



April 4th @10:30 a.m. Fraud in the 406 Presentation includes a Q&A session and free snacks! Location: Large Conference Room

April 24th @3:30 p.m. General Meeting Its time to elect our new board members! Location: Activity Room

April 26th @2:00 p.m. Tea Party

Come see us in the main office to purchase your \$15 ticket. All proceeds support the center at this annual fundraiser. Location: Activity Room

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.



TIME FOR TEA!

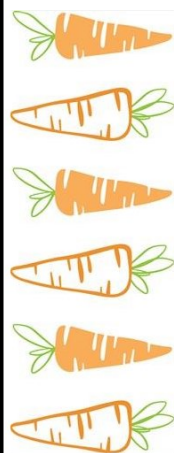
Please join us for

our annual

tea party!

Activity Room

\$15 Tickets Available



CONNECTING WITH FOOD

Connecting with synthetic ingredients, texturizers, food colorings, and alternative sweeteners isn't possible because the body was never meant to digest them. A poor diet means we have lost the vital connection to food. Aging impacts the way our body processes nutrients, making it increasingly important to think of food as medicine. Regardless of age or location, the body requires six essential nutrients: carbohydrates, proteins, fats, vitamins, minerals, and water. The quality of the food we consume is crucial as it directly impacts our health.

It's hard to connect with the ultra -processed food products lining grocery store shelves and supplying restaurants and other eateries. Older Americans can connect with real, wholesome food— fruits, vegetables, whole grains, animal and plant-based proteins and dairy to live longer, manage chronic diseases, and feel better overall.



CALL FOR BLANKIES!

"Thank you for your contribution to the HEART program! We would like to express our heartfelt thanks for all the time and effort you've put into knitting! Thanks to you, we have more hats than we can count. However, one thing we're always in short supply of is clean, warm blankets. Our staff was wondering if you might be interested in knitting blankets in the future. We would be so grateful for your support!"

MEET THE ARTIST!



Pictured from left: Gail Kennedy and Sandra Marker.

Our Meet The Artist series features our members who participate in art classes we offer at the center. If you would like to participate we have four week watercolor classes by DeNae Wiemer and pastel classes by Diana Knowles. Call 406-609-5351 for more information!

Gail Kennedy began painting in 2009 following retirement from a 30 year career with the Forest Service. Gail says she paints for the joy of it. Her subjects include the beautiful places she has traveled to. She is a member of the Plein Air Painters of the Flathead at the Hockaday Museum originally founded by Sandra Marker. Gail's journey as an artist began in North Carolina when her husband purchased her very first paint set and she was able to work with some wonderful instructors in the area. After moving to Kalispell in 2017 she began painting at the Kalispell Senior Center Art Room.



Pictured above: A plein air painting by Gail Kennedy.

Gail has found the group of painters at KSC to be extremely supportive, helpful with technique, and wonderful people. Of her painting, Gail says, "I work in acrylic because it's so forgiving. It removes the fear of making mistakes because you can simply 'fix it' by painting over any problems. In the past 3 years, I've taken up watercolor because it is less messy and materials and palettes are lighter and can be carried into the outdoors much easier." She encourages artists to join the KSC Art Room year round and the Hockaday Museum for plein air painting in the summertime.



ART EXHIBITION NOW LIVE!

Please enjoy the art work on display by our members in the dining room now through the month of April! A portion of these paintings will be available for purchase!



FVCC Instructor **Dee Fleming** wants to know if our members have any interest in taking a four week ukulele course!

\$95.00 course would include instruction book that goes over basic chords, strums and fun songs. Each session would be 1 1/2 hours. Students would have to provide their own ukulele. Soprano, concert or tenor are acceptable and concert is preferred.

If you are interested please call us at 406-609-5351 and we will add you to a waiting list. If there is enough interest we will schedule the course and reach out to you with further details!

Watercolor With DeNae

When: April 9th through April 30th

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

We will be painting loose washes using wet into wet techniques. The focus will be color harmony, big juicy washes, large brush strokes as well as composition.



Pictured above: An example of a watercolor DeNae has painted!