

**SR. CITIZEN'S
NEWSLETTER
JANUARY
2018**

HAPPY BIRTHDAY

JANUARY BIRTHDAY'S

Kathleen Brownell
Elizabeth Hobson
Barbara Haines
Donald Parker
Norman Speaker
Bruce Egger
Larry Dye
Jim Silknitter
Edna Nickal
Helen McKnight

January 1st
January 6th
January 8th
January 16th
January 16th
January 18th
January 20th
January 20th
January 25th
January 26th


WEDDING ANNIVERSARIES

Dale & Modesta Stoops
Bill & Dorothy Dobson
Ray & Nancy Pasqua
Connie Polenz (Roger)

January 2, 1999
January 12, 1956
January 25, 1969
January 30, 1971

PLEASE JOIN US IN CELEBRATING
CLUB MEMBERS BIRTHDAY'S AND
ANNIVERSARIES ON
JANUARY 26TH @ 3:00 P.M.

JANUARY 2018
HERITAGE MEAL SITE
FOR RESERVATIONS OR CANCELATIONS CALL 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	BBQ BEEF SANDWICH POTATO SALAD BUTTER & DILL BRUSSEL SPROUTS BANANAS Cal: 711 Protein: 35.9g Carb: 106.1g Fat: 20.0g Sod: 811mg Fib: 14.1g	SALMON LOAF MASHED POTATOES & GRAVY WINTER MIX VEGETABLES BRAN MUFFIN FRUIT CUP NATURE COOKIE Cal: 716 Protein: 34.2g Carb: 104.7g Fat: 21.8g Sod: 876mg Fib: 12.1g	BRUNSWICK STEW GREEN BEANS & TOMATOES ONION ROLL WINTER FRUIT CUP COOKIE Cal: 673 Protein: 38.1g Carb: 80.3g Fat: 24.5g Sod: 477mg Fib: 11.2g	BEEF & NOODLES COLESLAW BEAN MEDLEY ROLL APRICOT HALVES COOKIE Cal: 674 Protein: 34.1g Carb: 92.5g Fat: 20.5g Sod: 507mg Fib: 11.8g
8	9	10	11	12
SPANISH RICE TOSSED SALAD ROLL PEACH SLICES Cal: 600 Protein: 29.8g Carb: 85.1g Fat: 18.2g Sod: 527mg Fib: 9.9g	TUNA NOODLE CASSEROLE CALIFORNIA VEGETABLES WW ROLL PLUMS COOKIE Cal: 740 Protein: 39.4g Carb: 93.3g Fat: 26.2g Sod: 639mg Fib: 10.8g	CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD ONION ROLL PEAR ORANGE FRUIT CUP Cal: 643 Protein: 36.0g Carb: 80.8g Fat: 21.3g Sod: 562mg Fib: 10g	SWISS STEAK POTATOES ITALIAN VEGETABLES BRAN MUFFIN BANANAS Cal: 718g Protein: 40.8 Carb: 91.4g Fat: 23.5g Sod: 528mg Fib: 11.6g	BBQ PORK CHOPS SCALLOPED POTATOES CABBAGE CARAWAY ROLL FRUIT CUP CINNAMON CRISPIES Cal: 814 Protein: 40.5g Carb: 106.6g Fat: 27.8g Sod: 1024mg Fib: 9.8g
15	16	17	18	19
CHILI CRACKER PACKET LAYERED SALAD CINNAMON ROLLS APRICOT HALVES Cal: 688 Protein: 35.2g Carb: 99.2g Fat: 18.7g Sod: 1049mg Fib: 15.2g	HAMBURGER ON A BUN BAKED BEANS CALIFORNIA VEGETABLES PEAR SLICES Cal: 682 Protein: 45.1g Carb: 83.2g Fat: 21.6g Sod: 802mg Fib: 13.1g	WINTER FEAST	SWEET & SOUR PORK RICE ORIENTAL VEGETABLES ONION ROLL APRICOT HALVES Cal: 663 Protein: 34.5g Carb: 95.3g Fat: 16.6g Sod: 466mg Fib: 10.3g	BAKED FISH MASHED POTATOES & GRAVY TOSSED SALAD GREEN BEANS W/ BACON & ONIONS BRAN MUFFIN PEACH SLICES Cal: 665 Protein: 31.9g Carb: 89.6g Fat: 22.3g Sod: 1075mg Fib: 10.7g
22	23	24	25	26
SPRING GARDEN CHICKEN ASPARGUS CUTS APPLE MUFFIN OREGON BERRY COMPOTE Cal: 650 Protein: 42.5g Carb: 75.2g Fat: 21.0g Sod: 746mg Fib: 9.9g	TERIYAKI BEEF RICE TOSSED SALAD ORIENTAL VEGETABLES WW ROLL PEACH SLICES CINNAMON CRISPIES Cal: 670 Protein: 30.5g Carb: 105.9g Fat: 15.1g Sod: 455mg Fib: 10.1g	BREAKFAST BURRITO GREEN CHILLI SPANISH RICE TOSSED SALAD STRAWBERRIES & BANANAS COOKIE Cal: 762 Protein: 30.8g Carb: 95.6g Fat: 30.3g Sod: 833mg Fib: 10.1g	SEAFOOD BURGER ON A BUN TARTER SAUCE POTATO SALAD CALIFORNIA VEGETABLES PEAR SLICES Cal: 661 Protein: 37.9g Carb: 103.4g Fat: 13.7g Sod: 888mg Fib: 12.8g	CHICKEN SPINACH LASAGNA TOSSED SALAD GREEN BEANS FRENCH BREAD FRUIT COCKTAIL Cal: 713 Protein: 49.1g Carb: 78.5g Fat: 24.3g Sod: 644mg Fib: 9.7g
29	30	31		
SWEDISH MEATBALLS MASHED POTATOES FRITO SALAD WW ROLL MANDARIN ORANGES & BANANAS BIRTHDAY RECOGNITION Cal: 742 Protein: 36.6g Carb: 105.0g Fat: 22.5g Sod: 820mg Fib: 11.9g	TUNA BROCCOLI CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN FRUIT CUP Cal: 624 Protein: 35.1g Carb: 86.4g Fat: 18.3g Sod: 889mg Fib: 11.0g	SCALLOPED POTATOES W/ HAM LAYERED SALAD COUNTR MIX VEGETABLES WW ROLLS CINNAMON APPLE SLICES Cal: 730 Protein: 33.9g Carb: 104.0g Fat: 22.9g Sod: 1101mg Fib: 12.9g	For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.	Suggested Donation - \$3.00 Under Age 60 Mandatory Charge - \$11.00 Menu may change due to availability of food items or conditions that cause the kitchen to close.

January 2018

Feb 2018 ►

Mon	Tue	Wed	Thu	Fri	Sat
1 HAPPY NEW YEAR Closed for the Holiday No Meals served or delivered No Activities	2 10:00 a.m. SilverSneakers® Classic 10:30 ApexNetwork "Balance Trials" 12:00 p.m. Meet & Eat 1:30 p.m. Sewing & etc.	3 9:00 a.m. Council on Aging 10:00 a.m SilverSneakers® Yoga 12:00 p.m. Meet & Eat 1:00 p.m. Cards & Pool	4 10:00 a.m. SilverSneakers® Classic 12:00 p.m. Meet & Eat 1:00 p.m Tai Chi	5 10:00 a.m. Qi Gong 12:00 Meet & Eat 1:00 p.m Cards & Pool	6 Travel Presentation @ Jimmy's Pizza 2:00 "Romantic Rhine River Cruise" 6:30 Dance w/ FM Country
8 9:00 a.m. Sr. Citizen's Club Business Meeting 10:30 ApexNetwork "Balance Trials" 10:00 a.m. SilverSneakers® Yoga 12:00 p.m. Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m. Pinochle	9 10:00 a.m. SilverSneakers® Classic 10:00 a.m. Foot Care Clinic 12:00 Meet & Eat 1:30 Sewing & etc. 1:30 Humanities	10 10:00 a.m SilverSneakers® Yoga 12:00 Meet & Eat 1:00 p.m Cards & Pool	11 10:00 a.m SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:00 Tai Chi	12 10:00 a.m. Qi Gong 12:00 Meet & Eat 1:00 p.m. Cards & Pool	13 6:30 p.m Dance w/ Classic Country
15 NO Yoga 12:00 Meet & Eat	16 10:00 a.m. SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas Bridge Club	17 8:30 Dinner set-up 12:00 Sr. Citizen's Club Winter Feast	18 10:00 a.m. SilverSneakers® Classic 12:00 Meet & Eat 1:00 Tai Chi 1:00 ApexNetwork "Balance Tried & True" 2:00 Movie Matinee "Sound of Music"	19 10:00 Qi Gong 12:00 Meet & Eat 1:00 p.m. Cards & Pool	20 6:30 p.m. Dance w/ Jim Ehrlich
22 10:00 a.m. SilverSneakers® Yoga 12:00 p.m. Meet & Eat 1:00 p.m. Pinochle 1:30 p.m. Legal Assistance Clinic	23 10:00 a.m. SilverSneakers® Classic 12:00 Meet & Eat 2:00 p.m. Off Broadway "Movie Matinee "Hidden Figures"	24 10:00 a.m. SilverSneakers®Yoga 12:00 Meet & Eat 1:00 p.m. Cards & Pool	25 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:00 Tai chi	26 10:00 a.m. Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 1:00 Cards & Pool 3:00 Sr. Citizen's Club B-day & Anniv party	27 6:30 p.m. Dance w/ Joe Judd
29 10:00 a.m. SilverSneakers® Yoga 12:00 Meet & Eat 1:00 p.m. Cards & Pool	30 8:00 a.m. I.C.E. Meeting 10:00 a.m. SilverSneakers® Classic 12:00 Meet & Eat 1:30 p.m. Bunco	31 10:00 a.m. SilverSneakers® Yoga 12:00 Meet & Eat 1:00 p.m.Cards & Pool			

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES

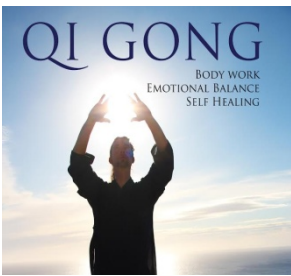


SilverSneakers® Yoga

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.

Some supplemental insurance will cover the expense of the class.
\$2.00 a class for those with no applicable insurance coverage.



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.

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.



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
Snack break at 3:00 so bring your quarters



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.



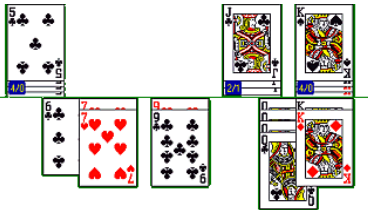
LEGAL AID DAY

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

2nd and 4th 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

2nd 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

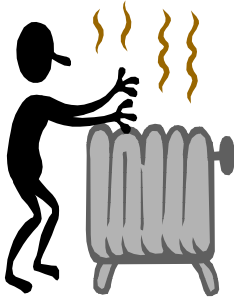
BLOOD PRESSURE CLINIC

4th 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



L.E.A.P. runs through March 31st

The Low-income Energy Assistance Program starts November 1st and applications are accepted through April 30th. LEAP is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs. It is not intended to pay the entire cost of home heating, but rather to help alleviate some of the burden associated with the colder months. You can qualify if your monthly income for 1 person is \$1658 or less or \$2233 for a 2 person household.

Applications available at the Heritage Center or Department of Human Services. Applications will not be accepted at the local Dept. of Human Services office. For more information please call Cynthia at 522-1237 or 1-866-432-8435

DANCE SCHEDULE

Join us every Saturday Night for dancing to live music.

Cover Charge \$7.00

6:30-10:00 p.m.



January 6th

FM Country

January 13th

Classic Country

January 20th

Jim Ehrlich

January 27th

Joe Judd



DUES ARE DUE

Senior Citizen's Club members we are collecting the \$5.00 membership fee for 2018. Please let the office know if you have had a phone number or address change or if you would like to add your email 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.



WEATHER POLICY

As we enter into the winter season just a reminder that we will not be serving or delivering meals if the RE-1 Valley School district is closed. Or if we feel the weather and conditions are not safe for our volunteers. Please consider calling the Heritage Center before you venture out to attend activities, especially in the morning when the parking lot might still be icy.

INCOME TAX ASSISTANCE

Again this year the NJC Business Department will be partnering with the IRS income tax assistance program to offer tax services to our community. Appointments are recommended and can be made by calling 521-6637 between the hours of 12-5. More information available in our February newsletter.



We will be offering a 2nd movie viewing during the winter months offering a few non-traditional stories/movies.

Join us **TUESDAY, JANUARY 23RD 2:00 P.M**
"HIDDEN FIGURES"



Tulip Time on the Romantic Rhine River Cruise



**FREE
AIRFARE**

See back for details

11 DAY RIVER CRUISE HOLIDAY

Including two nights in
Lucerne, Switzerland

**TRAVEL
PRESENTATION**

Saturday, January 6 at 2:00pm
Jimmy's Pizza
100 Broadway Street
Sterling, CO

April 5th, 2019

11 Days | 23 Meals

FREE AIRFARE FROM DENVER IF BOOKED BY
3/31/18

For more information contact Jill and join us on January 6th at 2 PM for the presentation!

Sterling Travel - Jill Aikin

970-580-4309

aikin@bresnan.net

**Itinerary, accommodations and pricing subject to change*