

*June 2011 Newsletter*  
*Bozeman Senior Center*

- **Farmer's Market Senior Coupon Program:** The Bozeman Senior Center is administering this program for seniors in the Gallatin Valley, again this year. Thanks to a USDA grant, coupons will be available to individuals over the age of 60, living in Gallatin County, who meet these income guidelines: A one person monthly household income: \$1,669.63. A two person monthly household income: \$2,246.21. Each person will be eligible for \$50.00 in coupons that can only be used to purchase fresh grown Montana produce at the Farmer's Markets at the Fairgrounds on Saturday mornings, at Bogert Park on Tuesday evenings, and at the Manhattan market on Wednesday evenings. **Coupons will be available at the Bozeman Senior Center starting June 1st.**
- **Montana State Day: Were you born in MT? Wednesday, June 8 at noon.** A free dinner will be offered for anyone born in Montana. We invite you to share where you were born, what community, and at home or in a hospital. This will also be an opportunity to thank the city for their hard work with updating and maintaining Senior Center Building. Be sure to sign up in advance, 586-2421.
- **Father's Day.** Will be celebrated on **Friday June 17 at noon.** Please join us as we honor our fathers with a special meal & fun entertainment by the very talented Alice Allen. Please make your reservation by Wednesday, June 15. 586-2421.
- **The Walking Program.** Each Thursday morning, beginning **Thursday, June 2** at 8:30am meet us at the Senior Center ready to go on a fun walk. Again you can car pool to the trail. A few walks include East Gallatin River Trail, Palisade Falls and Harvest Creek Walking Trail.
- **Meals-on-Wheels Thank you Dinner. Friday, June 24 at noon.** Please join us in thanking the volunteers who deliver Meals-on-Wheels to over 90 homebound seniors 5 days a week.
- **Flag Day. Tuesday, June 14th, 12:00 noon.** Come dressed in red, white, blue! Please join us for lunch and for a U.S. Historical Flag Program. This is an impressive program provided by Doc Crane as a way to say THANK YOU to all of our men and women working in the military. The presentation begins at 12:30pm.
- **The Hiking Program.** Summer is back! Beginning **Tuesday June 7**, the hiking program will set out on another hiking adventure. Each Tuesday, June through September; meet at the Senior Center at 8:30am for a morning or all day hike. We will carpool to the trailhead. A few hikes include South Cottonwood Creek, Triple Tree Trail, and Emerald Lake Trail. A complete itinerary is available at the Senior Center front desk beginning in May.
- **Ice Cream Sundaes. Tuesday, June 21 at 1:00pm.** Celebrate the highly anticipated first day of summer at the Bozeman Senior Center! Enjoy a delicious meal at noon. Then, after lunch we will serve free ice cream sundaes with all the toppings; see you there!
- **Rest Stop 2011 Schedule** is now ready! Volunteers can sign up at the Rest Stop every Friday in May and every Friday and Saturday June through September. Ask Emily for more information or call to sign up, 586-2421.

- **Summer Day Trips: Get signed up now.** Complete itineraries are available for each trip at the Senior Center front desk. More are still in the planning stages, so check Prime Senior News each month to see what is coming up. The trips are a great way to enjoy seeing Montana in the summer time, especially traveling with other seniors on very comfortable Karst Stage motorcoaches. Playmill Theater, West Yellowstone, Wed., June 29th, to see a hilarious comedy, "Dirty Rotten Scoundrel". Gates of the Mountains boat ride/ Last Chance Ranch, dinner, entertainment, and horse drawn wagon ride, Wed., July 27th, Mystery trip carried over from last year, August 9 is the day! If you were on last year, you are still on. Beartooth Highway Trip, Wed., August 17th, and Charlie Russell Chew Choo/Chokecherry Festival, and "What the Hay", overnight trip to Lewistown, Sept. 10 and 11th. Yellowstone Park Trip, Sat., Sept. 24<sup>th</sup>. Other trips are still in the planning stages. There is an overnight mystery trip in September as well as a trip to Cody, Wyoming.
- **Senior Dances will resume in September 2011 with the Blue Spurs band. Stay tuned for further information.** The Blue Spurs Band will also play for our Hawaiian Luau and Dance on Thursday, July 28.
- **Cinnamon Rolls. Friday, June 10 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, June 20 at 5:30pm.** All the pancakes you can eat for \$3.25 & enjoy Bingo for cash prizes afterwards.
- **Interested in Scrapbooking?** Please call Emily at 586-2421 if you are interested in scrapbooking at the Senior Center.
- **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.
- **The Senior Center has wireless access throughout the building!**

### Services:

- **Driver Refresher Class: AARP Driver Safety Program. Wednesday June 1, 12:30pm-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 at 586-2421 to sign up.
- **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:**

- **Writing Your Life Story**, meets each Wednesday at 1:00pm.
- **Red Hat Luncheon.** The Red Hat Ladies will meet at Stacey's in Gallatin Gateway on **Tuesday, June 14 at 11:30.** Your entrée is a choice of a French Dip Sandwich on Hoagie Roll, a Crab Salad Croissant, or a Chicken Salad Croissant. Please call the Bozeman Senior Center to sign up with your lunch choice by Tuesday, June 14.
- **Oil Painting:** June classes will meet the 1<sup>st</sup> and 3<sup>rd</sup> Monday from 1:00pm – 4:00pm with instructor, Mae Mace.
- **Cribbage Players!** Cribbage is back at the Senior Center; each Tuesday at 1:00pm.
- **Book Club** will resume monthly meetings beginning in July. Please see Emily or call 586-2421 to find out more information.
- **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.

### **June Menu**

1-Mandarin Orange Jell-O, Chicken Stir Fry, Egg Roll, Asian Veggies, Ginger Mango Sorbet

2-4 Bean Salad, Roast Beef, Potato Romanoff, Broccoli, Lemon Meringue Pie

3-Tomato/Cucumber Salad, Taco Salad Bar, Cornbread, Mixed Veggies, Cookie

6-Apricots, Baked Cod, Corn Cake, Mixed Veggies, Cream Puffs

7-Spinach Salad, Beef Stroganoff, Egg Noodles, Broccoli Almondine, Maple Blondies

8-**Montana State Day.** Ambrosia Salad, Roast Turkey, Mashed Potatoes, Green Beans, Chocolate Cream Pie

9-Macaroni Salad, Pork Chops, Potato Cake, Asparagus, Apple-raisin Spice Cake

10-**Cinnamon Rolls.** Melon, Quiche, Roasted Potato, Stewed Tomatoes, Crème Brulee

13-Cottage Cheese/Fruit, Philly Cheese Steak, Parmesan Fries, Corn, Cookie

14-Pea Salad, Chicken Fried Steak, Mashed Potatoes, Maple Brussel Sprouts, Apple Pie ala Mode

15-Broccoli Salad, Meatloaf, Roasted Yams, Peas, German Chocolate Cake

16-Pea Salad, French Dip Tater Tots, Cauliflower au Gratin, Lemon/Blueberry Muffins

17-**Father's Day Dinner.** Cherry Jell-O, BBQ Chicken, Potato Salad, Green Beans/Bacon, Brownies

20-**Pancakes/Bingo.** Pickled Beets, Chicken Tenders, Polenta Squares, Carrot, Coconut Cream Pie

21-Coleslaw, BBQ Pork Sandwich, Chips, Mixed Veggies, Ice Cream Sundaes

22-Fresh Fruit, Bratwurst, Hot German Potato Salad, Zucchini, Chocolate Mousse

23-Cottage Cheese/Pineapple, Ham Steak, Twice Baked Potato, Creamed Spinach, Pineapple Upside Down Cake

24-Tossed Salad, Spaghetti/Meat Sauce, Garlic Bread, Broccoli, Tiramisu

27-Fruit Cocktail, Pork Fritter/Gravy, Roasted Red Potatoes, Creamed Corn, Yellow Cake

28-Soup, Baked Cod/Pineapple Salsa, Rice, Asparagus, Cherry Coconut Bars  
29-Soup, Chicken Salad Sandwich, Chips, Roasted Beets, Cherry Turnovers  
30-Coleslaw, Beef Pot Roast, Mashed Potatoes, Peas/Onions, Carrot Cake

*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

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.**

**Mount Rushmore and the Black Hills of South Dakota: July 11 -15, 2011.**

This is a motorcoach trip to enjoy all the beautiful scenery along the way and all the sightseeing in the Black Hills. Sightseeing includes Mt. Rushmore, Crazy Horse Memorial, Deadwood, Custer State Park, Unique Journey Museum, Sylvan Highway, and more. Cost is just \$550.00 per person, a wonderful price that includes bus fare, motels, all the sightseeing, and some meals. Must be signed up right away to be sure this trip can go.

**Jackson Hole, Wyoming Trip: Aug. 22 - 24th.**

Wonderful scenic trip through West Yellowstone and on down to the Grand Tetons. Fun itinerary includes scenic float trip on the Snake River, visit to the National Museum of Wildlife Art, dinner and entertainment at the Bar J Ranch, narrated tour of the Jackson Hole area and Grand Teton National Park, and a fun boat ride on Jenny Lake. Dave Harvey is your very knowledgeable guide. Cost is \$440.00 per person, double occupancy. This trip is full; get on the waiting list.

**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. Deposits are due by June 10.

**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. Deposits due by June 10.

**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. Waiting list only; get your on the list before it's too late!

**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.

*Bozeman Senior Center*

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*[www.montanaseniorcenter.org](http://www.montanaseniorcenter.org)*