



# **SR. CITIZEN'S NEWSLETTER**



# **2024**





# NOVEMBER BIRTHDAYS

Carlton Wyckoff  
Carol Brom  
Tracy Rieb  
Donna Sonnenberg  
Sharon Wyckoff  
Rose Roth  
Margaret "Lorrie" Frick  
Deb Neal  
Gene Facchinello  
Alice Folladori

November 2<sup>nd</sup>  
November 11<sup>th</sup>  
November 12<sup>th</sup>  
November 15<sup>th</sup>  
November 17<sup>th</sup>  
November 23<sup>rd</sup>  
November 24<sup>th</sup>  
November 24<sup>th</sup>  
November 29<sup>th</sup>  
November 29<sup>th</sup>

## WEDDING ANNIVERSARIES

Alan & Peggy Duvall

November 21, 1970






BIRTHDAY'S AND ANNIVERSARIES  
WILL BE CELEBRATED QUARTERLY  
PLEASE JOIN US  
WEDNESDAY, DECEMBER 18<sup>TH</sup>  
@ 3:00 P.M.

**LOGAN COUNTY HERITAGE CENTER  
ACTIVE AGING ADULT FITNESS CLASSESS**

# NOVEMBER 2024 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><b>For Reservations</b> 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><b>Suggested Donation - \$6.25</b> <b>Under Age 60</b> <b>Mandatory Charge - \$12.50</b></p> <p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>		<p><b>ROAST BEEF</b> <b>MASHED POTATOES &amp; GRAVY</b> <b>PEAS &amp; CORN</b> <b>OATMEAL ROLLS</b> <b>PEAR SLICES</b> <b>ORANGE JUICE</b></p> <p>Calories: 603 Carb: 95.7g Fiber: 10.3g Protein: 33.5g Fat: 11.3g Sod: 655mg</p>
4	5	6	7	8
<p><b>WHITE CHILI w/ CHICKEN</b> <b>CRACKER PACKET</b> <b>LAYERED SALAD</b> <b>MANDARIN ORANGES w/ BANANS</b> <b>BUTTERSCOTCH BROWNIES</b></p> <p>Calories: 752 Carb: 107.1g Fiber: 12.0 Protein: 32.9g Fat: 23.6g Sod: 763mg</p>	<p><b>BBQ PORK CHOPS</b> <b>BAKED POTATO</b> <b>CABBAGE</b> <b>CRANBERRY BRAN MUFFIN</b> <b>PEAR ORANGE FRUIT CUP</b></p> <p>Calories: 675 Carb: 91.1g Fiber: 10.3g Protein: 33.7g Fat: 22.5g Sod: 912mg</p>	<p><b>LASAGNA</b> <b>TOSSED SALAD w/ ITALIAN DRESSING</b> <b>PEAS</b> <b>GARLIC BREAD</b> <b>FRUIT COCKTAIL</b></p> <p>Calories: 735 Carb: 82.3g Fiber: 12.3g Protein: 34.1g Fat: 32.0g Sod: 589mg</p>	<p><b>HAMBURGER STEAK</b> <b>OVEN BROWNED POTATOES</b> <b>BRAISED CELERY &amp; TOMATOES</b> <b>WW ROLL</b> <b>APPLESAUCE</b> <b>GRAPE JUICE</b></p> <p>Calories: 777 Carb: 98.5g Fiber: 9.7g Protein: 40.6g Fat: 26.2g Sod: 551mg</p>	<p><b>HAM POTATO CHOWDER</b> <b>ASPARAGUS CUTS</b> <b>BRAN MUFFIN</b> <b>WINTER FRUIT CUP</b> <b>CRANBERRY CRUNCH</b></p> <p>Calories: 737 Carb: 123.8g Fiber: 12.7g Protein: 29.9g Fat: 18.9g Sod: 721mg</p>
11	12	13	14	15
	<p><b>TUNA NOODLE CASSEROLE</b> <b>CAROLINA SALAD</b> <b>ONION ROLL</b> <b>PINEAPPLE TIDBITS</b> <b>COOKIES W/ RAISINS</b></p> <p>Calories: 786 Carb: 106.8g Fiber: 9.5g Protein: 36.0g Fat: 27.2g Sod: 754mg</p>	<p><b>CHEESEBURGER PIE</b> <b>CARROT RAISIN SALAD</b> <b>ASPARAGUS CUTS</b> <b>BERRY BLEND</b> <b>CINNAMON CRISPIES</b></p> <p>Calories: 701 Carb: 85.4g Fiber: 11.3g Protein: 38.8g Fat: 25.8g Sod: 766mg</p>	<p><b>HAM</b> <b>BROCCOLI RICE CASSEROLE</b> <b>PARSLIED CARROTS</b> <b>OATMEAL ROLL</b> <b>WINTER FRUIT CUP</b> <b>BUTTERSCOTCH BROWNIES</b></p> <p>Calories: 717 Carb: 100.5g Fiber: 11.4g Protein: 29.9g Fat: 24.8g Sod: 1130mg</p>	<p><b>BEEF GOULASH</b> <b>GREEN BEANS &amp; CORN</b> <b>ROLLS</b> <b>PEACH SLICES</b> <b>APPLE GRANOLA COOKIES</b></p> <p>Calories: 786 Carb: 93.4g Fiber: 11.3g Protein: 38.8g Fat: 31.7g Sod: 788mg</p>
18	19	20	21	22
<p><b>CHICKEN &amp; SPINACH LASAGNA</b> <b>BEAN MEDLEY</b> <b>GARLIC BREAD</b> <b>HEAVENLY HASH</b></p> <p>Calories: 677 Carb: 79.1g Fiber: 9.4g Protein: 49.0g Fat: 20.1g Sod: 637mg</p>	<p><b>ROAST TURKEY</b> <b>BREAD DRESSING</b> <b>MASHED POTATOES w/ GRAVY</b> <b>BROCCOLI</b> <b>YAM APPLE BAKE</b> <b>CRANBERRY SAUCE</b> <b>PUMPKIN COOKIES</b></p> <p>Calories: 794 Carb: 122.5g Fiber: 10.7g Protein: 28.3g Fat: 23.6g Sod: 972mg</p>	<p><b>BEEF O'LE</b> <b>SALSA</b> <b>REFRIED BEANS</b> <b>COBBLER CORN</b> <b>FRUIT CUP</b></p> <p>Calories: 745 Carb: 89.2g Fiber: 12.6g Protein: 41.9g Fat: 27.1g Sod: 895mg</p>	<p><b>CHILI CON CARNE &amp; BEANS</b> <b>CRACKER PACKET</b> <b>CABBAGE TOSS</b> <b>CINNAMON ROLLS</b> <b>ORANGE WEDGE</b></p> <p>Calories: 620 Carb: 80.3g Fiber: 12.1g Protein: 28.0g Fat: 22.5g Sod: 1100mg</p>	<p><b>SWEET &amp; SOUR CHICKEN</b> <b>BROWN RICE</b> <b>STIR FRY VEGETABLES</b> <b>RAISIN ROLLS</b> <b>APRICOT HALVES</b></p> <p>Calories: 611 Carb: 94.4g Fiber: 9.9g Protein: 33.5g Fat: 12.0g Sod: 461mg</p>
25	26	27	28	29
<p><b>SPAGHETTI w/ MEAT SAUCE</b> <b>TOSSED SALAD w/ FRENCH DRESSING</b> <b>ONION ROLLS</b> <b>TRIPICAL FRUIT CUP</b> <b>OATMEAL NUT COOKIES</b></p> <p><b>BIRTHDAY RECOGNITION</b></p> <p>Calories: 692 Carb: 88.1g Fiber: 9.1g Protein: 29.9g Fat: 25.5g Sod: 597mg</p> 	<p><b>BBQ CHICKEN SANDWICH</b> <b>BOSTON BEANS</b> <b>CONFETTI COLESLAW</b> <b>PEACH SLICES</b></p> <p>Calories: 682 Carb: 106.1g Fiber: 12.2g Protein: 42.1g Fat: 11.9g Sod: 1075mg</p>	<p><b>HAM POTATO OMELET</b> <b>SALSA</b> <b>MIXED VEGETABLES</b> <b>OATMEAL ROLLS</b> <b>O.J./BANANA GELATIN SALAD</b> <b>NATURE COOKIES</b></p> <p>Calories: 791 Carb: 109.1g Fiber: 10.2g Protein: 36.3g Fat: 26.7g Sod: 966mg</p>		

## November 2024

Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	<b>2</b> 6:30-9:30 Dance w/ Classic Country \$8.00 Admission All are Welcome
<b>4</b> 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	<b>5</b> CLOSED ELECTION SITE 11:00 Home Delivered Meals ONLY	<b>6</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Senior Citizens Club Business Meeting 1:30 Cards, Chess, Checkers, Pool	<b>7</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	<b>8</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	<b>9</b> 6:30-9:30 p.m. Dance w/ Dan Dobson \$8.00 Admission All are Welcome
<b>11</b> CLOSED No Exercise No Meals No Activities	<b>12</b> 10:00 TOE NAIL CARE CLINIC 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 SRM Sewing Circle 1:30 Rummy/Five Crowns 1:30 Pool	<b>13</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	<b>14</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>15</b> 10:00 Qi Gong 11:00 VA 101 Noon Meet & Eat 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	<b>16</b> NO DANCE
<b>18</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle Group 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies (PAR) Exercise Class	<b>19</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Eddie The Eagle" 1:30 Pool	<b>20</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30-3:00 Wickedly Good Cookies-decorating cookies with Jessica Brom 1:30 Cards, Chess, Checkers, Pool	<b>21</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	<b>22</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	<b>23</b> 6:30-9:30 p.m. Dance w/ FM Country \$8.00 Admission All are Welcome
<b>25</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies (PAR) Exercise Class	<b>26</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	<b>27</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	<b>28</b> CLOSED THANKSGIVING HOLIDAY No Meals or Activities	<b>29</b> CLOSED HOLIDAY NO MEALS OR ACTIVITIES	<b>30</b> NO DANCE



## SilverSneakers® Yoga

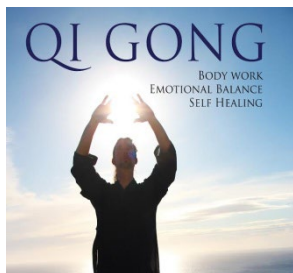
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

**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.

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## 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.

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## 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.

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## 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.

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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](http://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 2<sup>nd</sup> and 4<sup>th</sup> 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

1:30p.m. start time

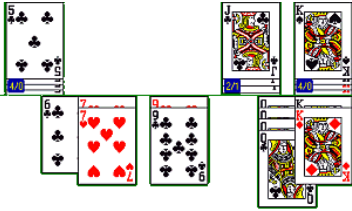


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### SCHOLARSHIP PROGRAM

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.

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### HAND & FOOT CANASTA

2<sup>nd</sup> and 4<sup>th</sup> 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 970-522-1237.

### PITCH

10 point pitch will be played on the 1<sup>st</sup> and 3<sup>rd</sup> 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.

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### 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.

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### FOOT CARE CLINIC

2<sup>nd</sup> 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 IS 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**



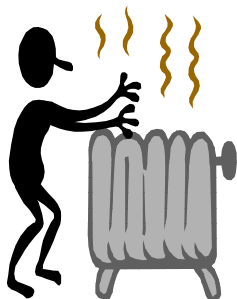
### Medicare Part D

**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) 522-1970 to set up your appointment.





### **L.E.A.P. starts November 1**

The Low-income Energy Assistance Program starts November 1<sup>st</sup> and applications are accepted through April 30<sup>th</sup>. 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 \$3,382 or less or \$4,423 for a 2 person household.**

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

**Join us every Saturday Night for dancing to live music.**

**Cover Charge \$8.00**

**6:30-9:30 p.m.**



**November 2<sup>nd</sup>**

**November 9<sup>th</sup>**

**November 16<sup>th</sup>**

**November 23<sup>rd</sup>**

**November 30<sup>th</sup>**

**Classic Country**

**Dan Dobson**

**NO DANCE**

**FM Country**

**NO DANCE**



# DAY TRIP

Please join the Heritage Center and Overland Trail Bus Lines for our

**WEDNESDAY, DECEMBER 4<sup>TH</sup>**

**Trip to CHEYENNE, WY**

We will depart at Noon from the Heritage Center

3:00 Guided or Self-Guided Tour of the Historic Governor's Mansion

4:00 Meal at local eatery

5:30 View Christmas Lights at Cheyenne Botanic Gardens

Estimated Cost will be \$35/Cost and times subject to change

**SIGN UP DEADLINE NOVEMBER 27<sup>TH</sup>**

## Take Flight With Outrider

Connect to the Denver  
International Airport with  
the Sterling to Denver route



Sterling to Denver route runs  
Monday through Friday

### **Sterling to DEN:**

Departs Sterling at 7 a.m.  
and arrives at DEN at 9:30 a.m.

### **DEN to Sterling:**

Departs DEN at 3:07 p.m. and  
arrives back to Sterling at 5:37 p.m.

The airport stop is located at Gate 1 of  
the Hotel Transit Center, near the south  
end of Jeppesen Terminal.



## VA 101

Please join on us

**FRIDAY, NOVEMBER 15<sup>TH</sup>**

**11:00-12:00**

*Stephanie Hartz, Senior Social  
Worker for Geriatric Telehealth &  
Palliative Care will be our guest  
speaker*

Presenting on Veteran's Administration  
Benefits and Resources for Older Veterans.  
Veterans, Spouses, Family members, and  
Caregivers are encouraged to attend for  
helpful education on Veteran's Health  
Administration service for older veterans in  
Rural Colorado.



**VA**

U.S. Department  
of Veterans Affairs



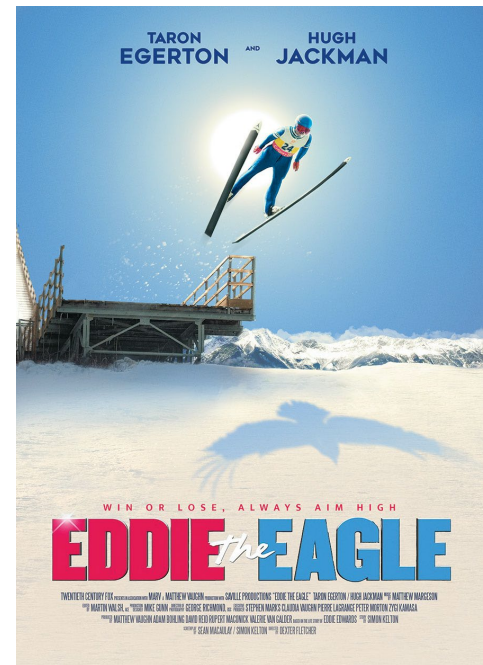
## MOVIE MATINEE

**Join us on  
Tuesday, November 19<sup>th</sup>  
1:30 p.m.**

### **“Eddie the Eagle”**

**Starring Taron Egerton and Hugh Jackman**

A feel-good story inspired by true events, about Michael "Eddie" Edwards (Taron Egerton), an unlikely but courageous British ski-jumper who never stopped believing in himself--even as an entire nation was counting him out. With the help of a rebellious and charismatic coach (Hugh Jackman), Eddie takes on the establishment and wins the hearts of sports fans around the world by making an improbable and historic showing at the 1988 Calgary Winter Olympics. From producers of Kingsman: The Secret Service, Eddie the Eagle stars Taron Egerton as Eddie, the loveable underdog with a never say die attitude.





Join locally famous baker Jessica Brom with Wickedly Good Treats  
 Learn the art of Cookie Decorating  
 Jessica will show us how to decorate three different designs.  
 WEDNESDAY, NOVEMBER 20<sup>TH</sup> 1:30-3:00  
 Sign-up deadline of November

## DO YOU HAVE CONCERNS ABOUT FALLING?



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies to manage falls.**

### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance
- get up properly after a fall

### **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

### **Workshop will be held at:**

Sterling Regional MedCenter  
 615 Fairhurst  
 Sterling, CO 80751  
 Community Conference Room  
 (Rehab Entrance East Side)

Classes are held once a week for  
 8 weeks for 2 hours.

Workshop is FREE to participants  
 60 years or older but  
[registration](#) is required

### **Class Dates/Times**

Session 1: Feb 6, 2025-March 27, 2025  
 Thursdays 1000-1200  
 Session 2: Aug 21, 2025-Oct 9, 2025  
 Thursdays 1000-1200

**For more information or to register  
 please call**

**Jamie Groshans at  
 970-740-5333 or 970-580-2474**

The Public Places Team Invites You to attend these public meetings to answer questions about the Rec-Plex Concept.

Each meeting will cover the same subjects, so please try to attend one meeting.

**October 17, 2024, 7 P.M.**  
**Logan County Heritage Center**

**October 28, 2024 3 P.M.**  
**Sterling Public Library**

**November 12, 2024 6 P.M.**  
**Sterling Public Library**



**PARKINSON  
ASSOCIATION  
OF THE ROCKIES**

**New!**  
**Exercise Class for People with  
Parkinson's and their Care Partners**



**Mondays 3:30-4:30pm**  
**Logan County Heritage Center**  
**821 N Division Avenue**  
**Sterling, CO**  
**\*Starting August 5th\***

**To register for this FREE class, visit**  
**[www.ParkinsonRockies.org/exercise](http://www.ParkinsonRockies.org/exercise)**

For more information, contact Delisa at  
[DNovak@ParkinsonRockies.org](mailto:DNovak@ParkinsonRockies.org) or call (303) 830-1839