



BELGRADE SENIOR CENTER OCTOBER, 2019 NEWS

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ANNOUNCEMENTS

Note: The board meeting will be held
Monday, October 21, 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:



Sometime wonderful things just happen, and sometimes wonderful things happen because wonderful people make them happen! Several

months ago, I spoke to my good friend, Dave White who works for Air Controls, and asked him to give it to me straight; What is the true condition of our heating system? He came to the Center, spent quite a bit of time looking at everything and making recommendations. He pointed out that our AC wall units were old, inefficient and not doing their job and the sad reality was that we were also running on borrowed time with the furnaces. I asked for some estimates, knowing that this was going to be a big project that would require fundraisers, finding and writing a grant or two, asking folks to contribute and possibly dip into our rainy day fund so we could have reliable heat on those rainy days!



But Dave had another option – it might be a long shot, but he was willing to jump through the hoops to nominate us for a

new heating system through a program call **Feel the Love Montana** sponsored by Lennox and Air Controls. The program would cover the entire expense of providing and installing a new furnace or AC system depending on the need. And so, we waited to hear whether we would be the recipients of this generous program.

On September 12th, we had visitors at the Belgrade Senior Center! Dave and Trey Schanzenbach, from Lennox arrived at the Center to share some very good news with me. We were chosen as the recipients of not just one unit but both a new heating system and an AC unit! I was speechless! It is truly miraculous and such a blessing for the Center! Lennox provides the equipment and Air Controls installs it with ZERO expense to us!

The work will start the first week in October so we will be able to enjoy the benefits going into this winter! We will also see lower power bills and a more consistent temperatures throughout the year!

On Saturday, October 5th, the top leaders of Air Controls and Lennox will be here at the Center to help us celebrate this great gift! Stop by between 10:00-4:00 to say THANK YOU and meet the wonderful people who made this happen!

Dave's Oncore Presentation: Several of our members missed the Sauce and Gravy Class that Dave presented a while back, so he is going to do it again on October 16th from 1:00-2:30.

October 16th: Birthday Celebration

October 18th: Around the World: Germany

October 21st from 10:00-12:00: Flu Shot Clinic. Bring your Medicare or Insurance card and stop by the Center for your flu shot. No appointment necessary

October 24th: Belgrade Breakfast Club

November 25th, 7:30 PM at the Brick Breeden Fieldhouse Theater:

CIRQUE DREAMS HOLIDAZE electrifies the 2019 holiday season with its reimagined live family holiday spectacular. Featuring unforgettable performances, this critically acclaimed extravaganza is both a Broadway musical and new Cirque adventure wrapped into the ultimate holiday gift for the entire family!

Belgrade Senior Center has 10 tickets for this event. You may purchase your ticket for \$68.00 from Lisa. They will go fast so don't wait!

OPEN HOUSE – November 7th from 5:00-7:30 PM: We have a lot to CELEBRATE! So many great things have taken place at the Belgrade Senior Center this past year and we want to share it with our members and the community! There will be Hors d'oeuvre, great company and LINE DANCING from 6:30-7:30! Come help us celebrate!

HELP WANTED: Rick Gaines has been a staple at the Belgrade Senior Center helping with the outside work during the spring and summer. He keeps the sprinkler system running and fills in caring for the lawn where the City of Belgrade leaves off. We would like to find Rick an

“apprentice”; someone he can teach what he knows about the lawn care and who would be willing to take over for him when the time comes. If you are interested in learning more about this volunteer opportunity, please stop by the Center to set up a time to meet with Rick.

BSC Trips

We would like to give you an update on our recent Senior Center trips. On August 9th we traveled to Tizer Botanical Garden’s near Jefferson, MT. This was our very first adventure and it worked out well. There were five of us and after touring the Gardens, we enjoyed a pleasant picnic near the babbling brook. Following our picnic, we encountered a bit of rain, but it worked to our advantage. Debi Kemp took us on an unplanned drive up to Elkhorn Ghost town and Cemetery which we thoroughly enjoyed. A great time was had by all.



Our second trip was a great choice when we traveled to the Tippet Rise Art Center located near Absarokee, MT. Tippet Rise hosts classical chamber music and recitals as well as large scale outdoor art exhibits to include a grand piano boasting an age of 106! We found it was a little far

for time we were allotted during this trip. We would like to repeat this trip again next year as a scheduled tour to allow us to enjoy all the outdoor art displays.



Our next planned event is an overnight visit to Lewistown, MT for the Charles Russel dinner train which includes a prime rib dinner and an overnight stay in Lewistown. We expect it will be a GREAT adventure with lots of fun and laughter.



We hope to add trips and events as a regular option for the members of the Belgrade Senior Center. By next year, we hope to be a bit more organized as well. A big thank you to Debi Kemp and Karen Tucker for all their hard work in planning and coordinating these

events. Another big thanks to all of you who joined us on our first two trips. We hope you will join us in the future.

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 Tuesday

October 8, 2019 @ Sacajawea inn. 5 N Main, Three Forks, MT

SOCIAL/GAMES:

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.

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 –October 22, 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 October 8th and the 22nd 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. Lisa 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.

Exercise vs. Physical Activity

Exercises is a planned, structured activity that uses large muscle groups to improve or maintain health and fitness
Physical activity is movement for daily activities.

OCTOBER 2019 AROUND THE WORLD: GERMANY



Facts about Germany

- Germany has a population of 81 million people.
- One-third of Germany is still covered in forests and woodlands.
- There are over 2100 castles in Germany.
- Berlin has the largest train station in Europe.
- Berlin is 9 times bigger than Paris and has more bridges than Venice.
- Germany is composed of sixteen states



PFLAUMENKUCHEN (GERMAN PLUM CAKE)

- 3 lbs Italian plums (prune plums or Empress plums)**
- 2 cups flour**
- ½ cup sugar**
- 1 teaspoon baking powder**
- 1 pinch salt**
- ¼ cup butter**
- 1 egg, beaten**
- 1 teaspoon almond or vanilla extract**
- 2 -3 ounces milk (rough estimate)**
- 1 tablespoon sugar, for sprinkling (optional)**

- Preheat the oven to 350 degrees F.
- Quarter each plum.
- In a bowl, mix the flour, sugar, baking powder, salt, and butter together by cutting the butter in with a fork.
- In a measuring cup, combine the beaten egg and almond extract, then add enough milk to make 3/8 of a cup (aka 3 oz) total. (It may seem strange that there isn't an exact amount of milk to add, but I promise this method works. You'll likely use under 2 oz of milk, considering that a large egg is usually around 1.5 oz or so.).
- Add this to the dry ingredients and mix them together with your hands, forming a dough.
- If the dough is too sticky, add a touch more flour.
- Spread the dough thinly over a 13x9 inch jelly roll pan and cover it with overlapping rows of plums. (It

may seem like the dough will never stretch to fit the entire pan but be patient! Use the heel of your hand to gently spread the dough out evenly to each corner of the pan, the crust is supposed to be on the thinner side anyway.).

- Bake the tart for 1 hour and let it cool slightly before sprinkling with sugar for extra sweetness (or skip the sugar if you like it sweet-tart like I do). Be careful not to overbake, this crust should be on the softer side.



Birthday Lunch will be October 16, 2019.

October Birthdays

- Jack Gillette
- Mary Hoffman
- Lindy Swier
- Janet Koeber
- Shirley Siegle
- Judy McCubbin
- Dave Fowler
- Sen Heiskell
- Vaugh Brockness
- Phil Schneider
- Annika Wilson
- Joyce Taurman
- Inez Bobb
- Jane Delay
- Joyce Kolste
- Valerie Monroe
- Janelle Barnett

Cloudy Days

The sky is full of faces
 Some smile back at me
 Some look rather silly
 And quite a sight to see

One old man looks mournful
 One, he has a beard
 One looks like a mean old chap
 Stern and cruel and feared

Soon the faces drift away
 And other shapes appear
 The clouds today are busy
 Filling up the air

Filmy wisps of people
 Dancing through the sky

Fancy shoes and flowers

All go floating by

My eyes can hardly take it in

It's such a lovely sight

When cloudy days display their best

All big and bold and white.

Belgrade Breakfast Club

Thursday October 24, 2019 from 7:00-8:30 am

Coffee or Tea included!

Belgrade Breakfast Club

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

