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.
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.

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.

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!
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<td>11:00 am – Blood Pressure Checks with Front Range Fire</td>
<td>11:00 am – Entertainment by VanBeber Vocals followed by Holiday Lunch</td>
<td>12:30 pm – Card Games</td>
<td>1:00 pm – Bingo</td>
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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. Swiftness
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 Stooge
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.

STUDIO LBATHROOM
CANNOLLOWWALLAT
POTIELDAETSDEB
EALWINDOWSILLBC
TSNOITADNUOFDEH
SDERNGUTTERIDIDI
RROHIANALAWRSRM
OFFICEARCADERAON
OCRETCDARAESOE
DOCTAEBLEGSTMY
ERLADEREIRECOTH
ARTISRINSNTAVAK
OITAPULLEDGPECI
ndsittingareaeto
towodniwremrodh
DRAINPIPEETFLOO
NEHCTIKROAFANAT
TROOLFISHUTTERC

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
WINDOWSSILL

Sudoku Puzzle #6

LEVEL: Medium

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

Answer

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When you realize the last day of 2023 will be 123123

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

ONE DOOR CLOSES ANOTHER ONE OPENS
ONE DOOR CLOSES ANOTHER ONE OPENS
ONE DOOR CLOSES ANOTHER ONE OPENS

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

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**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!
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

**November 2023**