Senior Citizens Newsletter

October 2015

October Birthdays

3 Aline Charles
6 Dorothy Dobson
Helen Williams
9 Lloyd Hobbs
Louise Jones
10 Larry Rewerts
11 Marlene Moyer
13 Kathy Schwartz
Dick Ogley
20 Gerald Jobe
Frances Simants
Mary Vierow
21 Grace Schroeder
25 Melba Hastings
26 Jody Dietrich
28 Don Morgan
31 Anita Fielder

Please Join Us in Celebrating Our Birthday's
on October 30 @ 3:00 p.m.

FLU SHOT CLINIC

The Heritage Center & Walker's Pharmacy will be hosting our annual Flu Shot Clinic on

THURSDAY, OCTOBER 15TH

1100-1:00

BRING YOUR MEDICARE CARDS

SR. CITIZEN'S CLUB ANNIVERSARY DINNER

WEDNESDAY, OCTOBER 14TH

SERVING AT NOON

TICKETS ON SALE NOW

$7.00

MEDICARE PART D OPEN ENROLLMENT

Open Enrollment for your Medicare Part D plan begins *OCTOBER 15TH*. If you are eligible for Medicare you can enroll in your prescription drug plan October 15th through December 7th. If you are currently enrolled in a plan this gives you time to make sure your plan is still the right one for you and to make changes if needed. Part D workdays are available on

October 15th
October 28th
November 5th
November 18th
December 3rd

Please call and reserve your appointment time at 474-3736 or 522-1970

UNION STATION

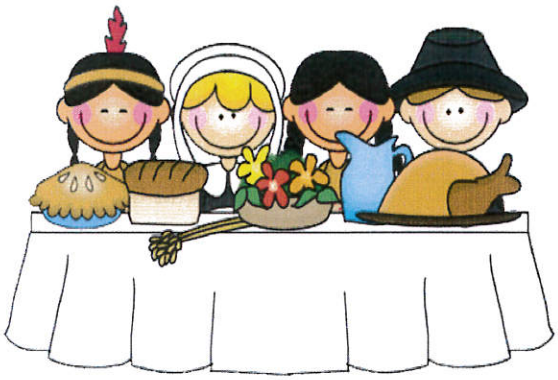
Join The Logan County Heritage Center for a trip to Union Station-Denver. Spend the day shopping, dining and seeing the remodel and revitalization of Downtown Denver.

TUESDAY, NOVERMBER 10TH

Lunch on your own, cost determined by number participating.

SIGN-UP DEADLINE MONDAY, NOVEMBER 2ND

Cancellations after deadline are still subject to expense or finding someone to go in their place.



Sr. Citizen's Club
Thanksgiving Dinner
Wednesday, November 18th
Tickets go on sale
October 26th

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.

MOVIE MATINEE
THURSDAY, OCTOBER 15TH
2:00 P.M.
ENJOY US FOR A COMFORTABLE AFTERNOON OF WATCHING A MOVIE CLASSIC.
INTERMISSION AND REFRESHMENTS PROVIDED

October 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 **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	2 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 **6:30 - 10:30 p.m.** **Dance** **Ray Mullen**
4	5 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	6 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi Class**	7 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**	8 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi Class**	9 10:00 a.m. Qi Gong **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 - 4:30 p.m. Cards & Pool	10 **6:30 - 10:30 p.m.** **Dance** **Country Rounders**
11 **2:00 p.m.** **South Platte Valley Bluegrass Gospel Jam**	12 No SilverSneakers® Yoga **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 p.m. County Offices Closed for Columbus Day	13 **10:00 a.m.** **SilverSneakers® Classic** 10:00 a.m. Foot Care Clinic **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 p.m. Tai Chi Class **1:00 p.m.** **Set Up for Anniversary Dinner**	14 **12:00 Noon** **Sr. Anniversary Dinner** 1:00 - 4:30 p.m. Cards & Pool	15 **10:00 a.m.** **SilverSneakers® Classic** 11:00 - 1:00 p.m. Flu Shot Clinic **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 p.m. Tai Chi Class **2:00 p.m. Movie Matinee** **"Meet Me in St. Louis"** 7:00 p.m. Camera Club	16 **10:00 a.m.** **Qi Gong** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	17 **6:30 - 10:30 p.m.** **Dance** **Joe Judd**
18	19 **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	20 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi Class** Las Amigas	21 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	22 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**	23 **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 **5:30 p.m.** **Victory Christian Fellowship**	24 12:00 Noon Silka Hunker Birthday Party **6:30 - 10:30 p.m.** **Dance** **Country Rounders**
25	26 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:00 p.m.** **Cards & Pool**	27 **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	28 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	29 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m. - Tai Chi Class**	30 **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	31 **6:30 - 10:30 p.m.** **Dance** **Country Rounders**

October 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 Pork Herbed Lentils & Rice Harvard Beets WW Roll Tropical Fruit Cup	**2** Pot Roast w/vegetables Confetti Coleslaw Onion Roll Peach Slices	**3**
4	**5** Meatloaf/Gravy Baked Potato Carolina Salad Roll Fruit Cocktail	**6** Chicken Noodle Soup Peas Blueberry Muffin Pineapple Orange Compote Cinnamon Crispie	**7** Hamburger on a Bun Oven Browned Potatoes California Vegetables Pear Slices	**8** Penne & Cheese Apple Carrot Raisin Salad Brussel Sprouts WW Roll Tropical Fruit Cup	**9** Scalloped Potatoes & Ham Country Mix Vegetables Caraway Roll Fresh Fruit Cup Cookie w/Chocolate Chips	**10**
11	**12** Columbus Day Chicken Tetrazzini Marinated Vegetable Salad Green Beans Onion Roll Plums	**13** Corn Taco Casserole Refried Beans Tossed Salad Fruit Cup	**14** **Sr. Citizen's Club Anniversary Dinner** No Meals Delivered No Meet & Eat	**15** Ham & Beans Pineapple Coleslaw Corn Muffins Apricot Halves Brownie	**16** Roast Beef Mashed Potatoes Peas and Carrots WW Roll Banana Split Fruit Cup	**17**
18	**19** Baked Fish Baked Potato Carolina Salad Roll Peach Slices	**20** Braised Beef Mashed Potatoes Harvard Beets Roll Cinnamon Apple Slices Cookie	**21** Sweet & Sour Pork Rice Spinach Cauliflower WW Roll Pear Orange Fruit Cup	**22** Split Pea Soup Apple Carrot Raisin Salad Corn Muffin Mandarin Oranges & Bananas Cinnamon Crispie	**23** Salisbury Steak Mashed Potatoes Stir Fry Vegetables Onion Rolls Fruit Cocktail	**24**
25	**26** Beef Stroganoff Noodles Layered Salad Green Beans WW Roll Fruit Cup	**27** Spaghetti w/Meatsauce Bean Medley Tossed Salad Garlic Bread Cinnamon Apple Slices	**28** Chicken Croissant Tuscany Soup Spinach/Strawberry Salad Pineapple Tidbits Nature Cookies	**29** Smothered Pork Chop Bead Dressing Green Beans w/Tomatoes Corn Mandarin Oranges & Bananas Cookie w/Raisins	**30** Teriyaki Beef Rice Oriental Vegetables WW Roll Winter Fruit Cup	**31** Halloween

October Wedding Anniversaries

October 1, 1942 - Harold & Adelaide Cook

October 4, 1998 - Charles Hesse & Barbara Saylor

October 10, 1945 - Gerald & Betty Jobe

October 26, 1947 - Otis & Gwendolyn Otzenberger

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

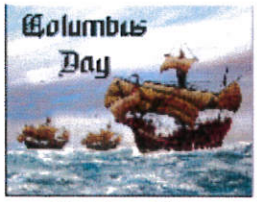
Friday mornings at 10:00 a.m.

Please come and join us

Announcements

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

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



October 12

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

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

Camera Club - October 1 @ 7:00 p.m.

Qi-Gong - October 2 @10:00 a.m.

Heritage Center Dance - Ray Mullen - October 3 @ 6:30 p.m.

SilverSneakers ® Yoga October 5 @ 10:00 a.m.

Sr Citizen's Club Business Mtg - October 5 @ 1:00 p.m.

SilverSneaker ® Classic - October 6 @10:00 a.m.

Tai Chi Open Class - October 6 @ 1:00 p.m.

COA - October 7 @ 9:15 a.m.

SilverSneaker® Yoga - October 7 @ 10:00 a.m.

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

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

Qi Gong - October 9 @10:00 a.m.

Heritage Center Dance - Country Rounders - October 10 @ 6:30 p.m

South Platte Valley Bluegrass Gospel Jam - October 11 @ 2:00 p.m.

Columbus Day - October 12 - Center Closes at 1:00 p.m.

SilverSneaker® Classic - October 13 @ 10:00 a.m.

Foot Care Clinic - October 13 @ 10:00 a.m.

Tai Chi Open Class - October 13 @ 1:00 p.m.

Set up for Anniversary Dinner - October 13 @ 1:00 p.m.

Sr. Anniversary Dinner - October 14 @ 12:00 Noon

No Meet & Eat or Home Delivery

SilverSneakers ®Classic - October 15 @ 10:00 a.m.

Flu Shot Clinic - October 15 @ 11:00 a.m. - 1:00 p.m.

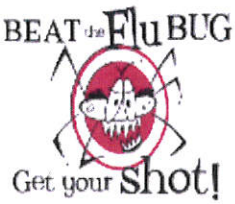
Tai Chi Open Class - October 15 @ 1:00 p.m

Movie Matinee "Meet Me in St Louis" - October 15 @ 2:00 p.m.

Camera Club - October 15 @ 7:00 p.m.

Qi Gong - October 16 @10:00 a.m.

Heritage Center Dance - Joe Judd - October 17 @ 6:30 p.m.



October 15 - 11 a.m. - 1 p.m.
Sponsored by Walker's Pharmacy

SilverSneakers ® Yoga October 19 @ 10:00 a.m.

Pinochle - October 19 @ 1:00 p.m.

SilverSneaker ® Classic - October 20 @10:00 a.m.

Tai Chi Class - October 20 @ 1:00 p.m.

Las Amigas - October 20 @ 1:00 p.m.

SilverSneakers® Yoga @ October 21 @10 00 p.m.

Adult Protection Team - October 22 @ 8:00 a.m.

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

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

Qi-Gong - October 23 @ 10:00 a.m.

Blood Pressure Clinic - October 23 @ 11:00 a.m.

Victory Christian Fellowship - October 23 @ 5:30 p.m.

Silka Hunker B-Day Party - October 24 @ 12:00 Noon

Heritage Center Dance - Country Rounders - October 24 @ 6:30 p.m.

SilverSneaker® Yoga - October 26 @ 10:00 a.m.

SilverSneakers® Classic - October 27 @ 10:00 a.m.

Tai Chi Class - October 27 @ 1:00 p.m.

Bunco - October 27 @ 1:30 p.m.

SilverSneakers ® Yoga October 28@ 10:00 a.m.

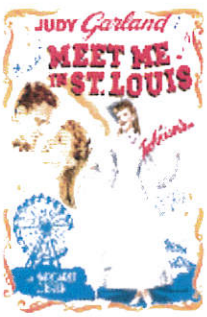
SilverSneaker ® Classic - October 29 @10:00 a.m.

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

Qi Gong - October 30 @ 10:00 a.m.

Sr. Citizen's Club Birthday's & Anniversaries Party - October 25 @ 3:00 p.m.

Heritage Center Dance - Country Rounders- October 31 @ 6:30 p.m.



October 15 - 2:00 p.m.