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2025

Logan County  
Heritage Center  
Newsletter





Jane Mullanix	March 7
Marilyn Schulz	March 9
Alice Didamo	March 11
Emil Trott	March 13
Joe Klobberdanz	March 14
Judy Debus	March 16
Storm Sutherland	March 20
Dorothy Griess	March 21
Iris Lambert	March 25

## ANNIVERSARIES

Kevin Kyle (Char)	March 14, 1998
Keith & Kay Gentry	March 21, 1992
Joe & Storm Sutherland	March 21, 1997

Join Us On



**Wednesday, March 26<sup>th</sup> 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 2025 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
3	4	5	6	7
<b>BEEF GOULASH</b> <b>TOSSED SALAD</b> <b>FRENCH DRESSING</b> <b>FRENCH BREAD</b> <b>CHERRY BANANA SURPRISE</b>  Calories: 684 Carb: 77.1g Fiber: 9.7 Protein: 35.5g Fat: 28.3g Sod: 692mg	<b>MEATLOAF</b> <b>TOMATO GRAVY</b> <b>MASHED POTATOES</b> <b>GREEN BEANS</b> <b>ROLLS</b> <b>FRUIT CUP</b> <b>PUDDING</b>  Calories: 648 Carb: 89.5g Fiber: 9.5g Protein: 32.3g Fat: 19.7g Sod: 1064mg	<b>SEAFOOD BURGER ON A BUN</b> <b>TARTAR SAUCE</b> <b>LETTUCE, TOMATO &amp; ONION SLICES</b> <b>CALIFORNIA VEGETABLES</b> <b>PEACH SLICES</b> <b>COOKIE w/ CHOCOLATE CHIPS</b>  Calories: 635 Carb: 89.5g Fiber: 10.7g Protein: 33.3g Fat: 19.3g Sod: 584mg	<b>BACON POTATO BREAKFAST BURRITO</b> <b>GREEN CHILI w/ PORK</b> <b>SPANISH RICE</b> <b>LETTUCE &amp; TOMATO GARNISH</b> <b>BERRY BLEND</b> <b>NATURE COOKIES</b>  Calories: 706 Carb: 104.3g Fiber: 12.0g Protein: 28.1g Fat: 22.0g Sod: 866mg	<b>MINISTRONE SOUP</b> <b>TUNA CROISANT</b> <b>JEANNIE'S SALAD</b> <b>PEAR ORANGE FRUIT CUP</b>  Calories: 663 Carb: 93.0g Fiber: 10.3g Protein: 32.0g Fat: 19.3g Sod: 1001mg
10	11	12	13	14
<b>SOFT SHELL TACOS</b> <b>SALSA</b> <b>REFRIED BEANS</b> <b>PEACH SLICES</b> <b>CINNAMON CRISPIES</b> <b>APPLE JUICE</b>  Calories: 742 Carb: 100.0g Fiber: 11.9 Protein: 35.4g Fat: 24.0g Sod: 1032mg	<b>PULLED PORK SANDWICH</b> <b>OVEN BROWNED POTATOES</b> <b>PEAS &amp; CORN</b> <b>APRICOT HALVES</b> <b>APPLESAUCE CAKE</b>  Calories: 769 Carb: 115.6g Fiber: 10.5g Protein: 39.2g Fat: 18.6g Sod: 666mg	<b>HAM &amp; BEANS</b> <b>HONEY CORN BREAD</b> <b>WALDORF SALAD</b> <b>WINTER FRUIT CUP</b> <b>GRAPE JUICE</b>  Calories: 663 Carb: 118.9g Fiber: 12.3g Protein: 27.1g Fat: 11.1g Sod: 965mg	<b>SWEET &amp; SOUR CHICKEN</b> <b>BROWN RICE</b> <b>ORIENTAL VEGETABLES</b> <b>RAISIN ROLLS</b> <b>CINNAMON APPLE SLICES</b>  Calories: 638 Carb: 104.0g Fiber: 11.0g Protein: 34.3g Fat: 10.3g Sod: 424mg	<b>PENNE -N- CHEESE</b> <b>PEAS</b> <b>CONFETTI COLESLAW</b> <b>BLUEBERRY MUFFIN</b> <b>BANANA SPLIT FRUIT CUP</b>  Calories: 777 Carb: 106.5g Fiber: 13.2g Protein: 34.8g Fat: 27.0g Sod: 795mg
17	18	19	20	21
<b>MULLIGAN STEW</b> <b>IRISH SODA BREAD</b> <b>PERFECTION SALAD</b> <b>CELTIC APPLE CRUMBLE</b> <b>GRAPE JUICE</b>   Calories: 748 Carb: 113.4g Fiber: 9.8g Protein: 33.6g Fat: 19.7g Sod: 718mg	<b>ORIENTAL CHICKEN BROCHETTE</b> <b>RICE PILAF</b> <b>ALMOND BROCCOLI</b> <b>ONION ROLLS</b> <b>WINTER FRUIT CUP</b>  Calories: 785 Carb: 86.8g Fiber: 10.1g Protein: 45.5g Fat: 30.9g Sod: 351mg	<b>HAM POTATO CHOWDER</b> <b>ASPARAGUS CUTS</b> <b>CHEESE SAUCE</b> <b>FRENCH BREAD</b> <b>ORANGE WEDGES</b>  Calories: 615 Carb: 78.6g Fiber: 8.6g Protein: 34.4g Fat: 21.3g Sod: 1087mg	<b>CHICKEN TETRAZZINI</b> <b>BEAN MEDLEY</b> <b>GARLIC CHEESE BISCUITS</b> <b>TROPICAL FRUIT CUP</b> <b>TRAIL COOKIES</b>  Calories: 781 Carb: 92.5g Fiber: 10.0g Protein: 39.4g Fat: 29.7g Sod: 632mg	<b>TUNA BROCCOLI CASSEROLE</b> <b>COUNTY MIX VEGETABLES</b> <b>APPLE MUFFINS</b> <b>CHERRY BANANA SURPRISE</b> <b>COOKIES w/ RAISINS</b>  Calories: 693 Carb: 88.7g Fiber: 9.9g Protein: 34.1g Fat: 25.5g Sod: 878mg
24	25	26	27	28
<b>PORK CHOP SUEY</b> <b>PARSLIED RICE</b> <b>RAISIN BRAN MUFFIN</b> <b>CARROT COINS</b> <b>PINEAPPLE TIDBITS</b> <b>ORANGE JUICE</b>  Calories: 772 Carb: 128.5g Fiber: 15.2g Protein: 34.2g Fat: 17.4g Sod: 679mg	<b>WHITE CHILI w/ CHICKEN</b> <b>CORN MUFFIN</b> <b>LAYERED SALAD</b> <b>MANDARIN ORANGES w/ BANANAS</b>  Calories: 671 Carb: 96.4g Fiber: 12.5g Protein: 33.5g Fat: 19.0g Sod: 1048mg	<b>MEXICAN BEEF</b> <b>SPANISH RICE</b> <b>GREEN BEANS &amp; CORN</b> <b>ROLLS</b> <b>OREGON BERRY COMPOTE</b>  Calories: 609 Carb: 94.4g Fiber: 13.0g Protein: 24.5g Fat: 16.3g Sod: 865mg	<b>SWISS STEAK</b> <b>BOILED POTATOES</b> <b>ITALIAN VEGETABLES</b> <b>APRICOT MUFFIN</b> <b>HEAVENLY HASH</b>  Calories: 742 Carb: 87.8g Fiber: 9.0g Protein: 41.9g Fat: 26.0g Sod: 593mg	<b>TUNA NOODLE CASSEROLE</b> <b>BROCCOLI</b> <b>WW ROLLS</b> <b>APRICOT HALVES</b> <b>OATMEAL RAISIN COOKIES</b>  Calories: 721 Carb: 97.4g Fiber: 10.3g Protein: 36.5g Fat: 23.4g Sod: 647mg
31				
<b>CHICKEN FRIED STEAK</b> <b>OVEN BROWNED POTATOES</b> <b>COUNTRY GRAVY</b> <b>BRUSSEL SPROUTS</b> <b>ROLLS</b> <b>STRAWBERRIES &amp; BANANAS</b> <b>BIRTHDAY RECOGNITION</b>   Calories: 766 Carb: 106.6g Fiber: 12.3g Protein: 35.3g Fat: 25.7g Sod: 1188mg		<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>	Menu may change due to availability of food items or conditions that cause the kitchen to close.

## March 2025

Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Dance 6:30-9:30pm \$8.00 Classic Country No Membership required
<b>3</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30-4:30 Parkinson's Association of the Rockies Exercise Class	<b>4</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 BOARD GAMES 1:30 Pool	<b>5</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Chess, Checkers, Pool	<b>6</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	<b>7</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	<b>8</b> Dance w/ Dan Dobson 6:30-9:30 \$8.00 All Ages Welcome
<b>10</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30-3:30 Tabor Refund Assistance Clinic 1:30 Cards & Pool 3:30-4:30 Parkinson's Assoc. of the Rockies Exercise Class	<b>11</b> 9:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 SRM Sewing Circle 1:30 Rummy/Five Crowns	<b>12</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 BUNCO 1:30 Cards, Chess, Checkers, Pool	<b>13</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>14</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	<b>15</b> No Dance
<b>17</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30-4:30 Parkinson's Assoc. of the Rockies Exercise Class	<b>18</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Arthur's Whiskey" 1:30 Pool	<b>19</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 11:00 SilverSneakers® Quarterly Birthday Party 1:30 Cards, Chess, Checkers, Pool	<b>20</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	<b>21</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	<b>22</b> 6:30-9:30 Dance w/ FM Country \$8.00 Public Welcome
<b>24</b> 10:00 SilverSneakers® Yoga Noon Meet & eat 1:30 Cards & Pool 3:30-4:30 Parkinson's Assoc of the Rockies Exercise Class	<b>25</b> 10:00 SilverSneakers® Classic 11:45 Home Delivery Volunteer Training Noon Meet & Eat 1:00 Desk Clerk Training 1:30 Rummy/Five Crowns	<b>26</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool 3:00 Sr. Citizen's Club Quarterly B-day & Anniv. Party	<b>27</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>28</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	<b>29</b> 6:30-9:30 Dance w/ Ray & Pauletta Gerver \$8.00 Everyone invited
<b>31</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30-4:30 Parkinson's Assoc of the Rockies Exercise Class					

# LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



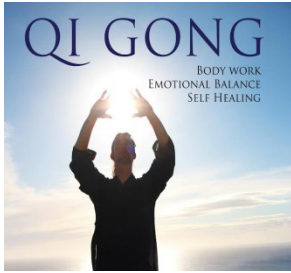
## SilverSneakers® Yoga

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 9:00 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.



## 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 in touch to find out when we start classes again.



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

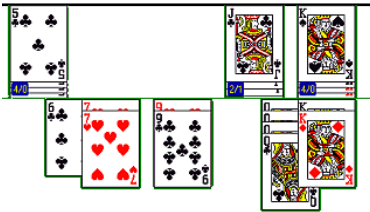
1:30 start time



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## SCHOLARSHIP PROGRAM

The Senior Citizen's Club is pleased to announce a Scholarship Program. The program allows a recipient 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

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 522-1237.

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## 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

9:00-10:00 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

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**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**



## FOOT CARE CLINIC

Our next clinic offering toenail trimming will be held on

**Tuesday, March 11<sup>th</sup>**

**9:00-10:00 a.m.**

**By appointment only, 8 slots available**

Appointments can be after March 1<sup>st</sup> and after at  
970 522-1237

Please soak your feet before you arrive.

Donations greatly appreciated

## MARCH DANCE SCHEDULE



**MARCH 1<sup>ST</sup>**

**CLASSIC COUNTRY**

**MARCH 8<sup>TH</sup>**

**DAN DOBSON**

**MARCH 15<sup>TH</sup>**

**NO DANCE**

**MARCH 22<sup>ND</sup>**

**FM COUNTRY**

**MARCH 29<sup>TH</sup>**

**RAY & PAULETTE GERVER**

## TABOR REFUND ASSISTANCE CLINIC

Colorado has voted to refund all Colorado residents a refund 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. You are not required to complete the entire form. Refunds will be based on income this year and could be in the amount of \$181/\$242 for single filers and for joint \$362/\$482.

If you need assistance filing form assistance will be available

**MONDAY, MARCH 10<sup>TH</sup> 1:30-3:30 @ Heritage Center**

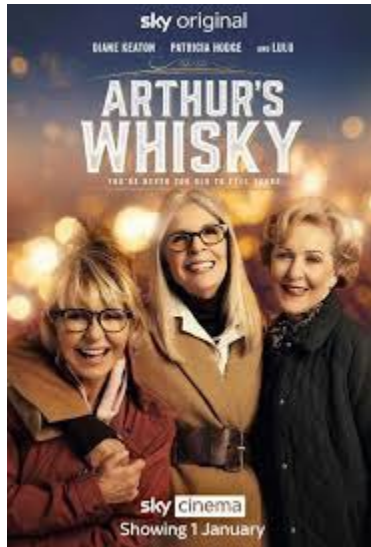




## SILVERSNEAKERS® QUARTERLY BIRTHDAY PARTY

We will gather on WEDNESDAY, MARCH 19<sup>TH</sup> 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 October, November, December, January, February and March. Please have your reservations turned in by Friday, March 14<sup>th</sup>



### MOVIE MATINEE

**“Arthur’s Whisky”**

**Tuesday, March 18<sup>th</sup>**

**1:30 p.m.**

**POPCORN, COMFORTABLE SEATING, INTERMISSION**

Joan and her friends Linda and Susan find bottles of whiskey Joan's deceased husband stashed away, and they realize he's invented an anti-ageing elixir that can make them young again. Starring Patricia Hodge, Diane Keaton and Lulu.



# BOARD GAMES

In March we will gather on Tuesday,  
March 4<sup>th</sup> 1:30 p.m. to play BOARD  
GAMES.

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

COME JOIN THE FUN!



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

The Low-income Energy Assistance Program starts is accepting applications through April 30<sup>th</sup>. 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 \$3,382 or less or \$4,030 for a 2 person household.

Applications available at the Heritage Center or Department of Human Services. Assistance is available to fill out applications by calling Department of Human Services at (970) 522-2194 or 1-866-432-8435





**Senior Citizen's Club  
CORNELIUS DINNER  
Catered by Jambalicious**

(Donna Frankenfeld)

**WEDNESDAY, APRIL 23<sup>RD</sup>  
NOON**

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

**Reservations REQUIRED by April 5<sup>th</sup>**

**Tickets go on sale March 3<sup>RD</sup>**

**VOLUNTEER TRAINING**

All volunteers that help with the nutrition  
program will need to go through our  
annual update training.

Please mark your calendar

**WEDNESDAY, MARCH 25<sup>TH</sup>**

11:15 Table help/kitchen help

11:45 HOME DELIVERY  
VOLUNTEERS

1:00 DESK CLERK TRAINING





ENTRY FORMS, RULES, AND DETAILS FOR THIS CONTEST  
BEING HELD AT STERLING CREATIVES ARE AVAILABLE AT  
HERITAGE CENTER 821 N DIVISION AVENUE

New Information  
Series coming  
each month in  
our newsletter

Health & Healing  
Through the Ages

Information & Contribution by  
Paulette Carpenter

## HEALTH AND HEALING THROUGH THE AGES

*The Golden Rule of Health and Healing is that each one of us has the power to create our own health and we do it by growing and expanding as human beings. When you take one small step to improve your health and your life, it's easier to take the next. ~Paulette Carpenter*

# Ten Thoughts on Whole Living

Don't rush. *Savor* this ripest, sweetest season.

Discover *PEACE* by observing the world around you.  
Take time to drink it all in.

Learn from your setbacks and they  
will open the door to new *opportunities*.

Be earth-friendly by treading *lightly* when you travel.

Surprise yourself. Engage in a *spontaneous* act.

If you *listen* to your body, you'll feed  
it well and take the guilt out of the eating.

When you push the boundaries of your strength,  
you tap into the body's true *power*.

The most *memorable* moments in life are often unplanned.

Eat close to the source. The *healthiest* food doesn't come in a wrapper.

To-do lists have their uses, but don't let  
them eclipse the *serendipity* in your life.