



2023
HERITAGE
CENTER
MONTHLY
NEWSLETTER





Dorothy Dobson	October 6
Mike Kinney	October 6
Raymond Nix	October 6
Ardis Garcia	October 9
Louise Jones	October 9
Marlene Moyer	October 11
Vicki Chamberlain	October 13
Alan Duvall	October 18
Susan Martin	October 18
Carol Graybill	October 21
Wilmer Collette	October 26
Lee Roth	October 29
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 27th

3:00 p.m.

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



OCTOBER 2023 HERITAGE MEAL SITE

For Reservations or Cancelations call 970-522-1237 by 8:00 am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CHICKEN TETRAZZINI COUNTRY MIX VEGETABLES MARINATED VEGETABLE SALAD ONION ROLL PINEAPPLE TIDBITS Calories: 677 Carb: 88.8g Fiber: 10.9g Protein: 37.0g Fat: 21.7g Sod: 573mg	BEEF & NOODLES CAULIFLOWER & PEAS APPLE CARROT RAISIN SALAD ONION ROLL PLUMS Calories: 609 Carb: 97.1g Fiber: 11.5g Protein: 32.5g Fat: 12.5g Sod: 485mg	CITRUS PEPPER SALMON FILLET BAKED POTATO PERFECTION SALAD BRAN MUFFIN FRUIT COCTAIL COOKIES W/ CHOCOLATE CIPS Calories: 676 Carb: 93.4g Fiber: 9.6g Protein: 32.0g Fat: 22.1g Sod: 932mg	CHICKEN POT PIE BROCCOLI JEANNIE'S SALAD FRUIT CUP Calories: 598 Carb: 68.3g Fiber: 9.0g Protein: 35.3g Fat: 23.0 Sod: 421mg	SLOPPY JOE SANDWICH POTATO SALAD SPINACH MANDARIN ORANGES W/ BANANAS Calories: 610 Carb: 98.0g Fiber: 12.0g Protein: 34.5g Fat: 13.1g Sod: 973mg
9	10	11	12	13
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 COOKIE 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 SWEET POTATO ASPARAGUS CUTS ANNA'S DILLY BREAD SLICED BANANAS BUTTERSCOTCH BROWNIE Calories: 782 Carb: 119.0g Fiber: 11.8g Protein: 34.1g Fat: 21.8g Sod: 805mg	SALISBURY STEAK BAKED POTATO PEAS & CARROTS ONION ROLL PEAR SLICES GRAPE JUICE Calories: 796 Carb: 109.2g Fiber: 10.9g Protein: 34.5g Fat: 13.1g Sod: 973mg
16	17	18	19	20
BEEF STROGANOFF W/ NOODLES WINTER MIX VEGETABLES LAYERED SALAD 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: 610 Carb: 89.0g Fiber: 11.6g Protein: 30.3g Fat: 18.0g Sod: 413mg	BEEF BARLEY SOUP CRACKERS ONION ROLL 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: 723 Carb: 90.7g Fiber: 12.5g Protein: 41.5g Fat: 24.1g Sod: 558mg	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
23	24	25	26	27
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 CALIFORNIA VEGETABLES ONION ROLL MANDARIN ORANGES W/ BANANAS Calories: 669 Carb: 87.5g Fiber: 9.7g Protein: 37.9g Fat: 20.4g Sod: 439mg	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 SWEET POTATO FRIES BANANA SPLIT FRUIT CUP SPICE CAKE Calories: 708 Carb: 104.4g Fiber: 11.2g Protein: 28.2g Fat: 21.3g Sod: 476mg
30	31			
SOFT SHELL TACOS REFRIED BEANS MEXICALI CORN FRUIT CUP BIRTHDAY RECOGNITION Calories: 668 Carb: 97.4g Fiber: 12.0g Protein: 38.1g Fat: 16.8g Sod: 992mg	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		Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$12.50 Menu may change due to availability of food items or conditions that cause the kitchen to close.	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.

October 2023

Mon	Tue	Wed	Thu	Fri	Sat
2 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	3 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Card Making 1:30 Pool	4 10:00 SilverSneakers® Yoga 11:15 Life Challenges & Transitions Support Group Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Checkers, Chess & Pool	5 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 6:30-7:30 Cardo Dance Exercise w/ Mari	6 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Meeting 1:30 Cards, Cornhole, Dominoes, & Pool	7 Dance to Classic Country 6:30-9:30 \$8.00
9 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	10 10:00 Toe Nail Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Pillow Project 1:30 Card Making 1:30 Rummy/Five Crowns 1:30 Pool	11 10:00 SilverSneakers® Yoga 11:15 Life Challenges & Transitions Support Group Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	12 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 6:30-7:30 Cardio Dance Exercise w/ Mari	13 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	14 6:30-9:30 Dance to Dan Dobson \$8.00
16 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	17 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Card Making	18 10:00 SilverSneakers® Yoga 11:15 Life Challenges & Life Transitions Support Group Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	19 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Playing with Fire" 1:30 Pool 6:30-7:30 Cardio Dance Exercise w/ Mari	20 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	21 6:30-9:30 Dance to FM Country \$8.00
23 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	24 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool 1:30 Card Making	25 10:00 SilverSneakers® Yoga 11:15 Life Challenges & Life Transitions Support Group Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	26 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 6:30-7:30 Cardio Dance Exercise w/ Mari	27 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	28 6:30-9:30 Dance to FM Country \$8.00
30 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	31 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool				

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.

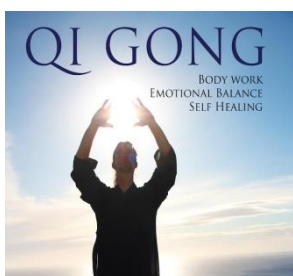
Some supplemental insurance will cover the expense of the class.

\$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.



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.



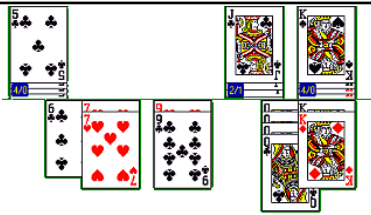
Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1:30 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 522-1237.

MAH JONG, CHESS, DOMINOES, CORNHOLE, CHECKERS, PITCH

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



SATURDAY NIGHT DANCING

Dance to live music 6:30-9:30 with an \$8.00 charge for admission. All ages welcome, no membership required

October 7

Classic Country

October 14

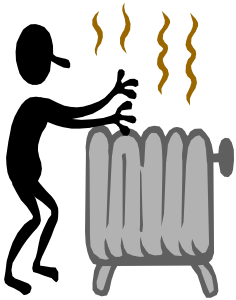
Dan Dobson

October 21

FM Country

October 28

FM Country



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 2023-2024 will be released later this month.

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) 522-1970



HUG IN AN ENVELOPE RETURNS IN OCTOBER

It's card making time! Our friend, Jane DeSanti will be joining us again during the month of October at the Logan County Heritage Center on Tuesdays from 1:30-3:30 we will be making autumn, thankful, gratitude cards for our long term care residents.

NO EXPERIENCE NECESSARY!

Come join us for this FREE, fun activity and meet some very nice people. All supplies, paper and materials will be provided. For more information email:

huginanenvelope@gmail.com or text 970-370-3987

Tuesday, October 3rd 1:30-3:30

Tuesday, October 10th 1:30-3:30

Tuesday, October 17th 1:30-3:30

Tuesday, October 24th 1:30-3:30

(no session on October 31st)



SUPPORT GROUP

FACING LIFE'S CHALLENGES AND TRANSITIONS

The Logan County Heritage Center will be partnering with Lynn Bournia, Licensed Professional Counselor to offer a 6 week support group on Facing Life's Challenges & Transitions. We ask that you try to attend and commit to all 6 weeks. All are welcome and this is a FREE of charge. Lunch is available after the group, advanced reservations are required. Space is limited, call the Logan County Heritage Center at (970) 522-1237 to reserve your place.

Wednesday, October 4th 11:15-12:00 "Finding Purpose and Meaning"

Wednesday, October 11th 11:15-12:00 "Coping with Change"

Wednesday, October 18th 11:15-12:00 "Grief and the Ripple Effect"

Wednesday, October 25th 11:15-12:00 "The Challenges of Loneliness"

Wednesday, November 1st 11:15-12:00 "Willingness to Make Change"

Wednesday, November 8th "Dealing with Holidays"

Class description available at the Heritage Center



LENZ POTATO

We will be taking orders for Lenz Potatoes out of Wray, CO

5lb bag \$2.50

50lb bag of # 2's \$15.00

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.

CARDIO DANCE CLASS WITH MARI CASILLAS

THURSDAYS IN THE MONTH OF OCTOBER

6:30-7:30 P.M.

FREE to the all ages and abilities

(18 and over are welcome)

Bi-Lingual instructor

Fun, Fitness and diverse upbeat music



September was a wonderful month celebrating National Senior Center Month. My gratitude to all of you who showed up to our many events, guest speakers, and programs. Thank you to KPMX-Chris "Bull" Brom, Jerry Casebolt and the Logan County Emergency Management Office, Northeast Plains Home Health, Curtis Swanson-Veteran's Service Officer, Sterling Health and Rehabilitation, Walker's Pharmacy, Sterling Early Learning Center, Kathy Hradecky for helping with the delicious food for our Bronco Pep Rally and Lynn Bournia getting our technology equipment operational.



October 8th-14th is National Fire Prevention Week. Our thanks to the Sterling Fire Department for serving our community and providing us with Vial of Life and assistance with changing our alarm batteries. If you would like more information we will have hand-outs at the Center and you can call 970-522-2352.

Sr Citizens Club Thanksgiving Dinner

All Club members are invited to attend the

Sr. Citizen's Club Thanksgiving Dinner

WEDNESDAY, NOVEMBER 15TH

Tickets go on sale Monday, October 9th

\$12.00

**RESERVATIONS REQUIRED AND
MUST BE PAID FOR PRIOR TO
FRIDAY, NOVEMBER 3RD**



Copyright Homeside-Preschool.com



DINING WITH DIABETES

The Colorado State University Extension is providing programming to help educate diabetics and their caregivers on healthy food choices, demonstrate cooking techniques, taste testing of new recipes, and basic information on diabetes and nutrition.

OCTOBER 4TH 12-1:30 P.M.

OCTOBER 11TH 12-1:30 P.M.

OCTOBER 18TH 12-1:30 P.M.

OCTOBER 25TH 12-1:30 P.M.

\$20 FOR ALL 4 SESSIONS

Make a reservation by calling Angie Myers at (970) 740-3226 or Jaci Wagner at (970) 522-3200