

The Golden Gazette October 2018

A monthly newsletter from the Whitefish Community Center

Thank you! We did it!

This was our first year participating in the Great Fish Challenge that is organized and run by the Whitefish Community Foundation. We are completely humbled and amazed by the power of this partnership. Our goal was to raise \$7,500, and we did it. This means we will be eligible for matching funds when they are announced in October. It also means we will be eligible to participate again next year.

THANK YOU to all who helped us achieve this goal through the Great Fish Challenge. We are grateful to each of our friends and supporters and look forward to telling you about the wonderful ways we put your gifts to good use.



HOLIDAY BAZAAR

We will hold a “Holiday Bazaar 2018”. The date is yet to be determined, but we’re looking at a Saturday in late November or early December. The Bazaar will last only one day, for approximately five hours. Single or double spaces will be available at minimal cost. Vendor details will be posted on our Facebook page by October 22. Booth space is reserved on a first-come, first-serve basis. If you have vendor questions, please call Kathy or Kim at 862-4923.

Update on Stonehenge Air Museum Tour

A good number of our members, volunteers, and friends have been waiting to hear the announcement of a day tour to the Stonehenge Air Museum. Sadly, we will have to try again next summer. We just could not hire the appropriate size bus for an affordable fee. Sometimes, all the moving puzzle pieces just won’t come together. We will most certainly make another attempt in 2019.

A Special Thanks To

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Finding Ways to Stay Active

Our thanks to Jill Palmer, who researched and wrote this article.

Finding ways to stay active is crucial if older adults are to stay in control of their physical and mental health, so seniors must maintain an active body and challenge the brain with stimulating and enjoyable activities. Here are some ways to get started.

Stay in Motion

A sedentary lifestyle can be dangerous for seniors because it quickly leads to physical infirmity and a general feeling of listlessness. Some form of regular physical exercise is very important. There are many easy, non-threatening ways to get the heart rate up and increase blood flow. Take a walk every day, either around the neighborhood or around the mall with friends. Senior centers often offer exercise or yoga classes. If you're interested in a gym membership that's ideal for senior citizens, consider the SilverSneakers program, which is a program with a nationwide reach: Seniors have access to thousands of gyms and YMCAs throughout the US. The program is made available to seniors through some Humana Medicare Advantage plans.

Stay Social

Socializing with friends bestows a host of mental and physical benefits for older adults, including stress alleviation, reduced anxiety, heightened self-esteem, and improvements in cardiovascular health and the immune system. Socialization also improves cognitive functioning, boosts memory and helps with concentration. It also helps stave off the



symptoms of dementia and the onset of Alzheimer's disease. If you and friends love your coffee, make a weekly date to spend an hour or two at your favorite local coffee shop or do some shopping together. Engaging in a hobby

together is an excellent way to stay connected with friends who have similar interests.

Stay Close to Family

Loss of regular contact with family is a leading cause of depression among seniors. Even if your loved ones live far away, you can still stay in contact via any number of media. FaceTime and Skype put a loved one's face right in front of you on a computer or TV screen whenever you're feeling lonely. Texting is a handy and easy way for seniors to stay in contact with family and friends, and social media can be a fun way to keep in touch and engage in online conversations.

Take Some Classes

Computer technology has made it easy to interact with the world from the comfort and safety of your own home. Many people, regardless of age, take college courses online or have gone back school and earned degrees from home. Working toward a college degree or finishing a degree you started years ago is a great way to challenge your mind and stay interested from day to day.

For seniors, remaining active is a necessity. Technology has made it possible for the elderly to interact with the world in ways that would have been difficult if not impossible just a few years ago. All you have to do is find what you love.

Menu & Activities

October 2018

MON	TUE	WED	THU	FRI
1 Ping Pong 9-2 Knitting 2-4 Salisbury steak, mashed potatoes w/gravy, veggies, dinner roll, dessert	2 Yoga 9:30am Senior Fitness 11:00 Game Day 1 to 4 German bratwurst on whole grain bun, diced onions w/ mustard, sauerkraut w/ parsley, potatoes, dessert	3 Tai Chi practice: 10:00 Stuffed chicken w/ broccoli & cheese cream sauce, wild rice, buttermilk biscuit, dessert	4 Senior Fitness: 11 am Baked pork pattie w/brown gravy & whipped potatoes, dinner roll, dessert	5 Ping Pong: 9-2 Almond-crusted dover sole w/ lemon & chives, baby potatoes, veggies, Hawaiian roll, dessert
8  COLUMBUS DAY CLOSED	9 Yoga 9:30am Senior Fitness 11:00 Game Day 1 to 4 Immunizations 1:30 to 4:00 Cheeseburger on a bun, potato salad, veggies, dessert	10 Tai Chi practice: 10:00 Spaghetti w/meat sauce, green beans, garlic toast, dessert	11 Senior Fitness: 11 am Chicken cordon bleu on rice pilaf, supreme sauce, California blend veggies, croissant, dessert	12 Ping Pong: 9-2 Taco salad w/ lettuce, tomato, cheese, tortilla strips, sour cream, salsa, taco meat, fresh fruit
15 Ping Pong 9-2 Knitting 2-4 Swedish meatballs over noodles, veggies, croissant, dessert	16 Yoga 9:30am Senior Fitness 11:00 Game Day 1 to 4 Veal cutlet, hash browns w/ gravy, veggies, dinner roll, dessert	17 Tai Chi practice: 10:00 BBQ chicken, baby potatoes, veggies, buttermilk biscuit, dessert	18 Board meeting 8:30 Senior Fitness: 11 Toe Nail Clinic 3:00 Roast pork w/ whipped potatoes & gravy, veggies, dinner roll, applesauce	19 Ping Pong: 9-2 Book Club: 1-2:30 Baked cod, scalloped potatoes, veggies, muffin, yogurt
22 Ping Pong 9-2 Pork chop w/ mashed potatoes & gravy, veggies, dinner roll, dessert	23 Yoga 9:30am Senior Fitness 11:00 Game Day 1 to 4 Taco salad w/lettuce, tomato, onion, cheese, tortilla strips & sour cream, taco sauce w/taco meat, mini cheesecake	24 Tai Chi practice: 10:00 Biscuit & sausage, gravy, hash browns, gingerbread muffin, sliced apples	25 Senior Fitness: 11 am Yankee pot roast w/ veggies & potatoes, brown gravy, dinner roll, dessert	26 Ping Pong: 9-2 Spaghetti w/ meatballs, veggies, garlic bread, dessert
29 Ping Pong 9-2 Knitting 2-4 Grilled chicken on whole grain bun, 4-bean salad, potato chips, dessert	30 Yoga 9:30am Senior Fitness 11:00 Game Day 1 to 4 Stuffed chicken w/broccoli & cheese cream sauce, brown rice, dessert	31 Tai Chi practice: 10:00 Birthday Lunch: 11:30 Birthday Party: 12 Hot pork sandwich on whole wheat bread, potatoes w/gravy, veggies, 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.



It's a Birthday Party!

Listen up all October babies. We do mean all October babies, not just the ones featured on our birthday list. We want you to come celebrate with us on October 31. Yes, that is Halloween. Wear a costume or dress in your favorite black and orange garb. We serve lunch at 11:30 followed by cake and merriment at noon.

Lunch is free if you are over 60 and have never had lunch with us before, but you must call and reserve. Several days ahead is a good time to make your reservation, and the number is 862-4923.

So, gather up a friend or two and carpool to the Community Center We will be serving hot pork sandwich, potatoes with gravy, veggies, and dessert.

Happy
Birthday

October Birthdays

Alice LaBrie: October 1
Sybil Kinnonen: October 2
Jeanie Phillips: October 2
Barbara Saunders: October 3
Ronnie Budge: October 7
Betty Schwegel: October 9
Elizabeth Martinez: October 11
Ray Boksich: October 16
Butch Parr: October 23
Ralph Ammondson: October 27
Mike Kinne: October 31
Leslie Rogers: October 31

**October's Birthday Party will
be held on Halloween
(Wednesday, October 31).**

October 19: *The Paris Architect* by Charles Belfoure

November 16: *Blindness* by Jose Saramago

Book Club meets at WCC the third Friday of each month. Come join us to meet great people and discuss the Book of the Month from 1 to 3 pm. Never been part of a book club before? No worries. We are a friendly, congenial group that you can easily feel part of.

Each month a volunteer hostess provides snacks and a volunteer leader directs our discussion. The “operative” word is volunteer. Come join us!