

MAY, 2019 NEWS

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ANNOUNCEMENTS

**Note: The board meeting will be held
Monday, May 20, 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: Just Let Me Know!



Lots of changes in the air – not only is the weather taking a drastic turn, so are things at the Center! Make sure to read this letter thoroughly to learn about everything that is happening this month!

With summer comes a flurry of plans and activities for everyone and we are no different here, but we need help to make this a great summer! We would like to plan some day trips and outings and need people to help put together a calendar of events, help plan and help with transportation. Maybe you would like to do this. Just let me know!

It won't be long until we will be planting our gardens. We would like to build two more raised beds – long and narrow for peas and beans. We have grant money for the supplies – we just need a builder! Maybe this is an area you could help us with. Just let me know!

Our Gun Raffle was such a success that we would like to do some other types of raffles. Maybe you have an idea or something we could raffle off. Just let me know!

As you see, we need YOU! With more and more people coming to the Center and looking for ways to plug into this community, the opportunities are endless to get involved. Do you have a desire to help? Just let me know!

May 2nd – 3rd: Give Big Gallatin Valley is a 24-hour online and live celebration of giving created to connect generous community members with the causes they care about most. The goal is simple - inspire our people to come together, show their pride in their communities, and contribute to support the life-changing work of local nonprofit organizations in Gallatin County. Belgrade Senior Center will be participating again this year. We will be at the Belgrade Launch Party on May 2nd from 5:00-8:00 PM at Bar3 BBQ in Belgrade. You may make donations online at

<https://www.givebiggv.org/organizations/belgrade-senior-center> or come down to B3 and donate in person!



We have new chairs!! Thanks to the Gilhousen Foundation, we were given a matching grant to purchase new chairs and they are wonderful!! The old brown chairs have been sold and the old grey chairs will be kept on standby if we need additional seating, however, they look bad!

We would like to do something

them and are your help! We paint and re-cover thought it would more members you have some fabric you would donate? Do you afternoon you



fun with asking for would like to them and be fun to get involved. Do fun, colorful like to have an

would like to spend spray painting frames and recovering chairs? Let Lisa know if you would like to help with this and we will get a date on the calendar!

May 3rd: Mary Kay Party at 1:00: Come and have fun trying new products and new looks. If you decide to purchase any products, a portion will be contributed to the Belgrade Senior Center.

May 13th: Mother's Day Roast Beef Dinner. Come celebrate Mother's with us.

May 15th: Aging Well Event: Please see insert about this event. The Center will close right after exercise (10:00 am) so folks can attend. Lunch will be served at the event but there will be no lunch served at the Center. Meals on Wheels will still be delivered.



May 16th: Belgrade Breakfast Club 7:00-8:30 AM.

May 16th: Garden Club Meeting 11:00 AM: If you would like to help with the gardens this

summer, come to this meeting and help get a planting plan in place!

May 17th: The Center is CLOSED for projects! ***

May 20th: Brown Bag Medicine Review: The "Brown Bag Review" of medicines is a common practice that involves encouraging members to bring all of their medicines and supplements to their visit and reviewing them. The goal is to determine what medicines patients are taking and how they are taking them. The process can identify medicine errors and misunderstandings that would otherwise be overlooked. Although many practices conduct medicine reconciliation using information in the medical record or as reported by the patient, a Brown Bag Medicine Review is more thorough. Call the Center for an appointment.

May 24th: Around the World: We will be visiting Ireland: Menu: Shawarma, Pita Bread, Israeli Couscous Salad, Baklava

May 25th: Quilter's Day – Space is limited to 16 for machines but hand sewers are welcome. \$10.00 per person.

***Building Belgrade is a community educational group sponsored by the Belgrade Chamber of Commerce. Each year this group visits area businesses and services to learn more about their community and ways they can help. The group ends the year by choosing a volunteer project. Last year this group choose us and built our raised beds. They choose us again this year and on May 17th there are big changes coming!

Building Belgrade is going to pour a cement deck off the east side of the building so we can eat lunch, watch planes land and take off and enjoy the Bridger's, the best view of any senior center in America I am sure!

They will also be painting the inside of the building. Because of this we will not be open that day, but Meals on Wheels will be delivered, and frozen meals will be available. Just let Dave know if you would like a frozen meal and you can pick it up on Thursday.

We will need some extra hands on Thursday, May 16th to get everything moved for the painters. If you are interested in helping with this, please contact Lisa for more information.

Speaking of painting: You get to vote on the color scheme! There are 3 different options displayed at the center. We have also received a grant to replace the flooring and that will be included in the options. Stop by before May 10th and place your vote on the one you like the best. The one with the most votes will win!

We have received notice from the Gilhousen Foundation that we will be awarded a \$3,000.00 matching grant which we will receive when we raise \$3,000.00 to match it. This will complete the money we need for the new floor. Please consider donating toward the matching grant!

Looking Ahead

Fitness Tips: Exercise helps maintain and/or restores strength, balance, flexibility and endurance!

More Member and Volunteer Perks!

Starting in May, 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.



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.

RED ROCKERS



Red Rockers meet the second Tuesday of each month at 11:30. This month it will be on April 9, 2019 @ I-Ho's Korean Grill.

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 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 – May 16th - 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

MAY 11th, we will be having a Potluck at 12, noon, followed by an afternoon of games – pinochle, dominoes, cribbage, scrabble – 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: Israel

Shawarma

- 2lb /1 kg chicken thigh fillet
- **MARINADE**
- 1 large garlic clove
- 1 tbsp ground coriander
- 1 tbsp ground cumin
- 1 tbsp ground cardamom
- 1 tsp ground cayenne pepper
- 2 tsp smoked paprika
- 2 tsp salt
- Black pepper
- 2 tbsp lemon juice

- 3 tbsp olive oil

YOGURT SAUCE

- 1 cup Greek yoghurt
- 1 clove garlic
- 1 tsp cumin
- Squeeze of lemon juice
- Salt and pepper

TO SERVE

- 6 flatbreads
- Sliced lettuce
- Tomato slices

Instructions

- Combine the marinade ingredients in a large Ziplock bag (or bowl).
- Add the chicken and use your hands to make sure each piece is coated. If using a Ziplock bag, I find it convenient to close the bag then massage the bag to disperse the rub all over each chicken piece.
- Marinate overnight or up to 24 hours.
- Combine the Yogurt Sauce ingredients in a bowl and mix. Cover and put in the fridge until required (it will last for 3 days in the fridge).
- Heat grill/BBQ (or large heavy based pan on stove) on medium high. You should not need to oil it because the marinade has oil in it and also thigh fillets have fat. But if you are worried then oil your hotplate/grill. (See notes for baking).
- Place chicken on the grill and cook the first side for 4 to 5 minutes until nicely charred, then turn and cook the other side for 3 to 4 minutes (the 2nd side takes less time).
- Remove chicken from the grill and cover loosely with foil. Set aside to rest for 5 minutes.

TO SERVE

- Slice chicken and pile onto platter alongside flatbreads, Salad and the Yogurt Sauce.

- To make a wrap, get a piece of flatbread and smear with Yogurt Sauce. Top with a bit of lettuce and tomato and Chicken Shawarma. Roll up and enjoy!



Mary Weaver
 Diana Jensen
 Sue Docken
 Mary Van Slyke
 Aeryn Hanson
 Marlene Moran
 Tom Robertson
 Carol Filson
 Tim Linn
 Ginny Bury
 Nora Boardman
 Joan Fisk
 Shirley Clark
 Arley Adams
 Roger Teters
 Margarette Uptain
 Lisa Beedy
 Charles Soha
 Audrey Pribble

A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

“Doctor, I think my wife is getting hard of hearing.”

“There's a simple test you can run to see how bad the problem is: Start out 40 feet away from her, and in a normal conversational speaking tone say something and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response.”

That evening, the man's wife is in the kitchen cooking dinner, and he's in the living room. In a normal tone, he asks, “Honey, what's for supper?” No response.

So he moves to the other end of the room and repeats, “Honey, what's for supper?” Still no response. Next, he moves into the dining room. “Honey, what's for supper?” No response, so he walks up to the kitchen door. “Honey, what's for supper?” Again, there is no response, so he walks right up behind her. “Honey, what's for supper?” “For the fifth time, Harry, CHICKEN!”

Israel's flag



OFFICIAL NAME: State of Israel
 FORM OF GOVERNMENT: Parliamentary Democracy
 CAPITAL: Jerusalem
 POPULATION: 8,299,706
 AREA: 8,550 square miles (22,145 square kilometers)
 OFFICIAL LANGUAGE: Hebrew, Arabic
 MONEY: Shekel
 MAJOR RIVER: Jordan

Israel is a small country in the Middle East about the size of the state of [New Jersey](#). The country has a diverse climate with snowy mountains in the north and the hot desert in the south. Jordan, Syria, and the Palestinian Authority all border Israel to the east. Lebanon serves as the northern border and [Egypt](#) borders in the south.

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





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

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

**Belgrade Senior Center
92 E Cameron Ave
Belgrade, MT 59714**

Presorted Standard
U.S. POSTAGE PAID
Belgrade, MT. 59714
Permit No. 30 _____

<p>Membership Form Belgrade Senior Center, 92 East Cameron Ave., Belgrade MT 59714 Dues are \$15.00 per year Date _____ Name _____ Address _____ City/State/Zip _____ Phone _____ Email _____ Emergency Contact _____ Birthdate _____ Membership: New _____ Renewal _____ Payment: Cash _____ Check _____</p>
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