



2021

HERITAGE CENTER

MONTHLY

NEWSLETTER





Kaleen Ruth	July 1	Judy Clodfelder	July 19
Elvira Benson	July 3	BJ Langdon	July 24
Jossie Wasson	July 3	Phyllis Dollerschell	July 24
Don DeSoto	July 12	Karen Ertle	July 26
Joan Mahaffey	July 13	Edward Brandt	July 27
Carol Dillenburg	July 14	Marianna Trott	July 28
Marge Bowin	July 16	Paulette McCoy	July 31

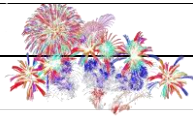
JULY ANNIVERSARIES

Arnold & Dorothy Dietz	July 7, 1973
Larry & Anne Dye	July 7, 1979
Ron & Paulette McCoy	July 8, 2000
Myron & Carol Graybill	July 19, 1996
Clay & Ruth Prall	July 21, 1961

Our monthly celebration of birthdays and anniversaries of Senior Citizen's Club members is on hold. We hope to resume the party to celebrate with all our friends on the last Wednesday of each month at 3:00 p.m. starting in September.

July 2021

Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 1:30 Billiards	2 10:00 Qi Gong 10:00 Council on Aging depart for Ft. Morgan Noon Meet & Eat 1:30 Cards & Pool	3 NO DANCE
5 Closed No Activities No Meals or Home Delivered Meal Observance for Independence Day Holiday	6 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	7 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Mah Jong, Corn hole, Dominoes	8 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 1:30 Hand & Foot Canasta 1:30 Billiards	9 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Chess, Checkers	10 Everyone Welcome Dance @ 6:30 p.m. \$7.00 Live Music Jim Ehrlich
12 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	13 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	14 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Mah Jong, Corn hole, Dominoes	15 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 1:30 Movie Matinee-Yankee Doodle Dandy 1:30 Billiards	16 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Chess & Checkers	17 All Ages Welcome Dance w/ Dan Dobson 6:30 p.m. \$7.00
19 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Pinochle	20 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	21 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Corn hole, Mah Jong, Dominoes	22 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Billiards	23 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Chess & Checkers	24 Public Invited no membership required Dance w/ FM Country 6:30 p.m. \$7.00
26 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Pinochle	27 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Bunco 1:30 Sewing & Hobbies 1:30 Billiards	28 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Corn hole, Mah Jong, Dominoes	29 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Billiards 1:30 Trivia Hour	30 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Chess & Checkers	31 Everyone Welcome Dance w/ Classic Country 6:30 p.m. \$7.00



JULY 2021

HERITAGE MEET & EAT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50	For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.		CHOICE: CHICKEN PASTA SALAD	BEEF GOULASH
Menu may change due to availability of food items or conditions that cause the kitchen to close.	If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.		TUNA PASTA SALAD	PARSLIED CARROTS
			TOMATO SLICES	ANNA'S DILLY BREAD
			CONFETTI COLESLAW	STRAWBERRIES & BANANAS
			OATMEAL ROLL	
			CINNAMON APPLE SLICES	
			Calories: 647 Carb: 103.9g Fiber: 12.1g Protein: 29.3g Fat: 17.0g Sod: 811mg	Calories: 605 Carb: 82.6g Fiber: 13.7g Protein: 36.7g Fat: 17.3g Sod: 885mg
5	6	7	8	9
	CHICKEN SALAD W/ GREEN GRAPES MARINATED VEGGIE SALAD WW ROLL PEAR ORANGE FRUIT CUP CARROT CAKE	SMOTHERED PORK CHOP SCALLOPED POTATOES BRUSSEL SPROUTS CARAWAY ROLL APRICOT HALVES	CORN TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD W/ DRESSING CANTALOUPE CUBES	SALISBURY STEAK MASHED POTATOES CONFETTI COLESLAW PEAS ROLL FRUIT SALAD
	Calories: 709 Carb: 95.6g Fiber: 10.6g Protein: 34.3g Fat: 23.8g Sod: 931mg	Calories: 702 Carb: 84.2g Fiber: 10.5g Protein: 41.8g Fat: 23.9g Sod: 641mg	Calories: 605g Carb: 74.8g Fiber: 10.8g Protein: 34.8g Fat: 19.8g Sod: 762mg	Calories: 782 Carb: 98.9g Fiber: 12.9g Protein: 46.1g Fat: 24.5g Sod: 903mg
12	13	14	15	16
SWEET & SOUR CHICKEN BROWN RICE ORIENTAL VEGETABLES WW ROLL MANDARIN ORANGES w/ BANANAS OATMEAL NUT COOKIES	SCALLOPED POTATOES & HAM BROCCOLI RAISIN ROLL PINEAPPLE TIDBITS OATMEAL CHOCOLATE CHIP COOKIES	BBQ CHICKEN ROTINI PASTA SALAD STIR FRY VEGETABLES BRAN MUFFIN PEACH SLICES	CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO MIXED VEGETABLES ROLL CHERRY BANANA SURPRISE	LASAGNA TOSSED SALAD W/ DRESSING ITALIAN VEGETABLES GARLIC BREAD FRUIT CUP
Calories: 768 Carb: 115.1g Fiber: 10.0g Protein: 36.5g Fat: 19.5g Sod: 612mg	Calories: 744 Carb: 105.2g Fiber: 10.1g Protein: 33.0g Fat: 24.1g Sod: 955mg	Calories: 705 Carb: 84.6g Fiber: 12.0g Protein: 43.3g Fat: 23.3g Sod: 877mg	Calories: 609 Carb: 100.9g Fiber: 10.0g Protein: 30.1g Fat: 12.6g Sod: 688mg	Calories: 643 Carb: 86.79g Fiber: 10.59g Protein: 33.6g Fat: 20.8g Sod: 591mg
19	20	21	22	23
TERIYAKI BEEF BROWN RICE SPINACH MANDARIN ORANGE SALAD ROLL PEAR SLICES	BRAISED BEEF MASHED POTATOES FRITO SALAD HARVARD BEETS ROLL MELON CUP CINNAMON CRISPIES	BACON POTATO BREAKFAST BURRITO GREEN CHILI W/PORK SPANISH RICE TOSSED GREEN SALAD W/ DRESSING FRESH FRUIT CUP APPLE GRANOLA COOKIE	HAM & BEANS WALDORF SALAD CORN BREAD MANDARIN ORANGES W/ BANANAS	CHOICE: HAMBURGER STEAK CITRUS PEPPER SALMON FILET PARSLIED POTATOES COUNTRY MIXED VEGETABLES BRAN MUFFINS CANTALOUPE CUBES COOKIES W/ RAISINS
Calories: 633 Carb: 106.7g Fiber: 9.6g Protein: 28.3g Fat: 12.3g Sod: 443mg	Calories: 723 Carb: 101.2g Fiber: 10.3g Protein: 31.9g Fat: 23.3g Sod: 995mg	Calories: 798 Carb: 95.6g Fiber: 9.1g Protein: 28.7g Fat: 35.0g Sod: 778mg	Calories: 659 Carb: 112.4g Fiber: 13.6g Protein: 28.6g Fat: 13.4g Sod: 908mg	Calories: 670 Carb: 95.0g Fiber: 10.7g Protein: 31.4g Fat: 21.3g Sod: 903mg
26	27	28	29	30
SPANISH RICE w/ GROUND BEEF PEAS WW ROLL PEACH SLICES OATMEAL CHOCOLATE CHIP COOKIES	HOT TURKEY SANDWICH CABBAGE TOSS GREEN BEANS OATMEAL ROLLS BANANA SPLIT FRUIT CUP	PORCUPINE MEATBALLS SCALLOPED POTATOES PEAS & CARROTS ANNA'S DILLY BREAD FRUIT COCKTAIL	CHICKEN & SPINACH LASAGNA TOSSED SALAD W/ DRESSING GREEN BEANS GARLIC BREAD FRESH FRUIT CUP	CHOICE: CHICKEN CROISSANT TUNA CROISSANT POTATO SOUP SUPREME W/ CRACKERS BEAN MEDLEY SALAD TROPICAL FRUIT CUP
BIRTHDAY RECOGNITION				
Calories: 677 Carb: 100.8g Fiber: 13.9g Protein: 34.8g Fat: 17.4g Sod: 549mg	Calories: 646 Carb: 100.9g Fiber: 10.7g Protein: 30.5g Fat: 15.9g Sod: 1066mg	Calories: 622 Carb: 94.1g Fiber: 10.8g Protein: 36.0g Fat: 14.2g Sod: 594mg	Calories: 682 Carb: 80.6g Fiber: 9.4g Protein: 48.8g Fat: 20.8g Sod: 787mg	Calories: 807 Carb: 114.9g Fiber: 10.2g Protein: 37.4g Fat: 23.4g Sod: 944mg

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES



SilverSneakers® Yoga

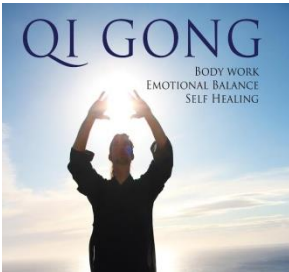
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

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, 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.



NOVICE TAI CHI



This class is offered on Thursdays at 1:30 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.

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

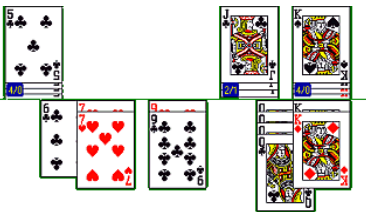
For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1: 30 start time, Snack break at 3:00 bring your
quarters 50 cents a snack



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.

BUNCO

We play bunco together on the last Tuesday of each month starting at
1:30. It is 50 cents to play and you can have all the fun you want. If you
would like to be added to the list of players please call us at 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

Call 522-1237 to schedule your 15 minute appointment

Suggested donation of \$5.00-\$10.00

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

Provided by Sterling MedCare Home Health



July Dance Schedule

July 3rd No Dance

July 10th Jim Ehrlich

July 17th Dan Dobson

July 24th FM Country

July 31st Classic Country

The CSU Northeast Regional Engagement Center is hosting a monthly learning group called the Colorado Spirit Series. Material and facilitation will be provided by John Kuemmerle, clinical director of Centennial Mental Health. This series will focus on mental health/wellness in older adults. We will be offering the program as a hybrid – both in-person at the CSU Engagement Center and online via the Zoom link below. The first meeting is 1 P.M. July 28 and the 4th Wednesday of each month through May 2022. All are welcome.

Join Zoom Meeting

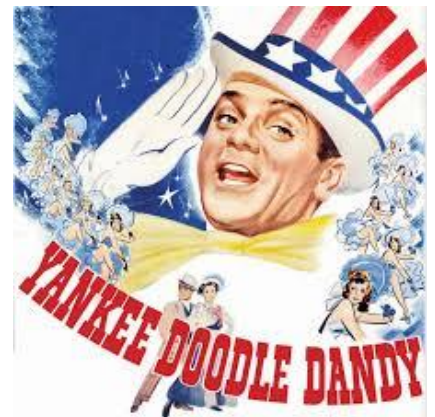
<https://zoom.us/j/97119690536>

MOVIE MATINEE

**Please join us on
Thursday, July 15th
1:30 p.m.**

**The musical
YANKEE DOODLE DANDEE
Starring James Cagney**

**Fresh popcorn, comfortable
seating and an intermission**





POOL PLAYERS

Beginning July 1st we will have pool tables open Monday-Friday, starting at 1:30. Come in and join us and soak up the air conditioning.

COFFEE, TEA, & WE

Our friends at the CSU Engagement Center continue to offer this discussion group and learning series. In July and August they will meet twice a month. The next session discussing the Logan County fair will be held at 1:00 p.m. Zoom link on July 19th. Call Peggy at 521-9582 or email her at peggy.stoltenberg@colostate.edu



COUNTY FAIR OPEN CLASS EXHIBITS AND ENTRIES

Calling all artists, jewelers, photographers, bakers, craftsman, gardeners and well.....

EVERYONE!!

Please consider entering your talents and projects completed since August 2020 in the Logan County Fair Open Class Judging

Early entries due July 23rd at www.lcfair.org or call the extension office at 522-3200

Check-in Wednesday, August 4th 7:30-10:30 a.m.

Cash prizes awarded to winning entries.

REMINDER

The Foot Care Clinic offered by the staff of Sterling MedCare Home Health will be offered this month on Tuesday, July 13th from 10:00-11:00 a.m. BY APPOINTMENT ONLY. We will start taking appointments on July 1st, call 522-1237 or stop by the Heritage Center to schedule your time.



COOKIE JAR CONTEST

I thought it would be fun if the Logan County Heritage Center entered a cookie jar into the Logan County Fair Commissioner's cookie jar contest. I am looking for people to help create a design that incorporates the theme of the fair, figure out which 6 cookies to bake and furnish a dozen cookies. Let Cynthia know if you are interested by
Wednesday, July 21st.



DRIVERS NEEDED

We are looking for individuals who want to make a difference and who would share 30-60 minutes out of their day with the older adults of this community. We are desperately needing people to deliver meals once a week, once every other week or as little or as much as you have time.

You would bring a hot lunch to approximately 5-12 people at the determined amount of days you would prefer per month. Please let Cynthia know if you are interested or to ask any questions at 522-137.

PLAY GAMES

We are hosting the games/activities for the summer lunch program at Prairie Park on Wednesday, July 21st between 11:30-1:00. I am in need of persons to be timers and counters when we have a hula hoop and jump rope competition AND hand out maps and clues for treasure hunt.



COLORADO PROPERTY/RENT / HEAT CREDIT ("PTC") REBATE

If you:

☒ Resided in Colorado for the **ENTIRE YEAR**

☒ Are NOT claimed as a dependent on someone's tax return

☒ Are lawfully present in the United States

☒ Have income equal to or less than:

2019

Single: \$15,192.00

Married: \$20,518.00

2020

Single \$15,591.00

Married \$21,057.00

AND

65 years or older –OR–

Are a surviving spouse and 58 years old by December 31st –OR–

For the application and more information, see www.TaxColorado.com 'Click' on File and PTC Rebate

Printed by the funding support of the Logan County Senior Citizen's Club and the Logan County Commissioner's office

National Root Beer Float Day



EVERYONE WELCOME!!!

Come in to the Heritage Center
821 N. Division Avenue

Friday, August 6th

1:30-4:30

for a **FREE** Root Beer Float