

The Golden Gazette September 2019

A monthly newsletter from the Whitefish Community Center

Donations & Fundraising



We wish to thank those of you who supported us during the 2018 Great Fish Challenge. You may have noticed that we are not on the list of participating nonprofits. At the time of the deadline for applications to the Challenge, we were not able to throw our hat in the ring. We were having our own personal challenge with structural damage to our building as a result of the three story loft being built directly to our east. We now understand that our building will be fully repaired and we once again have a bright future.

We are looking forward to being part of the 2020 Great Fish Challenge and hope you will look for us then. In the meantime, we happily accept donations mailed to 121 E. 2nd Street or online via our website at www.WhitefishCommunityCenter.org.

We hope you know, but maybe we need to remind you, that we offer a salad special every day. Options are good, so you may choose between our hot menu item of the day or a light, refreshing salad. Since July we are proud to have offered the cobb salad, Mediterranean salad, AOA salad, cold plate, Greek salad, chef salad, garden salad, taco salad, and cranberry walnut salad.

Our salads are not premade. We plate each one from fresh ingredients as they are ordered. What is not to love? Please join us. Call us at 862-4923 if you have questions or to make a reservation. Lunch is served at 11:30.

A Special Thanks To

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For their generous donation of printing our monthly newsletter.

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Are you 50 or over? Is there a sport you truly enjoy playing?

If so, consider the Huntsman World Senior Games as a possible active vacation next October! You would be spending 4 to 7 days in beautiful St. George, Utah.

There are team sports such a soccer, softball, and volleyball. There are individual sports such as track and field, pickleball, tennis, horseshoes, archery, cycling, golf, and swimming. The age brackets start at 50-54 and continue on to 100+.

You will have a great time meeting other athletes from around the world while you participate in a sport you love. As an athlete, you are offered health screenings reserved exclusively for you. These screenings include aerobic fitness, balance, blood pressure, blood glucose, cognitive wellness, grip strength, and eight others. And, they are free!

The fun factor and wow factor are enhanced by Opening and Closing Ceremonies for the Games.



Open registration runs January through August every year. The games take place over a two-week period in October. The three guiding principles of this event are Peace, Health, and Friendship.

Find more information, look up their webpage (<https://seniorgames.net/>) or speak with Kathy at Whitefish Community Center.



Birthday Buzz

It's true ... birthdays happen on a regular basis. So we make a point to celebrate them regularly. Join us at the end of September (Monday, the 30th) to acknowledge and honor each of our September friends. Eat some lunch, sing a song, have a laugh, and of course, birthday cake! Bring a friend, call ahead for lunch reservations at 862-4923. Remember, life is too short to observe your birthday on just one day each year.

- ## September Birthdays
- Scarlett Spivey: September 5
 - Don Stolte: September 7
 - Karen Morrell: September 10
 - Blanche Goodman: September 13
 - Lenore Jorgensen: September 14
 - Willo Harris: September 16
 - Suzanne Mees: September 17
 - Rebecca Scoggins: September 23

Menu & Activities September 2019

MON	TUE	WED	THU	FRI
2 CLOSED FOR LABOR DAY	3 Yoga: 9:30-10:30 Senior Fitness: 11-12 Game Day: 1-4 Beef meatballs w/brown gravy, whipped potatoes, veggies, wheat roll, dessert	4 Tai Chi: 10:00 Chicken noodle casserole, steamed broccoli, cheesy biscuit, cookie	5 Tai Chi practice: 10-11 Senior Fitness: 11-12 Malibu chicken sandwich (grilled chicken topped with ham & swiss), potato salad, fudgecake bar	6 Ping Pong: 9-2 Beef taco (lettuce, tomato, onion, cheese, sour cream, taco meat & sauce), chocolate chip muffin
9 Ping Pong: 9-2 Bingo: 1-2 Polish sausage on whole-grain bun, red potato salad, buttered corn, dessert	10 Yoga: 9:30-10:30 Senior Fitness: 11-12 Game Day: 1-4 Shots: 1:30-4:00 Sloppy Joes on whole-grain bun, baby bakers, veggies, rice krispy bar	11 Tai Chi: 10-11 Hearing Aid Service: 1-2 BBQ riblet, jojo potatoes, sliced carrots, corn muffin, ice cream	12 Tai Chi practice: 10-11 Senior Fitness: 11-12 Spaghetti w/meat sauce, green beans, garlic toast, peaches	13 Ping Pong: 9-2 Pork eggroll, steamed rice, oriental veggies, muffin, fortune cookie
16 Ping Pong: 9-2 Knitting: 2-4 Cheeseburger on whole-grain bun, curly fries, peas & carrots, dessert	17 Yoga: 9:30-10:30 Senior Fitness: 11-12 Game Day: 1-4 Stuffed chicken w/ broccoli & cheese, brown rice, supreme sauce, Hawaiian roll, ice cream	18 Tai Chi: 10-11 Grilled garlic herb chicken breast on whole-grain roll, potato salad, veggies, pudding	19 Board meeting: 8:30 Tai Chi practice: 10-11 Senior Fitness: 11-12 Toenail Clinic: 3 Chicken fried steak, gravy, mashed potatoes, veggies, biscuit, desert	20 Ping Pong: 9-2 Book Club: 1-2 Baked cod, scalloped potatoes, veggies, croissant, apple dumpcake
23 Ping Pong: 9-2 Veal cutlet, hashbrowns w/ gravy, veggies, cheesy biscuit, dessert	24 Yoga: 9:30-10:30 Senior Fitness: 11-12 Game Day: 1-4 Hot pork sandwich on whole-grain bread, pork gravy, whipped potatoes, cherry turnover	25 Tai Chi: 10-11 Taco salad (lettuce, tomato, onion, cheese, sour cream, tortilla strips, taco meat sauce), apple-cinnamon muffin	26 Tai Chi practice: 10-11 Senior Fitness: 11-12 Pot roast w/potatoes, carrots, etc., buttermilk biscuit, cinnamon roll	27 Ping Pong: 9-2 Spaghetti w/meat sauce, green beans, garlic bread, raspberry scone
30 Ping Pong: 9-2 Birthday Lunch: 11:30 Grilled chicken, mashed potatoes w/ gravy, veggies, corn muffin, applesauce				<i>Please reserve at least a day in advance so we can be sure to have a meal for you. 862-4923 Thank you!</i>



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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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Facebook!

Whitefish Community Center offers a “user-friendly” space for young and old alike. We host and sponsor many activities and programs for 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.

Beauty-Full Skin Over 60

What a great time we had on August 13 making ourselves beautiful. Professional make-up consultants and skin specialists presented an arsenal of affordable items that put a big smile on many faces.

Two lucky audience members received free makeovers, and the first 20 attendees received “goody bags.”

