



WHITEFISH COMMUNITY CENTER THE GOLDEN GAZETTE



OCTOBER EDITION || 2024

OCTOBER 2024 BIRTHDAYS!

Carla Allen
Diana Blend
Ray Boksich
Richard Boule
Laura Boyd
Carolyn Call
Karl Cozad
Bobbi Cummings
Debbie Dante
Hans Helm
Mike Kinne
Alice La Brie
Lois Marshal
Ashley Murry
Ruth Neff
Jean Petrangelo
Sue Robison
Leslie Rogers
Carol Sanman
Evelyn Santa
Kay Schoof
Betty Schwegel
David Smith
Betty Stone
Alanna Strong
Tracy Suhre
Joseph Taylor
Jack Thompson
Allyson Waldrop
Karen V. Whitby

Spoken Word Storycrafting

2ND AND 4TH
MONDAY

**Do you have a desire to
strengthen your skills as a
story teller?**

Join the creators behind Flathead Story Concerts, to learn a powerful 4-part structure and essential presentation skills. Turn your heartfelt, amusing, or surprising experiences into spoken stories that resonate and shine in every performance. Barbara and Glenn will help you craft your stories into memorable speeches.

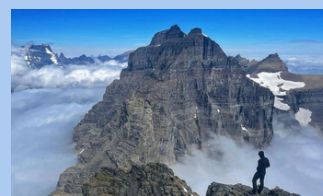
Elevate your storytelling—let your voice be heard!

For more information - please Contact:

Barbara Schiffman
Text: 747- 238- 0038
Email: story23fvcc@gmail.com

A Song from the Mountains

Ben Darce October 23rd 6 pm



**Explore stunning landscapes and
hear amazing stories of travels
through Glacier Park, then to the
Himalayas.**

Ben Darce is a mountain climber and musician, growing up in Texas and the Carolina's. Through hiking, climbing, running and skiing Ben has summited 200 of the 234 officially listed G.N.P. peaks, cultivating a depth of intimacy with the park not shared by many others. Outside of Montana, he has led multiple expeditions to Nepal, with successful summits of Ama Dablam and Manaslu, both without supplemental oxygen and high-altitude porters.

QI & TEA WITH DR. AMY

3rd Wednesday October 16th 12pm

Please welcome - Dr. Amy Rupprecht, owner of Yin Within Acupuncture, a Doctor of Traditional Chinese Medicine & Licensed Acupuncturist with a small solo practice located in Downtown Kalispell.

Every third Wednesday of the month until March, Dr. Amy will be having a casual setting conversation with topics related to all things Traditional Chinese Medicine. Offering a different Herbal Tea every Month provided by her colleagues and partners at Jing Shen Healing Arts & Ancient Ways Apothecary in Kalispell. At the end of each session, participants will have an opportunity for a short Q&A related to the topic of the day, as well as receive a 'mini' Ear-Seed Acupressure Treatment.

SPECIAL HIGHLIGHTS

Acrylic Paint & Create: Unleash Your Inner Artist with Bri Leslie 12pm-2pm

Come and learn abstract and acrylic painting basics. Develop your own style, as we paint a still life. We meet every 2nd and 4th Tuesday from 12pm-2pm. Have fun, meet new friends, leave with your own masterpiece! Acrylic painting instruction by Bri Leslie .

No experience required. SUPPLIES PROVIDE
Cost: Free (Tips appreciated/ \$20 recommended)

To RSVP: Call, text, or email:
518 338 8530
Bricreate@yahoo.com
FB Bri Leslie IG @_colibriii



Safeway Florals

Thank you for donating florals each week for our dining area. This contribution makes the center feel warm and inviting for all of our visitors.

Foster Flower Company

Thank you for donating flowers for our front porch garden area. Our Volunteers Karen and Rosa were able to make our front garden area as beautiful as it is because of this contribution.

Subway & Fler Bake Shop- Whitefish

Thank you for donating gift cards to our members and helping us give away gifts for Bingo.

COMING SOON IN NOVEMBER!

November 6th at 6:30 pm




Flathead Mens Support Group

Join Us

Welcome to the Men's Mental Health Support Group, a safe and welcoming space designed specifically for men to explore and discuss the unique challenges they face in today's world. Our group is dedicated to breaking down the stigma surrounding mental health and fostering a sense of community and understanding.



Volunteer Shoutout- Amanda Vu

This is Amanda, you may know her and her husband Son from the legendary ballroom dancing held at the Center. She is an unsung hero when it comes to media EVERYTHING. She has volunteered her time to advance our web design and update you all on each media platform. We are so grateful to have dedicated leaders like her.

JOIN US FOR THESE DATES!

October 7th 6pm

Art Critique Night- The Making Place

October 8th & 22nd 12pm

Acrylic Paint & Create

October 14th & 28th 3:30pm

Spoken Word Story Workshop

October 16th 12pm

Qi & Tea with Dr. Amy

October 21st 1pm

Bingo

October 23rd 6pm

A Song from the Moutnains



121 East 2nd Street
 Whitefish, Montana 59937
 Phone: 406-862-4923
 E-mail: gather@whitefishcommunitycenter.org
 Facebook: Whitefish Community Center
 www.WhitefishCommunityCenter.org

4 Week Music Workshop Course w/ Ben Darce Thursdays 12 pm

Ben will be offering a 4-week course to the public that aims to teach concepts of Harmony within music. The goal is to provide students with the tools to create their own world of harmonic vocabulary, adding to the development of an individual and unique musical fingerprint. This course is for those who want to enrich their lives through music.

Cost- Free or suggested Donation Based \$10-\$20

For more information about this course, contact Ben Darce: benjamindarce1987@gmail.com or text 406-845-2176



OCTOBER ACTIVITY CALENDAR

MON	TUE	WED	THU	FRI
	<p>1</p> <p>9:00 WHITEFISH TOGETHER 10:00 SENIOR FITNESS 11:15 LUNCH SERVICE 12:00 CRIBBAGE/PINOCHLE</p>	<p>2</p> <p>10:00 TAI CHI 11:00 MAHJONG 11:15 LUNCH SERVICE</p>	<p>3</p> <p>10:00 SENIOR FITNESS 12:00 BEN DARCE-MUSIC WORKSHOP 11:15 LUNCH SERVICE</p>	<p>4</p> <p>11:15 LUNCH SERVICE</p>
<p>7</p> <p>9:30 YOGA 11:15 LUNCH SERVICE</p> <p>6PM ART CRITIQUE SESSION</p>	<p>8</p> <p>9:00 WHITEFISH TOGETHER 10:00 SENIOR FITNESS 11:15 LUNCH SERVICE 12:00 CRIBBAGE/PINOCHLE</p> <p>12:00 ACRYLIC PAINT & CREATE</p>	<p>9</p> <p>10:00 TAI CHI 11:00 MAHJONG 11:15 LUNCH SERVICE</p>	<p>10</p> <p>10:00 SENIOR FITNESS 12:00 BEN DARCE-MUSIC WORKSHOP 11:15 LUNCH SERVICE</p>	<p>11</p> <p>11:15 LUNCH SERVICE</p>
<p>14</p> <p>COLOMBUS DAY CLOSED</p>	<p>15</p> <p>9:00 WHITEFISH TOGETHER 10:00 SENIOR FITNESS 11:15 LUNCH SERVICE 12:00 CRIBBAGE/PINOCHLE</p>	<p>16</p> <p>10:00 TAI CHI 11:00 MAHJONG 11:15 LUNCH SERVICE</p> <p>12:00 QI & TEA WITH DR. AMY</p>	<p>17</p> <p>10:00 SENIOR FITNESS 12:00 BEN DARCE-MUSIC WORKSHOP 11:15 LUNCH SERVICE</p> <p>11:15 MEMBER BIRTHDAY LUNCH</p>	<p>18</p> <p>11:15 LUNCH SERVICE</p> <p>12:30 BOOK CLUB</p>
<p>21</p> <p>9:30 YOGA 11:15 LUNCH SERVICE 1:00 BINGO</p>	<p>22</p> <p>9:00 WHITEFISH TOGETHER 10:00 SENIOR FITNESS 11:15 LUNCH SERVICE 12:00 CRIBBAGE/PINOCHLE</p> <p>12:00 ACRYLIC PAINT & CREATE</p>	<p>23</p> <p>10:00 TAI CHI 11:00 MAHJONG 11:15 LUNCH SERVICE</p> <p>6:00 BEN DARCE- A SONG FROM THE MOUNTAINS</p>	<p>24</p> <p>10:00 SENIOR FITNESS 12:00 BEN DARCE-MUSIC WORKSHOP 11:15 LUNCH SERVICE</p>	<p>25</p> <p>11:15 LUNCH SERVICE</p>
<p>28</p> <p>9:30 YOGA 11:15 LUNCH SERVICE 1:00PM TOE NAIL CLINIC</p> <p>3:30 PM SPOKEN WORD STORY WORKSHOP W/ BARBARA</p>	<p>29</p> <p>9:00 WHITEFISH TOGETHER 10:00 SENIOR FITNESS 11:15 LUNCH SERVICE 12:00 CRIBBAGE/PINOCHLE</p>	<p>30</p> <p>10:00 TAI CHI 11:00 MAHJONG 11:15 LUNCH SERVICE</p>	<p>31</p> <p>10:00 SENIOR FITNESS 11:15 LUNCH SERVICE</p>	

