

JUNE, 2019 NEWS

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ANNOUNCEMENTS

**Note: The board meeting will be held
Monday, June 24, 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:

A Time for Small Changes

Not too many people like change but change is inevitable. Maybe it's a move to a new home. Maybe it's the need to replace a beloved piece of worn out furniture. My mom had a couch for at least 25 years, and it was falling apart! It was probably one of the first things my folks ever bought brand new and she said she just couldn't stop thinking about it as her "new couch" even though it was thread bare and sagging. It is funny how the things we love can appear so different to us. I guess that old saying "beauty is in the eye of the beholder" holds true in these cases. Sometimes we just have to try to look with "new eyes" to see what things really look like.

That's what has been happening here at the Center. We are looking for ways to spruce up our little corner of the world! In May, a group of Building Belgrade Volunteers painted the inside of the center and poured a cement pad out the east door for easy access "al fresco dining". The Belgrade Kenyon Noble donated all the supplies we needed for these two projects and Concrete Materials of Montana donated the cement! A HUGE THANK YOU to everyone involved!

In June, we will be replacing the floor with a vinyl laminate flooring. The center will be closed starting June 14th and we will re-open on June 24th if all goes as planned! The flooring is covered by grants and fundraising! Thank you to the Treacy Foundation, Gilhousen Family Foundation and to all who donated to help us with this big undertaking! We are so excited to unveil the new Center to our members and the community and we plan to hold an open house in July to celebrate!

There are so many fun changes happening to our little Center and even though change can be hard, we think you will love it! Stop by, have lunch and see our progress!

Kitchen Corner:



Summer is just busy! People are out and about, traveling, visiting and eating lots of food! Make sure to practice safe food handling when you are out picnicking and BBQing! Stop by and visit if you need a refresher!

We will start cooking classes up again in September!

Summer Fun

Trish Wylie and Bev Larson are working on putting together some day trip for our members! We will keep you posted!

We need you!!!

Belgrade Senior Center is taking applications for Board Members. Please pick up an application from Lisa if you are interested in being considered for this important opportunity!

More Member and Volunteer Perks!

When you renew your membership, you will receive a Meal Ticket good for 5 free lunches at the Center. This will apply to new members also!

Are you interested in volunteering or maybe you already do? We keep track of volunteer hours and starting in May when you have volunteered for 40 hours, you will receive a Meal Ticket good for 5 free lunches at the Center.

The Center will be closed June 14th and will re-open June 24th! The Center will provide frozen meals for Meals on Wheels and any of our members who may need them during

that time. Please let Lisa know if you would like frozen meals by June 10th.



Do you have some small garden tools you are no longer using? Please consider donating them to the Center for our gardens.

July 18-20: Our Camping Trip is getting close! If you are interested in going, please sign up at the center and let us know if you will be sleeping in a tent or bringing a camper. Also let us know if you would like to just come up and visit for the day and which meals you would like to eat there. The cost is \$30.00 per person for the whole trip or \$10.00 a day plus \$4.00 for each meal.

Around the World: FRANCE

FACTS ABOUT FRANCE

France is the largest European country in terms of land area after Russia and Ukraine.

The *Canal du Midi* is Europe's oldest functional canal. It was built from 1666 and 1681. It is 240 km (150 miles) long, has 63 locks, 126 bridges, 55 aqueducts, 7 canal-bridges, 6 barrages and 1 tunnel.

The tides in the region of Brittany and Normandy are the strongest in Europe, with a difference in level of up to 15 meters between high and low tide.

Until 1964 French women were not allowed to open a bank account or get a passport without their husband's permission.



Eclairs

French pastry logs filled with pastry cream and topped with chocolate ganache and chopped hazelnuts.

Prep Time 45 minutes

Cook Time 20 minutes

Total Time 1 hour 5 minutes

Servings 8

Calories 279 kcal

for the pate a choux pastry dough

- 1/2 cup water
- 1/4 cup unsalted butter
- 1/2 tsp granulated sugar
- 1/4 tsp salt
- 1/2 cup all-purpose flour
- 2 eggs

for the pastry cream filling

- 2 cups whole milk
- 1 tsp vanilla extract
- 3 whole eggs
- 1 egg yolk
- 2/3 cup sugar
- 1/4 cup cornstarch
- 1/4 cup all-purpose flour
- 1/8 tsp salt

for the topping

- 4 oz dark or semi-sweet chocolate
- 1/8 cup to 1/4 cup whole milk heated
- 1/4 cup hazelnuts finely chopped

1. Create the pastry cream by first warming the milk in a medium saucepan over medium-low heat.
2. Meanwhile, whisk the eggs, egg yolk, and sugar together until thick and pale. Add the cornstarch, flour and salt, and whisk again to combine.
3. Once the milk is hot and just about to simmer, pour a fourth of the milk into the egg batter and whisk vigorously to combine. This will help temper your eggs so that they don't curdle later when combined with the hot milk.
4. Slowly pour the entire egg mixture into the saucepan with the hot milk, whisking vigorously as you do. Continue to heat this mixture over medium-low heat, stirring the mixture the entire time. After about 7 to 10 minutes, you should see the cream really thicken up into a gelatin/pudding-like consistency.
5. Take the cream off the heat. Add in the vanilla extract and whisk to combine. Place a sheet of plastic wrap directly onto the pastry cream to prevent a filmy layer from forming. Refrigerate the pastry cream until chilled.
6. Preheat the oven to 425°F. To create the pastry dough, heat the water, sugar, salt, and butter in a medium saucepan over medium heat. Once the butter has melted, remove the saucepan from the heat.
7. Add in the flour and stir to combine. Place the saucepan back onto the stove, and over medium-low heat, stir the dough until it forms a wet sand-like appearance. You'll know it's ready when the dough easily pulls away from the bottom and sides of the pan.
8. Take the saucepan off the heat, and add in 1 egg at a time, stirring the egg in really well before adding another. You should end up with a sort of paste-like appearance with the dough.
9. Transfer the dough to a pastry bag that isn't fitted with any tip, and pipe out 1" wide logs onto a parchment paper-lined baking sheet. Bake the pastry logs for 10 minutes, then without opening the oven door, reduce the heat to 375°F and bake for another 10 to 15 minutes, until the logs are golden.
10. Let the pastry logs cool entirely before filling. Once cool, use a sharp knife to make a horizontal cut along one side of the pastry logs (like a hot dog bun). Fill a pastry bag (with no tip) with the pastry cream and pipe the cream onto the inside of the pastry logs.
11. For the chocolate topping, heat 1/8 cup of milk in a small bowl in the microwave for 20 seconds. Remove the bowl from the microwave and add chocolate. Stir until the chocolate has melted and is smooth. If it's too thick, heat some more milk in a separate bowl, and add to the chocolate to loosen up.
12. Use a spoon to scoop the chocolate ganache onto the top of the eclairs, then use the back of the spoon to smooth it out along the entire top surface of the eclairs. Sprinkle the chopped hazelnuts onto the wet ganache.

Recipe Notes

You will end up with extra pastry cream, so just keep refrigerated in an airtight container for use in another recipe, if desired.

RED ROCKERS



Red Rockers meet the second Tuesday of each month at 11:30. This month it will be on June 11, 2019 @ Perkin's Family Restaurant in Bozeman.

SOCIAL/GAMES:

Scrabble and Cribbage – Monday, at 12:30 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 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.

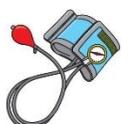
The class will encompass aerobic chair exercise, strength training using weights and Thera bands, breathing techniques, abdominal exercises, stretching and cool down.



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 – June 13th - Thursday at noon. Much appreciation to Mary Hoffman from the Bozeman Deaconess Hospital for providing this

FREE service.

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 is canceled for June due to installation of new flooring

Needleairs

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

Q. How are stars like false teeth?

A. They both come out at night!

The average age of people living in our military retirement community is 85. Recently, a neighbor turned 100, and a big birthday party was thrown. Even his son turned up.

"How old are you?" a tenant asked.

"I'm 81 years old," he answered.

The tenant shook her head. "They sure grow up fast, don't they?"

Thomas Clements, Catonsville, Maryland

While he was visiting, my father asked for the password to our Wi-Fi.

"It's taped under the modem," I told him.

After three failed attempts to log on, he asked, "Am I spelling this right? T-A-P-E-D-U-N-D-E-R-T-H-E-M-O-D-E-M?"

Sharon McGinley, Talbott, Tennessee

Education Supplies: Preschool, Daycare, Home School, Classroom: Reading, Math, Crafts, Bulletin Board Posters. Most items are free! Contact Eileen Savage at 406-942-0042 if you are interested.

Do you have a service you would like to offer to Belgrade Senior Center members? We would like to start a list of folks who would be willing to help with yard work, painting, housecleaning or whatever talent you would like to offer! Just let Lisa know how you can help!

Belgrade Breakfast Club

Thursday June 27th from 7:00-8:30 am

Coffee or Tea included!

Belgrade Breakfast Club

<p>\$5.00 Breakfasts</p> <ul style="list-style-type: none"> 2 Pancakes 2 Sausage or Bacon <p>2 French Toast</p> <ul style="list-style-type: none"> 2 Sausage or Bacon 	 <p>\$6.00 Breakfasts</p> <p>Ham & Cheese Omelet Hash Browns, Biscuit</p> <p>Diced Ham & Scrambled Hash Browns, Biscuit</p> <p>2 Eggs, Hash Browns 2 Sausage or Bacon, Biscuit</p>
 <p>\$3.00</p> <p>Cinnamon Roll</p>	<p>Biscuits & Sausage Gravy Hash Browns</p> 



Getting Acquainted

This month you are meeting a gentleman who has spent his life protecting the American people in more ways than

one. His name is Tom Clements. Tom grew up in El Paso, Texas and remembers that he had a good childhood with close family ties. There were three children, with Tom being the youngest. He laughingly insists that he was the “biggest brat”.

During high school and college Tom was very active in sports such as baseball and football,

but his greatest accomplishments were in track and field. He won several ribbons and medal and one year was the Texas State champion in hurdles.

After a year and a half of college Tom joined the Marines at the age of 19. He was stationed in California, Virginia and North Carolina learning artillery control. Tom was then shipped to Korea where he had some close calls and scary moments. Thankfully, after 13 months and 11 days he was sent back to California and after 8 years in the Marines he was mustered out in 1955 at the rank of Corporal, but remained in the reserves.

For a short time, Tom, with his wife and children lived in El Paso, but went back to California and joined the police force. He started out as a patrolman working the streets, In 1963 he transferred to the detective division. As a detective he was involved with robberies and homicide. In about 1965 Tom was promoted to sergeant and assigned to the vice and narcotics division where he had to deal with dope, narcotics and organized crime. Tom when went back to the Uniform Patrol Division as a Lieutenant where he trained other officers. He was soon appointed Commander of the Detective Division, then a Captain where he rotated with 3 other captains who ran the entire division. Tom was the Chief of Police. One time a detective was killed in the line of duty, so the Police Department put on a benefit game for his family. Guess who they played against. None other than the Los Angeles Rams! With a chuckle, Tom related that they, the Police Department, got thoroughly “pushed around”.

Even during this busy schedule Tom pursued his college education and earned a life-time teaching credential at the college level in Police Science. He taught at the Sheriff’s Academy in Orange County, California and 7 other universities. Tom retired from public teaching at the age of 50, but continued teaching as a private contractor.

In 1989 Tom moved to Montana and worked at the airport as supervisor of TSA (Transportation Safety Administration). He retired once more and did some traveling.

Tom has three Children, four grandchildren and is enjoying having his daughter, Valerie, here with him in Belgrade. Recently Tom had surgery on his shoulder and is recuperating at home.

Bev Larson
Roving Reporter

Calling all Gardner’s!

Come and help with the gardens and flower beds!! Let Lisa or Carmen know if you are interested