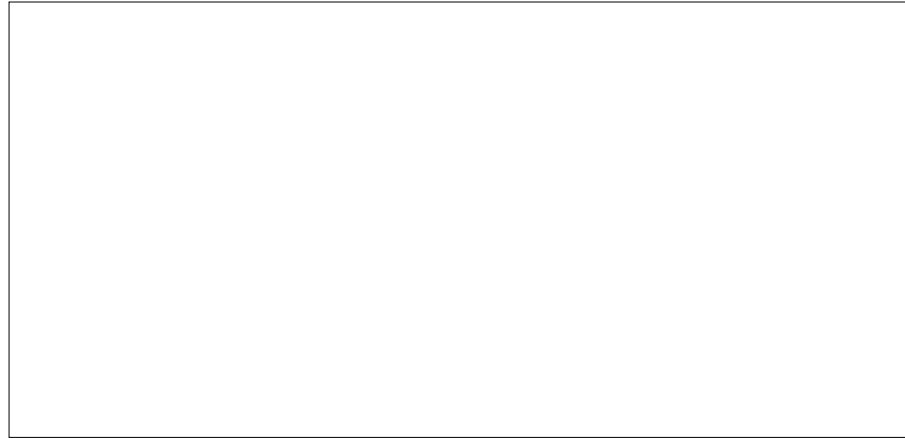




1547 N. Hunters Way  
Bozeman, MT 59718

Stamp



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Mike Welch  
**Maintenance Director:**  
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**Our mission is to create and  
sustain comfortable,  
caring environments for those  
who depend on us.**

# Bozeman Lodge News

March 2023 Newsletter



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**3 In Our Words & Art Walk Photos**  
**4 - 5 Activities Calendar**

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# Making Friends Over 60

Making friends at any age is all about seizing the social opportunities that come our way, and sometimes going out of our way to look for new ones. While older adults may not have a playground of potential friends all exploring simultaneously, they have plenty of avenues for gaining and maintaining friendships. Here are some tips for making new friends over 60.

## Benefits to Seeking Out New Friendships

There are great benefits to increased social interactions and relationships. A 2019 study in “The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences” determined seniors who engaged in social interactions outside of their inner circle experienced more positive moods, fewer negative emotions, and had higher levels of physical activity. Friends can also encourage us to follow healthier lifestyle habits, reduce the risk for health problems, and improve our confidence and self-worth, according to the Mayo Clinic.

## Ways to Increase Your Net of Friends

Starting new friendships can be done in so many different ways. Step outside of your routine and explore options you may not have considered.

- Take part in a club or consider starting one focused on an area of your interest like baking, birding, books, exercise, fishing, gardening, knitting, or movies in your community.
- If you are religious or spiritual, take part in a local service or church group.
- Attend a class teaching something you've always wanted to learn where you'll be able to interact with other students and gain a skill. Even one-off painting sessions can lead to friendships!
- Seek out a support group if you are struggling through a tough time and need



Never underestimate the power of your smile or a wave. It signals to others that you're open for positive interactions.

some peer support or to feel less alone.

- Consider volunteering or participating in work for a charitable cause with other peers.
- Look into the social calendar at your local senior or community center. Many offer way more than Bingo nowadays.
- Refresh healthy connections from the past. If a relationship was good and time or distance led to a break, consider seeking out an old friend through social media or a mutual connection.

## How to Break the Ice

When it comes to making a first approach in a social situation, you can start small. The act of simply saying hello and asking a question can lead into a conversation. If you need to start smaller, for residents at senior living communities, spending time in common areas or leaving your door open at times you would welcome social interactions can increase possibilities for them to take place.

Let us know if our tips have been helpful for your friendship quest, and please share any ideas that you think our readers would find helpful on our Facebook on the first.

# Special Moments



**Happy Birthday to our Residents:**

**Susan L.: March 1**  
**Betty S.: March 28**



# March 2023 Highlights

**Observes:** Multiple Sclerosis, Cerebral Palsy, Endometriosis, Developmental Disabilities, Brain Injury Awareness, Caffeine Awareness, Hemophilia  
**Celebrates:** Noodles, Peanuts, Women's History, Nutrition, Celery, Crafting, Athletic Training

- |   |   |
|---|---|
| 01 Blood Pressure & Weight Clinic with Enhabit  | 17 St. Patrick's Day Dinner                     |
| 01 Happy Hour with Alice & Ray                  | 18 Make a No-Sew Rice Heating Pad*              |
| 03 Shopping at Whole Foods*                     | 20 Spring Begins                                |
| 03 Resident Council Meeting                     | 21 Strawberry Fun Facts Trivia & Treats         |
| 04 Make Aromatherapy Shower Steamers            | 22 Make a Succulent Terrarium*                  |
| 07 Grief Support Group with Stillwater Hospice  | 23 Shoulder Pain Health Talk w/ Therapy Team    |
| 07 Craft Club: Tie Dye Shamrocks Paper Crafting | 24 Visit the American Computer Museum*          |
| 08 Play Mexican Train Dominoes                  | 25 Men's Pizza Party*                           |
| 09 Music with Strings & Things                  | 26 Bozeman Symphony Presents: Poulenc's Gloria* |
| 09 Virtual Tour of the United Kingdom w/ Malcom | 27 Lunch at Sidewinders*                        |
| 10 Shopping at Smith's*                         | 28 Black Forest Ice Cream Sundaes               |
| 11 Johnny Appleseed Fun Facts Trivia & Treats   | 29 Newcomer's Social                            |
| 12 Daylight Savings: Turn Clocks Forward 1 hour | 30 Town Hall Meeting with Andrew                |
| 14 It Happened In March Trivia                  | 30 Craft Club: Make a Floral Lantern            |
| 15 Music with Edis & Cliff                      | 31 Shopping at Winco*                           |
| 16 Play Cribbage                                |   |
| 17 Shopping at Target*                          |   |

## It's March and Lucky McDublin is back on the loose!

He's been seen causing havoc and needs to be stopped by St. Patrick's Day!

Each morning, Lucky manages to escape and can be found hiding around the building. When you see him, snatch him up and bring him to the front desk so he can be detained, and you will be given a reward!



## Spring is Coming!

We asked residents and staff to share some of their favorite things about Spring

- Blake: "How green everything gets."
- Sue: "That it exists."
- Lance: "The nice weather and being outside!"
- Mike: "Going fishing."
- Susan: "The tulips and flowers."
- Marjorie: "Seeing and hearing the birds coming back!"
- Tina: "Planning my garden."

Thank You to all of the residents that contributed to our first Art Walk!





# MARCH 2023

Bozeman Lodge • 1547 N. Hunters Way Bozeman, MT 59718 • (406) 522-5452

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	A * denotes signing up is required for that activity		1 <u>World Music Therapy Day</u> 9:30 Exercise with Cheryl <b>10:30 Blood Pressure &amp; Weight Clinic with Enhabit</b> 11:00 IN2L: Famous Female Singers Trivia 1:00 Catholic Communion 2:00 Cooking Club 3:30 Happy Hour with Alice & Ray 7:00 Evening Movie	2 9:00 Resident Store 9:30 Table Topics Coffee Chat 10:00 Chair Yoga with the Therapy Team 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework Group 2:00 Bingo 3:00 Afternoon Movie 3:30 Play Cribbage 7:00 Evening Movie	3 9:30 Current Events & Coffee 10:15 Shopping at Whole Foods* 1:30 Activity Survey Help <b>2:30 Resident Council Meeting</b> 3:00 Afternoon Movie 4:00 Coloring for Relaxation 7:00 Evening Movie	4 9:15 Fruit Smoothies 10:00 Exercise with Tiffany 11:00 IN2L: Brain Games 1:00 Activity Survey Help 2:00 Bingo 3:00 Afternoon Movie 3:30 Make Aromatherapy Shower Steamers 7:00 Evening Movie
5 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 2:00 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	6 9:30 This Week in History 10:30 IN2L: Crosswords 1:30 Men's Strength Training Class 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie	7 9:30 Chai Lattes 10:45 Zumba Chair Dancing Exercise <b>1:00 Grief Support Group with Stillwater Hospice</b> 2:00 Play Scrabble 3:00 Afternoon Movie 3:30 Craft Club: Tie Dye Shamrocks 7:00 Evening Movie	8 <u>International Women's Day</u> 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 IN2L: "Would You Rather?" Discussion 1:00 Catholic Communion 2:00 Play Mexican Train Dominoes 3:00 Afternoon Movie 3:30 Famous Women Trivia 7:00 Evening Movie	9 9:30 Table Topics Coffee Chat 10:00 Chair Yoga with the Therapy Team 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework Group 2:00 Music with Strings & Things <b>3:30 Virtual Tour of the United Kingdom w/ Malcom</b> 7:00 Evening Movie	10 9:30 Current Events & Coffee 10:15 Shopping at Smith's* 1:30 Circuit Exercise 3:00 Afternoon Movie 4:00 Share Your Stories Life History Project 7:00 Evening Movie	11 <u>Johnny Appleseed Day</u> 9:15 Donuts in the Bistro 10:00 Exercise with Tiffany 11:00 IN2L: Brain Games 1:00 Scavenger Hunt 2:00 Bingo 3:00 Afternoon Movie 3:30 Johnny Appleseed Fun Facts Trivia & Treats 7:00 Evening Movie
12 <u>Daylight Savings Ends</u> 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 2:00 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	13 9:30 This Week in History 10:30 IN2L: Crosswords 1:30 Men's Strength Training Class 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie	14 9:30 Coffee Smoothies 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:00 Play Bananagrams 3:00 Afternoon Movie 3:30 IN2L: It Happened In March Trivia 7:00 Evening Movie	15 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: Play Family Feud <b>2:00 Music with Cliff &amp; Edis</b> 3:00 Afternoon Movie 3:15 Catholic Mass 3:30 Shamrock Shakes & Superstition Trivia 7:00 Evening Movie	16 9:30 Table Topics Coffee Chat 10:00 Chair Yoga with the Therapy Team 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework Group 2:00 Bingo 3:00 Afternoon Movie 3:30 Play Cribbage 7:00 Evening Movie	17 <u>St. Patrick's Day</u>  9:30 Irish Cream Coffee 10:30 Chair Exercise 11:00 IN2L: St. Patrick's Day & Ireland Trivia 1:30 Shopping at Target* 2:00 Luck O' The Dice Game 3:00 Afternoon Movie 3:00 Sing Along with Grace <b>4:30 St. Patrick's Day Dinner</b> 7:00 Evening Movie	18 9:15 Fruit Smoothies 10:00 Exercise with Tiffany 11:00 IN2L: Brain Games 1:00 Spring Poetry 2:00 Bingo 3:00 Afternoon Movie <b>3:30 Make A No-Sew Rice Heating Pad</b> 7:00 Evening Movie
19 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 2:00 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	20 <u>First Day of Spring</u> 9:30 This Week in History 10:30 IN2L: Spring Trivia 1:30 Men's Strength Training Class 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie	21 <u>Strawberries Day</u> 9:30 White Chocolate Strawberry Lattes 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:00 Play Scrabble 3:00 Afternoon Movie 3:30 Strawberry Fun Facts Trivia & Treats 7:00 Evening Movie	22 <u>World Water Day</u> 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: Ocean Trivia 1:00 Catholic Communion 2:00 Play Mexican Train Dominoes 3:00 Afternoon Movie 3:30 Make a Terrarium* 7:00 Evening Movie	23 9:00 Resident Store 9:30 Table Topics Coffee Chat 10:00 IN2L: Chair Yoga 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework Group 2:00 Bingo 3:00 Afternoon Movie <b>3:30 Shoulder Pain Health Talk with our Therapy Team</b> 7:00 Evening Movie	24 9:30 Current Events & Coffee 10:30 Circuit Exercise <b>1:30 Tour the American Computer Museum*</b> 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Coloring for Relaxation 7:00 Evening Movie	25 <u>Medal of Honor Day</u> 9:15 Donuts in the Bistro 10:00 Exercise with Tiffany 11:00 IN2L: Brain Games <b>12:00 Men's Pizza Party*</b> 2:00 Bingo 3:00 Afternoon Movie 3:30 Medal of Honor Trivia & Treats 7:00 Evening Movie
26 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 1:45 Bozeman Symphony: Poulenc's Gloria* 2:00 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	27 9:30 This Week in History 10:30 IN2L: Crosswords <b>11:15 Lunch at Sidewinders*</b> 1:30 Men's Strength Training Class 2:00 Bingo 3:00 Afternoon Movie 3:30 Book Club Meeting 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie	28 <u>Black Forest Cake Day</u> 9:30 Cherry Hot Chocolate 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:00 Play Bananagrams 3:00 Afternoon Movie 3:30 Black Forest Ice Cream Sundaes 7:00 Evening Movie	29 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 IN2L: Play Family Feud 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie <b>3:30 Newcomer's Social</b> 7:00 Evening Movie	30 9:30 Table Topics Coffee Chat 10:00 IN2L: Chair Yoga 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework Group 2:00 Bingo 3:00 Afternoon Movie <b>3:00 Town Hall Meeting with Andrew</b> 3:30 Craft Club: Floral Lanterns 7:00 Evening Movie	31 9:30 Current Events & Coffee 10:30 Chair Exercise 11:30 March Birthdays Lunch* 1:30 Shopping at Winco* 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Share Your Stories Life History Project 7:00 Evening Movie	