



# WHITEFISH COMMUNITY CENTER THE GOLDEN GAZETTE

## JANUARY EDITION || 2025

### JANUARY 2025 BIRTHDAYS!

Sandra Bellissimo  
Jerrie Boksich  
Rebecca Burns  
Doug Gilbertson  
Judith Harrell  
Duane Hartman  
Carol Hecimovich  
Kathleen Hughes  
Jim Jacobson  
Sue Janik  
Rick Kinonen  
Gene Lamb  
Barbara Lindh  
Lois Linn  
Christy Lukes  
Anita Malone  
Cody Morton  
Bill Mulcahy  
Leora Muraoka  
Lela Newey  
Hannie Noyles  
Kris Nygren  
Danielle Pearce  
Jean Pinski  
Martina Register  
Charlie Rogers  
Leslie Rousselet  
Joanie Svennungsen  
Rock Svennungsen  
Laura Taylor  
Fred Warf

### STAY STRONG: INJURY PREVENTION TIPS FOR EVERY AGE!



FRIDAY 17TH  
AT 10:00AM

Looking to stay strong  
and steady as we head  
into the winter months?

Come learn about the anatomy of your low back, some of the causes of low back pain, and some exercises to do to help yourself feel better!

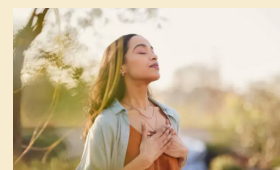
This educational seminar will be led by Heather Shaughnessy, PT, DPT of Glacier Sports Physical Therapy.

Heather has almost fifteen years of experience as a physical therapist helping people treat musculoskeletal injuries, including low back pain. Come learn some valuable self treatment techniques from Heather!

**LEARN ABOUT ANATOMY OF THE LOW BACK, STRATEGIES TO MANAGE BACK PAIN, AND EXERCISES TO PREVENT LOW BACK PAIN**

### Mindful Meditation

Linda Leopard Fridays 1pm  
&  
Sierra Hall Tuesdays 7:30pm



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

These gatherings are 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 the afternoon group and Sierra Hall will be guiding the evening 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.

### MAKERS PLACE: CRAFT GROUP OR CROCHET AND FIBER ARTS WORKSHOP

**Join the Makers Place to expand your crocheting skills or the monthly craft group!** 

#### Craft Group: January 8th at 6pm

Do you enjoy crafting with others? Need motivation to finish a project? Come join fellow crafters in a relaxed environment. Please bring whatever you want to work on and enough craft supplies to share your craft with 1 or 2 people.

#### Crochet and Fiber Arts Workshop: January 24th at 5:30pm

Beginners welcome but some knowledge of crochet is preferred. We will be making pouches or headbands. Please bring a size H crochet hook and worsted or bulky weight yarn. Limited crochet hooks and yarn will be available as well.

# SPECIAL HIGHLIGHTS

## CONTRA DANCE!

Saturday, January 11 at 6:30 pm Come out for some fun and kick up your heels! Land to Hand is hosting a New England style dance, along with circles and squares. Everyone is welcome and no partner or experience needed. Each dance will be taught and called by Christa Torrens. Live music will be provided by Unstrung Stringlers, so bring your dance moves for a night of fun and music!



**\$10 donation at the door.**

## 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 Lapoem, Trash Republic and Flatehead Valley Exchange

A special thank you for the generous donations to our Meals on Wheels recipients & volunteers. Your support helps make this holiday season brighter and we truly appreciate your kindness and commitment to our community!

## Fleur and Subway

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

## Acrylic paint & create

### Unleash Your Inner Artist with Bri Leslie 12pm-2pm

Come and learn abstract and acrylic painting basics. Develop your own style. We meet January 14th and 10th 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



The 2025 Winter Carnival is February 7 – 9  
The theme is “Snow Place Like Home.”



## Volunteer Shoutout



**Don Stolte**

Don Stolte has been a devoted volunteer and true partner to the Whitefish Community Center for many years. Whether he's serving on the board, delivering meals, donating supplies, or even cutting down Christmas trees, Don's contributions are immeasurable. Beyond his hard work, he brings warmth, laughter, and meaningful conversation to everyone around him. We are incredibly grateful for the time and energy he has invested in supporting the success of the Center, and we're lucky to have him as part of our community.

## JOIN US FOR THESE DATES!

**January 8th 6pm**

Craft Group- The Making Place

**January 11th 7pm**

Contra Dance

**January 14th & 28th 12pm**

Acrylic Paint & Create

**January 15th 12pm**

Qi & Tea with Dr. Amy

**January 17th 10am**

Injury Prevention

**January 24th 3:30am**

Crochet & Fiber Arts Workshop



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

### Qi & Tea with Dr. Amy- January 15th 12pm-1pm

#### Come get Cozy with this Winter and Learn More about Traditional Chinese Medicine

Dr. Amy will be having a casual setting conversation with topics related to all things Traditional Chinese Medicine as well as, 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 from Dr. Amy!



# JANUARY ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>HAPPY NEW YEAR!</b>  <b>CLOSED!</b>	2 10:00 Senior Fitness 11:15 Lunch service	3 11:15 Lunch service 1:00 Mindful Meditation
6 9:30 Yoga 11:15 Lunch service	7 9:30 Whitefish Together 10:00 Senior Fitness 11:15 Lunch service 12:00 Pinochle/Cribbage 7:30 Meditation & Breathing Grp	8 10:00 Tai Chi 11:00 Mahjong 11:15 Lunch service 6:00 Maker's Place Craft Group	9 10:00 Senior Fitness 11:15 Lunch service	10 11:15 Lunch service 1:00 Mindful Meditation
13 9:30 Yoga 11:15 Lunch service 1:00 <b>BINGO</b>	14 9:30 Whitefish Together 10:00 Senior Fitness 11:15 Lunch service 12:00 Pinochle/Cribbage 12:00 Acrylic Paint & Create 7:30 Meditation & Breathing Grp	15 10:00 Tai Chi 11:00 Mahjong 11:15 Lunch service 12:00 Qi & Tea w/ Dr. Amy 6:30 Men's Mental Workshop Support Grp	16 10:00 Senior Fitness 11:15 Lunch service 12:00 Craft Club	17 10:00 Injury Prevention Seminar 11:15 Lunch service 12:30 Book Club 1:00 Mindful Meditation
20 <b>MARTIN LUTHER KING DAY</b>  <b>CLOSED!</b>	21 9:30 Whitefish Together 10:00 Senior Fitness 11:15 Lunch service 12:00 Pinochle/Cribbage 7:30 Meditation & Breathing Grp	22 10:00 Tai Chi 11:00 Mahjong 11:15 Lunch service	23 10:00 Senior Fitness 11:15 Lunch service 11:15 <b>MEMBERS' BIRTHDAY LUNCH</b>	24 11:15 Lunch service 1:00 Mindful Meditation 5:30 Crochet and Fiber Arts
27 9:30 Yoga 11:15 Lunch Service	28 9:30 Whitefish Together 10:00 Senior Fitness 11:15 Lunch service 12:00 Pinochle/Cribbage 12:00 Acrylic Paint & Create 7:30 Meditation & Breathing Grp	29 10:00 Tai Chi 11:00 Mahjong 11:15 Lunch service	30 10:00 Senior Fitness 11:15 Lunch service	31 11:15 Lunch service 1:00 Mindful Meditation

