

# SENIOR Correspondent

A publication of the Woodland Park Senior Organization

October 2018

Volume 9. No. 10

## Board of Directors' Update

**SMILE!!! YOU ARE TALKING TO A VOLUNTEER** - I realize that we all have different personalities and that everyone has an occasional "bad hair day". However, we all need to remember that whether we are talking to someone at the front desk, in charge of the sales room, teaching an exercise class, working at a pancake breakfast, serving on the board, planning trips/outings, coordinating activities for the catered meals, or planning fund raising events all of these people are volunteers and are doing their best to help the Senior Center succeed. Always remember that the only pay any of these volunteers receives is a pleasant smile and a warm thank you.



**CAR SHOW PANCAKE BREAKFAST:** The Car Show breakfast was a huge success. There was a total of 154 meals served. Between the meals sold and donations, over \$1200 was raised for the Senior Center! Additionally, the Cruise Above the Clouds folks awarded the Senior Center \$1000. The only thing that was a bit of a disappointment was that only 4 members attended to claim their \$2.00 discount. The following members worked a minimum of 5 very hard hours each: Bill and Kathy Avery, Bob and Janiece Tyler, Wally and Rose Banzhaf, Pamela Argo, Doug McPherson, Jerry Burnham, Pam Berry and Randy Ford. Aline Goodchild was also on hand encouraging the folks at breakfast to purchase tickets for our quilt drawing. Pat Pine worked a shift representing the Senior Center at the Car Show. Each of you earned a very sincere THANK YOU.

**SEPTEMBER POTLUCK LUNCH:** Many thanks to musical program provided by Ute Pass Chamber players, Barbara Riley-Cunningham, Elise Dunn and Bob Dunn at the September Potluck.

**SEPTEMBER CATERED MEAL:** The September Pulled Pork Catered Meal was provided by Jerry Burnham. Park Vista presented a program explaining Medicare. Thanks Jerry and Park Vista!

All our lunch folks give a huge *thank-you* to Mike Trodden who provides a weekly Thursday lunchtime piano serenade. Thanks Mike!!

Many Thanks to the **Teller County Senior Coalition** who provided the transportation for our Cripple Creek Butte Theater outing on September 20.

Thanks goes out to Russ Frisinger for the very informative photo class. Sure hope the photos submitted reflect his great suggestions!

All our pets and their owners are grateful that Reverend Mike Gore gave of his time for our first Blessing of the Animals event. Thanks Rev. Gore.

September 26 was an eventful day at the Senior Center. When Sue Holland arrived to get the coffee started so that all would be ready for our 9:00 open doors, she found the building smelling of gas. Black Hills, the Fire Department, The City of WP, Police and EMS were all on the spot in record time, making sure everyone was safe. The center was closed for the day so the City of WP opened the Teen Center so our planned activities could go forward. THANK YOU TO ALL WHO WERE THERE TO HELP! A special thank you to the City of WP and the Teen Center volunteers for enabling us to serve our members at the alternate location!



Goodchild	Aline	10 - 3
Grover	Jim	10 - 4
Lundman	Kathy	10 - 14
Hurst	Millie	10 - 17
Rayner	Judy	10 - 17
Trombley	Dorothy	10 - 21
Cathrall	Jeff	10 - 25
Manning	Kevin	10 - 26

## Coming in November

- 12 VFW Post 11411 Chili Lunch
- 13 Potluck Lunch (Ute Pass Chamber Players)
- 17 Holiday Bazaar
- 15 Silver Key Connections Café Thanksgiving Meal

## Upcoming Club Happenings....

December 20 – Silver Key Connections Café Holiday Meal

December 1&2 – Woodland Park Holiday Home Tour

## 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

Van Beek Family - Circle H Smoke House  
Mountain View United Methodist Church  
Woodland Park Convention & Visitors Bureau

## PATRON - \$200 to \$349

Robert C Elliott-DDS

## FRIEND - \$50 to \$199

Grandmother's Kitchen - Jimmy John's  
Clark Wilson-Piano Tuner  
Frank Gundy American Family Insurance

## DONOR - \$1 to \$49

Iron Tree Restaurant

## 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**

### FUN, FUN, FUN

The final topic of our 'Top 10 Member Benefits' is Fun. We hope you are able to take advantage of all these benefits and we have made life a little better for you by adding more fun to your day.

Fun is the enjoyment of pleasure, particularly in leisure, social and recreational activities. Fun is an experience often unexpected, informal, or purposeless. It is an enjoyable distraction, diverting the mind and body from any serious task. It may often have little to no logical basis and opinions whether an activity is fun may differ depending on the activity and the person participating. Fun is pleasant, personal, to some extent unpredictable, and "Having Fun is good for you!"

When people become overstressed or unwell they tend to give up the things that they normally enjoy. They often have less energy than usual and feel that they have to use all of the energy they have left on productive activities. Fun is seen as a time-consuming frill that they can't afford. This is a serious problem. Why? Because having fun gives you more energy than it takes.

If you are feeling overwhelmed by health concerns, social issues, work demands, or family issues, your energy reserves are probably low. Removing the things that you normally enjoy can feel like a way of conserving your energy for more important tasks. In reality, giving up enjoyable activity actually reduces your energy in the long run. Some appear to believe that having fun is somehow selfish, frivolous, or unproductive, particularly when faced with external life demands. By taking time for those things that you enjoy you build your own strength, boost your self-esteem, and give yourself a chance to 'blow off' some of life's stresses. In other words, having fun is not only enjoyable it is good for you!

Our goal at the Woodland Park Senior Organization is to promote the general well-being of Seniors in Woodland Park and Teller County by providing you, our members, with a gathering place to socialize, regular activities, special events, and member benefits to make each day a fun day. As the adage states: "Time flies when you're having fun".



## PHOTO CONTEST VOTING TIME

The Aspen Photo Contest has ended. Hopefully, everyone who wanted to enter a picture had an opportunity to do so. Be sure to stop by the Senior Center to look at the entries. Voting for your favorite picture will be at the Catered Meal on Tuesday, October 23<sup>rd</sup>. Voting is open to Club members only and you will be voting on the top three pictures. Prizes will be awarded to the winners at 12:30pm. A big Club 'Thank You' for your support to all of

those who entered the contest.

## HALLOWEEN FUN

We have invited Preschool in the Pines to stop by for Trick or Treating on October 31. Treats are being provided by the Senior Center. Plan to stay after lunch to have your day brightened by the children.



## FRIDAY AFTERNOON MOVIES AT THE SENIOR CENTER

Gwen Hensinger has donated a big screen TV to the Senior Center. With the purchase of a DVD player, we are now setup to be able to show movies on a regular schedule. Showtime will be at 12:30pm on October 12th and October 26. Popcorn, lemonade and ice tea will be provided by the club. Board member Kevin Manning is taking movie title suggestions from the membership. Let him know your preferences. Keep an eye on the bulletin board for the October titles!

## FUN "COOKING CO-OP" GROUP STARTING IN OCTOBER

Do you have favorite recipes from those days when cooking for a family that you cannot down size for one or two? Would you enjoy cooking with a group and sharing out the big pot of chili, spaghetti sauce, soup or whatever produced in the Senior Center kitchen? It has been suggested that we form a Cooking Co-op of folks that would enjoy cooking together at the Senior Center and sharing the results of their efforts. At the end of each session, everyone in the group would take home a portion of the results. Our first meeting will be at 1:30pm on Wednesday, October 24. Call 719-687-3877 or Sign-up at the front desk to let us know you are coming!





**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).

**FULL SHOT CLINIC** – Tuesday, October 9 at 10:00am

Flu season is quickly approaching!!!! Teller County Public Health will be at the Senior Center on Tuesday, October 9 at 10:00 am to administer flu shots. Anyone with Medicare part B coverage can receive their flu shot at no cost (be sure to bring your Medicare card). Call 719-687-3877 or Sign-up at the front desk to let us know you are coming!



**Quilt Drawing** – Time is running short for you get your quilt drawing tickets. The winning ticket for this quilt will be drawn at 12:15 during Catered Meal on October 23. Tickets are available at the front desk every day – just let the folks know you want in on the Quilt Drawing. Who knows, YOU may be the next lucky winner!



**OCTOBER CATERED MEAL**

Our October 23 catered meal and program are being provided by IREA. This lunch is free and open to all Woodland Park Senior Organization members. Mark your calendars and plan to join the fun. Included will be voting for the Aspen Photo Contest, the quilt drawing, great food and a fun program!

**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. Look for sign-up sheets at the front desk.



# Snapshots from September Happenings

## BINGO

September 6



September 13



September 20



September 27



Russ Frisinger Photo Class



Butte Theater Trip



The Horseshoe Pit Inaugural Game





# More Snapshots from September Happenings

## September 26 Crazy Gas Fume Day at the Senior Center



## Richard's Farewell Party





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

Sue Frindt, Historian  
Paul Loyd, Lunch Coordinator  
**Volunteer Needed,** Trips  
Pat Pine, Marketing



*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*

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



Location:  
Community Partnership  
11115 West Hwy 24  
Divide, CO 80814



Do you have prediabetes *or* diabetes?

These FREE self-management workshops can help you make small changes that lead to *big rewards!*

Classes are interactive & led by trained facilitators.

**Every Thursday for Six Weeks!**

Classes build upon one another

First class 10/11/2018

Last class 11/15/2018

1:30 – 4:00 pm

Attend at least 4 classes  
& receive a free goodie bag!

Topics include:

*Balancing blood sugar*

*Meal guidelines & planning*

*Safe exercising ideas*

*Reading food label*

*Dealing with depression & stress*

**Many other self-management tips!**

Call Meredith Koob to sign up: (303) 260-9346

This material was prepared by Telligen, Medicare Quality Innovation Network Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 1150W-QIN-82-05/25/18-2773



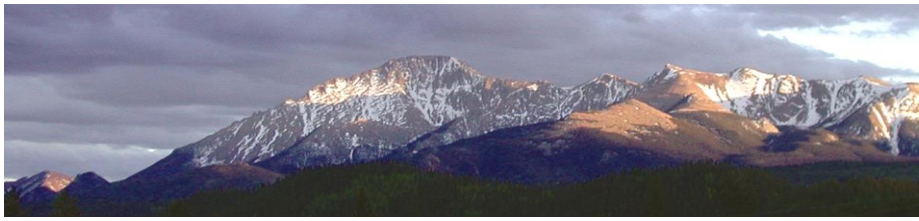
Get the  
**FLU**  **SHOT**  
not the flu!

Teller County  
Public Health and Environment  
Will be Providing Flu Shots  
At the Woodland Park Senior Center

On  
Tuesday, October 9, 2018  
10:00AM - 11:30AM

You will need to bring:  
Your Medicare Card (Part B)  
Or Cash (Reg vaccine \$40,  
High Dose \$65)

Please come by or call the Senior Center  
719-687-3877  
To Sign Up (by 10/4/2018)



# UTE PASS Chamber Players

## 2016 Teller County Cares Award Winners

*Woodland Park:* **October 9th** The Ute Pass Chamber Players present a free mini-concert at the Senior Center with fiery music you may very well recognize! Guy Dutra-Silveira and Barb Riley-Cunningham will perform the Carmen Fantasy Suite based on Bizet's opera and arranged for English Horn and Piano. This exciting performance at 12:15 follows the Senior Center's monthly potluck lunch. Call 687-3877 for more information.

*Colorado Springs:* **October 14th** The Ute Pass Chamber Players will join the Pikes Peak Community College Music Department faculty in recital at 2:30 at the Downtown Campus, [100 West Pikes Peak Avenue, Room N214](#). This annual collaboration will feature the music of Beethoven, Bernstein, Bizet and more. Admission is free. Call 290-0119 for more information.



## AARP Smart Driver Course at the WP Senior Center October 16 - 1:00pm - 5:00pm

### About the course

The AARP Smart Driver™ course, offered by AARP Driver Safety, is the nation's first and largest refresher course designed specifically for drivers age 50 and older. For more than 35 years, the course has taught over 16 million drivers proven safety strategies so they can continue driving safely for as long as possible.

AARP membership is not required to take the course.

The classroom course costs only \$15 for AARP members and \$20 for nonmembers.

After completing the course you'll receive a certificate of completion that can be presented to your insurance agent for a possible reduction in your auto insurance premiums.

**Call 719-687-3877 or drop by the Senior Center to register**



WOODLAND PARK SENIOR CENTER – ACTIVITY CALENDAR

**October 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00-11:30 Quilting 12:00-3:00 Bridge	2 9:00 Fitness Class	3 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	4 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	5 10:30-11:30 AEA Exercise	6
7	8 9:00-11:30 Quilting 12:00-3:00 Bridge	9 9:00 Fitness Class 10:00-11:30am Flu Shot Clinic <b>11:45 POTLUCK LUNCH</b> <i>Ute Pass Players</i>	10 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	11 9:00 Fitness Class 9:00 Board Meeting 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	12 10:30-11:30 AEA Exercise 12:30 Movie-time	13
14	15 9:00-11:30 Quilting 12:00-3:00 Bridge	16 9:00 Fitness Class 1:00-5:00pm AARP Smart Driver Class	17 10:30-11:30 AEA Exercise 12:00-3:00 Bridge	18 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	19 10:30-11:30 AEA Exercise	20
21	22 9:00-11:30 Quilting 12:00-3:00 Bridge	23 9:00 – 12:15 Aspen Photo Voting <b>11:45 IREA LUNCH</b> 12:15 Quilt Drawing 12:30 Photo Awards	24 10:30-11:30 AEA Exercise 12:00-3:00 Bridge 2:00 Cooking Co-op	25 9:00 Fitness Class 10:30-11:30 BINGO 1:00-1:30 Tai Chi w/Barb	26 10:30-11:30 AEA Exercise 12:30 Movie-time	27
28	29 9:00-11:30 Quilting 12:00-3:00 Bridge	30 9:00 Fitness Class	31 10:30-11:30 AEA Exercise 12:00 Trick or Treat with Preschool in the Pines 12:00-3:00 Bridge		<i>Coffee Mon-Fri every morning and cards, dominoes, cribbage, horseshoes or billiards</i>	



# Silver Key Connections Café LUNCH MENU OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Swiss Steak Mashed Potatoes Peas Coleslaw Pear Yogurt	2 Chicken Salad on Croissant Loaded Baked Potato Soup Carrot Raisin Salad w/ Pineapple High Fiber Cookie Orange	3 Sweet & Sour Pork Jasmine Rice Asian Vegetables Mandarin Spinach Salad Grape Cup Apple Cobbler	4 Chicken Mole Green Beans Spanish Rice Black Bean Corn Salad Tropical Fruit Carrot Cake w/ Cream Cheese Frosting	5 Lasagna Roll/ Marinara Green Beans Breadstick Tossed Salad Banana
8 Chicken Tacos w/ Lettuce, Tomato, Salsa & Sour Cream Tortillas SW Black Beans Orange	9 <b>POTLUCK LUNCH</b>	10 Pesto Chicken Florentine Rice Carrots Whole Grain Roll Strawberries Oatmeal Cookie	11 Stuffed Bell Pepper Potato Medley Cauliflower Spiced Peaches	12 Chicken Cordon Bleu Wild & Brown Rice Green Bean Almandine Mandarin Orange Pineapple Compote High Fiber Cookie
15 BBQ Beef Sandwich Seasoned Pinto Beans Coleslaw Orange	16 Lemon Pepper Chicken Wild & Brown Rice Peas Beet & Onion Salad Tropical Fruit Cherry Cobbler	17 Roast Turkey w/ Gravy Mashed Potatoes California Vegetables Mandarin Spinach Salad Apple Oatmeal Raisin Cookie	18 Beef Tips Penne Pasta Squash Medley 3 Bean Salad Pear Sugar Cookie	19 Cod Tuscany Baby Bakers Broccoli Coleslaw Coconut Crunch Salad Whole Grain M&M, CC Cookie
22 Spinach Ravioli w/ Marinara Broccoli Tossed Salad Garlic Bread Stick Strawberries Raisin Nut Cup	23 <b>IREA LUNCH</b>	24 Chicken Chimichanga Salsa Spanish Rice Broccoli Tossed Salad w/ Red Wine Vinaigrette Apple	25 Yankee Pot Roast w/ Gravy Baked Potato Medley Maple Glazed Carrots Green Bean Salad Banana	26 Stuffed Pasta Shells w/ Meat Sauce Green Beans Almandine Carrot Raisin Salad w/ Pineapple Garlic Bread Stick Pear
29 Beef Stroganoff Penne Pasta Roasted Brussel Sprouts Roll Peaches Lemon Bar	30 Pork Green Chili Pinto Beans Cornbread Muffin Strawberries Raisin Nut Cup	31 Goulash Green Beans Salad WW Roll Apple Happy Halloween	Milk is provided with every meal. Connections Cafe meals are partially funded by the Pikes Peak Area Agency on Aging.  Pikes Peak Area Council of Governments Communities Working Together	<b>Golden Circle is now Silver Key Connections Café.</b>  <b>New name. Same great service</b>

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.



