

*August 2011 Newsletter*  
*Bozeman Senior Center*

- **LAST CHANCE TO PURCHASE YOUR HAWAIIAN LUAU TICKET!**  
Hawaiian Luau and Pig Roast will be on **Thursday, July 28, 2011** beginning at 6:00pm. A dance, featuring the Blue Spurs Band will immediately follow at 7:30pm. **Last day to purchase your ticket will be Monday, July 25.** Tickets are \$8.00 each.
- **Taste of the Senior Center: Tuesday, August 2, 12:00 noon.** Back by popular demand! Allow the Bozeman Senior Center to prepare you for "Taste of Bozeman". We will host our own fun "Taste of the Senior Center". Come enjoy a delicious meal including **BABY BACK RIBS, SHRIMP SCAMPI, Broccoli Salad, Mashed Potatoes, Veggies, and Brownies for dessert.** How's that for delicious! We will have a traveling musician also entertaining you at your tables. Suggested donation is the same as usual, please sign up so we have plenty of food. **ENJOY our fun Special Day at the Senior Center.**
- **Did you know the Bozeman Senior Center has a great 2<sup>nd</sup> Hand Rose Store?**  
Item to purchase: men's and women's clothing (shirts, pants, coats, jackets), books, shoes, fabric, miscellaneous décor, kitchenware, etc. **The hours to shop are Monday-Friday (in the basement of the Senior Center) 10:00am-2:00pm. Best prices in town!**
- **The Bozeman Senior Center now has an official logo:** "Bozeman Senior Center- Living It Up: Where Active Seniors Stay Active".
- **Available now: NEW Bozeman Senior Center T-Shirts!!!** We have our very own "Life is Great!" Bozeman Senior Center T-Shirts. \$10.00/each.
- **Free: A motorized scooter,** in excellent condition, needs a new battery. Available to a senior citizen who needs help getting around. Call Judy, 586-2421.
- **New Trips: Winter Coeur d'Alene Trip: December 7-9, 2011.** Stay at the gorgeous Coeur d'Alene Resort for two nights. Enjoy a ride on the lake in an enclosed boat to enjoy the thousands of holiday lights. See a great live performance "GI Holiday Jukebox" and enjoy all the Resort has to offer. Cost is \$384.00 per person double occupancy. Get signed up right away.
- **GOING TO JACKPOT, NEVADA:** September 28, 29, 30, 2011, pack your bags and get ready for a great time. Cost is \$125.00 double occupancy, and \$135.00 to room alone. Get signed up right away, Pat Donehoo will be your escort and this trip will be full. Cost includes your lodging and bus fare.
- **Taste of New Orleans. Tuesday, August 30 at noon.** Enjoy the southern style of New Orleans at the Bozeman Senior Center! The noon meal will be complete with Jazz music and festive cuisine. We invite those who have visited the city to share photos and stories of the experience. Sign up for this event by Friday, August 26.
- **Art Fair. Friday, August 26 from 10:00am-1:00pm.** On display at the Center will be oil paintings, watercolor paintings, handmade jewelry, hand-carved wood work, wood work, quilts, tie-dye clothing, creative writing, etc. If you would like to display your art work, call Emily at 586-2421 so we can reserve a space for you! Space is limited to 2 card tables each. This Art Fair is open to the public, so

put this day on your calendar & plan to come enjoy all the great art created by the Seniors! Items may be for sale, too.

- **Civil War Presentation. Thursday, August 18 at 10:00am.** Join Dr. John W. Kohl, retired MSU professor, as he portrays the civil war life of Private John Christian Kohl. The presentation begins when the young soldier enlists in the civil war. The presentation is complete with civil war attire and slides.
- **North Dakota State Day. Wednesday, August 24 at noon.** If you are from North Dakota or have ever lived in North Dakota, let us treat you to lunch on this day! Join us as we share facts about the state of North Dakota.
- **2<sup>nd</sup> Hand Rose Thank You Dinner. Tuesday, August 16 at noon.** Please join us on this special day as we thank the volunteers in the 2<sup>nd</sup> Hand Rose Thrift Store. A free lunch will be given to all those who have volunteered in the store over the past year. Sign up at the front desk by Friday, August 12.
- **Municipal Bonds Presentation. Perception vs Reality. Wednesday, August 3 at 10:00am.** Many seniors own some municipal bonds. And many of you are concerned about the financial health of the entities you loaned money to. This seminar will put it all in perspective. This presentation is hosted by Michael McCormick of Cascade Financial Management. Bring your questions.
- **Back-to-School Day. Wednesday, August 31 at noon.** Do you have a fond “back-to-school” memory? Perhaps you enjoyed the back-to-school shopping (new shoes/backpack) or enjoyed the walk/bus ride to school. Share with us your favorite back-to-school memory. We will also have some fun trivia!
- **Attention Bridge players!** There is now a **cash prize of \$5.00** for top scorer each Wednesday and Friday. Come play Bridge.
- **The Walking Program.** Each Thursday morning at 8:30am meet us at the Senior Center ready to go on a fun walk. We will car pool to the trail. August walks include: Grotto Falls, Sourdough Trail, Willson Historic District, and Cherry River Loop Trail. Complete itinerary is available at the Senior Center front desk.
- **The Hiking Program.** Each Tuesday, meet at the Senior Center at 8:30am for a morning or all day hike. We will carpool to the trailhead. August hikes include: Grotto Falls, Drinking Horse Mountain, Emerald Lake (all day), New World Gulch, and Blackmore Trail. A complete itinerary is available at the Senior Center front desk.
- **Rest Stop 2011** is in full swing! Volunteers can sign up for the Rest Stop every Friday and Saturday through September. Ask Emily for more information or call to sign up, 586-2421.
- **Cinnamon Rolls. Friday, August 12 at 9:30am.** Warm cinnamon rolls made fresh at the Senior Center. Come enjoy, only \$1.25! No reservations needed!
- **Pancakes & Bingo.** Just a reminder, **Monday, August 15 at 5:30pm.** All the pancakes you can eat for \$3.25 & enjoy Bingo for cash prizes afterwards.
- **Blood Profiles. Wednesday, August 3 from 8:00am-10:00am.** Call 586-2421 to schedule an appointment.
- **Are you a retired nurse looking for a way to volunteer? Please call Emily at 586-2421 if you are interested in volunteering at our monthly foot clinic.** This is a great, affordable service we offer to our seniors; however we need more volunteer nurses! The foot clinic is held the 3<sup>rd</sup> & 4<sup>th</sup> Monday of each month.

- **Books, books, books!** We welcome your books! Please clean out your book supply and bring us your previous enjoyed and gently used books. Book donations are accepted Monday-Friday, 8:30am-4:30pm.
- Next **Bozeman Senior Center dance** will be Saturday, September 24, 7:00pm-10:00pm with music by the Blue Spurs Band.
- **The Senior Center has wireless access throughout the building!**

### Services:

- **Blood Profiles. Wednesday, August 3 from 8:00am-10:00am.** Call 586-2421 to set up an appointment. A great and affordable way to keep your doctor up to date on your health status.
- **Computer Assistance with Jack Stone, Larry Blackwood, Louise Mickelson, and Paul Kleihauer.** Paul is a new computer volunteer on Tuesday's from 1:00-4:00. 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, 586-2421.

### Social:

- **Skin Care. 3<sup>rd</sup> Wednesday of each month at 1:00pm.** Learn more about caring for your skin. No appointment necessary.
- **Writing Your Life Story,** meets each Wednesday at 1:00pm.
- **Red Hat Luncheon.** The Red Hat Ladies will meet at **Café International** on **Thursday August 11 at 11:30am.** Order from the menu.
- **Oil Painting:** August classes will meet the 1<sup>st</sup> and 3<sup>rd</sup> Monday from 1:00pm – 4:00pm with instructor, May Mace.
- **Cribbage Players!** Cribbage is back at the Senior Center; each Tuesday at 1:00pm.
- **Book Club** will meet on **Monday August 15 at 10:30.** Please see Emily or call 586-2421 to find out more information regarding books. Thank you!
- **Calling all Chess Players!** If you are interested in playing chess, please call Mel Droege for the date and time, 586-3901.
- **Singing Souls.** Come join the fun! Tuesday's at 1:30pm.

### August Menu

**1-** Pickled Beets, Chicken Parmesan Sandwich, Chips, Creamed Spinach, Ice Cream Sundae

**2-** “**Taste of Senior Center**”. Broccoli Salad, Baby Back Ribs, Shrimp Scampi, Garlic Mashed Potatoes, Mixed Veggies, Brownies

**3-** Fresh Fruit, Baked Cod, Rice, Baby Carrots, Coconut Cream Pie

**4-** Crab Salad, BBQ Chicken, Potato Salad, Asparagus, Chocolate Mousse

**5-** Caprese Salad, Spaghetti/Meat Sauce, Garlic Bread, Tiramisu

**8-** 4 Bean Salad, Pork Fritter, Herb Butter Noodles, Curried Corn, Cookies

**9-** Carrot Salad, Philly Cheese Steak, Parmesan Fries, Mixed Veggies, Apple Pie

**10-** Peaches, Ham, Hash Brown Casserole, Carrots, Cherry Coconut Bars

**11-** Spinach Salad, Roast Beef, Mashed Potatoes, Green Beans, Spice Cake

**12-** **Cinnamon Rolls.** Jell-O, Taco Salad Bar, Black Beans, Cornbread, Turnovers

**15- Pancakes/Bingo.** Apricots, Chicken Fried Steak, Mashed Potatoes, Peas/Onions, Chocolate Cream Pie  
**16-** Corn Chowder, Pork Chop, Rice, Zucchini Au Gratin, Butterscotch Bars  
**17-** Caesar Salad, Meatball Sandwich, French Fries, Roasted Beets, Peach Cobbler  
**18-** Pea Salad, Hot Turkey Sandwich, Mashed Potatoes, Broccoli, Cheesecake  
**19-** Fresh Fruit, Quiche, Roasted Potatoes, Stewed Tomatoes, Crème Brulee  
**22-** Oranges/Grapefruit, Teryaki Chicken/Noodles, Asian Veggies, Egg Roll, Tapioca Pudding  
**23-** Macaroni Salad, Roast Beef, Mashed Potatoes, Green Beans, Peach Pie  
**24- North Dakota State Day.** Green Salad, Beef Stroganoff, Egg Noodles, Mixed Veggies, Cake  
**25-** Fruit Cocktail, Baked Cod, Rice, Broccoli, Carrot Cake  
**26-** Bean Salad, Pork Loin, Roasted Yams, Peas/Onions, Lemon Bars  
**29-** Cottage Cheese/Fruit, Chicken Breast, Egg Noodles, Broccoli, Mango Sorbet  
**30- Taste of New Orleans.** Fruit, Crab Cakes, Jambalaya, Cupcakes  
**31- Back-To-School Day.** Green Salad, Chicken Tenders, Tater Tots, Carrots, Root Beer Floats

*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, 9:00am Gentle Aerobics, 10:00am Weights, 10:30am Aerobics Plus, 11:30am Arthritis Tai Chi

**Tuesdays:** 9:00am Aerobics Combo, 10:30am Tai Chi, 11:30am Arthritis Tai Chi, 1:00pm Yoga, and 2:00pm Balance Plus

**Wednesdays:** 8:45am Strong Women, 9:00 Gentle Aerobics, 10:00 Weights, 10:30am Aerobics Plus, 11:30am Arthritis Tai Chi, and 1:00pm Yoga.

**Thursdays:** 10:30am Tai Chi, 11:30am Arthritis Tai Chi, and 1:00pm Yoga

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

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

Free blood pressure checks are done every Wednesday from 11:30 a.m. until 1:00 p.m.

#### **Social Activities**

Tuesdays and Thursdays Bingo at 1:00pm.

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

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

Pinochle and Scrabble – 1:00pm Thursdays

Cribbage- 1:00pm Tuesday's

Pancake Supper and Bingo – 3<sup>rd</sup> 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 – 2<sup>nd</sup> Thursday of each month at 1:30pm.  
Forgetters Group – 2<sup>nd</sup> Wednesday at 1:00pm; resume in September  
Caregiver Support Group – 1<sup>st</sup> Wed. 9:30am and 3<sup>rd</sup> Wed. 3:30pm

### **Bozeman Senior Center Travel Department**

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

### **New Mexico and the International Balloon Fiesta: October 4 - 10, 2011.**

This is a motorcoach trip, with the highlights being the International Balloon Fiesta to watch the mass ascension, visit Santa Fe and Sandia Peak, a Turquoise Museum, as well as the Indian Pueblo Cultural Center. Lots of sightseeing, lots of meals, and a great price. \$1300.00 per person, double occupancy. Last chance to get on this great trip.

### **Panama Canal Cruise: October 28th, 2011:**

**Cruise info:** Fly to San Diego. Sixteen day cruise aboard the Celebrity Infinity ship, stopping for most of each day in the following ports: Cabo San Lucas, Acapulco, Puerto Quetzal, Guatamala, Puntarenas, Costa Rica, Colon Panama, and Cartagena, Columbia, as well as going all the way through the Panama Canal. Cost depends on the cabin category you choose. From \$2999.00 per person, double occupancy. This is your last chance to get on this trip.

### **South Africa: October 27 - November 8th, 2011.**

A trip of a lifetime. Full itinerary is at the Senior Center front desk. Cost: \$4989/person, double occupancy. Two spaces left!

### **Branson, Missouri, Oct. 31st - Nov. 4th, 2011.**

Highlights include: "Ozark Mountain Christmas", Showboat Branson Belle, Danny O'Donnell, Twelve Irish Tenors, Miracle of Christmas, Yakov Smirnoff, Shoji Tabuchi, visit to the College of the Ozarks, tour of Mt. Pleasant Winery, and shopping at Branson Landing. Cost: \$1489.00 per person, double occupancy. There is room for you!

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