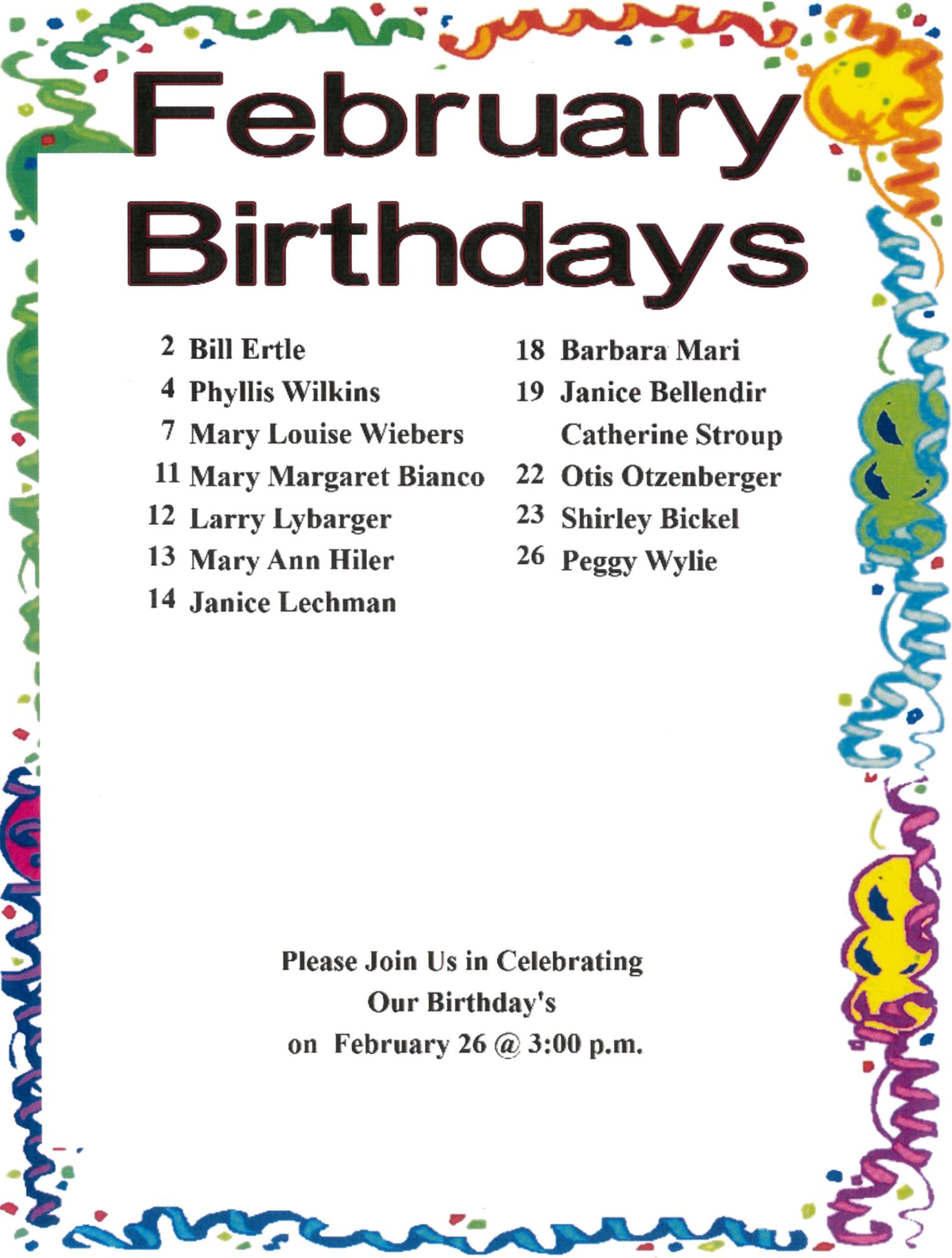


The background is light blue with a pattern of small, light blue polka dots. A blue dotted line winds across the page, connecting several pink envelopes and white hearts. In the bottom left corner, there is a green mailbox on a brown post. The text is written in a dark red, cursive font.

Sr. Citizens  
Newsletter  
February  
2016



# February Birthdays

- |                         |                     |
|-------------------------|---------------------|
| 2 Bill Ertle            | 18 Barbara Mari     |
| 4 Phyllis Wilkins       | 19 Janice Bellendir |
| 7 Mary Louise Wiebers   | Catherine Stroup    |
| 11 Mary Margaret Bianco | 22 Otis Otzenberger |
| 12 Larry Lybarger       | 23 Shirley Bickel   |
| 13 Mary Ann Hiler       | 26 Peggy Wylie      |
| 14 Janice Lechman       |                     |

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



### FREE TAX ASSISTANCE

If you made less than \$53,000 in 2015 the NJC Business Department can assist you with your tax preparation.

Tuesdays 5-8 p.m. on starting February 2<sup>nd</sup>-April 5  
Except March 15th

Saturdays Feb 20<sup>th</sup> AND March 5<sup>th</sup>  
8:00 a.m to 2:00 p.m.

To schedule an appointment please call 521-6637  
between 12:00-5:00 p.m. Mon.-Fri.

. Easy Access and close parking on campus.

Walk-in appointments are open as a 1<sup>st</sup> Come, 1<sup>st</sup>  
served basis.

More information available at the Heritage Center.

### POPCORN AND A MOVIE MATINEE

#### CALAMITY JANE

Join us Thursday, February 18<sup>th</sup> at 2:00 p.m.

Comfortable seating available

Refreshments served during a short intermission

FREE TO THE PUBLIC



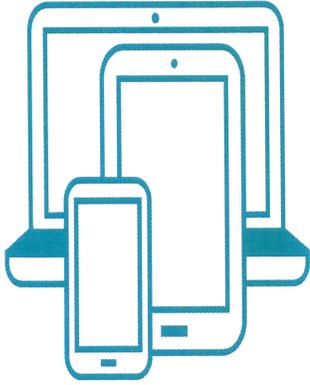
### WALGREENS PHARMACY

Walgreen's Pharmacy will be hosting an information and  
consultation booth on

**WEDNESDAY, FEBRUARY 17<sup>TH</sup>**

**11:00-12:30**

Stop by to learn what Walgreens can do to make your life  
easier. Pharmacist Dave Lorenzo will be on hand to answer  
your questions.



## **Cyber-Seniors®**

Made possible by the generous support of AARP® and in partnership with the Family Resource Center we will be offering a program to help you learn today's technology at your speed. You Tube, iPad, laptops, tablets, Facebook, sending email, sending a text message. We will partner you with a tech savvy young person to teach you hands on skills.

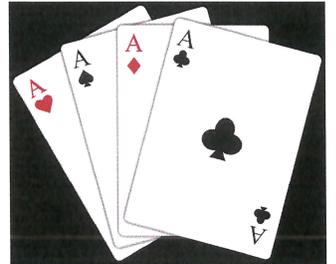
Please sign-up by February 26<sup>th</sup> and let us know what you want to learn or what device you want to use. Call Cynthia at 522-1237.  
Learning sessions begin  
**Monday, March 7<sup>th</sup> 4:00-5:00**

### **HAND AND FOOT CANASTA**

We have started a new card group. ANYONE interested in playing Hand & Foot (a fun version of Canasta) is welcome to join us on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month at 1:00.

Beginner's welcome!!

Call Joyce Lybarger for more information  
522-9511.



### **ROAD TRIP** **CSU HORTICULTURE CENTER AND** **NURSERY TOUR**

Join the Overland Trail Bus as they get a special tour of the new Horticulture Center and Colorado State Forest Service Nursery on the CSU campus.

**Thursday, March 17<sup>th</sup>**

**Call Brain Kailey at 522-3200 ext. 3 to make your reservation.**

# February 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 a.m. SilverSneakers® Yoga <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 12:30 p.m. Sr. Citizens Club Mtg <b>1:00 p.m.</b> <b>Card &amp; Pool</b> Pinochle	2 10:00 a.m. SilverSneakers® Classic <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 p.m. Tai Chi	3 9:15 a.m. <b>Council on Aging</b> 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. <b>COA - Appre Luncheon</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 - 4:30 p.m.</b> <b>Cards &amp; Pool</b>	4 10:00 a.m. <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 p.m.</b> <b>Tai Chi</b> 7:00 p.m. Camera Club	5 10:00 a.m. <b>Qi Gong</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 - 4:30 p.m.</b> <b>Cards &amp; Pool</b> 5:00 p.m. Juan Ramirez Valentine's Dinner	6 4:30 p.m. Michelle Clarey Baby Shower <b>6:30 - 10:30 p.m.</b> <b>Dance</b> <b>Cary Lambert</b>
7 11:00 a.m. Pat Mumford	8 10:00 a.m. SilverSneakers® Yoga <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 p.m. Card & Pool	9 10:00 a.m. SilverSneakers® Classic <b>10:00 a.m.</b> <b>Foot Care Clinic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 p.m.</b> <b>Tai Chi</b> 1:30 p.m. Humanities	10 10:00 a.m. <b>SilverSneakers® Yoga</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 - 4:30 p.m.</b> <b>Cards &amp; Pool</b>	11 10:00 a.m. <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 p.m.</b> <b>Tai Chi</b> 1:00 p.m. Hand & Foot Card Group	12 10:00 a.m. <b>Qi Gong</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 - 4:30 p.m.</b> <b>Cards &amp; Pool</b> 5:00 p.m. Andrea Gutierrez Valentine's Day Dinner	13 1:00 p.m. Ramona Phipps Bridal Shower <b>6:30 - 10:30 p.m.</b> <b>Dance</b> <b>Country Rounders</b>
14 2:00 p.m. South Platte Valley Bluegrass Gospel Jam	15 10:00 a.m. No SilverSneakers® Yoga Qi-Gong will be offered <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 p.m. Business Office Closes in Observance of President's Day	16 10:00 a.m. <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. <b>Tai Chi</b> Las Amigas	17 10:00 a.m. <b>SilverSneakers® Yoga</b> 11:00 a.m. Walgreens Information and Consultation Booth <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 - 4:30 p.m. Cards & Pool	18 10:00 a.m. SilverSneakers® Classic <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 p.m. Tai Chi <b>2:00 p.m.</b> <b>Movie Matinee</b> "Calamity Jane" 7:00 p.m. Camera Club	19 10:00 a.m. <b>Qi Gong</b> <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 - 4:30 p.m. Cards & Pool <b>5:00 p.m.</b> <b>Lee Edwards</b>	20 12:00 Noon Cindy Curtis Baby Shower <b>6:30 - 10:30 p.m.</b> <b>Dance</b> <b>Jim Ehrlich</b>
21	22 10:00 a.m. SilverSneakers® Yoga <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 p.m. Card & Pool	23 10:00 a.m. <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:30 p.m.</b> <b>Bunco</b>	24 10:00 a.m. <b>SilverSneakers® Yoga</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 - 4:30 p.m.</b> <b>Cards &amp; Pool</b>	25 8:00 a.m. Adult Protection Team 10:00 a.m. <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 p.m.</b> <b>Tai Chi</b> Hand & Foot Card Group <b>5:00 p.m.</b> <b>Sign-up deadline for Cyber Senior Program</b>	26 10:00 a.m. <b>Qi Gong</b> 11:00 a.m. <b>Blood Pressure Clinic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 - 4:30 p.m.</b> <b>Cards &amp; Pool</b> 3:00 p.m. SCC Birthday's and Anniversaries	27 <b>6:30 - 10:30 p.m.</b> <b>Dance</b> <b>Country Rounders</b>
28 11:00 a.m. Pat Mumford	29 10:00 a.m. <b>SilverSneakers® Yoga</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 - 4:00 p.m.</b> <b>Cards &amp; Pool</b>					

# February 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<b>1</b> Swedish Meatballs Mashed Potatoes Tossed Salad WW Roll Pineapple Orange Compote	<b>2</b> White Bean Soup w/Chicken Marinated Vegetable Salad WW Roll Mandarin Oranges w/Bananas	<b>3</b> Scalloped Potatoes & Ham Layered Salad Winter Mix Vegetables WW Roll Cinnamon Apple Slices	<b>4</b> Meatloaf Baked Potato Green Beans Anna's Dilly Bread Orange Juice Banana Jello	<b>5</b> Tahitian Chicken Rice Stir Fry Vegetables Raisin Roll Apricot Halves	<b>6</b>
<b>7</b>	<b>8</b> Lasagna Tossed Salad Bean Medley Garlic Bread Fruit Cup	<b>9</b> Sweet & Sour Pork Rice Spinach Mandarin Orange Salad WW Roll Pear Slices	<b>10</b> Baked Fish Oven Brownd Potatoes Carrifruit Salad Rolls Winter Fruit Cup	<b>11</b> Roast Beef Mashed Potatoes Beets WW Roll Tropical Fruit Cup Cookie w/Raisins	<b>12</b> Tuna Noodle Casserole California Vegetables Roll Plums Cookie w/Chocolate Chips	<b>13</b>
<b>14</b>	<b>15</b> Sloppy Joe Sandwich Potato Salad Brussel Sprouts Fruit Cocktail	<b>16</b> Beef Stroganoff Noodles Bean Medley Bran Muffin Grape Juice Apricot Halves	<b>17</b> Vegetable Beef Soup Crackers Layered Salad Pineapple Orange Compote Banana Nut Bread	<b>18</b> Baked Chicken Mashed Potatoes/Gravy Cauliflower & Peas Apple Muffin Peach Slices	<b>19</b> Cheese Potato Omelet Almond Broccoli Bran Muffin Oregon Berry Mix	<b>20</b>
<b>21</b>	<b>22</b> Chicken Noodle Soup Mashed Potatoes Country Mix Vegetables Roll Plums	<b>23</b> Roast Pork Oven Brownd Potatoes Parslied Carrots Caraway Roll Strawberry Gelatin Salad	<b>24</b> Porcupine Meatballs Scalloped Potatoes Cabbage WW Roll Apricot Halves	<b>25</b> Braised Beef Mashed Potatoes Harvard Beets Roll Apple Muffin Peach Slices	<b>26</b> Tilapia Sweet Potato Fries Asparagus Cuts Bran Muffin Peach Slices	<b>27</b>
<b>28</b>	<b>29</b> Spaghetti Tossed Salad Stir Fry Vegetables Garlic Bread Pear Slices	<p><b>Please post this menu.</b> 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</p> <p><b>Heritage Center 821 North Division Ave. Sterling CO 80751 970-522-1237 Director - Cynthia Mills</b></p> <p><b>Suggested Donation \$ 3.00 Under Age 60 Mandatory Charge \$ 8.00</b></p>				

# February Wedding Anniversaries



**February 18, 1955 - Larry & Joyce Lybarger**



**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



## CHATTING WITH CYNTHIA



- ❖ The Senior Citizen's Club directory will be printed in the next month. It's not too late to pay your club dues. If you have not paid club dues for more than two years you will not be listed in the directory. This means you might miss out on our banquet dinners and birthday parties. Instead of the Directories sitting out in the lobby, we ask you pick up your directory from the office for privacy and security reasons.
- ❖ As the winter season trudges on please remember the LEAP assistance program. This is for ANYONE with income less than \$1618 a month who would like/need assistance with his or her heating costs. You can get pick up an application here at the Center and they need to be mailed in before April 30<sup>th</sup>.
- ❖ The Sterling Elks Lodge benefit for Hospice of the Plains is Saturday, February 13<sup>th</sup> The Meal will be served from 4:30-7:00 and the Live Auction will start at 5:30 sharp. Tickets in advance are \$8.00 and tickets at the door are \$9.00. All proceeds benefit the funding and service of our local hospice and their support to terminally patients/families and those that are grieving.
- ❖ Centennial Mental Health is offering a Cooking Matters for Adults class. Learn to cook healthy food and snacks on a budget. Classes are once a week for 6 weeks and begin Wednesday, February 3<sup>rd</sup>. This is a class that they will offer again in the future.
- ❖ We are looking for volunteers to share their time to help in the office with phones, set tables, deliver meals, paperwork, filing, decorating, and there is also room to serve on the Council on Aging. Let me know how much time you have to give and how you want to give.
- ❖ Trip ideas. Let me know your thoughts and ideas on places we should visit, places we should eat, places we should tour, shows we should see.
- ❖ Don't forget the Area Agency on Aging offers transportation benefits to those 60 years of age. If you need to ride the bus consider using our bus ticket program. Call Karen at 522-1970 or 474-3736.
- ❖ The Heritage Center does follow a Code of Conduct for those who participate in the activities of the Center. The Code of Conduct is posted on the wall across from the large serving window of the kitchen. Please take time to review it and adhere to it.  
I want so much for the Heritage Center to be a place where anyone can come in and feel welcome.