



2024

HERITAGE CENTER MONTHLY NEWSLETTER



JUNE BIRTHDAYS

Skip Jobe	June 3 rd	Montelle Martens	June 7 th
Nancy Emmons	June 8 th	Virginia Stieb- Yahn	June 8 th
Charles Miner	June 11 th	Linda Buescher	June 12 th
Kevin Kyle	June 12 th	Betty Scharf	June 19 th
Al Peltzer	June 20 th	Anna Curtis	June 23 rd
Dawn Reeder	June 23 rd	Vi Weingardt	June 23 rd
Maxine Dennington	June 24 th	Bob Mullanix	June 26 th

JUNE WEDDING ANNIVERSARIES

Lorraine "Lori" Davison (Warren)	June 1, 1969
Lee & Rose Roth	June 2, 1974
Mike & Chris Kinney	June 5, 1975
Gordon & Donna Sonnenberg	June 9 th , 1957
John & Karen Ertle	June 12 th , 1970
Gail & Steve Jemison	June 12, 1971
Patrick & Roxanna Davis	June 17, 2000
Skip Jobe	June 18 th , 2005

**JOIN US FOR THE SENIOR CITIZEN'S CLUB
QUARTERLY BIRTHDAY PARTY**

**ALL CLUB MEMBERS ARE INVITED TO ATTEND
WEDNESDAY, JUNE 26TH 3:00 P.M.**

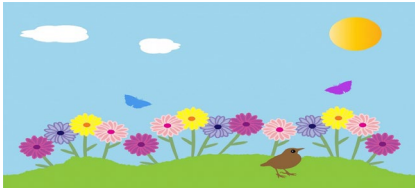


**Cake, Angel Food Cake, &
Ice Cream will be served**

JUNE 2024

HERITAGE MEAL SITE

For Reservations or Cancelations 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
<p>For Reservations Call 970-522-1237 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p>Suggested Donation - \$6.25</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>		<p>***ATTENTION***</p> <p>** IF YOU ARE IN NEED OF A MEAL DUE TO THE KITCHEN CLOSURE, PLEASE CONTACT DAKOTA AT 970-867-9409 EXT 3004 AT LEAST 2 WEEKS IN ADVANCE **</p>
<p>3</p> <p>CHINESE CHICKEN SALAD w/ PASTA JC SOMALI SUMMER SALAD FRENCH BREAD ORANGE WEDGES NATURE COOKIE</p> <p>Calories: 789 Carb: 89.7g Fiber: 9.6 Protein: 37.4g Fat: 33.7g Sod: 489mg</p>	<p>4</p> <p>CABBAGE BURGERS COBBLER CORN FRITO SALAD BANANA SPLIT FRUIT CUP CHOCOLATE CAKE</p> <p>Calories: 782 Carb: 111.8g Fiber: 12.3g Protein: 33.2g Fat: 26.7g Sod: 576mg</p>	<p>5</p> <p>PULLED PORK SANDWICH OVEN BROWNED POTATOES BRUSSEL SPROUTS PEARS IN LIME JELLO OATMEAL CHOCOLATE CHIP COOKIES</p> <p>Calories: 731 Carb: 100.8g Fiber: 9.7g Protein: 39.0g Fat: 20.5g Sod: 626mg</p>	<p>6</p> <p>BAKED FISH BAKED POTATO ALMOND BROCCOLI V's MORNING MUFFINS SUMMER FRUIT SALAD</p> <p>Calories: 772 Carb: 103.6g Fiber: 12.4g Protein: 35.7g Fat: 27.6g Sod: 946mg</p>	<p>7</p> <p>BEEFY TOSTADA CASSEROLE GREEN BEANS TOSSED GREEN SALAD w/ DRESSING BERRY BLEND</p> <p>Calories: 705 Carb: 80.1g Fiber: 14.0g Protein: 36.5g Fat: 28.5g Sod: 1157mg</p>
<p>10</p> <p>HAM POTATO OMELET COUNTRY MIX VEGETABLES RAISIN BRAN MUFFIN HEAVENLY HASH</p> <p>Calories: 759 Carb: 111.5g Fiber: 13.1 Protein: 33.5g Fat: 24.1g Sod: 1113mg</p>	<p>11</p> <p>BBQ CHICKEN SANDWICH BOSTON BEANS CONFETTI COLESLAW FRUIT MIX</p> <p>Calories: 656 Carb: 99.1g Fiber: 11.7g Protein: 41.4g Fat: 11.8g Sod: 1081mg</p>	<p>12</p> <p>FIESTA PORK CHOP SPANISH RICE BEAN MEDLEY ROLL FRESH FRUIT CUP</p> <p>Calories: 734 Carb: 97.2g Fiber: 10.1g Protein: 36.8g Fat: 23.1g Sod: 409mg</p>	<p>13</p> <p>CITRUS PEPPER SALMON FILET OVEN BROWNED POTATOES CALIFORNIA VEGETABLES BRAN MUFFIN SUMMER FRUIT SALAD CINNAMON CRISPIES</p> <p>Calories: 654 Carb: 100.3g Fiber: 11.3g Protein: 31.1g Fat: 17.5g Sod: 904mg</p> 	<p>14</p> <p>SWEDISH MEATBALLS MASHED POTATOES CARROT COINS ROLL APRICOT HALVES ORANGE JUICE</p> <p>Calories: 682 Carb: 106.3g Fiber: 11.6g Protein: 34.1g Fat: 16.1g Sod: 680mg</p>
<p>17</p> <p>SPRING GARDEN CHICKEN MARINATED VEGETABLE SALAD CRANBERRY BRAN MUFFIN STRAWBERRIES & BANANAS</p> <p>Calories: 643 Carb: 68.3g Fiber: 9.9 Protein: 39.6g Fat: 25.8g Sod: 998mg</p>	<p>18</p> <p>ROAST BEEF MASHED POTATOES & GRAVY LAYERED SALAD CALIFORNIA VEGETABLES ROLL TROPICAL FRUIT CUP BUTTERSCOTCH BROWNIE</p> <p>Calories: 772 Carb: 101.5g Fiber: 9.6g Protein: 37.2g Fat: 25.9g Sod: 980mg</p>	<p>19</p> <p>LIVER & ONIONS SCALLOPED POTATOES STEWED TOMATOES WW ROLL APPLESAUCE</p> <p>Calories: 621 Carb: 89.5g Fiber: 10.2g Protein: 34.9g Fat: 15.8g Sod: 670mg</p>	<p>20</p> <p>CHEESEBURGER ON A BUN LETTUCE, TOMATO & ONION SLICES DILL PICKLE CHIPS BAKED SWEET POTATO FRIES ASPARAGUS CUTS FRUIT COCKTAIL</p> <p>Calories: 786 Carb: 78.3g Fiber: 9.9g Protein: 46.0g Fat: 33.4g Sod: 1051mg</p> <p>1st day of summer</p>	<p>21</p> <p>KITCHEN CLOSED</p> <p>NO MEALS WILL BE SERVED</p> <p>see note above</p>
<p>24</p> <p>MEATLOAF & GRAVY BAKED POTATO CARRI FRUIT SALAD APPLE MUFFIN FRUIT CUP</p> <p></p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 718 Carb: 112.5g Fiber: 10.7 Protein: 33.4g Fat: 17.9g Sod: 818mg</p>	<p>25</p> <p>CHICKEN SALAD w/ GREEN GRAPES WW ROLL KIDNEY BEAN SALAD PEACH SLICES OATMEAL BANANA RAISIN COOKIES</p> <p>Calories: 697 Carb: 90.4g Fiber: 11.3g Protein: 38.7g Fat: 22.4g Sod: 1170mg</p>	<p>26</p> <p>BEEF STROGANOFF MASHED POTATOES LAYERED SALAD BROCCOLI ROLL BANANNA SPLIT FRUIT CUP NATURE COOKIE</p> <p>Calories: 752 Carb: 111.9g Fiber: 13.0g Protein: 38.4g Fat: 20.3g Sod: 981mg</p>	<p>27</p> <p>TUNA PASTA SALAD JC SOMALI SUMMER SALAD RAISIN BRAN MUFFIN PINEAPPLE TIDBITS</p> <p>Calories: 651 Carb: 105.1g Fiber: 12.7g Protein: 29.5g Fat: 17.7g Sod: 778mg</p>	<p>28</p> <p>ORIENTAL CHICKEN BROCHETTE RICE PARSLIED CARROTS FRENCH BREAD MANDARIN ORANGES w/ BANANAS</p> <p>Calories: 777 Carb: 92.7g Fiber: 10.3 Protein: 43.0g Fat: 28.3g Sod: 372mg</p>

June 2024

Mon	Tue	Wed	Thu	Fri	Sat
					1 Dance w/ Classic Country \$8.00 6:30-9:30
3 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle Group 1:30 Cards & Pool	4 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Board Games 1:30 Pool	5 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Checkers, Chess, Mah Jong	6 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	7 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Meeting 1:30 Cards, Cornhole, Dominoes & Pool	8 Dance to Dan Dobson 6:30-9:30 \$8.00
10 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 7:00 Proctor Peppers 4-H Club Meeting	11 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	12 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Checkers, Chess, Mah Jong	13 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	14 10:00 Qi Gong Noon Meet & Eat 1:30 Bingo w/ Sterling Health & Rehab 1:30 Cards & Pool	15 NO DANCE
17 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	18 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "My Big Fat Greek Wedding" 1:30 Reminisce Hour "Dads"	19 10:00 SilverSneakers® Yoga Noon Meet & Eat 11:15 SilverSneakers® Quarterly Birthday Party 1:30 Cards, Pool, Checkers, Chess, Mah Jong	20 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	21 10:00 Qi Gong 11:00-2:00 Volunteer Appreciation Celebration Noon Meet & Eat 2:00 Cards & Pool	22 Dance to Ray & Paulette Gerver 6:30-9:30 \$8.00
24 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	25 ELECTIONS No activities ONLY Home Delivered Meals	26 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Checkers, Chess, Mah Jong 3:00 Senior Citizens Club Quarterly Birthday Party	27 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	28 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Pool	29 Dance to FM Country 6:30-9:30 \$8.00

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



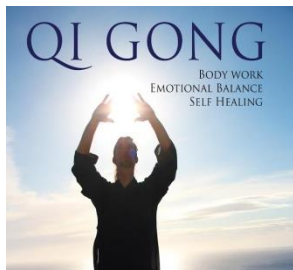
SilverSneakers® Yoga

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.



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 tuned for information regarding class days and times.



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 or FIVE CROWNS



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.



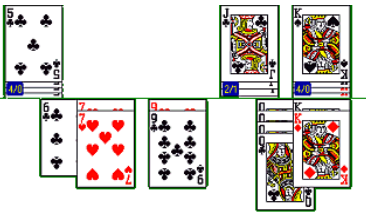
Join the SENIOR CITIZEN'S CLUB

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



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

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 970-522-1237.

PITCH

10 point pitch will be played on the 1st and 3rd 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

2nd Tuesday of every month

10:00-11:00 a.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 EYEGASSES AND HEARING AIDS. PLEASE CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237



MOVIE MATINEE

TUESDAY, JUNE 18TH

1:30 p.m. showing

Fresh popcorn, comfortable seating, intermission

MY BIG FAT GREEK WEDDING

“A young Greek woman falls in love with a Non-Greek and she struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.” (IMb website)



HERITAGE CENTER DANCES

Dances will run from 6:30-9:30

\$8.00

LIVE MUSIC, WONDERFUL TALENT

June 1 st	Classic Country
June 8 th	Dan Dobson
June 15 th	NO DANCE
June 22 nd	Ray & Paulette Gerver
June 29 th	FM Country

EXERCISE CLASSES QUARTERLY BIRTHDAY PARTY

Join us
WEDNESDAY, JUNE 19TH
11:15 a.m.

All persons enrolled or participating (active or inactive) are welcome to attend our birthday celebration to honor our members who had birthdays in April, May or June. Please RSVP to Cynthia by June 14TH



FOOT CARE CLINIC

TUESDAY, JUNE 11TH
10:00-11:00 a.m.

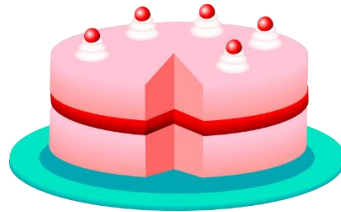
R.N. & L.P.N. staff will be here to provide toe nail trimming. By appointment ONLY. Please call June 1st or after to make your appointment (970) 522-1237.

ELECTIONS

The Heritage Center will be used as a polling place for the elections being held on Tuesday, June 25th

No exercise, lunch at the center, or afternoon recreation will be held. We will be providing home delivered meals only.





Senior Citizen's Club

Quarterly Birthday & Anniversary Party

Wednesday, June 26TH

3:00 p.m.

All members welcome to join us for cake (angel food cake available), and ice cream. We will recognize members with birthdays in April, May and June.



REMINISCE HOUR

Starting new this month. We invite the public (all ages welcome) to come in and join us for conversation and reminiscing about special topics. This month we focus on the subject of "Dads" and visit about what we remember about our own Dad's, what we hope our children will remember about us, and what advice would we give to new Father's.

1:30 Tuesday, June 18th



We apologize for the inconvenience but we want to take the time to thank our nutrition program volunteers. No lunch will be served and no afternoon activities will be held on

FRIDAY, JUNE 21ST

Volunteer Celebration will be held from 11:00-2:00

Lunch and entertainment provided.



June is Great Outdoors Month and we challenge you to find ways to get outdoors. June celebrates National Trails Day, National Fishing and Boating Week, National Marina Day, and Great American Backyard Campout Day (June 22nd). We encourage you to enjoy one of our many beautiful parks here in Sterling, try one of the new City of Sterling Trails down by the river, and take in the views at one of our State Parks/Reservoirs. Here are few other opportunities being offered in our community.

- Saturday, June 1st 9:30-11:00 a.m. Overland Trail Recreation Area Parking Lot

Join Bird Conservancy of the Rockies on a walk along the South Platte River and learn about the native ecology.

- Saturday, June 1st 6:00 p.m. North Sterling State Park Amphitheatre

“Oh Deer” Come Play a popular game from the Colorado Parks & Wildlife’s Hunter Education classes.

You will learn the difference between conservation and preservation and we’ll see how wildlife is managed in Colorado.

- Saturday, June 8th through the weekend at North Sterling State Park

If you’re visiting the park, grab a bingo card from a North Sterling park employee. The bingo cards will have a variety of activities that need to be completed in order to fill your card for the win. When you complete the card turn it into the Park office to collect a prize.

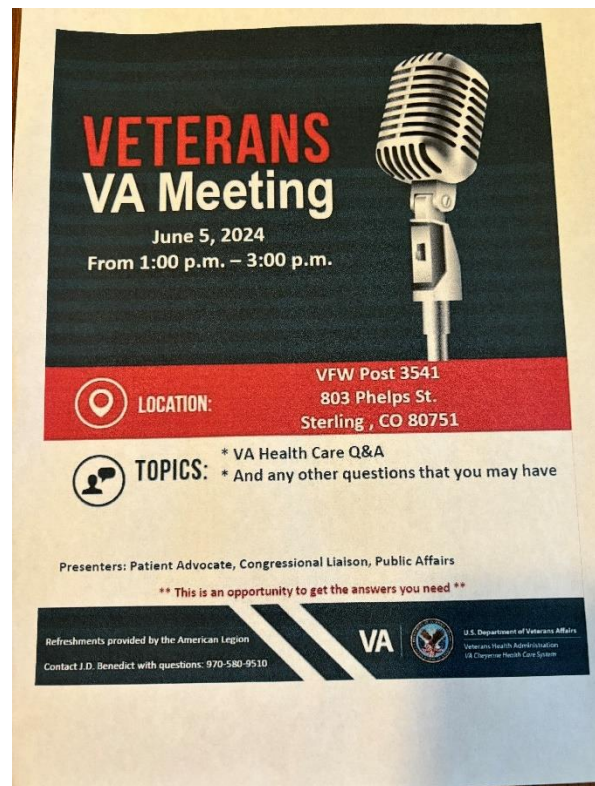
- Saturday, June 15th Time to be determined North Sterling State Park South Camper Services Building
Stop by for a free root beer and a question and answer with the State Park Rangers.



Please stop by the Heritage Center to check out the first rough draft of the Recreation Center/Senior Center building. Please share your kind thoughts, opinions and ideas and fill out a short (3 questions) survey.

This task force in partnership with the CU School of Architecture Graduate Students and Department of Local Affairs have looked at other facilities, have studied the trends of Recreation Centers and Senior Centers to develop this first draft proposal of a facility that would be cost prohibited, serve a multigenerational purpose of providing recreation and a space for all ages.

We want it to be a place that would draw families to stay and play in our community, or for our newcomers to our community to feel like they can have the same amenities that they are used to. But we need your input and your opinion.



I would like to say what a privilege it is to work for people with such caring hearts and understanding. I am fortunate to work in a place and with individuals who are kindhearted and quickly willing to help you out when life presents challenges. I cannot express my appreciation and thanks enough to Kathy, Joni, Lynn, Veronica, Tracy, Michelle and Karen for stepping up and stepping in so I could be with my Dad in Kansas. My many thanks to our volunteers for expressing your concern and for taking on more to make it easier while I was gone. I appreciate working for Logan County they have been accommodating and to Commissioner Brownell for being supportive and understanding. And to all of you for your thoughts, prayers, cards, texts, emails and calls...I am truly touched and humbled by your care and concern. Please keep showing the world that love and kindness! Fondly, Cynthia