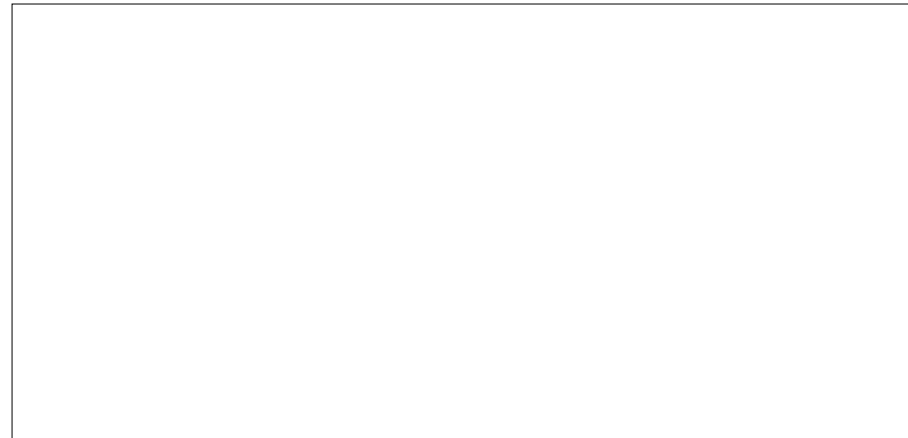




1547 N. Hunters Way  
Bozeman, MT 59718

Stamp



**Leadership Team**  
Phone: 406.522.5452  
Email: [info@bozeman-lodge.com](mailto:info@bozeman-lodge.com)  
Website: [bozeman-lodge.com](http://bozeman-lodge.com)  
Facebook: BozemanLodge

**Executive Director:**  
Tina Espeland  
**General Manager:**  
Andrew Steighner  
**Community Relations Director:**  
Bailey Tomash  
**Wellness Nurse:**  
Sabrina Colton  
**Wellness Director:**  
Genesis Saulsman  
**Business Office Director:**  
Susan Lang  
**Life Enrichment Director:**  
Tina Thompson  
**Dining Services Director:**  
Mike Welch  
**Maintenance Director:**  
Garret Hofmaster

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

# Bozeman Lodge News

December 2022 Newsletter



**2 Ways to Give Back this Season**  
**3 Christmas Poetry**  
**4 - 5 Activities Calendar**

**6 Highlights & In Our Words**  
**7 Special Moments & Birthdays**  
**8 Mission & Team**

# Ways to Give Back This Holiday Season

The holiday season is the perfect time to embrace feelings of warmth and joy with loved ones. It's also a wonderful time of year to help give love and care toward the greater community.

This year, consider compassionate actions you can take to help those around you. In turn you may even help yourself! Studies show that giving back boosts happiness, health, self-esteem, and gives a greater sense of purpose.

## Find Causes That Speak to You

If you're looking for a place to figure out how you could give your time or talent in the world, check out **VolunteerMatch.org** where you can select areas of interest in your vicinity. There are thousands of opportunities there.

## Support Area Food Banks

Contact a local food bank and see what support they are seeking. Typical volunteer experiences include: sorting and packing food, delivering meals, assisting at drive-thru pantries, and garden harvesting.

A resource to start with is:

**[www.feedingamerica.org/take-action/volunteer](http://www.feedingamerica.org/take-action/volunteer)**

## Donate for Meaningful Causes

Before getting rid of items you no longer want, look online to see where you could make donations to make a difference in others' lives. Habitat For Humanity which helps provide homes across the world is one example. They accept building materials, furniture, and appliances at Habitat ReStores.



## Buy from Local Businesses

From heading to the farmers' market for local produce to checking out a new local artisan or coffee house, support the small businesses in your area. If you have relatives who you'll be sending holiday gifts to, consider buying from a unique local business.

## Give Your Time & Talent

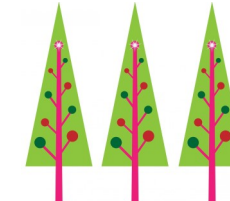
If you have a skillset you could use to help in the community, teach others or provide entertainment, you would be enriching others' lives. Try contacting local recreation/senior centers, schools, community theatre programs, the library, or senior living communities to see where volunteers/entertainers may be needed. We welcome volunteers at our community! Contact our Life Enrichment Team for volunteer information.

## Put Pen to Paper

Throughout the year, and especially during the holidays, it brightens' people's hearts receiving mail. Consider sending some heart-felt cards to soldiers abroad! There are various websites online that orchestrate mail to our troops. Operation Gratitude is one to try.

We hope these ideas spark inspiration toward giving. Let us know of great ideas you have beyond this list on our facebook on the 1st.

# Special Moments



# Happy Birthday

**Dave C.: Dec. 7**  
**Marilyn C.: Dec. 10**  
**Ann J.: Dec.11**  
**Madelyn A.: Dec. 12**  
**Betty H.: Dec. 16**  
**Mollie N.: Dec. 20**  
**Kathy W.: Dec. 23**  
**Darrell W.: Dec. 29**

# December 2022 Highlights

**Observes:** Sharps Injury Prevention, Human Rights, Safe Toys and Gifts, Universal Human Rights, and Worldwide Food Service Safety

**Celebrates:** Bingo, Car Donating, Fruit Cake, Learning Foreign Languages, Pears, Root Veggies & Exotic Fruits, and Spiritual Literacy

- |   |   |
|---|---|
| 01 Blood Pressure & Weight Clinic w/ Enhabit              | 18 The Ellen Theater Presents: A Christmas Carol*                         |
| 02 Resident Council Meeting                               | 19 Light the Hanukkah Menorah   |
| 03 Montana Ballet: The Nutcracker Ballet*                 | 20 Homemade Holidays: Make Bars of Soap                                   |
| 04 Belgrade Alumni Players Present: Hibernators Anonymous | 21 Grinch Themed Happy Hour   |
| 06 Grief Support Group with Stillwater Hospice            | 22 Town Hall Meeting with Andrew  |
| 06 Make a Candy Cane Wreath                               | 22 Make Your Own Hot Cocoa Bar  |
| 07 Happy Hour with Music by Alice & Ray                   | 23 Shopping at Dollar Tre/Hobby Lobby                                     |
| 08 Healthy Holiday Habits Presentation by Anna            | 23 Resident Christmas Party*  |
| 09 Shopping at Walmart*                                   | 24 Christmas Eve Cookies & Caroling in the Bistro                         |
| 09 2nd Annual Tree Lighting Ceremony                      | 25 Christmas Day; Church Services at 10:00am and 2:30pm. All are welcome! |
| 11 Bozeman Symphony Holiday Spectacular*                  | 25 Candy Cane Floats  |
| 12 Lunch at Applebees*                                    | 27 Ladies New Year Tea Party  |
| 12 Staff Bake Off! Eat & Vote for Your Favorites          | 28 Men's Pizza Party  |
| 13 Homemade Holidays: Make a Necklace Charm               | 28 Afternoon Mimosas  |
| 14 Music with Edis & Cliff                                | 29 In Remembrance Ceremony w/ Enhabit                                     |
| 16 Shopping at Target*                                    | 30 Shopping at Smith's*   |
| 17 Coffee at Coldsmoke Coffee Shop*                       | 31 New Year's Eve; Donuts in the Bistro                                   |

## We asked residents and staff: "What are you thankful for?"

Kay: "Still in good health at 93."

Susan: "I'm grateful for family, the healthy birth of a new granddaughter, my dog Woody, and my new job here."

David: "Grateful I can dream."

Mallory: "Grateful for all the blessings I've received this year."

Sue: "Grateful for living!"

Andrew: "Grateful for health, family, and my job."

Frank: "The health I have."

Kathy: "Thankful for all the friends I have at Bozeman Lodge!"

Bailey: "Thankful for my son and I to be back home in Montana."



## "Christmas"

A Poem by Judy W.

It's Christmas time, oh can't you tell?  
There's magic all around.  
It's that special kind of feeling,  
Where joy and faith abound!

The lighted homes, the candles bright,  
The greens on post and door  
It fills us with a long to  
Return to days of yore!

We celebrate the birthday  
Of Baby Jesus mild  
Oh, what a celebration  
For that tiny little child!

Yes there it is, we feel it so  
It stirs us deep inside.  
In our minds and in our hearts,  
This magic does abide.

No matter what the age we bear  
We get that Christmas feeling.  
It seems to swirl, envelopes us  
And really sets us reeling.

We called them "Christmas Goonies"  
The excitement of Christmas Eve  
And I still get those old "Christmas Goonies"  
Past age 50, I sure do believe!

And even though we moan and groan  
About our Christmas shopping,  
That something special in the air,  
It really keeps us hopping!

Bright mistletoe and holly,  
Santa and silvery bells.  
Cooking in a cozy kitchen,  
Oh, those fragrant, aromatic smells!

The music, it is wonderful,  
"White Christmas" to "Silent Night"  
Memories flash, we're lifted up,  
To a sparkling and glorious height.

Christmas is children, but for all of us, too  
A wonderful gift once a year  
T'would be great to have it ever around  
Savoring always that grand Christmas cheer!

So let's keep Christmas ever new,  
It's depth, its glow, its fun.  
And in the words of Tiny Tim  
"God Bless Us, everyone!"



# DECEMBER 2022

Bozeman Lodge

• 1547 N. Hunters Way Bozeman, MT 59718

• (406) 522-5452

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>	<p><b>A * denotes signing up is required for that activity</b></p>			<p>1 9:00 Resident Store Open 10:00 Exercise with our Therapy Team 10:30 <b>Blood Pressure &amp; Weight Clinic with Enhabit Health</b> 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Make Christmas Ornaments 7:00 Evening Movie</p>	<p>2 9:30 Coffee Chat 10:30 Merry Fitmass Exercise Class 1:30 Bible Project Bible Study: Ephesians 2:30 <b>Resident Council Meeting</b> 3:00 Afternoon Movie 4:00 Decorate The Resident Tree w/ Homemade Ornaments 7:00 Evening Movie</p>	<p>3 9:15 Mini Fruity Waffles 10:00 IN2L: Brain Games 11:00 "Snowball" Volleyball 1:00 Christmas Classic: Frosty the Snowman 1:15 <b>The Nutcracker Ballet*</b> 2:00 Bingo 3:00 Hallmark Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie</p>
<p>4 9:30 Coffee Klatch &amp; Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 IN2L: Trivia for a Good Cause; Trivia that Gives Back! 1:00 Indoor Walking Club 2:30 Ecumenical Church Service via Video 3:30 <b>BHS Alumni Players Present: Hibernator's Anonymous</b> 7:00 Evening Movie</p>	<p>5 9:30 This Week in History 10:30 IN2L: Crosswords 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 4:30 IN2L: Tabernacle at Temple Square Concert Video 7:00 Evening Movie</p>	<p>6 9:15 Caramel Apple Cinnamon Lattes 10:45 Zumba Chair Dancing Exercise 1:00 <b>Grief Support Group</b> 1:30 Bridge Club 2:00 Play Scrabble 3:00 Afternoon Movie 3:30 Homemade Holidays: Candy Cane Wreath 7:00 Evening Movie</p>	<p>7 <b>Pearl Harbor Day</b> 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 Remembering Pearl Harbor: History &amp; Discussion 11:30 Visit from Bookmobile 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:45 <b>Happy Hour with Alice &amp; Ray</b> 7:00 Evening Movie</p>	<p>8 9:30 Table Topics Coffee Chat 10:00 Exercise with our Therapy Team 11:00 IN2L: December Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:45 <b>Healthy Holiday Habits Presentation by Anna</b> 7:30 Caroling with Bridger Mountain Harmony</p>	<p>9 10:30 Merry Fitmass Exercise Class 1:30 Bible Project Bible Study: Ephesians 2:00 Shopping at Walmart* 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Poetry Reading w/ Mallory: Bring Your Favorite Poetry 6:00 <b>Tree Lighting Ceremony &amp; Holiday Sweater Party</b> 7:00 Evening Movie</p>	<p>10 9:15 Donuts in the Bistro 10:00 IN2L: Sit &amp; Be Fit 11:00 IN2L: Trivial Pursuit 1:00 Christmas Classic: Little Drummer Boy 2:00 Bingo 3:00 Hallmark Movie 4:00 IN2L: Rick Steve's Travel: Christmas Markets 7:00 Evening Movie</p>
<p>11 9:30 Coffee Klatch &amp; Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 IN2L: Piggy Bankers Game 1:00 Indoor Walking Club 1:45 <b>Bozeman Symphony's Holiday Spectacular*</b> 2:30 Ecumenical Church Service 3:30 IN2L: Building Icons Documentary 7:00 Evening Movie</p>	<p>12 9:30 This Week in History 10:15 IN2L: Crosswords 11:00 <b>Lunch at Applebees*</b> 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Staff Bake Off: Taste &amp; Vote For Your Favorites! 4:30 IN2L: Pentatonix Christmas Music Videos 7:00 Evening Movie</p>	<p>13 9:15 Cranberry Cider 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:00 Play Bananagrams 3:00 Afternoon Movie 3:30 Homemade Holidays: Make a Necklace or Key Chain 7:00 Evening Movie</p>	<p>14 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 On The Day You Were Born Fun Facts 1:00 Catholic Communion 2:00 <b>Music with Edis &amp; Cliff</b> 3:00 Afternoon Movie 3:30 Apple Cider Floats 5:30 <b>Christmas Lights Tour*</b> 7:00 Evening Movie</p>	<p>15 9:00 Resident Store Open 10:00 Exercise with our Therapy Team 11:00 IN2L: Christmas Around the World Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:45 IN2L: It Happened In December Trivia &amp; Treats 7:00 Evening Movie</p>	<p>16 9:00 IN2L: Morning Meditations 10:30 Merry Fitmass Exercise Class 1:30 Bible Project Bible Study: Ephesians 2:00 Shopping at Target* 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Coloring for Relaxation 5:30 <b>Christmas Lights Tour*</b> 7:00 Evening Movie</p>	<p>17 9:15 <b>Coffee at Coldsmoke* Coffee Shop*</b> 10:00 IN2L: Sit &amp; Be Fit 1:00 Christmas Classic: Rudolph the Red Nosed Reindeer 2:00 Bingo 3:00 Hallmark Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie</p>
<p>18 <b>Hanukkah Begins</b> 9:30 Coffee Klatch &amp; Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 IN2L: Brain Games 1:00 Exercise with Angela 2:15 <b>The Ellen Theater Presents: A Christmas Carol*</b> 2:30 Ecumenical Church Service 3:00 Afternoon Movie 4:00 Light the Menorah 7:00 Evening Movie</p>	<p>19 9:30 This Week in History 10:45 IN2L: Crosswords 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 4:00 Light the Menorah 4:30 IN2L: Music &amp; The Spoken Word at Temple Square Video 7:00 Evening Movie</p>	<p>20 9:15 Eggnog Lattes 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:00 Play Scrabble 3:00 Afternoon Movie 3:30 Homemade Holidays: Make Your Own Bars of Soap 4:00 Light the Menorah 7:00 Evening Movie</p>	<p>21 9:30 Exercise with Cheryl 10:30 Greeting Card Sales 11:00 Sweet Treats &amp; Holiday Humor! 1:30 Left &amp; Right Game Prizes 3:00 Afternoon Movie 3:15 Catholic Mass 3:30 <b>Grinch Themed Happy Hour</b> 4:00 Light the Menorah 7:00 Evening Movie</p>	<p>22 9:30 Table Topics Coffee Chat 10:00 Chair Exercise 11:00 IN2L: Christmas Carol Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:00 <b>Town Hall Meeting</b> 3:30 Hot Cocoa Bar 4:00 Light the Menorah 7:00 Evening Movie</p>	<p>23 9:00 IN2L: Morning Meditations 10:30 Merry Fitmass Exercise Class 1:30 Bible Project Bible Study: Ephesians 2:00 Shopping at Dollar Tree/ Hobby Lobby* 3:00 Sing Along with Grace 3:00 Afternoon Movie 4:00 Light the Menorah 4:30 <b>Resident Christmas Party*</b> 7:00 Evening Movie</p>	<p>24 <b>CHRISTMAS EVE</b> 9:15 Collect Your Christmas Gift in the Bistro 11:00 IN2L: Christmas Trivia 1:00 Christmas Classic: Santa Clause is Coming to Town 1:30 Bingo 3:00 <b>Cookies &amp; Caroling in the Bistro</b> 4:00 Light the Menorah 3:00 &amp; 7:00 Movie It's A Wonderful Life</p>
<p>25 <b>MERRY CHRISTMAS</b> 8:00 Pastries in the Bistro 9:00 Holiday Memories 10:00 Christmas Service w/ Calvary Baptist Church 11:00 IN2L: Brain Games 1:00 Exercise with Angela 11:30 Christmas Dinner 2:30 Ecumenical Christmas Service in the Chapel 3:00 <b>Candy Cane Floats</b> 3:00 &amp; 7:00 Movie White Christmas</p>	<p>26 9:30 This Year in History: Looking Back at 2022 10:45 IN2L: Crosswords 1:30 Exercise with Angela 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 4:00 Light the Menorah 4:30 IN2L: 7:00 Evening Movie</p>	<p>27 9:15 Peppermint Mochas 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:00 Play Bananagrams 3:00 Afternoon Movie 3:30 <b>Ladies New Years Tea Party*</b> 7:00 Evening Movie</p>	<p>28 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 On The Day You Were Born Fun Facts 12:00 <b>Men's Pizza Lunch*</b> 1:00 Catholic Communion 2:00 Holiday Candy Walk 3:00 Afternoon Movie 3:30 New Year Mimosas 7:00 Evening Movie</p>	<p>29 9:00 Resident Store Open 10:00 Chair Exercise 11:00 IN2L: New Year's Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:45 <b>In Remembrance Ceremony</b> 7:00 Evening Movie</p>	<p>30 9:00 IN2L: Morning Meditations 10:30 Merry Fitmass Exercise Class 1:30 Bible Project Bible Study: Ephesians 2:00 Shopping at Smiths* 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Coloring for Relaxation 7:00 Evening Movie</p>	<p>31 <b>NEW YEAR'S EVE</b> 9:15 Donuts in the Bistro 10:00 IN2L: Sit &amp; Be Fit 11:00 IN2L: Trivial Pursuit 1:00 Christmas Classic: Cricket &amp; The Hearth 2:00 Bingo 3:00 Hallmark Movie 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie</p>