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
Senior Center Coordinator
Johnstown Senior Center
101 Charlotte Street
Johnstown, CO 80534
(970) 587-5251
hdarby@johnstownCO.gov

Website:
johnstownco.gov/Senior Center

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

3/12 LeAnn W.
3/15 Jim E.
3/18 Cathy M.
3/19 John W.
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<td>Daylight Savings Time Begins</td>
<td>Senior Center Closed</td>
<td>9:00 am - Medical Pedicures w/ Advanced Footcare</td>
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<td>10:00 am - Tai Chi Chih w/ Marie</td>
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<td>Roll your clock back tonight!</td>
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**March 2024**

Johnstown Senior Center  
101 Charlotte St.  
Johnstown, CO  
(970) 587-5251 - hdarby@johnstownCO.gov  
Senior Center Hours vary based on trips and outings.
I am now “take a picture of labels with my phone so I can blow it up bigger and read it” years old.

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.

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.