

SENIOR CORRESPONDENT

A publication of the Woodland Park Senior Organization

SEPTEMBER, 2017

Volume 8, No. 9



Director's Corner

Monthly Theme: *Celebrating Healthy Elders*

This month we are focusing on our health. Just as we winterize our homes at this time of year, we also need to winterize ourselves. The fall is a perfect time to get check-ups, review prescriptions and prepare for the winter months ahead.

We will be focusing on our physical well-being for the first three weeks, learning interesting facts and valuable information about our ears, eyes and teeth. The last week we will be concentrating on a healthy mind and how "peace of mind" can aid in being a healthy, happy elder.

Coming in September

- 8 Farmer's Market Bake Sale
- 9 "Cruise Above the Clouds"
Pancake Breakfast
- 12 Potluck Lunch
"Making the Atomic Bomb"
- 16 Pancake Breakfast
- 19 Ute Pass Chamber Players
"Beethoven Trio"
- 23 Medicare 101:
Open enrollment Preparation
- 26 CATERED LUNCH
Doug Kelley - LegalShield
Know your rights & how to get help when legal situations arise

Welcome Back Painters!

The Watercolor Painting group is starting up again on Friday, September 8th at 12:30 pm.



For those of you who are part of the original group, welcome back! If you know of anyone who likes to paint and would enjoy an afternoon at the Senior Center, please invite them to come.

FARMER'S MARKET BAKE SALE !!!!!



On September 8, 2017 we will be holding a Bake Sale at the Farmer's Market, all proceeds benefit the Woodland Park Senior Center. Please email or call to let us know that you will be baking something for that day. If you can, plan to spend some time at the booth and meet some fun people!

—SEPTEMBER Newsletter—
Sponsored by

**Your Logo
Could be Here!**

Mindful Aging



Cyndy Noel will be offering a **5-week** class entitled, "Mindful Aging", at the Woodland Park Senior Center beginning on Thursday, September 14th. The class is being held from 3:00 to 5:00 PM and the cost is \$ 85. Cyndy found her mindfulness practice invaluable when caring for her husband who had Alzheimer's. She now enjoys sharing it with others in the community who are caring for a loved one as well as with Seniors, helping them reduce stress, increase their resilience, and be at peace with their journey, in spite of the challenges of aging.

Cyndy has an M.A. in Counseling and Human Services and obtained a certification as a Mindfulness Facilitator, from the Semel Institute for Neuroscience and Human Behavior at UCLA. She retired after a career at Memorial Hospital to care for her husband who is now deceased.

If you would like more information or would like to register for the class, please contact Cyndy at cynnoel07@gmail.com, or call 719-578-0794.

WORD OF THE WEEK or *WOW*

September: Focusing on Healthy Elders

Week 1 - Ears; Week 2 - Eyes;

Week 3 - Teeth; Week 4 - Mind

Keep an eye out, Dee usually has something for the WOW all week, see if you can find out what it is!

Birthdays, Birthdays, Birthdays!

- 9-10 Gale Howard**
- 9-10 Wayne Stewart**
- 9-11 Joanne Weichbrodt**
- 9-14 Alice McCue**
- 9-14 Dorie Snively**
- 9-15 Pat Danielson**
- 9-15 Loretta Leno**
- 9-17 Paul Loyd**
- 9-17 Ken Parr**
- 9-17 Pattie Qualls**
- 9-23 Cozy Stacy**
- 9-25 Heather Lyle**
- 9-25 Judith Marcantel**
- 9-27 Jackye Tulles**
- 9-29 Barbara Kyzer**
- 9-29 Richard Vallon**
- 9-30 Donald Brayton**

Harvest Ball Signature Fundraiser Let's Make it a Smash

Where will you be on the evening of Saturday, October 14th? At our first annual Harvest Ball: Dance to the Decades. Help us make this a successful first event. By sharing an invitation with your neighbors, by planning to attend yourselves and by helping plan and coordinate this event. We need help soliciting donations for a silent auction as well as door prizes, help planning refreshments, help with publicity and help selling tickets. Please contact Pamela at 339-0954 or pjargo2010@yahoo.com to see what you can do. (She needs all the help she can get!) Your ideas, time and effort will be greatly appreciated.

Lets make this an event folks will want to attend every year!



Thank You!!!

Our August 5th Rummage Sale could not have been such a great success with out so many dedicated volunteers helping to sort and set-up ahead of time as well as help customers and clean-up after. Without all the seniors who helped and the great teenagers who gave their time and strength we would not have been able to raise \$1,024. A special thank you to Jay at Teller County Waste for arranging for us to have a roll-off, making the final cleanup so much easier!

Our Potluck Lunch and Catered Dinner were music filled events with Ted Newman sharing his Cowboy Songs and Rick Blessing bringing Frank Sinatra back to life. Thanks to both for fun filled meals!

Thanks is much in order for the great Cripple Creek trip provided free of charge by Teller Senior Coalition. Six of our members enjoyed the beautiful scenery, gambling, shopping, eating and comradery!

The Senior Correspondent is published monthly by Woodland Park Senior Citizens Club located at 321 North Pine Street, PO Box 5813, Woodland Park, CO 80866, 719.687.3877.

SEPTEMBER HUMOR

I'm not aging,
I'm increasing in value.



Charitable Donation Form

I wish to help Woodland Park Senior Citizens Organization provide social, educational and healthful activities for area Seniors.

Name: _____ Phone: _____

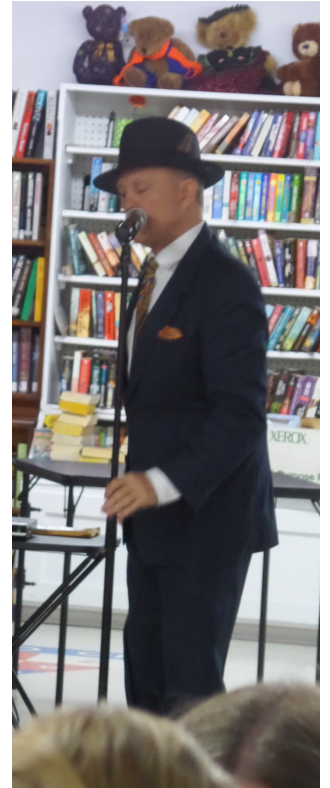
Address: _____ Email: _____

City: _____ State: _____ Zip: _____

Amount of my donation: \$_____ Please make checks payable to WP Senior Citizens Organization.

WPSCO ~ Post Office Box 5813 ~ Woodland Park ~ CO ~ 80866 ~ www.woodlandparkseniors.com ~ Tax ID: 84-0752514

Your donation is tax deductible to the full extent of the law. No goods or services were provided in return for this contribution.



August 22 Catered Barbecue Dinner with Frank Sinatra



BINGO August 24





Ruth 1 - Kevin 3 - Pat 3 - Norma 2



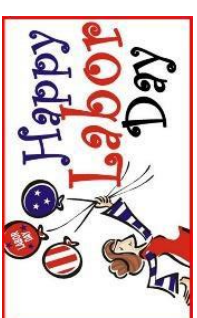
August 5 - Wonderful Teens Helping at the Rummage Sale



September 2017

WOODLAND PARK SENIOR CITIZENS CLUB

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	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 9:00 - 1:00 Bake Sale at Farmer's Market 10:30-11:30 AEA Exercise 12:30 Watercolor Painting	9 7:30 - 10:30 a.m. Pancake breakfast 
10	11 9:00-11:30 Quilting 12:00-3:00 Bridge	12 9:00 Fitness Class 11:45 - 1:00 POTLUCK "Making the Atomic Bomb"	13 9:00 Board Meeting (Not this month) 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 12:30 Watercolor Painting	16 8:00 - 11:00 a.m. Pancake breakfast 
17	18 9:00-11:30 Quilting 12:00-3:00 Bridge	19 9:00 Fitness Class 12:30-1:00 p.m. - Ute Pass Chamber Players "Beethoven Trio"	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	22 10:30-11:30 AEA Exercise 12:30 Watercolor Painting	23 10:00 - 12:00 p. m. Medicare 101
24 / 31	25 9:00-11:30 Quilting 12:00-3:00 Bridge	26 9:00 Fitness Class 11:45 - 1:00 CATERED LUNCH \$7.50 Doug Kelley - LegalShield Know your rights & how to get help when legal situations arise	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 12:30 Watercolor Painting	30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2017  <i>Serving LUNCHES to the Elderly</i> NUTRITION PROGRAM	 MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING	LEARN MORE ABOUT GOLDEN CIRCLE NUTRITION AT WWW.SILVERKEY.ORG UNDER "PROGRAMS"		
4 Golden Circle Closed 	5 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa Black Beans Applesauce Yogurt Milk	6 Meatballs w/ Marinara Sauce Pasta Green Beans Almandine Strawberries Bread Stick Low Sodium V-8 Juice Milk	7 Chicken Piccata w/ Pasta Cream of Potato Soup Creamed Spinach High Fiber Cookie Mandarin Oranges Milk	8 Sandy's Chicken Chili Tortilla Broccoli w/ Cheese Carrot Raisin Salad Pears Chocolate Chip Cookie Milk
11 Honey Roasted Curry Chicken Roasted Red Potatoes French Cut Green Beans Carrot Raisin Salad Orange Spice Cake Milk	12 POTLUCK LUNCH	13 Beef Bourguignon Mashed Potatoes Squash Medley Broccoli Peanut salad Apple Fruit Cup Oatmeal Raisin Cookie Milk	14 Pork Loin w/ Mushroom Sauce Black Bean Lentil Soup Roast Sweet Potatoes Brussel Sprouts Pineapple Chocolate Chip Cookie Milk	15 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad w/ Dressing Grape Cup Milk
18 Sloppy Joe Carrots Coleslaw Canned Peaches Yogurt Milk	19 BLT Sandwich Tomato Basil Bisque Italian Vegetable Salad Coconut Crunch Fruit Salad Milk	20 Pepper Steak Brown Rice Succotash Strawberries Roll Peanut Butter Cookie Milk	21 Chicken Marsala Minestrone Soup Italian Vegetables Roasted Red Potatoes Orange Milk	22 Chicken Pot Pie Lima Beans Tossed Salad w/ Dressing Peach Cobbler Milk
25 Chicken Sandwich w/ Avocado, Lettuce & Tomato Coleslaw Apple Fruit Cup Milk	26 CATERED LUNCH \$7.50	27 Baked Citrus Tilapia Rice Pilaf Broccoli Apple Carrot Cake w/ Cream Cheese Icing Milk	28 Chicken Parmesan Pasta w/ Marinara Minestrone Soup Italian Vegetables Tomato Basil Salad Garlic Bread Orange Milk	29 Yankee Pot Roast w/ Gravy Potato Medley Maple Glazed Carrots Mandarin Oranges w/ Yogurt Raisin Nut Cup 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



321 North Pine Street
P.O. Box 5813
Woodland Park, CO, 80866

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RETURN SERVICE REQUESTED

BOARD OF DIRECTORS

Jerry Burnham, President
Rose Banzhaf, Vice President
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Pat Pine, Director-at-Large
Dee DeJong, Director

COMMITTEES

Sue Frindt, Historian
Paul Loyd, Lunch Coordinator
Bev Jones, Trips



Harvest Ball

Dance to the Decades

Saturday, October 14th, 2017, 7 - 11 p.m.
Ute Pass Cultural Center
hors d'oeuvres, desserts & cash bar

*door prizes
silent auction
\$25 per person
\$45 per couple
Call 719-687-3877 for tickets*

*All proceeds
support programs
and activities of*



WOODLAND PARK
SENIOR CITIZENS ORGANIZATION