

JULY 2019 NEWS

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ANNOUNCEMENTS

**Note: The board meeting will be held
Monday, July 22, 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:

Did you ever go to camp?
Like a Church Camp or
Scout Camp or 4H Camp?

I loved those hot days spent meeting new friends, standing in line for canteen and taking a dip in whatever water source was available. I had a long history of going to different camps growing up. Some of the camps were on a lake, some were on a creek and one I will never forget had an old cement swimming pool that the leaders would fill with cold river water and we would chatter and shiver our way through those hot afternoons. I love thinking back on those glorious carefree times. The only concern was whether our cabin was cleaner than the others or how many pots and pans the kitchen used when we were on dish duty!

Most of my adult life was spent in the camping industry. For 25 years I would plan, organize, register campers, prepare retreat contracts and lead singing around a campfire among a plethora of other responsibilities. I spent many evenings getting marshmallow out of a camper's hair and telling kids not to play in the fire. I worked from early morning until the last homesick camper drifted off to sleep at night and then I would get up and do it all over again the next day and actually look forward to it! It was an amazing time in my life. It changed me.

There is nothing quite like camping to get out of the routine of real life. For a bit of time, you can forget all the woes and worries and just take in the beauty around you. That is what I hope our camping trip will do for those of you who join us. Come for the whole time (July 18-20) or just a few hours – it is entirely up to you! All the meals will be provided and there will be hikes planned for the more adventurous. There will be time to take a dip in the lake or creek and we will sing around the campfire! If you are a musician and plan to join us, bring your instrument and favorite campfire songs!

The camping trip is planned July 18-20 in Lower Hylite Campground. You may bring your RV and stay for the whole time or just come up for a day. Meals will be provided. Call for more information or to sign up: 388-4711. And remember you are going with the expert marshmallow from hair remover!



Our New Look



Thank you to Rich's Flooring for helping us find just the right floor for our Center. Please stop by to see all the beautiful new changes we've made!

A HUGE THANK YOU to all the people who helped load and unload furniture and put the Center back together after the new floor was installed! Thank you to Wade and Kath Simonson, Rick Gaines, Debi Kemp, Bonnie Campbell, Betty Adams, Ben, Charity, Isaac and Sophi Kauffman! We could not have done it without you.

NEW: Starting July 9th- 8:00 AM: Couch to 5K the Senior Way

This 8-week course gives you knowledge about four basic components of exercise while gradually increasing your endurance for a 3-mile walk. The class will be led by exercise physiologist Myriah Marsh who has been working with active aging adults for over ten years. Come, get some health tips to get/stay fit and keep your independent lifestyle. All levels welcome!

Walking Club: Every Wednesday: Meet at the Center at 12:45 to carpool to location

- July 3: State Lands Belgrade – We will leave following the 4th of July BBQ.
- July 10: Cherry Creek Loop
- July 17: Sourdough Trail
- July 24: Middle Cottonwood Trail
- July 31: History Rock – We will leave the center at 10:00. Dave will pack lunches for us for a \$4.00 suggested donation.



Let's celebrate the 4th of July on the 3rd!
Call the Center by July 2nd to sign up for lunch!

July 16th: Computer Class at 2:00: The Belgrade Community Library will be teaching our computer class. Call the Center to sign up.

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 July 9, 2019

@ 4-Corners Café, 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 – July 25th - 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 will joins us July 2nd, 16th (See note below), 30th 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.*



*****July 16th: Baby Shower for Andrea Salsbury from HRDC. Andrea spends time with us every other Tuesday**

helping our members with all kinds of issues. She has become part of the Belgrade Senior Center family and we are excited to celebrate her and her husband's little daughter who will be here in August. The Baby Shower will immediately follow lunch. Andi is registered at Target and Amazon.

Needleairs

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

Quilter's Day: July 20th.

Spend the day working on your quilting project with likeminded folks! Call the Center for more information and to get connected with the great group of QUILTERS!

July 26th: AROUND THE WORLD South Africa

Facts about South Africa



OFFICIAL NAME:
Republic of South Africa
FORM OF

GOVERNMENT: Republic

CAPITALS: Pretoria (administrative), Cape Town (legislative), Bloemfontein (judicial)

POPULATION: 48,375,645

OFFICIAL LANGUAGES: Afrikaans, English, IsiNdebele, IsiXhosa, IsiZulu, Northern Sotho, Sesotho, Setswana, SiSwati, Tshivenda, Xitsonga

MONEY: Rand

AREA: 470,693 square miles (1,219,089 square kilometers)

MAJOR MOUNTAIN RANGES: Drakensberg

MAJOR RIVERS: Limpopo, Orange

South Africa has another country within its borders. Nestled in the Drakensberg is the mountainous kingdom of Lesotho. Much of South Africa's water comes from the snowcapped peaks of this tiny, landlocked nation.

In northern South Africa near Johannesburg, there is a cave formation called the Sterkfontein. Within these caves, archaeologists have uncovered some of the earliest human fossils ever found. Some are more than two million years old. The find earned the region the nickname "Cradle of Humankind."



Bobotie

Ingredients

- 2 lbs. ground beef
- 2 onions, diced
- 5 cloves garlic, crushed
- 1 lemon, zest and juice
- 2 teaspoons curry powder
- 1 teaspoon garam masala
- 1 teaspoon ground cumin
- 1 teaspoon coriander powder
- 1 teaspoon turmeric
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 (1 inch) piece ginger, peeled and grated
- 2 slices bread
- 1½ cup milk
- 4 eggs
- 20 dried apricots, diced
- ½ cup raisins
- ½ cup slivered almonds
- ¼ bunch parsley, chopped

Instructions

1. Preheat oven to 350 F.
2. In a hot skillet, sauté the minced meat without oil for 10 minutes, stirring regularly. Put in a plate and set aside.
3. In the same skillet, add 2 tablespoons of oil and sauté the onions over medium-high heat for 8-10 minutes.
4. Meanwhile, combine the lemon zest and its juice with the spices and ginger to make a paste.
5. Pour the milk into a separate bowl and soak the bread.
6. Add the garlic to the onions and sauté for 2 minutes.
7. Add the spice mixture and stir.
8. Drain the bread and add to the onion and garlic mixture. Set the milk aside as it will be used later.
9. Add the meat and stir. Add salt and pepper.
10. Add parsley, raisins, dried apricots and almonds. Sauté for a few minutes and turn off the heat.
11. In a rectangular pan, pour the meat mixture. Firmly pack the meat with the back of a spoon.
12. Beat 4 eggs in the remaining milk. Cover the meatloaf with the eggs and milk mixture.
13. Place in the oven for 40 minutes.
14. Serve hot with plain or curry-flavored basmati rice.



Birthday Lunch will be July 17th.

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|-------------------|------------------|
| Roy Rousher | Ann Lower |
| Brian Blasberg | William Lockhart |
| RoxAnne Schlosser | Pauline Sessions |
| Teresa Flanagan | Theresa Hancock |
| Charmaine Perry | Marvin Craver |
| Debra Gross | Keith Koentopp |
| Jan Morris | Karen Brown |
| Connie Zarr | Don Zarr |
| Leila Wagoner | Anna Holstrom |
| Cheri McMartin | Yvonne Doran |
| Anna Omdahl | Zelpha Boyd |
| Jim Matter | Viv Martin |
| Joan Thompson | Beverly Larson |

Belgrade Breakfast Club
Thursday July 25th from 7:00-8:30 am
Coffee or Tea included!

Belgrade Breakfast Club

\$5.00 Breakfasts

2 Pancakes
2 Sausage or Bacon

2 French Toast
2 Sausage or Bacon



\$6.00 Breakfasts

Ham & Cheese Omelet
Hash Browns, Biscuit

Diced Ham & Scrambled
Hash Browns, Biscuit

2 Eggs, Hash Browns
2 Sausage or Bacon, Biscuit

\$3.00

Cinnamon Roll





Biscuits & Sausage Gravy
Hash Browns





Getting Acquainted

Did you know that Shirley Jones was born in Iran? And not only that, but she was delivered by the same doctor that delivered the Shah of Iran's son.

Shirley's father was in the U.S. Air Force stationed in Iran and along with other servicemen taught the Iranian's how to fly. Her mother was from Denmark and came to America by boat at a young age. She ended up in Wisconsin but didn't like it, so she rode her bicycle alone to Phoenix, AZ doing odd jobs along the way to make it to her destination. There she met her husband to be who was in the Air Force and soon they were shipped to Iran where Shirley was born.

At the age of two the family returned to America. They settled in Tucson, AZ where Shirley graduated from high school in 1968. From that time on she

started traveling by herself working at many interesting jobs in Oklahoma, Arkansas, and Arizona. Some of her jobs included making parts for oil well pumps, assembling parts for Electronic Fish Finders, working at a boat factory and as a custodian at an airport where she discovered she liked that kind of work.

She met her to-be husband in Arkansas and they had one son. Her son was born with craniosynostosis which is a condition where one or more of the fibrous sutures in an infant skull prematurely fuses by turning into bone, thereby changing the growth pattern of the skull and only occurs in one in 2000 births. He had to undergo a four-hour surgery at the age of two months, but he came through and is much appreciated at Burger King where he works.

Shirley and her husband separated so she moved back to Tucson to be with her parents. Shortly thereafter Shirley's best friend moved to Montana, so Shirley joined her. After working for Dana Design Backpacks, she got a job as custodian at MSU and worked there for 35 years.

After retiring from there she did custodial work at the Medical Arts Building for a short time and then became the custodian at the Manhattan Christian School where she recently retired after seven years of faithful service. The school officials, students and parents loved Shirley and appreciated her excellent work. Shirley says they were the best people she ever worked for and they knew how to say thank you.

Shirley keeps busy at the Belgrade Senior Center helping to set and clear the tables and in other ways where needed. She is the "head honcho" for the Red Rockers who meet once a month at a different restaurant each time, and she also "taxies" people who do not drive. In addition, she creates and makes beautiful greeting cards for any and all occasions. Check them out and buy some of her unique creations during lunch at the Center.

Bev Larson

Roving Reporter

Garden Report: Our gardens are all planted and even starting to come up! We are excited to be able to use some fresh produce this summer. If you would like to help take care of them by watering and weeding, please call the Center and we will get you on the Garden Team!

