

Young at Heart is a ministry for seniors who gather monthly to provide spiritual growth, fellowship, recreation, and support to each other.

It's Your Lucky Dinner

Peg Stewart



This is the month of four-leaf clovers, shamrocks, and corned beef. I'm sure all of you will get out the green garments from your closet and wear them just for fun!

Supposedly green and luck are the much-celebrated themes of March and we YAH folks will follow that trend. Our dinner will be on **Thursday, March 20th, at 6:00 PM** in the John XXIII Center. The main dish will be corned beef and we ask that you bring a side dish to share (salad, vegetable, or dessert) to feed eight people and ready to share.

Our entertainment will be Shelvis, a female Elvis tribute artist, (Lori Muha) who performs an all-ages show that involves audience participation. She sings many Elvis songs and is spectacular. As I'm sure you recall, the 'Blue Suede Shoes' man had numerous hits, including 'Jailhouse Rock', 'Hound Dog', 'All Shook Up' and even 'I Got Lucky'! Shelvis captures the audience with amazing powerhouse vocals and high energy. Her band was voted Denver's Best Band in 2019 but she also has a solo act. She actually performed for YAH many years ago and was truly phenomenal. I'm sure you will all enjoy this show!

The Board Sez

Okay, I am over 60, am I really excused from fasting in Lent? Can that be correct? Fasting is challenging me to do better by giving up something I enjoy and to strengthen my religious discipline. The most common is giving up chocolate but if one is hooked on Netflix, maybe that is something that can be given up. Jesus went out to the desert to pray and fast to prepare for the beginning of God's work. In the same way, during the 40 days before Easter, we can remove distractions to pursue God's will. It is a way to get closer to God by turning to him during Lent so we can celebrate Easter Sunday clean of spirit and hopefully move nearer to God. Lent is the time for prayer, fasting, and almsgiving. At our age, most of us have no problem praying. Fasting may be a little harder but it doesn't have to refer to eating. It's making a sacrifice of something we wish to give up that may be keeping us from getting closer to God. One example given by Fr. Mike on YouTube is to write out 40 names and each day during Lent send an uplifting card or note to one person on your list.

So, our age shouldn't matter because we can make an effort to remove sin that distances us from God. God is good and no matter how many prayers we send in thanksgiving it will not cover the goodness God gives us.

Give up For Lent
 Complaining
 Bitterness
 Worry
 Discouragement
 Hatred
 Anger
 Gossip

Do For Lent
 Gratitude
 Forgiveness
 Trust
 Hope
 Love
 Patience
 Guard your mouth

President - Marsha Edwards 620-874-0670

Vice President - Erlinda Moscoso 303-422-2065

Secretary - Kathy Lutwack - 303-422-2128

Treasurer - Bonnie McAninch - 303-428-6422

First Friday
Breakfast

Mary 720-289-1954
Wanda 303-421-9010

(We will retire at the end of May 2025. Think about replacing us.)

Breakfast on **Friday, March 7th** after the **9 AM Mass** in the **John XXIII Center**. Donations are appreciated.



Judy Matthews 303-489-1469
CARDS & GAMES will be held on **Thursday, March 27th** in the **John XXIII room**, at **12 Noon**. We provide the main dish for lunch and players are asked to bring a side dish to share and \$1 for prize money. Hope to see you there



Helen Contreras 303-424-2876

Our next meeting will be **Tuesday, March 18**, in the **St. Francis room**, beginning at 11:30 AM. We receive instructions on the project for the homebound and nursing home residents of Spirit of Christ. The Caring Hearts group delivers these items, and our crafts are well received and the recipients are thankful. We hope you will join us in making these gifts of beauty and care.



Suzanne Barker 720-366-2231

We will meet on **Tuesday, March 4**, at **9:30 AM** in the **John XXIII Center**, to make decorations for our It's Your Lucky Day Dinner. Come and join us.



Marsha 620-874-0670
Grace 303-425-1157

Please join us for **A Gentleman's Guide to Love and Murder** on **Wednesday, April 30**, at **1 PM** in the **Arvada Center** for \$36.00. Payment due 3-21-2025. There are 8 heirs to the throne, who will survive in this dark comedy, musical, farce.



The Young at Heart Book Club will meet on **Tuesday, March 11th** at **1:00 PM** in the **Holy Family room** at SOC. The book is "The Keeper of Lost Things" by Ruth Hogan. It is about a delightful blend of Magical Realism and Romance.



Happy St. Patrick's Day



Susan Hay 303-423-8023

Our next meeting will be on **Monday, March 3**, at **10 AM**, in the **Cana Room**. If you know a member, who is shut-in or sick and would like a monthly visit, please let Susan know. We would like new people to join us with the visits.



Erlinda Moscoso 303-422-2065

The Century Casino in Central City will supply a bus for us. I have scheduled **Friday, March 14**, to gamble with no extra charge. A bus will **leave** from SOC at **10 AM** and **return** by **4 PM**. Let me know if you are interested and I will sign you up. We need a minimum of 30 people!

The deadline for our trip to Albuquerque is getting closer. If you want to travel with a fun group please call me.

\$800 covers bus fare, lodging for 4 days, eight meals, tips for driver and tour guides, and entrance fees to places we will visit (the St. Francis of Assisi Cathedral, tour Santa Fe, ride the tram up the Sandia Mountain, visit Old Town in Albuquerque, enjoy the sculpture garden, see Acoma Pueblo on a plateau, and see Southwestern culture and crafts). Four persons are necessary to complete the quota, but there is room for ten more people.

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Caring Hearts 10 AM, Cana Room	4 Decorating Committee 9:30 AM John XXIII Center	5 Ash Wednesday	6 Board Meeting 10 AM Spirit Center West	7 1st Friday Breakfast 9:30 AM John XXIII Center	8
9 Daylight Savings Day	10	11 Book Club 1 PM Holy Family Room	12	13	14 Century Casino 10 AM to 4 PM	15
16	17 	18 Crafts For A Cause 11:30 AM St. Francis Room	19	20 'It's Your Lucky Day' Dinner 6 PM John XXIII Ctr.	21	22
23	24	25	26	27 Cards and Games 12:00 PM John XXIII Center	28	29
30	31					

HAPPY BIRTHDAY!

- | | | | |
|-------------------|------------------------|------------------|--------------------|
| 1 Marcia Coleman | 7 Valda Neely | 17 Joleen Wilson | 27 Lou Hill |
| 2 Rosetta Sokol | 8 Vic Kline | 19 Kathy Horst | 28 Bob Walsh |
| 3 Deb McKenzie | 11 Joan Adducci | 20 Beverly Baca | 28 Tricia Hardin |
| 3 Melinda Centeno | 12 Alice Sweet | 22 Barbara Bretz | 30 Betty Longi |
| 3 Nick Bretz | 12 Bill Lewis | 23 Carol Meng | 31 Diana Molitoris |
| 6 Sherri Lombardi | 12 Cherry Cris Ellison | 27 Gary Eckhardt | 31 Mike Passarelli |



7400 W 80th Ave
Arvada, CO 80003

YAH ADDRESS SERVICE REQUESTED

NON-PROFIT
U.S. POSTAGE
PAID
Presort Std. A
Permit No. 291
Arvada, Colorado



Violet Abad
Jane and Jerry Reish



Aggie Holcomb 303-421-2700



Lwana Elder 303-420-0195

Fr. Chris Renner - Get Well

Mary Cessar - Get Well

Ollie Graczyk - Get well

Bev Avis - Sympathy

Melinda & Joe Centeno - Sympathy

If you know of one of our members who is ill
or has lost a loved one, please contact Aggie.

From your Callers:

Roses are Red, Violets are Blue.

We **REALLY** love hearing from YOU!

Please reply to any Voice message as soon as
possible. It is greatly appreciated for planning
purposes! Thanks!

President - Marsha Edwards 620-874-0670

Vice President - Erlinda Moscoso 303-422-2065

Secretary - Kathy Lutwack - 303-422-2128

Treasurer - Bonnie McAninch - 303-428-6422

