



SR. CITIZEN'S NEWSLETTER



2022





NOVEMBER BIRTHDAYS

Carlton Wyckoff
Modesta Stoops
Joyce Morrell
Donna Sonnenberg
Justin Weber
Sally Lock
Sarah Ayala
Margaret "Lorrie" Frick
Deb Neal
Joyce Lybarger
Russell Clodfelder
Anne Brunner
Gene Facchinello
Alice Folladori

November 2nd
November 4th
November 9th
November 15th
November 17th
November 20th
November 21st
November 24th
November 24th
November 25th
November 26th
November 28th
November 29th
November 29th

WEDDING ANNIVERSARIES

Alan & Peggy Duvall




November 21, 1970

BIRTHDAY'S AND ANNIVERSARIES
WILL BE CELEBRATED QUARTERLY
PLEASE JOIN US
WEDNESDAY, DECEMBER 28TH
@ 3:00 P.M.

November 2022

| Mon | Tue | Wed | Thu | Fri | |
|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| | 1 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies | 2 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 2:00 Pinochle | 3 10:00 No Exercise Today Noon Meet & Eat 1:30 No afternoon activities 6:00 Coalition on Aging meeting (@NREC) | 4 CLOSED No meals served or delivered No activities 1:30 Council on Aging (library) | 5 Dances are being held at Faith United Church Dance to Classic Country 6:30 p.m.-9:30 p.m. \$7.00 |
| 7 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Card Group | 8 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy 1:30 Sewing & Hobbies 1:30 JWill Pink Village | 9 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Mah Jong, Dominioes | 10 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta | 11 Noon Meet & Eat 1:00 Heritage Center closes in Observance of Veteran's Day | 12 Dances are being held at Faith United Methodist Church Dance to FM Country 6:30-9:30 p.m. \$7.00 |
| 14 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards | 15 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies | 16 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Mah Jong, Dominoes | 17 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Card Group | 18 Noon Meet & Eat | 19 Dance at Faith United Methodist Church Dance to Dan Dobson 6:30-9:30 p.m. \$7.00 |
| 21 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards | 22 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbiesw 1:30 Rummy | 23 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Mah Jong, Dominoes | 24 CLOSED Happy Thanksgiving!  | 25 Noon Meet & Eat 1:00 Heritage Center Closes | 26 Dance at Faith United Methodist Church Dance to FM Country 6:30-9:30 p.m. \$7.00 |
| 28 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards | 29 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies | 30 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Mah Jong, Dominoes | | | |

NOVEMBER 2022
HERITAGE MEAL SITE
FOR RESERVATIONS OR CANCELATIONS CALL 522-1237 BY 8:00 A.M.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | 1 | 2 | 3 | 4 |
| | BEEF & NOODLES APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS ONION ROLL PLUMS Calories: 609 Carb: 97.1g Fiber: 11.5g Protein: 32.5g Fat: 12.5g Sod: 480mg | CITRUS PEPPER SALMON FILET BAKED POTATO CAROLINA SALAD BRAN MUFFIN FRUIT COCKTAIL Calories: 609 Carb: 95.0g Fiber: 9.6g Protein: 28.6g Fat: 16.0g Sod: 1087mg | SACK LUNCH SANDWICH TRAIL MIX Calories: 781 Carb: 100.5g Fiber: 10.2g Protein: 37.7g Fat: 28.6g Sod: 461mg | CLOSED No Meals served or delivered today Calories: 610 Carb: 98.0g Fiber: 12.0g Protein: 34.5g Fat: 13.1g Sod: 968mg |
| 7 | 8 | 9 | 10 | 11 |
| BEEF GOULASH GREEN BEANS & CORN ROLL PEACH SLICES APPLE GRANOLA COOKIES Calories: 691 Carb: 93.6g Fiber: 11.3g Protein: 33.3g Fat: 24.1g Sod: 793mg | BARBECUE PORK CHOPS BAKED POTATO CABBAGE BRAN MUFFIN PEAR ORANGE FRUIT CUP Calories: 673 Carb: 94.3g Fiber: 9.9g Protein: 34.8g Fat: 20.2g Sod: 817mg | LASAGNA TOSSED SALAD w/ DRESSING PEAS GARLIC BREAD PEAR SLICES Calories: 719 Carb: 85.5g Fiber: 13.2g Protein: 35.5g Fat: 28.5g Sod: 480mg | LIVER & ONIONS OVEN BROWNED POTATOES BRAISED CELERY & TOMATOES WW ROLL APPLESAUCE Calories: 633 Carb: 91.7g Fiber: 10.5g Protein: 33.5g Fat: 16.6g Sod: 523mg | HAM POTATO CHOWDER ASPARAGUS CUTS BRAN MUFFIN FRUIT MIX CRANBERRY CRUNCH  Calories: 730 Carb: 121.1g Fiber: 11.9g Protein: 30.1g Fat: 18.7g Sod: 717mg |
| 14 | 15 | 16 | 17 | 18 |
| HOT ROAST BEEF SANDWICH FRITO SALAD BRUSSEL SPROUTS FRUIT CUP Calories: 619 Carb: 87.6g Fiber: 11.6g Protein: 35.8g Fat: 16.3g Sod: 803mg | TUNA NOODLE CASSEROLE CAROLINA SALAD ONION ROLL PINEAPPLE TIDBITS COOKIE w/ RAISINS Calories: 785 Carb: 107.0g Fiber: 9.5g Protein: 35.7g Fat: 27.2g Sod: 756mg | SHEPHERD'S PIE CARROT RAISIN SALAD ROLL STRAWBERRY APPLESAUCE Calories: 617 Carb: 104.6g Fiber: 10.0g Protein: 29.7g Fat: 12.6g Sod: 807mg | ROAST PORK MASHED POTATOES & GRAVY BROCCOLI CARAWAY ROLL WINTER FRUIT CUP OATMEAL CHOCOLATE CHIP COOKIES Calories: 716 Carb: 95.3g Fiber: 9.7g Protein: 35.9g Fat: 23.2g Sod: 756mg | WHITE CHILI w/ CHICKEN CRACKERS LAYERED SALAD MANDARIN ORANGES w/ BANANAS BUTTERSCOTCH BROWNIES Calories: 7352 Carb: 107.2g Fiber: 12.0g Protein: 32.8g Fat: 23.6g Sod: 764mg |
| 21 | 22 | 23 | 24 | 25 |
| HAMBURGER ON A BUN LETTUCE/TOMATO/ONION POTATO SALAD CALIFORNIA VEGETABLES PEAR SLICES Calories: 701 Carb: 85.1g Fiber: 10.2g Protein: 42.5g Fat: 23.2g Sod: 733mg | ROAST TURKEY DRESSING MASHED POTATOES & GRAVY BROCCOLI YAM APPLE BAKE CRANBERRY SAUCE PUMPKIN COOKIES Calories: 794 Carb: 122.5g Fiber: 10.7g Protein: 28.3g Fat: 23.6g Sod: 972mg | BEEF O'LE REFRIED BEANS COBBLER CORN FRUIT CUP Calories: 717 Carb: 99.3g Fiber: 14.9g Protein: 40.0g Fat: 20.5g Sod: 628mg |  | HAMBURGER STEAK BOILED POTATOES PEAS WW ROLL ORANGE JUICE /BANANA GELATIN SALAD Calories: 724 Carb: 84.9g Fiber: 11.0g Protein: 44.7g Fat: 23.8g Sod: 390mg |
| 28 | 29 | 30 | | |
| SPANISH RICE w/ GROUND BEEF TOSSED GREEN SALD w/ DRESSING ONION ROLL PLUMS OATMEAL NUT COOKIES  BIRTHDAY RECOGNITION Calories: 663 Carb: 92.7g Fiber: 9.7g Protein: 30.8g Fat: 21.6g Sod: 545mg | HAM AU GRATIN POTATOES MIXED VEGETABLES OATMEAL ROLL MANDARIN ORANGES NATURE COOKIES Calories: 792 Carb: 111.7g Fiber: 10.0g Protein: 39.4g Fat: 24.9g Sod: 1067mg | CITRUS PEPPER SALMON FILET BAKED SWEET POTATO WINTER MIX VEGETABLES BRAN MUFFIN PEACH SLICES APPLE GRANOLA COOKIE Calories: 739 Carb: 108.4g Fiber: 14.6g Protein: 32.8g Fat: 23.2g Sod: 959mg | Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$12.50 Menu may change due to availability of food items or conditions that cause the kitchen to close. | For Reservations Call 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. the day of the meal. |

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.

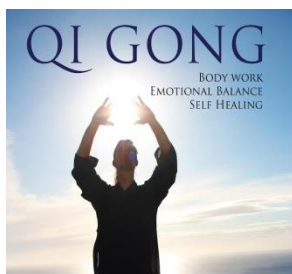
Monday & Wednesday mornings at 10:00 a.m.

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.



Guest speakers, guest instructors, Tai chi classes and other health related topics are offered throughout the year. Sign-up to receive our email newsletter to keep informed of upcoming opportunities to improve your health and to remain **ACTIVE while AGING.**



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

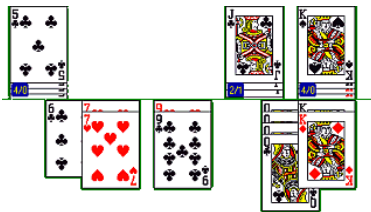
For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1: 30 start time, Snack break at 3:00
Bring your quarters/ 50 cents a snack



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~~ CANCELLED UNTIL FURTHER NOTICE DUE TO NURSING SHORTAGE

~~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~~



Please note the Sr. Citizen's Club Monthly Birthday and Anniversary Parties are now being held quarterly. Our next party will be Wednesday, December 28th at 3:00 p.m.

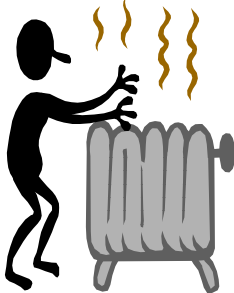


Medicare Part D

Remember open enrollment is October 15th through December 7th.

Alaina is scheduling appointments at her new office located the CSU Northeast Regional Engagement Center. Appointments are strongly encouraged to review your plan and determine if you should make a plan in prescription drug plan.

Please call Alaina at (970) 522-1970 or (970) 466-9811 to set up your appointment.



L.E.A.P. starts November 1

The Low-income Energy Assistance Program starts November 1st and applications are accepted through April 30th. LEAP is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs. It is not intended to pay the entire cost of home heating, but rather to help alleviate some of the burden associated with the colder months. You can qualify if your monthly income for **1 person is \$2,880 or less or \$3,766 for a 2 person household.**

Applications available at the Heritage Center or Department of Human Services. Help completing the application is available through our local Dept. of Human Services office. For more information please call Cynthia at 522-1237 or 1-866-432-8435

DANCE SCHEDULE

The dances will be held at the Faith United Methodist Church at 230 Williams Place. Join us every Saturday Night for dancing to live music.

Cover Charge \$7.00

6:30-9:30 p.m.



November 5th

Classic Country

November 12th

FM Country

November 19th

Dan Dobson

November 26th

FM Country



DECEMBER 17TH, 2022 National Wreaths Across America Day

The Peetz American Legion Auxillary Unit 134 has joined the national movement to place a wreath on every veteran of war at the Peetz Cemetary. They are looking for individuals to sponsor a wreath for the 132 veterans laid to rest at the Peetz Cemetary. Please donate online at www.wreathscrossamerica.org/CO0262P or you can contact Evelyn Gardiner at (970) 520-3293 for assistance to order or to volunteer.

CSU Engagement Center and Senior Planet brings technology training to older adults

All classes will be held at CSU Engagement Center 302 Main Street Sterling

Wednesday, November 9th 1:00 p.m. Online Health Resources

Wednesday, November 23rd, 1:00 p.m. Online Shopping

Wednesday, December 7th 1:00 p.m. All Things Zoom

All Classes are free 75 minute lectures with handouts and must be attended at CSU Engagement Center (no on-line options are available)

Contact Peggy Stoltenberg at the CSU Engagement Center to sign up or for more information call (970) 571-9582



The St. Anthony's Church Fall Bazaar will be held on Saturday, November 5 and Sunday, November 6th to allow them time to prepare and set up the following changes have been made to our schedule.

Thursday, November 3rd 10:00 NO SilverSneakers®

12:00 Meet & Eat will be served

1:30 NO AFTERNOON ACTIVITIES

Friday, November 4th

NO MEALS DELIVERED OR SERVED

NO AFTERNOON ACTIVITIES



Do you have enough smoke detectors in your home? Have they been cleaned and tested recently? Did you know that batteries in your smoke detectors should be changed annually? Do you have a working carbon monoxide detector?

If you answered NO to any of the above questions then the Sterling Fire Department needs to be your next phone call if you are an older adult or an individual with physical limitations.

Sterling Fire Department is participating in the smoke alarm replacement program “Change Your Clock, Change Your Battery”. If you need assistance changing the batteries, cleaning and/or replacing your smoke alarm due to physical limitations or safety reasons please contact the Sterling Fire Department at (970) 522-3823 to get enrolled in the program.

REMEMBER The time change is a great time to change your batteries in smoke alarms.

