



2024
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
Carol Graybill	October 21
Wilmer Collette	October 26
Jinny Knode	October 27
Robert Peterson	October 29
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 18th

3:00 p.m.

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

OCTOBER 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
1	2	3	4	5
<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>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>BEEF AND NOODLES CAULIFLOWER & PEAS APPLE CARROT RAISIN SALAD WW ROLL PEACH SLICES OATMEAL NUT COOKIES</p> <p>Calories: 735 Carb: 110.0g Fiber: 12.9g Protein: 35.0g Fat: 19.9g Sod: 598mg</p>	<p>BEEF GOULASH MIXED VEGETABLES ROLL FRUIT COCKTAIL CHOCOLATE CHIP COOKIES</p> <p>Calories: 755 Carb: 91.2g Fiber: 11.1g Protein: 39.7g Fat: 28.8g Sod: 701mg</p>	<p>CHICKEN POT PIE BROCCOLI JEANNIE'S SALAD FRUIT CUP</p> <p>Calories: 623 Carb: 74.8g Fiber: 9.7g Protein: 35.7g Fat: 23.1g Sod: 417mg</p>	<p>SLOPPY JOE SANDWICH POTATO SALAD SPINACH STRAWBERRY APPLESAUCE</p> <p>Calories: 653 Carb: 97.8g Fiber: 11.9g Protein: 34.1g Fat: 17.4g Sod: 882mg</p>
7	8	9	10	11
<p>CHICKEN FRIED STEAK BAKED POTATO COUNTRY GRAVY ROLL BROCCOLI ORANGE WEDGES</p> <p>Calories: 737 Carb: 100.4g Fiber: 11.2 Protein: 34.8g Fat: 25.1g Sod: 1184mg</p>	<p>BRAISED BEEF MASHED POTATOES WINTER MIX VEGETABLES ROLL CINNAMON APPLE SLICES OATMEAL RAISIN COOKIES</p> <p>Calories: 630 Carb: 98.8g Fiber: 11.4g Protein: 29.5g Fat: 14.9g Sod: 703mg</p>	<p>SWEET AND SOUR PORK BROWN RICE ORIENTAL VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 697 Carb: 105.4g Fiber: 10.2g Protein: 33.2g Fat: 16.8g Sod: 534mg</p>	<p>CHICKEN NOODLE SOUP ASPARAGUS CUTS BRAN MUFFIN BERRY BLEND TRAIL COOKIES</p> <p>Calories: 719 Carb: 103.2g Fiber: 14.3g Protein: 38.6g Fat: 20.4g Sod: 575mg</p>	<p>SALISBURY STEAK BAKED POTATO PEAS AND CARROTS ONION ROLLS PEAR SLICES GRAPE JUICE</p> <p>Calories: 796 Carb: 109.2g Fiber: 10.9g Protein: 43.9g Fat: 22.3g Sod: 494mg</p>
14	15	16	17	18
<p style="font-size: 2em; color: #e91e63; font-weight: bold;">Columbus Day</p>	<p>SPAGHETTI w/ MEAT SAUCE TOSSED SALAD w/ DRESSING GARLIC CHEESE BISCUITS FRUIT CUP</p> <p>Calories: 695 Carb: 83.1g Fiber: 9.7g Protein: 29.9g Fat: 29.9g Sod: 679mg</p>	<p>BEEF BARLEY SOUP CRACKER PACKET CAROLINA SALAD ONION ROLL WINTER FRUIT CUP OATMEAL RAISIN COOKIE</p> <p>Calories: 724 Carb: 111.0g Fiber: 11.1g Protein: 29.6g Fat: 20.6g Sod: 913mg</p>	<p>BEEFY TOSTADA CASSEROLE SALSA JC SOMALI SUMMER SALAD CORN HEAVENLY HASH</p> <p>Calories: 754 Carb: 92.0g Fiber: 12.4g Protein: 44.1g Fat: 26.1g Sod: 970mg</p>	<p>PULLED PORK SANDWICH BOSTON BEANS CREAMY COLESLAW BERRY BLEND</p> <p>Calories: 691 Carb: 95.0g Fiber: 13.4g Protein: 41.7g Fat: 17.4g Sod: 882mg</p>
21	22	23	24	25
<p>SWEDISH MEATBALLS MASHED POTATOES STIR FRY VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 679 Carb: 94.7g Fiber: 10.7g Protein: 31.2g Fat: 21.4g Sod: 663mg</p>	<p>SMOTHERED PORK CHOPS OVEN BROWNED POTATOES CALIFORNIA VEGETABLES ONION ROLL MANDARIN ORANGES w/ BANANAS</p> <p>Calories: 669 Carb: 87.5g Fiber: 9.7g Protein: 37.9g Fat: 20.4g Sod: 439mg</p>	<p>BBQ CHICKEN SANDWICH BROCCOLI POTATO SALAD TROPICAL FRUIT CUP CARROT CAKE</p> <p>Calories: 683 Carb: 104.6g Fiber: 10.3g Protein: 40.1g Fat: 12.9g Sod: 1122mg</p>	<p>CHICKEN SALAD w/ GREEN GRAPES CARROT RAISIN SALAD FRENCH BREAD APRICOT HALVES APPLE GRANOLA COOKIES ORANGE JUICE</p> <p>Calories: 799 Carb: 114.1g Fiber: 10.9g Protein: 36.1g Fat: 25.8g Sod: 798mg</p>	<p>CABBAGE BURGERS SWEET POTATO FRIES BANANA SPLIT FRUIT CUP SPICE CAKE</p> <p>Calories: 708 Carb: 104.4g Fiber: 11.2g Protein: 28.2g Fat: 21.3g Sod: 476mg</p>
28	29	30	31	
<p>PARMESAN CHICKEN RICE PILAF BRUSSEL SPROUTS SUPREME FRENCH BREAD BANANA SPLIT FRUIT CUP</p> <p style="text-align: right; font-size: 0.8em; color: #e91e63;">Happy Birthday</p> <p style="text-align: center; font-weight: bold; color: #e91e63;">BIRTHDAY RECOGNITION</p> <p>Calories: 800 Carb: 89.2g Fiber: 9.5g Protein: 46.8g Fat: 30.5g Sod: 864mg</p>	<p>SEAFOOD BURGER ON A BUN TARTER SAUCE LETTUCE/TOMATO/ONION SLICES PASTA SALAD ORANGE JUICE/BANANA JELLO SALAD OATMEAL RAISIN COOKIES</p> <p>Calories: 747 Carb: 106.1g Fiber: 10.1g Protein: 35.9g Fat: 22.9g Sod: 688mg</p>	<p>SWISS STEAK BAKED POTATO ITALIAN VEGETABLES BRAN MUFFIN CHERRY BANANA SURPRISE</p> <p>Calories: 728 Carb: 92.3g Fiber: 13.3g Protein: 41.6g Fat: 24.2g Sod: 571mg</p>	<p>HAM AND BEANS HONEY CORN BREAD WALDORF SALAD PEACH SLICES GRAPE JUICE</p> <p>Calories: 658 Carb: 117.7g Fiber: 12.0g Protein: 27.2g Fat: 11.0g Sod: 969mg</p>	<p>Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$12.50</p>

October 2024

Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Artbober-Greeting Cards w/ Jane Desanti 1:30 Pool	2 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Pool, Chess, Checkers	3 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	4 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Business Meeting 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	5 6:30-9:30 Dance w/ Classic Country \$8.00 All Ages Welcome
7 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle Group 1:30 Cards & Pool 3:30 Parkinson's Exercise Group	8 10:00 TOE NAIL CARE CLINC 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Artbober-Greeting Cards w/ Jane DeSanti 1:00 JWill Pink Village 1:30 Rummy/Five Crowns 1:30 Pool	9 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers	10 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	11 11:00-3:00 Embracing Aging on the Square at Northeastern Junior College Noon Meet & Eat 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	12 6:30-9:30 Dance w/ Dan Dobson \$8.00 Public Invited
14 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Card Club 1:30 Cards & Pool 3:30 Parkinson's Exercise Group	15 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Artbober-Greeting Cards w/ Jane DeSanti 1:30 Pool	16 NO EXERCISE THIS AM Noon Sr. Citizen's Club Anniversary Dinner (reservations required) 1:30 Cards, Pool 2:00 SilverSneakers® Yoga	17 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	18 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	19 NO DANCE
21 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle Group 1:30 Cards & Pool 3:30 Parkinson's Exercise Group	22 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Artbober-Greeting Cards w/ Jane DeSanti 1:30 Rummy/Five Crowns 1:30 Pool	23 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Movie Matinee "Hocus Pocus 2" 1:30 Cards, Pool, Chess, Checkers	24 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	25 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Cornhole, Dominoes, Mah Jong	26 6:30-9:30 Dance w/ FM Country \$8.00 Public Invited
28 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's Exercise Group	29 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Artbober-Greeting Cards w/ Jane Desanti 1:30 Pool	30 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers	31 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Door Prize Bingo "Halloween Special" 1:30 Pool		

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

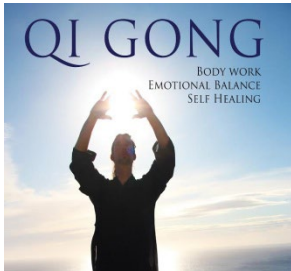


SilverSneakers® Yoga

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, 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.



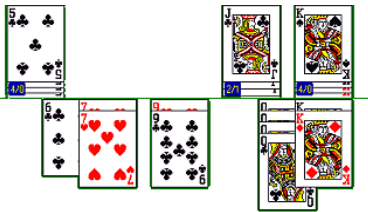
Join the SENIOR CITIZEN'S CLUB

For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1:00 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

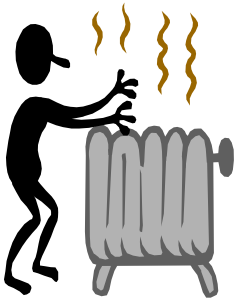
FUNDING IS AVAILABLE THROUGH THE LOGAN COUNTY COUNCIL ON AGING TO HELP WITH THE EXPENSE OF NEW EYEGASSES AND HEARING AIDS. PLEASE CONTACT THE OFFICE FOR MORE INFORMATION 970-522-1237



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 5	Classic Country
October 12	Dan Dobson
October 19	<u>NO DANCE</u>
October 26	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



Heritage Center with Hug In An Envelope

Greeting Card Making Sessions

EVERY TUESDAY
IN OCTOBER
1:00 - 3:30

Cards delivered in November to Meet and
Eat participants, Hospice, Senior Living
and Rehabilitation Centers



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.



October 6th-12th is National Fire Prevention Week. Our thanks to the Sterling Fire Department for serving our community and providing us with the Vial of Life program. And remember it's change your clocks, change your batteries. If you would like more information or assistance with smoke alarms please call 970-522-2352.

Sr Citizens Club Anniversary Dinner

All Club members are invited to attend the

Sr. Citizen's Club Anniversary Dinner

WEDNESDAY, OCTOBER 16TH

NOON

\$12.00

**RESERVATIONS REQUIRED AND
MUST BE PAID FOR BY THURSDAY,
OCTOBER 10TH**

Roast Pork, Potatoes, Vegetable, Salad, Dinner Roll,
Dessert, Beverages



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. Every Tuesday in October. Must pre-register

OCTOBER 8TH 12-1:30 P.M.

OCTOBER 15TH 12-1:30 P.M.

OCTOBER 22ND 12-1:30 P.M.

OCTOBER 29TH 12-1:30 P.M.

\$20 FOR ALL 4 SESSIONS

Make a reservation by calling Jaci Wagner at (970) 522-3200



DOOR PRIZE BINGO

THE HALLOWEEN SPECIAL

Come join the fun,
costumes welcome.

WEDNESDAY, OCTOBER 31ST

1:30 p.m.

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

MOVIE MATINEE

HOCUS POCUS 2

Starring Sarah Jessica Parker, Bette Midler, Kathy Najimy

Three young women accidentally bring back the Sanderson Sisters to modern day Salem and must figure out how to stop the child-hungry witches from wreaking havoc on the world.

WEDNESDAY, OCTOBER 23RD

1:30 P.M.



Are you an older adult looking to take control of your life? Do you want to feel empowered to express your needs and opinions? Our Self-Advocacy Training is designed to help you build confidence and skills to effectively communicate your desires.

Key Benefits:

- Learn effective communication strategies
 - Develop problem-solving skills
 - Increase self-confidence
 - Build stronger relationships
- Advocate for your own needs and wants

Find Your Voice: Self-Advocacy Training for Older Adults

Learn to confidently express your needs and desires.

• 3rd Monday from August through December •

• 1p to 230p •

CSU Northeast Regional Engagement Center





FALL in love with the Heritage Center Bingo

Pick up your Bingo card and complete the activities to fill your card for a bingo or a black out.

Numbers drawn daily and you have until November 1st to complete your spaces and turn in for a great prize.



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

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**



ENGAGEMENT
AND EXTENSION
COLORADO STATE UNIVERSITY

FREE Open AI Program Series!

OATS OLDER ADULTS
TECHNOLOGY
SERVICES
FROM AARP

CSU Northeast Regional Engagement Center is partnering with Senior Planet from AARP to help older adults use technology to learn new skills, save money, get in shape, and make new friends.

There's no doubt artificial intelligence (AI) is a hot topic, and for good reason! AI technology is rapidly developing and increasingly impacting our lives. This multi-week series will explain the AI tools that have been part of everyday life for a while and explore cutting edge applications of technology. We'll look at ways we can use AI tools to help with a variety of tasks from writing emails to creating artistic images. You'll also learn tips for identifying AI-generated content, best practices for using AI, and how to stay safe. Classes will be hosted at Northeastern Junior College ES French RM. 123 and are intended for adults 60 and over.

Upcoming Topics:

- **AI & Disinformation (Wednesday, October 9, 2024; 1:30PM - 3:00PM)**
- **AI Image Generators (Wednesday, October 16, 2024; 1:30PM - 3:00PM)**
- **Everyday Uses of AI (Wednesday, October 23, 2024; 1:30PM - 3:00PM)**
- **Intro to Chatting with AI (Wednesday, October 30, 2024; 1:30PM - 3:00PM)**
- **Is that AI? (Wednesday, November 6, 2024; 1:30PM - 3:00PM)**

Sign Up Today!

Call: (970) 522-7207

Email: Lakesha.Hershfeldt@colostate.edu



REGISTER NOW >



Why should you join us?



Women's Health Summit

Saturday, October 19, 2024

11:30 - 4:45 pm

Washington County Event Center 551 w.
2nd St., Akron, Colorado

 REGISTER NOW

<https://col.st/YhkUY>



For Empowerment...

Empowered people make positive changes in their lives and communities through learning opportunities and will:

- Learn about the many resources available in our region
- Create an opportunity for rural women to network and collaborate
- Increase the importance of making oneself the priority!

"There are many more resources and supports available in rural areas than people realize. I'm excited that Extension is connecting rural experts in our communities to ensure rural women receive the knowledge they deserve."



Ginger Williams



**PARKINSON
ASSOCIATION
OF THE ROCKIES**

New! Exercise Class for People with Parkinson's and their Care Partners

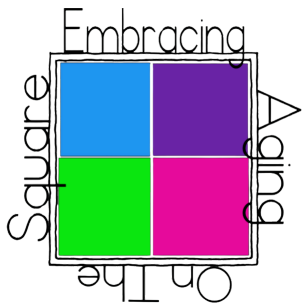


Mondays 3:30-4:30pm
Logan County Heritage Center
821 N Division Avenue
Sterling, CO
Starting August 5th

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

Presented by Logan County's Council on Aging
in Partnership with CU Anschutz's Multidisciplinary Center on Aging
and CSU Columbine Health System's Center for Healthy Aging



4TH ANNUAL Embracing Aging on the Square

 **Friday, October 11**  **11AM-3PM**

Northeastern Junior College - E.S French Hall
100 College Avenue, Sterling, CO 80751

FREE!

Walk-ins welcome!



Join researchers from Logan County, CU Anschutz and CSU for an opportunity to engage in hands-on and fun research activities!

Highlights & Features:

LIGHT LUNCH PROVIDED!

- Community art show
- Hearing screenings
- Embracing life with diabetes
- Vision screenings
- Granny Does Graffiti w/ Damon McLeese
- Car-fit driving assessments
- Cancer 101: Nutrition and exercise programs for cancer survivors

REGISTER HERE!



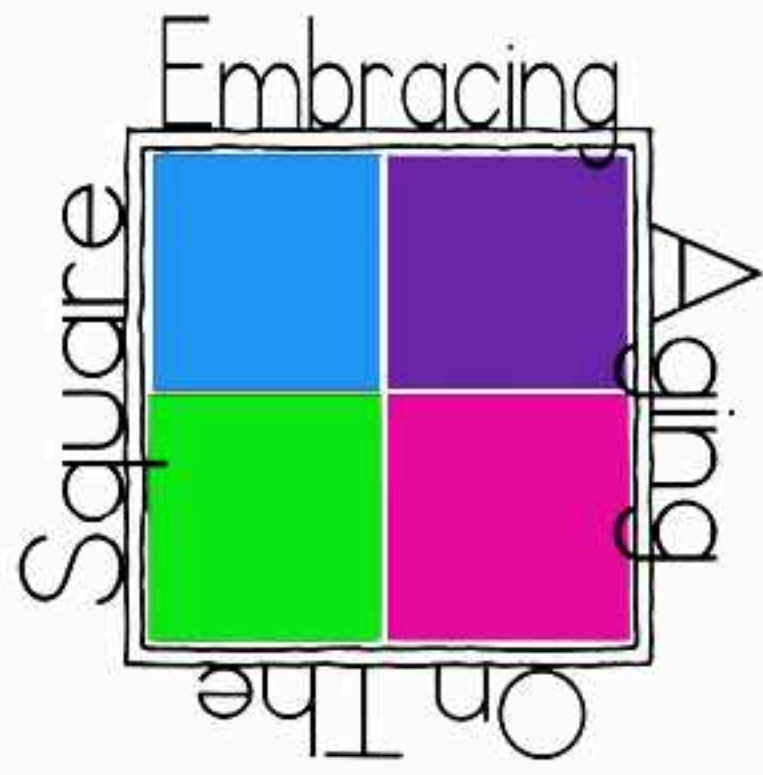
LINK: tinyurl.com/f576yw9d

OR register by emailing Jodi:

jodi.waterhouse@cuanchutz.edu



Presentado por el Consejo sobre el Envejecimiento del Condado de Logan en asociación con el Centro Multidisciplinario sobre Envejecimiento de CU Anschutz y el Centro para el Envejecimiento Saludable del Sistema de Salud CSU Columbine



4TO ANUAL

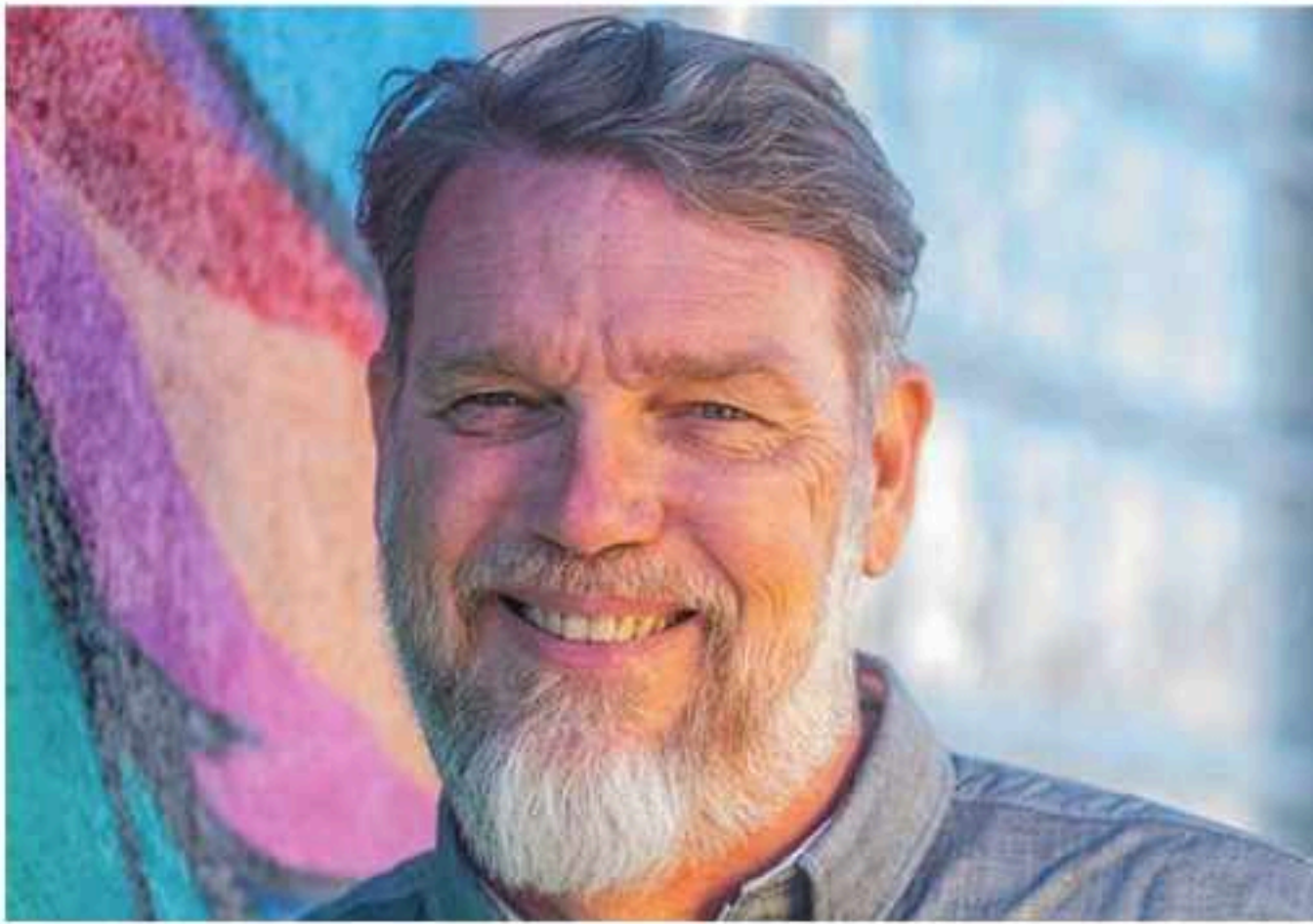
Abrazar el Envejecimiento en La Plaza

 **Viernes 11 de Octubre**  **11AM-3PM**

Northeastern Junior College - E.S French Hall
100 College Avenue, Sterling, CO 80751

GRATIS!

¡Bienvenidos los visitantes sin cita previa!



¡Únase a investigadores del condado de Logan, CU Anschutz y CSU para tener la oportunidad de participar en actividades de investigación prácticas y divertidas!

¡SE PROPORCIONA UN ALMUERZO LIGERO!

Aspectos Destacados y Características

- Muestra de Arte Comunitario
- Exámenes de Audición
- Abrazando la vida con Diabetes
- Exámenes de la Vista
- La abuela Graffiti con Damon McLeese
- Evaluaciones de conducción adaptadas al coche
- Cáncer 101: programas de nutrición y ejercicio para sobrevivientes de cáncer

¡REGISTRAR AQUÍ!



[LINK: tinyurl.com/f576yw9d](https://tinyurl.com/f576yw9d)

O regístrese enviando un correo electrónico a Jodi: **jodi.waterhouse@cuanschutz.edu**

