



2022

HERITAGE CENTER

MONTHLY

NEWSLETTER





MAY BIRTHDAYS

Allen Pancost	May 1 st
Opal Amen	May 1 st
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
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

PLEASE JOIN US ON
WEDNESDAY, MAY 25TH

3:00 P.M.

To celebrate our May birthday and
anniversaries

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



SilverSneakers® Yoga

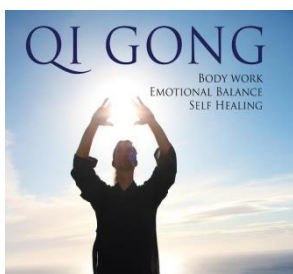
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

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 2:00 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.

Renew Active
by  UnitedHealthcare®

Renew Active™, the gold standard in Medicare fitness programs for body and mind, is coming to Logan County Heritage Center in January. The program is available at no additional cost with UnitedHealthcare® Medicare plans. In the meantime, you can learn more at UHCRenewActive.com


May 2022

Mon	Tue	Wed	Thu	Fri	Sat
2 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:00 Pinochle 1:30 Cards & Pool	3 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Sewing & Hobbies 1:30 Billiards	4 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	5 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 11:00 Cinco De Mayo Fun-Salsa Tasting 1:30 Billiards 2:00 Novice Tai Chi	6 10:00 Qi Gong Noon Meet & Eat Lunch Program 12:45 Embracing Aging on the Square @ Logan County Courthouse 1:30 Cards, Chess, Checkers, Pool	7 Dance w/ Classic Country \$7.00 All Ages Welcome 6:30-9:30 pm
9 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards & Pool	10 10:00 Foot Care Clinic by Sterling MedCare Home Health 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Sewing & Hobbies 1:30 Rummy	11 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	12 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Hand & Foot Canasta 1:30 Billiards 2:00 Novice Tai chi	13 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Cards, Chess, Checkers, Pool 1:30 Council on Aging Business Meeting	14 Dance w/ Jim Ehrlich \$7.00 Everyone Welcome 6:30-9:30 pm
16 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:00 Pinochle 1:30 Cards & Pool	17 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Sewing & Hobbies	18 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool	19 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Billiards 1:30 Movie Matinee "Beautiful Day In The Neighborhood" 2:00 Novice Tai Chi	20 10:00 Qi Gong Noon Meet & Eat Lunch Program 1:30 Cards, Chess, Checkers & Pool	21 Dance w/ Dan Dobson \$7.00 Everyone Welcome 6:30-9:30 pm
23 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards & Pool	24 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Sewing & Hobbies 1:30 Rummy	25 10:00 SilverSneakers® Yoga Noon Meet & Eat Lunch Program 1:30 Cards, Cornhole, Dominoes, Mah Jong, Pool 3:00 Sr. Citizen's Club Birthday & Anniversary Party	26 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Billiards 1:30 Hand & Foot Canasta 2:00 Novice Tai Chi	27 10:00 Qi Gong Noon Meet & Eat Lunch Program 1:30 Cards, Chess, Checkers & Pool 4:00 Deadline to Sign-up for Terry Bison Ranch Cheyenne, WY	28 6:30-9:30 pm Dance w/ FM Country Public Welcome \$7.00
30 CLOSED No Activities No Meet & Eat No Home Delivered Meals	31 10:00 SilverSneakers® Classic Noon Meet & Eat Lunch Program 1:30 Billiards				

MAY 2022 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
SWEET and SOUR PORK BROWN RICE ORIENTAL VEGETABLES WW ROLL MANDARIN ORANGES w/ BANANAS Calories: 695 Carb: 102.9g Fiber: 10.0g Protein: 34.6g Fat: 16.9g Sod: 494mg	HOT ROAST BEEF SANDWICH JEANNIE'S SALAD CALIFORNIA VEGETABLES PEAR HALF W/ CRANBERRY SAUCE NATURE COOKIE Calories: 683 Carb: 100.4g Fiber: 10.1g Protein: 34.2g Fat: 18.7g Sod: 718mg	CHICKEN AND DUMPLINGS BRUSSEL SPROUTS SUPREME FRUIT CUP APPLE GRANOLA COOKIE Calories: 787 Carb: 109.1g Fiber: 11.2g Protein: 39.8g Fat: 23.4g Sod: 662mg	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	CITRUS PEPPER SALMON FILET BAKED POTATO MIXED VEGETABLES RAISIN BRAN MUFFIN APRICOT HALVES Calories: 700 Carb: 119.3g Fiber: 14.3g Protein: 32.7g Fat: 15.3g Sod: 1100mg
9	10	11	12	13
WHITE CHILI w/ CHICKEN LAYERED SALAD CORN MUFFIN FRUIT MIX Calories: 612 Carb: 81.9g Fiber: 12.4 Protein: 33.7g Fat: 18.4g Sod: 1061mg	BRAISED BEEF BROWN RICE SPINACH ROLL MANDARIN ORANGES OATMEAL RAISIN COOKIE Calories: 616 Carb: 91.8g Fiber: 10.4g Protein: 32.5g Fat: 15.8g Sod: 549mg	POTATO SOUP SUPREME TUNA CROISSANT CINNAMON APPLE SLICES Calories: 773 Carb: 116.4g Fiber: 10.4g Protein: 36.2g Fat: 20.6g Sod: 930mg	CHICKEN CACCIATORE MASHED POTATOES COUNTRY MIX VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP Calories: 687 Carb: 83.4g Fiber: 9.9g Protein: 41.4g Fat: 22.4g Sod: 1081mg	SPAGHETTI w/ MEAT SAUCE TOSSED GREEN SALAD w/ DRESSING GREEN BEANS GARLIC BREAD FRUIT CUP Calories: 631 Carb: 82.8g Fiber: 11.3g Protein: 31.5g Fat: 22.6g Sod: 528mg
16	17	18	19	20
MEATLOAF MASHED POTATOES & GRAVY PEAS & CARROTS WW ROLL PINEAPPLE MANDARIN ORANGE COMPOTE Calories: 601 Carb: 90.2g Fiber: 10.2g Protein: 35.4g Fat: 13.6g Sod: 869mg	CHICKEN SALAD w/ GREEN GRAPES BEAN MEDLEY SALAD ROLL STRAWBERRIES & BANANAS CARROT CAKE Calories: 650 Carb: 90.1g Fiber: 9.7g Protein: 34.3g Fat: 19.1g Sod: 674mg	BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD APRICOT HALVES Calories: 709 Carb: 99.8g Fiber: 11.4g Protein: 36.4g Fat: 21.4g Sod: 1002mg	HOT TURKEY SANDWICH BROCCOLI SALAD GREEN BEANS & CORN PLUMS BROWNIE Calories: 710 Carb: 105.3g Fiber: 9.5g Protein: 31.2g Fat: 21.6g Sod: 1193mg	CHICKEN ALFREDO CAESAR SALAD WINTER MIX VEGETABLES GARLIC BREAD BANANA SPLIT FRUIT CUP Calories: 780 Carb: 88.5g Fiber: 10.8g Protein: 37.0g Fat: 33.6g Sod: 731mg
23	24	25	26	27
PULLED PORK SANDWICH BAKED BEANS CABBAGE TOSS PEAR ORANGE FRUIT CUP APPLE JUICE BIRTHDAY RECOGNITION Calories: 701 Carb: 100.8g Fiber: 9.7g Protein: 37.7g Fat: 18.2g Sod: 1080mg	CHICKEN RICE SOUP COUNTRY MIX VEGETABLES RAISIN BRAN MUFFIN MANDARIN ORANGES w/ BANANAS Calories: 640 Carb: 106.8g Fiber: 12.7g Protein: 33.9g Fat: 12.6g Sod: 582mg	LASAGNA TOSSED SALAD w/ DRESSING PEAS AND CARROTS GARLIC BREAD FRUIT CUP Calories: 677 Carb: 85.8g Fiber: 11.9g Protein: 34.6g Fat: 25.6g Sod: 582mg	SCALLOPED HAM & NOODLES APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS APRICOT HALVES Calories: 722 Carb: 105.4g Fiber: 11.2g Protein: 34.2g Fat: 20.5g Sod: 731mg	BEEF O'LE REFRIED BEANS MEXICALI CORN FRESH FRUIT CUP CINNAMON CRISPIES Calories: 695 Carb: 96.5g Fiber: 12.0g Protein: 37.6g Fat: 20.7g Sod: 584mg
30	31			
	BEEF GOULASH MIXED VEGETABLES ROLL CINNAMON APPLES SLICES Calories: 622 Carb: 93.1g Fiber: 13.1g Protein: 36.4g Fat: 15.6g Sod: 800mg	<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 - \$4.00</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>



RUMMY

New to the line-up at the Heritage Center is Rummy. 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.



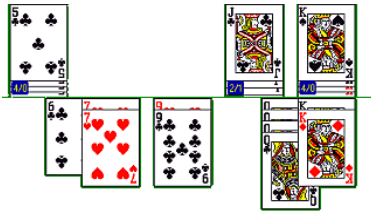
Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on
Mondays, Wednesdays, & Fridays



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 other month

10:00-11:00 a.m. BY APPOINTMENT ONLY

Call 522-1237 to schedule your 15 minute appointment

Suggested donation no less than \$5.00

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

Provided by Sterling MedCare Home Health



FOOT CARE CLINIC THIS MONTH

The foot care clinic provided by
Sterling MedCare Home Health will be on

Tuesday, May 10th

10:00-11:00 a.m.

By appointment only

Call after May 1st to schedule your 15 minute appointment



HERITAGE CENTER DANCES

Dance from 6:30-9:30 to

LIVE MUSIC, WONDERFUL TALENT

May 7th Classic Country

May 14th Jim Ehrlich

May 21st Dan Dobson

May 28th FM Country

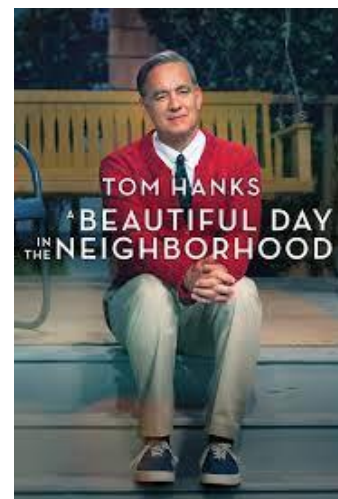
MOVIE MATINEE

**“Beautiful Day in the
Neighborhood”**

Starring Tom Hanks as Mr. Rogers

Thursday, May 19th

1:30 p.m.





DAY TRIP

We are going to kick-off our day trip season with such a GREAT trip!!!

Join us

Thursday, June 2nd

Terry Bison Ranch-Cheyenne, WY

Train ride out to see the bison and then a burger fry back at the ranch.

Reservations due by Friday, May 27th

Cost of the trip is \$32 for the Ranch and \$30 for transportation, due at the time of departure.

The Heritage Center cancellation policy; if you cancel after the deadline you are responsible for finding someone to take your place OR you MUST still pay.

BRAIN TEASERS

Please give your cognitive skills a challenge by picking up one of our brain teasers located on the NE wall of the Heritage Center. New challenges each Friday.

Research has shown that lifelong learning for seniors can result in less memory loss and fewer cognitive disorders, such as Alzheimer's and dementia, and thus reduced need for dementia care or memory care.



CINCO DE MAYO

We will be celebrating
Thursday, the 5th of May
with **Salsa tasting.**

11:15-12:00

Bring a bag of chips and your favorite
salsa (store bought or homemade).

GARDEN CLUB

Those interested in helping plant and manage
our patio beds, please join us for a quick
meeting on

Monday, May 9th at 11:30 a.m.

If you can't attend but want to be a part of the
group please let Cynthia know (970) 522-1237.



COFFEE, TEA & WE

Just a reminder the CSU Regional Engagement Center offers
programs, presenters, lectures, and discussions on all kinds of
topics and interests once a week, every week.

You can join them in person every Monday at 1:00 p.m. or get in
touch with Peggy and she can share a Zoom link so you can join
remotely. Peggy Stoltenberg (970) 522-7207



One Pass Accepted Here

One Pass™ gives you access to a healthier lifestyle with the convenience of a single program. Ask an associate for details.

Renew Active

by  UnitedHealthcare®

Available here

The gold standard in Medicare fitness programs for body and mind.

We are proud to be a premium
Renew Active® location



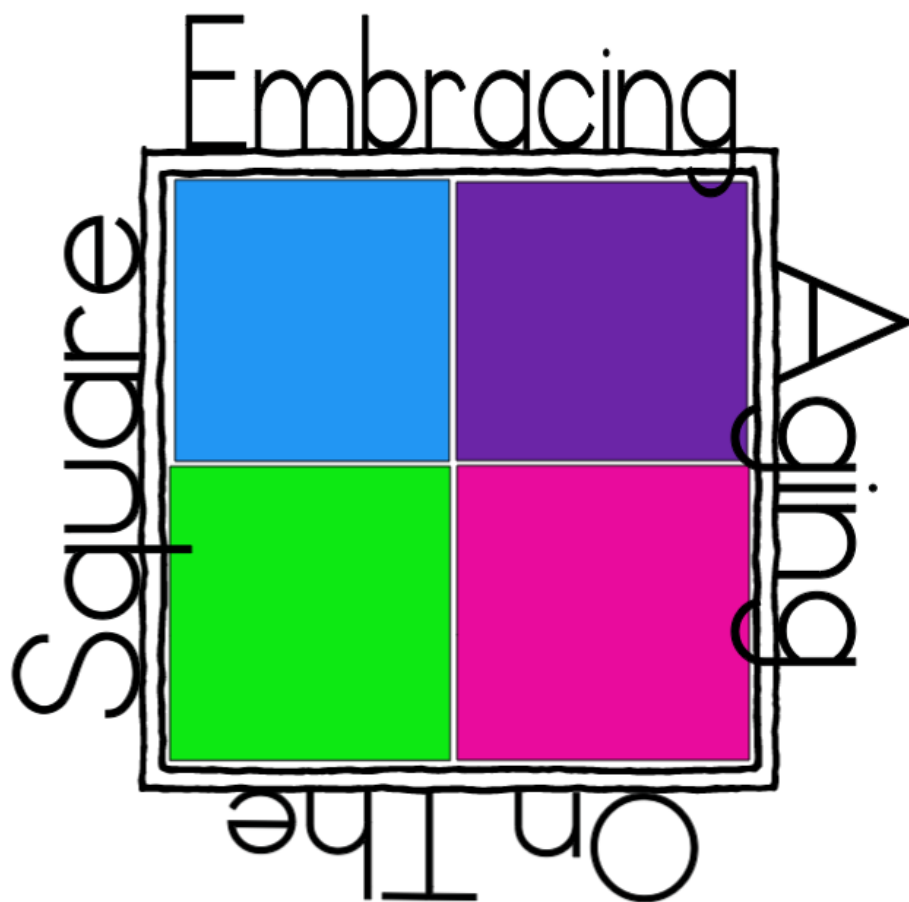
Participation in the Renew Active® program is voluntary. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine. Renew Active includes standard fitness membership and other offerings. Fitness membership equipment, classes, personalized fitness plans, caregiver access and events may vary by location. Certain services, discounts, classes events, and online fitness offerings are provided by affiliates of UnitedHealthcare Insurance Company or other third parties not affiliated with UnitedHealthcare. Participation in these third-party services are subject to your acceptance of their respective terms and policies. UnitedHealthcare is not responsible for the services or information provided by third parties. The information provided through these services is for informational purposes only and is not a substitute for the advice of a doctor. The Renew Active program varies by plan/area. Access to gym and fitness location network may vary by location and plan. Renew Active premium gym and fitness location network only available with certain plans.

Plans insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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2022

AGE MY WAY!

CELEBRATE OLDER AMERICANS MONTH

FRIDAY, MAY 6TH

12:45 P.M.

LOGAN COUNTY
COURTHOUSE SQUARE
315 MAIN STREET
STERLING, CO

JOIN US TO
CELEBRATE AND
HONOR OLDER
ADULTS

TAKE A FEW LAPS
AROUND THE
COURTHOUSE
SQUARE &
ENJOY INTERACTIVE
BOOTHs FROM
LOCAL AGENCIES
AND BUSINESSES
THAT SUPPORT AN
AGE FRIENDLY
COMMUNITY

FOR MORE INFORMATION
CONTACT KAREN OR PEGGY
AT 970-522-7207 OR
CYNTHIA AT
970-522-1237