



# Senior

A holiday miracle would be still fitting into my clothes after the holidays

Christmas is a race to see which gives out first your money or your feet

# Citizens

# Newsletter

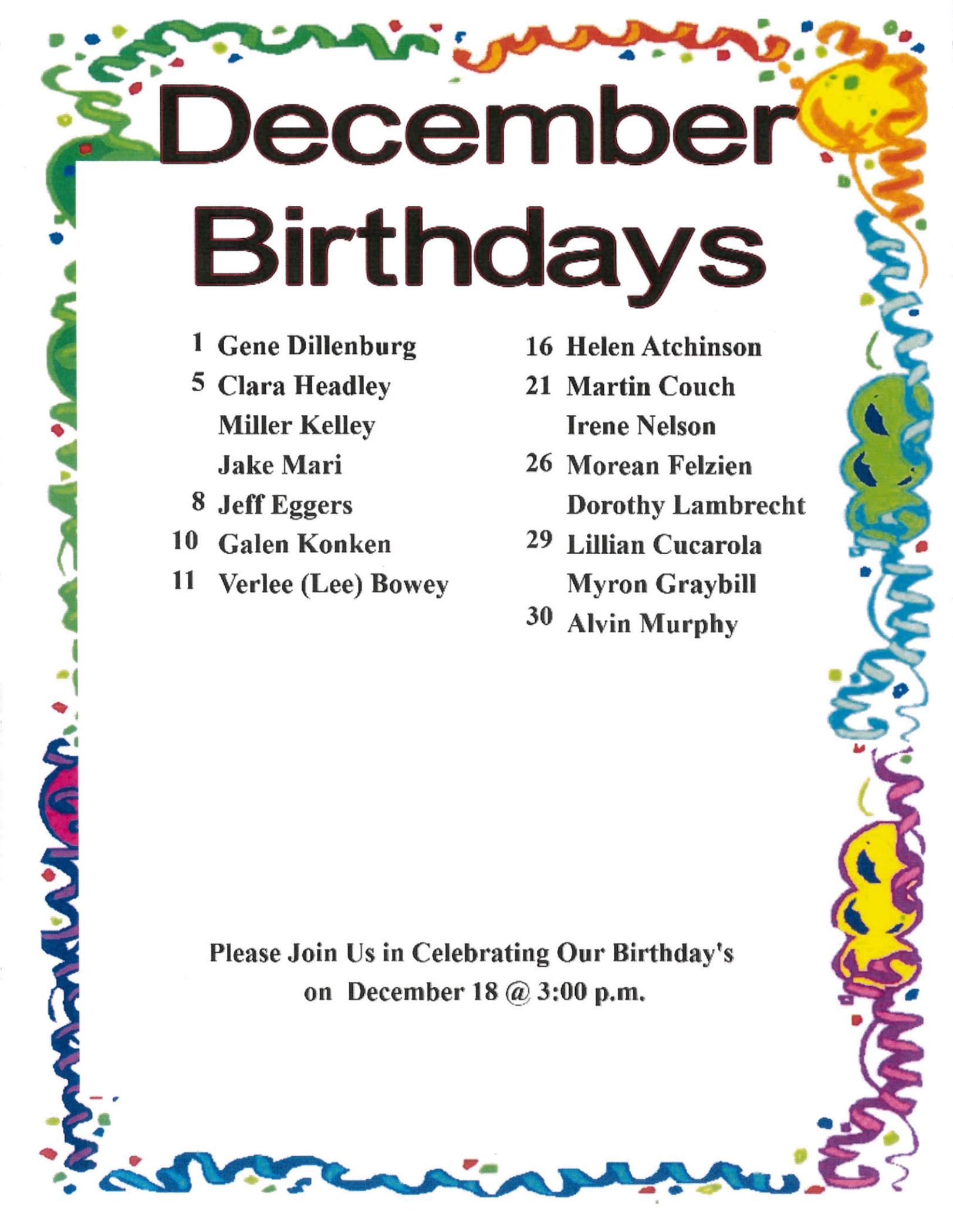
Dear Santa  
I've been very, very, very good  
(most of the time)

When you stop believing in Santa Claus is when you start getting clothes for Christmas

# December

# 2015

Why is Christmas just like a day at the office? You do all the work and the fat guy with the suit gets all the credit.



# December Birthdays

- |   |  |
|---|--|
| 1 Gene Dillenburg                             | 16 Helen Atchinson                     |
| 5 Clara Headley<br>Miller Kelley<br>Jake Mari | 21 Martin Couch<br>Irene Nelson        |
| 8 Jeff Eggers                                 | 26 Morean Felzien<br>Dorothy Lambrecht |
| 10 Galen Konken                               | 29 Lillian Cucarola<br>Myron Graybill  |
| 11 Verlee (Lee) Bowey                         | 30 Alvin Murphy                        |

Please Join Us in Celebrating Our Birthday's  
on December 18 @ 3:00 p.m.



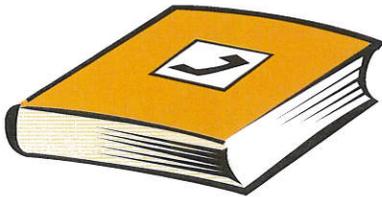
## SENIOR CITIZEN'S CLUB CHRISTMAS DINNER

Wednesday, DECEMBER 18<sup>TH</sup> @ Noon

Tickets on Sale now for \$7.00

Please have your reservation to Cynthia no later than  
December 10<sup>th</sup>

Please remember to bring your own silverware.



## SENIOR CITIZEN'S CLUB DIRECTORY

Sr. Citizen's Club Members your dues are due for 2016. **There has been a price change. Dues are now \$5.00** Please let the office know if you have had a phone number or address change so we can update the directory.

IF you have not paid dues in two years your name will not be listed in the directory and you will not be called for dinners.

## MOVIE MATINEE

Thursday, December 17<sup>th</sup>

2:00 p.m.

Join us for the Christmas Classic

**It's a Wonderful Life**

**Intermission, comfortable seating and refreshments provided**



Due to the Christmas Holiday we will be moving the Blood Pressure Clinic and the Senior Citizen's Club Birthday and Anniversary Party to Friday, December 18<sup>th</sup>  
Blood Pressure Clinic at 11:00 a.m.  
Birthday/Anniversary Party at 3:00 p.m.

# December 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <b>10:00 a.m.</b> <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 p.m.</b> <b>Tai Chi Class</b>	<b>2</b> 9:15 a.m. - C.O.A. <b>10:00 a.m.</b> <b>SilverSneakers® Yoga</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 - 4:30 p.m.</b> <b>Cards &amp; Pool</b>	<b>3</b> <b>10:00 a.m.</b> <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 p.m.</b> <b>Tai Chi Class</b> 1:00 p.m. Deck the Heritage Halls <b>7:00 p.m.</b> <b>Camera Club</b>	<b>4</b> 10:00 a.m. Qi Gong <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 - 4:30 p.m. Cards & Pool	<b>5</b> <b>7:00 a.m.</b> <b>Leave for Georgetown</b> <b>Christmas Marketplace</b> 2:00 p.m. Dance Christmas Party <b>6:30 - 10:30 p.m.</b> Dance <b>Dan Dobson</b>
<b>6</b> <b>1:00 p.m.</b> <b>Michelle Garcia</b>	<b>7</b> 10:00 a.m. SilverSneakers® Yoga <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 12:00 p.m. Area Agency on Aging Regional Mtg <b>12:30 p.m.</b> <b>Sr. Citizens Club Mtg</b> No Card & Pool	<b>8</b> <b>10:00 a.m.</b> <b>Foot Care Clinic</b> SilverSneakers® Classic <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 p.m. Tai Chi Class	<b>9</b> 9:00 a.m. M & E Desk Clerk Training <b>10:00 a.m.</b> <b>SilverSneakers® Yoga</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>12:30 p.m.</b> <b>M &amp; E Home Delivery</b> <b>Training</b> 1:00 p.m. M & E Kitchen Help Training <b>1:00 - 4:30 p.m.</b> <b>Cards &amp; Pool</b>	<b>10</b> <b>10:00 a.m.</b> <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 p.m.</b> <b>Tai Chi Class</b>	<b>11</b> 10:00 a.m. Qi Gong <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 - 4:30 p.m. Cards & Pool <b>6:00 p.m.</b> <b>Linda Williams</b> <b>Christmas Party</b>	<b>12</b> <b>6:30 - 10:30 p.m.</b> Dance <b>Country Rounders</b>
<b>13</b>	<b>14</b> 10:00 a.m. SilverSneakers® Yoga <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 - 4:00 p.m. Cards & Pool <b>Pinochle</b> 6:00 p.m. Lee Edward Victory Church	<b>15</b> <b>10:00 a.m.</b> <b>SilverSneakers® Classic</b> <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 p.m. Tai Chi Class <b>Las Amegas</b>	<b>16</b> <b>No SilverSneakers® Yoga</b> <b>12:00 Noon</b> <b>Christmas Dinner</b> <b>No M &amp; E or Home Delivery</b> 1:00 - 4:30 p.m. Cards & Pool	<b>17</b> 8:00 a.m. Adult Protection Team <b>10:00 a.m.</b> <b>SilverSneakers® Classic</b> <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 p.m. Tai Chi Class <b>2:00 p.m. Movie Matinee</b> <b>"It's a Wonderful Life"</b> 7:00 p.m. Camera Club	<b>18</b> 10:00 a.m. Qi Gong <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 - 4:30 p.m. Cards & Pool <b>3:00 p.m.</b> <b>SCC Birthday's</b> <b>and Anniversaries</b> 5:00 p.m. Janiel Perry	<b>19</b> <b>6:30 - 10:30 p.m.</b> Dance <b>Jim Ehrlich</b>
<b>20</b> 9:00 a.m. Pat Mumford	<b>21</b> <b>10:00 a.m.</b> <b>SilverSneakers® Yoga</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 - 4:00 p.m.</b> <b>Cards &amp; Pool</b> Pinochle	<b>22</b> <b>10:00 a.m.</b> <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 p.m.</b> <b>Tai Chi Class</b>	<b>23</b> <b>10:00 a.m.</b> <b>SilverSneakers® Yoga</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 - 4:30 p.m.</b> <b>Cards &amp; Pool</b>	<b>24</b> <b>10:00 a.m.</b> <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>Center Closed@ 12:00 p.m.</b> 	<b>25</b> Center Closed <b>Merry Christmas</b> 	<b>26</b> <b>6:30 - 10:30 p.m.</b> Dance <b>Country Rounders</b>
<b>27</b> 9:00 a.m. Pat Mumford	<b>28</b> <b>10:00 a.m.</b> <b>SilverSneakers® Yoga</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 - 4:00 p.m.</b> <b>Cards &amp; Pool</b>	<b>29</b> <b>10:00 a.m.</b> <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 p.m. - Tai Chi Class</b> 1:30 p.m. - Bunco	<b>30</b> <b>10:00 a.m.</b> <b>SilverSneakers® Yoga</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 - 4:30 p.m.</b> <b>Cards &amp; Pool</b>	<b>31</b> <b>10:00 a.m.</b> <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat	<b>January 1</b> Center Closed <b>Happy New Year</b> 	<b>January 2</b> <b>6:30 - 10:30 p.m.</b> Dance <b>Dan Dobson</b>

# December 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p><b>Please post this menu.</b> Call the Heritage Center the day before if you need to reschedule your meals. In an emergency, we will take changes no later than 8:00 a.m. on the same day. Thank you for your assistance <b>Heritage Center 821 North Division Ave. Sterling CO 80751 970-522-1237 Director - Cynthia Mills</b></p> <p><b>Suggested Donation \$ 3.00 Under Age 60 Mandatory Charge \$ 8.00</b></p>						
		<p><b>1</b> Roast Pork Oven Browned Potatoes Parslied Carrots Caraway Roll Strawberry Gelatin Salad</p>	<p><b>2</b> Tuna Noodle Casserole Carolina Salad WW Roll Pineapple Tidbits Cookie w/Raisins</p>	<p><b>3</b> Bee O'le Refried Beans Fruit Cup</p>	<p><b>4</b> Hamburger Steak Potatoes Peas WW Roll OJ / Ban Gelatin Salad</p>	<b>5</b>
<b>6</b>	<p><b>7</b> Spanish Rice Tossed Salad / Dressing Onion Rolls Plums Raisin Cookie</p>	<p><b>8</b> Salmon Filet / Dill Sauce Sweet Potato Fries Asparagus Bran Muffin Peach Slices</p>	<p><b>9</b> Ham Herbed Lentil &amp; Rice Green Beans Oatmeal Roll Mandarin Oranges Nature Cookie</p>	<p><b>10</b> Chili - Crackers Apple Carrot Raisin Salad Cinnamon Rolls Winter Fruit Cup</p>	<p><b>11</b> Sweet and Sour Chicken Rice Stir Fry Vegetables Raisin Roll Apricot Halves</p>	<b>12</b>
<b>13</b>	<p><b>14</b> Lasagna Rotini Casserole Bean Medley Tossed Salad French Bread Peach Polka Dot Salad</p>	<p><b>15</b> BBQ Beef Sandwich Rotini Pasta Salad Butter &amp; Dill Brussel Sprouts Banana Split Fruit Cup</p>	<p><b>16</b> No Meals Served or Delivered Christmas Dinner</p>	<p><b>17</b> Pork Chop Suey / Rice Carrot Coins WW Roll Winter Fruit Cup</p>	<p><b>18</b> Porcupine Meatballs Oven Browned Potatoes Peas and Carrots Anna's Dilly Bread Sunshine Salad Cinnamon Crispy</p>	<b>19</b>
<b>20</b>	<p><b>21</b> Vegetable Beef Soup Layered Salad Corn Bread Peach Slices</p>	<p><b>22</b> Baked Ham w/Raisin Sauce Baked Sweet Potato Stir Fry Vegetables WW Roll Cranberry Mold Pumpkin Cookie</p>	<p><b>23</b> Cheese Potato Omelet Almond Broccoli Bran Muffin Strawberry Gelatin Salad</p>	<p><b>24</b> Clam Chowder Country Mix Vegetables Cottage Cheese Pineapple Salad Blueberry Muffin Banana Slices</p>	<p><b>25</b> Merry Christmas</p>	<b>26</b>
<b>27</b>	<p><b>28</b> Southern Beef Pie Red Beets Tossed Salad / Dressing Pear Slices Cookie w/raisins</p>	<p><b>29</b> Chicken Croissant Tuscany Soup Marinated Vegetable Salad Pineapple Tidbits Nature Cookie</p>	<p><b>30</b> Baked Fish Oven Browned Potatoes Creamy Coleslaw Bran Muffin Apricot Halves</p>	<p><b>31</b> Pot Roast w/Vegetables Peas Anna's Dilly Bread Winterfruit Cup</p>		

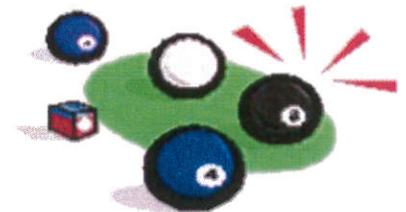
# December Wedding Anniversaries



Bob & Jane Mullanix - December 23, 1985



**Enjoy Cards & Pool**  
Monday, Wednesday, Friday  
1:00 p.m. - 4:30 p.m.



## SilverSneakers\* Yoga

The group will be meeting for exercise classes on  
Monday & Wednesday mornings at 10:00 a.m.  
Please come and join us

## Tai Chi

The group will be meeting for exercise classes on  
Monday & Wednesday 1:00 p.m.



## Silver Sneakers Exercise Group

The group will be meeting for exercise classes on  
Tuesday & Thursday mornings at 10:00 a.m.  
Please come and join us

## QiGong

The group will be meeting for exercise classes on  
Friday mornings at 10:00 a.m.  
Please come and join us



# Announcements

Clauice (Jeep) Naugle  
224 State Street  
Sterling CO 80751  
522-5289

Logan County Heritage Center  
821 N Division Avenue  
Sterling CO 80751  
522-1237



## SilverSneaker® Classic - December 1 @ 10:00 a.m.

Tai Chi Open Class - December 1 @ 1:00 p.m.

## Council on Aging - December 2 @ 9:15 a.m.

SilverSneakers® Yoga December 2 @ 10:00 a.m.

## SilverSneaker® Classic - December 3 @ 10:00 a.m.

Tai Chi Open Class - December 3 @ 1:00 p.m.

## Decking the Heritage Halls - December 3 @ 1:00 p.m.

Camera Club - December 3 @ 7:00 p.m.

## Oi-Gong - December 4 @ 10:00 a.m.

Departure for Georgetown - December 5 @ 7:00 a.m.

## Dance Christmas Party - December 5 @ 2:00 p.m.

Heritage Center Dance - Dan Dobson - December 5 @ 6:30 p.m.

## Michelle Garcia - December 6 @ 1:00 p.m.

SilverSneakers® Yoga December 7 @ 10:00 a.m.

## Area Agency on Aging Regional Mtgs- December 7 @ 12:00 a.m.

Sr Citizen's Club Business Mtg - December 7 @ 12:30 p.m.

## No Afternoon Cards, Pool, or Activities - December 7

Foot Care Clinic - December 8 @ 10:00 a.m.

## SilverSneaker® Classic - December 8 @ 10:00 a.m.

Tai Chi Open Class - December 8 @ 1:00 p.m.

## Meet & Eat Desk Clerk Training - December 9 @ 9:00 a.m.

SilverSneakers® Yoga December 9 @ 10:00 a.m.

## Meet & Eat Home Delivery Training - December 9 @ 12:30 p.m.

Meet & Eat Kitchen Help Training - December 9 @ 1:00 p.m.

## SilverSneaker® Classic - December 10 @ 10:00 a.m.

Tai Chi Open Class - December 10 @ 1:00 p.m.

## Oi Gong - December 11 @ 10:00 a.m.

Linda Williams Christmas Party - December 11 @ 6:00 p.m.

## Heritage Center Dance - Country Rounders - December 11 @ 6:30 p.m.

SilverSneakers® Yoga December 14 @ 10:00 a.m.

## Pinochle - December 14 @ 1:00 p.m.

Lee Edward Victory Church - December 14 @ 6:00 p.m.

## SilverSneaker® Classic - December 15 @ 10:00 a.m.

Tai Chi Open Class - December 15 @ 1:00 p.m.

## Las Amigas - December 15 @ 1:00 p.m.



No SilverSneakers® Yoga - December 16

## Sr. Citizen's Christmas Dinner - December 16 @ 12:00 Noon

### No Meet & Eat or Home Delivery

Adult Protection Team - December 17 @ 8:00 a.m.

## SilverSneakers® Classic - December 17 @ 10:00 a.m.

Tai Chi Open Class - December 17 @ 1:00 p.m.

## Movie Matinee "It's A Wonderful Life" - December 17 @ 2:00 p.m.

Camera Club - December 17 @ 7:00 p.m.

## Oi Gong - December 18 @ 10:00 a.m.

Sr. Citizen's Club Birthday's & Anniversaries Party - December 18 @ 1:00 p.m.

## Janeil Perry - December 18 @ 5:00 p.m.

Heritage Center Dance - Jim Ehrlich - December 19 @ 6:30 p.m.

## Pat Mumford - December 20 @ 9:00 a.m.

SilverSneaker® Yoga - December 21 @ 10:00 a.m.

## Pinochle - December 21 @ 1:00 p.m.

SilverSneaker® Classic - December 22 @ 10:00 a.m.

## Tai Chi Class - December 22 @ 1:00 p.m.

SilverSneaker® Yoga - December 23 @ 10:00 a.m.

## SilverSneakers® Classic - December 24 @ 10:00 a.m.

Business Office Closes - December 24 @ 12:00 Noon

## Heritage Center Closes - December 24 @ 1:00 p.m.

Heritage Center Closed - December 25 - Merry Christmas

## No Meals, Home Delivery, or Events - December 25 - Merry Christmas

Heritage Center Dance - Country Rounders - December 26 @ 6:30 p.m.

## Pat Mumford - December 27 @ 9:00 a.m.

SilverSneakers® Yoga - December 28 @ 10:00 a.m.

## SilverSneakers® Classic - December 29 @ 10:00 a.m.

Tai Chi Class - December 29 @ 1:00 p.m.

## Bunco - December 29 @ 1:30 p.m.

SilverSneakers® Yoga December 30 @ 10:00 a.m.

## SilverSneaker® Classic - December 31 @ 10:00 a.m.

Center Closed - January 1 - Happy New Year

## Heritage Center Dance - January 2 @ 6:30 p.m.