



A MAGAZINE FOR
MATURE ADULTS

A note from the editor

Do you know a senior who should be featured in a future edition of Prime? Email your suggestions to prime@daily-chronicle.com or call Cindy Sease at 582-2616

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Jan Cashman's Gardening Advice returns in February

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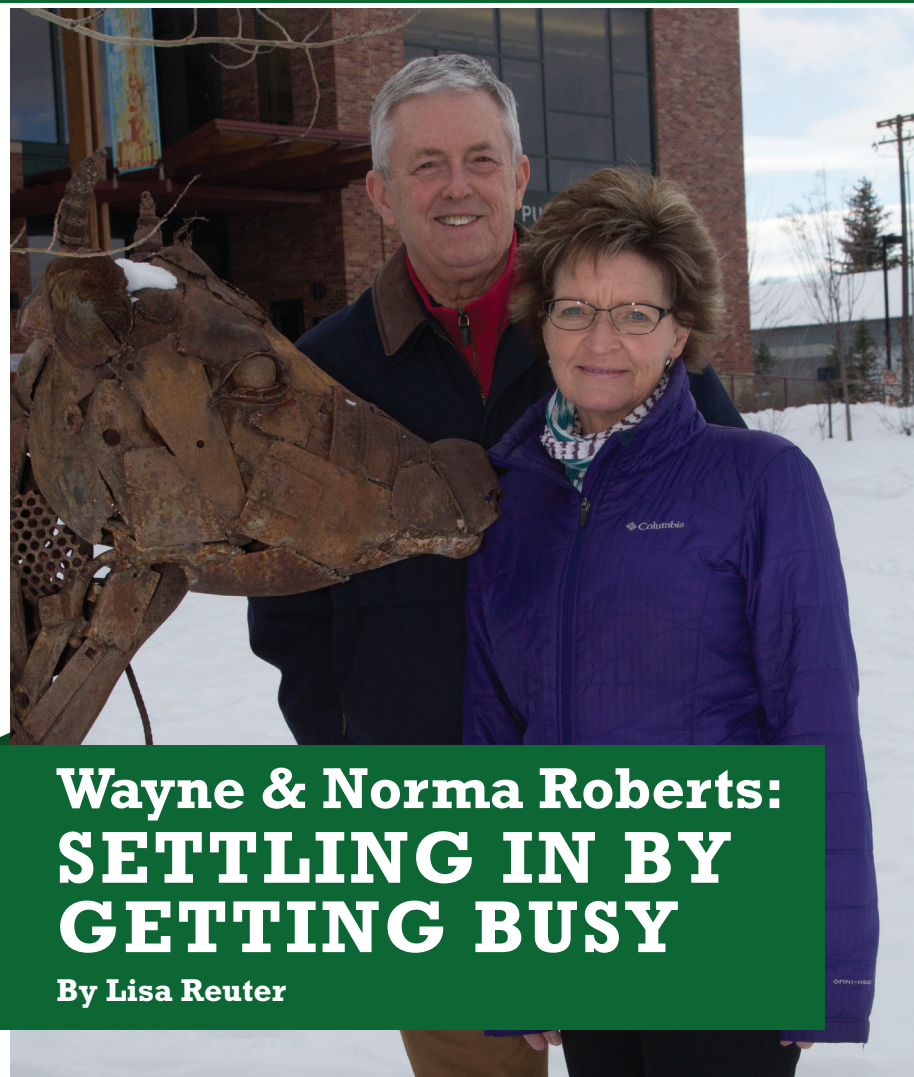
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Wayne & Norma Roberts: SETTLING IN BY GETTING BUSY

By Lisa Reuter

After 34 years together in marriage and business, H. Wayne and Norma Roberts could give a master class in several subjects, from how to work professionally with your spouse to how to make a lasting impact on your industry.

Their latest area of expertise, since retiring to Bozeman in 2014, is how to find your place in a new town.

The couple moved from Wichita, Kansas, in 2014, after several years of taking hiking vacations here. Wayne discovered Bozeman in 2005, when he came to Montana to make sales calls for Pioneer Balloon. "I really liked Bozeman," he recalled. "I went home and told Norma, and we came out here on vacation. We both loved

the mountains, the hiking, the park, the streams and fishing. But it was the people that made the real difference. They were so welcoming and warm. We felt at home here immediately."

"We'd been taking lots of hiking vacations – Taos, Santa Fe, Colorado – and looking at retirement places," Norma added. "We thought we had settled on Taos until we saw Bozeman."

They extol all the city's exceptional features, from Bozeman Health Deaconess Hospital to the active arts

and culture scene, from downtown to the museums and the library and the educational opportunities they offer.

The two met in Summersville, West Virginia, in 1978, when Wayne hired on at Bright of America, manufacturer of promotional, incentive and retail products. Three years later, as they were about to marry, Wayne took a VP position with Pioneer Balloon Company in Wichita. The company makes Qualatex balloons, the finest in the industry.

“We got married, moved and started new jobs in about two weeks’ time. It was a whirlwind for sure,” she said. The company hired Norma a month later.

Norma was an accounts manager and traveled frequently to trade shows. Wayne was in promotional markets and sometimes traveled 35 or more weeks a year.

Throughout those years, Wayne was active in the industry, working on many committees and serving as chairman of the board for Promotional Products Association International (PPAI). He also volunteered and was vice president of the trap, neuter and return organization Friends of Felines, was chairman of the board of Wichita’s Independent Business Association and held numerous positions with the Chamber of Commerce, including chairman of the Tanker Task Force, which successfully lobbied to secure the next generation of airplane tankers for nearby McConnell Air Force Base. For his support of the 22d Air Refueling Wing and 931st Air Refueling Group through Friends of McConnell, Wayne was awarded the base’s Golden Eagle designation. He’s one of seven people so honored since the base opened in 1953.

In January, he’ll receive another prestigious award, the PPAI’s H. Ted Olson Humanitarian Award for volunteerism. Olson was a close friend and colleague. “Ted did so much for so many people in and out of the industry, and was so quiet about it. It’s

an honor, getting his award.”

Wayne got the volunteerism bug from his father, Ned, a well-known Virginia restaurateur who was also Wayne’s first boss.

“My dad was raised during the Great Depression and never went beyond the fifth grade,” he said. “After serving in World War II, he came back to Clarksville, Va., and ran a restaurant with his dad. It’s a brutal business; the restaurant was open from 6 a.m. to 10 p.m. With no training, he made himself a huge success. But he still found the time to help start the local rescue squad, help organize a VFW post, and serve many years on the town council and a variety of civic activities.”

When Wayne and Norma settled in Bozeman, they followed Ned’s example again. Right away in 2014, they volunteered to be election poll greeters. This November, Wayne was a precinct manager and Norma operated the ballot machine.

They joined Pilgrim Congregational Church and through that became active in God’s Garden, growing produce for the Gallatin County Food Bank. They now work at the food bank each week, and at the Community Café.

A newspaper announcement led to involvement with the Gallatin Valley Land Trust. “They needed help maintaining trails, so we showed up with our shovels,” Wayne said. “A few weeks later we ran into Executive Director Penelope Pierce and after meeting us only that one time in a group of people, she called us by name.

“It made us feel like we’d become part of the community. We thought that was pretty good for two people who only knew three people, including our real estate agent and builder, when we moved here.”

For their New Year’s resolution, they’ve agreed, they’ll add another volunteer activity, or two.



Above: Wayne’s work on behalf of McConnell Air Force Base was recognized when Base Commander Col. Ricky Rupp presented him with the Golden Eagle Award. **On the Cover:** He’s become a collector of Military Challenge Coins and hands out his own Golden Eagle Award Coin.



Above: Norma and Wayne at work in God’s Garden. **On Page 2:** The couple at the Bozeman Public Library, where they attend many events and take classes.



AGING IN PLACE: What's Right for You?

By Lisa Reuter

Aging isn't something you want creeping up on you. You want to ponder it, and plan deliberately for the future you want. That, in a nutshell, is "aging in place."

Every day for the next 20 years, 10,000 Americans will turn 65. Men age 65 today will live on average to age 84, women to 87, though one in four 65-year-olds will live past 90. Nationwide, 14 percent of the population is 65 or older. By 2050, 20 percent will be.

"Older is the new normal," AARP CEO Jo Ann Jenkins wrote in her 2016 book, "Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age." For most of us, middle age is now a longer timespan, she added, and older people should be seen as the contributors they are—not as burdens.

ABOUT THE HOW, NOT THE HOUSE

Most of us think we want to stay in our current homes. With planning, we can remain there longer and have a higher quality of life doing it, say national experts Mark Hager and Aaron Murphy.

In his book, "Aging in Place," Murphy, an architect, notes that most American neighborhoods aren't designed for aging in place, as most homes are two-story, single-family dwellings. He's a proponent of more one-story, multiple-family dwellings and all the common home repairs for aging residents: nonslip floors, entries without steps, wider doorways, accessible bathrooms and kitchens, lever-handle doors, motion-triggered lights, higher electrical outlets and lower electrical switches, and other technological advances.

Hager builds on that, stressing that education and planning are key to having a better quality of life. That means understanding what happens to body, mind and emotions as we age, how that affects our ability to maintain our lives day to day, and the decisions we can make now to live better lives longer.

We also need to think realistically about how our finances and communities affect our long-term plans, he says. Are we saving enough money, and will our community have the amenities we'll need, including public transportation, and stores and restaurants within walking distance of our neighborhoods?

CREATING NEW POSSIBILITIES

Across the country, many older Americans, worried that they will have too much money to get into a nursing home but not enough to get into a quality retirement village, are coming together to create new options for themselves and their neighbors.

One is the Village to Village Network, pioneered in the Beacon Hill area of Boston and the Capitol Hill area of Washington, D.C., where neighbors have organized an association to provide the services and activities they need. They pay into the association, volunteer to run it and provide many of the activities. In other cases, they contract for services for all members.

In other parts of the country, in "naturally occurring retirement communities," government organizations are working together to provide additional affordable housing and walk-to services where more seniors already live.

For more on these topics, consult the webpages for AARP, the International Council on Active Aging and the Village to Village Network, or Google "naturally occurring retirement communities."

HRDC PROGRAMS OFFER HELP

In Gallatin County, 12.6 percent of adults age 60 and over live at 150 percent below the poverty level. They live alone on less than \$17,820 a year.

That's \$4,000 less than the \$21,792 bare minimum needed, according to the Elder Index calculation for the county. The index measures income required for basics only.

But there is assistance available, and help to sign up for it, and older adults should apply.

"It's a system they've already paid into for a long time with their taxes, and they're entitled to it," said Margaret Mason, senior programs director for HRDC. "The aid can help them stay independent in their homes longer, remain healthy and continue contributing to the community through their own volunteer efforts. So many of our seniors volunteer through RSVP, or helping at the Food Bank, or Big Brothers Big Sister, and so many other programs. We want to help them keep at that. They're wonderful."

Dana Mitchell, an HRDC senior service navigator, helps clients with the paperwork. "One of the biggest challenges can be persuading people to accept what they are eligible for,"

she said. "Everyone should have security, heat and food, especially older adults who have contributed to their community for so long. But some seniors feel that by accepting aid they are taking it away from a family and children."

That's not the case, she added, "and people honor me by letting me help them."

The HRDC Senior programs, and the Medicare and Medicaid assistance available through Area IV Agency on Aging via the Older Americans Act, are generational programs with money allocated by age group. Older people who don't take the aid they qualify for can't help children by refusing it. But they can hurt their own health. And that can land them in nursing home care that requires much more public assistance than remaining at home.

The average public cost to help one older adult remain at home is \$2,500 annually, while nursing home care is \$70,000 or more yearly. **SENIOR ASSISTANCE PROGRAMS AVAILABLE THROUGH HRDC:**

- The Food Bank and Community Café, and subsidized housing. Mitchell can help individuals with pets manage the paperwork that will allow the pet to make the move too.

- SNAP, the Supplemental Nutritional Assistance Program, which pays for nutritious food, to boost health.

- LIEAP, the Low-Income Energy Assistance Program, which provides energy assistance October through April. Being enrolled in LIEAP can boost an individual's SNAP allotment.

- The Homemaker Program, which provides home aides to help with cooking, housekeeping and more, and regular nurse's visits.

- The transportation services of Galavan, for those 60 and older needing assistance getting to lunch, the doctor, the senior center, the library and other places.

- Meal counseling support from dietitian students at Montana State University.

Some programs may have waiting lists, but start the paperwork as soon as possible, Mason and Mitchell encouraged.

Reach Margaret Mason and Dana Mitchell at HRDC District IX, 406-587-5444. Their offices are on the second story of the Senior Center, 807 N. Tracy Ave.

Parks & Rec Hosts Aging Program Jan. 18

The Bozeman Parks and Recreation Department will host a free Skype presentation on Aging in Place from 1-3 p.m., Wednesday, Jan. 18, in the large conference room at the Public Library.

Seating is limited; register your attendance by calling Parks and Rec, 406-582-2290 by Jan. 13.

Speakers are Aging in Place specialists Mark Hager and Aaron D. Murphy, hosts of "Booming Your Bottom Line." Hager is the founder of AgeInPlace.com, and Murphy has authored the book "Aging In Place." They'll discuss the topic and how to plan for it, and take questions.

"We want to start a discussion in our community about what aging in place might entail here," said Cheryl Bartholomew, local Certified Senior Fitness Instructor and founder of Seniors 'N Sync, who is helping organize the event.

Suggested introductory resources to review before attending the presentation are:

www.youtube.com/watch?v=NPw-uL8Ns-o

Toolkit for implementing aging in place

www.aarp.org/content/dam/aarp/livable-communities/plan/planning/aging-in-place-a-toolkit-for-local-governments-aarp/pdf

Home remodeling/building

www.youtube.com/watch?v=9heqZ6vH14l

Home features

www.youtube.com/watch?v=Fu260LQP3Dw

PBS presentation: Aging in Place

www.youtube.com/watch?v=5VqgSkN14JE



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The Changing Sphere of Useful Christmas Gifts

By Lois Stephens

When I was a youngster, Christmas symbolized receiving all sorts of exciting new acquisitions from clothes to jewelry to cosmetics to books, all the expected and wanted gadgets a young person desires.

My mother also used Christmas to give what my siblings and I termed “useful” gifts. Although appreciated to a certain extent, these functional gifts couldn’t compare with the real gifts. By useful, I mean woolen scarves, mittens, a new pair of snow boots. While we appreciated them when we played in the snow, we preferred finding the sled and the ice skates under the tree.

I’ve noticed that these serviceable presents have changed over the years. As I age, I still receive terrific gifts of books, clothes, trinkets and other accoutrements designed to make life more pleasant or just give me pleasure. However, utilitarian gifts I never dreamed of receiving as a child have begun to make an appearance under the tree: items like Tired Old Ass bath soak, or a special liniment for aching joints,

lotion to soothe old lady alligator skin and, of course, Ibuprofen.

A few Christmases ago, my sister gave me a bottle of Aleve as one of my many gifts. I appreciated it immensely as I used to require a lot of pain-relieving medication to dull the pain I experienced prior to my knee replacements. The gift really illustrates the life stage we have now embarked upon.

It used to be we’d open a box of candy at Christmas and greedily dive in and eat a piece or two or three. Now I unwrap a bottle of Aleve, say YES!, promptly open it and take two because I’ve been sitting on the floor for the past half hour during the gift exchange and my back has begun to protest so strenuously that I’m not sure I can ever stand up straight again.

I wonder how Charles Dickens would have handled the subject of useful Christmas gifts, if he’d wanted to, in “A Christmas Carol.” The visit with the Ghost of Christmas Past, of course, would be pleasant: watching a much younger version of myself reveling in new miniskirts and dancing around with no thought of the havoc age would wreak on my then youthful body. The useful gifts would consist of perhaps a belt or a few new pairs of socks, items a young person appreciates but doesn’t count among the real gifts of Christmas.

Christmas Present would see me opening a large bottle of Ibuprofen, followed by a Tired Old Ass body rub and possibly a nice walking stick with

a fancy top. I would nod and smile ruefully at the thought of how much I appreciate these items, even if I hate to admit I might actually use of them.

I’m afraid to speculate on Christmas Future as far as useful gifts are concerned. What does this portend? Unwrapping a large box of Depends? A fancy set of dentures? Or maybe Santa will bring me the newest lift chair, a handsome new walker or one of those devices that will scoot me up the stairs on a chair so I don’t have to negotiate the steps without assistance.

I’m not sure I want to think about what will constitute a functional gift in the future. Instead, I will concentrate on the constants, the wonderful gifts of books, soaps, hobby items and other fun gifts that I have received all my life and know I will continue to receive regardless of my age. Useful gifts may change as we grow older, but the fun items, the presents we truly want and appreciate, will always be part of Christmas gift-giving.



Lois Stephens brings personal experience of the aging process to Prime Magazine. She enjoys writing about her observations of becoming a member of the senior citizen age group. She lives and works in Virginia City.

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Price Rite Expands Space and Services

For the many loyal customers of Bozeman's Price Rite Drug and Medical Equipment, the wait is over. The pharmacy, which has served Gallatin County residents since 1972, has finished expansions next to Universal Athletics at N. 7th Avenue and Tamarack Street.

"I can't thank my customers and staff enough for being so patient with me," said owner Randy Harrington. "I moved the business into a 'mole hole' in 2012, and 'temporarily' turned into four years."

More than twice the size of the old store at 4,600 square feet, the new pharmacy is bright, roomy and Montana-ish in style, with white-washed cedar planks overhead and curved interior walls.

The new store reflects developments in the pharmacy and health care industries, with multiple drop-off and pick-up counters and a separate space for consultations with a pharmacist. "Pharmacists have become a real communications link between patients and their doctors," Harrington said. "Medications and insurance have become so complicated that people often need someone to explain things. Personal service is a big part of what we offer."

The new store also has two private rooms for immunizations, and a large lab for compounding medications to meet a patient's specific needs. Price Rite is the second pharmacy in the county to offer drug compounding.

The service allows a pharmacist to custom make prescriptions to match a patient's dosage requirements and accommodate allergies (to gluten, milk or dyes). Pharmacists can turn a pill into an edible gummy for someone who can't swallow, or turn an anti-inflammatory medication into a cream for patients who risk harmful drug interactions. Price Rite pharmacists work with the patient's doctor and PCCA, a national compounding drug provider, to develop the personalized medications.

Price Rite's medical equipment business will soon relocate next to the pharmacy. It will carry more types of wheelchairs, orthopedic braces, wound care supplies, ambulatory devices, diagnostic/monitoring devices and a wider range of home adaptations for bathrooms, kitchens and more. "These are the kinds of things that help people stay in their own homes," Harrington said.



First Choice Offering Personalized Car Service

Older adults and those in need of extra assistance when getting out and about have a new option for rides to the doctor or store, for lunch out, and even home from the hospital.

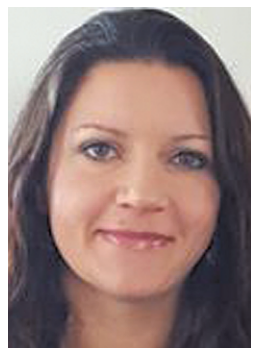
First Choice Home Health, a locally owned, managed home health care agency in business since 2008, has begun offering convenient, personalized car service. "It's really an extension of what we already do," said First Choice owner Norm Dreyer. He got the idea when talking with case managers at Bozeman Health Deaconess Hospital. "We're in the business of serving seniors and those with an injury or illness. Offering customized car rides is a natural extension."

Medicare certified and state licensed, First Choice is a leading provider of home health care, private duty nursing, personal care and companion services in the Gallatin Valley. In recent years, it's seen significant growth in the nonmedical, personal care side of its business, including bathing, cooking and medication setup services.

"It's a non-emergency transport service, with the custom, personalized service of a cab," he said. "All of our drivers are CPR trained, have been professional drivers in the past and give the extra personal attention anyone might need. They're professional and courteous. We'll come to the door and assist a client to the car. We'll take you to the doctor, get you seated in the waiting room, even wait if need be. We'll take you from the hospital to the airport, or even to Missoula."

Three on-call drivers and two vehicles offer service from 6 a.m. to midnight seven days a week, with rates of \$25 for a trip within a 10-mile radius, \$35 for a 20-mile radius. Clients can call 406-551-2273 for same day service or go online to FirstChoiceMontana.com, to schedule in advance.

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RECIPE BOX

Easy Steps to Reasonable Weight Loss *By Hannah Overton*

If your holiday season is anything like mine, you're polishing off the Thanksgiving cookies just as the Christmas fudge shows up.

Chances are, the last few months of 2016 left you feeling as stuffed as a holiday turkey. Most of us are probably looking to shed a few pounds in the New Year, and Lindsay Kordick, a Bozeman registered dietitian, has advice on creating a reasonable diet plan.

When you're in your Prime, "making small, sustainable changes to your intake to progressively lose weight is typically best," she said.

Making too many big changes too fast can be challenging and unmanageable. Start by setting a reasonable goal. Losing one to two pounds a week is a healthy and realistic expectation.

"Medicare now pays for a medical weight loss program titled Intensive Behavioral Therapy," Kordick said. "It's offered through the Bozeman Health Diabetes and Nutrition Center. The Senior Center also offers occasional informational programs."

When developing a weight loss plan, keep your individual needs in mind, including allergy concerns, nutrition deficiencies and current or chronic illness. The more you know about your own body and routine, the more successful you will be in reaching your goals. It's recommended that you visit with your primary care provider or a dietitian before making significant dietary changes.

Next, take a look at what you have been eating. Kordick recommends keeping a food journal for a few days. Eat what you would normally eat, and write everything down. Then go online and look up the applicable calorie amounts. Free cellphone apps and websites such as www.myfitnesspal.com can help here.

Once you know how many calories you consume daily, it's easier to trim your intake. Kordick recommends subtracting 500 calories from your daily calorie consumption average, and then committing to eating the lesser number every day. "Keep in mind that if your diet is short-term, your weight loss success will be as well."

While sticking to your new eating plan, vegetables can become your new best friend. They are rich in vitamins and nutrients without being too calorie dense. For example, a cup of chocolate chips has about 800 calories while a cup of spinach has seven. Kordick offers these tasty winter vegetable recipes from her website to start out the New Year right.



Roasted Greens Salad with Balsamic Drizzle

Serves 6

- 2 heads broccoli, crowns cut into 2 inch chunks and stem discarded
- 3 cups kale leaves, chopped into 3-inch to 4-inch pieces, stems discarded
- 1 lb small/medium Brussels sprouts, stemmed and halved
- 2 Tbsp olive oil
- 1/4 tsp seasoning salt
- 1/2 tsp fresh ground black pepper

BALSAMIC DRIZZLE

- 1 shallot, sliced
- 1/2 tsp olive oil
- 3/4 cup balsamic vinegar
- 2 tsp dijon mustard
- 1 tsp honey

For greens, preheat oven to 400 degrees. In a large bowl toss prepared greens with olive oil, seasoning salt and pepper. Transfer mixture onto a large baking sheet and spread evenly, placing kale leaves toward the center of the sheet. Place sheet on middle rack of oven and bake for 20-25 minutes, checking and flipping vegetables every 8-10 minutes to ensure kale does not burn. When Brussels sprouts are soft, remove from oven.

For drizzle, add olive oil to a small saucepan and heat over medium-high heat. Add shallot and saute until softened. Add balsamic vinegar and whisk in mustard and honey. Heat to a low boil for 8-10 minutes, until mixture has reduced to coat the back of a spoon. Remove from heat.

Place roasted greens in a large serving bowl and drizzle with balsamic mixture.

NUTRITION INFO per 1 cup vegetables with drizzle: 148 calories, 6.5 g fat, 5 g protein, 16 g carbohydrates, 4 g fiber



BAKED TEMPURA VEGETABLES

Serves 5-6

- 1 yam, peeled and cut into thick matchsticks
- 2 cups broccoli, flowerettes cut into small chunks
- 2 cups button mushrooms, stemmed
- 1 bunch asparagus, trimmed of thick stalks
- 1 zucchini, sliced into 1/2-inch rounds
- 4 egg whites
- 2 cups panko crumbs
- 1/3 cup all-purpose flour
- 1 Tbsp olive oil
- 1 tsp vegetable seasoning
- Nonstick cooking spray

Preheat oven to 400 degrees. Coat a 9 x 15" baking pan with nonstick cooking spray and set aside.

In a shallow dish, beat egg whites with a fork. In a medium bowl, combine panko bread crumbs and vegetable seasoning. In a large bowl, toss the vegetables in flour, shaking to remove any excess flour. Dip the vegetables, a few at a time, into the egg whites, then dip into the panko crumb mixture to coat.

Place the vegetables in a single layer in the prepared baking pan. Drizzle the vegetables with olive oil. Bake for ~10 minutes or until vegetables are golden brown, gently stirring twice.

Serve with low-sodium soy sauce or other Asian sauce of choice for dipping.


NUTRITION INFO per 1-1/2 cup serving: 148 calories, 4 g fat, 23 g carbohydrates, 4 g fiber

Recipes and photos courtesy of Lindsay Kordick: from her blog Eighty Twenty, www.eat8020.com



Lindsay Kordick has been a registered dietitian with Bozeman Deaconess Hospital for more than six years. She is also a Certified Exercise Specialist and writes a blog featuring recipes based on her 80/20 principle: eating wholesome, healthy meals 80 percent of the time and indulging a bit, 20 percent of the time.

Bozeman Senior Center

• 807 North Tracy • (406) 586-2421 • www.bozemanseniorcenter.org
 Shannon Bondy, shannon@bozemanseniorcenter.org (Executive Director)
 Associate Director: Deb Earl, deb@bozemanseniorcenter.org Find us on Facebook! 

The Bozeman Senior Center will be closed on Jan. 16 for Martin Luther King Jr. Holiday.

EVENTS

■ **ELECTION RESULTS:** Thank you to all nominees who ran for the Board of Directors. Elected to 3-year terms were Rodger McCormick, Ray Gant and Audrey Walton. Barb Pastine will be the alternate. A special note of appreciation to Lois Swatland, Barb Pastine and Charlie Soha for being willing to serve. And a huge thank you to members completing 3-year terms: Rodger McCormick, Ray Gant and Linda Kuhn.

■ **MEMBER SPECIALS:** Pay for a whole year of exercise by Jan. 31, and the cost is \$100, saving you \$20. Members may now use the computer room and volunteer instruction for FREE.

■ **CROSS COUNTRY SKI/ SNOWSHOE PROGRAM:** Jan. 3, 9am. The program is designed for individuals with prior experience. Get your itinerary at the front desk.

■ **MOVIE:** Jan. 17, 1pm. Popcorn provided.

■ **TRAVEL THEATER:** Winter Escape to Hawaii, Jan. 18, 1pm. Jinnie & Dave Milne explore Hawaii's scenery, cultural traditions, volcanos, birds and sea life.

■ **LAST BEST GERI-ACTORS READERS' THEATRE:** Fridays 1pm. No acting experience necessary, and you choose which shows you participate in.

■ **FIRST CHOICE HOME HEALTH:** Jan. 25, 1pm. Interactive discussion about the differences between home health care services and skilled nursing.

■ **TIME MANAGEMENT:** De-cluttering Your Life: Jan. 23, 10am. Learn to prioritize time, focus on

important issues, downsize and eliminate decision fatigue. Presenter is Karen Johnson, a family service & senior move manager, and Americans For Prosperity Foundation.

■ **PEDOMETER WALK:** Jan. 23 & 30, 12:45pm. Join us for 6 meetings as we count steps and visit China via videos. Some competition, your goals are personal and you start where you are now. Get packet at the front desk Jan. 10-17. Plan to have lunch with us at noon. Sign up ahead if you can. Join ANYTIME; participate even if you cannot make meetings.

■ **PANCAKE SUPPER & BINGO:** Jan. 23, 5:30pm. \$3.50/person. Stay for Bingo fun! Thank you, Lion's Club, for cooking each month.

TRAVEL

■ **FREEZE OUT LAKE:** March 23: See hundreds of snow geese near Vaughn, Montana. 6am departure. Travel by Karst Stage, lunch on your own. \$55.

■ **SHANE THEATER, LIVINGS-TON:** Matinee, March 26. Front-row seats for "Evita." Travel by Karst Stage, leaving the Center at 1:30 p.m. \$57.

■ **SHANE THEATER, LIVINGS-TON:** Matinee, May 7: Front-row seats for "South Pacific," done by Park High School. Travel by Karst Stage. \$57.

■ **JET BOAT TRIP ON THE SNAKE RIVER, IDAHO:** July 11-14. Two nights in Clarkston, Wash., one night up the Snake River. \$825.

■ **OREGON TRAILS & PORTLAND ROSE FESTIVAL:** June 8-13. Flight, Rose Festival reserved seating, Mt. Saint Helens, Johnston Ridge Observatory, Sternwheeler cruise, Ft. Clatsop, Multnomah Falls, more. \$2,199 pp, double occupancy.

■ **GRAND CANYON & NATIONAL PARKS:** June 25-30. Flight, tour on the Colorado River, Route 66 Museum, night at Warwick Lodge, then Bryce & Zion parks. \$2,799 pp, double.

■ **FALL COLORS & LIGHTHOUSES OF THE GREAT LAKES:** Sept. 28-Oct. 6. Flight, two nights in Chicago, two nights on Mackinac Island, visit Green Bay, Lambeau Field, Door County & Wisconsin Dells. \$2,799 pp, double.

■ **PANAMA CANAL CRUISE:** Nov. 3-15. Cruise on the Norwegian Sun, 6 ports of call, through the Panama Canal. Cost based on cabin category.

■ **PERU:** Oct. 28-Nov. 6. Fly to Lima, Vista dome train to Machu Picchu, the Ollantaytambo Ruins, a boat ride on Lake Titicaca and more. \$5,279 pp, double.

SERVICES

■ **Forgetters & Friends:** Jan. 11, 1pm.

■ **Computer Assistance with Brenda, Paul, Jay, & Molly.** Call to sign up.

■ **Medical Equipment for those 50+.**

■ **The Hearing Aid Institute of Bozeman offers free clean & check, adjustments, batteries, repairs, & wax check.** Jan. 18, 12:30-1:30pm.

■ **Foot Clinic by appointment.** Jan. 9, 10, 23, 24.

■ **Free blood pressure checks** Wednesdays 11:30am-1pm.

■ **Association for the Blind, 2nd Thursday 1:30pm.** Open to anyone who is visually impaired.

HEALTH & EXERCISE

■ **Mondays:** 8:30am Strength Training, 9am Gentle Aerobics, 10am Core, 10:30am Aerobics Plus,

11:30am Thai Chi for mind & balance, 1pm Balance, 1:35pm Yoga.

■ **Tuesdays:** 11:30am Yang Thai Chi, 12:30pm Strength Training, 2pm Arthritis Fitness.

■ **Wednesdays:** 8:30am Strength Training, 9am Gentle Aerobics, 10am Core, 10:30am Aerobics Plus, 1pm Balance, 1:30pm Gentle Yoga.

■ **Thursdays:** 11:30am Yang Thai Chi, 12:30pm Strength Training, 2pm Arthritis Fitness.

■ **Fridays:** 8:30am Strength Training, 9am Gentle Aerobics, 10am Core, 10:30am Aerobics Plus, 11:30am Thai Chi for mind & balance.

SOCIAL ACTIVITIES

■ **Bingo:** Tuesdays & Thursdays 1pm.

■ **Book Club:** Jan. 9, 10:30am. (The Boys in the Boat)

■ **Bridge:** Wednesdays & Fridays 12:45pm.

■ **Duplicate Bridge:** Mondays 12:30pm.

■ **Creative Writing:** Tuesdays 10am.

■ **Cribbage:** Tuesdays 1pm.

■ **Line Dancing:** Tuesdays 10:30am. Beginners 10am.

■ **Oil Painting:** Dec. 5 & 19 1pm with instructor May Mace.

■ **Pinochle:** Wednesdays 1pm. Thursdays 1pm.

■ **Red Hat Ladies Luncheon:** Dec. 14, 11:30am at Olive Garden.

■ **Scrabble:** Thursdays 9:30am.

■ **Canasta:** Thursdays 10am.

■ **Sign Language:** Tuesdays 1:30pm.

■ **Singing Souls:** Tuesdays 1:30pm. ■ **Watercolor Painting:** Wednesdays 9:30am.

■ **Ukulele Club:** Wednesdays 10:am.

■ **Adventure Travel:** 3rd Wednesday 1pm.

- Readers Theatre: Fridays 1pm.
- Woodworker Shop open to members only 8:30am-4pm.
- Wood Carvers: Mondays 9:30am.

NUTRITION SERVICES

- Congregate Meals at Center Monday-Friday Noon.
- Meals-on-Wheels delivered Monday-Friday to homebound individuals.
- Frozen Meals available for pickup at Center Monday-Friday.
- FREE Birthday Dinner Celebrations on Wednesdays during the month of your birthday for members.

EXTRAS

- Second Hand Rose Thrift Store: 10am-2pm, Monday-Friday. Bring donations of clothes, household items, books, games, crafts, & more anytime between 8:30am-4:30pm, Monday-Friday.
- Do you or someone you know need an electric scooter? These are donated occasionally and we give them away to those in need. Call to get on waiting list.

VOLUNTEER

Call 406-586-2421 about these opportunities: **Meals-on-Wheels** needs volunteers to deliver meals in Bozeman. **Foot Clinic** is looking for current or retired nurses to help with our monthly service. **Our thrift store**, Second Hand Rose, sometimes receives more donations than we can use. We occasionally need volunteers with a truck, SUV or other large vehicle to take surplus to other thrift stores.

Menu

Mon-Fri at Noon

- 2-**Beets, Spaghetti w/ Meat Sauce, Broccoli, Garlic Bread, Cookie
- 3-**Jello/Fruit, Chicken Sandwich, Steak Fries, Sliced Tomato, Chocolate Cake
- 4-**Three Bean Salad, Baked Ham, Scalloped Potatoes, Green Beans, Cherry Crisp
- 5-**Coleslaw, Baked Cod, Brown Rice, Peas, Lemon Cake
- 6-** Tossed Salad, Beef Stew, Biscuits, Ice Cream w/Sauce
- 9-** Cottage Cheese/Fruit, Burger, Beans, Brownie
- 10-** Pea Salad, Chicken Stir Fry, Soba Noodles, Mixed Vegetables, Poppy Seed Cake
- 11-**Tomato Soup, Ham & Cheese Sandwich, Carrot Sticks, Lemon Bar
- 12-**Boiled Egg, Hamburger Steak, Boiled Potato, Green Beans, Sour Cream Peach
- 13-**Taco Salad Bar, Ice Cream Sundae
- 16-** MARTIN LUTHER KING JR. HOLIDAY-CENTER CLOSED
- 17-** Chicken Parmesan, Noodles, Mixed Vegetables, Cookie Bar
- 18-** Applesauce, Pork Chop, Baked Potato, Green Beans, Apple Crisp
- 19-** Broccoli Salad, Roast Beef, Mashed Potatoes, Gravy, Steamed Carrots, Carrot Cake
- 20-** Tomatoes/Dressing, Sausage & Cheese Quiche, Muffin, Mousse
- 23-** Citrus Salad, Polish Dog, Sauerkraut, Mashed Potatoes, Ice Cream
- 24-** Carrot Salad, Hearty Vegetable Soup, Bread, Blondie
- 25-** Creamed Cucumbers, Turkey, Rice, Carrots & Peas, Pumpkin Cake
- 26-** Tossed Salad, Swiss Steak, Mashed Potatoes/Gravy, Cauliflower, Bread Pudding
- 27-** Pineapple/Banana, Seafood Salad, Breadstick, Fruit Crisp
- 30-** Apricots, Teriyaki Chicken, Rice, Stir Fry Vegetables, Pudding
- 31-** Fruit Salad, Goulash, Broccoli, White Cake

Please make reservations for lunch so that we can have an adequate amount of food!

Belgrade Senior Center

92 East Cameron Avenue
(406) 388-4711

www.belgradeseniorcenter.com
Email: belgradescntr@bresnan.net
Executive Director: Kathryn Manz

CENTER CLOSED JANUARY 2

MEETINGS:

- Dec. 9, 10:15am, Fundraising
- Dec. 23, 1pm, Board Meeting

EXERCISE:

- Movement in Motion: 9am, MWF
- Yoga: 9am Tuesday, 8am Friday
- Reactive Balance: 10:45am Jan 5 & 26

COMMUNITY RESOURCES:

- HRDC Food Pantry: 11:30am Wednesdays
- Hearing Aid Check: 12:30pm Jan 24
- Blood Pressure Check: Noon Jan 12, 19

SOCIAL ACTIVITIES:

- Bingo: 1pm Wednesdays
- Saturday Bingo: 2-4pm, Jan 7, 21
- Canasta: 12:30pm Tuesdays
- Needleaires: 1pm Thursdays
- Pinochle: 9am Thursdays
- Pinochle/Games: 12:30pm Fridays
- Red Rockers Lunch: 11:30am Jan 10

Menu

Mon - Fri at Noon

- 2-** CLOSED
- 3-** Blueberry Pancakes, Ham, Fruited Jello
- 4-** Hungarian Goulash, Rice
- 5-** Turkey Noodle Soup, Crispy Bread
- 6-** Herb Baked Cod, Oven Fried Potatoes
- 9-** Beef Stew & Dumplings
- 10-** Oven Fried Chicken, Pasta Salad
- 11-** Ham & Bean Soup, Garlic Bread
- 12-** Chicken Fried Steak, Mashed Potatoes/Gravy
- 13-** Spanish Rice with Beef
- 16-** BBQ Pork Chops
- 17-** Chicken Cordon Bleu, Caserole
- 18-** Herb Parmesan Chicken, Roast Potatoes
- 19-** Roast Beef, Mashed Potatoes/Gravy
- 20-** Lemon Herb Salmon, Rice Pilaf
- 23-** Biscuits, Sausage Gravy, Scrambled Eggs
- 24-** Pork Roast, Mashed Potatoes/Gravy
- 25-** Cincinnati Chili & Noodles
- 26-** Potato Soup, Baked Ham & Cheese Sandwich
- 27-** Baked Cod, Macaroni Salad
- 30-** Fruit Salad, Biscuits, Sausage Gravy, Scrambled Eggs
- 31-** Ranch Pork Chops, Oven Fried Potatoes

All Meals Include Roll & Drink, Veggie & Dessert. Gluten and dairy free items upon request.

Hollowtop Senior Citizens

Broadway St., Pony, MT • 685-3323 or 685-3494

- Serving Harrison, Pony, Norris and surrounding areas
- Fee: \$5 a year. Meals \$3.50 members and \$5 for guests
- Dinner served on Wednesdays all year long and on Mondays October – May
- Lending library and medical equipment

Manhattan Senior Center

102 East Main Street, Manhattan, MT • 284-6501

- Fee: \$10.00 a year
 - Meals: \$3.50 over 60 years of age, \$6 under 60
 - Noon meal is served Tuesday, Wednesday, and Thursday; call Monday – Friday before 10:00 am to reserve a seat
 - Pinochle: Tuesday, Wednesday, and Thursday after lunch
- Center Hall and kitchen are available for rental. Hall rental \$50, kitchen and hall \$75. Cleaning deposit of \$25 and key deposit \$10. Call Susan for more details to reserve the space.

Park County Senior Center

206 South Main Street, Livingston, MT • 333-2276

www.parkcountyseniorcenter.com • Open Monday - Friday 9-5

- Please call Senior Center for news and events.

Three Rivers Senior Club

19 East Cedar Street, Three Forks • 285-3235

Director: Jean Farnam • 570-0800

- Club Membership: \$10 a year. Must be 50 or older to join.
- Meals for Members and Nonmembers: \$6 for those under 60. Suggested price for those 60 and over: \$3.50. Noon meal is served Tuesdays, Wednesdays, Thursdays. Make reservations by 8 a.m.; call 406-285-3235 and leave message.
- Birthday Celebration: Once a month on 2nd or 3rd Thursday.
- Meals on Wheels delivered to homebound.
- Pinochle Tuesdays through Thursdays after meal.
- Extensive lending library of books, videos, jigsaw puzzles. Medical equipment such as walkers, shower seats, crutches, also available; call Jean. For info about the HRDC bus for Three Forks and Willow Creek residents, call Galavan, 406-587-2434.

Menu

- 3- Polish Sausage & Sauerkraut
- 4- Spaghetti
- 5- Cheesy Broccoli & Taco Salad
- 10- Sweet & Sour Pork
- 11- Bacon Cheeseburger & Tater Tot Casserole
- 12- Pork Chops
- 17- Fried Chicken
- 18- Chili
- 19- Beef & Broccoli
- 24- Cheesy Swedish Meatball Bake
- 25- Ham & Scalloped Potatoes
- 26- Honey Butter Pork
- 31- Chicken Tamale Pie

RSVP Southwest Montana

807 N. Tracy Ave., Bozeman, MT 59715 • 587-5444

Debi Casagranda, Program Coordinator • (dcasagranda@thehrdc.org)

111 South 2nd, Livingston, MT 59047 • 222-2281

Deb Downs, Livingston Program Coordinator (debdowns@rsvpmt.org)

www.rsvpmt.org

■ SENIOR GROCERIES: GALLATIN VALLEY FOOD BANK: Deliver commodities to seniors in their homes once a month. Deliveries in Belgrade especially needed.

■ BOZEMAN SENIOR CENTER FOOT CLINIC: Retired or nearly retired nurses urgently needed! Two days a month, either 4- or 8-hour shifts.

■ BOZEMAN HEALTH: Volunteers needed at the Care Boutique in the Cancer Center. Help customers and keep merchandise straightened.

■ BOZEMAN SYMPHONY: Ushers, greeters, ticket sellers needed. Contact Debi, 406-587-5444, for concert dates.

■ AMERICAN RED CROSS: Donor Ambassador needed to greet and assist donors at blood drives at the Bozeman Red Cross Center on Fridays 10 a.m.-2 p.m., or in the community. Work one or more 4-hour shifts a month, preferably the same schedule each month.

■ HAWKS NEST: Help in the Hawks Nest at Bozeman High, with infants during nap time, 1-3 p.m., and in toddler room, 9:30-11 a.m.

IN LIVINGSTON

■ FOOD PANTRY: Help with distribution on Tuesdays and Thursdays.

■ BIG BROTHER BIG SISTERS: Be a positive role model to a child for a few hours a week.

■ TRANSPORTATION: Drivers needed to help patients keep doctor appointments in Livingston and Bozeman. Gas reimbursement may be provided.

■ STAFFORD ANIMAL SHELTER: Gentle compassionate volunteers needed to socialize and play with kittens and cats and walk dogs. One hour safety training provided.

■ HANDCRAFTERS: Visit this group on Thursdays, 1-2 p.m. Make new friends as you work on crocheted or knitted caps and scarves for Head Start children. Also making gifts for prenatal classes, and hats and afghans for newborns. Sewers needed to make simple pillowcases for our soldiers overseas.

■ SENIOR CENTER FOOT CLINIC: Volunteers and nurses needed twice a month to help seniors with foot care.



BOZEMAN LIONS CLUB



Drop off your prescription and non-prescription eye glasses and dark glasses, as well as hearing aids and cell phones in the collection boxes at the Bozeman Senior Center, the Manhattan Senior Center, the Three Rivers Senior Citizens Club in Three Forks, and the Gallatin Gateway Community Center

For more information, contact Richard Reiley at 406-388-7840
Visit us on the web at <http://le-clubhouse.org/sites/bozemanmt>