



1547 N. Hunters Way
Bozeman, MT 59718

Stamp



Leadership Team
Phone: 406.522.5452
Email: info@bozeman-lodge.com
Website: bozeman-lodge.com

Executive Director:
Caitlyn Stolz
Assistant Executive Director:
Tina Espeland
Community Relations Director:
Greggory Wagner
Wellness Director:
Sarah Collingwood
Wellness Nurse:
Nicolett Butler
Business Office Director:
Zandra Stolz
Life Enrichment Director:
Tina Thompson
Dining Services Director:
Tim Green
Maintenance Director:
Garret Hofmaster

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



Bozeman Lodge News

May 2022 Newsletter



2 Creative Fitness & Hydration
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, Brunch Info
7 Special Moments & Birthdays
8 Mission & Team

Creative Fitness & Hydration Ideas for Older Adults

Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.

Physical fitness and staying hydrated, while naturally easy and fun for some, can seem intimidating for others. Look forward to creative approaches to both this Senior Health and Fitness Month!

Fun Fitness

For most of us, there's some type of physical fitness that appeals (workout machines, sports, dance, yoga, swimming), but sometimes creativity spurs extra motivation! Think outside the box with ideas like: in-air arm swim strokes, hula hooping laughter yoga, gardening, soft darts, bean bag toss, bowling, croquet, mini golf, striking poses and holding them, noodle ball volleying, and scavenger hunts.

Our community uses It's Never 2 Late (IN2L) that has many fitness avenues, from Conductorcize and Sit & Be Fit to Tai Chi and Chair Chi (for varying fitness levels). Explore the features with our life enrichment team.

Themed Walks

Walks can be more fun when paired with an activity. Consider a bird walk, tree walk, or flower walk and mark observations with a field guide book. Get artsy by collecting flowers for pressing. Head out on a nature walk where each walker collects a leaf, twig, rock, wildflower, blade of grass, etc. Paint positive-message rocks and on a walk leave them places for others to find. Other ideas: museum walk or mall-window shop, or see which walker can write down the most street sign names or models of cars spotted.



Physical fitness is important for older adults. It makes activities of daily life easier to do, and it helps with bone density and muscle strength. An added bonus is a decreased likelihood for falls.

Hydration Elation

For older adults, hydrating is especially important as thirst tends to decrease with age. Water doesn't have to be the only source for hydrating though. Some foods high in water content include celery, cucumbers, watermelon, cantaloupe, strawberries, bell peppers, grapes, and tomatoes. Soups, broths, and stews also can increase fluid intake, but watch for sodium content. When it comes to beverages, add some excitement to water with fruit or mint infused in it, or try milk, coconut water, or herbal caffeine-free teas like hibiscus or chamomile.

Share Your Best Fitness/Hydration Idea

We hope you are inspired by these out of the box ideas for fitness and hydration! Did you think of a fun idea you would like to share? Please do so on our Facebook on the 1st!

Special Moments



"May! Queen of blossoms and fulfilling flowers. With what pretty music shall we charm the hours?" - Lord Edward Thurlow



Happy Birthday!

LeEtta L.: May 4

Frank S.: May 22

Susan C.: May 5

David V.: May 25

Jim H.: May 11

Carol M.: May 30

Toni L.: May 22

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstone for May is emerald. The birth flower for May is lily of the valley. May is said to be the luckiest month in which to be born!



May 2022 Highlights

May includes awareness observances for mental health, asthma, blood pressure, osteoporosis, skin cancer, and strokes. It celebrates seniors, nurses, photography, strawberries, salsa, asparagus, and barbecues!

03 Mother's Day Photography Project
 03 Banana Split Bar
 04 Flags & Faith Informational Meeting
 05 Salsa Tasting & Margaritas
 06 Shopping at Safeway*
 06 Resident Council Meeting
 07 Kentucky Derby Trivia & Cocktails
 08 Mother's Day Brunch*
 10 Benefits of Moving Health Talk Treats
 11 Visit from Bozeman Library Bookmobile
 11 Gardening Club Meeting
 13 Lunch at the Garage*
 15 Marriage of Figaro Opera*
 16 Music Therapy with Trina
 17 Writing Club with Mallory
 18 Music with Edis & Cliff
 18 Paint/Decorate a Vintage Truck Decoration*
 19 Health Talk & Happy Hour with Stillwater
 20 Shopping for Lodge Flowers at Home Depot*

20 Scenic Drive*
 21 Gardening Club: Planting Our Garden
 22 Bozeman Symphony: Beethoven #9*
 23 Book Club Meeting with Mallory
 24 Ice Cream Sundaes
 25 Newcomer's Social
 26 Blood Pressure Clinic with Encompass
 26 Happy Hour with Cliff & Friends
 27 Shopping at Target*
 27 Men's Pizza Party*
 30 Memorial Day BBQ
 31 Fill Flags & Faith Care Packages



Happy Mother's Day to all the moms out there!

Regarding Covid-19:

Our resident and staff safety and comfort remain our first priority as Coronavirus cases have occurred nationwide. We are following mandated health guidelines. All activities are subject to cancellation per those guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



Visit our facebook at:
[Facebook.com/BozemanLodge](https://www.facebook.com/BozemanLodge)

Mother's Day Brunch Sunday, May 8th

The first seating will be from 11:30-12:30
 The second seating will be from 1:00-2:00

Guest meals cost \$10.
 Children 10 & under are free.

RSVPS for residents and guests are **due no later than Wednesday, May 4th**

Please note: You can pay with cash, checks, or charge to your bill. Bingo bucks cannot be used.



Staff Spotlight: Blake

Receptionist Blake is our employee of the month. Originally from Morgan Hill, CA, she moved to Bozeman when an opportunity arose. Blake is the youngest of 4 children. She grew up with horses, and currently has a dog named Rooster.

Besides spending time with her dog, Blake enjoys reading and riding horses. She also works part time at Makenzie River Pizza Company. Her favorite type of food is Mexican food, and her favorite color is green. At one point, Blake lived in Denmark for 3 months and had the opportunity to travel around Europe. Her favorite place that she's traveled to is Ireland, and she hopes to live there one day. We're thankful for your positive attitude and helpfulness every day, Blake!



Meet Our In House Physical Therapist: Anna Collins

Anna Collins joins us as our in-house Physical Therapist and Director of Rehabilitation through ONR Touch. She is a graduate from the University of Montana's Health Sciences Physical Therapy Program, as well as graduating with a Bachelor's of Science in Physical Therapy magna cum laude.

Anna has experience ranging in a variety of settings. She has a Mechanical Diagnosis and Treatment certification from the McKenzie Institute of New Zealand and has specialized in Vestibular Dysfunctions, Spine Pathology and Arthritic Conditions.

Anna moved to Bozeman 3 years ago after selling her orthopedic clinic in Helena. She lives with her husband Shane and their dog Bandit. She has competed in tennis, including state and regional tennis events, soccer and long-distance running. We look forward to the experience and care she's bringing to the Lodge!

MAY 2022

Bozeman Lodge

• 1547 N. Hunters Way, Bozeman, MT 59718

• (406) 522-5452

SUN	MON	TUE	WED	THU	FRI	SAT
1 9:30 Sunday Sweet Treats 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Brain Game 1:00 Take a Walk 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	2 9:30 This Week in History 10:15 Snack Chat 11:00 IN2L: Wordle Brain Game 1:00 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 4:00 IN2L: Music 7:00 Evening Movie	3 9:30 Aguas Frescas 10:00 Mother's Day Photography Project 10:45 Zumba Gold Exercise 1:00 Theater: WWII Road to Victory Documentary 1:30 Bridge Club 2:15 Learn to Play Left Center Right Dice Game 3:30 Banana Split Bar 7:00 Evening Movie	4 9:30 Exercise with Cheryl 10:30 Star Wars Fun Facts & Trivia 1:00 Catholic Communion 2:00 Mother's Day Photography Project 3:00 Afternoon Movie 3:30 Flags & Faith Info Meeting 7:00 Evening Movie	5 <u>Cinco de Mayo</u> 9:30 IN2L: Mexico Fun Facts & Trivia 10:45 Chair Yoga with Anna 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:45 Salsa Tasting & Margaritas in the Bistro 7:00 Evening Movie	6 9:15 Circuit Exercise 9:45 Shopping at Safeway* 10:30 Coffee Chat 11:00 IN2L: Classic Comedy 1:30 Bible Study w/ Bill Bell 2:30 Resident Council Meeting 3:00 Afternoon Movie 4:00 IN2L: Movie Memories Discussion 7:00 Evening Movie	7 9:30 Saturday Smoothies 10:15 Call Out the Answer Game 11:00 Poetry Reading 1:00 Theater: Breaking Boundaries Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Kentucky Derby Trivia & Cocktails 7:00 Evening Movie
8 <u>Mother's Day</u> 10:00 Calvary Baptist Church Service 11:30 Mother's Day Brunch 1 st Seating * 1:00 Mother's Day Brunch 2 nd Seating* 2:30 Ecumenical Service 3:00 & 7:00 Movie: Mother's Day	9 9:30 This Week in History 10:15 Snack Chat 11:00 IN2L: Wordle Brain Game 1:00 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 4:00 IN2L: Music 7:00 Evening Movie	10 9:30 Strawberry Peach Smoothies 10:00 Word Ladders Brain Game 10:45 Zumba Gold Exercise 1:00 Theater: WWII Road to Victory Documentary Show 1:30 Bridge Club 2:15 Minute to Win It Games 3:30 Benefits of Movement Health Talk & Treats 7:00 Evening Movie	11 9:30 Exercise with Cheryl 10:30 IN2L Brain Games 1:00 Catholic Communion 12:45 Visit from the Bozeman Library Bookmobile 1:00 Catholic Communion 2:15 Coin Bowling Game 3:00 Afternoon Movie 3:45 Gardening Club Meeting 7:00 Evening Movie	12 9:00 Resident Store 9:30 5 Minute Mysteries 10:45 Chair Yoga with Anna 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:00 Afternoon Movie 3:30 Soap Making Class 7:00 Evening Movie	13 9:15 Circuit Exercise 10:45 Lunch at The Garage* 1:30 Bible Study w/ Bill Bell 2:00 Play Dice Game: Farkle 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Activity Forum 7:00 Evening Movie	14 9:30 Saturday Smoothies 10:15 Shake Loose a Memory Game 11:00 Funny Skits w/ Amber 1:00 Theater: 14 Peaks Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Cribbage Game 7:00 Evening Movie
15 9:30 Sunday Sweet Treats 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Brain Game 2:15 Marriage of Figaro Opera* 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie	16 9:45 Shopping at Walmart* 10:15 Snack Chat 11:00 IN2L: Wordle Brain Game 1:00 Men's Strength Training 2:15 Music Therapy with Trina 3:00 Afternoon Movie 3:30 Painting Club 4:00 IN2L: Music 7:00 Evening Movie	17 9:30 Pink Drinks 10:00 Fun Math Riddles 10:45 Zumba Gold Exercise 1:00 Theater: WWII Road to Victory Documentary Show 1:30 Bridge Club 2:00 Writing Club with Mallory 3:30 Italian Sodas in the Bistro 4:00 Ladderball Game 7:00 Evening Movie	18 9:30 Exercise with Cheryl 10:30 IN2L Brain Games 1:00 Theater: Kiss The Ground Documentary 2:00 Music with Edis & Cliff 3:00 Afternoon Movie 3:30 Catholic Mass 3:30 Paint a Vintage Truck Decoration* 7:00 Evening Movie	19 9:30 Current Events & Coffee 10:45 Chair Yoga with Anna 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 3:00 Afternoon Movie 4:00 Health Talk & Happy Hour w/ Stillwater Hospice 7:00 Evening Movie	20 9:15 Circuit Exercise 9:45 Shopping for Flowers at Home Depot* 10:30 Coffee Chat 11:00 IN2L: Classic Comedy 1:30 Bible Study w/ Bill Bell 1:45 Scenic Drive* 3:00 Afternoon Movie 3:00 Sing Along with Grace 3:45 Play Scrabble 7:00 Evening Movie	21 9:30 Saturday Smoothies 10:15 Gardening Club 11:00 Poetry Reading 1:00 Theater: Human Nature Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Cornhole Game 7:00 Evening Movie
22 9:30 Sunday Sweet Treats 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Brain Game 1:45 Bozeman Symphony: Beethoven Symphony #9* 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	23 9:30 This Week in History 10:15 Snack Chat 11:00 IN2L: Wordle Brain Game 1:00 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 3:30 Book Club Meeting 4:00 IN2L: Music 7:00 Evening Movie	24 9:30 Green Tea Frappuccinos 10:00 Word Ladders Brain Game 10:45 Zumba Gold Exercise 1:00 Theater: WWII Road to Victory Documentary Show 1:30 Bridge Club 2:00 Writing Club with Mallory 3:00 Afternoon Movie 3:30 Ice Cream Sundaes 7:00 Evening Movie	25 9:30 Exercise with Cheryl 10:30 IN2L Brain Games 12:45 Visit from the Bozeman Library Bookmobile 1:00 Theater: Conquest of Everest Documentary 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 Newcomer's Social 7:00 Evening Movie	26 9:00 Resident Store 9:30 Blood Pressure Clinic with Encompass Health 9:45 Current Events & Coffee 10:45 Chair Yoga with Anna 1:00 Knit/Crochet/Needlework Club 2:00 Bingo 4:00 Happy Hour w/ Live Music by Cliff 7:00 Evening Movie	27 9:15 Circuit Exercise 9:45 Shopping Target* 10:30 Coffee Chat 12:15 Men's Pizza Party* 1:30 Bible Study w/ Bill Bell 1:45 Scenic Drive* 3:00 Afternoon Movie 3:00 Sing Along with Grace 3:45 Woodworking Club 7:00 Evening Movie	28 9:30 Saturday Smoothies 10:15 Gardening Club 11:00 Funny Skits w/ Amber 1:00 Theater: The Alpinist Documentary 2:00 Bingo 3:00 Afternoon Movie 3:30 Make Fabric Plates with Amber 7:00 Evening Movie
29 9:30 Sunday Sweet Treats 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Brain Game 1:00 Take a Walk 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie	30 <u>Memorial Day</u> 9:30 Tomb of the Unknown Soldier Documentary 11:30 Memorial Day BBQ Lunch 2:00 Bingo 3:00 Afternoon Movie 3:30 Root Beer Float Pie 4:00 IN2L: PBS Memorial Day Concert 7:00 Evening Movie	31 9:30 Watermelon Smoothies 10:00 Jeopardy Trivia 10:45 Zumba Gold Exercise 1:00 Theater: WWII Road to Victory Documentary Show 1:30 Bridge Club 2:00 Writing Club with Mallory 3:00 Afternoon Movie 3:30 Fill Flags & Faith Care Packages 7:00 Evening Movie				All activities subject to change per mandated health guidelines.