



SR. CITIZEN'S NEWSLETTER



2021





NOVEMBER BIRTHDAYS

Anne Dye
Carlton Wyckoff
Dorothy Hanson
Modesta Stoops
Joyce Morrell
Donna Sonnenberg
Edna Lovell
Jeanne Windsor
Justin Weber
Sally Lock
Margaret "Lorrie" Frick
Shirley Manuello
Deb Neal
Joyce Lybarger
Russell Clodfelder
Anne Brunner
Gene Facchinello
Alice Folladori

November 1st
November 2nd
November 3rd
November 4th
November 9th
November 15th
November 15th
November 16th
November 17th
November 20th
November 24th
November 24th
November 24th
November 25th
November 26th
November 28th
November 29th
November 29th

WEDDING ANNIVERSARIES

Bob & Marilyn Slonecker

November 15, 1952

PLEASE JOIN US IN CELEBRATING
CLUB MEMBERS
BIRTHDAY'S AND ANNIVERSARIES
ON MONDAY, NOVEMBER 29TH
@ 3:00 P.M.

NOVEMBER 2021 HERITAGE MEAL SITE

FOR RESERVATIONS OR CANCELATIONS CALL 522-1237 BY 8:00 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
SOFT SHELL TACOS SALSA REFRIED BEANS COBBLER CORN FRUIT CUP Calories: 699 Carb: 97.0g Fiber: 12.2g Protein: 38.1g Fat: 20.4g Sod: 994mg	BEEF & NOODLES APPLE CARROT RAISIN SALAD CAULIFLOWER & PEAS ONION ROLL PLUMS Calories: 609 Carb: 97.1g Fiber: 11.5g Protein: 32.5g Fat: 12.5g Sod: 480mg	CITRUS PEPPER SALMON FILET BAKED POTATO CAROLINA SALAD BRAN MUFFIN FRUIT COCTAIL Calories: 609 Carb: 95.0g Fiber: 9.6g Protein: 34.4g Fat: 22.6g Sod: 1045mg	CHICKEN POT PIE MARINATED VEGETABLE SALAD FRUIT CUP BROWNIE Calories: 774 Carb: 90.7g Fiber: 9.6g Protein: 36.7g Fat: 32.4g Sod: 585mg	SLOPPY JOE SANDWICH POTATO SALAD SPINACH MANDARIN ORANGES w/ BANANAS Calories: 610 Carb: 98.0g Fiber: 12.0g Protein: 34.5g Fat: 13.1g Sod: 968mg
8	9	10	11	12
BEEF GOULASH GREEN BEANS & CORN ROLL PEACH SLICES APPLE GRANOLA COOKIES Calories: 691 Carb: 93.6g Fiber: 11.3g Protein: 33.3g Fat: 24.1g Sod: 793mg	BARBECUE PORK CHOPS SCALLOPED POTATOES CABBAGE BRAN MUFFIN PEAR ORANGE FRUIT CUP Calories: 721 Carb: 97.2g Fiber: 10.6g Protein: 37.0g Fat: 23.5g Sod: 992mg	LASAGNA TOSSED SALAD w/ DRESSING PEAS GARLIC BREAD PEAR SLICES Calories: 654 Carb: 90.9g Fiber: 13.4g Protein: 35.7g Fat: 19.0g Sod: 532mg	CHOICE: HAMBURGER STEAK OVEN FRIED LIVER SCALLOPED POTATOES STEWED TOMATOES WW ROLL APPLESAUCE Calories: 621 Carb: 89.5g Fiber: 10.2g Protein: 34.9g Fat: 18.8g Sod: 670mg	HAM POTATO OMELET SALSA BROCCOLI APPLE SALAD BRAN MUFFIN BANANA SPLIT FRUIT CUP Calories: 661 Carb: 86.1g Fiber: 9.7g Protein: 30.2g Fat: 25.2g Sod: 1134mg
15	16	17	18	19
HOT ROAST BEEF SANDWICH FRITO SALAD BRUSSEL SPROUTS FRUIT CUP Calories: 619 Carb: 87.6g Fiber: 11.6g Protein: 35.8g Fat: 16.3g Sod: 803mg	TUNA NOODLE CASSEROLE CAROLINA SALAD WW ROLL PINEAPPLE TIDBITS COOKIE w/ RAISINS Calories: 785 Carb: 106.8g Fiber: 9.5g Protein: 35.7g Fat: 27.2g Sod: 756mg	SENIOR CITIZENS CLUB THANKSGIVING DINNER NO MEET AND EAT	ROAST PORK MASHED POTATOES & GRAVY BROCCOLI CARAWAY ROLL WINTER FRUIT CUP OATMEAL CHOCOLATE CHIP COOKIES Calories: 710 Carb: 94.1g Fiber: 9.5g Protein: 35.7g Fat: 23.2g Sod: 756mg	WHITE CHILI w/ CHICKEN CRACKERS LAYERED SALAD MANDARIN ORANGES w/ BANANAS BUTTERSCOTCH BROWNIES Calories: 732 Carb: 102.9g Fiber: 11.3g Protein: 32.0g Fat: 23.5g Sod: 764mg
22	23	24	25	26
HAMBURGER ON A BUN POTATO SALAD CALIFORNIA VEGETABLES PEAR SLICES Calories: 701 Carb: 85.1g Fiber: 10.2g Protein: 42.5g Fat: 23.2g Sod: 733mg	ROAST TURKEY DRESSING MASHED POTATOES & GRAVY BROCCOLI YAM APPLE BAKE CRANBERRY SAUCE PUMPKIN COOKIES Calories: 794 Carb: 122.5g Fiber: 10.7g Protein: 28.3g Fat: 23.6g Sod: 972mg	BEEF O'LE REFRIED BEANS FRUIT CUP Calories: 617 Carb: 84.1g Fiber: 13.2g Protein: 37.7g Fat: 16.3g Sod: 623mg		HAMBURGER STEAK BOILED POTATOES PEAS WW ROLL ORANGE JUICE /BANANA JELLO SALAD Calories: 724 Carb: 84.9g Fiber: 11.0g Protein: 44.7g Fat: 23.8g Sod: 390mg
29	30			
SPANISH RICE w/ GROUND BEEF TOSSED GREEN SALD w/ DRESSING ONION ROLL PLUMS OATMEAL NUT COOKIES BIRTHDAY RECOGNITION Calories: 658 Carb: 91.5g Fiber: 9.5g Protein: 30.6g Fat: 21.6g Sod: 545mg	HAM SCALLOPED POTATOES WINTER MIX VEGETABLES OATMEAL ROLL MANDARIN ORANGES NATURE COOKIES Calories: 668 Carb: 101.3g Fiber: 10.2g Protein: 31.6g Fat: 18.4g Sod: 1134mg	Suggested Donation - \$4.00 Under Age 60 Mandatory Charge - \$12.50 Menu may change due to availability of food items or conditions that cause the kitchen to close.	IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.	For Reservations Call 522-1237 by 8:00 a.m. the day you want the meal. If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.

November 2021

Mon	Tue	Wed	Thu	Fri	
1 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Pinochle 1:30 Cards & Pool	2 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Card Making with Jane Desanti "ink, stamps, die cutting" 1:30 Billiards	3 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Sr. Citizen's Club Business Meeting 2:00 Cornhole, Dominoes, Mah Jong, Pinochle, Pool	4 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Billiards 2:00 Novice Tai Chi	5 10:00 Qi Gong Noon Meet & eat 1:30 Pinochle, Pool, Chess Checkers 1:30 Council on Aging Meeting 2:30 Ornament Making	6 Dance to Live Music Classic Country 6:30 p.m. \$7.00 All Ages Welcome
8 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	9 10:00 Foot Care Clinic 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Card Making with Jane DeSanti "Heat embossing" 1:30 Sewing & Hobbies 1:30 Rummy	10 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cornhole, Dominoes, Mah Jong, Pinochle, Pool	11 10:00 No Exercise Noon Meet & Eat 1:00 Heritage Center Closes in Observance of Veteran's Day	12 10:00 Qi Gong Noon Meet & Eat 1:30-3:00 Pumpkin Bar 1:30 Pinochle, Pool, Chess, Checkers 2:00 Ornament Making	13 Dance w/ Jim Ehrlich 6:30 p.m. \$7.00 Public Welcome
15 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Pinochle 1:30 Cards & Pool	16 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Las Amigas 1:30 Sewing & Hobbies 1:30 Card Making w/ Jane Desanti "embossing folders"	17 10:00 Yoga postponed until 2:00 Noon Sr. Citizen's Club Thanksgiving Dinner 1:30 Cornhole, Mah Jong, Dominoes, Pinochle, Pool 2:00 SilverSneakers® Yoga	18 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Movie Matinee "Never Too Late" 2:00 Novice Tai Chi	19 10:00 Qi gong Noon Meet & Eat 1:30 Chess, checkers, cards & Pool 1:30 Pumpkin Bar 1:30 Ornament Making	20 Dance to Live Music FM Country 6:30 p.m. \$7.00 Public Welcome
22 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool	23 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies 1:30 Rummy	24 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cornhole, Mah Jong, Dominoes, Pinochle, Pool	25 Closed for Thanksgiving Day 	26 10:00 Qi gong Noon Meet & Eat 1:00 Heritage Center Closes No Afternoon activities	27 NO DANCE
29 10:00 SilverSneakers® Yoga Noon Meet & Eat 1:30 Cards & Pool 3:00 Sr. Citizen's Club November B-day & Anniversary Party	30 10:00 SilverSneakers® Classic Noon Meet & Eat 1:30 Sewing & Hobbies				

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.

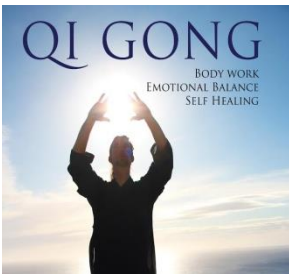
Some supplemental insurance will cover the expense of the class.

\$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, acupuncture 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.



NOVICE TAI CHI

This class is offered on Thursdays at 2:00 for those who have already completed a beginners Tai Chi class or are familiar with the practice. There is no instructor, this is a collaborated effort of those attending.



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.**



RUMMY

New to the line-up at the Heritage Center is Rummy. We will be playing on the 2nd and 4th Tuesdays of each month starting at 1:30 p.m. Bring a snack and enjoy the company of others in a relaxed atmosphere.



Join the SENIOR CITIZEN'S CLUB

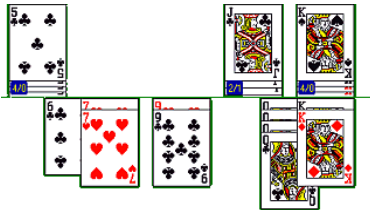
For Pinochle and Pool on
Mondays, Wednesdays, & Fridays
1: 30 start time, Snack break at 3:00
Bring your quarters/ 50 cents a snack



SEWING AND HOBBIES



Like to share ideas and work as a group. Bring what you want to work on and be prepared to talk/visit. All ideas/projects are welcome.



HAND & FOOT CANASTA

2nd and 4th Thursday of each month

1:30 – 4:00 p.m. 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.

MAH JONG, CHESS, DOMINOES, CORNHOLE

These other recreational games are offered throughout the month, we would love to get enough interest to start a league. Please call us or sign up for the newsletter to find out when these games are on the monthly calendar. Please provide your name and contact information so we can start forming leagues.

FOOT CARE CLINIC

2nd Tuesday of every other month

10:00-11:00 a.m. BY APPOINTMENT ONLY

Call 522-1237 to schedule your 15 minute appointment

Suggested donation no less than \$5.00

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

Provided by Sterling MedCare Home Health



THE PUMPKIN STAND

Friday, November 12th 1:30-3:00

Friday, November 19th 1:30-3:00

Join us at the Heritage Center for a pumpkin dessert, conversation and laughter.

MOVIE MATINEE

“Never Too Late”
Thursday,
November 18th
1:30 p.m.

Join us for a comedy-drama movie starring James Cromwell and Jackie Weaver. Four former prisoners of war that famously broke out of their camp during the Vietnam War are all now residents of the same retirement home for returned veterans. The four men devise a plan to break out of the home in an attempt to fulfil their individual dreams.

We bring out the comfortable chairs, pop fresh popcorn and provide an intermission to stretch and run to the bathroom without missing any of the film.



Please note the Sr. Citizen's Club Monthly Birthday and Anniversary Party has been rescheduled for Monday, November 29th at 3:00 p.m. due to the Thanksgiving Holiday



SENIOR CITIZEN'S CLUB THANKSGIVING DINNER
Wednesday, NOVEMBER 17th, @ Noon
Tickets on sale NOW through Friday, November 5th
\$12.00

We **must** have your reservation and **PAID** ticket by the 5th of November.
No tickets will be sold at the door.

Please remember your utensils.

MENU

Turkey, Dressing, Mashed Potatoes & Gravy, Green Bean Casserole, Cranberry Salad,
Dinner Roll, Pumpkin and Pecan Dessert

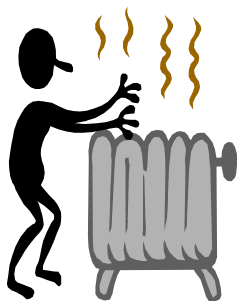


Medicare Part D

**Remember open enrollment is October 15th through
December 7th.**

You can schedule an appointment with Alaina for Tuesdays and
Thursdays to make changes
or review your plan.

Please call 474-3736 OR 522-1970



L.E.A.P. starts November 1

The Low-income Energy Assistance Program starts November 1st and applications are accepted through April 30th. LEAP is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs. It is not intended to pay the entire cost of home heating, but rather to help alleviate some of the burden associated with the colder months. You can qualify if your monthly income for **1 person is \$2,759 or less or \$3,608 for a 2 person household.**

Applications available at the Heritage Center or Department of Human Services. Help completing the application is available through our local Dept. of Human Services office. For more information please call Cynthia at 522-1237 or
1-866-432-8435

DANCE SCHEDULE

Join us every Saturday Night for dancing to live music.

Cover Charge \$7.00

6:30-10:00 p.m.



November 6th

November 13th

November 20th

November 27th

Classic Country

Jim Ehrlich

FM Country

NO DANCE

LENZ FAMILY FARM POTATOES

Once again we will be a distribution site for locally grown (Holyoke/Wray) Lenz Potatoes. Place your order AND PAID by Friday at 4:00 p.m. Available for pick up on Monday after 1:00 p.m.

5 lb. bag of Yukon Gold \$2.50

50 lb. sack of No. 2's \$12.00

50 lb. carton "A" quality \$22.00



Foot Care Clinic

The Foot Care clinic provided by Sterling Regional MedCare will be this month

Tuesday, November 9th

10:00

By appointment only~8 slots available

Suggested Donation of \$5.00 or more





TREE ORNAMENT MAKING

THE HERITAGE CENTER IS GOING TO HAVE A TREE FOR THE STERLING PUBLIC LIBRARY PARADE OF TREES. BUT WE NEED YOUR HELP GETTING OUR ORNAMENTS MADE.

FRIDAY, NOVEMBER 5TH 1:30-?

FRIDAY, NOVEMBER 12TH 1:30-?

FRIDAY, NOVEMBER 19TH 1:30-?

WE ARE MAKING ORNAMENTS/GARLAND OUT OF OLD OR UNUSED CHRISTMAS CARDS, SCRAP FABRIC, BOOK PAGES.



CARD MAKING WITH JANE DESANTI

Don't forget to attend the card making sessions you signed up for in November.

November 2nd we will learn and use to use ink, stamps, and die cutting to make cards

November 9th we will be adding the magic of heat embossing.

November 16th is about incorporating embossing folders

November 23rd learning the tips and tricks of ink blending

November 30th we will assemble a paper gingerbread house



SILVERSNEAKERS® CLASS CHANGES

There will not be Classic on

Thursday, November 11th due our observation of Veteran's Day

Yoga will start at **2:00 p.m. on Wednesday, November 17th** due to the banquet dinner



VOLUNTEER CARNIVAL

(& TRAINING)

We made it through another year and we couldn't have done it with you!!
We are so grateful to each of you for your help and commitment in serving nutritious meals to our older adults during such difficult and uncertain times.

Please join us for lunch, carnival games & fun and a short update training
(you choose the day)

Tuesday, November 30th 11:30-1:00
Wednesday, December 1st 11:30-1:00
Thursday, December 2nd, 11:30-1:00

If you want to join us for lunch

RESERVATIONS REQUIRED 24 hour in advance

Tuesday=Ham, Scalloped Potatoes, Winter Mix Veggies

Wednesday=Citrus Pepper Salmon Filet, Baked Sweet Potato, Bran Muffin

Thursday=Chili, Crackers, Carrot Raisin Salad, Cinnamon Rolls

TRAINING WILL BE HELD FROM 12:30-1:00 FOR
HOME DELIVERY DRIVERS

Carnival 11:30-12:00

Lunch 12:00-12:30

Home Delivery Training 12:30-1:00