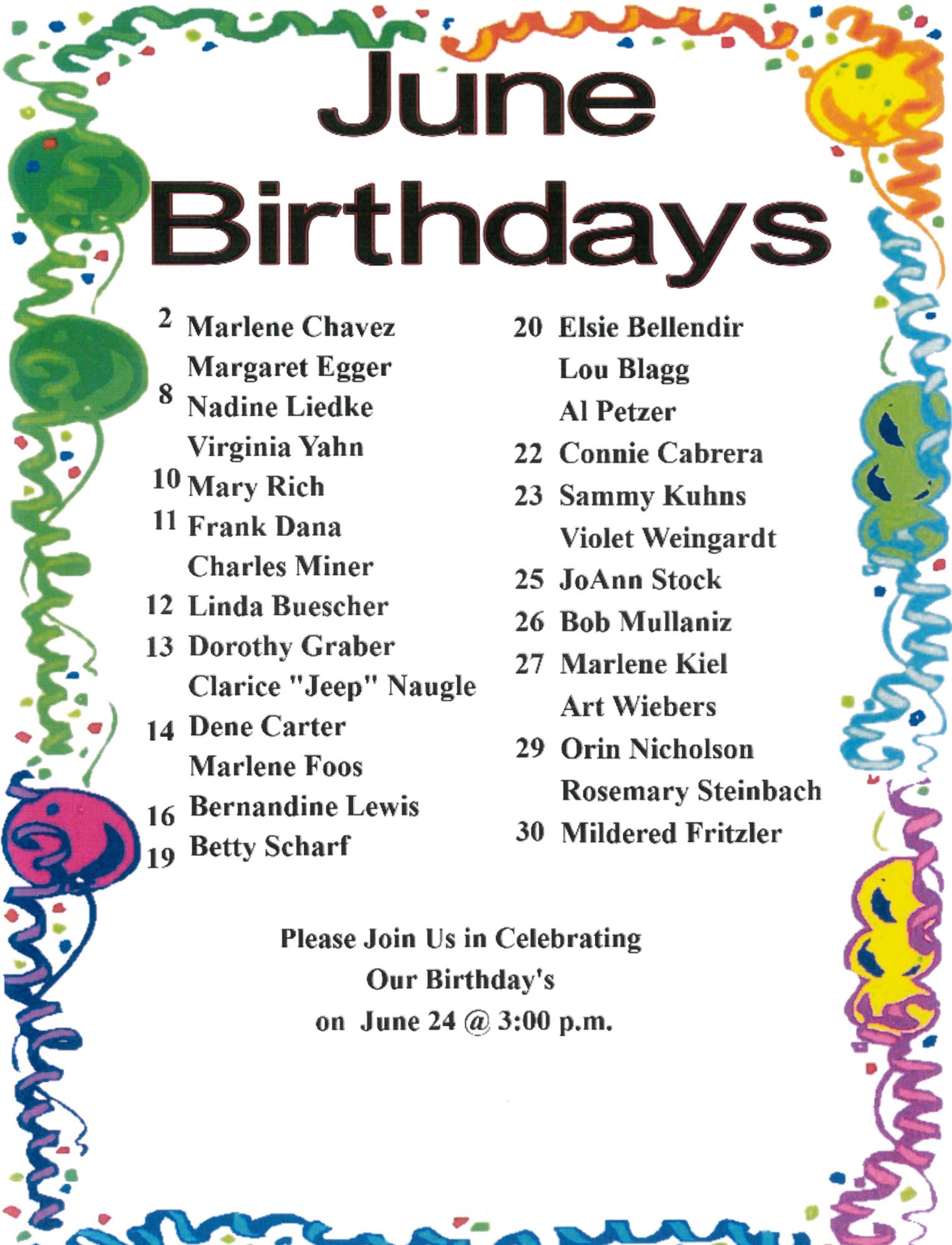




SR. CITIZENS  
NEWSLETTER

June

2016



# June Birthdays

- |    |                       |    |                    |
|----|-----------------------|----|--------------------|
| 2  | Marlene Chavez        | 20 | Elsie Bellendir    |
|    | Margaret Egger        |    | Lou Blagg          |
| 8  | Nadine Liedke         |    | Al Petzer          |
|    | Virginia Yahn         | 22 | Connie Cabrera     |
| 10 | Mary Rich             | 23 | Sammy Kuhns        |
| 11 | Frank Dana            |    | Violet Weingardt   |
|    | Charles Miner         | 25 | JoAnn Stock        |
| 12 | Linda Buescher        | 26 | Bob Mullaniz       |
| 13 | Dorothy Graber        | 27 | Marlene Kiel       |
|    | Clarice "Jeep" Naugle |    | Art Wiebers        |
| 14 | Dene Carter           | 29 | Orin Nicholson     |
|    | Marlene Foos          |    | Rosemary Steinbach |
| 16 | Bernandine Lewis      | 30 | Mildered Fritzler  |
| 19 | Betty Scharf          |    |                    |

Please Join Us in Celebrating  
Our Birthday's  
on June 24 @ 3:00 p.m.

## SILVERSNEAKERS® BIRTHDAY PARTY

Tuesday, June 14<sup>th</sup> @ 4:00 p.m.

All those SilverSneakers® attendees Yoga and Classic,  
are invited to attend. Our guests of honor will be

SilverSneakers® friends

With birthdays in April, May, and June.

Wear your tie-dye, bell bottoms, and bring your lava  
lamp for a groovy time.



*www.silver.com*



## MOVIE MATINEE

Thursday, June 16<sup>th</sup>

2:00 p.m.

A Western, A Comedy, A Classic  
Join us to watch the John Wayne & Maureen

O'Hara classic of **MCCLINTOCK**  
Comfortable seats, refreshments.

EVERYONE WELCOME

## DINNER THEATRE "MARY POPPINS"

Saturday, July 9<sup>th</sup> Matinee

Midtown Arts Center-Ft. Collins

Tickets \$52.00

Transportation to be determined by number of  
those attended

Sign-up deadline JUNE 24<sup>th</sup>

If you cancel after deadline you are still responsible for the cost and/or finding  
your replacement.





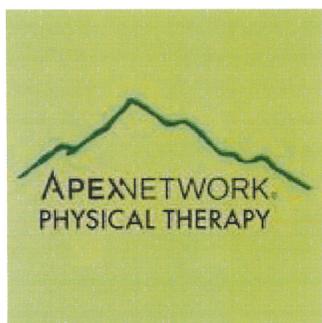
With the sunshine and spring/summer weather finally arriving just a friendly reminder to take easy measures to prevent melanoma and other forms of skin cancer.

Hopefully this little phrase will help. **“Slip Slop Slap!”**

Slip on a shirt=dress in layers

Slop on sunscreen= Use Sunscreen with UVA & UVB protection of 30 or better. Make sure to reapply every two hours and take extra precaution when working or playing around water, sand or snow.

Slap on a hat=protect your face and ears as well as your eyes with sunglasses.



**FALL PREVENTION DAY  
TUESDAY, JUNE 28<sup>TH</sup> 11:00 A.M**

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging and does not have to be a fear you live with. Through the clinical-community based partnership with ApexNetwork we want to offer you the chance to substantially reduce your chance of falling. Do not let the fear of falling keep you from doing the things you want to do.

# June 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 9:15 a.m. COA <b>10:00 a.m.</b> <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>	<b>2</b> <b>10:00 a.m.</b> <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	<b>3</b> <b>10:00 a.m. - Qi Gong</b> 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	<b>4</b> 2:00 p.m. Linda Hutt Shower <b>6:30 - 10:30 p.m.</b> <b>Dance</b> <b>Eldorado</b>
<b>5</b> 11:00 p.m. Pat Mumford	<b>6</b> 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. Cards & Pool <b>Pinochle</b>	<b>7</b> 7:30 a.m. Departure to Highlands Ranch Mansion <b>10:00 a.m.</b> SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 p.m.</b> <b>Tai Chi</b>	<b>8</b> <b>10:00 a.m.</b> <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>	<b>9</b> <b>10:00 a.m.</b> <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	<b>10</b> <b>10:00 a.m.</b> <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> 6:00 p.m. Lee Edward/ Paster Severin	<b>11</b> 1:00 p.m. Ashley Ortega Birthday Party <b>6:30 - 10:30 p.m.</b> <b>Dance</b> <b>Paul's Country</b> <b>Rounders</b>
<b>12</b> 12:00 noon Fritzler Reunion	<b>13</b> 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. Cards & Pool <b>Pinochle</b>	<b>14</b> <b>10:00 a.m.</b> <b>Foot Care Clinic</b> 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>4:00 p.m.</b> SilverSneakers® 2 <sup>nd</sup> Quarter Birthday Party	<b>15</b> <b>10:00 a.m.</b> <b>SilverSneakers® Yoga</b> 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	<b>16</b> 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> <b>" McClintock"</b>	<b>17</b> 10:00 a.m. Qi Gong <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 - 4:30 p.m. Cards & Pool	<b>18</b> 12:00 Noon Ellsworth Reunion <b>6:30 - 10:30 p.m.</b> <b>Dance</b> <b>Jim Ehrlich</b>
<b>19</b> 12:00 p.m. Pat Mumford	<b>20</b> <b>10:00 a.m.</b> <b>SilverSneakers® Yoga</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 p.m.</b> <b>Cards &amp; Pool</b> 1:00 p.m. Pinochle	<b>21</b> <b>10:00 a.m.</b> <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Tai Chi <b>Las Amigas</b>	<b>22</b> <b>10:00 a.m.</b> <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>	<b>23</b> 8:00 a.m. Adult Protection Team <b>10:00 a.m.</b> <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>24</b> 10:00 a.m. Qi Gong <b>11:00 a.m.</b> <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	<b>25</b> 10:00 a.m. Rosemary Steinbach Birthday Celebration <b>6:30 - 10:30 p.m.</b> <b>Dance</b> <b>Paul's Country</b> <b>Rounders</b>
<b>26</b> 11:00 a.m. Pat Mumford	<b>27</b> <b>10:00 a.m.</b> <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>	<b>28</b> <b>10:00 a.m.</b> <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>11:00 a.m.</b> <b>Fall Screening &amp; Prevention</b> <b>1:00 p.m. - Tai Chi</b> 1:30 p.m. - Bunco	<b>29</b> <b>10:00 a.m.</b> <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>	<b>30</b> <b>10:00 a.m.</b> <b>SilverSneakers® Classic</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>1:00 p.m.</b> <b>Tai Chi</b>	<b>July 1</b> 10:00 a.m. Qi Gong <b>11:30 a.m. - 12:30 p.m.</b> <b>Meet &amp; Eat</b> 1:00 - 4:30 p.m. Cards & Pool	<b>July 2</b> <b>6:30 - 10:30 p.m.</b> <b>Dance</b>

# June 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<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 <b>Heritage Center 821 North Division Ave. Sterling CO 80751 970-522-1237 Director - Cynthia Mills</b>  <b>Suggested Donation \$ 3.00 Under Age 60 Mandatory Charge \$ 8.00</b></p>			<p><b>1</b>                      Scalloped Potatoes  <span style="padding-left: 150px;">w/Ham</span>                      Layered Salad                      Spinach                      Roll                      Cinnamon Apple Slices</p>	<p><b>2</b>                      Pot Roast w/Vegetables                      Confetti Coleslaw                      Anna's Dilly Roll                      Peach Slices</p>	<p><b>3</b>                      Beef O'le                      Refried Beans                      Mexicali Corn                      Fruit Cup</p>	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b>                      Brunswick Stew                      Green Beans w/Tomatoes                      Roll                      Fruit Cup</p>	<p><b>7</b>                      Beef &amp; Noodles                      Cauliflower &amp; Peas                      Carrifruit Salad                      Onion Roll                      Watermelon</p>	<p><b>8</b>                      Tuna Salad                      3 Bean Salad                      French Bread                      Mandarin Oranges  <span style="padding-left: 100px;">w/Bananas</span>                      Cherry Cake</p>	<p><b>9</b>                      Hamburger Steak                      Potatoes                      Parslied Carrots                      WW Roll                      Tropical Fruit Cup</p>	<p><b>10</b>                      Spanish Rice w/Ground  <span style="padding-left: 100px;">Beef</span>                      Tossed Salad w/Dressing                      Roll                      Peach Slices</p>	<p><b>11</b></p>
<p><b>12</b></p>	<p><b>13</b>                      BBQ Chicken                      Rotini Pasta Salad                      Spinach                      Apple Muffin                      Mandarin Oranges</p>	<p><b>14</b>                      Cabbage Burgers                      Cobbler Corn                      Bean Medley Salad                      Banana Split Fruit Cup</p>	<p><b>15</b>                      BBQ Beef Sandwich                      Brussel Sprouts                      Potato Salad                      Peach Polka Dot Salad                      Nature Cookie</p>	<p><b>16</b>                      Ham &amp; Beans                      Waldorf Salad                      Corn Bread                      Grape Juice                      Tropical Fruit Cup</p>	<p><b>17</b>                      Sweet &amp; Sour Chicken                      Rice                      Oriental Vegetables                      WW Roll                      Apricot Halves</p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b>                      Southern Beef Pie                      Bean Medley                      Cinnamon Apple Slices                      Nature Cookie</p>	<p><b>21</b>                      Ham Potato Omelet                      Green Bean Almondine                      Roll                      Sunshine Salad                      Cookie w/Raisins</p>	<p><b>22</b>                      Corn Taco Casserole                      Refried Beans                      Tossed Salad w/Dressing                      Cantaloupe Cubes</p>	<p><b>23</b>                      Liver &amp; Onions                      Scalloped Potatoes                      Braised Celery &amp;  <span style="padding-left: 100px;">Tomatoes</span>                      WW Roll                      Applesauce</p>	<p><b>24</b>                      Swedish Meatballs                      Noodles                      Frito Salad                      Roll                      Pear Orange Fruit Cup</p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b>                      Split Pea Soup                      Apple Carrot Raisin Salad                      Corn Muffin                      Mandarin Oranges  <span style="padding-left: 100px;">w/Bananas</span>                      Cinnamon Crispie</p>	<p><b>28</b>                      Spring Garden Chicken                      Asparagus                      Apple Muffin                      Oregon Berry Mix                      Nature Cookie</p>	<p><b>29</b>                      Roast Beef                      Mashed Potatoes / Gravy                      Red Beets                      Roll                      Tropical Fruit Cup                      Cookie w/ Raisins</p>	<p><b>30</b>                      Hamburger on a bun                      Oven Browned potatoes                      Lettuce/Tomato  <span style="padding-left: 100px;">Onion/Pickles</span>                      Green Beans                      Orange Wedges</p>		

# June Wedding Anniversaries

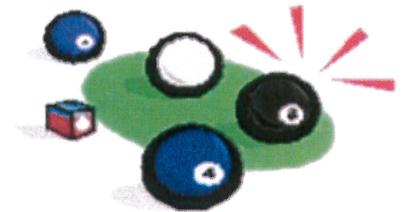
June 11, 2011 - Frank & Kay Dana

June 12, 1963 - Kenneth & Peggy Wylie

June 20, 1953 - Steve & Linda Ochoa



**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

Council on Aging - June 1 @ 9:15 a.m.

**SilverSneaker @ Yoga - June 1 @ 10:00 a.m.**

SilverSneaker@ Classic - June 2 @ 10:00 a.m.

**Tai Chi - June 2 @ 1:00 p.m.**

Camera Club - June 2 @ 7:00 p.m.

**Qi Gong - June 3 @ 10:00 a.m.**

Linda Hutt Shower - June 4 @ 2:00 p.m.

**Heritage Center Dance - Eldorado - June 4 @ 6:30 p.m.**

Pat Mumford - June 5 @ 11:00 a.m.

**SilverSneaker @ Yoga - June 6 @ 10:00 a.m.**

Pinochle - June 6 @ 1:00 p.m.

**Departure to Highlands Ranch Mansion - June 7 @ 7:30 p.m.**

SilverSneaker@ Classic - June 7 @ 10:00 a.m.

**Tai Chi - June 7 @ 1:00 p.m.**

SilverSneaker @ Yoga - June 8 @ 10:00 a.m.

**SilverSneaker @ Classic - June 9 @ 10:00 a.m.**

Tai Chi - June 9 @ 1:00 p.m.

**Hand & Foot Card Group - June 9 @ 1:00 p.m.**

Qi Gong - June 10 @ 10:00 a.m.

**Lee Edwards - Pastor Serverin - June 10 @ 5:00 p.m.**

Ashley Ortega Birthday Party - June 11 @ 1:00 p.m.

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

Fritzler Reunion - June 12 @ 12:00 Noon

**SilverSneaker @ Yoga - June 13 @ 10:00 a.m.**

Pinochle - June 13 @ 1:00 p.m.

**SilverSneaker @ Classic - June 14 @ 10:00 a.m.**

Foot Care Clinic - June 14 @ 10:00 a.m.

**Tai Chi - June 14 @ 1:00 p.m.**

SilverSneaker @ 2nd Quarter Birthday Party - June 14 @ 4:00 p.m.

**SilverSneaker @ Yoga - June 15 @ 10:00 a.m.**

SilverSneaker @ Classic - June 16 @ 10:00 a.m.

**Tai Chi - June 16 @ 1:00 p.m.**

Movie Matinee "McClintock" - June 16 @ 2:00 p.m.



**Qi Gong - June 17 @ 10:00 a.m.**

Ellsworth Reunion - June 18 @ 12:00 noon

**Heritage Center Dance - Jim Ehrlich - June 18 @ 6:30 p.m.**

Pat Mumford - June 19 @ 11:00 a.m.

**SilverSneaker @ Yoga - June 20 @ 10:00 a.m.**

Pinochle - June 20 @ 1:00 p.m.

**SilverSneaker @ Classic - June 21 @ 10:00 a.m.**

Tai Chi - June 21 @ 1:00 p.m.

**Las Amegas - June 21 @ 1:00 p.m.**

SilverSneaker @ Yoga - June 22 @ 10:00 a.m.

**Adult Protection Team - June 23 @ 8:00 a.m.**

SilverSneaker @ Classic - June 23 @ 10:00 a.m.

**Tai Chi - June 23 @ 1:00 p.m.**

Hand & Foot Card Group - June 23 @ 1:00 p.m.

**Qi Gong - June 24 @ 10:00 a.m.**

Blood Pressure Clinic - June 24 @ 11:00 a.m.

**Sr Citizen's Club B-day & Anniversary Party - June 24 @ 3:00 p.m.**

Rosemary Steinbach Birthday Celebration - June 25 @ 10:00 a.m.

**Heritage Center Dance - Paul's Country Rounders - June 25 @ 6:30 p.m.**

Pat Mumford - June 26 @ 11:00 a.m.

**SilverSneaker @ Yoga - June 27 @ 10:00 a.m.**

SilverSneaker @ Classic - June 28 @ 10:00 a.m.

**Fall Screening & Prevention - June 28 @ 11:00 a.m.**

Tai Chi - June 28 @ 1:00 p.m.

**Bunco - June 28 @ 1:30 p.m.**

SilverSneaker @ Yoga - June 29 @ 10:00 a.m.

**SilverSneaker @ Classic - June 30 @ 10:00 a.m.**

Tai Chi - June 30 @ 1:00 p.m.

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

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



June 28 @ 1:30 p.m.