



2019

**HERITAGE CENTER
MONTHLY NEWSLETTER**





Cindy Wright	September 2 nd
Florence O'Neal	September 3 rd
Marsha Clark	September 4 th
Millie Egbert	September 8 th
Ann Withrow	September 9 th
Russel Withrow	September 9 th
Carmen Reyes	September 11 th
Kelly Blecha	September 12 th
Gail Shafer	September 14 th
Jean Williamson	September 14 th
Greg Dyson	September 16 th
Judy Henderson	September 16 th
Terry Frese	September 17 th
Eula Mae Green	September 17 th
Bill Dobson	September 19 th
Jeanet "Jan" Lebsock	September 21 st
NaDean Meier	September 23 rd
Sandy Proctor	September 25 th
Ellis Schmidt	September 25 th

WEDDING ANNIVERSARIES


Jim & Jean Williamson	September 11, 1955
Emil & Marianne Trott	September 3, 1966
Russ & Judy Clodfelder	September 16, 1967

JOIN US
FRIDAY, SEPTEMBER 27TH
3:00 P.M.

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

SEPTEMBER 2019 HERITAGE MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 463-5591 BY 9:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	PORK CHOP SUEY RICE CARROT COINS APPLE JUICE WW ROLL PINEAPPLE TIDBITS Calories: 691 Carb: 106.9g Fib: 10.1g Protein: 31.6g Fat: 17.1g Sod: 496mg	SAVORY BAKED CHICKEN MASHED POTATOES & GRAVY GREEN BEANS w/ TOMATOES WW ROLL STRAWBERRIES & BANANAS NATURE COOKIE Calories: 786 Carb: 100.9g Fib: 10.6g Protein: 44.4g Fat: 24.9g Sod: 1144mg	<i>CHOICE: CHICKEN SALAD</i> TUNA SALAD 3 BEAN SALAD FRENCH BREAD PEAR ORANGE FRUIT CUP CARROT CAKE Calories: 610 Carb: 98.0g Fib: 11.7g Protein: 30g Fat: 13.4g Sod: 828mg	SOUTHERN BEEF PIE RED BEETS TOSSED SALAD & DRESSING FRUIT COCKTAIL COOKIE Calories: 642 Carb: 86.2g Fib: 9.6g Protein: 30.4g Fat: 22.7g Sod: 542mg
9	10	11	12	13
CABBAGE BURGERS CRISPY CUCUMBERS & TOMATOES BEAN MEDLEY FRUIT CUP CINNAMON CRISPIES Calories: 584 Carb: 87.5g Fib: 11g Protein: 28.7g Fat: 15.9g Sod: 421mg	TACO CASSEROLE REFRIED BEANS TOSSED SALAD & DRESSING FRUIT SALAD Calories: 631 Carb: 84.8g Fib: 10.4g Protein: 35.8g Fat: 17.6g Sod: 1025mg	<i>CHOICE: HAMBURGER STEAK</i> CITRUS PEPPER SALMON FILET PARSLIED POTATOES MIXED VEGETABLES ORANGE MUFFIN OREGON BERRY COMPOTE Calories: 620 Carb: 93.4g Fib: 11.1g Protein: 31.3g Fat: 15.4g Sod: 750mg	BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD FRUIT COCKTAIL CINNAMON CRISPIES Calories: 678 Carb: 106.3g Fib: 12.3g Protein: 34.2g Fat: 16.3g Sod: 793mg	CHICKEN CROISSANT TUSCANY SOUP SPINACH STRAWBERRY SALAD PINEAPPLE TIDBITS NATURE COOKIE Calories: 691 Carb: 96.4g Fib: 10.1g Protein: 37.7g Fat: 19.5g Sod: 655mg
16	17	18	19	20
SPAGHETTI w/ MEAT SAUCE MARINATED VEGETABLE SALAD GARLIC BREAD PLUMS COOKIE Calories: 697 Carb: 94.0g Fib: 11.8g Protein: 33.9g Fat: 24.4g Sod: 586mg	<i>CHOICE: HAMBURGER ON A BUN</i> SEAFOOD BURGER LETTUCE/TOMATO/ONION BAKED POTATO CALIFORNIA VEGETABLES PEAR SLICES Calories: 639 Carb: 99.6g Fib: 12.4g Protein: 32.5g Fat: 15.5g Sod: 592mg	BEEF O'LE REFRIED BEANS MEXICALI CORN MELON CUP Calories: 598 Carb: 83.2g Fib: 11.2g Protein: 36.4g Fat: 16.2g Sod: 565mg	POT ROAST w/ VEGATABLES ANNA'S DILLY BREAD FRUIT CUP COOKIE Calories: 681 Carb: 108.1g Fib: 10.9g Protein: 34.4g Fat: 15.1g Sod: 408mg	LASAGNA TOSSED SALAD & DRESSING PEAS GARLIC BREAD APPLESAUCE Calories: 609 Carb: 84.3g Fib: 12.8g Protein: 35.3g Fat: 17.4g Sod: 528mg
23	24	25	26	27
SALISBURY STEAK BAKED POTATO LAYERED SALAD OATMEAL ROLL BANANA SPLIT FRUIT CUP Calories: 768 Carb: 92.1g Fib: 10.1g Protein: 45.7g Fat: 25.7g Sod: 607mg	TAHITIAN CHICKEN RICE ORIENTAL VEGETABLES RAISIN ROLL CANTALOUPE CUBES NATURE COOKIE Calories: 812 Carb: 100.3g Fib: 9.5g Protein: 45.4g Fat: 26.8g Sod: 460mg	SWEDISH MEATBALLS MASHED POTATOES FRITO SALAD WW ROLL PEAR ORANGE FRUIT CUP BIRTHDAY RECOGNITION Calories: 739 Carb: 105.2g Fib: 12.7g Protein: 36.1g Fat: 22.3g Sod: 816mg	ROAST PORK MASHED POTATOES & GRAVY CONFETTI COLESLAW HARVARD BEETS WW ROLL FRUIT CUP Calories: 702 Carb: 102.1g Fib: 9.6g Protein: 33.7g Fat: 20.3g Sod: 1085mg	<i>CHOICE: CHICKEN PENNE CASSEROLE</i> TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN MANDARIN ORANGES w/ BANANAS Calories: 601 Carb: 99.2g Fib: 11.5g Protein: 30.2g Fat: 13.1g Sod: 627mg
30				
HAMBURGER ON A BUN BAKED BEANS CALIFORNIA VEGETABLES LETTUCE/TOMATO/ONION/PICKLES PEAR SLICES Calories: 682 Carb: 83.3g Fib: 13.1g Protein: 45.1g Fat: 21.6g Sod: 795mg	<p style="text-align: center;">For Reservations Call 522-1237 by 9:00 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>	<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;">Suggested Donation - \$3.00</p> <p style="text-align: center;">Under Age 60 Mandatory Charge - \$11.00</p>	<p style="text-align: center;">IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT BY 1 DAY BEFORE.</p>

September 2019

Mon	Tue	Wed	Thu	Fri	Sat
2 LABOR DAY Closed no activities or meals today	3 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Hobbies 2:00 Billiards	4 9:00 Council on Aging @ CSUREC 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	5 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Cornhole 2:00 Billiards 7:00 Camera Club	6 10:00 Qi Gong 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool	7 6:30 p.m Dance w/ Jim Ehrlich \$7.00 Everyone Welcome
9 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 3:30 Sr. Citizen's Club Busn. Mtg	10 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Cornhole 1:30 Sewing & Hobbies 2:00 Billiards	11 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	12 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 2:00 Billiards 6:30 Boy Scouts	13 10:00 Qi Gong 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool	14 6:30 p.m. Dance w/ Classic Country \$7.00 All Ages Welcome
16 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Day	17 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas Bridge Club 1:30 Sewing & Hobbies 2:00 Billiards	18 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 3:00 National Senior Center Month Celebration Open House	19 10:00 SilverSneakers® Classic 12:00 Meet & Eat 2:00 Movie Matinee "African Queen" 7:00 Camera Club	20 10:00 Qi Gong 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pools	21 6:30 p.m. Dance w/ Out of the Blue \$7.00 Everyone Welcome
23 Fall Prevention Awareness Day 10:00 SilverSneakers® Yoga 11:30-12:30 Lunch-N-Learn Stand Tall Don't Fall Program 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	24 8:00 Inter-Agency Council for Elderly 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Hobbies 1:30 Bunco 4:00 SilverSneakers® Quarterly B-day Party	25 10:00 SilverSneakers® Yoga 11:00-12:30 Flu Shot Clinic by Walker's Pharmacy 12:00 Meet & Eat 1:00 Cards & Pool	26 9:00 Departure for Estes Park 10:00 NO SilverSneakers® Today 12:00 Meet & Eat 1:00 Hand & Foot Canasta 2:00 Billiards	27 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 12:15 Trivia 1:00 Cards & Pool 3:00 Sr. Citizen's Club B-day & Anniv. Party	28 6:30 p.m. Dance w/ FM Country \$7.00 Everyone Welcome
30 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool					

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

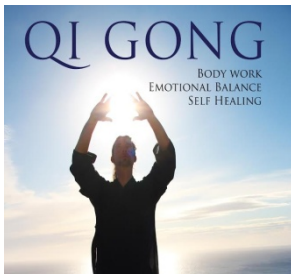


SilverSneakers® Yoga

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.-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.



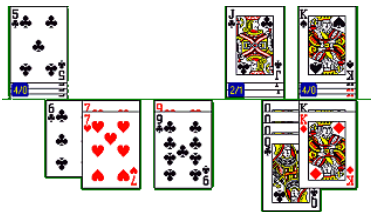
LEGAL AID DAY

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



DANCE SCHEDULE

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

September 7 th	Jim Ehrlich
September 14 th	Classic County
September 21 st	Out of the Blue
September 28 th	FM Country



Don't forget we have Cornhole, Chess, and other various games available to play at your disposal. Just stop at the front office and ask for the boards.



MOVIE MATINEE

“AFRICAN QUEEN”

Starring Humphrey Bogart & Katharine Hepburn

**Thursday, September 19th
2:00 p.m.**

**Comfortable Seating, Intermission, &
Fresh Popcorn Provided**

FLU SHOTS OFFERED AT HERITAGE CENTER

Walker's Pharmacy will be here
WEDNESDAY, SEPTEMBER 25TH
11:00 a.m.~12:30 p.m.
Must bring your Medicare Card





FALL PREVENTION LUNCH-N-LEARN

Join the Heritage Center on
National Fall Prevention Awareness Day for
"Stand Tall Don't Fall"

Learn statistics and helpful hints on how to prevent falls

MONDAY, SEPTEMBER 23RD, 2019

11:30-12:30

Bring your lunch or join us for Meet & Eat that day.

RESERVATIONS REQUIRED

AGE WELL CONFERENCE

Hosted by the Area Agency on Aging

SATURDAY, OCTOBER 5th

9:00 a.m.-2:00 p.m. @ NJC Campus

Join us for a fun day of guest speakers,
workshops & learning opportunities on
how to age with confidence.



LIFELONG LEARNING SERIES

Our next program in our on-going series of learning programs is

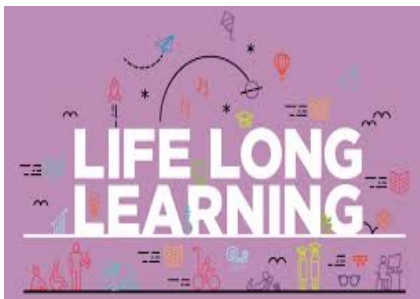
SARA BLEDSOE

TEXTURES

Feel Them, Know Them, Play with Them

THURSDAY, OCTOBER 3RD

1:00 P.M. AT THE CSU Regional Engagement Center



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.



ESTES PARK

Thursday, September 26th

Sign up deadline is September 19th

Estimated cost is \$28

Seats are almost gone, sign up now!!!



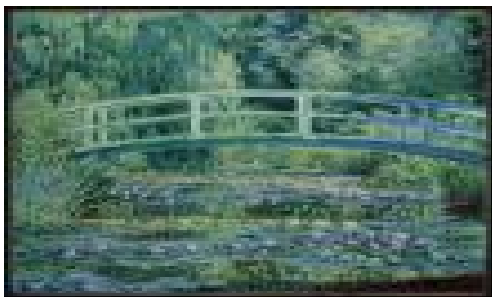
DUSHANBE TEA HOUSE BOULDER

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

National Senior Center Month



September 2019

SENIOR CENTERS

The Key to Aging Well



Growing : Learning
Connecting : Giving



JOIN US FOR AN OPEN HOUSE

To Celebrate the 44th Anniversary
of the Heritage Center and
National Senior Center Month.

WEDNESDAY,
SEPTEMBER 18TH
2:00-4:00 P.M.

Logan County Heritage Center
821 N. Division Avenue
Sterling
(970) 522-1237
Or email us at
heritagecenter@kci.net

ncoa
National Institute of
Senior Centers