



December 7th: Ugly Christmas Sweater Party & Bell Ringing Concert @ 1 p.m.

Desserts provided by the Activity Committee. Come dressed up for this fun interactive experience!

MEMBERS ARE ENCOURAGED

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.

Christmas Word Search!

R U I C P A H Z T N
E Y P A J Q Y N R E
I L L H S O Y I E E
N S N O W M A N E O
D V U L L W O C U K
E E Z I K N K S C W
E E E D W H X A K B
R T L A G R I N C H
F I F Y N W C T M R
U H N L K T X A N I

*Reindeer *Holiday *Snowman
*Santa *Grinch *Elf *Tree



Ruth Dolan would love to invite you over to her home to play Rummikub! Call her to coordinate a game day at 755-4447!

Looking for Hand & Foot substitutes. Meet on Mondays from 11:00-3:30. If interested call Berni at 212-4084!



Above: Thank you for your service! We appreciate our veterans from the American Legion Post #137 who presented for our Veteran's Day Potluck. Pictured from left are Post Chaplain J.C. McKenzie, Kalispell Senior Center member and American Legion PR Chair Ronnie McDowell and Post Adjutant Ron Boespflug.

REDUCING RISKS FOR LUNG CANCER

While age and genetics are out of our control, we can still manage certain behaviors and habits to reduce cancer risk. Quitting smoking remains the best preventive measure against lung cancer. Combining medications with behavioral therapy is often the most effective quitting method. Additionally, checking for carcinogens in the home, such as unmanaged radon or asbestos, can significantly reduce your risk. Lung screenings are another tool; ask your primary care provider about options for early detection.

Eating nutritious foods from the main food groups (fruits, vegetables, whole grains, proteins, and dairy) strengthens the immune system. Reducing processed foods also helps minimize inflammation. Remember, "food is medicine" — healthy eating promotes health. Moving your body regularly, in any way you're able, also supports an anti-inflammatory response. Together, diet and exercise can lower the risk of cancer and can help you take control over your health.

COMING IN JANUARY...

\$5 Breakfast on January 11th!

Dear Members,

I am writing to express my heartfelt gratitude for the wonderful experiences I have had at the Kalispell Senior Center over the past three years. Serving as the Art Director has been an incredible journey filled with creativity, collaboration, and growth. It has been an absolute honor to serve on the Board of Directors and contribute to the vision and mission of the center.

I have cherished every moment spent as the inhouse florist, adding vibrant touches to our space, and decorating for various functions. Each event was a unique opportunity to bring joy and beauty to our community, and I am grateful for the trust and support you have shown me throughout this time.

Thank you once again for the privilege of being part of such an extraordinary team. I look forward to seeing the continued success of KSC.

Warmest regards,

Bette Botting

Art room

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

Dear senior center volunteers,
Thank you for MY hat and scarf! I chose the Red, Blue, and white hat and scarf! I will wear them out side.

Love
Brooke

Above and Right: Special thanks to Brooke for her drawing and letter. Brooke and the other students at Dayton School sent us thank you cards for our Warm It Up Program donations! We appreciate all the wonderful letters from all the schools we have donated to!



CHRISTMAS WRAP!

Stop by the Kalispell Center Mall from December 2nd through December 23rd for our Christmas Wrap. Bring your presents and we will gift wrap them! We will also have a Holiday Boutique and live music from a real Christmas Elf!

Volunteers are needed for two work shifts (11-2 and 2-5). We need wrappers, receptionists and box locators. Our sign up sheets are located by the activity center. This is our major fundraiser for the year and your participation will ensure its success!



EVENING DANCE CLASS

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

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

