

February

2022




HERITAGE CENTER NEWSLETTER



FEBRUARY 2022 HERITAGE MEAL SITE



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Menu may change due to availability of food items or conditions that cause the kitchen to close.	CHICKEN & DUMPLINGS BRUSSEL SPROUTS & CHESTNUTS CINNAMON APPLE SLICES OATMEAL RAISIN COOKIES ORANGE JUICE Calories: 764 Carbs: 117.5g Fib: 11.8g Protein: 39.1g Fat: 17.7g Sod: 688mg	MEXICAN CHICKEN BAKE PEAS & CARROTS CORN MUFFIN TROPICAL FRUIT CUP CHOCOLATE CAKE Calories: 756 Carbs: 107.8g Fib: 9.9g Protein: 30.9g Fat: 25.0g Sod: 990mg	SWEDISH MEATBALLS MASHED POTATOES LAYERED SALAD WW ROLLS STRAWBERRIES & BANANAS Calories: 672 Carbs: 91.1g Fib: 10.3g Protein: 36.6g Fat: 20.7g Sod: 900mg	SCALLOPED HAM W/ NOODLES APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS APRICOT HALVES Calories: 731 Carbs: 102.0g Fib: 11.0g Protein: 37.7g Fat: 21.5g Sod: 829mg
7	8	9	10	11
LASAGNA TOSSED GREEN SALAD W/ DRESSING PEAS GARLIC BREAD FRUIT CUP Calories: 623 Carbs: 94.8g Fib: 13.8g Protein: 36.4g Fat: 13.8g Sod: 842mg	SOUTHWEST CHICKEN SOUP FRITO SALAD CORN MUFFIN PEAR ORANGE FRUIT CUP CRANBERRY CRUNCH Calories: 769 Carbs: 119.9g Fib: 9.8g Protein: 22.6g Fat: 24.7g Sod: 947mg	CHOICE: CHICKEN NOODLE CASSEROLE TUNA NOODLE CASSEROLE CALIFORNIA VEGETABLES ORANGE MUFFIN PINEAPPLE TIDBITS OATMEAL NUT COOKIE Calories: 781 Carbs: 103.4g Fib: 9.8g Protein: 36.1g Fat: 28.0g Sod: 667mg	YANKEE POT ROAST AU GRATIN POTATOES BRUSSEL SPROUTS SUPREME RAISIN ROLLS SLICED BANANAS TRAIL COOKIES Calories: 797 Carbs: 102.4g Fib: 10.7g Protein: 40.3g Fat: 27.9g Sod: 699mg	CHICKEN ALFREDO CAESAR SALAD GARLIC BREAD COUNTRY MIX VEGETABLES WINTER FRUIT CUP Calories: 714 Carbs: 97.4g Fib: 10.5g Protein: 36.9g Fat: 22.7g Sod: 624mg
14	15	16	17	18
SLOPPY JOE SANDWICH POTATO SALAD ASPARAGUS CUTS FRUIT COCKTAIL APPLE GRANOLA COOKIE  Calories: 737 Carbs: 104.8g Fib: 10.6g Protein: 35.5g Fat: 23.2g Sod: 899mg	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	NO MEALS SERVED or DELIVERED TODAY Heritage Center Kitchen Closed for the day	SAVORY BAKED CHICKEN W/ GRAVY PARSLIED RICE CAULIFLOWER & PEAS APPLE MUFFIN PEACH SLICES Calories: 707 Carbs: 89.5g Fib: 9.6g Protein: 43.7g Fat: 20.6g Sod: 843mg	CHOICE: HAMBURGER STEAK 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
21	22	23	24	25
CHICKEN NOODLE SOUP MASHED POTATOES PEAS ROLLS FRUIT CUP Calories: 658 Carbs: 98.4g Fib: 12.1g Protein: 39.6g Fat: 13.4g Sod: 602mg	ROAST PORK W/ GRAVY BAKED SWEET POTATO PARSLIED CARROTS CARAWAY ROLL STRAWBERRY GELATIN SALAD Calories: 688 Carbs: 95.5g Fib: 11.9g Protein: 32.7g Fat: 20.7g Sod: 658mg	SOUTHERN BEEF PIE HARVARD BEETS TOSSED SALAD W/ DRESSING FRUIT MIX OATMEAL RAISIN COOKIE  Calories: 621 Carbs: 98.4g Fib: 10.0g Protein: 29.4g Fat: 15.0g Sod: 944mg	BRAISED BEEF MASHED POTATOES WINTER MIX VEGETABLES ROLLS STRAWBERRIES & BANANAS CINNAMON CRISPIES Calories: 611 Carbs: 87.6g Fib: 11.0g Protein: 33.8g Fat: 16.2g Sod: 679mg	CHOICE: HAMBURGER STEAK CITRUS PEPPER SALMON FILLET BAKED SWEET POTATO FRIES GREEN BEANS BRAN MUFFIN PEACH CRISP GRAPE JUICE Calories: 663 Carbs: 106.2g Fib: 11.1g Protein: 29.0g Fat: 16.5g Sod: 1073mg
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	<p style="text-align: center;">For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p style="text-align: center;">If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>		<p style="text-align: center;">IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE</p>	<p style="text-align: center;">Suggested Donation - \$4.00</p> <p style="text-align: center;">Under Age 60 Mandatory Charge - \$12.50</p>

February 2022

Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch program 1:30 Sewing & Hobbies 1:30 Billiards	2 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Dominoes, Mah Jong, Cornhole, Pool	3 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Billiards 2:00 Novice Tai Chi	4 10:00 Qi Gong 11:30 Council on Aging luncheon & Business Meeting Noon Meet & Eat Lunch Program 1:30 Cards, Checkers, chess & Pool	5 Dance w/ Classic Country 6:30-9:30 \$7.00 All Ages welcome
7 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:00 Pinochle 1:30 Cards & Pool	8 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Art ROCKS paint a rock Valentine with Logan County Arts League 1:30 Sewing & Hobbies 1:30 Rummy & Billiards	9 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards, Cornhole, Dominoes, Mah Jong & Pool	10 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Hand & Foot Canasta 1:30 Billiards 2:00 Novice Tai chi	11 10:00 Qi Gong Noon Meet & Eat Lunch Program 1:30 Cards, Checkers, Chess & Pool	12 Dance w/ FM Country 6:30-9:30 \$7.00 Public Welcome
14 WARM YOUR HEART WEEK FOOD DRIVE 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards & Pool	15 WARM YOUR HEART WEEK 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Las Amigas Bridge Club 1:30 Sewing & Hobbies 1:30 Pool 1:30 Nursery blanket and material Drive	16 WARM YOUR HEART WEEK 10:00 SilverSneakers® <u>postponed to 2:00</u> No Meet & Eat or Home Delivered Meals today 11:30-12:00 Blood Pressure Checks Noon Sr. Citizen's Club Friendship Dinner 2:00 p.m. SilverSneakers® Yoga 2:00 Cards & Pool	17 WARM YOUR HEART WEEK 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Movie Matinee "Wonder" 1:30 Cards & Billiards 2:00 Novice Tai Chi	18 WARM YOUR HEART WEEK FOOD DRIVE 10:00 Qi Gong Noon Meet & Eat Lunch Program 1:30 Cards, Chess, Checkers, Pool	19 Sterling Travel Trip Presentation 1:00 p.m. Dance w/ Jim Ehrlich 6:30 p.m. \$7.00 Everyone welcome
21 President's Day Business Office closed 10:00 No SilverSneakers® Today Noon Meet & Eat Lunch Program 1:00 Center Closed	22 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Sewing & Hobbies 1:30 Rummy & Billiards	23 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes Mah Jong, & Pool 3:00 Sr. Citizen's club B-day & Anniv. Party	24 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Hand & Foot Canasta 2:00 Novice Tai chi	25 10:00 Qi Gong Noon Meet & Eat Lunch Program 1:30 Cards, Chess, Checkers, & Pool	26 Dance w/ FM Country 6:30 p.m. \$7.00 All Ages Welcome
28 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:00 Pinochle 1:30 Cards & Pool	Warm Your Heart Week We will be offering opportunities to do something that is good for your heart both physically and emotionally. Join us for exercise, blood pressure checks and help us share kindness and generosity with others by giving in our food drive, donating small blankets or materials/yarn for church nurseries or make plans for a trip that's been on your bucket list.				

Art ROCKS--Valentine's

We will be partnering with the
Logan County Arts League

Tuesday, February 8th 1:30-4:00

Bring in a rock to paint. Give to your Sweetheart, brighten someone's day or paint a rock in memory of a loved one. Paint and supplies furnished by the Logan County Arts League. Come be creative and expressive, do something new and different. Do something to "Warm Your Heart"



Sterling Travel & Mayflower Cruises and Tours

Travel Presentation

**Saturday, February 19th 1:00 p.m. @
Heritage Center**

Amazing Trips planned for 2022 & 2023, Special discounts
offered for attending.

RSVP to Jill Aiken at 970-580-4309

Age-Friendly Community Survey

The Logan Co. Coalition on Aging is an informal group of citizens, interested in the well-being of older adults in Logan County. They would like to find out what you feel would make your community a great place to live as you get older. Your views are important and they would greatly appreciate your participation in this survey. Answers are anonymous. This survey has 45 questions for those that are 18 years of age and older. It will take about 20 minutes to complete. Paper copies are available at the Logan County Heritage Center or at CSU Regional Engagement center. OR you can do the on-line version at the following link.

<https://tinyurl.com/LoganAgingSurvey>





Sr. Citizen's Club Friendship Dinner

Wednesday, February 16th 12:00 p.m.

\$12.00

Reservations must be turned in and **PAID FOR** by
Friday, February 11th

Ham, Cheesy potatoes, Glazed carrots, Cherry fluff salad,
Dinner roll, and Pie w/ whipped topping

ANNOUNCEMENT FROM SENIOR CITIZEN'S CLUB

If you would like to attend the dinner or other Sr. Citizen Club sponsored events at the Heritage Center but the cost is keeping you from being able to participate, the club now has financial assistance available to those club members in good standing. Please inquire at the Heritage Center or call Cynthia at (970) 522-1237. This includes the upcoming Friendship Dinner.

MOVIE MATINEE

Julia Roberts, Owen Wilson, Jacob Tremblay
star in

“Wonder”

Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade attending a mainstream elementary school for the first time.

Join us Thursday, February 17th
1:30 p.m.

Comfortable Seating, Intermission and
Fresh Popcorn Available



Income Tax Assistance

Unfortunately we have learned that income tax assistance will not be available this year through Northeastern Junior College. We do know there is on-line assistance available that can guide you through filling out the forms at

[-https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free](https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free)

--Fort Morgan Junior College is participating in the IRS VITA (volunteer income tax assistance) program and here is there information.

Morgan Community College
920 Barlow Road, Poplar Hall
Fort Morgan, CO 80701
970-542-3260
Volunteer Prepared Taxes

Service Details:

Tue 3:00PM to 7:00PM For appt: <https://go.oncehub.com/MorganCC>; Thu 3:00PM to 7:00PM For appt: <https://go.oncehub.com/MorganCC>; ApptPhone: (970) 542-3260; ApptURL: <https://go.oncehub.com/MorganCC>



VOLUNTEERS NEEDED

The number of people we deliver meals to is increasing! We need volunteers, 1 day a week, or every other week or once a month to help for 30-60 minutes to bring a meal to every deserving adult.

Stop by or call Cynthia to fill out the application and background check.

LENZ POTATOES

We will still be taking orders from Lenz Potatoes in January. Please place your order and have it paid for by Friday at Noon. The potatoes are usually delivered by 1:00 p.m. on Mondays.

50 lb. carton	\$22.00
50 lb. #2s	\$12.00
5 lb. bags	\$2.50





SENIOR CITIZEN'S CLUB MEMBERS BIRTHDAYS

Miriam Barton	February 6 th
Richard Robirds	February 7 th
Mary Margaret Bianco	February 11 th
Larry Lybarger	February 12 th
Mary Ann Hiler	February 13 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
WEDNESDAY, FEBRUARY 23RD
3:00 P.M.
FOR OUR MONTHLY BIRTHDAY AND
ANNIVERSARY PARTY

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



SilverSneakers® Yoga

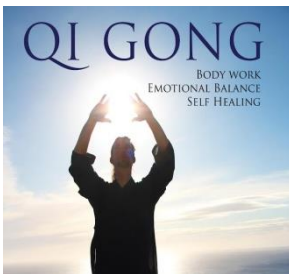
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

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.



NOVICE TAI CHI



This class is offered on Thursdays at 2:00 for those who have already completed a beginners Tai Chi class or are familiar with the practice. There is no instructor, this is a collaborated effort of those attending.

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

New to the line-up at the Heritage Center is Rummy. 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

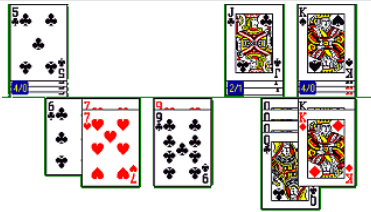
Mondays, Wednesdays, & Fridays

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 other month

10:00-11:00 a.m. BY APPOINTMENT ONLY

Call 522-1237 to schedule your 15 minute appointment

Suggested donation no less than \$5.00

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

Provided by Sterling MedCare Home Health

“WARM YOUR HEART” WEEK



We want the Heritage Center to be a place that you not only go to get in out of the cold, but a place that makes you feel warm, welcome, and good about yourself.

Please join us February 14th-February 19th

WARM YOUR HEART WEEK

We will be offering daily opportunities to do something that is good for your heart both physically and emotionally. Join us for exercise, blood pressure checks and help us share kindness and generosity with others by giving to our food drive, donating small blankets or materials/yarn for church nurseries or make plans for a trip that's been on your bucket list. Hope we will see you soon!

Monday, February 14th FOOD DRIVE-drop off canned goods and non-perishable food items to benefit Cooperating Ministries of Logan County now through the end of the month Attend SilverSneakers® Yoga at 10:00

Tuesday, February 15th Join us for exercise 10:00 SilverSneakers® Classic

DONATE BLANKETS we are asking for small blankets or the material/yarn to make small blankets for the nurseries of community churches.

Wednesday, February 16th 11:30-12:00 Blood Pressure checks offered by a local Registered Nurse Don't forget to bring a canned good for our food drive

Thursday, February 17th come watch a feel good movie “Wonder” and bring donated items for our food drive

Friday, February 18th, FOOD DRIVE bring in your canned goods, if you can't get to us, call us and we will get to you

Saturday, February 19TH 1:00 P.M. Join Jill Aiken of Sterling Travel and Mayflower Cruises and Tours on a trip presentation. RSVP to Jill at 580-4309

ADVENTURE AWAITS!!



One Pass Accepted Here

One Pass™ gives you access to a healthier lifestyle with the convenience of a single program. Ask an associate for details.