

**January 2012 Newsletter**  
**Bozeman Senior Center**  
**586-2421**

- **Welcome to 2012!** Please make your New Year's Resolution to spend more time enjoying all our Senior Center has to offer. We hope to see you here!
- **Board of Director Election Results:** Congratulations to Jim Ramsey, Lonnie Lear, and Grace Holiday who were each elected to serve three year terms on the Board of Directors. We have a wonderful Board! Thank-You to all members who voted!
- **Discounts for 2012: Pay by January 31<sup>st</sup>!** Pay \$100.00 for the whole year for exercise classes you can save \$20.00. If you pay \$50.00 for the whole year of computer use you can save \$10.00. Everyone loves a bargain!
- **Senior Dance! Saturday, January 14<sup>th</sup> from 7:00pm-10:00pm.** Put on your dancing shoes! Enjoy great entertainment by the **BLUE SPURS BAND**. Refreshments are provided. The cost is \$5.00/person and open to dancers of all ages.
- **Hawaii State Day. Thursday, January 20 at noon.** Enjoy a delicious lunch and learn more about the state of Hawaii. If you were born there or have ever lived there, we will treat you to lunch!
- **Hawaiian Luau at noon! Thursday, January 20.** If you missed our Luau in August, be sure to come for our noon Luau! Dress in your best Hawaiian outfit and join us for some *summer fun* and delicious food in January! The cost will be \$3.25/person for anyone over the age of 60.
- **Second Hand Rose Style Show. Friday, January 27<sup>th</sup> at noon.** Winter is here; how about some new additions to your wardrobe? Our very own members will model some exciting winter wear from the Thrift Store. These out-fits are sure to look great without breaking your budget. Come enjoy a delicious meal and great fashions as well. Then head downstairs to shop, shop, shop!
- **Wear your favorite sweatshirt day. Thursday, January 26<sup>th</sup> at noon.** Do you have a favorite sweatshirt that you love to wear at home? We invite you to wear that sweatshirt to the Bozeman Senior Center on Thursday, January 26<sup>th</sup>.
- **Piggy Banks for Meals-on-Wheels Campaign. Wednesday, January 18<sup>th</sup>.** We would like to ask for your help supporting the Meals-on-Wheels program. We have some very cute "Piggy Banks" that you can check out at the Senior Center front desk. Pick up your pig today! If you bring in your pig, full of change, we will treat you to a FREE LUNCH. Thank you, in advance, for your help. We are now delivering over 90 meals a day to homebound senior citizens in the Bozeman area. Your help is always greatly appreciated.
- **New Member Coffee. Wednesday, January 11 at 1:00pm.** Have you joined the Bozeman Senior Center in the last year? If so, join us for a meet and greet at 1:00pm here at the center! Refreshments will be served, provided by Highgate Senior Living. We look forward to getting to know more about you! No reservations needed.

- **Senior Center Walking Program: Touring Southern South America. January 2012.** 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. The starting date and schedule will be announced mid-December. Packets/Pedometers will be available the first week of January. Pedometers are available to purchase at the center anytime if you would like to get an early start on step counting.
- **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!
- **Exciting Travel Opportunities for 2012:** First, I would like to thank all of the trip escorts who helped to make our travel experiences very enjoyable for everyone. We are working on a great roster of trips for you to enjoy in 2012, so stop by the Senior Center front desk anytime and pick up the latest itineraries. There are great trips for everyone from one day trips to two week trips so you can pick and choose the ones you would most enjoy. Our travel program is open to all Bozeman Senior Center members. If you would like to travel with your adult children or friends who live in another state, that is definitely possible. Just stop in and talk to Judy and we can make those arrangements.
- **The Carpenter Shop,** in the basement of the Senior Center, as 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. Special thank you to Rodger McCormick and his crew for their long term efforts that made this happen!
- **Cross Country Skiing/Snowshoe Program 2012.** This program is designed to be enjoyable for all! The 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 begins on January 10 and ends the last Tuesday of March. Hope to see you there!
- **Beginning Bridge/Duplicate Bridge/Transition Class.** 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 at 9:30am**, taught by Jack Stone. Call the Senior Center, 586-2421 to sign up. The class is free; must purchase a textbook. While you do not need a partner, this is a great activity to learn with a friend.

- **Cinnamon Rolls. Friday, January 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, January 23<sup>th</sup>**. 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, March 7<sup>th</sup> 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 8<sup>th</sup> 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. 2<sup>nd</sup> 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. Wednesday, January 18 at 11:30.** The Red Hat ladies will meet at Fiesta Mexicana at 515 W. Aspen. Order from the menu. Please call 586-2421 to sign up!
- **Oil Painting: Monday's January 9 & 23 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, January 23 at 10:30am.** There will be no book discussion in January.
- **Singing Souls.** Come join the fun! Tuesday's at 1:30pm.

### January Menu

#### **2-Holiday Center Closed**

**3-Applesauce, Philly Cheesesteak, Garlic Parmesan Jo Jo's, Roasted Beets, Chocolate Cream Pie**

**4-Peaches, Baked Ham, Mac & Cheese, Baby Carrots, Peach Cobbler**

**5-Soup, Roasted Chicken, Rosemary Potatoes, Maple Brussel Spouts, Lemon Pudding**

**6-Creamy Cucumber Salad, Taco Salad Bar, Black Beans, Cornbread, Mint Chocolate Ice Cream**

**9-Boliva Day.** Apricots, Chicken Stew, Rice, Veggies, Coconut Pudding

**10-Grapefruit/Oranges, Teriyaki Chicken/Noodles, Egg Rolls, Asian Veggies, Mango Sorbet**

**11-Soup, Baked Cod, Rice, Mixed Veggies, Lemon Bars**

12-4 Bean Salad, Roast Beef, Mashed Potatoes, Peas/Onions, Cherry Pie  
13-Cinnamon Rolls. Cottage Cheese/Fruit, Quiche, Roasted Potatoes, Stewed Tomatoes, Chocolate Cake  
16-Holiday Center Closed.  
17-Apricots, Chicken Fried Steak, Hash Browns, Carrots/Peas, Apple Pie  
18-Soup, Meatloaf, Mashed Potatoes, Green Beans, Carrot Cake  
19-Luau Dinner (noon). Waldorf Salad, BBQ Pork, Baked Potato, Green Beans, Coconut Cream Pie  
20-Green Salad, Spaghetti/Meat Sauce, Garlic Bread, Broccoli, Tiramisu  
23-Pancakes/Bingo. Chile Day. Chilean Tomato Salad, Fish w/ Chilean Honey Mango Sauce, Roasted Potato, Cake  
24-Pea Salad, Beef Enchiladas, Spanish Rice, Mixed Veggies, Ice Cream  
25-Jell-O, Turkey Roast, Mashed Yams, Creamed Spinach, Brownies  
26-Spinach Salad, Pork Chops, Dressing, Curried Corn, Cherry Coconut Bars  
27-2<sup>nd</sup> Hand Rose Style Show. Soup, Chicken Caesar Salad, Garlic Bread Sticks, Crème Brulee  
30-Fruit Cocktail, Beef Stroganoff, Egg Noodles, Peas, Onions, Tapioca Pudding  
31-Coleslaw, Roast Beef, Mashed Potatoes, Green Beans, Bread Pudding

*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 (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.

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### **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  
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.**

**320 Ranch Day Trip: Wednesday, January 25th. Cost is \$68.00 a person.** Enjoy a horse drawn sleigh taking you into the mountains to enjoy refreshments, great scenery, and "Winter in Montana." **Must be signed up by January 5<sup>th</sup>.**

### **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 5:00 p.m.

**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.

**England, Ireland, Scotland, and Wales. April 27th for two weeks.** Enjoy great sightseeing, wonderful hotels, delicious food, and beautiful scenery, too. **\$470.00 deposit is due now.**

**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.

**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.

**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 dessert 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.

**China, and Cruising the Yangtze River: October 26-Nov. 9, with optional Hong Kong Extension: Sign up to 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.

**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. Please watch each month to see which new ones are ready for you to enjoy.**

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