

## JANUARY, 2019 NEWS

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### ANNOUNCEMENTS

**Note: The board meeting will be held Tuesday,  
January 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: Live in the Moment

A new year. A fresh start. A clean calendar. I always start the new year reflecting on the past and wondering what will happen in the next 365 days. What kind of memories will we make? What heart aches will we experience? Where will the days take us? Sometimes I get so busy thinking about the "I wonders" and the "what ifs" that I forget to enjoy the moments. There are times when I wish I had paid more attention to something special that was happening instead of keeping my mind busy with things that either really didn't matter or I couldn't do anything about it, at the time.

I usually don't set New Year's Resolutions – mostly because I know I won't stick to them or I forget what they were but in 2019, I am determined to "Live in the Moment" That will be my motto. What does that look like you might ask? For me, living in the moment will be taking the time to stop and appreciate the beautiful things around me. Enjoy relationships more. Be a better listener, encourager, helper, friend. Putting people ahead of agendas and allow myself to get caught up in those precious moments that may never come by again.

Working here at the Center has been pivotal in coming to this realization. Life is precious and time goes too fast and I don't want to miss a thing!

I am looking forward to the New Year! Come and join us. Your presence here will help make it even better!!

#### Birthday Wishes for Meals on Wheels

Starting in January, we will be delivering Birthday Bags to our Meals on Wheels folks. Please help us out by giving us ideas or donating bag stuffers. Some examples of what we would like to put in the bags are small lotions, Chapstick, small shampoo, toothpaste, sun catchers, refrigerator magnets, and any other ideas that you pass on to us!

#### Kitchen Corner:

**BELGRADE BREAKFAST CLUB:** Come to the Center for breakfast on January 16 from 7:00-8:30 am. I will be short order cooking breakfast. We will have menu you can order off of and each breakfast will be \$6.00 and includes coffee or tea! This is open to the public. We plan on offering this once a month

to see how it goes and may increase to weekly if it takes off!

Around the World will feature Belgium in January and we will head off to Sicily in February! Once again, let us know if there is a country you would like to visit and a recipe from that country you would like to have cooked!

#### Around the World – Belgium

There are over 800 kinds of beers made in Belgium.

Belgium produces 220,000 tons of chocolate per year.

Belgium is the country with the highest proportion of female ministers in the world (55% in 2000) and one of the earliest to have a female parliamentarian (in 1921).

Belgium is one of the rare countries with compulsory education up to 18 years old (highest in the world).

Belgium is one of the few countries worldwide with compulsory voting (and enforced).

Europe's first skyscraper ("Torengebouw") was built in Antwerp in 1928.

Belgium produces the greatest variety of bricks in the world.

97% of Belgian households receive cable TV - the highest percentage in the world.

Neanderthal skulls were first discovered in the Belgian village of Engis (suburb of Liege), in 1829, although the name comes from the Neander Valley in Germany (the site of a later find in 1856).

#### Belgian Chicken Waterzooi

- 6 Chicken Breast halves
- 4 carrots, cut in 1-inch pieces
- 3 celery ribs, cut in 1-inch pieces
- 4 shallots, coarsely chopped (or small onions)
- 4 Tablespoons parsley, chopped
- 1 sprig fresh thyme
- 1 bay leaf
- salt & freshly ground black pepper
- 2 leeks, cut in 1-inch pieces
- 16 ounces mushrooms, sliced
- 4 egg yolks
- 1 cup cream
- 2 tablespoons cornstarch
- 1 lemon, juiced
- 2 tablespoons butter
- 1 pinch nutmeg

Stock: Place the chicken in a pot of water, covering the chicken entirely. Cook 15-20 minutes. Remove chicken to a plate, Strain cooking water and add back to pan. Add carrots, celery stalks, and 1 onion, cut into approximately 1-inch pieces. Add parsley, thyme and a bay leaf and bring to a boil. Turn the heat to medium low and cook until chicken is cooked, about 20-30 minutes. Add salt and pepper, to taste.

Cut the leeks into 1-inch sticks, slice the mushrooms and add to saucepan. Parboil vegetables in chicken broth about 15 minutes. Take out the chicken when poached (no red color must be seen). Cut into ½ inch slices, add back to vegetables. Mix cornstarch with a little water and stir into chicken and vegetables. Mix the egg yolks with the cream and add to the stock. Add the lemon juice and butter. Season with salt, pepper and nutmeg.

**Movie Afternoon:** Starting Wednesday, January 2<sup>nd</sup> at 12:45, we will be showing the PBS Masterpiece Theater **Victoria** Series which follows the early life of Queen Victoria, from her ascension to the throne at the tender age of 18 to her courtship and marriage to Prince Albert. We will watch 1 or 2 episodes each week through the winter. Come join us each Wednesday afternoon for this excellent series.

**RED ROCKERS**



Red Rockers meet every second Tuesday of the month at 11:30. This month it will be on January 8<sup>th</sup> at Bar 3 in Belgrade, (new location on Main)

**MEALS ON WHEELS DELIVERY DRIVERS NEEDED ASAP!**

Please call the Center @ 388-4711 if you would like to help out once a week or be a substitute driver.

**SOCIAL/GAMES:**

Cribbage – 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.

Canasta/Hand & Foot – Tuesday @ 12:30 pm except for the third Tuesday of the month

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

**Volunteer**



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

**Needleairs**

CALLING ALL CRAFTERS! The Needleaires will be meeting Wednesday at 9:00

**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 have a medical release form signed by your doctor (available at the front desk).

**Step Aerobics:** The center now has 6 Aerobic Step Platforms to incorporate into our exercise program. Some of our existing classes are already using them but we would like to start a Step

**Aerobics Class on Monday mornings at 10:00. If you know of someone who would like to teach this class for us, please let us know!**



**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.**

**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 – January - Thursday, 10<sup>th</sup> and the 24<sup>th</sup> 2018. Much appreciation to Mary Hoffman from the Bozeman Deaconess Hospital for providing this FREE service.



**January Birthdays**

Webster	Mary
Helvey	Leona
Lockhart	Mary
Halpin	Darcy
Lingerfelt	Sherry
Stulc	Berneice
Litle	James
Honkanen	Shirley
Swartz	Peggy
Jensen	Shirley
Weaver	James

**Roving Reporter**



Today you are meeting Anna Omdahl. She is the pleasant and busy lady manning the front desk or the computer working industriously on the Belgrade Senior Center newsletter. The

Center sends out around 200 newsletters a month. Anna is also part of the Needleairs group crocheting lovely and unique items for the Center to sell. These items make great gifts anytime of the year and for many different occasions. As if that weren't enough, she is also an excellent baker, donating many tasty food items for all of the bake sales that the Center hosts.

Anna was born in Wenatchee, Washington and is the oldest of seven children. Her family moved a lot all over Washington and a couple of stints in California. She graduated from Highline High School in 1965. She and her family moved to Whitefish, MT in 1985 and at the age of 53 attended the Flathead Valley Community College located in Kalispell, MT. and earned an A.A. degree in Social Services in 2001. While going to school Anna worked in Whitefish at a toy store called Imagination Station. She was actually their first employee.

In 2002 Anna and her spouse moved to Belgrade. She was employed at Alcohol and Drug Services as a Data Coordinator, retiring in 2011. She soon became active in the Belgrade Senior Center, serving on the Board of Directors for six years, one as president. She still finds time to volunteer for other tasks at the Center and more than enjoys playing cards three days a week.

Anna is the mother of four children and the grandmother to nine, seven boys and two girls. A sad time for her was when her one son passed away at the age of nine. Now Anna enjoys spoiling Gracie, her lovable little dog, a Pomeranian and Toy Poodle mix.

Bev Larson

**Membership Renewal Changes- Instead of paying your membership dues at the first of each year regardless of when you renewed during the year, your membership is good for a year from the date you actually pay.**

**January Memberships**

Lola	Dunmire	Frances	Batchelder
Dave	Hofer	Joyce	Kolste
Donna	Houghton	Les	Kolste
Janet	Koeber	Guy	Miller
Sherry	Lingerfelt	Karen	Tucker
Audrey	Perreault	Jerry	Vanslyke
Chris	Peters	Marilyn	Megaard
Phil	Schneider	Angelina	Parsons
Shirley	Siegle	Bonnie	Campbell
Mary	Van Slyke	Sue	Docken
Randy	Wilson	Beverly	Larson
Annika	Wilson	Carole	Radice
Don	Zarr	Frank	Radice
Connie	Zarr	Susan	Duncan
Marcella	Babineaux	Ali	Van Gorden
Kath	Simonson	Phil	Van Gorden
Wade	Simonson	Phil	Young
Marvin	Craver	Linda	Hanshew
Cheryl	Ehret	Roger	Hanshew
Ken	Ehret	Delores	Young
Mary	Hoffman	Cherie	Nichols
Fran	Maulding	Dick	Nichols
		Carl	Trihub

**AGE 55 OR OLDER  
UNEMPLOYED**

You might be eligible for paid on-the-job-training through the Senior Community Service Employment Program (SCSEP) Call 1-866-900-7832 or check out web site, at [www.experienceworks.org](http://www.experienceworks.org).

**Right at Home**

We are looking for compassionate caregivers. Pay starts at \$12.00 and \$13 for overnight. If interested call 406-577-2399.



**Party Time!**

**Elvis Presley was born on January 8th so let's have a party!**

**50's Lunch and Sock Hop:** Dress in your 50's garb and stick around to dance to the oldies following lunch. We will even serve peanut butter banana sandwiches as snacks!

*Belgrade Breakfast Club*



Starting January 16th, 2019, the Belgrade Senior Center will kick off the Belgrade Breakfast Club the 3rd Wednesday of each month!

From 7:00-8:30 am stop by, order off our breakfast menu and wait just a few minutes for your delicious, fresh, hot breakfast!

Coffee or Tea included!

**Belgrade Breakfast Club**

**All plates are \$6.00 each**



3 Pancakes  
2 Sausage or Bacon

3 French Toast  
2 Sausage or Bacon



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



**Belgrade Public School System will join us for lunch to talk about the upcoming School District Bond and answer any questions you might have. Join us!**