

Johnstown Senior Center
55 + Scene
MAY 2022



*“May . . . it’s full of
all the things that make
spring and the brighter part
of the year so special.
Flower buds, the sun shines,
and new seeds are sewn into
the fabric of our lives. May is
awesome.” ~*

Jenna Danchuk

Shirley Newsom Gamez
Program Coordinator

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[work hours Mon – Fri 8:00 am to 3:30 pm](#)

[website: www.johnstown.colorado.gov/senior center](http://www.johnstown.colorado.gov/senior_center)

facebook: TownofJohnstownSeniorCenter

Please check our website or call Johnstown Senior Center for changes in scheduling

May 2022 Calendar of Events

May 1	2 – 6 pm	Cinco de Mayo celebration, downtown
May 2	8:30 am	Breakfast at Lucille's Restaurant in Ft Collins, Cajun flair available
	1:30 pm	Mahjong
May 3	9:15 am	Exercise
	10:30 am	Advisory Board meeting
May 4	11:45 am	Friendly Fork Congregate or Carry Out Meal
	12:30 pm	Playing Cards
May 5	10:00 am	Tai Chi Chih with Marie
May 6	9:15 am	Exercise
	10:15 am	cancelled, Yoga with Kim, 45 min class
	6:30 pm	Dance with Craig Nelsen
May 7	9:30 am	Greeley/Weld Foundation Award Ceremony
May 9	9:00 am	Walmart shopping trip
	1:30 pm	Mahjong
May 10	9:30 am	Moderate Exercise class
May 11	11:00 am	Tim Black performs
	11:45 am	Friendly Fork Congregate or Carry Out Meal
	12:30 pm	Playing Cards
May 12	10:00 am	Tai Chi Chih with Marie,
May 13	9:15 am	Exercise
	10:15 am	cancelled, Yoga with Kim, 45 min class
May 15	11:00 am	Rockies game
May 16	1:30 pm	Mahjong
May 17	9:30 am	Moderate Exercise class, 45 min
	1:00 pm	Ceramics class
May 18	11:00 am	Connect Hearing, Aaron adjusts your hearing aids
	11:45 am	Lunch
	12:30 pm	play cards
May 19	8:30 am	Mardi Gras Casino in Blackhawk
	10:00 am	Tai Chi Chih with Marie
May 20	9:15 am	Exercise
	9 to 10:30 am	Food Bank at YMCA
	10:15 am	Yoga
	1:30 pm	Book Club
	6:30 pm	Dance with Jim Erhlich
May 23	1:30 pm	Mahjong
May 24	9:15 am	Exercise
May 25	11:00 am	Blood Pressure Checks
	11:30 am	Friendly Fork Congregate or Carry Out Meal
	12:30 pm	Playing Cards
	1:00 pm	Bingo
May 26	10:00 am	Tai Chi Chih
May 27	9:15 am	Exercise
	10:15 am	Yoga

May 30 1:30 pm Majhong
May 31 11:00 am Hathaways Restaurant/Museum Cheyenne WY

THE FRIENDLY FORK NUTRITIONAL MEALS for JOHNSTOWN
Congregate Meals are either dine in or carry out. Specify carry out



May 2022

The Friendly Fork Program provides a nutritious meal prepared by UNC Dining Services for a suggested \$4 donation for individuals 60 and older

Meals are \$14 for individuals 59 and under unless they meet qualifying criteria

RSVPs must be made the day prior by 9:30 am by calling 970-587-5251, leave a message

Friendly Fork Meals are being served as carry outs at Johnstown Senior Center from 11:45 am to 12:15 pm.

May 4

Chicken Salad Sandwich on Wheat, Caesar Salad, Apple, Carnival Cookie, 1% Milk

May 11

Chicken Fried Steak with Cream Sauce, Mashed Red Potatoes, Chicken Gravy, Grilled Asparagus, Wheat Roll, Butter, Mandarin Oranges, 1% Milk

May 18

Hamburger on Bun, Lettuce, Tomato, Ketchup, Mustard, Roasted Red Potatoes, Garlic Roasted Green Beans, Orange, 1% Milk

May 25

Beef Macaroni Casserole, Lemony Chickpea Salad with Red Peppers, Country Vegetables, Tropical Fruit Salad, Sugar Cookie, 1% Milk

Friendly Fork Summer Evening Meals Tuesday nights in Platteville (970-785-2245 x1101) or Greeley (970-400-6955) RSVP the day before by 11 am. Same fee as above

5/10 BBQ Pulled Pork Sandwich, Oven Roasted Garlic Red Potatoes, BBQ Baked Beans, Blue Ribbon Slaw, Banana, 1% Milk

5/17 Ancho Mango BBQ Glazed Chicken Breast, Bayou Red Beans and Rice, Glazed Roasted Root Veggies, Tropical Fruit Salad, Apple Cobbler, 1% Milk

5/24 Meat Lasagna, Breadstick, Roasted Root Veggies, Spinach and Mandarin Salad, Banana Chia Pudding, 1% Milk

Connect Hearing May 18 2022,
from 10:45 am to 11:15 am

Front Range Fire District **Blood
Pressure Checks** May 25 from 11
am to 11:30 am

Mardi Gras Casino
Thursday May 19
Leave at 8:30 am return 4:00 pm
Fee \$3.00

Yoga Class
Every Friday at 10:15 with
Kim Smarr.
12 on going classes for \$24
register with TRPR

Tai Chi Chih
classes with Marie
every Thursday
10:00 am in small
room.
\$45 for 8 classes

EXERCISE CLASS
Tues & Fri @ 9:15 am
here at the center.
\$1 per class.