

SENIOR CORRESPONDENT

A publication of the Woodland Park Senior Organization

OCTOBER, 2017

Volume 8, No. 10



Director's Corner

My Happy Place

As we age, life gets even more challenging, we get a few more aches and pains, our memory does not retain like it used to and most everything takes longer, even getting ready for the day.

I like to live as if every day may be my last and found myself getting discouraged and frustrated with the aging process, then I found my Happy Place.

As a matter of fact, the older I get the more Happy Places I have. Some of the places are physical, like sitting in a sunny window with a cup of tea or being warm under my favorite blanket and some places are in my mind, snorkeling in Hawaii watching the colorful fish and feeling weightless.

As life unfolds each day and the challenges appear, I take a deep breath and go to my Happy Place. When I take a moment like this, my breathing slows, the stress level drops and I feel calmer. This is an easy way to make the most of each day and live life to its fullest.

Think about your stressful times and how you deal with it. If you have a positive way to deal with the challenges, you are helping your body and mind. If the reactions to stress are negative, figure out how to change it for your own health and well-being.

Recently, I have added another Happy Place, the Senior Center. I have friends, games, exercise classes, other activities and support here. During the rough times, this place lifts my spirits and it feels like my second home.

I have my Happy Place, where's yours?

Dream Big!

If money was not an issue, what would you like to see or do at the senior center? A dream board is in the dining room. Tell us what you think!



Harvest Ball Rescheduled

So many tasks, too little time for this fall. Committees are forming for October 2018. Let us know if you would like to help.



—OCTOBER Newsletter—
Sponsored by



Meet Our Intern



Please welcome Bre Gielissen to the senior center! Bre needed an internship for her finance degree from UCCS and I needed office help, a perfect match. She will be helping me with all sorts of things through December and looks forward to learning about the club members, as well as, about non-profit organizations.

We want you!

Support the Senior Club. Volunteers needed for the front desk, cleaning crew, news reporter and Harvest Ball 2018. We can't do it without you! Sign up at the front desk today!

Coming in October

- 10 Potluck Lunch
- 21 Pancake Breakfast
- 24 Catered Lunch
- 31 Halloween

WISH LIST

If you have any of these or find them, we could use them!

- Garage Broom
- Reading Area
- Rug, Comfy Chair, Small table
- Framed Photos or Artwork
- Colorado Flag



Birthdays, Birthdays, Birthdays!

- 10-3 Aline Goodchild**
- 10-3 Mary Gillaspay**
- 10-4 Jim Grover**
- 10-6 Nancy Desilets**
- 10-7 Marilyn Alexander**
- 10-14 Kathy Lundman**
- 10-15 Rod Smith**
- 10-17 Peggy Garrison**
- 10-17 Judith Rayer**
- 10-21 Dorothy Trumbley**
- 10-26 Kevin Manning**
- 10-28 Sandra Tucker**

OCTOBER CATERED MEAL IS FREE FOR OCTOBER BABIES!

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.

Yoga is Here!

Tuesdays:

2:00–3:00 pm **Beginning Yoga**

This is a class designed to gently increase range of motion and strength while honoring individual health issues. A focus on moving with the breath allows participants to personalize their practice and relax into the pose or movement sequence. Standing poses are offered but are not obligatory.

3:30-4:30 pm **Intermediate Yoga**

This class gives options for seated, standing, and floor poses. You will have the opportunity to get down on the floor one time for a series of poses that will help stretch your back and find deeper range of motion in your joints.

Thank You!!!

This month's catered meal was provided by Sue Holland, Jeanette Zupancic, Pat Danielson, Lila Tilger and Anna May Hoffman. Thank you for the wonderful meal!

Please thank Samuel Jackson and Anthony Sevey for our new American flag flying outside the senior center. And special thanks to Kevin Manning who removed the old flag and respectfully disposed of it.

The bake sale took place on September 22nd at the farmer's market and was a great success thanks to Julia and Pat Pine, Karen Gilliam, Anna May Hoffman and Eva Mattedi. Julia and Pat Pine made cute blueberry tarts, Karen made chocolate chip cookies, Anna May made peanut butter fudge and Eva made homemade apple muffins.

A brand new vacuum was donated by Bianca Townsend, thanks for keeping us clean!

A Huge thanks to EGN Solutions for providing a laptop, backup hard drive and IT expertise to get the office up and running again after the Computer Crash.

You are invited to attend!

30 Vendors

Door Prizes!

Health Info

Free Screenings

5th Annual

Community Health Fair

Saturday, October 7, 2017
8:00 a.m. - noon
 Hosted by Pikes Peak Regional Hospital
 The Woodland Medical Center
 16420/16222 W. Hwy. 24, Woodland Park



Pikes Peak Regional Hospital
 Pikes Peak Health & Hospital
 www.pikespeak.org

Forest Ridge
 Valley County
 Public Health & Environment

Newmont
 North America

Courier

For info, call Deb Idleman, PPRH, at 719-686-5312



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.

September 19 Beethoven Trio



September 7



September 26 CATERED LUNCH



September 14



September 21




September 28



October 2017

WOODLAND PARK SENIOR CITIZENS CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00-11:30 Quilting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	3 9:00 Fitness Class	4 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	5 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	6 10:30-11:30 AEA Exercise 12:30 Watercolor Painting	7
8	9 9:00-11:30 Quilting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	10 9:00 Fitness Class POTLUCK War and Marriage - Doris Gowen	11 9:00 Board Meeting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	12 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	13 10:30-11:30 AEA Exercise 12:30 Watercolor Painting	14
15	16 9:00-11:30 Quilting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	17 9:00 Fitness Class	18 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	19 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	20 10:30-11:30 AEA Exercise 12:30 Watercolor Painting	21 8:00 – 11:00 a.m. 
22	23 9:00-11:30 Quilting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	24 9:00 Fitness Class CATERED LUNCH \$7.50 2:00-3:00 Beg Yoga 3:30-4:30 Inter Yoga	25 10:0-11:30 AEA Exercise 12:00-3:00 Bridge	26 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	27 10:30-11:30 AEA Exercise 12:30 Watercolor Painting	28
29	30 9:00-11:30 Quilting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	31 HALLOWEEN COSTUME DAY! 9:00 Fitness Class 2:00-3:00 Beg Yoga 3:30-4:30 Inter Yoga				<i>Coffee Mon-Fri every morning and cards, dominoes, cribbage or billiards</i>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Spiced Peaches Milk	3 BBQ Chicken Cream of Mushroom Soup Potato Salad 3 Bean Salad Apple Milk	4 BLT Sandwich Tomato Basil Bisque Italian Vegetable Salad Coconut Crunch Fruit Salad Milk	5 Roast Turkey w/ Gravy Mashed Potatoes California Blend Vegetables Banana Peach Cobbler Milk	6 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad w/ Dressing Grape Cup Milk
9 Columbus Day Glazed Ham Roasted Sweet Potato Italian Vegetables High Fiber Cookie Milk	10 <h1>Potluck Lunch</h1>	11 Crab Cake Broccoli Cheddar Rice Green Beans Almandine Oatmeal Raisin Cookie Orange Milk	12 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Strawberries Milk	13 Ziti w/ Sausage & Marinara Italian Vegetable Blend Caesar Salad Banana Milk
16 Polish Sausage Cabbage & Carrots Hot German Potato Salad Banana Yogurt Bread Milk	17 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa Black Beans Applesauce Yogurt Milk	18 Egg Salad Sandwich Pea Soup Tossed Salad w/ Dressing Mandarin Oranges Raisin Nut Cup Milk	19 Chicken Piccata w/ Pasta Cream of Potato Soup Broccoli High Fiber Cookie Mandarin Oranges Milk	20 Sandy's Chicken Chili Tortilla Broccoli w/ Cheese Carrot Raisin Salad Pears Chocolate Chip Cookie Milk
23 Honey Roasted Curry Chicken Brown Rice French Cut Green Beans Carrot Raisin Salad Orange Spice Cake Milk	24 <h1>Catered Lunch</h1> <h2>\$7.50</h2>	25 Beef Bourguignon Mashed Potatoes Squash Medley Broccoli Peanut Salad Apple Fruit Cup Oatmeal Raisin Cookie Milk	26 Pork Loin w/ Mushroom Sauce Black Bean Lentil Soup Roast Sweet Potatoes Brussel Sprouts Pineapple Chocolate Chip Cookie Milk	27 Chicken Alfredo Pasta Peas Caesar Salad Strawberries Milk
30 Sloppy Joe Carrots Coleslaw Canned Peaches Yogurt Milk	31 Happy Halloween! Meatballs w/ Marinara Sauce Pasta Green Beans Almandine Strawberries Bread Stick Low Sodium V-8 Juice Milk	MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING	 Golden Circle Nutrition October 2017	



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
Cathy Fabiano, Treasurer
Jeanette Zupancic, Secretary
Ron Frindt, Director-at-Large
Pat Pine, Director-at-Large
Dee DeJong, Director

COMMITTEES

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



HOLIDAY BAZAAR
Woodland Park Senior Center

November 4, 2017
9 am to 3 pm
SE Corner of Lake Ave & Pine St
Tables are \$20.00
Reserve Yours Today!

*Accepting donations of gently used Holiday items and décor
Drop off at the Senior Center
9 am-1 pm, Monday-Friday*

*Your donations and purchases support programs and activities at Woodland Park Senior Center
321 N Pine St
Woodland Park CO 80863*

wplseniors@gmail.com 719-687-3877 www.woodlandparkseniors.com