

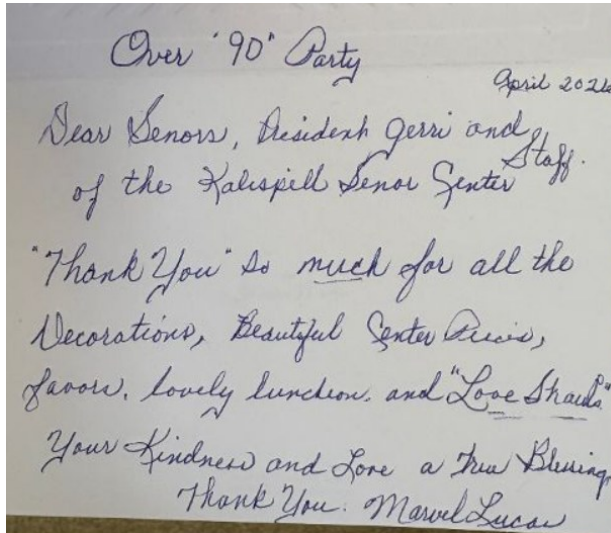
Lee Hesar
Henry Olson
Gary Coombe
Sidney Anderson
Larry Fenster
Marilyn Lee
Verna "Rose" Gilbert



Happy Birthday to our 80 plus club!



Pictured Above: A touching moment at our 90 Plus Birthday Party and General Membership meeting where prayer shawls were given to our 90 plus members!



Pictured Above: Thank you card from our Lifetime Member Marvel Lucas! Did you know if you are 90 years or older a membership at KSC is free?



Design the Life You Want to Age Into...
Become a Member or Volunteer!

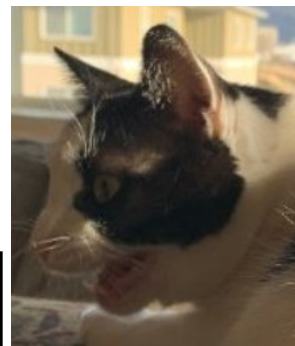
My Glacier Village is a volunteer-driven membership community of seniors helping seniors age independently in their own homes.

- A whole village of friends providing community, connection, and support.
- Why It Matters: Aging is easier—and better—when we don't do it alone.

If staying at home matters to you—or someone you care about—we'd love to share more. Visit www.myglaciervillage.com or click on the QR Code for info!



My Glacier Village, 1103 South Main, Kalispell, MT 59901 406-250-8784



NOW LOOKING FOR...

Pictured above: That moment my cat saw flying monkeys for the first time!

DO YOU HAVE A FAVORITE HIKING TRAIL OR ANY FUN HIKING ADVENTURE STORIES? PLEASE SHARE AND WE MIGHT INCLUDE THEM IN THE JULY EDITION OF OUR NEWSLETTER!

EMAIL TO:
email@kalispellseniorcenter.us



KSCINEMA

This month's free Monday Movie Matinee on June 15th at 1 p.m. is a period drama based on a work of literature. Can you guess the movie? Come and see to find out! This will be a **1920s themed movie screening and costume party cocktail lounge**. We'll be giving away a special 1920s themed prize for best costume! Bring a simple finger food appetizer to share. We'll provide the mocktails!



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 153 participants in our program so we have surpassed the goal we set with Town Pump Charitable Foundation for our first year in operation!

JUNE 2026

KALISPELL SENIOR CENTER'S
GAZETTE



National Hug
Your Cat Day!

40-11th St West, Ste 110, Kalispell, MT 59901

406-609-5351 email@kalispellseniorcenter.us

kalispellseniorcenter.com



Statement of Purpose:

The Flathead Association of Senior Citizens Inc is organized and operated exclusively for charitable purposes to promote and enhance the health, well-being, social, cultural, and intellectual activities of citizens 55 or older. The focus is on seniors residing in the general area of the city of Kalispell, MT.

FUN FACTS ABOUT CATS

A 2023 study found that fostering cats significantly decreased loneliness and improved mental health in adults over 60.

One 10-year study showed that cat ownership was associated with a nearly one-third lower risk of death from cardiovascular disease.

Petting a cat lowers cortisol (the stress hormone) and raises serotonin.

Caring for a cat gives seniors a sense of responsibility and structure, which is crucial for mental well-being.

WELCOME NEW MEMBERS!

- | | |
|---------------------|-----------------------|
| Beth Hughes | Sheila Zohrer |
| Denise Pelchen | Geraldine Josephsen |
| Annette Trethewey | Daniel Josephsen |
| Greg Iverson | Melody Domp |
| Sally Devine | Ronald Hirsch |
| Mary Johnston | Cheryl Hirsch |
| Helen Tarrant | Betty Thompson |
| Scotia Delong Jacob | Stacie Anifson Martin |
| Denise Hailstone | Kathy Mathison |
| Laura Westcott | Erica Warner |
| Barbara Smith | Todd Warner |
| Gretchen Bothwell | Kathleen Reiss |

BOARD OF DIRECTORS

- Gerri Backes, President**
Barb Pearson, Vice President
Bob Spoklie, Judene Jedlicka,
Barbara Woodhouse, Jim Ott,
Carol Oberndorfer, Lee Hesar, Mike Cartee



Activity Meeting
6/1@1:00
(Small Conference Room)
Board Meeting
6/9@9:30
(Large Conference Room)