



2019
HERITAGE
CENTER
MONTHLY
NEWSLETTER





Aline Charles	October 3
Dorothy Dobson	October 6
Raymond Nix	October 6
Louise Jones	October 9
Bob Slonecker	October 10
Marlene Moyer	October 11
Vicki Chamberlain	October 13
Dick Ogley	October 13
Kathy Schwartz	October 13
John Sandoval	October 14
Mary Vierow	October 20
Carol Graybill	October 21
Grace Schroeder	October 21
Nancy Pasqua	October 23
Clark Bernhardt	October 30
Neil Lindstrom	October 31

ANNIVERSARIES

Harold & Adelaide Cook	October 1, 1942
Kristyne Hernandez (Roger)	October 8, 1988
Kevin & Selby White	October 21, 2004
Greg & Leslie Dyson	October 25, 1981

Please join us for the Senior Citizen's Club monthly birthday
and anniversary celebration.

Friday, October 25th @ 3:00 p.m.

October 2019

Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 2:00 Billiards	2 9:00 Council on Aging @ CSUREC 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool 3:30 Sr. Citizen's Club Business Meeting	3 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Corn Hole 1:30 Novice Tai Chi 2:00 Billiards 7:00 Camera Club	4 10:00 Qi Gong Noon Meet & Eat 12:15 Trivia 1:00 Cards & Pool 1:00 Corn Hole	5 AGE WELL CONFERENCE Dance w/ FM Country 6:30 p.m. Everyone Welcome \$7.00
7 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 p.m. Cards & Pool 1:00 Pinochle Group	8 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic Noon Meet & Eat 1:30 Humanities Meeting 1:30 Sewing & Hobbies 2:00 Billiards	9 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 3:30 Dushanbe Tea House Afternoon Tea	10 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi 2:00 Billiards	11 10:00 Qi Gong Noon Meet & Eat 12:15 Trivia 1:00 Cards & Pool	12 Dance w/ Classic Country All Ages Welcome 6:30 p.m. \$7.00
14 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 p.m. Cards & Pool	15 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Las Amigas Bridge Club 1:30 Sewing & Hobbies 2:00 Billiards	16 8:30 a.m. Set up for banquet dinner 10:00 NO SilverSneakers® Yoga Noon Sr. Citizen's Club Anniversary Dinner 1:00 p.m. Cards & Pool	17 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 2:00 p.m. Movie Matinee "Romancing The Stone" 2:00 p.m. Billiards 7:00 Camera Club	18 10:00 Qi Gong Noon Meet & Eat 12:15 Trivia 1:00 Cards & Pool 1:00 Cornhole	19 Dance w/ Jim Ehrlich Public Welcome \$7.00 6:30 p.m.
21 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 p.m Cards & Pool	22 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 2:00 Billiards	23 10:00 SilverSneakers® yoga Noon Meet & Eat 1:00 Cards & Pool	24 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi	25 10:00 Qi Gong Noon Blood Pressure Clinic 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool 3:00 Sr. Citizen's Club b-day & anniv. Party	26 Dance w/ Dan Dobson Everyone Welcome \$7.00 6:30
28 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool	29 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Bunco 1:30 Sewing & Hobbies	30 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Cards & Pool	31 9:30 Halloween Breakfast and Costume Contest 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Cornhole 1:30 Novice Tai Chi 2:00 Billiards		

OCTOBER 2019 HERITAGE MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 522-1237 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Suggested Donation - \$3.00 Under Age 60 Mandatory Charge - \$11.00 Menu may change due to availability of food items or conditions that cause the kitchen to close.	HAM & BEANS CREAMY COLESLAW CORN MUFFIN WINTER FRUIT CUP NATURE COOKIE Calories: 698 Carb: 114.0g Fiber: 14.9g Protein: 30.5g Fat: 16.0g Sod: 1026mg	<i>CHOICE: HAMBURGER STEAK</i> BAKED FISH BROCCOLI RICE CASSEROLE GREEN BEANS BRAN MUFFIN PEACH SLICES CINNAMON CRISPY Calories: 657 Carb: 96.0g Fiber: 11.0g Protein: 32.0g Fat: 18.8g Sod: 864mg	MEATLOAF MASHED POTATOES/GRAVY CAROLINA SALAD ROLL FRUIT COCKTAIL Calories: 629 Carb: 96.0g Fiber: 9.6g Protein: 34.4g Fat: 14.4g Sod: 1019mg	SCALLOPED POTATOES & HAM COUNTRY MIX VEGETABLES CARAWAY ROLL WINTER FRUIT CUP COOKIE w/ CHOCOLATE CHIPS Calories: 758 Carb: 102.1g Fiber: 10.9g Protein: 33.1g Fat: 27.1g Sod: 945mg
7	8	9	10	11
CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD GREEN BEANS ONION ROLL PLUMS Calories: 639 Carb: 79.9g Fiber: 10.7g Protein: 37.2g Fat: 21.2g Sod: 560mg	CORN TACO CASSEROLE REFRIED BEANS TOSSED SALAD FRUIT CUP Calories: 610 Carb: 85.0g Fiber: 12.1g Protein: 35.1g Fat: 16.2g Sod: 728mg	CHILI CRACKERS CARROT RAISIN SALAD CINNAMON ROLL WINTER FRUIT CUP Calories: 682 Carb: 112.8g Fiber: 15.5g Protein: 30.7g Fat: 15.1g Sod: 924mg	ROAST BEEF MASHED POTATOES & GRAVY CONFETTI COLESLAW PEAS & CARROTS ANNA'S DILLY BREAD PEAR ORANGE FRUIT CUP Calories: 623 Carb: 97.7g Fiber: 12.1g Protein: 35.5g Fat: 13.2g Sod: 940mg	SWEET & SOUR PORK RICE SPINACH CAULIFLOWER SALAD WW ROLL BANANA SPLIT FRUIT CUP COOKIE w/ RAISINS Calories: 789 Carb: 108.1g Fiber: 9.6g Protein: 34.9g Fat: 26.5g Sod: 506mg
14	15	16	17	18
SALISBURY STEAK MASHED POTATOES STIR FRY VEGETABLES ONION ROLL FRUIT COCKTAIL Calories: 697 Carb: 84.4g Fiber: 10.0g Protein: 41.9g Fat: 22.3g Sod: 697mg	SAVORY BAKED CHICKEN MASHED POTATOES & GRAVY CALIFORNIA VEGETABLES WW ROLL CHERRY BANANA SURPRISE NATURE COOKIE Calories: 798 Carb: 104.1g Fiber: 10.5g Protein: 45.2g Fat: 24.9g Sod: 1110mg	No Home Delivered Meals OR Meet & Eat Sr. Citizen's Club Anniversary Dinner Reservations Required \$7.00	BEEF & NOODLES APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS ONION ROLL PLUMS Calories: 604 Carb: 96.2g Fiber: 11.9g Protein: 33.0g Fat: 12.1g Sod: 427mg	SPAGHETTI w/ MEATSAUCE TOSSED SALAD GARLIC BREAD CINNAMON APPLE SLICES Calories: 603 Carb: 87.5g Fiber: 11.4g Protein: 30.1g Fat: 18.0g Sod: 410mg
21	22	23	24	25
CHICKEN NOODLE SOUP CRACKERS PEAS BLUEBERRY MUFFIN PINEAPPLE ORANGE COMPOTE Calories: 694 Carb: 96.2g Fiber: 11.3g Protein: 39.9g Fat: 18.0g Sod: 581mg	<i>CHOICE: HAMBURGER STEAK</i> LIVER & ONIONS PARSLIED POTATOES STEWED TOMATOES WW ROLL PEAR ORANGE FRUIT CUP Calories: 630 Carb: 97.3g Fiber: 12.4g Protein: 33.7g Fat: 14.2g Sod: 499mg	VEGETABLE BEEF SOUP LAYERED SALAD CORN BREAD PEACH SLICES Calories: 620 Carb: 88.8g Fiber: 9.8g Protein: 32.6g Fat: 16.8g Sod: 671mg	BEEF GOULASH GREEN BEANS & CORN ROLL CINNAMON APPLE SLICES Calories: 599 Carb: 97.4g Fiber: 13.8g Protein: 30.7g Fat: 13.6g Sod: 423mg	BRUNSWICK STEW GREEN BEANS w/ TOMATOES ONION ROLL WINTER FRUIT CUP COOKIE w/ RAISINS Calories: 672 Carb: 80.1g Fiber: 10.9g Protein: 38.1g Fat: 24.5g Sod: 462mg
28	29	30	31	
CABBAGE BURGERS COBBLER CORN BEAN MEDLEY SALAD BANANA SPLIT FRUIT CUP CHOCOLATE CAKE BIRTHDAY RECOGNITION Calories: 733 Carb: 108.7g Fiber: 12.7g Protein: 31.2g Fat: 23.5g Sod: 418mg	WHITE CHILI w/ CHICKEN CRACKERS LAYERED SALAD MANDARIN ORANGES w/ BANANAS CINNAMON CRISPY Calories: 653 Carb: 94.9g Fiber: 12.0g Protein: 32.3g Fat: 18.1g Sod: 690mg	TAHITIAN CHICKEN RICE ORIENTAL VEGETABLES RAISIN ROLL PEAR ORANGE FRUIT CUP NATURE COOKIE Calories: 861 Carb: 113.4g Fiber: 11.5g Protein: 45.2g Fat: 26.7g Sod: 447mg	SMOTHERED PORK CHOP SCALLOPED POTATOES GREEN BEANS w/ CORN ONION ROLL MANDARIN ORANGES & BANANAS COOKIE w/ RAISINS Calories: 855 Carb: 107.0g Fiber: 10.8g Protein: 43.3g Fat: 31.0g Sod: 618mg	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

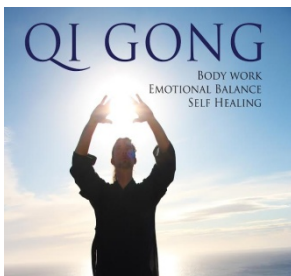


SilverSneakers® Yoga

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.-11:15 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.



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.**



Join the **SENIOR CITIZEN'S CLUB**
For Pinochle and Pool on
Mondays, Wednesdays, and Fridays
1:00-4:30
Snack break at 3:00 so bring your quarters



SEWING, AND ETC.

Bring what you want to work on and be prepared to talk/visit.
Beginning quilting, embroidery, knitting, Christmas decorations, Table runners
and anything else your crafting heart desires.



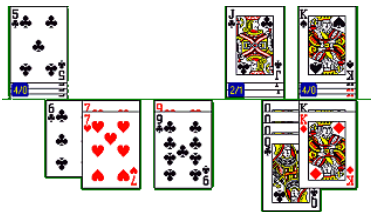
LEGAL AID DAY

3rd MONDAY OF EACH MONTH

1:30-4:30 p.m.

Appointments strongly suggested, please call 522-1237

Judge Jim Leh will be available at the Heritage Center to meet with
anyone who might need legal advice or assistance who cannot
otherwise afford an attorney.



HAND & FOOT CANASTA

2nd and 4th Thursday of each month

1:00 – 4:00 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.

FOOT CARE CLINIC

2nd Tuesday of each month

10:00 a.m. no appointments, Sign-up sheet doesn't go out until 9:30

Suggested donation of \$5.00-\$10.00

Please soak your feet before you come and bring a towel for your added comfort

Provided by Northeast Plains Home Health and Sterling MedCare Home Health

BLOOD PRESSURE CLINIC

4th Friday of each month

R. N. or L.P.N. will be available to check your blood pressure

Provided by Hospice of the Plains-Cheryl Dillon

No Cost



**Senior Citizen's Club
Anniversary Dinner
Wednesday, October 16th
12:00 p.m.**

Tickets go on sale September 30th,
Reservations required and due by
October 9th
\$7.00 a ticket

Oven Steak, Potatoes & Gravy,
Creamed Corn, Coleslaw, Apple & Peach Cobbler, Rolls,
Coffee & Water

TAI CHI RESUMES

Our novice Tai Chi classes were on a short break but have resumed
again **every Thursday at 1:30 p.m.**

If you have had a Tai Chi Class or are familiar with the practice consider
joining our group at the Heritage Center. This class would not be suited
for a beginner.



LENZ FAMILY FARM POTATOES

Once again we will be a distribution site for locally
grown (Holyoke/Wray) Lenz Potatoes. Place your
order (and have it paid for) by Friday at 10:00 a.m.
and they will be delivered to the Heritage Center
on Mondays.

5 lb. bag of Yukon Gold \$2.00

50 lb. sack of No. 2's \$10.00

50 lb. carton A quality \$17.00

The flower containers recently added to the entrances of the Heritage Center were purchased by the Logan County Council on Aging in memory of Barbara Malaby a long-time volunteer, council member and friend of the Heritage Center. The Cat planter in the lobby is also a memorial gift in her honor.

MOVIE MATINEE

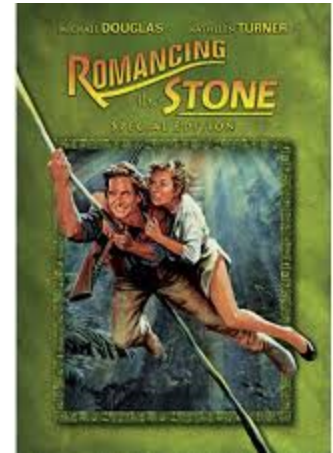
THURSDAY, OCTOBER 17TH
2:00 P.M.

“Romancing the Stone”

Starring Michael Douglas & Kathleen Turner

A dowdy romantic-adventure writer is hurled into a real-life adventure in the Colombian jungle in order to save her sister, who will be killed if a treasure map is not delivered to her captors.

She is helped out by a brash mercenary, and together they search for the priceless gem located in the map.



Medicare Part D: Open Enrollment October 15th – December 7th

Karen Ness from Northeastern Colorado's Area Agency on Aging, will be holding Plan Comparison/Enrollment events in Logan County for your Medicare Drug Plan. Appointments can be made and will be held at the Heritage Center, 821 North Division Ave., in Sterling. The plan that has served you for 2019, may not be as effective in 2020. Deductibles, premiums and coverage change every year. Please do not assume that your plan is sufficient enough for 2020. December 8th is too late to do anything.

Each year the staff from Area Agency on Aging will meet hundreds of individuals and assist in saving them hundreds and even thousands of dollars over the course of the year.

Available Sign up Dates:

October 16 th	October 29 th	October 30 th
November 5 th	November 12 th	November 14 th
November 26 th	December 3 rd	

Call Karen at 522-1970 or 474-3736

THANKSGIVING DINNER

Senior Citizen's Club Thanksgiving Dinner

Wed. November 20th

Dinner tickets go on sale October 28th





DANCE SCHEDULE

Dances start at 6:30 with a \$7.00 charge for admission. Dance to live music until 10:00 p.m.

October 5 th	FM Country
October 12 th	Classic Country
October 19 th	Jim Ehrlich
October 26 th	Don Dobson

DAY TRIPS

Spend a day with us on these upcoming trips provided to you by Logan County Heritage Center and Overland Trail Bus Lines



HERITAGE CENTER TRAVEL POLICY

If you cancel after the sign-up deadline you are still responsible for the cost of the ticket, transportation and meal (if applicable) or for finding someone to go in your place. ALWAYS call as soon as you know you cannot attend.



DUSHANBE TEA HOUSE BOULDER

**Wednesday, October 9th
3:30 Afternoon Tea**

Tea is \$24.00 Transportation \$30

Sign up deadline is September 27th



CLAUDE MONET EXHIBIT

The Truth of Nature @ Denver Museum of Art

WEDNESDAY, NOVEMBER 13TH

Sign-up deadline is October 28th

Cost of Admission is \$25.00 Transportation \$28

LIFELONG LEARNING SERIES

NEVER STOP
LEARNING,
BECAUSE LIFE
never stops
TEACHING.

COLOR WHEEL



COLOR AND YOU

By Karen Foote

October 3, 2019

1:00-2:00 p.m.



PAINTING IN ACRYLICS

By Karen Foote

Come experience the joy of painting with artist, Karen Foote. All levels welcome. Class attendees will leave with a fall themed, finished acrylic canvas. All materials are furnished with a \$20 fee due at the start of class. Pre-Registration required by 5 p.m.

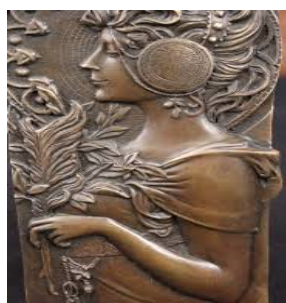
October 3rd by 522-7207

Just Come and have fun!

CSU NE Regional Engagement Center

October 4, 2019

1:00-2:30 p.m.



Join us in person or by Zoom (your computer)

ALUMINUM BAS-RELIEF SCULPTURING

By Karen Foote

October 24, 2019

5:00-to 6:30 p.m. @ CSU Regional Engagement Center

A great class for adults and kids grade 3 and up. Make a low relief sculpture that looks like pewter. All materials furnished for a \$5 fee due at the start of class. Registration required by 5 p.m. on October 22nd. 522-7207

ASK HOW YOU CAN ATTEND FOR FREE!!

AREA AGENCY ON AGING PRESENTS THE:

Age Well Conference & Fundraiser

Date: October 5th 2019
Time: 9:00 A.M. – 3:00 P.M.
Breakfast will be served at
8:30a.m.

Held in the Ballroom at
Northeastern Junior College
in Sterling , Colorado
80751

*“Aging is Not Lost Youth,
But a New Stage of
Opportunity & Strength”
-Betty Friedman*

Tickets:
**\$10.00 Suggested
Donation**

Benefiting:
***Northeastern
Colorado Seniors
*Aging & Disability
Resource Center
(Providing Senior
Resources and Pro-
grams Old & New)
*AAA Alzheimer's &
Dementia Program**

230 Main Street Suite 211
Fort Morgan, Colorado 80701

Phone: 970-867-9409 Ext. 240
Email: dalber@necalg.com



NORTHEAST COLORADO
AREA AGENCY ON AGING
AGE WELL
CONFERENCE & FUNDRAISER

- **Cannabis Education with Dr. Cohen & Amy Silverman BA, RN**
- **Alzheimer's Association– Know the 10 Signs**
 - **Build your Body Segment with Angie, Cynthia, & Kathy**
 - **Mind Over Matter Segment with Dakota Alber**
- **Eastern Colorado in Home Care Services with Ron & Marilyn Hewitt**
- **Senior Law with Mark Earnhardt**
- **Veterans Affairs with Dan Scalise**
- **Mental Health & Aging– Centennial Mental Health**

Small Breakfast & Catered Lunch will be Provided!
TRANSPORATION to and from the Event Provided!!
Ask about Availability!