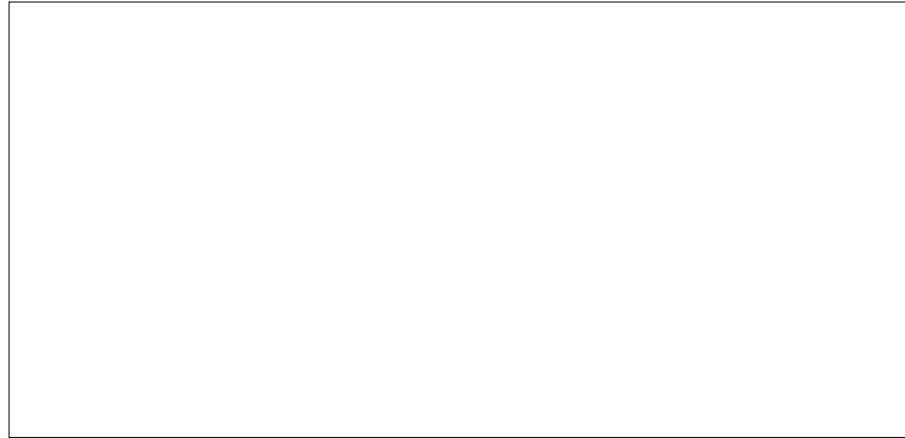




1547 N. Hunters Way
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Wellness Nurse:
Sabrina Colton
Wellness Director:
Rowdy Lynn
Business Office Director:
Susan Lang
Life Enrichment Director:
Tina Thompson
Dining Services Director:
Mike Welch
Maintenance Director:
Garret Hoffmaster



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

Bozeman Lodge News

April 2023 Newsletter



2 Exercise & Strength Building Tips
3 Team & Special Event Spotlight
4 - 5 Activities Calendar

6 Highlights & Notes
7 Special Moments & Birthdays
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Exercise & Strength Building Tips for Older Adults

Follow your doctor's instructions and consult with them before changing your diet, exercise routine, or supplements.

Engaging in physical activity is a good idea at any age. While it's true that with aging, our bodies naturally lose muscle mass and strength, exercise is key to helping reverse that. This month, we're sharing how seniors can benefit from exercise and improve strength for a more active lifestyle.

Why Being Active is Important

Physically active seniors can experience many benefits, including:

- Making activities of daily living much easier
- Reducing risk for falls and resulting injuries
- Helping control arthritis pain and joint swelling
- Lowering the risk of dementia
- Reducing anxiety and depression
- Improving mood and increasing socialization
- Improving physical function in frail adults (CDC, and Dept. of Health and Human Services)

How Much Physical Activity is Appropriate?

Those who know the great benefits of exercise may be inspired to set goals, but make sure to follow recommended guidelines and instructions from your medical professional first.

Start slow if needed. Older adults who have been sedentary should begin exercising in short intervals of 5 to 10 minutes and build up gradually, per the CDC. Sitting less and doing any amount of moderate to vigorous exercise will bring some health benefits.

Older adults seeking substantial benefits should do 2.5 to 5 hours of moderate-intensity aerobic activity or one hour and 15 minutes to 2.5 hours of vigorous-intensity aerobic activity—or a combination of the two- throughout the week, according to the DHHS.

Some physical activity is better than none. Older adults—even those with health challenges—should set safe physical goals that meet their abilities.



What Activities to Focus On

As for what exercise to do, there's no one size fits all program—and that makes planning exciting. Start a plan that you're enthusiastic to try.

Seniors ought to focus on aerobic activity (like walking, dancing, stationary bike riding, tennis, etc.) at least three days a week. Muscle strengthening (like using bands, hand held weights, or gardening with digging and lifting, etc.) should be done at least two days a week. A session of aerobic, strength, *and* balance work (like walking heel to toe or standing from sitting) is a great way to improve physical function.

Those with limited mobility can benefit greatly from chair exercises (like knee raises, arm lifts, and calf raises). Chair yoga is another wonderful exercise option. It has low impact on joints, but increases balance and flexibility. Also, Tai chi, which combines gentle movements and controlled breathing, can be great for strength building and balance. It can be done with modifications, while still being impactful. Using a stability ball is another way to make a workout gentler, but still effective for strength building.

We hope this article is helpful for your personal health journey. Let us know your fitness goals on our Facebook newsletter post on the 1st.

Special Moments



Happy Birthday to our Residents:

Nancy H.: April 2
Vera C.: April 22
Gib L.: April 28
Hank W.: April 28
Nancy L.: April 29

April 2023 Highlights

Observes: Alcohol Awareness, Esophageal Cancer, Autism, Occupational Therapy, Parkinson's, Stress Awareness

Celebrates: Brunch, Afternoon Tea, Financial Literacy, Guitar, Decorating, Gardening, Jazz, Soft Pretzels, Poetry, Pecans, Volunteering

- | | |
|--|---|
| 03 Blood Pressure & Weight Clinic with Enhabit | 14 Shopping at Town & Country Foods* |
| 03 Ladies Spring Tea Party* | 15 Make a Marbled Clay Trinket Dish |
| 04 Grief Support Group with Stillwater Hospice | 16 MSU Spring Rodeo |
| 04 Vitamin C Fun Facts Trivia & Taste Test | 18 It Happened In April Trivia |
| 05 Easter Egg Stuffing Party for Egg Hunt | 19 Happy Hour with Alice & Ray |
| 05 Welcoming Committee Informational Meeting | 20 Violin Concert by Jack Glatzer |
| 05 Activity with Kids from Big Sky Youth Empowerment | 21 Shopping at Smith's* |
| 06 Art Appreciation Lecture with Gina Dickinson | 21 Spring Picnic in the Bistro* |
| 06 Activity with Kids from Big Sky Youth Empowerment | 22 Learn to Play Card Game: PIT |
| 07 Music Therapy with Kathleen | 24 Lunch at Manhattan Saloon* |
| 07 Resident Council Meeting | 24 Book Club Meeting |
| 08 Help Hide Easter Eggs! | 25 Craft Club: Beading Project |
| 08 Kid's Easter Egg Hunt | 26 Pub Trivia: Happy Hour & Prize Trivia Game |
| 09 Easter Buffet*: Seatings at 11:30am and 1:30pm | 27 Town Hall Meeting with Andrew |
| 11 Gardening Club Meeting | 28 Shopping at Target* |
| 12 Music with Edis & Cliff | 28 April Birthdays Lunch |
| 12 Space Travel Trivia & Astronaut Inspired Snacks | 29 Baking Club: Lemon Flower Tarts |
| 13 Learn to Play Golph Card Game | |

Guest Meal Prices have changed

Breakfast meals are \$6/guest

Lunch/Dinner meals are \$9 per guest.

Please stop by the front desk to purchase guest meal tickets. You'll have the option to pay with cash, check, or have the charge added to your bill.

Resident Ambassadors Wanted for the Welcoming Committee

Resident ambassadors play a very important role in welcoming new residents to our community here at the Lodge and helping them feel at home! If you're interested in learning more about the Welcoming Committee, join us for an informational meeting on **Wednesday, April 5th at 3:45pm** in the Bistro.



Rowdy Lynn
Wellness Director

Rowdy has worked as a med tech at the Lodge for 9 months and stepped into the Wellness Director roll in March. Originally from Anaconda, work opportunities brought him to Bozeman. Outside of work, Rowdy enjoys hunting, fishing, camping, cooking, and playing golf. He likes to garden and grew up picking potatoes with his Papa every fall. Another fun fact is Rowdy got to play golf with Jack Nicklaus! His favorite colors are blue and green, and some of his favorite foods are sushi, chicken pot pie, and his grandma's veggie soup. His favorite thing about working at the Lodge are the people because there are so many different walks of life. In his new role, Rowdy is looking forward to being able to do more for the residents in making sure they get the best care possible.



An Afternoon with World
Class Violinist Jack Glatzer

Thursday, April 20th
4:15pm

We hope you'll join us for a special program by Jack Glatzer, an international violin soloist and storyteller, as he brings a mix of music, history, and to Bozeman Lodge. He will end his program with a classic folksongs sing along.

Mr. Glatzer has played in over 50 countries and on every continent, this is a not-to-be-missed event! Wine and light refreshments will be served.

APRIL 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.						1 April Fools Day 9:15 Mini Fruity Waffles 10:00 Exercise with Tiffany 11:00 Laugh Therapy: Share Your Favorite Jokes! 1:00 Cornhole (Bean Bag Toss) 2:00 Bingo 3:00 Afternoon Movie 3:30 April Fool's Day Trivia 7:00 Evening Movie
2 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	3 9:30 This Week in History 10:30 Blood Pressure & Weight Clinic w/ Enhabit Home Health 11:00 IN2L: Crossword Puzzles 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:45 Ladies Spring Tea Party* 7:00 Evening Movie	4 Vitamin C Day 9:30 Strawberries & Cream Smoothie 10:45 Zumba Chair Dancing Exercise 1:00 Grief Support Group with Stillwater Hospice 2:00 Play Scrabble 3:00 Afternoon Movie 3:30 Vitamin C Fun Facts Trivia & Taste Test 7:00 Evening Movie	5 9:30 Chair Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: "This or That?" 1:00 Catholic Communion 2:00 Easter Egg Stuffing Party 3:45 Welcoming Committee Informational Meeting 5:30 Activity with Kids from Big Sky Youth Empowerment 7:00 Evening Movie	6 9:30 Current Events & Coffee 10:00 Chair Yoga with our Therapy Team 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:15 Art Appreciation Lecture with Gina Dickinson 5:30 Activity with Kids from Big Sky Youth Empowerment 7:00 Evening Movie	7 Good Friday 9:30 Chicken Soup for the Soul Stories 10:30 Easter Egg Stuffing Party 11:15 Music Therapy with Kathleen 1:30 Circuit Exercise 2:30 Resident Council Meeting 4:00 IN2L: Wonders of the World: Christ the Redeemer 7:00 Evening Movie	8 9:00 Help Hide Easter Eggs for the Kid's Easter Egg Hunt! 10:00 Kid's Easter Egg Hunt 1:00 Indoor Golf Putting Green 2:00 Bingo 3:00 Afternoon Movie 3:30 IN2L: Easter Trivia & Treats 7:00 Evening Movie
9 Easter 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:30 Easter Buffet 1st Seating* 1:30 Easter Buffet 2nd Seating* 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	10 9:30 This Week in History 10:30 Coffee & Conversation 1:30 Men's Strength Training 2:00 Board Games in the Bistro 3:00 Afternoon Movie 3:30 Coloring for Relaxation 4:00 IN2L: Building Icons 7:00 Evening Movie	11 9:30 Nutella Lattes 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:00 Play Bananagrams 3:00 Afternoon Movie 3:45 Gardening Club Meeting 7:00 Evening Movie	12 Intl. Day of Human Space Flight 9:30 Chair Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 IN2L: "Have You Ever?" 1:00 Catholic Communion 2:00 Music with Edis & Cliff 3:00 Afternoon Movie 3:45 Space Travel Trivia & Astronaut Inspired Snack 7:00 Evening Movie	13 9:00 Resident Store 9:30 Current Events & Coffee 10:00 Chair Yoga with our Therapy Team 11:00 IN2L: Play Family Feud 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Play Golph Card Game 7:00 Evening Movie	14 9:30 You Be The Judge Stories & Discussion 10:15 Shopping at Town & Country* 1:30 Circuit Exercise 2:00 Share Your Stories Life History Project 3:00 Sing Along with Grace 4:00 Play Ladderball 7:00 Evening Movie	15 9:15 Fruit Smoothies 10:00 Exercise with Tiffany 11:00 IN2L: Home State Trivia 1:00 Cornhole (Bean Bag Toss) 2:00 Bingo 3:00 Afternoon Movie 3:30 Make a Marbled Clay Trinket Dish 7:00 Evening Movie
16 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 12:00 MSU Spring Rodeo* 11:00 IN2L: Wordle Game 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	17 9:30 This Week in History 10:30 Coffee & Conversation 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 4:00 IN2L: Building Icons 7:00 Evening Movie	18 9:30 Cherry White Chocolate Iced Lattes 10:45 Zumba Chair Dancing Exercise 1:30 Bridge Club 2:00 Play Mexican Train Dominoes 3:00 Afternoon Movie 3:45 IN2L: It Happened in April Trivia 7:00 Evening Movie	19 9:30 Chair Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: "True Confessions" 2:00 Cooking Club 3:00 Afternoon Movie 3:15 Catholic Mass 3:30 Happy Hour with Music by Alice & Ray 7:00 Evening Movie	20 9:30 Current Events & Coffee 10:00 Chair Yoga with our Therapy Team 11:00 IN2L: Play Card Sharks 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:30 Play Sequence 4:15 Music with Jack Glatzer: World Renowned Violinist 7:00 Evening Movie	21 9:30 Chicken Soup for the Soul Stories 10:15 Shopping at Smith's* 12:00 Spring Picnic in the Bistro* 1:30 Circuit Exercise 2:00 Start Seeds for Our Garden 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 IN2L: Wonders of the World 7:00 Evening Movie	22 9:30 Donuts in the Bistro 10:00 Exercise with Tiffany 11:00 IN2L: National Parks Trivia 1:00 Indoor Golf Putting Green 2:00 Bingo 3:00 Afternoon Movie 3:30 Learn to Play Card Game: PIT 7:00 Evening Movie
23 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	24 9:30 This Week in History 10:30 IN2L: Crossword Puzzles 11:15 Lunch at the Manhattan Saloon* 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Book Club Meeting 4:00 IN2L: Building Icons 7:00 Evening Movie	25 9:30 Cinnamon Bun Lattes 10:45 IN2L: Chair Dancing Exercise 1:30 Bridge Club 2:00 Play Bananagrams 3:00 Afternoon Movie 3:30 Craft Club: Beading Project 7:00 Evening Movie	26 9:30 Chair Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 IN2L: "This or That?" 1:00 Catholic Communion 2:15 Cooking Club 3:00 Afternoon Movie 3:45 Pub Trivia: Happy Hour & Prize Trivia Game 7:00 Evening Movie	27 9:00 Resident Store 9:30 Current Events & Coffee 10:00 IN2L: Chair Yoga 11:00 IN2L: Piggy Bankers Game 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:00 Town Hall Meeting with Andrew 3:30 Play Rumikub 7:00 Evening Movie	28 9:30 You Be The Judge Stories & Discussion 10:15 Shopping at Target* 12:00 April Birthdays Lunch* 1:30 Circuit Exercise 2:00 Share Your Stories Life History Project 3:30 Sing Along with Grace 4:00 Play Ladderball 7:00 Evening Movie	29 9:30 Fruit Smoothies 10:00 Exercise with Tiffany 11:00 IN2L: Arbor Day Trivia 1:00 Cornhole (Bean Bag Toss) 2:00 Bingo 3:00 Afternoon Movie 3:30 Baking Club: Lemon Flower Tarts 7:00 Evening Movie
30 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Church Service 11:00 IN2L: Wordle Game 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie						A * denotes signing up is required for that activity