

Young at Heart Newsletter

Nov. 2025

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

Being Thankful Dinner

Peg Stewart

It's time for turkey and dressing (gobble gobble) which also signifies our Thanksgiving holiday. It is also the month where we honor all our veterans and we will be recognizing those valiant men and women who served our country. Whether they were drafted or enlisted, they are all heroes. Many of them fought in wars; some gave the ultimate sacrifice and those who returned are still haunted by that experience. I am asking that all veterans attending wear their uniform (if still possible!) or a hat or bring anything else from their time of service. In recognition, we hope to take a photo of all of you together.

Our dinner will be on **Thursday, November 20th**, in the **Spirit Center (upstairs)** at **6:00 PM**. The main dish will be turkey, mashed potatoes and pumpkin pie. We ask that A-L bring a salad and M-Z a side dish (like dressing?) to feed eight and ready to serve.

Entertainment will be Thornton Strings & Things, a group from the Active Adult Center. You may recall they performed for us last January and our own Michael, Mike and Betty Passarelli are members. Their group includes guitarists, keyboardists, saxophone, violinists, drums and vocalists. They have agreed to come back (lucky for us!) and have a program which honors veterans and the armed forces. I am grateful for their love of music and fellowship and willingness to share the evening with us. I hope you can join us!

The Board Sez

Erlinda Moscoso 303-422-2065

"Kindness is a gift everyone can afford to give!" Unknown

Picture yourself entering a room with many people and you don't know a soul. It's a scary feeling, but when you are greeted by a friendly face and a smile, you begin to feel better. Reports have been made of new members trying to find a place to sit at the YAH gatherings and are told that the seat is being saved. This does not make a person feel welcome. Remember that if you sit with the same persons at your table, you will never meet anyone new! Let's all try to be kinder when approached by someone we do not know. "If you see someone without a smile, give them one of yours!" (Dolly Parton)

Volunteering helps you and others! It's a known fact that you receive more than you give when you volunteer! We are itty-bitsy beings in the universe, very much like the mustard seed we heard about in Sunday's homily. But, just like the mustard seed can grow by kind and good acts, so can we by doing good deeds like volunteering! It is your chance to help others, make friends, and feel satisfied that you are needed! Presently, YAH needs a secretary to take the minutes at the Board meetings. There is no need to use "shorthand" because the committee members will give you a written report on their activities. It's a fun position and you become a Board member. Please let Marsha Edwards (620-874-0670) know if interested.

***"Those who can -- do.
Those who can do more -- volunteer!"***

First Friday Breakfast

Joyce Antonucci 303-466-2889

YAH welcomes everyone who attends the First Friday Mass, on Nov.7, to attend our monthly hot breakfast in the **Spirit Center East after Mass**. Donations are appreciated.



Helen Contreras 303-424-2876

Our next meeting is **Tuesday, Nov.18**, in the **Holy Family Room**, beginning at 11:30 AM. We welcome anyone interested to create a craft of beauty for our home bound members. Thanks to Jane and Judy, who led our Oct. meeting.



Kathy Anderson
Shelley & Brad Christianson
Kelly Darby
Lieve Darmont
Mary Ford-Doherty
Jan and Larry Drajem
Leslie Gallegos & James Romero
Karen Shoemaker
Lisa & Greg Wakeman

Board Leaders:

President - Marsha Edwards - 620-874-0670
Vice Pres. - Erlinda Moscoso - 303-422-2065
Secretary -
Treasurer - Bonnie McAninch - 303-428-6422



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

Please join YAH: for **Disney's Frozen**: (Elsa and Anna's magical journey). This Fairy Tale, Family Friendly play is on **Sunday, Dec.14**, at **1:00 PM** in the **Arvada Center** for **\$55.00**. Payment is due by Nov.12th.



Suzanne Barker 720-366-2231

We will meet on **Tuesday, Nov. 4**, at **9:30 AM** in the **John XXIII Center** to make decorations for our 'Being Thankful' dinner. Please come and join us.



Betsy Schuster (360) 813-6143

We will meet on **Tuesday, Nov.11**, at **1:00 PM** in the **St. Francis Cabrini room**. The book is "Countdown 1945" by Chris Wallace. It summarizes the 116 days from President Franklin D.Roosevelt's death in April, 1945, Truman's ascent to the Presidency, and to the atomic bombings of Hiroshima and Nagasaki.

Event Co-ordinators - Michael, Betty & Mike Passarelli

Membership - Dorothy Baca
Newsletter - Lou Hill



Erlinda Moscoso 303-422-2065

We need a volunteer to help plan a pilgrimage to New Mexico to visit Sangre de Cristo Church, Life size Stations of the Cross, Chimayo, St. Francis of Assisi church, the mysterious painting, and visit a Native American Pueblo. A pilgrimage is a holy place to visit which can lead to a personal/spiritual transformation.

There is a possibility that we may go to the Horse Palace for New Years Eve.



Susan Hay 303-423-8023

We will meet on **Monday, Nov.3**, at **10:00 AM** in the **Mother Teresa room**. If you know of a member who is shut-in or ill and would like a monthly visit, please let me know. We spend one day a month bringing joy and laughter to the lives of members who are confined to their homes or facilities.



Thelma Lucci 720-320-4830

Many, many thanks to all the volunteers who help set-up, serve, and clean up. You make our jobs easier. God bless you.



November 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 All Saints Day
2 End Daylight Savings Time 	3 Caring Hearts 10 AM, Mother Teresa Room	4 Decorating Committee 9:30 AM John XXIII Rm	5	6 Board Meeting 10AM Mother Teresa Rm.	7 1st Friday Breakfast Spirit Center East	8
9	10 Marine Corps Birthday	11 Book Club 1 PM Cabrini Room	12	13 World Kindness Day	14	15 America Recycles Day
16 National Button Day	17	18 Crafts for a Cause 11.30 Holy Family Rm	19	20 Being Thankful Dinner 6 PM Spirit Center	21	22 Go For A Ride Day
23 30	24	25	26 National Cake Day	27 	28	29 Small Business Saturday

HAPPY BIRTHDAY!

1 Nancy Flood
2 Dale Williams
2 Frank Cunningham
3 Anne Doran
5 Becky Diaz
6 D. Suzanne Fountain
7 Darlene Padilla
9 Cathy Nunemaker

10 Gary Elder
10 Lynn Leventhal
11 James Romero
12 Cheryl Altepeter
12 Leslie Gallegos
13 Beverly Avis
13 Eddie Lyons

13 Ursula Stephens
14 James Schauf
17 Jane Reish
17 Kathy Brown
18 Kelly Darby
20 L. Irene Green
21 Cathy McDowell
23 Beth Hedberg

23 Kathy Duffy
23 Margie Urba
24 DiAnn Schmidt
28 Janean Hart
28 Jerry Flammang
28 Mike Whitfield
29 Martha Gagliano



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Aggie Holcomb 303-421-2700

Cards were sent to:

Sympathy:

Anne Doran
Debbie Miller
Elva Jaramillo
Susan Levesque
Martha Gagliano
Family of Jeanne Breay

Get Well:

Nick Bretz

If you know of any of our members, who
have died or are ill, please let Aggie know.



Lwana Elder 303-420-0195

Your YAH caller is happy to keep you informed of upcoming events. IF she needs to leave you a voice mail message, please respond as soon as possible. Your reply is needed for meal planning.

We realize that many don't answer unknown phone calls SO please add your caller's name & number to your contact list.

We have also decided to assign salads, sides and deserts for all the meals. There were too many deserts and not enough veges arriving!



Judy Matthews 303-489-1469

CARDS AND GAMES will not be held in November due to the Thanksgiving holiday.

