



# 2021

## HERITAGE CENTER MONTHLY NEWSLETTER





Florence O'Neal	September 3 <sup>rd</sup>
Marsha Clark	September 4 <sup>th</sup>
Millie Egbert	September 8 <sup>th</sup>
Carmen Reyes	September 11 <sup>th</sup>
Kelly Blecha	September 12 <sup>th</sup>
Judy Henderson	September 16 <sup>th</sup>
Terry Frese	September 17 <sup>th</sup>
Eula Mae Green	September 17 <sup>th</sup>
Bill Dobson	September 19 <sup>th</sup>
Jeanet "Jan" Lebsock	September 21 <sup>st</sup>
NaDean Meier	September 23 <sup>rd</sup>
Sandy Proctor	September 25 <sup>th</sup>
Ellis Schmidt	September 25 <sup>th</sup>

## WEDDING ANNIVERSARIES

Emil & Marianne Trott	September 3, 1966
Russ & Judy Clodfelder	September 16, 1967

JOIN US

**WEDNESDAY, SEPTEMBER 29<sup>TH</sup>**

**3:00 P.M.**

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

# LOGAN COUNTY HERITAGE CENTER

## ACTIVE AGING ADULT FITNESS CLASSES



### SilverSneakers® Yoga

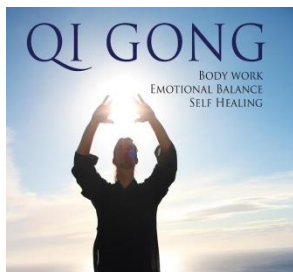
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

**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.

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### 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.

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### 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.

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### 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.**



### 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

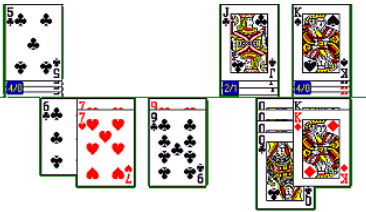


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## SEWING AND HOBBIES



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

2<sup>nd</sup> and 4<sup>th</sup> 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.

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## BUNCO

We play bunco together on the last Tuesday of each month starting at 1:30. It is 50 cents to play and you can have all the fun you want. If you would like to be added to the list of players please call us at 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.

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## FOOT CARE CLINIC

2<sup>nd</sup> 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



## DANCE SCHEDULE

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

September 4 <sup>th</sup>	Classic Country
September 11 <sup>th</sup>	Jim Ehrlich
September 18 <sup>th</sup>	Dan Dobson
September 25 <sup>th</sup>	Ray & Pauletta Gerver

## MOVIE MATINEE

### “QUEEN BEES”

**Starring Ann-Margaret, Christopher Lloyd,  
James Caan, & Jane Curtin**

**Thursday, September 16<sup>th</sup>  
1:30 p.m.**

Join us in a cool environment, with comfortable seating, fresh popcorn and an intermission.

While her house undergoes repairs, a fiercely independent widow stays at the nearby retirement community and realizes it is like high school all over again: full of flirting, mean girls and maybe another chance at love this comedy about 2<sup>nd</sup> chance and staying young and heart.



### RUMMY ANYONE??

We have a few people interested in starting a rummy group. If you would like to play rummy at the Heritage Center with a group of fun and friendly peers please call 522-1237 and let us know.





## FLU SHOTS OFFERED AT HERITAGE CENTER

Walker's Pharmacy will be here  
**WEDNESDAY, SEPTEMBER 29<sup>TH</sup>**

**10:30 a.m.~11:30 a.m.**

Must bring your Medicare Card

*Celebrate*  
**GRAND PARENT'S**  
*Day!*

**September 12th**  
**Prairie Park 1:30-3:30pm**

Get creative with your grand kids or on your own at a  
LOCAL Art ROCKS! event. BYOR - Bring Your Own Rock.  
Paint and other supplies provided by Blick Art  
Materials.

**STERLING**  
A Colorado Treasure

**KPMX**  
105.7

**LOCAL**  
LOGAN COUNTY ARTS LEAGUE

**BLICK**  
art materials

**CENTENNIAL**  
MENTAL HEALTH CENTER



### **SILVERSNEAKERS® Quarterly Birthday Party**

**ALL** SilverSneakers® friends are encouraged to attend our  
birthday party honoring birthdays in July, August, &  
September.

**THURSDAY, SEPTEMBER 30<sup>TH</sup>**

**2:00 P.M. (PLEASE RSVP)**



# SEPTEMBER 2021 HERITAGE MEAL SITE



## FOR RESERVATIONS OR CANCELATIONS CALL 522-1237 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p> <p><b>Suggested Donation - \$4.00</b></p> <p><b>Under Age 60</b> <b>Mandatory Charge - \$12.50</b></p>	<p>SAVORY BAKED CHICKEN MASHED POTATOES W/ GRAVY GREEN BEANS W/ TOMATOES WW ROLL STRAWBERRIES &amp; BANANAS NATURE COOKIE</p> <p>Calories: 782 Carb: 100.3g Fib: 10.2g Protein: 44.1g Fat: 25.0g Sod: 1244mg</p>	<p><b>CHOICE: CHICKEN SALAD</b> TUNA SALAD 3 BEAN SALAD FRENCH BREAD PEAR ORANGE FRUIT CUP CARROT CAKE</p> <p>Calories: 610 Carb: 97.5g Fib: 11.0g Protein: 29.3g Fat: 13.8g Sod: 881mg</p>	<p>SOUTHERN BEEF PIE BEETS CABBAGE TOSS PEAR SLICES BROWNIES</p> <p>Calories: 626 Carb: 86.7g Fib: 9.5g Protein: 30.0g Fat: 20.7g Sod: 485mg</p>
<p>Happy Labor Day</p>	<p>TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD W/ DRESSING FRUIT SALAD</p> <p>Calories: 631 Carb: 84.8g Fib: 10.3g Protein: 35.7g Fat: 17.6g Sod: 1026mg</p>	<p><b>CHOICE: HAMBURGER STEAK</b> OVEN FRIED LIVER PARSLIED POTATOES BRAISED CELERY &amp; TOMATOES WW ROLL APPLESAUCE</p> <p>Calories: 645 Carb: 91.9g Fib: 10.6g Protein: 33.6g Fat: 17.9g Sod: 525mg</p>	<p>BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD FRUIT COCKTAIL APPLE GRANOLA COOKIE</p> <p>Calories: 757 Carb: 110.1g Fib: 12.5g Protein: 34.6g Fat: 23.3g Sod: 900mg</p>	<p>CHICKEN CROISSANT TUSCANY SOUP SPINACH CAULIFLOWER SALAD PINEAPPLE TIDBITS</p> <p>Calories: 760 Carb: 105.6g Fib: 10.2g Protein: 38.9g Fat: 22.7g Sod: 902mg</p>
<p>SPAGHETTI W/ MEAT SAUCE MARINATED VEGGIE SALAD GARLIC BREAD PLUMS COOKIE W/ CHOCOLATE CHIPS</p> <p>Calories: 693 Carb: 94.2g Fib: 11.3g Protein: 33.6g Fat: 23.8g Sod: 586mg</p>	<p><b>CHOICE: HAMBURGER ON A BUN</b> SEAFOOD BURGER ON A BUN LETTUCE/TOMATO/ONION BAKED POTATO CALIFORNIA VEGETABLES MANDARIN ORANGES W/ BANANAS</p> <p>Calories: 672 Carb: 107.6g Fib: 11.7g Protein: 33.0g Fat: 15.7g Sod: 620mg</p>	<p>BEEF O'LE REFRIED BEANS MEXICALI CORN PEAR ORANGE FRUIT CUP CINNAMON CRISPIES</p> <p>Calories: 742 Carb: 108.8g Fib: 14.2g Protein: 37.7g Fat: 20.6g Sod: 585mg</p>	<p>POT ROAST POT ROAST VEGETABLES ANNA'S DILLY BREAD FRUIT CUP NATRUE COOKIE</p> <p>Calories: 683 Carb: 108.6g Fib: 10.4g Protein: 34.3g Fat: 15.0g Sod: 408mg</p>	<p>HAM &amp; BEANS CORN MUFFIN CREAMY COLESLAW PINEAPPLE TIDBITS OATMEAL NUT COOKIES</p> <p>Calories: 718 Carb: 110.6g Fib: 13.9g Protein: 29.9g Fat: 19.8g Sod: 1235mg</p>
<p>SALISBURY STEAK BAKED POTATO LAYERED SALAD OATMEAL ROLL FRUIT CUP</p> <p>Calories: 768 Carb: 91.5g Fib: 9.5g Protein: 45.3g Fat: 26.1g Sod: 667mg</p>	<p>TAHITIAN CHICKEN BROWN RICE BROCCOLI RAISIN ROLL CANTALOUPE CUBES NATURE COOKIE</p> <p>Calories: 797 Carb: 98.0g Fib: 9.7g Protein: 45.9g Fat: 26.8g Sod: 449mg</p>	<p>SWEDISH MEATBALLS MASHED POTATOES JEANNIE'S SALAD WW ROLL BANANA SPLIT FRUIT CUP</p> <p>Calories: 694 Carb: 98.3g Fib: 9.7g Protein: 33.4g Fat: 21.6g Sod: 646mg</p>	<p>ROAST PORK MASHED POTATOES W/ GRAVY CONFETTI COLESLAW GREEN BEANS ALMONDINE WW ROLL APRICOT HALVES BUTTERSCOTCH BROWNIE</p> <p>Calories: 844 Carb: 116.0g Fib: 10.1g Protein: 35.1g Fat: 29.3g Sod: 1259mg</p>	<p><b>CHOICE: CHICKEN PENNE CASSEROLE</b> TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN MANDARIN ORANGES W/ BANANAS</p> <p>Calories: 601 Carb: 99.2g Fib: 11.5g Protein: 30.2g Fat: 13.1g Sod: 627mg</p>
<p>HAMBURGER ON A BUN BAKED BEANS CALIFORNIA VEGETABLES LETTUCE/TOMATO/ONION DILL PICKLE CHIPS PEAR SLICES</p> <p><b>BIRTHDAY RECOGNITION</b></p> <p>Calories: 685 Carb: 83.9g Fib: 12.5g Protein: 44.9g Fat: 21.5g Sod: 795mg</p>	<p>LASAGNA TOSSED SALAD W/ DRESSING PEAS GARLIC BREAD APPLESAUCE</p> <p>Calories: 611 Carb: 84.7g Fib: 12.3g Protein: 35.1g Fat: 17.3g Sod: 528mg</p>	<p><b>CHOICE: HAMBURGER STEAK</b> BAKED FISH HERBED LENTILS AND RICE GREEN BEANS BRAN MUFFIN PEACH SLICES CINNAMON CRISPIES</p> <p>Calories: 640 Carb: 96.8g Fib: 10.4g Protein: 32.3g Fat: 16.7g Sod: 1018mg</p>	<p>PENNE &amp; CHEESE APPLE CARROT RAISIN SALAD BRUSSEL SPROUTS WW ROLL FRUIT SALAD</p> <p>Calories: 716 Carb: 98.9g Fib: 12.3g Protein: 31.7g Fat: 25.5g Sod: 716mg</p>	<p><b>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.</b></p>

## September 2021

Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Cornhole/Mah Jong/Dominoes 1:30 Sr. Citizen's Club Busn. Mtg	<b>2</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 1:30 Billiards	<b>3</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards & Pool 1:30 Chess & Checkers 1:30 Council on Aging Business Meeting	<b>4</b> 6:30 Dance w/ Live Music "Classic Country" All Ages Welcome \$7.00
<b>6</b> CLOSED in observance of Labor Day No Meals served or delivered No activities No SilverSneakers® Yoga	<b>7</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	<b>8</b> <i><b>Great ways to be GRAND programming</b></i> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Cornhole, Mah Jong & Dominoes	<b>9</b> <i><b>Great ways to be GRAND programming</b></i> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Novice Tai Chi 1:30 Billiards	<b>10</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Root Beer Floats 1:30 Cards & Pool 1:30 Chess & Checkers	<b>11</b> 6:30 Dance w/ Live Music Jim Ehrlich Everyone is Welcome \$7.00
<b>13</b> <i><b>You are what you EAT programming</b></i> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	<b>14</b> <i><b>You are what you EAT programming</b></i> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards	<b>15</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Cornhole, Mah Jong, Dominoes	<b>16</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 1:30 Movie Matinee "Queen Bees" 1:30 Billiards	<b>17</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Root Beer Floats 1:30 Cards & Pool 1:30 Chess & Checkers	<b>18</b> 6:30 p.m. Dance w/ Live Music Dan Dobson Public Welcome \$7.00
<b>20</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Pinochle	<b>21</b> <i><b>Fall Prevention Awareness Programming</b></i> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Las Amigas Bridge	<b>22</b> <i><b>Fall Prevention Awareness Programming</b></i> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Cornhole, Mah Jong, Dominoes	<b>23</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Billiards	<b>24</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Root Beer Floats 1:30 Cards & Pool 1:30 Chess & Checkers	<b>25</b> 6:30 p.m. Dance w/ Live Music Ray & Paulette Gerver All Ages Welcome \$7.00
<b>27</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	<b>28</b> <i><b>Aging Well Programming</b></i> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Billiards 1:30 BUNCO	<b>29</b> <i><b>Aging Well Programming</b></i> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 1:30 Cornhole, Mah Jong, Dominoes 3:00 Sr. Citizen's Club Birthday & Anniversary Party	<b>30</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Novice Tai Chi 1:30 Billiards 2:00 SilverSneakers® Quarterly Birthday Party		



# FOOD PRESERVATION WORKSHOPS



**Basic 101 Class & Water Bath Canning: 8:30am-11:30am**

**\*Lunch on Your Own**

**Pressure Canning: 1:00-4:00pm**

## **Registration:**

- Open to Youth (12+) & Adults**
- Hands-On-> Limited to 15 participants per workshop session**
- RSVP Due by Sept 1st(Add \$20 late fee Sept 2)**
- \$35 for both sessions OR \$25/per session**

**\*\*FREE PRESSURE CANNER GASKET & GAUGE TESTING  
AVAILABLE THE DAY OF THE WORKSHOP FOR REGISTERED  
PARTICIPANTS.\*\***

## **SPONSORS**



## **WORKSHOP LOCATIONS:**

**SEPT 8TH- GARY DESOTO BLDG, LOGAN COUNTY FAIRGROUNDS-  
1120 PAWNEE AVE. STERLING, CO**

**SEPT 11TH- MARK ARNDT EVENT CENTER, MORGAN COUNTY  
FAIRGROUNDS-718 ELLSWORTH ST. BRUSH, CO**

**REGISTER ONLINE @ <https://forms.gle/8yCwUwWAXRX8V4kDA>**

**FOR QUESTIONS CONTACT JACI-LOGAN COUNTY - JACI.WAGNER@COLOSTATE.EDU OR (970)522-3200;  
KATIE-MORGAN COUNTY- KATIE.SEELHOFF@COLOSTATE.EDU OR (970)-542-3544**



**COLORADO STATE UNIVERSITY  
EXTENSION**

**LOGAN, MORGAN, WASHINGTON & YUMA COUNTIES**





# Aging Mastery Program®

National Council on Aging

## Join the adventure!



**...will be running the Aging Mastery Program® soon!**

**B** Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community.

Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

Join other adults across Northeast Colorado for 2 hours every Tuesday and Friday for 5 weeks to learn and plan your playbook!

**Limited spots available: Sign up now!**

The program will launch on September 28, 2021 at 1 P.M.

Please sign up by September 14, 2021

**To register please call Jaci at 970-522-3200 or  
email [jaci.wagner@colostate.edu](mailto:jaci.wagner@colostate.edu)  
by September 14, 2021**

### You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

### About AMP, our Spring 2021 participants said:

- "Maybe aging is not so bad after all."
- "I already mentioned it (this class) to friends and family."
- "Every week I reviewed or learned valuable information."
- "I was impressed by the overall organization and communication by the organizers."
- "The most impressive part of this class was the sharing that took place among the participants and the staff."
- Most enjoyed: "meeting other people!"



September 2021

# Senior Centers We are here for you!

**National Senior Center Month**



Join us to celebrate National Senior Center Month  
Root Beer Floats Friday, September 10th, 17th, & 24th  
Logan County Heritage Center  
821 N. Division Avenue  
Contact Info: 970-522-1237  
[heritagecenter@kci.net](mailto:heritagecenter@kci.net)

# Senior Centers

## We are here for you!

**Your community senior center is here for you.**

**We help enrich and improve your well-being.**

**We offer fitness and wellness classes,  
social & recreational opportunities, education and information to help  
you age in YOUR COMMUNITY with dignity.**

Please stop by and take advantage of information and handouts during the month of September

Wednesday, September 8<sup>th</sup>  
GREAT ways to be GRAND  
Grandparenting ideas and freebies

Thursday, September 9<sup>th</sup>  
GREAT ways to be GRAND  
Grandparenting ideas and freebies

Monday, September 13<sup>th</sup>  
You are what you EAT  
Nutrition for Aging adults

Tuesday, September 14<sup>th</sup>  
You are what you EAT  
Nutrition for Aging adults

Tuesday, September 21<sup>st</sup>  
Stand TALL, Don't Fall  
Fall prevention information

Wednesday, September 22<sup>nd</sup>  
Stand TALL, Don't Fall  
Fall prevention information

Tuesday, September 28<sup>th</sup>  
10 Ways to Remain Active in Logan County

Wednesday, September 29<sup>th</sup>  
10 Ways to Remain Active in Logan County