

***Shirley Newsom Gamez
Program Coordinator***

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August 2019 Calendar of Events

Aug 2	8:30 am	Exercise
	9:15 am	Yoga
	6-9 pm	Senior Dance with a potluck (for 6) \$6 cover charge
Aug 5	9:00 am	Mahjong
	9:45 am	Chair Yoga
	1:30 pm	Walmart
Aug 6	8:15 am	Yoga
	9:30 am	Exercise
	10:30 am	Advisory Board Meeting
	1:00 pm	Cribbage
Aug 7	11:00 am	School Superintendent Lesli Arnold
	11:45 am	Lunch donated by School Administration
	12:30 pm	Card games/Pitch
	1:30 pm	Tai Chi Chih
Aug 8	8 am	Breakfast w/Friends
Aug 9	8:30 am	Exercise
	9:15 am	Yoga
	11 am	AED Training class
	2:00 pm	Pottery class
	6:00 pm	Senior Dance
Aug 12	9 am	Mahjong
	9:45 am	Chair Yoga
Aug 13	8:15 am	Yoga
	9:00 am	Sewflakes
	9:30 am	Exercise
	1:00 pm	Cribbage
	3:30 pm	Dinner at Lazy B Ranch
Aug 14	11:00 am	Rockies Game
	11:45 am	Lunch
	1:00 pm	Bingo
	1:30 pm	Tai Chi Chih
Aug 15	8:30 am	Gilpin Casino
Aug 16	8:30 am	Exercise

	9:15 am	Yoga
	6-9 pm	Dance
Aug 19	9:00 am	Mahjong
	9:45 am	Chair Yoga
Aug 20	8:15 am	Chair Yoga
	9:00 am	Sewflakes
	9:30 am	Exercise
Aug 21	11 am	Commander Sanchez
	11:45 am	Lunch
	12:30 pm	Pitch card game
	1:30 pm	Tai Chi Chih
Aug 22	8:00 am	Breakfast with Friends
Aug 23	8:30 am	Exercise
	9:15 am	Yoga
	2:00 pm	Pottery class
Aug 26	9 am	Mahjong
	10:45 am	Yoga
Aug 27	8:15 am	Yoga
	9:30 am	Exercise
	noon	Catered Lunch
	1:00 pm	Cribbage
Aug 28	11:00 am	Lorie Wellman Friendly Fork Nutrition
	11:45 am	Lunch
	12:30 pm	Cards
	1:00 pm	Bingo
Aug 29	9-3	Lifeline Screening
Aug 30	8:30 am	Exercise
	9:15 am	Yoga
	6:00 pm	Senior Dance

**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

August 2019

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

Aug 7

Lemon Fish, Tartar Sauce, Lemon Wedge, Baked Potato, Butter, Sour Cream, Asparagus-Corn-Red Pepper, Morning Glory Muffin with Walnuts, Salad Bar, 1% Milk

Aug 14

Chicken Fajita, Sour Cram, Pico De Gallo, Refried Beans, Spanish Rice, Strawberry Gelatin with Bananas, Salad Bar, 1% Milk

Aug 21

Beef Tips over Mashed Potatoes, Corn, Pumpkin Roll, Butter, Fresh Strawberries and Bananas, Salad Bar, 1% Milk

Aug 28

Beef Brisket, Roasted Turnips and Parsnips, Corn on the Cob, Rye Roll, Butter, Cinnamon Applesauce, Salad Bar, 1% Milk

ADDITIONAL MEALS

August 13

Dinner at Lazy B Ranch and entertainment

Aug 27

Lunch catered in by Johnson's Corner

Breakfast with Friends

August 8th and 22nd

Bacon, Pancakes, Scrambled Eggs, all for \$3.00 RSVP a must

UP COMING EVENTS

AED Training Aug 9th

Lazy B Ranch 13th

Rockies game Aug 14th Leave center at 11 am

**Aug 2nd and 16th Dance at 6 pm community room,
hosted by Berthoud**

Lunch with School Superintendent Aug 7th

**Note change in Tuesday meals. Going to Cheyenne on
the 13th and Catered meal is on the 27th**

BINGO

Aug 14th & 28th
1 pm



Chair Exercise

Low impact
Tues 9:30 am
Fri 8:30 am

**Blood Pressure
Checks**

2nd & 4th
Wednesday at
10:30 am

Tai Chi

Wednesdays
1:30 pm
8 weeks \$35

BOOK CLUB

Aug 16th
1:30 pm
Inside the
O'Briens
By
Lisa Genova

**Breakfast with
Friends**

8 am Thursdays
August 8th and 22nd
\$3.00 rsvp

Yoga Class
Mon 9:45 am
Tues 8:15 am
Fri 9:15 am
Instructor Kim Smarr
Punch card available

NEW
1st, 2nd and 4th
Friday
Pottery classes at 2
pm
\$8 fee (includes clay,
paints, & firing)

Gilpin Casino
July 18th
8:30 am
Rockies games
Aug 14th
11:00 am

Mahjonng every
Monday 9:00 am
Cribbage every
Tues 1:00 pm
Pinocle third Wed
at 12:30 pm