

February 2012 Newsletter
Bozeman Senior Center
586-2421

- **The Senior Center will be closed on Monday, February 20 for the President's Day Holiday.**
- **New Officers at the Bozeman Senior Center:** The following officers have been elected by the Board to serve one year terms: President: Wyman Schmidt, Vice President: Pat Donehoo, Secretary: Alice Hanks, and Treasurer: Darrell Bowman. The rest of the Board of Directors are: Jim Ramsey, Sylvia McCormick, Lonnie Lear, Grace Holiday, and Louise Mickelsen. We thank them for serving on the Board of Directors and for volunteering in so many ways throughout the Center.
- **Volunteer Recognition Dinner: Thursday, February 16th 6:00pm at the Bozeman Senior Center.** Attention all of you who have volunteered throughout the year at the Bozeman Senior Center. That is over 300 of you wonderful volunteers. First Security Bank will again sponsor this great annual event and their staff will serve you in style. Without all of you wonderful volunteers who do so much to make everything at the Senior Center run so very smoothly, we wouldn't have a Senior Center. The hours and hours you so willingly give, your expertise you share, your energy, your smiles, all help to make our Senior Center so special. We get so many wonderful comments about our Senior Center and it's thanks to all of you. So, please put Feb. 16th on your calendar and come enjoy a delicious meal and great entertainment, too. Please call 586-2421 and let Emily know you are coming.
- **Sunday Dinners are back! Sunday January 29, February 26, and March 18 at 1:00pm. It is not too late to sign up for January's Sunday dinner.** January's menu includes: Grapefruit/Oranges, Marinated Pork Loin, Roasted Red Potatoes, Peas/Onions, & Yellow Cake.
- **Sunday Dinner. February 26 at 1:00pm.** On the menu for February's Sunday Dinner is Coleslaw, Meatloaf, Mashed Potatoes, Gravy, California Veggies, and Carrot Cake.
- **Wills and Transferring Non-Titled Property. Marsha A. Goetting with MSU Extension Family Economics on Thursday, February 9 at 1:00pm.** Wills...to have one or not? When does a will control the passing of property and when doesn't it? Are trusts better? How can I make sure personal items such as jewelry and guns pass to the "right" people? What are will substitutes? Marsha will answer these questions and address participant's questions in these areas.
- **Tax Aide Program.** Beginning on Monday, February 6th, from 1:00 to 4:00 pm, there will be Tax Aide assistance available to you, free of charge, to help you with your State and Federal Income Taxes. This wonderful service is done by dedicated, well qualified AARP volunteers. The service will be on Monday afternoons and on Saturday mornings through April 14th. **NEW THIS YEAR: Both Monday afternoons and Saturday mornings are by appointment ONLY. Call 586-2421 to make your appointment.**

- **Super Bowl Party. Sunday, February 5 at 4:00pm.** Join friends at the Bozeman Senior Center for a fun-filled evening with pizza, chips, soda, and the 2012 Super Bowl game! This event takes place in the recreation room downstairs.
- **Senior Social Dance. Saturday, February 11 from 7:00pm-10:00pm.** Put on your dancing shoes and dress in red for this Valentine's dance! We will also vote for the King and Queen of the dance. 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.
- **Valentine's Day with the Singing Souls. Tuesday, February 14 at noon.** Dress in your finest red and join us for a fun lunch hour. The Singing Souls will be here to entertain us! Also, enjoy entertainment by the Doodle Dandies, a quartet from the chord rustlers. They will serenade a special valentine.
- **Presidents' Day. Tuesday, February 21 at noon.** We invite you to join us for a tasty meal and have a good time learning fun facts about our past presidents! We will also celebrate the birthday of two legendary presidents: George Washington and Abraham Lincoln given both birthdays' fall in the month of February.
- **Minnesota State Day. Thursday, February 23 at noon.** Join us for a delicious Minnesota-themed meal and learn more about this mid-western state. If you were born in the state or ever lived in the state of Minnesota, we will treat you to lunch!
- **Senior Center Walking Program: Touring Southern South America.** The pedometer walking program will travel, vicariously (of course) over southern South America and make many stops to learn about the area along the path. During the winter months, it is often hard to get out and keep moving. This is an opportunity to help get those steps in that are so important each day. Any and all may join. You do not have to be an avid walker to participate. Mark your steps each day in your daily activities count. Packets/Pedometers are available at the Senior Center front desk.
- **DIET ANALYSIS AND WEIGHT LOSS.** There have been quite a few inquiries about a weight loss program. We will be offering diet analysis, eating and weight loss tips, additional exercise opportunities, and regular meetings. For more information, check with the front desk or call the center at 586-2421. We would love to have you join us!
- **The Carpenter Shop,** in the basement of the Senior Center, has just completed a major project that takes all of the sawdust out to a new outdoor exhaust system. So the shop is now quieter and oh-so much cleaner. No sawdust! Come check it out. Membership is only \$5.00/year.
- **Cross Country Skiing/Snowshoe Program 2012.** It's not too late to join us! This program provides an opportunity to enjoy the beautiful winter scenery with your peers. The Bozeman Senior Center Cross Country Skiing/Snowshoe program is geared to those who have never participated in this type of recreational activity. Those who are experienced are encouraged to come as well! Each Tuesday morning at 9:00am we will meet at the Senior Center and car pool to various trails throughout the Gallatin Valley. The program began in January and ends the last Tuesday of March. Hope to see you there!
- **Cinnamon Rolls. Friday, February 10 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, February 27.** All the pancakes you can eat for \$3.25 & enjoy Bingo for cash prizes afterwards.
- **I own an iPad...Now what?** Did you recently receive an **iPad** as a gift from a friend or relative? Are you now wondering what to do with this new device? Join Emily to learn the basics of the iPad. **Wednesday, February 8 at 1:00pm.** Call 586-2421 if you have any questions.
- **The Senior Center has wireless access throughout the building!**

Services:

- **Driver Refresher Course. Wednesday, March 7th 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 June 6, September 5, and December 5. Call to sign up!
- **Blood Profiles. Wednesday, February 8th from 8:00am-10:00am.** Call 586-2421 to set up an appointment.
- **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. Cindy Pipinich is the coordinator.

Social:

- **Writing Your Life Story,** meets each Wednesday at 1:00pm.
- **Red Hat Luncheon. Thursday February 16 at 11:30am.** The Red Hat Ladies will meet at Clark's Fork (formally Wheat Montana). Order from the menu (at the counter). Clark's Fork is located at 1262 Stoneridge Drive near the corner of Oak and 19th Ave. Call the center to sign up, 586-2421.
- **Oil Painting:** Monday February 6 and February 13 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, February 27 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.

February Menu

1-Soup, Baked Cod, Wild Rice Pilaf, Carrots, Lemon Bars

2-Grapefruit/Oranges, Teriyaki Chicken, Noodles, Egg Roll, Asian Veggies, Pineapple Upside Down Cake

3-Cucumber Salad, Taco Salad Bar, Black Beans, Cornbread, Ice Cream

6-South American Meal. Tropical Fruit Cocktail, Chicken Drumstick, Black Beans & Rice, Vegetables, Cake

7-Coleslaw, BBQ Pork Sandwich, Chips, Roasted Beets, Cherry Coconut Bars

8-Pears, Spaghetti, Garlic Bread, Green Beans, Tapioca Pudding

9-4 Bean Salad, Roast Beef, Mashed Potatoes, Baby Carrots, Carrot Cake
10-Cinnamon Rolls. Green Salad, Chicken Breast, Egg Noodles, Broccoli, Apple Pie
13-Applesauce, Chicken Fried Steak, Hash Browns, Green Beans, Peach Pie
14-Valentine's Day Dinner. Broccoli Salad, Chicken Fettuccini Alfredo, Garlic Bread Sticks, Zucchini/Carrots, Red Velvet Cake
15-Pickled Beets, Quiche, Roasted Potatoes, Stewed Tomatoes, Cornbread, Brownies
16-Macaroni Salad, Sloppy Joes, Chips, Mixed Veggies, Cookies
17-Fruit, Baked Cod, Rice Pilaf, Mixed Veggies, Mango Sorbet
20-Holiday. Center Closed.
21-President's Day Dinner. Apricots, Baked Ham, Hash Brown Casserole, Carrots, Cherry Pie
22-Lime Jell-O/Pears, Lasagna Casserole, Garlic Bread, Green Beans, Cheesecake
23-Spinach Salad, Pork Chops, Wild Rice Pilaf, Roasted Vegetables, Spice Cake
24-Soup, Baked Potato Bar, Toppings, Mixed Veggies, Crème Brulee
26-Sunday Dinner. Coleslaw, Meatloaf, Mashed Potatoes, Gravy, California Veggies, Carrot Cake
27-Pancakes/Bingo. Argentina Meal. Tropical Fruit Cocktail, Argentinian Ravioli w/ Ham & Cream Sauce, Vegetables, Ice Cream w/ Caramel
28-Coleslaw, Roast Beef, Mashed Potatoes, Green Beans, Apple Crisp
29-Corn Chowder, Chicken Enchiladas, Spanish Rice, Carrots, Ice Cream Sundae

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 Walking, 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, 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.

Freeze Out Lake, Day Trip. March 29, 2012.

This great one day trip will be on Thursday March 29, when the geese are definitely flying. Travel by Karst Stage, leaving 6:00 a.m. in order to get to Fairfield in time to see the geese come in. There will be thousands of them. A wildlife biologist will board the bus for more information. Check the Senior Center front desk for a definite date. It is a fantastic way to enjoy seeing all the geese. Home by 5:00pm. The cost is \$55.00. This trip is almost full, so get signed up right away.

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.

England, Ireland, Scotland, and Wales. April 27th for two weeks. Enjoy great sightseeing, wonderful hotels, delicious food, and beautiful scenery, too. Total cost of trip is \$4,569.00/double occupancy. Final payment is due February 10th.

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.

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.

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.

China, and Cruising the Yangtze River: October 26-Nov. 9, with optional Hong Kong Extension: Sign up by April 27th, 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.

Branson, Missouri: The first week of November. Enjoy all the great holiday shows that have made Branson famous.

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

Two are in the works right now for June 2012. One to Butte to the Lady of the Rockies and a Trolley tour of Butte. The other is to Tizer Gardens and then to Helena. More information on both of these next month. Get sign up right away.

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