

***Shirley Newsom Gamez
Program Coordinator***

***101 W Charlotte St
Johnstown CO 80534***

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March 2020 Calendar of Events

Mar 2	9:00 am	Majhong
	9:30 am	Yoga
	1:30 pm	Walmart
Mar 3	8:15 am	Yoga
	9:30 am	Exercise
	11:00 am	Advisory Board Meeting
	1:00 pm	Cribbage
Mar 4	11:45 am	Lunch
	12:30 pm	Card games/Pitch
	1:30 pm	Tai Chi Chih
Mar 6	8:30 am	Exercise
	9:15 am	Yoga
	6:00 pm	Dance
Mar 9	9:00 am	Mahjong
	9:30 am	Chair Yoga
Mar 10	8:15 am	Yoga
	9:00 am	Sewflakes
	9:30 am	Exercise
	Noon	Catered meal by Huang Garden
	1:00 pm	Cribbage
	6:00 pm	Eagles Hockey Game
Mar 11	11:00 am	Rex Andrews perform
	11:45 am	Lunch
	12:30 pm	Pitch card game
	1:00 pm	Bingo
	1:30 pm	Tai Chi Chih
	6:00 pm	Candlelight Dinner Theater
Mar 12	8:00 am	Breakfast with Friends
Mar 13	8:30 am	Exercise
	9:15 am	Yoga
Mar 16	9:00 am	Mahjong
	9:30 am	Chair Yoga
	12:30 pm	
Mar 17	8:15 am	Chair Yoga
	9:30 am	Exercise
	1:00 pm	Cribbage

Mar 18	11:00 am	Matt LeCerf, Town Admin
	11:30 am	Lunch
	12:30 pm	Playing cards
Mar 19	8:30 am	Saratoga Casino
Mar 20	8:30 am	Exercise
	9:15 am	Yoga
	1:30 pm	Book Club
	6:00 pm	Dance
Mar 23	9:00 am	Mahjong
	9:30 am	Yoga
Mar 24	8:30 am	Exercise
	9:15 am	Yoga
Mar 25	11:00 am	Right Sizing info
	11:45 am	Lunch
	12:30 pm	Playing cards
	1:00 pm	Bingo
	1:30 pm	Tai Chi Chih
Mar 26	8:00 am	Breakfast
Mar 27	8:30 am	Exercise
	9:15 am	Yoga
Mar 30	9:00 am	Mahjong
	9:15 am	Yoga
Mar 31	8:15 am	Yoga
	9:30 am	Exercise
	11:00 am	Little America

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

MARCH 2020

Meals are \$4.00 donation, under 60 \$14.00 (exceptions apply)

Mar 4

BBQ Pork on a Wheat Bun, Creamy Potato Salad, Corn on the Cob, Watermelon Wedges, Salad Bar, 1% Milk

Mar 11

Cabbage Casserole, Marinated Vegetables, Morning Glory Muffin, Butter, Orange Wedges, Salad Bar, 1% Milk

Mar 18

French Dip Sandwich, Au Jus Sauce, Oven Browned Potatoes, Creamy Coleslaw, Strawberries and Bananas, Salad Bar, 1% Milk

Mar 25

Chicken Cacciatore over Rotini, Tuscan Begetables, Wheat Roll, Butter, Orane-Apple-Banana Fruit Salad, Salad Bar, 1% Milk

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ADDITIONAL MEALS

Mar 12th and 26th Breakfast with Friends

Biscuits and Gravy, Hash Browns, Scrambled Eggs, all for \$3.00 RSVP a must

Mar 10th

Catered by: Huang Garden
Cashew Chicken, Fried Rice, Egg Roll, Cheese Wonton, Fortune Cookie
Mar 31

Little America Hathaway Restaurant



Harris and Harris performed during our lunch on Feb 12th, we were delighted to have them

perform during our Wednesday noon meal



Heart Beats band from Loveland Senior Center came in Feb to perform during our Wednesday

noon meal