



# Young at Heart Newsletter

Jan. 2026

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

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## YAH Stock Show Luncheon

Peg Stewart

Giddy up, giddy up, get out your lasso. Those horses and cattle are on the run! Yes, it's that time of the year when our city buzzes with cowboys, ranchers and all things in between. Our local stock show is coming and that is also the theme for our January luncheon. This will happen on **Tuesday, January 20th**, at **12:00 Noon** in the **Spirit Center (upstairs)**.

Our main dish will be Sloppy Joes and we ask that A-G bring a dessert, H-N salad and O-Z a side dish to feed eight and ready to serve.



Our special guests will be the **YoungHeart Dance Band**. Expect to hear a little Patsy Cline and Johnny Cash. DeeJay has been in the Colorado Country Hall of Fame 2019 Female Vocalist and Entertainer of the Year. Tony is a 2025 Instrumentalist of the Year and Mark a 2020 Inductee in the Hall of Fame. Waltz, two step, swing and dance the "Electric Slide" to the great sounds of YoungHeart. You don't want to miss this opportunity for plenty of heehaw and fun. Remember to wear your best cowboy/girl western attire. And don't forget those boots and cowboy hats. Come join us for a rootin' tootin' good time!



**Thelma Lucci 720-320-4830**

Thanks for all the help with the set-up and clean-up after all the meals. You are very appreciated!

## The Board Sez Erlinda Moscoso 303-422-2065

### *A Stained Glass Window*

*Today at the Board meeting of Young At Heart, I looked around at the 14 persons sitting around the table. A thought entered my mind that each person was like a piece of colored glass needed to complete a stained glass window. The glass is held together with a loving glue as the meeting begins with prayer, setting the mood with a loving hue. We are all different colors and shapes, yet, each person is important because each one contributes something to the meeting. If one is missing the window would not be complete. Each person is able to add a piece to finish the beautiful picture. All Members fit in a certain way as reports are given, ideas are shared, discussions are had, and decisions are made. Every piece of colored glass fits into a designated spot, and that is what makes the Board work.*

*The stained glass window is made of time and talent and will bring joy, happiness, friendship and laughter to those attending to what is planned. Everyone fit in a certain space: each with a friendly and helpful face. Every piece of glass is needed to complete the picture, for if one piece is missing, there will be a gaping hole and something will be lacking.*

*By working together, and with God's love, the whole becomes one beautiful and colorful stained glass window.*

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We are updating our Young At Heart membership list. If you wish to remain a member, no action is needed—just continue enjoying the group. You will keep receiving the newsletter by email or mail, based on your preference.

If you no longer wish to be a member, please contact Membership Chairperson Dorothy Baca by call or text at 303-921-4135 (leave your name and phone number) or by email at [dorothybaca@msn.com](mailto:dorothybaca@msn.com)



Michelle Bretz  
Angie Uhlmeier  
Laura Coats  
Mary Coquillard  
Ron Hepp  
Dottie McDonald  
Bella Ribera

Tom Leyba  
Patrice & Gregory Henningsen  
Patty & Mike McDonnell  
Zac & Jadwiga Brown

**Board Leaders:** (not mentioned elsewhere)

**President** - Marsha Edwards - 620-874-0670

**VP** - Erlinda Moscoso - 303-422-2065

**Secretary** - TBD

**Treasurer** - Bonnie McAninch - 303-428-6422

We are looking for a new Secretary and Long Distance Trip Chairperson.



**Aggie Holcomb 303-421-2700**

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

Cards were sent to:

**Sympathy:**

Mike Winters

**Get Well:**

Addele Culliton

Irene Green

Jean Becker

Bonnie McAninch

Cec Bretz

## First Friday Breakfast

**Joyce Antonucci 303-466-2889**

Welcome to our First Friday Breakfast—the best in town! Join us **Jan. 2** for Mass in the chapel, followed by fellowship in the Spirit Center East. Donations appreciated.



**Susan Hay 303-423-8023**

We will meet on **Monday, Jan. 5**, 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.



**Suzanne Barker 720-366-2231**

We will meet Tuesday, **Jan. 6**, at **9:30 AM** in the John XXIII Center to make decorations for the YAH Stock Show luncheon. Please join us!



**Erlinda Moscoso 303-422-2065**

YAH will not travel to the Horse Palace Casino in Cheyenne during Jan., Feb., or Mar. due to weather conditions.



**Marsha 620-874-0670**

**Grace 303-425-1157**

Join YAH for **Romeo & Juliet**, Shakespeare's timeless tragedy, on **Sunday, Mar. 8**, at **1:00 PM** in the Black Box Theatre at the Arvada Center. Tickets are \$31; payment due **Feb. 6**. Contact us for tickets.



**Betsy Schuster (360) 813-6143**

The YAH Book Club meets **Jan. 13th at 1:00 PM** in the St. Francis Cabrini Room.

The book is Book Lovers by Emily Henry. A witty contemporary romance about a literary agent and an editor who discover they have more in common than they expect.



**Helen Contreras 303-424-2876**

We will meet on **Tues. Jan. 13**, at **11:30 AM** in the **Holy Family room**. Our theme will be a Valentine's Day craft.



**Judy Matthews 303-489-1469**

We will meet **Thursday, Jan. 22 at Noon** in the **John XXIII Center**. A light lunch will be served. Bring a side dish or dessert to share and \$1 for prize money. Join us!

# January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>Happy New Year 2026</b>	2 <b>1st Friday Breakfast</b> Spirit Center East	3
4	5 <b>Caring Hearts</b> 10 AM, Mother Teresa Room	6 <b>Decorating Committee</b> 9:30 AM John XXIII Room	7	8 <b>Board Meeting</b> 10AM Mother Teresa Room	9	10
11	12	13 <b>Crafts for a Cause</b> 11:30AM Holy Family Room <b>Book Club</b> 1 PM St. Francis Cabrini Room	14	15	16	17
18	19	20 <b>YAH Stock Show Lunch</b> 12 PM Spirit Center	21	22	23	24
25	26	27	28	29	30	31

**HAPPY BIRTHDAY!**

1 Charley Sanders  
1 Henryka Stokluska  
1 Karen Spies  
2 Debbie Miller  
2 Louise Kreuzer  
3 Ron Bucci  
4 Joyce Antonucci  
6 Bob Diaz  
8 Erich Schmidt  
9 Cathy Boyer

10 Chuck Kreiner  
10 Frank DePietro  
10 Joannie Flynn  
13 Beverly Winter  
15 Michael Passarelli  
15 Sharry Payne  
16 Brenda Aramowicz  
16 Carolene Wass  
17 Sue Kelter

18 Jerry Edwards  
19 Larry Dominguez  
19 Len Guida  
19 Rosa Ciotola  
20 Mary Ford-Doherty  
20 Mike Audino  
21 Carol Honas  
21 Connie Williams  
21 Mary Ann Russell  
22 Gary Field

23 Lorraine Harned  
25 Helen Contreras  
25 Richard Thomas  
26 Larry Hofer  
26 Sara Fuentes  
28 Ruben Abril  
28 Tony Lombard  
29 Maria Henkes  
30 Fernando Anzures Garcia



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