



JANUARY

2020
SENIOR
CITIZEN'S
CLUB
NEWSLETTER





Kathleen Brownell	January 1 st
Arnie Dietz	January 13 th
Leonard Henderson	January 13 th
Joan Atkin	January 15 th
Norman Speaker	January 16 th
Gary Slimer	January 17 th
Bruce Egger	January 18 th
Dorothy Hood	January 18 th
Marge Howard	January 20 th
Jim Silknitter	January 20 th
Edna Nickal	January 25 th
Helen McKnight	January 26 th

WEDDING ANNIVERSARIES

Dale & Modesta Stoops	January 2, 1999
Vicki Chamberlain (Terry)	January 8, 1972
Bill & Dorothy Dobson	January 12, 1956
Allen & Betty Pancost	January 19, 1956
Ray & Nancy Pasqua	January 25, 1969

PLEASE JOIN US IN CELEBRATING CLUB MEMBERS

BIRTHDAYS & ANNIVERSARIES ON

FRIDAY, JANUARY 24TH AT 3:00 P.M.



**JANUARY 2020
HERITAGE MEAL SITE**



FOR RESERVATIONS OR CANCELATIONS CALL 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
IF YOU CHOOSE THE CHOICE ENTREE, PLEASE MAKE THE RESERVATION FOR IT BY <u>ONE</u> DAY BEFORE	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 - \$4.00 Under Age 60 Mandatory Charge - \$12.50 Menu may change due to availability of food items or conditions that cause the kitchen to close.	HAMBURGER STEAK POTATOES MIXED VEGETABLES BRAN MUFFIN TROPICAL FRUIT CUP Calories: 712 Carb: 87.5g Fiber: 10.3g Protein: 41.0g Fat: 24.3g Sod: 518mg	CHICKEN POT PIE JEANNIE'S SALAD CINNAMON APPLE SLICES COOKIES W/ RAISINS Calories: 769 Carb: 87.4g Fiber: 10.9g Protein: 35.3g Fat: 33.9g Sod: 439mg
6	7	8	9	10
ROAST TURKEY GRAVY YAM APPLE BAKE COUNTRY MIX VEGETABLES WW ROLLS PINEAPPLE MAND ORANGE COMPOTE Calories: 699 Carb: 106.4g Fiber: 10.9g Protein: 26.7g Fat: 20.8g Sod: 712mg	BBQ BEEF SANDWICH POTATO SALAD BRN BUTTER & DILL BRUSSEL SPROUTS FRUIT CUP Calories: 662 Carb: 95.9g Fiber: 13.0g Protein: 34.5g Fat: 19.4g Sod: 762mg	BEEF & NOODLES CREAMY COLESLAW PARSLED CARROTS ROLLS APRICOT HALVES CINNAMON CRISPIES Calories: 678 Carb: 99.2g Fiber: 12.0g Protein: 32.4g Fat: 19.2g Sod: 565mg	CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO COUNTRY MIX VEGETABLES BRAN MUFFIN CHERRY BANANA SURPRISE Calories: 602 Carb: 99.4g Fiber: 10.8g Protein: 28.1g Fat: 13.2g Sod: 835mg	BRUNSWICK STEW GREEN BEANS W/ TOMATOES ONION ROLLS WINTER FRUIT CUP COOKIES W/ RAISINS Calories: 666 Carb: 79.9g Fiber: 10.8g Protein: 37.9g Fat: 24.0g Sod: 462mg
13	14	15	16	17
SPANISH RICE W/ GROUND BEEF TOSSED SALAD FRENCH DRESSING ROLLS PEACH SLICES NATURE COOKIES Calories: 722 Carb: 104.3g Fiber: 11.9g Protein: 32.4g Fat: 23.1g Sod: 563mg	SWISS STEAK POTATOES ITALIAN VEGETABLES BRAN MUFFIN SLICED BANANAS Calories: 741 Carb: 95.5g Fiber: 12.9g Protein: 41.5g Fat: 24.1g Sod: 560mg	No Meals served or delivered Senior Citizen's Club WINTER FEAST \$7.00 Reservations required	BBQ PORK CHOPS SCALLOPED POTATOES CABBAGE CARAWAY ROLL FRUIT CUP NATURE COOKIES Calories: 864 Carb: 118.5g Fiber: 10.4g Protein: 41.5g Fat: 28.3g Sod: 975mg	CHOICE: HAMBURGER STEAK OVEN FRIED LIVER PARSLED POTATOES STEWED TOMATOES WW ROLL STRAWBERRY APPLESAUCE Calories: 642 Carb: 100.0g Fiber: 11.4g Protein: 34.3g Fat: 14.2g Sod: 541mg
20	21	22	23	24
CHILI W/ BEANS CORN BREAD PINEAPPLE COLESLAW APRICOT HALVES Calories: 639 Carb: 106.5g Fiber: 15.9g Protein: 30.9g Fat: 12.5g Sod: 813mg	HAMBURGER ON A BUN BAKED BEANS LETTUCE, TOMATO, ONION DILL PICKLE CHIPS COUNTRY MIX VEGETABLES MANDARIN ORANGES Calories: 723 Carb: 91.3g Fiber: 12.8g Protein: 46.1g Fat: 22.2g Sod: 958mg	BBQ CHICKEN POTATO SALAD STIR FRY VEGETABLES BRAN MUFFIN TROPICAL FRUIT CUP Calories: 695 Carb: 90.5g Fiber: 10.1g Protein: 40.8g Fat: 20.5g Sod: 1072mg	SWEET AND SOUR PORK RICE CALIFORNIA VEGETABLES WW ROLL PEAR SLICES NATURE COOKIES Calories: 787 Carb: 117.9g Fiber: 11.4g Protein: 35.7g Fat: 21.8g Sod: 556mg	SALISBURY STEAK MASHED POTATOES WINTER MIX VEGETABLES ONION ROLL FRUIT CUP Calories: 668 Carb: 77.8g Fiber: 9.6g Protein: 42.6g Fat: 22.6g Sod: 675mg
27	28	29	30	31
SPRING GARDEN CHICKEN GREEN BEANS APPLE MUFFIN OREGON BERRY COMPOTE BIRTHDAY RECOGNITION Calories: 654 Carb: 77.8g Fiber: 9.8g Protein: 40.3g Fat: 20.7g Sod: 745mg	TERIYAKI BEEF RICE ORIENTAL VEGETABLES WW ROLL PEACH SLICES CINNAMON CRISPIES Calories: 679 Carb: 107.3g Fiber: 10.2g Protein: 30.g Fat: 15.5g Sod: 458mg	HAM POTATO OMELET SALSA BEAN MEDLEY BRAN MUFFIN CHERRY BANANA SURPRISE Calories: 629 Carb: 81.7g Fiber: 10.9g Protein: 30.2g Fat: 22.6g Sod: 910mg	BEEF STEW CAROLINA SALAD CORN BREAD FRUIT CUP Calories: 613 Carb: 100.5g Fiber: 11.16g Protein: 28.6g Fat: 13.6g Sod: 572mg	CHICKEN & SPINACH LASAGNA GREEN BEANS TOSSED SALAD FRENCH DRESSING FRENCH BREAD FRUIT COCKTAIL Calories: 734 Carb: 84.9g Fiber: 10.4g Protein: 49.1g Fat: 24.1g Sod: 653mg

January 2020

Mon	Tue	Wed	Thu	Fri	Sat
		1 HAPPY NEW YEAR! Heritage Center Closed No Meals Served or Delivered No Activities	2 10:00 Sit & Be Fit Video 12:00 Meet & Eat 1:00 Lifelong Learning Series "Can you hear your feet?-Relexology" @ CSU REC 2:00 Billiards	3 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool 3:15 Sr. Citizen's Club Busn Mtg	4 6:30 pm Dance w/ FM Country All ages welcome \$7.00
6 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	7 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Hobbies 2:00 Billiards	8 9:00 Council on Aging @ CSUREC 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	9 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta	10 10:00 Qi Gong 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool 2:00 Cornhole/Chess	11 Dance W/ Classic Country \$7.00 Public Welcome
13 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	14 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Humanities Meeting 1:30 Sewing & Hobbies	15 8:30 Set up for Winter Feast 10:00 Lifelong Learning "Internet Safety" @ CSU REC 12:00 Sr. Citizen's Club Winter Feast 1:00 Cards & Pool 2:00 SilverSneakers® Yoga	16 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 2:00 Movie Matinee "Butch Cassidy and the Sundance Kid"	17 10:00 Qi Gong 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool 2:00 Cornhole & Chess	18 Dance w/ Jim Ehrlich \$7.00 Public Welcome
20 COUNTY HOLIDAY BUSINESS OFFICE CLOSED 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Center Closes	21 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas Bridge Club 1:30 Sewing & Hobbies	22 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	23 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi	24 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool	25 Dance w/ Dan Dobson \$7.00 All ages and persons welcome
27 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Clinic	28 8:00 I.C.E. Meeting 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Hobbies 1:30 Bunco	29 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	30 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 2:00 Cornhole & Chess	31 10:00 Qi Gong 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool	

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

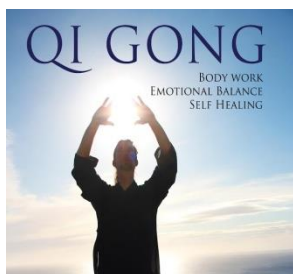


SilverSneakers® Yoga

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.-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.



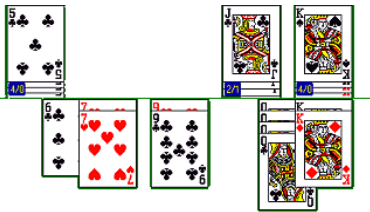
LEGAL AID DAY

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

LENZ POTATOES

We will still be taking orders from Lenz Potatoes in January. Deliveries will resume on the 14th of January. Please place your order by Friday at 3:00 and have your order paid for by Monday. The potatoes are usually delivered by 1:00 on Mondays.

5# bag is \$2.00

50# bag of utilities \$10.00

50# carton \$17.00



SCHEDULE CHANGE FOR LEGAL AID CLINIC

January and February the legal aid clinic will be changing its regularly scheduled clinic day due to County Holidays. Please note the Legal Aid Clinic will be hosted on Monday, January 27th with appointments required from 1:30-4:30.



Please remember that we have the following game sets you can come in and play.
Please check with the office to make sure playing time is available.

Corn Hole

Mah Jongg

Chess

Senior Citizen's Club Winter Feast

WEDNESDAY, JANUARY 15TH

12:00 p.m.

\$7.00 to attend

Reservations required by Wednesday, January 8th

Ham, Scalloped Potatoes, Green Beans,
Cranberry Salad, Pie & Rolls

Tickets go on sale Wednesday, December 30th



SILVERSNEAKERS® YOGA SCHEDULE CHANGE

SilverSneakers® Yoga will be rescheduled for

Wednesday, January 15th

We will have class at 2:00 p.m. instead of 10:00 a.m.

due to Senior Citizen's Club banquet dinner.

This is for this day only!

MOVIE MATINEE

Our monthly movie for January will be

"Butch Cassidy & The Sundance Kid"

THURSDAY, JANUARY 16TH

2:00 P.M.

The true story of fast-draws and wild rides, battles with posses, train and bank robberies, a torrid love affair and a new lease on outlaw life in far away Bolivia. It is also a character study of a remarkable friendship between Butch - possibly the most likeable outlaw in frontier history - and his closest associate, the fabled, ever-dangerous Sundance Kid.



Senior Citizen's Club Officers & Board Members

Our thanks to following individuals for their willingness to serve as Officers and board members.

Christyne Hernandez, President	Joyce Lybarger, Vice President
Belinda Mikulski, Secretary	Clara Wilterdink, Treasurer
Betty Scharf, Historian	Paulette McCoy, Board Member
Carol Pershing, Board Member	Sue Horton, Board Member
Marlene Moyer, Board Member	Shirley Bickel, Board Member
Ron McCoy, Board Member	



Reflexology Can you hear your feet?

Thursday, January 2nd

1:00 p.m.

CSU Northeast Regional Engagement Center

304 Main Street

Kathy Fox will present on the practice of Reflexology and how it can help it can enhance your health.



Internet Safety For Your Computer and Your Phone

Join Clarence Burton of OATS (Older Adult Technology Services) presents on how to stay safe while using the internet on your phone and your computer, safe browsing, how to recognize online scams and when it's okay to share personal information.

Wednesday, January 15th

10:00 a.m.

HOUSEPLANTS PART 1

Get your Green on.....Indoors!

Dr. Alison O'Connor, Horticulture Agent CSU Larimer County

Thursday, January 9th, 2020

10:00-11:00

Join online <https://zoom.us/j/949782603>

or in person at 304 Main Street Sterling

