



**November 9th: Veteran's Day Potluck @ 11:30 a.m.** in the Activity Room. *Sign up to bring an item!*

**November 18th: Retirement Planning @ 1 p.m.** in the Activity Room. *Financial Advisor Susan Thomas presents.*

**November 28th: Thanksgiving Dinner @ 11:30 a.m.** *Come join us for a delicious turkey dinner with all the trimmings in the activity room!*

## MEMBERS ARE ENCOURAGED

*Thank you to everyone who attended our open house!*

*Membership sign up sheets are located in bins just outside the Activity Room. Please sign up for each activity or event you want to attend to give planners ample time to provide enough space, food, tables, chairs, etc. Please no walk-ins.*



*Above: Board President Gerri Backes visits with Van Driver Bob Spoklie and Lifetime Member Blanche Garrett during the Open House!*

### PREVENTATIVE MEASURES

Lifestyle choices offer a path to cancer prevention. Choosing nutritious foods from fruits, vegetables, whole grains, proteins, and dairy supports the immune system and reduces inflammation. Limiting ultra-processed foods filled with additives and preservatives also helps

control inflammation. Remember, food can be medicine. Regular physical activity, even in simple forms, enhances the body's anti-inflammatory response and strengthens the immune system. Diet and exercise are powerful tools that help reduce cancer risk and empower individuals to take charge of their health.



### COMING IN DECEMBER...

♥ *Christmas Light Tours*

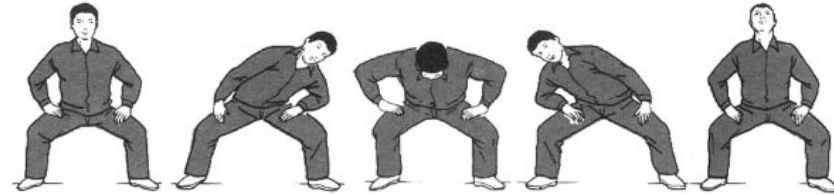
*Come and paint some ceramic sculptures for our Christmas Wrap with former Kalico Art Center Instructor Chelsea Dwello on November 4th @ 1 p.m.! Supplies provided.*



*Above: Tea Time at the Open House with members Rosainne Taylor, Carolyn Gregg and Susan Land.*

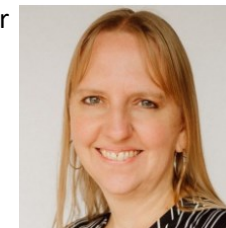


**Qigong** is an ancient Chinese self-improvement practice for mind, body and spirit. It improves mental and physical wellness through a series of easy-to-learn exercises and meditation. It relieves stress and anxiety, increases energy, and helps you to become more clear-minded. Come join us for a class at 11:30 on Wednesdays in the Activity Center! Arrive 15 minutes early if you are a beginner!



### November 18th @ 1 p.m.!

Please join financial advisor **Susan Thomas** in the activity room for a workshop on **retirement planning!**



### EVENING DANCE CLASS

**Argentine Tango** is every Tuesday at 6:30 for beginners and 7:45 for advanced dancers.

Website: [Kalispelltango.com](http://Kalispelltango.com)

Social Dance & Beginner Lesson with **North End Swing** is 1st and 3rd Friday of the month at 6:30.

## Art room

*OPEN ART—Bring any project you want to work on, we provide the space! Wednesdays from 1:30-3:30.*



*Above: Member and artist Ardith Scovel stands by some of her pieces at the art exhibit during the Open House!*

### BABY ITS COLD OUTSIDE!



*Above: Member and knitter Mary Lou Cross helps to organize the annual Warm It Up program and poses with some of this year's donated scarves, hats and mittens at the Open House. Every year the Kalispell Senior Center distributes these items to local schools and hospitals. Last year we distributed over 3,000 items to people in need!*



*Left: Eye Spy A Chick-ie! Do you see the little chicken in the baby knit hat? We just learned that the Lakeside School uses our donation to keep little baby chicks warm for their "It's a*

*Chicken Life" educational program for their first graders! That's something to cluck about!*