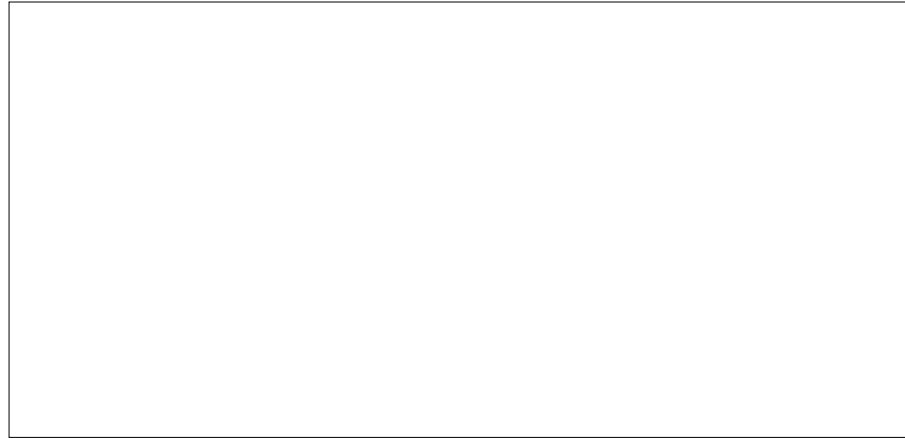




1547 N. Hunters Way
Bozeman, MT 59718

Stamp



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Kimberly Noble, RN
Wellness Director:
Rowdy Lynn
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

July 2023 Newsletter



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All About UV Safety: Summer Skin Protection Tips

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

It's a delight for many when colder weather gives way to warm and hot sunny days that allow for fun outdoor activities. It's also a great time to refresh knowledge about sun safety. This UV Safety Month, tune in to learn some safety tips for greeting golden rays.

If you're one who loves to head out into the sunshine, you're likely drawn to its benefits, from stress reduction and the opportunity for physical activity to the Vitamin D boost it brings. That being said, it's smart to know about its risks. A little UV-ray knowledge can go a long way toward protecting you outside.

UV Rays are invisible and are part of energy from the sun (as well as from sun lamps and tanning beds). UV rays that reach the Earth include UVA and UVB. UVA rays have the lowest energy of UV rays, but can cause aging in skin cells and indirect damage to cell DNA. They can damage the skin, cause wrinkles, and may have a role in some skin cancers. UVB rays bring more energy, can damage skin cells directly, and bring sunburn. They are the cause of most skin cancers. (American Cancer Society).

Avoiding the harmful effects of the sun's rays, while enjoying the sun's benefits can be as easy as setting up some routine sun rules. Before you head outside, consider these tips from the American Academy of Dermatology:

- Know that even when it doesn't seem like the sun could affect you, it can. The sun's UV rays can reach you on cloudy or cool



- days, and they can reflect off of water, snow, sand, and cement.
- Apply a generous amount of broad-spectrum and water-resistant sunscreen with an SPF of at least 30 to all exposed skin 30 minutes before going out. Make sure to re-apply it every two hours and after sweating or going in water. Don't forget to cover your lips, ears, back of neck and tops of feet and hands. Wearing an SPF 15 lip balm is also a good idea.
 - Dress in protective clothing, such as a long-sleeved shirt and pants in tightly-woven fabric, along with a wide brimmed hat and sunglasses.
 - Know when to seek shade. The sun's rays are strongest between 10 am and 4 pm.
 - Be aware that some medications can make us more sensitive to the sun. Read labels carefully in case of sun restrictions.
 - Check out your local UV Index online for the level of UV exposure currently in your area. The lower the number, the safer it is.

We hope you feel confident to embrace summer fun under the sun. Let us know your outdoor plans on our Facebook on the 1st.

Special Moments



Happy Birthday:

- Grace P.: July 3**
Gay H.: July 3
Lois S.: July 6
Nanette M.: July 7
Stacey T.: July 15
Mary Lou A.: July 17
Jackie S.: July 18
Tommy T.: July 21
Priscilla W.: July 24
Judy W.: July 26
Greg H.: July 31

July 2023 Highlights

Observes: Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety

Celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Peaches, Picnics, and Watercolors

- | | |
|--------------------------------------------------|--------------------------------------------|
| 01: Trip to the Farmer's Market* | 15: Car Show Day! |
| 02: Scenic Drive* | 17: Breakfast at Stuffed Crepes & Waffles* |
| 03 Trip to Coldsmove Coffee* | 18: Evening City Band Concert |
| 03: Blood Pressure & Weight Clinic with Enhabit | 19: Music with Edis & Cliff |
| 03 Shopping at Target* | 19: Happy Hour Celebrating July Birthdays |
| 04: Independence Day | 20: Summer Happy Hour Party on the Patio |
| 05: Happy Hour with Music by Alice & Ray | 21: Joint Pain Health Talk w/ Dr. Scheer |
| 06: Welcoming Committee Meeting | 22: Shake & Swirl Frozen Yogurt* |
| 06 Valley View Rodeo Outing | 24: Shopping at Safeway* |
| 07: Picnic at Story Mill Park* | 25: Sip & Paint with Stacy* |
| 07 Resident Council Meeting | 26: Food Committee Meeting |
| 08: Banan Split Pudding Cups on the Patio | 26: Newcomers Social |
| 10: Shopping at Smith's* & TJ Maxx | 27: Town Hall Meeting |
| 11: Cottage Happy Hour | 27: Health Talk with EmpowerMe Wellness |
| 12: Bird Talk with Angela & Angus | 28: Day Trip: Bair Family Museum |
| 13: Art History Presentation with Gina Dickinson | 29: Trip to the Farmer's Market* |
| 13: Folk Stories & S'mores Around the Fire Pit | 30: Scenic Drive* |
| 14: Lunch & Shopping at the Senior Center* | 31: Trip to Coldsmove Coffee* |
| 14 Learn to Make Love Bugs for Love Inc. | 31: Shopping at Winco* |

Join us for the annual Lodge Car Show!

Saturday, July 15th

11:00am—1:00pm

- BBQ lunch and snow cones
- Music by Edis and Cliff from 11:00am—12:30pm
- 50/50 Raffle
- Vote for your favorite car and help them win a prize!



Staff Spotlight: Tiffany Life Enrichment Assistant

Tiffany is originally from a small farming town called Chester, Idaho. She came to Montana to attend University of Montana Western in Dillon, where she graduated with a degree in Natural Horsemanship and Business. She also has an Associates in Equine Science. Her dream job is to teach horsemanship.

Tiffany is married and has 2 dogs and 4 horses. In her spare time she likes riding horses, reading, working on puzzles, and collecting houseplants.

Her favorite flowers are rose, and her favorite plant are jades. Her favorite cuisine is Mexican food. Always a smiling face, we're grateful for all you do, Tiffany!



Summer time is a beautiful time in southwest Montana and we're excited to offer a variety of outings to enjoy the season!

- Trips to the Bozeman Farmer's Market: Saturdays 1 & 29
- Transportation to Church services will be available on Sundays between 9:00-12:00
- Scenic Drives: Sundays 2 & 30
- Morning Trips to Coldsmove Coffee: Mondays 3 & 31, and Breakfast at Stuffed: June 17
- Evening Rodeo: June 6
- Picnic at Story Mill Park: June 7
- Lunch & Shopping at the Senior Center: Friday 14
- Evening City Band Concerts: Tuesdays 18 & 25
- Shake & Swirl Frozen Yogurt: June 22
- Day Trip to the Bair Family Museum & Brown Bag Style Lunch: June 28

For more information, or to sign up for any of these trips, please talk to the front desk.

| <div> <div>JULY 2023</div> <div> <div>Bozeman Lodge</div> <div> <div>•</div> <div>1547 N. Hunters Way, Bozeman, MT 59718</div> <div>•</div> <div>(406) 522-5452</div> </div> </div> </div> | | | | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| <div>All activities subject to change per mandated health guidelines.</div> |  | | | | | <div>1</div> <div> 9:15 Muffins in the Bistro 9:30 Farmer's Market Outing* 11:00 Gardening Club 1:00 IN2L: Salt Box TV 2:00 Bingo 3:00 Afternoon Movie 4:00 4th of July Craft 7:00 Evening Movie </div> |
| <div>2</div> <div> 9:00 Transportation to Church* 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Service 11:00 IN2L: Wordle 1:00 Walking Club 2:00 Scenic Drive* 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie </div> | <div>3</div> <div> 8:15 Trip to Coldsmoke Coffee* 9:00 IN2L: Mindful Movement Exercise 10:15 July Highlights 10:30 Blood Pressure & Weight Clinic with Enhabit Health 1:30 Men's Strength Training 1:30 Shopping at Target* 2:00 Bingo 3:30 Painting Club 7:00 Evening Movie </div> | <div>4</div> <div> Independence Day  9:00 This Day in History 9:30 Patriotic Punch 10:00 IN2L: USA Trivia 10:30 Walker, Wheelchair & Cane Decorating 11:30 4th of July BBQ Lunch 2:00 Patriotic Sing Along 3:00 Games & Cocktails Party on the Patio 3:00 & 7:00 Movie: National Treasure </div> | <div>5</div> <div> Morning Meditations on the Patio 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:30 Visit from the Bookmobile 1:00 Catholic Communion 2:00 Cooking Club 3:30 Happy Hour with Music by Alice & Ray 7:00 Evening Movie </div> | <div>6</div> <div> Resident Store Open 9:30 Hot Topics with Angela 10:00 Chair Yoga Exercise 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:30 Welcoming Committee Meeting 6:00 Valley View Rodeo Outing* 7:00 Evening Movie </div> | <div>7</div> <div> 9:30 Feel Good Friday 10:45 Picnic at Story Mill Park* 11:00 Patio Chat 1:00 Walking Club 2:30 Resident Council Meeting 3:00 Afternoon Movie 4:00 Friday Cocktails: Fireball Orange Sweet Tea 7:00 Evening Movie </div> | <div>8</div> <div> 9:15 Fruit Smoothies 10:00 IN2L: True Confessions Discussion 11:00 IN2L: Wordle 1:00 IN2L: Salt Box TV 2:00 Bingo 3:00 Afternoon Movie 4:00 Banana Split Pudding Cups 7:00 Evening Movie </div> |
| <div>9</div> <div> 9:00 Transportation to Church* 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Service 11:00 IN2L: Wordle 1:00 Walking Club 2:30 Ecumenical Service 3:15 Fresh Brewed Iced Tea & Conversation on the Patio 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie </div> | <div>10</div> <div> IN2L: Mindful Movement Exercise 10:15 Shopping at Albertsons* 11:00 Seated Badminton 1:30 Men's Strength Training 1:30 Shopping at TJ Maxx* 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie </div> | <div>11</div> <div> This Day in History 9:30 Orange Julius Drink 10:00 IN2L: Crosswords 10:45 Chair Exercise 1:00 Bean Bag Toss on the Patio 2:00 Activity Forum 3:00 Afternoon Movie 3:45 Cottage Happy Hour 7:00 Evening Movie </div> | <div>12</div> <div> Morning Meditations on the Patio 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: Brain Games 1:00 Catholic Communion 2:00 Share Your Stories: Life History Project 3:30 Bird Talk with Angela & Angus 7:00 Evening Movie </div> | <div>13</div> <div> 9:30 Hot Topics with Angela 10:00 Chair Yoga Exercise 11:00 Art History Presentation with Gina Dickinson 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:30 Make a Pinecone Windchime 5:30 Folk Stories & S'mores Around the Fire Pit 7:00 Evening Movie </div> | <div>14</div> <div> 9:30 Feel Good Friday 10:15 Balloon Volleyball 11:30 Lunch & Shopping at Bozeman Senior Center* 2:00 Learn to Make Love Bugs for Love INC. 3:00 Sing Along with Grace 4:00 Friday Cocktails: Frozen Watermelon Daiquiris 7:00 Evening Movie </div> | <div>15</div> <div> Classic Car Show Day 9:00 Donuts in the Bistro 11:00 Annual Car Show! 11:30 Car Show BBQ 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: Classic Movie 7:00 Evening Movie </div> |
| <div>16</div> <div> 9:00 Transportation to Church* 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Service 11:00 IN2L: Wordle 1:00 Walking Club 2:30 Ecumenical Service 3:15 Baking Club: Classic Recipes 4:00 IN2L: Bob Ross Art 7:00 Evening Movie </div> | <div>17</div> <div> 8:15 Breakfast at Stuffed* 9:00 IN2L: Mindful Movement Exercise 10:15 IN2L: Virtual Guided Tour: Dali Museum 11:00 Frisbee Toss 1:30 Men's Strength Training 2:00 Bingo 3:30 Painting Club 7:00 Evening Movie </div> | <div>18</div> <div> This Day in History 9:30 Peach Agua Fresca 10:00 IN2L: Crosswords 10:45 Chair Exercise 1:00 Ladderball on the Patio 2:00 IN2L: Crossword Puzzles 3:00 Afternoon Movie 3:30 Patio Treats: Watermelon Pie 7:00 City Band Concert* 7:00 Evening Movie </div> | <div>19</div> <div> Morning Meditations on the Patio 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:30 Visit from the Bookmobile 2:00 Music by Edis & Cliff 3:15 Catholic Mass 3:30 Happy Hour Celebrating July Birthdays 7:00 Evening Movie </div> | <div>20</div> <div> Resident Store Open 9:30 Hot Topics with Angela 10:00 Chair Yoga Exercise 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 4:00 Summer Happy Hour on the Patio 7:00 Evening Movie </div> | <div>21</div> <div> 9:30 Feel Good Friday 10:15 Noodle Hockey 11:00 Patio Chat 1:00 Joint Pain Heath Talk with Dr. Scheer from Summit Surgical 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Friday Cocktails: Mojitos 7:00 Evening Movie </div> | <div>22</div> <div> 9:15 Fruit Smoothies 10:00 IN2L: Have You Ever? Chat 11:00 IN2L: Wordle 1:00 IN2L: Salt Box TV 2:00 Bingo 3:00 Afternoon Movie 3:30 Trip to Shake & Swirl Frozen Yogurt* 7:00 Evening Movie </div> |
| <div>23</div> <div> 9:00 Transportation to Church* 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Service 11:00 IN2L: Wordle 1:00 Walking Club 2:30 Ecumenical Service 3:15 Ice Cream Sundaes on the Patio 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie </div> | <div>24</div> <div> IN2L: Mindful Movement Exercise 10:15 IN2L: Virtual Guided Tour: London National Gallery 11:00 Seated Badminton 1:00 Shopping at Safeway* 1:30 Men's Strength Training 2:00 Bingo 3:00 Afternoon Movie 3:30 Painting Club 7:00 Evening Movie </div> | <div>25</div> <div> This Day in History 9:30 Coconut Pineapple Cream Drink 10:00 IN2L: Crosswords 10:45 Chair Exercise 1:00 Bean Bag Toss on the Patio 2:00 IN2L: Crossword Puzzles 2:00 Sip & Paint with Stacy* 3:30 It Happened in July: Trivia & Frosted Strawberry Lemonades 7:00 City Band Concert* 7:00 Evening Movie </div> | <div>26</div> <div> Morning Meditations on the Patio 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: Brain Games 1:00 Catholic Communion 2:30 Food Committee Meeting 3:30 Newcomers Social 7:00 Evening Movie </div> | <div>27</div> <div> 9:30 Hot Topics with Angela 10:00 Chair Yoga Exercise 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework 2:00 Town Hall Meeting 3:00 Afternoon Movie 3:45 Health Talk with Empower Me Wellness 5:30 Spooky Stories Around the Fire Pit 7:00 Evening Movie </div> | <div>28</div> <div> 9:00 Visit Bair Family Museum & Brown Bag Style Lunch* 11:00 Patio Chat 1:00 Walking Club 2:00 Flower Arranging 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Coloring for Relaxation 7:00 Evening Movie </div> | <div>29</div> <div> 9:15 Muffins in the Bistro 9:30 Farmer's Market Outing* 11:00 Gardening Club 1:00 IN2L: Salt Box TV 2:00 Bingo 3:00 Afternoon Movie 3:45 Jewelry Making 7:00 Evening Movie </div> |
| <div>30</div> <div> 9:00 Transportation to Church* 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Service 11:00 IN2L: Wordle 2:00 Scenic Drive* 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie </div> | <div>31</div> <div> 8:15 Trip to Coldsmoke Coffee* 9:00 IN2L: Mindful Movement Exercise 10:15 IN2L Virtual Guided Tour: The Met 11:00 Frisbee Toss 1:00 Shopping at Winco* 1:30 Men's Strength Training 2:00 Bingo 3:30 Painting Club 3:30 Book Club Meeting </div> | | | | | <div>A * denotes signing up is required for that activity</div> |