

Johnstown Senior Center

55+ Scene Newsletter

February 2024

Get Your Craft On!

A Creative Crafty Class Starts!

On the third Tuesday of each month at 10:00 am, join us at the Johnstown Senior Center for fun and friendly crafting sessions. All ability levels are welcome for this class that is led by experienced artists. Each month will have new projects and a chance to make friends. Some of the project ideas are greeting cards, painted rocks, fairy gardens, diamond dot, table center pieces, just to name a few!

Come with the desire to be creative and leave with a smile and finished project. The first class will be Tuesday, February 20th from 10:00 – 11:00 am.

There is still space on Mondays for Ukulele Lessons with Linda and on Tuesdays and Fridays for Exercise class. Be sure to check out Page 5 to learn more about the Aging Mastery workshop that begins March 4th!

Stop by and fill out a membership form and join the Senior Center today!

See you soon!

♥ Holly



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

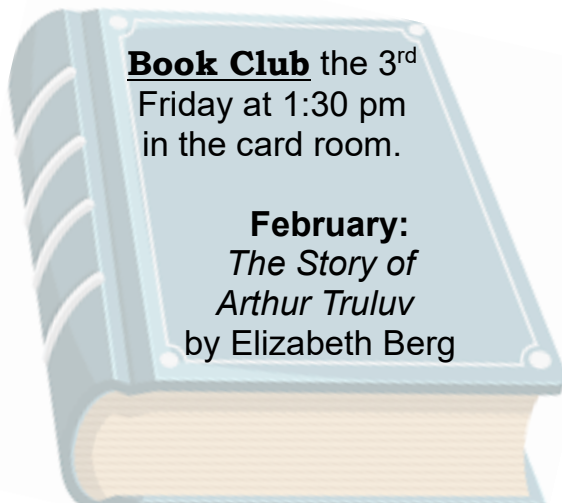
Facebook:
TownofJohnstownSeniorCenter

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.



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

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

BINGO the last Wednesday at 1:00 pm in the community room.



Dick S. Feb. 11th
Opal S. Feb. 28th

Don't see your name?
Be sure to fill out the form!



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!

February 5 to February 26 – 10:00 am: Ukulele and Drumming Lessons with Linda. \$10 per lesson, instruments provided.

February 8 – 10:00-11:00 am: FREE AED Training. Call to register.

February 13 – 10:00 am: Lunch. By popular request, we head to Cheddars in Thornton. \$3 Service Fee.

February 13 – 5:30 pm: Eagles Hockey. Cost is \$29.00, includes service & parking fees and come with a \$10 concession voucher.

February 15 – 8:30 m: Trip to Blackhawk. \$3 Service Fee.

February 20 – 10:00 am: Creative Crafts. Come and make a new craft project.

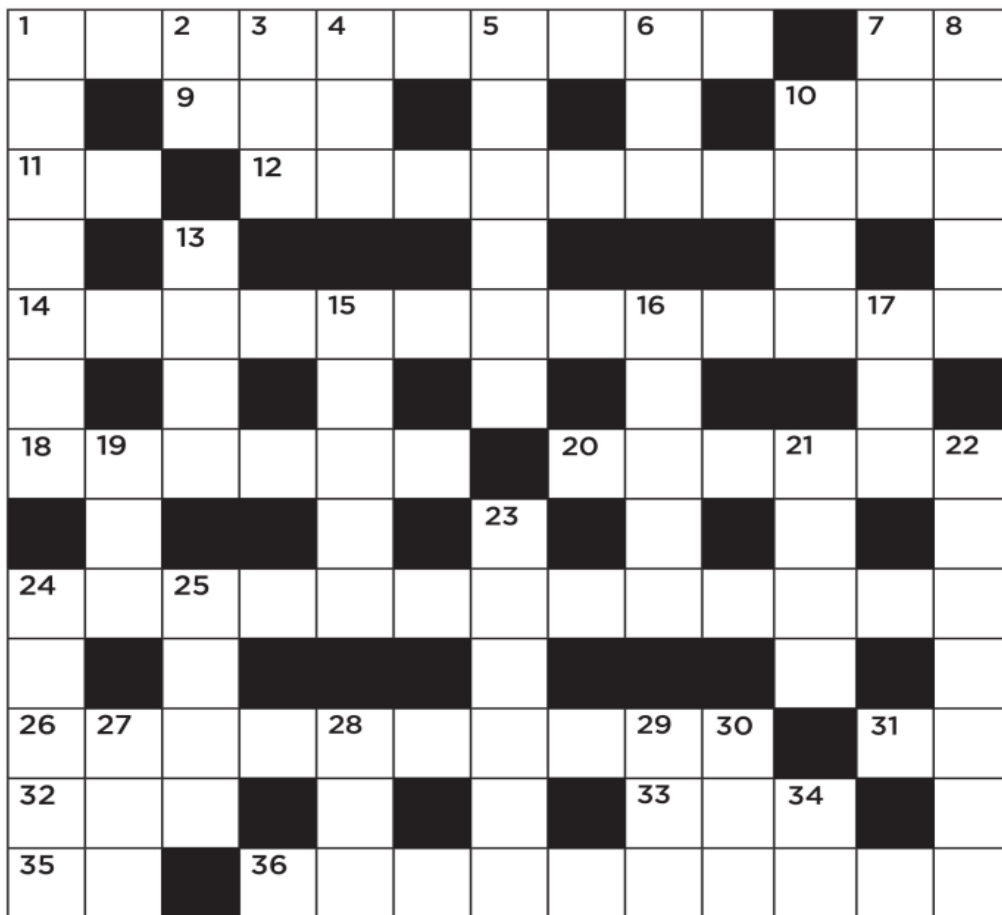
February 29 – 8:30 am: Breakfast. Taste Local in Loveland. \$3 Service Fee.

March 4 to May 6 – 10:00 – 11:30 am: Aging Mastery Class. Free – sign up at the Senior Cetrer



February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Johnstown Senior Center 101 Charlotte St. Johnstown, CO (970) 587-5251 ~ hdarby@johnstownCO.gov Senior Center Hours vary based on excursions.				1	2	3
				10:00 am - Tai Chi Chih w/ Marie	9:15 am - Exercise 10:15 am - Yoga w/ Kim at TRPR	
4	5	6	7	8	9	10
	10:00 am - Lessons w/ Linda: Ukulele & Drums	9:15 am - Exercise 10:30 am - JSC Board Meeting	11:45 am - Friendly Fork Meal 12:30 pm - Cards & Pool	10:00 am - Tai Chi Chih w/ Marie 10:00 am - AED Training	9:15 am - Exercise 10:15 am - Yoga w/ Kim at TRPR	
11	12	13	14	15	16	17
	10:00 am - Lessons w/ Linda: Ukulele & Drums	9:15 am - Exercise 10:00 am - Lunch at Cheddars in Thornton 5:30 pm - Eagles Hockey	11:45 am - Friendly Fork Meal 12:30 pm - Cards & Pool	10:00 am - Tai Chi Chih w/ Marie 8:30 am - Trip to Blackhawk	9:15 am - Exercise 10:15 am - Yoga w/ Kim at TRPR 1:30 pm - Book Club 6:00 pm - Stomp	
18	19	20	21	22	23	24
	CLOSED President's Day	9:00 am - Medical Pedicures w/ Advanced Footcare 9:15 am - Exercise 10:00 am - Creative Crafts	11:00 am - Hearing Aid Checks w/ Connect Hearing 11:45 am - Friendly Fork Meal 12:30 pm - Cards & Pool	10:00 am - Tai Chi Chih w/ Marie	9:15 am - Exercise 10:15 am - Yoga w/ Kim at TRPR	
25	26	27	28	29		
	10:00 am - Lessons w/ Linda: Ukulele & Drums	9:15 am - Exercise	11:00 am - Blood Pressure Checks w/ Front Range Fire 11:45 am - Friendly Fork Meal 12:30 pm - Cards & Pool 1:00 pm - Bingo	8:30 am - Breakfast at Taste Local in Loveland 10:00 am - Tai Chi Chih w/ Marie		

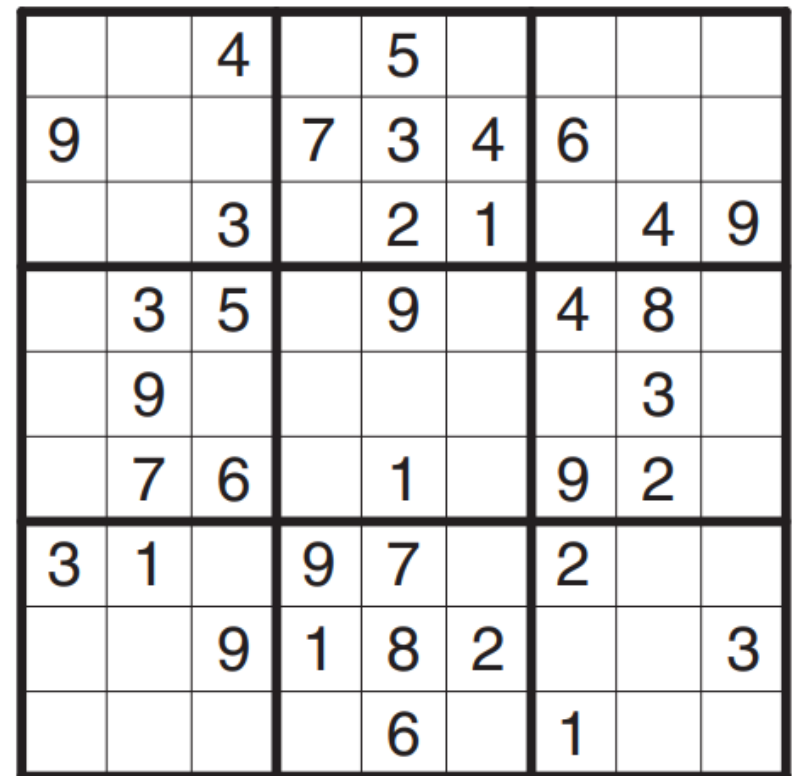


ACROSS

1. Beloved TV star
7. Give approval
9. Tic-tac-toe victory
10. "See ya!"
11. Fee, fi, ___, fum
12. Part 1 of an observation by 1 Across (three words)
14. Part 2 (three words)
18. Baltimore's favorite bird
20. Right away
24. Part 3 (four words)
26. Part 4 (two words)
31. You and I
32. Layer
33. Presidential nickname
35. Bygone love
36. Part 5 (three words)

DOWN

1. Bills home
2. In the direction of
3. Child's delight
4. ___-hoo!
5. Lady Byng Memorial Trophy sport
6. Catch some rays
7. Olive ___
8. Shade of green
10. Neuwirth of *Cheers*
13. Hagar the Horrible's daughter
15. Oklahoma's second-largest city
16. Prize money
17. Fragment
19. "Go, team!"
21. Slangy denial
22. Healthy breakfast
23. Overexert oneself
24. Traditional church donation
25. Paradise
27. Bad spell
28. Seek political office
29. Clamor
30. Hit the slopes
34. *The Wizard of Oz* aunt



...THIS MONTH IN HISTORY...

- 1887: The first Groundhog Day is featured.
- 1938: Disney releases "Snow White & the Seven Dwarfs"
- 1964: The Beatles arrive in New York
- 1978: Harriet Tubman becomes the first African American woman to appear on a US postage stamp.
- 2004: Facebook launches.

Although President's Day is honoring President's George Washington and Abraham Lincoln's birthdays, who are the other two President's that have a birthday in February?

Answer: William Henry Harrison and Ronald Reagan

... Did you know...

The Johnstown Senior Center will be hosting an **Aging Mastery Class** starting March 4th from 10:00 am to 11:30 am. This 10-week class aims to help you take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. You will walk away with tools to set actionable goals and sustainable positive behaviors. Topics covered include (but are not limited to) Financial Fitness, Healthy Eating and Hydration, Sleep, Exercise, Medication Management, Healthy Relationships, and Fall Prevention, to name a few. **These FREE classes are led by expert speakers.** Call or stop by the Senior Center to sign up today!

Friendly Fork: February 2024

Wednesday meals are offered through a partnership with the Area Agency on Aging's Friendly Fork Program. It provides a nutritious meal developed by a registered dietitian and prepared by University of Northern Colorado 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.

February 7

Chicken Pesto Alfredo over Penne Pasta, Marinated Vegetables, Banana, Gelatin Parfait*, 1% Milk

February 14

Krautburger with Side of Mustard, Beet/Cucumber/Onion Salad, Honeydew Melon, Pineapple Upside Down Cake, 1% Milk

February 21

Beef Stew, Wheat Roll with Butter, Vegetable Pasta Salad, Orange Slices, Cherry Crisp with Almond*, 1% Milk

February 28

Sweet & Sour Pork Stir-Fry with Vegetables, Basmati Rice, Asian-Style Coleslaw, Side of Lite Soy Sauce, Apple, 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.

Flirt

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

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

ADMIRATION
ADVENTURE
AFFECTION

BLINK
BLUSH
CANDLE LIGHT

CHARMING
CONQUEST
DINE

Answer

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

DISCOVERY
DRINK
ENCOUNTER
ENVY
FAREWELL
FLEETING
GLANCE
HEALTHY
HEART
INTIMATE
JOKES
KISS
LETDOWN
LISTEN
LOVE
NEED
POEM
REJECTION
ROMANTIC
SHY
SMILE
TALK
TENSION
TOUCH

Is it really February or
is it just January 45th?

It's like winter is
angry, and keeps
storming out of the
room, only to come
back in saying, "AND
ANOTHER THING."

Dear Mother Nature,
Having received my
free sample of winter
I would like to
cancel the
remainder of my
subscription.
Thank you.

New Year's Resolution Update:

The fitness trainer asked me, "What kind of a
squat are you accustomed to doing?" I said,
"Diddly."

*I like to make lists. I also like to leave them on
the kitchen table and then guess what's on
the list while at the store...it's a fun game!*

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