

WHITEFISH COMMUNITY CENTER GOLDEN GAZETTE



January 2012

CARE: the Call Reassurance Program

THE WHITEFISH COMMUNITY CENTER has a unique program that may be beneficial to you or a loved one. This program is known as CARE, which stands for Call Reassurance, and is designed to assist persons who live alone. We are offering this service FREE to all members of the Whitefish Community Center.



The program is designed to check on members living alone by calling them each day at a designated time. The system is automated and will only seek assistance if the phone calls are not answered. Again, this service is free and available only to members of the Community Center.

If you, or anyone you know, would benefit from this service, please call the Whitefish Community Center office at 406-862-4923. We will be glad to assist you in obtaining this valuable service for yourself or someone you know.

PAP Smears: What? When? Why?

Presented by Mirna Bowden, MD

Wednesday, January 18 from Noon-1 p.m.

IN RECOGNITION OF National Cervical Health Awareness Month, Dr. Mirna Bowden, OB/GYN at Alpine Women's Center in Whitefish, will provide insightful information about PAP Smears. To learn more about Dr. Bowden, or for a complete list of the women's health services provided at Alpine Women's Center, visit www.alpinewomenscenter.com. This FREE program is sponsored by North Valley Hospital and is open to the community. If interested, please bring a lunch. For questions, please call Community Relations at 863-3632.

IN THIS ISSUE:

Call Reassurance (CARE) ..1
Lecture.....1
Stumptown Lecture..... 2
Member Spotlight 2
Tax Preparation 2
January Menu..... 3
Activities..... 3
Birthdays 4
Membership Renewal 4

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862-4010

History of Whitefish Program:

**GROWING UP
IN WHITEFISH**



The interior of the new library above City Hall, 1956.

WHAT WAS IT LIKE to be a kid in Whitefish in the early years of the last century? Does your childhood memories of Whitefish past include, snow up to the fence posts, no cell phones or computer games, or actually walking or riding a horse to school? Share your memories of your youth spent in Whitefish with others when the History of Whitefish program series continues with Walter Sayre of the Stumptown Historical Society, in a program we're calling "Growing up in Whitefish"

This free community program will take place on Tuesday, January 17, 2012 at 12:30 p.m. at the Whitefish Community Center (121 E. Second St.) Audience stories and photos about their childhood in Whitefish are encouraged. For information call (406) 862-4923.

RIDDLE OF THE MONTH

(See page 4 for the answer)

I have four wings, but cannot fly, I never laugh and never cry; On the same spot I'm always found, toiling away with little sound. What am I?



Community Center Spotlight

MATIE AND JERREL HUDSON

Matie was born in New Rochelle, N.Y. grew up in Florida City, FL. Matriculated at the University of Miami, married and had a family. Jerrel was born in Ohio county, KY. Educated at Wesleyan College in Kentucky, married and had a family. By mid-life, both Matie and Jerrel found themselves single. Matie lived in Miami; Jerrel in Tucson. They met on a blind date in San Diego and were married 24 years ago. Today their blended family numbers six adult children and spouses, 17 Grand children and seven great grandchildren.



Matie and Jerrel discovered the Flathead Valley 18 years ago while were traveling in their motor home, searching for a cool place to spend the summers. While parked in the Whitefish RV lot, they found a place for sale on the Stillwater River, bought it, sold the motor home, built a cabin and then spent nine great summers there. Their neighbor, an older gentleman, lived alone. So one day, Jerrel took him to Whitefish to apply for the Meals On Wheels program, and that began their love affair with the Whitefish Senior Center, the Golden Agers and now the Whitefish Community Center.

In 2002, Matie and Jerrel decided to move from Tucson to the Flathead and have enjoyed every minute of it.

Matie stays busy volunteering at Kalispell Regional Medical Center, Meals On Wheels, and does some quilting and knitting with the ladies at the Epworth United Methodist Church.

Jerrel volunteers at KRMC, Meals On Wheels, Shriners' Hospitals and Kalispell Rotary Club.











Tax Preparation Update ...

UNFORTUNATELY, our free tax return preparation program will not be offered at the Whitefish Community Center this tax season. We are working to get all of the necessary requirements met to be able to offer it to the community for next tax season. In the meantime, do not despair. You can still get your taxes done free in Kalispell at the Gateway West Community Center (formerly the Gateway West Mall). Go to Entrance "C" which is the north entrance. Tax return preparation will be offered starting February 2nd thru April 16, 2012 at the following days and times: Mondays: 8 a.m. to 4 p.m.; Tuesdays: Noon to 7 p.m.; Thursdays: Noon to 7 p.m. Call Alice Harris at 257-1296 to make an appointment.

Meals subject to change without notice
 QUESTIONS? 862-4923

JANUARY 2012

ALL MEALS SERVED WITH MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED 2 FOR NEW YEAR'S DAY	3 GRILLED CHICKEN BREAST WILD RICE BLACKEYED PEAS ORANGE BLOSSOM MUFFIN DICED PEACHES	4 POLISH SAUSAGE ON A BUN SAUERKRAUT/MUSTARD PACK PARSLEY POTATOES SLICED CARROTS JELLO	5 BEEF STEW PICKLED BEETS BUTTERMILK BISCUIT HONEY PACK PEARS 	6 TUNA NOODLE CASSEROLE PEAS & CARROTS CROISSANT ROLL PUDDING 
9 CHICKEN STRIPS POTATO WEDGES HONEY MUSTARD/KETCHUP PACK GREAT NORTHERN BEANS DINNER ROLL SLICED PEACHES	10 BAKED HERB COD W/TARTAR SAUCE SCALLOPED POTATOES DILL VEGETABLES BLUEBERRY MUFFIN LEMON PUDDING	11 BAKED CHICKEN BROWN RICE STEWED TOMATOES BISCUIT & JELLY APPLE CRISP 	12 ALL BEEF HOT DOG ON A BUN RELISH & MUSTARD POTATO WEDGES BAKED BEANS TROPICAL FRUIT 	13 TURKEY ROAST MASHED POTATOES & GRAVY PEAS & MUSHROOMS DINNER ROLL PUMPKIN CAKE 
16 CLOSED MARTIN LUTHER KING JR. DAY	17 PORK EGG ROLL SWEET & SOUR SAUCE RICE PILAF SOY SAUCE PACK ASIAN VEGETABLES APPLESAUCE	18 SWEDISH MEATBALLS OVER NOODLES CALIFORNIA BLEND VEGGIES WHEAT ROLL RAINBOW CAKE 	19 ROAST PORK MASHED POTATOES & GRAVY GREEN BEANS DINNER ROLL APPLESAUCE 	21 HOMEMADE CHILI W/SHREDDED CHEESE & DICED ONIONS CORNBREAD AND HONEY DESSERT
23 CHICKEN FRIED STEAK COUNTRY GRAVY WHIPPED SPUDS LIMA BEANS W/TOMATOES DINNER ROLL PEARS	24 TACO SALAD: LETTUCE, ONION, TOMATO, CHEESE, TACO MEAT & SAUCE, SOUR CREAM, NACHO CHIPS REFRIED BEANS DICED PEACHES	25 ROAST TURKEY DRESSING SWEET POTATOES BLACKEYED PEAS WHEAT ROLL CRANBERRY BAR	26 OVEN-FRIED CHICKEN RICE PILAF STEWED TOMATOES BISCUIT & JAM DICED PEACHES 	27 BATTER-DIPPED COD MAC & CHEESE MIXED VEGGIES BLUEBERRY MUFFIN APPLESAUCE RAISIN CAKE
30 SALISBURY STEAK MUSHROOM SAUCE HASHBROWNS DINNER ROLL APRICOTS 	31 CHICKEN NOODLE SOUP W/CRACKERS ROAST BEEF ON WHEAT POTATO SALAD BAR COOKIE		<i>No in the USA, shall on the grounds of race, national origin, age or sex, handicap, political beliefs or religion, be denied the benefits of or otherwise be subjected to discrimination.</i>	RESERVATIONS ARE REQUIRED FOR MEALS AT CONGREGATE SITES 862-4923

JOIN OUR FUN ACTIVITIES

TAI CHI

Mondays at 10:30 a.m. (resumes Jan. 9, 2012)

ARTS & CRAFTS CLASS

Third Friday of the month at 12:30 p.m.

BALANCING ACT

Wednesdays 10:00 a.m. (resumes Jan. 18, 2012)

SENIOR EXERCISE CLASS

Tuesday and Thursday 11:00 a.m. to noon

YOGA FOR HEALTHY AGING

Tuesdays at 9:30 a.m. (resumes Feb. 7, 2012)

MEXICAN TRAIN & PINOCHLE

Tuesdays 1:00 p.m. - 3:00 p.m.

HISTORY OF WHITEFISH PROGRAM

Third Tuesday of the month at 12:30 p.m.



VERY SPECIAL WCC VISITORS VISIT THE CENTER ON DECEMBER 9TH.

On December 9th, a group of Korean Americans, currently living in "Senior City" in Federal Way, WA, took the train from Washington to Whitefish. They spent the entire day at the Center and walking around downtown. They had a wonderful visit and Maura made sure they were well fed and comfortable.



JANUARY

- * Barbara Acree..... 1/8
- * Keith Bogart..... 1/2
- * Paul Bolken..... 1/25
- * Stan Coons..... 1/16
- * Marianne Dyon..... 1/12
- * Doug Gilbertson.... 1/26
- * Carol Hecimovich.. 1/19
- * Gretchen Kirsh..... 1/7
- * Dorothy Kvigne..... 1/22
- * Roberta Whitten... 1/29

IT'S TIME TO RENEW YOUR MEMBERSHIP

WHITEFISH COMMUNITY CENTER membership is one of the great bargains still around, just \$10 per year. And, the benefits of membership are priceless! We offer a variety of classes free or discounted for our members. And, the newly introduced CARE (Call Reassurance) program (see the front page article) is FREE for our members and can help save a life - either yours or someone you love. Plus you'll meet great friends and can rent the Center at a discount for your own party or reunion.

PLEASE CLIP AND SEND THIS RENEWAL FORM

YES! I/WE want to be a dues-paying member of the Whitefish Community Center. Send or drop off this form to the WCC, 121 E. 2nd St. Whitefish, MT 59937, along with \$10 for an each member (\$20 for couples).

Name(s) _____

Address _____

City _____ ST _____ Zip _____

Telephone _____

Birthday(s) _____

Arts and Crafts Class - Get Creative!

MAKE A SNOWFLAKE STAINED GLASS SUNCATCHER at the next Arts & Craft Class on January 20th at 12:30 p.m. The cost of the class is just \$9 (\$8 for Community Center Members) and includes all the materials needed to complete the project. Easy step-by-step instructions will make it a snap to create a beautiful suncatcher to hang in a sunny window. Call the Center by January 18th at 862-4923 to reserve your spot.



RIDDLE ANSWER:

(from page 2)

A windmill

121 E. 2nd St. • Whitefish, MT 59937 • (406) 862-4923 • www.whitefishcommunitycenter.org



A Gathering Place

121 East 2nd St.
Whitefish, MT 59937