**Bozeman Senior Center **

**807 North Tracy · 586-2421 · www.bozemanseniorcenter.org**

Executive Director: Shannon Bondy, shannon@bozemanseniorcenter.org

Director Program & Marketing: Kristi Wetsch, kristi@bozemanseniorcenter.org

Find us on Facebook!

**October 2019 News**

**Announcements:**

* **The Center will be closed Monday, October 14th for Columbus Day**
* **The Annual Fall Festival is Friday, October 18, 8:00am-2:00pm and Saturday, October 19, 9:00a.m.-1:00p.m.**

Our annual Fall Festival Fundraiser is a gigantic 2-day rummage sale, including lots of various departments selling items at thrift store pricing. Shopping departments include: Fabric, Christmas Store, Winter coats/clothing/gear, Pies/Cinnamon Rolls, Jewelry, a Gift Store, Antiques, Plants, Woodwork items, our 2nd Hand Rose Store, Furniture, a Household Store and lunch served both days (11am-1pm). Roast Beef Dinner or soup and Biscuit will be on the menu!  Roast Beef Dinner will be $8.00 and the Stew and Biscuit are $6.00.

We also host a raffle sale. This event is coordinated by a very small number of staff & tons of volunteers. When the event is completed, around 150 volunteers have helped make this 2-day fundraising event a huge success. This event is open to the community; hundreds upon hundreds community members attend this two day fundraiser.

Here is a list of our raffle prizes:

· 2 tickets, Tubing down the Madison River—**Montana Whitewater**

· 2 tickets to the **Ellen Theatre**

· Queen, Hand Embroidered Bed Spread, **Bozeman Senior Center**

· $25.00 Gift Card, **Town and Country**

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· $50.00 Gift Card, **Applebees**

· $50.00 Gift Card, **Olive Garden**

· Dinner for 4 (Excluding gratuity and alcohol) **Montana Ale Works**

· $79.98—2 Multi Position Chairs with Cooler **Murdoch’s Ranch & Home**

· $209 Weber Gas Grill—**Kenyon Noble**

· $100 Cash—-**Bozeman Senior Center**

· 137 piece Craftsman Mechanic Tool Kit, **Owenhouse Ace Hardware West**

· Photo of Buffalo in West Yellowstone, **Ross Winslow**

· 2 Bird/Dog Prints—**Berille**

· $50 at Restaurant of Choice, **Jared Hauskins, Edward Jones**

· Tickets to **Museum of the Rockies**

· $125 **Wagon Wheel Rug**

· Women’s and Men’s Basketball and Volleyball Tickets—**MSU**

* **Hiking and walking groups commence:** Thank you to all the hikers and walkers we had this season and also a huge thank you to Jacklyn and Priscilla, for planning and leading the group for the season! If you have any input for what you’d like to see in the groups for 2020, please contact Kristi at 586-2421 or email Kristi@bozemanseniorcenter.org. We look forward to hitting the trails with you next year!
* **The Board meeting** is held on the second Friday of each month at 10:00.
* **Flu Shots: Wednesday, October 9a.m. – 11:00a.m**. Gallatin County Health Department is administering flu shots – please bring insurance, and if not, you’ll be billed individually.
* **Halloween Dinner:** Costume Contest during lunch
* **New Exercise classes**: Parkinson’s and Arthritis. Check the exercise calendar at the end of the month for details. You can get a paper copy at the center or look at it on our website [www.bozemanseniorcenter.org](http://www.bozemanseniorcenter.org)
* **Line Dancing** A new class of line dancing on Mondays, 2:30p.m.
* **Second Hand Rose Thrift Store:** 10am-2pm, Monday-Friday. Bring donations of clothes, household items, books, games, crafts, & more anytime between 8:30am-4:30pm, Monday-Friday. We do not accept electronics such as computers, TV’s, Phones, furniture, or heavy items.  Thanks!
* **Our library** currently needs gently used book donations. No encyclopedias or Reader’s Digests please. Thanks!
* **Meals-On-Wheels Drivers are needed.** Please contact Suzie for more information at 586-2421.
* **The Center needs volunteers for Second Hand Rose Thrift Shop.** Please contact Kristi at 586-2421**.**
* **Hiking and walking groups commence:** Thank you to all the hikers and walkers we had this season and also a huge thank you to Di, who made our delicious cookies every week! If you have any input for what you’d like to see in the groups for 2020, please contact Kristi at 586-2421 or email Kristi@bozemanseniorcenter.org. We look forward to hitting the trails with you next year!

**Events/Programs/Classes**

**Be sure to look at our website** [**www.bozemanseniorcenter.org**](http://www.bozemanseniorcenter.org) **or pick up a calendar at the center for new events, programs and classes that we schedule throughout the month.**

**Legal Services: Wednesday, October 9, 10:00 a.m. - Noon -** The legal firm E.J. Guza & Associates offer their attorneys once per month to provide FREE 20 minute consultations for our members. Spaces are limited so please call 586-2421 to make an appointment.

**Afternoon at the Movies: Tuesday, October 15, 1:00 p.m. -** Enjoy free popcorn and this great movie:

**Movie: Robot and Frank -** In the near future, an ex-jewel thief receives a gift from his son: a robot butler programmed to look after him. But soon the two companions try their luck as a heist team.

#### Stars: [Peter Sarsgaard](https://www.imdb.com/name/nm0765597/?ref_=tt_ov_st_sm), [Frank Langella](https://www.imdb.com/name/nm0001449/?ref_=tt_ov_st_sm), [Susan Sarandon](https://www.imdb.com/name/nm0000215/?ref_=tt_ov_st_sm)

#### Director: [Jake Schreier](https://www.imdb.com/name/nm1500577/?ref_=tt_ov_dr), Writer: [Christopher Ford](https://www.imdb.com/name/nm1755986/?ref_=tt_ov_wr) (screenplay)

**SERVICES/SUPPORT SERVICES**

* **Pharmacist consultations:** 2nd and 4th Mondays from 10:00 – 12:00
* **AARP meeting:** 3rd Monday at 12:30, 4th Monday for Jan & Feb due to holidays
* **Foot Clinic by appointment only.** 3rd & 4th Monday & Tuesday. Morning and Afternoon.
* **Association for the Blind meets** 2nd Tuesday, 1:30. Open to anyone who is visually impaired.
* **Free blood pressure checks** every Wednesday, 11:30-1:00
* **Legal Services: 2nd** Wednesday, 10:00 to 12:00
* **Brain Injury Support Group:** 3rd Friday 11:00
* **Computer Assistance with Brenda, Paul, Jay and Ed.** Call us for an appointment.
* **Medical Equipment** available for check-out to those 50+.

**HEALTH & EXERCISE**

**Note:** Purchase a monthly activity card to participate in any of the exercise classes offered, as well as to use the work-out room. Cost is $10 / month with Bozeman Senior Center annual membership fee of $12. The workout equipment room is open from 8:30 a.m. to 4:00 p.m.

* **Mondays:** 8:30 Strength Training, 9:00 Cardio, 10:00 Core, 10:30 Aerobics Plus, 11:30 Sun Tai Chi for Mind/Balance, 1:00 Balance, 1:35 multi-level Yoga
* **Tuesdays:** 9:00 Ball Class**,** 11: 00 Beginning Tai Chi**,** 11:30 Yang Tai Chi, 1:00 Strong and More, 2:15 Parkinson’s, 3:15 Arthritis
* **Wednesdays:** 8:30 Strength Training, 9:00 Gentle Aerobics, 10:00 Core, 10:30 Aerobics Plus, 1:00 Balance, 1:35 multi-level Yoga
* **Thursdays:** 9:00 Ball Class, 11: 00 Beginning Tai Chi, 11:30 Yang Tai Chi, 1:00 Strong and More, 2:15 Parkinson’s, 3:15 Arthritis
* **Fridays:** 8:30 Strength Training, 9:00 Gentle Aerobics, 10:00 Core, 10:30 Aerobics Plus, 11:30 Sun Tai Chi for Mind/Balance

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**SOCIAL ACTIVITIES**

* **Wood Carvers: Mondays 9:30** (Shop open to members 8:30 - 4:00)
* **Duplicate Bridge:** Mondays, 1:00
* **Oil Painting:** 1st & 3rd Monday, 1:00
* **Creative Writing/Senior Stories:** Tuesdays, 10:00
* **Line Dancing: Mondays 2:30,** Tuesdays 10:00
* **Modern Line Dancing**: Thursdays, 10:00
* **Cribbage:** Tuesdays, 1:00
* **Afternoon at the Movies:** 3rd Tuesday, 1:00
* **Bingo:** Tuesdays & Thursdays, 1:00
* **Watercolor Painting:** Wednesdays, 9:30
* **Ukulele Club:** Wednesdays, 9:30
* **Blood Pressure Check:** Wednesdays 11:30-1:00
* **Mah Jong:** Wednesdays, 1:00 -4:00
* **Pinochle:** Wed. & Thursday, 1:00
* **Bridge:** Wednesdays & Fridays, 12:45
* **Canasta:** Thursdays, 10:00
* **Scrabble:** Fridays 10:00

**VOLUNTEER OPPORTUNITIES**

 Please call 586-2421 if you are interested in any of these opportunities.

* **Meals-on-Wheels** is looking for volunteers to deliver meals in Bozeman.
* **2nd Hand Rose Thrift Store** is looking for volunteers to cashier and work around the store
* **Calling All Bingo Callers:** If you’d like to volunteer for this fun opportunity on Tuesdays and Thursday from 1:00 to 3:00, please let us know! 586-2421

**NUTRITIONAL SERVICES**

* *Congregate Meals*at the Senior Center **- Monday-Friday**, **at Noon**.
* *Meals-on-Wheels*delivered **Monday-Friday** to homebound individuals.
* *Frozen Meals available for pickup at the Senior Center* ***Monday-Friday****.*
* ***FREE Birthday Dinner Celebrations* on Wednesdays during the monthof your birthday for members – Come in and** claim your free lunch!

**OCTOBER MENU**

**Meals served Monday through Friday each week – 12:00 noon serving until 12:15**

**\*Please make reservations (586-2421) each day so that we prepare an adequate amount of food!**

**\*Salad and dessert served with every meal**

1 – Coleslaw, Baked Cod, Baked Potato, Steamed Carrots, Dessert

2 – Oriental Chicken Salad, Bread

3 – **Breakfast:** Fresh Fruit, **Lunch:** Salad, Beef Roast, Roasted Root Vegetables, Bread

4 – Make your own Taco Bar, Spanish Rice, Cinnamon Chips

7 – Vegetable Pasta Salad, Philly Cheesesteak Sandwich, Chips

8 – Chicken Parmesan, Noodles, Steamed Vegetables, Bread

9 – Salad Bar, Chili, Cornbread

10 – Meat Loaf, Mashed Potatoes, Green Beans, Bread

11 – Vegetable Salad, BBQ Pork Sandwich, Sweet Potato Salad

14 – **Closed for Columbus Day**

15 – Sweet and Sour Chicken, Rice, Vegetables, Egg Roll

16 – Fresh Fruit, Sausage Breakfast Scramble, Hash Browns, Assorted Bread

17 – Salad, Beef Bolognese over Pasta, Steamed Vegetables, Breadsticks

18 – **Fall Festival:** Roast Beef, Baked Potato Dinner or Beef Stew with Biscuit (Suggested donation does not apply)

19 – **Fall Festival:** Roast Beef, Baked Potato Dinner or Beef Stew with Biscuit (Suggested donation does not apply)

21 – Meatball Marinara over Spaghetti, Steamed Vegetables, Bread

22 – Garlic Butter Chicken, Rice, Steamed Vegetables, Bread

23 – Roasted Pork Loin, Herbed Potatoes, Asparagus, Dinner Roll

24 – Creamy Mushroom and Chicken over Bowtie Pasta, Broccoli, Bread

25 – Taco Salad Bar, Fresh Fruit

28 – Shrimp Scampi, Angel Hari Pasta, Steamed Vegetables, Chocolate Pudding Parfait

29 – Fried Chicken, Mashed Potatoes, Corn, Biscuit

30 – **Oktoberfest:** Kielbasa, Bacon and Apple Kraut, Steamed Vegetables, Applesauce Dessert

31 – **Halloween:** Frogeye Salad, Shredded Beef Sandwich, Sweet Potato Fries, Steamed Vegetables, Caramel Apple Crisp



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**Bozeman Senior Center Travel Department:**

Full itineraries for all trips are available at the kiosk at the Bozeman Senior Center front desk.

Judy has office hour on Monday and Wednesday mornings, 9:00 to 12:00 a.m.

Leave a message for her anytime at 406-586-2421

E-mail:   travel@bozemanseniorcenter.org

TRAVEL UPDATES

BOZEMAN SENIOR CENTER TRAVEL PROGRAM

NEW TRIP:   SNOWCOACH TRIP,  YELLOWSTONE PARK.   Feb 24, 25, 2020

Motor Coach to West Yellowstone.  Spend the night in the Holiday Inn.  On the 25th, board the snowcoach for a very fun all day trip into the park and to Old Faithful.   Return to Bozeman that night.   Working on the cost now.   Get signed up.

CULTURAL TREASURES OF JAPAN:  MARCH 10 to 23, 2020.  Fly to Tokyo, travel throughout Japan, also taking a high speed train to Hiroshima.   Cruise on Lake Ashi to see the breathtaking view of Mt. Fuji.    New trip, looks great.

BEST OF NEW ORLEANS; MARCH 29 - APRIL 2, 2020.

Fly to New Orleans, stay four nights at the Bienville House.  Visit the National World War II Museum, dine at the Court of Two Sisters, tour New Orleans, do a Cajun Swamp tour, see Oak Alley Plantation, and Breakfast at Brennans.   Really fun trip.

PHILADELPHIA, AMISH COUNTRY, AND THE BRANDYWINE VALLEY:   JUNE 7 - 12, 2020.    Fly to Philadelphia, visit Valley Forge, beautiful Longwood Gardens and Nemours Mansion.  Travel to Hershey, Pennsylvania to Hershey's Chocolate World.  Visit Amish Country, their home and enjoy a delicious Amish dinner.   Definitely go to see the Liberty Bell and Independence Hall.

GLACIER NATIONAL PARK:  AUGUST 17 - 20, 2020.

Very exciting, fun packed trip to Glacier.   Spend 3 nights at the Lodge at Whitefish.  Ride the red Jammers on the Going - to - the - Sun Highway.  Enjoy a boat ride on Lake MacDonald, Enjoy a performance of the Big Fork summer theater.

SPECTACULAR SCANDINAVIA:   JULY 30 - AUGUST 12, 2020.

Travel through Denmark, Sweden, and Norway.  Wonderful scenery, great trip, delicious food and many highlights.  Optional post trip to Iceland.

NEW TRIP:   CLASSIC SPAIN:   SEPTEMBER 28 - OCTOBER 8, 2020

Two nights in Madrid,  two nights in Seville,  one night in Granada,  two nights in Valencia,  and two nights in Barcelona.   Excellent price.   So much to see.  You will love it.

CHRISTMAS IN THE SMOKIES:   Dec. 5 - 11, 2020

Featuring the Biltmore Mansion, including a candlelight tour, have a fun filled visit to Dolly Parton's Dollywood Park.  Enjoy an evening show at the Smoky Mountain Opry House and lots more fun, too.

**SLIDE PRESENTATION:  FRIDAY, NOV. 1ST,   10:00 A.M.  SENIOR CENTER BASEMENT     DONE BY COLLETTE VACATIONS.**

**EVERYONE WELCOME.     SEE SLIDES ON THE UPCOMING SCANDINAVIAN TRIP AND THE NEW TRIP TO SPAIN.**