



SR. CITIZEN'S NEWSLETTER



2023





NOVEMBER BIRTHDAYS

Carlton Wyckoff
Modesta Stoops
Joyce Morrell
Carol Brom
Donna Sonnenberg
Justin Weber
Sharon Wyckoff
Sally Lock
Sarah Ayala
Rose Roth
Margaret "Lorrie" Frick
Deb Neal
Joyce Lybarger
Russell Clodfelder
Gene Facchinello
Alice Folladori

November 2nd
November 4th
November 9th
November 11th
November 15th
November 17th
November 17th
November 20th
November 21st
November 23rd
November 24th
November 24th
November 25th
November 26th
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 PM

NOVEMBER 2023

HERITAGE MEAL SITE

For Reservations or Cancelations call 970-522-1237 by 8:00 a.m.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
	<p>Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$12.50</p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>CHICKEN FRIED STEAK MASHED POTATOES W/ GRAVY BROCCOLI ANNA'S DILLY BREAD BANANA SPLIT FRUIT CUP</p> <p>Calories: 714 Carb: 85.9g Fiber: 9.8g Protein: 40.4g Fat: 25.7g Sod: 757mg</p>	<p>HAM & BEANS WALDORF SALAD CORN MUFFIN MANDARIN ORANGES w/ BANANAS APPLE GRANOLA COOKIE</p> <p>Calories: 795 Carb: 123.3g Fiber: 14.9g Protein: 30.8g Fat: 22.9g Sod: 1077mg</p>	<p>ROAST BEEF MASHED POTATOES W/ GRAVY PEAS & CORN OATMEAL ROLL PEAR SLICES ORANGE JUICE</p> <p>Calories: 605 Carb: 95.8g Fiber: 9.5g Protein: 33.2g Fat: 11.5g Sod: 643mg</p>
6	7	8	9	10
<p>WHITE CHILI w/ CHICKEN CRACKER PACKET LAYERED SALAD MANDARIN ORANGES w/ BANANAS BUTTERSCOTCH BROWNIE</p> <p>Calories: 752 Carb: 107.2g Fiber: 12.0g Protein: 32.8g Fat: 23.6g Sod: 764mg</p>	<p>BARBECUE PORK CHOPS BAKED POTATO CABBAGE BRAN MUFFIN PEAR ORANGE FRUIT CUP</p> <p>Calories: 690 Carb: 94.3g Fiber: 9.9g Protein: 34.8g Fat: 22.1g Sod: 847mg</p>	<p>LASAGNA TOSSED SALAD w/ DRESSING PEAS GARLIC BREAD PEAR SLICES</p> <p>Calories: 719 Carb: 85.5g Fiber: 13.2g Protein: 35.5g Fat: 28.5g Sod: 480mg</p>	<p>LIVER & ONIONS OVEN BROWNED POTATOES BRAISED CELERY & TOMATOES WW ROLL APPLESAUCE</p> <p>Calories: 633 Carb: 91.7g Fiber: 10.5g Protein: 33.5g Fat: 16.6g Sod: 523mg</p>	<p>HAM POTATO CHOWDER ASPARAGUS CUTS BRAN MUFFIN FRUIT MIX CRANBERRY CRUNCH</p> <p>Calories: 730 Carb: 121.1g Fiber: 11.9g Protein: 30.1g Fat: 18.7g Sod: 717mg</p> 
13	14	15	16	17
<p>HOT ROAST BEEF SANDWICH FRITO SALAD BRUSSEL SPROUTS FRUIT CUP</p> <p>Calories: 619 Carb: 87.6g Fiber: 11.6g Protein: 35.8g Fat: 16.3g Sod: 803mg</p>	<p>TUNA NOODLE CASSEROLE CAROLINA SALAD ONION ROLL PINEAPPLE TIDBITS COOKIE w/ RAISINS</p> <p>Calories: 785 Carb: 107.0g Fiber: 9.5g Protein: 35.7g Fat: 27.2g Sod: 756mg</p>	<p>KITCHEN CLOSED SACK LUNCH WILL BE DELIVERED Ham & Swiss Sandwich Three Bean Salad Pineapple Mandarin Orange Compote Raisin Nut Cup CALL TO CANCEL IF NOT DESIRED 970-522-1237</p>	<p>HAM MASHED POTATOES & GRAVY BROCCOLI CARAWAY ROLL WINTER FRUIT CUP OATMEAL CHOCOLATE CHIP COOKIE</p> <p>Calories: 648 Carb: 96.5g Fiber: 9.7g Protein: 29.8g Fat: 18.4g Sod: 1382mg</p>	<p>BEEF GOULASH GREEN BEANS & CORN ROLL PEACH SLICES APPLE GRANOLA COOKIE</p> <p>Calories: 691 Carb: 93.6g Fiber: 11.3g Protein: 33.3g Fat: 24.1g Sod: 793mg</p>
20	21	22	23	24
<p>HAMBURGER ON A BUN LETTUCE/TOMATO/ONION SLICES POTATO SALAD CALIFORNIA VEGETABLES PEAR SLICES</p> <p>Calories: 701 Carb: 85.1g Fiber: 10.2g Protein: 42.5g Fat: 23.2g Sod: 733mg</p>	<p>ROAST TURKEY DRESSING MASHED POTATOES & GRAVY BROCCOLI YAM APPLE BAKE CRANBERRY SAUCE PUMPKIN COOKIE</p> <p>Calories: 794 Carb: 122.5g Fiber: 10.7g Protein: 28.3g Fat: 23.6g Sod: 972mg</p>	<p>BEEF O'LE REFRIED BEANS SALSA COBBLER CORN FRUIT CUP</p> <p>Calories: 723 Carb: 101.4g Fiber: 15.5g Protein: 40.5g Fat: 20.6g Sod: 842mg</p>		 <p>KITCHEN CLOSED</p>
27	28	29	30	
<p>SPAGHETTI W/ MEAT SAUCE TOSSED GREEN SALAD w/ DRESSING ONION ROLL FRUIT MIX OATMEAL NUT COOKIES</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 666 Carb: 92.8g Fiber: 10.3g Protein: 30.8g Fat: 21.6g Sod: 545mg</p> 	<p>CITRUS PEPPER SALMON FILET BAKED SWEET POTATO WINTER MIX VEGETABLES BRAN MUFFIN PEACH SLICES APPLE GRANOLA COOKIE</p> <p>Calories: 792 Carb: 111.7g Fiber: 10.0g Protein: 39.4g Fat: 24.9g Sod: 1067mg</p>	<p>HAM AU GRATIN POTATOES MIXED VEGETABLES OATMEAL ROLL MANDARIN ORANGES NATURE COOKIES</p> <p>Calories: 792 Carb: 111.7g Fiber: 10.0g Protein: 39.4g Fat: 24.9g Sod: 1067mg</p>	<p>CHILI CON CARNE & BEANS CRACKER PACKET PINEAPPLE COLESLAW CINNAMON ROLLS ORANGE WEDGE</p> <p>Calories: 627 Carb: 88.0g Fiber: 12.9g Protein: 28.2g Fat: 20.1g Sod: 1212mg</p>	<p>For Reservations Call 970-522-1237 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>

November 2023

Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizens Club Business Meeting 1:30 Cards, Checkers, Chess & Pool	2 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Cornhole	3 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Council on Aging 1:30 Cards, Cornhole, Dominoes, Pool 1:30 Dinner Reservations due	4 6:30-9:30 Dance to Classic Country \$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 Sewing & Hobbies 1:30 Pool	8 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	9 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 6:30-7:30 Cardio Dance	10 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat Center Closes at 1:00 in observance of Veterans Day	11 6:30-9:30 Dance to FM Country \$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 1:00 Pillow Project 1:30 Sewing & Hobbies 1:30 Rummy/Five Crowns	15 Noon Sr. Citizens Club Thanksgiving Dinner (Requires Reservation) 1:30 Cards, Checkers, Chess & Pool 2:00 SilverSneakers® Yoga	16 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Cornhole 6:30-7:30 Cardio Dance	17 9:00-11:00 Ornament Making for Parade of Trees 9:00 Qi Gong 10:00 Tai Chi Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Pool	18 6:30-9:30 Dance to Dan Dobson \$8.00
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 Sewing & Hobbies 1:30 Pool	22 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	23 CLOSED THANKSGIVING No meals delivered or served No activities	24 CLOSED No Meals delivered or served No Activities	25 6:30-9:30 Dance to FM Country \$8.00
27 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	28 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	29 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	30 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 6:30-7:30 Cardio Dance		

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.

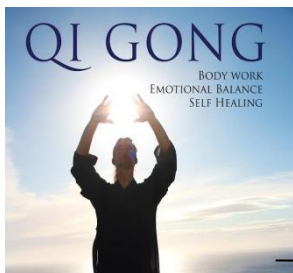
Some supplemental insurance will cover the expense of the class.

\$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 9:00 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 WITH Troy Hodges

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.

Friday mornings at 10:00 a.m. This class is free.



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.

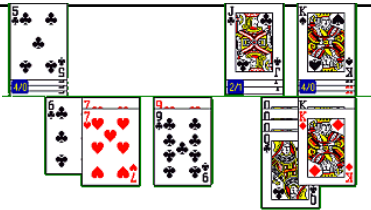
Join the SENIOR CITIZEN'S CLUB

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



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.

MAH JONG, CHESS, DOMINOES, CORNHOLE, CHECKERS, PITCH

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

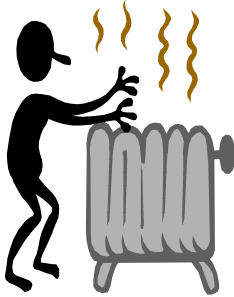
FUNDING AVAILABLE THROUGH THE LOGAN COUNTY COUNCIL ON AGING TO HELP WITH THE EXPENSE OF NEW EYEGASSES AND HEARING AIDS. PLEASE CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237



Medicare Part D
Remember open enrollment is October 15th through
December 7th.

Appointments are strongly encouraged to review your plan and determine if you should make a plan in prescription drug plan. This is also the enrollment period if you are going to drop a Medicare Advantage Plan and re-enroll in Part D Prescription coverage.

Please call (970) 867 9409 Ext. 3003
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 \$3,081 or less or \$4,030 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



PARADE OF TREES VOLUNTEERS

We will be decorating two trees for the Sterling Public Library Parade of Trees. **We will be making salt dough ornaments on Friday, November 17th 9:00-11:00 a.m.** If you are interested in making ornaments and helping with the decorating please let Cynthia know. Trees have to be decorated by November 22nd so we will be working quickly in the next few weeks.

Join us every Saturday Night for dancing to live music.

Cover Charge \$8.00

6:30-9:30 p.m.



November 4th
November 11th
November 18th
November 25th

Classic Country
FM Country
Dan Dobson
FM Country



SENIOR PLANET
FROM **AARP**

CSU Engagement Center Coffee, Tea & We

Join the CSU Northeast Regional Engagement Center for conversation and connection as we come together to learn, laugh and share. Most meetings are offered in-person or virtual EACH Monday **at 3:00 p.m.**

November 6 th	CSU Horticulture Specialist Linda Langelo
November 13 th	Holiday Blues and Coping with the Holidays
November 20 th	CLOSED
November 27 th	Senior Planet-Technology Workshop



FALL in love with VOLUNTEERING

Come join our Meet & Eat Home Delivery team and make a difference in the life of an older adult. We deliver Monday-Friday 11:00a.m.-12:00 p.m.. Let us know what days' work for you. Call

(970) 522-1237 or email heritageasst@kci.net