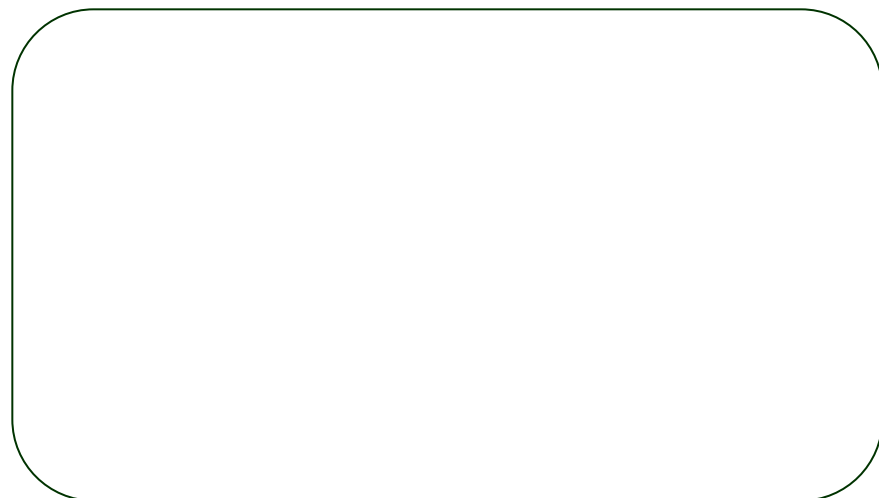




1547 N. Hunters Way
Bozeman, MT 59718

PLACE STAMP
HERE



Administrative Staff:

PENELOPE STIFF-WATKINS

Executive Director

ELICIA RUIZ

Community Relations Director

CYNDY GILBERTSON

Resident Care Coordinator

MARYSSA SCHEETZ

Asst. Resident Care Coordinator

TINA THOMPSON

Business Office Manager

SHAUNA HERBEL

Registered Nurse

LOU RUIZ

Dietary Director

DANNY HAGFELDT

Maintenance Director

LEAH WEAVER

Activities Director

Contact Us At:

406-522-5452



**Our mission is to create and sustain
comfortable, caring environments for
those who depend on us.**

Bozeman Lodge

Bozeman Lodge Independent & Assisted Living Newsletter — October 2017



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The Importance of Interaction and Engagement for Senior Health

From birth, humans have an instinct to express themselves and engage with others. This instinct remains crucial throughout life in all of its stages.

For older adults, maintaining these regular interactions and engagements is encouraged as changes may occur with retirement, a new schedule, moving, being apart from certain family members or friends, and/or physical health. Companionship and activities with others can provide comfort and stability through life changes.

Some changes can lead to depression, feelings of sadness and loneliness, and/or self-isolating behaviors. For those who struggle with loneliness or self-isolation, it is important to recognize that those feelings are there and to let someone know.

Why Social Engagement is Necessary

Research studies suggest that there is a strong correlation between older adults' emotional and physical health and how social they are in their daily lives. The Alzheimer's Association has stated that brain vitality can best be maintained through physical and mental activities that involve social engagement, along with a brain-healthy diet.

Ways to Increase Engagement

To increase social interactions, it is a good idea for people to try to spend time in spaces where others are engaging in group activities. Taking on activities and setting goals add senses of purpose to daily life.

Engaging activities could include playing cards or table games, making puzzles, creating art, using technology to connect with others, walking, exercising, taking a class, gardening, cooking, fishing, going on a trip, watching a movie, listening to or watching a musician or entertainer, and/or dining with others.

Discussion groups in which people talk about similar interests and activities or hobbies are also beneficial for senior health.

Helping out with a cause and/or taking care of a pet are two additional ways that seniors can find a sense of purpose and stay engaged. Having pride about a job well done or a person or animal cared for can lift up spirits and brighten daily life.

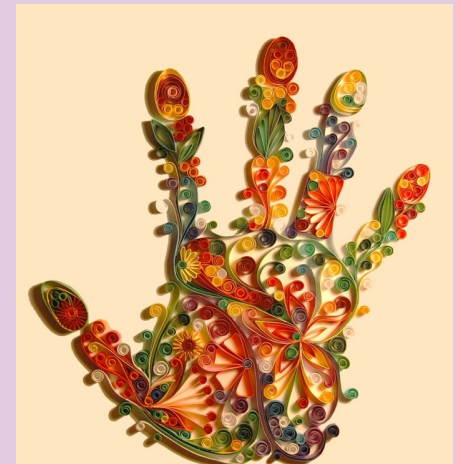
Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.



Massage Therapy with Melissa!

Massage Therapy with Melissa

Have you considered getting a massage and the benefits that go with it? Treat your aches and pains and feel better! The Lodge has its own in-house Licensed Massage Therapist, Melissa. Give her a visit or a call at (406) 539-4852.



You are invited to the Massage Therapy information talk with Melissa on Tuesday, October 24th, at 2:45pm in the living room. There will be a drawing for a free 1/2 hour massage!!

Fall Special Coupon

\$10.00 OFF

**All Massages Through
The Month of
October!!**

October Highlights — You're Invited!

- 10/2 Dinner at Riverhouse Grill
- 10/6 Resident Council Meeting
- 10/9 Lunch Out at Arby's
- 10/9 S'mores with Stylz
- 10/10 and 10/24 Bookmobile
- 10/11 FLU Shot Clinic
- 10/13 Fall Festival at Senior Center
- 10/14 Alpacas of MT Open House
- 10/15 Intermountain Opera
- 10/16 Ghost Town Coffee Roasters
- 10/16 Dinner Out at The Oasis
- 10/17 Health Talk/ Emotional Wellness
- 10/19 Men's Pizza Party
- 10/26 Bus to Bozeman Hot Springs
- 10/27 Newcomer's Social
- 10/29 Bozeman Symphony
- 10/30 Lunch Out at Sidewinders
- 10/30 Mask Making Party

Halloween Masquerade Party

Tuesday, October 31st from 11:30am to 1:30pm in the Dining Room

Prizes for the best Masks!



Grandparent's Day Celebration!!



Writing Workshop

A Guided Gratitude Workshop

Have you ever considered writing down the things you're most grateful for having received or achieved in life?

Imagine finding a way to capture your gratitude stories before they get away. What a treasure for your family and friends!

Stories of a grateful heart link us to family, history, love, and lessons learned. Consider attending this special 4-session Gratitude Workshop.

Dates: November 14, 16, 20 & 21
Time: 2:00 – 3:30 pm
Location: Library
Cost: All 4-sessions = \$100 per person

If you appreciate life, your family and history, this is a great workshop for you. **Nanette Randall, personal historian and**

founder of Memoirs by Design, will guide you in writing your stories of gratitude.

This is for men and women who love to write! Bring a notebook and a fine-feeling pen!

If you are interested please sign up with activity director Leah Weaver

If you have questions, please call 303-885-3790.



Employee of the Month
John the Cook



October 2017



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|---|--|
| 1 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie | 2 9:30 Coffee Talk with Bo *9:30 Balance & Beyond, Cheryl 1:30 Bingo Game *2:45 Scenic Drive up Big Sky and Dinner at Riverhouse Grill 3:00 Afternoon Movie 5:00 Piano Music with Vivian 7:00 Evening Movie | 3 9:15 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Fingernail Painting 1:00 What's in the Pillowcase 2:00 Stretch & Tone, Myriah 3:00 IN2L Trivia & Smoothies 3:00 Afternoon Movie 6:30 Poker Game | 4 49:30 Pole Walking Class 10:30 Live Music w/ Trina *10:45 Shopping at Target *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Trivia & Readings by Janice 7:00 Evening Movie | 5 10:00 Circuit Exercise 10:45 IN2L Brain Games *12:00 October Birthday Lunch 1:00 Visit with Arthur Dog 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Fall Craft Project 3:00 Afternoon Movie 7:00 Evening Movie | 6 9:30 Price Rite Repair Clinic 9:30 Men's Coffee Club *10:30 Fall Walk at Statue Park 9:30 Tai Chi Exercise, Val *1:00 Bridge Game 1:00 Bible Study 1:00 Knitting and Crochet Group 2:30 Bobs Piano Tunes 3:30 Resident Council Meeting 7:00 Evening Movie | 7 *10:30 Shopping at Smiths 10:30 Morning Walk 11:00 Watch MSU Football 1:30 Bingo Game 3:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie |
| 8 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie | 9 9:30 Coffee Talk with Bo 10:30 Art Class with Loretta *11:45 Lunch at Arby's 1:30 Bingo Game 3:00 Live Music with Edis 4:00 S'mores on the Patio 5:00 Piano Music with Vivian 5:15 Hearing Aid Clinic 7:00 Live Bluegrass Jam | 10 9:15 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Bookmobile 10:45 Greeting Card Sale 1:00 Brain Games 2:00 Stretch & Tone, Myriah 3:00 Afternoon Movie 6:30 Poker Game | 11 *9 to 1 Flu shot Clinic 9:30 Pole Walking Class 10:30 Bistro Banking *10:45 Shopping at Target *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Live Accordion Music 7:00 Evening Movie | 12 10:00 Circuit Exercise 10:45 IN2L Brain Games *12:00 Picnic on the Patio 1:00 Visit with Arthur Dog 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Penny's Post Its 3:00 Afternoon Movie 7:00 Evening Movie | 13 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val *10:45 Fall Festival & Lunch at Bozeman Senior Center *1:00 Bridge Game 1:00 Bible Study 1:00 Knitting and Crochet Group 3:30 MSU Bobcat Meet & Greet 7:00 Evening Movie | 14 *10:45 Visit Alpacas of MT Farm 10:30 Morning Walk 1:30 Bingo Game *3:00 Shopping at Walmart 3:00 Afternoon Movie 7:00 Evening Movie |
| 15 *9:00 to 12 Bus To Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games *2:15 Intermountain Opera 3:00 Afternoon Movie 7:00 Evening Movie | 16 9:30 Coffee Talk with Bo *9:30 Balance & Beyond, Cheryl *9:45 Ghost Town Coffee Roasters Tour and Tasting 1:30 Bingo Game *4:30 Dinner at Oasis Steakhouse 5:00 Piano Music with Vivian | 17 9:15 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Fingernail Painting 1:00 What's in the Pillowcase 2:00 Stretch & Tone, Myriah 2:45 Health Talk Emotional Wellness 3:00 Afternoon Movie 6:30 Poker Game | 18 9:30 Pole Walking Class *10:45 Shopping at Target *1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Live Music by Edis 7:00 Evening Movie | 19 10:00 Circuit Exercise 10:45 IN2L Brain Games *12:00 Men's Pizza Party 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Penny's Post Its 4:00 Book Club Meeting 3:00 Afternoon Movie 7:00 Evening Movie | 20 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val 10:30 Decorate Pumpkins *1:00 Bridge Game 1:00 Bible Study 1:00 Knitting and Crochet Group 2:30 Bobs Piano Tunes & Birthday Party 7:00 Evening Movie | 21 *10:30 Shopping at Safeway 10:30 Morning Walk 1:30 Bingo Game 3:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie |
| 22 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie | 23 9:30 Coffee Talk with Bo *9:30 Balance & Beyond, Cheryl 10:30 Art Class with Loretta 1:30 Bingo Game 3:00 Live Music with Edis 4:00 S'mores on the Patio 5:00 Piano Music with Vivian 7:00 Live Bluegrass Jam | 24 9:15 Current Events & Coffee 10:00 Chair Exercise, Leah 10:30 Bookmobile 10:45 Greeting Card Sale 2:00 Stretch & Tone, Myriah 2:45 Massage Therapy Info Talk with Melissa Wustner 3:00 Afternoon Movie 6:30 Poker Game | 25 9:30 Pole Walking Class 10:30 Bistro Banking *10:45 Shopping at Target *1:00 Bridge Game 2:00 Dining Services Meeting 2:30 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Live Music 7:00 Evening Movie | 26 10:00 Circuit Exercise 10:45 IN2L Brain Games 12:00 New Comers Lunch 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:00 Medicare Q & A *6:30 Bozeman Hot Springs 7:00 Evening Movie | 27 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val *10:30 Bake Halloween Cookies 10:30 Visit with Arthur Dog *1:00 Bridge Game 1:00 Bible Study 1:00 Knitting and Crochet Group 2:00 Newcomers Social 7:00 Evening Movie | 28 *10:30 Shopping at Albertsons 10:30 Morning Walk 1:30 Watch MSU Football 1:30 Bingo Game *3:00 Fall Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie |
| 29 *9:00 to 12 Bus To Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service *1:30 Bozeman Symphony 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie | 30 9:30 Coffee Talk with Bo *9:30 Balance & Beyond, Cheryl *11:30 Lunch at Sidewinders 1:30 Bingo Game 3:00 Halloween Mask Making Party 5:00 Piano Music with Vivian | 31 9:15 Current Events & Coffee 10:00 Chair Exercise, Leah *11:30 Halloween Masquerade 2:00 Stretch & Tone, Myriah 3:00 IN2L Trivia & Boonilla Shakes 3:00 Afternoon Movie 6:30 Poker Game | | | Resident Birthdays Patty Johnston, 5 th Doris Krebill, 12 th Debbie Goltz, 18 th Helen Birgfeld, 18 th | Maxine Lechner, 23 rd Janice Budeski, 24 th Mildred Raffety, 24 th Paul Krebill, 25 th Lee Rostad, 28 th Pat Foster 29 th |

