



2023

HERITAGE CENTER MONTHLY NEWSLETTER





MAY BIRTHDAYS

Allen Pancost	May 1 st
Gerald Jeffries	May 6 th
Joe Sutherland	May 10 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 for our quarterly
birthday and anniversary party


WEDNESDAY, JUNE 28th

3:00 P.M.

MAY 2023 HERITAGE MEAL SITE

For Reservations or Cancelations call 522-1237 by 8:00 a.m.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
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	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: 1099mg	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
8	9	10	11	12
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
15	16	17	18	19
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	HOT TURKER SANDWICH BROCCOLI SALAD GREEN BEANS & CORN PLUMS BROWNIE Calories: 710 Carb: 105.3g Fiber: 9.5g Protein: 31.2g Fat: 21.6g Sod: 1193mg	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	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
22	23	24	25	26
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 ITALIAN VEGETABLES GARLIC BREAD FRUIT CUP Calories: 667 Carb: 82.6g Fiber: 11.0g Protein: 33.6g Fat: 25.2g Sod: 542mg	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
29	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	MEXICAN BEEF SPANISH RICE TOSSED GREEN SALAD W/ DRESSING ROLL PINEAPPLE TIDBITS Calories: 626 Carb: 93.3g Fiber: 10.6g Protein: 26.0g Fat: 18.6g Sod: 1159mg	<p style="text-align: center;">For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p style="text-align: center;">If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p style="text-align: center;">Menu may change due to availability of food items or conditions that cause the kitchen to close.</p> <p style="text-align: center;">Suggested Donation - \$6.25</p> <p style="text-align: center;">Under Age 60 Mandatory Charge - \$12.50</p>



May 2023

Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle Group 1:30 Cards & Pool	2 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	3 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Chess, Checkers, Mah Jong, & Pool	4 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Card Group 1:30 Pool	5 10:00 Qi Gong Noon Meet & Eat 12:45 Embracing Aging on the Square 1:30 Cards, Cornhole, Dominoes & Pool	6 Dance w/ Classic Country 6:30-9:30 \$8.00
8 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	9 10:00 Foot Care Clinic (by appointment) 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 JWill Pink Village Pillow Project 1:30 Rummy/Five Crowns 1:30 Pool	10 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Mah Jong & Pool	11 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Hand & Foot Canasta	12 10:00 Qi gong Noon Meet & Eat 1:30 Council on Aging Meeting 1:30 Cards, Cornhole, Dominoes & Pool	13 Dance w/ FM Country 6:30-9:30 \$8.00
15 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Pinochle 1:30 Cards & Pool	16 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	17 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Mah Jong & Pool	18 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Sully" 1:30 Pool	19 10:00 Qi gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	20 Dance w/ Dan Dobson 6:30-9:30 \$8.00
22 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Area Agency on Aging Regional Meetings 1:30 Cards & Pool	23 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool 1:30 Rummy/Five Crowns	24 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Mah Jong & Pool	25 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	26 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	27 Dance w/ FM Country 6:30-9:30 p.m. \$8.00
29 CLOSED Memorial Day Observed No Meals served or delivered No Exercise or Activities	30 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	31 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Mah Jong & Pool	Foot Care Clinic is by appointment please call after May 1st to make your appointment (970) 522-1237		

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



SilverSneakers® Yoga

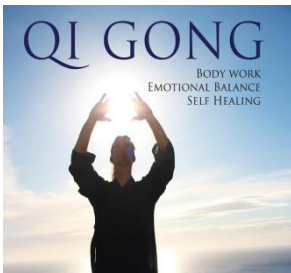
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

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.



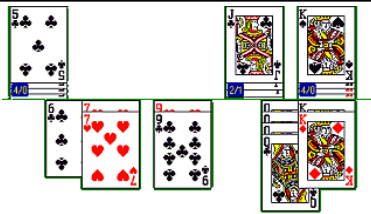
Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on
Mondays, Wednesdays, & Fridays



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. 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.

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

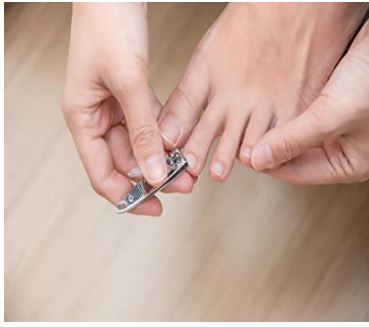
10:00-11:00 a.m. BY APPOINTMENT ONLY

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 THIS MONTH

The foot care clinic provided by
Northeast Plains Home Health will be on

Tuesday, May 9th

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 6th Classic Country

May 13th FM Country

May 20th Dan Dobson

May 27th FM Country

www.agewisecolorado.org

AgeWise is the on-line hub for Aging Adults and
Caregivers in Colorado

AgeWise provides great information, educational webinars,
vetted service providers.

MOVIE MATINEE

“SULLY”

Directed by Clint Eastwood

Starring Tom Hanks

Thursday, May 19th

1:30 p.m.

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation.



GRANDS GARDEN PLANNING MEETING

All volunteers interested in helping with our raised garden beds there will be a meeting on

MONDAY, MAY 15th

2:30 p.m.

We will make a list of what we would like to plant and get a schedule set up of who will be tending the garden when.



AMERICAN RED CROSS

Sleeves Up. Heart Open. All In.

The American Red Cross is looking for 4-6 volunteers in the Logan County Community to help with community projects such as the Home Smoke Detector Installation and Home Fire Preparedness Volunteers. If interested please reach out to William O'Connor at (970) 206-1252

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 contact the CSU Northeast Regional Engagement Center and they can share a Zoom link so you can join remotely. (970) 522-7207



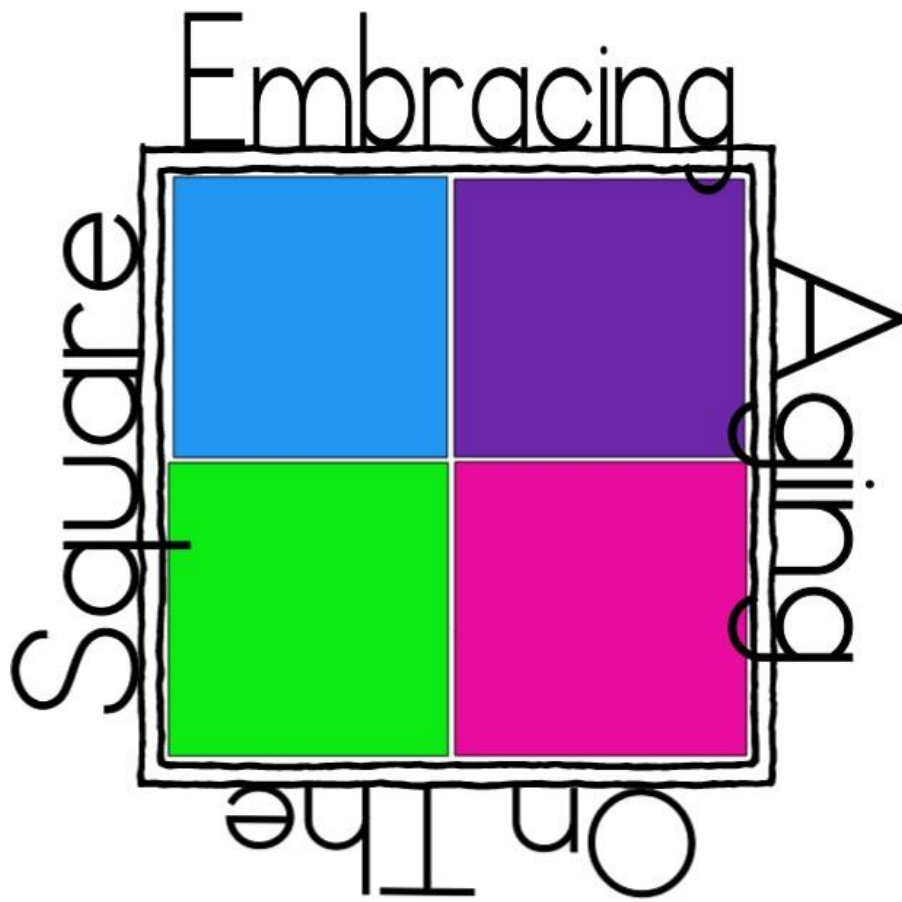


Text2LiveHealthy (T2LH) is a nutrition and physical activity, mental health outreach effort funded by the United States Department of Agriculture (USDA), through the SNAP-Ed funding mechanism, which utilizes text messaging to reach and engage Coloradoans. The goal of T2LH is to provide resources and helpful tips to keep Coloradoans engaged in a healthy lifestyle. When you sign up for T2LH you will receive text messages with creative recipes, tips to eat more fruits and vegetables, ideas to stay physically active.

**Text FRUIT to
97699 to sign up**

HOW TO HELP YOUR HERITAGE CENTER

The Logan County Heritage Center and the Logan County Council on Aging are moving forward with programs, activities and materials to better our senior center and the patrons that come in and out of our building. If you would like to donate office supplies, water, decorations for the Holidays we would appreciate your support. If you would like to leave a financial gift, the Logan County Council on Aging is a 501C-3 and can accept tax deductible donations. Please speak with Cynthia if this is something you would like to consider.



2023

Aging Unbound

CELEBRATE OLDER AMERICANS MONTH

FRIDAY, MAY 5th

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 AT
970-520-7142 OR
CYNTHIA AT
970-522-1237