

SENIOR Correspondent

A publication of the Woodland Park Senior Organization

May 2018

Volume 9. No. 5



Director's Corner

New class in June! Join me for a new class, Awareness Through Movement. This class is not an exercise class, in fact, it works better if you don't practice! How often do hear that? This class teaches you how to be aware of your movements, your weight placement and other ways "you" move to help with balance, pain and even how to protect yourself in a fall or trip situation. Jim Baker is a Feldenkrais Method instructor and is leading this class for FREE to our members. I hope you can come and be a part of the class. Look for the flyer in this Newsletter and call to sign up or ask any questions. See you there!

Thank you to our wonderful lunchtime presenters!

Ken Valles – The Greatest Movie Ever Made – Ben Hur

We loved the insider stories about how the movie was made and the items at the back table were so fun to see.

Julie Crow – Thank you for your presentation on Final Expenses, it gave us a lot to think about.

Upcoming Club Happenings....

June - Afternoon Tea

July - Picnic in the Park

August - Summer Garage Sale

Dates and Times to be Announced



Prospect Home Care & Hospice

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Coming in June

- 9 Afternoon Tea 2:00-3:30
- 12 Potluck Lunch - CARFIT
- 16 Pancake Breakfast
- 26 Catered Lunch & Annual Membership Meeting – WP Community Singers



**May 26 Catered Meal
is Free for All May
Birthday Babies!**

Bianka	Townsend	5-3
Ken	Lewis	5-6
Sue	Frindt	5-9
Yvonne	Allen	5-10
Sherry	Johnson	5-15
Bev	Jones	5-16
Doug	Gilliam	5-20
Anna May	Hoffman	5-20
Scott	Mosher	5-20
Margaret	Ochsner	5-20
Ernie	Moser	5-23
Kathy	Avery	5-24
Sharon	Pruitt	5-25
Jim	Distel	5-26

Supporting Members

BENEFACTOR - \$350 & UP

Circle H Smoke House

PATRON - \$200 to \$349

FRIEND - \$50 to \$199

DONOR - \$1 to \$49

Associate Members

ASSOCIATE MEMBERS SPECIAL OFFER

An Associate Member is a business/organization who supports the Club and is offering a Special Discount or Service for Club Members. The following is a current list of members providing a Special Offer to Club members. As new members are added, please check the Club's website for an up to date list.

Seniors Choice Benefits, LLC

Attn: Devani Unbewust, Insurance Agent

Ph. 719-352-9268

Email: seniorschoicebenefits@gmail.com

Offer: A complementary 1-hour consultation to discuss the various health insurance programs

Hungry Bear Restaurant

111 E Midland Ave

Woodland Park, CO

Ph. 719-687-5912

Email: ADMIN@HUNGRYBEARCOLORADO.COM

Web: <http://www.hungrybearcolorado.com>

Offer: 15% off per person with a current ID Card

Members must show a current member ID card to receive the offer.

This Special Discount/Service offer may not be used in conjunction with any other special offer or promotion.

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!



Jeanette Zupancic - Front Desk, Bingo Caller

Favorite Color: Purple, especially like purple pansies.

Favorite Animal: Deer foxes that come to visit in my neighborhood.

I like most animals.

Favorite Pet: I had dogs mostly labs, had a white lab for a long time.

Favorite Occupation: Worked at college bookstores and as legal secretary. Enjoyed people-oriented work. Like to type. Interactions with students and leaders enjoyed the most.

Favorite Activities: I am happy when kids come to visit. Reading novels, painting on glass, coming to senior center. You can

see Jeanette’s painted glass art work on May 5th at the Craft Fair.



An especially joyful event in my life was our (Ed and I) 50th Wedding anniversary with relative’s visiting from all over the state. I consider myself as friendly, kind, personable and optimistic.

The Woodland Park Senior Organization Annual Membership Meeting is on June 26.

The board of directors have worked hard this year to update our by-laws. The membership will be voting to ratify the new by-laws. Additionally, we have two board members retiring and need nominations to fill their spots. If you or someone you know would like to be part of helping our organization to provide for the seniors in Woodland Park drop by or call the Senior Center and let us know! The new board of director’s individuals will also be voted in at this meeting.



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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



FITNESS & WELLNESS

The human body was made to be used but not abused. 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. As we age, our muscle mass begins to decrease. Muscle is an essential contributor to our balance and bone strength; it keeps us strong. 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.

The Whole-Person model of Wellness includes physical wellness, emotional wellness, spiritual wellness, intellectual wellness, occupational wellness, and social wellness.

For seniors there are many benefits from a regular Fitness-Wellness program. It helps maintain the ability to live independently and reduces the risk of chronic diseases, lowers the chance of injury and can improve one's mood and mental outlook. Our mental state can be a motivator or a depressor to be active.

The number of older adults over the age of 60 is increasing, and many of them live alone without support from a caregiver or have health issues that may limit their activity. As a result, getting involved in a good Fitness-Wellness program can improve independent living and the quality of life. The Club offers many activities including exercise classes, education programs, and social activities to help meet your Fitness-Wellness needs. Check the monthly activity calendar to see what is offered and get involved.

NEW CLUB ACTIVITIES

We have had interest in adding new member activities. We need to make sure we have enough participants to add them to our list of programs we offer. Please review the information for each of the activities and call the office (719-687-3877) if you are interested in participating. Leave your name and phone number so we can call you back if needed.

Pickleball



A paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, like a Wiffle Ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules somewhat similar to tennis, with several modifications. Pickleball was invented in the mid-1960s and has become one of America's most popular growing recreational sports, especially for seniors. It's a great activity for exercise as well as socializing. We would be playing at the Meadow Wood Pickleball courts. Dates and times are to be determined based on the groups interest. Introductory instruction will be provided for those new to the sport.

Weekly Walkers

Experts have said that walking could be the best exercise for seniors; it's an effective way to reduce the risk for chronic conditions and improve your overall health. Some of the benefits of walking for seniors include, Improved heart health - Lower blood sugar - Reduced pain - Low participation cost - Promotes social engagement and Boosts mental health. We would be walking on the path that goes around Memorial Park, weather permitting. We will start out by walking one day a week on Wednesdays at 10am. Final days and times will be determined by the group walking. We are also looking for a couple of group leaders to coordinate the walks. Please let me know if you are interested.



Senior Center Book Club

Are you a reader who likes to share your literary adventures with other readers? A Woodland Park Senior Center Book Club is being formed. We hope to bring together folks who have a love of reading who would like to share favorite books with each other. If you are interested in joining the Book Club, please call Rose Banzhaf 469-235-9963 or sign- up at the Senior Center. We will choose a book to start with based on recommendations from those interested.

NEW WEBSITE

The new website is now completed and ready for you to review. This new format will allow you, the member, better access to all the information and activities available to Club members. We will keep it updated as needed. This will be your best place to find out what is going on with current activities and events as well as what we will be doing in the near future. Please take a moment to review the new website and email us with your thoughts. Website address: <http://www.woodlandparkseniors.com/>



HISTORY OF THE SENIOR CENTER BUILDING



The following information was provided by the Ute Pass Historical Society through information from old newspaper clippings. The original group of seniors that formed the Club we know today met for the first time on June 13, 1973 in Faith Lutheran Church. In 1977, the city donated an old abandoned “wreck of a building” that at one time was a feed store and home for the VFW. The building was renovated with money from a federal grant and private donations. The Club took occupancy of the building in 1978 and the Senior Center was open for business. In 1993, the kitchen had to be modernized to meet the health codes, so they could continue to serving meals. Various additions and renovations have been made in the following years to give us what we have today – the Woodland Park Senior Center – home for the Woodland Park Senior Organization.



***NEW Class Starting
June 5, 2018***

Awareness Through Movement®

Every Tuesday at 10:30 am

Lessons involve easy, gentle movements in lying, sitting or standing. It’s about learning to move easily, comfortably, confidently the way you learned when you were young.

“Train Your Brain to Gain Balance and Ease Pain.

This is what I felt after trying this class,” Dee



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.

This month we will discuss Strength Training, another one of the three main components of an exercise program. We will not discuss specific exercises but focus on the basics. It can help keep you safe in your daily activities, improve your balance and make you less vulnerable to falls or other injuries, help protect against osteoporosis, prevents muscle loss, lower body fat, reduce low back pain, and help to reduce the symptoms of depression are just some of the benefits.

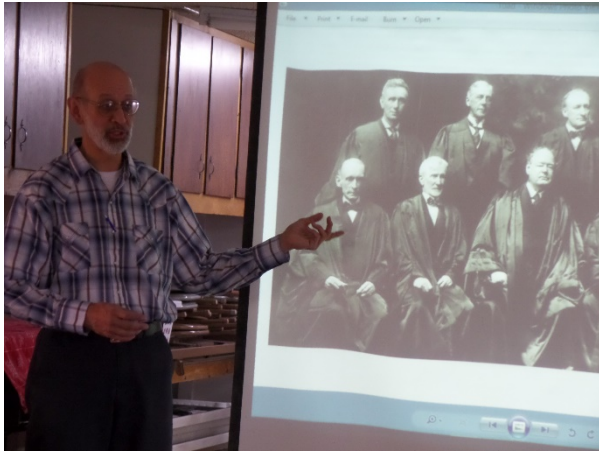
Strength Training often called Resistance Training is primarily an anaerobic activity (exercise without the need for immediate replacement of oxygen). It is a type of physical exercise specializing in the use of resistance from a weight or force to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles. There are many benefits with a properly performed program. It can provide significant functional benefits and improvement in overall health and well-being, including increased bone, muscle, tendon, and ligament strength and toughness as well as improved joint function, reduced potential for injury, increased bone density, increased metabolism, increased overall fitness, and improved cardiac function. Strength Training commonly uses the technique of progressively increasing the force output of the muscle through incremental weight increases and uses a variety of exercises and types of equipment to target specific muscle groups. Different forms of Strength Training include free weights, weight machines, resistance bands, body wrap weights, and your own body weight. You need to train a minimum of two times a week to do any good and three times to gain the maximum benefit. Rest each muscle group at least 48 hours to maximize gains in strength and size.

Make sure to stretch after strength exercises, when your muscles are warmed up. If you stretch before strength exercises, be sure to warm up your muscles first (through light walking and arm pumping, for example). Don't hold your breath during strength exercises. Breathe normally. Holding your breath while straining can cause changes in blood pressure. This is especially true for people with cardiovascular disease. If you have had a knee or hip repair or replacement, check with the doctor who did your surgery before doing lower-body exercises

Even very small changes in muscle size can make a big difference in strength. An increase in muscle that's not even visible to the eye can be all it takes to improve your ability to do things like get up from a chair, climb stairs, or carry in the groceries. Your muscles are active even when you are sleeping. Their cells are still doing the routine activities they need to do to stay alive. This work is called metabolism, and it uses up calories. That can help keep your weight in check, even when you are asleep!

If you are under a physician's care for a medical condition, discuss your program with him or her before you start. Also, if you are new to Strength Training you should meet with a Physical Therapist and/or a qualified Personal Trainer before starting your program. Remember that regular medical checkups and professional help are essential for your health and well-being. Next month we will discuss the final component of an exercise program, Flexibility.

Snapshots from April Happenings



April 10 Potluck Meal with Ken Valles talking on Ben Hur



March 22 Catered Meal by Chef Jerry Burnham



April 12 Bingo
Al, Annette, Sheryl, Norma, Mary, Fran, Virginia, Mary Lou, Millie



April 19 Bingo
Sheryl, Terry, Lila, Dee, Mary Lou, Pamela, Dorothy, Yvonne, Anna May



April 26 Bingo
Bianca, Jerry, Frank, Loretta, Kevin, Bev, Norma, Gwen, Yvonne



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.

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COMMITTEES

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Care & Compassion

By Chaplin Kevin Manning

Bill Van Beek, 1932-2018, He passed on March 15th. His career was in the aerospace industry, a memorial Will be held at the Senior Center in August, details to come.

Patricia Edwards, 1928-2018, She passed in February.

Like to contribute to the Senior Correspondent? Submissions for the Newsletter are due by the 25th of each month.





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presents

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FREE ADMISSION



**Friday - June 15th
3pm - 7 pm**

Memorial Park
220 W. South Avenue
Woodland Park, CO



The Golden Bridge Network



DayBreak - An Adult Day Program * Prospect Home Care & Hospice
 The Aspen of Woodland Park * UCHealth Pikes Peak Regional Hospital
 Aspen Mine Center * Cripple Creek Care Center * Teller Senior Coalition
 Teller County Department of Human Services * Woodland Park Senior Organization
 * Teller County Public Health & Environment

FOR MORE INFORMATION CALL 719-482-0627

Or go to

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DayBreak

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PIKES PEAK REGIONAL MEDICAL CAMPUS
Woodland Park

Woodland Park Senior Center Quilters



Come by the center to buy your raffle tickets
This beautiful quilt will be raffled off on May 10!



86" x 95" Double bed size

Raffle tickets sold at the front desk
\$1.00 per ticket or \$5.00 for 6 tickets.



&

Bake Sale

Saturday, May 5th

9:00 a.m. - 3:00 p.m.

Woodland Park Senior Center

321 N Pine Street

(SE Corner of Lake & Pine)

*Everyone is invited to come and browse.
You will find some great deals on local arts
as well as home-made, edible goodies.*

A home-made soup and Jimmy John's
sandwich meal (\$5) will follow from 4:00pm
to 7:00pm.

All proceeds support activities and programs of the




Woodland Park Senior Organization

WOODLAND PARK SENIOR CENTER – ACTIVITY CALENDAR



May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Fitness Class	2 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	3 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	4 10:30-11:30 AEA Exercise 1:00-3:00 Watercolor	5 Craft Fair & Bake Sale 9-3 pm Soup & Sandwich Dinner 4-7 pm
6	7 9:00-11:30 Quilting 12:00-3:00 Bridge	8 9:00 Fitness Class POTLUCK	9 9:00 Board Meeting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	10 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	11 10:30-11:30 AEA Exercise 1:00-3:00 Watercolor	12
13 MOTHER'S DAY	14 9:00-11:30 Quilting 12:00-3:00 Bridge	15 9:00 Fitness Class	16 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	17 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	18 10:30-11:30 AEA Exercise 1:00-3:00 Watercolor	19 8:00 – 11:00 a.m. 
20	21 9:00-11:30 Quilting 12:00-3:00 Bridge	22 9:00 Fitness Class CATERED LUNCH \$7.50	23 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	24 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	25 10:30-11:30 AEA Exercise 1:00-3:00 Watercolor	26
27	28 SENIOR CENTER CLOSED MEMORIAL DAY	29 9:00 Fitness Class	30 9:00-11:30 Quilting 12:00-3:00 Bridge	31 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb		<i>Coffee Mon-Fri every morning and cards, dominoes, cribbage or billiards</i>

Monday	Tuesday	Wednesday	Thursday	Friday
 May 2018 Golden Circle Nutrition Menu	1 Egg Salad on Croissant Tomato Basil Soup Tossed Salad w/ Red Wine Vinaigrette Orange High Fiber Cookie Milk	2 Riblettes Baked Beans Potato Salad Applesauce Bread Milk	3 Chicken Chow Mein Brown Rice Asian Vegetables Pear Chocolate Chip Cookie Raisin Nut Cup Milk	4 Sloppy Joe Carrots Sunflower Broccoli Salad Peaches Sugar Cookie Milk
7 Chicken al a King Jasmine Rice Broccoli Carrot Raisin Salad w/ Pineapple Apple Sugar Cookie Milk	8 <p style="text-align: center;">Pot Luck</p>	9 Baked Citrus Tilapia Lemon Herb Rice Mixed Vegetables Tropical Fruit High Fiber Cookie Roll Milk	10 Swiss Steak Mashed Potatoes Peas Coleslaw Pear Yogurt Milk	11 Pork Green Chili Pinto Beans Cornbread Muffin Strawberries Raisin Nut Cup Milk
14 Stuffed Pasta Shells w/ Meat Sauce Green Beans Almandine Carrot Raisin Salad w/ Pineapple Garlic Bread Stick Apple Milk	15 BLT Black Bean Lentil Soup Tropical Fruit Salad Pasta Vegetable Salad Sugar Cookie Milk	16 Honey Curry Chicken Wild & Brown Rice Green Beans Carrot Raisin Salad Strawberries Spice Cake Milk	17 Beef Stroganoff Penne Pasta Roasted Brussel Sprouts Roll Peaches Lemon Bar Milk	18 Breaded Catfish Brown Rice Peas Spinach Mandarin Salad Apple Peanut Butter Cookie Milk
21 Chicken Carbonara Bahamas Vegetables Green Bean Salad Pear Oatmeal Raisin Cookie Milk	22 <p style="text-align: center;">Catered Meal \$7.50</p>	23 Mushroom Ravioli w/Alfredo Sauce Broccoli Tossed Salad Strawberries Raisin Nut Cup Milk	24 Beef Stew Buttermilk Biscuit Orange High Fiber Cookie Raisin Nut Cup Milk	25 Pico Lime Cod Brown Rice Carrots Coleslaw Coconut Crunch Salad Chocolate Chip Cookie Milk
28 Memorial Day Golden Circle Closed	29 Baked Ham Sweet Potatoes Broccoli Pear Oatmeal Raisin Cookie Milk	30 Salmon Burger w/ Lettuce & Tomato Cream of Mushroom Soup Spinach Mandarin Salad Yogurt Apple Raisin Nut Cup Milk	31 Baked Ziti w/ Sausage& Marinara Green Beans Caesar Salad Orange Raisin Nut Cup Milk	<p style="text-align: center;">MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING</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.