



WHITEFISH COMMUNITY CENTER THE GOLDEN GAZETTE

NOVEMBER EDITION || 2024



NOVEMBER 2024 BIRTHDAYS!

- Carol Anderson
- Michael and Sue Basta
- Cynthia Becker
- Jean Beil
- Tammy Berkowski
- Laurie Blasingame
- Robert Brassaw
- Steve Chelstrom
- Isaac Cohen
- Patricia Colbert
- Jill Evans
- Glenda Gehri
- Charlie Hanson
- Gordon Harm
- Melissa Hill
- Susan Hitesman
- Susan Land
- Lisa Lenoach
- Margareta Marro
- Danny McAleavey
- Marie Meckel
- Stacia Mena
- Jan Metzmaker
- Esther Nash
- Arthur Richburg
- Jennifer Saucier
- Barbara Skees
- Carol Stormer
- Gail Sullivan
- Rhonda Tenham
- Nancy Tigue
- Patsy Vargo
- Kathleen White
- Rhonda Woody

Men's Mental Health Support Group



WEDNESDAY
13TH AT
6:30PM

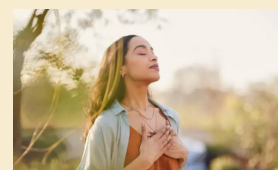
Join Molly Hutchinson with Healing Roots Counseling for a Men's Mental Health Support Group.

A safe and welcoming space designed specifically for men to explore and discuss the unique challenges they face in today's world. This group is dedicated to breaking down the stigma surrounding mental health and fostering a sense of community and understanding.

Each meeting includes: open discussions, guided activities, social support. We also focus on practical strategies for coping with everyday challenges, building resilience, and improving communication skills. Together, we'll explore themes such as fatherhood, relationships, work-life balance, and the impact of cultural norms on mental health.

Mindful Meditation

Linda Leopard Fridays at 1pm



Join us for a transformative time of guided meditation that emphasizes community building and personal connection.

This gathering is designed not only to cultivate mindfulness through breath work but also to foster a supportive environment where we can share our stories. Each session includes moments of reflection, allowing participants to connect with themselves and one another, creating a rich tapestry of presence and understanding.

With over nine years of experience in the meditation community, Linda Leopard will be guiding this group. Whether you are new to meditation or looking to deepen your practice, you are warmly welcomed to join us as we journey together toward greater awareness and connection.



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 PROVIDED
\$20 Donation recommended

To RSVP: 518 338 8530
Bricreate@yahoo.com
FB Bri Leslie IG @_colibriii

SPECIAL HIGHLIGHTS

Contra Community Dance 7pm November 2nd

Come out for a Contra Dance! North Valley Music School is hosting a New England style dance, along with circles and squares. \$10 donation at the door.

Door opens at 6:30. No experience needed. All dances are taught by caller Christa Torrens. No need to buy tickets before, just show up with your dancing feet!

Live music with the band Swiftcurrent.



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.

Thank you DPPHS

We are so honored to announce that the Department of Public Health has given the Community Center a mini-grant of \$1,000 to keep growing our programs in order to implement an even more inclusive and diverse community.

Fleur and Subway

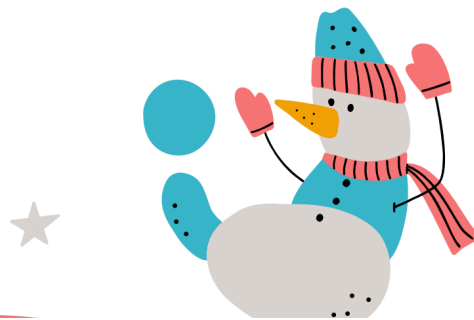
Thank you for donating gift cards and helping us give away gifts for Bingo.



COMING SOON IN DECEMBER!

FALL PREVENTION WORKSHOP

**FRIDAY
DECEMBER
13TH
11:30 AM**



JOIN US FOR THESE DATES!

November 4th 6pm

Art Critique Night- The Making Place

November 12th & 26th 12pm

Acrylic Paint & Create

November 11th & 25th 3:30pm

Spoken Word Story Workshop

November 20th 12pm

Qi & Tea with Dr. Amy

November 21st 12pm

Craft Club

November 13th 6:30pm

Men's Mental Health Group



Volunteer Shoutout- Patti Toth-Mayo

Patti joined us a few years ago and has been integral in our Meals on Wheels Program. She not only serves in the kitchen but displays volunteer leadership and care for the community. She is always quick to offer help in making the Center operate to it's fullest potential. Here is a photo of her serving in the kitchen. We are so grateful for our volunteers!

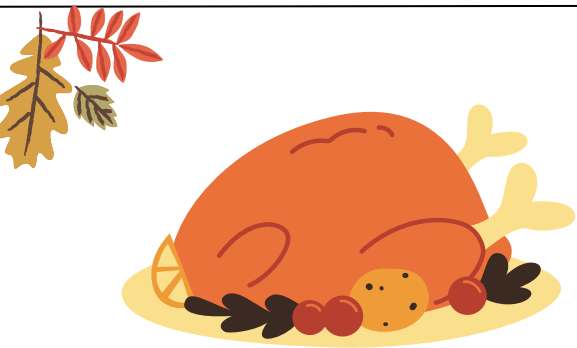
Thank you, Great Fish Community Challenge!

The Whitefish Community Center would like to extend a grateful “thank you” for each and every donation made to us. Every donation is greatly appreciated. This year’s donation amount is \$43,730, the matching amount from the Whitefish Community Foundation is \$14,500, giving us a total of \$58,230. The funds raised help the Center expand our community outreach through the Meals on Wheels program and increase our activities for individuals of all ages. We look forward to new and fun activities being added throughout the year. We also want to send a big thank you to the Whitefish Community Foundation for the amazing and tireless work they do to make this campaign successful for all the participating nonprofits and the support they provide to our community during this annual summer fundraising effort. Again, thank you for each and every donation and thank you to the Circle of Giving for making the Great Fish Challenge possible!



Medicare Open Enrollment

The 2025 Medicare Annual Enrollment Period is October 15 – December 7. If you are considering changes to your plan, now is the time to do so. You must make any changes within this time period. Medicare beneficiaries should always check whether their drugs will be covered next year and that their providers and pharmacies are in their plan’s network. The changes you can make during the open enrollment include joining a new Medicare Advantage Plan or Part D prescription plan. You can also switch from Original Medicare to a Medicare Advantage or from Medicare Advantage to Original Medicare (with or without a Part D plan). There are some changes to Medicare for 2025 that you will want to learn more about. If you need help reviewing your plan or other Medicare questions, call the Flathead County Agency on Aging at (406)758-5730 who is always very helpful in answering any questions you may have.



Thanksgiving Meal and Music

The Community Center will be serving a delicious Thanksgiving meal on November 21st in our dining room. The cost of the meal is \$4.00 for seniors and \$8.00 for non-seniors. Please come and join us for a turkey dinner while enjoying time with welcoming, friendly people. Please call for reservations.

Member’s Birthday Party

For members having a birthday in November, join us at the Center for lunch, laughter and birthday cake! We had a fun time in October and November 14th at 11:15am will be the same. Come join us!!



4 Week Music Workshop Course with Ben Darce Thursdays 12 pm

Donation Based \$10-\$20

Ben will be offering another 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.

For more information about this course, contact Ben Darce:
benjaminsdarce1987@gmail.com
or text 406-845-2176



NOVEMBER ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1 11:15 Lunch service 1:00 Mindful Meditation
4 9:30 Yoga 11:15 Lunch service 6:00 Art Critique Session	5 CLOSED ELECTION PRECINCT	6 10:00 Tai Chi 11:00 Mahjong 11:15 Lunch service	7 10:00 Senior Fitness 11:15 Lunch service 12:00 Ben Darce Music Workshop	8 11:15 Lunch service 1:00 Mindful Meditation
11 CLOSED VETERANS DAY	12 9:30 Whitefish Together 10:00 Senior Fitness 11:15 Lunch service 12:00 Pinochle/Cribbage 12:00 Acrylic Paint & Create	13 10:00 Tai Chi 11:00 Mahjong 11:15 Lunch service 6:30 Men's Mental Workshop Support Grp	14 10:00 Senior Fitness 11:15 Member Birthday Lunch 12:00 Ben Darce Music Workshop	15 11:15 Lunch service 12:00 Book Club 5:30 Intro to Crochet & Fiber 1:00 Mindful Meditation
18 9:30 Yoga 11:15 Lunch service 1:00 Bingo	19 9:30 Whitefish Together 10:00 Senior Fitness 11:15 Lunch service 12:00 Pinochle/Cribbage	20 10:00 Tai Chi 11:00 Mahjong 11:15 Lunch service 12:00 Qi & Tea with Dr. Amy	21 10:00 Senior Fitness 11:15 Lunch service 12:00 Craft Club 12:00 Ben Darce Music Workshop	22 11:15 Lunch service 1:00 Mindful Meditation
25 9:30 Yoga 11:15 Lunch Service 3:30 Spoken Word Workshop	26 9:30 Whitefish Together 10:00 Senior Fitness 11:15 Lunch service 12:00 Pinochle/Cribbage 12:00 Acrylic Paint & Create	27 10:00 Tai Chi 11:00 Mahjong 11:15 Lunch service	28 CLOSED HAPPY THANKSGIVING	29 11:15 Lunch service 1:00 Mindful Meditation

