SR. CITIZENS NEWSLETTER 2016

October Birthdays

3 Aline Charles
6 Dorothy Dobson
Helen Williams
9 Lloyd Hobbs
Louise Jones
10 Bob Slonecker
11 Marlene Moyer
13 Dick Ogley
Kathy Schwartz
20 Frances Simants
Mary Vierow
21 Carol Graybill
Grace Schroeder
23 Nancy Pasqua
25 Melba Hastings
26 Jody Dietrich
28 Don Morgan
31 Anita Fielder

Please Join Us in Celebrating
Our Birthday's
on
October 28 @ 3:00 p.m.

FLU SHOT CLINIC

The Heritage Center & Walker's Pharmacy will be hosting our annual Flu Shot Clinic on

TUESDAY, OCTOBER 18TH

11:00-12:15

BRING YOUR MEDICARE CARDS

SR. CITIZEN'S CLUB ANNIVERSARY DINNER

WEDNESDAY, OCTOBER 19TH

SERVING AT NOON

TICKETS ON SALE NOW

$7.00

MEDICARE PART D OPEN ENROLLMENT

Open Enrollment for your Medicare Part D plan begins *OCTOBER 15TH*. If you are eligible for Medicare you can enroll in your prescription drug plan October 15th through December 7th. If you are currently enrolled in a plan this gives you time to make sure your plan is still the right one for you and to make changes if needed. Part D workdays are available on

October 20th	November 9th	December 1st
October 25th	November 17th	December 6th
	December 7th	

Please call and reserve your appointment time at 474-3736 or 522-1970

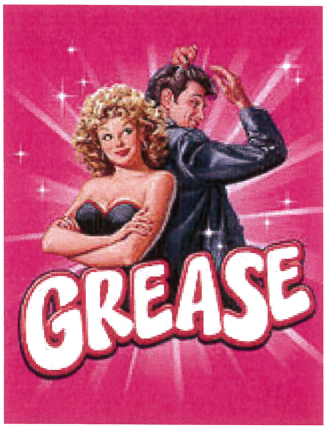
Sr. Citizen's Club
Thanksgiving Dinner
Wednesday, November 16th
Tickets go on sale
October 31st

MOVIE MATINEE

GREASE

Thursday, October 20th
2:00 p.m.

Comfortable seating
Refreshments
FREE



THURSDAY, OCTOBER 20TH
GOLDEN, CO

AM tour of BOETTCHER MANSION

Lunch in beautiful downtown Golden

PM tour of the COORS BREWERY

Estimated Cost is $25.00/person
Call Cynthia at 522-1237

Deadline of October 10th
If you cancel after the deadline you must still pay for transportation and/or find your replacement.

Coors®

FOOT CARE CLINIC

Due to the Heritage Center being a polling place on election day. We will be closed for our usual activities on Tuesday, November 8th. The foot care clinic will be rescheduled for Tuesday, November 1st

10:00 a.m.

November Day Trip
Colorado Country Christmas Gift Show

at the Denver Mercantile Mart
Friday, November 4th
Beautiful holiday displays, 400 vendors, and cooking shows by Colorado's top chefs.
Admission is $14.50
Transportation to be determined
Sign-up deadline is October 26th

http://halloweencolorings.blogspot.com

October 2016

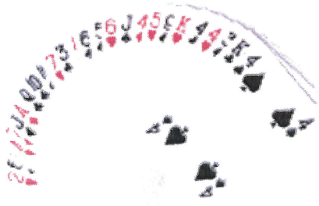
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 **6:30 - 10:30 p.m.** **Dance** **Dan Dobson**
2 10:00 p.m. Pat Mumford	3 10:00 a.m. SilverSneakers® Yoga **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 11:30 - Tai Chi **12:30 p.m. - Sr Club Bus. Mtg** 1:00 p.m. Cards & Pool **Pinochle**	4 **10:00 a.m.** SilverSneakers® Classic **11:30 a.m. - 12:30 p.m.** **Meet & Eat**	5 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. Tai Chi** 1:00 - 4:30 p.m. Cards & Pool	6 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **7:00 p.m.** **Camera Club**	7 **10:00 a.m.** **Qi Gong** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	8 11:00 a.m. Kirbi Rockwell Birthday Party **6:30 - 10:30 p.m.** **Dance** **Classic Country**
9 10:00 p.m. Pat Mumford	10 No SilverSneakers® Yoga **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 p.m. County Offices Closed for Columbus Day	11 **10:00 a.m.** **Foot Care Clinic** 10:00 a.m. Line Dancing w/Betty & Friends **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:30 p.m. Humanities	12 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **11:30 - Tai Chi** 1:00 - 4:30 p.m. Cards & Pool	13 10:00 a.m. SilverSneakers® Classic **11:30 a.m. - 12:30 p.m.** **Meet & Eat** 1:00 p.m. Hand & Foot Card Group **7:00 p.m.** **Boy Scouts**	14 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 - Church**	15 **6:30 - 10:30 p.m.** **Dance** **Joe Judd**
16 10:00 p.m. Pat Mumford	17 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **11:30 a.m. - Tai Chi** 1:00 p.m. Cards & Pool **Pinochle**	18 10:00 a.m. SilverSneakers® Classic **11:00 - 12:15. - Flu Shot Clinic** **by Walker's Pharmacy** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m. - Las Amigas**	19 **8:30 a.m. - Set up for Dinner** **No SilverSneakers® Yoga** No M & E or HD **Sr Anniversary Dinner** 1:00 - 4:30 p.m. Cards & Pool	20 7:30 a.m. Depart to Golden CO **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **2:00 p.m.** **Movie Matinee " Grease"** 7:00 p.m. - Camera Club	21 10:00 a.m Qi Gong 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	22 10:00 a.m. Jessica Roelle Baby Shower **6:30 - 10:30 p.m.** **Dance** **FM Country**
23 10:00 a.m. Pat Mumford	24 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **11:30 a.m. - Tai Chi** 1:00 - 4:00 p.m. Cards & Pool	25 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:30 p.m. - Bunco**	26 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **11:30 - Tai Chi** 1:00 - 4:30 p.m. Cards & Pool	27 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 p.m.** **Hand & Foot Card Group**	**28** 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**	29 **6:30 - 10:30 p.m.** **Dance** Classic Country
30 10:00 a.m. Pat Mumford	31 **10:00 a.m.** **SilverSneakers® Yoga** 11:30 a.m. - 12:30 p.m. Meet & Eat **11:30 a.m. - Tai Chi** 1:00 - 4:00 p.m. Cards & Pool	November 1 **10:00 a.m.** SilverSneakers® Classic **11:30 a.m. - 12:30 p.m.** **Meet & Eat**	November 2 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	November 3 **10:00 a.m.** **SilverSneakers® Classic** 11:30 a.m. - 12:30 p.m. Meet & Eat **7:00 p.m.** **Camera Club**	November 4 **10:00 a.m.** **Qi Gong** 11:30 a.m. - 12:30 p.m. Meet & Eat **1:00 - 4:30 p.m.** **Cards & Pool**	November 5 **6:30 - 10:30 p.m.** **Dance**

October 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2	3 Meatloaf / Gravy Baked Potato Carolina Salad Roll Fruit Cocktail	4 Tuna Salad 3 Bean Salad French Bread Mandarin Oranges & Bananas Cherry Cake	5 Hamburger on a Bun Oven Browned Potatoes California Vegetables Pear Slices	6 Penne & Cheese Apple/ Carrot/Raisin Salad Brussel Sprouts WW Roll Tropical Fruit Cup	7 Scalloped Potatoes & ham Contry Mix Vegetables Caraway Roll Fresh Fruit Cup Cookie w/Chocolate Chips	8
9	10 Chicken Tetrazzini Marinated Vegetable Salad Green Beans Onion Roll Plums	11 Corn Taco Casserole Refried Beans Tossed Salad Fruit Cup	12 Salmon Biscuit Roll Perfection Salad Mixed Vegetables Orange Wedges Nature Cookie	13 Ham & Beans Pineapple Coleslaw Corn Muffins Apricot Halves Cinnamon Crispie	14 Roast Beef Mashed Potatoes & Gravy Peas & Carrots Anna's Dilly Bread Cranberry Sauce	15
16	17 Chicken Noodle Soup Peas Blueberry Muffin Pineapple Orange Compote Brownie	18 Braised Beef Mashed Potatoes Harvard Beets Roll Cinnamon Apple Slices Cookie	19 $ 7.00 - Sr Citizen's Anniversary Dinner Reservations Required No Meet & Eat or Home Delivery	20 Baked Fish Baked Potatoes Carolina Salad Roll Peach Slices	21 Salisbury Steak Mashed Potatoes Stir Fry Vegetables Onion Roll Fruit Cocktail	22
23	24 Beef Stroganoff & Noodles Layered Salad Winter Mix Vegetables WW Roll Fruit Cup	25 Spaghetti w/Meatsauce Bean Medley Tossed Salad Garlic Bread Cinnamon Apple Slices	26 Brunswick Stew Green Beans & Tomatoes Onion Roll Winter Fruit Cup Cookie w/Raisins	27 Swiss Steak Oven Browned Potatoes Italian Vegetables Bran Muffin Banana Slices	28 Tuna Lasagna Tossed Salad Peas & Carrots Garlic Bread Fruit Cup	29
30	31 Smother Pork Chop Mashed Potatoes Green Beans w/Corn Onion Roll OJ Banana Salad Cookie w/Raisins	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				

October Wedding Anniversaries

October 1, 1942 - Harold & Adelaide Cook
October 4, 1998 - Barbara Saylor & Charles Hesse
October 30, 2015 - Miller & Virginia Kelley



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

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

Bosses Day
October 17

Heritage Center Dance - Dan Dobson - October 1 @ 6:30 p.m.

Pat Mumford - October 2 @ 11:00 a.m.

SilverSneaker® Yoga - October 3 @ 10:00 a.m.

Tai Chi - October 3 @ 11:30 a.m.

Senior Citizens Business Mtg - October 3 @ 12:30 p.m.

Pinochle - October 3 @ 1:00 p.m.

SilverSneaker® Classic - October 4 @ 10:00 a.m.

Council on Aging - October 5 @ 9:15 a.m.

SilverSneaker ® Yoga - October 5 @ 10:00 a.m.

Tai Chi - October 5 @ 11:30 a.m.

SilverSneaker® Classic - October 6 @10:00 a.m.

Camera Club - - October 6 @ 7:00 p.m.

Kirbi Rockwell Birthday Party - October 8 @ 11:00 a.m.

Heritage Center Dance -Classic Country- October 8 @ 6:30 p.m.

Pat Mumford - October 9 @ 10:00 a.m.

No SilverSneaker ® Yoga - October 10

Center Closes (Columbus Day) - October 10 @ 1:00 p.m.

Foot Care Clinic - October 11 @ 10:00 a.m.

Line Dancing w/Betty & Friends - October 11 @ 10:00 a.m.

Humanities - October 11 @ 1:00 p.m.

SilverSneaker ® Yoga - October 12 @ 10:00 a.m.

Tai Chi - October 12 @ 11:30 a.m.

SilverSneaker® Classic - October 13 @ 10:00 a.m.

Hand & Foot Group - October 13 @ 1:00 p.m.

Boy Scouts - October 13 @ 7:00 p.m.

Qi Gong - October 14 @ 9:00 a.m.

Lee Edwards - October 14 @ 5:00 p.m.

Heritage Center Dance -Joe Judd- October 15 @ 6:30 p.m.

Pat Mumford - October 16 @ 10:00 p.m.

SilverSneaker ® Yoga - October 17 @ 10:00 a.m.

Tai Chi - October 17 @ 11:30 a.m.

Pinochle - October 17 @ 1:00 p.m.

SilverSneaker® Classic - October 18 @10:00 a.m.

Flu Shot Clinic - October 18 @ 11:00 a.m.

Las Amegas - October 18 @ 1:00 p.m.

Set Up for Dinner - October 19 @ 8:30 a.m.

No Yoga - October 19

Sr. Citizens Club Anniversary Dinner - October 19 @ 12:00 Noon

No Meet & Eat or Home Delivery

Departure to Golden CO - Boettcher Mansion & Coors Brewery- October 20 @ 7:30 a.m.

SilverSneaker® Classic - October 20 @10:00 a.m.

Movie Matinee "Grease" - October 20 @ 2:00 p.m.

Camera Club - October 20 @ 7:00 p.m.

Qi Gong - October 21 @ 10:00 a.m.

Jessica Roelle Baby Shower - October 22 @ 10:00 a.m.

Heritage Center Dance - FM Country - October 22 @ 6:30 p.m.

Pat Mumford - October 23 @ 10:00 a.m.

SilverSneaker® Yoga - October 24 @10:00 a.m.

Tai Chi - October 24 @ 11:30 a.m.

SilverSneaker® Classic - October 25 @10:00 a.m.

Bunco - October 25 @ 1:30 p.m.

SilverSneaker ® Yoga - October 26 @ 10:00 a.m.

Tai Chi - October 26 @ 11:30 a.m.

SilverSneaker® Classic - October 27 @ 10:00 a.m.

Hand & Foot Group - October 27 @ 1:00 p.m.

Qi Gong - October 28 @ 10:00 a.m.

Blood Pressure Clinic - October 28 @ 11:00 a.m.

Sr Citizen's Club B-day & Anniversary Party - October 28 @ 3:00 p.m

Heritage Center Dance - Classic Country - October 29 @ 6:30 p.m.

Pat Mumford - October 30 @ 10:00 a.m.

SilverSneaker ® Yoga - October 31 @ 10:00 a.m.

SilverSneaker® Classic - November 1 @10:00 a.m.

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

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

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

Camera Club - November 3 @ 7:00 p.m.