11</b> 9:00 Foot Care Clinic (by appt) 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 SRM sewing circle 1:30 Rummy/Five Crowns 1:30 Pool	<b>12</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	<b>13</b> 10:00 Chair Aerobics Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>14</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	<b>15</b> No Dance
<b>17</b> CLOSED In observance of President's Day No Exercise No on-site or Home delivered meals No activities	<b>18</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Under the Tuscan Sun" 1:30 Pool	<b>19</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool 3:30-4:30 Parkinson's Assoc. of the Rockies Exercise Class	<b>20</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	<b>21</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes Mah Jong, Pool	<b>22</b> 6:30-9:30 p.m. Dance w/ FM Country \$8.00 All invited
<b>24</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 12:45 Area Agency on Aging Regional Meeting <b>1:30 No activities</b>	<b>25</b> 10:00 Chair Aerobics Noon Meet & Eat 1:30 Rummy/Five Crowns	<b>26</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool 3:30-4:30 Parkinson's Assoc. of the Rockies Exercise Class	<b>27</b> 10:00 Chair Aerobics Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>28</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	

# LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



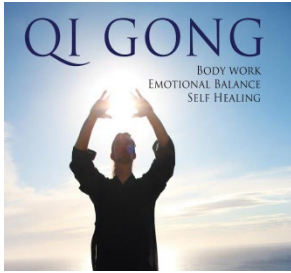
## SilverSneakers® Yoga

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 9:00 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.



## 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 in touch to find out when we start classes again.

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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

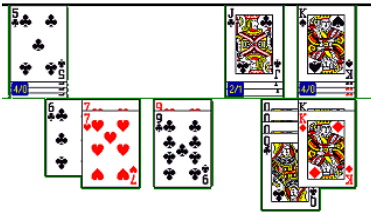
1:30 start time



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## 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

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 you are coming by calling 522-1237.

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## 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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## 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.

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## FOOT CARE CLINIC

2<sup>nd</sup> Tuesday of every month

9:00-10:00 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

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**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**

## INCOME TAX ASSISTANCE

Households earning less than \$64,000 qualify for FREE, tax help from IRS certified program and preparer.

Northeastern Junior College 100 College Avenue Sterling,  
CO 80751

**February 11, 2025-March 4, 2025**

**Tuesdays 3:00-6:00 pm**

**(2/11, 2/18, 2/25, 3/4)**

**Saturdays February 15<sup>th</sup> & March 1<sup>st</sup>**

**9:00 a.m.-2:00 p.m.**

To make an appointment go to

[www.taxhelpcolorado.as.me/NJC](http://www.taxhelpcolorado.as.me/NJC) or call (970)

521-6637



## MOVIE MATINEE

# Under the Tuscan Sun

Starring Diane Lane playing the 35-year-old San Francisco writer, gets a divorce that leaves her with terminal writer's block and depression. Later, she decided to buy a house in Tuscany in order to change her life. Beautiful scenery and fantastic cinematography.

Fresh Popcorn, Comfortable Seating and Intermission

**TUESDAY, FEBRUARY 18<sup>TH</sup>**

**1:30 p.m.**



**Sr. Citizen's Club  
Members' Dues are Due**  
Please take time to stop  
by and pay your \$5.00  
membership fee by  
February 28<sup>th</sup>.



### **2025 DIRECTORY**

Please let us know if you we need to update your information for the Senior Citizen's Club Directory. Have you had a change in address, phone number or do we need to correct any other information? Let us know by the end of February.

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

The Low-income Energy Assistance Program starts is accepting applications 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 \$3,382 or less or \$4030 for a 2 person household.

Applications available at the Heritage Center or Department of Human Services. Assistance is available to fill out applications by calling Department of Human Services at (970) 522-2194 or 1-866-432-8435





DANCE WITH LIVE BANDS EVERY SATURDAY NIGHT

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

NO MEMBERSHIP REQUIRED \$8.00

Saturday, February 1<sup>st</sup> Classic Country

Saturday, February 8<sup>th</sup> FM Country

Saturday, February 15<sup>th</sup> NO DANCE

Saturday, February 22<sup>ND</sup> FM Country



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

2 hour classes will be held once a week for 8 weeks for those 60 years of age and older

**CLASSES ARE FREE but registration is required**

**Session 1 Feb 6, 2025-March 27, 2025**

**Thursdays 10:00-12:00**

For more information or to register call Jamie Groshans at

**970-740-5333 or 970-580-2474**