

55+ Scene
Johnstown Senior Center

NEWSLETTER

March 2024

SPRING IS ALMOST HERE!

What a perfect time to register for the Aging Mastery workshop. This 10 week class starts on March 4th from 10:00-11:30 am. It is a free program offered by the Weld County Area Agency on Aging. Participants will learn key steps to improve their well-being, add stability to their life, and strengthen ties to the community. Topics that will be covered include sleep, healthy eating and hydration, medication management, financial fitness, advance planning, and fall prevention to name just a few. Call or email Holly to register at (970) 587-5251 or hdarby@johnstownco.gov.

This month we will visit the Forney Museum of Transportation in Denver and cheer on the Colorado Eagles Hockey team. We had our first Creative Crafts class in February and we are excited to have it again on March 19th, the theme will be Rock Painting! Stop by and play cards or shoot pool on Wednesdays and we have Bingo on March 27th. Check out the calendar to see what else we have going on!

Cheers,
Holly



Holly Darby
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Website:
[johnstownco.gov/Senior Center](http://johnstownco.gov/Senior%20Center)

Facebook:
[TownofJohnstownSeniorCenter](https://www.facebook.com/TownofJohnstownSeniorCenter)

EVENTS, FOOD AND TRIPS, OH MY!

Aging Mastery Program

March 4, 11, 18, and 25 @ 10AM

Free

Lunch @ Grandpa's in Berthoud

March 14 @ 10AM

\$3 Service Fee

Forney Museum of Transportation Trip

March 18 @ 12:30PM

\$17 for 65+

\$20 64 and younger

Eagles Hockey

March 20 @ 5:30PM

\$29 includes service/parking fees

\$10 Concession Voucher Included

Blackhawk Trip

March 21 @ 8:30AM

\$3 Service Fee

Creative Crafts

March 21 @ 10AM

Free

Breakfast @ Urban Egg in Johnstown

March 28 @ 8:30AM

\$3 Service Fee

GET MOVING

Tai Chi Chih

with Marie every Thursday at 10AM

\$45 for 8 classes

Exercise Class

every Tuesday & Friday at 9:15AM

\$1/class

Chair Yoga

with Kim every Friday at 10:15AM

at TRPR

\$24 for 12 classes

HEALTH MATTERS

Medical Pedicures w/

Advanced Footcare

3rd Tuesday from 9AM - 1:30 PM

\$35 cash or check

Must Sign Up!

Hearing Aid Adjustments w/

Connect Hearing

3rd Wednesday 11AM-12PM

Blood Pressure Checks with

FRF

4th Wednesday 11AM - 11:30AM

BOOK CLUB

3rd Friday at 1:30PM

Only the Beautiful by Susan Meissner



CARDS & POOL

Wednesdays at 12:30PM



BINGO

Last Wednesday at 1PM

Happy Birthday

3/3 Fidel L.	3/12 LeAnn W.
3/3 Manuel L.	3/12 Donna L.
3/6 Jack S.	3/15 Jim E.
	3/18 Cathy M.
	3/19 John W.

A colorful birthday cake with blue frosting, orange layers, and candles.

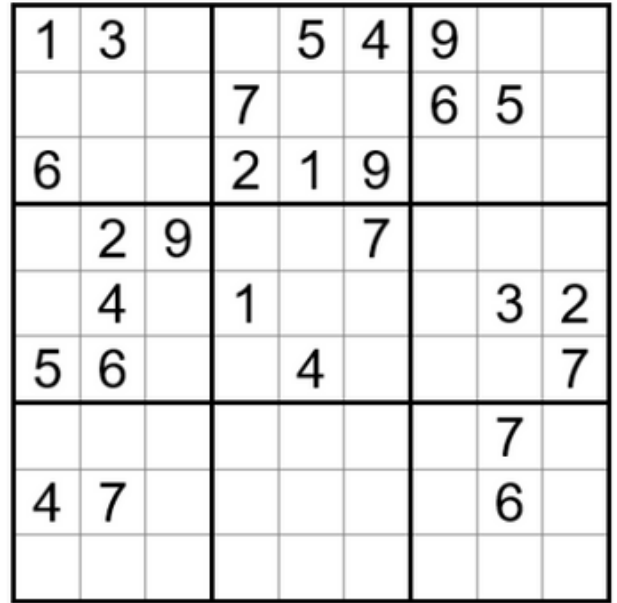
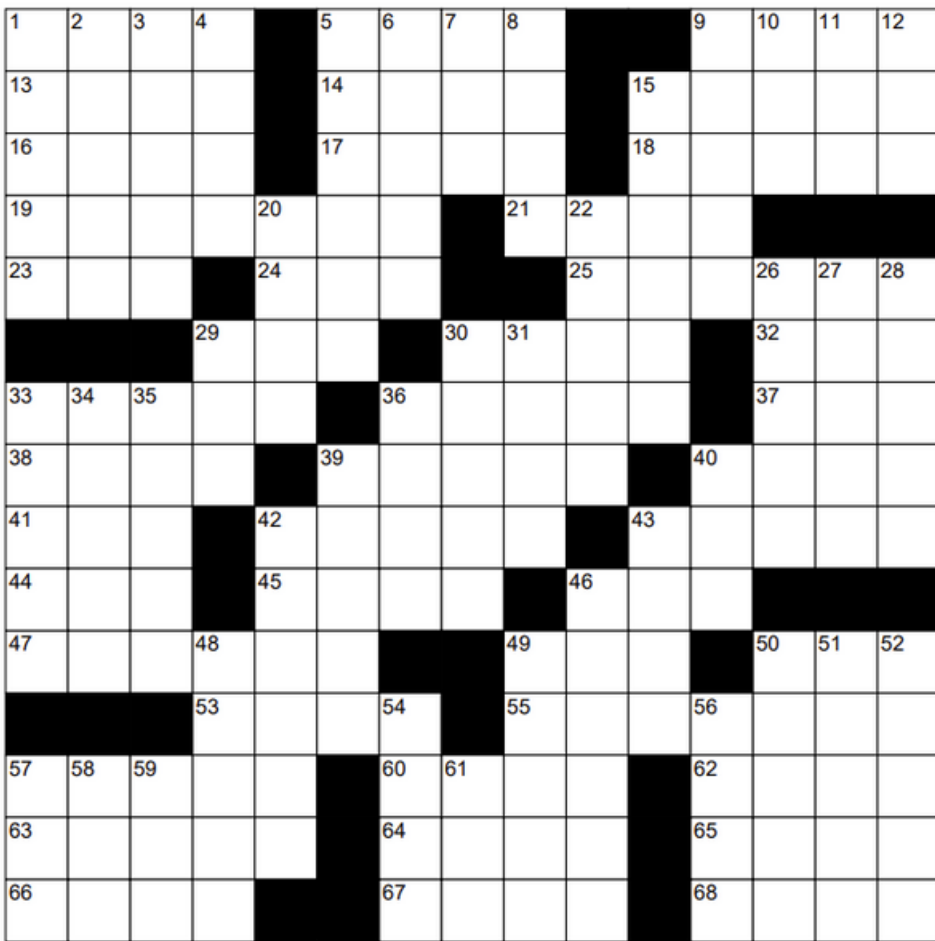


CELEBRATING
**WOMEN'S
HISTORY
MONTH**



March 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 trips and outings.					1	2
3	4	5	6	7	8	9
		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	9:15 am - Exercise 10:15 am - Yoga w/ Kim at TRPR	Roll your clock back tonight!
10	11	12	13	14	15	16
Daylight Savings Time Begins	Senior Center Closed	9:00 am - Medical Pedicures w/ Advanced Footcare 9:15 am - Exercise	11:45 am - Friendly Fork Meal 12:30 pm - Cards & Pool 1:00 Bingo	10:00 am - Tai Chi Chih w/ Marie 10:00 am - Lunch at Grandpa's in Berthoud	9:15 am - Exercise 10:15 am - Yoga w/ Kim at TRPR 1:30 pm - Book Club	
☘ 17	18	19	20	21	22	23
St. Patrick's Day	12:30 pm – Forney Museum of Transportation	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 5:30 pm – Eagles Hockey	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	
24 / 31	25	26	27	28	29	30
		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 Urban Egg in Johnstown 10:00 am - Tai Chi Chih w/ Marie	9:15 am - Exercise 10:15 am - Yoga w/ Kim at TRPR	



I am now “take a picture of labels with my phone so I can blow it up bigger and read it” years old.

ACROSS

- 1 Association (abbr.)
- 5 Continent
- 9 Green legumes
- 13 Run easily
- 14 Jaw
- 15 Device for measuring time
- 16 Big hairdo
- 17 Drops of water from the sky
- 18 Rasping
- 19 Colored arch in sky
- 21 Black
- 23 Chinese seasoning
- 24 Sign language
- 25 Dry skin need
- 29 Abdominal muscles (abbr.)
- 30 Wild
- 32 Snoop
- 33 Recreate
- 36 Sandwich cookies brand
- 37 Short-term memory
- 38 European monetary unit
- 39 Rainbow maker
- 40 Joke
- 41 Shade tree
- 42 Jeers
- 43 Wood

44 Rio de Janeiro

- 45 Fewer
- 46 Tot
- 47 Plant shoot or bud
- 49 She
- 50 Charged particle
- 53 Eye infection
- 55 Cooked until chewy (2 wds.)
- 57 Chop into small pieces
- 60 Tel __
- 62 Wager
- 63 City
- 64 Carved Polynesian pendant
- 65 Origination
- 66 Stag
- 67 Reeled
- 68 Goofs

DOWN

- 1 Appall
- 2 Couches
- 3 Small bunch of flowers
- 4 Ne
- 5 Not down
- 6 Shoulder covering
- 7 Caesar's three
- 8 Green Gables dweller
- 9 Put seeds in ground
- 10 Aurora
- 11 American College of Physicians (abbr.)
- 12 Welkin
- 15 Outlaws
- 20 Baby
- 22 Start to grow
- 26 Publish
- 27 Visual
- 28 Dryad
- 29 Past
- 30 Sign of the zodiac
- 31 What children make
- 33 Dreamers
- 34 Spring flower
- 35 Protective covering
- 36 Globes

39 Devotion

- 40 Proof ending
- 42 Flour component
- 43 Animal with feathers
- 46 K
- 48 Movie award
- 49 Japanese poem
- 50 Outer's opposite
- 51 Swimming mammal
- 52 Requires
- 54 Grub
- 56 Relive
- 57 Wet earth soft and sticky
- 58 Wrath
- 59 Compass point
- 61 Important person

One minute you are young and wild, and the next, you are into air fryers.

I'm at the place in my life where Errands count as "Going Out".

- Going to bed early
- Not leaving my house
- Not going to a party

My childhood punishments have become my adult goals.

Solution:

1	A	2	S	3	S	4	N		5	A	6	S	7	I	8	A		9	P	10	E	11	A	12	S
13	L	O	P	E					14	C	H	I	N				15	C	L	O	C	K			
16	A	F	R	O					17	R	A	I	N				18	R	A	S	P	Y			
19	R	A	I	N	20	B	O	W					21	E	22	B	O	N							
23	M	S	G			24	A	S	L						25	L	O	T	26	I	O	27	N		
					29	A	B	S			30	A	M	O	K			32	S	P	Y				
33	S	34	T	35	A	G	E			36	O	R	E	O	S			37	S	T	M				
38	E	U	R	O					39	P	R	I	S	M			40	Q	U	I	P				
41	E	L	M						42	G	I	B	E	S			43	B	E	E	C	H			
44	R	I	O						45	L	E	S	S			46	K	I	D						
47	S	P	R	O	48	U	T							49	H	E	R			50	I	O	52	N	
					53	S	T	Y	54	E				55	A	L	D	56	E	N	T	E			
57	M	58	I	59	N	C	E						60	A	V	I	V			62	A	N	T	E	
63	U	R	B	A	N								64	T	I	K	I			65	S	E	E	D	
66	D	E	E	R									67	S	P	U	N			68	E	R	R	S	

ANSWER

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

One thing nobody ever talks about being an adult is how much time you debate yourself on keeping a cardboard box because it's like a really, really good box.

Friendly Fork: March 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.

March 6

BBQ Pulled Chicken Sandwich with Pickles, Roasted Sweet Potatoes, Collard Greens, Diced Pears, 1% Milk

March 13

Tuna Salad Sandwich with Lettuce & Tomato, Cream of Chicken & Wild Rice Soup with Crackers, Peas/Mushroom/Bacon Sauté, Mixed Fresh Fruit, 1% Milk

March 20

Beef Tamale Pie, Refried Beans, Mandarin Orange Spinach Pepita Salad* with Oil & Vinegar, Pineapple, 1% Milk

March 27

Slow Roasted Pork, Cuban Rice & Beans, Turnips & Garden Vegetables, Apple, Blueberry Coffee Cake, 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.