

SENIOR CORRESPONDENT

A publication of the Woodland Park Senior Citizens Club

MARCH, 2017

Volume 8, No. 3

CHANGE in MEAL PROGRAM

Community Café has been a wonderful service to our Club. But, like most things, it requires funds to support. Per Executive Director, Ralph Power, Teller Senior Coalition can no longer afford to pay for this program; so, as of April 3rd, we are returning to the Golden Circle Nutrition Program. The good news is that there's been a change in the program.



In an agreement with the Colorado Springs Housing Authority, management of the Golden Circle Nutrition Program was transferred to Silver Key Senior Services January 1, 2015.

The Golden Circle Nutrition Program offers low-cost nutritious lunches to persons 60 years of age and older, their spouses, and, volunteers. It provided meals to approximately 2,100 seniors in 2014. The Housing Authority has managed the program since 1975.

Silver Key is the leading senior serving organization in the greater Colorado Springs area and has been providing nutrition assistance to people 60+

since 1971. The Nutrition Program has included Meals on Wheels, two federal food assistance programs, a pantry program, and an emergency food pantry. With the addition of Golden Circle, Silver Key will now be able to provide nutrition services in congregate settings.

“We are excited to work with Silver Key to consolidate nutrition services for seniors. In a time of resource constraints, we hope this consolidation will result in a more efficient, coordinated delivery of food programs for the elderly in our community” said Chad Wright, Executive Director of the Colorado Springs Housing Authority.

Patricia Ellis, Silver Key CEO said “Bringing Golden Circle under the Silver Key umbrella allows us to consolidate kitchen staff and serve more seniors. We continue to see need increasing while resources are decreasing, so it's important to eliminate duplication of services while continuing to provide a quality product.”

For more information about all Silver Key Nutrition Programs please check the website at www.silverkey.org/nutrition.

THANK YOU GERRY!!!

We don't yet know what is next for you, but we sure want to say thank you for all the fantastic meals you have served us since Community Café opened in September of 2015. You have spoiled us for anything else.



A HUGE “thank you” goes out to our Chili Cook-off sponsors. You made it another successful event and your support helps keep Senior Center activities and programs going.



—March Newsletter—
Sponsored by



We have the speed
To fit your need.

Coming in March:

- 8 Board Meeting at 9:00
- 14 Potluck with Julia Pine at the Piano
- 17 Mountain Eire Irish Dancers
- 17 Watercolor Class with Rita Randolph
- 18 Pancake Breakfast
- 20 Trip to Garden of the Gods
- 21 Weight Loss Presentation by TC Chiropractic
- 28 Catered Lunch and Fall Prevention by Lori Morgan

March is a busy month. ↓↓↓↓

MARCH BABIES:

- Chuck August
- Ann Battin
- Greg Belding
- Jean Billingere
- James Call
- Martha Crabbs
- Curt Douglas
- Ginny George
- Miriam Gillespie
- Karen Gilliam
- Doris Gowen
- James Hollingsworth
- Freeman Howard
- Karl Huseboe
- Susan Janicki
- Claudia Kempt
- Nancy Lambert
- Tom Martinez
- Eva Mattedi
- Ric Mattedi
- James McCall
- Ella Oatman
- Kaye Reis
- Jean Rodeck
- Tom Shannon
- Sandra Shannon
- Michelle Sutton
- Tim Tholen
- Stephen Tolzman
- Ruth Williams

+Gerry Coulter (Chef)
+Sheila Wolfe(driver)

March Catered Meal is FREE for March Babies!
(if you have paid your dues!)



Tuesday, April 4, 1:00—5:00 p.m. at Woodland Park Senior Center. \$15 for AARP members. \$20 for non-AARP members. Call 687-3877 to sign up.



Check out the various classes offered through Pikes Peak Regional Hospital's Senior Circle program.


Low Impact Fitness: 1st & 3rd Tuesdays from 3 until 4p.m.

Sitz Yoga: every Tuesday from 1:30 until 2:30 p.m.

Dance: 2nd & 4th Tuesdays from 3:00 until 4:00 pm.

Contact Deb Idleman at 686-5802 for additional information.

 **VITA/TCE Tax Aide**—Thursday afternoons beginning in February, call 719-229-9868 for an appointment.

 **AARP Foundation Tax-Aide** welcomes appointments for Wednesday afternoons beginning in February. Call 719-351-6600.



HAVE YOU PAID YOURS?

Thank You!!!

Teller County Waste and Jay Baker for sponsoring our February Senior Correspondent.

Bev Jones for arranging the trip to the Cripple Creek Ice Festival and Jerry Burnham for hauling all the kids over there.

Pikes Peak Regional Hospital & Surgery Center for the HEART presentation on Valentine's Day.

Pancake Breakfast Crew for getting up early on a Saturday so the rest of us don't have to. We can show up any time from 8 til' 11 and have our breakfast served with a smile—and maybe a comment or two.

AARP and Stephen Blucher for the Safe Driver Course and hopefully a discount on our auto insurance.

EVERYONE who helped and/or participated in this year's Chili Cook-off. Pat Pine for serving, Donna Clark for welcoming everyone with a smile and then taking their money, Bianca Townsend for keeping all of our contestants happy, Bev Jones for being a great hostess and Jeanette Zupancic for taking pictures.



Irv Johnson for sharing his knowledge and experience with our National Parks & Monuments.

Continued on Page 3.

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

ANNUAL CLOTHING DRIVE
for
McCANDLESS VETERANS'
HOME
by Eric V. Dickson
American Legion Post 1980

On Saturday, March 11th, members of American Legion Post 1980 will visit the residents of the McCandless Veterans Home in Florence, CO. Part of their visit includes donating clothing and DVD's for the use of their Veteran residents. If you have any usable clothing or DVD's that you would like to donate to our Veterans, please bring it by Woodland Park Senior Center before March 10. We have a special donation box set up in the entryway for these donations.

Thank you for thinking of our Veterans.

QUILT DRAWING



Current quilt is beautiful spring/summer colors. We will draw for the winner on July 4th following our special Pancake Breakfast in conjunction with the Old Fashioned 4th of July in the park. Tickets are \$1 or six for \$5. Need not be present to win. Stop by the Senior Center and see for yourself!

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Jerry Burnham, Sue Holland and Bev Jones for a great, New Orleans style, Fat Tuesday lunch. Jamba... jambalaya.... Jamba... jambalaya...

Norma Franklin for keeping our jewelry in order. Most is offered for a 50¢ donation.

Kay Reis for taking on our lending library and keeping it nice and organized.

Pat Danielson for her constant attention to our donation tables.

Cathy Fabiano, MTN CAT BOOKS, for keeping us in financial order.

Jim Grover, for sharing his expertise in fundraising and for authoring the March "Cents for Seniors" fundraising campaign.

All who help the Senior Center thrive.



**A MATTER
OF
BALANCE**

is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants

learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

If you wanted to get into this class, but it was already full, we will be



Charitable Donation Form

I wish to help Woodland Park Senior Citizens Club 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 Club.

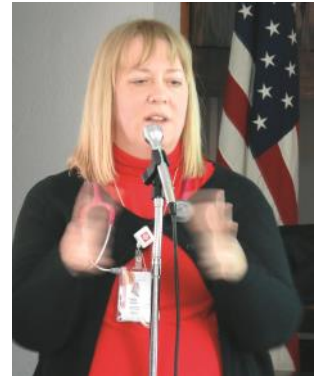
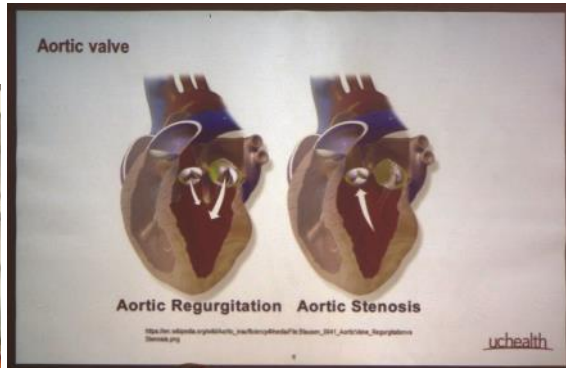
WPSCC ~ Post Office Box 5813 ~ Woodland Park ~ CO ~ 80866 ~ www.woodlandparkseniors.com ~ Tax ID: 84-0752514

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

Familiar Faces



Frosty February Morning.



Happy Valentine's Day!





February



The Pool Table Is Open!



And the winners are: Kyle Rein, First Place for Red, Aline Goodchild, First Place for Green plus People's Choice and Pat Key, 2nd Place overall.




Planning for our 1st Donation/Pledge Campaign. Well wishes are appreciated, but they don't pay the bills.




March, 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 12:00-3:00 Bridge	2 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	3 10:30-11:30 AEA Exercise	4
5	6 9:00-11:30 Quilting 12:00-3:00 Bridge	7 Gold Hill Theaters Senior Classic Movie Heidi, Shirley Temple 1938-1hr 28min 2:00-4:00 A Matter of Balance w/Rebecca	8 9:00 Board Meeting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	9 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	10 10:30-11:30 AEA Exercise	11
12	13 9:00-11:30 Quilting 12:00-3:00 Bridge	14 Potluck Julia Pine tickles the ol' ivories 2:00-4:00 A Matter of Balance w/Rebecca	15 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	16 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	17 10:30-11:30 AEA Exercise Noon Mountain Eire Irish Dancers 2:00 Watercolor Class w/Rita Randolph	18 8:00 – 11:00 a.m.  Pancake Breakfast
19	20 9:00-11:30 Quilting TRIP TO GARDEN OF THE GODS* 12:00-3:00 Bridge	21 Senior Classic Movie The Odd Couple Lemmon & Matthau 1968-1hr 45min Noon Weight Loss Presentation TC Chiropractic 2:00-4:00 A Matter of Balance w/Rebecca	22 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	23 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	24 10:30-11:30 AEA Exercise	25
26	27 9:00-11:30 Quilting 12:00-3:00 Bridge	28 CATERED LUNCH Fall Prevention Lori Morgan 2:00-4:00 A Matter of Balance w/Rebecca	29 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	30 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	31 10:30-11:30 AEA Exercise	

*Leave the Senior Center at 10:00, back by 3:00. \$5 for transportation + Lunch Money

March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1) Devonshire Sand; Bacon Tomato Ham or Turkey on French Bread Covered with a Mornay sauce Broccoli Cheese soup Salad bar & Fresh Fruit.	2) Lasagne Garlic Bread Extended salad bar Cookies	3) Catch of the Day (maybe Cod) Baked in Herb Sauce Vegetable du jour Steamed Rice Pumpkin Pie
6)	7) Quiche "Cafe" Sausage, peppers, cheese, and a little bit of Spinach. In a flaky crust. Extended salad bar Cut fresh fruit.	8) Chicken Enchiladas Refried Beans Mexi style corn Salad Bar Sweet cornbread muffins	9) Slow Roasted Beef Mashed Potato & Gravy Spring Vegetable Blend Rolls Carrot Cake	10) Salmon with Dill Sauce Wild Rice Steamed Fresh Cauliflower Cinnamon Rice pudding with Custard Sauce
13)	14) Potluck	15) Ham Salad Sand Croissant Roll Salad Bar Vegetable Soup Cookies	16) Chicken Salad Sand Ciabatta Roll Salad Bar Chicken Sorento Soup Whole Fresh Fruit	17) Authentic Irish Stew Biscuits Salad Bar Asst. Dessert
20)	21) Honey Curry Roasted Chicken Small Baked Rosemary Potatoes, Gravy Vegetable du jour Peach Cobbler	22) Hot Roast Beef Sand Mashed Potato and Gravy Vegetable du jour Salad Bar Cake	23) BBQ Ribs Baked Beans Chuckwagon Corn Salad Bar Blueberry Muffins	24) Mac & Cheese Ham Medallions Spinach Salad bar Asst. Dessert
27)	28) Catered Lunch \$7.50	29) Pork & Bean Burrito Spanish Style rice Avocado quarter Cherry Cobbler	30) Chicken Pot Pie Extended Salad Bar Coconut Custard Pie	31) Gumbo Okra on the side Steamed Rice Herb Biscuits "Cafe" Pecan Pie. THANK YOU...from Gerry

60 and over: \$4.00 Reservations required 24 hours in advance. Call 719-687-3877. Under 60: \$7.00
 Reservations accepted from 9:00am until Noon the day before or **earlier**. Located on the southeast corner of Lake Ave and Pine St.



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
In Search of, Treasurer
Jeanette Zupancic, Secretary
Ron Frindt, Director-at-Large
Pat Danielson, Director-at-Large
Pamela Argo, Activities

COMMITTEES

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

