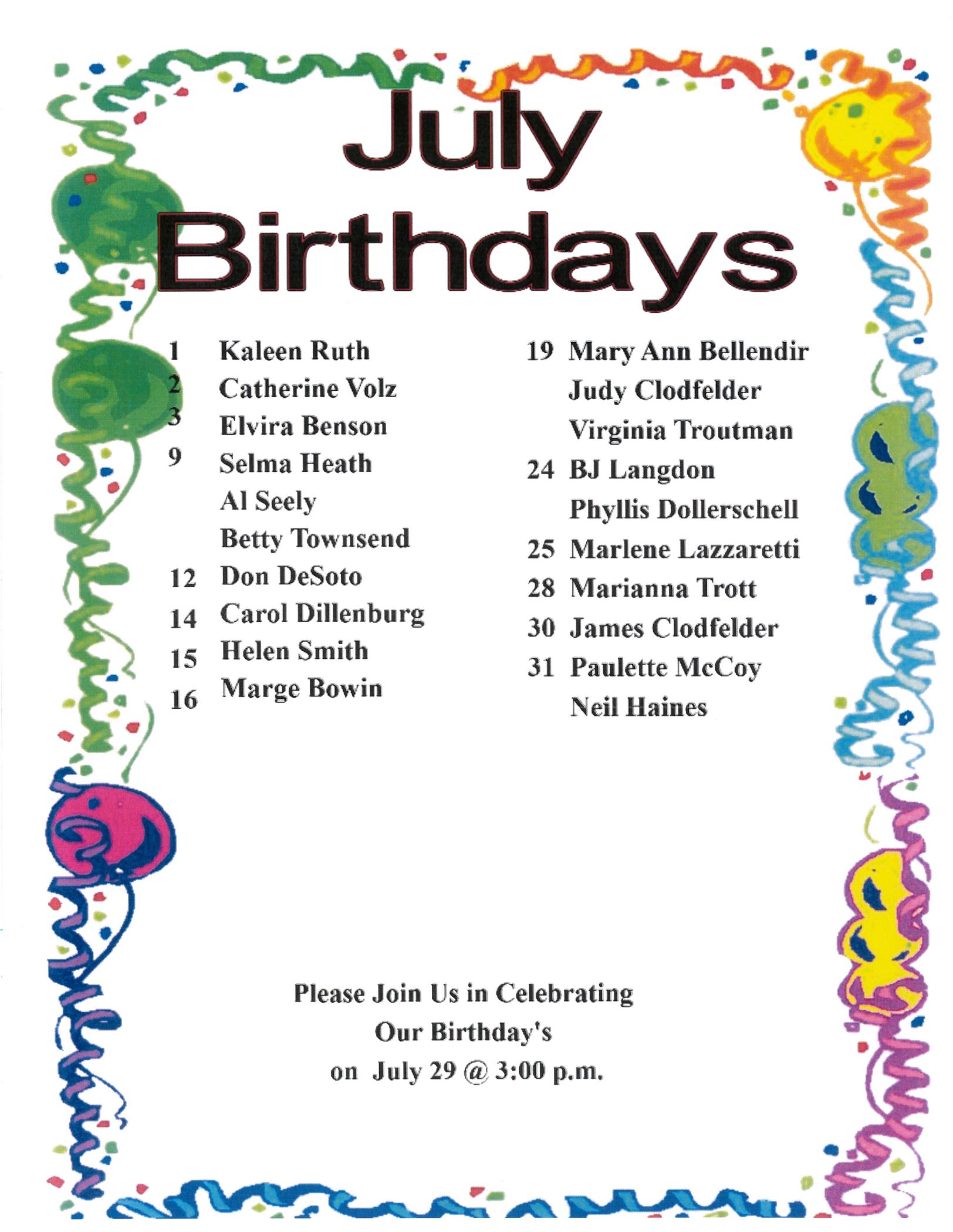




SR. CITIZENS NEWSLETTER

July

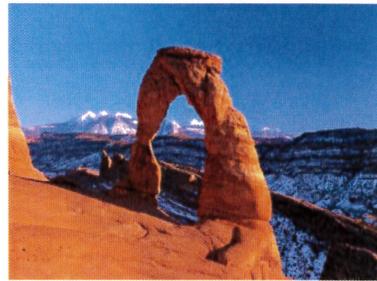
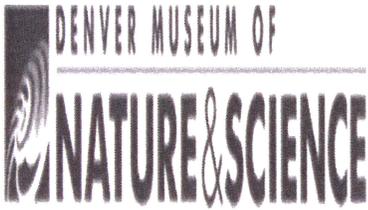
2016



July Birthdays

- | | | | |
|----|------------------|----|----------------------|
| 1 | Kaleen Ruth | 19 | Mary Ann Bellendir |
| 2 | Catherine Volz | | Judy Clodfelder |
| 3 | Elvira Benson | | Virginia Troutman |
| 9 | Selma Heath | 24 | BJ Langdon |
| | Al Seely | | Phyllis Dollerschell |
| | Betty Townsend | 25 | Marlene Lazzaretti |
| 12 | Don DeSoto | 28 | Marianna Trott |
| 14 | Carol Dillenburg | 30 | James Clodfelder |
| 15 | Helen Smith | 31 | Paulette McCoy |
| 16 | Marge Bowin | | Neil Haines |

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



**DENVER MUSEUM OF NATURE & SCIENCE
IMAX THEATER
NATIONAL PARKS ADVENTURE IN 3D
THURSDAY, JULY 28TH
SIGN-UP DEADLINE IS FRIDAY, JULY 22ND**

Ticket price is \$17.00

Cost of Transportation is to be determined.

Soar over red rock canyons and hurtle up craggy mountain peaks into the otherworldly realms of America's legendary outdoor playgrounds in *National Parks Adventure 3D*. This ultimate off-trail escapade takes you to Yellowstone, Glacier, Yosemite, Arches, and other beloved sites around our country to celebrate the 100th anniversary of the National Park Service.

(it might be possible you will have time to see the other 3D shows
Robots @ 11:30 a.m. or A Beautiful Planet @ 1:00 p.m.)

Remember if you cancel after the deadline you are still responsible for ticket and transportation costs or for finding someone to go in your place.



MOVIE MATINEE

Thursday, July 21st

2:00 p.m.

Join us to watch James Cagney in the 1942
Classic of

YANKEE DOODLE DANDY

We furnish the air conditioner, comfortable
chairs and Refreshments served during
intermission!

EVERYONE WELCOME

MARK YOUR CALENDARS
FRIDAY, AUGUST 6TH
National Root Beer Float Day
Join us from 1:30-4:00
Free Root Beer Floats
OPEN TO THE PUBLIC



COUNTY EXPRESS BUS TICKETS

You have received books of tickets through the Heritage Center or the Area Agency on Aging for the use of the County Express bus you **MUST** turn in your pink tickets and pick up new blue tickets.

EFFECTIVE JULY 1ST

Books of tickets are still for the suggested donation price of \$20.00



WELCOME NEW STAFF

Please welcome Veronica Schiwart as our new kitchen manager. Veronica is committed to providing you with meals that are nutritious and delicious. We appreciate Veronica and her assistant Samantha Lancaster for a job well done.



NEW EMERGENCY NOTIFICATION SYSTEM

The County has updated the system used to notify you of emergency situations, evacuation notices as well as child alerts. Please take the time to register your phone number and/or cell phone numbers with the new system. If you have signed up for the reverse 911 before you are encouraged to do it again as some information might get lost in the transfer of systems.

You can copy the link below into your browser

<https://public.coderedweb.com/cne/BF385F5EEA82>

Or you can call Kyle Moulton at the Emergency Management office at 520-0991 and he will help you with the process.



A new Tai Chi group will be meeting
MONDAY & WEDNESDAY 11:00 A.M.
STARTING WEDNESDAY, JULY 20TH

July 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					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 5:00 p.m. Lee Edward/ Paster Severin	2 6:30 - 10:30 p.m. Dance Arden Fennell
3 11:00 p.m. Pat Mumford	4 Closed Happy 4th of July Sharilyn Gartin Family Gathering	5 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat	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 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	9 6:30 - 10:30 p.m. Dance Paul's 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. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 5:30 - 7:30 p.m. Arlyn & Yolanda Gibbs Spaghetti Dinner	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. 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 1:00 p.m. McKenzie Fleharty Birthday Party 6:30 - 10:30 p.m. Dance Jim Ehrlich
17 12:00 Noon Stumpf Reunion	18 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Cards & Pool 1:00 p.m - Pinochle 5:00 p.m. Sara Ross Bridal Shower	19 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Las Amigas	20 10:00 a.m. SilverSneakers® Yoga 11:00 a.m. - Tai Chi 11:30 a.m. - 12:30 p.m. Meet & Eat 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 Movie Matinee "Yankee Doodle Dandy"	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 Paul's Country Rounders
24 11:00 a.m. Pat Mumford	25 10:00 a.m. SilverSneakers® Yoga 11:00 a.m. - Tai Chi 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 1:30 p.m. - Bunco	27 10:00 a.m. SilverSneakers® Yoga 11:00 a.m. - Tai Chi 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 8:30 a.m. Departure for Denver Museum of Science & Nature - IMAX viewing of National Parks 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Hand & Foot Cards	29 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	30 6:30 - 10:30 p.m. Dance Cary Lambert
31 12:00 Noon Sonnenberg Reunion - Ramona Kirkwood						

July 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>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</p> <p>Suggested Donation \$ 3.00 Under Age 60 Mandatory Charge \$ 8.00</p>					<p>1 Chicken Croissant Tuscany Soup Marinated Vegetable Salad Pineapple Tidbits Nature Cookie</p>	<p>2</p>
<p>3</p>	<p>4 </p>	<p>5 Meatloaf Potatoes & Gravy Carrifruit Salad Apple Muffins Fruit Cup</p>	<p>6 Chicken A La King Biscuit Perfect6ion Salad Mixed Vegetables Peach Slices Cookie</p>	<p>7 Salmon Loaf Oven Browned Potatoes Country Mix Vegetables Roll Orange Wedges Cinnamon Crispy</p>	<p>8 Beef Stroganoff / Noodles Layered Salad Broccoli WW Roll Banana Split Fruit Cup</p>	<p>9</p>
<p>0</p>	<p>11 Beef Goulash Parslied Carrots Onion Roll Strawberries & Bananas</p>	<p>12 Chicken Salad Marinated Vegetable Salad WW Roll Pineapple Man Orange Compote</p>	<p>13 Smothered Pork Chop Scalloped Potatoes Peas Fresh Fruit Cup</p>	<p>14 Hot Roast Beef Sandwich Mixed Vegetables Confetti Coleslaw Pear Slices</p>	<p>15 Corn Taco Casserole Refried Beans Tossed Green Salad Cantaloupe Cubes</p>	<p>16</p>
<p>17</p>	<p>18 Sweet & Sour Chicken Rice Oriental Vegetables WW Roll Apricot halves</p>	<p>19 Scalloped Potatoes & Ham Broccoli WW Roll Pineapple Man Orange Compote</p>	<p>20 Baked Fish Tartar Sauce Baked Potato Mixed Vegetables Cherry Banana Surprise</p>	<p>21 BBQ Chicken Rotini Pasta Salad Stir Fry Vegetables Bran Muffin Peach Slices</p>	<p>22 Lasagna Tossed Salad Italian Vegetables Garlic Bread Fruit Cup</p>	<p>23</p>
<p>24</p>	<p>25 Ham Herbed Lentils & Rice Green Beans Oatmeal Roll Mandarin Oranges Cookie</p>	<p>26 Hot Turkey Sandwich Bean medley Salad Banana Split Fruit Cup</p>	<p>27 Braised Beef Mashed Potatoes Harvard Beets Roll Fruit Cup</p>	<p>28 Ham & Beans Waldorf Salad Corn Bread Melon Cup</p>	<p>29 Teriyaki Beef Rice Spinach Mandarin Orange Salad Pear Slices</p>	<p>30</p>
<p>31</p>						

July Wedding Anniversaries



July 2, 1976 - Keith & Elizabeth Hobson

July 5, 1980 - Cliff & Shirley Bickel

July 8, 2000 - Ron & Paulette McCoy



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

Clarice (Jeep) Nangle
224 State Street
Sterling CO 80751
522-5289

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

Qi Gong - July 1 @ 10:00 a.m.

Lee Edwards - Pastors Severin - July 1 @ 5:00 p.m.

Heritage Center Dance - Arden Fenell - July 2 @ 6:30 p.m.

Pat Mumford - July 3 @ 11:00 a.m.

Closed - Happy 4th of July

SilverSneaker® Classic - July 5 @ 10:00 a.m.

Council on Aging - July 6 @ 9:15 a.m.

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

Camera Club - July 7 @ 7:00 p.m.

Qi Gong - July 8 @ 10:00 a.m.

Heritage Center Dance - Paul's Country Rounders - July 11 @ 6:30 p.m.

South Platte Valley Bluegrass Gospel Jam - July 10 @ 2:00 p.m.

SilverSneaker ® Yoga - July 11 @ 10:00 a.m.

SilverSneaker® Classic - July 12 @ 10:00 a.m.

Aryln & Yolanda Gibbs Benefit Spaghetti Dinner - July 12 @ 5:30 p.m.

SilverSneaker ® Yoga - July 13 @ 10:00 a.m.

Hand & Foot Card Group - July 14 @ 1:00 p.m.

Qi Gong - July 15 @ 10:00 a.m.

McKenzie Fleharty Birthday Party - July 16 @ 1:00 p.m.

Heritage Center Dance - Jim Ehrlich - July 16 @ 6:30 p.m.

Stumpf Reunion - July 17 @ Noon

SilverSneaker ® Yoga - July 18 @ 10:00 a.m.

Pinochle - July 18 @ 1:00 p.m.

Sara Ross Bridal Shower - July 18 @ 5:00 p.m.



July 26 @ 1:30 p.m.



SilverSneaker ® Classic - July 19 @ 10:00 a.m.

Las Amigas - July 19 @ 1:00 p.m.

SilverSneaker ® Yoga - July 20 @ 10:00 a.m.

Tai Chi - July 20 @ 11:00 a.m.

SilverSneaker ® Classic - July 21 @ 10:00 a.m.

Movie Matinee "Yankee Doodle Dandy" - July 21 @ 2:00 p.m.

Qi Gong - July 22 @ 10:00 a.m.

Blood Pressure Clinic - July 22 @ 11:00 a.m.

Heritage Center Dance - Paul's Country Rounders - July 23

Pat Mumford - July 24 @ 11:00 a.m.

SilverSneaker ® Yoga - July 25 @ 10:00 a.m.

Tai Chi - July 25 @ 1:00 p.m.

SilverSneaker ® Classic - July 26 @ 10:00 a.m.

Bunco - July 26 @ 1:30 p.m.

SilverSneaker ® Yoga - July 27 @ 10:00 a.m.

Tai Chi - July 27 @ 11:00 a.m.

Adult Protection Team - July 28 @ 8:00 a.m.

Departure for Denver Museum of Science & Nature - IMAX viewing of National

Parks - July 28 @ 8:30 a.m.

SilverSneaker ® Classic - July 23 @ 10:00 a.m.

Hand & Foot Cards - July 28 @ 1:00 p.m.

Qi Gong - July 29 @ 10:00 a.m.

Senior Citizen's Club Birthday & Anniversary Party - July 29 @ 3:00 p.m.

Heritage Center Dance - Cay Lambert - July 30 @ 6:30 p.m.

Sonnenberg Reunion - Ramona Kirkwood - July 31 @ 12:00 Noon