



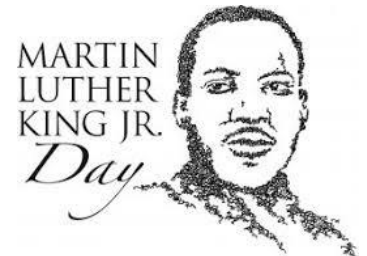
2024

SENIOR

CITIZENS

CLUB

NEWSLETTER






Kathleen Brownell	January 1 st
Norman Speaker	January 16 th
Bruce Egger	January 18 th
Marge Howard	January 20 th
Edna Nickal	January 25 th
Lori Davison	January 27 th

WEDDING ANNIVERSARIES

Vicki Chamberlain (Terry)	January 8, 1972
Bill & Dorothy Dobson	January 12, 1956

**PLEASE JOIN US IN CELEBRATING CLUB
MEMBERS
BIRTHDAYS & ANNIVERSARIES QUARTERLY
OUR NEXT PARTY WILL BE
WEDNESDAY, MARCH 27TH
3:00 P.M.**

JANUARY 2024
HERITAGE MEAL SITE
For Reservations or Cancelations call 970-522-1237 by 8:00 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	CHICKEN FRIED STEAK MASHED POTATOES & GRAVY ITALIAN VEGETABLES OATMEAL ROLL BANANA ORANGE JUICE Calories: 761 Carb: 97.3g Fiber: 9.8g Protein: 40.0g Fat: 25.4g Sod: 742mg	BEEF & NOODLES CREAMY COLESLAW PARSLIED CARROTS ROLL APRICOT HALVES CINNAMON CRISPIES Calories: 688 Carb: 100.6g Fiber: 11.6g Protein: 32.0g Fat: 19.8g Sod: 649mg	CHICKEN & DUMPLINGS MASHED POTATOES BRUSSEL SPROUTS & CHESTNUTS CINNAMON APPLE SLICES Calories: 657 Carb: 99.6g Fiber: 11.6g Protein: 38.2g Fat: 13.7g Sod: 847mg	BBQ BEEF SANDWICH OVEN BROWNED POTATOES BRAISED CELERY & TOMATOES FRUIT CUP Calories: 621 Carb: 98.5g Fiber: 11.1g Protein: 30.3g Fat: 14.2g Sod: 642mg
8	9	10	11	12
SPANISH RICE w/ GROUND BEEF TOSSED SALAD w/ DRESSING ROLL PEACH SLICES APPLE GRANOLA COOKIE Calories: 685 Carb: 96.7g Fiber: 11.1g Protein: 31.9g Fat: 21.7g Sod: 814mg	BARBECUE PORK CHOPS AU GRATIN POTATOES CABBAGE BRAN MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE Calories: 801 Carb: 96.1g Fiber: 10.0g Protein: 44.7g Fat: 29.8g Sod: 914mg	PARMESAN CHICKEN HERBED LENTILS & RICE SPINACH MANDARIN ORANGE SALAD ONION ROLL OREGON BERRY MIX Calories: 797 Carb: 87.0g Fiber: 11.0g Protein: 54.8g Fat: 25.7g Sod: 927mg	BAKED FISH BAKED POTATO COUNTRY MIX VEGETABLES APPLE MUFFIN CHERRY BANANA SURPRISE COOKIES w/ RAISINS Calories: 778 Carb: 115.1g Fiber: 10.6g Protein: 32.8g Fat: 23.9g Sod: 738mg	LIVER & ONIONS PARSLIED POTATOES STEWED TOMATOES WW ROLL STRAWBERRY APPLESAUCE Calories: 661 Carb: 100.4g Fiber: 11.0g Protein: 34.2g Fat: 16.1g Sod: 571mg
15	16	17	18	19
SALISBURY STEAK MASHED POTATOES WINTER MIX VEGETABLES WW ROLL FRUIT CUP OATMEAL RAISIN COOKIE Calories: 786 Carb: 96.1g Fiber: 10.2g Protein: 43.7g Fat: 27.2g Sod: 791mg	BARBECUE CHICKEN OVEN BROWNED POTATOES STIR FRY VEGETABLES BRAN MUFFIN TROPICAL FRUIT CUP Calories: 667 Carb: 87.9g Fiber: 9.8g Protein: 39.5g Fat: 19.0g Sod: 774mg	HAMBURGER ON A BUN LETTUCE/TOMATOES ONIONS/DILL PICKLE CHIPS BAKED BEANS COUNTRY MIX VEGETABLES MANDARIN ORANGES Calories: 726 Carb: 91.8g Fiber: 12.2g Protein: 45.9g Fat: 22.0g Sod: 958mg	ROAST TURKEY BAKED SWEET POTATO PEAS & CARROTS WHOLE WHEAT ROLLS FRUIT MIX BUTTERSCOTCH BROWNIES Calories: 739 Carb: 108.0g Fiber: 11.8g Protein: 30.3g Fat: 23.2g Sod: 738mg	CHILI CON CARNE & BEANS JEANNIE'S SALAD CINNAMON ROLL APRICOT HALVES CINNAMON CRISPIES Calories: 630 Carb: 85.8g Fiber: 10.9g Protein: 27.3g Fat: 21.9g Sod: 915mg
22	23	24	25	26
SPLIT PEA SOUP TOSSED GREEN SALAD w/ DRESSING FRENCH BREAD PINEAPPLE TIDBITS CARROT CAKE Calories: 711 Carb: 112.5g Fiber: 18.6g Protein: 19.9g Fat: 18.7g Sod: 550mg	SPRING GARDEN CHICKEN HOT SPICED BEETS ORANGE MUFFIN BERRY BLEND Calories: 719 Carb: 91.0g Fiber: 10.4g Protein: 41.2g Fat: 23.0g Sod: 879mg	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 BARLEY SOUP CAROLINA SALAD CORN BREAD PEAR ORANGE FRUIT CUP APPLE GRANOLA COOKIE Calories: 716 Carb: 106.3g Fiber: 10.9g Protein: 24.2g Fat: 24.3g Sod: 775mg	SWISS STEAK BAKED POTATO GREEN BEANS & CORN WW ROLL PEACH SLICES OATMEAL CHOCOLATE CHIP COOKIE Calories: 786 Carb: 105.0g Fiber: 10.9g Protein: 37.1g Fat: 26.4g Sod: 602mg
29	30	31		
CHICKEN RICE SOUP CRACKERS ALMOND BROCCOLI ONION ROLL WINTER FRUIT CUP OATMEAL NUT COOKIE BIRTHDAY RECOGNITION Calories: 748 Carb: 95.4g Fiber: 10.4g Protein: 38.1g Fat: 26.0g Sod: 643mg	CABBAGE BURGERS COBBLER CORN BANANA SPLIT FRUIT CUP SPICE CAKE Calories: 696 Carb: 103.7g Fiber: 10.0g Protein: 30.5g Fat: 21.5g Sod: 391mg	MEXICAN CHICKEN BAKE PEAS & CARROTS CORN MUFFIN TROPICAL FRUIT CUP GRAPE JUICE Calories: 765 Carb: 105.1g Fiber: 9.5g Protein: 39.7g Fat: 22.6g Sod: 991mg	<p style="text-align: center;">For Reservations Call 970-522-1237 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;">Menu may change due to availability of food items or conditions that cause the kitchen to close.</p> <p style="text-align: center;">Suggested Donation - \$6.25</p> <p style="text-align: center;">Under Age 60 Mandatory Charge - \$12.50</p>

January 2024

Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED HAPPY NEW YEAR!! No activities No Meals	2 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies	3 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Bus. Mtg 1:30 Cards, Pool, Chess, Checkers, Mah Jong	4 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	5 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards, Cornhole, Dominoes & Pool	6 6:30-9:30 Dance w/ Classic Country \$8.00 Everyone Welcome
8 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	9 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Pillow Project 1:30 Sewing & Hobbies 1:30 Rummy/Five Crowns	10 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	11 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool 6:30 Cardio Dance w/ Mari	12 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	13 6:30-9:30 Dance w/ FM Country \$8.00 All Ages Welcome
15 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 CLOSE IN OBSERVANCE OF MARTIN LUTHER KING	16 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies	17 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	18 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Movie Matinee "Fried Green Tomatoes" 6:30 Cardio Dance w/ Mari	19 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	20 6:30-9:30 Dance w/ Dan Dobson \$8.00 Public Invited
22 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	23 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Rummy/Five Crowns	24 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool Chess, Checkers, Mah Jong	25 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool 6:30 Cardio Dance w/ Mari	26 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	27 6:30-9:30 Dance w/ FM Country \$8.00 All Ages Welcome
29 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	30 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies	31 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong			

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



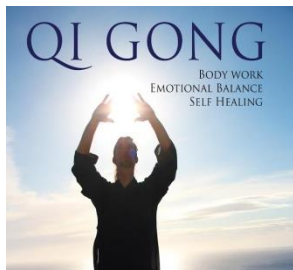
SilverSneakers® Yoga

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 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.

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 WITH Troy Hodges

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.

Friday mornings at 10:00 a.m. This class is free.



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 or call Cynthia at (970) 522-1237 to see if you are eligible.

RUMMY

A fan of playing cards is shown, fanned out from left to right. The cards visible are: 2 of Hearts, 3 of Hearts, 4 of Hearts, 5 of Hearts, 6 of Hearts, 7 of Hearts, 8 of Hearts, 9 of Hearts, 10 of Hearts, Jack of Hearts, Queen of Hearts, King of Hearts, Ace of Hearts, 2 of Clubs, 3 of Clubs, 4 of Clubs, 5 of Clubs, 6 of Clubs, 7 of Clubs, 8 of Clubs, 9 of Clubs, 10 of Clubs, Jack of Clubs, Queen of Clubs, King of Clubs, Ace of Clubs, 2 of Diamonds, 3 of Diamonds, 4 of Diamonds, 5 of Diamonds, 6 of Diamonds, 7 of Diamonds, 8 of Diamonds, 9 of Diamonds, 10 of Diamonds, Jack of Diamonds, Queen of Diamonds, King of Diamonds, Ace of Diamonds, 2 of Spades, 3 of Spades, 4 of Spades, 5 of Spades, 6 of Spades, 7 of Spades, 8 of Spades, 9 of Spades, 10 of Spades, Jack of Spades, Queen of Spades, King of Spades, Ace of Spades. The cards are white with black and red markings. The fan is held by a person whose hand is visible at the bottom left.

1:30 start time



**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**



DANCING WITH LIVE MUSIC

6:30-9:30 p.m.
\$8.00 Everyone Welcome

January 6th Classic Country

January 13th FM Country

January 20th Dan Dobson

January 27th FM Country



Just a reminder the Heritage Center will be closing at 1:00 on Monday, January 17th in observance of Martin Luther King Jr. Day. SilverSneakers® Yoga will hold a session. Meals will be delivered and served at the center. No afternoon activities.

PITCH

We are forming pitch groups let us know if you are interested.

1st & 3rd Thursday

1:30-4:30 pm





FOOT CARE CLINIC

January 9th

Northeast Plains Home Health will offer our monthly toe nail trimming clinic here at the Heritage Center. This is by appointment only and we will not start scheduling those until after the 1st of each month. To schedule your appointment for our next clinic on January 9th or if you have additional questions please call us at (970) 522-1237.



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

Appointments at Northeastern Junior College
100 College Avenue

February 6, 2024-March 5, 2024

Tuesdays 3:00 p.m.-6:00 p.m.

**Saturdays February 10th and 24th
8:30-a.m.-2:30 p.m.**

You can schedule your appointment by going to taxhelpcolorado.as.me/NJC or call 970-521-6637

CARDIO DANCE

RESUMES

THURSDAY

JANUARY 11TH

6:30-7:30

**Every Thursday night
Join us for fitness and fun**

Logan County Heritage Center
822 N. Division Avenue
Sterling, Colorado 80751

MARI CASILLAS

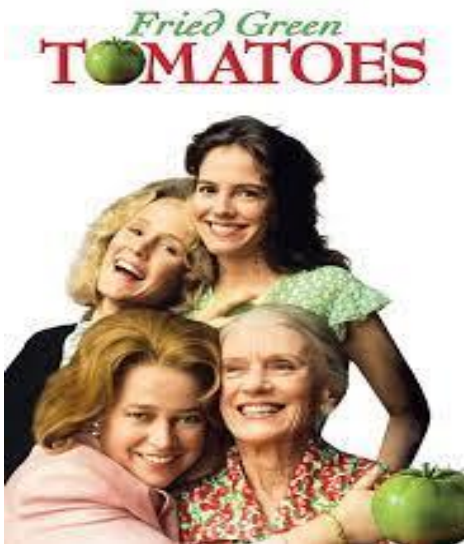
Cardio Dance

EVERY THURSDAY

6:30 P.M. – 7:30 P.M.

- *Arrive 15 minutes early
- *Fun, fitness & music
- *All abilities and ages

18 and over are welcome



MOVIE MATINEE

Join us at the Heritage Center for

“Fried Green Tomatoes”

Thursday, January 18th

1:30 pm

Fresh popcorn, comfortable seats

I am very grateful to our Board of County Commissioners for their support of my proposed 2024 budget. Please be looking for arts/crafts classes in the New Year as well as some bus trips. If you see one of our County Commissioners thank them for supporting the programs and activities that provide such a positive difference in the lives of our community.** Exciting things to come....stay tuned!

"Fun and Fitness in 2024"



Logan County Heritage Center
822 N. Division Avenue
Sterling, Colorado 80751

MARI CASILLAS

Cardio Dance

EVERY THURSDAY

6:30 P.M. – 7:30 P.M.



January 2024

\$2 per person, per class

February 2024

\$5 per person, per class, at the door
Or Monthly Punch Card Available \$20



QUESTIONS & INFO

CYNTHIA 970-522-1237



**"Diversión y Aptitud Física
en este 2024"**

**Logan County Heritage Center
822 N. Division Avenue
Sterling, Colorado 80751**

MARI CASILLAS

Ejercitate Bailando

CADA JUEVES

6:30 P.M. – 7:30 P.M.

Enero 2024

\$2 por persona, por clase

Febrero 2024

\$5 por persona, por clase

O Tarjeta Mensual Disponible \$20

**PARA PREGUNTAS Y MAS
INFORMACION LLAME A
MARI 970-466-1010**