Johnstown Senior Center (JSC):
Our activities, events, and classes are geared toward individuals aged 55 and better. Some activities may require individuals to be at least 60 years of age (see Friendly Fork information).

Activities and Classes:
Please sign up on the appropriate activity sheet. You may come in or call the JSC to sign up. If you are unable to attend, please cancel as soon as possible to allow space for others to join. If for any reason the JSC cancels an activity, those individuals who signed up will be notified as soon as possible. Reservations and cancellations are required for the Friendly Fork meal, see below for more information.

Are You Feeling Sick?
Please, just stay home if you are not feeling well. This includes the contagious cold, flu, or Covid-19. As well as the stomach bug, a fever, or general unkindness! Just wait to come back when you are not contagious.

Birthdays:
We want to celebrate you! For a suggested $5 donation, we will celebrate monthly birthdays with cupcakes at the Wednesday Friendly Fork lunch.

Need Help or Information & Assistance?
The Senior Center Coordinator can help you if you require assistance or support when navigating a need for services. For example, where to get advance directives completed, how to apply for public benefits, or caregiver resources to name a few.

Friendly Fork:
The JSC partners with the Weld County Area Agency on Aging Friendly Fork Program on Wednesdays to provide a nutritious lunch that meets 33 1/3 of the daily recommended allowance of vitamins and minerals. Eligible participants and/or the spouse/significant other must be 60 years or older. Reservations (and cancellations) are required and must be made by 9:30 am the Tuesday before the Wednesday meal. It is a suggested $5 donation for eligible participants or a required $14 fee for non-eligible participants. A separate registration form for the Friendly Fork program is requested. Announcements will be made at approximately 11:30 am and the meal is generally served at approximately 11:45 am.

Volunteering:
We have various volunteering opportunities ranging from assisting with the Wednesday Friendly Fork meal to general office-like tasks to helping plan major events. There may be additional registration paperwork to complete depending on the volunteer job. See the list of volunteer opportunities for more information on what is available.
Volunteer Opportunities:

Below is a list of possible volunteer opportunities. Please feel free to visit more with the Senior Center Coordinator if you have questions, need clarification, or if you have other ideas and would like to discuss them.

- Annual Clean Up Day (date to be determined each year – includes organizing and cleaning).
- Annual Holiday Lunches (held in place of Friendly Fork meals the end of December).
- Bingo (calling numbers).
- Christmas Boutique Planning Committee (planning is all year, event is first Saturday of December).
- Donor Relations (contacting agencies/businesses/organizations for one-time and/or ongoing relationships and donations).
- Event and Activity planning (general ideas, helping find events and/or restaurants, etc.).
- Flower bed maintenance.
- Friendly Fork (FF):
  - Set up includes – sanitizing tables, setting tables, setting up coffee/tea bar, making coffee, setting out activity sheets.
  - Clean up includes – clearing dishes, washing dishes, cleaning coffee/tea bar, sanitizing tables.
  - Registration – checking people in, completing donation tracking/other form(s) and/or volunteer hour tracking forms, handling FF registration forms and general program paperwork.
- Hay’s Market Receipts (organizing, typing, and submitting amounts - computer skills required).
- Johnstown Senior Center Board (commitment and application needed).
- Library (keeping stock, updating, etc.).
- Senior Center Upkeep: includes recycling (aluminum cans, paper, printer cartridges, etc.); general organizing; window and storage cleaning/upkeep (just pick one or do as many as you’d like).
There is a suggested $5.00 Annual Membership Fee per person (replaces the monthly calendar fee). Cash or Check are accepted, Credit Cards have a 3% processing fee. All information is optional, but helpful! The Johnstown Senior Center does not share personal information or sell mailing information. Please print legibly!

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<thead>
<tr>
<th>Name:</th>
<th>Today’s Date (mm/dd/yy):</th>
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</thead>
<tbody>
<tr>
<td>Mailing Address:</td>
<td></td>
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<tr>
<td>City:</td>
<td>State:</td>
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<tr>
<td>Best Phone Number:</td>
<td>Birthday (month/day):</td>
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<tr>
<td>Email (receive information about the calendar, upcoming activities, or reminders):</td>
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**Emergency Contact Information** (in case of an emergency, please notify):

<table>
<thead>
<tr>
<th>Name:</th>
<th>Relationship:</th>
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<tbody>
<tr>
<td>Phone:</td>
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Medical Conditions the Senior Center should be aware of (OPTIONAL):

I would like the following types of events and/or activities:

I enjoy this type of entertainment:

I want to volunteer!! □ Yes □ Not at this time, but thanks!

If yes, my volunteer interests are: