



2023

HERITAGE CENTER  
MONTHLY NEWSLETTER





Florence O'Neal  
Marsha Clark  
Millie Egbert  
Kelly Blecha  
Kenneth Bond  
Eula Mae Green  
Deb Preston  
Bill Dobson  
NaDean Meier

September 3<sup>rd</sup>  
September 4<sup>th</sup>  
September 8<sup>th</sup>  
September 12<sup>th</sup>  
September 14<sup>th</sup>  
September 17<sup>th</sup>  
September 18<sup>th</sup>  
September 19<sup>th</sup>  
September 23<sup>rd</sup>

### **WEDDING ANNIVERSARIES**

Carlton & Sharon Wyckoff  
Emil & Marianne Trott  
Russ & Judy Clodfelder  
Deb Neal (Lawrence)

September 1, 1973  
September 3, 1966  
September 16, 1967  
September 22<sup>nd</sup>

**BIRTHDAYS AND ANNIVERSARIES WILL BE  
CELEBRATED QUARTERLY**

**Our next party will be held**

**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 2023 HERITAGE MEAL SITE



**For Reservations or Cancelations call 970-522-1237 by 8:00 a.m.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>For Reservations</b> Call 970-522-1237 by 8:00 a.m. the day you want the meal.</p> <p><b>If you must cancel your meal,</b> 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 - \$6.25</b></p> <p><b>Under Age 60</b> <b>Mandatory Charge - \$12.50</b></p>			<p><b>CHICKEN ALFREDO</b> <b>MIXED VEGETABLES</b> <b>FRENCH BREAD</b> <b>PINEAPPLE MANDARIN ORANGE COMPOTE</b> <b>APPLESAUCE CAKE</b></p> <p>Calories: 750 Carb: 116.6g Fib: 10.7g Protein: 39.0g Fat: 17.6g Sod: 676mg</p>
4	5	6	7	8
<p><i>Happy Labor Day!!</i></p>	<p><b>BEEF O'LE</b> <b>REFRIED BEANS</b> <b>MEXICALI CORN</b> <b>PEAR ORANGE FRUIT CUP</b> <b>CINNAMON CRISPIES</b></p> <p>Calories: 731 Carb: 106.2g Fib: 13.4g Protein: 37.6g Fat: 20.6g Sod: 586mg</p>	<p><b>PULLED PORK SANDWICH</b> <b>BAKED BEANS</b> <b>CALIFORNIA VEGETABLES</b> <b>MANDARIN ORANGES W/ BANANAS</b> <b>PUDDING</b></p> <p>Calories: 683 Carb: 99.0g Fib: 10.5g Protein: 43.5g Fat: 15.1g Sod: 1150mg</p>	<p><b>POT ROAST</b> <b>POT ROAST VEGETABLES</b> <b>ANNA'S DILLY BREAD</b> <b>FRUIT CUP</b> <b>NATURE COOKIE</b></p> <p>Calories: 683 Carb: 108.6g Fib: 10.4g Protein: 34.3g Fat: 15.0g Sod: 408mg</p>	<p><b>HAM &amp; BEANS</b> <b>CORN MUFFIN</b> <b>CREAMY COLESLAW</b> <b>PINEAPPLE TIDBITS</b> <b>OATMEAL NUT COOKIE</b></p> <p>Calories: 724 Carb: 111.8g Fib: 14.1g Protein: 30.1g Fat: 19.9g Sod: 1191mg</p>
11	12	13	14	15
<p><b>SALISBURY STEAK</b> <b>BAKED POTATO</b> <b>LAYERED SALAD</b> <b>OATMEAL ROLL</b> <b>FRUIT CUP</b></p> <p>Calories: 768 Carb: 91.5g Fib: 9.5g Protein: 45.3g Fat: 26.1g Sod: 667mg</p>	<p><b>CHICKEN TETRAZZINI</b> <b>BROCCOLI</b> <b>RAISIN ROLL</b> <b>CANTALOUPE CUBES</b> <b>NATURE COOKIE</b></p> <p>Calories: 716 Carb: 95.9g Fib: 11.5g Protein: 41.2g Fat: 21.8g Sod: 495mg</p>	<p><b>BARBECUE PORK CHOPS</b> <b>BAKED POTATO</b> <b>JEANNIE'S SALAD</b> <b>BRAN MUFIN</b> <b>BANANA SPLIT FRUIT CUP</b></p> <p>Calories: 748 Carb: 100.9g Fib: 10.1g Protein: 35.4g Fat: 25.9g Sod: 807mg</p>	<p><b>HOT TURKEY SANDWICH</b> <b>CONFETTI COLESLAW</b> <b>GREEN BEANS ALMONDINE</b> <b>APRICOT HALVES</b> <b>BUTTERSCOTCH BROWNIE</b></p> <p>Calories: 764 Carb: 116.3g Fib: 10.3g Protein: 30.3g Fat: 22.7g Sod: 1355mg</p>	<p><b>TUNA PENNE CASSEROLE</b> <b>COUNTRY MIX VEGETABLES</b> <b>BRAN MUFFIN</b> <b>MANDARIN ORANGES W/ BANANAS</b></p> <p>Calories: 601 Carb: 99.2g Fib: 11.5g Protein: 30.2g Fat: 13.1g Sod: 627mg</p>
18	19	20	21	22
<p><b>SCALLOPED POTATOES w/ HAM</b> <b>WINTER MIX VEGETABLES</b> <b>CARAWAY ROLL</b> <b>TROPICAL FRUIT CUP</b> <b>OATMEAL CHOCOLATE CHIP COOKIE</b></p> <p>Calories: 726 Carb: 97.7g Fib: 9.8g Protein: 33.0g Fat: 24.6g Sod: 1001mg</p>	<p><b>LASAGNA</b> <b>TOSSED SALAD W/ DRESSING</b> <b>PEAS</b> <b>GARLIC BREAD</b> <b>APPLESAUCE</b></p> <p>Calories: 655 Carb: 87.5g Fib: 12.4g Protein: 35.2g Fat: 20.9g Sod: 554mg</p>	<p><b>BAKED FISH</b> <b>HERBED LENTILS AND RICE</b> <b>GREEN BEANS</b> <b>BRAN MUFFIN</b> <b>PEACH SLICES</b> <b>CINNAMON CRISPY</b></p> <p>Calories: 640 Carb: 96.8g Fib: 10.4g Protein: 32.3g Fat: 16.7g Sod: 1018mg</p>	<p><b>BEEF &amp; NOODLES</b> <b>CARROT RAISIN SALAD</b> <b>BRUSSEL SPROUTS</b> <b>WW ROLL</b> <b>FRUIT SALAD</b> <b>APPLE GRANOLA COOKIE</b></p> <p>Calories: 798 Carb: 118.1g Fib: 13.3g Protein: 35.4g Fat: 24.2g Sod: 611mg</p>	<p><b>HAMBURGER ON A BUN</b> <b>POTATO SALAD</b> <b>CALIFORNIA VEGETABLES</b> <b>LETTUCE/TOMATO/ONION SLICES</b> <b>DILL PICKLE CHIPS</b> <b>PEAR SLICES</b></p> <p>Calories: 711 Carb: 87.2g Fib: 11.0g Protein: 43.2g Fat: 23.3g Sod: 834mg</p>
25	26	27	28	29
<p><b>CHICKEN CACCIATORE</b> <b>MARINATED VEGETABLE SALAD</b> <b>COUNTRY MIX VEGETABLES</b> <b>ONION ROLL</b> <b>PINEAPPLE TIDBITS</b></p> <p><b>BIRTHDAY RECOGNITION</b></p> <p>Calories: 683 Carb: 75.1g Fib: 9.7 g Protein 41.1g Fat 25.9g Sod: 952 mg</p>	<p><b>CORN TACO CASSEROLE</b> <b>REFRIED BEANS</b> <b>TOSSED GREEN SALAD w/ DRESSING</b> <b>FRUIT CUP</b></p> <p>Calories: 600 Carb: 90.2g Fib: 13.0g Protein: 35.5g Fat: 12.7g Sod: 1040mg</p>	<p><b>CHICKEN FRIED STEAK</b> <b>MASHED POTATOES &amp; GRAVY</b> <b>CALIFORNIA VEGETABLES</b> <b>ANNA'S DILLY BREAD</b> <b>BANANA SPLIT FRUIT CUP</b></p> <p>Calories: 742 Carb: 93.4g Fib: 10.0g Protein: 39.8g Fat: 25.9g Sod: 775mg</p>	<p><b>HAM &amp; BEANS</b> <b>WALDORF SALAD</b> <b>CORN MUFFIN</b> <b>MANDARIN ORANGES w/ BANANAS</b> <b>APPLE GRANOLA COOKIE</b></p> <p>Calories: 795 Carb: 123.3g Fib: 14.9g Protein: 30.8g Fat: 22.9g Sod: 1077mg</p>	<p><b>ROAST BEEF</b> <b>MASHED POTATOES &amp; GRAVY</b> <b>PEAS &amp; CORN</b> <b>OATMEAL ROLL</b> <b>PEAR SLICES</b> <b>ORANGE JUICE</b></p> <p>Calories: 605 Carb: 95.8g Fib: 9.5g Protein: 33.2g Fat: 11.5g Sod: 643mg</p>

## September 2023

Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong, & Pool	<b>2</b> Dance w/ Classic Country 6:30-9:30 pm. \$8.00
<b>4</b> LABOR DAY CLOSED NO Activities No Meals served or delivered	<b>5</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies	<b>6</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Chess, Checkers, Pool 2:00 Welcome Basket assembly	<b>7</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool	<b>8</b> 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Meeting 1:30 Cards, Cornhole, Dominoes, Mah Jong, & Pool 2:00-4:00 Bronco Pep Rally	<b>9</b> Dance w/ FM Country 6:30-9:30 pm. \$8.00
<b>11</b> 9:00-10:30 Sidewalk Chalk Competition 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	<b>12</b> 10:00 Toe Nail Care 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pillow Making	<b>13</b> 10:00-2:00 CodeRED sign-ups 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers, & Pool	<b>14</b> 10:00 SilverSneakers® Classic Noon Lunch & Q&A with the VA Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	<b>15</b> 10:00 Qi gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong & Pool	<b>16</b> Dance w/ Classic Country 6:30-9:30 \$8.00
<b>18</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool	<b>19</b> 10:00 SilverSneakers® Classic 11:15 Fall Prevention Program Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Pool	<b>20</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool	<b>21</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Movie Matinee "Jerry & Marge Go Large" 6:30 Cardio Dance Exercise w/ Mari	<b>22</b> 8:30 Reading @ Sterling Early Learning 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole Dominoes, Mah Jong & Pool	<b>23</b> Dance w/ FM Country 6:30-9:30 \$8.00
<b>25</b> 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	<b>26</b> 10:00 SilverSneakers® Classic 11:15 Exercise Class Birthday Party Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Sewing & Hobbies	<b>27</b> 10:00 SilverSneakers® Yoga 10:30-11:30 Flu Shot Clinic Noon Meet & Eat 1:30 Cards, Chess, Checkers & Pool 3:00 Sr. Citizen's Club Birthday & Anniversary Party	<b>28</b> 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Hand & Foot Canasta 6:30 Cardio Dance Exercise w/ Mari	<b>29</b> 8:30 Reading @ Sterling Early Learning 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, Mah Jong & Pool	<b>30</b> Dance w/ Dan Dobson 6:30-9:30 \$8.00

# 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.

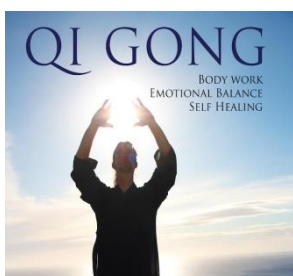
\$2.00 a class for those with no applicable insurance coverage.

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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, 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.

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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](http://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 2<sup>nd</sup> and 4<sup>th</sup> 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

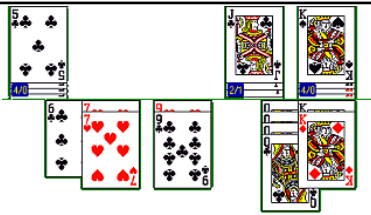
1: 30 start time, Snack break at 3:00



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## 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. Please see Cynthia for an application.



## 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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## 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 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





## DANCE SCHEDULE

Dances start at 6:30 with an \$8.00 charge for admission.  
Dance to live music until 9:30 p.m.

September 2 <sup>nd</sup>	Classic Country
September 9 <sup>th</sup>	FM Country
September 16 <sup>th</sup>	Classic Country
September 23 <sup>rd</sup>	FM Country
September 30 <sup>th</sup>	Dan Dobson

## MOVIE MATINEE

Thursday, September 21<sup>st</sup>  
1:30 p.m.

### “JERRY & MARGE GO LARGE”

Starring Bryan Cranston &  
Annette Bening

Based on a true story about a long-married couple Jerry & Marge Selbee who win the lottery and use the money to revive their small town.



## Artstober

Jane DeSanti will be back in October to bring us the joy of ART. We will be making cards again for our long term care residents. Watch for more details!



## FLU SHOT CLINIC

Walker's Pharmacy will be offering flu shots

**WEDNESDAY, SEPTEMBER 27<sup>TH</sup>**

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

Must bring your Medicare Card

## LUNCH AND Q&A WITH THE VA

Make your reservation to have lunch with us on **Thursday, September 14<sup>th</sup> at Noon** to meet our new Veteran Service Office Curtis Swanson and find out what programs, services and resources are available to you through our local Veteran's office and the Veteran's Administration.

Call (970) 522-1237 to make your lunch reservation.



## TOE NAIL CARE CLINIC

**The next clinic to trim toenails will be provided on  
Tuesday, September 12<sup>TH</sup>**

**BY APPOINTMENT ONLY**

**Please call (970) 522-1237 after  
September 1<sup>st</sup> to schedule a time**

**Suggested donation of \$5-15 for the service.  
Thank you Northeast Plains Home Health for  
providing this helpful service**



## CodeRED Sign-ups

The CodeRed system is a free emergency notification system. Residents who sign up for CodeRED receive real-time emergency alerts specific to their geographical location. Residents can also choose to receive the CodeRED Weather Warnings-an automatically generated alert when the National Weather Service issues a warning for their location. All alerts can be sent to land lines, cell phones, by text or email.

**Volunteers will be at the Heritage Center  
Wednesday, September 13<sup>th</sup> from  
10:00 a.m. -2:00 p.m.  
to help you sign up for this important service.**



### **SIDEWALK CHALK FUN DAY MONDAY, SEPTEMBER 11<sup>TH</sup> 9:00-10:30 A.M.**

We will be hosting an inter-generational sidewalk chalk event. Please form a team of at least 2 individuals; 1 person on the team has to be over the age of 55 and participate in the chalking and 1 person has to be under the age of 55 and participate in the chalking.

#### **THERE IS NO COST TO PARTICIPATE!**

Basic chalk, rags and spray bottles will be furnished. Your part of the sidewalk will be assigned that morning. PRE-ENTRY is very helpful so we have enough supplies, but not required.

You are welcome to bring your chalk, charcoal or pastels and other tools/materials. ALL MATERIALS MUST BE WATER BASED! Other rules and suggestions are available at the Heritage Center

(970) 522-1237 or [heritagecente@kci.net](mailto:heritagecente@kci.net)



## FALL PREVENTION PROGRAM

Sterling Health & Rehabilitation Staff will be here  
**Tuesday, September 18<sup>th</sup> at 11:15 a.m.**

Providing helpful hints and tips to prevent falls  
and how to recover from those slips and trips.

**PUBLIC WELCOME! PLEASE JOIN US!**

## READING TO PRESCHOOLERS

We are looking for two individuals who would  
like to read to the preschoolers at  
Sterling Early Learning Center on  
Friday, September 22<sup>nd</sup> at 8:30 a.m.

Friday, September 29<sup>th</sup> 8:30 a.m.

If you are interested please let Cynthia know at  
(970) 522-1237. I can also help with book  
selection if you would like.



## EXERCISE CLASS QUARTERLY PARTY

Please join us

**Tuesday, September 26<sup>th</sup> 11:15 a.m.**

Celebrating birthdays for July, August,  
September

**CELEBRATE AND TAILGATE**

Reservations due by September 22<sup>nd</sup>

# **NEWS FROM THE SENIOR CITIZEN'S CLUB**

- **Our next business meeting will be  
Wednesday, September 6<sup>th</sup> at 1:30 all members are  
welcome to attend**
- **Quarterly Birthday Party will be held on Wednesday,  
September 27<sup>th</sup> at 3:00 p.m. Angel Food Cake, Cake  
and Ice Cream will be served. Everyone is welcome to  
attend we will honor our members with birthdays in  
July, August, September**
- **We will be distributing Welcome Baskets to new  
members of the Senior Citizen's Club and our  
community throughout the month of September**
  - **Anniversary Dinner  
Wednesday, October 18<sup>th</sup>  
Tickets will go on sale September 11<sup>th</sup>  
More details to come.**

# **NATIONAL SENIOR CENTER MONTH**

## **SCHEDULE OF ACTIVITIES**

Details and a description of the following activities can be found in our September Newsletter.

*Some activities do require a reservation*

- ❖ FRIDAY, SEPTEMBER 8<sup>TH</sup> 2:00-4:00 P.M. BRONCO PEP RALLY
- ❖ MONDAY, SEPTEMBER 11<sup>TH</sup> 9:00-10:30 A.M. INTERGENERATIONAL  
CHALK THE WALK
- ❖ WEDNESDAY, SEPTEMBER 13<sup>TH</sup> 10:00-2:00 CodeRED EXPERTS AND SIGN UP
- ❖ THURSDAY, SEPTEMBER 14<sup>TH</sup> NOON LUNCH AND Q&A WITH THE VA  
*(if you are eating with us you need to have a reservation)*
- ❖ TUESDAY, SEPTEMBER 19<sup>TH</sup> 11:15 AM FALL PREVENTION PROGRAM  
By Sterling Health & Rehabilitation
- ❖ THURSDAY, SEPTEMBER 21<sup>ST</sup> 1:30 P.M.  
MOVIE MATINEE "JERRY & MARGE, GO LARGE"
- ❖ THURSDAY, SEPTEMBER 21<sup>ST</sup> 6:30-7:30 PM  
\*\*NEW\*\* Cardio Dance with Mari Casillas  
*Fun exercise for all ages, disabilities and offered in Spanish*
- ❖ FRIDAY, SEPTEMBER 22<sup>ND</sup> 8:30 A.M. GUEST READERS  
AT STERLING EARLY LEARNING CENTER
- ❖ TUESDAY, SEPTEMBER 26<sup>TH</sup> 11:15 EXERCISE CLASS  
QUARTERLY BIRTHDAY PARTY
- ❖ WEDNESDAY, SEPTEMBER 27<sup>TH</sup> 10:30-11:30 FLU SHOT CLINIC  
By Walker's Pharmacy
- ❖ WEDNESDAY, SEPTEMBER 27<sup>TH</sup> SENIOR CITIZENS CLUB  
QUARTERLY BIRTHDAY PARTY  
*(all club members welcome to attend)*







**Logan County Heritage Center**  
**822 N. Division Avenue**  
**Sterling, Colorado 80751**



MARI CASILLAS

# *Cardio Dance*

**SEPTEMBER 7, 2023**  
**6:30 P.M. – 7:30 P.M.**

- 
- \*Arrive 15 minutes early**
  - \*First class is free**
  - \*Fun, fitness & music**
  - \*All abilities and ages**
- 18 and over are welcome**
- 

**QUESTIONS & INFO**  
**CYNTHIA 970-522-1237**



An illustration featuring several stylized figures in various dance poses. One figure in a yellow shirt with blue polka dots is in the upper left. Another in a blue shirt and yellow pants is in the center. A third in a blue dress is on the left. In the top right corner, there is a large yellow globe with a blue grid pattern and small red and blue star-like symbols scattered around it.

**Logan County Heritage Center**  
**822 N. Division Avenue**  
**Sterling, Colorado 80751**

**MARI CASILLAS**

# *Ejercitate Bailando*

**SEPTIEMBRE 7, 2023**

**6:30 P.M. – 7:30 P.M.**

**\*Llegar 15 minutos antes**

**\*La primera clase es gratuita**

**\*Diversión, aptitud física y música.**

**\*Todas las habilidades y edades de  
18 y más son bienvenidosic**

An illustration of an elderly couple dancing. The man is on the left, wearing a light grey shirt and brown patterned pants. The woman is on the right, wearing a brown dress. They are both smiling and have their hands clasped. Above them are stylized musical notes in blue and red, with yellow swooshes representing sound or movement.

**PARA PREGUNTAS Y MAS  
INFORMATION LLAMA  
MARI 970-466-1010**





it's a

# Pep Rally



FRIDAY, SEPTEMBER 8TH

2:00-4:00 PM

HERITAGE CENTER

LET'S GET EVERYONE IN THE BRONCO SPIRIT TO  
CRUSH THE RAIDERS

FOOD  
GAMES  
PRIZES  
& FUN

WEAR YOUR BRONCO APPAREL

BRONCOS VS. RAIDERS SUN. SEPTEMBER 10TH