

The Golden Gazette November 2018

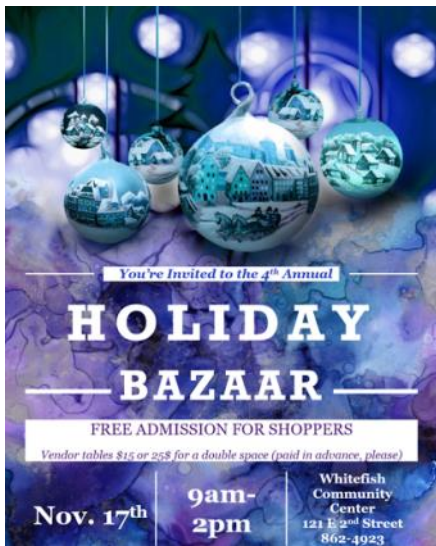
A monthly newsletter from the Whitefish Community Center

WCC Officers, Elections, and Bylaws

Are you wondering about what happened to our fall election of officers? We usually present a ballot in the October newsletter. However, our current officers agreed to extend their service into the new year, and we chose this option as we want to make some revisions to our bylaws (which determine how we operate). We plan to schedule a February meeting dedicated to rewriting parts of this governing document. We invite and encourage our members (and the general public) to attend our board meetings, which take place at 8:30 am every third Thursday of the month.



Come one, come all! Saturday, November 17, at Whitefish Community Center. This is THE place to do your holiday shopping!!!



November's Book Club book is *Pioneer Doctor* by Mari Grana. See our website for details!

Great Fish Finale!

It is an amazing community that can raise money like this to support our area!



A Special Thanks To

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

Gentle Yoga

It was hard to say good bye to our long-time instructor and friend Betty Kuropat, but Betty wanted to retire and travel, which we certainly understand. She did an outstanding favor to us before leaving by suggesting that her niece, Jen Kuropat, take over the class. Jen agreed, and the rest is history, as they say. (During this transition, we have dropped the Tuesday evening class.)

We are honored to continue this class for the long-time dedicated group as well as for any newcomers!

Jen has built the WCC class on Yoga for Healthy Aging (a book as well as a blog referenced by Betty!) By learning as she teaches, she looks at the body in new ways in order to keep her students safe while helping them gain strength, balance and equanimity.

If you have not already been a student with Jen, please come meet her.

The class is Tuesday mornings from 9:30 am to 10:30 am.

No matter your skill level, there are modifications, props and support to make your journey with yoga a fun and inspiring one!



Fleece Vests!

During the Great Fish Challenge, our Board of Directors designed and ordered some custom fleece vests. Some of you may have noticed board members and site managers wearing these new vests with the Community Center logo. Since then, several people have asked how they might order one. So, if you are interested, here are the details:

- Columbia brand vests. Men's style is navy; ladies' style is black. Sizes S, M, L, XL, and XXL.
- Offered at cost for \$35.00.

Will need to have at least 10 vests requested before we can place the order. Contact Kathy or Kim if you want in!

In Memory of Marylynn Joseph

Last month one of our dear Meals on Wheels clients passed away. She was a beautiful woman with bright, lively eyes. She expressed her thanks every day for the warm meal and delivery to her door. We will miss her sweet soul. Her family donated to the Whitefish Community Center in her memory. We thank them for their generosity.

Menu & Activities

November 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 Senior Fitness: 11</p> <p>BBQ pork riblets, scalloped potatoes, veggies, dinner roll, applesauce</p>	<p>2 Ping Pong: 9-2</p> <p>Beef dijonaise over noodles, veggies w/dinner roll, dessert</p>
<p>5 Ping Pong: 9-2 Knitting: 2-4</p> <p>Chicken cordon bleu, wild rice, supreme sauce, California veggies, croissant, dessert</p>	<p>6 CLOSED FOR ELECTION DAY</p>	<p>7 Tai Chi practice: 10</p> <p>Salisbury steak, hashbrowns w/gravy, Hawaiian roll, jello</p>	<p>8 Senior Fitness: 11</p> <p>Homemade chili w/ shredded cheese, diced onions, cornbread w/oyster crackers, dessert</p>	<p>9 Ping Pong: 9-2</p> <p>Hot pork sandwich, mashed potatoes w/gravy, veggies, apple slices</p>
<p>12 CLOSED FOR VETERANS DAY</p>	<p>13 Yoga: 9:30 Senior Fitness: 11:00 Game Day: 1-4 Immunizations: 1:30-4:00</p> <p>Sloppy Joe's on whole-grain bun, potato wedges, veggies, dessert</p>	<p>14 Tai Chi practice: 10</p> <p>Beef stroganoff over noodles, veggies, dinner roll, dessert</p>	<p>15 Board meeting 8:30 Senior Fitness: 11 Toe Nail Clinic: 3</p> <p>Baked cod, au gratin potatoes, veggies, muffin, peaches</p>	<p>16 Ping Pong: 9-2 Book Club: 1-2:30</p> <p>Roast turkey, mashed potatoes w/gravy, sage dressing, green beans almondine, pumpkin pie</p>
<p>19 Ping Pong: 9-2 Knitting: 2-4</p> <p>Cheeseburger on whole-grain bun, potato chips, veggies, fresh fruit</p>	<p>20 Yoga: 9:30 Senior Fitness: 11:00 Game Day: 1-4</p> <p>Chicken soup, turkey sandwich, potato salad w/crackers, rice krispy treat</p>	<p>21 Tai Chi practice: 10</p> <p>Chicken alfredo primavera, cheesy biscuit w/parm. pac, side salad w/ranch, yogurt</p>	<p>22 CLOSED FOR THANKSGIVING</p>	<p>23 Ping Pong: 9-2</p> <p>Beef stew, pickled beets, buttermilk biscuit, cookie</p>
<p>26 Ping Pong: 9-2</p> <p>Chicken fried steak, mashed potatoes w/ gravy, veggies, buttermilk roll, dessert</p>	<p>27 Yoga: 9:30 Senior Fitness: 11:00 Game Day: 1-4</p> <p>Beef burgundy over pasta, veggies, croissant, dessert</p>	<p>28 Tai Chi practice: 10</p> <p>Roast pork, mashed potatoes w/gravy, veggies, dinner roll, applesauce</p>	<p>29 Senior Fitness: 11 Toe Nail Clinic: 3</p> <p>Spaghetti w/meat sauce, veggies, garlic bread, dessert</p>	<p>30 Birthday Lunch: 11:30 Birthday Party: 12</p> <p>Baked chicken, parmesan potatoes, veggies, dinner 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: 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.



It's a Birthday Party!

November babes, come celebrate your birthday with us on Friday, November 30!

Lunch is free if you are over 60 and have never had lunch with us before, but you must call and reserve (the number is 862-4923).

*Happy
Birthday*

November Birthdays

Inez Carlson: November 3
Robert Feenan: November 4
Sue Johnson: November 5
Glenda Gehri: November 6
Alice Anderson: November 7
Roberta Beck: November 9
Sandra Sesler: November 9
Rissa Cloud: November 14
Jill Evans: November 15
Reggie Mahoney: November 15
Yvonne Bradford: November 19
Dennis Theissen: November 19
Robert Brassaw: November 23
Diane Johnson: November 23
Marion Streich: November 26
Jody Marshall: November 27
Masa Muraoka: November 30

On October 2, we had a surprise birthday party for Barbara Saunders, who was celebrating her 90th year. Barb is the cookie lady at North Valley Hospital. Her gift from her daughter Pam was a golden retriever puppy whom Barb will train to visit patients. Our best wishes to Barb for a wonderful year!

Winter Carnival Royalty

We have always had great fun with our Senior King and Senior Queen during Whitefish’s annual Winter Carnival Celebration. This year, we would like to have our membership decide which two individuals will be a perfect fit. You may write your choice on a piece of paper and drop it in our ballot box at the Community Center. Or you may call us and tell us whom you wish to

nominate. We will add the name you request to our ballot box.

Please limit your nomination to two individuals: one man and one woman or one couple. Past Kings and Queens are not eligible.

Our ballot box will close at 2:00 pm on Wednesday, November 21. That means you have until Thanksgiving to submit your names to the ballot box.