

SENIOR CORRESPONDENT

A publication of the Woodland Park Senior Citizens Organization

AUGUST, 2017

Volume 8, No. 8

THE BATON IS PASSED!



After nearly 5 years, Activities Director, Pamela Argo, passes the baton to new Director, Dee DeJong. Dee brings new ideas and a wealth of energy to the Club. She will be good for all of us, even me, as a continuing member, says Pamela. Please give her all of the support you have given me over the years. And I don't want to lose touch with any of you, so if you would like to get in touch, Dee has my permission to share my contact information. I look forward to seeing you at future events.



DOG DAYS OF SUMMER

For the month of August we will be celebrating the Dog Days of Summer. Wear "doggie" things all month, come with a good dog story to share and check out "dog" specials around the Senior Center.

WELCOME TO THE NEW DIRECTOR!



"I love and respect the seniors and have enjoyed working with them for the whole of my career. I have

created activities for active as well as not so active seniors. I have enjoyed the programs that I have done for the Senior Citizens Club in Woodland Park. I have also enjoyed the members when I came for other activities as well, making good friends along the way."

Dee is also a professional naturalist guide and has a passion for the natural world. She looks forward to sharing her experiences and knowledge with the Senior Center.

Woodland Park and Cripple Creek are special places for her family with history in the mining industry in the early 1800's and great childhood memories of the area.

Some of her other connections in

Woodland Park are: Woodland Park Teen Center - Outdoor Leader, Woodland Park Main Street - Design Committee Member, Woodland Park Parks & Recreation Board Member - Chairman, Ute Pass Historical Society - Volunteer, Colorado State University Extension - Volunteer and Teller Park Conservation District - Volunteer.

Dee is very excited about her new position at the Woodland Park Seniors Organization. "I love the stories, knowledge and wisdom of the members and look forward to fun, healthy and educational events to support the organization."

Feel free to stop by and introduce yourself! She is always available for a hug and a smile.

DOG DAYS OF SUMMER HUMOR

What dog species is a magician?

An Abracalbrador Retriever.

IF OUR INCOME IS FIXED...

Why are we broke?

—AUGUST Newsletter—
Sponsored by



Coming in August

- Watercolor Group suspended until further notice
- 8 POTLUCK & Ted Newman, Cowboy Songster
- 19 Pancake Breakfast
- 22 Regular Golden Circle Lunch
- 22 Catered Meal BBQ Tuesday Evening at 5:00
With Rick Blessing/Sinatra Tribute, \$7.50
- 31 Group Outing to Cripple Creek guests of TSC

WORD OF THE WEEK

or *WOW*

This is an opportunity to learn something new with articles, fun facts and puzzles for your pleasure. Keep an eye out too, Dee usually has something for the WOW all week, see if you find out what it is!

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.

Birthdays, Birthdays, Birthdays!

- 8-10 Mattie Boyles**
- 8-10 Joann Gathings**
- 8-12 David Hussli**
- 8-12 Ken Valles**
- 8-12 Jeanette Zupancic**
- 8-16 Rose Banzhaf**
- 8-18 Pat Ikard**
- 8-18 Erin Strader**
- 8-21 Suzie Carson**
- 8-21 Dee DeJong**
- 8-21 John Savely**
- 8-22 Eleanor Eannello**
- 8-29 Bill Doering**
- 8-31 Jim Remmler**

AUGUST Catered Meal is FREE for AUGUST Babies!

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.

**END OF SUMMER
BAR-B-Q CATERED MEAL**



at the Senior Center on August 22 from 5 until 7 p.m. with entertainment by Rick Blessing, Sinatra Tribute. Enjoy burgers, brats, hot DOGS, potato salad, cole slaw, corn on the cob, watermelon and dessert for \$7.50. Bring along a neighbor, friend, or family and join us for the fun! Get your tickets now!!!

**BE OUR GUEST,
BE OUR GUEST,
FOR AN END OF SUMMER
FIELD TRIP TO
CRIPPLE CREEK
SPONSORED BY**

TELLER SENIOR COALITION

Please join us the morning of Thursday, August 31st to eat, gamble, shop and learn about mining history. Participants must be registered clients of TSC. See Dee for details. Sign up at the front desk now.



Thank You!!!

Pikes Peak Regional Hospital & Surgery Center for sponsoring our July Senior Correspondent.

Our great Pancake Breakfast crew for working their feet off and bringing in \$939 in one morning. GREAT JOB! That doesn't count the direct donations of over \$100!!!

Ralph Rothstein for the great old classic sing-along. Sorry if some of us were out of tune.

Paul Mason and Mason Law Firm for a great overview of Estate Planning.

Meg Goblet, Law Offices of Meg Goblet for sponsoring our August Newsletter.

Mary Ann Hussli for helping out a LOT with our Exercise for Arthritis. We all love the way you mix it up!

Aline Goodchild the for beautiful Spring quilt topper and our great Monday morning quilters for putting it together. This brought nearly \$300 in to support the Club. And congratulations, Marilyn Alexander, who purchased the winning ticket.

Jeanette Zupancic and Sue Holland for remembering to take pictures and sharing them for the newsletter.

Our Great Board of Directors for rolling up their sleeves, updating the job description and locating a great new Director for the Club.

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.



Pancake Breakfast Coordinator

Pancake Breakfast crew hard at work.



Yea!!!

Nancy's Back!!!



Thank you for the great send-off!



General Fitness Class






July





Paul Mason gives an overview of Estate Planning.

August, 2017

WOODLAND PARK SENIOR CITIZENS CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Coffee Mon-Fri every morning and cards, dominoes, cribbage or billiards.</i></p>		1 9:00 Fitness Class	2 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	3 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	4 10:30-11:30 AEA Exercise	5
6	7 9:00-11:30 Quilting 12:00-3:00 Bridge	8 9:00 Fitness Class POTLUCK Ted Newman Cowboy Guitar	9 9:00 Board Meeting 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	10 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	11 10:30-11:30 AEA Exercise	12
13	14 9:00-11:30 Quilting 12:00-3:00 Bridge	15 9:00 Fitness Class	16 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	17 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	18 10:30-11:30 AEA Exercise	19 8:00 – 11:00 a.m. 
20	21 9:00-11:30 Quilting 12:00-3:00 Bridge	22 9:00 Fitness Class Regular Golden Circle Lunch 5:00 BBQ w/Rick Blessing Sinatra Tribute	23 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	24 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	25 10:30-11:30 AEA Exercise	26
27	28 9:00-11:30 Quilting 12:00-3:00 Bridge	29 9:00 Fitness Class	30 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	31 9:00 Fitness Class 9:00 Trip to Cripple Crk* 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb		

*See new Director, Dee DeJong for additional details as they become available. No Watercolor group until rescheduled.

Monday	Tuesday	Wednesday	Thursday	Friday
August 2017 	1 Salmon with Lemon & Dill Butternut Squash Soup Succotash Mushroom Risotto Apple Peanut Butter Cookie Milk	2 Beef Bourguignon Mashed Potatoes Squash Medley Broccoli Peanut salad Apple Fruit Cup Oatmeal Raisin Cookie Milk	3 Pork Loin w/ Mushroom Sauce Black Bean Lentil Soup Roast Sweet Potatoes Brussel Sprouts Pineapple Chocolate Chip Cookie Milk	4 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad w/ Dressing Grape Cup Milk
7 Sloppy Joe Carrots Canned Peaches Yogurt Milk	8 <p style="text-align: center;">POTLUCK</p>	9 Pepper Steak Brown Rice Succotash Strawberries Roll Peanut Butter Cookie Milk	10 Chicken Marsala Minestrone Soup Italian Vegetables Roasted Red Potatoes Orange Milk	11 Chicken Pot Pie Lima Beans Tossed Salad w/ Dressing Peach Cobbler Milk
14 Chicken Sandwich w/Avocado, Lettuce & Tomato Coleslaw Apple Fruit Cup Milk	15 Beef Stroganoff Pasta Cream of Asparagus Soup Roasted Brussel Sprouts Roll Peaches Milk	16 Pork Ribs Baked Beans California Vegetables Potato Salad Melon Cup Milk	17 Chicken Parmesan Pasta w/ Marinara Minestrone Soup Italian Vegetables Tomato Basil Salad Garlic Bread Orange Milk	18 Yankee Pot Roast w/ Gravy Potato Medley Maple Glazed Carrots Mandarin Oranges w/ Yogurt Raisin Nut Cup Milk
21 Hamburger w/ Lettuce, Tomato & Onion Pinto Beans Coleslaw Spiced Peaches Milk	22 <p style="text-align: center;">CATERED LUNCH \$7.50</p>	23 Egg Salad Sandwich Pea Soup Tossed Salad w/ Dressing Mandarin Oranges Raisin Nut Cup Milk	24 Roast Turkey w/ Gravy Mashed Potatoes California Blend Vegetables Banana Peach Cobbler Milk	25 Chicken Alfredo Pasta Squash Medley Garbanzo Tomato Salad Strawberries Milk
28 Glazed Ham Roasted Sweet Potato Italian Vegetables High Fiber Cookie Milk	29 Chicken Salad Croissant Tomato Basil Bisque Potato Chips Broccoli Peanut Salad Apple Milk	30 Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa Tortillas Spanish Rice SW Black Beans Strawberries Milk	31 Crab Cake Broccoli Cheddar Rice Green Beans Almandine Oatmeal Raisin Cookie Orange Milk	 <p style="text-align: center;">MEALS ARE PARTIALLY FUNDED BY THE PIKES PEAK AREA AGENCY ON AGING</p>

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



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
Dee DeJong, Director

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