



We'll be having a best hat competition at our tea party this year for your chance to win a Glacier Symphony ticket!

May 11th @ 1 p.m. Dave Ramsey Budgeting Workshop. Location: Activity Room

May 16th @11:30 a.m. Annual Tea Party Fundraiser; \$15 tickets available in the main office. Prize for best hat! Location: Activity Room

May 18th @1:00 p.m. KSCinema presents a Monday Movie Matinee. Popcorn, candy and soda available for purchase. Location: Activity Room

May 21st @3:30 p.m. Join us in honoring KSC members who passed away in 2025. Location: Activity Room



TIME FOR TEA!

Please join us for our annual tea party fundraiser!

In The Activity Room on May 16th!

\$15 Tickets Available in the Main Office

Come see us in the main office to purchase your \$15 ticket. All proceeds support the Kalispell Senior Center at this annual tea party fundraiser! Special thanks to the Daily Inter Lake, Kalispell Chamber of Commerce, and Flathead Electric for promoting our event!



KSCINEMA

This month's free Monday Movie Matinee on May 18th at 1 p.m. is Tiger, Tiger, Tiger in Japanese. Can you guess the movie? Come and see to find out! One of our members had a behind the scenes appearance in the film and will come and talk briefly about his experience. There will also be a movie trivia prize with a \$20 value related to our member's experience!

Location: Activity Room

KSCINEMA is brought to you through a generous grant from Town Pump Charitable Foundation! And thanks to your generosity we have raised enough money to keep our movie screening program going for at least the next three years! So far we have had 146 participants in our program so we have surpassed the goal we set with Town Pump Charitable Foundation for our first year in operation! We also want to extend a big thank you to Buffalo Hill Golf Course for their generous donation of a round of 9-Hole golf as a movie trivia prize for the golf comedy that we screened last month in promotion of our summer golf program!



Eating and Wellness Strategies

Nourishment provides the ultimate health foundation as you get older. Stress in older adults can lead to malnutrition due to impaired digestive function, which affects the body's ability to metabolize nutrients. Chronic stress can lead to poor eating choices – choosing foods that not only fail to nourish but also contribute to inflammation.

Eating well is crucial for managing stress effectively. Fruits, veggies, whole grains and quality proteins prepared from fresh, whole ingredients help support the immune system. Healthy eating also helps reduce cortisol levels, which can become dangerous when activated for too long. Ignoring random hunger and fullness signals and eating high-quality foods every few hours during the day will help stabilize blood sugar and support the immune system in fighting inflammation caused by stress.

Quality eating isn't the only intention needed to combat stress – learning effective strategies and tools is also important. One of the best strategies is to understand your stress patterns and recognize whether something is within your control or outside of it. This helps you recognize when you may need to use specific stress-management techniques – such as deep breathing, mindfulness, or counseling – to keep stress from becoming chronic.

Honoring Our Loved Ones



Please join us for our annual memorial service honoring our former KSC members that have passed on. This event will be held May 21st at 3:30 p.m. in the Activity Room.

THANK YOU TO OUR NEW VOLUNTEERS!

In recent months we have put out a call for new volunteers. We want to say thank you to Pat Urban and Geneva Curran for stepping up to help operate our greeting card shop and also thank you to Barb Robbins for continuing to design and donate gift bags. Thank you to Eileen Lowery for taking over our activity room decorations. And many thanks to Shane Barfoot and Mike Jeneke for offering to be van drivers. We also want to thank Cheryl Larson and Clarice Barnes for all the time and effort they put into the greeting cards and activity room decorations and for training our volunteers!



Are you struggling to manage your finances? Please join us for a personal finance workshop with a certified Dave Ramsey financial coach! Christy Fitzwater will teach you how to create a financial plan, get out of debt, build wealth, and craft a budget. She is also willing to offer a few free one-on-one coaching sessions as her time is available. The workshop will be May the 11th at 1 p.m. in the Activity Room.

Watercolor With DeNae



Pictured above: One of DeNae's watercolor paintings!

When: May 6th through May 27th

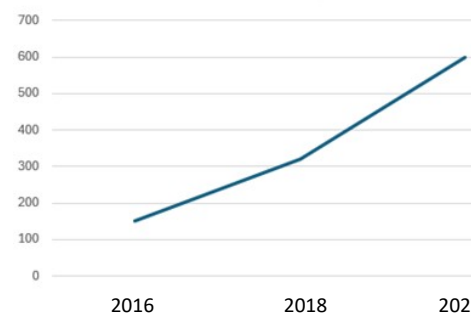
Every Wednesday from 10 a.m. to 12 p.m.

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

Questions: Call DeNae @406-212-1836

This class we will be focusing on color harmony, background, and depth. Foreground with warm colors. And pulling the piece together on the last class.

Onward and Upward!



Did you know ten years ago we had just 150 members, eight years ago we had 320 members and today in 2026 we have 530 members?