

MY GLACIER VILLAGE

CONNECT. INSPIRE. SUPPORT.

NOVEMBER 2021

planning is bringing the future
into the present you so you can
do something about it now.

Alan Lakein

What if you lived to be 100? Join our sponsor, Chris Fraser, Broker/Owner of Keller Williams Realty, NWMT and Jenn Prunty, Aging in Place Specialist for a lively and candid discussion about aging. You will leave with a handful of questions you can start asking yourself now to prepare for a strong 4th Quarter. We will cover finances, aging in place, community, and end of life. Don't miss it!

IN THE SPOTLIGHT- MARY WALLACE

Mary first heard of My Glacier Village when we opened in 2019. Her mom, Susie joined as our first Social Member, after losing her ability to drive (with supportive family close by, she didn't need volunteer services). She was just looking for social connections and new experiences. After her first archery lesson, Susie said, "when you're 86, there's never anything new. This was new. I HAD to try it!".

Mary is an active volunteer and our Board Treasurer, and she shares her mom's same adventurous spirit. Always ready to try something new, she learned pinochle when they needed a 4th player at Game Day, helped with the Tunnel Vision painting project, went kayaking for the first time this summer, and joined us on our recent rafting trip in Glacier.

Not only is she helping us change our conversations around aging, Mary is very involved with her kids and grandkids and is a loving companion to her friends and neighbors. Thank you, Mary for aging in a way that makes us look forward to growing older!

WHAT'S HAPPENING!

Nov 2 & 16 Everyone Has a Story
Writing Workshop @ the Sr Center

Nov 3rd - SR Speaker Series - Your
4th Qtr Play Book - for anyone who
might be aging

Nov 10 - Village Growth Meeting

Nov 12th - Intro to Qi gong

Nov 17th - Happy Hour at Big
Mtn Ciderworks

Nov 24th - Village Friendsgiving
Potluck





Life, Work, and Human Relationships

by Nancy Rose

Here we are in November, having experienced a beautiful fall with the leaves turning gradually and blessing us with their magic. I recently read Ann Morrow Lindbergh's *Gift From the Sea*. Over 50 years ago, AML said, "I began these pages for myself, in order to think out my own particular pattern of living, my own individual balance of life, work, and human relationships." Even though Ms. Lindbergh did her work at the beach in summer, a Montana fall and winter are a perfect time to reflect on these ideas, and how you want to enhance your "pattern of living." How has My Glacier Village enhanced your life? What is your "own individual balance of life, work, and human relationships?" Which area is getting the most energy at present? What could shift for the balance to feel more nurturing?

Grace's raft trip was sensational! It was full of gifts for the senses, as well as camaraderie and friendship. It is surely on the calendar for next year! Since there is nothing we can't do, if we put our minds to it and call on expert help, maybe it is time to revise our own bucket lists. What goals would really be fun and rewarding to look forward to?

In the meantime, how do we make the world a better place as we look forward to the holiday season? This time next year, what do you want to look back and be grateful for? Don't hesitate to share your thoughts with others.

"If you surrender completely to the moments as they pass, you will live more richly in those moments."

ANN MORROW LINDBERGH



NOVEMBER EVENTS

Nov 2nd and 16th - 10:30 - Everybody has a Story writing workshop at the Senior Center in Kalispell. Whether you're new to writing or working on a project, join a few of your Village friends for support and encouragement. Cost is \$1 for nonmembers.

Nov 3rd - 1-3 - Senior Speaker Series at First Presbyterian Church - Questions to ask yourself, no matter where you are in your 4th Quarter.

Nov 10th - 1-3 Member/Volunteer Growth Meeting at First Presbyterian Church - We will share highlights from the National Village Conference and we want to hear *your* ideas for the coming year!

Nov 12th - 1pm - Introduction to Qi gong with Mary Mcgrath at Glacier Sound Healing Center in Columbia Falls

Nov 17th - 4pm - Happy Hour at Big Mountain Ciderworks

Nov 24th - Village Friendsgiving Potluck - Let's be Grateful Together

For more details or to create a service request,
please call the office at 406-250- 8784.

Thank you to our sponsors
for their continued support!

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Dear Members,

Happy beautiful fall! I hope you've all had a chance to get out and see the leaves in all of their glory. The weather has been ideal for a nice drive. If you haven't and would like to, did you know you can put in a service request for such a thing? YES! Our volunteers are standing by to help you out. They've joined My Glacier Village to make new friends, try new things and be of service to others. Perhaps you'd like to go shopping for a friend's birthday.

Or, maybe you could use some help:

- getting out holiday decorations
- with a small house repair, like a loose railing or step
- organizing an area of your home
- moving furniture
- with your smart phone or TV
- baking a favorite holiday meal

Would you like to take a class at the college or one of the local art studios? Maybe you'd like to get familiar with online grocery shopping. Let us know! We would love to help you.

Please be sure to check the Events Calendar, too. We are doing some fun things and we would love to see you!

Your Village Team

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**Giving connects two people,
the giver and the receiver,
and this connection gives
birth to a new sense of
belonging**

deepak chopra

If you would like more information about My Glacier Village, please visit our website at www.myglaciervillage.com or call 406-250-8784

