

April 2012 Newsletter
Bozeman Senior Center
586-2421

- **Gold Diggers: Investment Fraud in the Treasure State. Wednesday, April 4 at noon.** This made-in-Montana film follows the stories of two of our state's most egregious investment fraud cases while providing tips and advice for spotting scams and avoiding fraud. The stories are told by real Montanans who together lost millions in Heffelfinger and Schlenker cases in Helena and Bozeman, respectfully. This is a 50 minute film. CSI will pay for your meal if you desire to view this informational documentary. Call 586-2421 and make your lunch reservation today! Please call in by Monday, April 2 to assure an adequate amount of food. **Documentary film will take place in the dining room while you eat.**
- **Easter Dinner** at the Senior Center will be on **Thursday April 5, at 12:00 noon** with piano entertainment by Grace Holiday. So, put on your Easter duds and come enjoy a delicious Easter Dinner. Please call 586-2421 to make reservations. For all the women, we would love to have you wear a hat.
- **Financial Seminar: 2012 Estate Planning Update: Jeff King & Mark Bryan Wednesday, April 11 at 10:00am.** This session will look at changes in Estate Law and how it may affect your taxes, will, trust, or other estate plans.
- **Sunday Dinner. April 22 at 1:00pm.** Join us at the center for a great meal on a Sunday afternoon. On the menu for April: Coleslaw, Plum Pork Loin, Rice Pilaf, Steamed Broccoli, and Lemon Meringue Pie. Sign up in advance. Cost is \$5.00/person. We hope to see you here!
- **New class ideas for April with Myriah! Monday, April 9th at 1:00pm.** Let's Roll. Dust off that old physical therapy foam roller. Let's learn some new tricks with our foam rollers including myofascial release and balance. This class will involve getting on the floor and standing. If you have a roller, please bring it. See you then! **Morning Yoga. Thursdays 8:45am April 5th, 12th, 19th, & 26th.** Bozeman seniors love yoga! Start your morning off with a great stretch. This hour class will include postures that increase your strength, flexibility, and balance. Each class will include a warm up and cool down. Class will include floor exercises and postures. All fitness levels welcome.
- **Name That Tune! Thursday, April 26 at noon.** Back by popular demand! Join us at the Bozeman Senior Center for lunch and fun, fun game of Name That Tune. Prizes will be awarded to the table with the most correct tunes.
- **Tax Aide Program.** The Tax Aide Program will continue through April 14th. We offer this service by APPT ONLY on Monday's from 1:00 to 4:00 pm and Saturday's from 9:00-12:00. Call 586-2421.
- **Cambodia: A Modern Miracle- Digital Show. Wednesday, April 25 at 1:00pm.** Come see a travel/adventure story of modern Phnom Penh and an in depth exploration of the ancient Khmer civilization culminating in the fabulous Angkor Wat Temple, perhaps the largest religious building in the world.
- **New Caregiver Support Group.** Facilitated by Alisha Hanley (with Spring Creek Inn). A new support group is set **to meet at the Bozeman Senior Center**

- the 4th Thursday of each month at 2:00pm.** Caring for someone with Alzheimer's disease can be physically and emotionally demanding. This support group will provide help and hope to the families of those with Alzheimer's disease or other related dementia.
- **Social Dance. Saturday, April 14 from 7:00pm-10:00pm.** Put on your dancing shoes and join us at the Bozeman Senior Center! Enjoy great entertainment by the **Blue Spurs Band**. Refreshments are provided. The cost is \$5.00/person and open to dancers of all ages. These great dances are open to people of all ages.
 - **DIET ANALYSIS AND WEIGHT LOSS.** I am starting my diet on Monday...again. Does this feel familiar? We will be discussing lifestyle changes that encourage weight loss, do a little exercise and get the instructions for keeping a food diary that you will use to get a complete computer diet analysis of nutrients and calories. **We will meet April 16, 23, 30, May 7, 14, 21, and June 4 at 1:00pm to discuss healthier eating, nutritional and exercise tips.** We will identify how much we eat, and work with healthy lasting changes while we are learning about kinds of fats, carbohydrates, labels, cooking methods and more. We would love to have you join us!
 - **Slide Presentation: China and the Yangtze River. Friday, April 13 at 11:00am in the downstairs Rec Room.** Open to anyone who wants to see these amazing slides and hear more about this great trip in October 2012.
 - **Idaho State Day. Thursday April 19 at noon.** Join us for lunch on this day to learn fun fact about the southern state of Idaho! If you ever lived in Idaho or were born in Idaho, let us treat you to lunch on this day. Call in your reservation in advance, 586-2421.
 - **Cross Country Skiing/Snowshoe Program 2012 has come to an end.** A big thank you to all who participated in the program this year. It was fun getting to know everyone and looking forward to the 2013 program! Stay tuned for information regarding the **2012 Summer Walking and Hiking Programs**.
 - **Cinnamon Rolls. Friday, April 13 at 9:30am.** Warm cinnamon rolls made fresh at the Senior Center. Come enjoy for only \$1.25! No reservations needed!
 - **Pancakes & Bingo.** Just a reminder, **Monday, April 16.** All the pancakes you can eat for \$3.25 & enjoy Bingo for cash prizes afterwards.
 - **The Senior Center has wireless access throughout the building!**

Services:

- **Driver Refresher Course. Wednesday, June 6 from 12:30-5:00pm.** Call 586-2421 to reserve a space! The cost is \$14.00 for non AARP members and \$12.00 for AARP members. Future course dates include: Wednesday's on September 5, and December 5. Call to sign up!
- **Blood Profiles: Wednesday May 9 from 8:00am-10:00am.** For an appointment, call the center at 586-2421.
- **Computer Assistance with Jack Stone, Larry Blackwood, Paul Kleihauer, and Brenda Kessler.** Please sign up for one-on-one instruction with these wonderful volunteers. Call 586-2421 for an appointment or more information.
- **Bozeman Senior Center Alzheimer's Respite Program:** For questions or more information, call Judy at 586-2421.

- **Forgetters Group. 2nd Wednesday of every month at 1:00pm.** This is a support group for anyone helping family members cope with dementia. Mardella Brock is now the facilitator.

Social:

- **Writing Your Life Story** meets each Wednesday at 1:00pm.
- **Red Hat Luncheon. Tuesday April 17 at 11:30am.** The Red Hat Ladies will meet at Ted's Montana Grill (located in Baxter Hotel). Order from the menu. Call the center to sign up, 586-2421.
- **Oil Painting:** Monday April 2 & 16 from 1:00pm-4:00pm with instructor, May Mace. For more information contact Emily, 586-2421.
- **Cribbage Players!** Cribbage is back at the Senior Center; each Tuesday at 1:00pm.
- **Book Club** discussion will be **Monday, April 16 at 10:30am.** For information about the book club please contact Emily at 586.2421.
- **Singing Souls.** Come join the fun! Tuesday's at 1:30pm.

April Menu

2-Pears, Lasagna Casserole, Garlic Bread, Creamed Spinach, Butterscotch Bars
3-Soup, Pork Roast, Roasted Potato, Curried Corn, Pineapple Upside Down Cake
4-Pickled Beets, Baked Cod, Wild Rice Pilaf, Baby Carrots, Sour Cream Peach Bars
5-Easter Dinner. Broccoli Salad, Ham, Potatoes Romanoff, Peas/Onions, Lemon Meringue Pie
6-Peaches, BBQ Chicken Sandwich, Chips, Mixed Veggies, Root Beer Floats
9-Applesauce, Chicken Fried Steak, Hash Browns, Maple Brussel Spouts, Chocolate Cake
10-Lime/Pear Jell-O, Roast Beef, Mashed Potatoes, Green Beans, Cookies
11-Soup, Chicken Fettuccini, Garlic Bread Sticks, Broccoli, Peach Crisp
12-Macaroni Salad, Philly Cheese Steak, Parmesan Jo Jo's, Roasted Beets/Carrots, Cheesecake Bars
13-Cinnamon Rolls. Cucumber Salad, Taco Salad Bar, Pinto Beans, Corn Bread, Crème Brulee
16-Pancakes/Bingo. Apricots, Beef Stroganoff, Bread Sticks, Mixed Veggies, Fresh Blueberry Muffins
17-Carrot Salad, Turkey Roast, Mashed Potatoes, Zucchini Au Gratin, Bread Pudding
18-Cottage Cheese/Peaches, Chicken Tenders, French Fries, California Veggies, Cookies
19-Pears, Spaghetti/Meat Sauce, Garlic Bread, Baby Carrots, Ice Cream
20-Spinach Salad, Pork Chops, Stuffing, Green Bean Casserole, Cherry Bars
22-Sunday Dinner. Coleslaw, Plum Pork Loin, Rice Pilaf, Steamed Broccoli, Lemon Meringue Pie
23-Cottage Cheese/Fruit, Bratwurst/Sauerkraut, Baked Beans, Roasted Beets, Cream Puffs
24-Egg Drop Soup, Teriyaki Chicken, Noodles, Egg Roll, Asian Veggies, Coconut Cream Pie
25-4 Bean Salad, Sloppy Joes, Chips, Veggies, Ice Cream
26-Name that Tune. Coleslaw, Roast Beef, Mashed Potatoes, Peas/Onions, Carrot Cake
27-Pickled Beets, Baked Cod, Rice Pilaf, Creamed Spinach, Lemon Bars

30-Fruit Cocktail, Meatloaf, Roasted Potatoes, Carrots, Brownies

Please make reservations for lunch so that we can have an adequate amount of food!

Ongoing Activities:

Health and Exercise Program

Mondays: 8:45am Strong Women/Men, 9:00am Gentle Aerobics, 10:00am Core, 10:30am Aerobics Plus, 11:30am Arthritis Tai Chi.

Tuesdays: 9:15am Aerobics Combo, 10:15am Tai Chi, 11:30am Arthritis Tai Chi, 1:00pm Strong Women/Men, & 2:00pm Stretching.

Wednesdays: 8:45am Strong Women/Men, 9:00 Silver Sneakers, 10:00 Core, 10:30am Aerobics Plus, 1:00pm Yoga Stretch, and 2:00pm Balance Plus.

Thursdays: 10:15am Tai Chi, 11:30am Arthritis Tai Chi, 1:00 Strong Women/Men, & 2:00pm Stretching.

Fridays: 8:45am Strong Women/Men, 9:00am Silver Sneakers, 10:00am Core, 10:30am Aerobics Plus, & 11:30am Arthritis Tai Chi.

Foot Clinic by appointment call 586-2421 (3rd and 4th Mondays each month)

Free blood pressure checks are done every Wednesday from 11:30am until 12:30pm

Social Activities

Tuesdays and Thursdays Bingo at 1:00pm.

Woodworkers shop members only 8:30am-4:00pm.

Woodworkers Meeting 1st Wednesday of every month 10:00am

Wood Carvers 9:30am Mondays

Bridge is every Wednesday and Friday at 12:45pm.

Duplicate Bridge – Mondays 12:30pm.

Watercolor Painting – 9:30am Wednesdays

Creative Writing – 10:00am Tuesdays

Writing Your Life Story- 1:00 Wednesdays

Scrabble – 10:00am Thursday's

Pinochle – 1:00pm Thursdays

Cribbage- 1:00pm Tuesday's

Pancake Supper and Bingo – 3rd Monday of every month at 5:30 p.m. \$3.25

Second Hand Rose Thrift Store Monday-Friday 10:00am - 2:00pm.

Educational Opportunities

Computer Room – open 8:30am – 4:00pm members only

Computer One-On-One Help by appointment, please call 586-2421

Nutrition Services

Free Birthday Dinners celebrated on Wednesdays only!

Meals served in Center, Monday through Friday 12:00, Noon

Meals-On-Wheels delivered Monday through Friday to home bound

Support Services

Association for Blind Support Group – 2nd Thursday of each month at 1:30pm.

Forgetters Group – 2nd Wednesday at 1:00pm
Grandparents Raising Grandchildren—2nd and 4th Wednesday at 10:00am.

Bozeman Senior Center Travel Department

Complete itineraries for each trip are available at the Senior Center front desk.

SLIDE PRESENTATION ON THE CHINA, YANGTZE RIVER CRUISE:

Friday, April 13th at 11:00am, will be a slide presentation on the China trip scheduled for October 26 through Nov. 9th. If you are thinking of going on this wonderful trip or would just like to see the slides, please come join us in the Senior Center Rec Room.

China, and Cruising the Yangtze River: October 26-Nov. 9. with optional Hong Kong Extension: Sign up by April 20th, to save \$250.00 per person. Enjoy a four night cruise on the Yangtze River, walk along the awesome Great Wall of China, see the Three Gorges Dam, see China's national treasure, the pandas in the city of Guilin, the Reed Flute Caves with its wonderful underground scenery, the Terra-Cotta warriors in Xian, Tiananmen Square and the Forbidden City in Beijing, Definitely a trip of a lifetime. Cost is \$5,035.00/person, double occupancy.

Jackpot, Nevada. April 18. 19. 20.

Save you nickels, quarters, and dollars and get set for a fun three day trip to JACKPOT, NEVADA. Stay at Barton's Club 93, travel by Karst Stage Motor Coach, and have a great time. Cost is \$155.00/double occupancy. \$185.00 to room alone. There is still room for you! Ollie Kirby is your escort.

Snake River Trip, Lewiston, Idaho. June 26th to 29th. This is a fantastic trip! Enjoy jet boating the Snake River on the Mail Run, the same way Hells Canyon area residents have been getting their mail, weekly, since 1912. Cost is \$680.00/person, double occupancy. Includes some meals, motel, bus fare, and jet boat. This trip is almost full, so sign up now.

Rails of New England: September 25th for 8 days. Enjoy the beautiful colors of New England while enjoying a wonderful trip through Boston, Maine, Vermont and New Hampshire. Three train rides included: the Conway Scenic Railroad, the Mount Washington Cog Railroad, and the Essex Steam Train. Cost is \$2,699.00/person, double occupancy. This trip is filling fast, get signed up.

New Mexico and the International Balloon Fiesta: October 5 - 9: Fly to Albuquerque, see a Spectacular Sight when over 1000 balloons lift off in the early morning, high desert air. Also see Sky City village, Loretta Chapel in Santa Fe, Pueblo Indian Cultural Center, ride the Sandia Peak Aerial Tramway, and travel the Turquoise Trail Scenic Byway. Cost: \$1,999.00/person, double occupancy.

Minneapolis, Stillwater, Duluth, & the North Shore. Six day trip August 24-29; lots of great sightseeing. Fly from Bozeman to Minneapolis. Cost: \$2,049.00/person. Full itinerary at Sr. Center front desk.

ONE DAY TRIPS:

Boat Ride in Big Horn National Recreation Area: Friday, July 20th.

This was the mystery trip last year and everyone loved it. Have an exciting boat ride through Big Horn Canyon, near Lovell, Wyoming, complete with an excellent narrative by the Boat Captain, Mark. After the boat ride, travel to Billings for dinner at either the Red Lobster or the Olive Garden. Cost is \$90.00 per person. The first bus is full! Get signed up for the second bus going on

Butte Day Trip: Wednesday, July 11, 2012

Enjoy a fun summer day trip to Butte, Montana. First enjoy a two hour ride on our own Butte Trolley, learning more about the famous folks, miners and scoundrels who lived and worked there. Ride through the National Historic District, by the Charles W. Clark Chateau, the Victorian neighborhoods, and the Dumas Brothel. The only stop where you get off the trolley is at the Berkeley Pit viewing stand. Then enjoy lunch at Starkey's Garage (included). In the afternoon you will enjoy a wonderful ride up to the Lady of the Rockies to get a gorgeous view of the city and to see "The Lady' up close". Cost of the trip is \$78.00. **ONLY ROOM FOR 26 PEOPLE, SO GET SIGNED UP RIGHT AWAY.**

All of our great DAY TRIPS are in the planning stages.

One to Butte to the Lady of the Rockies and a Trolley tour of Butte, in July. Tizer Gardens and then to Helena in late June. Also, Playmill Theater in late June.

Bozeman Senior Center

807 North Tracy

586-2421

Email: judy_srctr@bresnan.net Executive Director

Email: emily_srctr@bresnan.net Associate Director

www.montanaseniorcenter.org