**Bozeman Senior Center**

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

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**January 2020 Newsletter**

**Announcements:**

* **The Center will be closed:**

**New Year’s Day**: January 1, Wednesday

**Martin Luther King Jr**. Day: January 20, Monday

* The Bozeman Senior Center is now offering salads for lunch. If you would like a salad, you MUST call the day before and order your salad. You will be given choices for toppings on the salad. The price is $6.00 no matter what age you are. This is NOT a suggested donation.
* Starting in January, The Bozeman Senior Center will be opening a coffee cart. You will have the opportunity to purchase local coffee, scones, peanuts and protein bars. If you are interested in volunteering at this cart, please contact Kristi at 586-2421.
* We are adding new exercise classes. Be sure to look at our exercise schedule for the new classes.
* **Second Hand Rose Thrift Store:** 10am-2pm, Monday-Friday. Bring donations of clothes, household items, books, games, crafts, & more anytime between 8:30am-4:00pm, Monday-Friday. We do not accept electronics such as computers, TV’s, Phones, furniture, or heavy items.  Thanks!
* **Our library** currently needs new or gently used book donations. No encyclopedias or Reader’s Digests please. Thanks!
* **Afternoon at the Movies: Tuesday, January 21, 1:00 p.m. -** Enjoy free popcorn and this great movie:

**Movie:** **Edie** – Edie (Sheila Hancock) has spent 40 years trapped in a colourless life in England, tending to her controlling husband (Donald Pelmear) after his stroke. When he passes away and her daughter (Wendy Morgan) tries to send her to a care home, she packs an old camping bag, leaves her life behind and embarks on an adventure she never got to have - climbing the imposing Mount Suilven in Scotland.

 Joined by Johnny (Kevin Guthrie), a reluctant local guide, Edie travels to the beautiful village of Lochinver in the Scottish Highlands. Edie and Johnny form an unlikely friendship. The journey to the summit will be long and difficult, but Edie is determined to prove to herself and everyone else that it’s never too late. Breathtaking scenery of the Scottish countryside.

 Directed by Simon Hunter and produced by Mark Stothert, EDIE is an unforgettable, immersive visual journey through the unspoiled wilderness of the Scottish highlands, beautifully scored by Debbie Wiseman, MBE, and written by Elizabeth O’Halloran, Edward Lynden-Bell and Simon Hunter.

* **AARP Tax Aide Volunteer Assistance: Mondays and Saturdays, February 3 through April 13, 9:00 a.m. -3:00 p.m.** **(by appointment only)** - Trained AARP volunteers are available to assist you in completing your tax returns at the Bozeman Senior Center.  AARP provides tax preparation as a FREE service for taxpayers with low and middle income, with special attention to those aged 60 and older.  You will need to bring an ID and your Social Security card, last year’s tax return, W-2's, 1099's for pensions, interest, dividends, etc., if applicable, receipts for medical expenses, insurance, prescriptions, real estate tax, auto registration, and charitable contributions,  Call 586-2421 to set up an appointment.  Thank you to all the volunteers who dedicate many hours providing this wonderful service.  Assistance is open to the public.
* **Keep looking at our website for updates and new programs that might be added later**.

**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.**

* **Silver Tech for iPhone and iPads: Getting started with a brand new iPhone or iPad – Configuration and Controls, Handling Phone Calls:** Monday, January, 6, 10:45am – 11:45am. Call and sign up. Space is limited.
* **Silver Tech for iPhone and iPads: Getting started with a brand new iPhone or iPad – Email, Text Messaging, Calendar:** Wednesday**,** January 8, 10:45am – 11:45am. Call and sign up. Space is limited.
* **New Year, new goals!  Let's not just set resolutions:** Thursday, January 9th, 10:30 am

Let's get SMART about 2020 with goals related to health, safety, finances, and other topics during a workshop lead by local counselor Vanessa Clark, MSW, LCSW.   Vanessa will present the SMART framework and empower you with setting *and achieving*goals to lead your life with increased purpose and success in the New Year.

Vanessa is a licensed clinical social worker whose specialties include grief, aging, and transition.  She is currently employed as a medical social worker in addition to operating a private practice in the Bozeman area.

* **Silver Tech for iPhone and iPads: Getting started with a brand new iPhone or iPad – Maps (location), Notes and Reminders:** Monday, January 13, 10:45am – 11:45am. Call and sign up. Space is limited.
* **Legal Services:** Wednesday, December 11, 10:00 a.m. - Noon **-** The legal firm of E.J. Guza & Associates offer their attorney services once per month to provide FREE 20 minute consultations for our members. Spaces are limited so please call 586-2421 to make an appointment.
* **Travel Adventure Theater**: Wednesday Jan. 15, 1:00p.m., Dale Smith will present: "Jackson Hole" A Cross Country skiing adventure with a backdrop of the glistening Grand Teton Mountains.
* **Silver Tech for iPhone and iPads: Getting started with a brand new iPhone or iPad – Siri (voice commands), Health,** Wednesday, January 15th, 10:45am – 11:45am. Call and sign up. Space is limited.
* **Silver Tech for iPhone and iPads: Getting started with a brand new iPhone or iPad – Applications, Web Browsing/Search:** Wednesday, January 22nd, 10:45am – 11:45am. Call and sign up. Space is limited.
* **Silver Tech for iPhone and iPads: Getting started with a brand new iPhone or iPad – Photography, Apple Pay/Payments:** Monday, January 27th, 10:45am – 11:45am. Call and sign up. Space is limited.

**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 by appointment:** 2ndWednesday, 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 Strength, 11:00 Aerobics, 12:00 Sun Tai Chi, 1:00 Balance, 1:35 multi-level Yoga
* **Tuesdays:** 9:00 Ball Class**,** 10:00 Line Dancing, 11:30, Yang Tai Chi, 1:00 Strong and More
* **Wednesdays:** 8:30 Strength Training, 9:00 Cardio, 10:00 Core Strength, 11:00 Aerobics, 1:00 Balance, 1:35 Multi-level Yoga
* **Thursdays:** 9:00 Ball Class, 10:00 Modern Line Dancing, 10:30 Intro to Tai Chi, 11:30 Yang Tai Chi 1:00 Strong and More
* **Fridays:** 8:30 Strength Training, 9:00 Cardio, 10:00 Core Strength, 10:00 Modern Line Dancing, 11:00 Aerobics, 12:00 Sun Tai Chi

**Did you know?** Dancing makes you smarter? A 21 year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by National Institute on Aging, and published in the New England Journal of Medicine: 76% reduced risk of dementia by dancing frequently. Dancing reduces stress and depression, increases energy and serotonin, improves flexibility, strength, balance and endurance. Dancing strengthens bones and boosts cardiovascular health, increases mental capacity by exercising our cognitive processes, dynamic and rapid-fire decision making and creates new neural paths. Join us for Line Dancing on Monday, Tuesday and Thursdays!

**SOCIAL ACTIVITIES**

* **Wood Carvers: Mondays 9:30** (Shop open to members 8:30 - 4:00)
* **Duplicate Bridge:** Mondays, 1:00
* **Oil Painting:** 1st & 3rd, 4th Monday, 1:00
* **Creative Writing/Senior Stories:** Tuesdays, 10:00
* **Line Dancing:** Mondays and Tuesdays 10:00
* **Modern Line Dancing**: Thursdays and Fridays 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

**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!

**January 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- Closed

2 – Peaches, Chicken with Mushrooms and Spinach over Bow Tie Pasta, Bread, Sugar Cookie

3 – Cranberries, Hot Turkey and Gravy over Mashed Potatoes Steamed Broccoli, Bread Stick, Jello Whip

6 – Tropical Fruit, Chicken Cacciatore Fettuccine, Steamed Vegetables, Garlic Bread, Vanilla Pudding

7 – Tossed Green Salad, Baked Cod, Baked Potato, Steamed Carrots, Peach Bars

8 – Fresh Fruit, Lasagna Soup, Salad Bar, Bread, Chocolate Cake

9 – Pears, Chicken Ala King over Biscuits, Steamed Fresh Vegetables, Jello

10 – Tossed Green Salad, French Dip Sandwich with Au Jus, Pasta Salad, Chips, Cookie Bar

13 – Applesauce, Roast Pork with Mushroom Cream Sauce, Roasted Red Potatoes, Steamed Carrots, Applesauce Cake

14 – Green Salad, Greek Meatballs, Lemon Dill Rice, Roasted Zucchini, Bread Stick, Peanut Butter Cake

15 – Fresh Fruit, Turkey Bacon Sub, French Fries, Cheese Tortellini Pasta, Strawberry Ice Cream

16 – Pea Salad, Oven Roasted Chicken, Sweet Potato Casserole, Green Beans, Roll, Brownie

17 – Taco Salad, Spanish rice, Chips and Salsa, Fresh Fruit

20 – CLOSED

21 – Tossed Green Salad, Spaghetti with Meat Sauce, Broccoli, Garlic Bread, Banana Cupcake

22 – Caesar Tossed Salad, Chicken and Wild Rice Soup, ½ Grilled Reuben, Bread Stick, Rice Pudding

23 – Fresh Fruit, Beef Stew, Biscuit, Jello with Fruit, Apple Pie

24 – Green Salad, BBQ Pulled Pork Sandwich, Mac and Cheese, Marinated Vegetables, Yogurt Parfait

27 –Beets, Kielbasa, Sauerkraut, Brussel Sprouts, Rye Bread, Banana Bread

28 – Sliced Tomatoes, Hamburger Gravy over Mashed Potatoes, Peas and Carrots, Bread, Pudding Parfait

29 – Chili with Corn Chips, Fixings, Cornbread, Peaches

30 – Fresh Fruit, Chicken Alfredo Bake, Steamed Vegetables, Garlic Bread, Pumpkin Cake

31 – Tomato Soup, Grilled Ham and Cheese Sandwich, Chips, Cucumber and Onion Salad, Peanut Butter Cookie

**NEW THIS YEAR: We are offering a Salad Plate as an alternative to the daily hot meal. If you would like a salad, you MUST call the day before and order your salad. You will be given choices for toppings on the salad. The price is $6.00 for everyone no matter the age. This is not a suggested donation.**

**Bozeman Senior Center Travel Department:**

BOZEMAN SENIOR CENTER TRAVEL DEPARTMENT

Full itineraries for all trips are available in the kiosk at the Bozeman senior center front desk.   Judy has office hours on Monday and Wednesday mornings from 9:00 to 12:00 noon.

Leave a message anytime at 406-586-2421.     E-mail:   [travel@bozemanseniorcenter.org](mailto:travel@bozemanseniorcenter.org)

SNOWCOACH TRIP TO YELLOWSTONE PARK IS FULL.

CULTURAL TREASURES OF JAPAN:   MARCH 10 - 23, 2020.   Fly to Tokyo, then spend the next two weeks traveling throughout Japan.   You will travel by high speed train to Hiroshima, cruise on Lake Ashi, and see breathtaking views of Mt. Fuji, some of the highlights of the trip.   Get your name on the list in case there are cancellations.

BEST OF NEW ORLEANS;   MARCH 29 - APRIL 2, 2020.   A great spring get away to warmer country.   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 love Breakfast at Brennans.

GAMBLING TRIP TO JACKPOT; APRIL 20-22, 2020. Karst Stage will take you to Jackpot and back. Stay at the Horseshu at Cactus Petes. Get signed up today

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

GLACIER NATIONAL PARK:   AUGUST 17 - 20, 2020.   A very exciting fun packed trip to Glacier Park.   Spend three nights at the Lodge at Whitefish.   Ride the Red Jammers on the Going to the Sun Road.   Enjoy a boat ride on Lake McDonald and an evening performance at the Big Fork summer theater.

SPECTACULAR SCANDINAVIA;   JULY 30 - AUGUST 12, 2020.   THIS TRIP IS FULL.   GET YOUR NAME ON THE WAITING LIST.    Travel through Denmark, Sweden, and Norway.   Wonderful scenery, delicious food, and many, many highlights through all three countries.   Optional trip to Iceland at the end of the 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.   Highlights include:   a tour of the 18th century Royal Palace in Madrid,   a walking tour of the Mezquita, a UNESCO site built by the Moors, a tour of the world famous Alhambra in Seville,   and tour of the city of Valencia, a treasure trove of Roman and Arabic architecture, surrounded by citrus groves.

CHRISTMAS IN THE SMOKIES;   DECEMBER 5 - 11, 2020.   Fly to Atlanta.  Motor coach to North and South Carolina.  Highlights of the trip include:   Flat Rock Playhouse in Henderson North Carolina, Dinner at the Biltmore Estate and a candlelight tour of the Biltmore Mansion.   Guided tour through Smoky Mountain National Park, sightseeing in Gatlinburg, and Country Tonight Evening Show.   Spend a day at Dolly Parton's Dollywood Theme Park and a Comedy Barn Evening Show and Festival of Holiday Lights Motor coach tour.  See the Hatfield and McCoy Dinner Show and a Smoky Mountain Opry Evening Show, too.   A fun packed holiday tour you will surely enjoy.

NEW HOLIDAY TRIP:    SPOTLIGHT ON NEW YORK CITY HOLIDAY:   DECEMBER,   2020.    Five days in EXCITING NEW YORK CITY FOR THE HOLIDAYS.   Fly to New York City, and spend 4 nights at the BEAUTIFUL SHERATON, NEW YORK, right in TIME SQUARE.  The highlight of your trip will be going to RADIO CITY MUSIC HALL TO SEE THE VERY EXCITING HOLIDAY SHOW OF THE ROCKETTES.  Radio City Music Hall is only a short walk from your hotel.   Also, you are only another very short walk to ROCKEFELLER CENTER to see the famous gorgeous beautifully decorated live CHRISTMAS TREE.  Other highlights will include going on a boat ride around New York Harbor to see the Statue of Liberty and Ellis Island.  Also, enjoy a famous breakfast at Ellen's Stardust Diner, a 50's theme diner.  You will see Greenwich Village, Wall Street, China Town, the Empire State Building, and Central Park.   Another highlight of the trip will be spending time in the 9/11 Memorial and Museum. To round out a fabulous Holiday trip, in addition to seeing the ROCKETTES, you will have a choice for your second Broadway Play.   A wonderful way to enjoy the Holidays in '' THE CITY THAT NEVER SLEEPS."

ALL THESE GREAT TRIPS FOR 2020.     I AM WORKING ON THE DAY TRIPS ALSO.   WATCH THE KIOSK AND THE NEWSLETTERS FOR MORE INFORMATION ON THESE FUN DAY TRIPS.