

*Johnstown Senior Center  
55 + Scene  
JUNE 2022*

*The month of June gives  
us the summer  
inspiration, just like the  
warm month – telling us  
not to wait for the change,  
instead be the change.*

*Shirley Newsom Gamez  
Program Coordinator*

*101 W Charlotte St  
Johnstown CO 80534  
970-587-5251*

*[email: sgamez@bajabb.com](mailto:sgamez@bajabb.com)*

*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](https://www.facebook.com/TownofJohnstownSeniorCenter)*

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

### June 2022 Calendar of Events

June 1	11:45 am	Friendly Fork Congregate or Carry Out Meal
	12:30 pm	Playing Cards
June 2	10:00 am	Tai Chi Chih with Marie
June 3	9:15 am	Exercise
	10:15 am	Yoga with Kim, 45 min class
June 4		Johnstown BBQ Day
June 5	11 am	Rockies game
June 6	8:30 am	Breakfast at
	1:30 pm	Mahjong
June 7	9:15 am	Exercise
	10:30 am	Advisory Board meeting
June 8	11:45 am	Friendly Fork Congregate or Carry Out Meal
	12:30 pm	Playing Cards
June 9	10:00 am	Tai Chi Chih with Marie,
June 10	9:15 am	Exercise
	10:15 am	Yoga with Kim, 45 min class
	6:30 pm	Dance with High Plains Connection
June 13	1:30 pm	Mahjong
June 14	9:30 am	Moderate Exercise class, 45 min
	1:00 pm	Ceramics class
June 15	11:00 am	Connect Hearing, Aaron adjusts your hearing aids
	11:45 am	Lunch
	12:30 pm	play cards
June 16	8:30 am	Lodge Casino in Blackhawk
	10:00 am	Tai Chi Chih with Marie
June 17	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
June 20	1:30 pm	Mahjong
June 21	9:15 am	Exercise
June 22	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
June 23	10:00 am	Tai Chi Chih
		Forney Museum/lunch tbd
June 24	9:15 am	Exercise
	10:15 am	Yoga
June 27	1:30 pm	Majhong
June 28	11:00 am	Cheddars Restaurant
June 29	11:30 am	Friendly Fork Congregate or Carry Out Meal
	12:330 pm	Playing Cards
	1:00 pm	Bingo

June 30 10:00 am Tai chi Chih

**Congregate Meals are either dine in or carry out. Specify carry out  
June 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 11:30 am to 12:00 pm.**

**June 1**

Beef Stroganoff, Penne Wheat Pasta, Spinach Salad, Apple, Wheat Roll Butter, 1% Milk

**June 8**

Sloppy Joe on Bun, Lemon White Bean Salad, Glazed Carrots, Cantaloupe-Honeydew-Pineapple-Grape Salad, 1% Milk

**June 15**

Fish Sandwich on Multigrain Bun, Tartar Sauce, Tomato Slice, Lettuce Leaf, Roasted Red Potatoes, Creamy Coleslaw, Apple, Blueberry Cobbler, 1% Milk

**June 22**

Vegetable Soup, Egg Salad on Wheat Bread, Lettuce, Tomato, Broccoli Slaw, Tropical Fruit Salad, Oatmeal Raisin Cookie, 1% Milk

**June 29**

Balsamic Grilled Beef, Mashed Potatoes, Brussel Sprouts, Wheat Roll, Butter, Apple-Cranberry Crisp, 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**

**6/7** Parmesan Chicken Breast, Whole Wheat Penne Pasta, Chunky Marinara Sauce, Baby Kale Red Onion Fennel Salad, Melon-Strawberry-Grape Mix, Chocolate Chip Cookie, 1% Milk

**6/14** BBQ Pulled Pork, Multigrain Bun Roasted Red Potato Salad, BBQ Baked Beans, Orange, 1% Milk

**6/21** Roast Beef, Gravy, Smashed Potatoes, Corn O'Brien, Fruit Salad, Wheat Roll, Butter, 5 Layer Dessert Bar, 1% Milk

**6/28** Cheeseburger on Bun with Lettuce, Tomato, Ketchup, Mustard, Roasted Red Potatoes,

Garlic Roasted Green Beans, Orange, 1% Milk

**Do you shop Amazon?**

Help our senior center by enrolling in Amazon Smile. They donate a % back to our center when you use Amazon Smile. Enroll at [smile.amazon.com/ch/84-23525450](https://smile.amazon.com/ch/84-23525450). Select charity (Johnstown Senior Center) and purchase your items. I bookmarked the page so I can easily access it.

**Connect Hearing** June 22 2022,  
from 10:45 am to 11:15 am

Front Range Fire District **Blood Pressure Checks** June 29 from 11 am to 11:30 am

**EXERCISE CLASS**

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

**Lodge Casino**

Thursday June 16  
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**

**BOOK CLUB**

*The Lager Queen of Minnesota*  
By  
*J. Ryan Stradal*