

*December 2011 Newsletter*  
*Bozeman Senior Center*

- **Fall Festival: A big Thank You to all the amazing volunteers who helped make Fall Festival 2011 a huge success.** We are so lucky to have such dedicated volunteers. The grand total for the 2011 Fall Festival was \$19,354.04. Thank you to the Bozeman community for donating Raffle Prizes. The 2011 Fall Festival Raffle Prize winners were: Dick Bourquin- Baskin Robins gift card, Lou Vinje- Hallmark gift card, Julia Johnson- Blooming Flower from Country Flower, Kathy Lange- Perkins gift card, Vince Ballotta- Santa Fe Reds, Milton Negus- Perkins gift card, Evelyn Chidichimo- Looie's Down Under gift card, Karen Pfaehler- \$100.00 cash from Bozeman Senior Center, Deb Thorstad- Bridger Bowl day lift pass, Mike Miller- 1 night stay at Fairmont Hot Springs. Congratulations to all of our winners. A big thank you to everyone who purchased raffle tickets!
- **Thank You Dinner. Fall Festival Volunteers: Wednesday, November 30th at noon.** The staff at the Bozeman Senior Center would like to say **Thank you, Thank you,** to all of you who volunteered so many hours of your time, your energy, and your talents to help make the 2011 Fall Festival a huge success. Without all of you volunteers, the Fall Festival would not happen. This fun tradition started over 30 years ago and continues to get bigger and better each year. To say Thank You, we would like to invite all of you who volunteered at the Festival, to be our guests for lunch on Wednesday, Nov. 30th, at the Senior Center. Please call in and get your name on the list so we know how many to plan for. Thank you, again for a wonderful job.
- **Board of Directors Elections. December 5-9.** All Bozeman Senior Center members are encouraged to come in the week of December 5-9 between 8:30am-4:30pm to vote for upcoming Board of Directors. Four candidates will be running for three seats on the board. They are Grace Holiday, Lonnie Lear, Johanna Prindiville, and Jim Ramsey. The three you elect will serve three year terms. We will have an information board with pictures at the front desk to help you make your choices. We have an awesome 9 member Board of Directors. Please remember to vote!
- **Senior Dances! Featuring the Blue Spurs Band. Saturday, December 31 from 7:00pm-10:00pm.** Join us at the Senior Center for great music, dancing, and refreshments. The cost is \$5.00/person. Pay at the door; open to people of all ages. See you there!
- **The center will be closed on Friday December 23 and Monday December 26 for the Christmas Holiday. Happy Holidays!**
- **Pearl Harbor Remembrance Day. Wednesday, December 7 at noon.** Where were you when Pearl Harbor was attacked? Did you have family at Pearl Harbor? Share your story with us on December 7<sup>th</sup>.
- **Alaska State Day. Tuesday, December 13.** Enjoy a delicious lunch and learn more about the state of Alaska.
- **Singing Souls Holiday Special. Tuesday, December 13 at noon.** Join us for lunch as we are entertained by the talented Singing Souls!
- **Early Bozeman Slideshow. Thursday, December 15 at 1:00pm.** Volunteers with the Pioneer Museum will present slides of "Early Bozeman" from John

Dehaas's collection. See you there to reminisce about how it was in "Early Bozeman".

- **Christmas Dinner. Tuesday, December 20 at noon.** Make your reservations in advance for our annual Christmas Dinner. Enjoy festive entertainment by the Bozeman High School Jazz Choir from 11:45am-12:15pm.
- **New: 320 Ranch Sleigh Ride. Wednesday, January 25, 2012.** A fun day trip to enjoy the beautiful Gallatin Canyon in the wintertime. Leave the Senior Center at 4:00pm., traveling by Karst Stage motor coach up the canyon to the 320 Ranch. Come dressed for a fun sleigh ride back into the mountains where you will then enjoy appetizers and refreshments inside a tent. Then it is back to the 320 Ranch again aboard the sleigh. There will be music and fun as you ride along enjoying the stars. Cost is \$68.00 per person.
- **Beginning Bridge & Duplicate Bridge Transition.** Jack Stone will lead students through the basics of playing the game of Bridge. Students will learn current bidding methods and be introduced to the equipment used in Duplicate Bridge. Students not interested in continuing into Duplicate game, will find that the formal style of Duplicate is easily transferred to Social Bridge setting. Ten lessons, beginning on **Wednesday, January 18<sup>th</sup> at 9:30am in the upstairs meeting room.** Call the Senior Center, 586-2421 to sign up! **The class is free; but you will need to purchase a textbook.** While you do not need a partner, this is a great activity to learn with a friend.
- **Grandparents Raising Grandchildren Support Group:** New group has been formed that will meet at the Bozeman Senior Center on **the second and fourth Wednesdays of each month from 10:00 to 11:30am.** This group is free and is open to: Grandparents and others who are raising or helping to raise relative children. Also open to anyone who would like more information and/or would like to talk and share ideas.
- **New Exercises Classes: Did you know the senior center has new exercise classes?** There have been some changing and re-arranging of the exercise schedule recently. **Silver Sneakers** is now offered on Tuesday and Thursday at 8:00am as well as Wednesday and Friday at 9:00am. **Walking** through winter (inside) happens on Tuesday mornings at 8:45am. Thursday's at 9:00am is **Fall Prevention.** Tuesday's and Thursday's at 1:00pm is **Strong Women/Men** (as well as on Monday, Wednesday, Friday at 8:45am), and on Tuesday's and Thursday's 2:00pm is Stretching. **Yoga** and **Balance** has moved to Wednesday's at 1:00pm and 2:00pm respectively. Call 586-2421 to find out more information. **A big thank you to the exercise staff and class members for representing the Bozeman Senior Center at the Women's Expo on Saturday, October 19 at MSU. Great job!**
- **Walk Around the Senior Center. Tuesday mornings at 8:45am** We stroll the halls, climb the stairs, and cruise the building. If it is nice, we might even walk around the parking lot and head over to the Fairgrounds! Walking is great exercise and you already know how to do it. Please be sure you have comfortable flat heeled shoes.
- **Are you a retired nurse or physician 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 volunteers! The foot clinic is held the 3<sup>rd</sup> & 4<sup>th</sup> Monday of each month.

- **Bozeman Senior Center – New Listening Devices!!** This new equipment will allow people with hearing problems to check out a small receiver that will pick up the signal in the dining room to increase hearing. There will be about four units available at the Senior Center desk for you listening use. We will also have a sign with the frequency of transmission for anyone having their own unit.
- **Attention Bridge players!** There is now a **cash prize of \$5.00** for top scorer each Wednesday and Friday. Come play Bridge.
- **Cinnamon Rolls. Friday December 9 at 9:30am.** Warm cinnamon rolls made fresh at the Senior Center. Come enjoy, only \$1.25! No reservations needed!
- **Pancakes & Bingo. There will be no pancakes and bingo in December. We look forward to seeing you in January.**
- **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.

### Services:

- **Driver Refresher Class: AARP Driver Safety Program. Wednesday, December 7 at 12:30-5:00pm.** The cost is \$14.00 for non AARP members and \$12.00 for AARP members. Please bring your driver's license and your AARP membership card and make checks payable to AARP. Please call the Center 586-2421 to sign up.
- **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, 586-2421.

### Social:

- **Writing Your Life Story,** meets each Wednesday at 1:00pm.
- **Red Hat Luncheon.** The Red Hat ladies will meet at **Valley View Golf Club on Thursday December 15<sup>th</sup> at 11:30am.** Your choice of entrée: Stuffed Chicken Breast *or* Beef Stroganoff. Both entrees are served with sides. The cost is \$15.00/person: **CASH ONLY.** No check or credit card will be accepted. The \$15.00 includes entrée/sides/dessert/drink/tip. **Please call 586-2421 to sign up with your food order by Tuesday, December 12.** Thank you!
- **Oil Painting:** will meet on Monday December 5<sup>th</sup> from 1:00pm – 4:00pm with instructor, May Mace. Hope to see you there!
- **Cribbage Players!** Come play cribbage each Tuesday at 1:00pm at the center.
- **Book Club** will meet on **Monday December 19 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.

## **December Menu**

- 1-**Grapefruit/Oranges, Teriyaki Chicken, Noodles, Egg Roll, Asian Veggies, Mango Sorbet
- 2-**Cucumber Salad, Taco Salad Bar, Black Beans, Mixed Veggies, Chocolate Cake
- 5-4** Bean Salad, Baked Cod, Rice, Broccoli, Cream Puffs
- 6-**Cottage Cheese/Fruit, Chicken Sandwich, Chips, Mixed Veggies, Cookies
- 7-Pearl Harbor Day.** Cranberry Jell-O, Roast Beef, Mashed Potatoes, Green Beans, White Chocolate/Raspberry Cheesecake
- 8-**Spinach Salad, Pork Chop, Baked Mac & Cheese, Carrots, Cherry Pie
- 9-Cinnamon Rolls/Hot Apple Cider.** Apricots, Quiche, Roasted Potatoes, Stewed Tomatoes, Creme Brulee
- 12-**Pear Halves, Beef Stroganoff, Egg Noodles, Carrots/Peas, Brownies
- 13-Alaska State Day/Singing Souls.** Corn Chowder, Baked Salmon, Baked Potato, Roasted Vegetables, Sour Cream Peach Bars
- 14-**Pea Salad, Lasagna Casserole, Garlic Bread, Mixed Veggies, Tiramisu
- 15-**Pickled Beets, Roasted Chicken, Mashed Yams, Maple Brussel Sprouts, Banana Cream Pie
- 16-**Green Salad, Meatloaf, Mashed Potatoes, Green Beans, Carrot Cake
- 19-NO Pancakes/Bingo.** Peaches, Chicken Parmesan, Spaghetti, Garlic Bread, Broccoli, Ice Cream
- 20-Christmas Dinner.** Cranberry Jell-O, Ham, Potatoes Romanoff, Green Beans, Bluberry Cheesecake
- 21-** Sauerkraut Salad, Polish Sausage, Baked Beans, Roasted Beets, Butterscotch Bars
- 22-**Soup, French Dip, French Fries, Mixed Veggies, Peach Pie
- 23-Happy Holidays! Center Closed**
- 26-Happy Holidays! Center Closed**
- 27-**Fruit Cocktail, Chicken Fried Steak, Hash Browns, Peas/Onions, Chocolate Cream Pie
- 28-**Soup, Chicken Enchiladas, Spanish Rice, Corn, Lemon Bars
- 29-**Macaroni Salad, Roast Beef, Mashed Potatoes, Green Beans, Carrot Cake
- 30-New Years Eve Dinner.** Green Salad, Spaghetti/Meat Sauce, Garlic Bread, Broccoli, Cheesecake Bars

*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:** 8:00 Silver Sneakers, 9:00am 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:** 8:00 Silver Sneakers, 9:00 Fall Prevention, 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 (3<sup>rd</sup> and 4<sup>th</sup> 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 1<sup>st</sup> 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 – 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  
Caregiver Support Group – 1<sup>st</sup> Wed. 9:30am and 3<sup>rd</sup> Wed. 3:30pm  
Grandparents Raising Grandchildren—2<sup>nd</sup> and 4<sup>th</sup> Wednesday at 10:00am.

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

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

### **Winter Coeur d'Alene Trip: December 7-9, 2011**

Stay at the gorgeous Coeur d'Alene Resort for two nights. Enjoy a boat ride on the lake in an enclosed boat to enjoy the thousands of holiday lights. See a great live theater performance "G I Holiday Jukebox". **Please sign up by Nov. 1st.** Cost is \$384.00 per person double occupancy, with an additional \$150.00 if you are staying alone.

**Cruising the Hawaiian Islands: 15 day cruise, leaving Feb. 25, 2012.**

Enjoy cruising on the beautiful Holland America Oosterdam ship. Fly to San Diego to board the ship. Enjoy several days on the ship as you cruise to the Hawaiian Islands and back. Have all day for shore excursions in each port: Maui, The Big Island, Oahu, Kauai, and even Ensenada, Mexico before coming back to disembark in San Diego.

Cost of your choice of cabins also includes your plane fare. Inside Stateroom: \$2999.00 per person, double occupancy, Ocean View: \$3499.00 per person, and Balcony: \$3999.00 per person. What a wonderful way to relax, enjoy warm, sunny weather in February, and see the beautiful sites of Hawaii. **Aloha.**

**A \$790.00 deposit is due in November.**

**England, Ireland, Scotland, and Wales. April 27 - May 11, 2012.**

This is a fantastic trip, flying to London to begin your 15 days of sightseeing. Highlights of the trip are Stonehenge, Bath, Cardiff, Waterford Crystal Factory, the Blarney Castle, Killarney, the Ring of Kerry, Dublin, Wales, the Lake District, Edinburgh, York, and the Stratford on Avon. Complete itinerary available at the Senior Center front desk. Cost is \$4569.00 per person, double occupancy.

**China and Cruising the Yangtze River: 14 days. October 26 - Nov. 9, 2012.** Fly to Shanghai to begin this memorable trip. Highlights include: Shanghai, an Acrobatic Show, Yangtze River Cruise, the Three Gorges Dam, Shennong Stream, Reed Flute Caves, the Terra-Cotta Warriors, Wild Goose Pagoda, Tiananmen Square, the Forbidden City, the Great Wall, Peking Opera and a Rickshaw Tour. 33 meals included. Cost of the trip is: \$5289.00 per person, double occupancy. If you book by 4/27/2012, you will save \$250.00 per person.

**Rails of New England: 8 days, September 25 - October 2, 2012.**

Fly to Boston to begin this wonderful **Fall Colors trip** featuring Boston, Maine, Vermont, and New Hampshire. This trip includes **Three Rail Journeys, the Conway Scenic Railroad, The Mount Washington Cog Railway, and the Essex Steam Train.** Also includes a lobster dinner, Green Mountain Sugar House, Boston City Tour, Faneuil Hall and Quincy Market, Lexington and Concord, Minute Man National Historic Park, and more. Full itinerary is at the Bozeman Senior Center front desk. Cost is \$2699.00 per person, double occupancy.

*Bozeman Senior Center*

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