

Johnstown Senior Center 55+ Scene Newsletter

May 2024


The Unofficial Start to Summer Begins!

Kick off the dog days of summer with the Senior Center.

Where to begin with all the activities we have this month? We kick off May Day with music by Craig Nelsen to celebrate our long-time center members! Be sure to sign up by Tuesday morning so you can join us. Then just a short 24 hours later is the **Ladies Tea Social** on May 2nd. Tickets are only \$15 and there will also be door prizes and a drawing for three amazing teapot windchimes. We will enjoy the beautiful stylings of classical violin and smooth buttery tones of the tenor saxophone by Ray! What else is going on this month? A trip to a garden nursery, our Colorado Rockies need us in person to cheer them on, the monthly gambling trip is going to try their luck at Terry Bison Ranch, and don't forget to join a new Walking Club!

Our tried-and-true activities keep us going – Diamond Dot & Crafts, Exercise, Pedicures, Hearing Aid & Blood Pressure Checks, Book Club, Tai Chi Chih (soon to be in the park!), Ukulele Lessons with Linda, Bingo, Cards, Pool, Breakfast and Lunch Groups and the weekly Friendly Fork [cue to catch a breath].

Hope to see you soon!

 Holly

*** Celebrate *
Older
Americans
Month!**



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

Website:
[https://Johnstown.Colorado.gov/
SeniorCenter](https://Johnstown.Colorado.gov/SeniorCenter)

Facebook:
Town of Johnstown Senior Center



FOLLOW US ON FACEBOOK!

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.

Mark Your Calendar!

May 1: Music by Craig Nelsen. Celebrate long time members at 11:30 am.

May 2: Ladies Tea Social. Tickets \$15, drawings and door prizes! 2:00 - 4:00 pm.

May 6 to May 20 – 1:00 pm: Ukulele & Drum Lessons with Linda. \$10 per lesson, instruments provided, drop in.

May 6 – Trip to Mountain Roots Nursery. \$3 service fee, leave at 10:00 am.

May 7 – 10:30 am: JSC Board Meeting

May 7 to May 28 – 10:00 am: Diamond Dot. Bring your project and do a little chinwagging with friends.

May 9 – 11:00 am: Colorado Rockies. Sign up by May 1st, \$17 (ticket, your ride, & parking).

May 13 to May 20 – 8:30 am: Walking Club. Leave at 8:30 am to explore new areas in NoCo.

May 14 – 11:00 am: Lunch at Georgia Boys BBQ in Greeley. \$3 Service Fee.

May 21 – 10:00 am: Creative Crafts.

May 22 – 1:30 pm: Hall of Fame. Join other area Senior Centers for a fun event!

May 23 – 9:00 am: Breakfast at Breakfast Club in Loveland. \$3 Service Fee.

5/1	Mary D.
5/1	Jim W.
5/7	Tom T.
5/10	Barry C.
5/12	Larry M.
5/13	Bob J.
5/14	Brian W.
5/16	Stan S.
5/25	Evie M.



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 every 3rd Wednesday from 11:00-11:30 am.



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

* FOR FUN *



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

May: *The Sweetness at the Bottom of the Pie* by Alan Bradley

Blackhawk: every 3rd Thursday. This month only, 10:00 am to Terry Bison Ranch. **\$3.00 Service Fee.**

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

BINGO: the 2nd and last Wednesday at 12:45 pm in the community room.








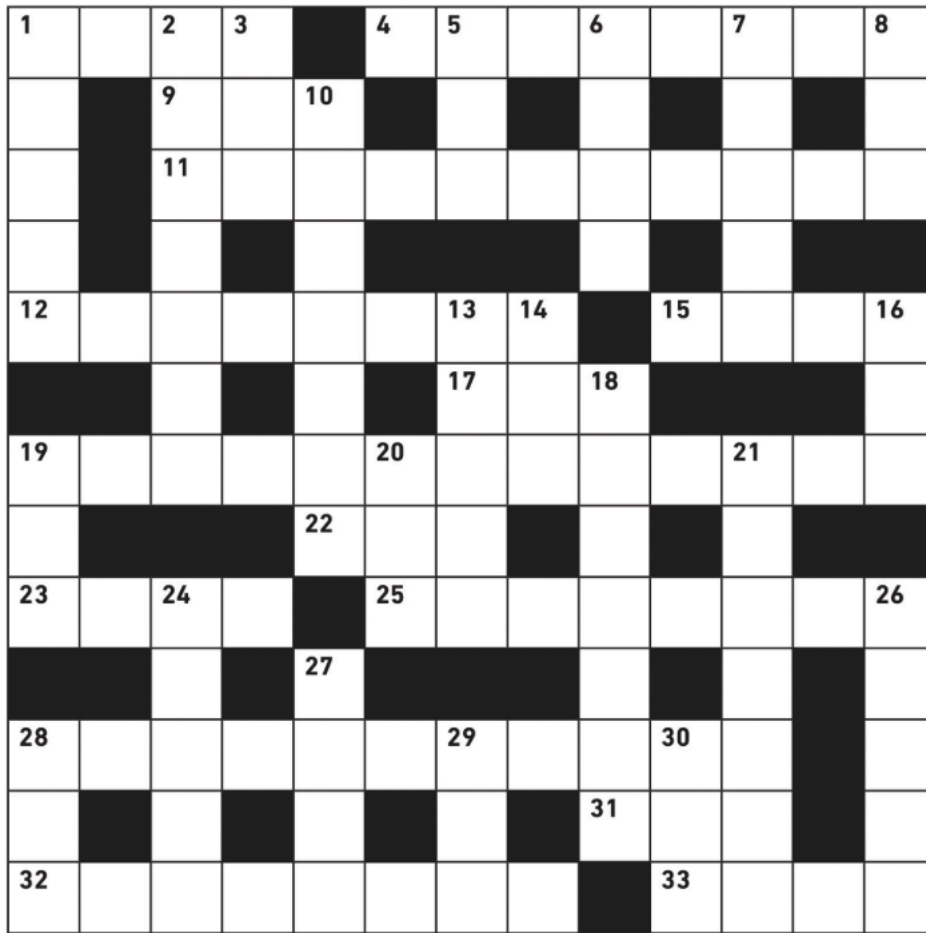
**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Johnstown Senior Center 101 Charlotte St. · Johnstown, CO (970) 587-5251 ~ hdarby@johnstownCO.gov Facebook - @JohnstownSeniorCenter Senior Center Hours vary based on trips and outings.			11:30 am - Music by Craig Nelsen to Celebrate our Long Time Members! 11:45 am - Friendly Fork Meal 12:30 pm - Cards & Pool	10:00 am - Tai Chi Chih w/ Marie 2:00 pm - Ladies Tea Social w/ Music by Ray Trujillo	9:15 am - Exercise 10:15 am - Yoga w/ Kim at TRPR	
5	6	7	8	9	10	11
	10:00 am - Trip to Garden Nursery 1:00 pm - Lessons w/ Linda: Ukulele & Drums	9:15 am - Exercise 10:00 am - Diamond Dot 10:30 am - JSC Board Meeting	11:45 am - Friendly Fork Meal 12:30 pm - Cards & Pool 12:45 pm - Bingo	10:00 am - Tai Chi Chih w/ Marie 11:00 am - Colorado Rockies	9:15 am - Exercise 10:15 am - Yoga w/ Kim at TRPR	
12	13	14	15	16	17	18
	8:30 am - Walking Club 1:00 pm - Lessons w/ Linda: Ukulele & Drums	9:15 am - Exercise 10:00 am - Diamond Dot 11:00 am - Lunch: Georgia Boys BBQ in Greeley	11:00 am - Hearing Aid Checks w/ Connect Hearing 11:45 am - Friendly Fork Meal 12:30 pm - Cards & Pool	10:00 am - Gambling Trip to Terry Bison Ranch 10:00 am - Tai Chi Chih w/ Marie	9:15 am - Exercise 10:15 am - Yoga w/ Kim at TRPR 1:30 pm - Book Club	
19	20	21	22	23	24	25
	8:30 am - Walking Club 1:00 pm - Lessons w/ Linda: Ukulele & Drums	9:00 am - Medical Pedicures w/ Advanced Footcare 9:15 am - Exercise 10:00 am - Creative Crafts & Diamond Dot	11:00 am - Blood Pressure Checks w/ Front Range Fire Rescue 11:45 am - Friendly Fork Meal 12:30 pm - Cards & Pool 1:30 pm - Hall of Fame	9:00 am - Breakfast: Breakfast Club in Loveland 10:00 am - Tai Chi Chih w/ Marie	9:15 am - Exercise 10:15 am - Yoga w/ Kim at TRPR	
26	27	28	29	30	31	
	CLOSED 	9:15 am - Exercise 10:00 am - Diamond Dot	11:45 am - Friendly Fork Meal 12:30 pm - Cards & Pool 12:45 pm - Bingo	10:00 am - Tai Chi Chih w/ Marie	9:15 am - Exercise 10:15 am - Yoga w/ Kim at TRPR	

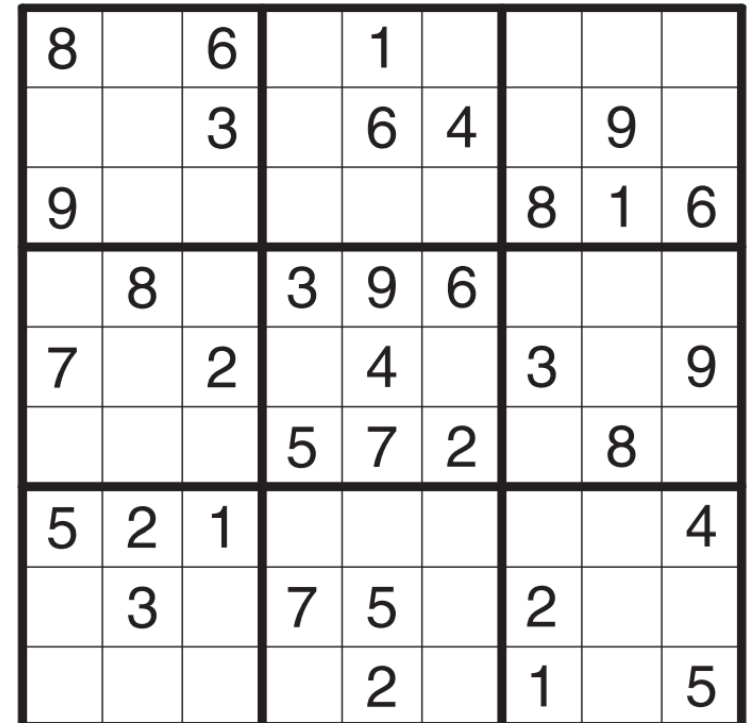


ACROSS

- 1. Area _____
- 4. **Quality cuisine**
- 9. Mythological bird
- 11. **Sufficient funds**
- 12. **1943 message to Lassie**
- 15. Coral construct
- 17. Chow down
- 19. **Unknown person's ire**
- 22. Prosecutors, for short
- 23. Put online
- 25. **"Game of Thrones" star**
- 28. **Drought or heat wave**
- 31. 1950s presidential monogram
- 32. **Nice breeze**
- 33. Type of exam
- 8. Homer Simpson expletive
- 10. Buckaroo
- 13. Reagan's attorney general
- 14. Corn cob
- 16. A long way
- 18. Teased
- 19. Tiny taste
- 20. Ford fuel
- 21. _____ than(>)
- 24. Strict
- 26. Belly button
- 27. Put away
- 28. Chinese pan
- 29. _____ Solo
- 30. Hubbub

DOWN

- 1. Doubter
- 2. Idealist
- 3. Ages and ages
- 5. Assn.
- 6. Fashionable guy
- 7. Functional; helpful



I can't decide which pants to put on today: smarty or fancy.

Why is no one ever the right amount of whelmed?

I hate when I put something in a "Safe Place", then it's pretty much lost forever.

Friendly Fork: May 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 the 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.

May 1

Chicken & Dumplings, Green Beans with Bacon, Corn, Anjou Pear, 1% Milk

May 8

Beef & Mushroom Meatloaf with Ketchup Glaze, Mashed Potatoes & Beef Gravy, Wheat Roll with Butter, Sautéed Broccoli & Carrots, Orange Slices, 1% Milk

May 15

Grilled Chicken Thigh with Gravy, Roasted Sweet Potatoes, Pea/Mushroom/Bacon Sauté, Fresh Fruit Mix, Apricot Bar with Walnuts*, 1% Milk

May 22

Turkey Club on Wheat with Tomato, Bacon & Sundried Tomato Mayo, Vegetable Olive Salad, Mixed Fruit, Peanut Butter Cookie*, 1% Milk

May 29

Beef Lasagna, Herbed Breadstick, Brussels Sprouts with Side of Malt Vinegar, Strawberry Fruit Salad, 1% Milk

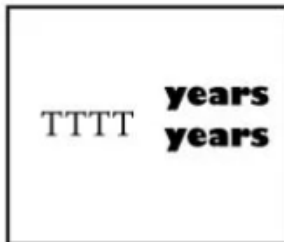
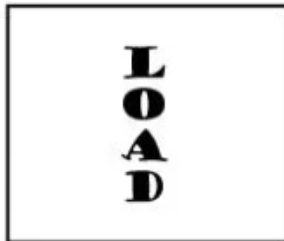
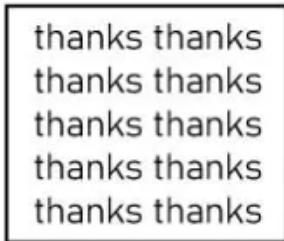
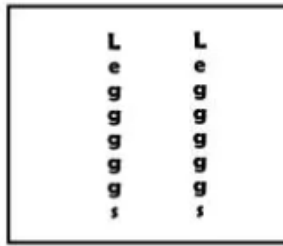
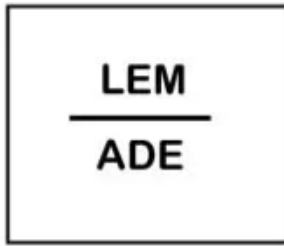
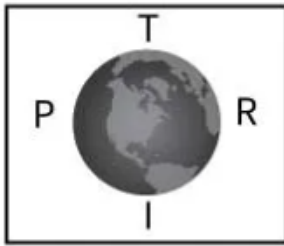
*Contains nuts or may not be suitable for individuals with a nut allergy. Allergen information can be found on the Weld County Friendly Fork website or by calling 970-400-6118. Nutrition content of meals is reviewed by Friendly Fork dietitian, Jessi Like. She may be contacted by calling (970) 400-6118 or jllike@weld.gov. Detailed nutritional values for the menu, nutrition education, and nutrition counseling can also be provided upon request.

60s Music Quiz Questions

1. Who went "Surfin' USA"?
2. Micky Dolenz found fame in which simian-sounding group?
3. Who was "Crying in the Chapel"?
4. Which Beatles hit starts "Dear Sir or Madam, will you read my book"?
5. Brothers Barry, Maurice and Robin formed which group?
6. Who mocked the clothes conscious with "Dedicated Follower of Fashion"?
7. Diana Ross fronted which Tamla group?
8. Which group loved Jennifer Eccles?
9. Which part of her body did Sandie Shaw bare on stage?
10. Who sang "Don't Treat Me Like a Child" while still at school?

Rebus puzzles 2

Can you guess the words and expressions?



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

I stood waving to my neighbor for 10 minutes this morning before realizing she was cleaning her windows.

Sorry I haven't gotten anything done today. I've been in the Produce Department trying to open the plastic bag.

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

- Music Quiz Answers**
- The Beach Boys
 - Monkees
 - Elvis Presley
 - "Paperback Writer"
 - The Bee Gees
 - The Kings
 - Supremes
 - The Hollies
 - Her feet
 - Helen Shapiro

- Rebus Puzzle Solutions**
- Trip around the world or around the world trip
 - Lemonade
 - Long legs
 - aduce
 - Spaceman
 - Big bad wolf
 - Many thanks or thanks a lot
 - Download
 - No idea
 - Comfortable
 - Forty years
 - Excuse me