



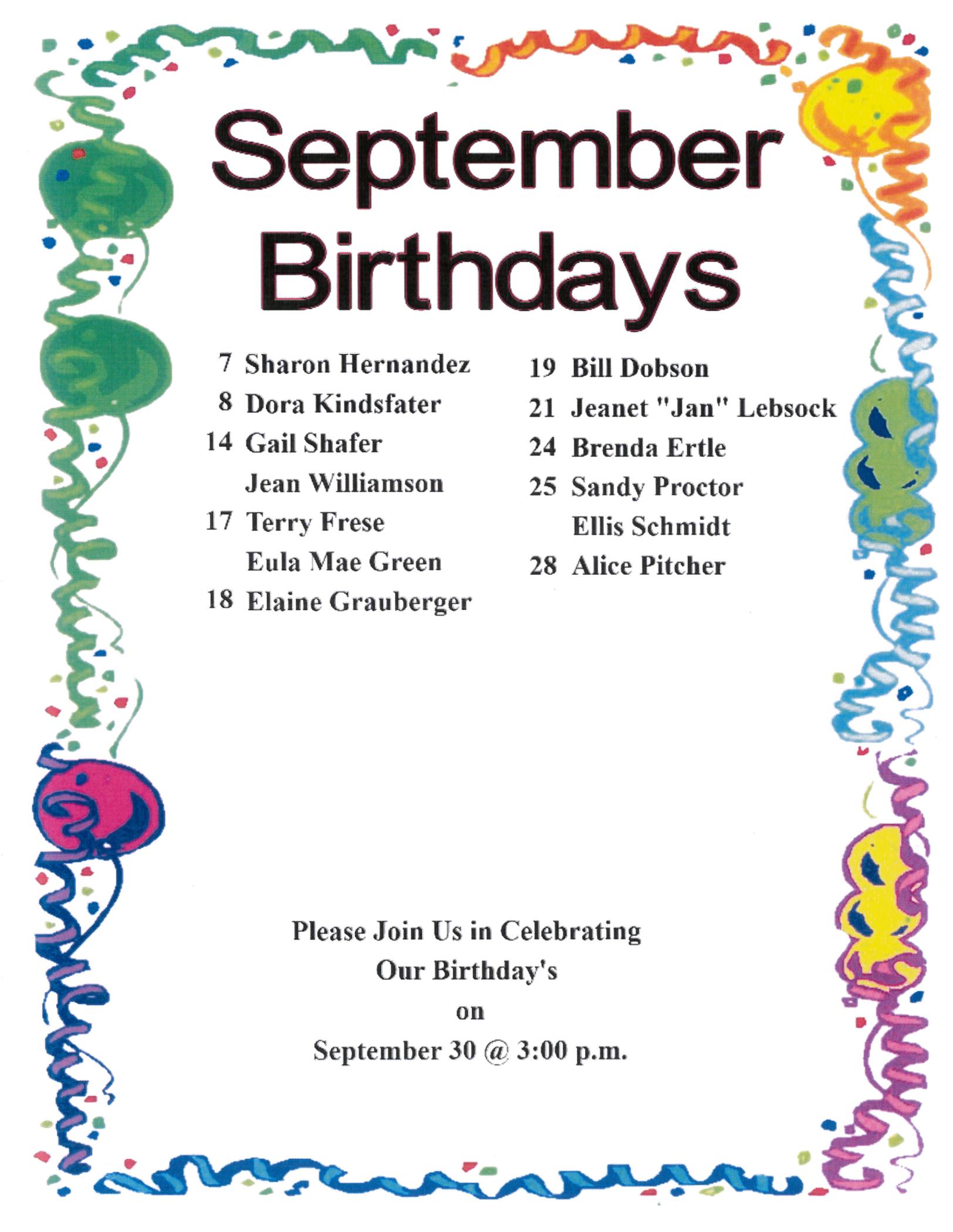
SEPTEMBER

SR. CITIZENS

NEWSLETTER

2016





September Birthdays

- | | |
|----------------------|-------------------------|
| 7 Sharon Hernandez | 19 Bill Dobson |
| 8 Dora Kindsfater | 21 Jeanet "Jan" Lebsock |
| 14 Gail Shafer | 24 Brenda Ertle |
| Jean Williamson | 25 Sandy Proctor |
| 17 Terry Frese | Ellis Schmidt |
| Eula Mae Green | 28 Alice Pitcher |
| 18 Elaine Grauberger | |

Please Join Us in Celebrating
Our Birthday's
on
September 30 @ 3:00 p.m.

LENZ FAMILY POTATO FARM TOUR

WRAY, CO

THURSDAY, SEPTEMBER 8TH

Cost is \$25.00

Sign-up deadline September 1st

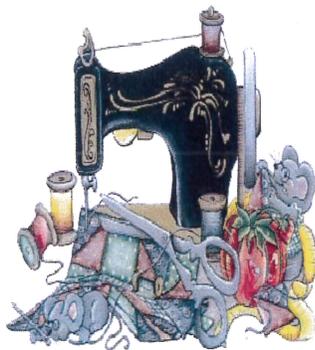
We are planning a trip to the Lenz Family Potato Farm to tour their operation during potato harvest, followed by a potato bar lunch.

Some walking and exposure to the outdoor elements will be expected.

Let Cynthia know if you are interested.

522-1237

(If you cancel after the deadline you are still responsible for the cost of the trip or to find someone to go in your place.)



QUILTING FOR BEGINNERS

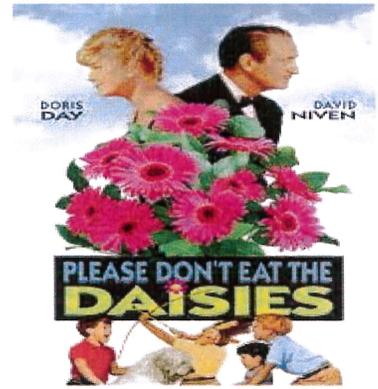
Starts Tuesday, September 6th 1:00 p.m.-?
Kathy Campbell will be here every Tuesday afternoon in September to help you learn the beautiful art of quilting. Sign-up by calling 522-1237 or see the sign-up sheet at the Heritage Center.

PLEASE WELCOME SHARON BOYD

Sharon Boyd is our newest staff member to join the Heritage Center. Please stop and introduce yourself and help her feel welcome. Sharon might be a familiar face to some of you; she comes to us from the Sterling Housing Authority and is in the office at Platte Valley Apartments.

September Movie Matinee
This month's movie is a
Doris Day hit from 1960
"Please Don't Eat the Daisies"

Thursday, September 15th
2:00 p.m.
Refreshments provided



SILVERSNEAKERS BIRTHDAY PARTY

Please join us to help celebrate birthdays in the month of July, August
and September. A lite menu and refreshments of all kinds will be
offered and a chance to win door prizes.

All SilverSneakers® participants are welcome to attend.

TUESDAY, SEPTEMBER 20TH
11:15 a.m.

GOLDEN, CO the best place to
celebrate fall.
Join us for a day trip to Golden, CO
and to visit the Coors Brewery.

I am trying to get us scheduled for a
tour of the Boettcher Mansion that
same day.

Keep in touch. If interested let
Cynthia know at 522-1237.

(Tentatively)
THURSDAY, OCTOBER 20TH.



September 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 7:00 p.m. Camera Club	2 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 6:30 - 10:30 p.m. Dance Eldorado
4 11:00 p.m. Pat Mumford	5 Center Closed Labor Day	6 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Quilting for Beginners	7 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	8 8:30 a.m. Depart for Lenz Family Potato Farm 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Hand & Foot Card Group	9 10:00 a.m. Qi Gong 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	10 10:00 a.m. Jessica Harder Reunion 6:30 - 10:30 p.m. Dance Ray Mullen
11 2:00 p.m. South Platte Valley Bluegrass Gospel Jam	12 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 11:30 - Tai Chi 1:00 p.m. Cards & Pool Sr. Citizens Club Business Mtg	13 10:00 a.m. Foot Care Clinic 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Quilting for Beginners	14 8:30 a.m. Meet & Eat Desk Clerk Training 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	15 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 2:00 p.m. Movie Matinee "Doris Day - Please Don't Eat the Daisies" 7:00 p.m. Camera Club	16 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	17 10:00 a.m. Lora Hostetler Baby Shower 6:30 - 10:30 p.m. Dance Joe Judd
18 11:00 p.m. Pat Mumford	19 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 1:00 p.m. Pinochle	20 10:00 a.m. SilverSneakers® Classic 11:00 a.m. SilverSneakers® 3 rd Quarter Birthday Party 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Las Amigas 1:00 p.m. Quilting for Beginners	21 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	22 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 Hand & Foot Card Group	23 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	24 6:30 - 10:30 p.m. Dance FM Country
25 11:00 a.m. Pat Mumford	26 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	27 8:00 a.m. - ICE 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Quilting for Beginners 1:30 p.m. - Bunco	28 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool	29 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat	30 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	Oct 1 6:30 - 10:30 p.m. Dance

September 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 \$ 10.00</p>				<p>1 Chicken Tetrizzini Stewed Tomatoes Tossed Salad & Dressing WW Roll Watermelon Cookie</p>	<p>2 Clam Chowder Crackers Mixed Vegetables Cottage Cheese & Pineapple Cherry Banana Surprise</p>	<p>3</p>
<p>4</p>	<p>5 Closed Labor Day</p>	<p>6 Pork Chop Suey Rice Carrot Coins Apple Juice WW Roll Pineapple Tidbits</p>	<p>7 Savory Baked Chicken Mashed Potatoes/ Gravy Green Beans w/Tomatoes WW Roll Strawberries & Bananas Nature Cookie</p>	<p>8 Chili w/Beans Jeannie's Salad Garlic Cheese Biscuit Fresh Fruit Cup</p>	<p>9 Southern Beef Pie Red Beets Tossed Salad & Dressing Pear Slices Cookie</p>	<p>10</p>
<p>11</p>	<p>12 Cabbage Burgers Cobble Corn Zucchini Tomato Bake Fruit Cup</p>	<p>13 Taco Casserole Salsa Refried Beans Tossed Salad & Dressing Pear Orange Fruit Cup</p>	<p>14 Tilapia Filet Parslied Potatoes Mix Vegetables Orange Muffin Oregon Berry Mix</p>	<p>15 BBQ Beef Sandwich Brussel Sprouts Potato Salad Fruit Cup</p>	<p>16 Chicken Croissant Tuscany Soup Spinach Strawberry Salad Pineapple Tidbits Nature Cookie</p>	<p>17</p>
<p>18</p>	<p>19 Beef O'le Refried Beans Mexicali Corn Melon Cup</p>	<p>20 Split Pea Soup Tossed Salad & Dressing Corn Bread Mandarin Oranges w/Bananas</p>	<p>21 Spaghetti w/Meat Sauce Marinated Vegetable Salad Garlic Bread Plums Cookie</p>	<p>22 Baked Fish Broccoli Rice Casserole Mixed Vegetables Bran Muffin Winter Fruit Cup</p>	<p>23 Hamburger Steak Mashed Potatoes Bean Medley Oatmeal Rolls Apricot Halves</p>	<p>24</p>
<p>25</p>	<p>26 Salisbury Steak Baked Potato Layered Salad Oatmeal Rolls Banana Split Fruit Cup</p>	<p>27 Tahitian Chicken Caribbean Rice Oriental Vegetables Raisin Roll Cantaloupe Cubes Nature Cookie</p>	<p>28 Swedish Meatballs Mashed Potatoes Frito Salad WW Roll Pear Orange Fruit Cup</p>	<p>29 Roast Pork & Gravy Herbed Lentils & Rice Harvard Beets WW Roll Tropical Fruit</p>	<p>30 Pot Roast & Vegetables Confetti Coleslaw Onion Roll Peach Slices</p>	

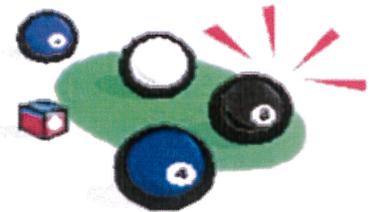
September Wedding Anniversaries



September 2, 1950 - Gene & Aneta Dillenburg
September 11, 1955 - Jim & Jean Williamson
September 3, 1966 - Emil & Marianne Trott
September 16, 1967 - Russ & Judy Clodfelder
September 15, 1979 - John & Elaine Grauberger



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 11:30 a.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

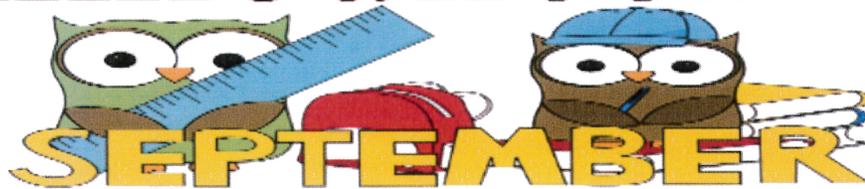
QiGong

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

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

Camera Club - September 1 @ 7:00 p.m.

Qi Gong - September 2 @ 10:00 a.m.

Heritage Center Dance - - September 3 @ 6:30 p.m.

Pat Mumford - September 4 @ 11:00 a.m.

Closed - Labor Day - September 5

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

Quilting for Beginners - September 6 @ 1:00 p.m.

Council on Aging - September 7 @ 9:15 a.m.

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

Tai Chi - September 7 @ 11:30 a.m.

Departure for Lenz Family Potato Farm - September 8 @ 8:30 a.m.

SilverSneaker® Classic - September 8 @ 10:00 a.m.

Hand & Foot Card Group - September 8 @ 1:00 p.m.

Qi Gong - September 9 @ 10:00 a.m.

Jessica Harder Reunion - September 10 @ 10:00 a.m.

Heritage Center Dance - - September 10 @ 6:30 p.m.

South Platte Valley Bluegrass Gospel Jam - September 11 @ 2:00 p.m.

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

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

Sr. Citizens Club Business Mtg - September 12 @ 1:00 p.m.

Foot Care Clinic - September 13 @ 10:00 a.m.

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

Quilting for Beginners - September 13 @ 1:00 p.m.

Meet & Eat Desk Clerk Training - September 14 @ 8:30 a.m.

SilverSneaker ® Yoga - September 14 @ 10:00 a.m.

Tai Chi - September 14 @ 11:30 a.m.

SilverSneaker® Classic - September 15 @ 10:00 a.m.

Movie Matinee "Doris Day - Please Don't Eat The Daisies" -

September 15 @ 2:00 p.m.

Camera Club - September 15 @ 7:00 p.m.

Qi Gong - September 16 @ 10:00 a.m.

Lee Edwards - Church - September 16 @ 5:00 p.m.

Lora Hostetler Baby Shower - September 17 @ 10:00 a.m.

Heritage Center Dance - - September 17 @ 6:30 p.m.

Pat Mumford - September 18 @ 11:00 a.m.

SilverSneaker ® Yoga - September 19 @ 10:00 a.m.

Tai Chi - September 19 @ 11:30 a.m.

Pinochle - September 19 @ 1:00 p.m.

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

SilverSneaker® 3rd Quarter Birthday Party - September 20 @ 11:00 a.m.

Las Amigas - September 20 @ 1:00 p.m.

Quilting for Beginners - September 20 @ 1:00 p.m.

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

Tai Chi - September 21 @ 11:30 a.m.

Adult Protection Team - September 22 @ 8:00 a.m.

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

Hand & Foot Card Group - September 22 @ 1:00 p.m.

Qi Gong - September 23 @ 10:00 a.m.

Blood Pressure Clinic - September 23 @ 11:00 a.m.

Heritage Center Dance - - September 24 @ 6:30 p.m.

Pat Mumford - September 25 @ 11:00 a.m.

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

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

ICE - September 27 @ 8:00 a.m.

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

Quilting for Beginners - September 27 @ 1:00 p.m.

Bunco - September 27 @ 1:30 p.m.

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

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

Qi Gong - September 30 @ 10:00 a.m.

Sr Citizen's Club B-day & Anniversary Party - September 30 @ 3:00 p.m.

Heritage Center Dance - - 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.

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

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

Quilting for Beginners - October 4 @ 1:00 p.m.

