**February 2023 Calendar of Events**
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**Feb 1**

10 am to noon - Town of Johnstown

11:45 am - Lunch

12:30 pm - Card Games

**Feb 2**

10:00 am - Tai Chi Chih with Marie

**Feb 3**

9:15 am - Exercise

10:15 am - Yoga with Kim, 45 min class

6:00 pm - Dancing with Steve Manshell

**Feb 6**

9:00 am - Breakfast at Doug’s Diner

6:00 pm - Square dancing lessons, contact foornadfiddle0@gmail.com

**Feb 7**

9:15 am - Exercise

10:30 am - Johnstown Senior Center Advisory Board Meeting

**Feb 8**

11:00 am – Live Music from Roger James

11:45 am - Friendly Fork Meal

12:30 pm - Card Games

6:00 pm - Square Dancing

**Feb 9**

10:00 am - Tai Chi Chih with Marie

**Feb 10**

9:15 am - Exercise

10:15 am – Yoga with Kim

9 to 10:30 am - Food Bank at YMCA

**Feb 13**

6:00 pm - Square Dancing

**Feb 14**

9:15 am - Exercise

1:30 pm - Trip to Walmart

**Feb 15**

11:00 am – Hearing Aid Adjustments with Connect Hearing

11:30 am - Friendly Fork Meal

12:30 pm – Card Games

6:00 pm - Square Dancing

6:00 pm - Eagles Hockey Game

**Feb 16**

8:30 am - Trip to Golden Mardi Gras Casino (Black Hawk)

10:00 am - Tai Chi Chih with Marie

**Feb 17**

9:15 am - Exercise

10:15 am – Yoga with Kim

1:30 pm - Book club, reading “Miss Benson’s Beetle” by Rachel Joyce

6:00 pm - Dancing with Jim Ehrlich

**Feb 20**

\*Senior Center Facilities Closed: Presidents’ Day\*

6:00 pm - Square Dancing

**Feb 21**

9:15 am - Exercise

**Feb 22**

11:00 am - Blood Pressure Checks

11:30 am - Lunch

12:30 pm - Card Games

1:00 pm - Bingo

6:00 pm - Square Dancing

**Feb 23**

10:00 am - Tai Chi Chih with Marie

**Feb 24**

9:15 am - Exercise

10:15 am – Yoga with Kim

**Feb 28**

9:15 am - Exercise

**The Friendly Fork Program provides a nutritious meal prepared by UNC Dining Services for a suggested $4 donation for individuals 60 and older. Meals are $14 for individuals 59 and under unless they meet qualifying criteria. RSVPs must be made the day prior by 9:30 am by calling 970-587-5251, leave a message. Friendly Fork Meals are being served as carry outs at Johnstown Senior Center from 11:30 am to 12:00 pm.**

**Feb 1**

Brown Sugar Pork Loin, Au Gratin Potatoes, Watermelon Jicama Salad, Apple Cobbler, 1% Milk

**Feb 8**

Hearty Beef and Black Bean Chili, Corn Bread with Butter and Honey, Cheesy Cauliflower, Apple, 1% Milk

**Feb 15**

Spaghetti with Meat Sauce, Wheat Roll with Butter, Roasted Vegetables, Assorted Fruit, 1% Milk

**Feb 22**

Tuna Casserole, Wheat Roll with Butter, Classic Cole Slaw, Balsamic Roasted Brussels Sprouts, Cranberry Apple Crisp, 1% Milk