

FEBRUARY, 2019 NEWS

Address: 92 E. Cameron Ave.

Phone: 388-4711

Email: belgradesrcntr@bresnan.net

Web Site: www.belgradeseniorcenter.com

ANNOUNCEMENTS

Note: The board meeting will be held Tuesday, February 19, 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.



Words from Lisa:

February is an interesting month. The weather can be all across the board – I have witnessed some of the worst blizzards and cold spells in February but I have also enjoyed days that fooled me into thinking that spring was just around the corner. Blistering winds right next to days when the sun actually had some warmth in it. Longer days that bring just the hint of hope that winter may not be here much longer!

I recall one particularly nasty storm that happened in February in the late 80's. As some of you might remember, it had been a mild winter and many of the trees had already started to bud. The storm blew in with a vengeance and it was reported that the temperature was -45 degrees and with the added strong winds, the wind chill was -75! It lasted the better part of the week and I remember that we hunkered down and kept the fire going and tried to keep the plumbing from freezing which was a battle we lost. Schools were closed. Businesses were closed. We didn't go to work. We didn't drive the car – which of course wouldn't start in the first place. We just focused on keeping warm. I also remember we had a wonderful time together as a family. I remember I just kept thinking how grateful I was to have a cozy warm house, food to cook and wood to burn in the stove. I remember I was so thankful to have my family close – no one out on the horrible roads just the three of us together. It was a hard week but it was good week.

There have been many times in my life that I have been guilty of looking at a hard situation or challenge and getting caught up in all that was going wrong instead of seeing all the good things around me. The wonderful people in my life, the material things I have that make life easier. Even things like running water and light that chases away the darkness with just the flip of a switch. It has been scientifically proven that gratitude if practiced regularly, can keep you healthier and happier and even help you sleep better! So, as we move into the new year, I want to encourage you to practice gratefulness, maybe even keep a journal of things you are thankful for each day. It can be as simple as "Dave made mashed potatoes and gravy for lunch at the Center today" or it might take a little while to find something to be thankful for on those particularly hard and lonely days but give it a shot – it might just change your life!

Kitchen Corner: The Belgrade Breakfast Club started off GREAT! I reached back into the recesses of my memory and found that old line cook who could sling hash with

the best of 'em. Orders came in, food went on the grill and orders went out! Just like riding a bike.

We will be holding the Belgrade Breakfast Club on the third **THURSDAY** of each month starting February 21st. The hours will be 7:00-8:30 am. Bring your family and bring your friends to enjoy a great breakfast hot off the grill!

Cooking Class: 1:00 PM February 13th: "You Say Potato I say Risotto" Creative, delicious dishes to replace your Russets! We will be learning different ways to dress up risotto and couscous to make them tasty additions to your dinners. Register by February 12th by calling 388-4711 or stop by the center to sign up.

Belgrade Library



Here is a list of 10 books that have been checked out and have not been returned as of January 25, 2019. If you have checked out a book, check to see if it is on this list. The Library would be happy to get these books back.

1. Getting Grief Right
2. Montana Noir
3. Year One
4. Winter Moon (large print)
5. Mean Streak (CD)
6. Hang Him Twice (large print)
7. Vietnam Air War
8. Butter off Dead
9. Crime Rib
10. Jim Bridger, Mountain Man



Around The World – Sicily

Palermo was elected as the European capital of street food by Forbes back in 2015, and has been named "the cultural capital of Italy" for 2018.

Built in Palermo in 1897, the Teatro Massimo also features in a famous scene in The Godfather, Part Three.

If you were to travel from the east to the west, you could expect it to take roughly three and a half hours, while it takes around two and a half when travelling from north to south.

Over the years, Sicily has been in the possession of several groups including the Romans, Vandals and Ostrogoths, Islam and Byzantine. However, it has also experienced periods of independence under the Greeks.

Sicily has a long history that dates back to ancient times. It is believed that the earliest inhabitants of the island were the Sicani people around 8,000 B.C.E. Around 750 B.C.E, the Greeks began to form settlements on Sicily and the culture of the native peoples of the island gradually shifted to that of the Greek.



Pasta alla Norma

Ingredients

- 1 eggplant, sliced into 1-inch rounds
- 2 tablespoons rock salt
- 1 tablespoon olive oil
- 1 (14.25 ounce) can tomato puree
- 1 teaspoon rock salt
- 1 clove garlic, lightly smashed
- 5 large basil leaves
- 1 (8 ounce) package penne pasta
- 3 1/2 tablespoons ricotta salata
- 1 tablespoon diced fresh cayenne pepper, or to taste

Directions

1. Combine eggplant and 2 tablespoons salt in a large bowl with water to cover. Place a plate on top of the eggplant to weigh it down and keep it covered in water for about 30 minutes. Drain and rinse eggplant in cool water. Pat dry and cut into cubes.
2. Heat oil in a skillet over medium-high heat. Sauté eggplant until golden brown, about 6 minutes. Drain on paper towels.
3. Combine tomato puree, 1 teaspoon rock salt, garlic, and basil in a saucepan over medium-low heat. Simmer, stirring occasionally, until sauce flavors combine, about 5 minutes.
4. Bring a large pot of lightly salted water to a boil; add penne and cook, stirring occasionally, until tender yet firm to the bite, about 11 minutes. Drain and toss with the tomato-basil sauce; divide into 4 serving bowls. Top with eggplant. Sprinkle 1/4 the ricotta and 1/4 the diced pepper over each bowl.

RED ROCKERS



Red Rockers meet every second Tuesday of the month at 11:30. This month it will be on February 12th at

The Local (formally Rio Sabina's)

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.

Getting Acquainted

The purpose of this column is to help Belgrade Senior Center members get acquainted with one another a little bit more. So, this month you are meeting a gentleman by the name of Carl Koeber, a true patriot and helpful member at BSC.

Carl was born in Bozeman, MT, and graduated from Bozeman High in 1966 after which he immediately joined the Navy on June 6, 1966 at the age of 18 where he served for almost 17 years. Boot camp was spent in San Diego, CA, where he received training in Commissary Food Service. Next, he applied for submarine service and was sent to New London, CT, but was disqualified because of high blood pressure which almost caused him to be packed in ice. After six weeks of recuperation he was sent to Da Nang, Vietnam where he served in the Naval Support Activity from 1968 to 1969. When North Vietnam invaded and took over Da Nang and Saigon, Carl was shipped to Sydney, Australia for some R and R. From Australia he was sent to Moffett Field, CA, where he was part of the VP-40 Squadron. While in VP-40, he served in Japan and the Philippines. Later Carl served on the aircraft carrier, USS America CV 66 at Norfolk, VA. Other places of service included Puerto Rico and then he was assigned to a submarine tender which was home ported in Holy Lock, Scotland. He did get to tour Scotland with his mother and sister when they came to visit. They were there during the time of Diana's wedding to Prince Charles and got to go to London later. Carl retired from the Navy in 1982 at the rank of Petty Officer 1ST Class. Finally back at home in Bozeman he has worked as custodian at the University, park service in Glacier National Park, Smorgies, Frontier Pies, Don Morin Chevy which is now Ressler's and finally retired in 2004 – but not really retired. Carl is still serving our country by being a part of the Civil Air Patrol which is an auxiliary of the U.S. Air Force. He has served as Wing Commander, and is active in their search and rescue activities. He is also the outreach Coordinator for veterans of southwest Montana, Chapter 788. This organization give veterans help that is needed. All of Carl's many trips, record keeping and time spent both in the Civil Air Patrol and Veterans Organization is done at his own expense and he is glad that he can be of service. Come to the Belgrade Senior Center for a delicious meal, meet Carl and thank him for his past service and his continued service.

*Roving Reporter
Bev Larson*

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 – Monday @ 12:30 pm

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

Volunteer



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

NeedleAires

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).



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 – February - Thursday, 14th and the 28th 2019. Much appreciation to Mary Hoffman from the Bozeman Deaconess Hospital for providing this FREE service.



February Birthdays

Chris	Peters
Ibis	Pineiro
Cathy	Shaffer
Dennis	Concannon
Madeline	Lieb
Randy	Wilson
Karen	Tucker
Rosemary	Taylor
Dick	Nichols
Sandy	Allen
Ted	Scheeler

UNEMPLOYED AGE 55 OR OLDER

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 <https://www.doleta.gov/seniors>.

Right at Home

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

How Do I Love Thee?

Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
For the ends of being an ideal Grace.
I love thee to the level of every day's
Most quiet need, by sun and candlelight.
I love thee freely, as men strive for Right;
I love thee purely, as they turn from Praise.

I love thee with the passion put to use
In my old griefs, and with my childhood's faith.
I love thee with a love I seemed to lose
With my lost saints, --I love thee with the Breath,
Smiles, tears, of all my life--and, if God choose,
I shall but love thee better after death.

Elizabeth Barret Browning

Game Day and Potluck

Starting February 9, 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!

BREAKFAST CLUB TIMES
From 7:00-8:30 am
Coffee or Tea included!

Third **THURSDAY** of each month starting February 21st.
 The hours will be 7:00-8:30 am.

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



Punxsutawney beginnings...

The first reported news of a Groundhog Day observance was arguably made by the *Punxsutawney Spirit* newspaper of Punxsutawney, Pennsylvania in 1886:^[4] "up to the time of going to press, the beast has not seen its shadow." However, it was not until the following year in 1887 the first Groundhog Day considered "official" was commemorated here,^[6] with a group making a trip to the Gobbler's Knob part of town to consult the groundhog. People have gathered annually at the spot for the event ever since.^{[7][8]} Clymer Freas (1867–1942)^[6] who was city editor at the *Punxsutawney Spirit* is credited as the "father" who conceived the idea of "Groundhog Day".^{[9][6]} It has also been suggested that Punxsutawney was where all the Groundhog Day events originated, from where it spread to other parts of the United States and Canada.^[11]

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

We're Going Camping Now – We're on Our Way!!



Belgrade Senior Center has secured the Lower Hyalite Group site for July 18-20, 2019 for a Center camping trip! Bring your camper, your tent

or your hammock and enjoy the beautiful surroundings! You can stay for the whole time or just come up for the day.

The cost for 2 overnights and 5 meals will be \$30.00 per person. If you would like to come up for the day the cost will be \$10.00 day fee and \$4.00 per meal.

We are working on securing some overnight accommodation options if you would like to come but do not have a camper. (A "girls" camper and a "guys" camper).

Please contact Lisa if you are interested and details will be continued to be worked out as we know how many are planning to attend!

Dementia Education and Support Classes at Belgrade Senior Center

Wednesday February 6th 12:30-2:00 pm:

Know the 10 Signs: If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future.

Wednesday February 27th 12:30-2:00 pm:

Effective Communication Strategies: Learn to decode the verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at each stage of the disease.

Please RSVP to attend these classes by calling 388-4711.

Old Jokes for Old Folks

-It's not surprising that some people wait until they're 80 to take up skydiving. If you're going to have your life flash before your eyes, at least it will be a longer trip!

-You know you're getting old when you begin to wish rocking chairs were battery operated!

-You know you're getting old when you attach a cord to your cordless cell phone because you're tired of looking for it.

-You know you're getting old when you look like a million bucks – all green and crumply!

-Who needs a gym membership? At this age, a person can work up a sweat just trying to get the peanut butter sandwich unstuck from the roof of their mouth!