

Johnstown Senior Center

55 + Scene

July 2017

Shirley Newsom Gamez

Program Coordinator

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SEPTEMBER 2017 Calendar of Events

I am out of the office Sept 19 to Sept 22, Volunteers needed to run senior center

Sept 1	8:30 am	Exercise
	9:15 am	Yoga
Sept 4	Labor Day	
	11:00 am	Rockies game
Sept 5	8:15 am	Chair Yoga
	9:30 am	Exercise
	10:30 am	Advisory Board Meeting
Sept 6	10:30 am	Blood Pressure
	11:45 am	Lunch
	12:30 pm	Pitch card game
	1:30 pm	Tia Chi Chih
Sept 8	8:30 am	Chair Exercise
	9:15 am	All Levels Yoga
Sept 11	1:30 pm	Walmart
Sept 12	8:15 am	Chair Yoga
	9:00 am	Sewflakes
	9:30 am	Chair Exercise
	noon	Lunch catered by: Santiago's
Sept 13	9:30 am	wii Tournament
	9:30 am	Hearing aid cleaning and testing
	11:00 am	Greeley Place/JPD
	11:45 am	Lunch
	12:30 pm	Pitch card game
	1:00 pm	Bingo
	1:30 pm	Tai Chi Chih
Sept 14	8:00 am	Breakfast with Friends
Sept 15	8:30 am	Exercise

	9:15 am	All Levels Yoga
	1:30 pm	Book Club
Sept 18	9:00 am	Mahjongg
Sept 19	8:15 am	Chair Yoga
	9:30 am	Exercise
Sept 20	9:30 am	Pool tournament
	10:30 am	Blood pressure checks
	11:45 am	Lunch
	12:30 pm	Pitch card game
	1:30 pm	Tai Chi Chih
Sept 21	8:30 am	Casino trip is on the 28th
Sept 22	8:30 am	Exercise
	9:15 am	Yoga, all levels
Sept 26	8:15 am	Yoga
	9:00 am	Sewflakes
	9:30 am	Exercise
	10:30 am	Hudson Gardens/Platte River Bar & Grill
Sept 27	10:30 am	Blood Pressure
	11:00 am	Heart Beats Band
	11:30 am	Lunch
	12:30 pm	Pitch Card game
	1:00 pm	Bingo
	1:30 pm	Tai Chi Chih
Sept 28	8:00 am	Breakfast with Friend
	8:30 am	Lady Luck Casino
Sept 29	8:30 am	Exercise
	9:15 am	All Levels Yoga

**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.

THE FRIENDLY FORK NUTRITIONAL MEALS for JOHNSTOWN

SEPTEMBER 2017

Meals are \$4.00 donation, under 60 \$12.00 (exceptions apply)

Sept 6

Hamburger on a Whole Wheat Bun, Lettuce, Tomato, Onion, Mustard, Ketchup, Garden Pasta Salad, Melon Mix, Dried Fruit Nut Cup, Salad Bar, 1% Milk

Sept 13

Rosemary Roast Pork with Pork Gravy, Mashed Potatoes with Tarragon, California Blend Vegetables, Banana, Pumpkin Roll, Salad Bar, 1% Milk

Sept 20

Beef Stroganoff over Multi Grain Penne Pasta, Peaches-Bananas-Blueberries, Spinach, Cauliflower & Green Pepper Salad, Lemon Raspberry Muffin, Butter, Salad Bar 1% Milk

Sept 27

Cajun Catfish with Tartar Sauce, Lemon, Rice and Red Beans, Coleslaw with Pineapple & Raisins, watermelon, Spice Cake, Salad Bar, 1% Milk

ADDITIONAL MEALS

Aug 8

Lunch catered by: Santiago's

Stuffed Sopapillas

Sept 26

Platte River Bar & Grill after Hudson Gardens

Sept 14 and 28 Breakfast (\$3.00)

14th Bacon, Pancakes, Scrambled Eggs

28th Sausage, Pancakes, Scrambled Eggs