

SENIOR CORRESPONDENT

A publication of the Woodland Park Senior Citizens Club

JUNE, 2017

Volume 8, No. 6

CLUB ELECTIONS



Have ideas for the club? Want to make a difference? Three seats on the Board of Directors are up for election on June 27th. President, Treasurer and one Director At Large. If you are interested and willing to serve in any of these positions, please contact the Board either through the Front Desk at 687-3877 or through the Activities Director at 339-0954. We would be happy to put you on the ballot!



WE REACHED OUR GOAL!

With leadership from Club member, Jim Grover, WPSCO conducted its first direct fundraising campaign. We set our goal at a modest \$5,000 for

this initial campaign, and as of May 15th, we reached that goal. Jim brought a lot of experience to this effort. For 5 years he was the Campaign Chairman for the Chicago Metro YMCA, Camp Nawakwa. Then he served the YMCA as a volunteer to solicit major gifts of \$1,000 or more. His direction and experience made our “Cents for Seniors” campaign successful.

We learned something in the process. Most everyone donates to something; whether it’s animals, kids, environment, the arts or other. It’s just a matter of finding those individuals who have a love for older adults and appreciate the need for them to maintain a healthy social life. Who do you know that would fall into this category? Why not ask them to support the Senior Center or if you are uncomfortable doing that, tell the Campaign Committee, and we will make the “ask.” The Cents for Seniors Campaign Committee members are Jim Grover, Jerry Burnham, Cathy Fabiano, Doug & Karen Gilliam, Bill Avery and Pamela Argo.

OTHER INCOME

We just received our second grant (first Grant was from El Pomar in

2015) of \$2,000 through Pikes Peak Community Foundation/E.M. & F.E. Everett Charitable Trust for general operating expenses. That puts us ahead of last year, but as you have experienced, nothing goes down in price. If we want to increase our programs and membership, we need to increase our income as well.

Saturday, October 14th, Woodland Park Senior Citizens Organization will host its first annual Harvest Ball, Dancing to the Decades. We would like to build this into our signature fundraiser.

We will play music from the 30s to the 70s or 80s or later if requested. Maybe some of you are fans of the BIG HAIR BANDS, rather than just the Big Bands!

If you would be willing to serve on a committee to help plan and run this event, please contact Pamela at the office, 687-3877 or on her cell at 339-0954.

—JUNE Newsletter—
Sponsored by



Law Office of Meg Elizabeth Goblet, PC

Coming in June:	6	First General Fitness Class by Jan Williams, Personal Trainer
	13	Potluck, Shawn Butler, PharmD, Immunizations
	16	NO WATERCOLOR GROUP
	17	Pancake Breakfast 8-11
	17	Annual Afternoon Tea Fundraiser 1:00
		Entertainment by Ute Pass Chambers
	27	Catered Meal & Terry L. Stillwell Variety Hour

AARP® SMART DRIVER PROGRAM

Tuesday, June 20, 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. Ask your Insurance Agent for a discount on your premium.



JUNE BABIES:

- Wally Banzhaf
- Tom Brazil
- Bettie Collins
- Bill Deis
- Donna Felts
- Inge Gardner
- Steve Jeroslow
- Robert McBride
- Paul Petty
- Roger Qualls
- Barb Riley-Cunningham
- Mary Lou Trigg
- John Zarpaylic

JUNE Catered Meal is FREE for JUNE Babies!
(if you have paid your 2017 dues!)

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.

MEMORIAL PARK MAINTENANCE



Woodland Park Senior Citizens Organization is partnering with the Teen Center to help keep our beautiful, newly renovated park free of trash and debris. We don't have a set schedule yet, although the big Grand Opening is June 14th, we will pass this information along to you as soon as possible. All of you who are able and willing to help will be greatly appreciated.



QUILT DRAWING

Current quilt is beautiful spring/summer colors. We will draw for the winner on July 27th at our July Catered Meal. Tickets are \$1 or six for \$5. Need not be present to win. This is a very popular quilt; stop by the Senior Center and see why for yourself!

Thank You!!!

Prospect Home Care & Hospice for sponsoring our May newsletter.

Stacy Osborne, Medicaid Consultant, for a very enlightening presentation on how to protect our assets.

Forest Ridge Senior Living for a great Sinatra Show and refreshments.

Keith Dearborn for his piano renditions at our May catered meal.

Pikes Peak Regional Hospital and Surgery Center and Cindy Hughes, R.N. for an overview of the new Cardiac Rehab services at PPRH.

Norma Franklin for organizing our Spring Art & Crafts Fair held on May 13th and to all of our vendors. We hope you will continue to support us!

Our tireless Pancake Breakfast Crew. Let's show our appreciation by going to the Pancake Breakfast. It's on the 17th in June. Get a full tummy for supporting the Senior Center!

Mary Lou Trigg for calling Bingo on the 25th of May. Great Job, Mary Lou!

Newmont/Cripple Creek & Victor Gold Mining Co. for sponsoring this year's annual Afternoon Tea.

Our wonderful, dependable, front desk crew who keep the place running smoothly and answer all those tough questions!

Rebecca Janacek for another great Matter of Balance Class. Your enthusiasm for the subject matter makes the class fun. Hope to have you back!



World Elder Abuse Awareness Day is Thursday, June 15th. A reception will be held at Cripple Creek Care Center, 700 North A Street, from 9:30 until 11:00 a.m. with refreshments. See the newly-remodeled care center. For those in Woodland Park, there will be a reception at Forest Ridge Senior Living from 11:30 until 1:00. Tour the newest Teller County skilled nursing and rehabilitation facility and enjoy refreshments.

SUMMER FARMERS MARKET



begins Friday, June 9th, hours: 8-1. It returns to Henrietta Avenue and Memorial Park this year, so an easy walk from the Senior Center and a good way to enjoy our beautiful renovated park.

Our Line Dancing Instructor is Ba-ak!



Susan Garro Stam is back for the summer and will begin Line Dance classes on Monday, June 5th. Classes will run from 4 until 5 p.m. every Monday afternoon. This is an excellent way to get some exercise and have fun doing it. Please call Pamela at 339-0954 if interested!



High Altitude Cardiac Rehab Program begins June 1, 2017 at PPRH. For more information contact the Cardiac Rehab Coordinator at (719) 686-5864.

Senior Circle Ice Cream Social at PPRH on Friday, June 23 from 2-3:30pm.

Contact Deb Idleman at 686-5312 for additional information.

NEW GENERAL FITNESS CLASS

starts on Tuesday, June 6th, but members are welcome to



join the group anytime. Jan Williams, Personal Trainer, has specialized skills and experience helping older adults and those with physical challenges. Her goal is to improve general fitness, balance, and coordination. She will also work with participants to establish goals in weight management, toning, or improving overall well-being. Jan is certified as a Personal Trainer through the American Sports and Fitness Association as well as in Sports Nutrition. She is asking \$5 per class, which, if you've ever worked with a personal trainer, you know is a steal. Jan will hold classes every Tuesday and Thursday morning from 9:00—10:00 a.m. starting on Tuesday, June 6th. She will assess a participant initially to see what level of workout is appropriate and set some personalized goals. We hope you will join us!



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

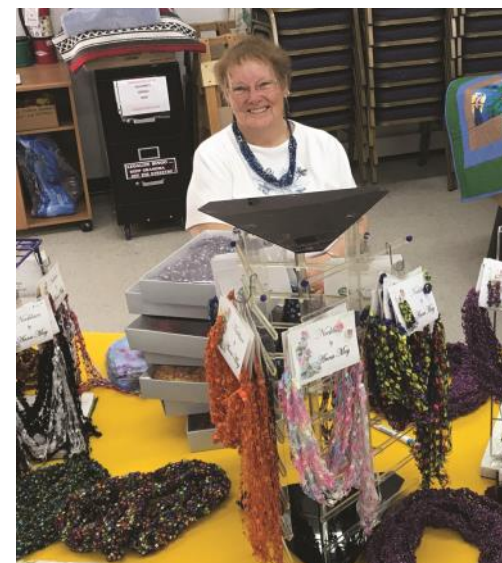
Your donation is tax deductible to the full extent of the law. No goods or services were provided in return for this contribution.



← Far left: Cody Trigg in honor of National Pet Month in May.

← Left: Stacy Osborne, Certified Medicaid Planner.

↓ Below: Photos from the Spring Art & Crafts Fair.





May BINGO



Piano Stylings of Keith Dearborn. →

Cindy Hughes, RN ↓

Tom Brazil

Makes a toast

To his great

Friend,

Fred Goebel.

←



June, 2017

WOODLAND PARK SENIOR CITIZENS CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1				1	2	3
<i>Coffee Mon-Fri every morning and cards, dominoes, cribbage or billiards.</i>				10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb 3:00 – 5:00 Mindful Caregiving	10:30-11:30 AEA Exercise 12:30 Watercolor Group	
4	5	6	7	8	9	10
	9:00-11:30 Quilting 12:00-3:00 Bridge 4:00 Line Dancing	9:00 Fitness Class*	10:30-11:30 AF Exercise 12:00-3:00 Bridge	10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb 3:00 – 5:00 Mindful Caregiving	10:30-11:30 AEA Exercise 12:30 Watercolor Group	
11	12	13	14	15	16	17
	9:00-11:30 Quilting 12:00-3:00 Bridge 4:00 Line Dancing	POTLUCK Shawn Butler, PharmD City Market Pharmacy Immunizations	9:00 Board Meeting 10:30-11:30 AF Exercise 12:00-3:00 Bridge	10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb 3:00 – 5:00 Mindful Caregiving	10:30-11:30 AEA Exercise NO WATERCOLOR TEA REHEARSAL	8:00 – 11:00 a.m. Pancake Breakfast 1:00 <i>Afternoon Tea</i>
18	19	20	21	22	23	24
	9:00-11:30 Quilting 10:00 Trip to Lowell Thomas Museum** 12:00-3:00 Bridge 4:00 Line Dancing	9:00 Fitness Class	10:30-11:30 AF Exercise 12:00-3:00 Bridge	9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb 3:00 – 5:00 Mindful Caregiving	10:30-11:30 AEA Exercise 12:30 Watercolor Group	
25	26	27	29	30		
	9:00-11:30 Quilting 12:00-3:00 Bridge 4:00 Line Dancing	9:00 Fitness Class Catered Meal Terry L. Stillwell Variety Hour	10:30-11:30 AF Exercise 12:00-3:00 Bridge			

*General Fitness Class will begin with goals and assessments on June 6th. Then the instructor will be out of town and classes will resume on Tuesday, June 20th. Instructor is Jan Williams, Personal Trainer. \$5 per class.
 **Leave from Senior Center at 10:00, back by 3:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE 2017	 SILVER KEY MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING	 NUTRITION PROGRAM LEARN MORE ABOUT GCNP AT WWW.SILVERKEY.ORG UNDER "PROGRAMS"	ROAST TURKEY W/ GRAVY 1 MASHED POTATOES CALIFORNIA BLEND VEGETABLES BANANA PEACH COBBLER MILK	CHICKEN PARMESAN 2 PASTA W/ MARINARA ITALIAN VEGETABLES TOMATO BASIL SALAD MINESTRONE SOUP GARLIC BREAD ORANGE MILK
GLAZED HAM 5 ROASTED SWEET POTATO ITALIAN VEGETABLES HIGH FIBER COOKIE MILK	CHICKEN SALAD 6 CROISSANT TOMATO BASIL BISQUE POTATO CHIPS BROCCOLI PEANUT SALAD APPLE MILK	CHICKEN FAJITA 7 W/ PEPPERS, ONIONS CHEESE, SOUR CREAM, SALSA TORTILLAS SPANISH RICE SOUTHWESTERN BLACK BEANS STRAWBERRIES MILK	CRAB CAKES 8 BROCCOLI CHEDDAR RICE GREEN BEANS ALMONDINE OATMEAL RAISIN COOKIE ORANGE MILK	ZITI W/ SAUSAGE & SAUCE 9 ITALIAN VEGTABLES CAESAR SALAD BANANA MILK
BAKED CITRUS TILAPIA 12 RICE PILAF BROCCOLI SALMON CHOWDER PINEAPPLE RAISIN NUT CUP MILK	POTLUCK 13	MEATBALLS 14 W/ MARINARA SAUCE PASTA GREEN BEANS ALMONDINE STRAWBERRIES BREAD STICK LOW SODIUM TOMATO JUICE MILK	CHICKEN PICCATA W/ PASTA AND SAUCE 15 CREAMED SPINACH LIMA BEANS CREAM OF POTATO SOUP MANDARIN ORANGES WHITE CHOCOLATE MACADAMIA NUT COOKIE MILK	SANDY'S CHICKEN CHILI 16 BROCCOLI W/ CHEESE TORTILLA CARROT RAISIN SALAD CANNED PEARS CHOCOLATE CHIP COOKIE MILK
SWEET AND SOUR PORK 19 BROWN RICE ORIENTAL VEGETABLES W/ ALMONDS EGG ROLL ASPARAGUS SOUP BANANA MILK	SALMON W/ LEMON & DILL 20 SUCCOTASH MUSHROOM RISOTTO BUTTERNUT SQUASH SOUP APPLE PEANUT BUTTER COOKIE MILK	BEEF BOURGUIGNON 21 MASHED POTATOES SQUASH MEDLEY BROCCOLI PEANUT SALAD APPLE FRUIT CUP OATMEAL RAISIN COOKIE MILK	PORK LOIN 22 W/ MUSHROOM SAUCE BLACK BEAN & LENTIL SOUP ROASTED SWEET POTATOES ROASTED BRUSSELS SPROUTS PINEAPPLE CHOCOLATE CHIP COOKIE MILK	SLOPPY JOE 23 CARROTS COLESLAW CANNED PEACHES YOGURT MILK
BLT SANDWICH 26 ITALIAN VEGETABLE SALAD TOMATO BASIL BISQUE COCONUT CRUNCH FRUIT SALAD MILK	CATERED LUNCH \$7.50 By Chef Gerry 27	CHICKEN MARSALA 28 ITALIAN VEGETABLES MINESTRONE SOUP ROASTED RED POTATOES ORANGE MILK	YANKEE BEEF POT ROAST 29 POTATO MEDLEY W/ GRAVY MAPLE GLAZE CARROTS MANDARIN ORANGES W/ YOGURT RAISIN NUT CUP MILK	PEPPER STEAK 30 BROWN RICE SUCCOTASH ROLL STRAWBERRIES PEANUT BUTTER COOKIE MILK

MAKE A RESERVATION BY CALLING 884-2304 BY 2:00 P.M. THE DAY BEFORE YOU WANT A MEAL. PLEASE MAKE SURE YOU STATE THE SITE LOCATION WHERE YOU WOULD LIKE TO DINE AND THE NUMBER OF MEALS YOU WOULD LIKE TO RESERVE. ☺
 OR....CALL THE SENIOR CENTER BY 1:00 THE DAY BEFORE YOU WANT TO HAVE LUNCH.

PLEASE, PLEASE REMEMBER TO SIGN UP AHEAD SO THAT WE ORDER ENOUGH MEALS FOR EVERYONE.

Menu substitutions may occur without notice. Diners are advised to keep a three-day supply of non-perishable foods and bottled water in case of inclement weather or other emergency that may cause a temporary suspension of service.



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 Pine, Director-at-Large
Pamela Argo, Activities

COMMITTEES

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

An invitation card with a decorative, vintage-style background featuring floral and scrollwork patterns. The text is centered and reads:

You are Invited.
Saturday, June 17th at 1:00 in the afternoon
8th Annual
Afternoon Tea & Serenade
Woodland Park Senior Center
321 N Pine Street
\$20 per person, call in reservations to 687-3877.

At the bottom of the card, there are logos for sponsors: "Sponsored by: NEWMONT NORTH AMERICA", "BROOKDALE SENIOR LIVING", "PIKES PEAK REGIONAL HOSPITAL AND SURGERY CENTER", and "TWEED'S Fine Furnishings".