

Johnstown Senior Center

55+ Scene

December 2023 Newsletter



*Wishing
you peace
and joy this
holiday season
and throughout the
coming year. May you
never be too grown up to search
the skies on Christmas Eve.*



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Website: <https://Johnstown.Colorado.gov/SeniorCenter>

Facebook: TownofJohnstownSeniorCenter

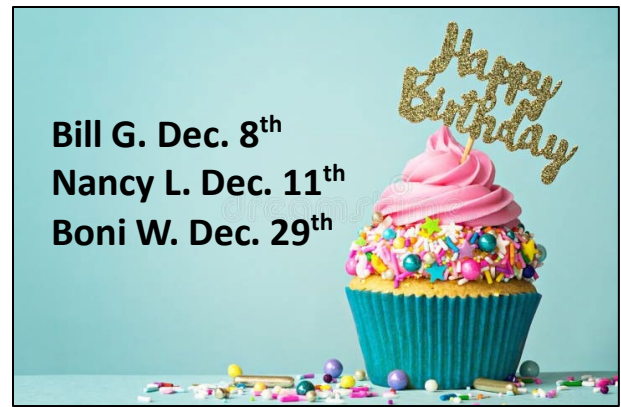


GET MOVING

Tai Chi Chih with Marie every Thursday at 10:00 am in small room. **\$45 for 8 classes.** Register with Johnstown Senior Center.

Exercise Class every Tuesday & Friday at 9:15 am in small room. **\$1 per class.** Register with Johnstown Senior Center.

Chair Yoga with Kim every Friday at 10:15 am at TRPR. **\$24 for 12 classes.** Register with TRPR.



Bill G. Dec. 8th
Nancy L. Dec. 11th
Boni W. Dec. 29th

Health Matters!

Foot Care with Advanced Footcare every 3rd Tuesday from 9:00-1:30. **\$35 cash or check. Must sign up!**

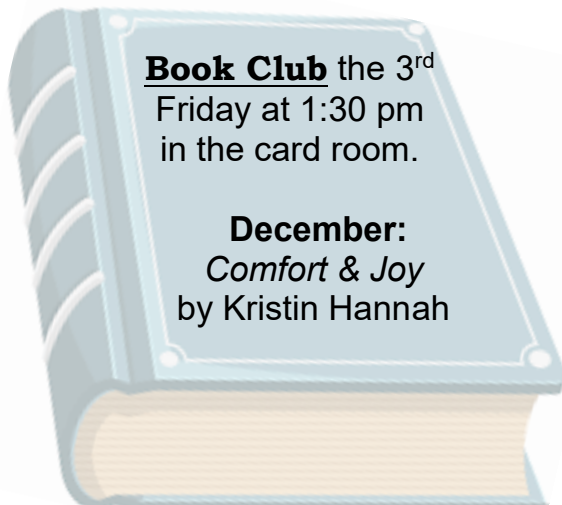
Hearing Aid adjustments with Connect Hearing the 3rd Wednesday from 11:00-12:00 pm in the Senior Room.

Blood Pressure checks every 4th Wednesday from 11:00-11:30 by Front Range Fire Rescue in the Senior Room.



Book Club the 3rd Friday at 1:30 pm in the card room.

December:
Comfort & Joy
by Kristin Hannah



Blackhawk every 3rd Thursday at 8:30 am. **\$3.00 Service Fee.**

Cards every Wednesday at 12:30 pm in the card room.

BINGO every 4th Wednesday at 1:00 pm in the community room.



Events, Food, and Trips, oh my!

December 2 – 9:00-3:00 pm: Christmas Boutique! Come shop craft vendors, silent auction items, stay for the drawing for a Wagon of Toys, and visit with Santa from 10:00-1:00 pm.

December 12 – 11:00 am: Lunch. Spoons, Soups, Salads & Sandwiches in Fort Collins. **\$3 Service Fee.**

December 13 – 11:00 am: John W. Presents Artifacts from the Farm. These are unique relics and truly one of a kind for northern Colorado.

December 14 – 5:15 pm: Holiday Lights Tour. Join in a drive around the County to see Holiday lights. Return to Senior Center about 6:45pm. **\$3 Service Fee.**

December 18 – 9:15 am: Breakfast. Taste Local in Loveland. **\$3 Service Fee.**

December 20 & 27 12:00 pm: Holiday Lunch and Entertainment. Call to RSVP. No cost!



December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:15 am - Exercise 10:15 am – Yoga with Kim, at TRPR	2 9:00 – 3:00 pm Christmas Boutique 10:00-1:00 <i>Santa</i>
3	4	5 9:15 am – Exercise 10:30 am – JSC Board Meeting	6 11:45 am – Friendly Fork Meal 12:30 pm – Card Games	7 10:00 am – Tai Chi Chih with Marie	8 9:15 am - Exercise 10:15 am – Yoga with Kim, at TRPR	9
10	11	12 9:15 am – Exercise 11:00 am – Lunch at Spoons, Soups, Salads & Sandwiches in Ft. Collins	13 11:00 am – John W Presents Artifacts from the Farm 11:45 am – Friendly Fork Meal 12:30 pm – Card Games	14 10:00 am – Tai Chi Chih with Marie 5:15 pm – Holiday Lights Tour	15 9:15 am - Exercise 10:15 am – Yoga with Kim, at TRPR 1:30 pm – Book Club	16
17	18 9:15 am – Breakfast at Taste Local in Loveland	19 9:15 am – Exercise 9:00 am – Pedicure Sessions with Advanced Footcare	20 11:00 am – Hearing Aid Adjustments w/ Connect Hearing 12:00 pm – Holiday Lunch with Entertainment 12:30 pm – Card Games	21 8:30 am – Trip to Blackhawk 10:00 am – Tai Chi Chih with Marie	22 9:15 am - Exercise 10:15 am – Yoga with Kim, at TRPR	23
24/31	25 CLOSED Christmas Observed	26 CLOSED Christmas Observed	27 11:00 am – Blood Pressure Checks with Front Range Fire 11:00 am – Entertainment by VanBeber Vocals followed by Holiday Lunch 12:30 pm – Card Games 1:00 pm – Bingo	28 10:00 am – Tai Chi Chih with Marie	29 9:15 am - Exercise 10:15 am – Yoga with Kim, at TRPR	30

Puzzle 844

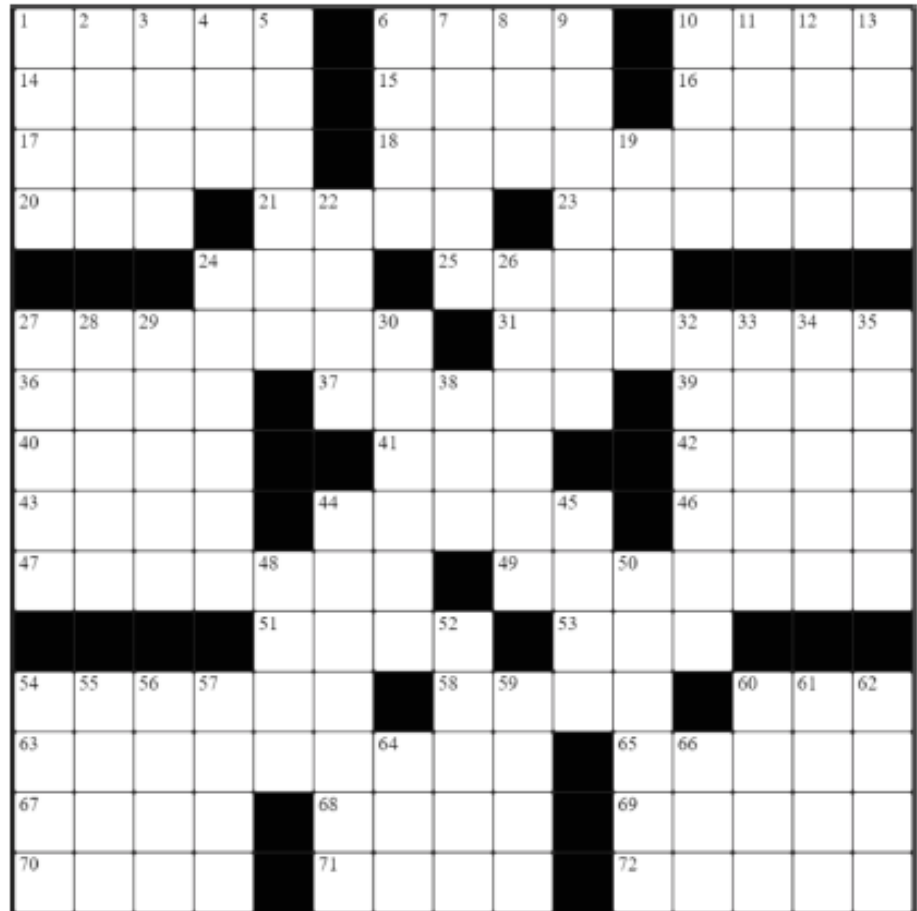


ACROSS

1. Punctuation mark
6. Camera glass
10. Highlander
14. Unfriendly
15. Emanate
16. Hourly pay
17. Make merry
18. Bearable
20. Boot tip
21. Drive out
23. Gets the soap off
24. Overweight
25. Revise copy
27. ____ status (single or not)
31. Passed, as time
36. Sunburn remedy
37. Swiftiness
39. Land parcel
40. Apprehends
41. Soccer's ____ Hamm
42. Source
43. Fail to include
44. Supernatural
46. Uncivil
47. Reagan and McDonald
49. Worker
51. Detroit product
53. Put down
54. ____ bomb
58. Mental image
60. Small rug
63. Unhappy
65. Yonder
67. ____ Fitzgerald
68. Juvenile
69. ____ beam
70. City light
71. Water whirl
72. Patriot ____ Allen

DOWN

1. Small wagon



2. Bread spread
3. Budge
4. A Stooze
5. Waterborne
6. Leases
7. Ham it up
8. Zero
9. Free from germs
10. Long-necked bird
11. City vehicles
12. Stare
13. Driving aids
19. Pinup ____ Hayworth
22. Mormon state
24. Spanish party
26. Minor aspect
27. Stately home
28. Texas shrine
29. Batman's sidekick
30. Most feeble
32. Talking pet
33. Scrub
34. Corrode
35. Prevent
38. Polite address
44. Teach
45. Leisure
48. Hideout
50. George Harrison, e.g.
52. Lubricated
54. Hymn ending
55. Floor piece
56. Norway's capital
57. Intend
59. Refute
60. Netting
61. District
62. Shore bird
64. Sleeping place
66. Sombrero, e.g.

House

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

S T U D I O L B A T H R O O M
C A N H O L L O W W A L L A T
P O T I E C L D A E T S D E B
E A L W I N D O W S I L L B C
T S N O I T A D N U O F D E H
S D E R N G U T T E R I I D I
R R O H C N A L L A W R S R M
O F F I C E A R C A D E A O N
O C R E T T I D A R A E S O E
D O C T A E B L E G L S T M Y
E R L A D R D E I R E C O T H
A R T I S R I N S N T A V A K
O I T A P U L L E D G P E C I
N D S I T T I N G A R E A T O
T O W O D N I W R E M R O D H
D R A I N P I P E E T F L O O
N E H C T I K R O A F A N A T
T R O O L F I S H U T T E R C

ARCADE
BATHROOM
BEDROOM

BEDSTEAD
CEILING
CHIMNEY

COLONNADE
CORRIDOR
DOORSTEP

DORMER WINDOW
DRAINPIPE
FIRE ESCAPE
FLOOR
FOUNDATIONS
GARAGE
GUTTER
HAT RACK
HOLLOW WALL
KITCHEN
OFFICE
PATIO
SHUTTER
SITTING AREA
STOVE
STUDIO
TURRET
WALL ANCHOR
WELL
WINDOWSILL

Sudoku Puzzle #6

LEVEL: Medium

5		7	2				9	
		6		3		7		1
4							6	
1			4	9				7
			5		8			
8				2	7			5
	7							9
2		9		8		6		
	4				9	3		8

**When is the
Employee Christmas
Party for Self-Check
at Walmart?**

**According to my
chocolate advent
calendar, there
are only three
days till
Christmas.**

**CHRISTMAS TIME IS GREAT
BECAUSE YOU CAN SHOUT
"DON'T COME IN HERE"
AND PEOPLE ASSUME YOU'RE
WRAPPING THEIR PRESENTS,
INSTEAD OF JUST WANTING
TO BE LEFT ALONE.**

**WHEN WHAT TO
MY WONDERING
EYES SHOULD
APPEAR... BUT 10
EXTRA POUNDS
ON HIPS, THIGHS
AND REAR**

**Dear black
Friday...**

**We all have big
screen TVS. Put
those groceries
on sale.**

**Hung my
Christmas lights
on the house
across the street
so I can see them.**

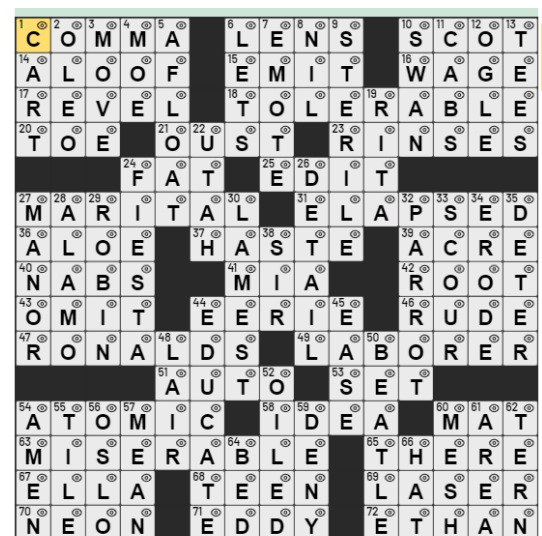
Answer

5	1	7	2	6	4	8	9	3
9	2	6	8	3	5	7	4	1
4	8	3	9	7	1	5	6	2
1	3	5	4	9	6	2	8	7
7	9	2	5	1	8	4	3	6
8	6	4	3	2	7	9	1	5
3	7	8	6	4	2	1	5	9
2	5	9	1	8	3	6	7	4
6	4	1	7	5	9	3	2	8

**ONE DOOR CLOSSES ANOTHER ONE OPENS
ONE DOOR CLOSSES ANOTHER ONE OPENS
ONE DOOR CLOSSES ANOTHER ONE OPENS**

**ME – EATING MY WAY THROUGH A
CHOCOLATE ADVENT CALENDAR.**

**When you realize the last
day of 2023 will be 123123**



Friendly Fork December 2023

The Friendly Fork Program provides a nutritious meal prepared by UNC Dining Services. It is a suggested \$5 donation if you or your spouse/significant other is 60 or older. Meals are \$14 for anyone 59 and younger.

RSVPs must be made the day prior, Tuesdays, by 9:30 am by calling (970) 587-5251, ok to leave a message.

Friendly Fork Meals are served as dine in or carry out/To Go, please specify if you need carry out/To Go when reserving your meal. Announcements are made at approximately 11:30 am and

December 6

Beef & Cabbage Casserole, Mandarin Orange Spinach Salad with Italian Dressing & Pumpkin Seeds*, Dried Fruit & Nut Cup*, Cinnamon Applesauce, 1% Milk

December 13

Prime Rib with Side of Horseradish Sauce, Au Gratin Potatoes, Five Spice Roasted Vegetables, Wheat Roll with Butter, Cranberry Dream Salad*, 1% Milk

*Contains nuts or may not be suitable for individuals with a nut allergy.

Nutrition content of meals is reviewed by Friendly Fork dietitian, Jessi Like. She may be contacted by calling (970) 400-6118 or jlike@weld.gov. Detailed nutritional values for the menu, nutrition education, and nutrition counseling can also be provided upon request.

Johnstown Senior Center Holiday Meal Schedule

During the holidays when the Friendly Fork is cancelled, the Johnstown Senior Center offers a holiday meal with entertainment. Please sign up or call to make a reservation by the Thursday before (Dec 14th and 21st).

There is no cost for this meal for individuals 55 and better.

12:00 pm December 20 (sign up by December 14th)

Fried Chicken and all the fixin's, Dessert, Milk

12:00 pm: Entertainment by Vic Anderson – holiday lyric poem and poetic musician

11:00 am December 27 (sign up by December 21st)

Lasagna, Salad, Breadstick, Dessert, Milk

11:00 am Entertainment by Scott VanBeber – enjoy the songs of Dean Martin, Elvis, and Johnny Cash to name just a few!

Holiday Shopping Scams

**Recognize,
Refuse,
Report!**

**Call us
Monday–Friday,
9 a.m.–4 p.m.**

800-222-4444
Option 2



The holiday season creates additional ways for scammers to victimize consumers. Especially with many consumers turning to online shopping it is even more important to remain vigilant. Here are a few steps you can take to help make this holiday shopping season safe:

- Avoid **shopping online** when you are connected to free public Wi-Fi. Networks that are not secure can expose your personal and financial information to criminals. Save your online buying for when you are on a secure network at home.
- Do your **research** before purchasing an item from an unknown online retailer. Be extra careful about ads originating on social media sites that offer products cheaper than market value.
- When shopping on marketplace sites, **never send money** sight unseen to pay for goods or services. If you are asked to pay via peer-to-peer payment app, pre-paid gift card or crypto, consider it a scam.
- When purchasing a **gift card**, be sure to inspect it thoroughly for tampering. Ensure the PIN number on the back of the card is not visible. Consider purchasing it online directly from the retailer for an extra layer of security.
- Outsmart porch pirates! If you are **shipping a package**, it is a good idea to require a signature upon delivery and/or provide specific instructions for the delivery company to ensure the package is not stolen.

If you have a question about a holiday scam and want to talk it through with an AARP ElderWatch volunteer, please call 800-222-4444. Have a safe and scam-free holiday season!

800-222-4444

Denver Metro Area
303-222-4444

www.aarpelderwatch.org