Senior Citizens Newsletter

July 2015

July Birthdays

1 Kaleen Ruth
2 Catherine Volz
3 Elvira Benson
Everett Newton
6 Barbara Warden
9 Selma Heath
Al Seely
Betty Townsend
Don DeSoto
12 Carol Dillenburg
14 Helen Smith
15 Marge Bowin
16 Anna Marie McAllister
19 Mary Bellendir
Judy Clodfelder
Virginia Troutman
24 BJ Langdon
Phyllis Dollerschell
25 Marlene Lazzaretti
28 Willa "Jo" Cover
Marianna Trott
29 Rose Damron
30 James Clodfelder
31 Paulette McCoy
Neil Haines
Judy Nierling

Please Join Us in Celebrating
Our Birthday's
on July 31 @ 3:00 p.m.

FOURTH OF JULY

Just as a reminder we will be closed in Observance of the Independence Day Holiday. There will be no meals served or delivered. No Exercise or Activities

ALZHEIMER'S ASSOCIATION PRESENTS PROGRAM
Join us on
THURSDAY, JULY 9TH
11:15-12:45
"The Basics"

Kelly Walker will present the following program. Please RSVP if you would like lunch during the program. Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, possible causes and risk factors, stages of the disease, treatment, and much more.

alz.org® | alzheimer's association

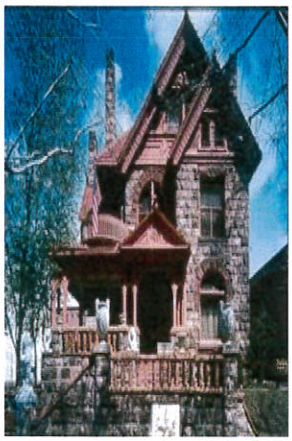
MOVIE MATINEE

Tuesday, July 21st
2:00 p.m.

We will be watching the movie classic Can-Can starring Frank Sinatra and Shirley MacLaine. Join us for a comfortable seat, delicious refreshments and an enjoyable afternoon.
EVERYONE WELCOME
(Held over from last month due to technical difficulties)

We have accumulated a lot of sweaters and jackets hanging in the lobby. Please check to see if they are yours. If they aren't picked up in the next month they will be donated to charity.

MARK YOUR CALENDARS
THURSDAY, AUGUST 6TH
National Root Beer Float Day
Join us from 1:30-4:30
Free Root Beer Floats
OPEN TO THE PUBLIC



MOLLY BROWN HOUSE MUSEUM®
& FORNEY TRANSPORTATION MUSUEM
Join us for a guys and gals day trip to Denver.
We will tour the Molly Brown House Museum, go to lunch and then on to the Forney Transportation Museum for an afternoon viewing.
TRANSPORTATION=determined by the number attending
MOLLY BROWN ADMISSION=$6
FORNEY TRANSPORTATION=$6

SIGN-UP DEADLINE Friday, August 14th
Call Cynthia at 522-1237 to make your reservation.
If you cancel after the deadline you will still be responsible for the cost of the trip or find someone to go in your place.

Estes Park Fall Foliage and Elk Tour

We are planning a day trip to Estes Park to take-in the beautiful fall colors and hopefully see the Elk.

WEDNESDAY, September 30th

Sign-up deadline is September 18th
Reservations will be taken July 20th thru September 18th
If you cancel after the deadline you are responsible for finding someone to go in your place or pay the cost of the trip.

HAPPY ANNIVERSARY LOGAN
COUNTY HERITAGE CENTER
The Heritage Center will be 40 years old this August. Mark your calendars for our open house celebration on
Friday, August 14th
More details and events to come!!!

July 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	June 29 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:00 p.m.** **Cards & Pool**	**June 30** **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi Class** 1:30 p.m. Bunco	1 9:15 a.m. C.O.A. **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	2 10:00 a.m. SilverSneakers® Classic **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 p.m. Tai Chi Class	3 Closed 	4 *10:00 a.m.* *Green Reunion* **6:30 - 10:30 p.m.** **Dance** Ray Mullen
5	6 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:00 p.m.** **Cards & Pool**	7 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi Class**	8 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	9 **10:00 a.m.** **SilverSneakers® Classic** 11:15 a.m. - 12:45 p.m. Alzheimers Assoc "The Basics" **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 p.m. Tai Chi Class	10 10:00 a.m. Qi Gong **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 - 4:30 p.m. Cards & Pool	11 **10:00 a.m.** **Departure for Dinner Theatre "Singin" In The Rain"** 12:00 p.m. Shanna Pulman Baby Shower **6:30 - 10:30 p.m.** **Dance** Country Rounders
12 **2:00 p.m.** **South Platte Valley Bluegrass Gospel Jam**	13 10:00 a.m. SilverSneakers® Yoga **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 - 4:00 p.m. Cards & Pool	14 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi Class**	15 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	16 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi Class** 7:00 p.m. Camera Club	17 **10:00 a.m.** **Qi Gong** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	18 10:00 a.m. Jones Reunion **6:30 - 10:30 p.m.** **Dance** **Jim Ehrlich**
19 *10: 00 a.m.* *Stumpf Reunion*	20 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:00 p.m.** **Cards & Pool**	21 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi Class** 2:00 p.m. "Can-Can"	22 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	23 8:00 a.m. Adult Protection Team **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi Class** 1:30 p.m. Dixie Minear Home Owners Assoc	24 **10:00 a.m.** **Qi Gong** 11:00 a.m. Blood Pressure Clinic **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 - 4:30 p.m. Cards & Pool	25 *10:00 a.m.* *Helen Johnson* **6:30 - 10:30 p.m.** **Dance** **Country Rounders**
26 *10:00 a.m.* *Eunice Drier Family Reunion*	27 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:00 p.m.** **Cards & Pool**	28 8:00 a.m. ICE **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi Class** 1:30 p.m. Bunco	29 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	30 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi Class**	31 10:00 a.m. Qi Gong **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 - 4:30 p.m. Cards & Pool **3:00 p.m.** **SCC Birthday's and Anniversaries**	

July 2015

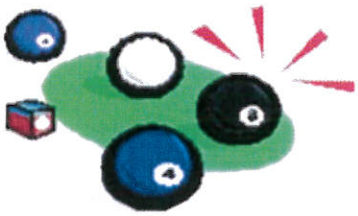
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Please post this menu. Call the Heritage Center the day before if you need to reschedule your meals. In an emergency, we will take changes no later than 8:00 a.m. on the same day. Thank you for your assistance **Heritage Center 821 North Division Ave. Sterling CO 80751** **970-522-1237 Director - Cynthia Mills** **Suggested Donation $ 3.00 Under Age 60 Mandatory Charge $ 8.00**			**1** Roast Beef Mashed Potatoes / Gravy Red Beets WW Roll Tropical Fruit Cup Raisin Cookie	**2** Hamburger on a bun Oven Browned Potatoes Lettuce/tomato/ onion/pickle Green Beans Orange Wedges	**3** Closed for 4th of July Holiday	**4**
5	**6** Penne & Cheese Apple Carrot Raisin Salad Brussel Sprouts WW Roll Tropical Fruit	**7** Meatloaf Mashed Potatoes/Gravy Carrifruit Salad Apple Muffin Fruit Cup	**8** Chicken A La King on Biscuit Mixed Vegetables Perfection Salad Peach Slices Oatmeal Banana Cookie	**9** Salmon Loaf Cheese Sauce Oven Browned Potatoes Country Mix Vegetables Roll Orange Wedges	**10** Beef Stroganoff Noodles Layered Salad Broccoli WW Roll Banana Split Fruit Cup	**11**
12	**13** Beef Goulash Parslied Carrots Onion Roll Strawberries & Bananas	**14** Chicken Salad Tomato Wedges Marinated Vegetable Salad WW Roll Pineapple Mandarin Orange Compote Carrot Cake	**15** Smothered Pork Chops Scalloped Potatoes Peas Caraway Roll Fresh Fruit Cup	**16** Hot Roast Beef Sandwich Mixed Vegetables Confetti Coleslaw Pear Slices	**17** Corn Taco Casserole Refried Beans Tossed Salad Cantaloupe Cubes	**18**
19	**20** Sweet & Sour Chicken Rice Oriental Vegetables WW Roll Apricot Halves	**21** Scalloped Potatoes w/Ham Broccoli Perfection Salad WW Roll Cinnamon Apple Slices	**22** Baked Fish Potato Mixed Vegetables Roll Cherry Banana Surprise	**23** Barbecue Chicken Rotini Pasta Salad Stir Fry Vegetables Bran Muffin Peach Slices	**24** Lasagna Tossed Salad California Vegetables Garlic Bread Fruit Cup	**25**
26	**27** Baked Ham / Gravy Herbed Lentils & Rice Green Beans Oatmeal Roll Mandarin Oranges Nature Cookie	**28** Hot Turkey Sandwich Bean Medley Salad Banana Split Fruit Cup	**29** Braised Beef Mashed Potatoes Harvard Beets Roll Fruit Cup	**30** Ham & Beanse Waldorf Salad Corn Bread Melon Cup	**31** Teriyaki Beef Rice Spinach Manarin Orange Salad Roll Apricot Halves	

July Wedding Anniversaries

July 5, 1980 - Cliff & Shirley Bickel
July 8, 1965 - Elaine & Ray Lampley
July 8, 2000 - Ron & Paulette McCoy

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

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

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

SilverSneakers® Yoga - June 29 @ 10:00 a.m.

Silver Sneakers Classic®- June 30 @ 10:00 p.m

Tai Chi Open Class - June 30 @ 1:00 p.m.

Bunco - June 30 @ 1:30 p.m.

COA - July 1 @ 9:15 a.m.

SilverSneakers ®Yoga - July 1 @ 10:00 a.m.

Heritage Center Dance - Ray Mullen - July 4 @ 6:30 p.m.

SilverSneakers® Yoga - July 6 @10:00 a.m.

SilverSneakers® Classic - July 7 @ 10:00 a.m.

Tai Chi Open Class - July 7 @ 1:00 p.m

SilverSneakers® Yoga - July 8 @ 10:00 a.m.

SilverSneakers® Classic - July 9 @ 10:00 a.m.

Alzheimers Association "The Basics" - July 9 @ 11:15 a.m.

Tai Chi Open Class - July 9 @ 1:00 p.m.

Qi-Gong - July 10 @ 10:00 a.m.

Depart for Dinner Theatre "Singin" in the Rain - July 11 @ 10:00 a.m.

Shanna Pulman Baby Shower - July 11 @ 12:00 noon.

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

South Platte Valley Bluegrass Gospel Jam - July 12 @ 2:00 p.m.

SilverSneakers® Yoga - July 13@ 10:00 a.m.

SilverSneakers ®Classic - July 14 @ 10:00 a.m.

Tai Chi Open Class - July 14 @ 1:00 p.m.

SilverSneakers ®Yoga - July 15 @ 10:00 a.m.

SilverSneakers ®Classic - July 16 @ 10:00 a.m.

Tai Chi Open Class - July 16 @ 1:00 p.m.

Camera Club - July 16 @ 7:00 p.m.

Qi Gong - July 17 @ 10:00 a.m.

Jones Reunion - July 18 @ 10:00 a.m.

Heritage Center Dance - Jim Ehrlich - July 18 @ 6:30 p.m.

Stumpf Reunion - July 19- 10:00 a.m.

Dinner Theatre
Depart July 11 @ 10:00 a.m.

Movie "Can-Can"
July 21 @ 2:00 p.m.

SilverSneakers® Yoga @July 20 @10 00 p.m.

SilverSneakers® Classic - July 21 @ 10:00 a.m.

Tai Chi Class - July 21 @ 1:00 p.m.

"Can-Can" - July 21 @ 2:00 p.m.

SilverSneakers® Yoga - July 22 @ 10:00 a.m.

Adult Protection Team - July 23 @ 8:00 a.m.

SilverSneakers® Classic - July 23 @ 10:00 a.m.

Tai Chi Open Class - July 23 @ 1:00 p.m.

Dixie Minear Home Owners Assoc - July 23 @ 1:30 p.m.

Qi Gong - July 24 @ 10:00 a.m.

Blood Pressure Clinic - July 24 @ 11:00 a.m.

Helen Johnson - July 25 @ 10:00 a.m.

Heritage Center Dance - Country Rounders- July 25 @ 6:30 p.m.

Eunice Drier Family Reunion - July 26 @ 10:00 a.m.

SilverSneakers® Yoga - July 27 @ 10:00 a.m.

ICL - July 28 @ 8:00 a.m.

SilverSneakers ®Classic - July 28 @ 10:00 a.m.

Tai Chi Open Class - July 28 @ 1:00 p.m.

Bunco - July 28 @ 1:30 p.m.

SilverSneakers® Yoga - July 29 @ 10:00 a.m.

SilverSneakers® Classic - July 30@ 10:00 a.m.

Tai Chi Open Class - July 30 @ 1:00 p.m.

Qi Gong - July 31 @ 10:00 a.m.

Sr. Citizen's Club Birthday's & Anniversaries Party - July 31 @ 3:00 p.m.