



**2018**

**HERITAGE CENTER  
MONTHLY NEWSLETTER**





Sharon Fritzler	August 3 <sup>rd</sup>	Maxine McFarland	August 19 <sup>th</sup>
Roberta Miller	August 3 <sup>rd</sup>	Betty Ramey	August 19 <sup>th</sup>
Harold Lauck	August 4 <sup>th</sup>	Mary Louise Wagner	August 19 <sup>th</sup>
Jeanette Stubbe	August 4 <sup>th</sup>	Les Copass	August 20 <sup>th</sup>
Shirley Gore	August 6 <sup>th</sup>	Lorraine Guenthner	August 20 <sup>th</sup>
Eloise Kearney	August 8 <sup>th</sup>	Phyllis Larson	August 20 <sup>th</sup>
Dale Stoops	August 10 <sup>th</sup>	Betty Robinett	August 21 <sup>st</sup>
Curtis Benson	August 12 <sup>th</sup>	Louise TenEyck	August 21 <sup>st</sup>
John Ertle	August 13 <sup>th</sup>	Joyce Werner	August 26 <sup>th</sup>
		Nancy Lund	August 28 <sup>th</sup>
		Ray Pasqua	August 30 <sup>th</sup>
		Anna Mae Hagemer	August 31 <sup>st</sup>

## WEDDING ANNIVERSARIES

Joe & Kathleen Kloberdanz	August 6, 1961
Charles & Erma Miner	August 6, 1963
Curtis & Dottie Benson	August 8, 1963
Hi & Linda Buescher	August 8, 1980
Don & Loretta DeSoto	August 18, 1956
Linda Gebauer (Richard)	August 21, 1965

JOIN US  
**FRIDAY, AUGUST 31<sup>ST</sup>**  
**3:00 P.M.**  
 For cake, angel food cake and ice cream to  
 celebrate Senior Citizen's Club Members  
 birthdays and anniversaries.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>9:00 Council on Aging</b> 10:00 SilverSneakers® Yoga <b>12:00 Meet &amp; Eat</b> 1:00 Cards & Pool	2 10:00 SilverSneakers® Classic <b>12:00 Meet &amp; Eat</b> 1:00 Billiards	3 10:00 Qi Gong <b>12:00 Meet &amp; Eat</b> 1:00 Cards & Pool	4 6:30 p.m. Dance w/ Dan Dobson All ages welcome \$7.00 admission
6 <b>10:00 SilverSneakers® Yoga</b> 12:00 Meet & Eat <b>1:00 Cards &amp; Pool</b> 1:00 Pinochle <b>1:30-4:00 ROOT BEER FLOAT OPEN HOUSE</b>	7 10:00 SilverSneakers® Classic <b>12:00 Meet &amp; Eat</b> 1:00 Billiards <b>1:30 Sewing &amp; Etc.</b>	8 10:00 SilverSneakers® Yoga <b>12:00 Meet &amp; Eat</b> 1:00 Cards & Pool	9 <b>10:00 NO SilverSneakers® TODAY</b> 12:00 Meet & Eat <b>1:00 Hand &amp; Foot Canasta</b> 1:00 Billiards	10 10:00 Qi Gong <b>12:00 Meet &amp; Eat</b> 1:00 Cards & Pool	11 6:30 p.m. Dance w/ Classic Country All Ages Welcome \$7.00
13 10:00 SilverSneakers® Yoga <b>12:00 Meet &amp; Eat</b> 1:00 Cards & Pool	14 <b>10:00 Foot Care Clinic</b> 10:00 SilverSneakers® Classic <b>12:00 Meet &amp; Eat</b> 1:00 Billiards <b>1:30 Sewing &amp; Etc.</b>	15 10:00 SilverSneakers® Yoga <b>12:00 Meet &amp; Eat</b> 1:00 Cards & Pool	16 <b>10:00 SilverSneakers® Classic</b> 12:00 Meet & Eat <b>1:00 Billiards</b> 2:00 Move Matinee- "Lean on Pete"	17 10:00 Qi Gong <b>12:00 Meet &amp; Eat</b> 1:00 Cards & Pool	18 6:30 p.m. Dance w/ Jim Ehrlich All Ages welcome \$7.00
20 <b>10:00 SilverSneakers® Yoga</b> 12:00 Meet & Eat <b>1:00 Cards &amp; Pool</b> 1:00 Pinochle <b>1:30 Legal Aid Clinic</b>	21 10:00 SilverSneakers® Classic <b>12:00 Meet &amp; Eat</b> 1:00 Cards & Pool <b>1:00 Las Amigas Bridge</b> 1:30 Sewing & Etc. <b>2:00 Billiards</b>	22 10:00 SilverSneakers® Yoga <b>12:00 Meet &amp; Eat</b> 1:00 Cards & Pool	23 <b>10:00 SilverSneakers® Classic</b> 12:00 Meet & Eat <b>1:00 Hand &amp; Foot Canasta</b>	24 10:00 Qi Gong <b>11:00 Blood Pressure Clinic</b> 12:00 Meet & Eat <b>1:00 Cards &amp; Pool</b>	25 6:30 p.m. Dance w/ Out of the Blue All Ages Welcome \$7.00
27 10:00 SilverSneakers® Yoga <b>12:00 Meet &amp; Eat</b> 1:00 Cards & Pool	28 <b>10:00 SilverSneakers® Classic</b> 12:00 Meet & Eat <b>1:30 Bunco</b> 1:30 Sewing & Etc.	29 10:00 SilverSneakers® Yoga <b>12:00 Meet &amp; Eat</b> 1:00 Cards & Pool	30 <b>10:00 SilverSneakers® Classic</b> 12:00 Meet & Eat <b>1:00 Billiards</b>	31 10:00 Qi Gong <b>12:00 Meet &amp; Eat</b> 1:00 Cards & Pool <b>3:00 Sr. Citizen's Club B-day &amp; Anniv. Party</b>	

**AUGUST 2018**  
**HERITAGE MEAL SITE**  
**FOR RESERVATIONS OR CANCELATIONS CALL 522-1237**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
<p style="text-align: center;"><b>For Reservations</b>  <b>Call 522-1237 by 8:00 a.m.</b>  <b>the day you want the meal.</b></p> <p style="text-align: center;"><b>If you must cancel your meal,</b>  <b>please do so by 8:00 a.m.</b>  <b>the day of the meal.</b></p>	<p style="text-align: center;"><b>Suggested Donation - \$3.00</b></p> <p style="text-align: center;"><b>Under Age 60</b>  <b>Mandatory Charge - \$11.00</b></p> <p style="text-align: center;"><b>Menu may change due to availability</b>  <b>of food items or conditions that cause</b>  <b>the kitchen to close.</b></p>	<p><b>PORCUPINE MEATBALLS</b>  <b>SCALLOPED POTATOES</b>  <b>PEAS &amp; CARROTS</b>  <b>ANNA'S DILLY BREAD</b>  <b>FRUIT COCKTAIL</b></p> <p>Cal: 619    Protein: 36.2g    Carb: 93.6g            Fat: 14.3g    Sod: 594mg    Fib: 11.3g</p>	<p><b>CHICKEN &amp; SPINACH LASAGNA</b>  <b>TOSSED SALAD &amp; DRESSING</b>  <b>GREEN BEANS</b>  <b>GARLIC BREAD</b>  <b>FRESH FRUIT CUP</b></p> <p>Cal: 739    Protein: 49.7g    Carb: 85.8g            Fat: 24.4g    Sod: 656mg    Fib: 10.8g</p>	<p><b>POTATO SOUP SUPREME w/CRACKERS</b>  <b>TUNA CROISSANT</b>  <b>BEAN MEDLEY SALAD</b>  <b>PEAR ORANGE FRUIT CUP</b></p> <p>Cal: 687    Protein: 33.3g    Carb: 103.2g            Fat: 17.2g    Sod: 679mg    Fib: 10.8g</p>
<p><b>SWEET &amp; SOUR PORK</b>  <b>RICE</b>  <b>ORIENTAL VEGETABLES</b>  <b>WW ROLL</b>  <b>PINEAPPLE ORANGE COMPOTE</b></p> <p>Cal: 689    Protein: 34.2g    Carb: 102.4g            Fat: 16.9g    Sod: 491mg    Fib: 9.8g</p>	<p><b>SHEPHERD'S PIE</b>  <b>CREAMY COLESLAW</b>  <b>ROLL</b>  <b>STRAWBERRY APPLESAUCE</b>  <b>CINNAMON CRISPIE</b></p> <p>Cal: 664    Protein: 31.8g    Carb: 104.5g            Fat: 16.8g    Sod: 763mg    Fib: 10.7g</p>	<p><b>SOFT SHELL TACO</b>  <b>SALSA</b>  <b>REFRIED BEANS</b>  <b>MEXICALI CORN</b>  <b>FRUIT CUP</b></p> <p>Cal: 676    Protein: 38.1g    Carb: 99.6g            Fat: 16.8g    Sod: 885mg    Fib: 12.1g</p>	<p><b>BAKED FISH</b>  <b>TARTAR SAUCE</b>  <b>BAKED POTATO</b>  <b>CALIFORNIA VEGETABLES</b>  <b>ANNA'S DILLY BREAD</b>  <b>CINNAMON APPLE SLICES</b></p> <p>Cal: 608    Protein: 31.5g    Carb: 99.9g            Fat: 12.2g    Sod: 780mg    Fib: 12.4g</p>	<p><b>HAM</b>  <b>MASHED POTATOES &amp; GRAVY</b>  <b>GREEN BEANS</b>  <b>OATMEAL ROLL</b>  <b>PEAR ORANGE FRUIT CUP</b>  <b>COOKIE</b></p> <p>Cal: 648    Protein: 28.7g    Carb: 97.2g            Fat: 18.6g    Sod: 1231mg    Fib: 10.9g</p>
13	14	15	16	17
<p><b>LASAGNA ROTINI CASSEROLE</b>  <b>TOSSED SALAD &amp; DRESSING</b>  <b>ITALIAN VEGETABLES</b>  <b>FRENCH BREAD</b>  <b>CANTALOUPE CUBES</b></p> <p>Cal: 683    Protein: 37.9g    Carb: 88.8g            Fat: 22.2g    Sod: 666mg    Fib: 11.3g</p>	<p><b>CHICKEN POT PIE</b>  <b>BEAN MEDLEY</b>  <b>FRUIT CUP</b>  <b>APPLESAUCE CAKE</b></p> <p>Cal: 677    Protein: 35.7g    Carb: 86.8g            Fat: 23.1g    Sod: 564mg    Fib: 9.5g</p>	<p><b>TUNA NOODLE CASSEROLE</b>  <b>BROCCOLI</b>  <b>WW ROLL</b>  <b>CINNAMON APPLE SLICES</b></p> <p>Cal: 620    Protein: 34.3g    Carb: 84.1g            Fat: 19.2g    Sod: 555mg    Fib: 11.0g</p>	<p><b>BEEF STEW</b>  <b>COTTAGE CHEESE &amp; PINEAPPLE</b>  <b>CORN BREAD</b>  <b>FRESH FRUIT CUP</b></p> <p>Cal: 610    Protein: 33.2g    Carb: 93.5g            Fat: 13.9g    Sod: 611mg    Fib: 9.8g</p>	<p><b>WHITE BEAN SOUP w/ CHICKEN</b>  <b>SPINACH SALAD</b>  <b>ROLL</b>  <b>CANTALOUPE CUBES</b>  <b>CARROT CAKE</b></p> <p>Cal: 606    Protein: 31.2g    Carb: 89.1g            Fat: 15.9g    Sod: 588mg    Fib: 12.2g</p>
20	21	22	23	24
<p><b>SPRING GARDEN CHICKEN</b>  <b>CALIFORNIA VEGETABLES</b>  <b>ONION ROLL</b>  <b>BANANA SPLIT FRUIT CUP</b></p> <p>Cal: 650    Protein: 43.3g    Carb: 77.4g            Fat: 20.9g    Sod: 695mg    Fib: 10.0g</p>	<p><b>TUNA ROLL UP</b>  <b>TOSSED SALAD &amp; DRESSING</b>  <b>PEAS &amp; CARROTS</b>  <b>GARLIC BREAD</b>  <b>FRUIT CUP</b></p> <p>Cal: 686    Protein: 41.9g    Carb: 91.4g            Fat: 20.5g    Sod: 799mg    Fib: 11.3g</p>	<p><b>SLOPPY JOE SANDWICH</b>  <b>POTATO SALAD</b>  <b>BB &amp; DILL BRUSSEL SPROUTS</b>  <b>FRESH FRUIT CUP</b></p> <p>Cal: 663    Protein: 36.2g    Carb: 94.1g            Fat: 19.6g    Sod: 778mg    Fib: 12.5g</p>	<p><b>BARBEQUE PORK CHOPS</b>  <b>SCALLOPED POTATOES</b>  <b>CABBAGE</b>  <b>WW ROLL</b>  <b>PEAR ORANGE FRUIT CUP</b></p> <p>Cal: 713    Protein: 37.4g    Carb: 93.7g            Fat: 23.3g    Sod: 893mg    Fib: 9.5g</p>	<p><b>BRUNSWICK STEW</b>  <b>GREEN BEANS w/ TOMATOES</b>  <b>ONION ROLL</b>  <b>FRUIT SALAD</b></p> <p>Cal: 621    Protein: 42.2g    Carb: 70.4g            Fat: 20.6g    Sod: 483mg    Fib: 10.0g</p>
27	28	29	30	31
<p><b>HAM POTATO OMELET/SALSA</b>  <b>BEAN MEDLEY</b>  <b>BRAN MUFFIN</b>  <b>PLUMS</b></p> <p style="text-align: center;"><b>BIRTHDAY RECOGNITION</b></p> <p>Cal: 634    Protein: 30.2g    Carb: 83.9g            Fat: 22.2g    Sod: 1021mg    Fib: 10.8g</p>	<p><b>ROAST TURKEY</b>  <b>SPINACH STRAWBERRY SALAD</b>  <b>YAM APPLE BAKE</b>  <b>BRAN MUFFIN</b>  <b>MANDARIN ORANGES</b></p> <p>Cal: 651    Protein: 25.8g    Carb: 96.7g            Fat: 20.6g    Sod: 826mg    Fib: 10.4g</p>	<p><b>BEEF &amp; NOODLES</b>  <b>CREAMY COLESLAW</b>  <b>BEAN MEDLEY</b>  <b>ROLL</b>  <b>FRESH FRUIT CUP</b>  <b>COOKIE w/CHOCOLATE CHIPS</b></p> <p>Cal: 653    Protein: 33.9g    Carb: 87.2g            Fat: 20.7g    Sod: 507mg    Fib: 9.9g</p>	<p><b>CHICKEN TETRAZZINI</b>  <b>BROCCOLI APPLE SALAD</b>  <b>STEWED TOMATOES</b>  <b>WW ROLL</b>  <b>WATERMELON</b></p> <p>Cal: 592    Protein: 37.3g    Carb: 71.0g            Fat: 19.8g    Sod: 684mg    Fib: 9.6g</p>	<p><b>BACON &amp; POTATO BREAKFAST BURRITO</b>  <b>GREEN CHILI w/PORK</b>  <b>SPANISH RICE</b>  <b>TOSSED SALAD</b>  <b>STRAWBERRIES &amp; BANANAS</b>  <b>COOKIE w/RAISINS</b></p> <p>Cal: 783    Protein: 29.3g    Carb: 97.4g            Fat: 32.6g    Sod: 863mg    Fib: 9.5g</p>

# LOGAN COUNTY HERITAGE CENTER

## ACTIVE AGING ADULT FITNESS CLASSES



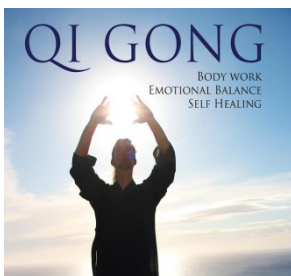
### SilverSneakers® Yoga

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.

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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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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  
Snack break at 3:00 so bring your quarters



### 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.

QUESTIONS CALL KATHY CAMPBELL AT (970) 371-2143



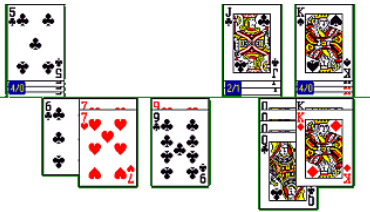
## LEGAL AID DAY

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

2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month

1:00 – 4:00 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

2<sup>nd</sup> 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

4<sup>th</sup> 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





**MARK YOUR CALENDARS**

**MONDAY, AUGUST 6<sup>TH</sup>**

**National Root Beer Float Day**

**Join us from 1:30-4:00**

**FREE Root Beer Floats**

**OPEN TO THE PUBLIC!!**

**Invite your children, grandchildren, neighbors  
and friends to join you at the Heritage Center  
for a Root Beer Float.**

## **SEPTEMBER DAY TRIP CITY OF FT. COLLINS**

**Join the Heritage Center for a lovely day in Fort Collins. Ride the restored Birney Car, lunch in Old Town and then tour the Historic 1879 Avery House.**

**WED. SEPT. 26<sup>TH</sup>**

**\$15.00 for the trolley and the house tour. Transportation is ESTIMATED at \$25.00/person. Lunch is on your own.**

**SIGN UP DEADLINE IS**

**SEPTEMBER 17<sup>th</sup>**

**If you cancel after the deadline you will be responsible for finding someone to go in your place and/or paying the cost of transportation and your reservation.**





## **MOVIE MATINEE**

**Wednesday,**

**August 16<sup>th</sup>**

**2:00 p.m.**

Charley, a teen living with his single father, finds work caring for an aging racehorse named Lean on Pete. When he learns Pete is bound for slaughter, the two embark on an odyssey across the new American frontier in search of a place to call home.



## **AUGUST DANCE SCHEDULE**

Dance to live music and a variety of bands.

Dances start at 6:30 p.m.-10:00 p.m.

\$7.00 admission

**AUGUST 4<sup>TH</sup>**

**DAN DOBSON**

**AUGUST 11<sup>TH</sup>**

**CLASSIC COUNTRY**

**AUGUST 18<sup>TH</sup>**

**JIM EHRLICH**

**AUGUST 25<sup>TH</sup>**

**OUT OF THE BLUE**



***THE NORTHEASTERN COLORADO (AAA) PRESENTS:***

***THE AREA AGENCY ON AGING 4 YR PLAN***

***OPEN PUBLIC FORUMS***

As a required component of our State and Federal funding requirements , The Region 1 Area Agency on Aging of N.E. Colorado will be conducting three public input meetings for our

**2020-2023 Area Plan** that provides services to:

**Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties.**

The open forums and discussions are with the AAA Staff , the AAA Director, local residents of the counties, state and local government officials, seniors, and others to provide input into the plan. This is an open forum for discussion, for strategy building, service performance, and addressing any service issues in the Region 1 area that you would like to see addressed, reformed, or added to our services in the next 4 year plan.

***Community Input for Senior Services in Northeast Colorado Dates:***

Forum #1: Wednesday September 26th 2018

Place: Wray Senior Center (55 & over club)

Address: 741 West 7th, Wray, Colorado

Time: 2:pm—3:30 p.m.

Forum #2: Thursday Sept. 27<sup>th</sup> 2018

Place: Sterling Logan County Heritage center

Address: 821 North Division St, Sterling Co

Time: 2pm to 3:30 pm

Forum#3 Friday Sept. 28<sup>th</sup> 2018

Place: Fort Morgan Senior Center

Address: 110 Sherman St, Fort Morgan, Co.

Time: 2pm to 3:30 pm

**We would like your input , participation, and ideas for the services we provide for all seniors in Region 1 to help plan for the next 4 years!**

