

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"

### SURPLAY WENESDAY THURSDAY FRIDAY Suggested Domision - \$2.55	, –95	If you have questions about aller	gens in the recipes we serve, please conta		3 ** * **
Mandardy Charge - 12-50 the dry you want the meal. Fly rour mail. Fly rour	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Call 979-6221-237 by 600 a.m. BRUSSEL SPROITS SUPREME MACRO POTATO MERCADIO CORN				1	2
### Madestory Charge - \$12.50 the day you want the meal.	Suggested Donation - \$6.25			CITRUS PEPPER SALMON FILET	
## FYOU ARE IN NEED OF A MEAD USE TO THE HOLDAY CLOSURE, PLEASE CONTACT DANOTA CT 978-049 EXT 3004 AT LEAST VERKER IN ADVANCE** Menu may change due to availability of food items or conditions that cause Contact DANOTA AT 978-049 EXT 3004 AT LEAST VERKER IN ADVANCE** Menu may change due to availability of food items or conditions that cause Contact DANOTA AT 978-049 EXT 3004 AT LEAST VERKER IN ADVANCE** Menu may change due to availability of food items or conditions that cause Contact DANOTA AT 978-049 EXT 3004 AT LEAST VERKER IN ADVANCE** Menu may change due to availability of food items or conditions that cause Contact DANOTA AT 978-049 EXT 3004 AT LEAST VERKER IN ADVANCE** Menu may change due to availability of food items or conditions that cause Contact DANOTA AT 978-049 EXT 3004 AT LEAST VERKER IN ADVANCE** Menu may change due to availability of food items or conditions that cause Contact DANOTA AT 978-049 EXT 3004 AT LEAST VERKER IN ADVANCE** Protein: 2027 Ext 15.0g Sed: 108-079 Ext 15.0	Under Age 60	Call 970-522-1237 by 8:00 a.m.	BRUSSEL SPROUTS SUPREME	BAKED POTATO	REFRIED BEANS
### FOUR ARE NEED OF A NEE	Mandatory Charge - \$12.50	the day you want the meal.	FRUIT CUP	MIXED VEGETABLES	MEXICALI CORN
### OUT ARE NINEED OF A MEAL DUE TO THE HOLDING CLOSURE, PLEASE CONTACT DAKOTA AT 978 APE AUDICE Menumary change due to availability of food filters or conditions that cause a protein folding filters (2.5g filters 12.5g food filters) for conditions that cause a protein folding filters (2.5g filters 12.5g food filters) for conditions that cause a protein filter folding filters (2.5g filters 12.5g food filters) for conditions that cause a protein filter food filters or conditions that cause a protein filters (2.5g filters 12.5g food filters) for conditions that cause a protein filter folding filters (2.5g filters 12.5g food filters) for conditions that cause a protein filter folding filters (2.5g filters 12.5g food filters) for conditions that cause a protein filter folding filters (2.5g filters 12.5g food filters) for conditions for cause filters (2.5g filters 12.5g food filters) for cause filters (2.5g filters 12.5g food filters) for cause filters (2.5g filters 12.5g food filters) filters (2.5g filters 12.5g food filters) filters (2.5g filters 12.5g food filters) filters (2.5g filters 12.5g		If you must cancel your meal,	APPLE GRANOLA COOKIES	RAISIN BRAN MUFFIN	PEACH SLICES
TO THE HOLDAY CLOSURE, PLEASE CONTACT DATOTA 47798479 40EXT SOBJECT S	***ATTENTION***	please do so by 8:00 a.m.		APRICOT HALVES	CINNAMON CRISPIES
CONTACT DAKOTA AT 979-887-949 EXT Of food feems or conditions that cause Calorines 756 Carts 19.24 g Fiber 11.0g Calorines 700 Carts 19.3g Fiber 11.0g Protein 19.32 g Fiber 19.3g Soci 19.09 mg Protein 19.32 g Fiber 19.3g Soci	** IF YOU ARE IN NEED OF A MEAL DUE				APPLE JUICE
3004 TLEAST 2 WEEKS IN ADVANCE*** 6	TO THE HOLIDAY CLOSURE, PLEASE	Menu may change due to availability			
### CHILL of CHICKEN BRASED BEEF POTATO SOUP SUPREME CRACKER PACKET RICE PILAF COUNTRY MIX VEGETABLES CRACKER PACKET RICE PILAF COUNTRY MIX VEGETABLES CAPACITY MIX MIX MIX MIX MIX VEGETABLES CAPACITY MIX VEGETABLES CAPACITY MIX MIX MIX MIX MIX VEGETABLES CAPACITY MIX MIX MIX MIX	CONTACT DAKOTA AT 970-867-9409 EXT	of food items or conditions that cause	Calories: 758 Carb: 92.4g Fiber: 11.0g	Calories: 700 Carb: 119.3g Fiber: 14.3g	Calories: 798 Carb: 118.4g Fiber: 12.5g
HITE CHILL WICHCKEN AVERED SALAD BROWN RICE CRACKER PACKET TUNA CROSSANT CRED SALAD BROWN RICE CRACKER PACKET TUNA CROSSANT COUNTY MIX VEGSTABLES COUNTY MIX VEGSTABLES COUNTY MIX VEGSTABLES COUNTY MIX VEGSTABLES CANDER OF CARRY BLEND CHICKEN SALAD WICH STANDUCH COUNTY MIX VEGSTABLES CO	3004 AT LEAST 2 WEEKS IN ADVANCE***	the kitchen to close.	Protein: 48.2g Fat: 23.7g Sod: 431mg	Protein: 32.7g Fat: 15.3g Sod: 1099mg	Protein: 39.6g Fat: 21.3g Sod: 1135mg
AVERED SALAD SPANCH COUNTY MIX VEGETABLES GREEN EALAD w DRESSING ONEY CORN BREAD SPANCH COUNTY MIX VEGETABLES GREEN EALAD w DRESSING ONEY CORN BREAD SPANCH COUNTY MIX VEGETABLES GREEN EALAD w DRESSING ONEY CORN BREAD FRUIT CUP FRUIT CU	6	3	7	8	9
SPINACH SPIN	/HITE CHILI w/ CHICKEN	BRAISED BEEF	POTATO SOUP SUPREME	CHICKEN CACCIATORE	SPAGHETTI w/ MEAT SAUCE
RAIL COCKIES AND AND ARIO CANAGES ANALO COCKIES AND AND ARIO CANAGES ANALO COCKIES AND AND ARIO CANAGES ANALO COCKIES ANALO COCKIES Carb: 113.0g Fiber: 11.8g Protein: 25.0g Fiber: 10.0g And	AYERED SALAD	BROWN RICE	CRACKER PACKET	RICE PILAF	TOSSED GREEN SALAD w/ DRESSING
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Calories: 755 Carb: 102.8g Fiber: 12.0 Calories: 616 Carb: 91.8g Fiber: 10.4g Protein: 38.8g Fiber: 11.30g Fiber: 11.8g Calories: 750 Carb: 92.5g Fiber: 10.0g Protein: 31.5g Fat: 22.5g Sod: 528mg Protein: 32.5g Fat: 22.5g Fat: 22.5g Sod: 528mg Protein: 32.5g Fat: 22.5g Fat: 22.5g Sod: 528mg Protein: 32.5g Fat: 22.5g Fat: 22.5	RUIT MIX	ROLL	BERRY BLEND	WW ROLL	GARLIC BREAD
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Protein: 32.8g Fat: 22.7g Sod: 941mg Protein: 32.5g Fat: 15.8g Sod: 549mg Protein: 32.6g Fat: 24.6g Sod: 930mg Protein: 42.6g Fat: 24.6g Sod: 82mg Protein: 31.5g Fat: 22.6g Sod: 528mg Protein: 32.6g Fat: 24.6g Sod: 528mg Protein: 32.6g Fat: 24.1g Sod: 52.6g Sod: 528mg Protein: 32.6g Fat: 24.6g Sod: 528mg Protein: 32.6g Fat: 24.1g Sod: 5		OATMEAL RAISIN COOKIES			
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BEAN MEDLEY SALAD ROLL ROLL ROLL ROLL ROLL ROLL ROLL ROL					
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Protein: 44.7g Fat: 26.0g Sod: 321mg Protein: 33.6g Fat: 25.2g Sod: 542mg Protein: 28.7g Fat: 27.2g Sod: 877mg Protein: 38.1g Fat: 20.7g Sod: 799mg 27	BIRTHDAY RECOGNITION	Ĩ			
27 28 29 30 BEEF GOULASH MIXED VEGETABLES GARLIC CHEESE BISCUITS PINEAPPLE TIDBITS POLISH SAUSAGE SAUERKRAUT OVEN BROWNED POTATOES WINTER MIX VEGETABLES WW ROLL BERRY BLEND CARAWAY ROLL BERRY BLEND CHICKEN FRIED STEAK MASHED POTATOES & GRAVY WINTER MIX VEGETABLES BOSTON BEANS CANTALOUPE CUBES CANTALOUPE CUBES	alories: 741 Carb: 105.0g Fiber: 10.7g	Calories: 794 Carb: 99.4g Fiber: 9.5g	Calories: 667 Carb: 82.6g Fiber: 11.0g	Calories: 762 Carb: 107.6g Fiber: 11.9g	Calories: 704 Carb: 98.6g Fiber: 12.5g
BEEF GOULASH MIXED VEGETABLES GARLIC CHEESE BISCUITS OVEN BROWNED POTATOES WINTER MIX VEGETABLES GARLY POTATO SALAD BOSTON BEANS CARAWAY ROLL BERRY BLEND BANANA BBQ CHICKEN SANDWICH MASHED POTATOES & GRAVY WINTER MIX VEGETABLES BOSTON BEANS CANTALOUPE CUBES	rotein: 40.4g Fat: 18.4g Sod: 677mg	Protein: 44.7g Fat: 26.0g Sod: 321mg	Protein: 33.6g Fat: 25.2g Sod: 542mg	Protein: 28.7g Fat: 27.2g Sod: 877mg	Protein: 38.1g Fat: 20.7g Sod: 799mg
MIXED VEGETABLES GARLIC CHEESE BISCUITS OVEN BROWNED POTATOES WINTER MIX VEGETABLES BOSTON BEANS CARAWAY ROLL BERRY BLEND WE ROLL BANANA POTATO SALAD BOSTON BEANS CANTALOUPE CUBES	27	'	28	29	30
MIXED VEGETABLES SAUERKRAUT MASHED POTATOES & GRAVY POTATO SALAD GARLIC CHEESE BISCUITS OVEN BROWNED POTATOES WINTER MIX VEGETABLES BOSTON BEANS CARAWAY ROLL WW ROLL BERRY BLEND BANANA CANTALOUPE CUBES	# # # # # # # # # # # # # # # # # # # #	BEEF GOULASH	POLISH SAUSAGE	CHICKEN FRIED STEAK	BBQ CHICKEN SANDWICH
Happy PINEAPPLE TIDBITS CARAWAY ROLL BERRY BLEND WW ROLL BANANA CANTALOUPE CUBES		MIXED VEGETABLES	SAUERKRAUT	MASHED POTATOES & GRAVY	POTATO SALAD
MEMORIAL DAY		GARLIC CHEESE BISCUITS	OVEN BROWNED POTATOES	WINTER MIX VEGETABLES	BOSTON BEANS
MEMORIAL DAY	Happy	PINEAPPLE TIDBITS	CARAWAY ROLL	WW ROLL	CANTALOUPE CUBES
			BERRY BLEND	BANANA	
UA I MEAL RAISIN COURIES	Remember and honor			OATMEAL RAISIN COOKIES	
Calories: 675 Carb: 90.0g Fiber: 11.4g Calories: 763 Carb: 89.1g Fiber: 13.4g Calories: 781 Carb: 93.0g Fiber: 9.5g Calories: 650 Carb: 94.9g Fiber: 10.7g		Calories: 675 Carb: 90.0q Fiber: 11.4q	Calories: 763 Carb: 89.1g Fiber: 13.4g	Calories: 781 Carb: 93.0g Fiber: 9.5g	Calories: 650 Carb: 94.9g Fiber: 10.7g
Calories: 675 Carb: 90.0g Fiber: 11.4g Calories: 763 Carb: 89.1g Fiber: 13.4g Calories: 781 Carb: 93.0g Fiber: 95.g Calories: 650 Carb: 94.9g Fiber: 10.7g Protein: 38.0g Fat: 22.1g Sod: 929mg Protein: 27.5g Fat: 35.8g Sod: 1032mg Protein: 39.1g Fat: 30.5g Sod: 829mg Protein: 43.0g Fat: 11.6g Sod: 1124mg	COMPANY COMPANY	ů ů	ū ū	8 8	9

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	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 CLASSESS

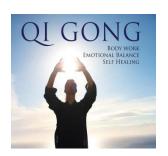
SilverSneakers® Yoga



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.



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 ActiveTM, 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

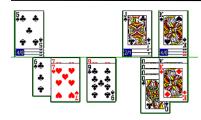
For Pinochle and Pool on Mondays, Wednesdays, & Fridays

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 monthy calendar. Please provide your name and contact information so we can start forming leagues.

FOOT CARE CLINIC

2nd Tuesday of <u>every month</u>
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 EYEGLASSES 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



CLASSIC COUNTRY

DAN DOBSON

No Dance

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





Please join the Colorado Commission on Aging for the

FUTURE OF AGING COLORADO STATEWIDE CONFERENCE

Inspiring Commitment and Action



● 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: <u>adrian.cowan@state.co.</u>.