

SENIOR Correspondent

A publication of the Woodland Park Senior Organization

June 2018

Volume 9. No. 6



Director's Corner

The people make the Senior Center great! I would like to thank Pat Danielson for her support and wonderful sense of humor. She was there last year when I became the new director and she has been there for me ever since. We are lucky if we have relationships that improve who we are and how we view the world and Pat, you have been that for me. I will miss you and know that you will enjoy each and everyday at your new home, just as you did here.

Thank you!

To Barbara Riley-Cunningham, pianist and Vincent Lemoine, violinist for playing the Schubert Sonata. It is such a pleasure to have you play for us.

To Barbara Riley-Cunningham for helping to get performers for our monthly music series. Stay tuned, there is more to come!

Rose Banzhaf, Pat Pine, Eva Mattedi and all the members who have contributed to this newsletter. It is great because of you!

Upcoming Club Happenings....

July - Picnic in the Park

August - Summer Garage Sale

Dates and Times to be Announced

Coming in July

- | | |
|----|--------------------|
| 10 | Potluck Lunch |
| 21 | Pancake Breakfast |
| 24 | Catered Lunch |
| 28 | Picnic in the Park |



**June 26 Catered Meal
is Free for All April
Birthday Babies!**

Alvin J.	Heck	6 – 2
Barbara	Bell	6 – 3
Richard	Kolosso	6 – 3
Wally	Banzhaf	6 – 13
Thomas	Brazil	6 – 15
Roger	Qualls	6 – 19
Inge	Gardner	6 – 20
Bettie	Collins	6 – 23
Robert	McBride	6 – 23
Pebble Jo	Brown	6 - 24

Out and About

Our member, Jeff Cathrall, has been chosen to be in the Colorado United States Tennis Association, Hall of Fame. Congrats Jeff! Tennis Anyone?

Director Dee was a Tour Director for the Senior Circle with Deb Idleman in May. The group went to see the Dead Sea Scrolls (Squirrels) at the Denver Museum of Nature and Science. A fun time was had by all!

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 – Pat Danielson



Born in Oregon, Pat grew up all along the west coast moving from time to time as her father sought work in the 1930s. They settled in Arcadia, California in 1941, where she met her husband “Dan” while working at a local movie theater. Dan worked in radio communications while serving in the Navy during World War II. He continued to work as an air traffic controller for the federal government and Pat’s moving continued along with Dan’s various assignments. She worked as a bank teller in Las Vegas, and for the City of Farmington, New Mexico before settling down in Denver in 1957 having decided they’d had enough of moving. Son, Doug was 6 weeks old then and son, Lee was born in 1961. Dan retired from Stapleton Airport and passed away in 1998. Tired of the hustle and bustle and traffic of the big city, Pat moved to Woodland Park where her son, Doug had been living since the mid 80’s and bought her home here in 1999.

She quickly acquainted herself with Woodland Park Senior Citizens Club and became a regular member and volunteer. She cooked many catered meals and spaghetti dinners to raise money for the Club and served on the Board of Directors for many years-- as Board President for 7 of those years. I cannot remember a fundraiser or event that Pat didn’t attend. She took in donations and maintained our “sales” tables for years, sorting, displaying and rotating items. She made many trips to the local Goodwill when items just refused to be sold. Over 80, I remember her crawling in and out of the back of my husband’s pickup truck helping move items to sell at our big annual rummage sale. Even Pat’s love of quilting has benefitted the Club as she has contributed many pieces to help raise money.

Beginning yet another chapter, Pat will be moving to Mountain Home Arkansas with her Son Doug, and his wife Susan, where they are retiring. She will no doubt quickly involve herself with the local Senior Activity Center there. I already see that they are looking for lap quilts for the home-bound. I consider Pat a good friend who helped me learn the ropes here at the Senior Center. I will miss her feisty sense of humor and candid personality. Our loss will most definitely be Mountain Home’s gain.

We all wish you the best, Pat, and hope you don’t forget us, even those of us who might have contributed to your feistiness!!!

By Pamela Argo, Former Director of the Woodland Park Senior Organization

Pat Danielson

By Eva Mattedi

"I'm sure I speak on behalf of everyone who got to meet Pat, that we will certainly miss her and remember her inspiring activities and her perfect humor. Let's celebrate her before she leaves and not lose contact. Our lives are richer because we know you, Pat!"

Favorite color is blue. As a little Redhead everybody agreed, that color looked best on me, plus it enhanced my blue eyes.

My favorite animals are small dogs. It is someone to talk to, who doesn't talk back and for companionship. I own small black "Schmoodle", named Daisy.

My favorite occupation was raising my two boys, first one born in 1957, second in 1961, both "Seniors" now.

My favorite treat is Hot Homemade Apple pie with ice cream.

As a Hobby I used to sew, made tons of Quilts for the Fire and Police Department, and I loved to read.

Member at the Senior Center since 2000. I enjoy the Fellowship and did lots of volunteer work. Cooked many "Catered meals". President for 7 years. Every day was a delight!

Dorothy and I joined about the same time, and we became friends. "I like English Rebels!"

I will dearly miss all my friends at the WP Senior Center. We'll keep in touch.

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 three 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 will also be voted in at this meeting.



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



SPECIAL DISCOUNTS

The Club works with local and regional businesses and other organizations to offer a Special Discount or Service to its members through the Associate Membership Program. A list of current Associate Members and their Special Offer is posted at the Senior Center, is listed on the Clubs website, and listed in the monthly newsletter. Members must show a current ID to receive the offer. If you know of a business or organization that would like to participate in this program, please contact Dee in the office. Please visit our Associate Members and make sure to thank them for their support.

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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 SCHEDULE



We had six people sign up for the Pickleball orientation on Monday, May 21st at Meadow Wood. A good time was had by all. The brain teaser was learning how to keep score and remember who is serving! Also, what's all that stuff about stepping into the Kitchen? For those of you who are interested in continuing to play here is the summer schedule for the organized Pickleball play with the PAC (Pickleball Above the Clouds) group.

There will be a special 'Skills and Drills' clinic for all levels starting Wednesday, June 6, 9-11AM.

This is a great place to start if you are just beginning to play. The clinic will be continuing each Wednesday in June. Balls and a few extra paddles are available for loan. Wear court shoes; bring water.

Start time for regular play throughout the summer (May to October) is TUESDAYS and FRIDAYS 8:30AM - SUNDAYS 9:30AM. Play goes on for as long as you want to play. See you on the courts.

Weekly Walkers

We have four members interested in walking once a week. We will be walking on the path that goes around Memorial Park, weather permitting, starting this Wednesday, June 6, 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.



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 of 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/>



FITNESS AFTER 50 CONTINUED

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 the final component of “Fitness After 50” – Flexibility. Flexibility usually means that you can reach down and tie your shoes or bend deeply into a squat to pick up the trash or reach behind you and scratch the itch in the middle of your back. But, the definition of flexibility is more complicated than simply being able to do a single stretch.

Flexibility is the ability of the muscles and tendons to lengthen and stretch in response to movement and allow a joint to move through its range of motion (ROM). That means that each joint and each group of muscles in your body might have a different range of motion or a different level of flexibility. Some areas of your body may be very tight, meaning that the muscles feel short and restricted. Some areas of your body may feel very loose and you may be able to lengthen and move those muscles freely. For example, you might be very flexible in the hamstrings, allowing you to bend over and touch your toes. But, your thighs (quadriceps) muscles might be tight (inflexible) so it may be harder for you to stand up straight or bend backward. Many people develop inflexible hips as a result of sitting all day. This is one of the reasons that health experts recommend that you stand up and move for a few minutes every hour.

A good stretching program improves flexibility and is important to incorporate into your daily routine to help maintain flexibility. But, you don't have to do hours of stretching to enjoy the benefits of flexibility training. Flexibility training includes stretching exercises to lengthen the muscles and may include activities like Yoga or Tai Chi. You can take a stretching class that focuses just on stretching exercises to improve range of motion throughout the body. These classes generally begin with a gentle warm up to increase your body's core temperature. Then, they progress through a series of stretching exercises to lengthen the muscles in your feet, your legs, your hips and torso, and finally up through the head and neck. Improving your flexibility can help you move more comfortably throughout the day.

It's common knowledge that people slow down as they age. Daily activities like standing up from a chair and getting in and out of bed become increasingly difficult. These limitations are often caused by a decline in muscle strength and flexibility. A good stretching program is important to incorporate into your daily routine to help maintain flexibility. Stretches for the neck, arms, back, hips, and legs will help maintain flexibility as the years pass by, keeping you limber for all life has to offer. Stretching allows for greater movement in joints and improves posture. It also helps to release muscle tension and soreness and reduces the risk of injury. Lastly, it may also help increase circulation, muscle control, and improve balance and coordination.

Some Stretching tips:

- Take a deep breath and slowly exhale as your stretch.
- Hold each stretch for at least 30 seconds to give the muscle ample time to relax.
- Don't bounce while you stretch, as this increases your risk of injury.
- Only stretch until you feel tension in the muscle, not to the point of pain.
- Always warm up before stretching with calisthenics, walking, or an exercise bike for 5 to 10 minutes.

This concludes the series on the three basic components of being physically fit - Aerobic Exercise, Strength Exercise, and Flexibility Exercise. A final reminder to those who are just starting an exercise program, see your healthcare provider for approval and recommendations before you start. Use a Licensed Physical Therapist or Certified Personal Trainer for help when first beginning. Then, as Nike would say, "Just Do It!"

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



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.

Snapshots from May Happenings



May 4 Bingo
Sue, Ruth, Kevin, Pat, Jerry, Norma,
Anna May, Gwen



**May 5 Craft Show
and Bake Sale**



Norma, Don & son Sean



May 17 Bingo



May 5 Soup & Sandwich Meal



May 5 Soup Chefs
Jeanette, Pat, Rose & Sue

More Snapshots from May Happenings



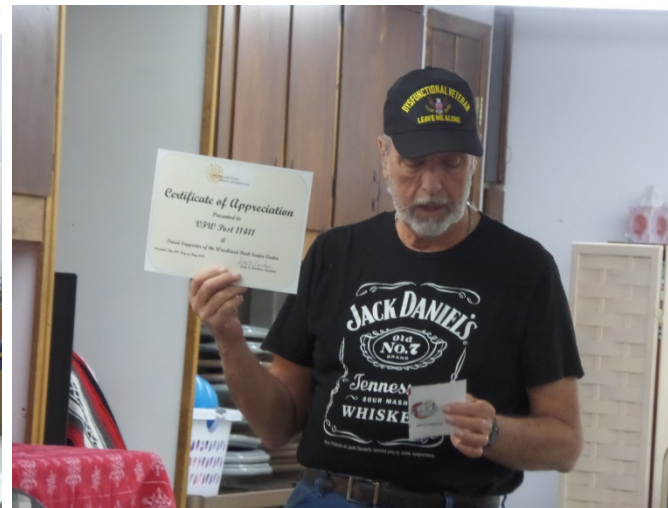
**May 22 Catered Meal Chefs
Gwen & Sue**



**May 22 Catered Meal Entertainment
Barb & Vincent**



**May 22 – VFW Post 11411
Cmdr Randy Ford giving
\$1000 grant to WPSO**



**May 22 – Jerry giving
Certificate of Appreciation to
VFW Post 11411**



**Pat Danielson – longtime member
and Past president is moving
soon – We will miss her!!!**

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






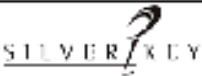
THANK YOU FOR MAKING THIS A GREAT PLACE TO SPEND TIME!

WOODLAND PARK SENIOR CENTER – ACTIVITY CALENDAR



June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Coffee Mon-Fri every morning and cards, dominoes, cribbage or billiards</i>				1 10:30-11:30 AEA Exercise	2
3	4 9:00-11:30 Quilting 12:00-3:00 Bridge	5 9:00 Fitness Class 10:30-11:30 Awareness through Movement Class	6 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	7 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	8 10:30-11:30 AEA Exercise	9 Afternoon Tea 2:00 – 3:30pm Chamber Players
10	11 9:00-11:30 Quilting 12:00-3:00 Bridge	12 9:00 Fitness Class 10:30-11:30 Awareness through Movement Class POTLUCK 11:45 – 1:00	13 9:00 Board Meeting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	14 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	15 10:30-11:30 AEA Exercise Senior Expo at Memorial Park 3:00 – 7:00 pm	16 8:00 – 11:00 a.m. 
17 FATHER'S DAY	18 9:00-11:30 Quilting 12:00-3:00 Bridge	19 9:00 Fitness Class 10:30-11:30 ATM AARP Driver Safety 1:00 – 5:00 pm	20 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	21 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb 1:15 CC&V Train Ride	22 10:30-11:30 AEA Exercise	23
24	25 9:00-11:30 Quilting 12:00-3:00 Bridge	26 9:00 Fitness Class 10:30-11:30 ATM CATERED LUNCH \$7.50	27 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	28 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	29 10:30-11:30 AEA Exercise	30 CPR / AED Training Senior Center 9:00 am 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p style="text-align: center;">  June 2018 Golden Circle Nutrition Menu </p>		MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING		1 BBQ Chicken Cream of Mushroom Soup Potato Salad 3 Bean Salad Apple Milk
4 Meatballs w/ Marinara Pasta Green Beans Breadstick Strawberries V8 juice Milk	5 Breaded Chicken Sandwich w/ Lettuce & Tomato Spinach Mandarin Salad Orange Peanut Butter Cookie Milk	6 Beef Pot Pie w/ Buttermilk Biscuit Lima Beans Salad w/ Red Wine Vinaigrette Apple Peach Cobbler Milk	7 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Pickled Beet & Onion Salad Orange Raisin Nut Cup Milk	8 Lemon Pepper Chicken Wild & Brown Rice Broccoli Pear Whole Grain Roll Oatmeal Cookie Yogurt Milk
11 Manicotti w/ Marinara Bahama Vegetables Broccoli Sunflower Salad Apple Raisin Nut Cup Milk	12 Pot Luck		13 Cod Tuscany Baby Bakers Broccoli Carrot Raisin Salad w/ Pineapple Coconut Crunch Salad Oatmeal Raisin Cookie Milk	14 Chicken Mole Green Beans Spanish Rice Black Bean Corn Salad Tropical Fruit Carrot Cake w/ Cream Cheese Frosting Milk
18 Broccoli Stuffed Chicken Breast Green Beans Lemon Herb Rice Orange High Fiber Cookie Milk	19 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad Grape Fruit Cup Milk	20 Pulled Pork Sandwich Corn Carrot Raisin Salad w/ Pineapple Strawberries Sugar Cookie Milk	21 Stuffed Bell Pepper Potato Medley Cauliflower Spiced Peaches Milk	22 Salmon w/ Lemon & Dill Brown Rice Pilaf Broccoli Apple Cherry Cobbler Milk
25 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Strawberries Milk	26 Catered Meal \$7.50		27 Pork Chow Mein Rice Winter Blend Vegetables Whole Wheat Bread Pear Sugar cookie Milk	28 Chicken Cacciatore Pasta Broccoli Coconut Crunch Fruit Salad Breadstick Milk
			29 Beef Pepper Steak Brown Rice Green Beans Whole Grain Roll Strawberries Peanut Butter Cookie Milk	

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.