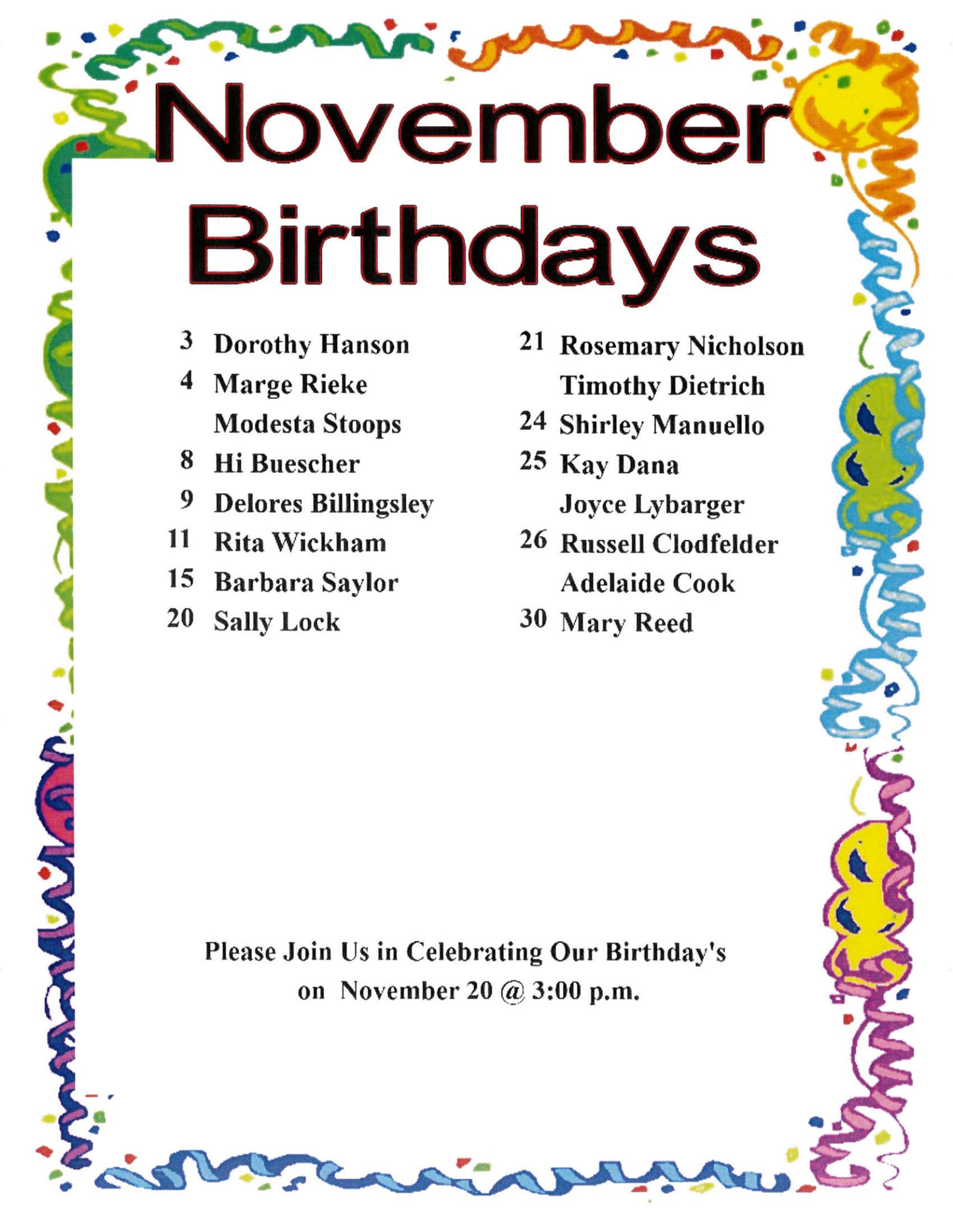


SENIOR
CITIZENS
NEWSLETTER
NOVEMBER
2015





November Birthdays

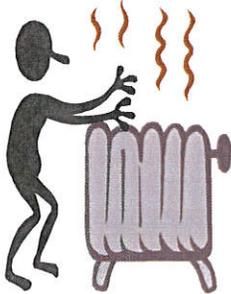
- | | |
|-----------------------|-----------------------|
| 3 Dorothy Hanson | 21 Rosemary Nicholson |
| 4 Marge Rieke | Timothy Dietrich |
| Modesta Stoops | 24 Shirley Manuello |
| 8 Hi Buescher | 25 Kay Dana |
| 9 Delores Billingsley | Joyce Lybarger |
| 11 Rita Wickham | 26 Russell Clodfelder |
| 15 Barbara Saylor | Adelaide Cook |
| 20 Sally Lock | 30 Mary Reed |

Please Join Us in Celebrating Our Birthday's
on November 20 @ 3:00 p.m.

**GEORGETOWN CHRISTMAS MARKETPLACE
SATURDAY, DECEMBER 5TH**

Join us for a day in the mountains and enjoying
the annual Victorian Christmas festival and
marketplace in Georgetown, CO
Registration begins **OCTOBER 25TH**
Sign-up deadline **NOVEMBER 25TH**

**This trip will require a lot of walking on uneven
surfaces and sometimes a steep grade.**



L.E.A.P. starts November 1
The Low-income Energy Assistance
Program starts November 1st and
applications are accepted through
April 30th. This program helps
Coloradoans pay their winter utility
bills. You can qualify if your
monthly income for 1 person is \$1618
or less or \$2190 for a 2 person
household. Applications available at
the Heritage Center or Department of
Human Services. Applications must be
mailed in this year. For more
information please call Cynthia at
522-1237 or
1-866-432-8435



Please note the Blood Pressure Clinic has been rescheduled due to
the Thanksgiving Holiday for Friday, November 20th at 11:00 a.m.

The Sr. Citizen's Club Birthday & Anniversary Dinner has been
rescheduled for Friday, November 20th at 3:00 p.m.

I need your help! We have booked domestic and
international travel trips for friends of the Heritage Center
in years past. I was looking for your input on where we
should go next. Collette Vacations has all kinds of trips;
please come talk to me about your dream destinations.





SENIOR CITIZEN'S CLUB THANKSGIVING DINNER

Wednesday, NOVEMBER 18th, @ Noon

Tickets on Sale now for \$7.00

We must have your reservation in no later than November 11th
so we can order the turkeys.

Please remember your utensils.



Medicare Part D

**Remember open enrollment is October 15th through
December 7th.**

You can schedule an appointment with Karen and/or Erin to
make changes or review your plan.

November 5th, November 18th, December 3rd
are the next clinic dates, please call 474-3736 OR 522-1970
to set up your appointment. Other dates available upon request.

MOVIE MATINEE

Join us

Thursday, November 19th

2:00 p.m.

For the afternoon showing of

HELLO DOLLY

**Comfortable seating and
refreshments provided**



November 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Pat Mumford	2 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:00 p.m. Cards & Pool Pinochle Sr. Citizens Club Business Mtg	3 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Tai Chi Class 5:30 p.m. Advanced Tai Chi Class	4 9:15 a.m. - C.O.A. 10:00 a.m. SilverSneakers® Yoga 11:00 a.m. Diabetic Bingo w/CJ Barnes 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool 5:30 p.m. Advanced Tai Chi Class	5 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Tai Chi Class 5:30 p.m. Advanced Tai Chi Class 7:00 p.m. Camera Club	6 10:00 a.m. Qi Gong 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	7 11:00 a.m. Brenda Ertle Baby Shower 6:30 - 10:30 p.m. Dance Ray Mullen
8 2:00 p.m. South Platte Valley Bluegrass Gospel Jam	9 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:00 p.m. Cards & Pool Pinochle Sr. Citizens Club Business Mtg	10 8:00 a.m. Depart for Union Station 10:00 a.m. Foot Care Clinic SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Tai Chi Class	11 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Business Office Closed 	12 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. Boy Scouts	13 10:00 a.m. Qi Gong 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	14 6:30 - 10:30 p.m. Dance Country Rounders
15 Pat Mumford	16 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:00 p.m. Cards & Pool Pinochle	17 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Tai Chi Class Las Amegas 1:30 p.m. Humanities	18 No SilverSneakers® Yoga 12:00 Noon Sr. Thanksgiving Dinner 1:00 - 4:30 p.m. Cards & Pool 	19 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 2:00 p.m. Movie Matinee "Hello Dolly" 7:00 p.m. Camera Club	20 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 3:00 p.m. SCC Birthday's and Anniversaries 5:30 p.m. Janeil Perry	21 12:00 Noon Kaitlyn Gonzalez Baby Shower 6:30 - 10:30 p.m. Dance Jim Ehrlich
22 1:00 p.m. Natasha Wilcox Bridal Shower	23 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:00 p.m. Cards & Pool	24 ICE - 8:00 a.m. 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	25 8:00 a.m. Sign-up Deadline for Georgetown Christmas Marketplace 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	26 Happy Thanksgiving Center Closed 10:00 a.m. Dorothy Unrein 	27 10:00 a.m. Qi Gong 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	28 6:30 - 10:30 p.m. Dance Country Rounders
29 Pat Mumford	30 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:00 p.m. Cards & Pool	December 1 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	December 2 8:00 a.m. - COA 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	December 3 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Tai Chi Class	December 4 10:00 a.m. Qi Gong 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	December 5 6:30 - 10:30 p.m. Dance Dan Dobson

November 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 Swiss Steak Oven Browned Potatoes Italian Vegetables Bran Muffin Banana Slices	3 Swedish Meatballs Mashed Potatoes Stir Fry Vegetables WW Roll Pear Slices	4 Baked Fish Baked Potato Carolina Salad Roll Peach Slices	5 Taco Casserole Refried Beans Tossed Salad Pear Orange Fruit Cup	6 Cabbage Burger Zucchini Tomato Bake Cobbler Corn Apricot Halves Cookie	7
8	9 Soft Shell Tacos Refried Beans Country Mix Vegetables Fruit Cup	10 Tuna Croissant Potato Soup Supreme Confetti Coleslaw Apricot Halves Cookie	11 BBQ Pork Chops Caribbean Rice Peas & Carrots Caraway Roll Pear Slices	12 Sloppy Joe Sandwich Potato Salad Spinach Winter Fruit Cup	13 Oven Fried Liver Oven Browned Potatoes Braised Celery & Tomatoes WW Roll Applesauce	14
15	16 Beef Goulash Green Beans & Corn Roll Cinnamon Apple Slices	17 Beef & Noodles Cauliflower & Peas Apple Carrot Raisin Salad Onion Roll Plums	18 No Meals Served or Delivered St. Citizens Club Thanksgiving Dinner Reservations Required \$ 7.00 per person	19 Chicken Pot Pie Marinated Vegetable Salad Fruit Cup Brownie's	20 Ham Potato Omelet Bean Medley Bran Muffin Banana Split Cup	21
22	23 Hot Roast Beef Sandwich Green Beans & Corn Roll Cinnamon Apple Slices	24 Roast Turkey & Dressing Mashed Potatoes & Gravy Green Beans & Tomatoes Yam Apple Bake Cranberry Sauce Pumpkin Cookies	25 Shepherd's Pie Cabbage Toss Roll Strawberry Apple Sauce	26  Happy Thanksgiving	27 Beef Stew Cottage Cheese/Peach Salad Corn Muffin Fruit Cup	28
29	30 White Bean Soup Crackers Layered Salad Mandarin Oranges w/bananas	<p>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</p> <p>Suggested Donation \$ 3.00 Under Age 60 Mandatory Charge \$ 8.00</p>				

November Wedding Anniversaries



Rosemary & Joe Steinbach -

November 21, 1949

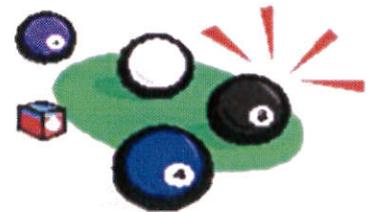
Violet & Joe Weingardt -



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

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



522-5289 Pat Mumford - November 1

SilverSneakers® Yoga - November 2 @ 10:00 a.m.

Sr Citizen's Club Business Mtg - November 2 @ 1:00 p.m.

Pinochle - November 2 @ 1:00 p.m.

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

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

Advanced Tai Chi Class - November 3 @ 5:30 p.m.

Council on Aging - November 4 @ 9:15 a.m.

SilverSneakers® Yoga November 4 @ 10:00 a.m.

Diabetes Bingo w/C.J Barnes - November 4 @ 11:00 a.m.

Advanced Tai Chi Class - November 4 @ 5:30 p.m.

SilverSneaker® Classic - November 5 @ 10:00 a.m.

Tai Chi Open Class - November 5 @ 1:00 p.m.

Advanced Tai Chi Class - November 5 @ 5:30 p.m.

Camera Club - November 5 @ 7:00 p.m.

Qi Gong - November 6 @ 10:00 a.m.

Brenda Urtle Baby Shower - November 7 @ 11:00 a.m.

Heritage Center Dance - Eldorado Band - November 7 @ 6:30 p.m.

South Platte Valley Bluegrass Gospel Jam - November 8 @ 2:00 p.m.

SilverSneaker® Yoga - November 9 @ 10:00 a.m.

Departure for Union Station - November 10 @ 8:00 a.m.

Foot Care Clinic - November 10 @ 10:00 a.m.

SilverSneaker® Classic - November 10 @ 10:00 a.m.

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

SilverSneakers® Yoga November 11 @ 10:00 a.m.

Business Office Closes in Observation of Veteran's Day

November 11 @ 1:00 p.m.

SilverSneaker® Classic - November 12 @ 10:00 a.m.

Tai Chi Open Class - November 12 @ 1:00 p.m.

Boy Scouts - November 12 @ 7:00 p.m.

Qi Gong - November 13 @ 10:00 a.m.

Heritage Center Dance - Country Rounders - November 14 @ 6:30 p.m.

Pat Mumford - November 15

SilverSneakers® Yoga November 16 @ 10:00 a.m.

Pinochle - November 16 @ 1:00 p.m.

SilverSneaker® Classic - November 17 @ 10:00 a.m.

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

Las Amigas - November 17 @ 1:00 p.m.

Humanities - November 17 @ 1:30 p.m.

No SilverSneakers® Yoga - November 18

Sr. Anniversary Dinner - November 18 @ 12:00 Noon

No Meet & Eat or Home Delivery

Adult Protection Team - November 19 @ 8:00 a.m.

SilverSneakers® Classic - November 19 @ 10:00 a.m.

Tai Chi Open Class - November 19 @ 1:00 p.m.

Movie Matinee "Hello Dolly" - November 19 @ 2:00 p.m.

Camera Club - November 19 @ 7:00 p.m.

Qi Gong - November 20 @ 10:00 a.m.

Blood Pressure Clinic - November 20 @ 11:00 a.m.

Sr. Citizen's Club Birthday's & Anniversaries Party - November 20 @ 3:00 p.m.

Janeil Perry - November 20 @ 5:30 p.m.

Kaitlyn Gonzalez Baby Shower - November 21 @ 12:00 Noon

Heritage Center Dance - Jim Ehrlich - November 21 @ 6:30 p.m.

Natasha Wilcox Bridal Shower - November 22 @ 1:00 p.m.

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

Inter-agency Council on Elderly (ICE) - November 24 @ 8:00 a.m.

SilverSneaker® Classic - November 24 @ 10:00 a.m.

Tai Chi Class - November 24 @ 1:00 p.m.

Bunco - November 24 @ 1:30 p.m.

Sign-up deadline for Georgetown Christmas Marketplace

November 26 @ 8:00 a.m.

SilverSneaker® Yoga - November 25 @ 10:00 a.m.

No Meals, Home Delivery, or Events - November 26 - Happy Thanksgiving

Dorothy Unrein - November 26 @ 10:00 a.m.

Qi Gong - November 27 @ 10:00 a.m.

Heritage Center Dance - Country Rounders - November 28 @ 6:30 p.m.

Pat Mumford - November 29

SilverSneaker® Yoga - November 30 @ 10:00 a.m.

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

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

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

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

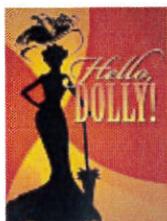
SilverSneaker® Classic - December 3 @ 10:00 a.m.

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

Qi Gong - December 4 @ 10:00 a.m.

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

Pat Mumford - December 6



November 19 @
2:00 p.m.

