



2022
HERIWAGE
CENTER
MONTHLY
NEWSLETTER





| | |
|--------------------|------------|
| Aline Charles | October 3 |
| Dorothy Dobson | October 6 |
| Raymond Nix | October 6 |
| Louise Jones | October 9 |
| Marlene Moyer | October 11 |
| Vicki Chamberlain | October 13 |
| Dick Ogley | October 13 |
| Alan Duvall | October 18 |
| Susan Martin | October 18 |
| Carol Graybill | October 21 |
| Wilmer Collette | October 26 |
| Clark Bernhardt | October 30 |
| Paulette Carpenter | October 30 |

ANNIVERSARIES

Kristyne Hernandez (Roger) October 8, 1988


BIRTHDAYS AND ANNIVERSARIES WILL BE CELEBRATED QUARTERLY

Our next party will be held Wednesday, December 28th

3:00 p.m.

For cake, angel food cake and ice cream to celebrate Senior Citizen's Club Members birthdays and anniversaries.

**OCTOBER 2022
HERITAGE MEAL SITE
FOR RESERVATIONS OR CANCELATIONS CALL 522-1237 BY 8:00 A.M.**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 3 | 4 | 5 | 6 | 7 |
| Sack Lunch Calories: 664 Carb: 89.9g Fiber: 13.2g Protein: 35.8g Fat: 20.0g Sod: 763mg | CORN TACO CASSEROLE REFRIED BEANS TOSSED GREEN SALAD W/ DRESSING FRUIT CUP Calories: 664 Carb: 89.9g Fiber: 13.2g Protein: 35.8g Fat: 20.0g Sod: 763mg | CHICKEN FRIED STEAK MASHED POTATOES CALIFORNIA VEGETABLES ANNA'S DILLY BREAD BANANA SPLIT FRUIT CUP OATMEAL NUT COOKIES Calories: 756 Carb: 92.9g Fiber: 9.5g Protein: 37.9g Fat: 28.3g Sod: 813mg | HAM & BEANS WALDORF SALAD CORN MUFFIN MANDARIN ORANGE W/ BANANAS APPLE GRANOLA COOKIES Calories: 795 Carb: 123.3g Fiber: 14.9g Protein: 30.8g Fat: 22.9 Sod: 1077mg | ROAST BEEF MASHED POTATOES W/ GRAVY PEAS & CARROTS OATMEAL ROLLS PEAR SLICES ORANGE JUICE Calories: 605 Carb: 95.8g Fiber: 9.5g Protein: 33.2g Fat: 11.5g Sod: 643mg |
| 10 | 11 | 12 | 13 | 14 |
| CHICKEN NOODLE SOUP PEAS BLUEBERRY MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE DARK BROWNIE Calories: 706 Carb: 101.4g Fiber: 11.9g Protein: 40.0g Fat: 17.9g Sod: 423mg | BRAISED BEEF MASHED POTATOES WINTER MIX VEGETABLES ROLLS CINNAMON APPLE SLICES OATMEAL RAISIN COOKIES Calories: 618 Carb: 96.3g Fiber: 11.1g Protein: 29.1g Fat: 14.9g Sod: 703mg | SWEET & SOUR PORK RICE ORIENTAL VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP Calories: 696 Carb: 105.3g Fiber: 10.2g Protein: 33.1g Fat: 16.8g Sod: 487mg | BAKED FISH BAKED POTATO CAROLINA SALAD ANNA'S DILLY BREAD SLICED BANANAS Calories: 638 Carb: 106.1g Fiber: 9.7g Protein: 29.8g Fat: 13.5g Sod: 907mg | SALISBURY STEAK BAKED POTATO PEAS & CARROTS ONION ROLL PEAR SLICES GRAPE JUICE Calories: 796 Carb: 109.2g Fiber: 10.9g Protein: 43.9g Fat: 22.3g Sod: 494mg |
| 17 | 18 | 19 | 20 | 21 |
| BEEF STROGANOFF W/ NOODLES LAYERED SALAD WINTER MIX VEGETABLES WW ROLL FRUIT CUP Calories: 640 Carb: 88.2g Fiber: 10.5g Protein: 37.1g Fat: 17.7g Sod: 714mg | SPAGHETTI w/ MEATSAUCE TOSSED GREEN SALAD w/ DRESSING GARLIC BREAD CINNAMON APPLE SLICES Calories: 675 Carb: 893.6g Fiber: 11.4g Protein: 30.1g Fat: 27.6g Sod: 362mg | BEEF BARLEY SOUP CRACKERS CAROLINA SALAD WINTER FRUIT CUP OATMEAL RAISIN COOKIE Calories: 678 Carb: 108.5g Fiber: 10.8g Protein: 23.9g Fat: 19.3g Sod: 899mg | SWISS STEAK BAKED POTATO ITALIAN VEGETABLES BRAN MUFFIN CHERRY BANANA SURPRISE Calories: 706 Carb: 90.7g Fiber: 12.5g Protein: 41.5g Fat: 22.2g Sod: 528mg | PULLED PORK SANDWICH BAKED BEANS CABBAGE TOSS BERRY BLEND Calories: 647 Carb: 86.9g Fiber: 11.9g Protein: 37.9g Fat: 18.6g Sod: 1069mg |
| 24 | 25 | 26 | 27 | 28 |
| SWEDISH MEATBALLS MASHED POTATOES STIR FRY VEGTABLES WW ROLL PEAR ORANGE FRUIT CUP Calories: 634 Carb: 94.7g Fiber: 10.7g Protein: 33.3g Fat: 15.8g Sod: 664mg | BARBECUE CHICKEN BROCCOLI POTATO SALAD BRAN MUFFIN TROPICAL FRUIT CUP Calories: 700 Carb: 90.9g Fiber: 10.7g Protein: 41.9g Fat: 21.5g Sod: 1160mg | SMOTHERED PORK CHOPS OVEN BROWNED POTATOES GREEN BEANS & CORN ONION ROLL MANDARIN ORANGES W/ BANANAS OATMEAL NUT COOKIE Calories: 820 Carb: 108.3g Fiber: 9.9g Protein: 40.1g Fat: 27.7g Sod: 619mg | TUNA CROISSANT POTATO SOUP SUPREME CARROT RAISIN SALAD APRICOT HALVES Calories: 777 Carb: 125.5g Fiber: 11.2g Protein: 36.3g Fat: 18.1g Sod: 981mg | CABBAGE BURGERS ASPARAGUS CUTS BANANA SPLIT FRUIT CUP SPICE CAKE Calories: 619 Carb: 90.6g Fiber: 10.1g Protein: 31.6g Fat: 17.8g Sod: 390mg |
| 31 | | | | |
| SOFT SHELL TACOS REFRIED BEANS MEICALI CORN FRUIT CUP BIRTHDAY RECOGNITION Calories: 668 Carb: 97.4g Fiber: 12.0g Protein: 38.1g Fat: 16.8g Sod: 992mg |  <i>Happy Halloween</i> | | <p style="text-align: center;">Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$12.50</p> <p style="text-align: center;">Menu may change due to availability of food items or conditions that cause the kitchen to close.</p> | |
| | | | | <p style="text-align: center;">For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p style="text-align: center;">If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p> |

October 2022

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|--|
| | | | | | 1 DANCE MOVED to Gary DeSoto Building 6:30-9:30 p.m. Dance to Classic Country \$7.00 Everyone Welcome |
| 3 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards | 4 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 JWill Pink Village 1:30 Sewing & Hobbies | 5 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Cornhole, Mah Jong, Dominoes | 6 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Card Group | 7 Noon Meet & Eat 1:30 Council on Aging Meeting | 8 DANCE MOVED to Gary DeSoto Building 6:30-9:30 pm. Dance to live music \$7.00 PUBLIC WELCOME |
| 10 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Close in Observance of Columbus Day | 11 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy 1:30 Sewing & Hobbies | 12 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Mah Jong & Dominoes | 13 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta | 14 Noon Meet & Eat | 15 DANCE MOVED TO Gary DeSoto Building 6:30-9:30 p.m. Dance to Dan Dobson \$7.00 |
| 17 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards 1:30 Pinochle Group | 18 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies | 19 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Mah Jong & Dominoes | 20 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Card Group | 21 Noon Meet & Eat | 22 DANCE MOVED TO Gary DeSoto Building 6:30-9:30 p.m. Dance to FM Country \$7.00 |
| 24 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards | 25 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy 1:30 Sewing & Hobbies | 26 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Cornhole, Mah Jong & Dominoes | 27 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta | 28 Noon Meet & Eat | 29 DANCE MOVED to Gary DeSoto Building 6:30-9:30 p.m. Dance to live music \$7.00 |
| 31 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards | | | | | |

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.

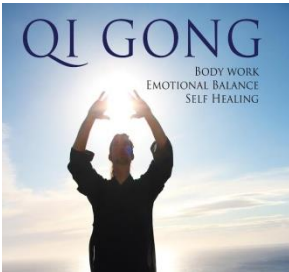
Monday & Wednesday mornings at 10:00 a.m.

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, 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.



NOVICE TAI CHI

This class is offered on Thursdays at 1:30 for those who have already completed a beginners Tai Chi class or are familiar with the practice. There is no instructor, this is a collaborated effort of those attending.



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.**



RUMMY

New to the line-up at the Heritage Center is Rummy. 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

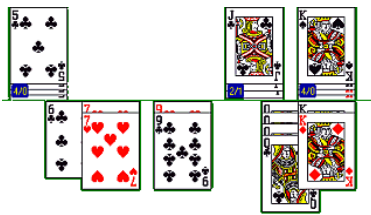
For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1: 30 start time, Snack break at 3:00
Bring your quarters/ 50 cents a snack



SEWING AND HOBBIES



Like to share ideas and work as a group. Bring what you want to work on and be prepared to talk/visit. All ideas/projects are welcome.



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

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 other month~~

~~10:00-11:00 a.m. BY APPOINTMENT ONLY~~

~~Call 522-1237 to schedule your 15 minute appointment~~

~~Suggested donation no less than \$5.00~~

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

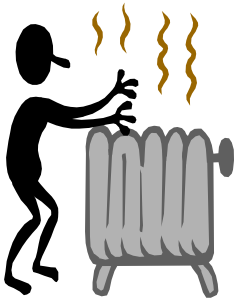
~~Provided by Sterling MedCare Home Health~~



Dances Continue at Gary DeSoto Building

Dances start at 6:30 with a \$7.00 charge for admission. Dance to live music until 9:30 p.m.

| | |
|--------------------------|-----------------|
| October 1 st | Classic Country |
| October 8 th | TBD |
| October 15 th | Dan Dobson |
| October 22 nd | FM Country |
| October 29 th | TBD |



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. Income limits for the 2022-2023 year is \$2,880 for (1) one person household and \$3,766 for (2) two person household.

Applications will be 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 970 522-1237 or

1-866-432-8435



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 amount 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) 522-1237 or (970) 466-9811

CHATting WITH CYNTHIA



My many THANKS and deepest APPRECIATION to all of you for your flexibility, your support, your patience and your understanding as we undergo building renovations of our heating and cooling systems.



A huge THANK YOU to our home delivery volunteers for adapting to change with such positive attitudes. Thank you for being patient with us while we adapt to working in a different and much larger kitchen. YOU are so valuable to us and we could not do this without you.



Things are progressing nicely at the Heritage Center. Demolition went faster than originally anticipated and the new system is coming into place. Unfortunately at the time of print I cannot give an estimate of how much longer we will be at St. Anthony's School.



I must also mention the wonderful parish and people of St. Anthony's. Thank you for accommodating us, tolerating us and welcoming us into your building. We are very GRATEFUL. I must mention Dorcus, Julie and Tom for working with us daily, our deepest gratitude. You have certainly made this whole experience easier with your kindness and generosity.



Because we don't have a deadline for when work will be complete at the Heritage Center we won't be planning too many activities between now and the end of the year. We look forward to being back into our building and resuming our regular activities and schedule.



I would love to have your input in what programs, activities and topics etc. we could add to our scheduling in 2023. Please let me know what you would like to have happening at YOUR community senior center.



Our garden season has come to an end. A big shout out to Alan and Peggy Duvall and Brenda Berg for your time and energy in planting, tending and harvesting our raised garden beds. We thank you for your hard work and dedication and thank you for sharing the garden goodies with all of us.



I also want to Thank Anne Dolan for taking care of the exercise classes we have all week. We appreciate you showing up every day with a smile on your face, kindness in your heart and sharing your cheer and good nature with all of us. Thank you for your dedication to the Logan County Heritage Center.