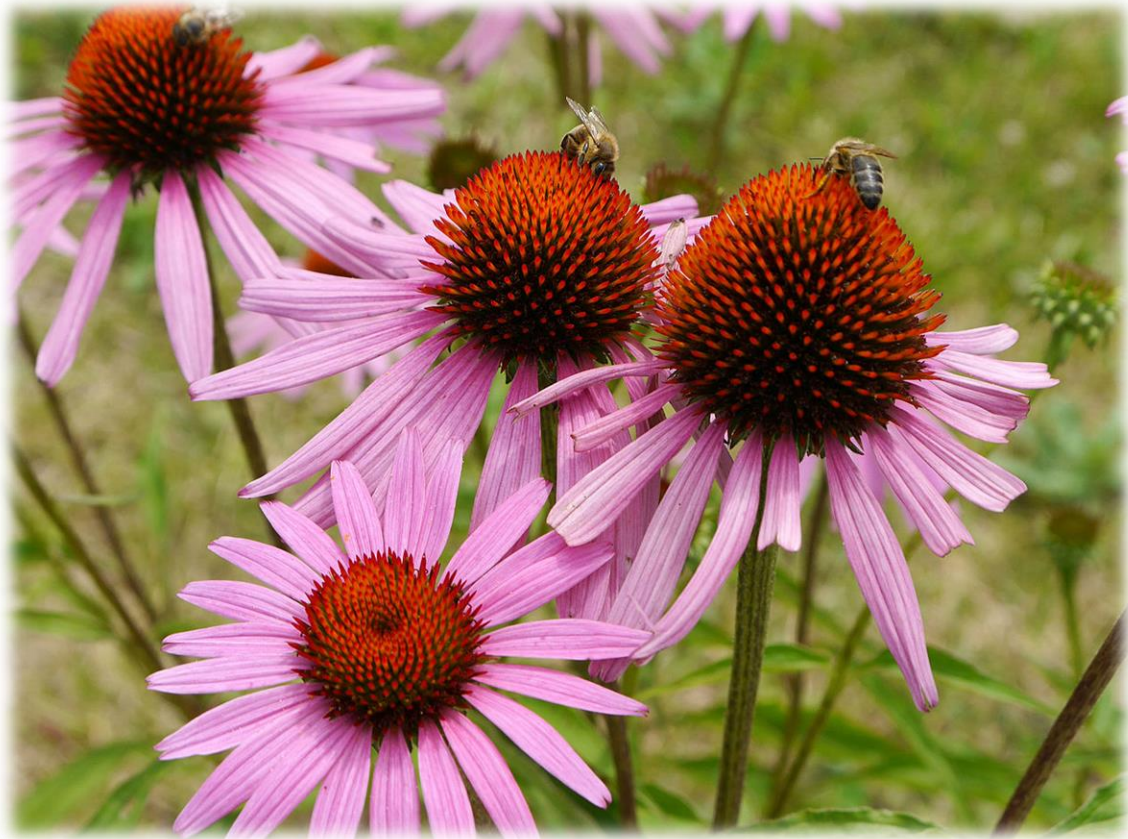


"TALK OF THE CENTER"

Thank you to **Virginia Smith** for our new newsletter name!

Thank you to **all** who submitted names – they were all very good!



JUNE 2021

10675 Longs Way
Parker, CO 80138
(303) 841-5370

Website: parkerseniorcenter.org

Email: jan@parkerseniorcenter.org

OPENING JULY 6, 2021!



*Whoohoooo! It's been a long time coming, to say the least.
I've missed you all so much and can't wait to see you!*

We are going to give this a try! Hopefully, things will keep progressing in a positive way. The State guidelines say if 80% of participants are vaccinated, mask are not required. Mask will not be mandated, please use your own discretion when visiting the Center.

To help slow the spread of germs, we have installed a new "touch-free" sliding front door along with "touch-free" faucets and dispensers. We added more hand sanitizing stations and are waiting on a new water fountain. We received funding from the CaresAct to pay for these upgrades. Sanitizing supplies will be provided, and you can help by wiping down your tables and chairs when you're done.

For a time, there will be **no food-sharing at the coffee station** and only paper cups provided. Please bring your own individualized food. There will be **no food donation** outside. **Curbside** meals only.

Activities for July are shown on the next page. Until we make sure this is going to work, activities are on a month-to-month basis and subject to change. Because we need to stay within our capacity limits, the following activities have been temporarily suspended until a later date.

- **Food donations.** No food donations outside on our table. We will begin this program as soon as safely possible. No food allowed at the coffee station inside.
- **Congregate meals.** Curbside meals only will continue for a little while longer.
- **Bingo.** No inside Bingo until crowd size restrictions are lifted. Outside Bingo is tentatively scheduled for September and October. We'll work on getting this activity back on schedule as soon as possible.
- **Coffee Talk** and **New Member Orientation.**
- **Casino and Bus Trips** will begin as determined by the Trip Coordinators.

Please note for **Monday Game Day**, you will need to make prior table reservations so we can control the number of people sharing space. There will be a **sign-up** at the Center to reserve your group's table. Limited to 6 round tables and 6 card tables.

For security and liability reasons, we will no longer have activities outside the hours of 8:00 am and 4:00 pm. Chairpersons have been notified and other arrangements have been made to accommodate their activity during open hours. **Only scheduled activities shown on the next page are allowed.** **No "pick up" games.** We have a lovely, shaded outside patio for you to enjoy and play games!

While we have put in place preventative measures to reduce the spread of the COVID-19 virus, to the best of our ability, we are not requiring members, guests, volunteers, or staff to provide proof of a COVID-19 vaccine to participate in activities or enter the facility, and therefore the risk of COVID-19 spread still exists.

You increase your risk of exposure to COVID-19 by participating in our services and programs. You must comply with all set procedures to reduce the spread while in attendance. Refusal to comply may result in removal from the facility or activity.

Membership Renewal

You need to be a member in good standing to participate in activities. If you haven't already renewed your membership, please plan to do so in July. Dues are **\$48** per year. We are now on a 12-month schedule, which means if you join in July 2021, your membership won't expire until July 2022.

Open Hours

8:15 to 3:45

ACTIVITIES for JULY

Activities on a month-to-month
basis and subject to change

**Absolutely no one is allowed
in the building before
8:15 or after 3:45**

Please help us remain open by adhering to this schedule.

Chairpersons

MONDAYS

Exercise Class	8:30 to 9:30	Main Floor
Canasta	9:30 to 12:00	Main Floor
Tai Chi	11:00 to 11:45	Classroom
Game Day*	1:00 to 3:45	Main Floor

Canasta - G. Foxworthy 303-805-4441
Exercise Class – J. Hitchins 303-840-4903
A. Lalach 303-680-9033
Tai Chi – P. Perdaris 303-841-8321

TUESDAYS

Line Dancing*	8:30 to 9:30	Main Floor
Creative Arts	9:00 to 12:00	Basement
Fabric Painting	9:00 to 12:00	Main Floor
Scrabble	1:00 to 3:45	Main Floor
Bridge	12:30 to 3:45	Main Floor

Creative Arts – M. Froberg 303-646-9281
Bridge – L. Hausmann 402-990-2829
Fabric Painting – M. Oberem 303-617-2984
Line Dancing – J. Dengal 303-841-5370
Scrabble – E. Belisle 303-725-7764

WEDNESDAYS

Exercise Class	8:30 to 9:30	Main Floor
Suzercise	9:30 to 10:00	Main Floor
Ceramics	9:00 to 12:00	Basement
Card Making	9:00 to 12:00	Conference Room
Pinochle	12:30 to 3:45	Main Floor
Dup Bridge	12:30 to 3:45	Main Floor

Card Making – L. Martin 720-851-6694
Ceramics – D. Drinnon 303-617-9249
Bridge Dup – S. Goeser 303-947-7208
Exercise Class – J. Hitchins 303-840-4903
A. Lalach 303-680-9033
Pinochle – M. Britton 303-517-6599
Suzercise – S. Hoaglund 303-349-2409

THURSDAYS

Line Dancing	9:30 to 10:30	Main Floor
Painting Class	10:00 to 12:00	Classroom
Card Making	9:00 to 12:00	Conference Room
Woodcarving	1:00 to 3:45	Main Floor
Dbl Deck Pinochle	1:00 to 3:45	Main Floor
Bunco (Last Thurs. of the month)	1:00 to 3:00	Main Floor

Bunco – L. O'Clair 303-841-2495
Card Making – L. Martin 720-851-6694
Line Dancing – J. Dengal 303-841-5370
Painting – J. Cole 720-364-6080
Pinochle DDeck – D. Horton 720-488-5642
Woodcarving – R. Hanson 303-805-1538

FRIDAYS

Exercise Class	8:30 to 9:30	Main Floor
Suzercise	9:30 to 10:00	Main Floor
Five Crowns	9:30 to 11:00	Classroom
Bridge Lessons	11:00 to 12:30	Classroom
Needleworks	1:00 to 3:45	Main Floor
Mahjong	1:00 to 3:45	Main Floor
Dup Bridge	12:30 to 3:45	Main Floor

Bridge Dup – S. Goeser 303-947-7208
Bridge Lessons – J. Yarrison 303-841-2709
Exercise Class – J. Hitchins 303-840-4903
A. Lalach 303-680-9033
Five Crowns – M. Stumpf 303-841-3004
Mahjong – D. Davis 818-836-0015
Needle Works - L. Hanson 303-805-1538
Suzercise – S. Hoaglund 303-349-2409

* Prior reservations required for **Game Day Mondays**. Sign up sheet at the bulletin board. Each table group must be in agreement to safely play together with or without masks.

* **Line Dancing** will begin on **July 13** (July 6 will be a busy day for me).

Casino Trips, Red Hatters, Out to Dinner and Breakfast – will resume at the Chairperson's discretion.

Chairpersons – Please let me know if you are unable to chair your activity in July.

"The Seniors' Council of Douglas County has periodically presented an **All Stars Award** to an outstanding member of our community who has demonstrated a true passion for serving and advocating for older adults. This month's recipient has served on the Seniors' Council in various capacities including Marketing Chair, Vice-Chair and most recently as the former Chair. She has volunteered for the Alzheimer's Association for over 20 years and is an active member and currently leading the fundraising efforts for the Parker Senior Center. Congratulations to **Donna Foerster** for her ongoing dedication and compassion for our older adults. She is a star in every sense of the word!"

***I second that!** Donna has done so much for us during this difficult time. She has stepped up to spearhead our fundraising efforts, raising a phenomenal amount of money. She has become my right hand as the Events & Fundraising Chairperson and I couldn't have done it without her. Everything she does seems to turn to gold. Thank you, Donna!*



Happy Birthday

Carolyn Abey 8	Phyllis Cue 28	David Finley 9	Jean Kleinhans 4	Penny Salka 21
June Backstrom 6	Pete Dattilo 27	Gladys Ford 28	Sue Leonard 1	Vicki Senador 8
Sarah Lynn Barber 2	Elaine DeJongh 19	Ivan Gall 26	Jeanne Main 5	Ruby Sharpley 15
Robert Carlin 25	Patsy DeLaSalle 22	Sharlenne Geeding 1	Barbara McHugh 10	Lois Smith 21
Doris Chapman 8	Karen DeLockroy 2	Leslie Goering 6	Mary Midcap 1	Sue Taylor 18
Jan Clark 27	Larry Doerksen 27	Patty Greene 4	Mary Ann Miller 7	Pat Verseman 21
Judith Corley 1	Kirstin Dunn 20	Carla Hagood 16	Kathleen Murphy 29	Debbie Vetterlein 23
	Virginia Duron 12	Leslie Hausmann 19	Judith Prentice 26	Rachele Vittorio 15
	Dolores Escobedo 26	Jackie Hitchins 15	Yvonne Quiggle 8	Marlin Weikum 7
	Joe Fabio 9	Jack Jennings 16	Gloria Robertson 27	Mary Zigler 15

Happy Anniversary

Skip & Carolyn Abey	Pete & Kirstin Dunn	John & Beverly Kyer	
Bob & Mary Anderson	Jerry & Carol Dykman	Robert & Adele Lalich	
Albert & Brenda Bollwerk	Bruce & Kathleen Ekins	Larry & Jeanne McLaughlin	Robert & Terrie Sherrow
Melvin & Pauline Brown	Tim & Dee Eunice	Thomas & Nancy Murphy	Keith & Anna Troutman
Nick & Janis Buccola	Arthur & JoAnn Gilbert	Thomas & Carol Pendery	Gary & Rossellyn Vidlock
Len & Kay Churchill	James & Diane Gregory	Dave & Pamela Ricketts	Marlin & Denise Weikum
Gary & Jeannine Colley	Deen & Karla Koogler	Boone & Mary Ann Seagraves	John & Jill Whitlock
Charles & Jill Dohnalek			



*Hey, did you know if it's your birthday or anniversary this month, your lunch is free on **June 24th**? If you like **Salmon Wellington**, call in your reservation **now** as it will sell out fast!*

*(Note, the free lunch is for **members only**)*



JUNE MENU



Monday

Tuesday

Wednesday

Thursday

Friday

**MEALS ARE
"CURBSIDE"
PICK UP ONLY
\$5.00**

1

*Jalapeno
Cheddar
Brats*

2

*Southwestern
Fried Tilapia*

3

*Apple
Almond
Stuffed
Chicken*

74

*Stuffed
Cabbage*

7

*Beef
Stroganoff*

8

*Lemon Herb
Baked Sole*

9

*Chicken Fried
Steak*

10

*Mandarin
Orange
Roast Pork*

11

*BBQ
Chicken*

14

Crab Cakes

15

*Corned Beef
Ruben*

16

*Parmesan
Crusted
Chicken*

17

*Salisbury
Steak*

18

*Chicken
Fettuccini
Alfredo*

21

*Meatloaf &
Mashed
Potatoes*

22

*Roast Turkey
& Dressing*

23

*Szechuan
Style Pork
Rib*

*Dessert by the
Foersters!*

25

*Salmon
Wellington*

Birthday/Anniversary

Pulled Pork

28

*Chicken
Cacciatore*

29

*Teriyaki
Chuck Steak*

30

*Ham &
Turkey Chef's
Salad*

**To order a meal call
303-841-5370**

Order early for June 24

Meals are \$5.00 paid by credit card only. Select the dates you want lunch then call and leave a message with those dates and Louise will call you back.



Guess how many hats Louise has?

Give your guess to Louise or email it to Jan.

*The person who comes closest without going over wins a **prize!***





Show & Shine Car Show!

Sunday, June 6 11:00 to 3:00



Join us for **Hot Cars** and DJ/Singer **Terri Garcia** playing 50's, 60's and beyond! This is a **free** event held in our parking lot (no spectator parking allowed). Please park in the RTD lot next door. We are working on getting a couple Food Trucks with yummy items for purchase. *Hope to see you there!*



Spirit Night at Culver's

Monday, June 7 3:00 to 8:00 pm



Pick up dinner at Culvers on Mainstreet on June 7 between 3:00 and 8:00 pm. We will collect sales from those who specifically mention the **Parker Senior Center** when you order.

COMING SOON

To a parking lot near you!

July

- ❖ Summer Concert Series (see line up on next page) – July 7 and 21, 7:00 pm
- ❖ MOD Pizza Fundraiser – July 12, 10:30 am to 9:00 pm.

August

- ❖ Summer Concert Series (see line up on next page) – August 4 and 18, 7:00 pm

September

- ❖ Summer Concert Series (see line up on next page) – September 1 and 15, 6:30 pm
- ❖ Market Event Fundraiser – September 11, 9:00 to 5:00
- ❖ Drive-In BINGO – September 22 and 29, 1:30 (subject to change)

October

- ❖ Drive-Thru Pancake Breakfast Fundraiser – October 3, 8:00 to 10:00 am
- ❖ Drive-In BINGO – October 6 and 13, 1:30 (subject to change)
- ❖ Shredding Event Fundraiser – October 30, Salisbury Park, 9:00 am to 12:00 pm

November

- ❖ Butter Braids Fundraiser – Order October 25 thru November 12.
- ❖ Gift Card Drawing Fundraiser – November 1 thru 12.

December

- ❖ IREA Holiday Luncheon – December 9
- ❖ Photos with Santa & Mrs Claus – December 18





"SUMMER NIGHTS" CONCERT SERIES 2021

Back by popular demand!

Senior Center
Parking Lot



 Cat & June "Dueling Pianos" June 2	 Hank Gallegos "Music Variety" June 16	 Christine LeFils "Sing-Along Favorites" July 7	 Lonnie Sailas "Music Memories" July 21
 Stars Alive "Oldies & Country" August 4	 Anton Mallard "Favorite Hits" August 18	 Lonnie Sailas "Music Memories" September 1	 PATSY CLINE & WILLIE NELSON "Tribute" September 15

Call or email to reserve your parking spot!

You can sign up for all the concerts, if you want.

jan@parkerseniorcenter.org 303-841-5370

Concerts start at 7:00

Our parking lot opens at 6:15

Concerts are one hour long starting at 7:00 pm (September concerts which will begin at 6:30). We have a large section for chair seating (bring your own chair) on the north side of our parking lot. If you want to sit in your chair, please park in the **RTD lot** and walk over. If you want to sit in your car, just drive-in our parking lot and volunteers will direct you. **No sitting allowed in the center stage area including the planted mulched areas which are wet and unstable.**

Concerts are **FREE** (*donations welcome*). **Friends and family are welcome!** Since we have limited parking spaces in our parking lot, please make a reservation. No reservation necessary if parking in the RTD parking lot.

Sit back and enjoy the music on beautiful summer evenings. Bring your chairs and picnic!

Flea Market Crafts Garage Sale

Saturday, September 11

9:00 am to 5:00 pm

PSC Parking Lot

Now taking reservations for our upcoming **Market Event** to be held in the Parker Senior Center parking lot. Vendor fee is **\$50**. You will have one over-sized parking space to sell your wares. Vendors are responsible for their own table and canopy as we will **not** be supplying them (no electricity available). With your paid registration, we will assign you a numbered space. You may pick up a **Vendor Application** at the Center, email Jan, or call. Applications are also available on our website. Registration is confirmed with payment. Only 35 spaces available; selling fast! All vendors are welcome! Concession food will be available for purchase.

We collected **5,500** pairs of shoes!



We are overwhelmed with the support we received from our community. It was a lot of sorting and bagging. We will receive .40 cents per pound and developing countries will receive the shoes. It's a "win-win". **Thank you** for helping us make a difference, one pair at a time.

A special thank you to **Donna Foerster** and our Fundraising Committee, along with other volunteers who made boxes, hauled, collected, sorted, and bagged all those shoes! It took us two months!

Thank you to all the Parker and Aurora businesses and churches who were willing to put collection boxes at their locations for us. We could not have done it with them.



Community Pancake Breakfast Collected **\$1,752!**

We had a great turnout for our Pancake Breakfast on Sunday, May 16. A little cold and drizzly, but we still had a good time and a good breakfast!

Thanks to Rich and Donna Foerster, Patsy DeLaSalle, Teri Gamble, Terri Garcia, Linda O'Brien, and Sandy Onnen for working the event.

Special thanks to all the people who donated money to pay for a First Responders' breakfast!



Still the best pancakes in town! Thanks, Flippin' Flapjacks!

Message from Sherri, Trip Coordinator . . .



Happy June! On Monday, June 7, our Spirit Night of the month is at CULVER'S, 18561 Mainstreet at Twenty Mile Rd. Our fundraising hours are 3:00 – 8:00 pm. Come and enjoy one of their delicious butter burgers, or (my fave) fish dinners with fries and coleslaw. End it all with a frozen custard! We will earn 10% on all sales when Parker Senior Center is mentioned upon ordering. Tell your friends and neighbors!

Lunch in the Park will be Thursday, June 10 starting at noon. Just let me know if I should look for you.

Simply Meals. Our committee is thrilled to report that we continue to serve members who are recuperating from surgeries or illnesses and are in need of some nutritious meals. While our community is beginning to open up and restaurants may be in full swing, many cannot get out to participate. And we are here to help. Thank you to Debbie O., Debbie V., Sandy O., Ginny S., Kathleen E., Marjorie O., and Elizabeth P.

See you at  on the 7th!

Sherri Anderson 410-533-8539

Message from Rose, Trip Coordinator . . .

Welcome Summer! Ready to get outside and enjoy warm sunny weather? Now is the time to start thinking of having more fun outdoors and going on trips. Looks like the rain is finally going away, welcome sunshine. We are still waiting dates for bus trips. Sherrie and I have been putting our heads together with some great ideas.

Our group to Brandywine and the Poconos in October keeps growing. If you think you may want to join us. Call ASAP as there are only 2 rooms left. Cost for the trip is \$2449pp Dbl. We will be picked up at the PSC, no need to drive to the DIA. We will visit the DuPont Mansions, Hershey Chocolate World, Amish country as well as the historical sites in Philadelphia and of course the Fall colors. The trip includes 11 meals, hotel, air, transfers and baggage. We have a great group of seniors from the Center already signed-up.

Just added a holiday trip to "Pigeon Forge" and the Smoky Mountains, Dec. 5-9, \$1999pp dbl. This includes air, hotel transfers, and 5 meals. We will visit Gatlinburg, the Baltimore estate with over 50 decorated Christmas trees including lunch on the estate. We will also see 2 live Christmas shows.

If you already have holiday plans for 2021, know we plan to do this trip again in 2022, staying at the Christmas Inn in Baltimore. Spend a Christmas holiday in the Smokies Dec 4-8, 2022. To make a reservation, call Claudia at AFC 800-369-3693 or 858-481-8188. Call me for more information.



Rose Whalen 303-618-5528

These two awesome guys have done so much work keeping our place in good shape during the past 15 months. They are getting ready to close in the street-side back porch which will be used for table storage. The old table storage room will become a much-needed kitchen pantry. Here are some of the projects:



Rich Foerster & Lou Braden

- ✓ Installed surveillance cameras inside and outside the facility
- ✓ Installed new gutter guards
- ✓ Put new flooring in the Conference (pictured)
- ✓ Built the sun sail over our patio and hauled in furniture
- ✓ Constructed posts to hold an awning in our driveway
- ✓ Power washed and stained our picnic tables
- ✓ Chopped down dead trees and planted new ones
- ✓ Tore out the old and built new shelves in our garage storage room
- ✓ Arranged the installation of "touch-free" faucets and a water fountain
- ✓ And lots of smaller grounds and building maintenance projects

I'm sure I forgot something, but you get the idea.

Thank you, Rich and Lou!

Get your **free and fun**
personal balance trainer



Improve Your Balance with Nymbal's Scientifically Proven Balance Training for Free!

As you age, you may start to notice changes in your balance, or may have already experienced a fall. The uncertainties surrounding your change in balance can feel intimidating or even scary at times, but it is important to know that falls are preventable and falling does not have to remain a part of your life, or your fears.

You can improve your balance in the comfort and safety of your home, in just 10 minutes a day with Nymbal's balance training app. Nymbal takes a preventative approach to falls, helping you reduce your risk of falling and improve your balance with the combination of fun brain games and simple body exercises.

Every older adult should have access to fun and effective balance training, which is why Nymbal partnered with the State of Colorado and Denver Regional Council of Governments (DRCOG) to offer Nymbal for free to Coloradans ages 60 and up **in the following counties:** Adams, Arapahoe, Boulder, Clear Creek, Douglas, Gilpin and Jefferson counties, the City and County of Denver, the City and County of Broomfield and southwest Weld County.

The Nymbal Training app is available for free to the first 5,000 Coloradans ages 60 and up to enroll - hurry and grab your spot today!

2 Easy Ways You Can Get Free, Unlimited Access to Nymbal:

- 1) Download the 'Nymbal Training' app from the [Apple App Store](#) or [Google Play Store](#), or
- 2) Visit co.fallsfree.com



"THE LAWYER IS IN"

No charge consultation

Jim Anest, a member of the Parker Senior Center and longtime local Parker Attorney, will be doing his "The Lawyer Is In" free consults starting this summer. Jim has been doing this for us for many years. This is a **free** service for our low income and limited assets members. Jim will offer no cost Wills, Living Wills, and Power of Attorneys to those qualified members that sign up. Look for the announcement and sign-up information from **Jim** in an upcoming newsletter.

*Two more beloved
members passed*



Bonnie Prante

Ceramics & Needleworks

Eva Hickman

She was 103!

In our Exercise Class

in 2019.

Just a little trip down Memory Lane...



Donzie & Ray Taylor



Mary Castro & Jackie Brosz



John Lane & Patty Greene



Solar Eclipse



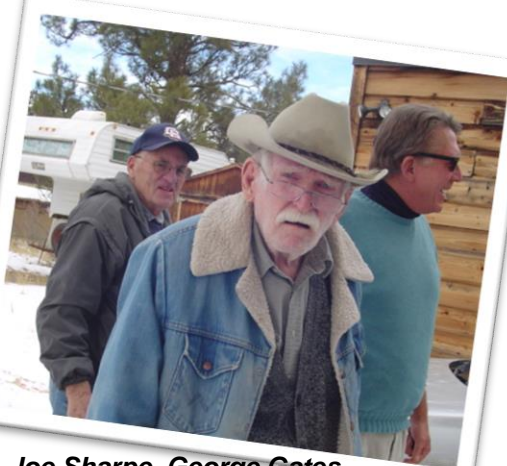
Margie Peterson



Garage Sale during Parker Days



Wanda Jones



**Joe Sharpe, George Gates
& Bill Elliott**



Phyllis Schuster



Susan Berglund & Bob Albert



"Old" Sign



Jack & Yvonne Quiggle and ELVIS!



"New" Sign

Parker Senior Center

Where active seniors meet

10675 Longs Way
Parker, CO 80138
(303) 841-5370

Website: parkerseniorcenter.org

Email: jan@parkerseniorcenter.org

Non-Profit Rate

US Postage

PAID

Permit #136

Parker, CO

80138



Come Grow With Us! 2021 Corporate Members

