



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 2nd
November 11th
November 12th
November 15th
November 17th
November 23rd
November 24th
November 24th
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 18TH
@ 3:00 P.M.

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>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>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>ROAST BEEF MASHED POTATOES & GRAVY PEAS & CORN OATMEAL ROLLS PEAR SLICES ORANGE JUICE</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>WHITE CHILI w/ CHICKEN CRACKER PACKET LAYERED SALAD MANDARIN ORANGES w/ BANANS BUTTERSCOTCH BROWNIES</p> <p>Calories: 752 Carb: 107.1g Fiber: 12.0 Protein: 32.9g Fat: 23.6g Sod: 763mg</p>	<p>BBQ PORK CHOPS BAKED POTATO CABBAGE CRANBERRY BRAN MUFFIN PEAR ORANGE FRUIT CUP</p> <p>Calories: 675 Carb: 91.1g Fiber: 10.3g Protein: 33.7g Fat: 22.5g Sod: 912mg</p>	<p>LASAGNA TOSSED SALAD w/ ITALIAN DRESSING PEAS GARLIC BREAD FRUIT COCKTAIL</p> <p>Calories: 735 Carb: 82.3g Fiber: 12.3g Protein: 34.1g Fat: 32.0g Sod: 589mg</p>	<p>HAMBURGER STEAK OVEN BROWNED POTATOES BRAISED CELERY & TOMATOES WW ROLL APPLESAUCE GRAPE JUICE</p> <p>Calories: 777 Carb: 98.5g Fiber: 9.7g Protein: 40.6g Fat: 26.2g Sod: 551mg</p>	<p>HAM POTATO CHOWDER ASPARAGUS CUTS BRAN MUFFIN WINTER FUIT CUP CRANBERRY CRUNCH</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>TUNA NOODLE CASSEROLE CAROLINA SALAD ONION ROLL PINEAPPLE TIDBITS COOKIES W/ RAISINS</p> <p>Calories: 786 Carb: 106.8g Fiber: 9.5g Protein: 36.0g Fat: 27.2g Sod: 754mg</p>	<p>CHEESEBURGER PIE CARROT RAISIN SALAD ASPARAGUS CUTS BERRY BLEND CINNAMON CRISPIES</p> <p>Calories: 701 Carb: 85.4g Fiber: 11.3g Protein: 38.8g Fat: 25.8g Sod: 766mg</p>	<p>HAM BROCCOLI RICE CASSEROLE PARSLIED CARROTS OATMEAL ROLL WINTER FRUIT CUP BUTTERSCOTCH BROWNIES</p> <p>Calories: 717 Carb: 100.5g Fiber: 11.4g Protein: 29.9g Fat: 24.8g Sod: 1130mg</p>	<p>BEEF GOULASH GREEN BEANS & CORN ROLLS PEACH SLICES APPLE GRANOLA COOKIES</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>CHICKEN & SPINACH LASAGNA BEAN MEDLEY GARLIC BREAD HEAVENLY HASH</p> <p>Calories: 677 Carb: 79.1g Fiber: 9.4g Protein: 49.0g Fat: 20.1g Sod: 637mg</p>	<p>ROAST TURKEY BREAD DRESSING MASHED POTATOES w/ GRAVY BROCCOLI YAM APPLE BAKE CRANBERRY SAUCE PUMPKIN COOKIES</p> <p>Calories: 794 Carb: 122.5g Fiber: 10.7g Protein: 28.3g Fat: 23.6g Sod: 972mg</p>	<p>BEEF O'LE SALSA REFRIED BEANS COBBLER CORN FRUIT CUP</p> <p>Calories: 745 Carb: 89.2g Fiber: 12.6g Protein: 41.9g Fat: 27.1g Sod: 895mg</p>	<p>CHILI CON CARNE & BEANS CRACKER PACKET CABBAGE TOSS CINNAMON ROLLS ORANGE WEDGE</p> <p>Calories: 620 Carb: 80.3g Fiber: 12.1g Protein: 28.0g Fat: 22.5g Sod: 1100mg</p>	<p>SWEET & SOUR CHICKEN BROWN RICE STIR FRY VEGETABLES RAISIN ROLLS APRICOT HALVES</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>SPAGHETTI w/ MEAT SAUCE TOSSED SALAD w/ FRENCH DRESSING ONION ROLLS TRIPICAL FRUIT CUP OATMEAL NUT COOKIES</p> <p style="text-align: center;">BIRTHDAY RECOGNITION</p> <p>Calories: 692 Carb: 88.1g Fiber: 9.1g Protein: 29.9g Fat: 25.5g Sod: 597mg</p> 	<p>BBQ CHICKEN SANDWICH BOSTON BEANS CONFETTI COLESLAW PEACH SLICES</p> <p>Calories: 682 Carb: 106.1g Fiber: 12.2g Protein: 42.1g Fat: 11.9g Sod: 1075mg</p>	<p>HAM POTATO OMELET SALSA MIXED VEGETABLES OATMEAL ROLLS O.J./BANANA GELATIN SALAD NATURE COOKIES</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
				1 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	2 6:30-9:30 Dance w/ Classic Country \$8.00 Admission All are Welcome
4 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	5 CLOSED ELECTION SITE 11:00 Home Delivered Meals ONLY	6 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Senior Citizens Club Business Meeting 1:30 Cards, Chess, Checkers, Pool	7 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	8 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	9 6:30-9:30 p.m. Dance w/ Dan Dobson \$8.00 Admission All are Welcome
11 CLOSED No Exercise No Meals No Activities	12 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	13 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	14 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	15 10:00 Qi Gong 11:00 VA 101 Noon Meet & Eat 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	16 NO DANCE
18 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	19 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Eddie The Eagle" 1:30 Pool	20 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	21 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	22 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	23 6:30-9:30 p.m. Dance w/ FM Country \$8.00 Admission All are Welcome
25 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies (PAR) Exercise Class	26 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	27 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, Pool	28 CLOSED THANKSGIVING HOLIDAY No Meals or Activites	29 CLOSED HOLIDAY NO MEALS OR ACTIVITIES	30 NO DANCE

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

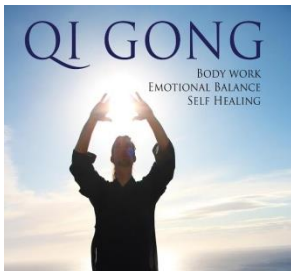


SilverSneakers® Yoga

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 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.

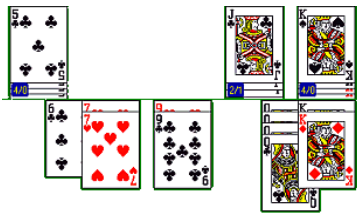


Join the SENIOR CITIZEN'S CLUB
For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1:30p.m. start time



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 970-522-1237.

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

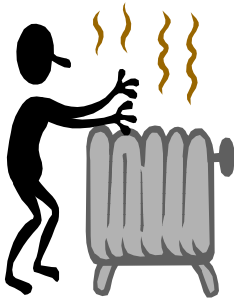
FUNDING IS AVAILABLE THROUGH THE LOGAN COUNTY COUNCIL ON AGING TO HELP WITH THE EXPENSE OF NEW EYEGASSES AND HEARING AIDS. PLEASE CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237



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) 522-1970 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 \$3,382 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 2nd

Classic Country

November 9th

Dan Dobson

November 16th

NO DANCE

November 23rd

FM Country

November 30th

NO DANCE





DAY TRIP

Please join the Heritage Center and Overland Trail Bus Lines for our
WEDNESDAY, DECEMBER 4TH

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 27TH

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.



A one-way ticket to DEN
costs \$20, but is half price
for 65+, 11 years or younger,
or disabled riders.



VA 101

Please join on us
FRIDAY, NOVEMBER 15TH
11:00-12:00

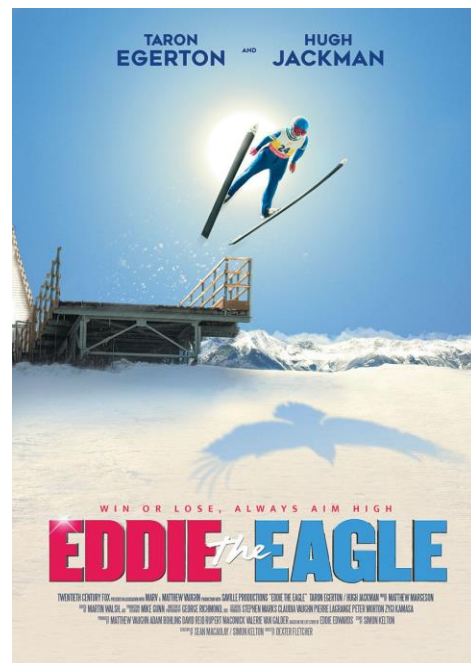
Stephanie Hartz, Senior Social Worker for Geriatric Telehealth & Palliative Care will be our guest speaker

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.

MOVIE MATINEE

Join us on
Tuesday, November 19th
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 20TH 1:30-3:00
 Sign-up deadline of November 15th!

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

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