



2024

HERITAGE CENTER
MONTHLY NEWSLETTER





Florence O'Neal
Marsha Clark
Millie Egbert
Gail Jemison
Kelly Blecha
Deb Preston
Bill Dobson
NaDean Meier

September 3rd
September 4th
September 8th
September 9th
September 12th
September 18th
September 19th
September 23rd

WEDDING ANNIVERSARIES

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

September 1, 1973
September 3, 1966
September 22nd

BIRTHDAYS AND ANNIVERSARIES WILL BE

CELEBRATED QUARTERLY

Our next party will be held

September 25th



3:00 p.m.

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

SEPTEMBER 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
2	3	4	5	6
	<p>BEEF O'LE REFRIED BEANS MEXICALI CORN PEAR ORANGE FRUIT CUP CINNAMON CRISPIES</p> <p>Calories: 706 Carb: 88.2g Fiber: 12.2g Protein: 41.0g Fat: 23.3g Sod: 679mg</p>	<p>PULLED PORK SANDWICH CALIFORNIA VEGETABLES KIDNEY BEAN SALAD MANDARIN ORNAGES w/ BANANAS PUDDING</p> <p>Calories: 733 Carb: 94.0g Fiber: 10.2g Protein: 43.8g Fat: 21.5g Sod: 1188mg</p>	<p>BEEFY TOSTADA CASSEROLE SALSA CORN JC SOMALI SUMMER SALAD HEAVENLY HASH</p> <p>Calories: 766 Carb: 93.9g Fiber: 12.4g Protein: 45.0g Fat: 26.1g Sod: 990mg</p>	<p>HAM MAC & CHEESE APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS PINEAPPLE TIDBITS OATMEAL NUT COOKIES</p> <p>Calories: 712 Carb: 100.6g Fiber: 12.0g Protein: 28.6g Fat: 25.1g Sod: 611mg</p>
9	10	11	12	13
<p>SALISBURY STEAK BAKED POTATO LAYERED SALAD OATMEAL ROLLS FRUIT CUP</p> <p>Calories: 768 Carb: 91.4g Fiber: 9.5 Protein: 45.4g Fat: 26.1g Sod: 666mg</p>	<p>ORIENTAL CHICKEN BROCHETTE RICE PILAF ORIENTAL VEGETABLES CRANBERRY BRAN MUFFIN PEACH SLICES</p> <p>Calories: 768 Carb: 88.9g Fiber: 11.1g Protein: 43.1g Fat: 28.8g Sod: 557mg</p>	<p>BBQ PORK CHOPS BAKED POTATO BROCCOLI CARAWAY ROLL BANANA SPLIT FRUIT CUP</p> <p>Calories: 711 Carb: 95.6g Fiber: 10.0g Protein: 38.5g Fat: 22.1g Sod: 755mg</p>	<p>HOT TURKEY SANDWICH CONFETTI COLESLAW GREAN BEANS ALMONDINE APRICOT HALVES BUTTERSCOTCH BROWNIES</p> <p>Calories: 764 Carb: 116.3g Fiber: 10.3g Protein: 30.3g Fat: 22.7g Sod: 1355mg</p>	<p>TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES ONION ROLL MANDARIN ORANGES w/ BANANAS</p> <p>Calories: 589 Carb: 94.9g Fiber: 9.7g Protein: 30.6g Fat: 12.6g Sod: 500mg</p>
16	17	18	19	20
<p>POLISH SAUSAGE SAUERKRAUT OVEN BROWNED POTATOES CARAWAY ROLL BERRY BLEND</p> <p>Calories: 693 Carb: 87.2g Fiber: 12.7g Protein: 24.7g Fat: 29.8g Sod: 849mg</p>	<p>LASAGNA RADISH & CUCUMBER SALAD PEAS GARLIC BREAD APPLESAUCE</p> <p>Calories: 620 Carb: 84.5g Fiber: 12.1g Protein: 35.0g Fat: 18.3g Sod: 533mg</p>	<p>BAKED FISH RICE PILAF ALMOND BROCCOLI CRANBERRY BRAN MUFFIN ORANGE WEDGES</p> <p>Calories: 700 Carb: 90.9g Fiber: 13.3g Protein: 35.2g Fat: 25.4g Sod: 1047mg</p>	<p>BEEF & NOODLES CREAMY COLESLAW BRUSSEL SPROUTS WW ROLL FRUIT SALAD APPLE GRANOLA COOKIES</p> <p>Calories: 744 Carb: 102.7g Fiber: 12.5g Protein: 35.5g Fat: 24.4g Sod: 619mg</p>	<p>CHEESEBURGER ON A BUN BAKED SWEET POTATO FRIES LETTUCE LEAF, TOMATO SLICES ONION SLICES & DILL PICKLE CHIPS ASPARAGUS CUTS PEAL SLICES</p> <p>Calories: 794 Carb: 80.4g Fiber: 10.7g Protein: 45.9g Fat: 33.5g Sod: 1052mg</p>
23	24	25	26	27
<p>INDIANA STYLE CHICKEN & RICE MARINATED VEGETABLE SALAD BRAN MUFFIN PINEAPPLE TIDBITS</p> <p>Calories: 763 Carb: 86.0g Fiber: 9.6g Protein: 43.2g Fat: 30.1g Sod: 1072mg</p>	<p>SOFT SHELL TACOS SALSA REFRIED BEANS MEXICALI CORN FRUIT CUP GRAPE JUICE</p> <p>Calories: 734 Carb: 107.8g Fiber: 12.8g Protein: 36.6g Fat: 20.2g Sod: 1003mg</p>	<p>CHICKEN FRIED STEAK MASHED POTATOES & GRAVY CALIFORNIA VEGETABLES ANNA'S DILLY BREAD BANANA SPLIT FRUIT CUP</p> <p>Calories: 742 Carb: 93.4g Fiber: 10.0g Protein: 39.8g Fat: 25.9g Sod: 775mg</p>	<p>HAM & BEANS WALDORF SALAD HONEY CORN BREAD MANDARIN ORANGES w/ BANANAS APPLE GRANOLA COOKIES</p> <p>Calories: 798 Carb: 127.0g Fiber: 14.2g Protein: 30.3g Fat: 21.8g Sod: 1004mg</p>	<p>ROAST BEEF MASHED POTATOES & GRAVY PEAS & CORN OATMEAL ROLL PEAR SLICES ORANGE JUICE</p> <p>Calories: 605 Carb: 95.8g Fiber: 9.5g Protein: 33.2g Fat: 11.5g Sod: 643mg</p>
30				
<p>CHICKEN TETRAZZINI MARINATED VEGEABLE SALAD COUNTRY MIX VEGETABLES ONION ROLL PINEAPPLE TIDBITS</p> <p style="text-align: right;"></p> <p style="text-align: center;">BIRTHDAY RECOGNITION</p> <p>Calories: 677 Carb: 88.8g Fiber: 10.9g Protein: 37.0g Fat: 21.7g Sod: 573mg</p>		<p>Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$12.50</p>	<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>	

September 2024

Mon	Tue	Wed	Thu	Fri	Sat
2 LABOR DAY Closed for the holiday No Meals delivered or served No activities	3 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool	4 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers 1:30 Sr. Citizens Club Business Meeting	5 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Intro to Art Journaling Class with Deb Montgomery 1:30 Pitch 1:30 Pool	6 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Dominoes, Mah Jong 1:30 Council on Aging Meeting	7 6:30-9:30 Dance w/ FM Country \$8.00
9 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's Exercise Class	10 10:00 FOOT CARE CLINIC 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 Pillow Project 1:30 Rummy	11 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers	12 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Intro to Art Journaling Class with Deb Montgomery 1:30 Hand & Foot Canasta 1:30 Pool	13 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Dominoes, Mah Jong	14 6:30-9:30 Dance w/ Dan Dobson \$8.00
16 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 Parkinson's Exercise Class	17 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee 1:30 Pool	18 10:00 SilverSneakers® Yoga 11:00 Exercise Classes Quarterly Birthday Party Noon Meet & Eat 1:30 Door Prize Bingo w/ Devonshire Acres 1:30 Cards, Pool, Chess, Checkers	19 10:00 Exercise Class Noon Meet & Eat 1:30 Intro to Art Journaling Class with Deb Montgomery 1:30 Pool	20 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Pool, Dominoes, Mah Jong	21 NO DANCE
23 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's Exercise Class	24 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy 1:30 Pool	25 10:00 SilverSneakers® Yoga 10:30 Flu Shot Clinic Noon Meet & Eat 1:30 Cards, Pool, Chess, Checkers 3:00 Sr. Citizen's Club Birthday & Anniversary Party	26 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Intro to Art Journaling with Deb Montgomery 1:30 Hand & Foot Canasta 1:30 Pool	27 10:00 Qi Gong 11:00-1:00 Collections Show Noon Meet & Eat 1:30 Cards, Pool Dominoes, Mah Jong	28 6:30-9:30 Dance w/ FM Country \$8.00 Public Invited
30 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's Exercise Class					

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

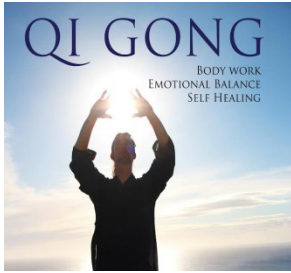


SilverSneakers® Yoga

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.



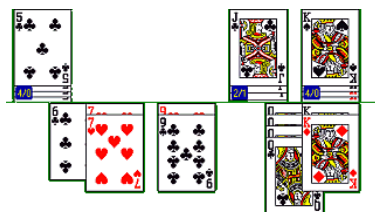
Join the SENIOR CITIZEN'S CLUB

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



DANCE SCHEDULE

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

September 7th	FM Country
September 14th	Dan Dobson
September 21st	NO DANCE
September 28th	FM Country

MOVIE MATINEE

Tuesday, September 17th
1:30 p.m.

**Starring Anthony Hopkins & Olivia
Colman**

Anthony is 80, mischievous, living defiantly alone and rejecting the caregivers his daughter Anne arranges for him. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and even the fabric of his reality. (source IMDb)



FLU SHOT CLINIC

Walker's Pharmacy will be offering flu shots

WEDNESDAY, SEPTEMBER 25TH

10:30 a.m.-11:30 a.m.

Must bring your Medicare Card



Exercise Classes Quarterly Birthday Party

Get your boots on and scoot on over for our quarterly celebration of birthdays.

ALL our invited, but our guest of honor will be those with birthdays in July, August and September

Lunch provided AND entertainment by Boots in Motion

WEDNESDAY, SEPTEMBER 18TH 11:00 A.M.

Reservations due by Friday, Sept. 13th

DOOR PRIZE BINGO

Come join the fun

WEDNESDAY, SEPTEMBER 18TH

1:30 p.m.

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



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



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



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



**SENIOR CITIZEN'S CLUB
ANNIVERSARY DINNER
Wednesday, October 16, 2024**

Serving at Noon

\$12.00 tickets

**MUST BE PURCHASED BY RESERVATION
DEADLINE of OCTOBER 10TH**

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

NATIONAL SENIOR CENTER MONTH

BINGO

Pick up your bingo card and fill in the spaces. Each week a new number will be posted. Be the first to fill in your card, win a prize. Turn in your completed bingo card and you get a prize.



FALL PREVENTION PROGRAM

National Fall Prevention Week

THURS. SEPT. 26TH

11:15 A.M.

Resilient Physiotherapy and Performance
Therapist will be here Providing helpful hints and
tips to prevent falls.

PUBLIC WELCOME! PLEASE JOIN US!

COLLECTION & HOBBIES FAIR

Friday, September 27th

11:00-1:00

Please bring your collections in for our collection fair, for all to view, reminisce and admire. All collections and hobbies welcome; for example RC airplanes/cars, painting, writing, arrowheads, tea cups, dolls, antiques, needlepoints, Precious Memories, antiques, quilts, toys, the possibilities are endless!!

We would love to know you are coming, but not required.





BUS TRIPS

Join us for a day trip to North Platte, NE for a tour of the Golden Spike Tower and Bailey Rail Yard, home of the World's Largest Rail Yard. We are hopeful for an October or early November date. Sorry I have not been able to confirm but the print of this newsletter.

WEDNESDAY, DECEMBER 4TH

CHEYENNE, WY

We will eating a delicious meal and then view the Christmas Lights at the Botanic Gardens.

**BIRTHDAYS AND ANNIVERSARIES WILL BE
CELEBRATED QUARTERLY**

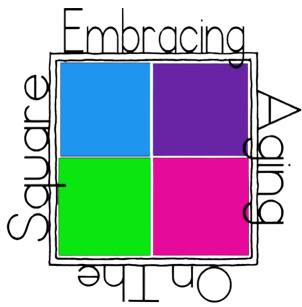
Our next party will be held

September 25th

3:00 p.m.

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

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!



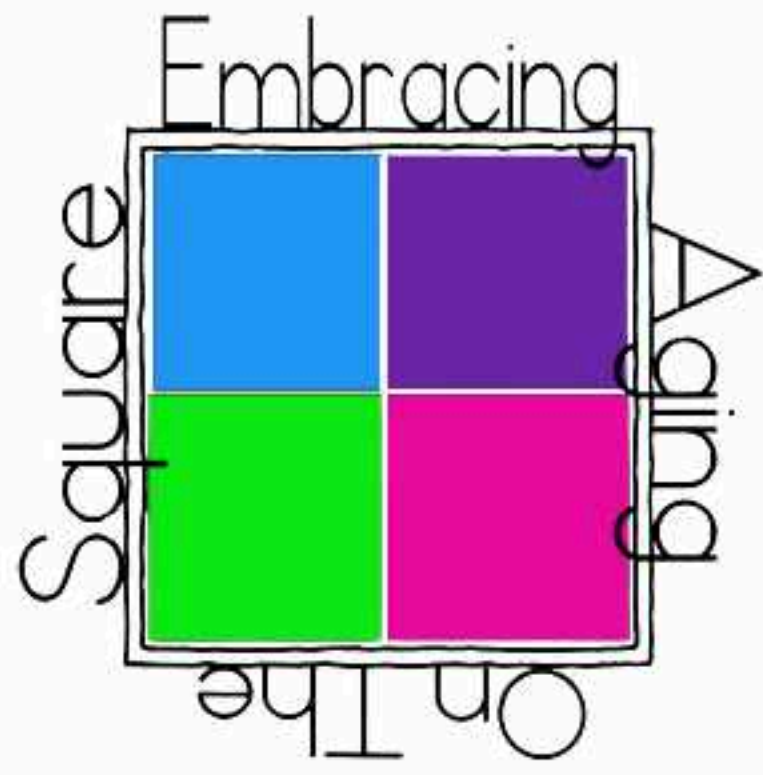
[LINK: tinyurl.com/f576yw9d](https://tinyurl.com/f576yw9d)

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

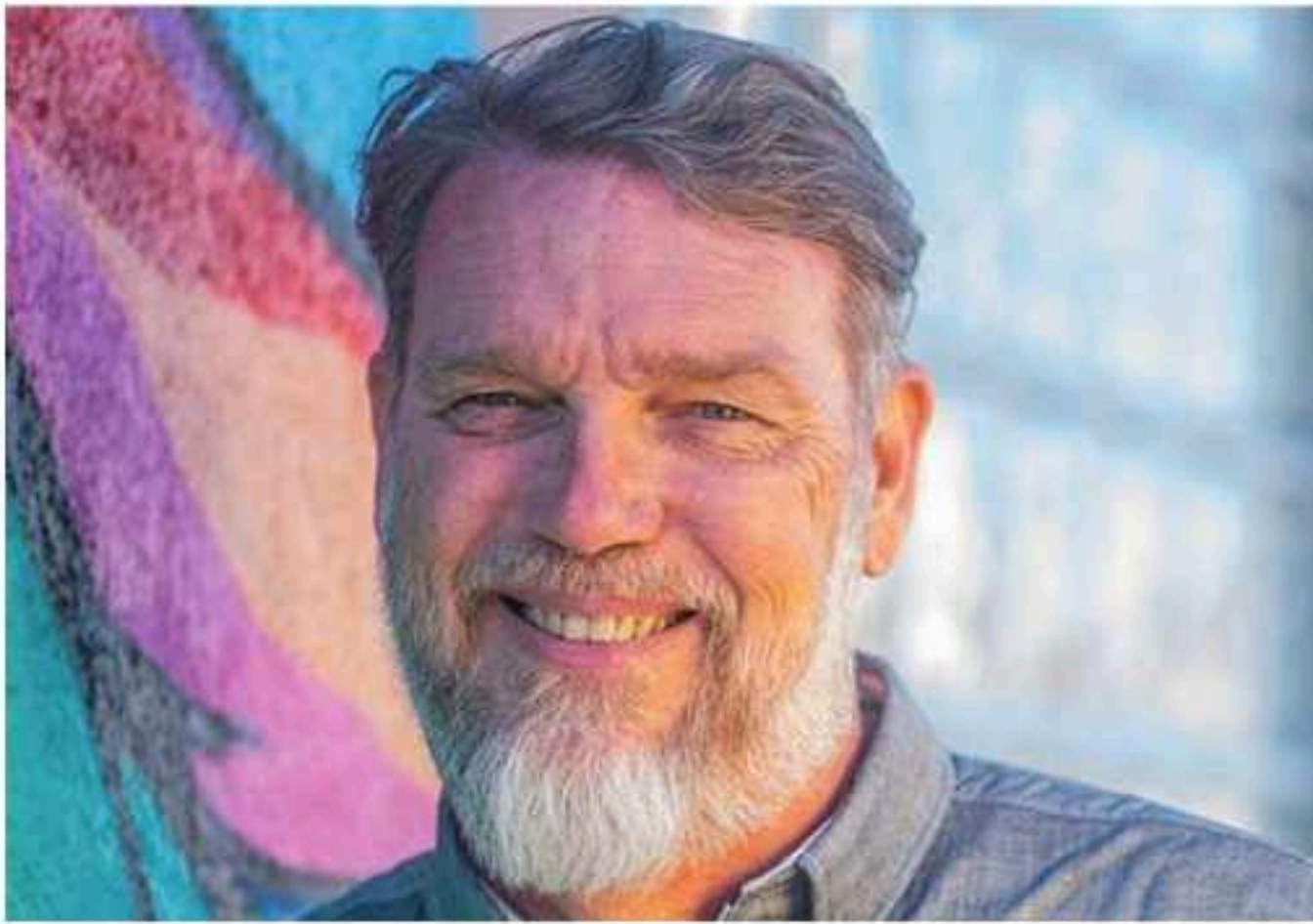
Abrazar el Envejecimiento en La Plaza

 **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**





**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