

# Young at Heart Newsletter - May 2026

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

## YAH MEXICAN FIESTA DINNER

Peg Stewart

Colorful costumes, traditional dances and tasty tacos are generally things you often see during May, the month of Cinco de Mayo. We will commemorate this culture on **Thursday, May 21st**, at **6:00 p.m.** in the **Spirit Center (upstairs)**. A taco bar is on the menu and we ask that:

A-G bring salad

H-N bring side dish

O-Z bring dessert

to feed eight and is ready to serve.

Our special guests will be the Colorado Mestizo Dancers. This group of various ages was formed over 30 years ago to share the rich cultural heritage of the art of Mexican dance and its history which has been passed down from many generations. They perform dances in vibrant traditional attire to different songs. The Mestizo traditions are of Spanish, Mexican and Indian heritage and have stories in most of the songs with footsteps and costumes worn of the dance that is being performed. This promises to be a great event for all of us to enjoy, especially the taco bar. We hope to see you there!



**New Member:** Carol Walz



## Decorating

**Suzanne Barker 720-366-2231**

Join us Tuesday, **May 5 at 1 PM** in John XXIII Center to make decorations for our YAH Mexican Fiesta meal!

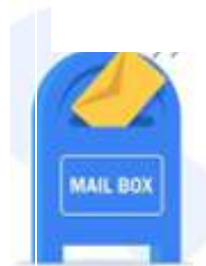
## THE BOARD SEZ

**Erlinda Moscoso 303-422-2065**

## LOOKING TO THE FUTURE:

Cinco de Mayo, celebrated on May 5th, is a Mexican dinner of tacos. YAH will be celebrating with our Mexican Fiesta dinner on **May 21st at 6:00 p.m.** Cinco de Mayo is celebrated more in the United States than in Mexico. Many people mistake this day for the Independence of Mexico but that date falls on September 16. Cinco de Mayo is celebrated in Puebla, Mexico because a few Mexicans were able to fight and get the larger French army to retreat from Puebla. Most of Mexico does not observe the day as a holiday. In the United States there are parades, parties, flags, lowrider cars, mariachi groups and plenty of dancing! Hola Amigos!

A Day of Reflection at Spirit of Christ is in the works for sometime in August, 2026. The Internet explains that "A Day of Reflection is a day to deepen our relationship with God through prayer, meditation, and reflection." No matter how old we get, we need all the help we can get! Suzanne Barker is in the stages of planning this important day and when the date is set, it will be announced in the church bulletin.



**YOU** can help the YAH save money! If you get newsletters by USPS and have email or text message capabilities, call Dorothy Baca at 303-921-4135 and ask her to change your mailing to your email or text message number.

Also contact her if you moved and have a new address. Thank you!!



**First Friday  
Breakfast**

**Joyce Antonucci 303-466-2889**  
**Lou Hill 303-426-1703**

The First Friday breakfast will be held right after the morning mass (9 AM) on **Friday, May 1** in **Spirit Center East**. There will not be any First Friday Breakfasts June, July & August. Enjoy your summer!



**Susan Hay 303-423-8023**

We will meet on **Monday, May 4, at 10 AM**, in the **Mother Theresa Room**. The people we visit love a break in their long day! If you know a member, who is shut-in or sick and would like a monthly visit, **OR** want to join us for visiting them, please let me know.



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

We look forward to seeing the YAH with tickets for "Come From Away" Musical, on **Wednesday, May 6, 1 PM** at the **Arvada Center**. Thank you for all your participation and support this year for our YAH offsite activities!! Looking forward to next year!



**Helen Contreraz 303-424-2876**

We will meet **Tuesday, May 19**, at **11:30 AM** in the **Holy Family room**. We welcome you to help create crafts of beauty for our Caring Hearts group as gifts to the homebound. During summer we will also meet June 16, plus July and August (dates TBD). Hope to see you!



**Book  
Club**

**Betsy Schuster 360-813-6143**

We will meet on **Tuesday, May 12**, at **1:00 PM** in the **St. Francis Cabrini room**. The book is *Lady Clementine* by Marie Benedict. It is the story of the woman and partner of Winston Churchill who did not flinch through the sweeping darkness of war, and who would not surrender to expectations or enemies.



**Erlinda Moscoso 303-422-2065**

A gambling trip to the Horse Palace in Cheyenne, WY is scheduled for **Friday, June 26**. The bus leaves the SOC parking lot at **9 AM**. Call me to reserve a seat. There will not be a May trip. Thank you.



**Kitchen**

**Thelma Lucci 720-320-4830**  
**Susan Hay 303-423-8023**

Thanks to everyone who helped with setup and takedown in the past! You are awesome!



**Lwana Elder 303-420-0195**

Our callers keep you informed of meals coming up **AND** we need an accurate count so there is enough of the main entree for all. **IF** you are **NOT** being called **OR** have not returned our calls, please let us know if you plan to attend. Everyone's reply is definitely needed for planning purposes. Thank you!



**Judy Matthews 720-369-1192**

Cards and Games will meet on **Thursday, May 28** at noon and serve a luncheon dish. During summer we will also meet on **June 25, July 23 and August 27**. We won't have lunch on those dates but will have soft drinks. Bring a small snack or donation if you want. We will meet in **John XXIII Center**. Your summer contact is Suzanne Barker at 720-366-2231.



## MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>First Friday Breakfast</b> Spirit Center East	2
3	4 <b>Caring Hearts</b> 10 AM Mother Theresa Room	5 <b>Decorating Committee</b> 1 PM John XXIII Center	6 <b>“Come From Away” Musical</b> 1 PM Arvada Center	7 <b>Board Meeting</b> 10 AM Mother Theresa Room	8	9
10 	11	12 <b>Book Club</b> 1 PM St. Francis Cabrini Room	13	14	15	16 
17	18	19 <b>Crafts for a Cause</b> 11:30 AM Holy Family Room	20	21 <b>Mexican Fiesta Dinner</b> 6:00 PM John XXIII Center	22	23
24	25 	26	27	28 <b>Cards &amp; Games</b> 12:00 PM John XXIII Center	29	30
31			Thank you to all those that volunteered and helped us out each month. We couldn't do it without you!! In September and forward to the new year, we could use more help. Please consider and complete the attached Volunteer form.			

# ★ HAPPY ★ BIRTHDAY!

<i><b>MAY</b></i>	<i><b>JUNE</b></i>	<i><b>JULY</b></i>	<i><b>AUGUST</b></i>
1 Audrey McNulty-Mangan	2 Lonnie Silva	2 Teresa Nissen	2 Steve Helser
1 Bill Spies	3 Bette Guinn	3 Charles N. McGlew	3 Ernest C. Wakham
1 Mary Lou Sydney	5 Judy Helser	5 Anne Rumley	3 Joelle Strickler
3 Diane Vert	5 Patricia Abril	5 Louise Jones	3 Josephine Sanchez
3 Mike Contreraz	6 Eileen Moriarty	5 Vicki Pilkington	3 Mary Cessar
3 Norma Russell-Gomes	8 Betsy Schuster	6 Margaret Walker	6 Edie Oliver
3 Thelma Lucci	8 Sara Anderson	6 Mike Winter	8 Beverly Lilly
4 Ann Spurrier	9 Bill Wolfe	9 Debra Windle	8 Dorothy Barr
5 Michael Hart	10 Jerry Reish	9 Donna Flanagan	8 Mary Field
7 Isabella Garcia	10 Mary Stansbery	11 Anne Smith	10 John Santi Jr.
9 Kathy Robertson	12 Cec Bretz	11 Estefanie Duncan	10 Lwana Elder
9 Theresa Baker	12 Mike McDonnell	11 Rose Delong	11 Carol Walz
11 Patty McDonnell	12 Trudy Averill	12 Gil Garcia	12 Carolyn Wolfe
12 Irene Vigil	13 Art Silva	12 Helen Felski	15 Bruce Guinn
15 Rosey Truisi	13 Loyola Booco	14 Lutz Lerch	16 Shelley Christianson
16 Karen Knoll-Moran	13 Margaret McAllister	14 Sarah Cunningham	18 Brad Christianson
19 Vincent Nissen	13 Sandy Stone	15 Irene Lewis	19 Rita Greene
20 Erlinda Moscoso	14 Cindy Peterson	16 Dennis Bohan	20 Timothy Kotsay
21 Arla Bartholomew	14 Dorothy Baca	17 Don Lodice	21 Anna Garcia
21 Blanca Hofer	16 Carmen Lira	19 Lucy Walsh	21 Karen Laughlin
21 Dennis Gomes	16 Roberta Bryant	19 Marge Niquette	23 Doris Thompson
21 Terry McAninch	16 Shirley Wilcoxon	20 Janice Brisnehan	23 Larry McAllister
22 Bernie Pfannenstiel	19 Chris Kotowski	20 Margaret (Peggy) Broderick	24 Bonnie McAninch
22 Gloria R. Borjon	19 Jose Martinez	20 Tom Lyons	24 Deborah Clauss
23 Angie Uhlmeyer	19 Nora Jones	21 Dan Wolfe	26 Lavonne Shank
23 Del Stansbery	19 Ruth Walsh	21 JoAn Mallory	26 Ollie Graczyk
23 Ernie Compton	19 Stephanie Schetrom	22 Shelby Ogden	27 Joseph Centeno
23 Frieda Diaz	20 George Niquette	22 Theresa Moch	27 Maria Carmosino
23 Kelly T. Rich	20 Tom Leyba	23 Charlotte Grimes	27 Marietta Bowlen
23 Vivian Kerns	23 Liz Kaffer	24 Leanne Pergola	27 Patrice Henningsen
24 Marge McQueen	24 Bob Jones	24 Rita Sysling	28 Betty Passarelli
25 Fran Anaya	24 June Todd	25 Cheryl Ford	28 Betty T. June
25 Kathleen Falasco	25 Pat Nidey	27 Warren Broderick	29 Barbara Williamson
25 Sue Schnurbusch	26 Betty Arko	28 Joyce Olguin	29 Carole Webster
25 Wanda J. Ford	28 Ernie Anaya	29 Donna Burgard	30 Harry Fuller
26 Lieve Darmont	30 Kathy Anderson	29 Mary Kaiser	31 Jan Drajem
27 Robert Butler-Wells	30 Marilyn Hodapp	29 Olivia Sedillo	31 Judy Matthews
29 Domeniqua Wagner			31 Ruth Zugar
29 Joyce Radcliffe			
29 Marsha Edwards			
30 Elva Jaramillo			



**WE WOULD LOVE TO HAVE ADDITIONAL VOLUNTEERS!**

If interested in helping with Long Distance Trips, Committees or volunteering to help where needed on any of the following, please fill out this page AND put a check mark in the “YES” column. Bring to the Mexican Fiesta dinner check-in table on Thursday, May 21st. **THANK YOU!!**

**NAME(S)** \_\_\_\_\_ **TELEPHONE #** \_\_\_\_\_

YES *	COMMITTEE	LEADER	TELEPHONE #
	Decorating	Suzanne Barker	720-366-2231
	First Friday Breakfast	Lou Hill & Joyce Antonucci	303-426-1703
	Caring Hearts	Susan Hay	303-423-8023
	Cards & Games	Judy Matthews	720-369-1192
	Crafts for a Cause	Helen Contreroz	303-424-2876
	Book Club	Betsy Schuster	360-813-6143
	Long Distance Trips	Erlinda Moscoso	303-422-2065
	Callers	Lwana Elder	720-320-4830
	Setup Monthly Meals	Thelma Lucci	303-420-0195
	Takedown Monthly Meals	Thelma Lucci	303-420-0195
	Offsite Activities	Marsha Edwards	620-874-0670
<b>Entertainment Ideas/Names:</b>			

\*Need more information about what is involved in a committee? Give Marsha Edwards, President of YAH or the Committee Leader of that group a phone call and talk!

***After May we will pause for the summer and see you in September. HAVE A GREAT SUMMER!!***





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

7400 W 80th Ave  
Arvada, CO 80003

YAH ADDRESS SERVICE REQUESTED



**Aggie Holcomb 303-421-2700**

If you know of any of our members who have died or are ill, please contact me. Cards were sent to:

**Sympathy:**

Bella Rivera  
Myrna Audino  
Brother of Betty Passarella

**Get Well:**

Ray Garcia  
Sharon Bragg  
Steve Pilkington

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

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

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

**Secretary** - Jan Drajem 303-653-5202

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

**Event Coordinators** - Michael, Mike & Betty Passare

**Greeters** - Helen Felski

**Newsletter** - Donna Flanagan

**Long Distance Trip Chairperson** - Needed