



February 15th @ 11:30 a.m. *Valentine's Day Party*

Featuring accordion music by member Rosainne Taylor. **\$5.00 lunch** includes baked potato with trimmings including pulled pork and chili, a salad and dessert!

February 16th from 1:30 to 4 p.m. *90th Birthday Party Open House* for Board Member Bob Spoklie.

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.

Nutrition - Packed Smoothie

Ensuring you receive all essential nutrients in a single day can be a daunting task, especially for those who dislike cooking or face challenges with chewing or digestion. Smoothies offer a delicious and convenient way to consume a balanced diet, potentially including all five food groups. Experiment with different ingredients to create a smoothie that perfectly suits your nutritional needs.

INGREDIENTS:

- 1 cup plain yogurt or whole milk (If you are sensitive to dairy, use coconut milk or water)
- 1 cup fresh or frozen fruit of your choice
- 1 large handful of spinach
- ½ cup raw oats (The oats will thicken, so using plain yogurt instead of Greek yogurt will work best)
- ¼ cup walnuts, sunflower seeds or pecans
- Sweeten as necessary with maple syrup or honey

INSTRUCTIONS:

1. Place all ingredients in a blender and blend until the desired consistency.
2. Add more milk or yogurt for a thinner consistency if needed.
3. Voila! You have all five food groups and a great way to drink your nourishment.



Here are ways to get your heart in shape!

- **Physical Activity** – Physical inactivity can worsen the health of a person's heart and make it harder for them to control their blood sugar. It is closely linked to a higher risk of heart disease, stroke and type 2 diabetes.
- **Stop Smoking** – Smoking damages a person's heart and blood vessels in the brain. It causes harmful substances to build up in the brain that cause inflammation and prevent enough oxygen getting to nerve cells.
- **Healthy Diet** – Ideally a person should eat lots of fruits and vegetables, wholegrain cereals, fish, low-fat dairy, beans and not too much red or processed meats, like sausages, ham or bacon. Too much sugar and salt is linked with higher risk of cardiovascular diseases.
- **Cut Out Alcohol** – Regularly drinking above the recommended amounts of alcohol can increase cholesterol and blood pressure and lead to weight gain.

For more information: www.alzheimers.org.uk

IT TAKES TWO TO MANGO!



Fun Facts About Argentine Tango

- The oldest competitive tango dancer on record was Frederick Salter, at 100 years old!
- Tango dominated Finland's pop charts for decades.
- The longest Tango ever danced went on for nearly two days. In 2014 Hawaiian dance teachers Brett and Jennifer Griswold danced the Argentine Tango for an unbelievable 38 hours, 30 minutes.

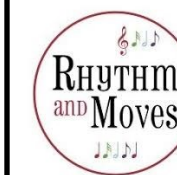
Argentine Tango is every Tuesday at 6:30 for beginners and 7:45 for advanced dancers.

Website: Kalispelltango.com



Art Room

OPEN ART—Bring any project you want to work on, we provide the space! *Thursdays from 9 a.m. to 4 p.m.*



Come join our Rhythm & Moves Exercise Class! Meets on Tuesdays @ 9:30 and Thursdays @ 10! This is a great way to get cardio and strength training!



Watercolor With DeNae

When: February 19th through March 12th
Every Wednesday from 1:30 to 3:30 p.m.

Cost: 100.00 (Payment due in person at time of class)

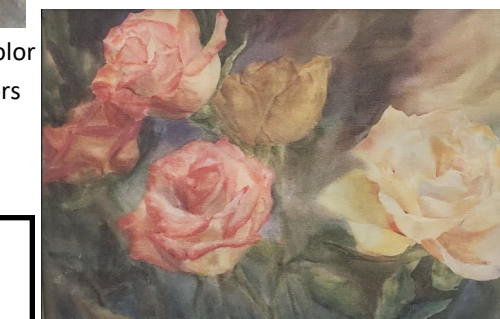
Questions: Call DeNae @406-212-1836



Our winter class will be working with color harmony as well as warm and cool colors and warm or cool paintings.

All levels of painters welcome!

Watercolors Pictured: Cat (above) and Roses (right) are examples of watercolors DeNae has painted!



YOU'RE INVITED



Please join us for an open house on **Sunday February 16th from 1:30 to 4 p.m.** to celebrate Board Member **Bob Spoklie's 90th Birthday!**