



2024

Logan County
Heritage Center
Newsletter





MAY BIRTHDAYS

Allen Pancost	May 1
Gerald Jeffries	May 6
Joe Sutherland	May 10
Anna Adams	May 12
Dora Tilghman	May 12
Carol Pershing	May 15
Patrick Davis	May 19
Bill St. John	May 21
Myron House	May 24
Glenda Castle	May 26
Mike Canchola	May 27
Pat Rieb	May 28
Dee St. John	May 30
Coleman Robinson	May 31

ANNIVERSARIES

Bill & Dee St. John

May 13, 1952

JOIN US ON

WEDNESDAY, JUNE 26TH


3:00 P.M.

FOR OUR QUARTERLY BIRTHDAY AND ANNIVERSARY PARTY

MAY 2024 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
<p>Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$12.50</p> <p>***ATTENTION*** ** IF YOU ARE IN NEED OF A MEAL DUE TO THE HOLIDAY CLOSURE, PLEASE CONTACT DAKOTA AT 970-867-9409 EXT 3004 AT LEAST 2 WEEKS IN ADVANCE***</p>	<p>For Reservations Call 970-522-1237 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.</p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>PASTA PRIMAVERA w/ CHICKEN BRUSSEL SPROUTS SUPREME FRUIT CUP APPLE GRANOLA COOKIES</p> <p>Calories: 758 Carb: 92.4g Fiber: 11.0g Protein: 48.2g Fat: 23.7g Sod: 431mg</p>	<p>CITRUS PEPPER SALMON FILET BAKED POTATO MIXED VEGETABLES RAISIN BRAN MUFFIN APRICOT HALVES</p> <p>Calories: 700 Carb: 119.3g Fiber: 14.3g Protein: 32.7g Fat: 15.3g Sod: 1099mg</p>	<p>SOFT SHELL TACOS REFRIED BEANS MEXICAL CORN PEACH SLICES CINNAMON CRISPIES APPLE JUICE</p> <p>Calories: 798 Carb: 118.4g Fiber: 12.5g Protein: 39.6g Fat: 21.3g Sod: 1135mg</p>
6	7	8	9	10
<p>WHITE CHILI w/ CHICKEN LAYERED SALAD HONEY CORN BREAD FRUIT MIX TRAIL COOKIES</p> <p>Calories: 735 Carb: 102.8g Fiber: 12.0 Protein: 33.8g Fat: 22.7g Sod: 941mg</p>	<p>BRAISED BEEF BROWN RICE SPINACH ROLL MANDARIN ORANGES OATMEAL RAISIN COOKIES</p> <p>Calories: 616 Carb: 91.8g Fiber: 10.4g Protein: 32.5g Fat: 15.8g Sod: 549mg</p>	<p>POTATO SOUP SUPREME CRACKER PACKET TUNA CROISSANT BERRY BLEND</p> <p>Calories: 765 Carb: 113.0g Fiber: 11.8g Protein: 36.8g Fat: 21.0g Sod: 930mg</p>	<p>CHICKEN CACCIATORE RICE PILAF COUNTRY MIX VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 750 Carb: 92.5g Fiber: 10.0g Protein: 42.6g Fat: 24.6g Sod: 882mg</p>	<p>SPAGHETTI w/ MEAT SAUCE TOSSED GREEN SALAD w/ DRESSING GREEN BEANS GARLIC BREAD FRUIT CUP</p> <p>Calories: 631 Carb: 82.8g Fiber: 11.3g Protein: 31.5g Fat: 22.6g Sod: 528mg</p>
13	14	15	16	17
<p>SWISS STEAK MASHED POTATOES PEAS & CARROTS WW ROLL PINEAPPLE MANDARIN ORANGE COMPOTE PUDDING</p> <p>Calories: 670 Carb: 86.5g Fiber: 10.0g Protein: 39.8g Fat: 20.8g Sod: 768mg</p>	<p>CHICKEN SALAD w/ GREEN GRAPES BEAN MEDLEY SALAD ROLL STRAWBERRIES & BANANAS CARROT CAKE</p> <p>Calories: 650 Carb: 90.1g Fiber: 9.7g Protein: 34.3g Fat: 19.1g Sod: 674mg</p>	<p>CHEESEBURGER PIE BROCCOLI APPLE SALAD ASPARAGUS CUTS BERRY BLEND</p> <p>Calories: 798 Carb: 87.3g Fiber: 12.3g Protein: 37.6g Fat: 36.2g Sod: 569mg</p>	<p>BAKED FISH RICE PILAF CALIFORNIA VEGETABLES ANNA'S DILLY BREAD APRICOT HALVES</p> <p>Calories: 739 Carb: 99.9g Fiber: 10.6g Protein: 36.9g Fat: 24.1g Sod: 1050mg</p>	<p>CHICKEN ALFREDO CAESAR SALAD WINTER MIX VEGETABLES GARLIC BREAD BANANA SPLIT FRUIT CUP</p> <p>Calories: 797 Carb: 88.5g Fiber: 10.8g Protein: 37.0g Fat: 35.6g Sod: 761mg</p>
20	21	22	23	24
<p>PULLED PORK SANDWICH BOSTON BEANS CABBAGE TOSS PEAR ORANGE FRUIT CUP APPLE JUICE</p> <p style="text-align: center;">BIRTHDAY RECOGNITION</p> <p>Calories: 741 Carb: 105.0g Fiber: 10.7g Protein: 40.4g Fat: 18.4g Sod: 677mg</p>	<p>ORIENTAL CHICKEN BROCHETTE RICE ORIENTAL VEGETABLES FRENCH BREAD MANDARIN ORANGES w/ BANANAS</p> <p>Calories: 794 Carb: 99.4g Fiber: 9.5g Protein: 44.7g Fat: 26.0g Sod: 321mg</p>	<p>LASAGNA TOSSED SALAD w/ DRESSING ITALIAN VEGETABLES GARLIC BREAD FRUIT CUP</p> <p>Calories: 667 Carb: 82.6g Fiber: 11.0g Protein: 33.6g Fat: 25.2g Sod: 542mg</p>	<p>HAM MAC & CHEESE APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS APRICOT HALVES BUTTERSCOTCH BROWNIES</p> <p>Calories: 762 Carb: 107.6g Fiber: 11.9g Protein: 28.7g Fat: 27.2g Sod: 877mg</p>	<p>BEEF O'LE REFRIED BEANS MEXICAL CORN FRESH FRUIT CUP CINNAMON CRISPIES</p> <p>Calories: 704 Carb: 98.6g Fiber: 12.5g Protein: 38.1g Fat: 20.7g Sod: 799mg</p>
27	28	29	30	31
	<p>BEEF GOULASH MIXED VEGETABLES GARLIC CHEESE BISCUITS PINEAPPLE TIDBITS</p> <p>Calories: 675 Carb: 90.0g Fiber: 11.4g Protein: 38.0g Fat: 22.1g Sod: 929mg</p>	<p>POLISH SAUSAGE SAUERKRAUT OVEN BROWNED POTATOES CARAWAY ROLL BERRY BLEND</p> <p>Calories: 763 Carb: 89.1g Fiber: 13.4g Protein: 27.5g Fat: 35.8g Sod: 1032mg</p>	<p>CHICKEN FRIED STEAK MASHED POTATOES & GRAVY WINTER MIX VEGETABLES WW ROLL BANANA OATMEAL RAISIN COOKIES</p> <p>Calories: 781 Carb: 93.0g Fiber: 9.5g Protein: 39.1g Fat: 30.5g Sod: 829mg</p>	<p>BBQ CHICKEN SANDWICH POTATO SALAD BOSTON BEANS CANTALOUPE CUBES</p> <p>Calories: 650 Carb: 94.9g Fiber: 10.7g Protein: 43.0g Fat: 11.6g Sod: 1124mg</p>



May 2024

Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	2 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	3 9:00 Garden Club Planning Meeting 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Meeting 1:30 Cards, Cornhole, Dominoes & Pool	4 Dance w/ Classic Country 6:30-9:30 \$8.00
6 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	7 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Board Games	8 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	9 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	10 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	11 Dance w/ Dan Dobson 6:30-9:30 \$8.00
13 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	14 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	15 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	16 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	17 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	18 NO DANCE
20 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	21 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Board Games 1:30 Movie Matinee "Steel Magnolias"	22 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	23 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	24 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	25 Dance w/ FM Country 6:30-9:30 \$8.00
27 CLOSED NO MEALS NO EXERCISE NO ACTIVITIES	28 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	29 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers, Mah Jong	30 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool	31 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

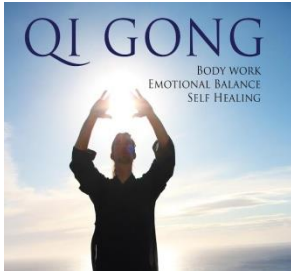


SilverSneakers® Yoga

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.

Stay tuned for information regarding class days and times.



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.



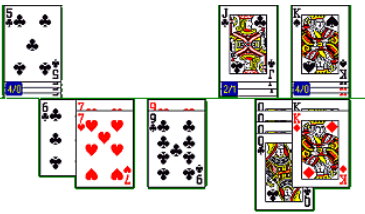
Join the SENIOR CITIZEN'S CLUB

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



FOOT CARE CLINIC

Our next clinic offering toenail trimming will be held on

Tuesday, May 14th

10:00-11:00 a.m.

By appointment only, 8 slots available

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

Please soak your feet before you arrive.

Donations greatly appreciated

MAY DANCE SCHEDULE



MAY 4TH

CLASSIC COUNTRY

MAY 11TH

DAN DOBSON

MAY 18TH

NO DANCE

MAY 25TH

FM COUNTRY



MOVIE MATINEE

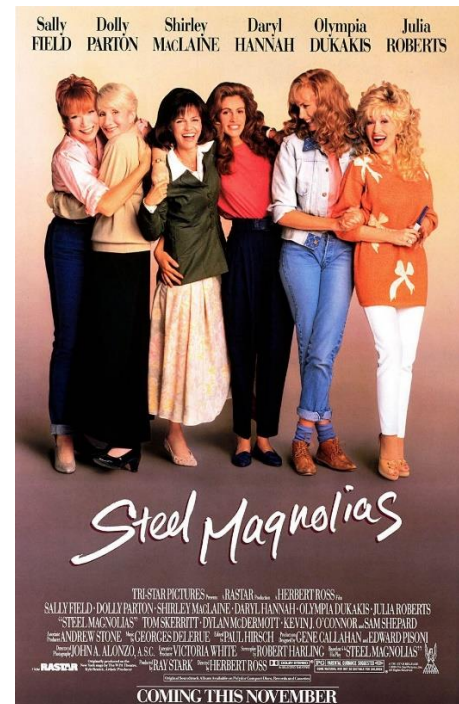
“Steel Magnolias”

Tuesday, May 21st

1:30 p.m.

**POPCORN, COMFORTABLE
SEATING, INTERMISSION**

Based on the 1987 play of the same name, *Steel Magnolias* explores the bond a group of women share in a small-town Southern community and how they cope with the death of one of their own.



BOARD GAMES

We have added a couple afternoons each month for people to come in and enjoy board games. In May we will gather on Tuesday, May 7th 1:30 p.m.

Tuesday, May 21st 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.



**GRANDS GARDEN
PLANNING MEETING**

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

**Friday, May 3rd
9:00 a.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.



PLANT SWAP

This is a fun way to acquire new plants, either potted, cutting or bare root. Bring your cuttings from healthy, disease and pest free plants to swap with friends and strangers.

Thursday, May 9th thru Sunday, May 12th

Sterling Public Library

970-522-2023

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

Sterling
CREATIVES

129 North 3rd Street
Sterling, Colorado 80751

*You are cordially
invited to our
Open House*

Friday, May 3rd

11:30 a.m. to 6 p.m.

Featured Artist

*Jane De Santi
Hug In An Envelope*



COLORADO
Commission on Aging

SAVE THE DATE

Please join the Colorado Commission on Aging for the

FUTURE OF AGING COLORADO STATEWIDE CONFERENCE

Inspiring Commitment and Action

• JUNE 2024 •

THURSDAY

6

8 A.M. — 6 P.M.

EMBASSY SUITES BY
HILTON LOVELAND
CONFERENCE CENTER

4705 CLYDESDALE PARKWAY,
LOVELAND, CO 80538

A day-long conference presented by the Colorado Commission on Aging to discuss the state of aging in Colorado and identify strategies to improve collaboration efforts to support all older Coloradans.

FEATURING:

Colorado state demographer, dashboard for aging in Colorado, state dementia plan, Lifelong Colorado, Allen Buckingham awards and an afternoon of breakout discussions related to Colorado aging topics.

RESERVE YOUR HOTEL ROOM TODAY:

bit.ly/ccoa-future-of-aging-embassy-suites

FOR ADDITIONAL QUESTIONS, CONTACT ADRIAN COWAN

Phone: 303-866-3090, cell: 720-724-3177 or email: adrian.cowan@state.co.us