

# The Golden Gazette October 2017

A monthly newsletter from the Whitefish Community Center

## More Yoga!

We are thrilled to announce that WCC will be offering Tuesday evening yoga, starting October 3. Our current (& wonderful) instructor, Betty Kuropat, will continue her Tuesday morning sessions at 9:30 am. Then she will turn around and come back for evening sessions starting at 5:30 pm. We know that a lot of you work or have other important obligations during the day. This is designed just for you! Not an early bird? Come join us in the evening.

Evenings will be Hatha Yoga, slightly different and slightly more challenging than the gentle morning class. One evening a month (usually the last Tuesday) will be Restorative Yoga. This consists of relaxing poses using “props” such as blankets, firm pillows, and foam blocks to support our bodies. Both styles are suitable for

beginners with the modifications and instruction that Betty can provide.

We hope you are as excited as we are about this new offering. If you have questions, call 862-4923. No sign-up is necessary. Bring a mat or strap if you have it. No yoga equipment? No problem. Just come on down and we will take care of your needs.



## August Trip to Big Mountain

Despite the smoke from multiple forest fires, a group of 12 brave souls took the gondola to the top Big Mountain on August 16. The air at the top was easy to breathe, however the smoke did put a damper on any scenic photos. We lunched, we wandered, we chatted, we picked huckleberries, and then we took the tram back down the hill. It turned out to be a delightful day, and we hope to make this an annual trek.



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5064 Whitefish Stage Road

Whitefish, MT

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## Go electronic!

In an effort to reduce our cost of postage, please consider having the newsletter e-mailed to you on a monthly basis.

Call Kathy or Kim at 862-4923 to provide a current e-mail address.

The Whitefish Community Center thanks you!

# Healthy Aging

**The National Institute on Aging** reports that people in the U.S. are living longer than ever before. Many seniors live active and healthy lives. But there's no getting around one thing: as we age, our bodies and minds change. There are things you can do to stay healthy and active as you age – see these life boosters:

- ◇ Eat a balanced diet
- ◇ Keep your mind and body active
- ◇ Don't smoke
- ◇ Get regular checkups
- ◇ Maintain a healthy weight
- ◇ Limit your alcohol drinking (one a day for women, two for men)
- ◇ Practice safety habits to avoid accidents and prevent falls

Games, crafts, and similar activities may protect an aging brain. Even in your 70s and beyond, simple things like playing bridge and socializing can fight off mental decline. You don't have to spend your life savings on fancy gadgets or classes to keep brain cells active.

**The National Alzheimer's Association** reports there are five types of activities that are thought to help keep the mind sharp: using a computer, making crafts, playing games such as chess or bridge, going to the movies, and reading books. Those who engage in any of these activities at least once a week are 20% to 30% less likely to develop memory problems.

The following information was gathered from the book *A World Never to be Young Again* by Dr. Marvin Kaiser and presented at a recent presentation given by Lisa Sheppard, Kalispell AOA Director.

- ◇ U.S. adults age 65+ are 14.5% of the population and growing, as 10,000 Baby Boomers turn 65 each day.
- ◇ Montana is aging faster than the rest of the nation.



- ◇ 17% of Flathead County residents are 65+.
- ◇ The average age of older adults in the Flathead is 73, and 52.2% of those are female.
- ◇ 51.5% are part of a married couple; 44% live alone.
- ◇ 92.2% have Social Security Income (1 in 3 Montanans rely on this monthly check).
- ◇ By the year 2025, 27,000 Montanans will have Alzheimer's, the 6th leading cause of death in the country.
- ◇ How we perceive aging affects our longevity, our overall health and our well-being.
- ◇ Increasing healthy habits reduces depression, boosts memory and adds years to your life.
- ◇ The key phrase is AGING IS AWESOME (repeat after me).
- ◇ You can be lonely in a crowd, so contact and connection are important.
- ◇ Communication, information, social participation, and respect help us to grow.
- ◇ Participation means: We need to lead. We need each other.
- ◇ We have the time, talent, expertise and perspective to be decision-makers and to make sure our community supports people of all ages.

# Menu & Activities

## October 2017

MON	TUE	WED	THU	FRI
<b>2</b> Baked chicken breast; au gratin potatoes; veggies; Hawaiian roll; sliced apples	<b>3</b> Yoga: 9:30 am Exercise Class: 11:00 am Pinoche/Mahjong: 1:00 pm  Beef burgundy over rice; veggies; dinner roll; dessert	<b>4</b> Tai Chi: 10:00 am  Salisbury steak; mashed potatoes and gravy; veggies; dinner roll; dessert	<b>5</b> Tai Chi: 10:00 am Exercise Class: 11:00 am  Cheeseburger on a whole grain bun; sliced pickles; red potato salad; lettuce, tomato, onion; fruit yogurt	<b>6</b> Beef taco; lettuce, tomato, onions, sour cream, taco sauce and cheese; Mexicali veggies; blueberry muffin
<b>9</b> <b>COLUMBUS DAY</b>	<b>10</b> Yoga: 9:30 am Exercise Class: 11:00 am Pinoche/Mahjong: 1:00 pm Immunization Clinic: 1:30-4pm Hearing Aid Service: 1:00pm  Beer brats on whole grain bun; diced onions; mustard; sauerkraut; parsley potatoes; sliced apples	<b>11</b> Tai Chi: 10:00 am  Hearty chili w/ onions; cheese & sour cream; garlic cheese biscuit; dessert	<b>12</b> Tai Chi: 10:00 am Exercise Class: 11:00 am  Baked chicken; scalloped potatoes; veggies; buttermilk biscuit; peaches	<b>13</b> Birthday Party! Breaded pork w/mashed potatoes and gravy; veggies; dinner roll; dessert
<b>16</b> Beef meatballs; brown gravy; rice; veggies; muffin; mixed fruit	<b>17</b> Yoga: 9:30am/5:30pm Exercise Class: 11:00 am Pinoche/Mahjong: 1:00 pm  BBQ riblet; au gratin potatoes; veggies; dinner roll; dessert	<b>18</b> Tai Chi: 10:00 am  Beef pepper steak; peppers, onions, tomatoes; steamed rice; garlic cheese biscuit; dessert	<b>19</b> Board meeting: 8:30 am Tai Chi: 10:00 am Exercise Class: 11:00 am Toe Nail Clinic: 3:30 pm  Roast turkey; whipped potatoes; homemade gravy; veggies; dinner roll; applesauce	<b>20</b> Tuna noodle casserole; veggies; buttermilk biscuit; dessert
<b>23</b> Chicken fried steak; country gravy; whipped spuds; veggies; croissant roll; sliced apples	<b>24</b> Yoga: 9:30am/5:30pm Exercise Class: 11:00 am Pinoche/Mahjong: 1:00 pm  Hamburger stew; pickled beets; buttermilk biscuit; dessert	<b>25</b> Tai Chi: 10:00 am  Cheeseburger w/ grilled onions; potato wedges; veggies; dessert	<b>26</b> Tai Chi: 10:00 am Exercise Class: 11:00 am  Beef stroganoff over noodles; veggies; dinner roll; mixed fruit	<b>27</b> Chicken alfredo fettuccini; veggies; wheat roll; dessert
<b>30</b> Monday Movie Madness: 11:30  Swiss steak over brown rice; peppers, onions tomatoes; buttermilk biscuit; applesauce	<b>31</b> Yoga: 9:30am/5:30pm Exercise Class: 11:00 am Pinoche/Mahjong: 1:00 pm  Spaghetti w/meat sauce; green beans; garlic toast; dessert			<i>Lunch reservations are required. Call 862-4923 or stop by the Center the morning before.</i>

# WHITEFISH Community Center

121 East 2nd Street

Whitefish, Montana 59937

Open from 9 am to 2 pm weekdays

Phone: 406-862-4923

E-mail: [WhitefishCommunityCenter@montanasky.net](mailto:WhitefishCommunityCenter@montanasky.net)

Facebook: [WhitefishCommunityCenter](https://www.facebook.com/WhitefishCommunityCenter)

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The Whitefish Community Center offers a “user friendly” space for young and old alike. We host and sponsor many activities and programs for “experienced” adults who are young at heart.

The Center is also an affordable and conveniently located rental space for receptions, club meetings, banquets, parties, reunions and fundraisers. Stop by, say “hello,” and see what we’re all about.



## Lunch and a movie

Beginning Monday October 30, our community center will feature a monthly "Lunch and Movie Magic" for an affordable \$5.00 per person. This activity will fall on the LAST MONDAY of each month. Join us for a wonderful meal, then stay to enjoy a matinee while digging into movie house candy. Call the center at 406-862-4923 to find out the name of the DVD of the month and the lunch selection for the day.

We have a fine collection of films that you can enjoy from 12:30 noon to 2:00 pm, and there’s an alphabetical list posted on the DVD cabinet near the television. There is also an available wish list for those of you who would like to view a favorite movie. See Kathy or Kim for additional details!



## It’s a Birthday Party!

We all love a good gathering, and we all have birthdays. So, starting this month, we will have a “come one, come all” monthly birthday party for everyone whose birthday occurs that month. The celebration will be held at 12:30 p.m. on the 15th of each month. (If the date falls on a Saturday or Sunday, the party will be held the preceding Friday.)

This month, all October babies will be honored, and, of course, everyone is invited.

Consult this newsletter to see who is having a birthday and come join the frivolity.

The Whitefish Community Center will provide cake and ice cream and GAMES.

So, mark your calendar now for Friday, October 13!

## October Birthdays

- Sybil Kinonen: October 2
- Jean Phillips: October 2
- Barbara Saunders: October 3
- Ronnie Budge: October 7
- Dick Fee: October 9
- Betty Schwegel: October 9
- Elizabeth Martinez: October 11
- Richard Boule: October 15
- Ray Boksich: October 16
- Lorraine Brainerd: October 25
- Peggy Petersen: October 25
- Ralph Ammondson: October 27
- Mike Kinne : October 31
- Leslie Rogers: October 31

