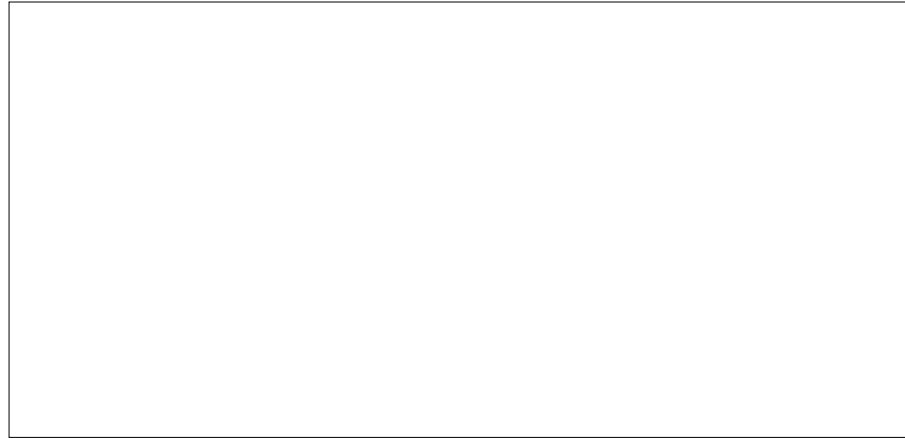




1547 N. Hunters Way
Bozeman, MT 59718

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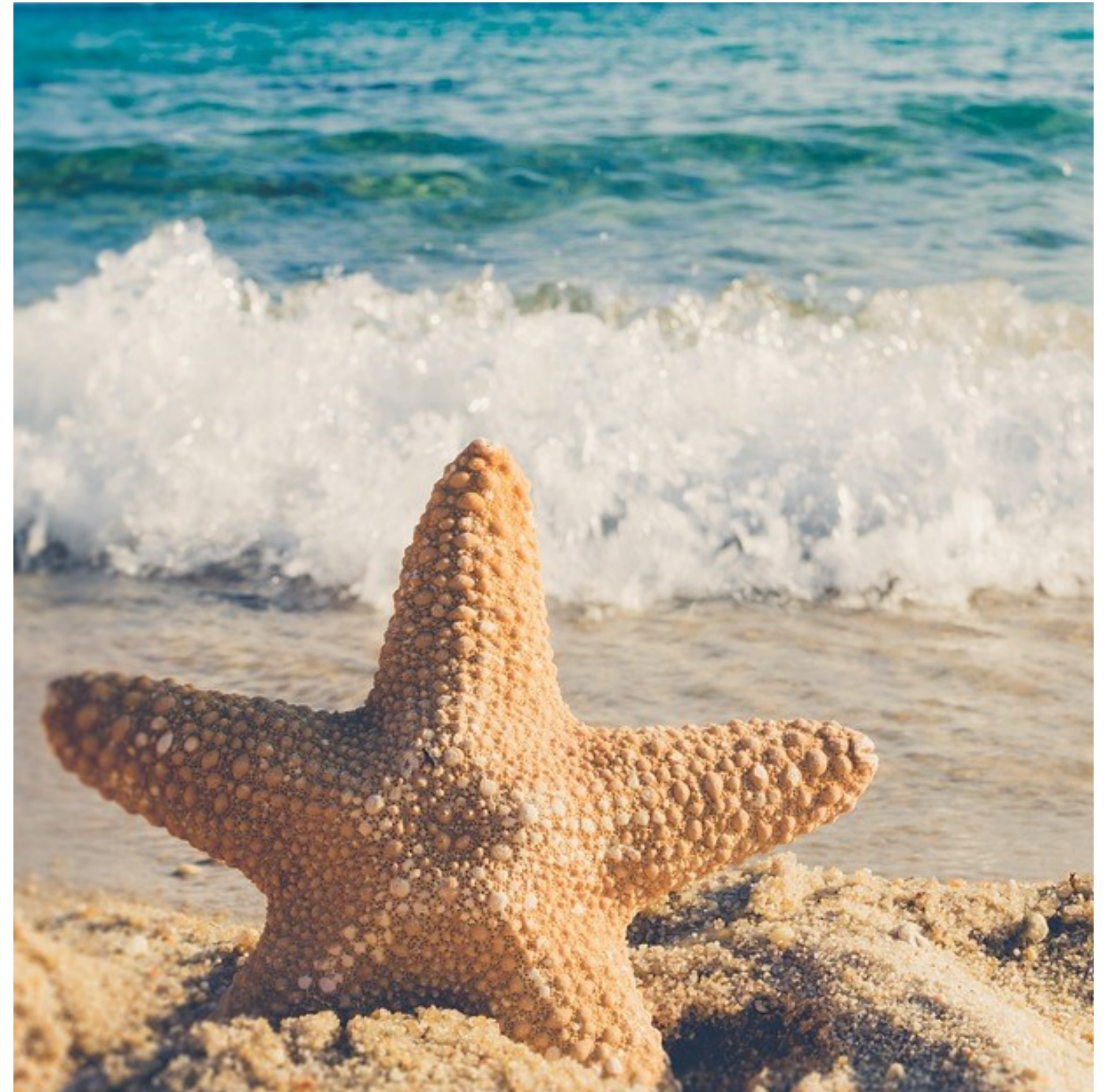
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Wellness Nurse:
Kimberly Noble, RN
Wellness Director:
Rowdy Lynn
Business Office Director:
Susan Lang
Life Enrichment Director:
Tina Thompson
Dining Services Director:
Mike Welch
Maintenance Director:
Garret Hofmaster



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

Bozeman Lodge News

August 2023 Newsletter



2 Ways to Increase Happiness
3 Car Show Highlights
4 - 5 Activities Calendar

6 Highlights
7 Special Moments & Birthdays
8 Mission & Team

10 Ways to Increase Happiness: Some You Wouldn't Have Guessed!

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

"Come on get happy," so goes the Partridge Family theme song. But is it that easy? We hope to make it so with tips we've gathered toward happiness for older adults. Come on read along!

There are many different types of steps you can take to make a difference toward your happiness. Here are some actions to consider:

- **Keep connected.** Build and maintain social connections to boost mood, reduce stress, and improve self-esteem, per PsychCentral.
- Stop and smell the roses. Enjoy moments as they come by focusing on the present.
- **Brighten someone's day.** Lifting another person's mood with a kind comment can also benefit you by making you feel good.
- **Make your living space your own.** A recent study showed when living spaces reflect the personality and preferences of their inhabitants, older adults reported an increased sense of well-being.
- **Learn.** Investing time and energy into learning brings a sense of purpose and increased feelings of positivity.
- **Laugh.** If you can tune into a source that will make you laugh each day, do it. Laughing lowers the stress hormone cortisol and increases endorphins for a happy boost.

Physical health also plays a large role in how we feel. The way that we treat our bodies can go a long way, even as we face conditions that affect us. Prioritizing some key areas can boost happiness.



Try starting a daily gratitude journal. It can become your go-to happy spot!

- **Eat a healthy diet.** Make sure to consult your health professional to find out dietary advice specific to you. For most seniors, the plate should look like a rainbow with lean protein, fruits and vegetables, whole grains, and low-fat dairy, per the National Council on Aging. MyPlate.gov is a great source for plate specifics based on age.
- **Keep hydrated.** The NCOA recommends drinking small amounts of fluids consistently through the day.
- **Stay physically active.** Adults 65 and over ought to have a least 150 minutes of moderate intensity activity weekly, per the CDC.
- **Address hearing challenges and consider using a hearing aid to help with hearing loss.** The University of Michigan conducted a 2019 study that found seniors who got a hearing aid when diagnosed with hearing loss had reduced depression and anxiety, as well as a reduced risk for falling.

Do you have a special tip for boosting your happiness that we haven't shared? We'd love to hear it on our Facebook post for this month's newsletter.



Happy Birthday :

- Wybe D.: Aug. 1
- Jay L.: Aug. 9
- Bob P.: Aug. 4
- Lance B.: Aug. 14
- Karen P.: Aug. 15
- Mary Ann F.: Aug 18
- Martha W.: Aug. 24
- George E.: Aug. 31

August 2023 Highlights

Observes: Children's Eye Health, Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Heading Back to School, Peace, and Sandwiches

- | | |
|---|--|
| 01: Grief Support with Stillwater Hospice | 17: Music by All by My Lonesome One Man Band |
| 02: Visit from Bozeman Library Bookmobile | 18: Shopping at Kohl's* |
| 02: Ice Cream & Treats on the Patio | 19: IN2L: Tropical Trivia & Milkshakes |
| 04: Shopping at TJ Taxx* | 20: Tye Dye Tote Bags Craft |
| 04: Resident Council Meeting | 21: Lunch & Shopping at Bozeman Senior Center* |
| 05: Sweet Pea Parade* | 22: Happy Hour Celebrating August Birthdays |
| 06: Scenic Drive* | 23: Toe Nail Clinic with Nurse Libby* |
| 07: Vitals Clinic with Enhabit Home Health | 23: Food Committee Meeting |
| 08: City Band Concert* | 24: Cancer Care of Montana Info Presentation |
| 09: FUNctional Fitness Presentation with Cheryl | 25: Shopping at Gallatin Valley Mall* |
| 11: Picnic at Headwaters State Park* | 25: Banana Split Bar |
| 12: Farmer's Market Outing* | 26: Lodge Summer Carnival |
| 13: Make Your Own Flower Lei | 28: Trip to City Brew Coffee Shop* |
| 14: Breakfast at I-Hop* | 29: Patio Treats: Frozen Chocolate Bananas |
| 14: Shopping at Smith's* | 30: Farmer's Markey on the Patio |
| 15: Play Shuffleboard | 31: Healthy Heart Talk with EmpowerMe Wellness |
| 16: Happy Hour with Music by Alice & Ray | |
| 17: Summer Luau Party | |

Tropical Cruise Themed Week! August 13-19, 2023

Sunday, August 13:

Make Your Own Flower Lei Necklace

Monday, August 14:

Tropical Walker/Wheelchair Decorating Make a Sunset Silhouette-No painting skills required

Tuesday, August 15:

Aloha Pineapple Smoothies

Play Shuffleboard

Harvest Your Own Pearls

Beach Tunes Drumming Class

Wednesday, August 16:

Beach Ball Toss

Cooking Club: Mango Salsa

Thursday, August 17:

Roll Candy Sushi

Summer Luau Party on the Patio

Friday, August 18:

Squirt Gun Cup Races on the Patio

Make Your Own Ice Cream

Lava Flow Cocktails

Saturday, August 19:

Dig for Treasure

Tropical Trivia & Milkshakes

Thanks to everybody that came out and enjoyed our 3rd annual Classic Car Show!



AUGUST 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 9:30 Huckleberries & Cream Coffee 10:45 Chair Exercise with Tina 1:00 Grief Support with Stillwater Hospice 2:00 August Highlights 3:00 Afternoon Movie 3:30 Patio Treats: Lemonade Pie 7:00 Evening Movie	2 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 IN2L: Wordle Game 11:30 Visit from Bookmobile 1:00 Catholic Communion 2:00 Share Your Stories: Life History Project 3:30 Ice Cream & Treats on the Patio 7:00 Evening Movie	3 9:00 Resident Store 9:30 Tea Talk with Angela 10:00 Chair Yoga with Our Therapy Team 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:15 Body Talk: Engaging in Aging Discussion 7:00 Evening Movie	4 9:30 Men's Coffee Chat with Charlie 10:15 Shopping at TJ Maxx 11:00 IN2L: "Have You Ever?" Discussion 1:00 Play Bananagrams 2:30 Resident Council Meeting 3:00 Afternoon Movie 4:00 Coloring for Relaxation 7:00 Evening Movie	5 8:45 Watch the Sweet Pea Parade* 9:15 Danishes in the Bistro 11:00 Gardening Club 1:00 IN2L: Ted Talks: Short Educational Lectures 2:00 Bingo 3:00 Afternoon Movie 4:00 IN2L: Salt Box TV 7:00 Evening Movie
	6 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 Video 3:00 Afternoon Movie 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	7 9:00 Current Events 10:00 IN2L: Crosswords 10:30 Vitals Clinic with Enhabit Home Health 1:30 Strength Training with Seranna 2:00 Bingo 2:00 Shopping at Target* 3:00 Afternoon Movie 3:15 Painting Club 7:00 Evening Movie	8 9:30 Creamy Watermelon Coconut Shakes 10:45 Exercise with Myriah 1:00 Badminton on the Patio 2:00 Hydration Station on the Patio 3:00 Afternoon Movie 3:30 Patio Treats: Strawberries & Cream Sandwiches 7:00 City Band Concert* 7:00 Evening Movie	9 9:30 Sweet Treats 10:00 Functional Fitness Presentation with Cheryl 11:00 IN2L: Wordle Game 1:00 Catholic Communion 2:00 Bistro Board Games 3:00 Afternoon Movie 3:15 Bird Talk with Angela & Her Sun Conures 7:00 Evening Movie	10 9:30 Tea Talk with Angela 10:00 Chair Yoga with Our Therapy Team 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:15 Body Talk: Engaging in Aging Discussion 7:00 Evening Movie	11 9:30 Men's Coffee Chat with Charlie 10:30 Picnic at Headwater's State Park* 1:00 Play Rummikub 2:00 Activity Forum 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Pina Colada Sangria 7:00 Evening Movie
	13 Tropical Cruise Week 9:00 Transportation to Church* 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Service 11:00 IN2L: Piggy Bankers 1:00 Scavenger Hunt 2:30 Ecumenical Service 3:00 Afternoon Movie 3:00 Make Your Own Flower Lei for Tropical Week 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie	14 8:15 Breakfast at I-Hop* 10:00 IN2L: Crosswords 11:00 Summer Walker/ Wheelchair Decorating 1:30 Shopping at Smith's* 1:30 Strength Training with Seranna 2:00 Bingo 3:15 Painting Club: Sunset Silhouettes 7:00 Evening Movie	15 9:30 Aloha Pineapple Smoothie 10:45 Exercise with Myriah 1:00 Play Shuffleboard 2:00 "Harvest" Your Own Pearls 3:00 Afternoon Movie 3:30 Beach Tunes Drumming Class 7:00 Evening Movie	16 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 Beach Ball Toss 11:30 Visit from Bookmobile 2:00 Cooking Club: Mango Salsa & Chips 3:15 Catholic Mass 3:30 Happy Hour with Music by Alice & Ray 7:00 Evening Movie	17 9:00 Resident Store 9:30 Tea Talk with Angela 10:00 Chair Yoga with Our Therapy Team 10:45 Roll Candy Sushi 1:00 Knit/Crochet/Needlework 4:00 Summer Luau Party 4:00 Music by All by My Lonesome One Man Band 7:00 Evening Movie	18 9:30 Men's Coffee Chat with Charlie 10:15 Shopping at Kohl's 11:00 Squirt Gun Cup Races on the Patio 1:30 Make Your Own Ice Cream 3:00 Sing Along with Grace 4:00 Lava Flow Cocktails 7:00 Evening Movie
	20 9:00 Transportation to Church* 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Service 11:00 IN2L: Wordle 2:00 Tie Dye Tote Bags Craft 2:30 Ecumenical Service 3:00 Patio Treat: Fruit Popsicles 4:00 IN2L: Bob Ross Art 7:00 Evening Movie	21 9:00 Current Events 10:30 IN2L: Crosswords 11:30 Lunch & Shopping at Bozeman Senior Center* 1:30 Strength Training with Seranna 2:00 Bingo 3:00 Afternoon Movie 3:15 Painting Club 7:00 Evening Movie	22 9:30 Whipped Hot Chocolate 10:45 Chair Exercise w/ Tina 1:00 Ladderball on the Patio 2:00 Hydration Station on the Patio 3:00 Afternoon Movie 3:30 Happy Hour Celebrating August Birthdays 7:00 Evening Movie	23 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 IN2L: Wordle Game 12:45 Toe Nail Clinic with Nurse Libby* 1:00 Catholic Communion 2:30 Food Committee Meeting 3:30 It Happened in August Trivia & Treats 7:00 Evening Movie	24 9:30 Tea Talk with Angela 10:00 Exercise with Angela 10:30 Cancer Care of Montana Presentation 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Town Hall Meeting 3:30 Body Talk: Engaging in Aging Discussion 7:00 Evening Movie	25 9:30 Men's Coffee Chat with Charlie 10:30 IN2L: "This or That?" Discussion 1:00 Play Yahtzee 1:30 Shopping at Gallatin Valley Mall* 3:00 Afternoon Movie 3:00 Sing Along with Grace 3:45 Banana Split Bar 7:00 Evening Movie
	27 9:30 Cinnamon Rolls & Coffee Klatch 10:00 Calvary Baptist Service 1:00 Walking Club 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 IN2L: Rick Steve's Travel 7:00 Evening Movie	28 8:30 Trip to City Brew Coffee Shop* 10:30 IN2L: Crosswords 1:30 Shopping at Town & Country Foods* 1:30 Strength Training with Seranna 2:00 Bingo 3:30 Book Club Meeting 7:00 Evening Movie	29 9:30 Blueberry Banana Smoothies 10:45 Chair Exercise w/ Tina 1:00 Bean Bag Toss 2:00 Hydration Station on the Patio 3:00 Afternoon Movie 3:30 Patio Treats: Frozen Chocolate Bananas 7:00 Evening Movie	30 9:30 Exercise with Cheryl 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 IN2L: Wordle Game 1:00 Catholic Communion 2:00 Share Your Stories: Life History Project 3:30 Farmer's Market on the Patio 7:00 Evening Movie	31 9:00 Resident Store 9:30 Current Events & Coffee 10:00 Exercise with Tina 11:00 IN2L: Trivia 1:00 Knit/Crochet/Needlework 2:00 Bingo 3:00 Afternoon Movie 3:30 Healthy Heart Talk w/ Empower Me Wellness 7:00 Evening Movie	