



SR. CITIZEN'S NEWSLETTER



2025





NOVEMBER BIRTHDAYS

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

November 2nd
November 11th
November 12th
November 15th
November 17th
November 23rd
November 24th
November 29th
November 29th

WEDDING ANNIVERSARIES

Alan & Peggy Duvall

November 21, 1970

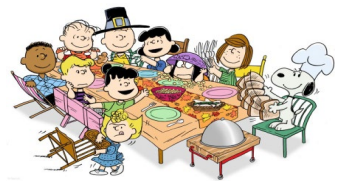
BIRTHDAY'S AND ANNIVERSARIES
WILL BE CELEBRATED QUARTERLY
PLEASE JOIN US
WEDNESDAY, DECEMBER 17TH
@ 3:00 P.M.

NOVEMBER 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
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.	Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$17.00 Menu may change due to availability of food items or conditions that cause the kitchen to close.			
3	4	5	6	7
WHITE CHILI w/ CHICKEN CRACKER PACKET LAYERED SALAD MANDARIN ORANGES w/ BANANAS BUTTERSCOTCH BROWNIE FRUIT YOGURT Calories: 789 Carb: 123.7g Fiber: 13.9g Protein: 29.6g Fat: 22.3g Sod: 643mg	HAMBURGER STEAK OVEN BROWNED POTATOES BROWN BUTTER & DILL BRUSSEL SPROUTS WHOLE WHEAT ROLL APPLESAUCE MILK Calories: 721 Carb: 77.9g Fiber: 11.0g Protein: 41.3g Fat: 29.5g Sod: 412mg	LASAGNA TOSSED SALAD w/ DRESSING PEAS GARLIC BREAD FRUIT CUP FRUIT YUGURT Calories: 770 Carb: 83.3g Fiber: 13.0g Protein: 29.1g Fat: 29.9g Sod: 612mg	CHICKEN STRIPS MASHED POTATOES w/ COUNTRY GRAVY TOASTED FRENCH BREAD GREEN BEANS WINTER FRUIT CUP CHEESE STICK Calories: 688 Carb: 82.1g Fiber: 10.4g Protein: 31.3g Fat: 27.4g Sod: 1144mg	BARBECUE PORK CHOP BAKED POTATO CABBAGE CRANBERRY BRAN MUFFIN PEAR ORANGE FRUIT CUP CHOCOLATE MILK Calories: 714 Carb: 100.7g Fiber: 11.8g Protein: 43.6g Fat: 18.1g Sod: 1004mg
10	11	12	13	14
TUNA NOODLE CASSEROLE CAROLINA SALAD RAISIN BRAN MUFFIN COTTAGE CHEESE & PINEAPPLE SALAD Calories: 607 Carb: 83.9g Fiber: 10.3g Protein: 29.4g Fat: 21.1g Sod: 927mg		CHEESEBURGER PIE GREEN BEANS & CORN CARROT RAISIN SALAD CINNAMON CRISPY BERRY BLEND CHEESE STICK Calories: 671 Carb: 75.7g Fiber: 11.4g Protein: 28.8g Fat: 30.9g Sod: 1003mg	HAM BROCCOLI RICE CASSEROLE PARSLIED CARROTS ANNA'S DILLY BREAD HEAVENLY HASH OATMEAL CHOCOLATE CHIP COOKIE MILK Calories: 734 Carb: 98.4g Fiber: 11.4g Protein: 34.4g Fat: 24.8g Sod: 1171mg	SOFT SHELL TACO REFRIED BEANS SALSA MEXICALI CORN MANDARIN ORANGES CHOCOLATE MILK Calories: 677 Carb: 92.3g Fiber: 10.5g Protein: 35.4g Fat: 20.2g Sod: 923mg
17	18	19	20	21
CHICKEN & SPINACH LASAGNA BEAN MEDLEY GARLIC BREAD FRUIT MIX CHEESE STICK Calories: 667 Carb: 102.9g Fiber: 10.3g Protein: 31.1g Fat: 17.7g Sod: 756mg	SPAGHETTI w/ MEAT SAUCE MARINATED VEGETABLE SALAD GARLIC CHEESE BISCUIT TROPICAL FRUIT CUP MILK Calories: 652 Carb: 58.2g Fiber: 9.2g Protein: 26.4g Fat: 26.6g Sod: 746mg	PIZZA BROCCOLI & CARROTS TOSSED SALAD w/ ITALIAN DRESSING WINTER FRUIT CUP CINNAMON CRISPY FRUIT YOGURT Calories: 725 Carb: 96.9g Fiber: 8.8g Protein: 28.9g Fat: 26.5g Sod: 978mg	BACON POTATO BREAKFAST BURRITO GREEN CHILI w/ PORK SPANISH RICE LETTUCE & TOMATO GARNISH CINNAMON APPLE SLICES BANANA CHOCOLATE CHIP MUFFIN FRUIT YOGURT Calories: 790 Carb: 128.1g Fiber: 9.6g Protein: 23.9g Fat: 21.8g Sod: 1056mg	SWEET & SOUR CHICKEN BROWN RICE BRUSSEL SPROUTS & CHESTNUTS CHERRY MUFFIN APRICOT HALVES CHOCOLATE MILK Calories: 642 Carb: 99.2g Fiber: 10.1g Protein: 34.3g Fat: 14.0g Sod: 616mg
24	25	26	27	28
HAM POTATO OMELET MIXED VEGETABLES SALSA BRAN MUFFIN ORANGE JUICE/BANANA GELATIN SALAD FRUIT YOGURT BIRTHDAY RECOGNITION Calories: 649 Carb: 98.6g Fiber: 10.5g Protein: 31.1g Fat: 17.9g Sod: 9623mg 	ROAST TURKEY MASHED POTATOES & CHICKEN GRAVY BROCCOLI BREAD DRESSING YAM APPLE BAKE CRANBERRY SAUCE PUMPKIN COOKIE, MILK Calories: 870 Carb: 132.9g Fiber: 12.2g Protein: 41.8g Fat: 21.4g Sod: 500mg	CHILI w/ B EANS CRACKER PACKET CABBAGE TOSS CINNAMON ROLL ORANGE WEDGES CHOCOLATE MILK Calories: 653 Carb: 97.2g Fiber: 15.2g Protein: 28.6g Fat: 18.7g Sod: 1015mg		<i>Happy Thanksgiving</i> 

November 2025

	Tue	Wed	Thu	Fri	Sat
					1 6:30-9:00 p.m. Dance w/ Classic Country \$8.00 All ages welcome
3 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class (PAR)	4 9:00 Toenail Care Clinic 10:00 SilverSneakers® Classic 11:15 Medicare Part D Question & Answer with SHIP counselor Noon Meet & Eat 1:30 Board Games 1:30 Pool	5 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Checkers, Chess & Pool	6 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	7 9:30 Cardio Drumming 10:30 Qi Gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards & Pool	8 6:30-9:00 p.m. Dance w/ Dan Dobson \$8.00 Everyone invited
10 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 PAR Exercises Class	11 CLOSED IN OBSERVANCE OF VETERAN'S DAY NO MEALS NO ACTIVITIES BUSINESS OFFICE CLOSED	12 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Show & Tell w/ Andy Rice "The Tiny Shop" 1:30 Bunco 1:30 Cards, Checkers, Chess & Pool	13 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	14 9:30 Cardio Drumming 10:30 Qi Gong Noon Meet & Eat 1:30 Cards & Pool	15 No Dance tonight
17 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class	18 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Monte Walsh"	19 No Exercise Class Noon Sr. Citizen's Club Thanksgiving Dinner by Reservation Only \$12.00 1:30 Cards & Pool 1:30 Mexican Train Dominoes	20 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool 1:30 Door Prize Bingo	21 9:30 Cardio Drumming 10:30 Qi Gong Noon Meet & Eat 1:30 Cards & Pool	22 6:30-9:00 Dance w/ FM Country \$8.00 Public invited
24 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 PAR Exercise Class	25 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool 1:30 Board Games	26 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	27 CLOSED THANKSGIVING HOLIDAY NO MEALS DELIVERED OR SERVED NO ACTIVITIES	28 CLOSED THANKSGIVING HOLIDAY NO MEALS DELIVERED OR SERVED NO ACTIVITIES	29 NO DANCE Happy Thanksgiving!

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 10:30 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.

CARDIO DRUMMING

Exercise that combines drumming, (no experience necessary), rhythm & music. Participants use drumsticks to “drum” on a padded surface following the rhythm of music and routines taught by an instructor. Lowers blood pressure, reduces stress/anxiety, increases strength, improves coordination, motor skills and memory. **Friday mornings at 9:30 a.m. FREE IN THE MONTH OF OCTOBER. \$2.00 a class beginning November 1st.**

Exercise and nutrition are important for everyone; but especially those living with Parkinson's as exercise has been proven to slow the progression of the disease. Parkinson Association of the Rockies is pleased to offer free, donation-based exercise classes with the partnership of the Logan County Heritage Center. A [liability waiver](#) and a [medical consent form](#) from your doctor is all that is required for any Parkinson Association class. Scroll down to see upcoming classes. For more information, please call (303) 830-1839 or email info@parkinsonrockies.org.



Renew Active



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.

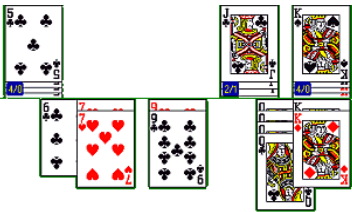


Join the SENIOR CITIZEN'S CLUB
For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1:00 start time



SCHOLARSHIP PROGRAM

The Senior Citizen's Club is pleased to announce a Scholarship Program. The program allows an eligible club member to receive up to \$30 to help with the cost of 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 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.



MEXICAN TRAIN DOMINOES

This game is a variation of dominoes and chicken foot.

Players are to build "trains" from a central hub while playing on their on "train" trying to be the first one to play all of their dominoes. Played at 1:30 p.m. on the 3rd Wednesday of each month.

BUNCO

2nd Tuesday of each month 1:30-4:00, please call if you are interested

TOENAIL 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 EYEGLASSES AND HEARING AIDS. PLEASE CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237



MEDICARE PART D

Do I need to change my Medicare Part D Plan?

Discussion and information will be provided by our local (SHIC) Senior Health Insurance Counselor, Alaina Maus

TUESDAY, NOVEMBER 4TH

11:15 a.m.

Medicare Part D: Open Enrollment

October 15th – December 7th

Alaina Maus, Senior Citizen's Coordinator with the Area Agency on Aging will be scheduling a limited number of appointments for the Medicare Part D open enrollment period. The Area Agency on Aging office has moved to the CSU Engagement Center at 304 Main Street. Please call her to schedule an appointment (970) 522-1970

TOENAIL CARE CLINIC RESCHEDULED

November's clinic for toe nail care provided by Northeast Plains Home Health has been rescheduled due to the Veteran's Day holiday. We will go one week earlier.

Schedule your appointment for

TUESDAY, NOVEMBER 4TH

9:00-10:45 A.M.



WE WILL BE HOSTING BOARD GAMES ON

TUESDAY, NOVEMBER 4TH 1:30-4:00 P.M.
TUESDAY, NOVEMBER 25TH 1:30-4:00 P.M.



CLOSED VETERAN'S DAY

We will not be having
exercise, activities or
meals on

Tuesday, November 11th
in observance of Veteran's
Day.

God Bless our Military Men
& Women!



JOIN US FOR A NEW MONTHLY CREATIVE SHARING CIRCLE

Each month we will ask a local artist/hobbyist to SHOW us their work
and creations and then TELL us their inspiration or their process.

NOVEMBER, Wednesday 12th 1:00 p.m.

Andy Rice-The Tiny Shop

Andy will share with us the roses and trees he makes with
copper. And we will see his creativity shine with the
repurposed lamps he has made through the years.

Sr Citizens Club Anniversary Dinner

All Club members are invited to attend the
Sr. Citizen's Club Thanksgiving Dinner

WEDNESDAY, NOVEMBER 19TH

NOON

\$12.00

**RESERVATIONS REQUIRED AND
MUST BE PAID FOR BY**

THURSDAY,

NOVEMBER 13TH

Turkey & Dressing, Potatoes & Gravy, Green Beans,
Cranberry Salad, Dinner Roll, Dessert, Beverages



Join us every Saturday Night for dancing to live music.

Cover Charge \$8.00

6:30-9:00 p.m.



November 2nd

November 9th

November 16th

November 23rd

November 30th

Classic Country

Dan Dobson

NO DANCE

FM Country

NO DANCE

BUNCO

2nd Wednesday of each month

1:30 p.m.

WEDNESDAY, NOVEMBER 12TH

Let us know if you are going to play so we can have enough
players and tables. 970-522-1237

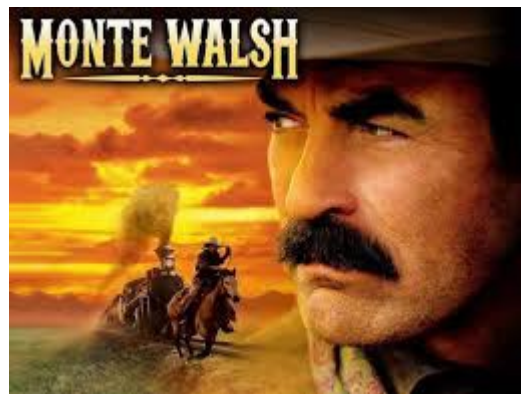
MOVIE MATINEE

**Join us on
Tuesday, November 18th
1:30 p.m.
A Western
MONTE WALSH**

Starring Tom Selleck & Isabella Rossellini

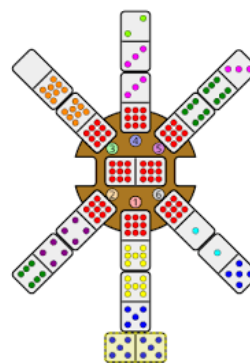
An aging cowboy realizes that the West he knew and loved will soon be no more and that there will be no room for him, either. From IMBd

POPCORN, COMFY CHAIRS,
INTERMISSION



MEXICAN TRAIN DOMINOES WEDNESDAY, NOVEMBER 19TH 1:30 P.M.

This game is a variation of dominoes and chicken foot. Players are to build "trains" from a central hub while playing on their own "train" trying to be the first one to play all of their dominoes. We are adding this to the monthly schedule 1:30 p.m. on the 3rd Wednesday of each month.



DOOR PRIZE BINGO

**Come join the fun
THURS., NOVEMBER 20TH**

1:30 p.m.

**Devonshire Staff will be calling our numbers
and sponsoring our door prizes.**



THANKSGIVING CLOSURES

The Heritage Center and the
Nutrition Program will be closed on
Thursday, November 27th
Friday, November 28th for the
Thanksgiving Holidays
Blessings to all of you!!!

CARDIO DRUMMING

NEW EXERCISE CLASS

Friday's 9:30 a.m.

Exercise that combines drumming, (no
experience necessary), rhythm & music.

Participants use drumsticks to "drum" on a
padded surface following the rhythm of
music and routines taught by an instructor.

Lowers blood pressure, reduces
stress/anxiety, increases strength, improves
coordination, motor skills, and memory.

INDOOR CORNHOLE LEAGUE Sign-up

now for the winter session of singles and doubles being offered on Thursday evenings 6:00 p.m. Starting in January.
Registration deadline November 26th



LENZ POTATO

We will be taking orders for Lenz Family Farms
(Wray, CO)

5lb bag \$2.00

50lb bag of # 2's \$12.00

50lb. box of Grade A \$25.00

You must have your order turned in and paid for by Friday at
noon and potatoes will be delivered on Monday afternoons.



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 \$3,607 or less or \$4,717 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

We need to feel more

to understand others

We need to love more

to be loved back

We need to cry more

to cleanse ourselves

We need to laugh more

to enjoy ourselves

*We need to be honest and
fair when interacting with
people*

*We need to establish a
strong ethical basis as a
way of life*

*We need to see more
than our own fantasies*

*We need to hear more and
listen to the needs of others*

*We need to give more
and take less*

*We need to share more
and own less*

*We need to realize the
importance of family as a
backbone to stability*

*We need to look more and
realize that we are not so
different from one another*

*We need to create a world
where*

We can trust one another

*We need to create a world
where*

*We can all peacefully live
the life we choose.*

*From: One Moon, one sun,
one world, one heart*

*Submission by: Paulette
Carpenter*

AGING WITH GRACE AND VIGOR

This month I will share information about supplements to optimize your health and help with aging with grace and vigor.

Omega 3 Fatty Acids

1,000 to 3,000 mg per day

Omega 3's makes up every cell of the body; our eyes, joints, skin, heart and brain are fed by fatty acids. They help offset the omega 6's which are corn oil-based foods. Foods with a good source of Omega 3's include walnuts, salmon, mackerel, sardines, avocados and olives.

Probiotics

Probiotics have a positive effect on the digestive system and the immune system which 70% is in the gut. Probiotics improve digestion, constipation and bloating. Probiotics crowd out the bad bacteria

Take 1 tab/day

Vitamin D3

15-20 minutes of sun gives 10,000 to 15,000 units of Vitamin D3. Many people are deficient, especially those getting older, more obese, or of darker skin. Every Cell in the body has Vitamin D receptors. Low levels of Vitamin D3 double the risk of heart failure, increase risk of death and stroke by 77%. A study done of cancer patients showed that most were deficient in Vitamin D. Vitamin D3 is important for bone, brain, heart health and preventing cancer. You can take 2,000 IU per day but ask your provider to check your Vitamin D3 levels.

CO Q10

100-200mg per day. The body makes

CO Q10 and is important for thyroid, brain, heart and preventing cancer.

One needs to take CO Q10 if they are on a statin medication for cholesterol.

Magnesium

400 mg per day at bedtime Many people are deficient in magnesium because of decrease nutrients in our foods. Magnesium is good to help with sleep, helps relieve constipation, helps decrease cramps in legs and helps regulate blood pressure. Sources of magnesium are almonds, cashews, spinach, raisins, potatoes, chicken breasts and leafy greens.

Share with your provider the supplements you are taking. If you feel you do not eat as well as you should, you might want to add a daily multivitamin. Remember the ultimate key to health and healing is loving ourselves first.

Affirmation

I have the power within me at any age to create vibrant health in every cell of my body.