

# The Golden Gazette April 2018

A monthly newsletter from the Whitefish Community Center

## Whitefish Author Publishes Book #4

The published works of Sandra Bellissimo (nom de plume Tammy Valerio) have been described as essays that inform, inspire, entertain, and surprise. Readers have remarked that Tammy's articles can make one laugh, think, question, and stretch the imagination.

*Scraps: My Patchwork Thoughts Over the Years* — Tammy's fourth book — is a must-read for baby boomers and those looking for truth in



aging. The stories are like having a lunch conversation with friends and discussing everything from weight loss to chin hairs. Topics range from marriage, role models, and aging gracefully (or not) to intimacy (or lack thereof).

Tammy is a member of the Whitefish Community Center, where she enjoys weekly exercise classes and

Tai Chi instruction. She's been married for almost three decades and retired at age 62 to concentrate on writing. Her hobbies are reading, target practice, and walking on her treadmill as reruns of *The Golden Girls* play in the background. She is also very fond of her German shepherd and tabby cat.

Tammy has been published in *Montana Woman* magazine, *406* magazine and the *Chadron Record* newspaper. She has also successfully published three Ebooks on Amazon Kindle. They were promoted as the *Mascara Memoir Trilogy* by Ja'Nee Newman.

In her latest book, *Scraps*, Tammy delves more deeply into the wonders and mysteries of life passing by.

The book is available for download on [amazon.com](http://amazon.com) for \$3.99 and you can view the author's page at [www.amazon.com/author/tammyvalerio](http://www.amazon.com/author/tammyvalerio).

This charming and easy-to-follow book was edited by Kathy L. Hahn, a former Whitefish resident. For more on Kathy's editing services, visit [www.increditor.wixsite.com/home](http://www.increditor.wixsite.com/home)

Settle in, relax and enjoy sharing Tammy's thoughts! Feel free to contact Sandi at [bellissimomont@centurytel.net](mailto:bellissimomont@centurytel.net), making certain to type SCRAPs into the subject line.

A Special Thanks To

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## 2018 Great Fish Challenge: Will We Get It?



The Whitefish Community Center has applied to participate in the Whitefish Community Foundation’s Great Fish Challenge. We have seen the excitement swirling around us in the past several years and have taken the plunge!

This is big news! What does it mean? It means we sit patiently and wait until the foundation announces which nonprofits have been chosen to participate in this 2018 fundraiser. If we are selected, we will work

like crazy to raise \$5000 between July 26 and Sept 14, 2018. If we succeed in raising that sum, we will be eligible for percentage matching grant money from the foundation.

I hope you are as excited as we are. This is a great opportunity to raise money for the Whitefish Community Center. Stay tuned in the next newsletter for more information.

## AARP Offers Tax Preparation

Again this year we are pleased to announce free, in-person tax preparation through AARP Foundation Tax-Aide. Here are the specifics:

- Experts are available Tuesday through Thursday from 9 am to 6 pm.
- Appointments are required. Call 406-407-8355.
- You must travel to the AARP office in Kalispell at Gateway Community Center. Address is 1203

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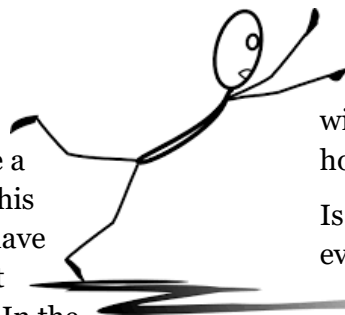
- This service is available to taxpayers of all ages.
- Membership in AARP is not required.
- Volunteers are IRS certified every year.

So, set up that appointment, gather all your receipts



## Afraid of Falling?

Yes, most of us are afraid of falling. However, the Dutch have a new “take” on how to deal with this troubling aspect of aging. They have instituted classes for seniors that teach them how to fall correctly. In the beginning, the students fall from their knees, then advance to falling from a chair, and finally learn to take a tumble from standing. All of the practice falls happen on big, thick, shock-absorbing mats in a gymnasium. Continuing their instruction, obstacle courses are set up for the students to navigate



without falling. If they should fall, they have learned how to fall correctly to avoid injury.


Is it a cure-all? No. But classes are popping up everywhere with no sign of waning interest.

Instructors are registered physio and occupational therapists.

It only makes sense to try to conquer this fear, as life spans are longer and most folks want to age in place in their own home. And on the flip side, these classes are fun! Lots of laughing and socialization takes place at each session.

# Menu & Activities

## April 2018

MON	TUE	WED	THU	FRI
<b>2</b> Ping Pong 9-2 Knitting 2-4  Sloppy joes on a bun; potato wedges; veggies; dessert	<b>3</b> Yoga: 9:30 am and 5:30 pm Exercise Class: 11 am Game Day: 1 pm  Swedish meatballs over pasta; veggies; cheesy garlic biscuit; dessert	<b>4</b> Taco salad: lettuce, tomato, onion, cheese, sour cream, taco meat & sauce; tortilla strips; muffin	<b>5</b> Exercise Class: 11  Hot pork sandwich w/whipped potatoes & gravy; veggies; dessert	<b>6</b> Chicken alfredo primavera; parmesan cheese; buttermilk biscuit; dessert
<b>9</b> Ping Pong 9-2  Pork cutlet; mashed potatoes w/gravy; veggies; dinner roll; dessert	<b>10</b> Yoga: 9:30 am and 5:30 pm Exercise Class: 11 am Game Day: 1 pm Hearing Aid Help: 1 pm Shots: 1:30-4:00 pm  Spaghetti w/meat sauce; veggies; garlic toast; dessert	<b>11</b> Salisbury steak; brown gravy; hashbrowns; veggies; dinner roll; dessert	<b>12</b> Exercise Class: 11  Baked cod; scalloped potatoes; veggies; croissant; dessert	<b>13</b> April birthday party! Lunch @11:30 Party @ noon  BBQ riblet; baked potato; veggies; muffin; dessert
<b>16</b> Ping Pong 9-2 Knitting 2-4  Beef dijonnaise; brown rice; veggies; dinner roll; dessert	<b>17</b> Yoga: 9:30 am and 5:30 pm Exercise Class: 11 am Game Day: 1 pm  Salisbury steak; mashed potatoes w/gravy; veggies; dinner roll; dessert	<b>18</b> Baked chicken; mashed potatoes w/gravy; veggies; buttermilk biscuit; dessert	<b>19</b> Exercise Class: 11  Roast beef sandwich; chicken soup; crackers; potato salad; dessert	<b>20</b> Chicken cutlet; au gratin potatoes; veggies; dinner roll; dessert
<b>23</b> Ping Pong 9-2  Polish sausage on a bun; sauerkraut w/mustard; parsley potatoes; dessert	<b>24</b> Yoga: 9:30 am and 5:30 pm Exercise Class: 11 am Game Day: 1 pm  Beef stroganoff over rice; veggies; salad w/ranch; corn muffin; dessert	<b>25</b> Spaghetti w/meat sauce; tossed salad w/ranch; parmesan cheese; garlic toast; dessert	<b>26</b> Exercise Class: 11  Chicken fried steak; country gravy; whipped potatoes; veggies; dessert	<b>27</b> Baked ham; sweet potatoes; veggies; cornbread; dessert
<b>30</b> Ping Pong 9-2  Beef burgundy; rice pilaf; veggies; dinner roll; 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)

[www.WhitefishCommunityCenter.org](http://www.WhitefishCommunityCenter.org)

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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.



## It's a Birthday Party!

Again, in April, we continue with our monthly birthday party. This time we will celebrate on Friday, April 13.

Remember to call ahead if you want to join us for lunch at 11:30. (Suggested price is \$4 for seniors.) The menu will be BBQ riblet, baked potato, veggies, muffin, and dessert.

If you want to join us just for the cake and comradery, please arrive at noon. We love having a large group, so spread the word and bring a friend. You only get one birthday per year and it is meant to be shared!



## March Birthdays

- Lois Schwegel: April 1
- Maja Tregidga: April 2
- Wendy Tinkler: April 3
- Paula Stephenson: April 7
- Marcia Sheffels: April 13
- Bob Lockman: April 15
- Allyce Street: April 15
- Carolyn Pfrimmer: April 16
- Betty Kuropat: April 18
- Penny Horner: April 29

**April's Birthday Party will be held on Friday, April 13.**

## National Volunteer Appreciation Week

April 15-22 is officially the week to show volunteers how much they are appreciated. Volunteers are the heart and soul of Whitefish Community Center. They are kind, caring individuals who are willing to make the good of the Whitefish community a priority in their personal life. We are so fortunate to have an amazing group of people that come together to get our needed tasks accomplished. Thank you one and all.

