***Johnstown Senior Center***

 ***55 + Scene***

 ***November 2022***

50 cents

“As a month, November brings us the hope of upcoming holidays, especially Christmas. The chill in the air in November makes us crave the warmth of family, friends, and togetherness.” author unknown

***Shirley Newsom Gamez***

***Program Coordinator***

***101 W Charlotte St***

***Johnstown CO 80534***

***970-587-5251***

***email: sgamez@bajabb.com***

***work hours Mon – Fri 8:00 am to 3:30 pm lunch noon to 1 pm***

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

***facebook: TownofJohnstownSeniorCenter***

November 2022 CALENDAR OF EVENTS

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

Nov 1 10:30 am Advisory Board Meeting

 11:45 am Friendly Fork Congregate or Carry Out Meal

 12:30 pm Playing Cards

 6:00 pm Square Dance

Nov 2 11:45 am Lunch

 12:30 pm Card Game

Nov 3 10:00 am TaiChi Chih

Nov 4 9:15 am Exercise

 10:15 am Yoga with Kim, 45 min class

 6:30 pm Dance with Harris and Harris band

Nov 6 2 pm 101st Army Band at UCCC

Nov 7 9:00 am Breakfast at The Kitchen

 6:00 pm Square dance lessons, contact foornadfiddle0@gmail.com

Nov 8 9:15 am Exercise

Nov 9 11:45 am Friendly Fork Congregate or Carry Out Meal

 12:30 pm play cards

 6:00 pm Square Dance

Nov 10 10:00 am Tai Chi Chih with Marie

 I’m Gone

Nov 11 9:15 am Exercise cancelled

 10:15 am Yoga

 9 to 10:30 am Food Bank at YMCA

 I’m Gone

Nov 14 9:00 am Walmart

 6:00 pm Square Dance

Nov 15 9:15 am Exercise

Nov 16 11:00 am speaker Dr Ramos Chiropractic

 11:00 am Connect Hearing, Aaron is here to help with your hearing aids

 11:30 am Friendly Fork Congregate or Carry Out Meal

 12:30 pm Playing Cards

 6:00 pm Square Dance

Nov 17 8:30 am Lodge Casino

 10:00 am Tai Chi Chih

Nov 18 9:15 am Exercise

 10:15 am Yoga

 1:30 pm Book club, reading A Christmas Escape

 6:00 pm Dance to Jim Erhlich

Nov 19 6:00 pm Square Dance

Nov 22 9:15 am Exercise

Nov 23 11:00 am

 11:30 am Friendly Fork Congregate or Carry Out Meal

 12:30 pm Playing Cards

 1:00 pm Bingo

 6:00 pm Square Dance

Nov 24 10:00 am Tai Chi Chih

Nov 25 9:15 am Exercise

 10:15 am Yoga

Nov 29 9:15 am Exercise

 11:00 am Nordy’s for lunch

Nov 30 11:45 am Lunch

 12:30 pm Playing cards

 1:00 pm Bingo

**Congregate Meals are either dine in or carry out. Specify carry out**

**November 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.**

**Nov 2**

Sweet and Sour Pork Stir Fry, Brown Rice, Soy Sauce, Asian Slaw, Banana, Snickerdoodle Cookie, 1% Milk,

**Nov 9**

Chicken Fried Steak with Cream Gravy, Mashed Potatoes with Gravy, Corn O’Brien, Mandarin Oranges, 1% Milk

**Nov 16**

Chicken Florentine Casserole, Brussels Sprouts with Malt Vinegar, Fruit Mix, Breadstick, 1% Milk

**Nov 23**

Glazed Ham, Green Bean Almondine, Sweet Potato Casserole, Pineapple Slices, Cranberry Chocolate Oat Bar, 1% Milk

**Nov 30**

Beef Enchiladas, Mexican Brown Rice, Fruit Mix, Bandito Beans, Lemon Bar, 1% Milk



**Aaron from Connect Hearing** is here to help you with your hearing aids, free of charge. November 16, 2022, from 10:45 am to 11:15 am

Front Range Fire District **Blood Pressure Checks November 23,** from 11 am to 11:30 am

November Birthdays

Zoey E. 22nd

**EXERCISE CLASS**

Tues & Fri @ 9:15 am here at the center.

$1 per class.

**Tai Chi Chih** classes with Marie. every Thursday 10:00 am in small room.

**$45 for 8 classes**

**BOOK CLUB**

**A Christmas Escape**

**By Anne Perry**

**Friday, November 18,**

**1:30 pm**

**Yoga Class**

Every Friday at 10:15 with Kim Smarr. She has been teaching our class for 14 years.

**12 on going classes for $24** register with TRPR

**Lodge Casino**

Thursday November 17

Leave at 8:30 am return 4:00 pm

Fee $3.00

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**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. Select charity (Johnstown Senior Center) and purchase your items. I bookmarked the page so I can easily access it.

**Eagle Hockey Game** begins November 26 Leave center at 2 pm, tickets are $21

$10 food voucher