



2019
Logan County
Heritage Center
Newsletter





Glenda Conley	April 3
Tyson Phillips	April 6
Evelyn Hartwell	April 7
Kathy Campbell	April 8
Clay Prall	April 8
Larry Hartman	April 9
JoAnn Rizzolo	April 9
Rena Morrison	April 12
Dave Conley	April 13
Darlene Roche	April 13
Ron McCoy	April 16
Daniel Kuhns	April 18
Linda Ochoa	April 18
Irene Gomez	April 19
Margaret Meyer	April 20
Erma Miner	April 20
Gloria Phillips	April 22
Sue Horton	April 23
Don Werner	April 25
Elda Lousberg	April 26
Erwin Dobson	April 27
Ruth Prall	April 30

Wedding Anniversaries

Tyson & Gloria Phillips	April 22, 1951
Bruce & Margaret Egger	April 23, 1950

Please join us on Friday, April 26th at 3:00 p.m. to celebrate the April birthdays of our Senior Citizen's Club members.

LOGAN COUNTY HERITAGE CENTER

APRIL 2019
HERITAGE CENTER MEET & EAT

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

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
LASAGNA TOSSED SALAD SALAD DRESSING PEAS GARLIC BREAD APPLESAUCE	ROAST PORK MASHED POTATOES/GRAVY PARSLIED CARROTS WW ROLL TROPICAL FRUIT CUP CINNAMON CRISPIE	TERIYAKI BEEF RICE ORIENTAL VEGETABLES ROLL PEACH SLICES NATURE COOKIE	SWISS STEAK POTATOES ITALIAN VEGETABLES BRAN MUFFIN OJ BANANA SALAD	ALTERNATE CHOICE-CHICKEN NOODLE CASS. TUNA NOODLE CASSEROLE BROCCOLI WW ROLL APRICOT HALVES
8	9	10	11	12
SALISBURY STEAK MASHED POTATOES LAYERED SALAD OATMEAL ROLL BANANA SPLIT FRUIT CUP	SMOTHERED PORK CHOPS SCALLOPED POTATOES STIR FRY VEGETABLES CARAWAY ROLL PINEAPPLE ORANGE COMPOTE COOKIE w/ RAISINS	SAVORY BAKED CHICKEN SWEET POTATOES WINTER MIX VEGETABLES APPLE MUFFIN PEACH SLICES	SLOPPY JOE SANDWICH BRUSSEL SPROUTS POTATO SALAD SUNSHINE SALAD CINNAMON CRISPIE	ALTERNATE CHOICE-HAMBURGER ON A BUN SEAFOOD BURGER ON A BUN TARTAR SAUCE LETTUCE/TOMATO/ONION BAKED POTATO CALIFORNIA VEGETABLES PEAR SLICES
15	16	17	18	19
CHIX & SPINACH LASAGNA TOSSED SALAD SALAD DRESSING GREEN BEANS FRENCH BREAD FRUIT COCKTAIL	BEEF STEW COTTAGE CHEESE PEACH SALAD CORN BREAD APRICOT HALVES	CORNELIUS DINNER No Meet & Eat No Home Delivered Meals Sr. Citizen's Club members only	BREAKFAST BURRITO GREEN CHILI SPANISH RICE TOSSED SALAD SALAD DRESSING PEAR ORANGE FRUIT CUP COOKIE w RAISINS	ALTERNATE CHOICE-HAMBURGER STEAK BAKED FISH/TARTAR SAUCE BAKED POTATO TOSSED SALAD SALAD DRESSING COUNTRY MIX VEGETABLES BRAN MUFFIN PEACH SLICES
22	23	24	25	26
CHICKEN TETRAZZINI MARINATED VEG SALAD GREEN BEANS ROLL FRUIT SALAD	BEEF STROGANOFF NOODLES FRITO SALAD BRUSSEL SPROUTS SUPREME ONION ROLL FRUIT COCKTAIL	CHICKEN NOODLE SOUP CRACKERS PEAS BLUEBERRY MUFFIN PINEAPPLE ORANGE COMPOTE	TAHITIAN CHICKEN RICE STIR FRY VEGETABLES RAISIN ROLLS APRICOT HALVES COOKIE w CHOC CHIPS	MEATLOAF/ GRAVY MASHED POTATOES COBBLER CORN ROLL FRUIT CUP
29	30			
PORCUPINE MEATBALLS POTATOES CARROT RAISIN SALAD ONION ROLL CINNAMON APPLES BIRTHDAY RECOGNITION	ALTERNATE CHOICE -CHICKEN PASTA SALAD TUNA PASTA SALAD TOMATO SLICE CONFETTI COLESLAW WW ROLL CHERRY BANANA SURPRISE CINNAMON CRISPIE			

April 2019

Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle`	2 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc.	3 9:00 Council on Aging @ CSUREC 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 3:30 Sr. Citizen's Club Busn Meeting	4 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Mindfulness Series @ CSU Regional Engagment Center 1:30 Sewing & Etc.	5 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	6 6:30 p.m. Dance w/ FM Country PUBLIC WELCOME \$7/00
8 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	9 10:00 SilverSneakers® Classic 10:00 Foot Care Clinic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Humanities Meeting	10 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	11 10:00 SilverSneakersClassic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tia Chi 6:30 Boy Scouts	12 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	13 6:30 p.m. Dance w/ Classic Country EVERYONE WELCOME \$7.00
15 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Clinic	16 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas 1:30 Sewing & Etc.	17 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	18 10:00 SilverSneakersClassic 12:00 Meet & Eat 1:30 Tai chi 2:00 Movie Matinee "Miss Potter" 7:00 Camera Club	19 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	20 6:30 p.m. Dance w/ Jim Ehrlich PUBLIC WELCOME \$7.00
22 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	23 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc.	24 No 10:00 Yoga today 12:00 Sr. Citizen's Club Cornelius Dinner 1:00 Cards & Pool 2:00 SilverSneakers® Yoga	25 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi	26 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 1:00 Cards & Pool 3:00 Sr Citizen's Club B-day & Anniv Party	27 6:30 p.m. Dance w/ Paul's Coutry EVERYONE WELCOME \$7.00
29 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	30 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Bunco				

ACTIVE AGING ADULT FITNESS CLASSES



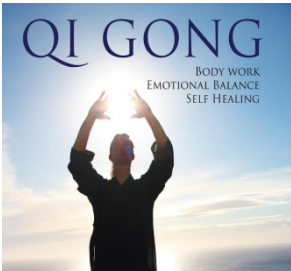
SilverSneakers® Yoga

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



SEWING, AND ETC.

Bring what you want to work on and be prepared to talk/visit.
Beginning quilting, embroidery, Christmas decorations, Table runners and anything else your crafting heart desires.



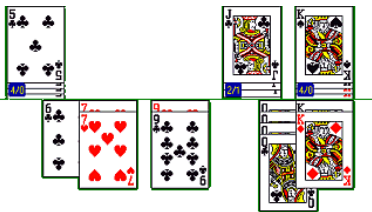
LEGAL AID DAY

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 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.

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



MOVIE MATINEE

MISS POTTER

Thursday, April 18th

2:00 p.m.

Based on the life of early 20th-century author Beatrix Potter, creator of Peter Rabbit. As a young woman Potter rails against her parents' wishes for her to marry and settle down. Instead, she continues to write about and draw the animals she has adored since childhood. Her early attempts to find a publisher for her children's stories are unsuccessful, but an offer from a small firm will turn her into a literary phenomenon.

FRESH POPCORN AND INTERMISSION PROVIDED

NUTRITION PROGRAM OFFERS CHOICE

Beginning April 1st the home delivered meal and Meet & Eat nutrition program will now be offering a choice on the days that fish or liver is being served. Please know you will need to request the alternate entrée at least 24 hours in advance. Otherwise you will be served the fish or liver meal. To complete a choice form please stop by the office or call at 522-1237.



APRIL DANCE SCHEDULE

April 6th FM Country
April 13th Classic Country
April 20th Jim Ehrlich
April 27th Paul's Country



MINDFULNESS SERIES CONTINUES

The Mindfulness Series we are offering in partnership with the CSU Extension Larimer County and CSU Regional Engagement Center continues in the months of April, May and June. Reserve your seat by calling 522-1237. You can attend at the CSU Regional Engagement Center with our instructor being present by internet connection OR you can join us in the comfort of your own home by logging into the following link :

<https://zoom.us/j/5842143355>

Thursday, April 4th 1:00-2:00 Tame Your Stress

Thursday, May 2nd 1:00-2:00 Cultivating Compassion

Thursday, June 6th 1:00-2:00 Everyday Mindfulness

Classes are **FREE** Attend one or attend them all



CARD CLINIC

Just in time for Graduation season!

Karen Batman will be back to walk us through how to make our own beautiful and handmade cards.

Materials are \$10.00 provided by Karen.

TUESDAY, MAY 7th 1:00 p.m.

Reservations required by Tuesday, April 30th

Call 522-1237 to get your name on the list or stop by the Heritage Center.



CORNELIUS DINNER

Senior Citizen's Club Cornelius Dinner

WEDNESDAY, APRIL 24TH

12:00 p.m.

\$7.00 Reservations are required by April 16th

Bring your own silverware

VOLUNTEER APPRECIATION

We want to thank all of
our Meet & Eat and
Home Delivery
Volunteers. Mark your
calendar for

Saturday, May 4th
11:00

Annual Appreciation
Luncheon and
Celebration



**MAH JONG
BOARDS**

CHESS

CORNHOLE

**REMEMBER WE HAVE THESE GAMES FOR YOU TO USE. WE WOULD LOVE TO
SEE A LEAGUE GET STARTED SO LET ME KNOW IF YOU ARE INTERESTED.**



LEGAL AID CLINIC

Judge Jim Leh will be
here for our monthly
legal aid clinic
Monday, April 15th from
1:30-4:30
Appointments required



Senior Access Points Survey

Share Your Thoughts and Help Your Community

The Logan County Heritage Center in partnership with the Larimer County Extension, CSU Office of Engagement Sterling are working towards developing a website that would help seniors and their caregivers find local resources, services and information to assist in the aging process. Please consider filling out our survey. Stop by the Heritage Center office and take a few minutes to help us gather valuable information to serve our community.