



2021

HERITAGE CENTER MONTHLY NEWSLETTER





MAY BIRTHDAYS

Allen Pancost	May 1 st
Opal Amen	May 1 st
Bertha Jones	May 3 rd
Gerald Jeffries	May 6 th
Anna Adams	May 12 th
Carol Pershing	May 15 th
Bill St. John	May 21 st
Myron House	May 24 th
Glenda Castle	May 26 th
Mike Canchola	May 27 th
Maryanne Forwood	May 28 th
Pat Rieb	May 28 th
Dee St. John	May 30 th

MAY ANNIVERSARIES

Bill & Dee St. John	May 13, 1952
Rock & Darlene Roche	May 21, 1955
Royce & Connie Chambers	May 30, 1981



MAY 2021 HERITAGE MEAL SITE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
SWEET and SOUR PORK BROWN RICE ORIENTAL VEGETABLES WW ROLL MANDARIN ORANGES w/ BANANAS Calories: 697 Carb: 103.5g Fiber: 10.1g Protein: 34.7g Fat: 16.9g Sod: 496mg	SHEPHERD'S PIE CONFETTI COLESLAW HARVARD BEETS ROLL STRAWBERRY APPLESAUCE Calories: 656 Carb: 108.5g Fiber: 10.9g Protein: 30.8g Fat: 14.8g Sod: 1005mg	CHICKEN POT PIE SPINACH CAULIFLOWER SALAD FRUIT CUP NATURE COOKIE Calories: 720 Carb: 97.2g Fiber: 9.1g Protein: 36.2g Fat: 23.8g Sod: 656mg	ROAST TURKEY YAM APPLE BAKE BROCCOLI WW ROLL PEAR SLICES Calories: 635 Carb: 92.1g Fiber: 11.7g Protein: 27.3g Fat: 19.9g Sod: 603mg	CHOICE: HAMBURGER STEAK CITRUS PEPPER SALMON FILET BAKED POTATO MIXED VEGETABLES BRAN MUFFIN APRICOT HALVES Calories: 611 Carb: 95.0g Fiber: 10.8g Protein: 30.6g Fat: 15.7g Sod: 1027mg
10	11	12	13	14
WHITE CHILI w/ CHICKEN LAYERED SALAD CORN MUFFIN MANDARIN ORANGES Calories: 600 Carb: 79.2g Fiber: 11.3 Protein: 33.5g Fat: 18.4g Sod: 1057mg	BRAISED BEEF BROWN RICE HARVARD BEETS ROLL TROPICAL FRUIT CUP NATURE COOKIE Calories: 716 Carb: 113.8g Fiber: 9.7g Protein: 30.4g Fat: 17.1g Sod: 597mg	CHICKEN CACCIATORE MASHED POTATOES COUNTRY MIX VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP Calories: 698 Carb: 86.0g Fiber: 10.7g Protein: 41.5g Fat: 22.5g Sod: 1080mg	CHOICE: CHICKEN CROISSANT TUNA CROISSANT POTATO SOUP SUPREME PEACH SLICES COOKE w/ CHOCOLATE CHIPS Calories: 872 Carb: 121.4g Fiber: 10.1g Protein: 39.5g Fat: 28.2g Sod: 967mg	SPAGHETTI w/ MEAT SAUCE TOSSED SALAD w/ DRESSING GREEN BEANS GARLIC BREAD FRUIT CUP Calories: 607 Carb: 86.8g Fiber: 10.9g Protein: 31.5g Fat: 18.2g Sod: 576mg
17	18	19	20	21
VEGETABLE BEEF SOUP FRITO SALAD CORN MUFFIN APRICOT HALVES COOKIE w/ RAISINS Calories: 730 Carb: 97.5g Fiber: 11.1g Protein: 33.1g Fat: 24.9g Sod: 849mg	CHICKEN SALAD w/ GREEN GRAPES BEAN MEDLEY SALAD ROLL MANDARIN ORANGES w/ BANANAS CARROT CAKE Calories: 685 Carb: 99.6g Fiber: 9.6g Protein: 34.8g Fat: 19.0g Sod: 680mg	CHOICE: HAMBURGER STEAK BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES Calories: 601 Carb: 98.1g Fiber: 10.8g Protein: 30.0g Fat: 12.4g Sod: 820mg	HOT TURKEY SANDWICH MARINATED VEGETABLE SALAD GREEN BEANS & CORN MANDARIN ORANGES w/ BANANAS COOKIE w/ RAISINS Calories: 709 Carb: 105.1g Fiber: 10.5g Protein: 30.9g Fat: 21.5g Sod: 1133mg	CHEESE POTATO OMELET BROCCOLI BRAN MUFFIN OREGON BERRY COMPOTE Calories: 637 Carb: 83.6g Fiber: 13.0g Protein: 31.5g Fat: 18.2g Sod: 576mg
24	25	26	27	28
BRUNSWICK STEW GREEN BEANS w/ TOMATOES ROLL MANDARIN ORANGES CINNAMON CRISPIES BIRTHDAY RECOGNITION Calories: 712 Carb: 82.2g Fiber: 9.5g Protein: 43.6g Fat: 25.1g Sod: 620mg	LASAGNA TOSSED SALAD w/ DRESSING PEAS AND CARROTS GARLIC BREAD FRUIT CUP Calories: 605 Carb: 85.5g Fiber: 11.1g Protein: 34.2g Fat: 17.6g Sod: 599mg	SCALLOPED POTATOES w/ HAM LAYERED SALAD ROLL BANANA SPLIT FRUIT CUP CINNAMON CRISPIES Calories: 71 Carb: 103.8g Fiber: 9.6g Protein: 34.2g Fat: 27.2g Sod: 1148mg	POT ROAST POT ROAST VEGETABLES CABBAGE TOSS ANNA'S DILLY BREAD PEACH SLICES BROWNIE Calories: 718 Carb: 98.9g Fiber: 10.5g Protein: 33.9g Fat: 22.7g Sod: 384mg	BEEF O'LE REFRIED BEANS MEXICALI CORN FRUIT CUP Calories: 618 Carb: 88.8g Fiber: 12.1g Protein: 36.3g Fat: 16.1g Sod: 551mg
31				
	Menu may change due to availability of food items or conditions that cause the kitchen to close.	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	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.

May 2021

Mon	Tue	Wed	Thu	Fri	Sat
					1 6:30-9:30 p.m. Dance w/ Classic Country \$7.00 All Ages Welcome
3 10:00 SilverSneakers® Yoga 11:00 Home Delivered Meals 1:30 Pinochle Group 1:30 Cards & Pool	4 10:00 SilverSneakers® Classic 11:00 Home Delivered Meals 1:30 Sewing & Hobbies 1:30 Bingo	5 10:00 SilverSneakers® Yoga 11:00 Home Delivered Meals 1:30 Cards & Pool 1:30 Sr. Citizen's Club Business Meeting	6 10:00 SilverSneakers® Classic 11:00 Home Delivered Meals 1:30 Novice Tai Chi 1:30 Patio Cornhole 1:30 Mah Jong, Chess, Dominoes	7 10:00 Qi Gong 11:00 Home Delivered Meals 1:30 Cards & Pool 1:30 Council on Aging Meeting	8 6:30-9:30 p.m. Dance w/ Jim Erlich \$7.00 Everyone Welcome
10 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:30 Cards & Pool	11 9:00-10:00 Foot Care Clinic (by appointment) 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Hobbies 1:30 Book Club	12 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:30 Cards & Pool 1:30 Patio Cornhole 1:30 Mah Jong, Chess, Dominoes	13 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 1:30 Hand & Foot Canasta	14 10:00 Qi Gong 12:00 Meet & Eat 1:30 Cards & Pool 1:30 Patio Cornhole 1:30 Mah Jong, Chess, Dominoes	15 6:30-9:30 p.m. Dance w/ FM Country \$7.00 Community Invited
17 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:30 Pinochle Group 1:30 Cards & Pool	18 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Hobbies 1:30 Las Amigas Bridge Club 1:30 Coffee, Tea & History (reminisce and trivia)	19 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:30 Cards & Pool 1:30 Patio Cornhole 1:30 Mah Jong, Chess, Dominoes	20 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 1:30 Movie Matinee "Singin' In The Rain"	21 10:00 Qi Gong 12:00 Meet & Eat 1:30 Cards & Pool 1:30 Patio Cornhole 1:30 Mah Jong, Chess, Dominoes	22 6:30-9:30 p.m. Dance \$7.00 All Ages Welcome
24 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:30 Cards & Pool	25 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Hobbies 1:30 Bunco	26 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:30 Cards & Pool 1:30 Patio Cornhole 1:30 Mah Jong, Chess, Dominoes	27 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 1:30 Hand & Foot Canasta	28 10:00 Qi Gong 12:00 Meet & Eat 1:30 Cards & Pool 1:30 Mah Jong, Chess, Dominoes 1:30 Patio Cornhole	29 6:30-9:30 p.m. Dance \$7.00 Everyone Welcome
31 CLOSED No Meals No Activities					

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES



SilverSneakers® Yoga

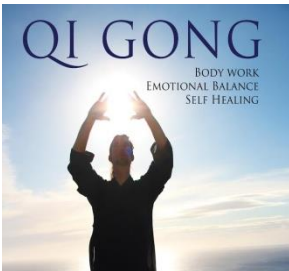
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

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.

NOVICE TAI CHI



This class is offered on Thursdays at 1:30 for those who have already completed a beginners Tai Chi class or are familiar with the practice. There is no instructor, this is a collaborated effort of those attending.

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

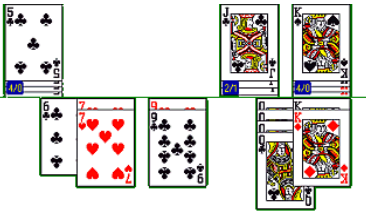
For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1: 30 start time, Snack break at 3:00 bring your
quarters 50 cents a snack



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
1:00 – 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.

BUNCO

We play bunco together on the last Tuesday of each month starting at
1:30. It is 50 cents to play and you can have all the fun you want. If you
would like to be added to the list of players please call us at 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 other month

9:00-10:00 a.m. BY APPOINTMENT

Call 522-1237 to schedule your 15 minute appointment

Suggested donation of \$5.00-\$10.00

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

Provided by Sterling MedCare Home Health



FOOT CARE CLINIC CHANGES

The foot care clinic has changed a bit.

TIME the clinic will start at 9:00 and run until 10:00

FREQUENCY the clinic is only available every other month.

Months of May, July, September, November, January, and March

APPOINTMENT you must schedule an appointment in order to guarantee a time. Appointments are 15 minute increments and only

8 appointments are available each clinic. The next clinic

appointments do not come available until the 1st of that month.

Thank you to Sterling MedCare Home Health for continuing to offer this needed and valuable service.

MEET & EAT RESUMES MEALS

Please make your reservations to join us for a nutritious, delicious and well-balanced meal at the Heritage Center. We will be serving lunches beginning, Monday May 10th at Noon for a suggested donation of \$4.00. This is for everyone ages 60 years of age and older and for all income levels. Please call 522-1237 by 8:00 am the same day to make your reservation.



COFFEE, TEA, & WE

Our friends at the CSU Engagement Center developed a free event held each Monday at 1:00 p.m. that allows you to connect with others to learn new topics, subjects, listen to guest speakers or have engaging conversations with your peers. Sign up to join their zoom meeting each Monday by contacting Peggy Stoltenberg at (970) 522-7207 or go to www.engagement.colostate.edu.

This programming enhances and replaces the Lifelong Learning Programs sponsored by the CSU Engagement Center.

Grab your coffee, grab your tea and join us to be Northeast Colorado WE!



OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This month, we will celebrate the strength of older adults and power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. Please consider the Logan County Heritage Center a place to thrive, remain active and feel the power of connecting with others. Here are a few ways the Heritage Center intends to celebrate Older Coloradoans.

- ❖ Proclamation by Logan County Commissioners declaring May 2021 Older Americans Month
- ❖ Wednesday, May 19th from 8:00-12:00 Senior Citizen's Club will be handing out popcorn outside of Family Food Market. Stop in and get your senior discount and grab a snack
- ❖ Friday, May 21st 1:00 p.m. the Logan County Heritage Center, CSU Engagement Center and other community partners will be walking around the courthouse square to show our support or "Embracing Aging" and honor and advocate for our Older Adults and the positive impact they have had on our community for generations. Look for other fun and informative activities to be there.



HERITAGE CENTER DANCES RESUME IN MAY

Dances will run from 6:30-9:30. At this time there will not be a “break” so don’t bring food with you.

LIVE MUSIC, WONDERFUL TALENT

May 1st Classic Country

May 8th Jim Ehrlich

May 15th FM Country

May 22nd to be determined

May 29th to be determined

If you are looking for a wonderful resource offering free assistance to help navigate technology, offer on-going learning and provide on-line sessions/classes in exercise, tutorials, lunch and learns, etc. Please go to www.seniorplanet.org

Senior Planet helps seniors learn new skills, save money, get in shape, and make new friends. Our courses, programs, and activities are changing the lives of older adults far beyond technology. Won’t you join us?



Movie Matinee

“Singin’ In the Rain

Join us on Thursday, May 20th

1:30 p.m.

We will furnish the comfy chairs, the popcorn and the movie. Join us for a classic, with great actors, and wonderful music.



Aging Mastery Program®

National Council on Aging

Join the adventure!



You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

...will be running the Aging Mastery Program® soon!

B Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community.

Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

Join other adults across Northeast Colorado for 1 1/2 hours every Tuesday and Thursday for 5 weeks to learn and plan your playbook!

Limited spots available: Sign up now!

The program will launch on May 18, 2021 at 1 P.M.,

but participants have to be signed up by May 4, 2021.

Please RSVP to: karen.ramey-torres@colostate.edu

by May 4, 2021

