

The Golden Gazette June 2018

A monthly newsletter from the Whitefish Community Center

Spotlight on Lois Linn

We are so pleased that Lois Linn and Whitefish Community Center found one another. She has been a joyful addition to our health promotion offerings.

Her free class is held every Tuesday and Thursday at 10:00 am.

Lois Linn is a Nutritious Movement™ certified Restorative Exercise Specialist and a life-long body nerd with a passion for problem solving. She loves helping people find joy and freedom from pain in moving their bodies through corrective exercise.

After breaking a vertebra on a ski trip, Lois started searching for answers to her ongoing back pain. This led her to massage school, where she loved learning about the body as well as getting so many regular massages. Later, she studied with a chiropractor who taught her many tricks and tips to keep the body working well. All of this was wonderful, but her pain persisted.

Finally she stumbled upon Nutritious Movement™ and the work of Katy Bowman. Katy's system of gentle movements and stretches worked like nothing else to heal her body and eliminate her longtime pain.

She knew she had to take her enthusiasm and share this work, so she studied for several years to become a certified Restorative Exercise Specialist and Certified Personal Trainer.

Because of this journey, her quality of life has increased significantly. Her back pain is almost completely gone. She feels more energized and inspired to move more and to move in fun and different ways.



Lois teaches the General Fitness classes at Whitefish Community Center on Tuesdays and Thursdays at 11:00 am, where she combines Restorative Exercise with standard fitness exercises. ***She teaches monthly workshops on specific issues and body parts*** (Happy Healthy Feet was the most recent one) and will soon be starting to teach regular classes at Bend Chiropractic in Whitefish. ***Lois is also available for private Alignment and Restorative Exercise sessions.*** You can learn more at www.AlignedforLiving.com.

Please join us at any one of these wonderful sessions and find out for yourself how Lois's work can help you!

A Special Thanks To

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For their generous donation of printing our monthly newsletter.

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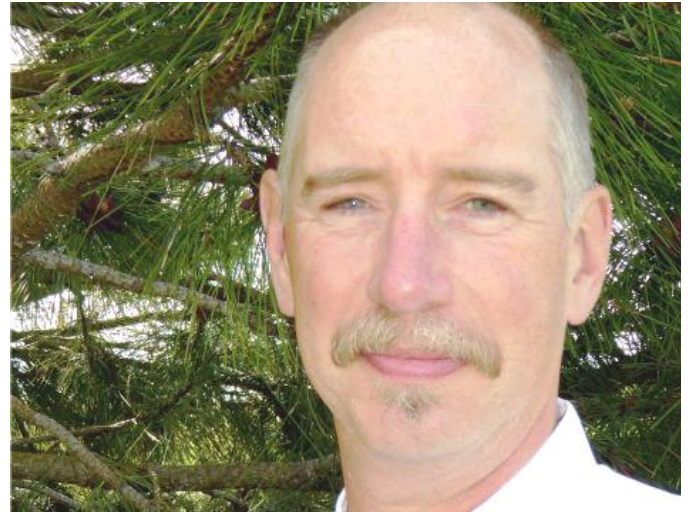
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Bear Aware!

On Wednesday, June 13, at 6:00 pm, Whitefish Community Center will offer an important “BEAR AWARE” program. This education is important for everyone, especially those who like to get outdoors and enjoy our lakes, rivers, forests, and trails. The presenter, Gary Moses, is an entertaining and very qualified educator.

Gary is a nearly 30-year award-winning veteran with the National Park Service. He retired in 2013 as a District Ranger in Glacier National Park, having previously worked in Yellowstone since the early 1980s.



Gary has experienced many diverse and complicated bear incidents. He has been introduced as “the person who has likely treated more bear attack victims and investigated more bear attacks than anyone in the continental U.S.” One of the more famous incidents was the 2005 attack and rescue of a father and daughter which was recreated on the ABC national television show “In An Instant”.

His duties have included all aspects of emergency operations, including park medic, and for nearly 10 years he was on a prestigious NPS Special Events Team responding throughout the country to emergency incidents, presidential visits, and natural disasters. In 2002 he was chosen to provide security while skiing alongside Olympic athletes at the Salt Lake City Olympics .He has received numerous awards, including in 2018, the highest honor, the Harry Yount Award, presented annually to only one ranger in the entire United States.

An avid outdoorsman, Gary’s current passions include bird hunting with his Labrador Retrievers, volunteering with Montana Fish Wildlife & Parks assisting in grizzly bear handling, and serving on the Montana Wetlands Advisory Council.



Menu & Activities June 2018

MON	TUE	WED	THU	FRI
<p><i>Lunch reservations are required.</i></p> <p><i>Call 862-4923 or stop by the Center the morning before.</i></p>				<p>1</p> <p>Baked cod, parsley potatoes, veggies, wheat tea roll, dessert</p>
<p>4</p> <p>Ping Pong 9-2 Knitting 2-4</p> <p>Chicken fried steak, country gravy, whipped potatoes, veggies, butter flake roll, peaches</p>	<p>5</p> <p>Yoga: 9:30 am and 5:30 pm Senior Fitness: 11 am Games: 1 pm</p> <p>Grilled chicken on a whole-grain bun, potato salad, veggies, dessert</p>	<p>6</p> <p>Tai Chi: 10</p> <p>Pork pattie, hashbrowns w/gravy, veggies, dinner roll, dessert</p>	<p>7</p> <p>Senior Fitness: 11 am</p> <p>Cheeseburger on a bun, potato wedges, baked beans, fruit cocktail</p>	<p>8</p> <p>Baked chicken, brown rice, veggies, croissant roll, dessert</p>
<p>11</p> <p>Ping Pong 9-2</p> <p>Salisbury steak, mushroom gravy, hashbrowns, veggies, dinner roll, dessert</p>	<p>12</p> <p>Yoga: 9:30 am and 5:30 pm Senior Fitness: 11 am Games: 1 pm</p> <p>Chicken fried steak, mashed potatoes w/gravy, veggies, roll, dessert</p>	<p>13</p> <p>Tai Chi: 10 Bear Aware: 6:00 pm</p> <p>Spaghetti w/meat sauce, green beans, garlic bread, dessert</p>	<p>14</p> <p>Senior Fitness: 11 am Birthday Lunch: 11:30 Birthday Party: noon</p> <p>Roast pork sandwich, mashed potatoes w/gravy, veggies, applesauce</p>	<p>15</p> <p>Book Club: 1-3</p> <p>Older Americans Picnic at the Fairgrounds 11:30-1:00. Dining room closed</p>
<p>18</p> <p>Ping Pong 9-2 Knitting 2-4</p> <p>Cheeseburger on whole-grain bun, cold salad, buttered corn, peaches</p>	<p>19</p> <p>Yoga: 9:30 am and 5:30 pm Senior Fitness: 11 am Games: 1 pm</p> <p>BBQ riblet, baked potato w/ sour cream, veggies, corn muffin, dessert</p>	<p>20</p> <p>Tai Chi: 10</p> <p>Taco salad w/lettuce, tomato, onion, taco meat, sauce w/sour cream, cheese, tortilla strips, dessert</p>	<p>21</p> <p>Senior Fitness: 11 am</p> <p>Sloppy Joe's, potatoes, veggies, tropical fruit</p>	<p>22</p> <p>Tuna noodle casserole, veggies, roll, dessert</p>
<p>25</p> <p>Ping Pong 9-2</p> <p>Chicken cutlet, mashed potatoes w/ gravy, veggies, dinner roll, dessert</p>	<p>26</p> <p>Yoga: 9:30 am and 5:30 pm Senior Fitness: 11 am Games: 1 pm</p> <p>Spaghetti w/meat sauce, veggies, garlic toast, peaches</p>	<p>27</p> <p>Tai Chi: 10</p> <p>Roast pork, mashed potatoes w/gravy, veggies, buttermilk biscuit, dessert</p>	<p>28</p> <p>Senior Fitness: 11 am</p> <p>Salisbury steak, hashbrowns, brown gravy, veggies, roll, dessert</p>	<p>29</p> <p>Baked chicken, rice pilaf, veggies, chees biscuit, dessert</p>

WHITEFISH Community Center

121 East 2nd Street

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Open from 9 am to 2 pm weekdays

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

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

Come celebrate with us on Thursday, June 14. The lunch menu is roast pork sandwich, mashed potatoes w/gravy, veggies, and applesauce. Call ahead to reserve your lunch, or come at noon for cake and singing. We would love to see your smiling face ... even if you don't have a June birthday!



As always, if you wish to join us for lunch, please make a reservation by calling 862-4923 at least one day ahead.

June Birthdays

Donna Bruner: June 10
Joyce Walkup: June 12
Dayle Vondal: June 14
Bill Schustrom: June 15
Ginger Theissen: June 15
Bob Brown: June 16
Connie Losleben: June 16
Becky Ruth Smith-Powell: June 23
Anita Welch: June 23
Vera Burk: June 26
Sigi Chamberlin: June 26
Celia Chambers: June 29

June's Birthday Party will be held on Thursday, June 14.

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We all know the importance of shopping “local”. Occasionally, however, there is a situation where Amazon meets our needs in some important way, and this huge online store also reaches out to nonprofits across the country in an interesting way. It offers half of 1% of your qualified purchases as a donation to the nonprofit of your choice. Whitefish Community Center has recently been approved and registered as one of those eligible nonprofits. Now we need you to select us as your nonprofit of choice.

The process is simple. Go to smile.amazon.com and select us as your charity of choice. Then, log into smile.amazon.com every time you place an order. You will have the same shopping experience and the same product offerings, but your account will have been upgraded to a smile account. Nothing else changes. Thank you for supporting us in this small way!

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