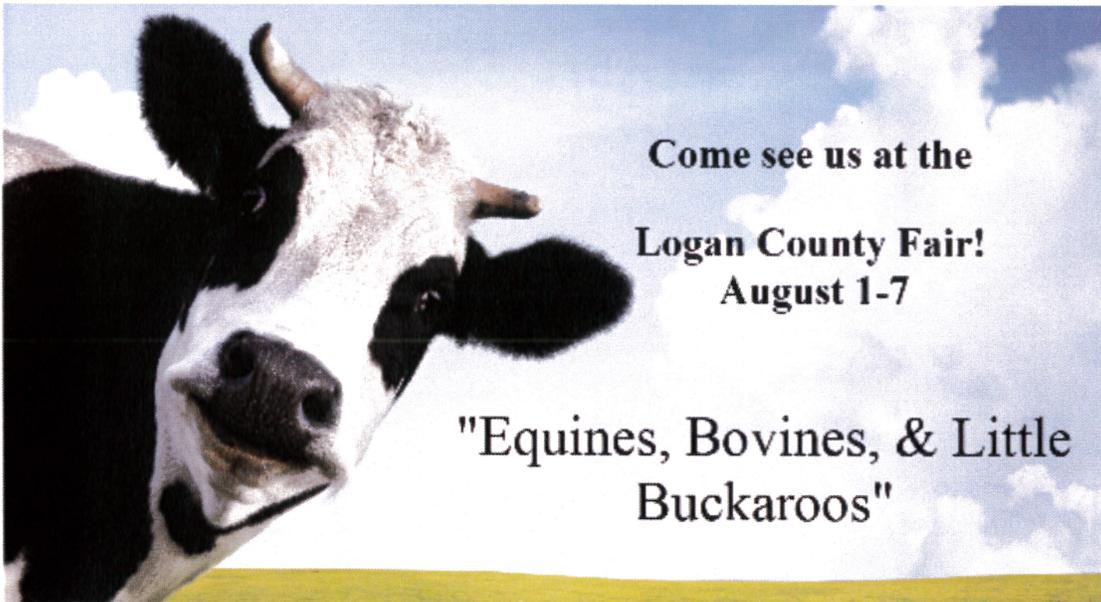
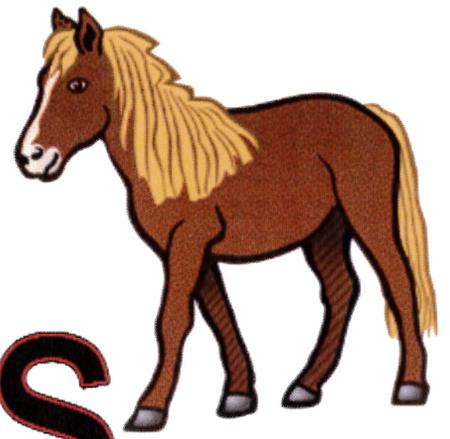


Senior Citizens Newsletter

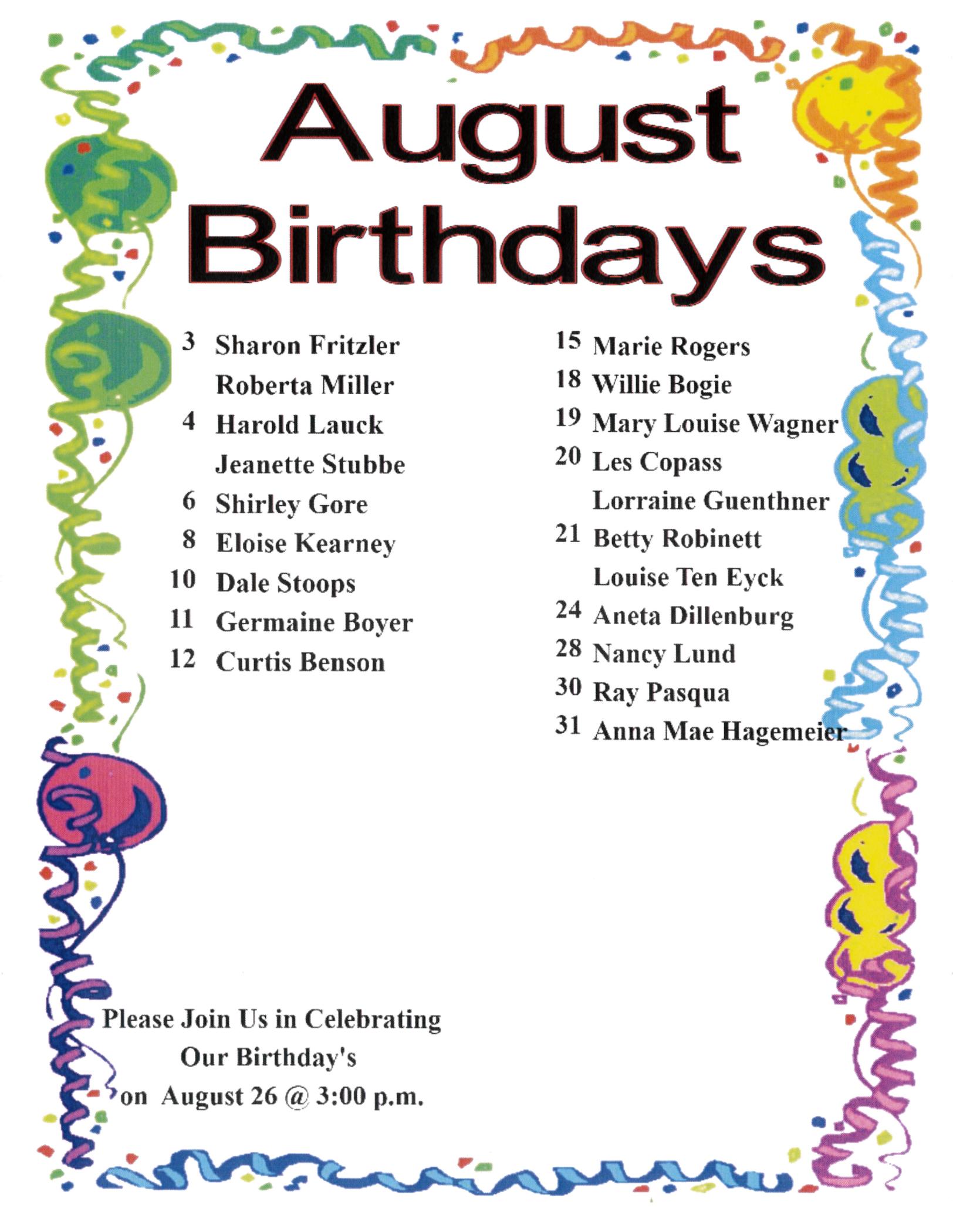


Come see us at the
Logan County Fair!
August 1-7

"Equines, Bovines, & Little
Buckaroos"



August 2016



August Birthdays

- | | | | |
|----|-----------------|----|--------------------|
| 3 | Sharon Fritzler | 15 | Marie Rogers |
| | Roberta Miller | 18 | Willie Bogie |
| 4 | Harold Lauck | 19 | Mary Louise Wagner |
| | Jeanette Stubbe | 20 | Les Copass |
| 6 | Shirley Gore | | Lorraine Guenthner |
| 8 | Eloise Kearney | 21 | Betty Robinett |
| 10 | Dale Stoops | | Louise Ten Eyck |
| 11 | Germaine Boyer | 24 | Aneta Dillenburg |
| 12 | Curtis Benson | 28 | Nancy Lund |
| | | 30 | Ray Pasqua |
| | | 31 | Anna Mae Hagemeyer |

Please Join Us in Celebrating
Our Birthday's
on August 26 @ 3:00 p.m.

TAI CHI

We are offering a new Tai Chi class on Mondays and Wednesdays at 11:30 (right after Yoga) for those who are interested in learning new poses or keeping up the practice with the help of friends.



AARP FOUNDATION

ElderWatch

Presented in Conjunction with the Area Agency on Aging

PROTECT YOURSELF

AGAINST IDENTITY THEFT

TUESDAY, AUGUST 2ND 11:30-12:30 P.M.

**NATIONAL ROOT BEER
FLOAT DAY**

You and the Public are welcome to join us from
1:30- 4:00 Friday, August 5th
for Root Beer Floats. Come have a little fun, beat the heat and enjoy a FREE sweet treat.



PNEUMONIA SHOTS

Staff from Barnes Pharmacy will be here on
THURSDAY, AUGUST 11TH 11:30 A.M.
A question and answer session will be held on
the subject of pneumonia shots.
Please join us!

SENIOR SPEAK OUT
October 6 & 7, 2016
Burlington Community Building
TOPICS & PRESENTERS INCLUDE

- Visual Learning
- Rural Aging in Place
- Value of Exercise
- Scavenger Hunt
- Keynote Speaker: "Dr. Colorado" Professor Thomas Noel

If interested in attending, please see Karen at the Area Agency on Aging office or call 522-1970
before Sept. 7th



MOVIE MATINEE

Our movie matinee this month will feature
"TAKE ME OUT TO THE BALL GAME"

Starring Frank Sinatra, Esther Williams,
and Gene Kelly

Thursday, August 18th
2:00 p.m.

Join us in the air conditioned and comfortable
Heritage Center for a delightful movie
Refreshments provided at intermission.

OUR NEXT DAY TRIP.....

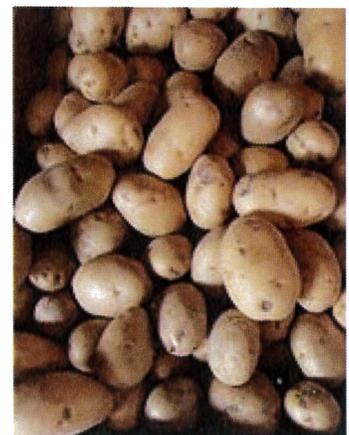
LENZ POTATO FARM, WRAY, CO

We are planning a trip to the Lenz Family Potato Farm to tour their operation during potato harvest, followed by a potato bar lunch.

Tentatively set for the first week of September,
MORE DETAILS TO COME

Let Cynthia know if you are interested.

522-1237



August 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 a.m. SilverSneakers® Yoga 11:15 a.m. - Tai Chi 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Cards & Pool Pinochle	2 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat AARP ElderWatch "Identity Theft" presentation	3 9:15 a.m. COA 10:00 a.m. SilverSneakers® Yoga 11:15 a.m. - Tai Chi 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	4 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat	5 10:00 a.m. - Qi Gong 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool Root Beer Float Day *Free* Open to the Public	6 12:00 Noon Nelson Reunion 6:30 - 10:30 p.m. Dance Cary Lambert
7 12:00 Noon Marks Reunion	8 10:00 a.m. SilverSneakers® Yoga 11:15 a.m. - Tai Chi 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Cards & Pool	9 10:00 a.m. SilverSneakers® Classic 10:00 a.m. Foot Care Clinic 11:30 a.m. - 12:30 p.m. Meet & Eat	10 10:00 a.m. SilverSneakers® Yoga 11:15 a.m. - Tai Chi 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	11 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 11:30 a.m. Barnes Pharmacy presentation "Pneumonia shots" 1:00 p.m. Hand & Foot Card Group 5:00 p.m. Boy Scouts	12 10:00 a.m. Qi Gong 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	13 12:00 Noon Jayla Dunn Birthday Party 6:30 - 10:30 p.m. Dance Paul's Country Rounders
14 2:00 noon South Platte Valley Bluegrass Gospel Jam	15 10:00 a.m. SilverSneakers® Yoga 11:15 a.m. - Tai Chi 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Cards & Pool Pinochle	16 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Las Amigas	17 10:00 a.m. SilverSneakers® Yoga 11:15 a.m. - Tai Chi 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	18 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 2:00 p.m. - Movie Matinee "Take Me Out To The Ballgame"	19 10:00 a.m. Qi Gong 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	20 12:00 Noon Ellsworth Reunion 6:30 - 10:30 p.m. Dance Jim Ehrlich
21 12:00 p.m. Pat Mumford	22 10:00 a.m. SilverSneakers® Yoga 11:15 a.m. - Tai Chi 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Cards & Pool	23 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat	24 10:00 a.m. SilverSneakers® Yoga 11:15 a.m. - Tai Chi 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	25 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. Hand & Foot Card Group	26 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	27 6:30 - 10:30 p.m. Dance Paul's Country Rounders
28 11:00 a.m. Pat Mumford	29 10:00 a.m. SilverSneakers® Yoga 11:15 a.m. - Tai Chi 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:00 p.m. Cards & Pool	30 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:30 p.m. - Bunco	31 10:00 a.m. SilverSneakers® Yoga 11:15 a.m. - Tai Chi 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	Sept 1 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 7:00 p.m. Camera Club	Sept 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	Sept 3 6:30 - 10:30 p.m. Dance

August 2016

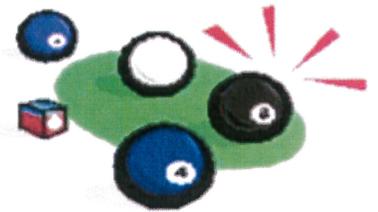
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 Lasagna Rotini Casserole Bean Medley Tossed Salad French Bread Cantaloupe Cubes	2 Baked Fish / Tartar Sauce Baked Potato Asparagus Cuts WW Roll Fruit Cups	3 Porcupine Meatballs Scalloped Potatoes Anna's Dilly Bread Peas & Carrots Fruit Cocktail	4 Chicken & Spinach Lasagna Tossed Salad & Dressing Green Beans Fresh Fruit Cup	5 Potato Soup Supreme Tuna Croissant Bean Medley Salad Sunshine Salad Cookie	6
7	8 Soft Shell Taco / Salsa Refried Beans Mexicali Corn Fruit Cup	9 Shepherd's Pie Cabbage Toss Roll Strawberry Applesauce	10 Sweet & Sour Pork Rice Oriental Vegetables WW Roll Pineapple Orange Compote	11 Cheese Potato Omelet Salsa Almond Broccoli Bran Muffin Plums	12 Oven Fried Liver Parslied Potatles Braised Celery & Tomatoes WW Roll Pear Orange Fruit Cup	13
14	15 Spanish Rice w/ Ground Beef Peas WW Roll Pineapple Orange Compote Cinnamon Crispie	16 Chicken Pot Pie Bean Medley Salad Fruit Cup Applesauce Cake	17 Beef Stew Cottage Cheese & Pineapple Corn Bread Fresh Fruit Cup	18 Tuna Noodle Casserole Broccoli WW Roll Cinnamon Apple Slices	19 White Bean Soup w/Chicken Spinach Salad Roll Cantaloupe Cubes Yellow Cake	20
21	22 Spring Garden Chicken California Vegetables Onion Roll Banana Split Fruit Cup	23 BBQ Pork Chops Scalloped Potatoes Cabbage WW Roll Pears in Jell-O Cookie	24 Tuna Pasta Salad Tomato Slices Confetti Coleslaw Oatmeal Roll Cinnamon Apple Slices	25 Sloppy Joe Sandwich BB & Dill Brussel Sprouts Potato Salad Fresh Fruit Cup	26 Brunswick Stew Green Beans w/Tomatoes Onion Roll Fruit Cup	27
28	29 Ham Potato Omelet Bean Medley Bran Muffin Plums	30 Roast Turkey Yam Apple Bake Spinach Strawberry Salad Bran Muffin Orange Wedges	31 Beef & Noodles Creamy Coleslaw Bean Medley Roll Fresh Fruit Cup Cookie	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		

August Wedding Anniversaries

August 4, 1988 - Tim & Judy Dietrich
August 6, 1961 - Joe & Kathleen Klobberdanz
August 6, 1963 - Charles & Erma Miner
August 8, 1963 - Curtis & Dottie Benson
August 8, 1980 - Hi & Linda Buescher
August 18, 1948 - Ellis & Glennis Schmidt
August 18, 1948 - Don & Loretta DeSoto
August 29, 1949 - Mel & Phyllis Dollerschell



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 11:15 a.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 - August 1 @ 10:00 a.m.

Tai Chi - August 1 @ 11:15 a.m.

Pinochle - August 1 @ 1:00 p.m.

Silver Sneakers Classic® - August 2 @ 10:00 p.m.

AARP Elder Watch "Identity Theft" presentation

Council on Aging - August 3 @ 9:15 a.m.

SilverSneakers® Yoga - August 3 @ 10:00 a.m.

Tai Chi - August 3 @ 11:00 a.m.

SilverSneakers® Classic - August 4 @ 10:00 a.m.

Qi Gong - August 5 @ 10:00 a.m.

Root Beer Float Day *Free* Open to the Public

Nelson Reunion - August 6 @ Noon

Heritage Center Dance - Cary Lambert - August 6 @ 6:30 p.m.

Marks Reunion - August 7 @ 12:00 Noon

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

Tai Chi - August 8 @ 11:15 a.m.

Foot Care Clinic - August 9 @ 10:00 a.m.

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

Tai Chi - August 10 @ 11:15 a.m.

SilverSneakers® Yoga - August 10 @ 10:00 a.m.

SilverSneakers® Classic - August 11 @ 10:00 a.m.

Barnes Pharmacy Presentation "Pneumonia Shots" - August 11 @ 11:30 a.m.

Hand & Foot Care Group - August 11 @ 1:00 p.m.

Boy Scouts - August 11 @ 5:00 p.m.

Qi Gong - August 12 @ 10:00 a.m.

Javla Dunn Birthday Party - August 13 @ 12:00 Noon

Heritage Center Dance - Paul's Country Rounders - August 13 @ 6:30 p.m.

South Platte Valley Bluegrass Gospel Jam - August 14 @ 2:00 p.m.

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

Tai Chi - August 15 @ 11:15 a.m.

Pinochle - August 15 @ 1:00 p.m.

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

Las Amigas - August 16 @ 16

SilverSneakers® Yoga - August 17 @ 10:00 a.m.

Tai Chi - August 17 @ 11:15 a.m.

SilverSneakers® Classic - August 18 @ 10:00 a.m.

Movie Matinee "Take me Out To The Ballgame"

August 18 @ 2:00 p.m.

Qi Gong - August 19 @ 10:00 a.m.

Heritage Center Dance - Jim Ehrlich - August 20 @ 6:30 p.m.

Pat Mumford - August 21 @ 11:00 a.m.

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

Tai Chi - August 22 @ 11:15 a.m.

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

SilverSneakers® Yoga - August 24 @ 10:00 a.m.

Tai Chi - August 24 @ 11:15 a.m.

Adult Protection Team - August 25 @ 8:00 a.m.

SilverSneakers® Classic - August 25 @ 10:00 a.m.

Hand & Foot Care Group - August 25 @ 1:00 p.m.

Qi Gong - August 26 @ 10:00 a.m.

Blood Pressure Clinic - August 26 @ 11:00 a.m.

Sr. Citizen's Club Birthday's & Anniversaries Party - August 26 @ 3:00 p.m.

Heritage Center Dance - Paul's Country Rounders - August 27 @ 6:30 p.m.

Pat Mumford - August 28 @ 11:00 p.m.

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

Tai Chi - August 29 @ 11:15 a.m.

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

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

SilverSneakers® Yoga - August 31 @ 10:00 a.m.

Tai Chi - August 31 @ 11:15 a.m.

