



*2025*

# *HERITAGE CENTER MONTHLY NEWSLETTER*



## **JUNE BIRTHDAYS**

Skip Jobe	June 3 <sup>rd</sup>	Montelle Martens	June 7 <sup>th</sup>
Nancy Emmons	June 8 <sup>th</sup>	Virginia Stieb-Yahn	June 8 <sup>th</sup>
Charles Miner	June 11 <sup>th</sup>	Marcia Elwood	June 11 <sup>th</sup>
Linda Buescher	June 12 <sup>th</sup>	Kevin Kyle	June 12 <sup>th</sup>
Elaine Jerman	June 17 <sup>th</sup>	Betty Scharf	June 19 <sup>th</sup>
Al Peltzer	June 20 <sup>th</sup>	Dawn Reeder	June 22 <sup>nd</sup>
Anna Curtis	June 23 <sup>rd</sup>	Vi Weingardt	June 23 <sup>rd</sup>
Maxine Dennington	June 24 <sup>th</sup>	Bob Mullanix	June 26 <sup>th</sup>

## **JUNE WEDDING ANNIVERSARIES**

Lee & Rose Roth	June 2, 1974
Mike & Chris Kinney	June 5, 1975
Steve & Gail Jemison	June 12, 1971
Patrick & Roxanna Davis	June 17, 2000
Skip Jobe	June 18 <sup>th</sup> , 2005

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

**ALL CLUB MEMBERS ARE INVITED TO ATTEND  
WEDNESDAY, JUNE 25<sup>TH</sup> 3:00 P.M.**

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

# JUNE 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
2	3	4	5	6
<b>CHICKEN PASTA SALAD</b> <b>JC SOMALI SUMMER SALAD</b> <b>FRENCH BREAD</b> <b>CINNAMON APPLE SLICES</b> <b>NATURE COOKIE</b>  Calories: 719 Carb: 95.6g Fiber: 10.1g Protein: 34.7 Fat: 25.0g Sod: 481mg	<b>CABBAGE BURGER</b> <b>COBBLER CORN</b> <b>FRITO SALAD</b> <b>BANANA SPLIT FRUIT CUP</b>  Calories: 690 Carb: 97.6g Fiber: 11.1g Protein: 29.9g Fat: 23.5g Sod: 526mg	<b>HAM POTATO OMELET</b> <b>COUNTRY MIX VEGETABLES</b> <b>VI'S MORNING MUFFINS</b> <b>PEAR SLICES</b>  Calories: 595 Carb: 82.8g Fiber: 9.5g Protein: 31.7g Fat: 16.6g Sod: 867mg	<b>BAKED FISH</b> <b>BAKED POTATO</b> <b>BROCCOLI</b> <b>BRAN MUFFIN</b> <b>WATERMELON</b> <b>OATMEAL NUT COOKIE</b>  Calories: 783 Carb: 98.5g Fiber: 12.4g Protein: 31.8g Fat: 32.3g Sod: 1024mg	<b>BEEFY TOSTADA CASSEROLE</b> <b>GREEN BEANS ALMONDINE</b> <b>TOSSED GREEN SALAD</b> <b>FRENCH DRESSING</b> <b>BERRY BLEND</b> <b>HURRY-UP CHOCOLATE CAKE</b>  Calories: 797 Carb: 100.1g Fiber: 18.3g Protein: 37.7g Fat: 30.2g Sod: 1185mg
9	10	11	12	13
<b>KITCHEN CLOSED</b>  <b>NO MEALS</b> <b>WILL BE SERVED</b>	<b>CHICKEN CROISSANT</b> <b>THREE BEAN SALAD</b> <b>STRAWBERRIES &amp; BANANAS</b>  Calories: 727 Carb: 82.6g Fiber: 9.2g Protein: 36.8g Fat: 28.8g Sod: 916mg	<b>BBQ BEEF SANDWICH</b> <b>BRN BUTTER/ DILL BRUSSEL SPROUTS</b> <b>PASTA SALAD</b> <b>FRUIT CUP</b>  Calories: 706 Carb: 92.6g Fiber: 13.1g Protein: 42.4g Fat: 22.2g Sod: 672mg	<b>HAM</b> <b>PARSLIED POTATOES</b> <b>CHICKEN GRAVY</b> <b>ASPARAGUS CUTS</b> <b>OATMEAL ROLL</b> <b>FRUIT SALAD</b> <b>BUTTERSCOTCH BROWNIE</b>  Calories: 784 Carb: 116.1g Fiber: 15.4g Protein: 39.0g Fat: 23.0g Sod: 1184mg	<b>SHEPHERD'S PIE</b> <b>HARVARD BEETS</b> <b>CARROT RAISIN SALAD</b> <b>ROLL</b> <b>APRICOT HALVES</b>  Calories: 737 Carb: 108.5g Fiber: 12.6g Protein: 29.7g Fat: 22.3g Sod: 990mg
16	17	18	19	20
<b>SPRING GARDEN CHICKEN</b> <b>MARINATED VEGETABLE SALAD</b> <b>HEAVENLY HASH</b> <b>APPLE MUFFIN</b> <b>OATMEAL BANANA RAISIN COOKIE</b>  Calories: 688 Carb: 93.4g Fiber: 9.3g Protein: 39.0g Fat: 20.3g Sod: 1040mg	<b>ROAST BEEF</b> <b>MASHED POTATOES</b> <b>BEEF GRAVY</b> <b>CALIFORNIA VEGETABLES</b> <b>LAYERED SALAD</b> <b>ANNA'S DILLY BREAD</b> <b>TROPICAL FRUIT CUP</b>  Calories: 653 Carb: 84.3g Fiber: 9.9g Protein: 43.0g Fat: 16.7g Sod: 691mg	<b>CHICKEN POT PIE</b> <b>BEAN MEDLEY SALAD</b> <b>FRESH FRUIT CUP</b> <b>APPLESAUCE CAKE</b>  Calories: 712 Carb: 88.8g Fiber: 9.4g Protein: 35.1g Fat: 26.2g Sod: 565mg	<b>SPANISH RICE w/ GROUND BEEF</b> <b>TOSSED SALAD</b> <b>FRENCH DRESSING</b> <b>ONION ROLL</b> <b>PEACH SLICES</b> <b>SPICE CAKE</b>  Calories: 789 Carb: 99.4g Fiber: 10.4g Protein: 30.6g Fat: 32.5g Sod: 693mg	<b>PORK CHOPSUEY</b> <b>PARSLIED RICE</b> <b>STIR FRY VEGETABLES</b> <b>WW ROLL</b> <b>PINEAPPLE MANDARIN ORANGE COMPOTE</b>  Calories: 754 Carb: 103.3g Fiber: 8.6g Protein: 35.3g Fat: 23.6g Sod: 679mg
23	24	25	26	27
<b>MEATLOAF</b> <b>BAKED POTATO</b> <b>BEEF GRAVY</b> <b>CARRIFRUIT SALAD</b> <b>APRICOT MUFFIN</b> <b>FRUIT CUP</b>  Calories: 781 Carb: 105.9g Fiber: 10.2g Protein: 32.1g Fat: 27.6g Sod: 876mg	<b>CHICKEN SALAD w/ GREEN GRAPES</b> <b>CAROLINA SALAD</b> <b>WHOLE WHEAT ROLL</b> <b>PEAR ORANGE FRUIT CUP</b> <b>CARROT CAKE</b>  Calories: 752 Carb: 100.0g Fiber: 9.9g Protein: 34.6g Fat: 26.4g Sod: 933mg	<b>BEEF STROGANOFF</b> <b>MASHED POTATOES</b> <b>BROCCOLI</b> <b>ROLL</b> <b>BANANA SPLIT FRUIT CUP</b> <b>NATURE COOKIE</b>  Calories: 759 Carb: 115.0g Fiber: 12.3g Protein: 42.7g Fat: 16.7g Sod: 504mg	<b>TUNA PASTA SALAD</b> <b>JC SOMALI SUMMER SALAD</b> <b>RAISIN BRAN MUFFIN</b> <b>CINNAMON APPLE SLICES</b>  Calories: 646 Carb: 98.0g Fiber: 13.5g Protein: 27.8g Fat: 20.9g Sod: 762mg	<b>SAVORY BAKED CHICKEN</b> <b>MASHED POTATOES</b> <b>CHICKEN GRAVY</b> <b>PARSLIED CARROTS</b> <b>ORANGE MUFFIN</b> <b>CHERRY BANANA SURPRISE</b>  Calories: 643 Carb: 90.3g Fiber: 11.1g Protein: 37.6g Fat: 16.1g Sod: 871mg
30				
<b>SWEET &amp; SOUR PORK</b> <b>BROWN RICE</b> <b>ORIENTAL VEGETABLES</b> <b>RAISIN ROLL</b> <b>MANDARIN ORANGES w/ BANANAS</b>    <b>BIRTHDAY RECOGNITION</b> Calories: 696 Carb: 105.7g Fiber: 9.3g Protein: 33.3g Fat: 16.8g Sod: 619mg	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">    </div> <div style="text-align: center;">    </div> </div>			
		<b>Suggested Donation - \$6.25</b> <b>Under Age 60</b> <b>Mandatory Charge - \$17.00</b>	<b>For Reservations</b> <b>Call 970-522-1237 by 8:00 a.m.</b> <b>the day you want the meal.</b> <b>If you must cancel your meal,</b> <b>please do so by 8:00 a.m.</b>	<b>Menu may change due to availability</b> <b>of food items or conditions that cause</b> <b>the kitchen to close.</b>

## June 2025

Mon	Tue	Wed	Thu	Fri	Sat
<b>2</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>3</b> 8:00 Morning Hike with Bob 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Board Games	<b>4</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool	<b>5</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	<b>6</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging 1:30 Cards, Cornhole, Dominoes & Pool	<b>7</b> 6:30-9:00 Dance w/ Classic Country \$8.00 All ages welcome
<b>9</b> 10:00 SilverSneakers® Yoga No home delivered meals or Meet & Eat today 1:30 Cards & Pool 3:30 PAR Exercise Class	<b>10</b> 9:00 Toe Nail Care (by appointment only) 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	<b>11</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat <b>1:30 BUNCO</b> 1:30 Cards, Chess, Checkers & Pool	<b>12</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool 3:00 Jordan Suter 5:30 Jordan Suter	<b>13</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	<b>14</b> 6:30-9:00 Dance w/ Dan Dobson \$8.00 Public Welcome
<b>16</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 PAR Exercise Class	<b>17</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Gran Torino"	<b>18</b> 10:00 SilverSneakers® Yoga <b>11:15 Dr. Erin Guenzi Hearing Loss &amp; Cognitive Impairment</b> Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool	<b>19</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Door Prize Bingo 1:30 Pool	<b>20</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	<b>21</b> No Dance
<b>23</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class	<b>24</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	<b>25</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool 3:00 Senior Citizen's Club Quarterly Birthday & Anniversary Party	<b>26</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 11:15 Exercise Class Quarterly Birthday Party 1:30 Hand & Foot Canasta 1:30 Pool	<b>27</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	<b>28</b> 6:30-9:00 Dance w/ FM Country \$8.00 No Membership Required
<b>30</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Board Games 3:30 PAR Exercise Class					

# LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



## SilverSneakers® Yoga

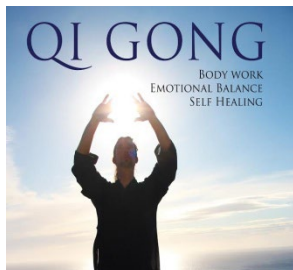
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

**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.

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## 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.

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## 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.

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## 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](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

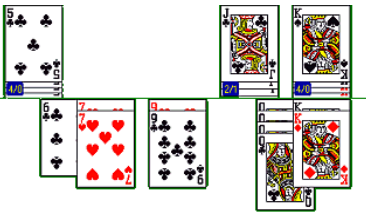


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### SCHOLARSHIP PROGRAM

The Senior Citizen's Club is pleased to announce a Scholarship Program. The program allows a recipient that is in good standing of the Senior Citizen's club to receive up to \$30 to help with the cost of a dinner, membership or activity. Please see Cynthia for an application.

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### 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 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.

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### 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.

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### FOOT CARE CLINIC

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

9:00-10:45 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 RETURNS

TUESDAY, JUNE 17<sup>TH</sup>

1:30 p.m. showing

Fresh popcorn, comfortable seating, intermission

***GRAN TORINO***

***Starring Clint Eastwood***

After a Hmong teenager tries to steal his prized 1972 Gran Torino, a disgruntled, prejudice Korean War veteran, seeks to redeem both the boy and himself. **(from IMDB)**



## HERITAGE CENTER DANCES

Dances will run from 6:30-9:00

\$8.00

LIVE MUSIC, WONDERFUL TALENT

June 7 <sup>TH</sup>	Classic Country
June 14 <sup>th</sup>	Dan Dobson
June 21 <sup>ST</sup>	NO DANCE
June 28 <sup>TH</sup>	FM Country

## EXERCISE CLASSES QUARTERLY BIRTHDAY PARTY

Join us  
**MONDAY, JUNE 30<sup>TH</sup>**  
**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 23<sup>RD</sup>



## FOOT CARE CLINIC

**TUESDAY, JUNE 10<sup>TH</sup>**  
**9:00-10:45 a.m.**

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

## BUNCO

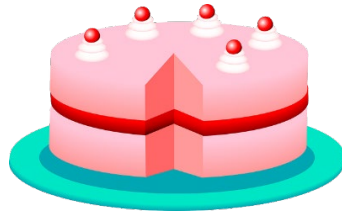
2<sup>nd</sup> Wednesday of each month at 1:30 p.m.

WEDESNDAY, JUNE 11<sup>TH</sup>

We need to know if you will be attending so please coordinator with Shirley Bickel 970 520-7818 or Cynthia 970 522-1237







# Senior Citizen's Club

## Quarterly Birthday & Anniversary Party

### Wednesday, June 25<sup>th</sup>

### 3:00 p.m.

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



### **DOOR PRIZE BINGO**

**THURSDAY, JUNE 19<sup>TH</sup>**

**1:30 P.M.**

Come play bingo and win door prizes  
Sponsored by Devonshire



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 on June 22<sup>nd</sup>. We encourage you to enjoy one of our many beautiful parks here in Sterling, take a walk and check out our sculptures and art works, and take in the views at one of our State Parks/Reservoirs. Here are few other opportunities being offered.

- **Tuesday, June 3<sup>rd</sup> 8:00 a.m. Meet at the Heritage Center. Bob McCarty will be our guide as we navigate the new trails down at the river. Including where to park and where to find the trailheads.**
- Saturday, June 7<sup>th</sup> 5:00-6:00 p.m. Root Beer Float with a Ranger Come enjoy a root beer float and have a conversation with one of our Rangers while enjoying the reservoir scenery.
- Saturday, June 14<sup>th</sup> 6:00-7:00 p.m. Live Animal Show. Nature's Educators Talon Talk. Live raptors and predatory birds will be available for you to see.

## **BOARD GAMES**

Tuesday, June 3<sup>rd</sup> 1:30 p.m.

Monday, June 30<sup>th</sup> 1:30 p.m.



## AGING WITH GRACE AND VIGOR

Old age is a grace, if you reach it with joy, creativity and curiosity. These qualities require living fully in the present moment, since today is the youth of your longevity. The second key step to aging with grace and vigor is EXERCISE!

Exercise that emphasizes aerobic strength, flexibility and balance and lifting weights causes your muscles to pull on your bones, which in turn become denser and stronger. Research shows regular activity has antiaging effects on cells.

Walking gets plenty of oxygen and blood flow in your body helping to ensure a healthy heart, reduce stress, and give your mood a boost. Moderate exercise 30-60 minutes per day stimulates the circulatory system and lymph system helping to get rid of waste and more efficiently move natural killer cells to where they are needed.

Walking, yoga, pilates, jumping rope, dancing are all very good choices of exercise that keep the body young and heart healthy.

To prevent falls, especially after 65, one needs a combination of activities that build muscle strength in the legs and enhance balance. Yoga stretches bring energy and balance to both body and mind. Yoga and aerobic exercise both promote better blood, circulation and oxygenation to all cells and tissues. Becoming stronger is very empowering and when you have power you become younger.

People who are active can expect to live 6 to 8 years longer than those who are sedentary.

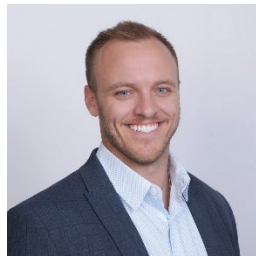
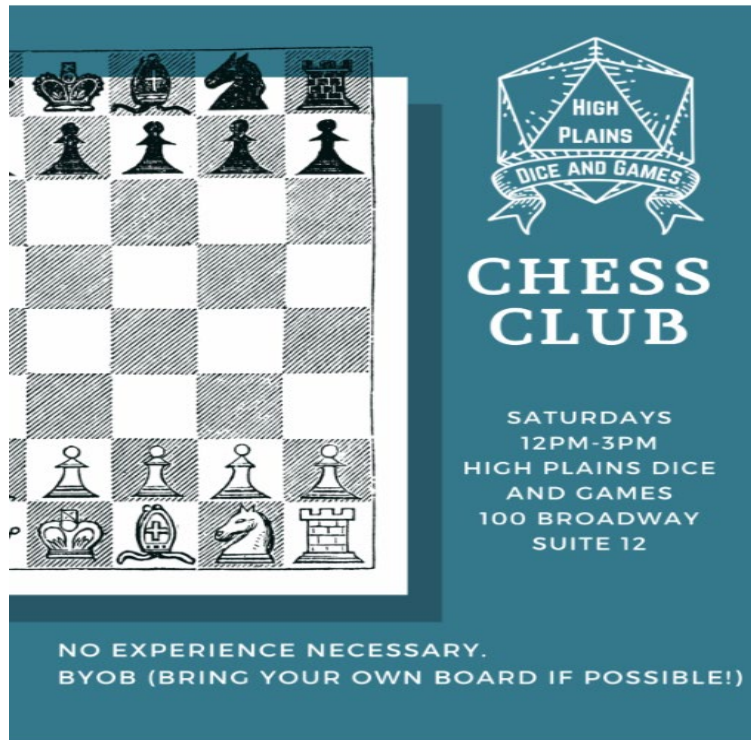
Longevity comes to those who choose to live in the present moment with joy, creativity and curiosity and laughter.

As Bob Marley said "Love the life you live. Live the life you love."

~ Paulette Carpenter

## HEALTH & HEALING THROUGH THE AGES

As someone said  
there is no sense  
to live a long time  
if we don't  
believe we are  
ultimately  
responsible for  
our health.  
Deepok Chopra  
said in "Ageless  
Body, Timeless  
Mind"; Your  
entire body is one  
field of awareness  
and the activity  
inside your cells is  
directly  
influenced by  
how you think  
and act.



**JORDAN SUTER, FINANCIAL ADVISOR WITH THRIVENT**

**THURSDAY, JUNE 12<sup>TH</sup>**

**3:00 P.M. & 5:30 P.M.**

Financial Solutions that fit your life

Products and Services that align with your priorities

Call Jordan at (970) 517-0209 to reserve your space or for more information



**JUNE 18<sup>TH</sup> 11:15 A.M.**

**DR. ERIN GUENZI,**

AU.D DOCTOR OF AUDIOLOGY

# **HEARING LOSS & COGNITIVE IMPAIRMENT**



Hosted by  
Logan County  
Heritage Center

821 N Division  
Avenue  
Sterling, CO

Learn how  
hearing loss and  
brain function  
are associated

Learn the value  
of Audiology





# PARKINSON SUPPORT GROUP

*Open to People with Parkinson's,  
Care Partners and Family Members*

**2025**

May 15: **Dan Mong**  
*Estate Planning*

June 19 : **Karen Foote**  
*Relax and Play with Art*

July 17: TBD

August 21: **Mark McDonald**  
*Brain Chemistry*

September 18: **Banner Health**  
*Speech Therapy*

October 16: TBD

November 20: **Dr. Ryan Barmore**  
*Movement Disorders Neurology*

December 18: TBD

3rd Thursday Monthly  
2:00pm-3:00pm

Located at: CSU Northeast Regional  
Engagement Center  
304 Main Street, Sterling, CO 80751

Parkinson Support Zoom:  
Meeting ID: 857 2697 3144 Passcode: 380531



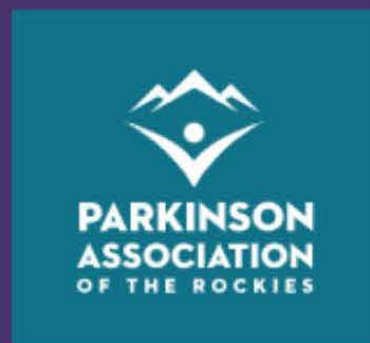
**FOR MORE INFORMATION**  
**BOB BLACH (970)580-9771 OR**  
**DALE BREKEL (970)520-2852**



**We Serve**



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





# 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

[PEGGY.STOLTENBERG@COLOSTATE.EDU](mailto:PEGGY.STOLTENBERG@COLOSTATE.EDU)

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COLORADO STATE UNIVERSITY EXTENSION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES.  
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# HEALTHY LIVING FOR YOUR BRAIN AND BODY

## TIPS FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



Join us to learn about the latest research in the areas of diet and nutrition, exercise, cognitive stimulation and social engagement that show benefits to decreasing one's risk for developing dementia as well as improving overall health.

Also learn about the latest research on Alzheimer's Disease, the most common type of dementia. Progress is being made and it's exciting!

**Tuesday, June 17th  
1:30 p.m. - 3:00 p.m.**

**Colorado State University  
Northeast Regional Engagement Center  
304 Main St., Sterling**

**For Questions/Registration:  
Peggy Stoltenberg  
970.522.7207**



**COLORADO STATE UNIVERSITY**  
ENGAGEMENT AND EXTENSION




Colorado Chapter





# Will Your Taxes Affect Your Retirement?



**Strategies to help you  
work toward a lower tax  
bracket in retirement**

When you retire, you leave behind many things—the daily grind, the commute to work, and maybe even your previous home. However, one thing that will always remain is a tax bill. When you understand how investments are taxed and set strategies accordingly, you can make decisions that help keep income taxes in check.

- How to be tax-efficient in your current bracket.
- How Social Security is taxed.
- Ways to create tax-free retirement income.

These sessions are hosted by Jordan Suter, BFA™.

## **Thursday, June 12, 2025**

3:00 p.m.  
821 N Division Ave  
Sterling, CO

## **Thursday, June 12, 2025**

5:30 p.m.  
821 N Division Ave  
Sterling, CO

## **Reserve your spot.**

Please call 970-522-0415.  
Hors d'oeuvres will be served.

Thrivent financial advisors and professionals have general knowledge of the Social Security tenets. For complete details on your situation, contact the Social Security Administration.

Thrivent and its financial advisors and professionals do not provide legal, accounting, or tax advice. Consult your attorney or tax professional.

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