Sr. Citizens Newsletter

April 2016

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April Birthdays

5 Glenis Schmidt
6 Tyson Phillips
7 Evelyn Hartwell
8 David Naibauer
9 Larry Hartman
JoAnn Rizzolo
10 Connie Polenz
12 Rena Morrison
13 Darlene Roche
16 Ron McCoy
18 Linda Ochoa
19 Irene Gomez
20 Margaret Meyer
Erma Miner
22 Gloria Phillips
23 Sue Horton
25 Charles Hesse
26 Elda Lousberg
27 Erwin Dobson
28 Betty Jobe

Please Join Us in Celebrating
Our Birthday's
on April 29 @ 3:00 p.m.

April 2016

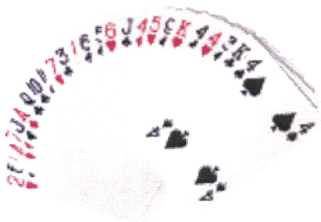
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		The Music Man On April 21st @ 2:00 p.m.			**1** **10:00 a.m. -Qi Gong** 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	**2** 12:30 p.m. Mindy Strata Baby Shower **6:30 - 10:30 p.m.** **Dance** **Cary Lambert**
3 12:00 p.m. Pat Mumford	**4** 10:00 a.m. SilverSneakers® Yoga **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 12:30 p.m. Sr. CitizenClub Business Mtg **1:00 p.m.** **Cards & Pool** Pinochle	**5** **10:00 a.m.** SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi**	**6** 9:15 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**	**7** **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi** 7:00 p.m. Camera Club	**8** **10:00 a.m.** **Qi Gong** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool** 6:00 p.m. Lee Edward	**9** 10:00 a.m. Lee Edwards **6:30 - 10:30 p.m.** **Dance** **Country Rounders**
10 2:00 p.m. South Platte Valley Bluegrass Gospel Jam	**11** 10:00 a.m. SilverSneakers® Yoga **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 p.m. Cards & Pool	**12** **10:00 a.m.** **Foot Care Clinic** 10:00 a.m. SilverSneakers® Classic **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 p.m. Tai Chi **1:30 p.m.** **Humanities Meeting**	**13** **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 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 1:00 p.m. Hand & Foot Card Group	**15** 10:00 a.m. Qi Gong **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 - 4:30 p.m. Cards & Pool	**16** 10:00 a.m. Hannah Raffaeli Party **6:30 - 10:30 p.m.** **Dance** **Jim Ehrlich**
17 12:00 p.m. Pat Mumford	**18** 10:00 a.m. SilverSneakers® Yoga **11:30 a.m. - 12:30 p.m.** **Walgreen's Presents "Ask a Pharmacist" Q & A Session** 11:30 a.m. -12:00 p.m. Meet & Eat **1:00 p.m.** **Cards & Pool** 1:00 p.m. Pinochle	**19** **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **12:00** **St. Patrick's Circle** 1:00 p.m. Tai Chi **Las Amigas**	**20** **No SilverSneakers® Yoga** 12:00 Noon Sr. Citizen's Club Cornelius Dinner Reservations Required $ 7.00 **1:00 - 4:30 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** 2:00 p.m. Movie Matinee " The Music Man" 7:00 p.m. Camera Club	**22** 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**	**23** **6:30 - 10:30 p.m.** **Dance** **Country Rounders**
24 11:00 a.m. Pat Mumford	**25** **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:00 p.m.** **Cards & Pool**	**26** **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi** 1:30 p.m. Bunco	**27** **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	**28** 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** Hand & Foot Card Group	**29** **10:00 a.m.** **Qi Gong a.m. -** 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	**30** 11:00 a.m. NECALG Volunteer Luncheon **6:30 - 10:30 p.m.** **Dance** **Joe Judd**

April 2016

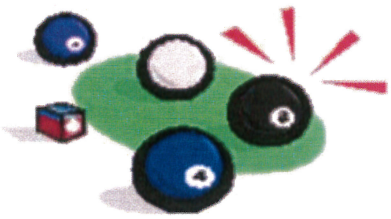
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Please post this menu. Call the Heritage Center the day before if you need to reschedule your meals. In an emergency, we will take changes no later than 8:00 a.m. on the same day. Thank you for your assistance **Heritage Center 821 North Division Ave. Sterling CO 80751 970-522-1237** **Director - Cynthia Mills** **Suggested Donation $ 3.00 Under Age 60 Mandatory Charge $ 8.00**					**1** Chicken Croissant Tuscany Soup Marinated Vegetable Salad Pineapple Tidbits Nature Cookie	**2**
3	**4** Roast Pork & Gravy Herbed Lentils & Rice Red Beets WW Roll Tropical Fruit Cup	**5** Lasagna Tossed Salad with Dressing Peas Garlic Bread Applesauce	**6** Teriyaki Beef Rice Oriental Vegetables Roll Peach Slices	**7** Tuna Noodle Casserole Bean Medley WW Roll Apricot Halves	**8** Swiss Steak Potatoes Italian Vegetables Bran Muffin OJ Banana Salad	**9**
10	**11** Sloppy Joe Sandwich Brussel Sprouts Potato Salad Sunshine Salad Cinnamon Crispie	**12** Smothered Pork Chops Herbed Lentils & Rice Italian Vegetables Caraway Roll Pineapple Orange Compote	**13** Savory Baked Chicken Sweet Potatoes Winter Mix Vegetables Apple Muffin Peach Slices	**14** Beef Stew Cottage Cheese Peach Salad Corn Bread Orange Wedges	**15** Chicken Tetrazzini Marinated Veg Salad Green Beans Onion Roll Pear Slices	**16**
17	**18** Chicken & Spinach Lasagna Green Beans Tossed Salad & Dressing French Bread Fruit Cocktail	**19** Salisbury Steak Mashed Potatoes Layered Salad Oatmeal Roll Banana Split Fruit Cup	**20** Sr. Citizens Club Cornelius Dinner 12:00 Noon No Meet & Eat No Home Delivery	**21** Salmon Loaf Mashed Potatoes Asparagus Roll Oregon Berry Mix	**22** Ham Yam Apple Bake Cobbler Corn Oatmeal Roll Fruit Cup	**23**
24	**25** Chicken & Noodles Cauliflower & Peas Blueberry Muffin Pineapple Mandarin Orange Compote	**26** Meatloaf Mashed Potatoes & Gravy Green Beans with Tomatoes Onion Roll Orange Wedges	**27** Shephard's Pie Cabbage Toss Roll Applesauce Nature Cookie	**28** Tahitian Chicken Rice Stir Fry Vegetables Raisin Rolls Apricot Halves	**29** Beef Stroganoff & Noodles Frito Salad Brussel Sprouts Supreme Onion Roll Fruit Cocktail	**30**

April Wedding Anniversaries

April 5, 1967 - Dene & Gordon Carter
April 6, 2008 - Bill & Brenda Ertle
April 22, 1951 - Tyson & Gloria Phillips
April 23, 1950 - Bruce & Margaret Egger



Enjoy Cards & Pool
Monday, Wednesday, Friday
1:00 p.m. - 4:30 p.m.



HEALTHWAYS SilverSneakers® FITNESS

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.

The SilverSneakers® Fitness Program

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

CORNELIUS DINNER

All Senior Citizen Club Members are invited

WEDNESDAY, APRIL 20th

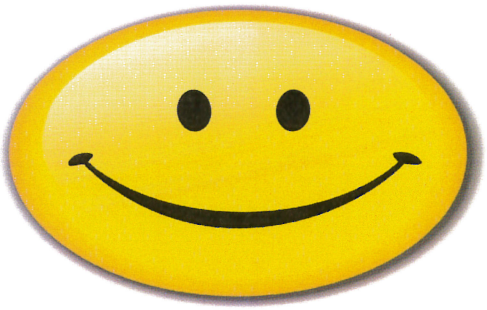
Tickets are on Sale NOW **$7.00**

R.S.V.P.'s MUST be made by Thursday, April 14th

Menu

Pork, Potatoes & Gravy, Green Beans, Jello Dessert, Rolls

PLEASE BRING YOUR OWN SILVERWARE



VOLUNTEER APPRECIATION LUNCH

All Volunteers who provide the support and service to the Meet & Eat and Home Delivered Meals is invited to attend the annual Appreciation Lunch

Saturday, April 30th at 11:00 a.m.

Please make reservations at 522-1237 before April 14th

MOVIE MATINEE

"THE MUSIC MAN"

Thursday, April 21ST

2:00 p.m.

Intermission and Refreshments

WALGREEN'S PRESENTS

"ASK A PHARMICISTS"

Q & A with David Lorenzo. PhD.

Monday, April 18th

11:00-12:30

Walgreens