



2019  
HERITAGE CENTER  
NEWSLETTER





### **SENIOR CITIZEN'S CLUB MEMBERS BIRTHDAYS**

<b>Bill Ertle</b>	<b>February 2<sup>nd</sup></b>
<b>Phyllis Wilkins</b>	<b>February 4<sup>th</sup></b>
<b>Richard Robirds</b>	<b>February 7<sup>th</sup></b>
<b>Mary Louise Wiebers</b>	<b>February 7<sup>th</sup></b>
<b>Mary Margaret Bianco</b>	<b>February 11<sup>th</sup></b>
<b>Larry Lybarger</b>	<b>February 12<sup>th</sup></b>
<b>Mary Ann Hiler</b>	<b>February 13<sup>th</sup></b>
<b>Janice Lechman</b>	<b>February 14<sup>th</sup></b>
<b>Betty Pancost</b>	<b>February 16<sup>th</sup></b>
<b>Dan Clark</b>	<b>February 18<sup>th</sup></b>
<b>Barbara Mari</b>	<b>February 18<sup>th</sup></b>
<b>Janice Bellendir-Stieb</b>	<b>February 19<sup>th</sup></b>
<b>Kristyne Hernandez</b>	<b>February 20<sup>th</sup></b>
<b>Shirley Bickel</b>	<b>February 23<sup>rd</sup></b>
<b>Donna Nicklas</b>	<b>February 24<sup>th</sup></b>
<b>Leota Thayer</b>	<b>February 26<sup>th</sup></b>
<b>Esther Skrdlant</b>	<b>February 27<sup>th</sup></b>

### **SENIOR CITIZEN'S CLUB MEMBERS ANNIVERSARIES**

<b>Dave &amp; Glenda Conley</b>	<b>February 17, 1968</b>
<b>Larry &amp; Joyce Lybarger</b>	<b>February 18, 1955</b>

**JOIN US ON  
FRIDAY, FEBRUARY 22<sup>ND</sup>  
3:00 P.M.  
FOR OUR MONTHLY BIRTHDAY AND  
ANNIVERSARY PARTY**

# LOGAN COUNTY HERITAGE CENTER

## ACTIVE AGING ADULT FITNESS CLASSES



### SilverSneakers® Yoga

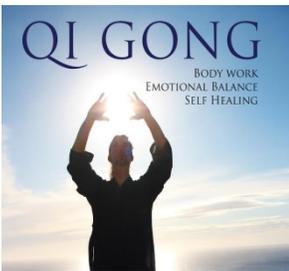
Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

**Monday & Wednesday mornings at 10:00 a.m.-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.

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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



### **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.



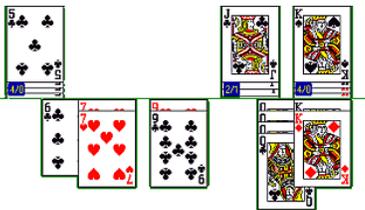
### **LEGAL AID DAY**

**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**

**2<sup>nd</sup> and 4<sup>th</sup> 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**

**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**

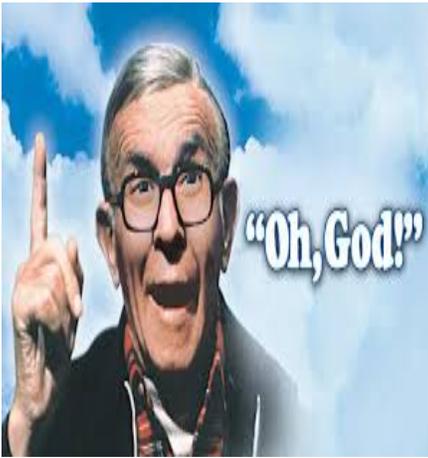
### **BLOOD PRESSURE CLINIC**

**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**



## MOVIE MATINEE

**George Burns & John Denver  
star in**

**“Oh, God!”**

**Join us Thursday, February 21<sup>st</sup>**

**2:00 p.m.**

**Comfortable Seating, Intermission and  
Fresh Popcorn Available**

## SENIOR LEISURE HOUR(S)

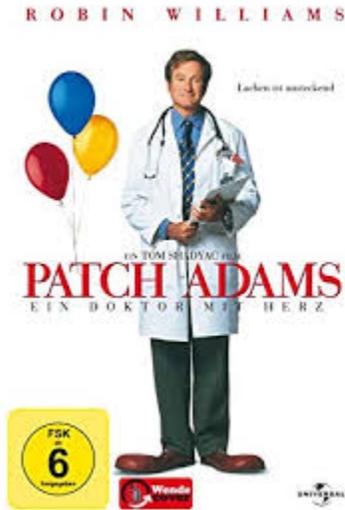
We want to give you the chance to come learn the new games we have to offer at the Heritage Center. On Wednesday, February 13<sup>th</sup> at 1:30 p.m. come in and try your luck at Corn Hole, Mah Jong and Chess. We will help you learn the rules and guide you through.



## LIKE US ON FACEBOOK

We are trying to update our Facebook page and would love your help. If you would be willing to email us or write down your “favorite thing about the Heritage Center.”

[heritagecenter@kci.net](mailto:heritagecenter@kci.net)



## SECOND FEATURE MOVIE MATINEE

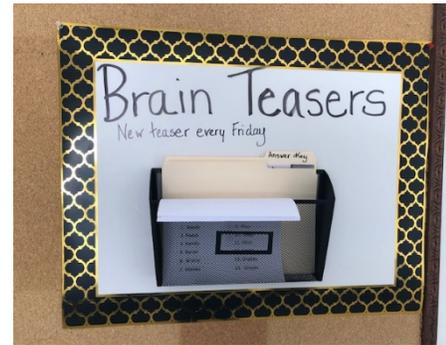
As you may recall we offer two movies during the winter months in our efforts to help you beat the winter blues. Hopefully this gives you a reason to get out of the house when we have a tendency to stay cooped up and out of the cold. It's not good for us to be isolated! Come laugh away the winter doldrums.

**WEDNESDAY, FEBRUARY 27<sup>TH</sup>**  
**2:00 P.M.**  
**"PATCH ADAMS"**

### BRAIN TEASERS

Our Brain Teaser station is up and running. Please find the weekly brain teaser on the Northeast wall of the big room. The new teaser goes out on Friday and the answer key for the week prior will go out on Friday. Each week the brain teasers will target key mental functions that can change with age including: long-term memory, working memory, executive functioning, attention to detail, multitasking and processing speed.

Turn your answers each week for a SMALL prize.



### BEST OF CUBA CRUISE October 9<sup>th</sup>-17<sup>th</sup>, 2019

Sterling Travel in partnership with Mayflower is offering a 9 day cruise from Miami, Florida around the Cuban Island. Call Sterling Travel or speak with Jill Aikin 580-4309 for more details.



I have been informed that there are several new scams going around in the community. **BE SO VERY CAREFUL** who you are speaking to and what you tell them. Because of the internet and social media scammers can obtain just enough information about you and your personal life to make it very convincing. Please see below for some helpful tips to protect yourself and what to do if you have received these calls. Most recent experiences with scam phone calls involved a grandson needing to post bail to get out of jail and Social Security calling trying to accuse them of stealing a vehicle and having to pay the fines.

## **Are You Who You Say You Are? Avoiding Imposter Fraud**



Most of us would pay attention if we thought we were being contacted by a loved one, Medicare, the IRS, a representative of the Federal Government or law enforcement. We would want to be cooperative, share whatever information is being requested, and respond politely and promptly to whatever inquiries are being made. However, it is important to suspend these instincts until we are sure that the callers are really representing the organizations or services they say they are.

One of the most common imposter scams targeting older Coloradans is the grandparent scam. This most often occurs when a young person calls the potential victim pretending to be a grandchild. The caller claims they are in a foreign country and have been arrested for drunk driving or detained for some other reason and need money sent to them in order to return home safely. Setting up a family password can be helpful in cases like this. The call recipient can ask for the family password to help verify the caller is really their relative. Family passwords should be a phrase each family member knows but that isn't too obvious or can be guessed easily. It's important not to share the family password with others or online.

There also are instances where older Coloradans receive a call supposedly from the Internal Revenue Service (IRS) telling them that they owe additional taxes and using various threats to intimidate them into sending money. Still another imposter scam includes a call from “the government”, generally from a Washington, D.C. area code, informing the potential victim that they’ve been selected for a free government grant. All they have to do is pay a specified amount of money in advance for the taxes and fees to “release” the grant funds.

Be wary of any caller that asks for your Social Security number, demands immediate or advanced payments, or threatens you with arrest or legal action. And recognize the red-flag payment methods, such as wiring money or purchasing pre-paid cards.

If you believe you have been victimized by an imposter scam or wish to report suspicious activity to the Colorado Attorney General’s office. You may also wish to contact [AARP Foundation ElderWatch](#) by calling 1-800-222-4444, telephone option 2.

**Spring 2019  
Mindfulness Series  
Logan County Heritage Cen**



**Positive Brain Change**

**March 7<sup>th</sup> 1:00 p.m.-2:00 p.m.**

**CSU Regional Engagement Center 302 Main Street Sterling**

**This will be our inaugural class which will be held in-person with the instructor, Sue Schneider. Sue will be present by video conferencing for the following three classes.**

How can we change our brains to benefit our health and well-being? In this class, we will explore the concept of positive neuroplasticity and experiment with practices that create new neural pathways by seeding positivity and cultivating mindful presence.

**Tame your Stress**

**April 4<sup>th</sup> 1:00 p.m.-2:00 p.m.**

**Video Conferencing at CSU Regional Engagement Center**

Stress and negative self-thoughts can be our constant companions. Mindfulness offers us a way to undo habits that keep us stuck in a cycle of stress. We will explore what mindfulness means and how to apply basic principles and practices in our everyday lives to decrease stress and create new pathways for self-care.

**Cultivating Compassion**

**May 2<sup>nd</sup> 1:00 p.m.-2:00 p.m.**

**Video Conferencing at CSU Regional Engagement Center**

Research shows we are most joyful when we are kind and generous to others. Yet, we let barriers to compassion stand in our way, most importantly a lack of self-compassion. In this class, we will explore how to free up our compassion energy, open our hearts, and cultivate greater kindness towards ourselves and others.

## **Everyday Mindfulness**

**June 6<sup>th</sup> 1:00 p.m.-2:00 p.m.**

**Video Conferencing at CSU Regional Engagement Center**

Increased mindful awareness can bring about profound changes in how we experience our lives. In this experiential class, we will learn practical strategies to help us reconnect with our senses, calm our nervous system, befriend our negative thoughts, and relax our reactivity.

**To enroll please contact the Logan County Heritage Center at (970) 522-1237**

**This class is free of charge, attend one or attend them all.**

**For questions about the Mindfulness Series, contact Sue Schneider at CSU Extension:**

**[sdschneider@larimer.org](mailto:sdschneider@larimer.org) or 970-498-6014.**