

NOVEMBER 2016



The Wolhurst Gazebo

"The friendliest place in the heart of Colorado"

You are invited to a
Wolhurst Residents Only
Thanksgiving Dinner

Saturday, November 19th

Shut-in Meals will be delivered between 4-4:30 p.m.

Only one Sit Down Dinner will begin at 5:00 p.m.

NO TAKE-OUTS!

YOU MUST SIGN UP BY MONDAY, NOVEMBER 14th

Sponsored by Wolhurst Women's Club



**From the
Manager
Lon Loomis**

303-795-0777 Email wolhurst@gmail.com

MANAGER'S BRUNCH: Saturday, December 17th, 11:00 a.m. to 12:30 p.m. Or until the food runs out.

OFFICE CLOSURES: 24th, 25th, and 26th of November (Thursday, Friday, & Saturday). Contact Lon at home with any emergencies.

LOCKED DOORS: The basement door is now locked and the key removed from the immediate area. The outer door to the exercise room will now be locked at night. This is the unhappy result of two recent incidents in these areas. Keys are available for temporary checkout in the office.

TELEPHONE BOOK CORRECTION:
Space #315 Susan Schwab 309-338-0110

WINTER IS COMING: Check your home and vehicles. Ensure that they are winterized.

**Wolhurst Homeowners Association
(WHOA)
2016 OFFICERS**

President.....Mo Moulton
Vice President.....Bob Moulton
Secretary.....Caroll Issac
Treasurer.....Dan Gohr
Directors: Dee Espinoza, Red Janusch, John Issac, Carol Polcaro, Gari Reed and Bobbi Shimpa

as my term begins to come to an end I want to say thank you to everyone that served with me on the board and everyone in the community. It was fun and I hope I made a difference for the park.

I hope everyone enjoyed and partook in Spooky Hollow this year.

Thank you to everyone who came to the WHOA general meeting and took part of the electing of new officers we were able to fill all positions except we are still looking for a secretary so any of you out there that would like to be part of the board let me know. 303-476-0332.

Your new board members for next year are:

President: Bill Aneme

Vice President: Gari Reed

Tresurer: Susan Schwab

Secretary: Still Looking

Directors: Carol Polcaro, Bob Moulton, Dee Espinoza, Vera Igou, Renee White

That's all I have for this month.

As always until next month stay safe, happy and healthy,

~Mo Moulton, President

**WOLHURST MEN'S CLUB
2016 OFFICERS**

President.....Dave Nelson
Vice President.....John Isaac
Secretary.....Red Janusch
Treasurer.....Dan Gohr

The Men's Club met on September 19th and as is common for this group, many high-level issues were discussed and there was recognition and celebration for the completion of the cedar fence and screening that was placed surrounding the pavilion. More ideas were kicked around for the usage of the remaining \$900 of the city grant. Keep your eyes focused around the picnic area to see what plans will be or have been implemented.

You may have noticed the carefully wrapped blue item alongside the clubhouse near the exercise room. It is the kitchen vent hood which was secured by members of the Men's Club and purchased by the office which will likely be placed above the cook stove sometime after the holidays.

This willing bunch of service-minded men are always looking for low-cost/minimal-labor ideas to act on to better the park. Feel free to bring things to the attention of any man in the park and ask if they are part of the Men's Club. If they are, ask them to bring your idea(s) to the next meeting and, if they say they are not part of this illustrious group, ask them why they are not.

New members always welcome!!!!

More to come from the group that **"Make Things Happen!"**

~Dave Nelson, President

**WOLHURST WOMEN'S CLUB
2016 OFFICERS**

President.....Jodie Lynrup
Vice President.....Lynn Varner
Secretary.....Sue Humphries
Treasurer.....Patti Dolberg

The 1st Thursday of October our club members walked into a beautifully decorated room complete with fancy autumn pumpkins, colorful floral arrangements, unique centerpieces and twinkling lights. Quite something!

After the Pledge of Allegiance, Lynn Varner led us in a prayer. Happy Birthday was sung to Robbie Leonard, followed by a "comfort food" lunch. It amazes me that our ladies bring such a variety of delicious dishes.

Lynn Varner brought in "color me in" paper pumpkins and colored pencils. The finished projects were judged, winners were Candy Shelton and Cheryl Harrington.

New business began with Gari Reed giving us further details of Spooky Hollow and what was expected of the Women's Club at the pavilion the scary night of October 22nd.

Members filled out a 'Are You Interested?' questionnaire. Positive responses included:

- Day trip to a casino
- Watching a Bronco game together at the clubhouse
- Helping with our annual Thanksgiving dinner for Wolhurst residents
- Redecorating the women's bathroom
- Riding the Light Rail into downtown Denver for lunch

The **Women's Club Annual Free To Residents only Thanksgiving Dinner** will take place on November 19th. The **shut-in meals** will be delivered between **4 and 4:30 p.m.** Please have your porch light on and answer the door. They will identify themselves if need be. The **sit-down dinner is at 5 p.m. only.** There will be no take-outs. By this we mean **DO NOT** come into the kitchen asking for your meal "to take out" instead of sitting in the dining hall and waiting like everyone else.

We need people to cook the turkeys, mashed potatoes and sweet potatoes. Everything else is prepared in the kitchen.

THE DEADLINE TO SIGN UP IS MONDAY, NOVEMBER 14TH FIRM. PLEASE DO SO BY THEN!

~Jodie Lyndrup, President



- November 01 - Andy Fuller
- November 02 - Jim Lemons
- November 03 - Gail Marsh
- November 04 - Jean King
- November 05 - JoAnn Mompher
- November 06 - Wayne Kraft
- November 06 - Betty Ross
- November 07 - Irene Lemons
- November 10 - Mary Fox
- November 10 - Pat Roberts
- November 12 - Marty Boen
- November 12 - Leah Dennis
- November 13 - Kermit Seitz
- November 14 - Tim Ausmus
- November 15 - Alyce Nesvacil
- November 16 - Nadine England
- November 16 - Lois Mouchet
- November 18 - Lori Brekke
- November 18 - Diane Shepherd
- November 18 - Linda Sulzman
- November 19 - Joyce Helpfrey
- November 20 - Rich Roorda
- November 24 - Jeff Johnson
- November 24 - Terry Stearns
- November 24 - Kandi Turner
- November 25 - Judy Colwell
- November 25 - Leonard Longstaff
- November 26 - Jean Houk
- November 27 - James McHan



- November 14, Elmer and Nancy Horner
- November 15, Red and Mariam Janusch

**Sellers and Buyers
PICK "THE LEMONS"**





Irene:
720-202-4568

Jim:
720-202-4569

#328 Wolhurst

Let Us Help You Sell Your Mobile Home

SENIORS STAYING INDEPENDENT

9 Facts About Aging That Will Get You Excited from the *Huffington Post*



Aging brings sore joints, turkey necks, “senior moments” and sagging bodies. Sounds pretty dismal, right? It would - if that represented the complete picture. In actuality, growing older for most people isn’t all that bad, even in our youth-obsessed culture. In fact, it can be quite spectacular on many fronts. Below are some aging facts that will make you feel great about the number of candles on your cake!

1) **You most likely are happier than you used to be.**

One recent study found that people were most joyful in youth and then again in their 70s and early 80s. They were least happy during middle age. A similar study out of the University of Chicago found that levels of happiness climbed between the ages of 65 and 85 - and beyond. Why? Some experts believe it is because older people can tap into the toolbox of social and emotional instincts they’ve built with experience. “It’s a very encouraging fact that we can expect to be happier in our early 80s than we were in our 20s,” Andrew J. Oswald, a professor of psychology at Warwick Business School, told the *New York Times*. “And it’s not being driven predominantly by things that happen in life. It’s something very deep and quite human that seems to be driving this.”

2) **In some ways, your mind may be sharper.**

A University of Illinois study found that older air traffic controllers excelled at their mentally tough jobs — and performed as well as younger peers — because they were so good at navigation and at handling several airplanes at once. In short, they were able to overcome any weaknesses by tapping into their wealth of experience. For those of you worried about staying sharp, challenge your brain by performing mental exercises and don’t buy into the negative stereotypes associated with aging and memory.

3) **You can handle social conflicts more effectively.**

A University of Michigan study found that older people are better at reasoning when it comes to social dilemmas and conflicts. When presented with various stories about conflict, they specifically are more adept at understanding different perspectives, suggesting compromises and coming up with several reasonable resolutions.

4) **Your vote counts more than ever.**

In the November 2010 election, about 61 percent of citi-

zens age 65 and older cast ballots; the best turnout of any age group! As the ranks swell, even more, older people will have a lot more clout in the years to come than ever before.

5) **You are probably enduring fewer migraines. (if this were only true for me, says Karie)**

Studies show that migraines become less frequent and less severe as you age. Indeed the nausea, vomiting, sensitivity to light and other symptoms seem to subside as you grow older. Migraines are most common between your teenage years and the age of 50.

6) **You aren’t nearly as stressed as you used to be.**

No doubt everyone experiences stress, no matter what their age. But the good news is that people over 65 report having less stress. Although they do cite health concerns, worries about work, money, and family subside. Meanwhile, those between the ages of 35 and 49 are the most stressed, followed by people aged 25 to 34.

7) **Your marriage is stronger.**

Studies have discovered that marriage gets better in old age. One reason is that long-time couples learn how to express more affection, especially after the kids leave home. Another reason is that the stresses of marriage in middle age actually brought couples closer together as the years went on. Being happily married is definitely a good thing as satisfied couples are more likely to enjoy better mental and physical health than their not-so-happy friends.

8) **You like your job more.**

In one recent study, 92 percent of workers aged 50 or older report being very or somewhat satisfied with their job. Compare that with those under 30; only 80 percent of this group reports the same thing. Only 38 percent of young adults admit being very satisfied with their work, while 63 percent of those 65 and older say they are deeply satisfied. Why the difference? Experts say it’s most likely because older workers have already made it up the corporate ladder to positions they enjoy more.

So don’t fret over getting older, celebrate it – it’s a good thing!



BITS & PIECES....

WHEW!! Spooky Hollow is over and was a tremendous success with approximately 250 going through the hollow. I have never seen so many kids in the pavilion as there were that night. Plus all the adults. It was quite a sight as I came out of the hollow to tell Bill we were ready to go. The people were lined up as far as I could see and the golf carts all lined up also. WOW!

A **very special Thank You** to Joe Kardas who stepped in and set the miles of electrical cords in place. Joe very graciously put up with me, even though I drove him nuts. But we learned so much about doing things better and differently next time. I would also like to thank everyone for their donations, without which we could not function. **To ALL the volunteers a hearty "WELL DONE AND THANK YOU!"** Thank you to Candy in #6 for getting the lights donated by Home Depot, both the Highlands Ranch and the Belleview stores.

We learned a whole lot of things and have some great ideas for next time.

MEDICAL ALERT... One of our residents would like for you to know about the deadly results of taking the drug "Compazine." It is used to treat nausea and vertigo. It has some serious side effects and should not be taken by the elderly, people with a low white blood cell count, cardiovascular disorders, those with glaucoma or extreme heat exposure. If you take this drug, please discuss with your doctor.

NOTICE... To the person or probably persons that took our computer out of the clubhouse. This is not petty theft, it is larceny and subject to prosecution. Sure, ha, ha, ha. it up...the minute you got on the internet, you left a forensic footprint, which can be traced right back to you. So when an Arapahoe County Deputy comes knocking on your door, you'll know why.

COMMUNICATION BOARD... There are rules and regulations in force regarding posting on the board. Maximum size is 8.5 x 5.5 (half of a sheet of paper), with name and lot number noted. For those posting for services there is no time limitation, but must be posted on the left side of the board. No posting in areas reserved for Wolhurst organizations. Residents selling stuff same as above applies except posting can only be up for 45 days.

~Gari Reed, Editor



CLASSIFIEDS

LOOKING FOR SOMEONE to share my home. Non-smoking, non-drinking christian. Female 65-75 years of age. Call 720-283-4310. (Wolhurst resident)

WANTED - The Monday Bridge Group welcomes new players. Our Thursday group will help you "brush up" on your skills. Call Jodie at 303-795-0339 #153 for more info.

WHAT TO DO WITH OLD AMERICAN FLAGS? Take them to Dee Espinosa #116 and she will see that they are properly destroyed. Thank you.

IN NEED OF A NOTARY? Call Patti 303-795-1350 (resident).

- **THINKING ABOUT SELLING YOUR MOBILE HOME?**
- **HAVE QUESTIONS ON WHERE TO START?**
 - **CALL JIM AND IRENE LEMONS**
 - 720-202-4568**
 - WOLHURST #328**
- **LET US HELP YOU SELL YOUR MOBILE HOME!**

WOULD YOU LIKE HELP SELLING YOUR MOBILE HOME?





LET R@D SALES GIVE YOU
THE HELP YOU NEED.
CALL RED AT 303-794-4925 OR
DAN AT 303-794-4494
YOU WILL BE PLEASED WITH
OUR EXPERT SERVICE.

In Park Services: *by George*

- Computer Help • Photography
- Guitar, and/or Bass Guitar Instructions
- Swamp Coolers ~ Spring Prep for Summer
- ~ Fall prep for winter

Call George at 303-386-6908 or email george@wolhurst.com

NOVEMBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DON'T FORGET TO SIGN-UP FOR THE RESIDENTS ONLY FREE THANKSGIVING DINNER BY <u>MONDAY, NOVEMBER 14TH FIRM!!!</u></p>		<p>1 TRASH DAY Craft Group 1 p.m. Pinochle 6 p.m. WHOA BOARD 7 P.M.</p>	<p>2 Exercise 10 a.m. Bible Fellowship 11a.m.</p>	<p>3 WOMEN'S CLUB 11:30 A.M. Bridge 1 p.m. Pinochle 6 p.m.</p>	<p>4 Exercise 10 a.m. Canasta 6 p.m.</p>	<p>5 TOPS 9:00 a.m.</p>
<p>6 </p>	<p>7 Exercise 10 a.m. Bridge 12:30 p.m.</p>	<p>8 TRASH DAY <u>VISITING NURSES</u> Craft Group 1 p.m. BINGO 2 P.M. Pinochle 6 p.m.</p>	<p>9 Exercise 10 a.m. Bible Fellowship 11a.m. Poker 7 p.m.</p>	<p>10 Bridge 1 p.m. Pinochle 6 p.m.</p>	<p>11 Exercise 10 a.m.  Canasta 6 p.m.</p>	<p>12 TOPS 9:00 a.m.</p>
<p>13</p>	<p>14 Exercise 10 a.m. Bridge 12:30 p.m.</p>	<p>15 TRASH DAY GAZEBO DEADLINE Craft Group 1 p.m. Pinochle 6 p.m.</p>	<p>16 Exercise 10 a.m. Bible Fellowship 11a.m. MEN'S CLUB 7 P.M.</p>	<p>17 Bridge 1 p.m. Pinochle 6 p.m.</p>	<p>18 Exercise 10 a.m. Canasta 6 p.m.</p>	<p>19 Thanksgiving  Dinner 5:00 p.m.</p>
<p>20</p>	<p>21 Exercise 10 a.m. Bridge 12:30 p.m. CSFP FOOD BOX 1:00 P.M.</p>	<p>22 TRASH DAY Craft Group 1 p.m. BINGO 2 P.M. Pinochle 6 p.m.</p>	<p>23 Exercise 10 a.m. Bible Fellowship 11a.m. Poker 7 p.m.</p>	<p>24 </p>	<p>25 Exercise 10 a.m. Canasta 6 p.m.</p>	<p>26 TOPS 9:00 a.m.</p>
<p>27</p>	<p>28 BLOCK CAPTAINS MEETING 9:30 A.M. Exercise 10 a.m. Bridge 12:30 p.m.</p>	<p>29 TRASH DAY Craft Group 1 p.m. Pinochle 6 p.m.</p>	<p>30 Exercise 10 a.m. Bible Fellowship 11a.m.</p>	<p>On October 31st there were only 54 shopping days until Christmas. According to the stores, the holiday shopping season began two months ago! OH YEA!</p>		