

The Golden Gazette December 2018

A monthly newsletter from the Whitefish Community Center

It's a Christmas Dinner, and you're invited!

On Thursday, December 20, we would love to have you join us for our annual Christmas dinner! We serve at 11:30 am, so plan to arrive around 11:15. The menu, as scheduled, is Yuletide Pot Roast, mashed potatoes and gravy, creamed peas and carrots, dinner roll, and pecan pie bars. A full house of members, friends, and volunteers would be the best way to enjoy our holiday dinner. To make your reservation, call 862-4923. Just leave a message if Kathy or Kim are not available.



A note



from Marvin Parker

The Springs in Whitefish is planning an Independent Senior Living apartment in the vicinity of their current Assisted Care and Memory Care facility, located at 1001 River Lakes Parkway. If you or someone you know would be interested, call Marvin Parker at 863-2682. He can provide information he has collected concerning the project. As soon as an official press release is available, we will share the information in our newsletter.

Book club will not meet in December. We wish everyone a Merry Christmas and hope to see you all in January, when the book to be discussed will be *Yellow Crocus* by Laila Ibrahim.

If you need immunization for flu, shingles, or pneumonia, the Flathead County Health Department will be at Whitefish Community Center on Tuesday, December 11, from 1:30 to 4:00 pm.

HUG ME!



A Special Thanks To

TOP COPY

For their generous donation of printing our monthly newsletter.

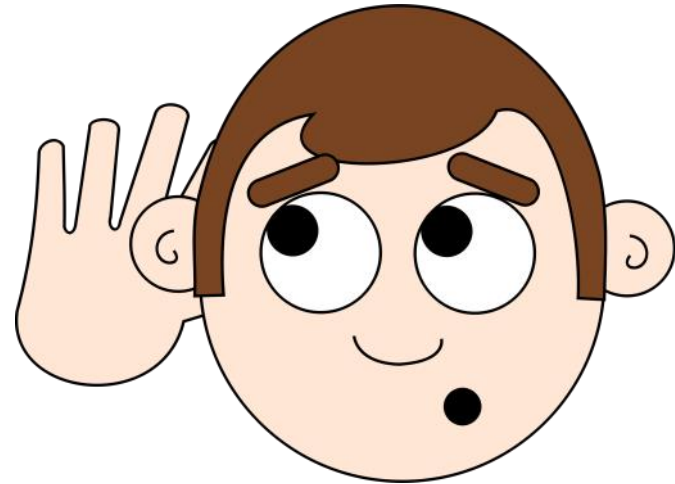
Be sure to send them your business!

Typesetting • Laser Printing • Labels • Full Color • Pick-up and Delivery

5064 Whitefish Stage Road, Whitefish, MT (406) 862-4010

Hearing Aids

What to Consider Before You Buy



Hearing loss is one of the most common chronic conditions among our aging population. Untreated hearing loss negatively impacts a person’s ability to stay connected to friends and family. With diminished hearing a person is also more likely to experience accidents, as a result of not hearing the environment around them.

Following are some tips to keep in mind before you buy.

1. Hearing aids cannot restore normal hearing. They can improve your hearing by amplifying sounds and helping you hear sounds you’ve had trouble with on the audio scale. Plan to allow time to get used to your new hearing aid. Your hearing aid success will be determined by your commitment to wearing them regularly and taking good care of them.
2. The style of hearing aid you purchase will be partly determined by your type and severity of hearing loss, as well as your budget. The most common types are:
 - Completely in the canal – CIC
 - In the canal – ITC
 - In the ear – ITE
 - Behind the ear – BTE

At this point, you will need a reliable audiologist to help make the best choice for your particular lifestyle and budget.

With modern technology come a number of optional features to choose from. Just a few are rechargeable batteries, wireless Bluetooth interface with your phone, remote controls, and variable programming.

It may be possible to have a trial period with your hearing aid. Ask, and be sure the terms are in writing.

Lastly, beware of misleading and false claims. There is not a hearing aid on the market that will restore your hearing to normal. But many products can improve your sense of well-being by allowing you to communicate with your environment, friends, and family in a more pleasurable and successful way.

Did you miss us?

Our Holiday Bazaar was a huge success! We had 22 vendors selling skin products, Christmas decor, women and children's clothing, photography, jewelry, candles, notecards, knitted items, candy, and essential oils to name a few. Keep your ears tuned to next year's event!



Menu & Activities

December 2018

MON	TUE	WED	THU	FRI
3 Knitting: 2-4 Chicken cutlet w/ mashed potatoes & gravy, veggies, roll, applesauce	4 Yoga: 9:30 Senior Fitness: 11:00 Game Day: 1-4 Salisbury steak w/ gravy, hashbrowns, veggies, dinner roll, dessert	5 Tai Chi practice: 10 Homemade chili w/ shredded cheese & diced onions, cornbread, dessert	6 Senior Fitness: 11 Baked meatloaf w/ mashed potatoes & gravy, veggies, butterflake roll, desesert	7 Ping Pong: 9-2 Stuffed Dover sole w/ scalloped potatoes, veggies, croissant, dessert
10 Ping Pong: 9-2 Pork pattie, mashed potatoes w/gravy, veggies, roll, applesauce	11 Yoga: 9:30 Senior Fitness: 11:00 Game Day: 1-4 Immunizations: 1:30- 4:00 Beef stew, pickled beets, buttermilk biscuit, dessert	12 Tai Chi practice: 10 Chicken noodle soup w/crackers, roast beef sandwich on whole grain bread, potato salad, dessert	13 Senior Fitness: 11 Baked chicken, scalloped potatoes, veggies, cheesy biscuit, dessert	14 Ping Pong: 9-2 BBQ pull pork on whole grain bun, potato wedges, coleslaw, dessert
17 Ping Pong: 9-2 Knitting: 2-4 Beef dijonaise over brown rice, veggies, roll, dessert	18 Yoga: 9:30 Senior Fitness: 11:00 Game Day: 1-4 Cheeseburger on whole grain bun, baked beans, potato chips, cookie	19 Tai Chi practice: 10 Taco salad, lettuce, tomato, onion, cheese, sour cream, taco meat, sauce, blueberry muffin	20 Board meeting 8:30 Senior Fitness: 11 Christmas Dinner 11:30 Toe Nail Clinic: 3 Yuletide pot roast w/ mashed potatoes & gravy, creamed peas & carrots, dinner roll, pecan pie bar	21 Ping Pong: 9-2 Baked cod, scalloped potatoes, veggies, croissant, dessert
24 Ping Pong: 9-2 Grilled chicken on whole grain bun, parsley potatoes, sliced carrots, dessert	25 CLOSED MERRY CHRISTMAS!	26 Tai Chi practice: 10 BBQ riblet, baked potato, veggies, corn muffin, applesauce	27 Senior Fitness: 11 Cream of broccoli soup w/crackers, sliced turkey sandwich on whole grain bun, pasta salad, dessert	28 Ping Pong: 9-2 Spaghetti w/meatballs & marinara sauce, green beans, garlic toast, dessert
31 Ping Pong: 9-2 Pork chops w/ mashed potatoes & gravy, veggies, wheat roll, dessert				<i>Lunch reservations are required.</i> <i>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: WhitefishCommunityCenter1@gmail.com

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

www.WhitefishCommunityCenter.org

Like us on
Facebook!

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.



Birthday Party and Champagne Toast

Monday, December 31

You are cordially invited to join us in celebrating all our December birthdays, and New Year’s Eve. This will be a different kind of birthday party, hors d’oeuvres instead of cake. We will sing happy birthday and Auld Lang Syne. Everyone will have a chance to make a champagne toast, if they wish. Please be sure to sign up in advance because we need to know



merriment.

If you are lunching with us, see the menu on page 3 and call to reserve a meal. As usual, lunch will be served at 11:30, and the celebration starts at noon. Hope to see you there!

December Birthdays

Pat Carter: December 1
Bill Beck: December 06
Bob Brown: December 11
Kim Baker: December 20
Bob Bennett: December 24

how much bubbly to have on hand. Sign up by calling 862-4923. There is no cost for all this

smarter snacking after all that holiday feasting

1. Check your hunger level: are you really hungry?
2. Check your fluid level: are you hungry or just thirsty?
3. Check portion sizes: start small
4. Check food labels: what calories are hiding there?
5. Focus on your snack while you’re snacking— not your phone!
6. Pay attention to what portion of your snack is good for you.
7. Grab some nuts: they’re a good snack in so many ways
8. Grab some veggies: they’re even better
9. Grab some fruit: now you’re talking
10. Grab a power drink like milk instead of soda. Bye, bye holiday blues!