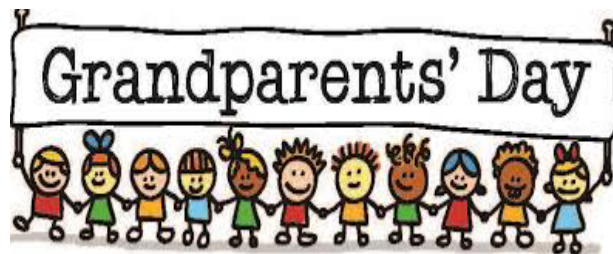




2025

HERITAGE CENTER
MONTHLY NEWSLETTER





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

September 3rd
September 4th
September 7th
September 8th
September 9th
September 12th
September 18th
September 19th
September 23rd

WEDDING ANNIVERSARIES

Carlton & Sharon Wyckoff
Emil & Marianne Trott
David & Jean Peterson
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 24th







3:00 p.m.

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

SEPTEMBER 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	4	5
 <p>HAPPY Labor Day</p>	BEEF O'LE REFRIED BEANS MEXICALI CORN PEAR ORANGE FRUIT CUP Calories: 656 Carb: 89.3g Fiber: 12.2g Protein: 34.5g Fat: 20.4g Sod: 673mg	PULLED PORK SANDWICH CALIFORNIA VEGETABLES KIDNEY BEAN SALAD TROPICAL FRUIT CUP Calories: 660 Carb: 86.9g Fiber: 11.6g Protein: 40.2g Fat: 18.7g Sod: 1133mg	BEEFY TOSTADA CASSEROLE CORN JC SOMALI SUMMER SALAD HEAVENLY HASH Calories: 723 Carb: 96.9g Fiber: 13.3g Protein: 36.7g Fat: 24.2g Sod: 986mg	HAM MAC and CHEESE CAULIFLOWER & PEAS APPLE CARROT RAISIN SALAD PINEAPPLE MANDARIN ORANGE COMPOTE Calories: 626 Carb: 81.4g Fiber: 11.1g Protein: 32.4g Fat: 21.7g Sod: 818mg
8	9	10	11	12
SALISBURY STEAK BAKED POTATO LAYERED SALAD OATMEAL ROLL FRUIT CUP Calories: 779 Carb: 88.0g Fiber: 9.5g Protein: 43.3g Fat: 29.7g Sod: 576mg	ORIENTAL CHICKEN BROCHETTE RICE PILAF ORIENTAL VEGETABLES CRANBERRY BRAN MUFFIN PEACH SLICES Calories: 608 Carb: 85.2g Fiber: 11.0g Protein: 32.3g Fat: 17.3g Sod: 639mg	BBQ PORK CHOP BAKED POTATO BROCCOLI CARAWAY ROLL BANANA SPLIT FRUIT CUP Calories: 730 Carb: 99.5g Fiber: 10.5g Protein: 48.7g Fat: 18.0g Sod: 853mg	POLLOCK FISH PIECES BROWN RICE ALMOND BROCCOLI CRANBERRY BRAN MUFFIN WATERMELON Calories: 776 Carb: 93.4g Fiber: 10.6g Protein: 30.6g Fat: 34.0g Sod: 1057mg	HOT TURKEY SANDWICH GREEN BEANS ALMONDINE CONFETTI COLESLAW APRICOT HALVES CRANBERRY JUICE Calories: 680 Carb: 101.3g Fiber: 10.0g Protein: 40.9g Fat: 14.6g Sod: 938mg
15	16	17	18	19
POLISH SAUSAGE SAUERKRAUT MASHED POTATOES CARAWAY ROLL BERRY BLEND Calories: 731 Carb: 75.5g Fiber: 11.6g Protein: 28.7g Fat: 35.5g Sod: 1125mg	LASAGNA PEAS RADISH & CUCUMBER SALAD GARLIC BREAD APPLESAUCE Calories: 652 Carb: 69.8g Fiber: 12.2g Protein: 31.4g Fat: 21.8g Sod: 684mg	TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES ONION ROLL MELON CUP Calories: 545 Carb: 53.7g Fiber: 9.7g Protein: 26.8g Fat: 12.4g Sod: 538mg	BEEF & NOODLES BRUSSEL SPROUTS CREAMY COLESLAW WHOLE WHEAT ROLL FRUIT SALAD BUTTERSCOTCH BROWNIE Calories: 728 Carb: 98.5g Fiber: 10.8g Protein: 32.7g Fat: 25.5g Sod: 705mg	CHEESEBURGER on a BUN BAKED SWEET POTATO FRIES ASPARAGUS CUTS CANTALOUPE CUBES LETTUCE, TOMATO & ONION SLICES DILL PICKLE CHIPS Calories: 671 Carb: 74.5g Fiber: 9.2g Protein: 42.3g Fat: 23.9g Sod: 748mg
22	23	24	25	26
INDIANA STYLE CHICKEN & RICE MARINATED VEGETABLE SALAD BRAN MUFFIN PINEAPPLE TIDBITS CARROT CAKE Calories: 667 Carb: 102.9g Fiber: 10.3g Protein: 31.1g Fat: 17.7g Sod: 756mg	SOFT SHELL TACO REFRIED BEANS MEXICALI CORN FRUIT CUP  Calories: 670 Carb: 89.5g Fiber: 11.2g Protein: 36.3g Fat: 20.6g Sod: 885mg	CHICKEN FRIED STEAK MASHED POTATOES COUNTRY GRAVY CALIFORNIA VEGETABLES ROLL BANANA Calories: 776 Carb: 97.9g Fiber: 25.8g Protein: 46.5g Fat: 28.7g Sod: 956mg	CHICKEN SALAD w/ GREEN GRAPES BROCCOLI APPLE SALAD FRENCH BREAD HEAVENLY HASH BROWNIE Calories: 784 Carb: 89.0g Fiber: 8.6g Protein: 36.7g Fat: 34.1g Sod: 743mg	ROAST BEEF MASHED POTATOES & BEEF GRAVY PEAS & CORN OATMEAL ROLL PEAR SLICES SPIKE CAKE Calories: 731 Carb: 111.1g Fiber: 11.5g Protein: 33.9g Fat: 18.2g Sod: 479mg
29	30			
CHICKEN TETRAZZINI COUNTRY MIX VEGETABLES MARINATED VEGETABLE SALAD ONION ROLL FRUIT COCKTAIL BIRTHDAY RECOGNITION Calories: 667 Carb: 69.7g Fiber: 11.6g Protein: 36.2g Fat: 21.3g Sod: 603mg	SLOPPY JOE SANDWICH POTATO SALAD MANDARIN ORANGES OATMEAL NUT COOKIE Calories: 709 Carb: 93.3g Fiber: 9.0g Protein: 31.7g Fat: 26.1g Sod: 758mg	<p style="text-align: center;">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 style="text-align: center;">Suggested Donation - \$6.25 Under Age 60 Mandatory Charge - \$17.00</p> <p style="text-align: center;">Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  AAA 1 <small>NORTHEAST COLORADO AREA AGENCY ON AGING</small> </div> <div style="text-align: center;">  SHIP <small>State Health Insurance Assistance Program</small> Navigating Medicare </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  MIPPA <small>Medicare Improvement for Patients and Providers Act</small> </div> <div style="text-align: center;">  SMP <small>Senior Medicare Patrol Preventing Medicare Fraud</small> </div> </div>

September 2025

Mon	Tue	Wed	Thu	Fri	Sat
1 Closed Labor Day No meals No activities	2 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Pool 1:30 Board Games	3 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 1:30 Cards, Checkers, Chess, & Pool 3:30 Parkinson's Assoc. of the Rockies Exercise Class	4 10:00 SilverSneakers® Classic 11:30-12:30 Meet & Greet & Eat with NEW Veteran's Service Officer Noon Meet & Eat 1:30 Pitch & Pool	5 10:00 Qi Gong Noon Meet & Eat 1:30 Council on Aging Bus. Meeting in Peetz 1:30 Cards, Cornhole, Dominoes, & Pool	6 Dance w/ Classic Country 6:30-9:00 \$8.00 All ages Welcome
8 Eat Lunch with a younger person day! 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class	9 9:00-10:45 Toenail Care Clinic by NE Plains Home Health 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	10 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool 1:30 BUNCO	11 10:00 SilverSneakers® Classic Noon Meet & Eat 1:00 SHOW & TELL w/ Mike Hopskicker "The Art of taking a good picture" 1:30 Hand & Foot Canasta 1:30 Pool	12 10:00 Qi Gong Noon Meet & Eat 1:00 Guest Readers @ Early Learners 1:30 Cards, Cornhole, Dominoes	13 Dance w/ Dan Dobson 6:30-9:00 \$8.00 Everyone Welcome
15 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 PAR Exercise Class	16 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Father Stu"	17 10:00 SilverSneakers® Yoga 11:15 Brenda Harms of Oleander Way "Share the Care" Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool	18 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Door Prize Bingo 1:30 Pitch 1:30 Pool	19 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes, & Pool	20 NO DANCE
22 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:30 Parkinson's Association of the Rockies Exercise Class	23 10:00 SilverSneakers® Classic 11:15 Balance Skills Test w/ Resilient Physiotherapy Noon Meet & Eat 1:30 Rummy/Five Crowns 1:30 Pool	24 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards, Checkers, Chess & Pool 3:00 Sr. Citizen's Club B-day & Anniversary Party	25 10:00 SilverSneakers® Classic 11:00-12:15 Flu Shot Clinic By Walkers Pharmacy Noon Meet & Eat 1:30 Hand & Foot Canasta 1:30 Pool	26 9:00 Drum Fit Demonstration 10:00 Qi Gong Noon Meet & Eat 1:30 Cards, Cornhole, Dominoes & Pool	27 6:30-9:00 \$8.00 Dancing for Everyone w/ live music FM Country
29 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:00 Pinochle 1:30 Cards & Pool 3:30 PAR Exercise Class	30 10:00 SilverSneakers® Classic 11:15 Exercise Class Quarterly Birthday Party Noon Meet & Eat 1:30 Board Games 1:30 Pool				

LOGAN COUNTY HERITAGE CENTER ACTIVE AGING ADULT FITNESS CLASSES

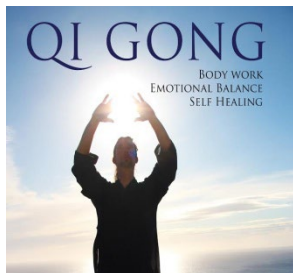


SilverSneakers® Yoga

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 9:00 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 in touch to find out when we start classes again.

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™, 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.



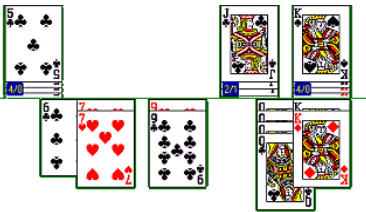
Join the SENIOR CITIZEN'S CLUB

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 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.

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.

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 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 9:00 p.m.

September 6th	Classic Country
September 13th	Dan Dobson
September 20th	NO DANCE
September 27th	FM Country

MEET & GREET (& EAT) NEW VETERANS SERVICE OFFICER

**JOIN US BETWEEN 11:30AM-12:30PM
THURSDAY, SEPTEMBER 4TH**

MEET OUR NEW LOGAN COUNTY VETERAN
SERVICE OFFICER CHRISTOPHER KELLEY

RESERVATIONS REQUIRE IF YOU PLAN TO EAT
LUNCH CALL US AT (970) 522-1237



TOENAIL CARE CLINIC TUESDAY, SEPTEMBER 9TH

BY APPOINTMENT ONLY
9:00-10:45 (15 min. appointments)
Suggested donation \$5-15



MIKE HOPSICKER, Sterling Creative Artist and Photographer

THURSDAY, SEPTEMBER 11th 1:00 p.m.

The 2nd session in our new series "SHOW & TELL"

Come see Mike's beautiful photos and learn new tips on how to take a good picture.

GUEST READERS NEEDED

We are looking for a few more volunteers to be guest readers at Sterling Early Learners during the week of Monday, Sept 8th- Friday, Sept. 12th

If interested call Cynthia for details
(970) 522-1237



SEPTEMBER MOVIE MATINEE

FATHER STU

Starring Mark Wahlberg

Join us
Tuesday, September 16th
1:30 p.m.

Comfortable seating, fresh popcorn and an intermission

Follows the life of Father Stuart Long, a boxer-turned-priest who inspired countless people during his journey from self-destruction to redemption. (IMbD)



Due to technical difficulties last month, we are showing this movie in September



Share the Care: You don't have to do it alone

Wednesday, September 17th, 11:15 - 12:00

Celebrating National Senior Center Month

Learn about Share the Care, a caregiving model created to mobilize friends who want to help in times of need so you can spend time with your family and focus on your recovery. Attendees will be better prepared to create a team to help them through an illness and support others who need help.

Brenda Harms a life coach, death doula, and founder of Oleander Way. You can read more about her and her practice at <https://www.oleanderway.com/>



DOOR PRIZE BINGO

Come join the fun

THURSDAY, SEPTEMBER 18TH

1:30 p.m.

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

SAVE THE DATE

Senior Citizen's Club

Thanksgiving Dinner

Wednesday, November 19th

Noon

Tickets go on sale in October



FALL PREVENTION PROGRAM

National Fall Prevention Day

TUES. SEPTEMBER 23RD

11:15 A.M.

Resilient Physiotherapy and Performance Therapist will be here to go through a balance test and then give us information on how to improve our balance and prevent falls.

PUBLIC WELCOME! PLEASE JOIN US!

Sr. Citizen's Club Quarterly Birthday & Anniversary Party

All Club members are invited to attend the Quarterly party to celebrate birthdays in July, August, & September. Everyone is encouraged to attend and we will recognize members with birthdays or anniversaries in the 3rd quarter. Angel food cake, ice cream, sheet cake, coffee and water will be furnished.

WEDNESDAY,
SEPTEMBER 24TH 3:00 P.M.





FLU SHOT CLINIC

Walker's Pharmacy will be offering flu shots

THURSDAY, SEPTEMBER 25TH

11:00a.m.~12:15 p.m.

Must bring your Medicare Card



DRUM FIT

DEMONSTRATION

Friday, September 26th at 9:00 a.m.

Try out the newest exercise class the Heritage Center will be adding to our weekly line up. Cynthia will be providing a short class for you to watch and to try. We will be adding it to the schedule starting in October.

Exercise Classes Quarterly Birthday Party

ALL our invited whether you attend regularly or if you have not been here in months. Our guests of honor will be those with birthdays in July, August and September

TUESDAY, SEPTEMBER 30TH 11:15 A.M.

Reservations due by Wednesday, Sept. 24th



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.

SEPTEMBER, Thursday 11th 1:00 p.m.

Mike Hopsicker-Photography

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

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

NOVEMBER, 12th 1:00 p.m.

Andy Rice-The Tiny Shop

National Senior Center Month

Powering Possibilities: Flip the Script

September is National Senior Center Month, a time to recognize the vital role senior centers play in enhancing the lives of older adults and strengthening communities. This year's theme—"Powering Possibilities: Flip the Script"—encourages us to challenge outdated stereotypes about aging and elevate the positive contributions of older adults and the centers that serve them.

More than 10,000 senior centers across the United States connect older adults to wellness, creativity, purpose, and essential services. From their grassroots beginnings to their recognition in the Older Americans Act, senior centers have evolved into dynamic community hubs that reflect the diversity and resilience of today's older population.

Join us for many of our activities to celebrate Logan County Heritage Center

YOUR community senior center

- **Thursday, September 4th 11:30am-12:30 pm**

Meet & Greet with NEW Logan County Veterans Officer Christopher Kelley

- **Monday, September 8th**

Have lunch with a grandchild or a younger person day; go on a picnic, go out to lunch, make lunch together, go to school and eat lunch, join us at the Heritage Center

- **September 8th-September 12th**

Volunteers needed for guest readers at Sterling Early Learners for our little friends in the neighborhood

- **Wednesday, September 17th 11:15 a.m.**

Share the Care: You don't have to do it alone. Learn about Share the Care, a caregiving model created to mobilize friends who want to help in times of need so you can spend time with your family and focus on your recovery. Attendees will be better prepared to create a team to help them through an illness and support others who need help. Brenda Harms a life coach, death doula, and founder of Oleander Way. You can read more about her and her practice

at <https://www.oleanderway.com/>

- **Tuesday, September 23rd 11:15 a.m.**

Fall Prevention Awareness Day Go Through a Balance skills test and determine how much you are at risk of a fall and find out from our experts at Resilient Physiotherapy how to change that.



MEXICAN TRAIN DOMINOES STARTS IN OCTOBER

We are looking for a few more people to play Mexican train Dominoes once or twice a month. Let us know if are interested or if you would like to learn. No experience required!

Please call Cynthia at (970) 522-1237.

LENZ FAMILY FARMS POTATO ORDERS

We will again be a vendor for Lenz Family Farms
Yukon Gold Potatoes.

Orders must be turned in and paid for by Friday's
12:00P.M. Potatoes delivered to the Heritage
Center on Monday's (subject to change due to circumstances
beyond our control)

\$2.00 for a 5lb. bag

\$12.00 for a 50lb. sack
of Number 2's



INDOOR CORNHOLE LEAGUE COMING SOON

Watch for
more details in the October newsletter.

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!



HEALTH & HEALING THROUGH THE AGES

A Healing Meditation

I rejoice in each passing year. My wealth of knowledge grows, and I am in touch with my wisdom. I feel the guidance of angels every step of the way. I know how to live. I know how to keep myself youthful and healthy. My body is renewed at every moment. I am vital, vivacious, healthy, fully alive and contributing to my last day. I am at peace with my age. I create the kind of relationships I want to have. I create the prosperity I need. I know how to be triumphant. My later years are my Treasure Years, and I become an Elder of Excellence. I now contribute to life in every way I can, knowing I am love, joy, peace and infinite wisdom now and forever more.

And so it is!

~Louise Hay

The next key step to aging with grace & vigor is MEDITATION.

Meditation is a performed relaxation to bring us into the present moment.

Practicing mindfulness in each moment of our daily lives, we can cultivate our own peace. Every time we sit in meditation, even for 5 minutes, we strengthen our heart, we strengthen our compassion, we strengthen our wisdom and healing is occurring. When we take time to be still, to pause and enjoy our breathing we can get in touch with the wonders of life that are all around us- the flowers, the children, the beautiful sounds. As we get older our spirits as well as our bodies need more quiet time-more reflection-more immersion in the magic of just being. As Oprah said “your breath is your anchor-the gift we’ve all been given to center ourselves in this very moment.” Life is good when you are happy-but life is better when others are happy because of you.

If there is light in the soul, there is beauty in the person- if there is beauty in the person there will be harmony in the home-if there is harmony in the home there will be order in the nation-if there is order in the nation there will be peace in the world.

In understanding ourselves, we come to understand the world. In allowing ourselves to heal, we become healers of the world. In praying for peace, we become bringers of peace.



LOGAN COUNTY HERITAGE CENTER 50th ANNIVERSARY PHOTO CONTEST

Help us honor the *heritage* of Logan County, submit your digital photos of the people, the favorite places, the celebrations, the landscape, or the history of our beloved community.

The top three winners will have pictures displayed in the Logan County Heritage Center lobby and other photos will be used for new art/decoration of the center and other promotional materials.

CRITERIA FOR SUBMISSION

- Photographers submitting images must be at least 18 years old.
- Images must be high resolution: 300 dpi and at least 3600 X 3000px
 - Submit your entry as a JPEG/PNG format
- If file size exceeds the maximum upload size, a lower resolution image can be used for submission. If picked for printing, photographers must provide high resolution image.
- You can submit up to 5 photos preferably taken within Logan County, CO
- Parties submitting photos certify they have permission of all individuals shown in each photo and individuals owning property in each photo.

JUDGING CRITERIA

- Connection to the heritage of Logan County (past, present or future)
 - Emotion and Storytelling
 - Technical Quality (focus, composition, lighting)

DISCLAIMER

- Participants retain ownership of the copyright in any submitted photographs and photo credit will be given to the photographer in any use whenever practical.
- All submitted photographs will become a part of Logan County Heritage Center/Logan County and may be used on our property, website, social media, and in various forms of communication.

SUBMIT YOUR DIGITAL PHOTOS TO heritagecenter@logancountyco.gov

Please include your first and last name, age, phone number, email address, and a description of the photo (i.e. town/location/season/time of year)

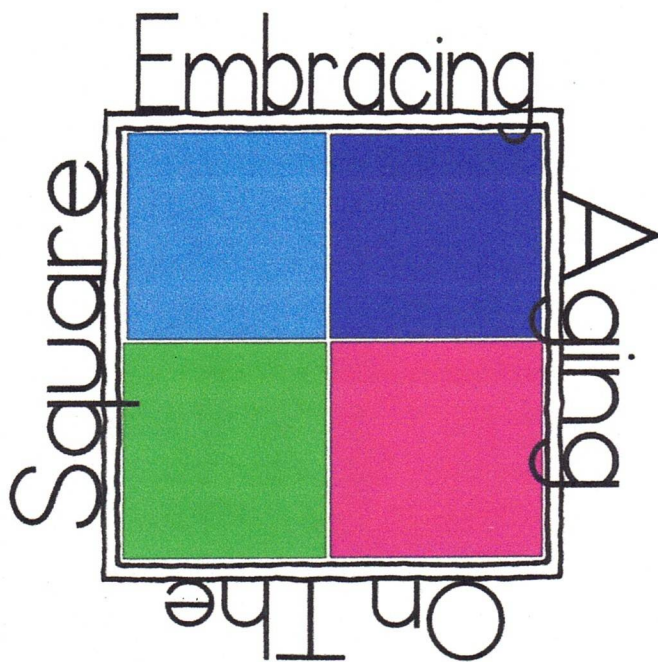
SUBMISSION DEADLINE OCTOBER 1ST

Winners will be announced at the Embracing Aging on the Square Symposium

Friday, October 10th

E.S. French Hall on Northeastern Junior College Campus

5th Annual



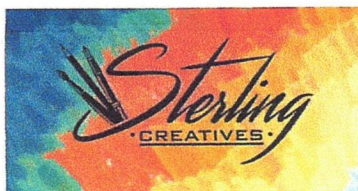
Friday, October 10, 2025

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