SR. CITIZENS NEWSLETTER

May 2016

MOTHER'S DAY

May Birthdays

1 Opal Amen
2 LaVerna Waitley
5 Mary Ann Canchola
6 Gerald Jeffries
9 Brenda Girardi
11 Ken Wylie
12 Anna Adams
David Griess
15 Carol Pershing
24 Marge Stewart
27 Mike Canchola
28 Maryanne Forwood

Please Join Us in Celebrating
Our Birthday's
on May 27 @ 3:00 p.m.

ASK A PT (PHYSICAL THERAPIST)

Dr. Pete Stucchi from the ApexNetwork Physical Therapy office will be offering another session of question and answer to address your concerns and curiosity about physical therapy, aches/pains, your body and your health.

Tuesday, May 17th at 11:00 a.m.

Drop your questions in the rainbow "box" located in the lobby.

Logan County Heritage Center presents…..
CLASSIC CHRISTMAS MARKETS
Featuring markets and shopping in Strasbourg, Wurzburg, Nuremberg, Innsbruck and Munich
GERMANY
December 2-10, 2016
For pricing, trip details and reservation information stop by the Heritage Center for a brochure or call Cynthia at 522-1237.

MOVIE MATINEE
Our movie classic for this month is
BRIGADOON
THURSDAY, MAY 19TH
2:00 P.M.
Join us for an entertaining afternoon, comfortable seating and refreshments.

ADULT BASIC TAI CHI CLASSES

Free Classes will be offered at the Heritage Center 11:30-12:30
on Monday, May 2, 2016
Tuesday, May 3, 2016
Wednesday, May 4, 2016
Monday, May 9, 2016
Tuesday, May 10, 2016
Wednesday, May 11, 2016
If you can't make this session, let us know you are interested so we can make plans for another session.

NATIONAL HEALTH & FITNESS DAY

The Heritage Center is committed to helping our senior community maintain and achieve good health and fitness. In recognition of this day we will be offering a chance to win a grand prize drawing. Come to any exercise class during the month of May (until the 25th) and you will receive a ticket to put your name in for the drawing.

Celebration and drawing
WEDNESDAY, MAY 25TH AT 9:30 A.M.
A light breakfast will be served.

HIGHLANDS RANCH MANSION
Tuesday, June 7th

Join the Heritage Center for a day trip to tour the Highlands Ranch Mansion. After our tour we will head to the Aspen Grove Mall for lunch and free time. Cost of the trip will be the transportation, your lunch and shopping.

Sign-up deadline is May 31st.

If you cancel after the deadline you are responsible to find someone to go in your place or pay for your costs, regardless.

May 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 12:00 p.m. Pat Mumford	2 10:00 a.m. SilverSneakers® Yoga **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 11:30 a.m. - 12:30 p.m. Basic Tai Chi Class **12:30 p.m.** **Sr. Citizen Club Business Mtg** 1:00 p.m. Cards & Pool **Pinochle**	3 **10:00 a.m.** SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 11:30 a.m. - 12:30 p.m. Basic Tai Chi Class **1:00 p.m.** **Tai Chi**	4 **9:15 a.m.** **COA** 10:00 a.m. SilverSneakers® Yoga **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 11:30 a.m. - 12:30 p.m. Basic Tai Chi Class **1:00 - 4:30 p.m.** **Cards & Pool**	5 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi** 7:00 p.m. Camera Club	6 **10:00 a.m. -Qi Gong** 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	7 **6:30 - 10:30 p.m.** **Dance** **Cary Lambert**
8 2:00 p.m. South Platte Valley Bluegrass Gospel Jam **Mother's Day**	9 10:00 a.m. SilverSneakers® Yoga **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 11:30 a.m. - 12:30 p.m. Basic Tai Chi Class **1:00 p.m.** **Cards & Pool**	10 **10:00 a.m.** SilverSneakers® Classic **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 11:30 a.m. - 12:30 p.m. Basic Tai Chi Class **1:00 p.m.** **Tai Chi**	11 10:00 a.m. SilverSneakers® Yoga **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 11:30 a.m. - 12:30 p.m. Basic Tai Chi Class **1:00 - 4:30 p.m.** **Cards & Pool**	12 10:00 a.m. SilverSneakers® Classic **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 p.m. Tai Chi **1:00 p.m.** **Hand & Foot Card Group** 7:00 p.m. Boy Scouts	13 **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 Edwards	14 10:00 a.m. Bianca Demaria Bridal Shower **6:30 - 10:30 p.m.** **Dance** **Paul's Country** **Rounders**
15 11:00 a.m. Pat Mumford	16 10:00 a.m. SilverSneakers® Yoga **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 p.m. Cards & Pool **Pinochle** Bridge marathon Party	17 10:00 a.m. SilverSneakers® Classic 11:00 a.m. Apexnetwork Ask the Physical Therapist **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 12::00 p.m. St Patrick's Circle **1:00 p.m.** **Las Amigas**	18 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	19 10:00 a.m. SilverSneakers® Classic **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 p.m. - Tai Chi **2:00 p.m.** **Movie Matinee** **" Brigadoon"** 7:00 p.m. Camera Club	20 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 Edwards	21 **6:30 - 10:30 p.m.** **Dance** **Jim Ehrlich**
22 11:00 a.m. Pat Mumford	23 10:00 a.m. SilverSneakers® Yoga **11:30 a.m. - 12:30 p.m.** Meet & Eat **1:00 p.m.** **Cards & Pool**	24 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. - Tai Chi	25 9:00 a.m. National Health & Fitness Day Celebration **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	26 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. - Tai Chi** 1:00 p.m. Hand & Foot Card Group	27 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	28 10:00 a.m. Lori Kjosnes Graduation Party **6:30 - 10:30 p.m.** **Dance** **Dan Dobson**
29 11:00 a.m. Pat Mumford	30 Memorial Day Center Closed	31 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Tai Chi** 1:30 p.m. Bunco	Signup Deadline for Day Trip to highlands Ranch mansion is May 31st @ 5:00 p.m.			

May 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 Porcupine Meatballs Potatoes Carrot Raisin Salad Onion Roll Fruit Cup	3 Roast Turkey Yam Apple Bake Broccoli WW Roll Pear Slices	4 Lasagna Rotini Casserole Tossed Salad & Dressing Green Beans French Bread Peach Polka Dot Salad	5 BBQ Pork Chops Caribbean Rice Cabbage Caraway Roll Strawberry Applesauce	6 Hot Roast Beef Sandwich California Vegetables Pear Half w/Cranberry Sauce Chocolate Chip Cookie	7
8	9 Sweet & Sour Pork Rice Oriental Vegetables WW Roll Mandarin Oranges w/bananas	10 Tilapia w/Dill Sauce Oven Browned Potatoes Mixed Vegetables Bran Muffin Oregon Berry Mix	11 Chicken Pot Pie Jeannie's Salad Fruit Cup Nature Cookie	12 Chicken & Spinach Lasagna Tossed Salad & Dressing Green Beans French Bread Fruit Cocktail	13 Soft Shell Taco Refried Beans Pineapple Man Orange Compote Honey Apple Cake	4
15	16 White Bean Soup Layered Salad Corn Muffin Mandarin Oranges & Bananas	17 Braised Beef Rice Harvard Beets Roll Tropical Fruit Cup	18 Chicken Cacciatore Mashed Potatoes Asparagus Cuts WW Roll Fruit Cocktail	19 Potato Soup Supreme Tuna Croissant Peach Slices Cookie w/Chocolate Chips	20 Spaghetti Tossed Salad & Dressing Green Beans Garlic Bread Fruit Cup	21
22	23 Baked Fish/ Tarter Sauce Baked Potato California Vegetables Anna's Dilly Bread Mandarin Oranges	24 Chicken Salad Bean Medley Salad WW Roll Orange Wedges Carrot Cake	25 Vegetable Beef Soup Frito Salad Aprioct Halves Banana Nut Bread	26 Cheese Potato Omelet Broccoli Bran Muffin Oregon Berry Mix Cinnamon Crispy	27 Hot Turkey Sandwich Marinated Vegetable Salad Pear Slices Cookies w/Raisins	28
29	30 Memorial Day	31 Beef Goulash Green Beans & Corn Roll Cinnamon Apple Slices	**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**			

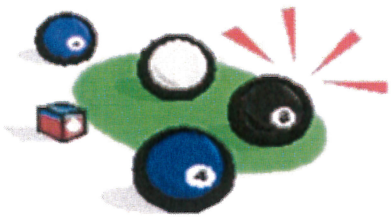
May Wedding Anniversaries

Rock & Darlene Roche - May 21, 1955

Enjoy Cards & Pool

Monday, Wednesday, Friday

1:00 p.m. - 4:30 p.m.



HEALTHWAYS SilverSneakers® FITNESS

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.

The SilverSneakers® Fitness Program

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

Pat Mumford - May 1 @ 11:00 a.m.

SilverSneaker® Yoga - May 2 @ 10:00 a.m.

Basic Tai Chi Class - May 2 @ 11:30 a.m.

Sr. Citizen's Club Business Meeting - May 2 @ 12:30 p.m.

Pinochle - May 2 @ 1:00 p.m.

SilverSneaker® Classic - May 3 @ 10:00 a.m.

Basic Tai Chi Class - May 3 @ 11:30 a.m.

Tai Chi - May 3 @ 1:00 p.m.

Council on Aging - May 4 @ 9:15 a.m.

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

Tai Chi - May 5 @ 1:00 p.m.

Camera Club - May 5 @ 7:00 p.m.

Qi Gong - May 6 @ 10:00 a.m.

Heritage Center Dance - Cary Lambert- May 7 @ 6:30 p.m.

Bluegrass Gospel Jam - May 8 @ 2:00 p.m.

SilverSneaker® Yoga - May 9 @ 10:00 a.m.

Basic Tai Chi Class - May 9 @ 11:30 a.m.

SilverSneaker® Classic - May 10 @ 10:00 a.m.

Foot Care Clinic - May 10 @ 10:00 a.m.

Basic Tai Chi Class - May 10 @ 11:30 a.m.

Tai Chi - May 10 @ 1:00 p.m.

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

Basic Tai Chi Class - May 11 @ 11:30 a.m.

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

Tai Chi - May 12 @ 1:00 p.m.

Hand & Foot Card Group - May 12 @ 1:00 p.m.

Boy Scouts - May 12 @ 7:00 p.m.

Qi Gong - May 13 @ 10:00 a.m.

Lee Edwards - May 13 @ 5:00 p.m.

Biancea Demaria Bridal Shower - May 12 @ 10:00 a.m.

Heritage Center Dance- Paul's Country Rounders - May 14 @ 6:30 p.m.

Pat Mumford - May 15 @ 11:00 a.m.

SilverSneaker® Yoga - May 16 @ 10:00 a.m.

Pinochle - May 16 @ 1:00 p.m.

Bridge Marathon Party - May 16 @ 1:00 p.m.

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

ApexNetwork Ask the Physical Therapist - May 17 @ 11:00 a.m.

St Patrick's Circle - May 17 @ 12:00 p.m.

Las Amigas - May 17 @ 1:00 p.m.

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

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

Tai Chi - May 19 @ 1:00 p.m.

Movie Matinee "Brigadoon" - May 19 @ 2:00 p.m.

Camera Club - May 19 @ 7:00 p.m.

Qi Gong - May 20 @ 10:00 a.m.

Lee Edwards - May 20 @ 5:00 p.m.

Heritage Center Dance - Jim Ehrlich- May 21 @ 6:30 p.m.

Pat Mumford - May 22 @ 11:00 a.m.

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

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

Tai Chi - May 24 @ 1:00 p.m.

National Health & Fitness Day Celebration - May 25 @ 9:30 a.m.

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

Adult Protection - May 26 @ 8:00 a.m.

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

Tai Chi - May 26 @ 1:00 p.m.

Hand & Foot Card Group - May 26 @ 1:00 p.m.

Qi Gong - May 27 @ 10:00 a.m.

Blood Pressure Clinic - May 27 @ 11:00 a.m.

Sr. Citizen's Club Birthday & Anniversary Party - May 27 @ 3:00 p.m.

Lori Kjosness Graduation Party - May 28 @ 10:00 a.m.

Heritage Center Dance- Dan Dobson - May 28 @ 6:30 p.m.

Pat Mumford - May 29 @ 11:00 a.m.

Memorial Day - May 30 - Closed

Inter-agency Council for the Elderly - May 31 @ 8:00 a.m.

SilverSneaker® Classic - May 31 @ 10:00 a.m.

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

Bunco - May 31 @ 1:30 p.m.

Signup Deadline for Day Trip to Highland Ranch Mansion - May 31 @ 5:00 p.m.

Movie Matinee - May 19 @ 2:00 p.m. - "Brigadoon"

May 25 @ 9:30 a.m.

Highland Ranch Mansion
Deadline for Day Trip
May 31 @ 5:00 p.m.