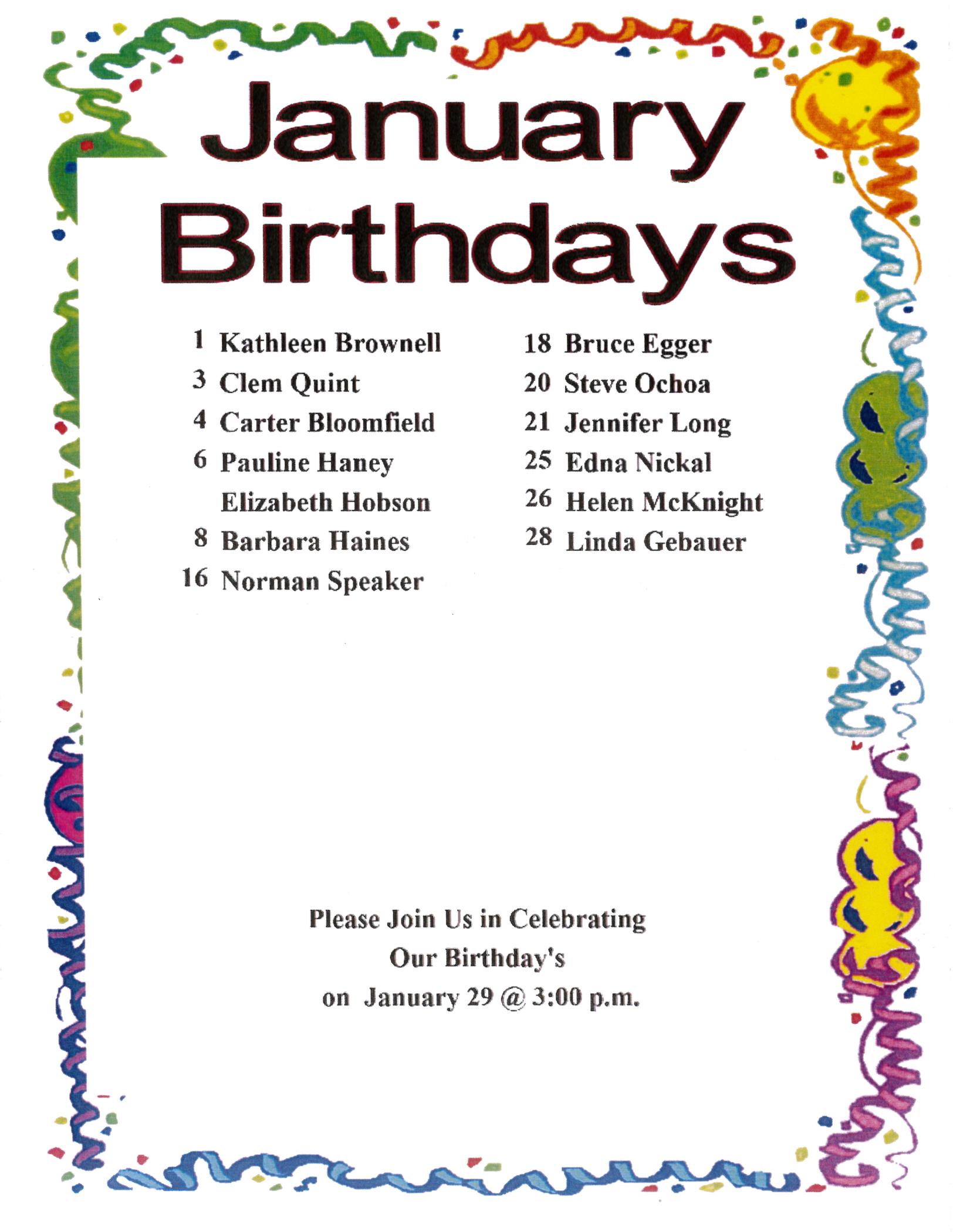




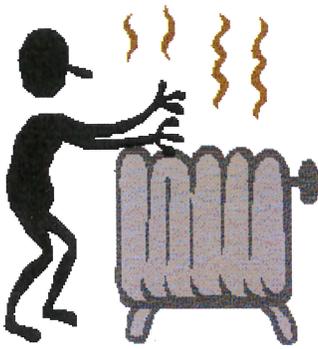
Sr.
Citizens
Newsletter
January
2016



January Birthdays

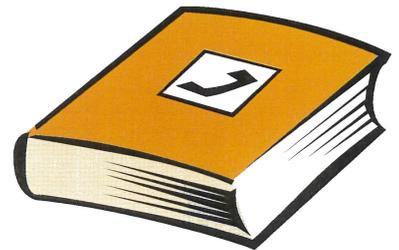
- | | |
|---------------------|-------------------|
| 1 Kathleen Brownell | 18 Bruce Egger |
| 3 Clem Quint | 20 Steve Ochoa |
| 4 Carter Bloomfield | 21 Jennifer Long |
| 6 Pauline Haney | 25 Edna Nickal |
| Elizabeth Hobson | 26 Helen McKnight |
| 8 Barbara Haines | 28 Linda Gebauer |
| 16 Norman Speaker | |

Please Join Us in Celebrating
Our Birthday's
on January 29 @ 3:00 p.m.



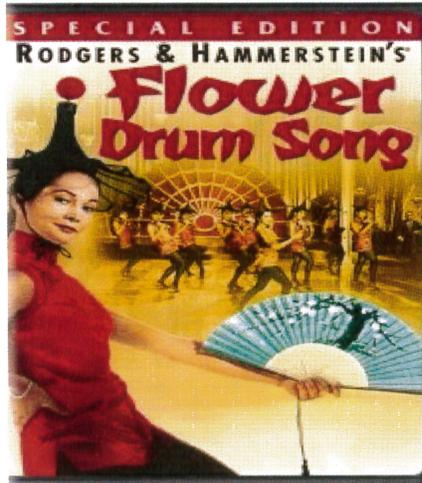
HELP WITH YOUR HEATING BILL
With the cold temperatures we've been having just as a reminder the annual energy assistance program is taking applications to help with the expense of heating costs. Applications are available here at the Heritage Center. To qualify your gross (before taxes) monthly income must be less than \$1,618 for one person and for a two-person household it would be \$2,190.

DUES ARE DUE
It's not too late to pay your Senior Citizen Club Dues. As a reminder we would like to have those collected by the end of the month. Dues did go up this year to \$5.00.
If you have not paid your dues for more than 2 years you will not be listed in the directory and will not receive an invitation to the banquet dinners.



INCOME TAX ASSISTANCE
Again this year the NJC Business Department will be partnering with the IRS income tax assistance program to offer tax services to our community. They will offer assistance on Tuesdays from 4-7 starting February 2nd and will also offer two Saturdays, February 20th and March 5th. Appointments are recommended and can be made by calling Pam at 521-6637 between the hours of 12-5. Please leave a message if she doesn't answer.

JANUARY FEATURED MOVIE MATINEE

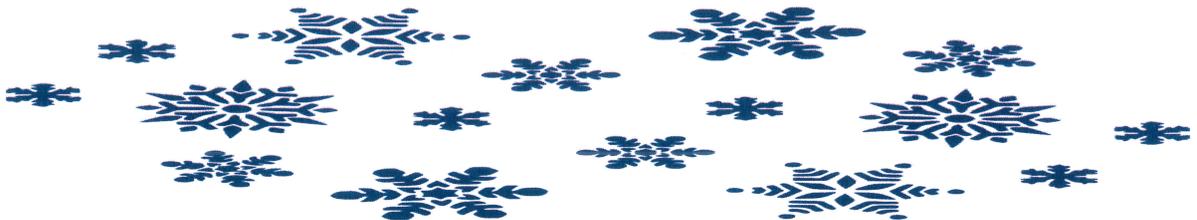


Join us for this Rogers & Hammerstein musical, enjoy the story, the music and the dancing.

Thursday, January 21, 2015

2:00 p.m.

Comfortable seating & Refreshments for your viewing pleasure.



THE SR. CITIZEN'S CLUB WINTER DINNER

All members of the Sr. Citizen's Club are reminded the Christmas dinner had to be rescheduled due to inclement weather/conditions.

RESCHEDULED FOR

WEDNESDAY, JANUARY 20TH

NOON

\$7.00- Reservations required

Same meal, Same Price, Same Place just a different day

Hold on to your tickets; they will be honored for the January dinner.

Please confirm your reservation so we can plan food.

January 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>1 Center Closed Happy New Year</p>  <p>Happy New Year!</p>	<p>2 6:30 - 10:30 p.m. Dance Eldorado</p>
<p>3 4:00 p.m. Garrilee Raffaelli Appreciation Dinner</p>	<p>4 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Sr. Citizens Club Mtg 1:00 p.m. Card & Pool Pinochle</p>	<p>5 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat</p>	<p>6 9:15 a.m. Council on Aging 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool</p>	<p>7 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 7:00 p.m. Camera Club</p>	<p>8 10:00 a.m. Qi Gong 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool</p>	<p>9 6:30 - 10:30 p.m. Dance Country Rounders</p>
<p>10 2:00 p.m. South Platte Valley Bluegrass Gospel Jam</p>	<p>11 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:00 p.m. Cards & Pool</p>	<p>12 10:00 a.m. SilverSneakers® Classic Foot Care Clinic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Humanities</p>	<p>13 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool</p>	<p>14 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat</p>	<p>15 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</p>	<p>16 10:00 a.m. Cynthia Mill B-Day Party 6:30 - 10:30 p.m. Dance Jim Ehrlich</p>
<p>17</p>	<p>18 Center Closes @ 1:00 p.m. No SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat <i>I Have A Dream</i>  <i>Martin Luther King, Jr. Day</i></p>	<p>19 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 p.m. Las Amigas</p>	<p>20 8:30 a.m. Setup for Winter Dinner 12:00 p.m. Sr. Citizen's Club Winter Dinner 1:00 - 4:30 p.m. Cards & Pool</p>	<p>21 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 2:00 p.m. Movie Matinee "Flower Drum Song" 7:00 p.m. Camera Club</p>	<p>22 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</p>	<p>23 6:30 - 10:30 p.m. Dance Country Rounders</p>
<p>24</p>	<p>25 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:00 p.m. Cards & Pool</p>	<p>26 8:00 a.m. ICE Mtg 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat 1:30 p.m. Bunco</p>	<p>27 10:00 a.m. SilverSneakers® Yoga 11:30 a.m. - 12:30 p.m. Meet & Eat 1:00 - 4:30 p.m. Cards & Pool</p>	<p>28 8:00 a.m. Adult Protection Team 10:00 a.m. SilverSneakers® Classic 11:30 a.m. - 12:30 p.m. Meet & Eat</p>	<p>29 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</p>	<p>30 6:30 - 10:30 p.m. Dance Joe Judd</p>
<p>31</p>						

January 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</p> <p>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 \$ 8.00</p>					<p>1 Center Closed</p> 	2
3	<p>4 Roast Turkey Yam Apple Bake Country Mix Vegetables WW Roll Pineapple Orange Compote</p>	<p>5 BBQ Beef Sandwich Potato Salad Butter & Dill Brussel Sprouts Fruit Cup</p>	<p>6 Beef & Noodles Coleslaw Bean Meadley Roll Apricot Halves Chocolate Chip Cookie</p>	<p>7 Salmon Loaf Oven Brownd Potatoes Country Mix Vegetables WW Roll Orange Wedges</p>	<p>8 Brunswick Stew Green Beans & Tomatoes Onion Roll Winter Fruit Cup Raisin Cookie</p>	9
10	<p>11 Spanish Rice Tossed Salad Roll Peach Slices</p>	<p>12 Swiss Steak Potatoes Italian Vegetables Bran Muffin Bananas</p>	<p>13 Chicken Tetrzzini Marinated Vegetable Salad Onion Roll Pear Orange Fruit Cup</p>	<p>14 Liver & Onions Oven Brownd Potatoes Stewed Tomatoes WW Roll Applesauce</p>	<p>15 BBQ Pork Chops Scalloped Potatoes Cabbage Caraway Roll Fruit Cup Nature Cookie</p>	16
17	<p>18 Chili Corn Muffin Pineapple Coleslaw Apricot Halves</p>	<p>19 Hamburger on a bun Oven Brownd Potatoes Country Mix Vegetables Orange Wedges</p>	<p>20 No Meal Served or Delivered Holiday Dinner Rescheduled</p>	<p>21 Sweet & Sour Pork Rice California Vegetables WW Roll Pear Slices</p>	<p>22 Salisbury Steak Mashed Potatoes Red Beets Onion Roll Fruit Cup</p>	23
24	<p>25 Spring Garden Chicken Asparagus Cuts Apple Muffin Oregon Berry Mix</p>	<p>26 Teriyaki Beef Rice Oriental Vegetables WW Roll Peach Slices</p>	<p>27 Ham Potato Omelet Bean Medley Bran Muffin Cherry Banana Surprise</p>	<p>28 Beef Stew Cottage Cheese Peach Salad Corn Bread Orange Wedges</p>	<p>29 Chicken Spinach Lasagna Green Beans Tossed Salad French Bread Fruit Cocktail</p>	30

January Wedding Anniversaries

Dale & Modesta Stoops - January 2, 1999

Bill & Dorothy Dobson - January 12, 1956

Orin & Rosemary Nicholson - January 14, 1956

Arthur & Mary Louise Wiebers - January 17, 1954

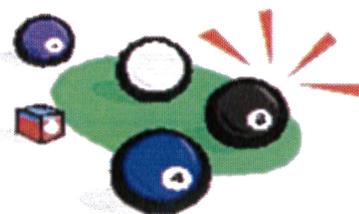
Connie & Roger Polenz - January 30, 1971



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

No Activities Happy New Year - January 1 @10:00 a.m.

Heritage Center Dance - Eldorado Band - January 2 @ 6:30 p.m.

Garrilee Rafflacli Appreciation Dinner - January 3 @ 4:00 p.m.

SilverSneakers @ Yoga January 4 @ 10:00 a.m.

Sr. Citizen's Club Business Mtg - January 4 @ 1:00 p.m.

Pinocle - January 4 @ 1:00 p.m.

SilverSneaker@ Classic - January 5 @ 10:00 a.m.

Council on Aging - January 6 @ 9:15 a.m.

SilverSneakers @ Yoga - January 6 @ 10:00 a.m.

SilverSneakers @Classic - January 7 @ 10:00 a.m.

Camera Club - January 7 @ 7:00 p.m.

Qi-Gong - January 8 @10:00 a.m.

Heritage Center Dance - Country Rounders - January 9 @ 6:30 p.m.

South Platte Valley Bluegrass Gospel Jam - January 10 @ 2:00 p.m.

SilverSneakers@ Yoga - January 11 @ 10:00 a.m.

SilverSneakers @Classic - January 12 @ 10:00 a.m.

Foot Care Clinic - January 12 @ 10:00 a.m.

Humanities - January 12 @ 1:00 p.m.

SilverSneaker@ Classic - January 13 @ 10:00 a.m.

Qi Gong - January 15 @ 10:00 a.m.

Lee Edwards - Church - January 15 @ 5:00 p.m.

Cynthia Mills Birthday Party - January 16 @ 10:00 a.m.

Heritage Center Dance - Jim Ehrlich - January 16 @ 6:30 p.m.

No SilverSneakers @ Yoga January 18

Heritage Center Closed in Observance -

Martin Luther King Jr Day - January 18

SilverSneakers Classic - January 19 @ 10:00 a.m.

Las Amigas - January 19 @ 1:00 p.m.

No SilverSneaker Yoga - January 20

Set-up for Winter Dinner- January 20 @ 8:00 a.m.

Sr. Winter Dinner Dinner - January 20 @ 12:00 Noon

No Meet & Eat or Home Delivery

SilverSneaker @ Classic- January 21 @10:00 a.m.

Movie Matinee "Flower Drum Song" - January 21 @ 2:00 p.m.

Camera Club - January 21 @ 7:00 p.m.

Qi Gong - January 22 @10:00 a.m.

Blood Pressure Clinic - January 22 @ 11:00 a.m.

Heritage Center Dance - Country Rounders - January 23 @ 6:30 p.m.

SilverSneaker @ Yoga - January 25 @10:00 a.m.

ICI Meeting - January 26 @ 8:00 a.m.

SilverSneakers @ Classic - January 26 @ 10:00 a.m.

Bunco - January 26 @ 1:30 p.m.

SilverSneakers Yoga - January 27 @ 10:00 a.m.

Adult Protection - January 28 @ 8:00 a.m.

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

Qi Gong - January 29 @ 10:00 a.m.

Sr. Citizen's Club Birthday's & Anniversaries Party - January 29 @ 3:00 p.m.

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



January 21
@ 2:00 p.m.

Bunco Players Have Talent
They Can Roll Dice
And Talk At The Same Time

