

April, 2019 NEWS

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ANNOUNCEMENTS

**Note: The board meeting will be held
Monday, April 15, 2019
at 1:00 pm.**

Mission Statement:

To promote friendship and serve individuals aged 50 and older living in the Greater Gallatin county area with nutritional, recreational, social, wellness, fitness, and educational services.

Director's Corner

One Word:

By Lisa Beedy

I want to tell you something

With only just one word

It makes you think of happy thoughts

And trees and flowers and birds

It makes the winter all worth while



The cold a distant dream

The bitter nights, the snowy days

So long ago it seems

The world will quickly come alive

And melt away this snow

The sun will bring a lovely warmth

And gentle breezes blow

The only word to pass my lips

That changes everything

From dark to light, from drab to bright

That only word is SPRING!



Spring is coming – I can feel it in my bones!! It is amazing how the seasons change and even though there are still

hints of winter, things just feel different. It may only be April, but we are starting to plan for warmer days. We are working on a calendar of day trips to take this summer. The camping trip is starting to take shape and garden plans are rolling around in our heads. The heavy feeling of winter is starting to lighten up and we are on our way to warmer, longer days! I know sometimes it is hard to leave the cozy warmth of your home but now that things are changing, get out, come in and join in the fun we are having and will have this summer!

A few other highlights to look forward to. We received a grant for new flooring! We are also planning to paint inside. An interior design company will put together 3 different color schemes for the members to vote on to determine the new floor and wall color. These choices should be out in the May Newsletter. The Building Belgrade Group, who built our gardens last year are building us a deck/patio this year off the east side of the Center facing the beautiful Bridger Mountains. SO MUCH GOING ON!

Other ways you can be involved – Apply to be considered as a Board member. Join a committee to help move the center into the future and help plan activities and come and eat lunch with us!

Kitchen Corner: Keeping rules can be so trying but one of the most important things I do is to keep you healthy when it comes to cooking food in the Center's kitchen. As many of you already know, you are no longer able to take your leftovers with you if you cannot finish your meal. These rules come down through a grant we receive from the government to help cover food costs and we are working hard to comply with all they ask of us. The main concern is what happens to the food after it leaves here. With that in mind, here are a few safety tips that will help keep you safe at home.

- When in doubt, throw it out: Throw out foods with danger-signaling odors. But be aware that most food poisoning bacteria are odorless, colorless and tasteless.
- Use separate cutting boards for meat and poultry: Sterilize cutting boards in the dishwasher. Consider buying separate colors for meat and fresh foods like veggis and bread.
- Wash and disinfect sponges and towels regularly: Launder in a bleach solution.
- Avoid cross-combination by washing all surfaces (including your hands) that have been in contact with raw meats, poultry or eggs.
- Thaw meats or poultry in the refrigerator, not on the kitchen counter: If you must thaw foods quickly, use cool running water or the microwave.
- Do not put food on a plate that was used for raw meat or poultry: If you bring your raw steaks, chicken, or burgers to the grill on a platter, get a fresh platter for a final product.
- If you take leftovers home from a restaurant, refrigerate immediately and eat within 48 hours.

Belgrade Breakfast Club is so fun! Come join us on April 18th from 7:00-8:30 am for a delicious hot breakfast. Bring your family and friends!

April 16th: 2:00 PM: Basic Computer Class at the Belgrade Senior Center presented by the Belgrade Community Library. The Library will provide 10 laptops but can take an additional 5 participants if you have your own laptop. Please call to sign up.

Saturday, April 27th: 9:00 am – 4:00 pm: Belgrade Senior Center is hosting A Quilter's Day. Please call to sign up. Machine space is limited to 12 but hand sewers are welcome also! Cost is \$10.00 per person and lunch is provided. Please call the Center at 388-4711 to sign up.

Garden Club: We need people to help care for our gardens this summer. We need help watering and weeding. Please let Lisa know if you would be interested in sharing this responsibility with other members.

Volunteer Bernadette LaLonde has put together a comprehensive list of area activities and outings. If you are interested in serving on a committee to put together a spring, summer and fall trip calendar, please contact Lisa. We will set up an afternoon meeting to go over the list and plan exciting, affordable adventures!

Speaking of Adventures: Mark your calendar for our CAMPING TRIP to Hylite Canyon July 18-20. Let Lisa know if you are interested in joining in the fun! More details to come as we get an idea of the number of folks attending.

April 18th 7:00-8:30 AM: Belgrade

Breakfast Club: Stop in between 7:00 - 8:30, place your order and enjoy a fresh hot breakfast fresh off the grill! Bring your friends and family and tell everyone you know!

RED ROCKERS



Red Rockers meet the second Tuesday of each month at 11:30. This month it will be on April 9, 2019 @

Fiesta Mexicana

SOCIAL/GAMES:

Hand & Foot – Monday, at 12:45 pm

Bingo: Thursday @ 12:45 pm. Play “Big Bucks Bingo,” Win money! The cards are \$1 each plus \$1 per card for blackout.

Pinochle/Games – Thursdays @ 8:30 am and Friday at 12:30 pm.

The origins of April Fools' Day, a holiday celebrated by playing tricks on people and spreading hoaxes, are shrouded in mystery and lost to history.



The Center has many ways you can volunteer. Stop by and talk with Lisa about how you can get involved.

EXERCISE/WELLNESS/SUPPORT SERVICES

Exercise classes are \$1.00 each or \$10.00 a month with unlimited classes. You may also pay \$100.00 for an entire year and save \$20.00.

To participate in these classes, you need to be a member and sign a release form (available at the front desk)



Body Trim & Tone with Melanie:

Tuesdays @ 10:00 am This is a full body work-out that includes a cardio warm up comprised of a simple and fun dance routine. Cool down at the end of class will include fluid stretches designed to increase muscle flexibility and joint mobility.



Movement in Motion with Carmen/Debi. Monday, Wednesday & Friday 9:00 am.

The class will encompass aerobic chair exercise, strength training using weights and Thera bands, breathing techniques, abdominal exercises, stretching and cool down.



Yoga with Sheri– Tuesdays @ 9:00 am & Fridays @ 8:00 am – Balance &

Beyond Yoga is a low-key class designed to improve balance & flexibility.

COMMUNITY SUPPORTS:



Blood Pressure Check – March - Thursday, 7th at noon. Much appreciation to Mary Hoffman from the Bozeman Deaconess Hospital for providing this FREE service.

AARP Tax Service every Tuesday afternoon until April 9th. Call the Center for an appointment.

Andi Salsbury with HRDC's Senior Programs joins us twice per month during lunch to be available for questions about area resources. Around HRDC, Andi is considered a “Professional Problem Solver” (Senior Service Navigator). Andi provides one-on-one support to connect seniors with community resources/applications, nutrition, food security, affordable housing, energy assistance, financial counseling, short term mental health counseling, companionship and/or meal preparation. If you have a question, please ask! Andi may not have the answer but will do her best to see if she can find one for you. Andi and her amazing Professional Problem Solver colleague in Bozeman, Dana Mitchell, can be reached at 587-5444 and in Livingston, Mary Beebe, 333-2883.

Game Day and Potluck

April 13th, we will be having a Potluck at 12, noon, followed by an afternoon of games – pinochle, dominoes, cribbage – name your poison. This will be a monthly event on the second Saturday of each month.

Bring a dish and join the fun!

Needleairs

CALLING ALL CRAFTERS! The Needleairs will be meeting Wednesday at 9:00 am.

Around the World: Ireland

Bangers and mash, also known as **sausages and mash**, is a traditional dish of Great Britain and Ireland comprised of sausages served with mashed potatoes. It may consist of one of a variety of flavored sausages made of pork, lamb, or beef (often specifically Cumberland sausage)¹⁴. The dish is sometimes served with onion gravy, fried onions, or peas.



This dish, even when cooked at home, may be thought of as an example of pub grub, meaning it is relatively quick and easy to make in large quantities.

Although it is sometimes stated that the term "bangers" has its origins in World War II, the term was actually in use at least as far back as 1919.^[6] The term "bangers" is attributed (in common usage in the UK) to the fact that sausages made during World War I, when there were meat shortages, were made with such a high water content that they were more liable to pop under high heat when cooked.^[17] The contraction of "mashed potato" to "mashed" rather than "mash" was common among the upper-middle and upper classes in Britain up to the mid-twentieth century.

Ireland Facts

Northern Ireland is governed by the United Kingdom, while the rest of Ireland is an independent nation.

Ireland is known throughout the world for its vast number of castles. Ireland's history is dotted with wars and violence, so castles were built to protect families from invaders.

Ireland is called Éire in Irish and is also known as the Republic of Ireland.

Irish, or Irish Gaelic is the country's first official language, however the second official language, English, is more commonly spoken.

Saint Patrick's Day is Ireland's official national holiday. The 17th of March holiday is celebrated in Ireland and also embraced by many other countries around the world.

The world-famous Guinness beer is from Ireland, it originated in the Dublin brewery of Arthur Guinness.

Gaelic football and hurling are traditional sports of Ireland and remain the most popular sports in the country.

St. Patrick's Day celebration lunch was a huge success with a full house and talented clog.



Old Memories

Two elderly people are living in a retirement home near Fareham, he was a widower and she a widow, had known each other for a number of years. One evening there was a community supper in the big arena in the Clubhouse. The two were at the same table, across from one another. As the meal went on, he took a few admiring glances at her and finally gathered the courage to ask her, 'Will you marry me?'

After about six seconds of 'careful consideration,' she answered 'Yes. Yes, I will!' The meal ended and, with a few more pleasant exchanges, they went to their respective places. Next morning, he was troubled. 'Did she say 'yes' or did she say 'no'?' He couldn't remember.

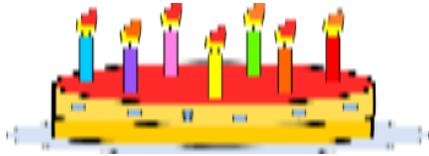
Try as he might, he just could not recall. Not even a faint memory. With trepidation, he went to the telephone and called her. First, he explained that he didn't remember as well as he used to.

Then he reviewed the lovely evening past. As he gained a little more courage, he inquired, 'When I asked if you would marry me, did you say 'Yes' or did you say 'No'?'

He was delighted to hear her say, 'Why, I said, 'Yes, yes I will.' and I meant it with all my heart.'

Then she continued, 'And I am so glad that you called, because I couldn't remember who had asked me.'





April Birthdays:

- | | |
|----------------|--------------------|
| Christine Bell | Patricia Laudato |
| Valarie Weaver | Roland Marney |
| Steven Schwab | Frances Batchelder |
| Mary Heinrichs | Marilyn Megaard |
| Shirley Jones | Donna Stone |
| Cherie Nichols | Carmen Stanislaw |
| Marvin Brown | Ginny Kelly |
| Della Fowler | |

Looking Ahead: Watch for more information

Saturday, April 27th 9:00 am-4:00 pm: Belgrade Senior Center is hosting A Quilter's Day. Hand Sewing welcome. Space is limited for Machines. \$10.00 per person and lunch is provided. For more information, call Lisa at the Center or Carole Haugh

Tuesday, April 16th: Basic Computer Class presented by the Belgrade Community Library. More information to come.

The Belgrade Senior Center would like to invite you to drop off any non-perishable food which will be donated to the food Pantry

Easter is the oldest Christian holiday and the most important day of the church year. All the Christian movable feasts and the entire liturgical year of worship are arranged around Easter.



Eggs are a symbol of the new life that returns to nature at Easter Time. The custom of exchanging eggs began long before Easter was celebrated. It was a custom of the Egyptians and the Persians. They exchanged eggs decorated in Spring colors. They believed Earth hatched from an egg which contributed to this custom. Early Christians used red colored eggs to symbolize the Resurrection. In England they began writing messages and dates on their eggs and exchanging them with friends and loved ones. In the 1800's, candied eggs were made. They were open on one end and a scene was put inside. They were used as table centerpieces.

Belgrade Breakfast Club

From 7:00-8:30 am

Coffee or Tea included!

Third **THURSDAY** of each month. The hours will be 7:00-8:30 am.

Belgrade Breakfast Club

\$5.00 Breakfasts

- 2 Pancakes
- 2 Sausage or Bacon

2 French Toast

2 Sausage or Bacon



\$6.00 Breakfasts

Ham & Cheese Omelet
Hash Browns, Biscuit

Diced Ham & Scrambled
Hash Browns, Biscuit

2 Eggs, Hash Browns
2 Sausage or Bacon, Biscuit

Biscuits & Sausage Gravy
Hash Browns

\$3.00

Cinnamon Roll






Easter Sudoku

DIRECTIONS: Fill in the grids so that each horizontal row contains each letter exactly once, each vertical column contains each letter exactly once, and each subgrid contains each letter exactly once.

SPROUT

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BASKET

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SPRING

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DUCKLINGS

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TULIPS

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Senior Center offers to the community. For fun he likes to hunt and fish and makes artistic woodwork. Carmen volunteers at the front desk and leads Movement in Motion three days a week and volunteers for other activities at the Center.

Carmen is an accomplished sculptress in bronze and enjoys painting with water color, acrylic and oil paint. She sells her work in the Artists Gallery at the Emerson. Better go to the Emerson and check out her work. It is outstanding! They have a new granddaughter to add to their loving family. How about coming to the Belgrade Senior Center, have a meal and meet this couple in person.

Bev Larson, Roving Reporter

Getting Acquainted

If you would like to meet an exemplary family come to the Belgrade Senior Center and meet George and Carmen Stanislawo. When George was asked about focal points in his life he immediately replied, "My wife and family". Then he laughingly replied that he won the Soap Box Derby in Texas in 1967. Both Carmen and George love their two children and state that they always took them wherever. Family outings and traveling were important events with their family. Together they went to Disney World in Florida, attended a football game between Notre Dame and the Air Force and attended the Super Bowl in San Diego between the Denver Broncos and the Green Bay Packers in 1997. They have also visited Washington D.C. and many other states, including Hawaii on several different occasions. Other outings with their children have been Nordic Skiing, hunting, camping and fishing. George and his son have been able to go to Canada and Alaska on fishing trips. On one occasion they experience an exciting event by catching a 147-pound Halibut.

George was born in Amarillo, Texas and Carmen in Winfield, Kansas, but they met in Denver, Colorado, where George worked for General Electric and Carmen worked in a Dental Lab. Being extremely dexterous, she advanced rapidly and was soon making crowns, bridges and dentures. She also worked in a European Health Spa three evenings a week. George and Carmen were married in 1971 in a double wedding with Carmen's sister who marrying the man who introduced them.

Both Gorge and Carmen have been active at the Belgrade Senior Center. George is on the Center's Board of Directors and prior to his heart attack on December 28th, 2018 he kept the parking spaces and sidewalk plowed and clean from ice and snow. He has used his pick-up and trailer for parades and other jobs for the Center. George is also quite a celebrity! He can be seen on KBZK television with the United Way. United Way features the services that the Belgrade



Bragging About Son Joke Three old ladies are sitting around a table playing bridge and bragging about their sons. "My Freddie," said Margaret, "Everyone should be so lucky to have a son like my Freddie. Once a week he brings me a huge bouquet of flowers, he's constantly bringing me out to restaurants to eat, if I so much as hint that I want something the next morning it's on my doorstep." "That's very nice about your Freddie", says Gertrude. "But with all due respect, when I think about the way my Sammy takes care of me, it just can't compare. Every morning as soon as I wake up he greets me with bacon and freshly brewed coffee. Every lunch he comes over and cooks me a gourmet lunch, and every supper he brings me to his house for supper, he truly treats me like a queen." "WELL!" Says Barbara "I don't want to make any of you feel bad or anything, but wait until you hear about my Harry, twice a week he pays someone \$200 an hour just so he can lie on their couch and talk to them, and who do you think he speaks about at those prices? Asks Barbara with a big excited double chin smile, "I'll tell you who he speaks about! ALL HE SPEAKS ABOUT IS ME!"