

The Golden Gazette March 2018

A monthly newsletter from the Whitefish Community Center

Easter Party (Grownups only)

Here we go again! A fun morning of games and prizes. We'll have an egg hunt, an egg toss, and a carrot toss. This year we will skip egg coloring and instead decorate Easter bonnets. The hats and materials will be provided.

What you need to know:

- Call 862-4923 to sign up no later than March 19! We must know in advance how many will be attending. If you do not register in advance, you will not have a hat to decorate.
- Event will be held Saturday, March 24, from 10:00 am to noon at the Community Center.
- Bring a basket for your own use in the egg hunt.
- Mature adults only, no children.



This will be our second annual Easter party. Last year's gathering was filled with fun, laughter, giggles, and smiles.

Don't forget to call 862-4923 to sign-up.

Mindfulness

It is a word we hear and see frequently now. Its source is in Buddhist teachings, but it has gained recent popularity throughout the Western world.

"Mindfulness" has a wide range of definitions. For the general purpose of this article, we will go with the psychological process of bringing one's attention to the experiences occurring in the present moment. Many of us, throughout our day, deal constantly with distractions that take us mentally away from what our project at hand may be. Some of

us allow ourselves to ruminate and worry, often about things that we cannot control. This form of emotional derailment impacts our lives in a negative way by making us less productive and less happy.

Mindfulness is such a huge subject that we cannot go into it in depth. But we can tell you that it starts with setting an intention to be mindful and training yourself to focus on the present. Give it a try and see where it takes you!

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

The 2018 Winter Carnival

Our royalty this year were Jon and Pat Carter, notable volunteers at Whitefish Community Center.

On February 1, we hosted a coronation and royal luncheon, honoring our Golden Knight and Golden Lady.

On Saturday the 3rd, it was off to the parade, entry number 6.

In case you are wondering, we ditched the crowns this year. The carnival theme was “Fly like an Eagle,” so the crowns were replaced by eagle hats with wings that flapped whenever our royalty pulled on their chin string. A fun time was had by all.



Eddie Edwards, infamous 1980s Olympic ski jumper, was our parade Grand Marshall. The parade pic shows Eddie Edwards standing beside Pat.

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 Hwy 2 W. - Southwest Entrance A – Space 50.

- 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 and documents, double check you have everything you need, and get on down there!



Membership Brings Privileges

Did you know that as a member of Whitefish Community Center you can participate in the “Care Call Reassurance” program for free? This is a once-daily call that comes to your land line or your cell phone to check on your well-being. You respond to the call by answering the phone and pressing a requested number. If you fail to respond, a neighbor or family member that you have chosen will be contacted. It can be arranged to fit your daily schedule - you choose the time of day to receive the call - and it can be turned off or on at your request.

We handle the application and management at Whitefish Community Center.

This service is not a pendant you wear around your neck. It does not contact police, fire, or ambulance. If you are interested in more information, call us at 862-4923.

Most of you reading our newsletter are members of Whitefish Community Center. Have you renewed your membership for 2018? It is still a bargain at only \$10 per year per person!

Menu & Activities

March 2018

MON	TUE	WED	THU	FRI
<p>Lunch reservations are required. Call 862-4923 or stop by the Center the morning before.</p>	 <p>EASTER PARTY FOR GROWN-UPS: SATURDAY, MARCH 24, 10 AM TO NOON</p>		<p>1 Beef taco w/lettuce, tomato, onions, taco sauce & meat; sour cream; cheese; Mexican veggies; muffin</p>	<p>2 Alaskan cod pattie; cheesy mac; buttered corn; dinner roll; dessert</p>
<p>5 Ping pong: 9am-2pm Knitting 2-4 Hamburger stew, pickled beets, buttermilk biscuit, fruit</p>	<p>6 Yoga: 9:30 am and 5:30 pm Exercise Class: 11:00 am Game Day: 1-4 pm Pork pattie w/mashed potatoes & gravy; veggies; roll; dessert</p>	<p>7 Dave's chili w/ shredded cheese & diced onions; crackers; cornbread; dessert</p>	<p>8 Exercise Class: 11:00 am 2EC Tax Credit Help: 11:15 am to 1:00 pm Beef dijonaise over brown rice; veggies; dinner roll; fruit</p>	<p>9 Baked pano-breaded cod; scalloped potatoes; veggies; muffin; dessert</p>
<p>12 Ping pong: 9am-2pm Sloppy Joe's on a bun; ranch & chive potatoes; veggies; roll fruit</p>	<p>13 Yoga: 9:30 am and 5:30 pm Exercise Class: 11:00 am Game Day: 1-4 pm Immunization Clinic: 1:30-4pm Hearing Aid Service 1-2 Beef meatballs; mashed potatoes w/gravy; veggies; tea roll; dessert</p>	<p>14 Spaghetti w/ meat sauce; veggies; garlic bread; dessert</p>	<p>15 Board meeting: 9:00 am Exercise Class: 11:00 am Birthday Party: noon Toe Nail Clinic: 3:30 pm Hot pork sandwich; whipped potatoes w/ gravy; veggies; fruit</p>	<p>16 Lemon-glazed cod filet; au gratin potatoes; muffin; dessert</p>
<p>19 Ping pong: 9am-2pm Knitting 2-4 Chicken fried steak; country gravy; hash browns; veggies; roll; fruit</p>	<p>20 Yoga: 9:30 am and 5:30 pm Exercise Class: 11:00 am Game Day: 1-4 pm Taco salad (lettuce, tomato, onion, cheese, salsa, sour cream, taco meat, and taco strips); choc/chip muffin</p>	<p>21 Roast pork; mashed potatoes w/ gravy; veggies; butterflake roll; dessert</p>	<p>22 Exercise Class: 11:00 am Beef burgundy over noodles; veggies; dinner roll; fruit</p>	<p>23 Chicken teriyaki stir fry over rice; soy sauce ; fortune cookie; orange blossom muffin</p>
<p>26 Ping pong: 9am-2pm Monday Movie Madness: lunch at 11:30; movie at 12:30 Salisbury steak w/brown gravy; hash browns; veggies; muffin; fruit</p>	<p>27 Yoga: 9:30 am and 5:30 pm Exercise Class: 11:00 am Game Day: 1-4 pm Grilled chicken on a bun; mustard; veggies; potato chips; dessert</p>	<p>28 Cheeseburger on a whole wheat bun; potato wedges; baked beans; dessert</p>	<p>29 BBQ riblet; scalloped potatoes; buttered corn; corn muffin; applesauce</p>	<p>30 Chicken cutlet; mashed potatoes w/ gravy; veggies; Hawaiian roll; dessert</p>

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

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

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.



It's a Birthday Party!

We had two birthday babies at our February party: Ken Sherper and Ethel McKenzie. We seated eleven for lunch but have room for many more.

Make a reservation (862-4923), grab a friend, make another reservation, then join us. We would appreciate your support. Plus you can visit old friends or make new ones!

Menu on party day (Thursday, March 15) will be a hot pork sandwich with mashed potatoes and gravy, accompanied by veggies and fruit. And of course, birthday cake.

Remember: lunch at 11:30 and birthday party at 12:00. Hope to see you there!



March Birthdays

- Marsha Thompson: March 2
- Roger Wagner: March 3
- Jim Morrell: March 8
- Shirley Powell: March 8
- Gerald Hanson: March 11
- Bambi Goodman: March 11
- Marcia Wilhoit: March 15
- Connie Lockman: March 15
- Heidi Desch: March 19
- Greg Carter: March 22
- Mary Ann Sullivan: March 24
- Kathy Cozad: March 29
- Marion Hanson: March 29

March's Birthday Party will be held on Thursday, March 15.

New Knitting Group

We have changed things around a bit. The 1st and 3rd Mondays of every month from 2:00 pm to 4:00 pm will be knitter's time. For now, the contact person is Kathy Shigo at 406-471-1716 or Whitefish Community Center at 862-4923. Call if you have questions.

