

November 2010 Newsletter
Bozeman Senior Center
586-2421

- A very special **THANK-YOU** to everyone who helped make our annual Fall Festival so successful! You are wonderful.
- **Board of Directors Elections:** All members of the Bozeman Senior Center can vote for who you would like to serve on the Board of Directors. Watch for the next issue of Prime Senior News for the nominees. Voting will take place at the Senior Center December 6 through 10th
- **Kammi Smith** BSN, RN, a Graduate Psychiatric Mental Health Nurse Practitioner student will be presenting **“Challenges of Caring for Family Members with Dementia”**. A brief overview, on the diagnosis and evidenced – based management of dementia will be discussed. She will also provide information and education on topics of coping with daily difficulties, stress management skills, and dealing with feelings of grief and loss. Please join Kammi on **November 17th at 1:00pm** to learn more about dementia and the challenges it presents to caregivers.
- **Veteran’s Day Dinner. Thursday, November 11th at noon.** There will be a free dinner at noon for all veterans. Please help us by calling in your reservation so we have enough food for everyone (586-2421). The Chordrustlers quartet will entertain us with patriotic music as well. **In the evening, the Chordrustlers will host a free evening of Patriotic “Tribute to Veterans” music and entertainment. This wonderful event is free and open to the public, so plan to come to both events. Evening event starts at 7:00pm, here at the Senior Center.**
- **Thanksgiving Dinner. Thursday, November 18th at noon.** Join us for a special Thanksgiving dinner and an opportunity to give thanks! The local Gallatin Valley Accordion Ensemble will provide musical entertainment. Come early and purchase a chance to win a beautiful vintage style Cadillac Roadster car handmade by Lonnie Lear.
- **Antiques Road Show, Bozeman Senior Center version. "Got Antiques?"** Bring them on **Wednesday, November 17th at 1:30pm** to find out more about them. What may they be worth? All kinds of interesting information will be given to you by our own "Antiques Specialists", **Maggie and Katie**. If you do not have antiques to bring, we still invite to come and see what everyone else is bringing in. It will be a fun afternoon.
- **Pancakes & Bingo.** Just a reminder, **Monday, November 15th.** All the pancakes you can eat for \$3.25 & enjoy Bingo for cash prizes afterwards.
- **Senior Dance!** Saturday, November 13 from 7:00-10:00pm. Join us at the Bozeman Senior Center for great live music by the Blue Moon Band. Refreshments included. This event is open to the public. \$5.00/person.
- **The Senior Center has wireless access throughout the building!** Stop at the front desk for more information on how to access the wireless service.

- **Calling all Rest Stop volunteers!** Join us on **Wednesday, November 10 at noon**, as we say THANK YOU to those who volunteered at the Rest Stop from May 2010-Sept. 2010. The Rest Stop was a huge success again this year. We would also like to say a big THANK YOU to our local Costco, IGA, and Safeway for donating coffee, donuts, cookies, and other snacks. We could not have done this without your generosity!
- **Presentation: Jeff King a financial advisor with Edward Jones, Inc. Thursday, November 18th at 1:30pm.** He will present on Montana Medical Savings Accounts. Montana Medical Savings Accounts allow Montana tax payers to reimburse themselves for medical expenses and get a break on their Montana Taxes. This session will provide you with an understanding of the Montana Medical Savings Account and how you may still be able to save on your 2010 taxes and on your medical expenses.
- **Senior Center Winter Walking Program. “Over the Appalachian Trail”.** The pedometer walking program will be starting again in January 2011. We will travel, vicariously of course, over the Appalachian Trail. We will make many stops to learn about the area throughout our journey. During the winter months, it is often hard to get our exercise and keep moving. This is an opportunity to help get in those steps that are so important each day. All may join; your steps each day count. The starting date and schedule will be announced in mid December. Packets and pedometers will be available the first week in January. Pedometers are available to purchase anytime at the Senior Center if you would like to get an early start on walking.
- **Driver Refresher Course. Wednesday, December 15 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. Make checks payable to AARP. Please bring your driver’s license and your AARP membership card.
- **Ohio State Day. Tuesday, November 30th at noon.** Enjoy a delicious lunch and learn more about the state of Ohio.
- **Calling all Chess Players!** If you are interested in playing chess, please call Emily at 586-2421.
- **Bozeman Senior Center Respite Program:** Our In-Home Respite Program is for families coping with a family member with Alzheimer’s. If you are a spouse or a family member who could use time away from your caregiving responsibilities, please call the Bozeman Senior Center and talk to Judy, 586-2421.
- **Balance Testing. Tuesday, November 9th and Wednesday, November 10th from 10:00am-3:00pm.** Do you find yourself restricting your activities due to a fear of falling? Balance can be easily tested through functional movement tests. The test can identify where the problem is and what you can do to improve your balance. If you are interested in having your balance assessed by Physical Therapists and finding out what you can do to decrease your risk of falling, please call the Senior Center, 586-2421 to set up an appointment.
- **Computer Classes with Jack Stone. Thursday, November 4th at 10:00am & 1:00pm.** This class offers information on word processing. Please call 586-2421 to pre-register.

- **Blood Profiles. Wednesday, November 10th from 8:00am-10:00.** Call 586-2421 to set up an appointment.
- **Forgetters Group. 2nd Wednesday of every month at 1:00pm.** This is a support group for anyone helping family members cope with dementia.

Social:

- **Writing Your Life Story**, meets each Wednesday at 1:00pm.
- **Red Hat Luncheon.** The Red Hat Club will meet at Applebees on Tuesday, November 16 at 11:30. Order from the menu. Applebees is located at 1108 N. 7th Ave.
- **Oil Painting** is the 1st and 3rd Monday of each month from 1:00pm – 4:00pm with instructor, May Mace.
- **Cribbage Players!** Cribbage is back at the Senior Center; each Tuesday at 1:00pm.
- **Book Club** discussion will be Monday, November 15th at 10:30am.
- **NEW GAME! Interested in playing Wii???** Join us in the dining room each Wednesday from 1:00pm-4:00pm. Games include Bowling, Canoeing, Cycling, Basketball, Frisbee, Wakeboarding, Golf, and more!
- **Singing Souls.** Come join the fun! Tuesday's at 1:30pm.

November Menu

1-Cottage Cheese & Peaches, Meatloaf, Mashed Potatoes, Veggie Medley, Apple Pie

2-Green Salad, Turkey/Bacon/Cheese Sandwich, Stuffing, Green Beans, Oatmeal Cranberry Cookie

3-Egg Salad, BBQ Pork, Roasted Yams, Corn, Coconut Cake

4-Texas Style Chili, Chicken Enchilada, Spanish Rice, Peas & Onions, Turnovers

5-Pasta Salad, Baked Cod, White Beans, Root Beer Floats

8-4 Bean Salad, Spaghetti & Meat Sauce, Garlic Bread, Green Beans, Brownies

9-Pea Salad, Pork Chops, Baked Potato, Spiced Carrots, Phyllo Rolls

10-Cherry Jell-O, Chicken Pot Pie, Cornbread, Broccoli & Cheddar, Moose Tracks Icecream

11-**Veterans Day.** Caprese Salad, Roast Beef, Mashed Potatoes, Asparagus, Cherry Pie

12-**Cinnamon Rolls.** Corn Chowder, Taco Salad Bar, Refried Beans, Strawberry Shortcake

15-**Pancakes & Bingo.** French Onion Soup, Lasagna, Parmesan Styx, Almond Cookie

16-Spinich Salad, Honey Baked Ham, Mashed yams, Bacon & Green Beans, Peach Strudel

17-Pear Halves, Sloppy Joes, Scalloped Potatoes, Corn, Ice Cream Sundae Bar

18-**Thanksgiving Dinner.** Green Salad, Turkey, Stuffing, Green Bean Casserole, Mashed Potatoes, Pumpkin Pie

19-Corn Chowder, Bratwurst, Baked Beans, Cauliflower & Cheese, German Chocolate Cake

22-Apricots, Pork Tacos, Herbed Rice, Creamed Spinach, Cream Puffs

23-Broccoli Salad, Roast Beef, Mashed Potatoes, Veggie Medley, Strawberry Ice Cream

24-Fruit Salad, Southwest Chicken & Rice, Cornbread, Chocolate Brownies

25-Center Closed, Holiday

26-Center Closed, Holiday

29-Maccaroni Salad, Philly Cheese Steak, Roasted Potatoes, Broccoli, Peach Cobbler

30-Ceasar Salad, Chicken Alfredo, Garlic Bread, Peas, 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 is Strong Women, 9:00am is Silver Sneakers, 10:00am is Weights, 10:30am is Aerobics Plus, and 11:30am is Arthritis Tai Chi

Tuesdays: 9:00am is Aerobics Combo, 10:30am is Tai Chi, 11:30am is Arthritis Tai Chi, 1:00pm is Yoga Stretch, and 2:00pm is Balance Plus

Wednesdays: 8:45am is Strong Women, 9:00am is Silver Sneakers, 10:00 is Weights, 10:30am is Aerobics Plus, 11:30am is Balance Plus, and 1:00pm is Yoga stretch

Thursdays: 9:00am is Weights and Stretching; 10:30am is Tai Chi, 11:30am is Arthritis Tai Chi, and 1:00pm is Yoga

Fridays: 8:45am is Strong Women, 9:00am is Silver Sneakers, 10:00am is Core, 10:30am is Aerobics Plus, and 11:30am is 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 11:30 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

Pinochle and Scrabble – 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 1:00pm.

Forgetters Group – 2nd Wednesday at 1:00pm

Caregiver Support Group – 1st Wed. 9:30am and 3rd Wed. 3:30pm

Bozeman Senior Center Travel Department

Complete itineraries for each trip are available at the Senior Center front desk.

Mexican Riviera Cruise. January 29, 2011- 8 days. Plan a warm winter get-a-way! The price for this trip is under \$2,000 per person. Check full itinerary for cabin categories and prices. Ports include: Cabo San Lucas, Puerto Vallarta, and Mazatlan.

Sunny Portugal, including Estoril Coast & Algarve. Feb. 11-21, 2011. The cost for this trip is \$2899.00 per person. Enjoy Estoril, the “Portuguese Riviera”, Fatima, a world famous pilgrimage site, Lisbon & much more!

New Winter Trip:

Lone Mountain Sleigh Ride, Dinner and Entertainment. Thurs. Feb. 17, 2011.

Enjoy a fun evening out in February! You will enjoy a fun horse drawn sleigh ride taking you to a mountain cabin for a delicious prime rib dinner, complete with great entertainment. Entertainment will be by Bruce Anfinson, who many of you enjoyed when we went on the Gates of the Mountains / Last Chance Ranch trip last summer. We will travel by Karst Stage bus to and back to the Senior Center. Cost is \$135.00 per person. This is always a great winter get-away.

Upcoming Trips, 2011:

New Orleans, May 2011

Hot Air Balloon, Albuquerque, New Mexico, October 2011

Panama Canal Cruise, Fall 2011

South Africa, Fall 2011

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www.montanaseniorcenter.org