

BELGRADE SENIOR CENTER AUGUST, 2019 NEWS

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ANNOUNCEMENTS

**Note: The board meeting will be held
Monday, September 16, 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:

Fall Festival: September 21, 2019

No one can exactly recall how long the Belgrade Senior Center has been hosting the Fall Festival Pancake Breakfast, but I know that it has been a tradition for a long time! The community pulls together to celebrate our town with a Parade, Pancakes and a delicious BBQ. It feels like everyone comes out to celebrate the Fall Festival – it is a special time for the town of Belgrade!

This year, the theme for the Fall Festival is "Honoring Our First Responders of Belgrade". We would like to use this time to honor our first responders too! Are you a retired police officer, fire fighter or EMT? We would like to invite you to be part of our parade float. It will be pretty easy – all you have to do is ride and maybe wave if you want to!! We will meet here at the Center at 9:00 am on Saturday, September 21st to load up and get to our spot in the parade! Our participants don't have to be BSC members. Maybe you know of folks in the community that fit the bill. Please feel free to invite them to join the fun!

Before all that though, stop by the Center and enjoy a delicious breakfast of Pancakes and Sausage from 7:00 – 9:00 am. We also need some extra hands to help with this. There will be set up, kitchen help, serving and cleaning up. Many hands make light work. We would appreciate any help that can be directed our way! Call the Center to volunteer for this great event: 388-4711.

September 10-12: We're going camping AGAIN! We had such a good time; we are doing it again! Stop by or call the Center to sign up! Join us for a day or the whole thing! \$30.00 per person or \$10.00 a day plus meals.

September 17th: 1:00 Computer Class: Android Basics

September 18th: Birthday Lunch

September 20th: Around the World: Mexico

September 21st: 7:00-9:00 AM: Pancake Breakfast and Fall Festival

September 26th: Belgrade Breakfast Club

September 28th: Quilter's Day

Belgrade Senior Center is holding a Frozen Gourmet Meat Box Raffle box provided by Daniel's Meat. Stop by the Center to purchase your ticket!

Starting September 9th at 12:45: Line dancing: this 45-minute class is designed to improve your memory and coordination, while getting in a little aerobic exercise. We will be learning simple line dances. Come, learn, and smile!! Call 406-581-1646 for more information.

Walking class: Starting September 9th at 1:30. Come join us for an eight-week, hour walking class. We will start with a little walking and gradually increase our walk time using techniques like interval training. There will also be a pre and post walk test to measure your improvements!!

September 24th: Broose Johnson, Animator, will be joining us for lunch and to tell us about his exciting career as an animator for Disney. Broose help create many of the characters we love; Sebastian the Crab from Little Mermaid, The Genie from Aladdin, Young Simba from the Lion King, Tuke from Brother Bear along with many others! Come and hear his fascinating story!

A HUGE Thank You to the City of Belgrade for giving the Belgrade Senior Center \$30,000.00 to help with our operating budget for this fiscal year!!

LOOKING AHEAD!

Charlie Russell Chew-Choo Trip – ALL ABOARD!

Dates: October 5-6, 2019

Join us for a spectacular evening as we travel through the mountains and prairies of central Montana. Experience the beauty of the rolling hills, vast ranchlands and breathtaking sunsets of Big Sky Country. Wildlife abounds on this scenic 56-mile round trip journey, with a plentiful supply of antelope, eagles, deer, hawks and coyotes. Be sure to watch out for the masked bandits - rumor has it hold-ups can occur when you least expect them!!

Price includes: Train Ticket with Prime Rib Dinner; Round trip transportation to and from Lewistown;

Hotel based on double occupancy. Estimated cost of trip: \$250.00 per person.

Not included in price: Meals and/or drinks in route and returning; No host cash bar aboard the train; Single occupancy rate if requested; Incidentals you may need.

Sign-up and deposit of \$100.00 must be made to at the Belgrade Senior Center by September 9th, 2019. All deposits will be held at the Senior Center. Cancellation must be made prior to the purchase of tickets! Once tickets have been purchased the Center cannot guarantee a refund.

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.

RED ROCKERS



Red Rockers meet the second Tuesday of each month at 11:30. This month it will be on September 10, 2019 @ Café Zydeco, 2711 w College.

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.

Please note, we will no longer be calling for Thursday and Friday cards. Just show up and we will accommodate you

EXERCISE/WELLNESS/SUPPORT SERVICES

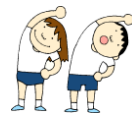
Exercise classes are \$1.00 each or \$10.00 a month with unlimited classes. You may also pay \$100.00 for an entire year and save \$20.00.

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 – September 24, 2019 (Tuesday) at noon. Much appreciation to Mary Hoffman from the Bozeman Deaconess Hospital for providing this FREE service.

Lisa with HRDC's Senior Programs will joins us September 3rd and the 17th during lunch to be available for questions about area resources. Around HRDC, Lisa is considered a “Professional Problem Solver” (Senior Service Navigator). Lisa 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! Lisa 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.

Needleairs

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

September 20, 2019 AROUND THE WORLD: MEXICO



Pork Carnitas



Facts about Mexico:

The official name of Mexico is Estados Unidos Mexicanos (United Mexican States).

The largest wildcat in North America is the jaguar, which can be found in Mexico's southern jungles.

Mexico City is built over the ruins of a great Aztec city, Tenochtitlán. Because it is built on a lake, Mexico is sinking at a rate of 6 to 8 inches a year as pumps draw water out for the city's growing population.

Mexico's flag is made up three vertical stripes. The left green stripe stands for hope, the middle white stripe represents purity, and the right red stripe represents the blood of those who died fighting for Mexico's independence. The picture of an eagle eating a snake is based on an Aztec legend.

The descendants of the Aztecs speak a form of the Aztec language called Nahuatl. Many of its words, particularly for types of food, passed into English...such as tomatoes (*tomatl*), chocolate (*chocolatl*), and avocados (*ahuacatl*).

Ingredients

- 4 lb pork shoulder (pork butt) , skinless, boneless (5lb bone in)
- 2 1/2 tsp salt
- 1 tsp black pepper
- 1 onion , chopped
- 1 jalapeno , deseeded, chopped
- 4 cloves garlic, minced
- 3/4 cup juice from orange (2 oranges)

Rub

- 1 tbsp dried oregano
- 2 tsp ground cumin
- 1 tbsp olive oil

Instructions

1. Rinse and dry the pork shoulder, rub all over with salt and pepper.
2. Combine the Rub ingredients then rub all over the pork.
3. Place the pork in a slow cooker (fat cap up), top with the onion, jalapeño, minced garlic (don't worry about spreading it) and squeeze over the juice of the oranges.
4. Slow Cook on low for 10 hours or on high for 6 hours.
5. Pork should be tender enough to shred. Remove from slow cooker and let cool slightly. Then shred using two forks.
6. Optional: Skim off the fat from the juices remaining in the slow cooker and discard.
7. If you have a lot more than 2 cups of juice, then reduce it down to about 2 cups. The liquid will be salty, it is the seasoning for the pork. Set liquid aside - don't bother straining onion etc, it's super soft.

of No

The name September comes from the Latin *septem*, meaning seven, since it was the seventh month of the Roman calendar, which began with March



Birthday Lunch will be September 18, 2019.

- MaryEllen Litle
- Vicki Johnson
- Lorraine Brown
- Penny Delay
- Mardie Louis
- ReNae Grantier
- Debi Kemp
- Paul Flanagan
- Carl Koeber
- Jim Moss
- Larry Sutter
- Barbara Parsons
- Lois Miller
- Joann Wattiers
- Mona Paulas
- Debbie Schultz
- Angelina Parsons
- Armina Joos

Belgrade Breakfast Club

Thursday September 26, 2019 from 7:00-8:30 am

Coffee or Tea included! Mention that you read this in the Newsletter and get \$1.00 off on your breakfast!

Belgrade Breakfast Club

<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>\$5.00 Breakfasts</p> <p>2 Pancakes 2 Sausage or Bacon</p> <p>2 French Toast 2 Sausage or Bacon</p> </div>	 <p>\$6.00 Breakfasts</p> <p>Ham & Cheese Omelet Hash Browns, Biscuit</p>
	<p>Diced Ham & Scrambled Hash Browns, Biscuit</p>
<div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>\$3.00</p> <p>Cinnamon Roll</p> </div> 	<p>2 Eggs, Hash Browns 2 Sausage or Bacon, Biscuit</p> <p>Biscuits & Sausage Gravy Hash Browns</p> 

Overdue Library Books: Please return these books to the Center at your earliest convenience!

- Still Life with Bread Crumbs: a novel by Anna Quindlen
- The Quarryman's Bride (Large Print) by Tracie Peterson
- Across the Years (Large Print) by Tracie Peterson
- Blood Bond by William W. Johnstone
- Vicious Circle by C.J. Box
- Within my Heart by Tamera Alexander
- A Taste of Montana: Favorite Recipes from Big Sky Country by Seabring Davis
- In Places Hidden by Tracie Peterson
- Walter Benjamin at the Dairy Queen: Reflections by Larry McMurtry
- The Amish Quilter by Mindy Starns Clark
- 6 Minute Morning Stretching by Faye Rowe
- 6 Minute Morning Toning by Faye Rowe
- Marry Me At Christmas by Susan Mallery
- Candy Cane Murder by Joanne Fluke

Autumn by Lisa Beedy

September is the gateway
From summer into fall
We have no choice but to enter
When we hear Autumn call

It will not do to take a peek
Or walk the other way
Her siren song keeps calling
We cannot stay away.

Her voice is clear and cool
Her hair is burnished brown
Leaves fall all around her
Covering the ground.

Leaving summer at the gate
And slipping into fall
Autumn opens her arms
And makes us heed her call.

I think that Autumn understands
How hard it is to leave
The hot clear days of Summer
The flowers and the trees

She does her best to help us
By turning green to gold
She paints the world around us
Her cunning plan is bold

For once we step into her world
And meet her deepest soul
You cannot help but want to stay
For summer's lost its hold.

GETTING ACQUAINTED



This month you are meeting Wade and Kath Simonson, a couple that love the Belgrade Senior Center and appreciates all the volunteers, of which they are major contributors themselves. Kath bakes

for the Center's events and helps whenever and wherever needed. Wade helps whenever called upon because he can do almost anything.

He was born in Riverdale, ND, graduated from high school in 1968 and moved to MT in 1969 where he accepted a job with the Williams Construction Company in the electrical department. He started from the ground up doing such things as driving trucks, apprentice electrician, ground lineman, journey man, lineman, and advanced to crew foreman. He worked for Montana Power Company, now Northwestern Energy Company for 35 years and contracted out for several years. Wade was the electrical foreman for the city of Bozeman for 15 years. His men loved him and said that he was the best boss they had ever worked for. He never asked his men to do anything that he wouldn't do himself.

Kath was born in San Diego, CA, lived in MN for a short time and has worked at a variety of interesting jobs such as waitress, time share buying/selling. Advanced Eye Care in Bozeman, cosmetologist, and Butler Creek Manufacturing Company for shooting sports. Kath attended Beauty College and passed her state boards in CA and MT and worked as a cosmetologist in CA and Ennis, MT. She no longer works as a beautician, but still cuts hair. She worked for Butler Creek Co. for 15 years in the sewing, packaging department along with screen printing, then became the shipping supervisor and Quality Assurance. While working as the shipping supervisor she and her department shipped out one million dollars' worth of products in one month. The first to ever accomplish such a feat.

Wade and Kath have three grown children through previous marriages, seven grandchildren and three great grandchildren. They both like camping and fishing and have traveled to several professional baseball games. Wade also enjoys hunting, tinkering with older cars, gardening and lawn work. Kath gives all the credit to Wade for maintaining the beautiful yard they have. She chooses the plants and flowers and as she puts it, "Wade is gracious enough to plant them for her," including her beautiful Hosta garden. She also praises him for vacuuming, cooking and soup making. Wade so appreciates Kath and is glad that a mutual friend

introduced them. Kath sews, crochets blankets for charity, crochets baby hats for the hospital and whoever needs them. Come on in for a great meal, fun, fellowship, and learn more about this fascinating and hardworking couple.

Bev Larson, Roving Reporter

Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

LAVEES

BEEESTRMP

SVRTAEH

TECTHUNS

AUMUTN

ATOLFLOB



Q. What do you get when you drop a pumpkin?

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September has three birth flowers: the forget-me-not, the morning glory, and the aster. Forget-me-nots represent love and memories, asters represent love as well, and the morning glory represents unrequited love. The birthstone for the month is the sapphire.

September has several United States and international holidays.

- **Labor Day** is the most well-known holiday in September. It is observed every year on the first Monday in September.
- **Native American Day** is always celebrated on the 4th Friday of September.
- **Grandparent's Day** is observed in the United States on the first Sunday after Labor Day.
- **Constitution Day**, celebrating the ratification of the governing document of the United States, is observed on the 17th.
- **The autumn equinox**, which is the traditional transition from summer into fall, takes place on or around September 22nd, depending on the year.