

# SENIOR Correspondent

A publication of the Woodland Park Senior Organization

**March 2018**

**Volume 9, No. 3**



## **Director's Corner**

Thanks for your patience one and all. We are making changes to reflect our new name and trying to improve and streamline tasks, procedures, marketing events, brochures and this newsletter. My goal is to improve and incorporate your wishes and suggestions and get the information you want and need in a more-timely manner. In the meantime, enjoy the pictures and events coming up. Thank you again. Dee

## **Club Happenings....**

March—Saturday Chili Cook-Off

April—Saturday Soup & Sandwich Lunch – Moved to May. No marketing Event.

May – Saturday Soup & Sandwich Lunch

*Dates and Times to be Announced*

## **New Information Binder for Members**

We have a new binder at the front desk, “Events and Signup Sheets” which contains all the information you need about upcoming events. As soon as I know about an event, so will you. Periodically check it out to see if new events have been added or information has been updated and of course to Sign Up!



## **Coming in April**

- 10 Potluck – Speaker on Final Expense Benefits
- 14 Non-Profit Expo – Ute Pass Cultural Center
- 17 AARP Driver Safety Class
- 21 Pancake Breakfast
- 24 Senior Brunch – WP Middle School - AM
- 24 Catered Lunch – Piano Trio

## **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



### **INCREASE KNOWLEDGE**

This month we will talk about the Benefit of increasing one's knowledge to help us cope with the many challenges of a senior lifestyle. A simple definition of Knowledge is "Gaining facts and information through experience or education." There are many ways to improve your knowledge of a certain subject or skill; by studying, practicing, being taught, or experiencing something, just to name a few. Various activities are offered by the Club to improve your knowledge and skill of facing today's challenges. In addition to the many recreation and leisure time activities offered by the Club numerous speakers and classes are offered on subjects such as health & fitness, financial planning, general wellbeing, and personal improvement. Some of the topics offered are Estate Planning, Tax Planning and Preparation, Defensive Driving, Medicare Explained, and Body Balance. Please join us at the next Educational Presentation and Increase Your Knowledge.

### **SUPPORTING MEMBERS**

Another new membership category has been added to the Woodland Park Senior Organization giving the community another way to support the Club and its Mission Statement. A Supporting Member is any individual, business, or organization wishing to support the Senior Club with a cash donation or a gift in kind. There are four classifications depending on the amount of the donation as noted below. If you know of a local individual/business/organization that is interested in supporting the Club in this way, please let Dee know their name and we will contact them.

Cash Donation or Gift in Kind:

DONAR - \$1 to \$49

FRIEND - \$50 to \$199

PATRON - \$200 to \$349

BENEFACTOR - \$350 & UP

## **SPECIAL MARCH FUNDRAISING EVENT ANNUAL CHILI COOK-OFF**

Please join us at the Senior Center for a taste of the best Chili in Teller County on Saturday, March 24<sup>th</sup> at Noon for the Annual Chili Cook-off. There will be six local restaurants and six residents cooking up their favorite Red Chili Recipe. There will be five chili judges: four from the local first responders - a representative from the police department, the sheriff department, the fire department, EMT department and the majority vote of the attendees sampling the chili. This is a main fundraiser for the Club and is open to the public. Fee is \$5.00 per person and includes a tasting of all 12 chilies, and a taste of the Club's special homemade Green Chile. There is also a special drawing for a gift certificates to dine at each of the restaurants involved. Doors will open at 11:45am and tasting starts at Noon. Awards for the top three chilies will be at 1pm.

If you have a special Chili Receipt and would like to enter this Chili Cook-Off, please contact Dee for details and an Entry Form. Unfortunately, space is limited to the first six entries submitted. Let's see how your Chili compares to the restaurants!

## **VOLUNTEERS WANTED MARKETING COMMITTEE**

We are looking for a couple of energetic volunteers with good people skills to help on the Marketing Committee. If you have experience in sales, marketing, and/or special events, we invite you to join us. Please contact Dee if you have any questions or would like to join us.

## **FITNESS AFTER 50 CONTINUED**

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.

Last month we defined Physical Fitness as it relates to the after 50 senior market – “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.” In order to maintain or improve one's 'Fitness Level' we must first understand that we MUST exercise – “engage in an activity requiring physical effort, carried out specially to sustain or improve one's fitness. Just thinking about it, taking a Miracle Pill you saw advertised on TV, watching a Zumba video, or putting that exercise bike you ordered from an Infomercial in the garage will not do it!

There have been many studies proving that exercise can improve the quality of your life and in many cases, add some extra quality years. Exercises can improve your balance, improve your ability to walk better and climb stairs better, help with your posture when you are sitting or standing, increase our ability to grip and hold things, and improve your coordination to name a few of the more important bodily functions. Some additional health benefits of an exercise program are better sleep, help to maintain a healthy weight, protect against prolonged disease, and have a better overall feeling of wellbeing.

So, if you are one of those who are fit and healthy, keep up the good work. For those of you just starting an exercise program, you need to visit your doctor and get the go-ahead before you start. If you have some physical or health limitations, you should meet with a Physical Therapist before starting your exercise program. In addition, if you are new to the exercise world you should meet with a Certified Personal Trainer for some basic instructions on What to do – How to do it – and When to do it. The certifications to look for are **ACSM** (American College of Sports Medicine), **ACE** (American Council on Exercise), **NASM** (National Academy of Sports Medicine,

and **NSCA** (National Strength and Conditioning Association). These are all **accredited** by the **National Commission for Certifying Agencies** (NCCA). NCCA accreditation is generally held as the standard for the field - certifying bodies must undergo comprehensive evaluation and regular renewals to keep this accreditation. Once you are knowledgeable and comfortable with exercising, it's time to get started. A final thought as you continue, or you begin your exercise program; if at any time, you feel pain, feel a tightness, or something just feels different or more difficult when you didn't feel it before, check with your PT or your doctor before continuing. Better safe than sorry!

Next month we will discuss the three basic components of being physically fit - Aerobic Exercise, Flexibility Exercise, and Strength Exercise.

## 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.



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.

### **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

# February 13 Volunteer Appreciation Lunch



Happy Birthday Richard





**February 22 Penny Pasta with Seniors  
Choice Benefits Speaker**



# Bingo



February 8



February 22




**February 27  
Catered Meal  
With  
Kenpo Karate**



WOODLAND PARK SENIOR CENTER – ACTIVITY CALENDAR



**March 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Coffee Mon-Fri every morning and cards, dominoes, cribbage or billiards</i>				1 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	2 10:30-11:30 AEA Exercise 1:00-3:00 Watercolor	3
4	5 9:00-11:30 Quilting 12:00-3:00 Bridge	6 9:00 Fitness Class	7 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	8 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	9 10:30-11:30 AEA Exercise 1:00-3:00 Watercolor	10
11	12 9:00-11:30 Quilting 12:00-3:00 Bridge	13 9:00 Fitness Class  11:45 – 1:00 <b>POTLUCK</b>	14 9:00 Board Meeting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	15 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	16 10:30-11:30 AEA Exercise 1:00-3:00 Watercolor	17 <b>8:00 – 11:00 a.m.</b> 
18	19 9:00-11:30 Quilting 12:00-3:00 Bridge	20 9:00 Fitness Class	21 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	22 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	23 10:30-11:30 AEA Exercise 1:00-3:00 Watercolor	24 <b>Chili Cook-Off</b>  <b>12:00 – 2:00 pm</b>
25	26 9:00-11:30 Quilting 12:00-3:00 Bridge	27 9:00 Fitness Class  <b>CATERED LUNCH \$7.50</b>	28 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	29 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	30 10:30-11:30 AEA Exercise 1:00-3:00 Watercolor	31



SILVER KEY  
**March 2018**  
**Golden Circle**  
**Nutrition Menu**

**MEALS ARE  
 PARTIALLY  
 FUNDED BY  
 THE PIKES PEAK  
 AREA  
 AGENCY ON AGING**

<p>5          Chicken Pot Pie          Lima Beans          Tossed Salad w/Dressing          Peach Cobbler          2% Milk</p>	<p>6          Beef Burrito/Green Enchilada          sauce          Spanish Rice          Mexican Corn          Orange          Yogurt          2% Milk</p>	<p>7          Chicken Marsala          Roasted Red Potato          Italian Vegetables          Minestrone Soup          Apple          2% Milk</p>	<p>8          Chicken Fried Steak          w/Country Gravy          Mashed Potato          Succotash          Pear          Oatmeal Raisin Cookie          2% Milk</p>	<p>9          Lasagna Roll/ Marinara          California Vegetables          Breadstick          Tossed Salad          Orange          2% Milk</p>
<p>12          BBQ Chicken          Cream of Mushroom Soup          Potato Salad          Three Bean Salad          Apple          2% Milk</p>		<p>14          Breaded Chicken Sandwich          w/Lettuce &amp; Tomato          Chickpea Soup          Orange          2% Milk</p>	<p>15          Corned Beef          Cabbage, Carrots &amp; Potatoes          Rye Bread          Pear          Sugar Cookie          Milk</p>	<p>16          Baked Citrus Tilapia          Lemon Herb Rice          Mixed Vegetables          Tropical Fruit          Roll          High Fiber Cookie          2% Milk</p>
<p>19          Beef Fajita w/ Peppers Onions,          Cheese, Sour Cream &amp; Salsa          Tortillas          Spanish Rice          Black Beans          Strawberries          2% Milk</p>	<p>20          BLT          Black Bean Lentil Soup          Macaroni Salad          Tropical Fruit          Sugar Cookie          2% Milk</p>	<p>21          Chicken Alfredo          Penne Pasta          Caesar Salad          Peas          Strawberries          2% Milk</p>	<p>22          Roast Beef w/ Gravy          Mashed Potatoes          Peas and Carrots          Sunflower Broccoli Salad          Cherry Cobbler          2% Milk</p>	<p>23          Crab Cakes          Broccoli Cheddar Rice          Green Bean Almandine          Carrot Raisin Salad          Oatmeal Raisin Cookie          Orange          2% Milk</p>
<p>26          Meatballs w/ Marinara          Pasta          Green Beans          Breadstick          Strawberries          V8 juice          2% Milk</p>	<p>27          Hamburger w / Lettuce, Tomato &amp;          Onion          Carrots          Cole Slaw          Spiced Peaches          2% Milk</p>	<p>28          Chicken Piccata          Pasta          Cream of Potato Soup          Broccoli          Mandarin Orange          High fiber Cookie          2% Milk</p>	<p>29          Pork Loin w/ Mushroom Sauce          Tomato Basil Soup          Roasted Sweet Potatoes          Brussel Sprouts          Pineapple          Chocolate. Chip Cookie          2% Milk</p>	<p>30          Baked Parmesan Encrusted          Salmon          Rice Pilaf          Broccoli          Roll          Apple          2% Milk</p>

**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.