**June 2023 Calendar of Events**
June 2023 Calendar Download Here

**June 1**

10:00 am - Tai Chi Chih with Marie

**June 2**

9:15 am – Exercise

10:15 am – Yoga with Kim

**June 3**

**Johnstown BBQ Day!**

**June 5**

9:00 am – Breakfast at Jen’s (LaSalle)

*NOTE: No transportation provided, meet at restaurant at 9:30*

1:30 pm – Trip to Walmart

6:00 pm – Square Dancing

Want lessons? Contact footandfiddle0@gmail.com

**June 6**

9:15 am - Exercise

10:30 am - Johnstown Senior Center Advisory Board Meeting

**June 7**

11:45 am - Friendly Fork Congregate or Carry Out Meal

12:30 pm – Card Games

6:00 pm - Square Dancing

**June 8**

10:00 am - Tai Chi Chih with Marie

11:00 am – Rockies Game vs. San Francisco Giants (First pitch @ 1:10 pm)

**June 9**

9:15 am – Exercise

10:15 am – Yoga with Kim

6:30 pm – Dancing with Jim Ehrlich

**June 12**

6:00 pm – Square Dancing

**June 13**

9:15 am – Exercise

**June 14**

11:30 am - Friendly Fork Congregate or Carry Out Meal

12:30 pm – Card Games

6:00 pm - Square Dancing

**June 15**

8:30 am – Trip to Lodge Casino (Black Hawk)

10:00 am - Tai Chi Chih with Marie

**June 16**

9:15 am – Exercise

10:15 am – Yoga with Kim

1:30 pm – Book Club: *Major Pettigrew’s Last Stand* by Helen Simonson

6:30 pm – Dancing with Jim Ehrlich

**June 20**

9:15 am – Exercise

**June 21**

10 am to 1 pm – Advanced Footcare 30 minute sessions

11:00 am – Hearing Aid Adjustments with Connect Hearing

11:30 am - Friendly Fork Congregate or Carry Out Meal

12:30 pm – Card Games

6:00 pm - Square Dancing

**June 22**

10:00 am - Tai Chi Chih with Marie

11 am to 3 pm – Gentlemen’s Lunch and Competitions

**June 23**

9:15 am – Exercise

10:15 am – Yoga with Kim

**June 26**

6:00 pm - Square Dancing

**June 27**

9:15 am – Exercise

11:00 am – Lunch at Black Bear (Aurora)

**June 28**

11:00 am – Blood Pressure Checks with Front Range Fire Rescue District

11:30 am - Friendly Fork Congregate or Carry Out Meal

12:30 pm – Card Games

1:00 pm - Bingo

**June 29**

10:00 am - Tai Chi Chih with Marie

**June 30**

9:15 am - Exercise

10:15 am – Yoga with Kim

**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.**

**June 7**

French Dip Sandwich with Side of Au Jus, Broccoli/Olive/Sundried Tomato Salad, Golden Delicious Apple Slices, Chocolate Rice Krispy Treat, 1% Milk,

**June 14**

Tri Tip Roast Beef with Gravy, Cheddar Mashed Potatoes, Steamed Peas, Wheat Roll with Butter, Fresh Fruit Variety, Bread Pudding, 1% Milk

**June 21**

Pork Tenderloin with Mushroom Gravy, Scalloped Potatoes, Green Salad with Side of Creamy Italian Dressing, Fresh Blueberries, Cranberry Chocolate Oat Bar, 1% Milk

**June 28**
Seafood Salad Pita Wrap with Shrimp & Cod, Broccoli Pasta Salad, Apple Cider Coleslaw, Fresh Strawberries, Cornbread with Side of Honey, and Butter, 1% Milk