

*September 2011 Newsletter*  
*Bozeman Senior Center*

- **Fall Festival is coming!** October 14<sup>th</sup> & 15<sup>th</sup>. We have a great list of raffle prizes that will be given away on October 15<sup>th</sup>. 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 the end of September so the volunteers can get them all sorted and priced. Then be sure to put these dates on the calendar and we will see you here!
- **The Senior Center will be closed on Monday, September 5 for Labor Day.**
- **Naturalist Walking Class. Friday September 16.** Three individuals who took a Naturalist Class from the Natural History Center in Missoula will lead a walking group on Sept. 16 for 3 hours. Meet at the Senior Center at 8:30; bring water, sunscreen, a hat, and a walking stick. As you walk, you will look at birds, flowers, trees, and plants. Bring a journal, if you wish.
- **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 without your generosity!
- **Grandparents Day. Friday, September 2 at noon.** This will be a special day to honor anyone who is a Grandparent. Please join us for lunch as we celebrate the wonderful joy of being a Grandparent. We will offer a special treat to the Grandparent with the most set of twins; Grandparent with Grandchildren living the farthest away; Grandparent with the most *Great*-Grandchildren; Grandparent with the most *Great-Great*-Grandchildren!
- **Name That Tune! Thursday, September 15 at noon.** Back by popular demand! Come to the Senior Center for lunch on this day for an enjoyable and fun game of Name That Tune. Prizes will be awarded to the table with the most correct answers. Tunes will be played by Grace Holiday. Please call in advance if you plan to attend, 586-2421.
- **Author's Day. Wednesday, September 28 at 10:30am.** Did you know that the Senior Center has talented local authors? Come see for yourself on Wednesday, September 28 at 10:30am. Authors will display copies of their literature and will even sign a copy just for you! Books will be available to purchase.
- **Western Day. Friday, September 23 at noon.** Get out your cowboy boots, cowboy hat, bandana, etc and come for lunch on this exciting Western Day! Be ready to share a memory of a fond rodeo experience or maybe you even participated in one! Also, feel free to share pictures of these exciting memories. Great menu, too.
- **Senior Dances are back! Featuring the Blue Spurs Band. Saturday, September 24 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. See you there!
- **Native American Day. Wednesday, September 29 at noon.** Please join us at noon as we take a look at the Native American tribes in Montana. We will

discuss different languages and cultures. If you have any Native American artifacts, we invite you to share them with us on this day.

- **Virginia State Day! Tuesday, September 27 at noon.** Enjoy a delicious lunch while learning more about the state of Virginia. Brush up on your Virginia facts for a fun game of Virginia Trivia!
- **Special: MSU Book Club. Friday, September 30 at 10:30.** Come to the Bozeman Senior Center's Board Room for a book discussion on "Between a Rock and a Hard Place" by Aron Ralston (also known as "127 Hours"). We are excited to be participating once again in Bozeman's One-Book-One-Bozeman. For more information please contact Emily at 586-2421.
- **Grab a Plate and Educate: Managing the Stress of Caregiving. Wednesday September 14 at 5:30pm.** This is part four of a quarterly educational series hosted by Spring Creek Inn. The dinner and presentation is held at the Bozeman Senior Center. No cost involved. Call 586-0074 to RSVP for the event.
- **Aging Wisely: Dine and Discover: Diabetes. Wednesday September 21 at 5:30pm.** Join Highgate Senior Living at the Bozeman Senior Center for dinner and an opportunity to learn more information about diabetes.
- **The Bozeman Senior Center has an official logo:** "Bozeman Senior Center-Living It Up: Where Active Seniors Stay Active".
- **Available now: NEW Bozeman Senior Center T-Shirts!!!** We have our very own "Life is Great!" Bozeman Senior Center T-Shirts. \$10.00/each.
- **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. Get signed up right away.
- **Attention Bridge players!** There is now a **cash prize of \$5.00** for top scorer each Wednesday and Friday. Come play Bridge.
- **The Walking Program.** Each Thursday morning at 8:30am meet us at the Senior Center ready to go on a fun walk. We will car pool to the trail. September walks include: Painted Hills Trail, Crescent Lake Trail, Bozeman Creek Trail, and Bozeman Fish Technology Trail. The final walk will be held on Tuesday September 27 at Odessa Eddie's house. Please bring a covered dish, dessert, or appetizer for the lunch following the walk. Complete itinerary is available at the Senior Center front desk.
- **The Hiking Program.** Each Tuesday, meet at the Senior Center at 8:30am for a morning or all day hike. We will carpool to the trailhead. September hikes include: Leverich Canyon Trail, Crescent Lake/West Shore Loop Trail, Hyalite Creek Trail (all day –pack lunch), and Corbly Gulch Road Trail at Odessa Eddie's home. Please bring an appetizer to share with the group after the hike. A complete itinerary is available at the Senior Center front desk.
- **Rest Stop 2011** is in full swing! Volunteers can sign up for the Rest Stop every Friday and Saturday through September. Ask Emily for more information or call to sign up, 586-2421.
- **Cinnamon Rolls. Friday, September 9 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, September 19 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 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.

### **Services:**

- **Driver Refresher Course. Wednesday, September 7 from 12:30-5:30pm.** This class is held in our downstairs meeting room. Please call 586-2421 to sign up. It is \$12.00 for AARP members and \$14.00 for non-AARP members.
- **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:**

- **Skin Care. 3<sup>rd</sup> Wednesday of each month at 1:00pm.** Learn more about caring for your skin. No appointment necessary.
- **Writing Your Life Story,** meets each Wednesday at 1:00pm.
- **Red Hat Luncheon.** The Red Hat Ladies will meet at Sacajawea Inn in 3 Forks on Thursday September 15 at 11:30am. The menu: Tea Sandwiches, Salad, Dessert, and Drinks for \$12.00. Call 586-2421 to sign up.
- **Oil Painting:** Please note: September classes will meet the 2<sup>nd</sup> and 4<sup>th</sup> 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 September 19 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.

### **September Menu**

**1-Cherry Jell-O, Pork Chop, Rice Pilaf, Carrots/Onion, Cream Puffs**

**2-Grandparents Day.** Peaches/Cottage Cheese, Meatloaf, Mashed Potatoes, Green Beans, Apple Pie Ala Mode

**5-Holiday. Center Closed**

**6-Fruit Cocktail, Chicken Fried Steak, Hash Browns, Corn, Cookies**

**7-Soup, Pork Loin, Mac & Cheese, Carrots, Lemon Meringue Pie**

**8-Oranges/Grapefruit, Orange Chicken, Noodles, Asian Veggies, Yellow Cake**

**9-Cinnamon Rolls.** Cucumber Salad, Taco Salad Bar, Cornbread, Mixed Veggies, Brownies  
**12-Pineapple/Cottage Cheese,** French Dip, Chips, Zucchini, Banana Cream Pie  
**13-4-Bean Salad,** Cod, Rice, Mixed Veggies, Carrot Cake  
**14-Pea Salad,** Beef Stroganoff, Egg Noodles, Veggies, Sundaes  
**15-Name That Tune.** Coleslaw, Roast Beef, Mashed Potatoes, Green Beans, Cherry Coconut Bars  
**16-Fresh Fruit,** Quiche, Roasted Potatoes, Stewed Tomatoes, Crème Brulee  
**19-Pancakes/Bingo.** Pickled Beets, Chicken Tenders, Mashed Potatoes, Mixed Veggies, Sorbet  
**20-Broccoli Salad,** Turkey Roast, Stuffing, Cauliflower Au Gratin, Cupcakes  
**21-Caesar Salad,** Spaghetti/Meat Sauce, Garlic Bread, Baby Carrots, Bread Pudding  
**22-Soup,** B.L.T. Sandwich, Parmesan Fries, Asparagus, Peach Pie  
**23-Western Day.** Macaroni Salad, BBQ Pork Sandwich, Chips, Roasted Beets, Root Beer Floats  
**26-Pears,** Teriyaki Chicken, Asian Veggies, Cookies  
**27-Virginia Day.** Jell-O, Roast Beef, Mashed Potatoes, Green Beans, Cherry Pie  
**28-Author's Day.** Peaches, Ham, Scalloped Potatoes, Peas/Onions, Lemon Bars  
**29-Green Salad,** Lasagna, Garlic Bread, Carrots, Chocolate Cream Pie  
**30-Spinach Salad,** Chicken Breast, Egg Noodles, Mixed Veggies, Turnovers

*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, 10:15am 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, and 1:00pm Yoga.

**Thursdays:** 10:15am 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 11:30am. 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  
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.**

#### **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. Last chance to get on this great trip.

#### **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. This is your last chance to get on this trip.

#### **South Africa Slideshow:**

#### **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. Two spaces left!

#### **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. There is room for you!

*Bozeman Senior Center*

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