

SENIOR Correspondent

A publication of the Woodland Park Senior Organization

February 2018

Volume 9, No. 2



Director's Corner

February is a short month but at the Senior Center we have a lot going on! In addition to the various events, classes and presentations that will be happening, we have a new Reading Nook to enjoy a cup of coffee or tea and a good book. Other new, fun things to do: a game of darts, shuffleboard, Scrabble (come check out the new Deluxe board), puzzles and Friday Game days. Stop on by and check it out!

Thank you!

Pat Pine – For heading up the new Marketing Team and coming up with such great ideas for the Senior Center and for you dart board donation...game on!

VFW Post 11411 – For sponsoring the Catered Meal in January, we are still talking about the tasty Fried Chicken and fixings.

Dotty Griffy – For volunteering your time to teach the Water Color Class on Fridays, we have a lot of talented members.

Lori Ptak, BSN, RN – from Teller County Public Health for providing Free Flu Shots for the Seniors in January.

Club Happenings....

February—Penny Pasta Lunch

March—Saturday Chili Cook-Off

April—Saturday Soup & Sandwich Lunch

May – Financial Campaign all month long

Dates and Times to be Announced



Penny Pasta Lunch

Join us for an "All You Can Eat Pasta Lunch" on February 24th at Noon. Lunch is \$5.00 person or 1¢ person for any member who brings a guest for lunch. There will also be a guest speaker talking about the Pros & Cons of the different Medicare Insurance options. Please see the enclosed reservation form for details.



WOODLAND PARK
SENIOR ORGANIZATION

PENNY PASTA SATURDAY

**Bring a Guest for lunch
and lunch is 1 Penny each**

GUEST

- Should meet the requirements for membership and might be interested in membership

INDIVIDUAL OR COUPLE

- Can be an individual or a couple

DAY/TIME

- Saturday, February 24 2018
Lunch is 12 Noon to 1pm

SPEAKER

Name Devani Unbewust
Original Medicare vs Medicare Supplemental vs Medicare Advantage
1pm to 1:30pm followed by Q & A

RESERVATIONS

- Must make a reservation at least 24 hours in advance

COST



- 1 penny each for Guest & Member

PENNY PASTA LUNCH FORM

Saturday, February 24 2018

Member Name: _____ Phone: _____
(please print)

Guest Name: _____ Phone: _____
(please print)

GUEST: Should meet the requirements for membership and might be interested in membership

INDIVIDUAL OR COUPLE: Can be an individual or a couple

LOCATION/DAY: Senior Center – Saturday, February 24, 2018. Doors open at 11:45am Lunch at Noon.

RESERVATIONS: Must make a reservation at least 24 hours in advance

COST: Lunch is one penny each for Guest & Member

SPEAKER: add name - Discuss Original Medicare vs Medicare Supplemental vs Medicare Advantage

Associate Members

A new membership category has been added to the Woodland Park Senior Organization adding another benefit to Club membership. The Associate Member is a special membership open to any business or organization wishing to support the Club by offering a Special Discount or Service to Club members. If you know of a local business/organization who is interested in supporting the Club this way - a restaurant, a retail store, a service business – please contact Dee with the business name and we will contact them.

Like to contribute to the Senior Correspondent?

Submissions for the Newsletter are due by the *25th of each month.*

Dorothy Palmer	2-1
Jerry Burnham	2-2
Jeanette Brayton	2-3
James Mitchell	2-3
Delores Walker	2-5
Karen Young	2-8
Toni Clare	2-11
Richard DeVaul	2-13
Don Parlier	2-13
Martha Hostetter	2-18
David Hanna	2-19
Janice Hamlet	2-21
Marlene Richey	2-23
Ed Biersmith	2-26



Coming in March

13	Potluck
17	Pancake Breakfast
24	Chili Cook-Off
27	Catered Lunch

Member Spotlight

By Eva Mattedi

Each month we will feature a different member so that we can get to know each other better. See how much you have in common and say "Hi!" next time you see them!



Doris Gowen

Favorite Color: Blue, she always liked any shade of blue because it makes her comfortable.

Favorite Animal: Dogs, always liked them for company and hav always had them.

Favorite Pets: Her Chihuahua.

Favorite Occupation: Wow, at 14 years old she was sent to a munitions factory, with the war, everyone needed to help out.

Favorite Treat: Lemon Pie. Her birthday is March 9th!

Favorite Activities: In the past it was knitting and sewing, reading magazines.

Doris came from Mitchum, England (south of London) to the USA in 1948, she married an American in 1944. She had 3 children, 2 boys and 1 girl (she lost her younger boy). She went through a culture shock when she arrived at her husband's farm in Plainview, TX. She met an English couple which helped her not feel so isolated and then became a member of an International Women's group. It took her 14 years before she could visit family and friends again in England. She joined the Senior Club 18 years ago and sat next to Pat, now a good friend.

WOODLAND PARK SENIOR CLUB TOP 10 MEMBERSHIP BENEFITS

1. SOCIAL ACTIVITY
2. CLUB HOUSE
3. INCREASE KNOWLEDGE
4. REGULAR ACTIVITY
5. FITNESS & WELLNESS
6. SPECIAL DISCOUNTS
7. SPECIAL EVENTS
8. NETWORKING
9. VOLUNTEERING
10. FUN, FUN, FUN



CLUBHOUSE

A special benefit available to Club members is a Clubhouse, a hub for social, recreational, and educational activities. The Club House for members is the Senior Center, located in the center of Woodland Park with lots of free parking space. It is the member's special place to enjoy Club activities, have a healthy lunch, play games, learn a new skill, enjoy entertainment, take an exercise class, or listen to a speaker on current issues. It is also located adjacent to Memorial Park for members to enjoy outdoor activities as well.

Jan's Fitness Classes

Lower potential for diabetes? Reduce stress? Lose a few pounds? Improve your heart rate?
I did! Join Jan's class on Tuesdays and Thursdays at 9:00 am. You will feel much better with Jan's strength training and nutrition tips.

Jim O'Neal

FITNESS AFTER 50

By Pat Pine

Welcome to “*Fitness After 50.*” Each month we will discuss some information about the challenges and rewards of being Physically Fit after 50.

Before we start this discussion on fitness, we must first define the three components of being a Healthy Person – 1 Health, 2 Fitness, and 3 Wellness. Health is the state of being free from disease, free from physical or mental illness or impairment, and allows the individual to adequately cope with all demands of daily life. Fitness is the physical ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies. Wellness is the quality of being healthy in body, mind, and spirit especially as the result of a deliberate effort and an approach to healthcare that emphasizes preventing illness and prolonging life, as opposed to emphasizing treating disease.

This discussion will focus on the Physical Fitness component of being a healthy person. We’ll leave the Health and Wellness components for another time. If you are one of those people who gets their Aerobic Exercise by standing up from the couch and walking to the kitchen for some more chips, who gets their Strength Training from squeezing the TV remote, and who improves their Flexibility by stretching across the dinner table for another piece of apple pie and think it’s too late to improve their fitness level, think again. It’s never too late if you are ready to make the commitment and know - What to do, When to do it, and How to do it. Next month we will continue this discussion on what you need to do to improve your “*Fitness After 50.*”



Membership Dues

Just a friendly reminder that Membership dues are due. If you have already joined the Club for 2018, Thank you. If you still need to pay, please see the Front desk or mail it in. We will ask you to fill out a new membership form to make sure your information is correct and up-to-date. I am excited to have a marketing committee established and working hard to bring you more in 2018.



Membership Dues

BINGO – What luck! Yvonne Allen won 3 times in one day, congrats!



The Senior Correspondent is published monthly by Woodland Park Senior Organization located at 321 North Pine Street, PO Box 5813, Woodland Park, CO 80866. To contribute, leave a comment or if you have a question, call 719.687.3877. Visit the website for all the Club news at <http://www.woodlandparkseniors.com/>

UTE PASS
Chamber Players



PRESENT

FOUNDERS' CONCERTO FESTIVAL:
Rivalry between solo instrument and orchestra!
Music of Fischer, Mozart and Beethoven

FEATURING:

GUY DUTRA-SILVEIRA, Oboist and Conductor

CLARK WILSON, Bassoonist

BARB RILEY-CUNNINGHAM, Pianist

And 26 AMAZING MUSICIANS from the Pikes Peak Region!

Saturday, February 10, 2018, 3:00 PM

High View Baptist Church

1151 Rampart Range Road in Woodland Park

ADMISSION: FREE! (Donations enthusiastically accepted!)

SNOW DAY: MONDAY, FEBRUARY 12, 2018, 6:00 PM

In case of inclement weather, please call 686-1798 or check our website:

www.utepasschamberplayers.org

BOARD OF DIRECTORS

Jerry Burnham, President
Rose Banzhaf, Vice President
Bre Gielissen, Treasurer
Jeanette Zupancic, Secretary
Ron Frindt, Director-at-Large
Pat Pine, Director-at-Large
Jim Grover, Director-at-Large
Dee DeJong, Director

COMMITTEES

Sue Frindt, Historian
Paul Loyd, Lunch Coordinator
Bev Jones, Trips
Pat Pine, Marketing



*Join us on February 13, 2018 to celebrate
our wonderful volunteers who keep the
Senior Center humming.*

You are Invited!!


Our volunteers mean so much to the Club and on February 13, 2018 we would like to say Thank You. There will *not* be a regular Potluck, but we will have lunch provided by Silver Key. Please RSVP by Thursday, February 8th to reserve your lunch at 719-687-3877. Hope to see you here!

WOODLAND PARK SENIOR CENTER – ACTIVITY CALENDAR



February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Coffee Mon-Fri every morning and cards, dominoes, cribbage or billiards</i></p>				<p>1 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb</p>	<p>2 10:30-11:30 AEA Exercise 1:00-3:00 Watercolor</p>	<p>3</p>
<p>4</p>	<p>5 9:00-11:30 Quilting 12:00-3:00 Bridge</p>	<p>6 9:00 Fitness Class</p>	<p>7 10:30-11:30 AEA Exercise 12:00-3:00 Bridge</p>	<p>8 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb</p>	<p>9 10:30-11:30 AEA Exercise 1:00-3:00 Watercolor</p>	<p>10</p>
<p>11</p>	<p>12 9:00-11:30 Quilting 12:00-3:00 Bridge</p>	<p>13 9:00 Fitness Class 11:45 – 1:00 Silver Key Lunch Volunteers Eat Free! ❤️</p>	<p>14 9:00 Board Meeting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge</p>	<p>15 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb</p>	<p>16 10:30-11:30 AEA Exercise 1:00-3:00 Watercolor</p>	<p>17 8:00 – 11:00 a.m. </p>
<p>18</p>	<p>19 9:00-11:30 Quilting 12:00-3:00 Bridge</p>	<p>20 9:00 Fitness Class 1:00-5:00 AARP Driver Safety</p>	<p>21 10:30-11:30 AEA Exercise 12:00-3:00 Bridge</p>	<p>22 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb</p>	<p>23 10:30-11:30 AEA Exercise 1:00-3:00 Watercolor</p>	<p>24 Penny Pasta Lunch  12:00 – 2:00 pm</p>
<p>25</p>	<p>26 9:00-11:30 Quilting 12:00-3:00 Bridge</p>	<p>27 9:00 Fitness Class CATERED LUNCH \$7.50</p>	<p>28 10:30-11:30 AEA Exercise 12:00-3:00 Bridge</p>			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 February 2018 Golden Circle Nutrition Menu		1 Baked Ham Sweet Potatoes Broccoli Banana Oatmeal Raisin Cookie 2% Milk	2 Baked Citrus Tilapia Baby Baker Potatoes Mixed Vegetables Apple Roll High Fiber Cookie 2% Milk
5 Breaded Chicken Sandwich w/ Lettuce & Tomato Carrot Salad Orange Sugar Cookie 2% Milk	6 Pork Chow Mein Rice Winter Blend Vegetables Whole Wheat Bread Banana Sugar cookie 2% Milk	7 Beef Stroganoff Pasta Broccoli w/ Cheese Banana 2% Milk	8 Pork Loin w/ Mushroom Sauce Baby Baker Potatoes Brussel Sprouts Pineapple High Fiber Cookie 2% Milk	9 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Strawberries 2% Milk
12 Chicken Salad Croissant Tomato Basil Bisque Potato Chips Sunflower Broccoli Salad Apple 2% Milk	13 BBQ Pork Riblettes Baked Beans Scalloped Potatoes Apple Sauce Whole Wheat Bread 2% Milk <i>(Volunteer Appreciation Lunch)</i>	 14 Swedish Meatballs w/ Noodles Peas & Carrots Tossed Salad Coconut Crunch Fruit Salad Sugar Cookie 2% Milk	15 Broccoli Stuffed Chicken Breast Green Beans Lemon Herb Rice Orange High Fiber Cookie 2% Milk	16 Sloppy Joe Carrots Coleslaw Canned Peaches Oatmeal Raisin Cookie 2% Milk
19 President's Day Golden Circle Closed	20 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Spiced Peaches 2% Milk	21 Chicken Cacciatore Pasta Broccoli Coconut Crunch Fruit Salad Breadstick 2% Milk	22 Crab Cakes Broccoli Cheddar Rice Green Bean Almondine Orange Oatmeal Raisin Cookie 2% Milk	23 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad Grape Fruit Cup 2% Milk
26 Honey Roasted Curry Chicken Rice Green Beans Carrot Raisin Salad Orange Spice Cake 2% Milk <i>Sweet & Sour Meatballs</i>	27 Catered Meal \$7.50 Hosted by H&R Block	28 Baked Ziti w/ Sausage Green Beans Tossed Salad Banana 2% Milk		MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING

MAKE A RESERVATION BY CALL 687-3877 BY 1:00 P.M. THE DAY BEFORE YOU WANT A MEAL.

Menu substitutions may occur without notice, Diners are advised to keep a 3-day supply of non-perishable foods and bottled water in case of inclement weather or an emergency causes a temporary suspension of services.