

2025

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
Mike Canchola	May 27
Dee St. John	May 30

ANNIVERSARIES

Bill & Dee St. John

May 13, 1952

JOIN US ON

WEDNESDAY, JUNE 25TH

3:00 P.M.





FOR OUR QUARTERLY BIRTHDAY AND ANNIVERSARY PARTY

MAY 2025 HERITAGE MEAL SITE

For Reservations or Cancellations 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 style="text-align: center;">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 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 Under Age 60 Mandatory Charge - \$17.00</p>	<p>GRILLED SALMON FILET BAKED POTATO MIXED VEGETABLES RAISIN BRAN MUFFIN APRICOT HALVES</p> <p>Calories: 762 Carb: 110.7g Fiber: 14.6g Protein: 47.9g Fat: 18.4g Sod: 715mg</p>	<p>SOFT SHELL TACOS REFRIED BEANS MEXICALI CORN STRAWBERRY GELATIN SALAD SUGAR COOKIE APPLE JUICE</p> <p>Calories: 746 Carb: 104.0g Fiber: 11.4g Protein: 40.4g Fat: 20.3g Sod: 1110mg</p>
<p>WHITE CHILI W/ CHICKEN LAYERED SALAD HONEY CORN BREAD FRUIT MIX TRAIL COOKIE</p> <p>Calories: 752 Carb: 110.0g Fiber: 17.2 Protein: 33.4g Fat: 21.5g Sod: 966mg</p>	<p>CHEESEBURGER on a BUN LETTUCE/TOMATO/ONION/DILL PICKLES SWEET POTATO FRIES ASPARAGUS CUTS FRUIT COCKTAIL</p> <p>Calories: 810 Carb: 81.7g Fiber: 14.1g Protein: 59.8g Fat: 30.4g Sod: 730mg</p>	<p>CHICKEN CACCIATORE RICE PILAF COUNTY MIX VEGETABLES WW ROLL STRAWBERRIES & BANANAS</p> <p>Calories: 731 Carb: 92.2g Fiber: 11.9g Protein: 51.0g Fat: 18.7g Sod: 852mg</p>	<p>FIESTA PORK CHOP CHUCKWAGON CORN BISCUIT PINEAPPLE MANDARIN ORANGE COMPOTE</p> <p>Calories: 790 Carb: 97.1g Fiber: 9.7g Protein: 50.4g Fat: 24.8g Sod: 582mg</p>	<p>SPAGHETTI w/ MEAT SAUCE GREEN BEANS SPINACH CAULIFLOWER SALAD GARLIC BREAD FRUIT CUP CHERRY CAKE</p> <p>Calories: 651 Carb: 84.4g Fiber: 10.5g Protein: 30.4g Fat: 24.2g Sod: 928mg</p>
<p>TACO CASSEROLE REFRIED BEANS LETTUCE & TOMATO GARNISH FRUIT SALAD OATMEAL CHOCOLATE CHIP COOKIE</p> <p>Calories: 750 Carb: 103.2g Fiber: 12.1g Protein: 36.8g Fat: 22.1g Sod: 1089mg</p>	<p>CHICKEN SALAD w/ GREEN GRAPES BEAN MEDLEY SALAD FRENCH BREAD ORANGE WEDGES</p> <p>Calories: 743 Carb: 73.9g Fiber: 9.3g Protein: 31.7g Fat: 36.8g Sod: 1186mg</p>	<p>CHEESEBURGER PIE BROCCOLI APPLE SALAD CARROT COINS BERRY BLEND APPLESAUCE CAKE</p> <p>Calories: 629 Carb: 78.7g Fiber: 12.9g Protein: 31.6g Fat: 23.5g Sod: 950mg</p>	<p>BAKED FISH BROWN RICE CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CANTALOUPE CUBES</p> <p>Calories: 788 Carb: 96.5g Fiber: 8.5g Protein: 32.5g Fat: 31.9g Sod: 1078mg</p>	<p>CHICKEN ALFREDO WINTER MIX VEGETABLES CAESAR SALAD GARLIC BREAD BANANA SPLIT FRUIT CUP</p> <p>Calories: 744 Carb: 74.9g Fiber: 9.6g Protein: 35.9g Fat: 36.3g Sod: 669mg</p>
<p>SCALLOPED POTATOES w/ HAM BRUSSEL SPROUTS BLUEBERRY MUFFIN PINEAPPLE TIDBITS</p> <p style="text-align: center;"></p> <p style="text-align: center;">BIRTHDAY RECOGNITION</p> <p>Calories: 564 Carb: 84.5g Fiber: 9.6g Protein: 30.6g Fat: 14.3g Sod: 1038mg</p>	<p>ORIENTAL CHICKEN BROCHETTE RICE PILAF ORIENTAL VEGETABLES RAISIN ROLL MANDARIN ORANGES w/ BANANAS</p> <p>Calories: 776 Carb: 104.2g Fiber: 10.3g Protein: 50.6g Fat: 18.5g Sod: 402mg</p>	<p>LASAGNA ITALIAN VEGETABLES CRISPY CUCUMBERS & TOMATOES GARLIC BREAD FRUIT CUP CARROT CAKE</p> <p>Calories: 671 Carb: 91.2g Fiber: 9.9g Protein: 32.4g Fat: 22.1g Sod: 947mg</p>	<p>HAM MAC & CHEESE CAULIFLOWER & PEAS APPLE CARROT RAISIN SALAD FRENCH BREAD APRICOT HALVES</p> <p>Calories: 663 Carb: 97.3g Fiber: 14.3g Protein: 34.3g Fat: 18.4g Sod: 1175mg</p>	<p>BEEF O'LE REFRIED BEANS MEXICALI CORN FRESH FRUIT CUP CINNAMON CRISPIE</p> <p>Calories: 713 Carb: 98.8g Fiber: 12.5g Protein: 37.0g Fat: 21.7g Sod: 957mg</p>
<p style="text-align: center;"></p> <p style="text-align: center;">MEMORIAL DAY</p> <p style="text-align: center;">★ REMEMBER AND HONOR ★</p>	<p>BEEF GOULASH MIXED VEGETABLES GARLIC CHEESE BISCUIT PINEAPPLE TIDBITS</p> <p>Calories: 675 Carb: 80.2g Fiber: 9.6g Protein: 33.4g Fat: 27.8g Sod: 814mg</p>	<p>TUNA NOODLE CASSEROLE BROCCOLI APPLE SALAD WW ROLL APPLE SALAD COOKIE W/ RAISINS</p> <p>Calories: 644 Carb: 83.3g Fiber: 9.9g Protein: 35.8g Fat: 21.8g Sod: 693mg</p>	<p>CHICKEN FRIED STEAK MASHED POTATOES COUNTRY GRAVY GREEN BEANS ROLL BANANA SPLIT FRUIT CUP</p> <p>Calories: 803 Carb: 110.4g Fiber: 26.7g Protein: 46.0g Fat: 26.9g Sod: 1133mg</p>	<p>BARBECUE CHICKEN CAULIFLOWER & PEAS POTATO SALAD BRAN MUFFIN HEAVENLY HASH</p> <p>Calories: 760 Carb: 101.5g Fiber: 13.5g Protein: 53.0g Fat: 18.8g Sod: 1124mg</p>

May 2025

Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Garden Club Planning Meeting 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	2 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards, Cornhole, Dominoes, Pool	3 6:30-9:30 Dance w/ Classic Country
5 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Group	6 10:00 SilverSneakers® Classic 11:30 Medicare 101 Educational Workshop with Drew Mari Noon Meet & Eat 1:30 Pool 1:30 Board Games	7 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	8 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	9 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Pool	10 6:30-9:30 Dance w/ FM Country
12 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 PAR Exercise Group	13 9:00 Foot Care Clinic (call for appointment) 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 SRM Sewing Circle 1:30 Rummy/Five Crowns 1:30 Pool	14 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Bunco 1:30 Cards, Chess, Checkers & Pool	15 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Door Prize Bingo 1:30 Pool	16 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Pool	17 NO DANCE
19 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies (PAR) Exercise Class	20 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool	21 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	22 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	23 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Pool	24 6:30-9:30 Dance w/ FM Country
26 Memorial Day Closed No Meals or Activities	27 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	28 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool 3:30 Parkinson's Association of the Rockies Exercise Class	29 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Board Games	30 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Pool	31 6:30-9:30 Dance /w Dan Dobson

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES



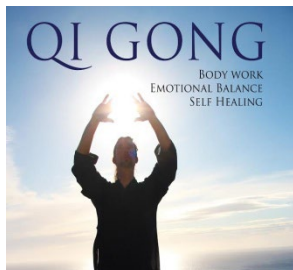
SilverSneakers® Yoga

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

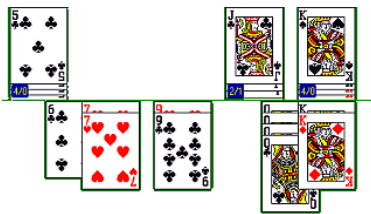
Mondays, Wednesdays, & Fridays

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 if 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

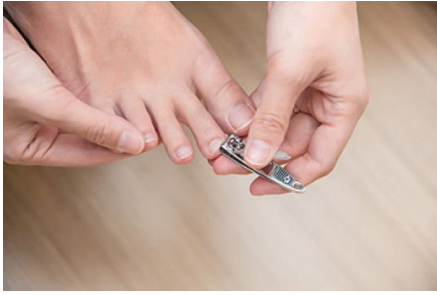
Call 970 522-1237 to schedule your 15-minute appointment

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 13th

9:00-10:45 a.m.

By appointment only

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 3RD

CLASSIC COUNTRY

MAY 10TH

FM COUNTRY

MAY 17TH

NO DANCE

MAY 24TH

FM COUNTRY

MAY 31ST

DAN DOBSON

THE HERITAGE CENTER WILL BE CLOSED
MONDAY, MAY 26TH IN OBSERVANCE OF
MEMORIAL DAY

No activities

No meals served or delivered

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 6th 1:30 p.m.

Thursday, May 29th 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

Thursday, May 1st
9:00 a.m.

We will make a list of what we would like to plant, schedule our shopping and planting dates and work on the summer of schedule of who will be tending the garden when. If you can't attend let Peggy Duvall or Cynthia Mills know.



DOOR PRIZE BINGO

JOIN US

THURSDAY, MAY 15TH

1:30 P.M.

DOOR PRIZES SPONSORED BY DEVONSHIRE (VIVAGE BEACON)



Health & Healing Through the Ages

One thing we all know is that we are getting older, but many of us have shown that we can age with grace and love for life. There are 62 million people over 65 in the U.S. and there will be over 75 million by 2035.

Aging is only a concept. We need to create a conscious ideal of older people-not what society believes, that because you get older you have to suffer in pain, be frail, poor and lonely. As someone said, "It is not the years in our life, but the life in our years." If we are willing to change our thinking, we are willing to change our life. We should be able to live healthy, happy and at peace until we leave this earth. I am going to address key steps to aging with Grace and Vigor in the next few months starting with nutrition.

~ Paulette Carpenter

AGING WITH GRACE AND VIGOR

NURTRITION Anti-inflammatory diet

By eating healthy, optimum wellness is accessible to all.

- Eat to live, not live to eat.
- Be mindful when eating; savor each bite, slow down, chew thoroughly.

Included in an anti-inflammatory diet or Mediterranean diet is eating more vegetables, fruits, whole grains, nuts, seeds, and fish. Foods like blueberries, spinach, kiwi, cabbage, and dark chocolate have flavonoids that keep the brain alert by increasing blood flow.

Omega fats such as salmon, avocados, olives, and walnuts support keeping skin supple and fights inflammation which can decrease the aging process.

To decrease inflammation, eat less; Butter, bacon, donuts, hot dogs, red meat, whole fat milk & cheese, poultry with skin, pork sausage, prepackaged cookies, salami, white bread.

I leave you with four intentions for a happy, healthy and harmonious life. You can repeat it several times per day.

Joyful energetic body

Loving Compassionate Heart

Alert reflective graceful mind

Lightness of being

As Oprah said, "Your life is a journey of learning to love yourself first and then extending that love to others in every encounter."

MEDICARE 101 EDUCATIONAL WORKSHOP

Drew Mari

Independent Agent

Andrewmari@ffig.com

Tuesday, May 6, 2025

11:30 AM

Logan County Heritage Center

821 N Division Ave

Sterling, CO 80751

- ◆ **This is a great workshop if you are turning 65 or going to be eligible for Medicare in the next six months**
- ◆ **Gain an understanding of how Medicare works**
- ◆ **Learn the difference between Medicare Advantage and Medicare Supplement plans**
- ◆ **Discover how Medicare Prescription Drug Plans work**
- ◆ **Learn how to find the best plan for you**

This workshop is complimentary, but seating is limited.

CALL TO REGISTER: 970-571-1800

For accommodations of persons with special needs at meetings, call TTY: 711. Futurity First is not connected with or endorsed by the United States government or the federal Medicare program.

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Coffee, Tea, & We

*JOIN US FOR CONVERSATION AND CONNECTION AS WE COME TOGETHER TO
LEARN, LAUGH, AND SHARE.*

THE CSU NORTHEAST REGIONAL ENGAGEMENT CENTER PRESENTS:

In-person OR virtual- Mondays at 1:00 p.m.
304 Main St. Sterling, Co 80751
<https://zoom.us/j/97345913515>

MARCH

~~3/3/2025- MISSION: TECH POSSIBLE-USING EXCEL/GOOGLE SHEETS FOR BEGINNERS~~

~~3/10/2025- **NO CLASS**~~

~~3/17/2025- EXTENSION MONDAY- LINDA LANGELO OVERVIEW OF HER BOOK:
"PLANTS ARE SPEAKING, ARE YOU LISTENING"~~

~~3/24/2025- COMMUNITY PARTNER- KIM DELGADO- MEALS ON WHEELS~~

~~3/31/2025- MISSION: TECH POSSIBLE- GOOGLE DOC PART 3 OF 4~~

APRIL

~~4/7/2025- **NO CLASS**~~

~~4/14/2025- MISSION: TECH POSSIBLE- GOOGLE DOC PART 4 OF 4~~

~~4/21/2025- JIM KUEMMERLE, MSW, BCD, LCSW- BEHAVIORAL HEALTH SPECIALIST -
BRAIN HEALTH: STRATEGIES TO KEEP YOUR MIND SHARP~~

~~4/28/2025- MASA (MEDICAL TRANSPORT SOLUTIONS)- CAROL RILEY-MCVAY (FREE
LUNCH PROVIDED)~~

MAY

~~5/5/2025- CINCO DE MAYO CELEBRATION~~

~~5/12/2025- ALAINA MAUS - NECALG - DISCUSSION WITH COMMUNITY EXPERTS -
INFORMATION ON MEDICARE ADVANTAGE PLANS~~

~~5/19/2025- JIM KUEMMERLE, MSW, BCD, LCSW- BEHAVIORAL HEALTH SPECIALIST~~

~~5/26/2025- **CLOSED MEMORIAL DAY**~~



**ENGAGEMENT
AND EXTENSION**

COLORADO STATE UNIVERSITY

FOR MORE INFORMATION
CONTACT:

(970) 571-9582

PEGGY.STOLTENBERG@COLOSTATE.EDU

COLORADO STATE UNIVERSITY EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER. |
COLORADO STATE UNIVERSITY EXTENSION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES.
COLORADO STATE UNIVERSITY DOES NOT DISCRIMINATE ON THE BASIS OF DISABILITY AND IS COMMITTED TO PROVIDING REASONABLE ACCOMMODATIONS. | COLORADO STATE
UNIVERSITY NO DISCRIMINA POR MOTIVOS DE DISCAPACIDAD Y SE COMPROMETE A PROPORCIONAR ADAPTACIONES RAZONABLES.
CSU'S OFFICE OF ENGAGEMENT AND EXTENSION ENSURES MEANINGFUL ACCESS AND EQUAL OPPORTUNITIES TO PARTICIPATE TO INDIVIDUALS WHOSE FIRST LANGUAGE IS NOT
ENGLISH. | OFFICE OF ENGAGEMENT AND EXTENSION DE CSU GARANTIZA ACCESO SIGNIFICATIVO E IGUALDAD DE OPORTUNIDADES PARA PARTICIPAR A LAS PERSONAS QUIENES SU
PRIMER IDIOMA NO ES EL INGLÉS.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®



ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Join us to learn about:

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Current research and treatments available to address some symptoms.
- » Alzheimer's Association resources.

**Tuesday, May 20
1:30 p.m. - 3:00 p.m.**

**Colorado State University
Northeast Regional Engagement Center
304 Main St., Sterling**

**For Questions/Registration:
Peggy Stoltenberg
970.522.7207**

Visit [alz.org/CRF](https://www.alz.org/CRF) to explore additional education programs online and in your area.



COLORADO STATE UNIVERSITY
ENGAGEMENT AND EXTENSION



Colorado Chapter



• FAMILY RESOURCE CENTER •

★ ★ ★
LOGAN COUNTY
CHAMBER OF COMMERCE

PRESENTS/PRESENTA

 **ENGAGEMENT
AND EXTENSION**
COLORADO STATE UNIVERSITY



**BEBIDAS/
DRINKS**



KERMES DE MAYO FESTIVAL

**SABADO
3 DE MAYO/
SATURDAY
MAY 3RD
2025**

12 PM - 8 PM

**WHERE/LUGAR:
COURTHOUSE GAZEBO / KIOSKO DE LA CORTE
315 MAIN STREET STERLING, CO, 80701**

¿preguntas? llamar a: For Question call:

**SARA (970) 580-7716
NATHALIE (970) 571-4797
PEGGY (970) 571-9582**

SAVE THE DATE/RESERVA LA FECHA