



2018

**HERITAGE CENTER
MONTHLY NEWSLETTER**



happy birthday to you!

Cindy Wright
Florence O'Neal
Marsha Clark
Millie Egbert
Gail Shafer
Jean Williamson
Greg Dyson
Terry Frese
Eula Mae Green
Bill Dobson
Jeanet "Jan" Lebsock
NaDean Meier
Brenda Ertle
Sandy Proctor
Ellis Schmidt

September 2nd
September 3rd
September 4th
September 8th
September 14th
September 14th
September 16th
September 17th
September 17th
September 19th
September 21st
September 23rd
September 24th
September 25th
September 25th

WEDDING ANNIVERSARIES

Jim & Jean Williamson
Emil & Marianne Trott
Russ & Judy Clodfelder
Frank & Faye Fehringer

September 11, 1955
September 3, 1966
September 16, 1967
September 18, 1951

JOIN US


FRIDAY, SEPTEMBER 28TH

3:00 P.M.

For cake, angel food cake and ice cream to
celebrate Senior Citizen's Club Members
birthdays and anniversaries.

SEPTEMBER 2018 HERITAGE MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 522-1237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.</p>	<p>Suggested Donation - \$3.00</p> <p>Under Age 60 Mandatory Charge - \$11.00</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>		
3	4	5	6	7
	<p>PORK CHOP SUEY RICE CARROT COINS APPLE JUICE WW ROLL PINEAPPLE TIDBITS</p> <p>Cal: 691 Protein: 31.6g Carb: 106.9g Fat: 17.1g Sod: 496mg Fib: 10.1g</p>	<p>SAVORY BAKED CHICKEN MASHED POTATOES & GRAVY GREEN BEANS w/ TOMATOES WW ROLL STRAWBERRIES & BANANAS NATURE COOKIE</p> <p>Cal: 786 Protein: 44.4g Carb: 100.9g Fat: 24.9g Sod: 1144mg Fib: 10.6g</p>	<p>TUNA SALAD 3 BEAN SALAD FRENCH BREAD PEAR ORANGE FRUIT CUP CARROT CAKE</p> <p>Cal: 610 Protein: 30g Carb: 98.0g Fat: 13.4g Sod: 828mg Fib: 11.7g</p>	<p>SOUTHERN BEEF PIE RED BEETS TOSSED SALAD & DRESSING FRUIT COCKTAIL COOKIE</p> <p>Cal: 642 Protein: 30.4g Carb: 86.2g Fat: 22.7g Sod: 542mg Fib: 9.6g</p>
10	11	12	13	14
<p>CABBAGE BURGERS CRISPY CUCUMBERS & TOMATOES ZUCCHINI TOMATO BAKE FRUIT CUP CINNAMON CRISPIES</p> <p>Cal: 633 Protein: 31.2g Carb: 94.6g Fat: 18.0g Sod: 526mg Fib: 11.8g</p>	<p>TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD & DRESSING FRUIT SALAD</p> <p>Cal: 631 Protein: 35.8g Carb: 84.8g Fat: 17.6g Sod: 1025mg Fib: 10.4g</p>	<p>CITRUS PEPPER SALMON FILET PARSLIED POTATOES MIXED VEGETABLES ORANGE MUFFIN OREGON COMPOTE</p> <p>Cal: 620 Protein: 31.3g Carb: 93.4g Fat: 15.4g Sod: 750mg Fib: 11.1g</p>	<p>BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD FRUIT COCKTAIL</p> <p>Cal: 603 Protein: 33.7g Carb: 96.7g Fat: 12.1g Sod: 768mg Fib: 11.9g</p>	<p>CHICKEN CROISSANT TUSCANY SOUP SPINACH STRAWBERRY SALAD PINEAPPLE TIDBITS NATURE COOKIE</p> <p>Cal: 691 Protein: 37.7g Carb: 96.4g Fat: 19.5g Sod: 655mg Fib: 10.1g</p>
17	18	19	20	21
<p>SPAGHETTI w/ MEAT SAUCE MARINATED VEGETABLE SALAD GARLIC BREAD PLUMS COOKIE</p> <p>Cal: 697 Protein: 33.9g Carb: 94.0g Fat: 24.4g Sod: 586mg Fib: 11.8g</p>	<p>SEAFOOD BURGER TARTAR SAUCE LETTUCE/TOMATO/ONION BAKED POTATO CALIFORNIA VEGETABLES PEAR SLICES</p> <p>Cal: 638 Protein: 32.5g Carb: 99.5g Fat: 15.5g Sod: 592mg Fib: 12.4g</p>	<p>BEEF O'LE REFRIED BEANS MEXICALI CORN MELON CUP</p> <p>Cal: 598 Protein: 36.4g Carb: 83.2g Fat: 16.2g Sod: 565mg Fib: 11.2g</p>	<p>CHILI w/ BEANS WALDORF SALAD GARLIC CHEESE BISCUIT MANDARIN ORANGES w/ BANANAS</p> <p>Cal: 647 Protein: 31.3g Carb: 100.4g Fat: 16.7g Sod: 864mg Fib: 14.5g</p>	<p>LASAGNA TOSSED SALAD & DRESSING PEAS GARLIC BREAD APPLESAUCE</p> <p>Cal: 609 Protein: 35.3g Carb: 84.3g Fat: 17.4g Sod: 528mg Fib: 12.8g</p>
24	25	26	27	28
<p>SALISBURY STEAK BAKED POTATO LAYERED SALAD OATMEAL ROLL BANANA SPLIT FRUIT CUP</p> <p style="color: red; text-align: center;">BIRTHDAY RECOGNITION</p> <p>Cal: 768 Protein: 45.7g Carb: 92.1g Fat: 25.7g Sod: 607mg Fib: 10.1g</p>	<p>TAHITIAN CHICKEN RICE ORIENTAL VEGETABLES RAISIN ROLL CANTALOUPE CUBES NATURE COOKIE</p> <p>Cal: 812 Protein: 45.4g Carb: 100.3g Fat: 26.8g Sod: 460mg Fib: 9.5g</p>	<p>SWEDISH MEATBALLS MASHED POTATOES FRITO SALAD WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Cal: 739 Protein: 36.1g Carb: 105.2g Fat: 22.3g Sod: 816mg Fib: 12.7g</p>	<p>ROAST PORK MASHED POTATOES & GRAVY CONFETTI COLESLAW HARVARD BEETS WW ROLL FRUIT CUP</p> <p>Cal: 702 Protein: 33.7g Carb: 102.1g Fat: 20.3g Sod: 1085mg Fib: 9.6g</p>	<p>TUNA PENNE CASSEROLE COUNTRY MIX VEGETABLES BRAN MUFFIN MANDARIN ORANGES w/ BANANAS</p> <p>Cal: 728 Protein: 34.6g Carb: 124.6g Fat: 13.7g Sod: 629mg Fib: 12.6g</p>

~ September 2018 ~

Mon	Tue	Wed	Thu	Fri	Sat
					1 6:30 p.m. Dance w/ FM Country
3 Closed for LABOR DAY No activities No meals served or delivered	4 9:00 Sr. Citizen's Club Business Meeting 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 2:00 Billiards	5 9:00 Council on Aging Meeting 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	6 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 7:00 Camera Club	7 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	8 NO DANCE THIS WEEKEND
10 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle	11 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 2:00 Billiards	12 10:00 NO Yoga TODAY 12:00 Meet & Eat 1:00 Cards & Pool	13 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Hand & Foot Canasta 1:30 Novice Tai Chi	14 10:00 Qil Gong 12:00 Meet & Eat 1:00 Cards & Pool	15 6:30 p.m. Dance w/ Jim Ehrlich \$7.00 All ages welcome
17 9:00-9:45 Beginning Tai Chi 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool 1:00 Pinochle 1:30 Legal Aid Clinic	18 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:00 Las Amigas 1:30 Sewing & etc. 2:00 Billiards	19 9:00-9:45 Beginning Tai Chi 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	20 9:00-9:45 Beginning Tai Chi 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Novice Tai Chi 2:00 Movie Matinee "Leisure Seekers"	21 10:00 Qi Gong 12:00 Meet & Eat 1:00 Cards & Pool	22 6:30 p.m. Dance w/ Out of the Blue
24 9:00-9:45 Beginning Tai Chi 10:00 SilverSneakers® Yoga 11:00 SilverSneakers® Quarterly Birthday Party 12:00 Meet & Eat 1:00 Cards & Pool	25 8:00 Inter-agency Council for the Elderly (ICE) 10:00 SilverSneakers® Classic 12:00 Meet & Eat 1:30 Sewing & Etc. 1:30 Bunco 2:00 Billiards	26 8:00 Departure for Ft. Collins 9:00-9:45 Beginning Tai Chi 10:00 SilverSneakers® Yoga 12:00 Meet & Eat 1:00 Cards & Pool	27 9:00-9:45 Beginning Tai Chi 10:00 SilverSneakers® Classic 12:00 Meet & Eat 2:00 Area Agency on Aging Public Forum	28 10:00 Qi Gong 11:00 Blood Pressure Clinic 12:00 Meet & Eat 1:00 Cards & Pool 3:00 Sr. Citizen's Club Birthday & Anniv. Party	29 6:30 p.m. Dance w/ Dan Dobson \$7.00 All Ages Welcome

LOGAN COUNTY HERITAGE CENTER

ACTIVE AGING ADULT FITNESS CLASSES



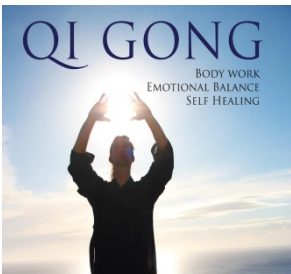
SilverSneakers® Yoga

Older Adult Group exercise from a chair or standing position that targets flexibility, range of movement, balance and mind-body integration.

Monday & Wednesday mornings at 10:00 a.m.-11:15 a.m.

Some supplemental insurance will cover the expense of the class.

\$2.00 a class for those with no applicable insurance coverage.



Qi Gong

This group will be meeting for exercise class led by DVD instruction on Friday mornings at 10:00 a.m. Stretches to clear stress and tension, acupressure to open energy meridians and flowing movement practices to draw in energy to counteract fatigue and boost immune health.

Please come and join us, this class is free.

SILVERSNEAKERS® CLASSIC

This group exercise program will help improve functional capacities, physical fitness and sense of well-being targeting strength, range of movement, agility, balance and coordination. Medicare Supplemental insurance can cover the cost of this class we would be glad to check your eligibility.

\$2.00 for those without eligible insurance.

Tuesday and Thursday mornings at 10:00 a.m.

Please come and join us.



Guest speakers, guest instructors, Tai chi classes and other health related topics are offered throughout the year. Sign-up to receive our email newsletter to keep informed of upcoming opportunities to improve your health and to remain ACTIVE while AGING.



Join the **SENIOR CITIZEN'S CLUB**
For Pinochle and Pool on
Mondays, Wednesdays, and Fridays
1:00-4:30
Snack break at 3:00 so bring your quarters



SEWING, AND ETC.

Bring what you want to work on and be prepared to talk/visit.
Beginning quilting, embroidery, Christmas decorations, Table runners and anything else your crafting heart desires.

QUESTIONS CALL KATHY CAMPBELL AT (970) 371-2143



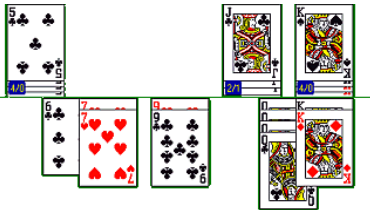
LEGAL AID DAY

3rd MONDAY OF EACH MONTH

1:30-4:30 p.m.

Appointments strongly suggested, please call 522-1237

Judge Jim Leh will be available at the Heritage Center to meet with anyone who might need legal advice or assistance who cannot otherwise afford an attorney.



HAND & FOOT CANASTA

2nd and 4th Thursday of each month

1:00 – 4:00 Individuals or partners are welcome to join us to play hand and foot canasta. This is a great group to join if you have never played before and want to learn. Let us know you are coming by calling 522-1237.

FOOT CARE CLINIC

2nd Tuesday of each month

10:00 a.m. no appointments, Sign-up sheet doesn't go out until 9:30

Suggested donation of \$5.00-\$10.00

Please soak your feet before you come and bring a towel for your added comfort

Provided by Northeast Plains Home Health and Sterling MedCare Home Health

BLOOD PRESSURE CLINIC

4th Friday of each month

R. N. or L.P.N. will be available to check your blood pressure

Provided by Hospice of the Plains-Cheryl Dillon

No Cost

NEW FACES IN OUR FAVORITE PLACES

We have had lots of new staff join our team. Please welcome and share your kindness with the following new faces.

Jordan Hill, Senior Center Assistant, Part Time

Jordan started with us on Monday, August 27th. She is a recent high school graduate, with plans to pursue higher education in the spring on-line. Jordan loves her German Shepard, driving her Jeep and hanging out with her family.

Brittany Weitzel, Assistant Cook

Brittany joined the kitchen staff to help prepare your delicious and nutritious meals on Tuesday, August 28th. Brittany was born and raised in Sterling. She is married to Chris Weitzel and has two adorable daughters. She loves to cook, and spend time with her girls.

Angela DeLeon, Kitchen Manager

Angela started with the Area Agency on Aging Thursday, August 30th. She is married to David DeLeon, lives in Sterling, and has two sons, and one grandchild. She loves to cook and is working towards completing her degree in culinary arts by the Spring of 2019.

The weekend of September 8th the floors will be sanded and waxed, something that we have been looking forward to having done for quite some time. We would appreciate your help in trying to keep the floors looking nice as long as possible. We ask that you

- 1) DO NOT wear Black Sole Shoes
- 2) Please do not drag tables and chairs across the floor if you can physically manage picking it up we would appreciate it.
- 3) During the winter please thoroughly wipe your feet to avoid tracking in salt and chemicals.

THANK YOU!

We appreciate your respectful use of our facility.

SEPTEMBER DAY TRIP

CITY OF FT. COLLINS

Join the Heritage Center for a lovely day in Fort Collins. Ride the restored Birney Car, lunch in Old Town and then tour the Historic 1879 Avery House.

WED. SEPT. 26TH

\$15.00 for the trolley and the house tour. Transportation is **ESTIMATED** at **\$25.00/person**. Lunch is on your own.

**SIGN UP DEADLINE IS
SEPTEMBER 14th**

If you cancel after the deadline you will be responsible for finding someone to go in your place and/or paying the cost of transportation and your reservation.



VOLUNTEERS WANTED

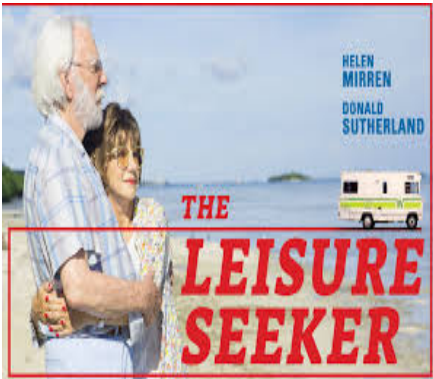
We would love to have you share your time with our program and the clients we serve.

We have openings Monday, Wednesday, Thursday, and Friday to deliver to the apartments at MacGregor (housing authority). If you are interested in sharing ½ hour to 45 minutes of your day with our senior clients, please stop and talk to Jordan or Cynthia or call

522-1237.

Adult Tai Chi Classes Offered

Adult Tai Chi Classes will be offered **9:00-9:45** on **Monday, Wednesday, and Thursday beginning September 17th through September 27th**. (Two weeks). This class is designed for participants who will benefit from using a specifically designed slow-moving, fluid, and gentle exercise style of Tai Chi, aimed to improve heart/lung function, muscular strength, flexibility, balance, and stress reduction. The movements may be performed seated or standing. The free class will be taught by Kathy Graham, a certified Tai Chi instructor. Former participants are welcome! Please wear comfortable, safe shoes (like tennis shoes) and bring water to drink. Registration will be take place at 9 a.m. during the first class on Monday, Sept. 17th, at the Heritage Center.



MOVIE MATINEE

THE LEISURE SEEKER

Wednesday, SEPT. 20TH

2:00 p.m.

Starring Donald Southerland and Helen Mirren, a runaway couple going on an unforgettable journey in in the faithful old RV, traveling from Boston to Ernest Hemingway Home in Key West. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the very end.



SEPTEMBER DANCE SCHEDULE

Dance to live music and a variety of bands.

Dances start at 6:30 p.m.-10:00 p.m.

\$7.00 admission

SEPT. 1ST

FM COUNTRY

SEPT. 8TH

NO DANCE

SEPT. 15TH

JIM EHRLICH

SEPT. 22ND

OUT OF THE BLUE

SEPT 29TH

DAN DOBSON

AREA AGENCY ON AGING

OPEN FORUM

Community Input for Senior Services in Northeast Colorado

Thursday, September 27th

2:00-3:30

Heritage Center 821 N. Division Ave. Sterling

We would like your input and ideas for the services we provide for seniors in our communities. Your participation is vital to

➤ NO SILVERSNEAKERS®
YOGA ON WEDNESDAY,
SEPTEMBER 12TH

OPEN FORUM..!



OCTOBER DAY TRIP

THURSDAY, OCTOBER 25TH

Lunch at CINZZETTI'S MARKET

PLACE RESTAURANT

TEA TIME AT THE BUTTEFLY PAVILION

We will have an informal tea at 2:30 at the Butterfly Pavilion and be provided with a program on the Butterfly Basics. Take a closer look at some of Butterfly Pavilion's most interesting creatures. See (and feel!) them up close as we spend time with some of our world's smallest wonders.

\$8.99 or 10.99 for Cinzzetti's

\$9.00 admission and program at Butterfly Pavilion

\$25.00 estimated transportation cost

SIGN—UP DEADLINE MONDAY, OCTOBER 8TH

If you cancel after the deadline of the 8th you are still responsible for ALL cost and/or finding someone to take your place.