

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

- The Bozeman Senior Center will be **closed** on **Monday, May 28** for the Memorial Holiday.
- **It's Spring: Clean Up, Clean Out Time:** Clean out your closets, your garage, your storerooms and bring your gently used treasures and books to the Second Hand Rose. We would be happy to have them. THANK YOU, IN ADVANCE.
- **Montana State Day. Thursday, May 3 at noon. We are proud to be Montanans,** so all of you, seniors, who live in Montana are invited to a FREE dinner at the Senior Center. We will have great "Montanans" here to entertain you while you enjoy your dinner. Get signed up right away and we will see you here.
- **Thank You Eleanor Kinyon:** Eleanor is a retired nurse who has volunteered at our monthly foot clinic two Monday's every month for the past 10 years. Eleanor will be greatly missed at a volunteer nurse for our foot clinic. We are so very thankful for her constant dedication. We will miss you, Eleanor!!!
- **Sunday Dinner. May 6 at 1:00pm.** Join us for our last Sunday Dinner of the season! On the menu: Pineapple/Cottage Cheese, Roast Turkey, Mashed Potatoes and Gravy, Broccoli, and Carrot Cake.
- **Mother's Day Dinner. Friday, May 11 at noon.** This will be a special noon meal for all mothers! Flowers for all Moms. The Chordrussler quartet, Doodledandies will serenade for all Mothers.
- **"Never Too Old to Play". May is Older American's Month.** Join us for the week of May 14-18 as we celebrate being an older American who is never too old to play! The week will be filled with games such as crossword puzzles, trivia, and even a scavenger hunt!
- **Older American's Dinner. Thursday, May 17 at noon.** Join us for lunch on this day as we reflect on being an older American. A free dinner for anyone over the age of 80. Special recognition and roses for everyone over the age of 90. This is a really big day as we recognize so many older adults. Please call 586-2421 by May 15 to make a reservation.
- **Coldwater Creek Style Show. Wednesday, May 23 at noon.** Looking for the latest fashion? Ladies from the Bozeman Senior Center will model Coldwater Creek apparel as you enjoy a delicious meal and an opportunity to see the latest style of Coldwater Creek! Be sure to sign up in advance for this exciting spring time event. 586-2421
- **Estate Planning for Couples Considering Remarriage, Couples Living Together (What's Common Law Anyway?) and Couples Already Remarried. Monday, May 14 at 1:30pm. Marsha A. Goetting,** MSU Extension Family Economics Specialist will share information about potential tools and techniques that could accomplish estate planning goals for "couples" who want to protect assets for a potential spouse while leaving a legacy for children from a prior marriage. Trusts and life estates will be explored as well as other contractual arrangements.

- **Janet E. Witt, MS, RD, Grassroots Manager. National Committee to Preserve Social Security & Medicare** will speak on **Friday, May 4 at noon**. Please sign up for lunch prior to May 3.
- **Salute to America. Gallatin Gateway School First & Second Graders. Wednesday, May 30 at 11:45am.** Join us for lunch on Wednesday May 30 for some patriotic singing presented by the Gallatin Gateway 1<sup>st</sup> & 2<sup>nd</sup> graders. Sign up in advance!
- **New Caregiver Support Group.** Facilitated by Alisha Hanley (with Spring Creek Inn). A new support group is set **to meet at the Bozeman Senior Center the 4<sup>th</sup> Thursday of each month at 2:00pm.** Caring for someone with Alzheimer's disease can be physically and emotionally demanding. This support group will provide help and hope to the families of those with Alzheimer's disease or other related dementia.
- **"I own an iPad ... now what?"**. If you have recently purchased an iPad and have no clue what to do with it, join us on **Wednesday, May 9 at 1:00pm.** This class will take place in the dining room. iPad's only.
- **Social Dance. Saturday, May 12 from 7:00pm-10:00pm.** Put on your dancing shoes and join us at the Bozeman Senior Center! 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.
- **DIET ANALYSIS AND WEIGHT LOSS.** I am starting my diet on Monday...again. Does this feel familiar? 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 May 7, 14, 21, and June 4 at 1:00pm to discuss 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!
- **Parking: Fairgrounds. ADDITIONAL PARKING AT THE FAIRGROUNDS:** Our Senior Center is a very busy place, almost every day of the year. As a result, there are never enough parking spaces in our parking lot. The Gallatin County Fairgrounds is providing additional parking spaces for you to use when you see our parking lot is full. It is right across the street in the Fairgrounds. **Please drive in the Grand Street gate and park in the paved parking spaces that face the Senior Center. There is a walk-through gate right at Tracy street, so you can then just walk right across the street to the Senior Center. The Grand Street gate will be open Monday through Friday, from 7:00 a.m. to 10:00 p.m., unless there is something major going on at the Fairgrounds. So, please take advantage of this additional parking space. A very special thank you to the Fairgrounds for providing this much needed parking.**
- **2012 Summer Walking and Hiking Programs.** Summer is just around the corner! Gear up for a fun summer of hiking and walking with the senior center. Please pick up packets at the center's front desk. If you have any questions, contact Emily (program coordinator) at 586-2421. Hikes will take place on

Tuesday's while walks will happen on Thursday's. Both programs will begin at 8:30am. Meet at the center/car pool to trailhead.

- **Cinnamon Rolls. Friday, May 11 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, May 21.** All the pancakes you can eat for \$3.25 & enjoy Bingo for cash prizes afterwards.
- **Alzheimer Association Training: Friday, May 4<sup>th</sup> at 1:00pm** at the Bozeman Senior Center. For more information call Suzanne at 1-406-252-3053.
- **The Senior Center has wireless access throughout the building!**

### Services:

- **Driver Refresher Course. Wednesday, June 6 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 September 5, and December 5. Call to sign up!
- **Blood Profiles: Wednesday May 9 from 8:00am-10:00am.** For an appointment, call the center at 586-2421.
- **Computer Assistance with Jack Stone, Larry Blackwood, & Paul Kleihauer.** 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. Mardella Brock is now the facilitator.

### Social:

- **Writing Your Life Story** meets each Wednesday at 1:00pm.
- **Red Hat Luncheon.** The Red Hat ladies will meet on **Thursday, May 17 at 11:30am** at **China Town** (located across from the high school). Your choice of buffet or order from the menu.
- **Oil Painting:** Monday May 7 & May 14 (the first two Monday's) 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, May 14 at 10:30am.** This is the second Monday instead of the third. For information about the book club please contact Emily at 586.2421.
- **Singing Souls.** Come join the fun! Tuesday's at 1:30pm.

### May Menu

**1-Jell-O, Chicken Ala King, Biscuits, Veggies, Pudding**

**2-Soup, Cheese Ravioli with Ham Sauce, Garlic Bread sticks, Peas/Onions, Pineapple Upside Down Cake**

**3-Montana State Day.** Coleslaw, Roasted Chicken, Macaroni & Cheese, Green Beans/Bacon, Cookies

4-Cucumber/Tomato Salad, Taco Salad Bar, Black Beans, Corn Bread, Ice Cream  
6-**Sunday Dinner.** Pineapple/Cottage Cheese, Turkey Roast, Mashed Potatoes/Gravy, Chopped Broccoli, Carrot Cake  
7-Applesauce, Chicken Fried Steak, Hash Browns, Mixed Veggies, Cream Puffs  
8-Green Salad, Salmon Filet, Baked Potato, Steamed Broccoli, Brownies  
9-Soup, BBQ Pork Sandwich, Chips, Corn Casserole, Peach Crisp  
10-4 Bean Salad, French Dip with Swiss, French Fries, Cauliflower Au Gratin, Yellow Cake  
11-**Mother's Day.** Caesar Salad, Chicken Fettuccini Alfredo, Garlic Bread Sticks, Roasted Asparagus, Tiramisu  
14-Oranges/Grapefruit, Orange/Ginger Chicken, Noodles, Egg Roll, Asian Veggies, Mango Sorbet  
15-Pasta Salad, Pork Roast, Stuffing, Fresh Sweet Cooked Carrots, Strawberry Shortcake  
16-Sauerkraut Salad, Polish Sausage, Tator Barrels, Mixed Veggies, Cookies  
17-**Older American Day Dinner.** Broccoli Salad, Roast Beef, Mashed Potatoes, Peas/Onions, Carrot Cake  
18-Green Salad, Baked Cod, Roasted Potato, Zucchini/Yellow Squash, Crème Brulee  
21-Apricots, Chicken Breast, Egg Noodles, Corn, Butterscotch Bars  
22- Cucumber Salad, Baked Ham, Hash Brown Casserole, Baby Carrots, Cherry Crisp  
23-**Coldwater Creek Style Show.** Fresh Fruit, Chicken Caesar Salad, Garlic Bread Sticks, Blueberry Cheesecake  
24-Mozzerella/Tomato Salad, Spaghetti/Meat Sauce, Garlic Bread, Mixed Veggies, Coffee Cake  
25-Crab Salad, Jambalaya Rice, Veggies, Root Beer Floats  
28-**Holiday, Center is closed.**  
29-Cottage Cheese/Fruit, Chicken Enchiladas, Spanish Rice, Lettuce/Tomato, Sour Cream Peach Bars  
30-Peaches, Baked Cod, Rice Pilaf, Carrots, Lemon Bars  
31-Spinach Salad, Pork Chops, Roasted Potatoes, Stewed Tomatoes, Cherry Coconut 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:** 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 (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  
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.**

**China, and Cruising the Yangtze River: October 26-Nov. 9.** with optional Hong Kong Extension: 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 \$5,289.00/person, double occupancy.

**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. This trip is almost full, so sign up now.

**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. This trip is filling fast, get signed up.

**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: \$2,049.00/person. Full itinerary at Sr. Center front desk.

#### **ONE DAY TRIPS:**

**Boat Ride in Big Horn National Recreation Area: Friday, July 20<sup>th</sup> & Wednesday, July 25.**

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. The first bus is full! Get signed up for the second bus going on Wednesday, July 25, 2012.

#### **Butte Day Trip: Wednesday, July 11, 2012**

Enjoy a fun summer day trip to Butte, Montana. First enjoy a two hour ride on our own Butte Trolley, learning more about the famous folks, miners and scoundrels who lived and worked there. Ride through the National Historic District, by the Charles W. Clark Chateau, the Victorian neighborhoods, and the Dumas Brothel. The only stop where you get off the trolley is at the Berkeley Pit viewing stand. Then enjoy lunch at Starkey's Garage (included). In the afternoon you will enjoy a wonderful ride up to the Lady of the Rockies to get a gorgeous view of the city and to see "The Lady' up close". Cost of the trip is \$78.00. The first bus is full, so get signed up for the second bus.

#### **New Summer Day Trips:**

**Playmill Theater in West Yellowstone:** We will have buses going to two plays at the Playmill theater this summer. The first one, Tuesday, June 26th, to see **THE DROWSY CHAPERONE**. Cost \$38.00.

The second on Thursday, August 16th, to see **ANNIE GET YOUR GUN**, Cost **\$38.00**.

**Charlie Russell Chew Choo:** This two day trip will be September 8 and 9th. Enjoy the Chokecherry Festival on Saturday, then ride the Charlie Russell Chew Choo vintage train

for a great prime rib dinner and wonderful entertainment on the train. Then spend the night at the Super 8 in Lewistown. The next day, enjoy "WHAT'S the HAY" haybale contest near Utica, Montana, as well as the Utica Fair.

**Beartooth Highway trip: August 8th**, The Beartooth Highway is 101 years old and one of the most scenic highways in the nation. Enjoy this great trip where you can sit back and enjoy all the scenery and leave the driving to Karst.

Get signed up for these trips right away. Our day trips are really filling very fast.

Also in the planning stages: **Mystery Trip: we don't know where or when as yet, but get signed up anyway if you want to be sure you get on.**

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