

Wearin' O' The Green!

I am happy to report that I didn't need to pinch any of these KSC members that attended our Saint Patrick's Day Celebration!



Special thanks to **Rhonda Young** for cooking up two different varieties of Irish Stew for us to enjoy including Guinness and Colcannon. Thank you also to our entertainers, **The Irish Folk And Fun** who provided music and jokes!



*Kathy: Where do tires end up? Mary: I do not know.
Kathy: They end up on skid row!*

*Sue: Where is the dead center of Kalispell? Kathy: Who knows? Sue: The cemetery.
What do you call a be that can't make up it's mind? A Maybe!*

Jokes contributed by our own KSC member Leona Geldrich

Kay Lynn Studios

YOU ARE INVITED!

Kalispell artist and sculptor Kay Lynn is announcing a Senior Center discount of \$20 on her ongoing classes starting May 20!

1. **ADVENTURES IN STAINED GLASS** Learn to cut and foil glass, design and solder your own pieces from a rich supply of colorful glass supplied by the workshop. Our small glass-group meets Fridays at 1:00 for instruction and, if you like, a less formal "free studio day" Wednesdays at 1:00. Cost: \$120 a month
2. **MATERIALS AND METHODS OF SCULPTURE:** Have fun exploring the many sculpture mediums starting with paper mâché, then work with clay and glazes, designs in wire, etc.! Let loose your imagination and express yourself in 3 dimensions! Clay work will be fired in the new studio kiln. All materials and tools supplied. When: Wednesday 12:00 lesson day, Friday 12:00 free studio day. Cost: \$160 a month

KAY LYNN STUDIOS 258 Riverside Drive, Kalispell
Phone: 406-871-0681



Listen to the Caregiver Chats Podcast on Spotify!

Podcast 69: The Beauty of Personal Care As We Age

Tune in on Spotify as occupational therapist Lindsay DeLong shares about personal care routines as we

age. Podcast highlights include why personal care routines matter for dignity and identity, common challenges older adults face with grooming and hygiene, how caregivers can support independence safely, adaptive equipment for grooming, bathing, oral care, and beauty routines and what to know before purchasing medical or adaptive equipment online.

The Caregiver Chats podcast from Home Instead, Inc. is a space for family caregivers and care partners to find support and expertise to help make the caregiving journey a little more manageable.

Thank you to KSC member Grace Larson for sharing photos of family members who served in the military in honor of Memorial Day.



Pictured Left: My son Kevin Bach served in the Navy.



Pictured Right: My son Keith Bach served in the Navy.



Pictured Left: My son Dan Oellrich served in the Army.



Pictured Right: My husband Lyle Larson was a Navy Sea Bee.



Save the date for our first annual Kalispell Senior Resource Fair to be held on Saturday, October 24th from 1 to 4 p.m. in the Kalispell Senior Center Activity Room. Do you own or operate a local senior oriented business? Please give us a call at 406-609-5351 to register. Registration is just \$50 for a table. Special thanks to the below businesses who have registered:

