



2025
HERITAGE
CENTER
MONTHLY
NEWSLETTER





Mike Kinney	October 6
Raymond Nix	October 6
Ardis Garcia	October 9
Louise Jones	October 9
Marlene Moyer	October 11
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

BIRTHDAYS AND ANNIVERSARIES WILL BE CELEBRATED QUARTERLY

Our next party will be held Wednesday, December 17th

3:00 p.m.

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



OCTOBER 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
		1	2	3
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 - \$19.25 Menu may change due to availability of food items or conditions that cause the kitchen to close.	 NO MEALS SERVED TODAY	CHICKEN STRIPS RANCH DRESSING PARSLIED POTATOES BROCCOLI BLUEBERRY MUFFIN FRUIT CUP FRUIT YOGURT Calories: 729 Carb: 110.8g Fiber: 11.0g Protein: 29.3g Fat: 21.7g Sod: 1143mg	SWEET & SOUR PORK BROWN RICE SPINACH MANDARIN ORANGE SALAD WW ROLL PEAR ORANGE FRUIT CUP CHOCOLATE MILK Calories: 721 Carb: 111.4g Fiber: 8.5g Protein: 31.8g Fat: 18.2g Sod: 696mg
6	7	8	9	10
CHICKEN FRIED STEAK MASHED POTATOES & COUNTRY GRAVY ROLL CALIFORNIA VEGETABLES SLICED BANANAS CHEESE STICK Calories: 770 Carb: 96.1g Fiber: 26.9g Protein: 45.0g Fat: 29.9g Sod: 992mg	CHICKEN NOODLE SOUP BRUSSEL SPROUTS BRAN MUFFIN HEAVENLY HASH OATMEAL CHOCOLATE CHIP COOKIE Calories: 685 Carb: 95.6g Fiber: 12.7g Protein: 36.8g Fat: 20.9g Sod: 581mg	BEEFY TOSTADA CASSEROLE CORN JC SOMALI SUMMER SALAD APRICOT HALVES FRUIT YOGURT Calories: 698 Carb: 102.1g Fiber: 13.6g Protein: 33.0g Fat: 20.3g Sod: 938mg	PULLED PORK SANDWICH BOSTON BEANS CONFETTI COLESLAW BERRY BLEND PUDDING Calories: 742 Carb: 109.0g Fiber: 19.0g Protein: 37.7g Fat: 20.2g Sod: 1094mg	MEATLOAF MASHED POTATOES & GRAVY GREEN BEANS WW ROLL STRAWBERRY APPLESauce CHOCOLATE MILK Calories: 687 Carb: 102.7g Fiber: 10.6g Protein: 30.9g Fat: 18.0g Sod: 812mg
13	14	15	16	17
	BEEF BARLEY SOUP CAROLINA SALAD ONION ROLL WINTER FRUIT CUP Calories: 608 Carb: 91.5g Fiber: 10.8g Protein: 27.4g Fat: 17.1g Sod: 691mg	SPAGHETTI w/ MEAT SAUCE TOLLED SALAD w/ DRESSING GARLIC CHEESE BISCUIT BANANA SPLIT FUIT CUP FRUIT YOGURT Calories: 744 Carb: 82.5g Fiber: 10.2g Protein: 23.7g Fat: 27.7g Sod: 591mg	SALISBURY STEAK BAKED POTATO PEAS & CARROTS CRANBERRY MUFFIN FRUIT COCKTAIL CHEESE STICK Calories: 719 Carb: 79.2g Fiber: 9.0g Protein: 39.8g Fat: 28.5g Sod: 769mg	CHICKEN SANDWICH BOSTON BEANS LETTUCE, TOMATO, ONION SLICES POTATO SALAD PEAR ORANGE FRUIT CUP TRAIL COOKIE CHOCOLATE MILK Calories: 795 Carb: 120.3g Fiber: 13.0g Protein: 37.0g Fat: 21.0g Sod: 971mg
20	21	22	23	24
SWEDISH MEATBALLS MASHED POTATOES STIR FRY VEGETABLES ONION ROLL MANDARIN ORANGES w/ BANANAS CHEESE STICK Calories: 730 Carb: 99.3g Fiber: 11.9g Protein: 32.6g Fat: 24.2g Sod: 614mg	CHICKEN SALAD w/ GREEN GRAPES BROCCOLI APPLE SALAD FRENCH BREAD APRICOT HALVES APPLE GRANOLA COOKIE Calories: 739 Carb: 83.5g Fiber: 9.0g Protein: 35.5g Fat: 31.7g Sod: 708mg	BBQ CHICKEN SANDWICH POTATO SALAD SPINACH PINEAPPLE MANDARIN ORANGE COMPOTE FRUIT YOGURT Calories: 613 Carb: 95.1g Fiber: 11.4g Protein: 36.4g Fat: 12.2g Sod: 872mg	SMOTHERED PORK CHOP OVENBROWNED POTATOES CALIFORNIA VEGETABLES OATMEAL ROLL PEACH SLICES PUDDING Calories: 605 Carb: 83.5g Fiber: 12.0g Protein: 43.1g Fat: 13.3g Sod: 668mg	CABBAGE BURGERS SWEET POTATO FRIES PINEAPPLE TIDBITS SPICE CAKE CHOCOLATE MILK Calories: 727 Carb: 110.8g Fiber: 9.3g Protein: 27.0g Fat: 21.7g Sod: 562mg 
27	28	29	30	31
PARMESAN CHICKEN MAPLE ROASTED SWEET POTATOES BRUSSEL SPROUTS SUPREME FRENCH BREAD TROPICAL FRUIT CUP PUDDING  BIRTHDAY RECOGNITION Calories: 719 Carb: 101.2g Fiber: 13.2g Protein: 32.2g Fat: 24.4g Sod: 1200mg	HAM & BEANS HONEY CORN BREAD WALDORF SALAD FRUIT COCKTAIL GRAPE JUICE Calories: 673 Carb: 114.5g Fiber: 11.9g Protein: 28.1g Fat: 13.0g Sod: 975mg	ROAST BEEF MASHED POTATOES & BEEF GRAVY PARSLIED CARROTS APRICOT MUFFIN PEAR SLICES CARROT COOKIE CHEESE STICK Calories: 645 Carb: 82.4g Fiber: 10.0g Protein: 27.0g Fat: 23.7g Sod: 794mg	SEAFOOD BURGER on a BUN TARTAR SAUCE LETTUCE/TOMATO/ONIONS BOSTON BEANS ORANGE WEDGES FRUIT YOGURT Calories: 647 Carb: 105.9g Fiber: 13.5g Protein: 34.2g Fat: 11.6g Sod: 705mg	SWISS STEAK BAKED POTATO ITALIAN VEGETABLES BRAN MUFFIN CHERRY BANANA SURPRISE CHOCOLATE MILK Calories: 789 Carb: 106.8g Fiber: 14.5g Protein: 40.3g Fat: 25.4g Sod: 588mg 

October 2025

Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 SilverSneakers® Yoga Noon NO MEALS SERVED OR DELIVERED TODAY 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Checkers, Chess, & Pool	2 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pitch 1:30 Pool	3 9:30 Cardio Drumming 10:30 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool 1:30 Council on Aging Business Meeting	4 6:30-9:00 Dance w/ Classic Country \$8.00 Everyone Invited
6 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class	7 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Show & Tell Jane DeSanti "The Art of Paper" 1:00-4:00 Card Making	8 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Bunco 1:30 Cards, Checkers, Chess & Pool	9 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	10 9:00 Embracing Aging on the Square @ E.S. French NJC Noon Meet & Eat 1:30 Cards, Cornhole, & Pool	11 Dance w/ Dan Dobson 6:30-9:00 \$8.00 All our welcome
13 10:00 SilverSneakers® Yoga Noon NO MEALS SERVED OR DELIVERED TODAY 1:30 Cards & Pool 3:30 PAR Exercise Class	14 9:00 Toenail Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00-4:00 Card Making w/ Jane DeSanti 1:30 Pool	15 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool 1:30 Mexican Train Dominoes	16 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Door Prize Bingo w/ Devonshire 1:30 Pool	17 9:30 Cardio Drumming 10:30 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, & Pool	18 NO DANCE
20 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class	21 10:00 SilverSneakers® Classic 11:15 "Staying Well the Holistic Way during Flu & Cold Season" Noon Meet & Eat 1:00-4:00 Card Making w/ Jane DeSanti 1:30 Rummy/Five Crowns & Pool	22 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, & Chess 1:30 Movie Matinee "The Sting"	23 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	24 9:30 Cardio Drumming 10:30 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole & Pool	25 6:30-9:00 Dance w/ FM Country 6:30-9:00 \$8.00 Public Welcome
27 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 PAR Exercise Class	28 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00-4:00 Card Making w/ Jane DeSanti 1:30 Pool	29 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	30 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool	31 9:30 Cardio Drumming 10:30 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, & 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 10:30 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.

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



by UnitedHealthcare

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.



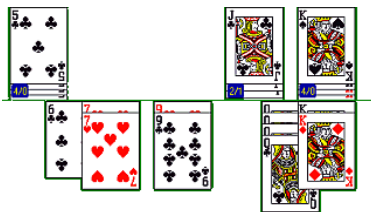
Join the SENIOR CITIZEN'S CLUB

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



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

NO DANCE

October 26

FM Country

LENZ POTATO

We will be taking orders for Lenz Potatoes out of 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.



TOENAIL CARE CLINIC

Our next clinic provided by the wonderful staff at N.E. Plains Home Health will be held by appointment only from 9:00 a.m. to 10:45 a.m.

TUESDAY, OCTOBER 14TH

NOTICE

The November clinic has been rescheduled for Tuesday, November 4th due to the Veteran's Day the following week.

The Heritage Center October Show & Tell Card Making

Creating cards with a thankful or grateful theme is a beautiful way to celebrate the spirit of the season and connect with others. By joining the card crafting sessions at the Heritage Center every Tuesday in October from 1 p.m. to 4 p.m., you not only get the chance to express your creativity but also to foster a sense of community. These sessions are perfect for everyone, from those with years of crafting experience to newcomers eager to learn something new. The provided supplies make it easy to dive right. All cards are delivered in November to all Sterling senior living centers and rehabilitation.

Tuesday is card making day!



MEXICAN TRAIN DOMINOES STARTS WEDNESDAY, OCTOBER 15TH 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.



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.

OCTOBER, Tuesday 7th 1:00 p.m.

Jane DeSanti-Paper Art (and we will make cards following her presentation)

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.

NUTRITION PROGRAM MAKING EXCITING CHANGES TO THE MENU

The Meet & Eat nutrition program will be offering pudding, yogurt, cheese sticks in replace of milk as your daily recommended source of calcium for our meals delivered in the community and served at the Heritage Center. We will still offer white milk on Tuesdays and chocolate milk on Fridays. You will also find new menu items such as chicken trips, breaded chicken sandwich, soups, maple roasted sweet potatoes. Call us to make a reservation and give us a try. (970) 522-1237



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

CARDIO DRUMMING

NEW EXERCISE CLASS

Friday's 9:30 a.m.

(no class on 10/10)

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.





PAULETTE CARPENTER
“Staying Well the Holistic Way”

TUESDAY, OCTOBER 21ST
11:15 A.M.

Paulette retired and beloved nurse practitioner in our community will be sharing her wisdom and knowledge with us on staying healthy the holistic way.

MOVIE MATINEE

“The Sting”

Our tribute to the late and great Robert Redford

Following the murder of a mutual friend, aspiring con man Johnny Hooker (Robert Redford) teams up with old pro Henry Gondorff (Paul Newman) to take revenge on the ruthless crime boss responsible. (google)

WEDNESDAY, OCTOBER 22nd

1:30 P.M.



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



DOOR PRIZE BINGO

Come join the fun

WEDNESDAY, OCTOBER 16th

1:30 p.m.

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

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.



AGING WITH GRACE & VIGOR

Another key step to aging with grace and vigor is GRATITUDE. Gratitude acts as a connecting link between you and every possible channel of good in your life. Melody Beattie says "Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos to order, confession to carity."

Cultivating gratitude everyday can make you healthier and happier. Begin your day and end your day saying at least 5 things you are grateful for. You will have a more positive day will sleep better at night.

The more grateful and thankful we are, the more we receive. Grateful people report being more content, and helpful which has direct health benefits.

Being grateful can help you recover faster from illness and better handle stress which certainly decreases the aging process.

People who keep gratitude journals were 25% happier, 33% exercised more per week, 10% had lower blood pressures and they slept 30 minutes longer each night.

Gratitude for whatever we have increases our feelings of love as well as our supply of whatever we desire and need to thrive.

AFFIRMATION:

I am grateful for this day. I am grateful for birds chirping in the trees. I am grateful for sunshine.

~Paulette Carpenter

GRATITUDE

Just Imagine that.....

You are smarter than you know

More courageous than you guess

Stronger than you feel

You are healthier than you are aware of

More creative than you believe

More capable than you recognize.

You are more powerful than you think

More attractive than you assume

Wiser than you suppose

You are more valuable than you have ever been told

and you are able to make a difference in the world that

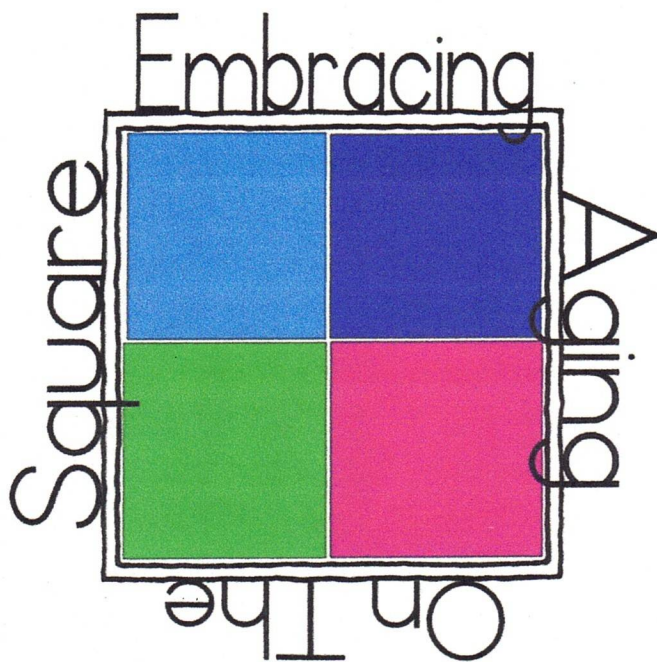
you have not yet begun to realize

Just Imagine that!

It is not necessary to do great things...We must do small things with great love for one another.

~Mother Theresa

5th Annual



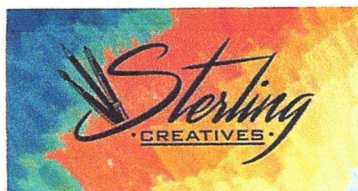
Friday, October 10, 2025

Register Here:



COLORADO
Office of Adult, Aging &
Disability Services
State Unit on Aging

AARP
Colorado



Friday, October 10th

9 A.M. - 3 P.M.

Northeastern Junior
College

E.S. French Hall
1100 Sidney Avenue
Sterling, Colorado

Join us for a day filled with
inspiration and
empowerment as we
celebrate the beauty of aging!

Our event will feature **engaging speakers, fun activities,** and **valuable resources** to help you embrace this chapter of life.

Whether you're looking for **health tips, financial, or simply connecting with others** who understand your journey, this event is for you.

**FOR MORE INFORMATION CONTACT
CYNTHIA AT 970-522-1237**

Hosted By:



**Logan County
Council on Aging**
Empowering Independence Enhancing Lives