

October 2011 Newsletter
Bozeman Senior Center

- **Fall Festival is coming! October 14th & 15th.** We have a great list of raffle prizes that will be given away on October 15th at 12:30pm, need not be present to win. If you would like to help sell these tickets in grocery stores, prior to Fall Festival, please call Emily at 586-2421. If you have items to donate for the sale, please get them in by Friday, October 3rd so volunteers can get donations sorted and priced. Then be sure to put these dates on the calendar and we will see you here! A delicious lunch will be served each day including roast beef dinner or pulled pork sandwiches with choices of soups- vegetable beef, potato bacon, and chicken noodle. Lunch is served between 11:00am-1:00pm. Hours for the festival are: Friday 8:00am-4:00pm and Saturday 9:00am-2:00pm. Fall Festival sale will include: Gigantic Rummage Sale with clothes, household, some furniture, sports equipment, and so much more! The woodworkers will have handmade wooden gifts for sale; there is a wonderful Gift Shop, Plant Shop, Antique Shop, Bake Sale, and Christmas Shop. This two day event is open to the public with “the best prices in town”. See you there; bring your friends!
- **The Senior Center will be closed on Monday, October 10th for Columbus Day.** This is a day for volunteers to begin set up for Fall Festival. If you would like to help, please call Emily at 586-2421. Thank you.
- Would you like to walk more? Please join us for as we “**Walk Around the Senior Center**”. **Starting October 4**, we will stroll the halls, climb the stairs, and cruise the building. We will gather at the center every Tuesday morning at 8:45 and set off to see how far we can go. If it is nice, we might even walk around the parking lot of head over to the Fairgrounds! Walking is great exercise and you already know how to do it. Please be sure you have comfortable flat heeled shoes.
- **FLU SHOTS: Wednesday, October 5th 8:00am-11:00am.** Again this year, the Gallatin Country Health Department will be giving flu shots at the Bozeman Senior Center. No reservations are necessary. Medicare will pay for the shots; so bring your Medicare Card. If you are not on Medicare yet, shots are still available.
- **Bozeman Senior Center – New Listening Devices!!** This new equipment will allow people with hearing problems to check out a small receiver that will pick up the signal in the room to increase hearing. There will be about four units available at the Senior Center desk for you listening use. We will also have a sign with the frequency of transmission for anyone having their own unit.
- **New Computer Class:** Brenda Kessler is teaching a one time class "**Make Your Christmas Letter**". This will be **Monday, October 31st at 10:00am**. Please call the Center, 586-2421 to sign up for this fun class. You need to be a member of the Bozeman Senior Center, and have a current computer card (renewed monthly).
- **Thank You Rest Stop Volunteers. Wednesday, October 5 at noon. Calling all Rest Stop volunteers!** Join us as we say *THANK YOU* to those who volunteered at the Rest Stop from May-Sept. of this year. The Rest Stop has been a huge success again this year. We would also like to say a big *THANK YOU* to

our local Costco, IGA, Rosauers, and Safeway for donating coffee, donuts, cookies, and other snacks. We could not have done this great fundraiser without your generosity!

- **Senior Dances! Featuring the Blue Spurs Band. Saturday, October 8th from 7:00pm-10:00pm.** Join us at the Senior Center for great music, dancing, and refreshments. The cost is \$5.00/person. Pay at the door; open to people of all ages. See you there!
- Please join **New West Medicare for an Educational Seminar on Tuesday, October 11 at 1:00pm.** Topics to include: Original Medicare, Supplements, Advantage Plans, Drug Coverage, and Extra Help Programs. This seminar is educational only; no plan-specific details will be shared.
- **POLST Information/Advance Directives. Wednesday, October 19 at 1:00pm.** Please join Dr. Borgenicht as she discusses the terms of the POLST from as well as information on Advance Directives. It is never too soon to start planning for the “what-if’s” in life. We hope to see you for this informational presentation.
- **October Fest. Wednesday, October 19 at noon.** Come enjoy a delicious German Dinner and fun entertainment.
- **Halloween Celebration. Monday, October 31 at noon.** Come dressed in your best costume and celebrate Halloween with us. We will provide a delicious dinner. There will be a prize for the best costume. Please call in advance to reserve a spot for lunch.
- **Attention Bridge players!** There is now a **cash prize of \$5.00** for top scorer each Wednesday and Friday. Come play Bridge.
- **Dine & Discover with Highgate Senior Living: Parkinson’s disease Thursday, October 20th at 5:30pm.** This event is free (dinner included) and is held at the Bozeman Senior Center.
- **Cinnamon Rolls. Friday October 14 and Saturday October 15.** Warm cinnamon rolls made fresh at the Senior Center. Come enjoy, only \$1.25! No reservations needed!
- **Pancakes & Bingo.** Just a reminder, **Monday, October 17 at 5:30pm.** All the pancakes you can eat for \$3.25 & enjoy Bingo for cash prizes afterwards.
- **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 3rd & 4th 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.

Services:

- **Computer Assistance with Jack Stone, Larry Blackwood, Paul Kleihauer, and Brenda Kessler.** Brenda is a new computer volunteer on Monday’s at 10:00am and 11:30am. 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 Johnny Carino's on Thursday October 13 at 11:30am. Order from the menu. Call 586-2421 to sign up.
- **Oil Painting:** will meet the 2nd and 4th Monday 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** will meet on **Monday October 17 at 10:30.** Please see Emily or call 586-2421 to find out more information regarding books. Thank you!
- **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.

October Menu

- 3- Pear Halves, Chicken Fried Steak, Hash Browns, Mixed Veggies, Coconut Pie
4- Pea Salad, Turkey Roast, Mashed Potatoes, Carrots/Onions, Cherry Coconut Pie
5- **Rest Stop Thank You.** Green Salad, Spaghetti, Garlic Bread, Broccoli, Strawberry Cheesecake
6- 4 Bean Salad, Pork Loin, Baked Potato, Curried Corn, Peach Cobbler
7- Cucumber Salad, Taco Salad Bar, Black Beans, Lemon Pudding
10- CLOSED
11- Apricots, Philly Cheese Steak, Chips, Mixed Veggies, Cookie
12- Grapefruit/Oranges, Teriyaki Chicken, Rice, Egg Roll, Asian Veggies, Mango Sorbet
13- Jell-O, Baked Cod, Roasted Potatoes, Asparagus, Lemon Bars
14/15- **Fall Festival!** Soups: Potato/Bacon, Vegetable Beef, and Chicken Noodle, BBQ Pork Sandwich, Roast Beef Dinner from 11am-1pm
17- **Pancakes/Bingo.** Cottage Cheese/Fruit, Chicken Parmesan, Spaghetti, Broccoli, Cream Puffs
18- Broccoli Salad, Pork Enchiladas, Spanish Rice, Corn, Sour Cream Peach Bars
19- **October Fest.** Pickled Beets, Bratwurst, Hot German Potato Salad, Green Beans, German Chocolate Cake
20- Ambrosia Salad, Chicken Ala King, Veggies, Biscuits, Pie
21- Green Salad, Meatloaf, Mashed Potatoes, Peas/Onions, Carrot Cake
24- Fruit Cocktail, Breaded Pork Sandwich, Chips, Zucchini Au Gratin, Ice Cream
25- Macaroni Salad, Ham, Potatoes Romanoff, Carrots, Root Beer Floats
26- Soup, Chicken Sandwich, French Fries, Roasted Beets, Cherry Pie
27- Spinach Salad, Roast Beef, Mashed Potatoes, Green Beans, Apple Crisp Ala Mode
28- Fresh Fruit, Quiche, Polenta Squares, Stewed Tomatoes, Blueberry Turnovers
31- **Halloween Dinner.** Orange Jell-O, Chicken Alfredo, Bread Sticks, Broccoli, Brownies

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, 1:00pm Special Classes

Tuesdays: 9:00am Aerobics Combo, 10:15am Tai Chi, 11:30am Arthritis Tai Chi, 1:00pm Strong Women/Men, 2:00pm Stretch/Cardio, and 5:00pm Cardio Fit

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: 9:00am Osteo Class, 10:15am Tai Chi, 11:30am Arthritis Tai Chi, 1:00 Strong Women/Men, 2:00pm Stretch/Cardio, and 5:00pm Cardio Fit.

Fridays: 8:45am Strong Women/Men, 9:00am Silver Sneakers, 10:00am Core, 10:30am Aerobics Plus, 11:30am Arthritis Tai Chi, 1:00pm Yoga Stretch, and 2:00pm Stretch/Cardio.

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

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.

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. Must be signed up September 30th.

New Trips: Winter Coeur d'Alene Trip: December 7-9, 2011. Stay at the gorgeous Coeur d'Alene Resort for two nights. Enjoy a ride on the lake in an enclosed boat to enjoy the thousands of holiday lights. See a great live performance "GI Holiday Jukebox" and enjoy all the Resort has to offer. Cost is \$384.00 per person double occupancy. Must be signed up by November 1st.

NEW TRIPS:

Cruising the Hawaiian Islands: 15 day cruise, leaving Feb., 25, 2012, aboard Holland America Oosterdam. Stopping for day excursions on Maui, Kauai, Oahu, The Big Island, and Ensenada, Mexico. Fly from Bozeman to San Diego and back. Cost ranges from \$2999.00 for an inside cabin to \$3499.00 for an Ocean View cabin, and \$3999.00 for a balcony cabin. Flight and cancellation insurance is included in this great price. An itinerary available at the Senior Center front desk.

England, Ireland, Scotland, and Wales: Early May 2012. Complete itinerary is available at the front desk.

China, and Cruising the Yangtze River: 2 weeks, leaving Oct. 26, 2012. Cost is \$5035.00 per person. Complete itinerary available at front desk.

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