



2023

Logan County
Heritage Center
Newsletter





Rosemary Bahr	March 8
Jane Mullanix	March 7
Rock Roche	March 10
Alice Didamo	March 11
Elaine Ganong	March 13
Emil Trott	March 13
Joe Klobberdanz	March 14
Storm Sutherland	March 20
Dorothy Griess	March 21
Iris Lambert	March 25
Clara Wilterdink	March 26
Loretta DeSoto	March 27

ANNIVERSARIES

Glenda Castle (Gary)	March 2, 1956
Joe & Storm Sutherland	March 21, 1997



Join Us On

Wednesday, March 29th 3:00 p.m.

**Sr. Citizen's Club Quarterly Birthday and
Anniversary Party**

MARCH 2023
HERITAGE MEAL SITE
FOR RESERVATIONS OR CANCELATIONS CALL 522-1237 BY 8:00 A.M.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p>For Reservations Call 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>BEEF O'LE MEXICALI CORN REFRIED BEANS FRUIT CUP</p> <p>Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sodium: 551mg</p>	<p>HAMBURGER STEAK BAKED POTATO MIXED VEGETABLES BRAN MUFFIN TROPICAL FRUIT CUP</p> <p>Calories: 669 Carb: 87.5g Fiber: 10.3g Protein: 35.0g Fat: 22.4g Sodium: 501mg</p>	<p>PENNE & CHEESE PEAS CONFETTI COLESLAW BLUEBERRY MUFFIN PLUMS</p> <p>Calories: 763 Carb: 104.3g Fiber: 12.4g Protein: 34.0g Fat: 26.7g Sodium: 799mg</p>
6	7	8	9	10
<p>LASAGNA ROTINI CASSEROLE BROCCOLI APPLE SALAD FRENCH BREAD FRUIT COCKTAIL SUGAR COOKIES</p> <p>Calories: 746 Carb: 107.9g Fiber: 10.7g Protein: 37.7g Fat: 22.1g Sodium: 803mg</p>	<p>MEATLOAF W/ TOMATO GRAVY MASHED POTATOES CABBAGE ROLLS FRUIT CUP PUDDING</p> <p>Calories: 641 Carb: 95.9g Fiber: 10.0g Protein: 38.2g Fat: 13.7g Sodium: 972mg</p>	<p>BACON POTATO BREAKFAST BURRITO GREEN CHILI W/ PORK SPANISH RICE TOSSED SALAD W/ DRESSING OREGON BERRY COMPOTE COOKIES W/ RAISINS</p> <p>Calories: 786 Carb: 101.2g Fiber: 11.8g Protein: 28.6g Fat: 30.7g Sodium: 763mg</p>	<p>SMOTHERED PORK CHOPS HERBED LENTILS & RICE PEAS & CARROTS WW ROLL MANDARIN ORANGES W/ BANANAS</p> <p>Calories: 692 Carb: 85.8g Fiber: 9.8g Protein: 42.5g Fat: 22.2g Sodium: 580mg</p>	<p>MINSTRONE SOUP TUNA CROISSANT PEAR ORANGE FRUIT CUP CARROT CAKE</p> <p>Calories: 718 Carb: 111.7g Fiber: 11.0g Protein: 34.1g Fat: 17.7g Sodium: 1054mg</p>
13	14	15	16	17
<p>SOFT SHELL TACOS REFRIED BEANS PEACH SLICES OATMEAL NUT COOKIE APPLE JUICE</p> <p>Calories: 755 Carb: 102.4g Fiber: 11.1g Protein: 37.9g Fat: 23.3g Sodium: 1188mg</p>	<p>PULLED PORK SANDWICH OVEN BROWNED POTOATOES PEAS & CORN APRICOT HALVES OATMEAL RAISIN COOKIES</p> <p>Calories: 744 Carb: 109.7g Fiber: 9.5g Protein: 37.8g Fat: 18.6g Sodium: 607mg</p>	<p>HAM AND BEANS CONFETTI COLESLAW CORN BREAD WINTER FRUIT CUP</p> <p>Calories: 623 Carb: 102.1g Fiber: 13.6g Protein: 28.5g Fat: 13.5g Sodium: 926mg</p>	<p>SHEPHERD'S PIE MARINATED VEGETABLE SALAD ONION ROLL APPLESAUCE CINNAMON CRISPIES</p> <p>Calories: 623 Carb: 93.8g Fiber: 9.9g Protein: 30.1g Fat: 16.9g Sodium: 928mg</p>	<p>MULLIGAN STEW PERFECTION SALAD IRISH SODA BREAD CELTIC APPLE CRUMBLE GRAPE JUICE</p> <p>Calories: 748 Carb: 113.4g Fiber: 9.8g Protein: 33.6g Fat: 19.7g Sodium: 718mg</p> 
20	21	22	23	24
<p>CHICKEN CACCIATORE MASHED POTATOES BEAN MEDLEY OATMEAL ROLL BANANA SPLIT FRUIT CUP</p> <p>Calories: 669 Carb: 80.0g Fiber: 10.2g Protein: 42.1g Fat: 21.4g Sodium: 1036mg</p>	<p>POT ROAST POT ROAST VEGETABLES WW ROLL STRAWBERRIES & BANANAS NATURE COOKIE</p> <p>Calories: 651 Carb: 100.8g Fiber: 10.3g Protein: 32.4g Fat: 15.6g Sodium: 385mg</p>	<p>BEEF GOULASH WINTER MIX VEGETABLES WW BISCUIT CABBAGE TOSS ORANGE WEDGES BUTTERSCOTCH BROWNIE</p> <p>Calories: 752 Carb: 95.8g Fiber: 12.8g Protein: 34.0g Fat: 29.4g Sodium: 803mg</p>	<p>HAM POTATO CHOWDER ASPARAGUS CUTS BRAN MUFFIN FRUIT MIX CRANBERRY CRUNCH</p> <p>Calories: 730 Carb: 121.1g Fiber: 11.9g Protein: 30.1g Fat: 18.7g Sodium: 717mg</p>	<p>BAKED FISH BAKED POTATO CARROT COINS ANNA'S DILLY BREAD WINTER FRUIT CUP OATMEAL NUT COOKIE</p> <p>Calories: 705 Carb: 107.3g Fiber: 11.3g Protein: 31.3g Fat: 19.1g Sodium: 847mg</p>
27	28	29	30	31
<p>PORK CHOP SUEY PARSLIED RICE BRAN MUFFIN PINEAPPLE TIDBITS ORANGE JUICE</p> <p>BIRTHDAY RECOGNITION</p> 	<p>WHITE CHILI W/ CHICKEN CORN BREAD LAYERED SALAD MANDARIN ORANGES W/ BANANAS</p> <p>Calories: 730 Carb: 105.2g Fiber: 13.1g Protein: 34.7g Fat: 21.2g Sodium: 927mg</p>	<p>MEXICAN BEEF SPANISH RICE GREEN BEANS & CORN ROLL OREGON BERRY COMPOTE</p> <p>Calories: 655 Carb: 97.8g Fiber: 27.0g Protein: 27.0g Fat: 18.8g Sodium: 985mg</p>	<p>SWISS STEAK BOILED POTATOES ITALIAN VEGETABLES BRAN MUFFIN SLICED BANANAS</p> <p>Calories: 741 Carb: 95.5g Fiber: 12.9g Protein: 41.5g Fat: 24.4g Sodium: 560mg</p>	<p>TUNA NOODLE CASSEROLE BROCCOLI WW ROLL APRICOT HALVES OATMEAL RAISIN COOKIE</p> <p>Calories: 709 Carb: 94.9g Fiber: 10.1g Protein: 36.1g Fat: 23.3g Sodium: 647mg</p>

March 2023

Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business meeting 1:30 Cards, Pool 1:30 Chess, Checkers, Mah Jong	2 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Card group 1:30 Pool	3 10:00 Qi gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards & Pool 1:30 Cornhole & Dominoes	4 Dance w/ Classic Country 6:30-8:30 \$8.00 All ages Welcome
6 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle Group 1:30 Cards & Pool	7 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	8 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Chess, Checkers, Mah Jong	9 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	10 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Cornhole & Dominoes	11 Dance w/ FM Country 6:30-9:30 \$8.00 Everyone Welcome attend
13 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	14 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 JWill Pink Village 1:30 Rummy/Kings Court 1:30 Pool	15 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Chess, Checkers, Mah Jong	16 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Card Group 1:30 Pool 1:30 Movie Matinee "Mrs. Harris Goes to Paris"	17 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Cornhole & Dominoes	18 Dance w/ Dan Dobson 6:30-9:30 p.m. \$8.00 Public Invited
20 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	21 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	22 10:00 SilverSneakers® Yoga 11:15 SilverSneakers® Quarterly Birthday Party Noon Meet & Eat 1:30 Cards & Pool 1:30 Chess, Checkers, Mah Jong	23 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	24 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Cornhole & Dominoes	25 Dance w/ FM Country 6:30-9:30 p.m. \$8.00 All ages welcome
27 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	28 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Kings Court 1:30 Sewing & Hobbies 1:30 Pool	29 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Cards & Pool 1:30 Chess, Checkers, Mah Jong 3:00 Sr. Citizen's Club Quareterly Birthday & Anniversary Party	30 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool	31 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Cornhole & Dominoes	

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



SilverSneakers® Yoga

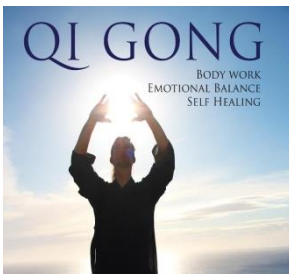
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

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, 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.



Renew Active
by  **UnitedHealthcare**

Renew Active™, the gold standard in Medicare fitness programs for body and mind; Logan County Heritage Center is a participating location. The program is available at no additional cost with UnitedHealthcare® Medicare plans. You can learn more at UHCRenewActive.com



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

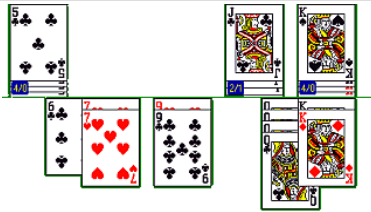
Mondays, Wednesdays, & Fridays

1: 30 start time, Snack break at 3:00



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.

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 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



FOOT CARE CLINIC

Our next clinic offering toenail trimming will be held on

Tuesday, March 14th

10:00~11:00 a.m.

By appointment only, 8 slots available

Appointments can be made March 1st and after at
522-1237

Please soak your feet before you arrive.

Donations greatly appreciated

MARCH DANCE SCHEDULE



MARCH 4TH

CLASSIC COUNTRY

MARCH 11TH

FM COUNTRY

MARCH 18TH

DAN DOBSON

MARCH 25TH

FM COUNTRY



Renew Active

by  **UnitedHealthcare**

SILVERSNEAKERS® QUARTERLY BIRTHDAY PARTY

We will gather on Wednesday, **March 22nd at 11:15 a.m.** to celebrate the birthdays of our exercise group friends. (Participation not required)

Our guests of honor will be those who were born in the months of January, February and March. Please have your reservations turned in by Thursday, March 16th.



MOVIE MATINEE

“Mrs. Harris Goes to Paris”

Thursday, March 16th

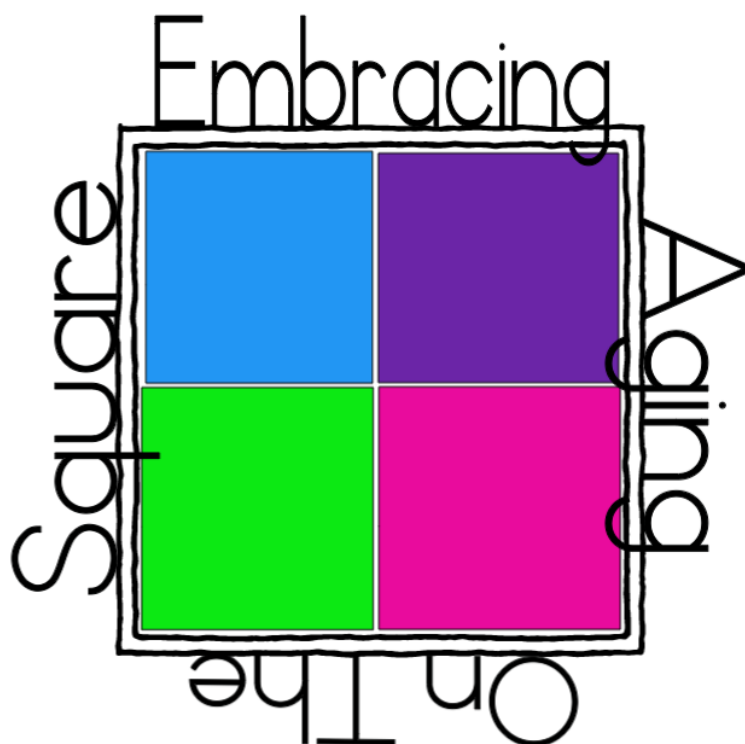
1:30 p.m.

**POPCORN, COMFORTABLE
SEATING, INTERMISSION**

Ada Harris, a housekeeper is so enchanted by her employer's [haute couture](#) wardrobe that she becomes determined to go to the [House of Dior](#) in [Paris](#) to purchase an [evening gown](#) of her own. She achieves her goal with the assistance of a French [marquis](#), whom she first meets at the house of Dior during an afternoon showing and who becomes a long-term friend as do a series of other characters revealed to have hidden hearts. The comic tale allows Mrs. Harris to reflect on the experiences she had in pursuit of the dress.



We are needing volunteers to help with delivering meals. Once a week, every other week, once a month. As often as you want or if you need to take a month off, we will work with your schedule. Only 30-60 minutes of your day from 11:00 a.m. to 12:00pm. See Cynthia for an application and or for more information. We desperately need help getting meals delivered to older adults in our community. If you can't do it will you please spread the word or ask someone who might.



SAVE THE DATE "Embracing Aging on the Square" will be held on
Friday, May 5th 12:45 p.m.

Please come join us to celebrate Older Americans Month.

Purchase your merchandise now! Order deadline April 21st

<https://embracingaging.itemorder.com/>

**Sr. Citizen's Club
Members' Dues are Due**

Please take time to stop
by and pay your \$5.00
membership fee by
March 31st.



|| = = = = = ||
|| 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 \$2759 or	
	less or \$3608 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 ||
|| = = = = = ||



Senior Citizen's Club
CORNELIUS DINNER
Catered by Jambalicious

(Donna Frankenfeld)

WEDNESDAY, APRIL 19TH
NOON

Pan Fried Chicken, Mashed Potatoes, Green Beans,
Salad, Dinner Roll, Dessert
Coffee/Tea/Water

\$12.00

Reservations REQUIRED by April 7th

Tickets go on sale March 6th

CSU Engagement Center and Senior Planet brings technology training to older adults

CSU Engagement Center – 302 Main Street, Sterling

All Classes Begin at 2:00 p.m.

Mon., Jan.23- Introduction to Social Media

Wed., Feb.1- Introduction to Hosting on Zoom

Wed., Feb. 8- All things Zoom

Wed., Feb. 15- Smartphones

Wed., Feb. 22- Smartphone Photography

Wed., Mar. 1- Online Health Resources

Wed., Mar. 8- Telemedicine

Wed., Mar. 15- Google Workspace

Wed., Mar. 22-Introduction to Facebook

Wed., Mar. 29- Cloud Storage

SENIOR PLANET
FROM JARP



**ENGAGEMENT
AND EXTENSION
COLORADO STATE UNIVERSITY**



SENIOR PLANET

**All classes are free 75-minute
lectures with handouts.**

(No homework!)

**Contact Peggy Stoltenberg at
CSU Engagement Center to sign up
or for more information.**

(970) 571-9582

Colorado State University's Office of Engagement and Extension ensures that no person is subjected to prohibited discrimination based on national origin in any program or service. It is our policy to ensure that reasonable steps are taken to provide timely, meaningful access and an equal opportunity to participate in services, activities, programs, and other benefits to individuals whose first language is not English. This policy includes providing oral interpretation or written translation of vital documents and other information to limited English proficient (LEP) persons without cost to program participants.

La Office of Engagement and Extension de la Colorado State University asegura que ninguna persona está sujeta a discriminación ni a la prohibición basada en su nacionalidad en cualquier programa o servicio. Es nuestra política garantizar que se tomen medidas razonables para brindar un acceso oportuno, significativo y oportunidades iguales para participar en programas, actividades, servicios y otros beneficios para los individuos que su primer idioma no es el inglés. Esta política incluye proporcionar interpretación oral o traducción escrita de documentos vitales y otra información a personas con dominio limitado del inglés (DLI) sin costo a los participantes del programa.