

***Shirley Newsom Gamez
Program Coordinator***

***101 W Charlotte St
Johnstown CO 80534
970-587-5251***

sgamez@bajabb.com

JULY 2019 Calendar of Events

July 1	9:00 am	Mahjong
	9:45 am	Chair Yoga
	1:30 pm	Walmart
July 2	8:15 am	Yoga
	9:30 am	Exercise
	10:30 am	Adv. Board Mtg
	1:00 pm	Cribbage
July 3	11:30 am	speaker Kim Marie, pottery class to begin July 12th
	11:45 am	Lunch
	12:30 pm	Card games
	1:30 pm	Tia Chi Chih
July 4		Celebrate the 4 th of July
July 5	8:30 am	Exercise
	9:15 am	Yoga
	6-9 pm	Senior Dance with a potluck (for 6) \$6 cover charge
July 8	9:00 am	Mahjong
	9:45 am	Chair Yoga
July 9	8:15 am	Yoga
	9:00 am	Sewflakes
	9:30 am	Exercise
	noon	Pot Luck lunch senior center will provide hamburgers and hot dogs
July 10	1:00 pm	Cribbage
	10:30 am	Connect Hearing/Blood Pressure Checks
	11:00 am	Steve Manshell performs
	11:30 am	Lunch
	12:30 pm	Card games/Pitch
	1:00 pm	Bingo
July 11	1:30 pm	Tai Chi Chih in the park
	6:30 am	Rafting/Train trip
	8 am	Breakfast w/Friends
July 12	8:30 am	Exercise
	9:15 am	Yoga

	2pm	Pottery class
	6:00 pm	Ft Collins Summer Concert
July 14	11 am	Rockies game
July 15	9 am	Mahjong
	9:45 am	Chair Yoga
July 16	8:15 am	Yoga
	9:30 am	Exercise
	1:00 pm	Cribbage
	5:45 pm	Dinner in Platteville \$4 donation served by the Friendly Fork Nutrition
July 17	11:00 am	Cary will speak about RX Fraud
	11:45 am	Lunch
	12:30 pm	Card game/ pitch or pinocle
	1:30 pm	Tai Chi Chih
July 18	8:30 am	Saratoga Casino
July 19	8:30 am	Exercise
	9:15 am	Yoga
	6 -9 pm	Senior Dance/Potluck for (6), cover \$6
July 22	9:00 am	Mahjong
	9:45 am	Chair Yoga
	12:30 pm	AARP Driver class (\$15 for member, \$20 non-member)
July 23	8:15 am	Chair Yoga
	9:00 am	Sewflakes
	9:30 am	Exercise
July 24	10:30 am	Blood Pressure
	11 am	Fire Dept
	11:45 am	Lunch
	12:30 pm	Pitch card game
	1:30 pm	Tai Chi Chih
July 25	8:00 am	Breakfast with Friends
July 26	8:30 am	Exercise
	9:15 am	Yoga
	10:45 am	Noble Energy Picnic Lunch
	2:00 pm	Pottery class
July 29	9 am	Mahjong
	10:45 am	Yoga
July 30	8:15 am	Yoga
	9:30 am	Exercise
	11:00 am	Lunch
	1:00 pm	Cribbage
July 31	11:45 am	Lunch
	12:30 pm	Cards
	1:00 pm	Bingo

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
JULY 2019**

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

JULY 3

Turkey/Bacon Wrap, Southwest Coleslaw, Melon and Jicama, Kiwi, Fig Bar, Salad Bar, 1% Milk

JULY 10

Turkey Cutlet with Mango Salsa, Creamy Rice Pilaf, Roasted Carrots and Zucchini, Banana Craisin, Sunflower Seed Muffin, Butter, Melon Mix, Salad Bar, 1% Milk

JULY 17

Chicken Cordon Bleu, Roasted Red Potatoes, Spinach Salad with Strawberries and Balsamic Dressing, Pumpkin Roll, Butter, Buttered Apples, Salad Bar, 1% Milk

JULY 24

Full Tuna Salad on Marble Rye, Caesar Salad, Mandarin Orange-Pineapple-Raspberry Salad, Crunchy Fruit and Nut Cup, Salad Bar, 1% Milk

JULY 31

Creamy Pesto Chicken Wrap, Red Roasted Potatoes, Cabbage Slaw with Green Peppers, Chocolate Zucchini Muffin, Butter, Apple-Orange Wedges

ADDITIONAL MEALS

JULY 9

Pot Luck Lunch, hamburgers and hot dogs provided by senior center. You can also donate \$ instead of a side dish.

JULY 30

Dinner at

Breakfast with Friends

July 11th ? And 25th Breakfast may be cancelled on the 11th because of rafting trip.

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

