



2020

**Logan County
Heritage Center
Newsletter**





Patty Wolfe	March 4
Harold Cook	March 5
Rosemary Bahr	March 8
Jane Mullanix	March 7
Jim Williamson	March 9
Rock Roche	March 10
Mary J. Wiebers	March 11
Elaine Ganong	March 13
Emil Trott	March 13
Joe Klobberdanz	March 14
Kevin White	March 14
Wanda Novacek	March 16
Judy Lindstrom	March 20
Dorothy Griess	March 21
Iris Lambert	March 25
Clara Wilterdink	March 26
Loretta DeSoto	March 27
Debra Mead	March 28

ANNIVERSARIES

Glenda Castle (Gary)

March 2, 1956

Please join us to celebrate our member's
birthdays and anniversaries


Friday, March 27th 3:00 p.m.



MARCH 2020 HERITAGE MEAL SITE



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
SPAGHETTI W/ MEAT SAUCE TOSSED SALAD FRENCH DRESSING STIR FRY VEGETABLES GARLIC BREAD PEAR SLICES Calories: 606 Carb: 86.2g Fiber: 12.1g Protein: 31.2g Fat: 17.9g Sodium: 435mg	HOT TURKEY SANDWICH MARINATED VEGETABLE SALAD MAND ORANGES W/ BANANAS COOKIES W/ RAISINS Calories: 696 Carb: 97.7g Fiber: 10.0g Protein: 30.0g Fat: 23.4g Sodium: 1089mg	BEEF O'LE MEXICALI CORN REFRIED BEANS FRUIT CUP Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sodium: 551mg	HAMBURGER STEAK POTATOES MIXED VEGETABLES BRAN MUFFIN TROPICAL FRUIT CUP Calories: 669 Carb: 87.5g Fiber: 10.3g Protein: 35.0g Fat: 22.4g Sodium: 504mg	PENNE & CHEESE PEAS CONFETTI COLESLAW BLUEBERRY MUFFIN PLUMS Calories: 757 Carb: 103.6g Fiber: 12.4g Protein: 34.4g Fat: 26.2g Sodium: 737mg
9	10	11	12	13
SMOTHERED PORK CHOP SCALLOPED POTATOES ITALIAN VEGETABLES WW ROLL PINEAPPLE ORANGE COMPOTE Calories: 712 Carb: 87.6g Fiber: 9.6g Protein: 40.9g Fat: 23.5g Sodium: 659mg	MEATLOAF/GRAVY MASHED POTATOES CAROLINA SALAD ROLL FRUIT CUP Calories: 626 Carb: 96.3g Fiber: 10.0g Protein: 34.4g Fat: 14.3g Sodium: 909mg	BACON POTATO BREAKFAST BURRITO GREEN CHILI W/ PORK SPANISH RICE TOSSED SALAD FRENCH DRESSING OREGON BERRY COMPOTE COOKIES W/ RAISINS Calories: 809 Carb: 104.0g Fiber: 10.9g Protein: 28.9g Fat: 31.7g Sodium: 863mg	LASAGNA ROTINI CASSEROLE TOSSED SALAD FRENCH DRESSING GREEN BEANS FRENCH BREAD FRUIT COCKTAIL Calories: 640 Carb: 91.7g Fiber: 11.2g Protein: 36.6g Fat: 17.2g Sodium: 573mg	CHOICE: CHICKEN CROISSANT POTATO SOUP SUPREME CRACKERS TUNA CROISSANT PEAR ORANGE FRUIT CUP CARROT CAKE Calories: 731 Carb: 115.1g Fiber: 10.2g Protein: 34.8g Fat: 16.8g Sodium: 812mg
16	17	18	19	20
HOT ROAST BEEF SANDWICH PEAS WINTER FRUIT CUP BROWNIE Calories: 689 Carb: 96.8g Fiber: 12.5g Protein: 37.1g Fat: 19.1g Sodium: 642mg	MULLIGAN STEW TOSSED SALAD FRENCH DRESSING IRISH SODA BREAD CELTIC APPLE CRUMBLE GREEN JELLO  Calories: 685 Carb: 100.3g Fiber: 9.6g Protein: 32.4g Fat: 19.4g Sodium: 560mg	HAM & BEANS CONFETTI COLESLAW CORN BREAD PINEAPPLE TIDBITS Calories: 634 Carb: 105.5g Fiber: 13.3g Protein: 28.9g Fat: 12.9g Sodium: 859mg	SOFT SHELL TACOS REFRIED BEANS MANDARIN ORANGES W/ BANANAS APPLESAUCE CAKE Calories: 728 Carb: 102.8g Fiber: 11.6g Protein: 38.4g Fat: 20.5g Sodium: 103.2mg	CHEESE POTATO OMELET SALSA WINTER MIX VEGETABLES BRAN MUFFIN OREGON BERRY COMPOTE Calories: 629 Carb: 81.8g Fiber: 12.6g Protein: 28.8g Fat: 22.7g Sodium: 719mg
23	24	25	26	27
CHICKEN A LA KING PERFECTION SALAD MIXED VEGETABLES BISCUITS STRAWBERRIES & BANANAS Calories: 624 Carb: 80.2g Fiber: 10.5g Protein: 39.1g Fat: 19.6g Sodium: 555mg	POT ROAST w/ VEGETABLES ANNA'S DILLY BREAD PINEAPPLE MANDARIN ORANGE COMPOTE NATURE COOKIE Calories: 676 Carb: 107.0g Fiber: 10.3g Protein: 34.2g Fat: 15.0g Sodium: 407mg	SHEPARD'S PIE CONFETTI COLESLAW ONION ROLL APPLESAUCE CINNAMON CRISPIE Calories: 650 Carb: 101.6g Fiber: 10.2g Protein: 30.8g Fat: 16.9g Sodium: 739mg	CHICKEN CACCIATORE MASHED POTATOES BEAN MEDLEY WW ROLL FRUIT COCKTAIL YELLOW CAKE Calories: 755 Carb: 86.2g Fiber: 10.4g Protein: 44.1g Fat: 27.5g Sodium: 1191mg	CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CARROT COINS ANNA'S DILLY BREAD WINTER FRUIT CUP Calories: 566 Carb: 90.2g Fiber: 10.6g Protein: 29.3g Fat: 11.8g Sodium: 733mg
30	31			
WHITE CHILI W/ CHICKEN CRACKERS LAYERED SALAD MANDARIN ORANGES COOKIE w/ CHOCOLATE CHIPS BIRTHDAY RECOGNITION Calories: 672 Carb: 91.6g Fiber: 12.5g Protein: 33.6g Fat: 21.2g Sodium: 691mg	PORK CHOP SUEY RICE CARROT COINS WW ROLL GRAPE JUICE PINEAPPLE TIDBITS Calories: 783 Carb: 129.5g Fiber: 10.4g Protein: 32.4g Fat: 17.2g Sodium: 504mg	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY ONE DAY BEFORE	For Reservations Call 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. the day of the meal.	Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50 Menu may change due to availability of food items or conditions that cause the kitchen to close.

March 2020

Mon	Tue	Wed	Thu	Fri	Sat
2 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:00 Cards & Pool 1:00 Chess & Mah Jong	3 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Chess & Mah Jong 1:30 Sewing & Etc.	4 9:00 Council on Aging @ CSUREC 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 3:30 Sr. Citizen's Club Busn. Mtg	5 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Life Long Learning " <i>The Best of the Forgotten Plants</i> " @ CSUREC 1:00 Cornhole 1:30 Novice Tai Chi 7:00 Camera Club	6 10:00 Qi gong Noon Meet & Eat 12:15 Trivia 1:00 Cards & Pool	7 Public Welcome \$7.00 Dance w/ FM Country 6:30 p.m.
9 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool	10 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Etc. 1:30 Humanities Meeting	11 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 1:00 Chess & Board Games	12 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi	13 9:30 Strategic Action Planning Meeting @ CSUREC 10:00 Qi Gong Noon Meet & Eat 12:15 Trivia 1:00 Cards & Pool 2:00 Cornhole	14 Everyone Welcome \$7.00 Dance w/ Classic Country 6:30 p.m.
16 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 1:00 Pinochle Group 1:30 Legal Aid Clinic	17 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Las Amigas Bridge Club 1:30 Sewing & Etc.	18 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 1:00 Chess & Board Games	19 10:00 No SilverSneakers® 10:00 Older & Wiser Workout Noon Meet & Eat 1:30 Novice Tai Chi 2:00 Movie Matinee "Singin' In the Rain" 7:00 Camera Club	20 10:00 Qi Gong Noon Meet & Eat 12:15 Trivia 1:00 Cards & Pool 2:00 Cornhole	21 All Ages Welcome \$7.00 Dance w/ Jim Ehrlich 6:30 p.m.
23 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 1:00 Chess & Mah Jong	24 10:00 SilverSneakers® Classic 11:00 SilverSneakers® Quarterly Birthday Party Noon Meet & Eat 1:30 Sewing & Etc.	25 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 1:00 Chess & Board Games	26 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi	27 10:00 Qi Gong 11:00 Blood Pressure Clinic Noon Meet & Eat 12:15 Trivia 1:00 Cards & Pool 3:00 Sr. Citizen's Club B-day & Anniv. Party	28 Public Welcome \$7.00 6:30 p.m. Dance w/ Dan Dobson
30 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 1:00 Chess & Mah Jong	31 8:00 I.C.E. Meeting 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Etc. 1:30 Bunco				

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES



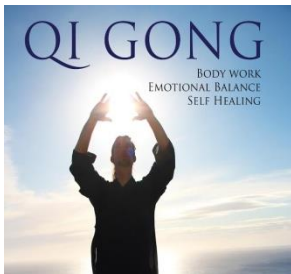
SilverSneakers® Yoga

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.-11:15 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, acupressure 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.



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, and Fridays
1:00-4:30



SEWING, AND ETC.

Bring what you want to work on and be prepared to talk/visit.

Beginning quilting, embroidery, Christmas decorations, Table runners and anything else your crafting heart desires.



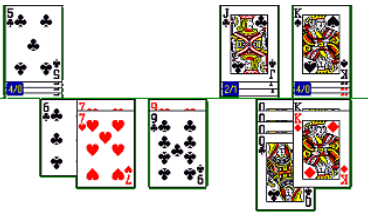
LEGAL AID DAY

3rd MONDAY OF EACH MONTH

1:30-4:30 p.m.

Appointments strongly suggested, please call 522-1237

Judge Jim Leh will be available at the Heritage Center to meet with anyone who might need legal advice or assistance who cannot otherwise afford an attorney.



HAND & FOOT CANASTA

2nd and 4th Thursday of each month

1:00 – 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.

FOOT CARE CLINIC

2nd Tuesday of each month

10:00 a.m. no appointments, Sign-up sheet doesn't go out until 9:30

Suggested donation of \$5.00-\$10.00

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

Provided by Northeast Plains Home Health and Sterling MedCare Home Health

BLOOD PRESSURE CLINIC

4th Friday of each month

R. N. or L.P.N. will be available to check your blood pressure

Provided by Hospice of the Plains-Cheryl Dillon

No Cost



Sr. Citizen's Club Cornelius Dinner **Wed., April 15th** **Noon**

Tickets go on sale March 30th

Reservations due April 7th

Pork Chop, Potato & Gravy, Green Beans,
Jello Salad, Sugar Wafers, Rolls

Please bring your own silverware

SILVERSNEAKERS®

QUARTERLY BIRTHDAY PARTY

All SilverSneakers® members currently attending or not are invited to join us for the quarterly birthday party.

TUESDAY, MARCH 24TH

2:00 P.M.

Those with birthdays in January, February and March will be our guest of honor.



MOVIE MATINEE

Thursday, March 19th

2:00 p.m.

"Singin' In The Rain"

Starring Gene Kelly, Donald O'Connor and Debbie Reynolds

Come join us for a feel good movie with wonderful singing, dancing and laughter.

Popcorn and Intermission



Income Tax Assistance

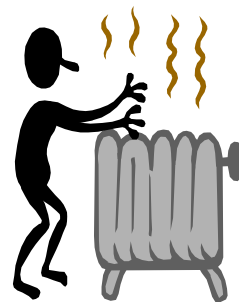
The NJC Business Department is offering IRS-certified students to help with the preparation and filing of tax returns free of charge for individuals with income less than \$56,000 a year. Please call 521-6637 between the hours of 12:00-5:00 p.m. to schedule your 20 minute appointment.

L.E.A.P. Assistance Still Being Offered

The Low-income Energy Assistance Program starts November 1st and applications are accepted through April 30th. LEAP is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs. It is not intended to pay the entire cost of home heating, but rather to help alleviate some of the burden associated with the colder months. You can qualify if your monthly income for 1 person is \$2,371 or less or \$3,101 for a 2 person household.

Applications available at the Heritage Center or Department of Human Services. Applications will not be accepted at the local Dept. of Human Services office. For more information please call Cynthia at 522-1237 or

1-866-432-8435



Health &
Wellness

The SRMC Community Health Fair is Saturday, March 28th from 7:30-11:00 a.m. Please take advantage of this low cost blood draw and many of the free screenings. I realize many of you receive routine blood draws through your doctor, please check if your doctor is doing a full panel or just a specific test. You might want to take advantage of the health fair.

Stop by the Heritage Center booth and say hi!

Save the Date Thursday, June 4th
Terry Bison Ranch Cheyenne, WY
Details to come in the April newsletter.

MARCH DANCE SCHEDULE



MARCH 7TH
MARCH 14TH
MARCH 21ST
MARCH 28TH

FM COUNTRY
CLASSIC COUNTRY
JIM EHRLICH
DAN DOBSON

SILVERSNEAKERS® SCHEDULE CHANGE

We will not have SilverSneakers® Classic class on Thursday, March 19th due to Cynthia's absence. We will still offer you a chance to exercise; please join us for the work out video Older and Wiser.

Thanks for your flexibility so I may take vacation with my family.



DAY TRIP

Wed. April 22nd

North Platte, NE

Tour the Golden Spike Tower and Railyard

Enjoy a delicious lunch at the historic switchyard grill & pub with your choice of Chicken Fried Steak, ½ Sandwich with a soup or salad, or the Round House Burger.

The estimated cost for the day is \$48 per person. This includes your transportation, admission to the tower and lunch (pay on your own). Adjustments to the transportation cost will be changed according to the number of those we have attending.

Remember if you cancel after the sign-up deadline of April 8th you are still responsible for the cost of the trip or finding someone to go in your place.



SPRING FEVER? We have the cure!

Join us on for our next Lifelong Learning Series

Thursday, March 5th

1:00 p.m.

The Best of the Forgotten Plants

Linda Langelo, CSU Extension

We'll discuss the under-used plants which flourish more than popular varieties in trees, shrubs and perennials.

This will help you make good gardening choices with excellent results for your next yard, garden or landscaping project.

CSU Regional Engagment Center 302 Main Street
or join us by zoom.

Contact Peggy at 522-7207 for more information.



We are needing volunteers to help with delivering meals. Once a week or once a month. Only 30-60 minutes of our day. See Cynthia for an application and or for more information.



The Council on Aging conducts business through the Heritage Center and provides financial assistance for eligible older adults to help with the cost of exams and/or new eyeglasses and refurbished hearing aids. We are seeking monetary donations to keep these programs sustainable in our community. If you are interested in making a tax deductible donation please see Cynthia or call 522-1237.

THANK YOU FOR YOUR POSITIVE IMPACT!