

# SENIOR Correspondent

A publication of the Woodland Park Senior Organization

November 2018

Volume 9. No. 11

## Board of Directors' Update



*Happy Thanksgiving!*

It is that time of year to take a few minutes to reflect on all the things we have for which we are thankful! Here at the Senior Center we are grateful to the City of Woodland Park for providing us with a place to meet and share our lives with one another. The loneliness many of us would experience without this space would make our lives very different. We also are thankful for all the wonderful volunteers who take care of the day to day activities necessary for the smooth running of the center. The front desk folks who answer the phone, great visitors, get the coffee going, and are the go to folks when questions arise. Then there are the wonderful quilt ladies who quietly stitch away on the beautiful quilts that become items that bring in funds for the running of the center. And the exercise leaders helping us to stay mobile as we fight the aging effects of each passing day. The Silver Key Connection Café which provides meals for so many of our members who might not have had a hot meal to share with friends. Will - our friendly face in the kitchen serving up those meals. All those folks who provide a special catered meal each month – often cooking for the club without asking for any refund for the food costs. The many folks who work on the special activity committees like the Chili Cook-off, Pancake Breakfasts, Yard Sales, Holiday Bazaars, Photo Contests, Trips and Movie Fridays. The Senior Coalition helping with transportation for our trips. Wow – we have lots to be thankful for and this list could go on and on. So, as you share time with family and friends this Thanksgiving, be sure to include thoughts of all your Woodland Park Senior Center family members! They are here for you and each other every day and all care about each other more than anyone realizes!

### Coming in December

- 1 & 2 **Holiday Home Tour**
- 11 **Potluck Lunch**
- 20 **Silver Key Connections  
Café Holiday Meal with  
Preschool kids and Santa**

The **IREA** wonderful lunch catered by Flying Horse Catering was attended by over 60 folks. Thank you IREA for treating us to such a special meal – many folks not only ate a great lunch but also went home with a takeout dinner.

Many thanks to the Preschool in the Pines who shared their precious costumed children with us, filling our Halloween lunchtime with fun and giggles! Look for photos in the December newsletter!

**Note: The Senior Center will be closed on November 12 for Veteran's Day and November 22 & 23 for Thanksgiving**





Fred	Nachtigal	11 - 2
Bud	Jans	11 - 7
Hal	Shanteau	11 - 8
Pat	Pine	11 - 16
Wil	Pinelo	11 -16
Carol	Huston	11 - 18
Terri	Russell	11 -18
Lloyd	Collins	11 -19
Julia	Pine	11 -19
Dan	Nicholson	11 - 20
Bob	Waters	11 - 28
Paul	Hamlet	11 - 29
Penny	Moser	11 - 29

## Upcoming Club Happenings....

**November 15:** GeneXe health and prescription screening

**November:** Trip to Airplane Restaurant & Garden of the Gods Gift Shop

**December:** Trip for Dinner at Golden Coral & Colorado Springs Christmas lights

Dates and Time to be announced

### SUPPORTING MEMBERS

Any individual, business, or organization wishing to support the Senior Club with a cash donation or a gift in kind.

### BENEFACTOR - \$350 & UP

Circle H Smoke House - Mountain View UMC  
 Bill Van Beek Family – Tim Tholen Family – Paul Loyd  
 Woodland Park Convention & Visitors Bureau  
 Prestige Realty Group, LLC

### PATRON - \$200 to \$349

Robert C Elliott-DDS - Neal & Barbara Bruce

### FRIEND - \$50 to \$199

Grandmother's Kitchen - Jimmy John's - Clark Wilson-Piano Tuner  
 Woodland Pet Salon - Divide Collision Repair - Curtis & Susan Grina  
 Mick & Collette Bates - Dr. Cheryl Steen, DC - Dr. David Powell, DC  
 Doug & Karen Gilliam - Frank Gundy-American Family Insurance  
 Black Mt. Pump Service - Home Town Garage - Jim Grover  
 Barry & Renee Bunting

### DONOR - \$1 to \$49

Iron Tree Restaurant – Susan Roundtree

### ASSOCIATE MEMBERS SPECIAL OFFER

An Associate Member is a business/organization who supports the Club and is offering a Special Discount or Service for Club Members. The following is a current list of members providing a Special Offer to Club members. As new members are added, please check the Club's website for an up to date list.

#### Seniors Choice Benefits, LLC

Attn: Devani Unbewust, Insurance Agent Ph. 719-352-9268

Email: [seniorschoicebenefits@gmail.com](mailto:seniorschoicebenefits@gmail.com)

Offer: A complementary one hour consultation to discuss health insurance programs.

#### Hungry Bear Restaurant

111 E Midland Ave, Woodland Park, CO Ph. 719-687-5912

Email: [ADMIN@HUNGRYBEARCOLORADO.COM](mailto:ADMIN@HUNGRYBEARCOLORADO.COM) Web: <http://www.hungrybearcolorado.com>

Offer: 15% off per person with a current ID Card

Members must show a current member ID card to receive the offer. This Special Discount/Service offer may not be used in conjunction with any other special offer or promotion.

## WOODLAND PARK SENIOR CLUB TOP 10 MEMBERSHIP BENEFITS



1. SOCIAL ACTIVITY
2. CLUB HOUSE
3. INCREASE KNOWLEDGE
4. REGULAR ACTIVITY
5. FITNESS & WELLNESS
6. SPECIAL DISCOUNTS
7. SPECIAL EVENTS
8. NETWORKING
9. VOLUNTEERING
10. FUN, FUN, FUN



## FRIDAY AFTERNOON MOVIES AT THE SENIOR CENTER

Showtime will be at 12:30pm on **Friday, November 16th and November 30**. Popcorn, lemonade and ice tea will be provided by the club. Board member Kevin Manning is taking movie title suggestions from the membership. Look for a movie suggestions and preference sheet at the front desk!

**ANNUAL HOLIDAY BAZAAR, CRAFT SHOW AND BAKE SALE** - Saturday, November 17th, 8am - 2pm

**Your help is desperately needed to support our club!!!!** Bake an item to sell. Donate used holiday items and decor. Help set up for the show on Friday, November 16th after lunch. Help run the bazaar and bake sale on Saturday, November 17th, whatever time you are able to give. Please contact Aline or Pamela to let us know what you can do so we can prepare a schedule. **Your support and effort are greatly needed and appreciated!!!** All to support activities of Woodland Park Senior Organization. **Call or email Pamela or Aline or sign-up at front desk this week!!!**. Aline can be reached by email at [wekne@msn.com](mailto:wekne@msn.com). Pamela can be reached by phone at 719-339-0954 or by email at [pjargo2010@yahoo.com](mailto:pjargo2010@yahoo.com).



**Woodland Park HOLIDAY HOME TOUR** — The Senior Center is again a beneficiary of the Holiday Home Tour this year. We have been asked to provide cookies and volunteers for the hospitality site. Please consider helping with this fund-raising opportunity. Look for sign-up sheets at the front desk.

**GENEXE HEALTH** will be providing **health and prescription screenings** to qualified individuals on Thursday, November 15th 12:00pm-2:00pm. In order to see if your eligible for the screenings, please make sure you have your Medicare Card and government id. Please also bring your Medicare supplemental card if you have one.





**Quilt Winner:** The October 23 Quilt drawing awarded this beautiful quilt made by Pat Danielson to Ida Van Beek. We hope that Ida will be able to visit soon so we can give her the quilt in person.

## 2019 Dues

The board approved a 10% discount on 2019 dues for those paying by January 31, 2019. Annual dues are \$30 so with the discount, the annual dues will be \$27. New membership cards are ready and the front desk folks are ready to help!

## SENIOR MOMENTS



If you've ever experienced senior moments — a nonmedical term for mental glitches — you're not alone. Temporarily forgetting names, phone numbers, where you parked your car, or why you went upstairs ("What was I going to get?") are common senior moments.

Over time, the brain often experiences some normal age-related memory loss. This happens for many reasons, such as decreases in neurotransmitters and brain size, which can make it harder to pay attention and process information. People

with normal age-related memory loss, though, are usually able to compensate for these changes by using lists and other memory aids. In other words, the senior moments don't generally impair daily functioning.

Our fast-paced society probably increases the chances of having senior moments. Multitasking makes it harder to retain facts, because we're not giving any one piece of information our undivided attention. Also, the fatigue and stress that many of us experience because of today's fast pace society, reduces our ability to concentrate and pay attention to details.

Here are some tips to reduce the incidence of senior moments:

- ☺ Do one thing at a time.
- ☺ Notice how things look, smell, taste and feel, as well as what's happening, in order to remember something in multiple ways.
- ☺ Replay memories in your mind to reinforce them.
- ☺ Get enough sleep.
- ☺ Learn stress management techniques.
- ☺ Reduce mental clutter by using calendars, lists and gadgets such as personal digital assistants (PDAs)
- ☺ Try using memory tricks (mnemonics) such as key words, rhymes, music, or making connections.



Senior moments can be scary, but most of the time they're just a result of the brain's normal aging process. Unless they're interfering with your ability to manage day-to-day activities, a few lifestyle changes should help you turn your senior moments into just occasional annoyances



# Snapshots from October Happenings

## Winning Aspen Photos

October 4



October 11



October 18



October 25



First Place  
Pamela Argo

Second Place  
Loretta Riddiough

Third Place  
Eva Mattedi



Oct 23  
IREA  
Catered  
Meal



Oct 11 - Mike Trodden  
Lunchtime Serenade



The Senior Correspondent is published monthly by Woodland Park Senior Organization located at 321 North Pine Street, PO Box 5813, Woodland Park, CO 80866. To contribute, leave a comment or if you have a question, call 719.687.3877.

## BOARD OF DIRECTORS

Jerry Burnham, President  
Rose Banzhaf, Vice President  
John Kinnaird, Secretary  
Wally Banzhaf, Treasurer  
Kevin Manning, Director-at-Large  
Pat Pine, Director-at-Large  
Jim Grover, Director-at-Large

## COMMITTEES

Historian, Sue Frindt  
Catered Lunch Coordinator, Paul Loyd  
Activities, Kevin Manning  
Membership/Marketing, Pat Pine  
Operations, Jerry Burnham & Rose Banzhaf  
Public Relations/Advertising, Rose Banzhaf  
Fund Raising, Jim Grover  
Building Use, John Kinnaird  
Grants, Jerry Burnham & Rose Banzhaf

All members are encouraged to join a committee where their interest lie. Please contact any of the board members with any concerns or suggestions

**Like to contribute to the Senior Correspondent?** Submissions for the Newsletter are due by the 25th of each month.



*Holiday Bazaar* and **CRAFT FAIR** and **BAKE SALE**

*Saturday, November 17th*  
*8:00 a.m. - 2:00 p.m.*

*Woodland Park Senior Center*  
*SE Corner of Lake Ave & Pine St*

*Accepting donations of gently used holiday items & decor.*  
*Drop off at the Senior Center*  
*or call 719-339-0954*  
*for a pick-up.*


*Your donations and purchases support programs and activities at Woodland Park Senior Center*

*321 N Pine St*  
*719-687-3877*

WOODLAND PARK SENIOR CENTER – ACTIVITY CALENDAR

**November 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	2 10:30-11:30 AEA Exercise	3
4	5 9:00-11:30 Quilting 12:00-3:00 Bridge	6 9:00 Fitness Class	7 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	8 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	9 10:30-11:30 AEA Exercise	10
11	12 <b>VETERAN'S DAY</b>  <b>SENIOR CENTER CLOSED</b>	13 9:00 Fitness Class 9:00 Board Meeting <b>11:45 POTLUCK LUNCH</b>	14 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	15 9:00 Fitness Class 10:30-11:30 BINGO 11:45-12:15 <i>Silver Connections Café Thanksgiving Lunch</i> 12:15 GenX Screening 1:00-1:30 Tai Chi w/Barb	16 10:30-11:30 AEA Exercise 12:30 Movie-time	17  8:00am – 2:00pm
18	19 9:00-11:30 Quilting 12:00-3:00 Bridge	20 9:00 Fitness Class	21 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	22 	23 <b>SENIOR CENTER CLOSED</b>	24
25	26 9:00-11:30 Quilting 12:00-3:00 Bridge	27 9:00 Fitness Class <b>NO CATERED LUNCH THIS MONTH</b>	28 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	29 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	30 10:30-11:30 AEA Exercise 12:30 Movie-time	<i>Coffee Mon-Fri every morning and cards, dominoes, cribbage, horseshoes or billiards</i>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Golden Circle is now Silver Key Connections Café.</b> <b>New name.</b> <b>Same great service</b>	Connections Cafe meals are partially funded by the Pikes Peak Area Agency on Aging. 	Milk is provided with every meal.	<b>1</b> Beef Stew - Buttermilk Biscuit Orange High Fiber Cookie Raisin Nut Cup	<b>2</b> Garlic Herb Tilapia Brown & Wild Rice - Broccoli Waldorf Salad High Fiber Cookie - Yogurt
<b>5</b> Swedish Meatballs w/ Noodles Peas & Carrots Tossed Salad - Orange Roll	<b>6</b> <b>POTLUCK LUNCH</b>	<b>7</b> Pulled Pork Sandwich Corn Salad w/Raspberry Vinaigrette Apple Sauce Mango Chobani Drink	<b>8</b> Chicken Marsala Minestrone Soup Roasted Red Potato Italian Vegetables - Apple	<b>9</b> Sandy's Chicken Chile Tortilla Broccoli w/ Cheese Carrot Raisin Salad - Diced Pears Chocolate Chip Cookie
<b>12</b> Veteran's Day CLOSED	<b>13</b> Chicken Pot Pie w/ Buttermilk Biscuit - Lima Beans Tossed Salad w/ Red Wine Vinaigrette Dressing Pear - Cherry Cobbler	<b>14</b> Breaded Fish Sandwich w/ Lettuce & Tomato Vegetable Soup - Corn Sunflower Broccoli Slaw Diced Spiced Peaches	<b>15</b> Roast Turkey w/ Gravy Mashed Potatoes California Blend Vegetables Cranberry Sauce Pumpkin Pie	<b>16</b> Meatballs w/ Marinara Pasta Green Beans Breadstick - Strawberries V8 juice
<b>19</b> Riblettes Baked Beans - Potato Salad Pineapple Mandarin Orange Compote Roll	<b>20</b> Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa Black Beans Orange Sugar Cookie NO CATERED MEAL THIS MONTH	<b>21</b> Chicken Teriyaki Brown Rice - Peas Asian Cabbage Slaw Apple	<b>22</b> Happy Thanksgiving CLOSED	<b>23</b> Thanksgiving Holiday CLOSED
<b>26</b> Hamburger w/ Lettuce, Tomato & Onion Carrots - Baked Beans Orange Sugar Cookie	<b>27</b> Egg Salad on Croissant Tomato Basil Soup Tossed Vegetable Salad w/ Red Wine Vinaigrette Orange High Fiber Cookie	<b>28</b> Chicken Chow Mein Brown Rice Asian Vegetables - Pear Chocolate Chip Cookie - Raisin Nut Cup	<b>29</b> Slow Roasted Beef Mashed Potatoes - Peas Peach Cobbler Banana	<b>30</b> Salmon w/ Lemon & Dill Brown Rice Pilaf - Broccoli Apple WW Choc. Chip M&M Cookie

Woodland Park Senior Center is the local site for the Silver Key Connections Cafe. Lunch is served at the Senior Center Monday – Friday from 11:45am to 12:15pm. Seniors 60 and older eat for a donation of \$2.25 and all others pay \$6.00. To reserve a meal, call 687-3877 at least 24 hours in advance. Those without a reservation will be served if extra meals are available. Payment is made by cash or check and put in a private donation jar for Silver Key.



