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2024

Logan County Heritage Center Newsletter





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

ANNIVERSARIES

Kevin Kyle (Char)	March 14, 1998
Joe & Storm Sutherland	March 21, 1997



Join Us On

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

**Sr. Citizen's Club Quarterly Birthday and
Anniversary Party for ALL MEMBERS, guest of
honor will be those members with birthdays in
January, February and March**



MARCH 2024
HERITAGE MEAL SITE
For Reservations or Cancelations call 970-522-1237 by 8:00 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
	<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>Everyone's Irish On March 17th.</p>	<p>PENNE AND CHEESE PEAS CONFETTI COLESLAW BLUEBERRY MUFFIN BANANA SPLIT FUIT CUP</p> <p>Calories: 776 Carbs: 106.9g Fib: 13.2g Protein: 34.3g Fat: 27.0g Sod: 799mg</p>
4	5	6	7	8
<p>LASAGNA ROTINI CASSEROLE BROCCOLI APPLE SALAD FRENCH BREAD FRUIT COCKTAIL SUGAR COOKIE</p> <p>Calories: 746 Carbs: 107.9g Fib: 10.7g Protein: 37.7g Fat: 22.1g Sod: 803mg</p>	<p>MEATLOAF MASHED POTATOES TOMATO GRAVY CABBAGE ROLL FRUIT CUP PUDDING</p> <p>Calories: 641 Carbs: 95.9g Fib: 10.0g Protein: 38.2g Fat: 13.7g Sod: 972mg</p>	<p>BACON POTATO BREAKFAST BURRITO GREEN CHILI w/ PORK SPANISH RICE TOSSED SALAD w/ DRESSING OREGON BERRY COMPOTE COOKIE WITH RAISINS</p> <p>Calories: 786 Carbs: 101.2g Fib: 11.8g Protein: 28.6g Fat: 30.7g Sod: 763mg</p>	<p>SMOTHERED PORK CHOPS HERBED LENTILS AND RICE PEAS AND CARROTS WHOLE WHEAT ROLLS MANDARIN ORANGES w/ BANANAS</p> <p>Calories: 692 Carbs: 85.8g Fib: 9.8g Protein: 42.5g Fat: 22.2g Sod: 580mg</p>	<p>MINSTRONE SOUP TUNA CROISSANT PEAR ORANGE FRUIT CUP CARROT CAKE</p> <p>Calories: 718 Carbs: 111.7g Fib: 11.0g Protein: 34.1g Fat: 17.7g Sod: 1054mg</p>
11	12	13	14	15
<p>SOFT SHELL TACOS SALSA REFRIED BEANS PEACH SLICES OATMEAL NUT COOKIES APPLE JUICE</p> <p>Calories: 755 Carbs: 102.4g Fib: 11.1g Protein: 37.9g Fat: 23.3g Sod: 1188mg</p>	<p>PULLED PORK SANDWICH OVEN BROWNED POTATOES PEAS AND CORN APRICOT HALVES APPLESAUCE CAKE</p> <p>Calories: 769 Carbs: 115.6g Fib: 10.5g Protein: 39.2g Fat: 18.6g Sod: 668mg</p>	<p>HAM & BEANS CONFETTI COLESLAW CORN BREAD WINTER FRUIT CUP</p> <p>Calories: 623 Carbs: 102.1g Fib: 13.6g Protein: 28.5g Fat: 13.5g Sod: 926mg</p>	<p>SHEPHERD'S PIE MARINATED VEGETABLE SALAD ONION ROLL APPLESAUCE CINNAMON CRISPIES</p> <p>Calories: 623 Carbs: 93.8g Fib: 9.9g Protein: 30.1g Fat: 16.9g Sod: 928mg</p>	<p>MULLIGAN STEW IRISH SODA BREAD PERFECTION SALAD CELTIC APPLE CRUMBLE GRAPE JUICE</p> <p>Calories: 748 Carbs: 113.4g Fib: 9.8g Protein: 33.6g Fat: 19.7g Sod: 718mg</p>
18	19	20	21	22
<p>CHICKEN CACCIATORE MASHED POTATOES BEAN MEDLEY OATMEAL ROLL WINTER FRUIT CUP</p> <p>Calories: 650 Carbs: 75.5g Fib: 9.9g Protein: 41.8g Fat: 21.3g Sod: 1036mg</p>	<p>POT ROAST POT ROAST VEGETABLES WHOLE WHEAT ROLL STRAWBERRIES & BANANAS NATURE COOKIE</p> <p>Calories: 651 Carbs: 100.8g Fib: 10.3g Protein: 32.4g Fat: 15.6g Sod: 385mg</p>	<p>BEEF GOULASH WINTER MIX VEGETABLES WW BISCUIT CABBAGE TOSS ORANGE WEDGES BUTTERSCOTCH BROWNIE</p> <p>Calories: 752 Carbs: 95.8g Fib: 12.8g Protein: 34.0g Fat: 29.4g Sod: 803mg</p>	<p>HAM POTATO CHOWDER ASPARAGUS CUTS BRAN MUFFIN FRUIT MIX CRANBERRY CRUNCH</p> <p>Calories: 730 Carbs: 121.1g Fib: 11.9g Protein: 30.1g Fat: 18.7g Sod: 717mg</p>	<p>BAKED FISH TARTAR SAUCE BAKED POTATO BRUSSEL SPROUTS SUPREME ANNA'S DILLY BREAD BANANA SPLIT FUIT CUP</p> <p>Calories: 605 Carbs: 96.3g Fib: 10.5g Protein: 31.5g Fat: 12.7g Sod: 836mg</p>
25	26	27	28	29
<p>PORK CHOP SUEY BROWN RICE RAISIN BRAN MUFFIN CARROT COINS PINEAPPLE TIDBITS ORANGE JUICE</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 722 Carbs: 80.7g Fib: 10.8g Protein: 32.8g Fat: 32.9g Sod: 641mg</p> 	<p>WHITE CHILI w/ CHICKEN CORN MUFFIN LAYERED SALAD MANDARIN ORANGES w/ BANANAS</p> <p>Calories: 705 Carbs: 101.3g Fib: 12.8g Protein: 34.1g Fat: 20.4g Sod: 1110mg</p>	<p>MEXICAN BEEF SPANISH RICE GREEN BEANS & CORN ROLLS OREGON BERRY COMPOTE</p> <p>Calories: 609 Carbs: 94.6g Fib: 13.0g Protein: 24.5g Fat: 16.3g Sod: 847mg</p>	<p>SWISS STEAK BOILED POTATOES ITALIAN VEGETABLES BRAN MUFFIN BANANA</p> <p>Calories: 704 Carbs: 86.2g Fib: 11.9g Protein: 41.1g Fat: 23.9g Sod: 560mg</p>	<p>TUNA NOODLE CASSEROLE BROCCOLI WW ROLL APRICOT HALVES OATMEAL RAISIN COOKIE</p> <p>Calories: 709 Carbs: 64.9g Fib: 10.1g Protein: 36.1g Fat: 23.3g Sod: 647mg</p>

March 2024

Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Council on Aging Meeting 1:30 Cards, Pool, Cornhole, Dominoes	2 6:30-9:30 Dance w/ Classic Country \$8.00 All Ages Welcome
4 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle Group 1:30 Cards & Pool	5 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Board Games	6 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Pool, Chess, Checkers, Mah Jong	7 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool 5:30 ESL Class 6:30 Cardio Dance w/ Mari	8 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	9 6:30-9:30 Dance w/ FM Country \$8.00 Public Welcome
11 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	12 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	13 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	14 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	15 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, & Pool	16 6:30-9:30 Dance w/ Dan Dobson \$8.00 Everyone invited
18 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	19 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Board Games 1:30 Movie Matinee "Julie and Julia"	20 10:00 SilverSneakers® Yoga Noon Meet & Eat Noon Culture/Ethnic Dish Pot-Luck with Guest Speaker "Jaci Wagner "Eating Right, Aging Well" 1:30 Cards, Pool, Chess, Checkers, Mah Jong	21 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	22 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	23 6:30-9:30 Dance w/ FM Country \$8.00 No membership required
25 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	26 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/ Five Crowns 1:30 Pool	27 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong 3:00 Sr. Citizen's Club Quarterly B-day & Anniv. Party	28 10:00 SilverSneakers® Classic 11:00 SilverSneakers® Quarterly Birthday Party Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	29 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:00 Heritage Center Closes in Observance of Good Friday Holiday	30 6:30-9:30 Dance w/ Ray & Pauletta Gerver \$8.00 All Ages Welcome

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



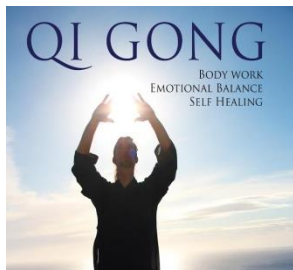
SilverSneakers® Yoga

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.

No cost to attend this class on Friday mornings at 10:00 a.m. This class is self-taught or self-guided there is not an instructor at this time.



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

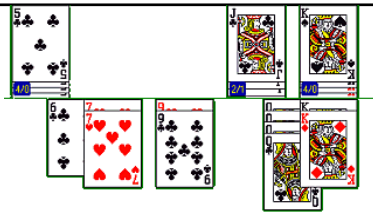
Mondays, Wednesdays, & Fridays

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 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 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

MARCH MATTERS

Our monthly theme for March is

NUTRITION

➤ **Recipe Exchange March 4th-March 15th**

On the bulletin board out in the big room you can post your recipes and if there is one you see you want then bring it in for a copy.

➤ **Recipe book trade March 11th-22nd**

Bring in those recipe books you don't use anymore and trade it for a new one.

New book, new inspiration, new learning

➤ **Ethnic/Culture Dish Pot-Luck with Guest Speaker,
Jaci Wagner,
March 20th 12:00**

Bring your favorite dish that represents your family, your culture, or your ethnicity. We will eat at 12:00 and Jaci Wagner, Family and Consumer Science Agent with the Colorado State University Extension will provide us with a program on "Eating Right, Aging Well" around 12:30 p.m.

➤ **Monthly Movie Matinee, Tuesday, March 19th 1:30**
"Julie and Julia"

Our monthly movie will feature the life story of Julia Childs from the perspective of Julie Powell and young New Yorker committed to trying all 524 recipes in Julia's first cookbook.



FOOT CARE CLINIC

Our next clinic offering toenail trimming will be held on

Tuesday, March 12th

10:00-11:00 a.m.

By appointment only, 8 slots available

Appointments can be made March 1st and after at
970 522-1237

Please soak your feet before you arrive.

Donations greatly appreciated

MARCH DANCE SCHEDULE



MARCH 2ND

CLASSIC COUNTRY

MARCH 9TH

FM COUNTRY

MARCH 16TH

DAN DOBSON

MARCH 23RD

FM COUNTRY

MARCH 30TH

RAY & PAULETTE GERVER

TABOR REFUND

Colorado has voted to refund all Colorado residents an \$800 refund for single households and a \$1600 refund for married couples on sales tax due to the Taxpayer's Bill of Rights. If you do not file income taxes in order to receive your money you must file a Form DR 0104. We have those forms available at the Heritage Center and can help you fill it out. You are not required to complete the entire form.



SILVERSNEAKERS® QUARTERLY BIRTHDAY PARTY

We will gather on THURSDAY, MARCH 28TH 11:00 A.M to celebrate the birthdays of our exercise classes' 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 21ST



MOVIE MATINEE

“Julie & Julia”

Tuesday, March 19th

1:30 p.m.

POPCORN, COMFORTABLE SEATING, INTERMISSION

Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter.

Join Us On

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

Sr. Citizen's Club Quarterly Birthday and Anniversary Party for ALL MEMBERS, guest of honor will be those members with birthdays in January, February and March

BOARD GAMES

We have added a couple afternoons each month for people to come in and enjoy board games. In March we will gather on Tuesday, March 5th 1:30 p.m.

Tuesday, March 19th 1:30 p.m.

We have a few games on hand, if you want to bring one of your own in, please feel welcome to do so.



CARDIO DANCE TAKES SEASONAL BREAK

Our Thursday, March 7th Cardio Dance class will meet for last time until the fall. Look for classes to start up again in October.

Thank you Mari for a fun and wonderful class we look forward to working with you again.

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**

Ham, Cracker Barrel potatoes, southern green
beans, salad, dinner roll, dessert
Coffee/Tea/Water

\$12.00

Reservations REQUIRED by April 5th

Tickets go on sale March 4th

**NORTHEASTERN
6TH ANNUAL
FOOD & CULTURE FAIR**

Stamp your "passport" for a trip around the world!

**WEDNESDAY, MARCH 6, 2024
4:00-7:00 PM**

BANK OF COLORADO EVENT CENTER AUX GYM

ADMISSION: DONATIONS FOR FUTURE CULTURE FAIR EVENTS!