

December 19th: Cookie Exchange @ 11:30 a.m. Wear your ugliest Christmas sweater and bring some cookies to swap! Musical performance by our resident elf. Location: Activity Room

December 12th: Holiday Movie Screening & Christmas Craft @ 11:30 a.m. Come enjoy a Christmas Classic and learn how to make Christmas Bows with KSC board member Sharon Parmelee! Location: Activity Room

December 7-24: The Christmas Wrap at the Kalispell Center Mall from 11-5! Bring your presents for wrapping or shop for gifts in our Holiday Boutique!

Volunteer Sign-up sheet located on the table that is right next to the Activity Room doors.

"I enjoyed being part of it and appreciate the opportunity to connect with members of the community. I'm glad to hear the event was well received, and I look forward to seeing how it continues to grow next year." -David Curtin, Mountain Peak Wealth Solutions

"We had a lot of fun at the event, and many good conversations about how we can help people prepare for the next chapter of their lives." -Jason Upton, Edward Jones

"Thank you so much! It was a great experience and I look forward to the next one!" -Carson Degele, Caring Transitions

"Great job! We're so glad we could participate!" -Jenn Prunty, Aging Transitions



Kalispell SENIOR Resource Fair

















Pictured left: Honoring our Veterans at our annual potluck. Thank you to the American Legion Post #137 for conducting a flag ceremony. We were deeply moved by the personal stories shared by our service members!















Pictured: Many thanks to the knitters and volunteers for our annual Warm It Up distribution this year! Thanks to you we've been able to donate over 3,000 knit goods to local nonprofits, schools and hospitals!



Rocking to the Oldies Chair Fitness!

Please join us for our once a month Rocking to the Oldies Chair Fitness class taught by Lea Contreras of The Summit! We're scheduled for every second Tuesday at 9:30 starting in January. Come and exercise in and out of a chair. We will have upbeat oldies music rocking our way through this high energy class. Movement will focus on strengthening with hand weights. Seated and standing exercise with different fitness routines that include aerobic, static and dynamic balance, upper and lower body strength training with adjustable weights, and flexibility exercises as well as fall prevention education.

Come for the fun and stay for the fitness and community!

*This program was made possible in part by a grant from the **Whitefish Community Foundation**!*

KS CINEMA

This month's free movie screening will be a classic Christmas film! The movie is about a guy who travels to a big city to chew bubble gum, consume large quantities of maple syrup and craft lots of paper snowflakes. Can you guess what the movie is? You'll have to come and see!

Hint: One of the actors in this film was famous for being in a movie about Italian mobsters.

When: December 12th @ 11:30 a.m.
Location: Activity Room

KS CINEMA is brought to you through a generous grant from Town Pump Charitable Foundation!