

March 2012 Newsletter
Bozeman Senior Center
586-2421

- **Thank you, Thank you, First Security Bank Staff:** A wonderful evening was enjoyed by over 250 volunteers at our annual Volunteer Recognition Dinner on February 16th. The delicious dinner was prepared by our kitchen crew and fun entertainment by the Saddle Bag Duo. First Security Bank has sponsored this annual event for many years. One of the best parts of the evening is being served in style by the bank staff. This is the Bozeman Senior Center's best opportunity to say THANK YOU to over 300 wonderful volunteers who give so much of their time and energy throughout the whole year to make our Senior Center a major highlight in the Gallatin Valley. Again, thank you to all of you very special volunteers. We look forward to working with you again this year.
- **St. Patrick's Day Dinner. Friday, March 16 at noon.** Think green! Join us for a traditional St. Patrick's meal, complete with corned beef & cabbage. The talented Dennis Downing and the Wooliebuggers will provide traditional Irish music. Dress in your best green! Please call in advance to reserve a spot for this tasty meal, 586-2421.
- **Sunday Dinner. February 26 at 1:00pm.** On the menu for February's Sunday Dinner is Coleslaw, Meatloaf, Mashed Potatoes, Gravy, California Veggies, & Carrot Cake.
- **Sunday Dinner. March 18 at 1:00pm.** On the menu for March's Sunday Dinner is Raspberry Jell-O, Baked Ham, Scalloped Potatoes, Green Beans, Cheesecake
- **Jump Into Spring! Monday March 19-Friday March 23.** Celebrate the beginning of a new spring by joining us each day for a fun-filled noon meal/program. Throughout the week we will provide a nutritious meal along with a program showing each unique exercise group the Bozeman Senior Center has to offer.
- **Tax Aide Program.** The Tax Aide Program will continue through April 14th. We offer this service by APPT ONLY on Monday's from 1:00 to 4:00 pm and Saturday's from 9:00-12:00. This Tax Aide assistance is 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. **Both Monday afternoons and Saturday mornings are by appointment ONLY. Call 586-2421 to make your appointment.**
- **Senior Social Dance. Saturday, March 10 from 7:00pm-10:00pm.** Put on your dancing shoes and dress in red for this Valentine's 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.
- **Senior Center Walking Program: Touring Southern South America.** The pedometer walking program is traveling, vicariously (of course) over southern South America and making 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. 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.** I am starting my diet on Monday...again. Does this feel familiar? If so come and join us at the center on **Monday, March 5, at 1:00pm.** We will be discussing lifestyle changes that encourage weight loss, do a little exercise and get the instructions for keeping a food diary that you will use to get a complete computer diet analysis of nutrients and calories. We will meet every 2 weeks in March and April and get information to promote healthier eating, nutritional and exercise tips. We will identify how much we eat, and work with healthy lasting changes while we are learning about kinds of fats, carbohydrates, labels, cooking methods and more. We would love to have you join us!
 - **Alabama State Day. Wednesday, March 28 at noon.** Join us for lunch on this day to learn fun fact about the southern state of Alabama! If you ever lived in Alabama or were born in Alabama, let us treat you to lunch on this day. Call in your reservation in advance, 586-2421.
 - **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 (through the end of this month!) at 9:00am we will meet at the Senior Center and car pool to various trails throughout the Gallatin Valley.
 - **Cinnamon Rolls. Friday, March 9 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, March 19.** 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 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!
- **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. Mardella Brock is now the facilitator.

Social:

- **Writing Your Life Story,** meets each Wednesday at 1:00pm.

- **Red Hat Luncheon. Tuesday, March 13th at 11:30am.** The Red Hat Ladies will meet at Famous Dave's. Order from the menu. Call the center to sign up, 586-2421.
- **Oil Painting:** Monday March 5th & March 19th 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, March 19 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.

March Menu

1-Grapefruit/Oranges, Teriyaki Chicken, Noodles, Egg Roll, Asian Veggies, Lemon Pudding

2-Green Salad, Meatloaf, Mashed Potatoes, Peas/Onions, Carrot Cake

5-Fruit Cocktail, Chicken Fried Steak, Hash Browns, Peas/Onions, Chocolate Cream Pie

6-Soup, Baked Ziti/Meat Sauce, Garlic Bread, Baby Carrots, Tiramisu

7-Peaches, Baked Ham, Roasted Sweet Potatoes, Cauliflower Au Gratin, Cherry Pie

8-4 Bean Salad, Baked Cod, Wild Rice Pilaf, Broccoli, Lemon Bars

9-Cinnamon Rolls. Cucumber Salad, Taco Salad Bar, Black Beans, Corn Bread, Mint Chocolate Chip Ice Cream

12-Patagonia Day. Tropical Fruit, Pork Lentil Stew, Rice, Veggies, Coconut Pudding

13-Coleslaw, Roast Beef, Mashed Potatoes, Green Beans, Apple Pie Ala Mode

14-Soup, Chicken Sandwich, Chips, Veggies, Butterscotch Bars

15-Pea Salad, Beef Stroganoff, Egg Noodles, Carrots, Sour Cream Peach Bars

16-St. Patty's Day Dinner. Lime Jell-O, Corned Beef, Red Potatoes, Cabbage, Brownies

18-Sunday Dinner. Raspberry Jell-O, Baked Ham, Scalloped Potatoes, Green Beans, Cheesecake

19-Pancakes/Bingo. Cottage Cheese/Fruit, Spaghetti/Meat Sauce, Garlic Bread, Broccoli, Cheesecake Bars

20-First Day of Spring Dinner. Soup, Baked Cod, Rice Pilaf, Roasted Beets/Carrots, Strawberry Shortcake

21-Fruit, Philly Cheese Steak, French Fries, Mixed Veggies, Cookies

22-Macaroni Salad, Roasted Chicken, Roasted Red Potatoes, Maple Brussel Sprouts, Bread Pudding

23-Green Salad, Beef Enchiladas, Spanish Rice, Carrots, Sorbet

26-Paraguay Day. Tropical Fruit, Ground Beef Casserole, Veggies, Cake

27-Pickled Beets, Chicken Tenders, Mashed Potatoes, Mixed Veggies, Ice Cream

28-Alabama Day. Coleslaw, BBQ Pork Sandwich, Chips, Zucchini Au Gratin, Key Lime Pie

29-Spinach Salad, Roast Beef, Mashed Potatoes, Green Beans, German Chocolate Cake

30-Jell-O, Pork Chops, Roasted Potatoes, Green Beans, Cookies

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: 9:15am 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: 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.

SLIDE PRESENTATION ON THE CHINA, YANGTZE RIVER CRUISE:

Friday, April 13th at 11:00am, will be a slide presentation on the China trip scheduled for October 26 through Nov. 9th. If you are thinking of going on this wonderful trip or would just like to see the slides, please come join us in the Senior Center Rec Room.

China, and Cruising the Yangtze River: October 26-Nov. 9. with optional Hong Kong Extension: Sign up by April 20th, 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.

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. Get signed up by March 15th.

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.

Minneapolis, Stillwater, Duluth, & the North Shore. Six day trip August 24-29; lots of great sightseeing. Fly from Bozeman to Minneapolis. Cost: \$1,979.00/person. Full itinerary at Sr. Center front desk.

ONE DAY TRIPS:

Boat Ride in Big Horn National Recreation Area: Friday, July 20th.

This was the mystery trip last year and everyone loved it. Have an exciting boat ride through Big Horn Canyon, near Lovell, Wyoming, complete with an excellent narrative

by the Boat Captain, Mark. After the boat ride, travel to Billings for dinner at either the Red Lobster or the Olive Garden. Cost is \$90.00 per person.

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

One to Butte to the Lady of the Rockies and a Trolley tour of Butte, in July. Tizer Gardens and then to Helena in late June. Also, Playmill Theater in late June.

Bozeman Senior Center

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www.montanaseniorcenter.org