

SENIOR CORRESPONDENT

A publication of the Woodland Park Senior Citizens Organization

JULY, 2017

Volume 8, No. 7

KNOW YOUR BOARD

Serving the rest of Pat Danielson's term in office is Patrick Pine.



A Colorado native, Pat was born in Oak Creek Colorado and grew up in Broomfield and Arvada, Colorado. He holds an M. Ed from Colorado State

University and spent 12 years in public education teaching and coaching. After that Pat spent 30 years in the private recreation, health, fitness and athletic club business. He retired and moved to Woodland Park in 2008. He has been married to his wife Julia for 25 years and has two children and three grandsons. Pat enjoys traveling, pickle ball, golf, and hiking in the mountains. He has worked as a volunteer in the Senior Center kitchen and also picked up food for Golden Circle.

Welcome to our Board of Directors, Pat!

Keep an eye out for members of the Board of Directors at a Potluck or Catered Meal, and take advantage of the opportunity to get to know them.

CLUB ELECTIONS

Woodland Park Senior Citizens Organization Board of directors for 2017/2018 is as follows:

President: Jerry Burnham
Vice Pres: Rose Banzhaf
Treasurer: Cathryn Fabiano
Secretary: Jeanette Zupancic
At Large: Ron Frindt
At Large: Patrick Pine
Activities: Pamela Argo

FROM YOUR ACTIVITIES DIRECTOR, PAMELA ARGO

I am resigning as Activities Director as of July 15 to pursue other opportunities. I have enjoyed immensely working with the membership and Board of Directors to provide entertaining, educational and healthy activities for the Organization as well as getting to know many of you. We have some great folks here!

The position has been posted and the Board will be interviewing candidates the first week of July.

I will continue to support the Club and remain a member. I'll see you all from time to time when I come in to play pool or bingo or enjoy the catered meal.

I hope you make the new Activities Director feel as welcome as you have me.

ANNIE GET YOUR GUN



If you are interested in seeing *Annie Get Your Gun* at the Butte Theater in Cripple Creek, please call the Senior Center at 687-3877 and leave a message for Bev Jones, indicating your interest. She is hoping to organize an outing for July.

Also, we would like your input on the cost of trips. The bus now costs \$15 per hour which makes the average trip of 5 hours cost \$75 to be split among participants. Are you willing to pay a little more to have regular outings?

We would also like to hear from you with ideas about trip destinations. Where would you like to go? It may be time to revisit some trips we have taken previously, such as the Pueblo River Walk or some of the air & war museums.

—JULY Newsletter—
Sponsored by


**PIKES PEAK REGIONAL
HOSPITAL
AND SURGERY CENTER**

Quality Care
With YOU in mind.

Coming in July

- 4 Pancake Breakfast
- 11 Potluck & Ralph Rothstein on Banjo
- 22 Pancake Breakfast
- 25 Catered Meal & Mason Law Firm Presentation

AARP® SMART DRIVER PROGRAM

Tuesday, August 29, 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.



SENIOR CELL PHONE

JULY BABIES:

- Kathy Benson
- Marti Boyer
- Pat Burnham
- Donna Clark
- Sally Clark
- Patricia Gilbert
- Jeri Holman
- Sue Holland
- Bill Kohrt
- Linda Somerville
- Ed Zupancic

JULY CATERED MEAL IS FREE for JULY BABIES!
(if you have paid your 2017 dues!)

Thank You!!!

Law Offices of Elizabeth Meg Goblet for sponsoring our June Senior Correspondent.

Cyndy Noel for the Mindfulness in Caregiving series in June.

Shawn Butler, Pharm D, and City Market Pharmacy for the informational presentation on immunizations.

Ute Pass Chamber Players for the beautiful music at our Annual Afternoon Tea; Wil Panilo, Judy Dorsey, & Richard Devaul for keeping the hot water coming and serving the tea, Eddy Argo, Aline Goodchild, Donna Clark, and Neva McMullin for the awesome edibles and all of our sponsors for supporting us this year.



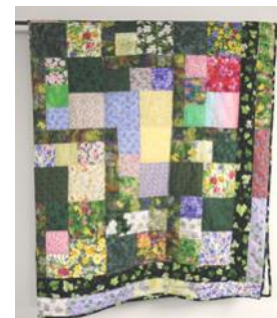
Terry L. Stillwell and his Variety Hour for the great tunes and entertainment. Please schedule a return engagement!

Jan Williams, Personal Trainer, for the individualized expertise in fitness training, goal setting and overall health. If Senior Organization members have not checked this class out, they are missing something!

Dave Jordan and Bud Jans for all the hard work cleaning our carpet.



Geri Holman for years of work in our kitchen and dining room serving our lunches and cleaning up after us. Have we told you lately how much we appreciate you?



QUILT DRAWING

Thank you, also to Aline Goodchild for the many quilt tops you have made for us and to our Monday morning quilters for hand quilting them for the Senior Club. We will draw for the current quilt on July 25th at our July Catered Meal. Tickets are \$1 or six for \$5. Need not be present to win.



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.

GENERAL FITNESS CLASS

started on Tuesday, June 6th, and members are wel-



come 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. She will assess a participant initially to see what level of workout is appropriate and help set some personalized goals. We hope you will join us!



Celebrating Seniors!

SENIOR EXPO & SYMPOSIUM

Join us as we "Celebrate Seniors" at our 2nd Annual Senior Expo & Symposium - visit vendors, learn from dynamic speakers, enjoy lunch, and meet new friends...speakers and topics include Lori Schardt and Tom Rasmussen-New Horizons, Cyndy Noel-Mindfulness & Aging, Mike Galvin-Village Above the Clouds, Dr. Kajsa Harris-Advance Directive Planning - The Five Wishes, and Keynote Sara Qualls - The Many Gifts of Aging.

Cost: FREE

Please register by Friday - August 4th at: www.gbnseniorexpo2017.com

Saturday - August 26th
9am - 3pm
 Mountain View United Methodist Church
 1101 Rampart Range Rd.
 Woodland Park, CO





FOR MORE INFORMATION CALL 719-687-3000

Sponsored by: **The Golden Bridge Network**



*DayBreak - An Adult Day Program * Prospect Home Care & Hospice*

*Aspen Bowers * Pikes Peak Regional Hospital * Aspen Mine Center*

*Cripple Creek Care Center * Teller County Public Health*

*Teller County Department of Social Services * Teller Senior Coalition*

Woodland Park Senior Citizens Club





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.



2017
Afternoon Tea
&
Serenade



Frank
&
Mary Lou



Summer Exercise for Arthritis





July

BINGO








RETIRED NOT EXPIRED!!!



July, 2017

WOODLAND PARK SENIOR CITIZENS CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <i>Coffee Mon-Fri every morning and cards, dominoes, cribbage or billiards.</i>	3 9:00-11:30 Quilting 12:00-3:00 Bridge	4 8:00 – 11:00 a.m. 	5 10:30-11:30 AF Exercise 12:00-3:00 Bridge	6 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	7 10:30-11:30 AEA Exercise 12:30 Watercolor Group	8
9	10 9:00-11:30 Quilting 12:00-3:00 Bridge	11 9:00 Fitness Class POTLUCK Ralph Rothstein On Banjo	12 10:30-11:30 AF Exercise 12:00-3:00 Bridge	13 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	14 10:30-11:30 AEA Exercise 12:30 Watercolor Group	15
16	17 9:00-11:30 Quilting 12:00-3:00 Bridge	18 9:00 Fitness Class	19 9:00 Board Meeting 10:30-11:30 AF Exercise 12:00-3:00 Bridge	20 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	21 10:30-11:30 AEA Exercise 12:30 Watercolor Group	22 8:00 – 11:00 a.m. 
23	24 9:00-11:30 Quilting 12:00-3:00 Bridge	25 9:00 Fitness Class CATERED LUNCH Mason Law Firm	26 10:30-11:30 AF Exercise 12:00-3:00 Bridge	27 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	28 10:30-11:30 AEA Exercise 12:30 Watercolor Group	29 10:00 – Noon Meg Goblet, Atty Estate Planning FREE SEMINAR at the Senior Center
30	26 9:00-11:30 Quilting 12:00-3:00 Bridge	31 9:00 Fitness Class				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN SANDWICH 3 W/ AVOCADO, LETTUCE & TOMATO COLE SLAW APPLE FRUIT CUP MILK	SILVER KEY CLOSED 4 	PORK RIBS 5 BAKED BEANS CALIFORNIA VEGETABLES POTATO SALAD MELON CUP MILK	CHICKEN ALFREDO 6 PASTA SQUASH MEDLEY GARBANZO TOMATO SALAD STRAWBERRIES MILK	BEEF CHILI W/ CHEESE 7 BAKED POTATO SOUR CREAM TOSSED SALAD W/ DRESSING GRAPE CUP MILK
BBQ CHICKEN 10 POTATO SALAD GARBANZO TOMATO SALAD CREAM OF MUSHROOM SOUP MANDARIN ORANGES MILK	POTLUCK 11	HAMBURGER 12 W/ LETTUCE, TOMATO & ONION PINTO BEANS COLESLAW SPICED PEACHES MILK	ROAST TURKEY W/ GRAVY 13 MASHED POTATOES CALIFORNIA BLEND VEGETABLES BANANA PEACH COBBLER MILK	CHICKEN PARMESAN 14 PASTA W/ MARINARA ITALIAN VEGETABLES TOMATO BASIL SALAD MINISTRONE SOUP GARLIC BREAD ORANGE
GLAZED HAM 17 ROASTED SWEET POTATO ITALIAN VEGETABLES HIGH FIBER COOKIE MILK	CHICKEN SALAD 18 CROISSANT TOMATO BASIL BISQUE POTATO CHIPS BROCCOLI PEANUT SALAD APPLE MILK	CHICKEN FAJITA W/ 19 PEPPERS, ONIONS, CHEESE, SOUR CREAM & SALSA TORTILLAS SPANISH RICE SOUTHWESTERN BLACK BEANS STRAWBERRIES	CRAB CAKES 20 BROCCOLI CHEDDAR RICE GREEN BEANS ALMONDINE OATMEAL RAISIN COOKIE ORANGE MILK	ZITI W/ SAUS & SAUCE 21 ITALIAN VEGETABLE BLEND CAESAR SALAD BANANA MILK
BAKED CITRUS TILAPIA 24 RICE PILAF BROCCOLI SALMON CHOWDER PINEAPPLE RAISIN NUT CUP MILK	CATERED LUNCH 25 \$7.50	MEATBALLS 26 W/ MARINARA SAUCE PASTA GREEN BEANS ALMONDINE STRAWBERRIES BREAD STICK LOW SODIUM TOMATO JUICE MILK	CHICKEN PICCATA W/ 27 PASTA & SAUCE CREAMED SPINACH LIMA BEANS CREAM OF POTATO SOUP WHITE CHOCOLATE MACADEMIA NUT COOKIE MANDARIN ORANGES	SANDY'S CHICKEN CHILI 28 BROCCOLI W/ CHEESE TORTILLA CARROT RAISIN SALAD PEARS CHOCOLATE CHIP COOKIE MILK
SWEET AND SOUR PORK 31 BROWN RICE ORIENTAL VEGETABLES W/ ALMONDS EGG ROLL ASPARAGUS SOUP BANANA		 <p>LEARN MORE ABOUT GCNP AT WWW.SILVERKEY.ORG UNDER "PROGRAMS"</p>	 <p>MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING</p>	<h1>JULY 2017</h1> <p>LMS 6/14/17</p>

MAKE A RESERVATION BY CALLING 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 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
Cathy Fabiano, 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



RUMMAGE SALE

August 5
8A - 2P



Donations welcome!

Call to set up drop off time.
687.3877 or 339-0954

321 N Pine St
Behind City Hall