

Johnstown Senior Center

55 + Scene

September 2016

Shirley Newsom Gamez

Program Coordinator

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NOVEMBER 2016 Calendar of Events

Nov 1	8:15 am	ChairYoga
	9:30 am	Exercise
	10:30 am	Advisory Board Meeting
Nov 2	10:30 am	Blood pressure
	11:45 am	Lunch
	12:30 pm	Pitch card game
Nov 3	8:30 am	Exercise
	9:15 am	Yoga all levels
Nov 7	1:30 pm	Walmart
Nov 8	8:15 am	ChairYoga
	9:00 am	Sewflakes
	9:30 am	Chair Exercise
	noon	Lunch catered by Johnson's Corner
Nov 9	9:30am	wii tournament
	10 am	Blood pressure checks/Ask a Nurse
	11:45 am	Lunch
	12:30 pm	Pitch card game
	1:00 pm	Bingo
	6 pm	Eagles vs Allen hockey game
Nov 10	8:00 am	Breakfast with Friends
Nov 11	8:30 am	Chair Exercise
	9:15 am	Yoga all levels
Nov 15	8:15 am	Chair Yoga
	9:30 am	Chair Exercise
Nov 16	9:30 am	Pool Tournament
	10:30 am	Flu Shots by CVNA
	10:30	Blood Pressure Checks
	11:45	Lunch
	12:30	Pitch card game

Nov 17	8:30 am	Canyon Casino
Nov 18	8:00 am	Nutrition Training
	8:30 am	Chair Exercise
	9:15 am	Yoga all levels
	1:30 pm	Book Club
Nov 22	8:15 am	Yoga
	9:00 am	Sewflakes
	9:30 am	Exercise
	11:00 am	Lunch out
Nov 23	10:30 am	Blood pressure
	11:45 am	Lunch
	12:30 am	Pitch card game
Nov 24		Happy Thanksgiving
Nov 25		Closed
Nov 28	1:00 pm	Advisory Board Meeting
Nov 29	8:15 am	Yoga
	9:30 am	Exercise
	11:00 am	Rosario's
Nov 30	11:00 am	
	11:45 am	Lunch
	12:30 pm	Pitch Cards
	1:00 pm	Bingo

THE FRIENDLY FORK NOVEMBER 2016 NUTRITIONAL MEALS for JOHNSTOWN

**MEALS MUST BE CALLED IN OR CANCELED BY 9:30 AM
TUESDAYS**

**WALK INS MUST WAIT TO BE SERVED UNTIL ALL RESERVATIONS ARE
SERVED.**

We will make every effort to serve you.

November 2

Wheat Rotini Pasta with Meat Sauce, Broccoli Cuts, Pears and Blueberries, Wheat Roll 1% Milk, Salad Bar

November 9

Hamburger on Whole Bun, Lettuce, Tomato, and Onion with Mustard and Ketchup, coleslaw, Kiwi, Crunchy Fruit Nut Cup, 1% Milk, Salad Bar

November 16

Beef tips over Penne Pasta, Peas with pearl Onions, Banana Pineapple Waldorf Salad, Wheat Roll, Margarine, 1% Milk, Salad Bar

November 23

Roast Turkey, Whipped Potatoes, Gravy, Stuffing, Carrot, Broccoli and Cauliflower, Cranberry Relish, Margarine, Pumpkin Bar 1% Milk, Salad Bar

November 30

Roast Beef Sandwich on Rye with Lettuce, Tomato, Mayonnaise and Mustard, Southwestern Coleslaw, Mellon Salad and Lemon Raspberry Muffin, Margarine, 1% Milk, Salad Bar

Additional MEALS

November 15

Catered by Johnson's Corner: Meatloaf, mashed potatoes, gravy, vegetable, roll

November 29

Rosario's Restaurant, Longmont CO

UP COMING EVENTS

Dec 3 Christmas Boutique

Dec 7 Eagles vs Idaho Stealheads hockey game

Dec 21 Christmas Dinner

Dec 28 New Years Celebration