

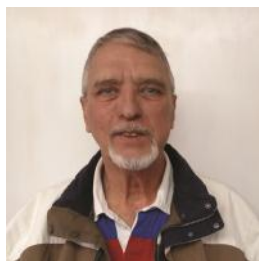
SENIOR CORRESPONDENT

A publication of the Woodland Park Senior Citizens Club

JANUARY, 2016

Volume 7, No. 1

WELCOME BOARD PRESIDENT, JERRY BURNHAM



Any of us who are regulars at the Senior Center know Jerry.

Some things you might not know?

He graduated from Louisiana Tech University with a BS in 1971 and an MS in 1973. He taught High School Math from 1972 until 1992 and then worked as a Federal Technician from 1992 until he retired in 2009. He also served in the Louisiana National Guard from 1973 until 2009 and is a life member of VFW Post 11411 as well as a member of Mountain View United Methodist Church.

Since becoming Board President, Jerry has spoken to a great many of you about volunteering here at the Senior Center. Be thinking about where you might contribute to the Club and the day-to-day operations of the Senior Center. Chances are, he'll be asking.

Volunteers!



WHAT CAN YOUR SENIOR CENTER DO FOR YOU?

It's 2016 if you can believe it. Time to reassess our activities and get your input. Our current offerings include quilting, bridge, Senior movies at Gold Hill Theaters, exercise for arthritis, bingo, tai chi, a monthly potluck with presentation or entertainment, and a fundraiser catered meal with presentation or entertainment. Coffee and a game of cards, cribbage or dominoes almost any morning of the week. We also schedule occasional craft or art classes. What would you like to see added to the schedule? Please circle and/or offer other suggestions.

Yoga Line Dancing Hiking Book Club Gardening Dances

Other _____

Presentations: Health Travel Hobbies Nature Music Education

Other _____

Outings: Museums Tourist Attractions Live Theater Dining

Other _____

What times would be convenient for you to participate?

Mornings Evenings Weekends Comments _____

Would you be available and willing to help with any of these activities? Remember, it's not just about what your Club can do for you, but what can you do for your Club. We can use your experience, skills and talents!

Please provide input via this form, email To pjargo2010@yahoo.com or call the Activities Director at 687-3877.

—January Newsletter—
Sponsored by



Coming in January: 12 POTLUCK & Presentation: Questions About Aging & Driving
16 Pancake Breakfast, 8—11a.m.
23 Field Trip to Weisbrod Aircraft Museum in Pueblo
26 Catered Meal & Hospital Update by Eric Riggle

THANK YOU TO SOME OF OUR MANY SUPPORTERS!!!

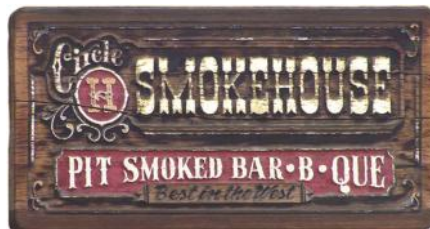


JANUARY BABIES:

- Paul Ellis
- Randy Ford
- Norma Franklin
- Jack Gartee
- Tom Holmes
- Mary Ann Hussli
- Irv Johnson
- Joyce Lowther
- Agneta Nachtigal
- Nancy Schell
- Twila Smith
- Frank Trigg
- Linda Warren
- Ruth Williams
- Fran Young

January Catered Meal is FREE for January Babies!

The Senior Correspondent is published monthly by Woodland Park Senior Citizens Club located at 312 North Center Street, POB 5813, Woodland Park, CO 80866, 719.687.3877.



Thank You!!!

Tweeds Home Furnishings for sponsoring our December Newsletter.

IREA for another great lunch and presentation this year!

VFW Post 11411 and The Ladies Auxilliary for a fabulous holiday catered meal. No one went home hungry!

Preschool in the Pines for the fantastic and very enthusiastic entertainment at our holiday meal.

City Market for donating pies for our Holiday Catered Meal.

Teller Senior Coalition and Driver, Mark, for a fun trip to see the holiday lights and feast at Golden Corral.

Teller Senior Coalition, Community Café, Chef Gerry Coulter and the numerous volunteers who continue to provide delicious noon meals. These are a steal at \$5.00 for guests much less the \$2.25 those of us 60 and over pay. Our lunch attendance continues to grow because the food is soooooo good.

Our Pancake Breakfast crew who work hard to make these a successful fundraiser for the club.





The *Matter of Balance Program* is an eight-week series of classes designed to reduce fear of falling and increase activity levels among older adults who mani-

MANAGING CONCERNS ABOUT FALLS

fest this concern. It is appropriate for anyone who has restricted their activities due to this concern and those who desire to increase their balance, strength and flexibility as it relates to fall prevention. Each series accommodates 10-14 participants and is paid for by a federal grant awarded to the YMCA in Colorado Springs. (Free to those 60 years of age and older).

The *Matter of Balance Program* will be offered at Woodland Park Senior Center in Woodland Park on Thursday afternoons from 1:30 -3:30 pm from January 28th - March 17th, 2016.

For more information or to sign-up, please call Rebecca at #963-0988.



The next AARP Driver Safety class is scheduled for Tuesday, January 19th from 12:45 until 5:00 p.m. Next class after that will be Tuesday, March 15th. Cost is \$15 for AARP Members and \$20 for non-members. Take the class to receive a discount on your auto insurance. Call the Senior Center at 687-3877 to reserve your spot.



Coming Events

Sitz Yoga every Tuesday @ 1:30 at PPRH

Dance @ Dana's Dance Studio 2nd and 4th Tuesdays @ 3pm

Free Community Seminar in February, Date TBD with Dr. Metz (COS Cardiology)

Call Deb Idleman at 686-5802 for reservations or additional info.



IN NEED OF SOME COMPUTER TRAINING?

Our local library has much to offer, from computer basics, mouse and keyboard to more advanced classes in Microsoft WORD, PowerPoint Publisher and Excel. They even offer a class in using Facebook and mobile devices. Visit their website at rampart.colibraries.org to get a list of their Spring offerings.

SENIOR MATINEES At Gold Hill Theaters

Jan 5—River of No Return, Robert Mitchum, Marilyn Monroe—1hr 31min

Jan 19—Out of Towners, Jack Lemmon, Sandy Dennis—1hr 38min

\$5.00 gets you one small popcorn, one small soft drink and a classic movie.

Thanks Ed Shirk!!!



Charitable Donation Form

I wish to support Woodland Park Senior Citizens Club and its efforts to provide social, educational and healthful activities for area Seniors by making a tax-deductible donation.

Name: _____ Phone: _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____

Amount of my donation: \$_____ Please make checks payable to WP Senior Citizens Club.

WPSCC ~ Post Office Box 5813 ~ Woodland Park ~ CO ~ 80866 ~ www.woodlandparkseniors.com ~ Tax ID: 84-0752514

Your contribution to Woodland Park Senior Citizens Club is greatly appreciated, thank you.



December was all about food, parties and ugly sweaters.





Our cute little Preschool carolers.





312 NORTH CENTER STREET
P.O. BOX 5813
WOODLAND PARK, CO, 80866

Volume 7, No. 1
January, 2016

RETURN SERVICE REQUESTED

BOARD OF DIRECTORS

Jerry Burnham, President
Tom Holmes, Vice President
Bill Avery, Treasurer
Jeanette Zupancic, Secretary
Ron Frindt, Director-at-Large
Paul Loyd, Director-at-Large
Pamela Argo, Activities


COMMITTEES

Neva McMullin, Afternoon Tea
Donna Clark, Historian
Paul Loyd, Club Lunch Coordinator
Nancy Lambert, Membership Coord.



January, 2016

WOODLAND PARK SENIOR CITIZENS CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Coffee Mon-Fri every morning and cards, dominoes, cribbage or billiards.</i>					1 10:30-11:30 AEA Exercise	2
3	4 9:00-11:30 Quilting 12:15-3:00 Bridge	5 10:00 Senior Matinee River of No Return	6 10:30-11:30 AF Exercise 12:15-3:00 Bridge	7 10:30-11:30 BINGO 12:45-1:15 Tai Chi w/Barb	8 10:30-11:30 AEA Exercise	9
10	11 9:00-11:30 Quilting 12:15-3:00 Bridge	12 POTLUCK Tom Antkow: Questions about Aging & Driving	13 9:00 Board Meeting 10:30-11:30 AF Exercise 12:15-3:00 Bridge	14 10:30-11:30 BINGO 12:45-1:15 Tai Chi w/Barb	15 10:30-11:30 AEA Exercise	16 Pancake Breakfast 8:00 – 11:00 a.m. 
17	18 9:00-11:30 Quilting 12:15-3:00 Bridge	19 10:00 Senior Matinee Out of Towners 12:45 – 5:00 AARP Safe Driver Course \$15 Members \$20 Nonmembers	20 10:30-11:30 AF Exercise 12:15-3:00 Bridge	21 10:30-11:30 BINGO 12:45-1:15 Tai Chi w/Barb	22 10:30-11:30 AEA Exercise	23 *Field Trip to Weisbrod Aircraft Museum in Pueblo Lunch at Cracker Barrel
24	25 9:00-11:30 Quilting 12:15-3:00 Bridge	26 CATERED LUNCH Hospital Update Eric Riggle	27 10:30-11:30 AF Exercise 12:15-3:00 Bridge	28 10:30-11:30 BINGO 12:45-1:15 Tai Chi w/Barb 1:30-3:30 A Matter of Balance	29 10:30-11:30 AEA Exercise	30
31						

*AEA= Aquatic Exercise Association

*Leave Senior Center at 10:00 a.m. Need \$7 for museum admission and money for lunch.
Bus fare to be determined.

January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
		Happy	New	Year 1
4 Soup & Sand. bar (S.C.) or Salad bar (T.S.C.)	5 Spaghetti & Meat sauce Garlic bread Fresh fruit yogurt cups	6 Chicken Pot Pie Beverages Salad Bar Cake	7 Grilled Ham and Cheese Sandwich. Garden fresh potato salad. Fresh fruit. cookies	8 Baked Fish with fresh lemon and herbs. Rice pilaf. Mixed veg. rolls Fresh baked pie
11 Soup & Sand. bar (S.C.) or Salad Bar (T.S.C.)	12 POTLUCK	13 Quiche Sante Fe Waldorf Salad Asst. Cookies	14 Shredded beef Burrito Green chile smothered or plain. Spanish rice. Corn Asst. Dessert	15 Chicken A La King Steamed rice Baked squash. Rolls Fruit Cobbler
18 Soup & Sand. Bar (S.C.) or Salad Bar (T.S.C.)	19 Roast Beef Mashed potatoes & gravy Carrots, rolls Bread pudding with lemon sauce	20 Baked chicken with Almond Herb sauce. Fried rice pilaf. Steamed Broccoli. rolls cake	21 Beef Stroganoff over Wide egg noodles. Peas. rolls fresh fruit compote	22 New England Clam Chowder. Tuna and Chicken salad sandwich rolls Fresh baked muffins
25 Soup and Sand. Bar (S.C.) or Salad Bar (T.S.C)	26 Catered Meal To Be Determined	27 Roast Pork with cinnamon apple hunter sauce, baked sweet potato, green beans, rolls. Asst. dessert	28 Chicken teriyaki Pineapple rice pilaf Stir fry vegetables carrot cake	29 Bar B Q Pork Sandwich Corn on the cob Sweet Potato Salad Whole Fresh Fruit