



Director's Corner

Turkey Talk

Every November, I look forward to Thanksgiving, memories of good friends, family and food. My family always had a huge relish tray, mashed potatoes and gravy, beans in mushroom soup covered with crunchy onions, fresh baked rolls, pumpkin pie and of course, turkey.

This holiday began when the pilgrims celebrated the autumn harvest of their crops planted in the spring and has grown into a day to give thanks for all good things in our lives.

Now, back to the turkey. Our menu for the day could have been very different if it had been up to Benjamin Franklin. He believed the Wild Turkey should be our National Bird because it was "more respectable" than the Bald Eagle. Birders agree: the Wild Turkey hunts for its food constantly from dawn to dusk each day and the Bald Eagle would rather steal its meal from others, when the opportunity arises, making it a thief. Hmmm, I wonder if eagle meat would have been as tender as turkey.

No matter what the menu is at your celebration, I wish all of you a wonderful day and beginning to an exciting Holiday Season. Gobble Gobble.



Thank You!!!

To all of the folks who read this Newsletter for your patience as we improve our content and process. We will be getting you the information earlier in the month for your reading pleasure.

Shawn from Focus on the Forest, for getting our room curtain to work again, you are a MacGyver!

Kaye Reis for keeping the books alphabetized and the shelves looking good.

Premier Carpet for donating your time to make our dining room look like new.

Paul Loyd for your generous donation to the Senior Center and for keeping our Catered Lunches working smoothly.

To all of the volunteers that keep this place going, we couldn't do it without YOU!

—NOVEMBER Newsletter—
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Member Spotlight

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.



Sue Holland—Lunch Administration

Favorite Color: Orange because it reminds me of sunshine.

Favorite Animal: Elephant, Tiger if I was one.

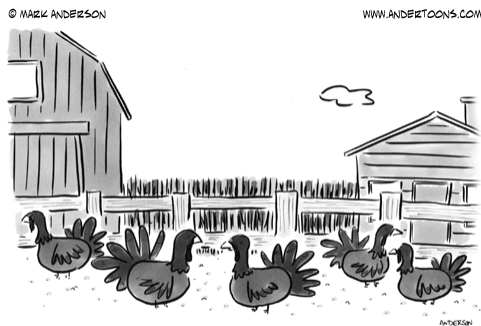
Occupations: Elementary School Teacher (Special Needs), Ambulance Driver, Bowling Instructor and Coach.

Favorite Treat: Lobster / Clams / Corn on the Cob, Black Cherry Pie.

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

Coming in November

- 14 Potluck Lunch—Lion's Club
- 18 Pancake Breakfast
- 28 Catered Lunch—IREA
- 30 Medicare 101



"What we need is a mad turkey disease!"

Birthdays, Birthdays, Birthdays!

- Fred Nachtgal 11-2**
- Christine Mertlic 11-6**
- Bud Jans 11-7**
- Hal Shanteau 11-8**
- Arvid Burnham 11-13**
- Naomi Huffman 11-14**
- Christopher Sutton 11-15**
- Pat Pine 11-16**
- James Gomes 11-17**
- Carol Huston 11-18**
- Arnie Sparnins 11-19**
- Julia Pine 11-19**
- Lloyd Collins 11-19**
- Ginger Sievert 11-20**
- Sandy Morris 11-25**
- Danny McCarty 11-27**
- Bob Waters 11-28**
- Bert Berington 11-29**
- Penny Moser 11-29**

A NOTE FROM JAN WILLIAMS YOUR EXERCISE INSTRUCTOR

I would like to, once again, invite people to try my General Exercise class, Tuesday and Thursdays at 9 am. The class has been modified so that the exercises can be adapted for those just starting out.

The class will consist of warm ups, balance, movement and light weights. The class lasts 45 to 50 minutes with a nutrition segment at the end.

Come and join the fun! Jan

Dream Board Results:

Trips - Zoo 1, Sky Observatory 1, Train Ride 3

Tours - Celestial Seasonings Tea 3, Leaning Tree Card Company 1

Crafts - Crochet 2, Knitting 3

Ice Cream Social 2

Line Dancing 7

Evening Picnic 2

Bowling 5

Monthly Music Series 2

Book Club 2

Hot Tub 4

Skydiving 4

Bowling will be November 18th!!!

Stars Among Us

Sue Holland, Richard DeVaul and Mary Lou Trigg were stars in the Forest Ridge commercials this week and will also appear in brochures and other media for advertising. Way to go, you looked Marvelous!

Woodland Medical Center

PPRH SURGICAL SERVICES
For appointments call 719.686.2810
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Woodland Park**



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.

Morning Dominos at the Liar's Table



October 24 Catered Lunch



Puzzle Corner

Who Put in the last piece?



October 26 - Fun time at the Airplane Restaurant



Tuesday Night Meetings Focus on the Forest



October 12



October 19



October 26

UTE PASS Chamber Players



2016 TELLER COUNTY CARES AWARD WINNERS!

PRESENT

THE NO MORE DAYLIGHT SAVINGS TIME CONCERT

Music of Vivaldi, Delanoff, Holst, Rachmaninoff and more!

FEATURING: GUY DUTRA-SILVEIRA, Oboe
MARY LINDSAY, Cello
CLARK WILSON, Bassoon
DINA HOLLINGSWORTH, Flute
VINCENT LEMOINE, Violin
MARY ANN LEMOINE, Viola
ANN BROWN, Violin
BARBARA HUFF, Cello
CAROL WILSON, Piano and Harpsichord
And BARB RILEY-CUNNINGHAM, Piano

Sunday, November 5, 2017, 3:00 PM

High View Baptist Church

1151 Rampart Range Road in Woodland Park


Tickets (\$15; Students \$5 with valid school ID) available at the door


Affiliate Member



November 2017

WOODLAND PARK SENIOR CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	2 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	3 10:30-11:30 AEA Exercise 12:30 Watercolor Painting	4 Holiday Bazaar Senior Center 9 am – 3 pm
5	6 9:00-11:30 Quilting 12:00-3:00 Bridge	7 9:00 Fitness Class	8 9:00 Board Meeting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	9 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	10 Senior Center Closed Veteran's Day	11
12	13 9:00-11:30 Quilting 12:00-3:00 Bridge	14 9:00 Fitness Class 11:45 – 1:00 POTLUCK Hosted by the Lion's Club	15 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	16 9:00 Fitness Class 10:30-11:30 BINGO Lunch - Silver Key Thanksgiving 1:00-1:30 Tai Chi w/Barb	17 10:30-11:30 AEA Exercise 12:30 Watercolor Painting	18 8:00 – 11:00 a.m.  Bowling Excursion See Sign-Up Sheet
19	20 9:00-11:30 Quilting 12:00-3:00 Bridge	21 9:00 Fitness Class	22 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	23 Senior Center Closed Thanksgiving Day	24 Senior Center Closed Thanksgiving Holiday	25
26	27 9:00-11:30 Quilting 12:00-3:00 Bridge	28 9:00 Fitness Class 11:45 – 1:00 CATERED LUNCH Hosted by IREA	29 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	30 9:00 Fitness Class 10:30-11:30 BINGO 12:00-12:30 Medicare 101 Follow-Up 1:00-1:30 Tai Chi w/Barb		<i>Coffee Mon-Fri</i> <i>every morning and</i> <i>cards, dominoes,</i> <i>cribbage or</i> <i>billiards</i>

Monday	Tuesday	Wednesday	Thursday	Friday
 November 2017 Golden Circle Nutrition Menu				
6 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Spiced Peaches Milk	7 BBQ Chicken Cream of Mushroom Soup Potato Salad 3 Bean Salad Apple Milk	8 BLT Sandwich Black Bean Lentil Soup Italian Vegetable Salad Coconut Crunch Fruit Salad Milk	9 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Strawberries Milk	10 Veterans Day Closed
13 Glazed Ham Roasted Sweet Potato Italian Vegetables High Fiber Cookie Milk	14 Pot Luck Hosted by the Lion's Club	15 Crab Cake Broccoli Cheddar Rice Green Beans Almandine Oatmeal Raisin Cookie Orange Milk	16 Roast Turkey w/ Gravy Mashed Potatoes California Blend Vegetables Cranberry Sauce Banana Pumpkin Pie Milk	17 Ziti w/ Sausage & Marinara Italian Vegetable Blend Caesar Salad Banana Milk
20 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad w/ Dressing Grape cup Milk	21 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa Black Beans Applesauce Yogurt Milk	22 Pork Riblettes California Blend Vegetables Baked Beans Potato Salad Apple Milk	23 Thanksgiving Closed	24 Thanksgiving Holiday Closed
27 Salmon w/ Lemon & Dill Butternut Squash Soup Broccoli Mushroom Risotto Apple Peanut Butter Cookie Milk	28 Catered Meal Hosted by IREA	29 Beef Bourguignon Mashed Potatoes Squash Medley Sunflower Broccoli Salad Apple Fruit Cup Oatmeal Raisin Cookie Milk	30 Pork Loin w/ Mushroom Sauce Baby Baker Potatoes Brussel Sprouts Pineapple High Fiber Cookie Milk	MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING

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.



WOODLAND PARK
SENIOR ORGANIZATION

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

Volume 8 No. 11
November, 2017

«AddressBlock»

RETURN SERVICE REQUESTED

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



America's Flag

*Foreigners come from miles around
To hear us boast and brag,
Not so much about our country
But about our country's flag*

*Our flag, she stands for freedom
She stands so tall and proud
It's great to see "old glory"
Flying high above the crowd*

*Our flag has been through many wars
It's been spit upon and burned
Yet after all that it's been through
Our respect it's gladly earned*

*So next time that you see our flag
Alone or in a crowd
Remember what it stands for
And be mighty, mighty proud.
Rich DeVaul*



**To all our
Veterans!!**

**Thank you for
your service!**