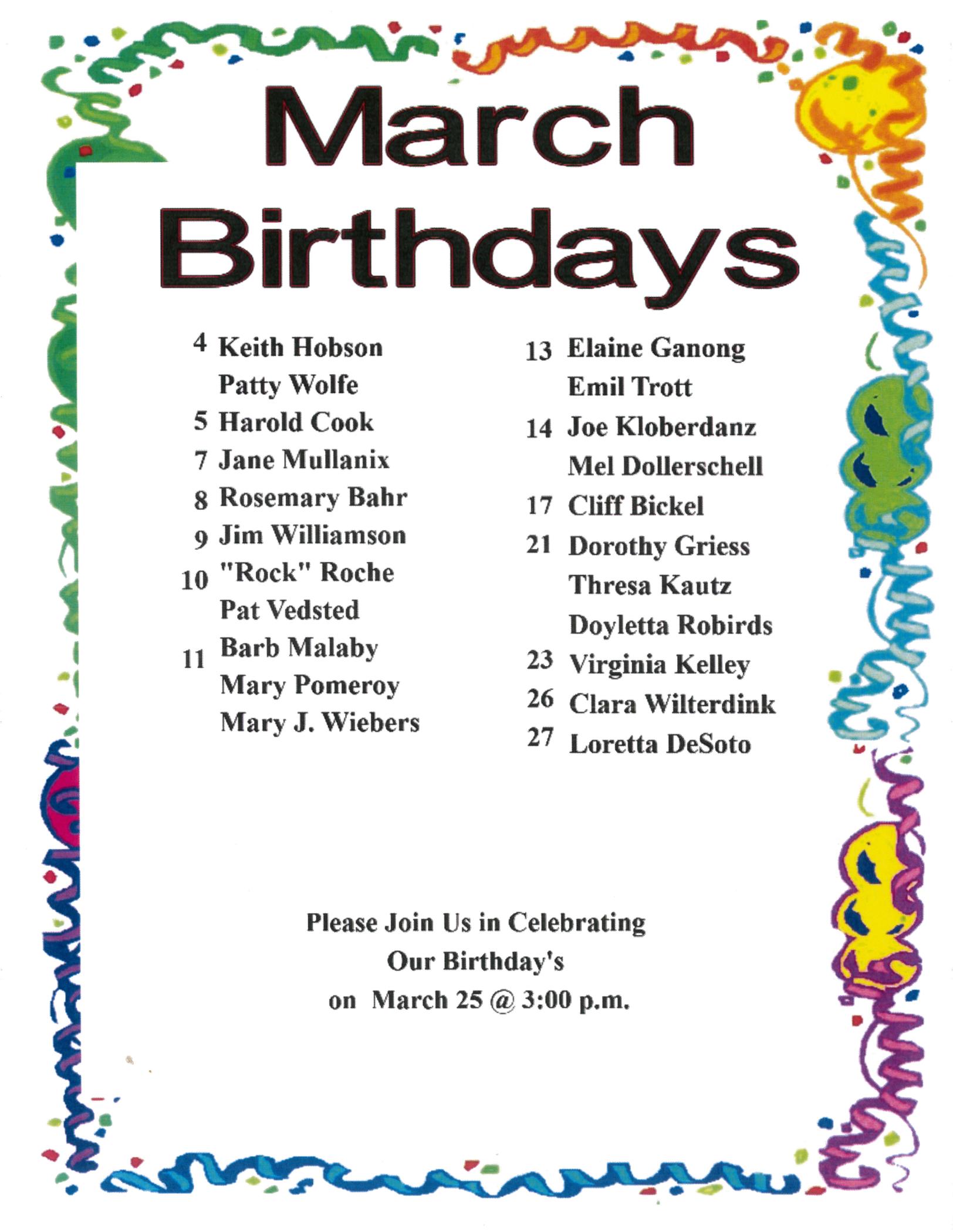




Sr. Citizens  
Newsletter  
March  
2016



# March Birthdays

- |    |  |    |  |
|----|--|----|--|
| 4  | Keith Hobson<br>Patty Wolfe                    | 13 | Elaine Ganong<br>Emil Trott                        |
| 5  | Harold Cook                                    | 14 | Joe Kloberdanz<br>Mel Dollerschell                 |
| 7  | Jane Mullanix                                  | 17 | Cliff Bickel                                       |
| 8  | Rosemary Bahr                                  | 21 | Dorothy Griess<br>Thresa Kautz<br>Doyletta Robirds |
| 9  | Jim Williamson                                 | 23 | Virginia Kelley                                    |
| 10 | "Rock" Roche<br>Pat Vedsted                    | 26 | Clara Wilterdink                                   |
| 11 | Barb Malaby<br>Mary Pomeroy<br>Mary J. Wiebers | 27 | Loretta DeSoto                                     |

Please Join Us in Celebrating  
Our Birthday's  
on March 25 @ 3:00 p.m.

# March 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</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</b> <b>9:15 a.m.</b> <b>Council on Aging</b> 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	<b>3</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>4</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>	<b>5</b> 12:00 p.m. Shelby Koch Baby Shower <b>6:30 - 10:30 p.m.</b> <b>Dance</b> <b>Joe Judd</b>
<b>6</b> 12:00 p.m. Pat Mumford <b>2:00 p.m.</b> <b>Sheryl Lopez</b> <b>Baby Shower</b>	<b>7</b> 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. CitizenClub Business Mtg <b>1:00 p.m.</b> <b>Cards &amp; Pool</b> Pinochle <b>4:00 - 5:00 p.m.</b> <b>Cyber Senior @ Family</b> <b>Resource Center</b>	<b>8</b> <b>10:00 a.m.</b> 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 <b>4:30 p.m.</b> <b>Beta Sigma Phi City Council</b>	<b>9</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>10</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>11</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	<b>12</b> 12:00 p.m. Brittany Pierce Birthday Party <b>6:30 - 10:30 p.m.</b> <b>Dance</b> <b>Country Rounders</b>
<b>13</b> 2:00 p.m. South Platte Valley Bluegrass Gospel Jam	<b>14</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>4:00 - 5:00 p.m.</b> <b>Cyber Senior @ Family</b> <b>Resource Center</b>	<b>15</b> <b>10:00 a.m.</b> <b>Apex Network Sponsored</b> <b>Event- "Ask a Pt"</b> 11:30 a.m. - 12:30 p.m. Meet & Eat <b>12:00 Noon</b> <b>St Patrick's Circle Meeting</b> 1:00 p.m. Las Amigas <b>Tai Chi</b>	<b>16</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>17</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>" My Wild Irish Rose"</b> 7:00 p.m. -Camera Club	<b>18</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>19</b> <b>6:30 - 10:30 p.m.</b> <b>Dance</b> <b>Jim Ehrlich</b>
<b>20</b> 12:00 p.m. Pat Mumford	<b>21</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>1:00 p.m.</b> <b>Pinochle</b> <b>4:00 - 5:00 p.m.</b> <b>Cyber Senior @ Family</b> <b>Resource Center</b>	<b>22</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. - Tai Chi</b>	<b>23</b> 9:00 a.m. SilverSneakers® Quarterly Birthday Breakfast <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>24</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. - Tai Chi</b> 1:30 p.m. Hand & Foot Card Group	<b>25</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>5:00 p.m.</b> <b>Andrea Guterrez</b> <b>Church Dinner</b>	<b>26</b> <b>6:30 - 10:30 p.m.</b> <b>Dance</b> <b>Country Rounders</b>
<b>27</b> 11:00 a.m. Pat Mumford	<b>28</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>29</b> 8:00 a.m. - I.C.E. <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. - Tai Chi</b> 1:30 p.m. - Bunco	<b>30</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>31</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>April 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>April 2</b> 12:30 p.m. Mindy Strat Baby Shower <b>6:30 - 10:30 p.m.</b> <b>Dance</b> <b>Cary Lambert</b>





SENIOR CITIZEN'S CLUB  
CORNELIUS DINNER  
Wednesday, April 20th 12:00 Noon  
Tickets go on sale March 28th

Pork Chops, Potato & Gravy  
Green Beans, Jello Dessert w/ cookies  
Dinner Roll

**\$7.00**

**Reservations due by April 14th**



ALL SilverSneaker® participants' actively participating or not are welcome to join us for our First Quarter Birthday Breakfast. Our honored guests will be SilverSneaker® friends with birthdays in January, February and March.

**WEDNESDAY, MARCH 23<sup>RD</sup>**

**9:00 A.M.**

Please let Cynthia know if you will be attending 522-1237

### **MOVIE MATINEE**

This month for our movie we will celebrate St. Patrick's Day with the Academy Award nominated film

*MY WILD IRISH ROSE*

**THURSDAY, MARCH 17<sup>TH</sup> 2:00 P.M.**

The life of Irish tenor Chauncey Olcott is chronicled from his childhood to his days as the toast of New York. In between, his rise to the top is complicated by romances with two women: his true love Rose Donovan and stage star Lillian Russell, who wants to make him a star.

Starring Dennis Morgan and Arlene Dahl offering wonderful music.



### **HAND AND FOOT CARD GROUP**

2<sup>nd</sup> and 4<sup>th</sup> Thursday at 1:30 p.m.

All Beginners, and experienced players or just the curious are welcome.

# REMINDERS



Tax assistance is available at Northeastern Junior College every Tuesday evening from 4-7 p.m. through April 5th. Appointments must be made by calling 521-6637 between 12:00-5:00 p.m.



LEAP or the Low-income Energy Assistance Program is still taking applications through April 30th. This program is available to help any individual with the cost of heating their homes or apartments. Applications and Income Guidelines are available at the Heritage Center.



Senior Citizen's Club is a long standing social club through the Heritage Center. You do not have to be a member to participate in the meals, exercise or our trips. We encourage guests and visitors to come and check out what we have to offer during our recreation hours on M, W, F, from 1-4. After a guest(s) shows interest in attending regularly we do ask they join the Club for \$5.00 a year. As a member of the Club you are invited to attend our banquet dinners and our monthly birthday and anniversary party. We do have a guest policy for dinners we would prefer guests be interested members or family and/or friends from out of town. Now that you know come join the Club.



Senior Citizen's Club Directories will be printed this month. Please stop by the office to pick up your copy.



## AARP SMART DRIVER COURSE

Wednesday, March 16, 2016

9:30 a.m. to 2:30 p.m.

N.E. Colorado Health Department

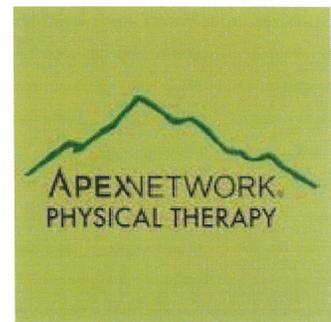
700 Columbine

Call Kathy at 522-2790

Bring a sack lunch, drivers license and AARP (if applicable)

## ASK A PT (PHYSICAL THERAPIST)

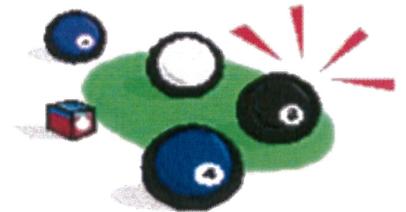
Please welcome Dr. Pete Stucchi from the ApexNetwork Physical Therapy office. Pete will be here on Tuesday, March 15<sup>th</sup> at 10:00 for a question and answer session with a qualified physical therapists. Drop your questions in the rainbow "box" located in the lobby.



# March Wedding Anniversaries



**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) Naugle  
224 State Street  
Sterling CO 80751  
522-5289

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



March 7, March 14 and  
March 21 @ Family  
Resource Center



March 17 @ 2:00 p.m.

SilverSneaker® Classic - March 1 @ 10:00 a.m.  
**Tai Chi - March 1 @ 1:00 p.m.**  
Council on Aging - March 2 @ 9:15 a.m.  
**SilverSneaker @ Yoga - March 2 @ 10:00 a.m.**  
SilverSneaker® Classic - March 3 @ 10:00 a.m.  
**Tai Chi - March 3 @ 1:00 p.m.**  
Camera Club - March 3 @ 7:00 p.m.  
**Oi Gong - March 4 @ 10:00 a.m.**  
Shelby Koch Baby Shower - March 5 @ 12:00 Noon  
**Heritage Center Dance - Joe Judd - March 5 @ 6:30 p.m.**  
Pat Mumford - March 6 @ Noon  
**Sheryl Lopez Baby Shower - March 6 @ 2:00 p.m.**  
SilverSneaker ® Yoga - March 7 @ 10:00 a.m.  
**Sr. Citizen's Club Business Meeting - March 7 @ 12:30 p.m.**  
Pinochle - March 7 @ 1:00 p.m.  
**Cyber Seniors @ Family Resource Center - March 7 @ 4:00 p.m.**  
Foot Care Clinic - March 8 @ 10:00 a.m.  
**SilverSneaker® Classic - March 8 @ 10:00 a.m.**  
Tai Chi - March 8 @ 1:00 p.m.  
**Humanities - March 8 @ 1:30 p.m.**  
Beta Sigma Phi City Council - March 8 @ 4:30 p.m.  
**SilverSneaker @ Yoga - March 9 @ 10:00 a.m.**  
SilverSneaker® Classic - March 10 @ 10:00 a.m.  
**Tai Chi - March 10 @ 1:00 p.m.**  
Hand & Foot Card Group - March 10 @ 1:30 p.m.  
**Oi Gong - March 11 @ 10:00 a.m.**  
Lee Edward - March 11 @ 6:00 p.m.  
**Brittany Pierce Birthday Party - March 12 @ Noon**  
Heritage Center Dance - Country Rounders - March 12 @ 6:30 p.m.  
**South Platte Valley Bluegrass Gospel Jam - March 13 @ 2:00 p.m.**  
SilverSneaker ® Yoga - March 14 @ 10:00 a.m.  
**Cyber Seniors @ Family Resource Center - March 14 @ 4:00 p.m.**  
Apex Network Sponsored Event "Ask a PI" - March 15 @ 10:00 a.m.  
**St Patrick's Circle Mtg - March 15 @ 12:00 Noon**  
Las Amigas - March 15 @ 1:00 p.m.  
**Tai Chi - March 15 @ 1:00 p.m.**  
SilverSneaker ® Yoga - March 16 @ 10:00 a.m.

**SilverSneaker® Classic - March 17 @ 10:00 a.m.**

Tai Chi - March 17 @ 1:00 p.m.

**Movie Matinee "My Wild Irish Rose" - March 17 @ 2:00 p.m.**

Camera Club - March 17 @ 7:00 p.m.

**Oi Gong - March 18 @ 10:00 a.m.**

Heritage Center Dance - Jim Ehrlich - March 19 @ 6:30 p.m.

**Pat Mumford - March 20 @ Noon**

SilverSneaker ® Yoga - March 21 @ 10:00 a.m.

**Pinochle - March 21 @ 1:00 p.m.**

Cyber Seniors @ Family Resource Center - March 21 @ 4:00 p.m.

**SilverSneaker® Classic - March 22 @ 10:00 a.m.**

Tai Chi - March 22 @ 1:00 p.m.

**SilverSneaker® Quarterly Birthday Breakfast - March 23 @ 9:00 a.m.**

SilverSneaker ® Yoga - March 23 @ 10:00 a.m.

**Adult Protection - March 24 @ 8:00 a.m.**

SilverSneaker® Classic - March 24 @ 10:00 a.m.

**Tai Chi - March 24 @ 1:00 p.m.**

Hand & Foot Card Group - March 24 @ 1:30 p.m.

**Oi Gong - March 25 @ 10:00 a.m.**

Blood Pressure Clinic - March 25 @ 11:00 a.m.

**Sr. Citizen's Club Birthdays and Anniversaries Party - March 25 @ 3:00 p.m.**

Andrea Guterrez Church Dinner - March 25 @ 5:00 p.m.

**Heritage Center Dance - Country Rounders - March 26 @ 6:30 p.m.**

Pat Mumford - March 27 @ 10:00 a.m.

**SilverSneaker ® Yoga - March 28 @ 10:00 a.m.**

ICT Meeting - March 29 @ 8:00 a.m.

**SilverSneaker® Classic - March 29 @ 10:00 a.m.**

Tai Chi - March 29 @ 1:00 p.m.

**Bunco - March 29 @ 1:30 p.m.**

SilverSneaker ® Yoga - March 30 @ 10:00 a.m.

**Oi Gong - March 31 @ 10:00 a.m.**

Tai Chi - March 31 @ 1:00 p.m.

**Oi Gong - April 1 @ 10:00 a.m.**

Mindy Strat Baby Shower - April 2 @ 12:30 p.m.

**Heritage Center Dance - Cary Lambert - April 2 @ 6:30 p.m.**

Pat Mumford - April 3 @ 10:00 a.m.

Spring forward

Don't forget to set  
clocks ahead  
one hour  
at 2 a.m.  
Sunday.



March 13, 2016



March 29 @ 1:30 p.m.