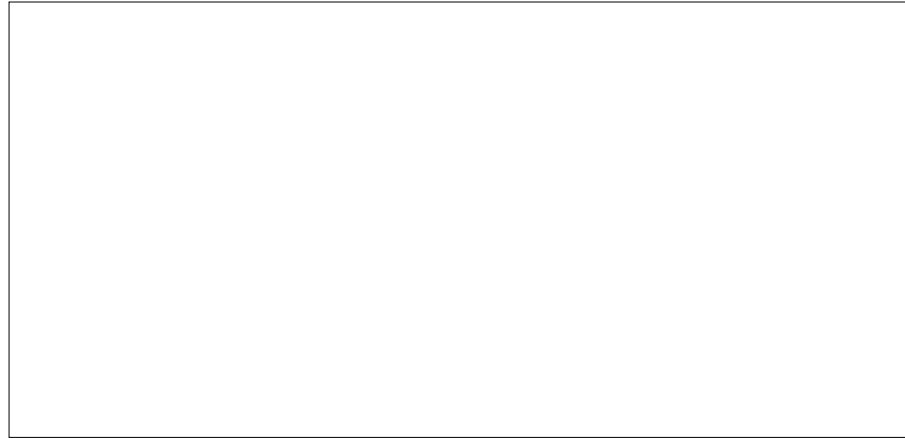




1547 N. Hunters Way  
Bozeman, MT 59718

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](https://www.facebook.com/BozemanLodge)  
**Executive Director:**  
Sabrina Colton, RN  
**General Manager:**  
Andrew Steighner  
**Community Relations:**  
Andrew Steighner  
**Wellness Nurse:**  
Janisse Ruis, RN  
**Wellness Directors:**  
Rowdy Lynn & Michele Harvey  
**Business Office Director:**  
Susan Lang  
**Life Enrichment Director:**  
Tina Thompson  
**Dining Services Director:**  
Bader Labidi  
**Maintenance Director:**  
Johnny King



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

# Bozeman Lodge News

November 2023 Newsletter



2 Honoring Our Veterans  
3 Events & Transportation Info  
4 - 5 Activities Calendar

6 Highlights & Staff Appreciation  
7 Special Moments & Birthdays  
8 Mission & Team



## Ways to Honor Our Veterans

Veterans Day takes place on November 11, honoring veterans of the United States' armed forces. On that day and beyond, here are some ways to honor the veterans in your life and community.

**Visit a VA Hospital.** Call ahead to find out their guidelines for visiting and/or volunteering and see how you can make a difference for the veterans there.

**Visit a War Memorial.** Take the time to observe and remind yourself and others about our veterans sacrifices.

**Send thank you mail to veterans.** There are various organizations that you can seek out for reaching veterans. A few links to do so include:

- [amillionthanks.org/letter/](https://amillionthanks.org/letter/)
- [supportourtroops.org/cards-letters](https://supportourtroops.org/cards-letters)
- [www.operationgratitude.com/volunteer/anywhere/letters/](https://www.operationgratitude.com/volunteer/anywhere/letters/)

**Strike up a conversation with a veteran.** It is not only a great feeling to connect with another person, but it is special to a veteran when you take the time to hear what they want to share from their story.

**Support charities that bring support to veterans.** A few include:

- K9s For Veterans: [k9sforwarriors.org](https://k9sforwarriors.org)
- Vehicles For Veterans: [www.vehiclesforveterans.org](https://www.vehiclesforveterans.org)
- Disabled American Veterans: [dav.org](https://dav.org)
- Wounded Warriors Family Support: [wwfs.org](https://wwfs.org)



Do you know all of the branches of U.S. Armed Forces? There are six: the Air Force, Army, Coast Guard, Marine Corps, Navy, and Space Force.

**Display and use your American flag properly.** Rules of thumb include not hanging the flag upside down or backwards and if you hang it vertically, have the stars on the viewer's left. Also, don't let the flag touch the ground. On Memorial Day, have the flag at half-mast from sunrise to noon then at full-mast the rest of the day.

**Know the difference between Veterans Day and Memorial Day.** Memorial Day is the last Monday in May, honoring those who have passed serving in the military. Veterans Day honors all who have served in the Armed Forces.

**Buy a veteran a cup of coffee or help them with a task.** If you see a veteran out in your community, try to brighten their day by offering your assistance to them.

We would love to hear additional ideas from you about the ways you support veterans on our Facebook post for this month's newsletter on the first of November.

## Special Moments



## Happy Birthday

**Marjorie B.: Nov. 1**  
**Bart T.: Nov. 1**  
**Marilyn T.: Nov. 2**  
**Carol R.: Nov. 5**  
**Noma A.: Nov 5**  
**Bob C.: Nov. 15**  
**Harold H.: Nov. 20**  
**Albert B.: Nov. 25**



# November 2023 Highlights

**Observes:** National Alzheimer's Awareness, COPD, Diabetes, Epilepsy, Hospice & Palliative Care, Long-term Care, and Lung Cancer  
**Celebrates:** Aviation History, Career Development, Family Caregivers, Family Stories, Fondue, Gratitude, Life Writing, Movember, Military Families, Native American Heritage, Novels, Peanut Butter, Pomegranates, Raisin Bread, Spinach, and Squash

- |   |   |
|---|---|
| 01: Happy Hour with Music by Alice & Ray            | 16: Town Hall Meeting with Andrew         |
| 02: Make a Handcrafted Thanksgiving Card            | 16: Health Talk with EmpowerMe Wellness   |
| 03: Holiday Kick-Off Shopping Event @Senior Center* | 17: Shopping at Target*                   |
| 03 Resident Council Meeting                         | 17: Make Homemade Pumpkin Bread           |
| 04: Coffee & Pastries at City Brew*                 | 18: Lodge Holiday Bazaar                  |
| 04 Shopping at Smith's                              | 21: Taste of Fall Treat Making            |
| 05: Daylight Saving Time Ends                       | 22: Food Forum                            |
| 07: Grief Support Group with Stillwater Hospice     | 23: Thanksgiving Day                      |
| 08: Newcomers Social                                | 24: Shopping at Winco*                    |
| 09: Maintaining Your Independence Presentation      | 25: Shopping at Hobby Lobby*              |
| 10: Veteran's Brunch for Veterans Day Observed      | 27: Help Decorate Lodge Christmas Trees   |
| 10: Shopping at Town & Country Foods*               | 27: Book Club Meeting                     |
| 11: Veterans Day Trivia & Patriotic Sundaes         | 29: November Birthday Party w/ Live Music |
| 13: Share Your Stories: Thanksgiving Memories       | 30: "Who are the Metis?" Native American  |
| 14: Flower Arranging: Party Centerpieces            | Historical Presentation by Tina           |
| 15: 15th Anniversary Celebration!                   |   |

**As Bozeman Lodge gets ready to celebrate our 15th anniversary, we'd like to pay special recognition to staff that have been at the Lodge for a year or longer:**

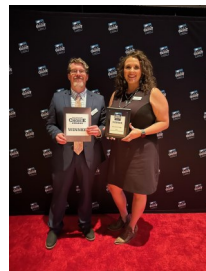


Blake D. Susan L.

Rowdy L. Catie S.

Tracey S. Jared R.

Andrew S. Sabrina C.



**The following staff have been at the Lodge 5 years or longer:**

Tina T. Shelli T.

Amanda U. John J. Yuni T.



**So many things to Celebrate in November!**

## **The Bozeman Lodge's 15th Anniversary Celebration Wednesday, November 15th 4:00-6:00pm**

Enjoy delicious foods, drinks, as well as live music and dancing with Kate Bryant & Friends!

**Guest RSVPs are required by Wednesday, November 8th**

\*Reminder: There will be no transportation available after noon on this day.

## **Holiday Bazaar Saturday, November 18th 10:00am-2:00pm**

Jump start your holiday shopping and peruse the homemade goods and items for sale at our Holiday Bazaar! Booths will line the first floor common areas and concessions will be available.

## **Thanksgiving Dinner Thursday, November 23rd**

Two seating times to choose from:

**First: 11:00am-1:00pm**

**Second: 3:00pm-5:00pm**

Guest meals cost \$10 and can be paid by check or charged to account ALL residents MUST RSVP, whether you plan on attending or not.

**Guest RSVPs are required by Wednesday, November 15th**

## **Lodge Transportation Cold Weather Policy**

For the safety of our residents and staff, we have the following cold weather guidelines: Lodge transportation services may be cancelled, and you will be asked to reschedule your appointment or find alternate transportation based on any of the following criteria:


- The temperature (with or without windchill) is or anticipated to be -15 degrees or colder
- Gusty wind, heavy falling snow, blowing snow, or icy roads that create hazardous driving conditions
- Emergency Travel Only recommendations or restrictions that are made by the Department of Transportation or local Emergency Services

We will do our best to inform you the day before of cancelled transportation, however weather and road conditions can change rapidly and we will follow recommendations made by local authorities.

You can stay updated on the weather through local news stations, as well as the newspaper. The front desk can also look up current local temperatures and anticipated future temperatures.

We understand that this can be inconvenient, however we appreciate your understanding and cooperation to help keep everyone safe!



SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.			1 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 Crossword Puzzles 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 Happy Hour with Music by Alice & Ray 7:00 Evening Movie	2 9:30 Coffee Chat 10:00 Chair Yoga with our Therapy Team 11:00 Trivia Game 1:00 Knit/Crochet/Needlework Group 2:00 Bingo 3:00 Afternoon Movie 3:30 Make a Handcrafted Thanksgiving Card 7:00 Evening Movie	3 9:45 Holiday Kick-Off Shopping Event at the Senior Center* 11:00 Help Us Fill Our Grateful Tree! 1:30 Ceramic Painting 2:30 Resident Council Meeting 3:00 Afternoon Movie 4:00 Friday Cocktail: Pumpkin Spice Margarita 7:00 Evening Movie	4 9:00 Coffee & Pastries at City Brew Coffee Shop* 11:00 Play Family Feud 1:00 Live Stream MSU Bobcats Game 1:15 Shopping at Smiths* 3:00 Afternoon Movie 3:30 Gratitude Circle 7:00 Evening Movie
5 <u>Daylight Savings Time Ends</u> 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 Wordle Game 1:00 Coloring for Relaxation 2:30 Ecumenical Service via Video 3:00 Afternoon Movie 4:00 Watch Rick Steve’s Travel 7:00 Evening Movie	6 9:00 This Week in History 10:45 Word Games 1:30 Strength Training with Seranna 2:00 Bingo 3:00 Afternoon Movie 3:15 Painting Club 7:00 Evening Movie	7 9:30 Brown Sugar Lattes 10:45 Zumba Exercise with Brittainey 1:00 Grief Support Group with Stillwater Hospice 2:00 Play Scrabble 3:00 Afternoon Movie 3:30 Taste of Fall Treat Making 7:00 Evening Movie	8 9:30 Virtual Chair Exercise 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 Crossword Puzzles 1:00 Catholic Communion 2:00 Music with Edis 3:00 Afternoon Movie 3:30 Newcomers Social 7:00 Evening Movie	9 9:30 Coffee Chat 10:00 Chair Yoga with our Therapy Team 11:00 Trivia Game 1:00 Knit/Crochet/Needlework Group 2:00 Bingo 3:00 Afternoon Movie 3:30 Maintaining Your Independence Presentation 7:00 Evening Movie	10 9:00 Veterans Day Ceremony: Arlington National Cemetery 9:30 Veteran’s Brunch* 1:30 Shopping at Town & Country Foods* 2:00 Activity Interests Survey 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Friday Cocktail: Apple Cider Sangria 7:00 Evening Movie	11 <u>Veterans Day</u> 9:00 Donuts in the Bistro 10:00 Balloon Volleyball 1:00 Live Stream MSU Bobcats Game 2:00 Edible Craft: Make Hot Cocoa Spoons 3:00 Afternoon Movie 3:30 Veterans Day Trivia & Ice Cream Sundaes 7:00 Evening Movie
12 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 Wordle Game 1:00 Color by Number 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 Watch Bob Ross Art 7:00 Evening Movie	13 9:00 This Week in History 10:45 Gobble & Gossip: Fun Conversation Starters 1:30 Strength Training with Seranna 2:00 Board Games 3:00 Afternoon Movie 3:30 Share Your Stories: Thanksgiving Memories 7:00 Evening Movie	14 9:30 Peppermint White Hot Chocolate 10:45 Zumba Exercise with Brittainey 1:00 Afternoon Meditation 2:00 Cottage Chat w/ Sabrina 3:00 Afternoon Movie 3:30 Flower Arranging: Dining Room Centerpieces 7:00 Evening Movie	15 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 Crossword Puzzles 3:15 Catholic Mass 4:00 Bozeman Lodge’s 15th Anniversary Party 4:00 Music & Dancing with Kate Bryant & Friends 7:00 Evening Movie	16 9:30 Coffee Chat 10:00 Chair Yoga with our Therapy Team 11:00 Trivia Game 1:00 Knit/Crochet/Needlework Group 2:00 Town Hall Meeting 3:30 Health Talk with EmpowerMe Wellness 7:00 Evening Movie	17 <u>Homemade Bread Day</u> 9:00 Good News Stories 10:00 Shopping at Target* 1:30 Ceramic Painting 2:15 Baking Club: Easy Pumpkin Bread 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Friday Cocktail: Cranberry Apple Margaritas 7:00 Evening Movie	18 9:00 Muffins in the Bistro 10:00 Lodge Holiday Craft Bazaar 12:00 Cat/Griz Game Watch Party 3:00 Afternoon Movie 3:45 Root Beer Floats 7:00 Evening Movie
19 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 Wordle Game 1:00 Coloring for Relaxation 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 Watch Rick Steve’s Travel 7:00 Evening Movie	20 9:00 This Week in History 10:45 You vs. Wild Interactive Video Game 1:30 Strength Training with Seranna 2:00 Bingo 3:00 Afternoon Movie 3:15 Painting Club 7:00 Evening Movie	21 9:30 Pumpkin Maple Lattes 10:45 Zumba Exercise with Brittainey 1:00 Afternoon Meditation 2:00 Play Yahtzee 3:00 Afternoon Movie 3:30 Taste of Fall Treat Making 7:00 Evening Movie	22 9:30 Virtual Chair Exercise 10:15 Sweet Treats 10:30 Greeting Card Sales 11:00 Crossword Puzzles 1:00 Catholic Communion 2:30 Food Forum Meeting 3:00 Afternoon Movie 3:30 Flower Arranging: Dining Room Centerpieces 7:00 Evening Movie	23 <u>HAPPY THANKSGIVING!</u> 8:00 Watch Macy’s Thanksgiving Day Parade 9:00 Pumpkin Pie Smoothies 11:00 Thanksgiving Dinner First Seating* 2:00 A Charlie Brown Thanksgiving Special 3:00 Thanksgiving Dinner Second Seating* 3:00 & 7:00 Movie: Planes, Trains, & Automobiles	24 9:00 Good News Stories 10:00 Shopping at Winco* 1:00 Activity Interests Survey 3:00 Afternoon Movie 3:00 Sing Along with Grace 4:00 Friday Cocktail: Fireball Sangria 7:00 Evening Movie	25 9:00 Pastries in the Bistro 10:00 Balloon Volleyball 11:00 Play Family Feud Game 1:15 Shopping at Hobby Lobby* 3:00 Afternoon Movie 3:30 Apple Cider Floats 7:00 Evening Movie
26 9:30 Coffee Klatch & Cinnamon Rolls 10:00 Calvary Baptist Service 11:00 Wordle Game 1:00 Color by Number 2:30 Ecumenical Service 3:00 Afternoon Movie 4:00 Watch Bob Ross Art 7:00 Evening Movie	27 9:00 This Week in History 10:30 Help Decorate the Lodge Christmas Trees 1:30 Strength Training with Seranna 2:00 Bingo 3:00 Afternoon Movie 3:30 Book Club Meeting 7:00 Evening Movie	28 9:30 Nutella Lattes 10:45 Zumba Exercise with Brittainey 1:00 Afternoon Meditation 2:00 Play Rumikub 3:00 Afternoon Movie 3:30 Share Your Stories: Holiday Time Memories 7:00 Evening Movie	29 9:30 Exercise with Cheryl 10:15 Sweet Treats 11:00 Crossword Puzzles 1:00 Catholic Communion 2:00 Cooking Club 3:00 Afternoon Movie 3:30 November Birthday Party & Music w/ Alice & Joanna 6:00 Watch the Rockefeller Tree Lighting Ceremony 7:00 Evening Movie	30 9:30 Coffee Chat 10:00 Chair Yoga 11:00 Trivia Game 1:00 Knit/Crochet/Needlework Group 2:00 Share Your Stories 3:00 Afternoon Movie 3:30 “Who are the Metis?” History Presentation by Tina 7:00 Evening Movie	A * indicates signing up is required for that activity	