



May 12th @ 1 p.m. Outdoor Gardening Presentation. Location: Activity Room

May 17th @ 11:30 a.m. Mother's Day Celebration. This meal will be served by our male members! Lunch includes top choice beef donated by Board Member Bob Spoklie. Location: Activity Room

May 22nd @ 3:30 p.m. Memorial Day Service in memory of KSC members we have lost in 2024 and 2025. Location: Activity Room

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.

PLAN PROCURE AND PREPARE

PLAN: Start with a shopping list. Consider your social schedule, meals, and snacks, and divide your list by food groups: fruits, veggies, proteins, whole grains, and dairy. Choose foods you like from each group and think about how to incorporate them into meals and snacks, so by the end of the day, you've consumed enough from all categories. Check what you already have at home and shop for exactly what you need, to avoid making expensive or unhealthy substitutions.

PROCURE: Cheaper items tend to be less healthy – check the ingredient list. Remember, you pay for it now or pay for it later. Buying in bulk, shopping sales, and freezing extra items can save money. Compare costs within food groups (e.g., bananas vs. berries) and opt for frozen fruits and veggies if you don't visit the grocery store often. Seasonal shopping (e.g., oranges in winter, squash in fall) can always save money, while ensuring freshness and flavor.

PREPARE: At checkout, take a moment to view your cart. Do you see all the food groups: fruit, veggies, quality proteins (plant-based options tend to be cheaper), dairy, and whole grains? Basic whole grains bought in bulk (like brown rice) tend to be more affordable options.

BENEFITS OF SPRING BLOOMS!

Flowers can boost memory by improving concentration, increasing oxygen levels, and triggering positive emotions.

Flowers can release neurotransmitters like dopamine and serotonin, which can reduce stress and enhance mood.

Gardening can encourage mindfulness by helping you focus on the present moment.



Thank you to everyone who participated in our educational workshop in April with Natural Grocers' Eric Burns! We asked some of our members what their favorite take away was from the event and this is what they had to say:

"I found it very interesting to learn why drinking orange juice first thing in the morning is really good for you. It absorbs into the brain quickly to help wake you up!"
-Susan Sande

"I liked learning what I could be eating for breakfast differently. Avoiding carbs like toast and oatmeal that can leave you feeling sluggish in favor of an omelette with broccoli or avocado for more energy."
-Donna Tice

Color The Mitten!

We hope you will have fun decorating this mitten picture. We are now asking if you would kindly donate up to one or three K-3 and 4-8 grade sized mittens to donate to local schools. Drop them off at our main office!



Eric Burns pictured above with KSC member Linda Mellor...



Color The Kitten!

We hope you will have fun decorating this kitten picture. We are now accepting donations of acrylic washable 4-ply yarn in the main office! This yarn will be used for our Warm It Up program. Our members create scarfs, hats and mittens that are distributed to local schools and hospitals. Last year we distributed over 3,000 items to people in need!

Acrylic Paint Pouring With Chelsie



Pictured above: One of Chelsie's paint pours!

When: May 9th through 30th
Every Friday from 1:30 to 3:30 p.m.
Cost: 100.00 (Payment due in person at time of class)
Questions: Call Chelsie @ 406-890-0037
Explore the paint pouring process from start to finish. The subject of our painting will be the sacred geometric pattern called the flower of life. Supplies included.

Watercolor With DeNae



Pictured above: One of DeNae's watercolor paintings!

When: May 14th through June 4th
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
This class we will be focusing on the portrait composition applying color harmony as well as complimentary colors. We will be working on background and foreground to integrate a well read painting.