



Director's Corner



Liquid Gold

What a great time of year! The holidays are in full swing, the ski resorts are open and tourists are coming to ski, snowboard and frolic in our wonderful snow. We are all aware of what benefits this winter weather provides us and the state of Colorado but what does it do for the natural world? Snow, the other highly prized mineral in this area, is important to plants, animals and humans as well. When the snow blankets the ground, air gets trapped and becomes a perfect insulator for the plants, denning animals and humans. Have you ever made or been inside a snow cave? Some igloos in the north can be 100 degrees warmer on the inside than the outside being heated only by the bodies inside, that's great insulation! As the snow melts and pools, it provides drinking water. One of the major benefits to the earth is that snow provides 80% of fresh water which we all rely on. In the summer months it provides water for drinking, recreating and irrigation including our neighbors in Utah, New Mexico and Arizona to name a few. In drier years we can see the impact this smaller snow level has on our lives and nature. Humans will need to implement water conservation, water storage and in some cases, we will see a decrease in crop production.

Nature must adapt to drier conditions finding other water sources and even animals eating different food.

Colorado still holds two records for the most snow. On December 4, 1913, the most snow to fall in a single calendar day was in Georgetown on I-70 with 63" in a 12-hour period, that's over 5 feet of snow! The second record we hold is for the most snow fall in a 24-hour period. In Silver Lake, near Nederland in Boulder County, 76" of snow fell, that's a lot of shoveling!

Enjoy the season and when you build the snowman in your yard, remember as he melts in the winter sun, that this liquid gold, will be a refreshing glass of water in the spring.



Like to contribute to the Senior Correspondent?

Submissions for the Newsletter are due by the 25th of each month.

—DECEMBER Newsletter—
Sponsored by



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!



Kevin Manning—Jack of All Trades

Favorite Color: Infantry Blue

Favorite Animal: His dogs, Corporal and Roisin (Gaelic for Little Rose)

Favorite Pets: His 2 dogs above and 3 cats—Lokey, Milo and Missy

Favorite Occupation: The Military

Favorite Treat: Seafood. He visits Joe's Crab Shack every year for his birthday.



Coming in December

- 12 Potluck Lunch
- 16 Pancake Breakfast
- 25 Senior Center Closed

Annual Member Meeting a Success!

We had a fabulous catered meal provided by IREA and Flying Horse Catering. After stuffing ourselves with turkey, ham and luscious desserts, we voted on three issues and all were approved unanimously by the members present. Thank you all.

Birthdays, Birthdays, Birthdays!

- Marg Sekowski 12-2**
- Louise Ellis 12-4**
- Dottie Griffy 12-5**
- Bob Tyler 12-6**
- Paul Desilets 12-11**
- Nancy Remmler 12-18**
- Bill Avery 12-19**
- Harry Griswald 12-19**
- Lila Tilger 12-22**
- Don White 12-22**
- Allie Kinnaird 12-23**
- John Strader 12-23**
- Rose Robinson 12-27**
- Bill Hostetter 12-31**

DECEMBER Catered Meal is FREE for DECEMBER Babies!

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

Coming in 2018!!

The Senior Center is going **Eco-Friendly**. We will be recycling, repurposing and reusing as much as possible. Look for the “3R” class in January and learn how you can help to save our resources.

Newsletters will not be mailed but available for pick up M-F, 9-1pm at the Senior Center. We love to see your smiling faces. The newsletter will be displayed on the website as usual.



Bridge Lessons offered by Jeff Cathrall, a Silver Life Master in Bridge. Call 303-587-2399

Thank You!!!

Ken Springer of Computer Tutor for donating the computer and accessories to the Senior Center. We look forward to having it for our members to use.

Dottie Griffy for volunteering to teach the watercolors class once a month starting in February of 2018.

Teller Senior Coalition for the Free rides each month, so the members can get out and about.

Pat Hyslop and the kids who made the Thanksgiving decorations for our tables.

****Mark the Date****

Christmas Lights Tour with TSC
December 16, 2017 at 4:30 pm
 Enjoy the lights of Colorado Springs at this special time of year. Teller Senior Coalition will be taking us for Free. The only cost to you will be for dinner, location will be decided by the participants. Meet at the Senior Center.



Charitable Donation Form

I wish to help Woodland Park Senior 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 Organization.

WPSO ~ Post Office Box 5813 ~ Woodland Park ~ CO ~ 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.

December 2017

WOODLAND PARK SENIOR CENTER

| 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 10:30-11:30 AEA Exercise | 9 |
| 10 | 11 9:00-11:30 Quilting 12:00-3:00 Bridge | 12 9:00 Fitness Class 11:45 – 1:00 POTLUCK | 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 | 16 8:00 – 11:00 a.m.  Christmas Lights Tour at 4:30 pm Meet at Senior Center |
| 17 | 18 9:00-11:30 Quilting 12:00-3:00 Bridge | 19 9:00 Fitness Class | 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 | 23 |
| 24 / 31 | 25 Senior Center Closed Christmas Day | 26 9:00 Fitness Class NO CATERED LUNCH | 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 |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
|  <p>SILVER KEY December 2017 Golden Circle Nutrition Menu</p> | | | MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING | 1 Chicken Alfredo Pasta Peas Caesar Salad Strawberries Milk |
| 4 Baked Citrus Tilapia Rice Pilaf Broccoli Roll Apple Yogurt Milk | 5 Sloppy Joe Carrots Coleslaw Canned Peaches Oatmeal Raisin Cookie Milk | 6 Chicken Parmesan Pasta w/ Marinara Minestrone Soup Italian Vegetables Garlic Bread Orange Milk | 7 Yankee Pot Roast w/ Gravy Potato Medley Maple Glazed Carrots Mandarin Oranges w/ Yogurt Raisin Nut Cup Milk | b Breaded Chicken Sandwich w/ Lettuce & Tomato Tomato Basil Salad Apple Peanut Butter Cookie Milk |
| 11 Crab Cake Broccoli Cheddar Rice Green Beans Almandine Oatmeal Raisin Cookie Orange Milk | 12 Pot Luck | 13 BLT Sandwich Black Bean Lentil Soup Italian Vegetable Pasta Salad Coconut Crunch Fruit Salad Milk | 14 Roast Turkey w/ Gravy Mashed Potatoes California Blend Vegetables Banana Peach Cobbler Milk | 15 Ziti w/ Sausage & Marinara Green Beans Caesar Salad Banana Milk |
| 18 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Spiced Peaches Milk | 19 Beef Stroganoff Pasta Roasted Brussel Sprouts Banana Roll Yogurt Milk | 20 Chicken Salad Croissant Tomato Basil Bisque Potato Chips Sunflower Broccoli Salad Apple Milk | 21 Glazed Ham Whipped Sweet Potatoes Squash Medley Orange Roll Cherry Pie Milk | 22 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad w/ Dressing Grape cup Milk |
| 25 Golden Circle Closed  | 26 Meatballs w/ Marinara Sauce Pasta Green Beans Almandine Strawberries Bread Stick Low Sodium V-8 Juice Milk | 27 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Strawberries Milk | 28 Pork Loin w/ Gravy Black eyed Peas Southern Style Spinach Orange High Fiber Cookie Milk | 29 Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa Black Beans Applesauce Yogurt 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.

November 14
Lion's Club Lunch



Happy Birthday Will!



November 16



November 16
Thanksgiving Lunch



November 18 Bowling



November 28
IREA Catered Lunch



Puzzle Completed



Making Candy Cane Favors for the Holiday Home Tour





WOODLAND PARK
SENIOR ORGANIZATION

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

«AddressBlock»

Volume 8 No. 12
December, 2017

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



Join us on February 13, 2018 to celebrate our wonderful volunteers who keep
the Senior Center humming.

