

Bozeman Senior Center Newsletter

AUGUST 2026
807 NORTH TRACY
406-586-2421

Notes from the Executive Director Shannon Bondy



The newsletter will be reinstated as of August, 2026. We apologize for it being late this month but the Board just voted at the July board meeting to reinstate.

We do understand that some of our members do not use technology or may live out of town and cannot come to the Center in the winter to pick up a newsletter. Our members are important to us and we value their opinions and feedback greatly as we are here to provide services for seniors. The decision was made due to the following reasons: The cost of mailing the newsletter is \$500.00 per month with an additional \$200.00 to pay for returned newsletters. The reason this adds up is because we also must pay an additional \$900.00/month for the copies to the lease company that we print for the monthly newsletter mailing. All this adds up to \$19,200.00 a year.

However there are some caveats that will come with this decision. If a newsletter is returned due to a wrong address or being undeliverable, it will be taken immediately off the mailing list. Please remember to call the Senior Center and give us your new address if you have moved or travel somewhere else for 6 months during the year.

It is also important to consider that we provide many, many valuable services to our community at little or no cost. We are the best Senior Center in Montana plus some other states as well. We also provide services at an exceptionally low cost compared to Senior Centers in other states comparable to us. We send out 28,000 Meals on Wheels in 3 different sites at a cost of per plate of \$19.27 to those who cannot afford to even make a small donation. This alone comes to \$539,560 a year. Our annual operating budget is close to \$1.6 MILLION. This annual budget also includes supporting the nutrition programs in both Three Forks and West Yellowstone. We work extremely hard to continue to sustain funding to provide essential services.

CONGREGATE MEALS

A text blast was sent out in July informing our members that we will not be serving congregate meals on Fridays starting in August. Our congregate meals have decreased by 8.211 in the last fiscal year. We hope this will not be permanent, but we simply cannot continue paying out \$900 a day in payroll to serve 9 meals, never mind the cost of food, supplies, etc. The Meals on Wheels will continue to be delivered on Fri. If you have any suggestions or comments regarding the kind of food you would like to see being served, please let us know. If you would like to help bring Fridays back, please support the nutrition program by joining us for lunch.

August Events

August 6th, Thursday @ 10:00
Nature Journaling

August 6th, Thursday @ 10:30 a.m.
Compassus Grief Support Group

August 11th, Tuesday @ 11:00 a.m.
Dementia Support Group

August 13th, Thursday @ 10:00 a.m.
Dr. Bob Flaherty,
Future of Cancer

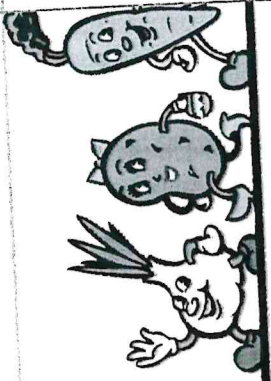
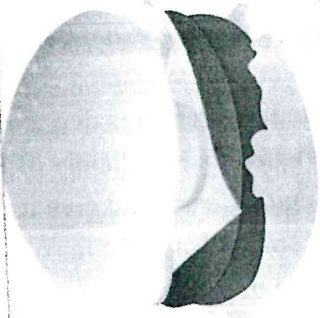
August 18th, Tuesday @ 11:00
Jill Zeren, Reliance Health and Life
Stretch your grocery dollars.

August 18th, Tuesday
K 9 Safety last day for registration

August 20th, Thursday @ 10:00
Nature Journaling

August 20th, Thursday @ 11:00
Bozeman Public Library

August 21st, Friday @ 12:30 p.m.
K 9 First Aid, CPR,
Trap and Snare Release

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	
Salad Stuffed Peppers Green Beans Roll	Salad Pastrami & Swiss on Rye French Fries Mixed Vegetables Chocolate Tartlet	Salad Pork Carnitas Taco Rice Black Beans	Salad Chicken Fried Steak Mashed Potatoes Broccoli Roll Sundae or Milk Shake	No Lunch	No Lunch	
9	10	11	12	13	14	15
Beet Salad Kielbasa Cabbage Steamed Carrots Roll Lemon Sugar Cookie	Salad Chicken Kiev Wild Rice Asparagus Roll	Broccoli Salad BLT on Croissant Sweet Potatoes Blueberry Shortcake	Salad Chef Salad Yellow Squash Roll	No Lunch	No Lunch	
16	17	18	19	20	21	22
Salad Hot Dog/Sauerkraut Wheat Bun French Fries Mandarin Oranges	Salad Beef Enchiladas Re-Fried Beans Tortilla Chips Brownie	Salad Chicken Dijon Butternut Squash Brussel Sprouts	Salad Swedish Meatballs Potatoes Au Gratin Cauliflower Roll Almond Cake w/ Raspberry Sauce	No Lunch	No Lunch	
23	24	25	26	27	28	29
Salad Crab Cakes Jasmine Rice Grilled Zucchini, Eggplant Pumpkin Spice Square	Caesar Salad Lasagna Key Largo Vegetables Garlic Bread	Salad Patty Melt Potato Wedges Peas & Onion Cookie	Salad BBQ Chicken Macaroni and Cheese Zucchini Roll	No Lunch	No Lunch	
30	31					
Salad Beef Stir Fry Brown Rice Cheese Won Ton Fortune Cookie			Allergy statement: Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, FISH, SHELLFISH, SOYBEANS, and MILK			

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
3	9:30 Wood Carvers 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 All Instrument Group	4 9:00 Pool 1:00 Geriatrics 1:00 Bingo 1:00 Cribbage 1:00 Guitar	5 9:30 Water Color 10:00 Wood Shop Meeting 1:00 Mah Jongg 12:00 Rubber Bridge 1:00 Ukulele	6 10:00 Nature Journaling 10:30 Grief Support Group 1:00 Bingo 1:00 Pinochle 1:00 ToneBenders	7 1:00 Circle of Friends 12:00 Rubber Bridge	8
9 10	9:30 Wood Carvers 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 All Instrument Group	11 9:00 Pool 11:00 Dementia Support Group 1:00 Bingo 1:00 Cribbage 1:00 Guitar	12 9:30 Water Color 1:00 Mah Jongg 1:00 Rubber Bridge 1:00 Ukulele	13 10:00 Dr. Bob Flaherty 1:00 Bingo 1:00 Pinochle 1:00 ToneBenders	14 1:00 Circle of Friends 12:00 Rubber Bridge	1 5
1 6	9:30 Wood Carvers 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 All Instrument Group	18 9:00 Pool 11:00 Stretch Your Grocery Dollars 1:00 Bingo 1:00 Cribbage 1:00 Guitar	19 9:30 Water Color 1:00 Mah Jongg 12:00 Rubber Bridge 1:00 Ukulele	20 10:00 Nature Journaling 11:00 Bozeman Library 1:00 Bingo 1:00 Pinochle 1:00 ToneBenders	21 12:30 K-9 First Aid Class 1:00 Geriatrics 1:00 Circle of Friends 12:00 Rubber Bridge	2 2
2 3	9:30 Wood Carvers 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 All Instrument Group	25 9:00 Pool 1:00 Bingo 1:00 Cribbage 1:00 Guitar	26 9:30 Water Color 10:00 Miracle Ear 1:00 Mah Jongg 12:00 Rubber Bridge 1:00 Ukulele	27 1:00 Bingo 1:00 Pinochle 1:00 ToneBenders	28 1:00 Circle of Friends 12:00 Rubber Bridge	2 9
3 0	9:30 Wood Carvers 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta				Center hours: 8:30-4:30 Second Hand Rose 9:00-3:00 Woodshop 8:30-4:00 Workout Room 8:30-4:00	

Look what is happening in August

***August 4th Tues @ 1:00 p.m.**

August 21st, Friday @ 1:00 p.m.

Geriactors

"Fun" theater activities for people of all experience levels. Come enjoy time with other people by doing theatrical activities. We will be reading plays & skits. NO experience required. This will be a casual group that emphasis the "fun" aspect of the theater.

***Aug. 6th, and Aug. 20th, Thursday @ 10:00**

Nature Journaling

Learn how to be a naturalist. Calling all nature lovers, journalers, and curiosity seekers. Improve your memory, connect and learn about nature, and feed your creative side - no art or science experience is required. Join naturalist/educator/curiosity cultivator Christy Howard from the Gallatin Nature Society as we learn about our local ecosystems. More than instruction, in these classes we will explore how to increase your observation skills, memory, curiosity, creative thinking, and more with the use of a field journal, an essential part of being a naturalist. From raptors to wildflowers and fur to insects we will learn all about the local ecosystem, how to remember them, how to draw them more accurately and more quickly, how to keep a journal and more. We might even have a few field trips and some animal ambassadors visit. In addition, participants will gain practical skills for interpreting our local nature while developing a personal field journal/nature journal practice they can continue long after our meetups are done. We look forward to seeing you.

***August 6th, Thursday @ 10:30 a.m.**

Compassus

Grief Support Group

***Aug. 11th, Tuesday @ 11:00 a.m.**

Mandy Ketcham, CDP Highgate Dementia Support Specialist **Dementia Support and Educational Support Group**

Share, learn and find support - You are not alone!
Emotional support in a safe, caring environment. Education and resources about dementia and caregiving. Connection with others walking a similar journey. A place to share stories, listen and be heard



***Aug. 13th, Thursday @ 10:00 a.m.**

Dr. Bob Flaherty

The Future of Cancer

Although the annual rate of new cancer cases in the US has remained stable, the death rate from cancer since 1991 has decreased a remarkable 34%. With recent breakthroughs in our understanding, diagnosis and treatment of cancer, many more people are living longer and better lives despite their cancer. Join Bob Flaherty, MD on Thursday, 8/13/26, at 10:00am at the Senior Center to learn more about the new advances in cancer diagnosis and treatment and future possibilities.

***Aug. 18th, Tuesday @ 11:00 a.m.**

Jill Zeren, Reliance Health and Life

Stretch Your Grocery Dollars. "Does the price of food these days have your jaw dropping each time you look at a sticker tag? Does it seem impossible to eat healthy and on a budget? Good news! Come join Jill Zeren for a presentation on ways to stretch your dollar at the grocery store.

***August 18th - Last day to sign up for the K9 CPR.** go to www.montanak9safety.com

***August 20th Thursday @ 11:00 a.m.**

Bozeman Public Library

Leslie will talk about all the wonderful FREE opportunities at the library.

***August 21st, Friday @ 12:30**

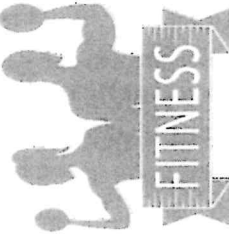
K-9 First Aid Workshop 3-hour workshop and includes Trap and Snare Release, bleeding control, CPR, choking maneuvers

***August 26th, Tues @ 10:00 a.m.**

Miracle Ear

Come get your hearing evaluated or your hearing aides cleaned.

August 2026- Bozeman Senior Center Exercise --807 N. Tracy 586-2421 - www.bozemanseniorcenter.org

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
3	8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	4 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	5 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	6 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga	7 8:30 Strength Training 10:00 Advanced Line Dancing	8
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30	31 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	\$20.00 a month gets you into all of the exercise classes and equipment workout room. You must be a member of the Bozeman Senior Center				

ALL EXERCISE CLASSES ARE HELD IN THE FITNESS ROOM WITH THE EXCEPTION OF
Line Dancing (Dining Room) Ballroom Dancing (Dining Room)

\$20.00 a month gets you into all of the classes as well as the equipment room.

***Strong People (Mon, Tue, Wed, Thurs @ 1 p.m.)**

Strength building class focuses on increasing bone density and muscle mass. Class follows accepted protocol for people with bone loss. Participants work at their own level increasing weights as they build strength. Each class also includes exercises to strengthen the core, improve balance and finishes with stretching. Weights are provided.

***Strength Training (Mon, Wed, Fri @ 8:30 a.m.)**

A great class for men and women looking to increase muscle mass and overall body strength. Dumbbells, leg weights, and bands are all incorporated into a full body workout. Strength training doesn't have to be intimidating. Drop in and see how much fun you can have getting stronger.

***Core on the Floor (Mon, Wed @ 9:35 a.m.)**

Pilates inspired. Gentle mat work and stretching.

***Beginning & Intermediate Line Dancing (Tues, Thurs @ 10:00 a.m.)**

Fun way to exercise your body and brain.

***Advanced Line Dancing (Tues, Thurs @ 10:45 a.m.) (Friday, 10:00 a.m.)**

Even more complex and challenging dances will be taught and danced.

***Enlightenment Tai Chi Form (Tues, Thurs 11:00 a.m.)**

Tai Chi is a graceful form of exercise characterized by slow, methodical, gentle movements and deep breathing exercises that are low impact, relaxing and somewhat aerobic. People of almost any age and fitness level can participate. In this class you will learn the Enlightenment Tai Chi Form, some other easy short forms, warm-up and deep breathing exercises, and Tai Chi positions. Tai Chi can be a positive part of an overall approach to improving and maintaining your health.

***Ballroom Dancing (Wed @ 1:30 p.m.)**

Join a fun atmosphere and learn how to waltz, swing, two step...

***Gyrokinesis (Mon and Wed @ 11:15 a.m.)**

Movement practice designed to address the entire body, focusing on opening energy pathways, stimulating the nervous system, and increasing range of motion and functional strength through flowing, rhythmic sequences performed on a mat and chair without equipment. It coordinates breath, spinal movement, and circular motions, often described as "yoga for the spine," and can be adapted to suit all levels, from beginners to athletes and Seniors.

***Balance (Thursday @ 2:30 p.m.)**

Focuses on strength and flexibility to gain and improve good posture and balance.

***Yoga (Thursday @ 3:05 p.m.)**

Based on classic Hatha Yoga poses and appropriate for all levels. Focus is on physical, mental and spiritual balance as we practice poses that challenge and enhance posture and balance, strength and flexibility.

These 2 new classes (Balance and Yoga) will run through Aug. 27th. Hope to resume later in September.

Travel Coordinator Shannon Bondy Mon Thurs 8:30 a.m. 2:00 p.m.

***Scotland Presentation - Tuesday, August 4th, @ 9:00 a.m.** - A presentation for the 2027 Scotland trip along with more information on Greece and Rhine River and the documents.

2027 Upcoming Adventures

***Hawaii 3 Island Adventure - March 9-16, 2027** - Highlights include multi night resort stays, 3 Island tours in Oahu, Hawaii and Maui. Starting at \$7,574 (Double) and an additional \$2,450 (Single).

***Greece Island Hopper - April 26 - May 6, 2027** - This trip features Athens, Mykonos and Santorini. Highlights are the Acropolis of Athens & The Parthenon, Taverna Dinner Show, Mykonos Old Town, Santorini Island, Oia Village, Ancient Akrotiri and Wine tasting. This trip is 11 days and 14 meals are included. Starting at \$6,248 (Double) and \$7,448 (Single).

***Alaska Cruise Tour - July 8, 2027** - This trip will be 12 days featuring Fairbanks, Denali National Park & 7 night abroad the Norwegian Jade. Starting at \$8,999 per person/double for Inside Stateroom (add \$1,800 ss), \$6,499 pp/double for Ocean View Stateroom (add \$2,500ss), and \$7,899pp/double for Ocean View with Balcony (add \$3,500ss).

***Scotland - August 23 - September 1, 2027** - This is a 10-day tour which includes a cruise on Loch Ness to search for the elusive Nessie, journey through stunning Isle of Skye, visiting a family-run Highlands farm, listening to bagpipes and discovering the Neolithic ruins on Orkney. Starting at \$7,498 pp/double, \$8,798 pp/single and \$7,398 pp/triple.

***Tizer Botanic Garden & Arboretum and Montana Heritage Center - August 12, 2026** - If you love beautiful flowers and gardens, this is the trip you will not want to miss. We will leave the Senior Center at 8:00 a.m. and travel to Jefferson City, MT for an enjoyable time in the magical splendor of Tizer Gardens. Then, off to Helena to the Montana Heritage Center which has many galleries to browse through. The cost is \$85.00 per person which includes motorcoach fare, entrance to Tizer Gardens and the Heritage Center.

MySeniorCenter Kiosk

Just a reminder that we very much appreciate our members signing in to our kiosk when you come into the building. The Kiosk helps us track the number of people participating in different activities. It is important that we have accurate counts for the grants. The more individuals that take the time to sign in helps with the funding levels.

Members are now able to add and remove their desired days on the kiosk calendar for eating lunch. Sign in and look for the menu icon on the left side below your name. We have added a new MySeniorCenter Kiosk by the back door next to the Meals-On-Wheels Station.

Exercise Program

Just a reminder that you have to be a member of the Bozeman Senior Center to participate in the fitness classes.

Day Trips

I have had many requests to schedule more day trips. I appreciate all the suggestions on various destinations for these trips. Unfortunately, I have had to cancel a few of the trips because there wasn't enough registered to go. The cost of the motorcoaches and admission into everything has gone up significantly. The Senior Center does not make any money on these trips. We try only to break even with the costs so those who cannot go on the domestic and international trips can still enjoy traveling. If we do not get a certain number of people on the trips, we are not able to break even with the cost to pay for them. It is unfortunate as we know how many people love the day trips. I will not be scheduling anymore trips this summer. We will try again next year and see how it goes.

Bozeman Senior Center
807 North Tracy
Bozeman, Montana 59715

Return Service Requested

Mission Statement:

To provide educational,
recreational, health and fitness,
nutritional, and supportive
services to individuals over the
age of 50, living in Gallatin
County, Montana

Our unique community center is
proud to offer a variety of
services and activities for our
clientele. We strive to
provide quality social
and educational
programming as well as health
and nutritional services
designed for the aging adult.

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Happy August

