



2025

HERITAGE CENTER

MONTHLY

NEWSLETTER





Elvira Benson	July 3	Keith Gentry	July 19
Jossie Wasson	July 3	Elias Reyes	July 20
Jill Haney	July 4	BJ Langdon	July 24
Joe Kaufman	July 6	Rosie Schell	July 25
Don DeSoto	July 12	Kathy Kaufman	July 27
Joan Mahaffey	July 13	Marianna Trott	July 28
Carol Dillenburg	July 14	Katherine Donahue	July 30
Chris Kinney	July 16	Paulette McCoy	July 31

### JULY ANNIVERSARIES

Ron & Paulette McCoy	July 8, 2000
Myron & Carol Graybill	July 19, 1996

Sr. Citizen's Club celebrates club  
members Birthdays &  
Anniversaries quarterly. Please join  
us for our next party.



**WEDNESDAY, SEPTEMBER 24<sup>TH</sup>**  
**3:00 PM**

# JULY 2025

## HERITAGE MEAL SITE

### For Reservations or Cancellations 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
	1	2	3	4
<p><b>For Reservations</b> Call 970-522-1237 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.</p>	<p><b>POLISH SAUSAGE</b> <b>SAUERKRAUT</b> <b>OVEN BROWNED POTATOES</b> <b>CARAWAY ROLL</b> <b>BERRY BLEND</b></p> <p>Calories: 744 Carb: 80.1g Fiber: 11.7g Protein: 28.9g Fat: 35.6g Sod: 1107mg</p>	<p><b>LASAGNA</b> <b>ITALIAN VEGETABLES</b> <b>TOSSED SALAD</b> <b>FRENCH DRESSING</b> <b>GARLIC BREAD</b> <b>FRUIT CUP</b></p> <p>Calories: 670 Carb: 70.8g Fiber: 10.2g Protein: 29.7g Fat: 24.3g Sod: 717mg</p>	<p><b>BBQ CHICKEN SANDWICH</b> <b>BOSTON BEANS</b> <b>CONFETTI COLESLAW</b> <b>PEAR ORANGE FRUIT CUP</b></p> <p>Calories: 726 Carb: 106.0g Fiber: 13.9g Protein: 41.4g Fat: 17.1g Sod: 848mg</p>	
7	8	9	10	11
<p><b>SWISS STEAK</b> <b>BAKED POTATO</b> <b>COUNTRY MIX VEGETABLES</b> <b>BRAN MUFFIN</b> <b>CANTALOUPE CUBES</b></p> <p>Calories: 705 Carb: 82.0g Fiber: 13.3g Protein: 41.0g Fat: 25.8g Sod: 577mg</p>	<p><b>BRAISED BEEF</b> <b>RICE PILAF</b> <b>JC SOMALI SUMMER SALAD</b> <b>ANNA'S DILLY BREAD</b> <b>APRICOT HALVES</b> <b>COOKIE w/ RAISINS</b></p> <p>Calories: 671 Carb: 93.7g Fiber: 9.5g Protein: 31.4g Fat: 21.2g Sod: 517mg</p>	<p><b>CHINESE CHICKEN SALAD w/ PASTA</b> <b>THREE BEAN SALAD</b> <b>CRANBERRY BRAN MUFFIN</b> <b>FRUIT SALAD</b> <b>APPLE JUICE</b></p> <p>Calories: 681 Carb: 92.7g Fiber: 12.4g Protein: 36.3g Fat: 21.4g Sod: 1133mg</p>	<p><b>PULLED PORK SANDWICH</b> <b>OVEN BROWNED POTATOES</b> <b>CREAMY COLESLAW</b> <b>CINNAMON APPLE SLICES</b></p> <p>Calories: 697 Carb: 96.5g Fiber: 10.7g Protein: 35.1g Fat: 21.1g Sod: 720mg</p>	<p><b>CHICKEN FRIED STEAK</b> <b>MASHED POTATOES</b> <b>COUNTRY GRAVY</b> <b>CALIFORNIA VEGETABLES</b> <b>WW ROLL</b> <b>BANANA</b></p> <p>Calories: 780 Carb: 98.7g Fiber: 26.5g Protein: 46.3g Fat: 29.0g Sod: 983mg</p>
14	15	16	17	18
<p><b>BEEFY TOSTADA CASSEROLE</b> <b>MEXICALI CORN</b> <b>LETTUCE &amp; TOMATO GARNISH</b> <b>ORANGE WEDGES</b> <b>OATMEAL RAISIN COOKIE</b></p> <p>Calories: 748 Carb: 100.3g Fiber: 13.7g Protein: 37.4g Fat: 24.7g Sod: 866mg</p>	<p><b>HOT TURKEY SANDWICH</b> <b>BROCCOLI</b> <b>JEANNIE'S SALAD</b> <b>BANANA SPLIT FRUIT CUP</b></p> <p>Calories: 638 Carb: 92.4g Fiber: 10.5g Protein: 44.6g Fat: 11.5g Sod: 394mg</p>	<p><b>SWEDISH MEATBALLS</b> <b>RICE PILAF</b> <b>BRUSSEL SPROUTS</b> <b>APRICOT MUFFIN</b> <b>TROPICAL FRUIT CUP</b></p> <p>Calories: 740 Carb: 100.4g Fiber: 10.0g Protein: 34.1g Fat: 24.9g Sod: 758mg</p>	<p><b>BEEF GOULASH</b> <b>MIXED VEGETABLES</b> <b>RADISH &amp; CUCUMBER SALAD</b> <b>GARLIC BREAD</b> <b>FRESH FRUIT CUP</b></p> <p>Calories: 614 Carb: 77.6g Fiber: 10.4g Protein: 30.1g Fat: 23.8g Sod: 653mg</p>	<p><b>INDIANA STYLE CHICKEN &amp; RICE</b> <b>MARINATED VEGETABLE SALAD</b> <b>CRANBERRY BRAN MUFFIN</b> <b>PINEAPPLE TIDBITS</b> <b>CINNAMON CRISPY</b></p> <p>Calories: 688 Carb: 97.2g Fiber: 9.4g Protein: 33.8g Fat: 21.0g Sod: 785mg</p>
21	22	23	24	25
<p><b>BATTERED BAKED FISH</b> <b>BAKED SWEET POTATO</b> <b>CALIFORNIA VEGETABLES</b> <b>ANNA'S DILLY BREAD</b> <b>WATERMELON</b></p> <p>Calories: 790 Carb: 98.6g Fiber: 11.2g Protein: 31.9g Fat: 31.6g Sod: 1085mg</p>	<p><b>SPAGHETTI w/ MEAT SAUCE</b> <b>ITALIAN VEGETABLES</b> <b>TOSSED GREEN SALAD</b> <b>FRENCH DRESSING</b> <b>GARLIC CHEESE BISCUIT</b> <b>STRAWBERRY APPLESAUCE</b></p> <p>Calories: 747 Carb: 73.2g Fiber: 12.3g Protein: 28.9g Fat: 29.9g Sod: 677mg</p>	<p><b>SOFT SHELL TACO</b> <b>SALSA</b> <b>REFRIED BEANS</b> <b>MEXICALI CORN</b> <b>FRUIT CUP</b></p> <p>Calories: 670 Carb: 89.5g Fiber: 11.2g Protein: 36.3g Fat: 20.6g Sod: 885mg</p>	<p><b>SWEET &amp; SOUR PORK</b> <b>BROWN RICE</b> <b>ALMOND BROCCOLI</b> <b>WHOLE WHEAT ROLL</b> <b>HEAVENLY HASH</b></p> <p>Calories: 688 Carb: 94.3g Fiber: 8.9g Protein: 34.8g Fat: 21.3g Sod: 614mg</p>	<p><b>HAM</b> <b>MASHED POTATOES w/ CHICKEN GRAVY</b> <b>ASPARAGUS CUTS</b> <b>OATMEAL ROLL</b> <b>BERRY BLEND</b> <b>TRAIL COOKIE</b></p> <p>Calories: 656 Carb: 97.8g Fiber: 11.9g Protein: 31.2g Fat: 16.8g Sod: 1021mg</p>
28	29	30	31	
<p><b>LASAGNA ROTINI CASSEROLE</b> <b>BROWN BUTTER &amp; DILL BRUSSEL SPROUTS</b> <b>CRISPY CUCUMBERS &amp; TOMATOES</b> <b>GARLIC BREAD</b> <b>CANTALOUPE CUBES</b></p> <p><b>BIRTHDAY RECOGNITION</b> </p> <p>Calories: 683 Carb: 77.4g Fiber: 12.8g Protein: 37.4g Fat: 28.6g Sod: 832mg</p>	<p><b>CHEESEBURGER on a BUN</b> <b>SWEET POTATO FRIES</b> <b>BROCCOLI SALAD</b> <b>PINEAPPLE MANDARIN ORANGE COMPOTE</b></p> <p>Calories: 738 Carb: 82.8g Fiber: 9.0g Protein: 42.3g Fat: 28.3g Sod: 918mg</p>	<p><b>CHICKEN SALAD w/ GREEN GRAPES</b> <b>SPINACH CAULIFLOWER SALAD</b> <b>WW ROLL</b> <b>BANANA SPLIT FRUIT CUP</b></p> <p>Calories: 658 Carb: 88.9g Fiber: 8.8g Protein: 32.9g Fat: 21.8g Sod: 626mg</p>	<p><b>HOT ROAST BEEF SANDWICH</b> <b>JC SOMALI SUMMER SALAD</b> <b>PEACH SLICES</b> <b>OATMEAL CHOCOLATE CHIP COOKIE</b></p> <p>Calories: 640 Carb: 91.9g Fiber: 8.5g Protein: 31.5g Fat: 17.1g Sod: 449mg</p>	<p><b>Suggested Donation - \$6.25</b> <b>Under Age 60</b> <b>Mandatory Charge - \$17.00</b></p> <p><b>Menu may change due to availability of food items or conditions that cause the kitchen to close.</b></p>

## July 2025

Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Board Games 1:30 Pool	<b>2</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, & Pool	<b>3</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch & Pool	<b>4</b> Closed in Observance of 4 <sup>th</sup> of July No meals No activities	<b>5</b> 6:30 p.m. Dance w/ Classic Country \$8.00 admissions All adults welcome
<b>7</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class	<b>8</b> 9:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy, Five Crowns, Pool	<b>9</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 BUNCO 1:30 Cards, Chess, Checkers & Pool	<b>10</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>11</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards, Cornhole, Dominoes, & Pool	<b>12</b> 6:30-9:30 p.m. Dance w/ Dan Dobson
<b>14</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 PAR Exercise Class	<b>15</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Wish Man"	<b>16</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool	<b>17</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch & Pool 1:30 Door Prize Bingo	<b>18</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	<b>19</b> No Dance the week
<b>21</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class	<b>22</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy, Five Crowns, Pool	<b>23</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool	<b>24</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta	<b>25</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	<b>26</b> 6:30-9:30 p.m. Dance w/ FM Country
<b>28</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Board Games 3:30 PAR Exercise Class	<b>29</b> 10:00 Exercise Class Noon Meet & Eat 1:30 Pool	<b>30</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool	<b>31</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool		

# LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

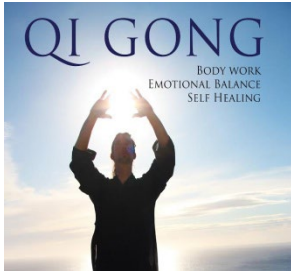


## SilverSneakers® Yoga

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.



## 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

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.

Exercise and nutrition are important for everyone; but especially those living with Parkinson's as exercise has been proven to slow the progression of the disease. Parkinson Association of the Rockies is pleased to offer free, donation-based exercise classes with the partnership of the Logan County Heritage Center. A liability waiver and a medical consent form from your doctor is all that is required for any Parkinson Association class. Scroll down to see upcoming classes. For more information, please call (303) 830-1839 or email [info@parkinsonrockies.org](mailto:info@parkinsonrockies.org).



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.



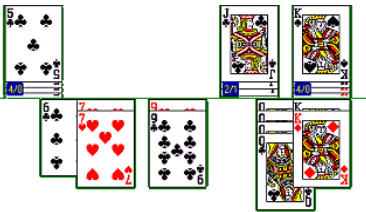
### Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on  
Mondays, Wednesdays, & Fridays  
1:30 start time



### 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 if you are coming by calling 970-522-1237.

### 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.

### 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.

### FOOT CARE CLINIC

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

9:00-10:45a.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

**FUNDING IS AVAILABLE THROUGH THE LOGAN COUNTY COUNCIL ON AGING TO HELP WITH THE EXPENSE OF NEW EYEGLASSES AND HEARING AIDS. PLEASE CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237**

**FOOT CARE CLINIC**

**Tuesday, July 8<sup>th</sup> 9:00-10:45 a.m.**

**By appointment ONLY**

**Toenail care provided by Northeast Plains Home Health. Suggested donation of \$5-15.  
Please soak your feet and bring a towel to your appointment.**



**COUNTY FAIR OPEN CLASS EXHIBITS AND ENTRIES**

**The Logan County Fair would love to have you enter your talents and skills in the open class exhibits and judging. This includes artists, jewelers, photographers, bakers, craftsman, gardeners and well....**EVERYONE!!****

**Early entries due July 11<sup>th</sup> at [www.lcfair.org](http://www.lcfair.org) or call the extension office at 970 522-3200. You do not have to pre enter to exhibit. Look for rules and regulations in the upcoming South Platte Sentinel.**

**Check-in for most open exhibits will be Wednesday, July 30<sup>th</sup> 7:30-10:30 a.m.  
Cash prizes awarded to winning entries.**

**MOVIE MATINEE**

**Please join us on  
TUESDAY, JULY 15<sup>TH</sup>  
1:30 p.m.**

**“Wish Man”**

**Based on the life of Frank Shankwitz, co-founder of Make-a-Wish Foundation. The film depicts his journey from a motorcycle cop to someone who helps grant the wishes of terminally ill children.**

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



# **AGING WITH GRACE AND VIGOR**

Your attitude is mental energy. Every moment you are awake you are generating either a positive or negative attitude. Your attitude is the one thing you have complete control over every single moment—every single day of your life.

When your attitude is positive, you are attracting people who will help you and be kind to you. A positive attitude brings good experiences into your life. One of the best things about having a positive attitude is that people like being around someone who is positive. It makes them feel positive also.

The next key step to aging with grace and vigor is **AFFIRMATIONS.**

Everything we say and think is an affirmation. We need to be aware of what we are affirming.

If we change our thinking, we change our lives.

If you ruminate on negative thoughts, you can damage important areas in your brain that regulate emotions and memories.

~Paulette Carpenter

## **Health & Healing Through the Ages**

Affirmations align our mind with our body and help us change negative thinking to positive thinking thus creating peace and calm. Say these affirmations 2x per day at least 10 times each—looking at yourself in the mirror.

- I AM GLAD TO BE ALIVE
- MY MIND ENABLES ME TO RECOGNIZE THE BEAUTIFUL MIRACLE OF MY BODY
- I AFFIRM WITH MY MIND THAT I HAVE THE POWER TO HEAL MYSELF
- MY MIND CHOOSES THE THOUGHTS THAT CREATE MY FUTURE MOMENT BY MOMENT
- MY POWER COMES THROUGH THE USE OF MY MIND
- I CHOOSE THOUGHTS THAT MAKE ME FEEL GOOD
- I LOVE AND APPRECIATE MY BEAUTIFUL MIND
- I LOVE AND ACCEPT MYSELF AS I AM

Laughter is the closest distance between two hearts and quite possibly the simplest and most enjoyable way to strengthen the immune system. A genuine smile is shown to increase immune supportive antibodies. This will help to keep you well. Laughter raises both disease fighting T-cell and natural killer cell activity.

## **DOOR PRIZE BINGO**

Come join the fun

**THURSDAY, JULY 17<sup>TH</sup>**

**1:30 p.m.**

Devonshire Staff will be calling our numbers and will be sponsoring our door prizes.



## **DANCE TO LIVE MUSIC**

Join us every Saturday Night for live music and dancing from 6:30-9:30 p.m. All Ages are Welcome, no membership required. \$8.00 for entry

**JULY 5<sup>TH</sup>**

**CLASSIC COUNTRY**

**JULY 12<sup>TH</sup>**

**DAN DOBSON**

**JULY 19<sup>TH</sup>**

**NO DANCE**

**JULY 26<sup>TH</sup>**

**FM COUNTRY**



There are a few people who would like to play Mexican Train Dominoes. We are looking for other interested participants. Let us know if you have any interest in playing and what day of the week or time of day works for you. No experience required, it is an easy game, and we can teach you. Please call Cynthia at (970) 522-1237.

# National Root Beer Float Day



**EVERYONE WELCOME!!!**

Come in to the Heritage Center  
821 N. Division Avenue

WEDNESDAY, August 6<sup>th</sup>  
1:00-4:00

For a **FREE** Root Beer Float



# DEVONSHIRE SUMMER FAIR

## FUN IN THE SUN!

Friday, July 18<sup>th</sup>

11:00AM-1:00PM

1330 Sidney Avenue

Devonshire has invited everyone to a celebration like no other. The Devonshire Fair is open to residents, families and the surrounding community.

### EVENT HIGHLIGHTS

- FREE lunch for ALL guests
  - Classic Car Show
  - Entertainment
- Refreshments & Cool Treats
  - Water Games
- Local Community Resource Vendors

The Logan County Heritage Center is proud to partner with the Parkinson Association of the Rockies to offer free exercise classes to community members diagnosed with Parkinson Disease.

**Class is taught by Mari Casillas**  
**Every Monday 3:30-4:30p.m.**

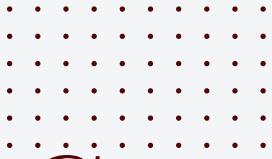
Registration encouraged but not required

(303) 830-1839 or email [info@parkinsonrockies.org](mailto:info@parkinsonrockies.org).





COLORADO STATE UNIVERSITY  
ENGAGEMENT AND EXTENSION



# Senior Planet iPad Essentials



CSU Northeast Regional Engagement Center is partnering with Senior Planet from AARP to help older adults use technology to learn new skills, save money, get in shape, and make new friends.

## Course Description:

This course will cover the essentials of how to use the Apple iPad, how to navigate the internet, and how to send and receive email. By the end of the course, you'll have a foundation for using an iPad and the internet to enrich your life. This 5-session course will be spread out over five months, with each class scheduled from 1:00 PM to 3:00 PM at NREC.

**Only 10 spots are available!**

## Important Information:

- Enrollment will be based on commitment to attending the full course.
- 10th generation iPads will be provided for use during each class session at the Engagement Center and must be returned at the end of each session.
- Participants are welcome to bring their own iPad; however, it must be 9th generation or newer model to ensure compatibility with course materials.
- Gmail address and Gmail password are **REQUIRED** to participate in course.

*If you need assistance setting up a Gmail address, please contact Lakesha Hershfeldt at (970) 491-4421 to schedule an appointment prior to the beginning of the course.*

## Class Schedule:

July 7, 2025

August 4, 2025

September 1, 2025

October 6, 2025

November 3, 2025



**SENIOR PLANET**  
FROM **AARP**

COLORADO STATE UNIVERSITY EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER. | COLORADO STATE UNIVERSITY EXTENSION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES. COLORADO STATE UNIVERSITY DOES NOT DISCRIMINATE ON THE BASIS OF DISABILITY AND IS COMMITTED TO PROVIDING REASONABLE ACCOMMODATIONS. | COLORADO STATE UNIVERSITY NO DISCRIMINA POR MOTIVOS DE DISCAPACIDAD Y SE COMPROMETE A PROPORCIONAR ADAPTACIONES RAZONABLES. CSU'S OFFICE OF ENGAGEMENT AND EXTENSION ENSURES MEANINGFUL ACCESS AND EQUAL OPPORTUNITIES TO PARTICIPATE TO INDIVIDUALS WHOSE FIRST LANGUAGE IS NOT ENGLISH. | OFFICE OF ENGAGEMENT AND EXTENSION DE CSU GARANTIZA ACCESO SIGNIFICATIVO E IGUALDAD DE OPORTUNIDADES PARA PARTICIPAR A LAS PERSONAS QUIENES SU PRIMER IDIOMA NO ES EL INGLÉS.

 **REGISTER NOW**

# Coffee, Tea, & We

JOIN US FOR CONVERSATION AND CONNECTION AS WE COME TOGETHER TO  
LEARN, LAUGH, AND SHARE.

## THE CSU NORTHEAST REGIONAL ENGAGEMENT CENTER PRESENTS:

**In-person OR virtual- Mondays at 1:00 p.m.**  
**304 Main St. Sterling, Co 80751**  
**<https://zoom.us/j/97345913515>**

### JUNE

6/2/2025 - GOOGLE DOCS WRAP-UP CLASS  
6/9/2025 - LINDA LANGELO, CSU HORTICULTURE SPECIALIST:  
MOST POPULAR FLOWERS FOR POLLINATORS  
6/16/2025 - JIM KUEMMERLE, BEHAVIORAL HEALTH SPECIALIST  
6/23/2025 - 4<sup>TH</sup> OF JULY ARTS AND CRAFTS- CENTER PIECE- **REGISTRATION REQUIRED**  
6/30- POT LUCK - "SUMMERTIME TREATS"

### JULY

7/7/2025 - MISSION TECH POSSIBLE: SENIOR PLANET- IPAD ESSENTIALS - CLASS 1 OF 5  
**REGISTRATION REQUIRED**  
7/14/2025 - COUNTY FAIR UPDATE/ INFORMATION SESSION  
7/21/2025 - FLOAT DECORATION CRAFT CLASS  
7/28/2025 - WORLD WAR 1 HISTORY DAY

### AUGUST

8/4/2025 - MISSION TECH POSSIBLE: SENIOR PLANET- IPAD ESSENTIALS 2 OF 5 WEEKS  
**REGISTRATION REQUIRED**  
8/11/2025 - LINDA LANGELO, CSU HORTICULTURE SPECIALIST - FLOWER PRESSING CLASS  
**REGISTRATION REQUIRED**  
8/18/2025 - NATIONAL FAJITA DAY-COOKING CLASS: NATALIE BEJARANO / SARA DELGADO  
8/25/2025 JIM KUEMMERLE, BEHAVIORAL HEALTH SPECIALIST



**ENGAGEMENT  
AND EXTENSION**  
**COLORADO STATE UNIVERSITY**

FOR MORE INFORMATION  
CONTACT:

(970) 571-9582

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