

Young at Heart

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

Newsletter OCTOBER 2026

ACCORDION AIRS & AUTUMN FLAIR Peg Stewart

The leaves are turning shades of orange, yellow and brown telling us that we have definitely entered fall and much milder weather (a welcome reprieve from the heat but hopefully no snow just yet!) I don't know about you, but I could appreciate fall weather the entire year.

Our October luncheon will be Tuesday, October 20th, at 12:00 Noon in the Spirit Center. The main dish is brats and buns. This is a potluck so we ask that you bring food to feed eight, sliced if needed & ready to serve:

A-G bring a salad

H-N bring a side dish

O-Z bring a dessert

We are very fortunate to once again have the Rocky Mountain Monarch Accordion Band perform for us. There can be as many as ten accordion players in this group and they play music for all occasions. Margie Aman and her husband, Mike, have been teaching accordion for most of their lives. Several years ago, they had several students who they thought would enjoy playing together.

They had so much fun and more people asked to play with them, thus the formation of their Rocky Mountain Accordion band. They perform for many different venues (including senior and church groups) and have a song list of polkas, waltzes, pop, Broadway show tunes, holiday music, etc. Please join us.... hopefully, there will be something for everyone to enjoy!



THE BOARD SEZ Erlinda Moscoso 303-422-2065

"We are doing something beautiful for God," is a quote attributed to Mother Teresa. The quote sums up why Young at Heart was started in 1978 and continues to this day. The Mission Statement of the group is: A ministry for seniors that gather monthly to provide spiritual growth, fellowship, recreation and support each other.

In reviewing the history of YAH, I found a quote by Ollie Graczyk, our oldest member at 103! "The love and action in every committee of YAH is guided by the Holy Spirit!"

YAH lives spiritually by sharing time, talent, wisdom, prayers and resources in service to others. We are faithful stewards of God's gifts by using God's blessings to make a difference in the lives of others. By Marsha Edwards

When I joined YAH, I saw the photographer taking pictures and thought, I would like to do that job. When she announced that she would not be able to continue taking pictures, I applied and got the position! Using my time and talent I arranged trips for the group. I also know that without God's help, the trips we took would not have been successful. To me the mishaps or hiccups were straightened out by a miracle, as God saved the day!

The bottom line is that everyone has time or talent or both that can be used to help others. Not only within YAH but wherever one happens to be in life!



New Members:

Theresa Alarid
Sande Finn
Donna Flowers

Mary Fortunato
Donna Lantgen
Carolyn Schanot

Cindy Schneider
Dale R. Smith



First Friday Breakfast

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

The First Friday Breakfast will be on **Friday, October 2**, upstairs in the **Spirit Center East, after 9:00 AM Mass**. Great fellowship and good food! Donations are very welcome! See you there!



Book Club

Betsy Schuster 360-813-5143

The YAH Book Club will meet on **Tuesday, October 13 at 1:00 PM** in the **Saints Peter & Paul Room 103-104**, downstairs at **SOC**. The book is "Carnegie's Maid" by Marie Benedict. Clara Kelley is not the experienced Irish maid who was hired to work in Pittsburgh's grandest households. She's a poor farmer's daughter. But the woman with the same name has vanished, and pretending to be her just might get Clara money to send back home.



Susan Hay 303-423-8023

We will meet on **Monday, October 5 at 10:00 AM** in the **Cana Room**. The people we visit love a break in their day. If you know of any member or parishioner who is a shut-in or someone who would just like someone to talk to, please let me know.



Helen Contreras 303-424-2876

Crafts for a Cause will meet **Tuesday, October 13** in the **St. Francis Cabrini Room**, upstairs at **11:30 AM**. Our craft will be a "Fall" item. All are welcome to join to create a unique item of beauty, given to our homebound and nursing home residents visited by the Caring Hearts group.



Calling Committee

Lwana Elder 303-420-0195

Your Caller is looking forward to connecting with you this year! We are happy to share details of upcoming events and appreciate your prompt reply to our messages. Consider adding your Callers' phone number to your contacts so you never miss a chance to talk to these lovely ladies!



Kitchen

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

Welcome everyone and don't be shy about volunteering to help with the kitchen crew for set up, serving, or clean up. If enough people volunteer, we may only need you 1 or 2 times per year. Thelma Lucci, Kitchen Coordinator



Erlinda Moscoso 303-422-2065

There is no Casino trip in October. Keep an eye on the church bulletin for further information on when we will schedule another trip



Judy Matthews 720-369-1192

Young at Heart Cards & Games will meet on **Thursday, October 22 from 12 Noon until 3 PM** downstairs in **John XXIII Room**. Bring \$1 for prize money and a side dish of your choice. YAH will provide the main dish.



Arvada Center

Marsha Edwards 620-874-0670

Join us for the musical "Joseph and the Amazing Technicolor Dreamcoat" on **Sunday, December 20 at 1:00 PM** at the Arvada Center. Tickets are \$46.00 each. Payment is due November 17th. Contact Marsha Edwards at 620-874-0670 for tickets.



October 31st



Decorating Committee

Suzanne Barker 720-366-2231

The theme for this month's YAH luncheon is Accordion Airs & Autumn Flair. The Decorating Committee will meet on **Tuesday October 6 at 1:00 PM** downstairs in the **St. John XXIII room**. We already have most of the decorations. Please join us and help decide what we will use. Everyone is welcome.



October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Board Meeting 10:00 AM Mother Theresa Room	2 First Friday Breakfast after 9:00 AM Mass in Spirit Center East	3
4	5 Caring Hearts 10:00 AM Cana Room	6 Decorating Committee 1:00 PM John XXIII Room	7	8	9	10
11	12	13 Crafts for a Cause 11:30 AM St. Francis Cabrini Rm AND Book Club 1:00 PM Saints Peter & Paul Rms	14	15	16	17
18	19	20 Accordion Airs & Autumn Flair Luncheon 12:00 PM Spirit Center	21	22 Cards & Games 12 Noon-3 PM John XXIII Room	23	24
25	26	27	28	29	30	31 Barefoot in the Park 1:00 PM Arvada Center

★ **HAPPY** ★
BIRTHDAY!

1 Kay DeBell 5 Cheryl Compton 5 Ed Carlson 5 Skip Telgenhoff 8 Anna Fernandz 8 Susan Shatraw 9 Jane Pekas 12 Dave Mazzocco 12 Melinda Slocum	13 Mary Lederhos 13 Rose Mary Johnson 14 Becky Marinelli 16 Laura Coats 17 Dale E. Feller 17 Michelle Bretz 18 Janet Greenwood 18 M. Pat Wakham 18 Peg Stewart	21 Jan Maretech 22 Bryan Benedict 22 Gene Uryga 25 Judy Chavez 25 Lydia Bucci 27 Betty B. Schober 27 Jorie Smith 27 Linda McNutt 28 Barbara Wertz	28 Joyce Dowe 28 Mickey Walsh 29 Mike Brown 29 Patricia A. Nicoloff 30 Chuck Greene 30 Chuck Schauer
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YAH ADDRESS SERVICE REQUESTED

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

Sympathy:
Gil Garcia



Aggie Holcomb
303-421-2700

Get Well:
Betty June

Board Leaders:

President – Marsha Edwards – 620-874-0670

VP - Erlinda Moscoso - 303-422-2065

Secretary - Jan Drajem 303-653-5202

Treasurer - Bonnie McAninch - 303-428-6422

Refreshment Coordinators –

George & Marge Niquette

Greeters - Helen Felski

Newsletter - Donna Flanagan

Long Distance Trip Chairperson – Needed!