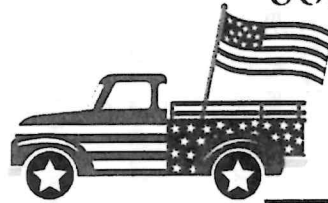


Bozeman Senior Center Newsletter

JULY 2026
807 NORTH TRACY
406-586-2421



July Events

Notes from the Executive Director
Shannon Bondy

MySeniorCenter Kiosk – Just a reminder that we very much appreciate our members signing in to our kiosk (which is directly in front of the front door) 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.

NOTICE: The July newsletter will be the last one we send out via snail mail. The cost of printing and mailing the newsletter has increased dramatically and we get quite a few back from the post office because people have moved or forgot to inform us that they are leaving for part of the year, etc. We also must pay postage for the newsletters that come back to us. The newsletter will be sent out only via email to those who have email. It will also be added to the Bozeman Senior Center website. For those who do not utilize technology, we will have hard copies available here at the Senior Center.

Exercise Program – Just a reminder that you do have to be a member of the Bozeman Senior Center to participate in the fitness classes. We have discovered several scenarios in which people are members but not paying the monthly \$20 fee for the classes or are paying the monthly fee, but not membership dues. Please complete the waiver release form for the exercise classes.

July 2nd, Thursday - 4th of July Lunch - Please join us for our 4th of July lunch. We will serve barbeque burgers and hot dogs, dill pickle macaroni salad, watermelon and ice cream. Call for your reservations.

July 2nd, Thursday - 10:00 a.m. - 2:00 p.m. Second Hand Lobby Sale. Western and Rodeo wear. There will be a Mounted Grizzley and Elk and Western Jewelry.

August 21st Friday - 12:30 p.m. K9 First Aid, CPR, Traps and Snare Release. The cost is \$50.00 and you must sign up at www.montanak9safety.com by August 18th.

July 2nd, Thursday @ noon
4th of July Lunch

July 2nd, Thursday @ 10:30 a.m.
Grief Support Group

July 14th, Tuesday @ 11:00
Dementia Support & Educaiton
Group

July 15th, Wednesday 10:00 a.m.
Wills, Trusts and Estate Planning




July 16th, Thursday @ 11:00
Bozeman Public Library

July 22nd, Wednesday @ 1:00 a.m.
Miracle Ear

July 14th, Tuesday @ 11:00 a.m.
Dementia Support Group

Save the Date: August 21st @ 12:30
p.m.
K9 First Aid, CPR, Traps & Snares.
Sign up by Aug. 18th

July 2026 – Bozeman Senior Center Menu: 807 N. Tracy | 406-586-2421

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>Allergy statement: Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, FISH, SHELLFISH, SOYBEANS, and MILK</p>	<p>Salad Pastrami Reuben French Fries Sunshine Carrots Single Crust Apple Pie</p>	<p>4th of July BBQ Burgers and Hot Dogs Dill Pasta Salad Baked Beans Watermelon Ice Cream</p>	<p>3 CLOSED </p>	4
5	 6 CLOSED	<p>Salad Chicken Cordon Bleu Wild Rice Broccoli, Roll Chocolate Almond Pudding</p>	<p>Salad BBQ Pull Pork Sweet Potatoes Roasted Apples Dinner Roll</p>	<p>Salad Salisbury Steak Mashed Potatoes Green Beans, Roll Carrot Cake</p>	<p>10 Salad Beef Nachos Sour Cream, Salsa Mandarin Oranges</p>	11
12	<p>13 Salad Cod w/ Lemon Butter Brown Rice Zucchini Roll Key Lime Pie</p>	<p>14 Salad Pork Chop Johns Sandwich Potato Wedges Peas</p>	<p>Salad Meatloaf Scalloped Potatoes Carrots Roll Peach Half w. Raspberries and Cream</p>	<p>16 Salad Fried Chicken Macaroni and Cheese Broccoli Biscuit</p>	<p>17 BirthDay Lunch Salad Chili w/ shredded Cheese Sour Cream, Diced Onions Peas & Onions Cornbread Lemon Cheesecake Pie</p>	18
19	<p>20 Salad Shrimp Scampi Penne Pasta Squash Garlic Bread</p>	<p>21 Salad Beef and Cheese Burrito Chips and Salsa Southwest Corn Peanut Blossom Cookie</p>	<p>Salad Chicken Cesar Salad Wrap Green Beans Fruit Cup</p>	<p>23 Salad French Onion Meatballs Mashed Potatoes Vegetable Roll Red Cherry ream Squares</p>	<p>24 Salad Fish and Chips Tartar Sauce Peas Roll</p>	25
26	<p>27 Salad Shepards Pie Brussel Sprouts Applesauce Gingerbread Cake</p>	<p>28 Salad Salmon Quinoa Pilaf Cauliflower Dinner Roll</p>	<p>Spinach Salad Chicken Cacciatore Pasta Broccoli Breadstick Coconut Butter Cookie w/ Chocolate Drizzle</p>	<p>30 Salad Mongolian Beef Rice Zucchini Fortune Cookie</p>	<p>31 Salad Sloppy Joe Potato Wedges Peas & Carrots Applesauce Jell-O Poke Cake</p>	

Look what is happening in July

***July 2ndth, and July 16th, 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.

***July 2nd, Thursday @ 10:30 a.m.**

Compassus

Grief Support Group

***July 14th, Tuesday @ 11:00 a.m.**

Hosted by 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.

***July 16th Thursday @ 11:00 a.m.**

Bozeman Public Library

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

***July 22nd, Tues @ 10:00 a.m.**

Miracle Ear

Offering hearing evaluations or cleaning.

***July 14th Tues @ 1:00 p.m.**





July 31st, Friday @ 1:00 p.m.

Geriatrics

“Fun” theater activities for people of all experience levels from none on up. 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.



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

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
			1 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	2 10:00 Beginning and Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga	3 Closed 	4
5	6 Closed 	7 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	8 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	9 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	10 8:30 Strength Training 10:00 Advanced Line Dancing	11
12	13 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	14 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	15 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	16 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	17 8:30 Strength Training 10:00 Advanced Line Dancing	18
19	20 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	21 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	22 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	23 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	24 8:30 Strength Training 10:00 Advanced Line Dancing	25
26	27 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	28 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	29 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	30 10:00 Beginning and Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga	31 8:30 Strength Training 10:00 Advanced Line Dancing	

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 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 (Tues, Thurs @ 10:00 a.m.)**

More complex and challenging dances will be taught and danced. Experienced dancers are invited.

***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.

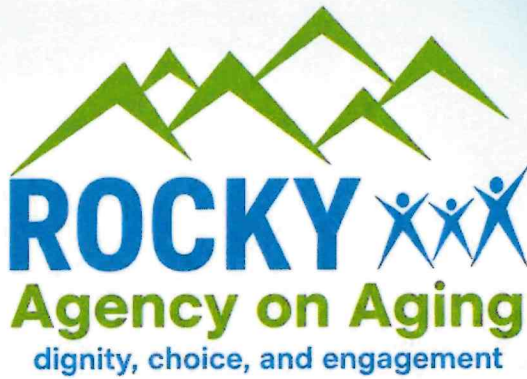
***Balance (Thursday @ 2:30 p.m.)**

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.

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

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

These 2 new classes (Balance and Yoga) will run from July 2nd - August 27th. The plan is to resume later in September.



2026 COMMUNITY *Assessment Survey*

FOR ADULTS 55 AND OLDER



FRIDAY
JUNE 5 – JULY 3

Montana Resident,

We invite you to help shape our future!
You are invited to participate in the
**2026 Montana Community Assessment
Survey for Older Adults.**



Please complete the survey if you
are **55 or older.**



Your feedback is important –
your answers will help us understand
the contributions that older adults
make to their communities and
the needs they have.

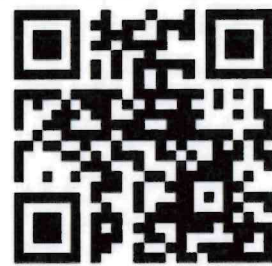


**PAPER COPIES ARE AVAILABLE AT THE
AGENCY ON AGING WEBSITE**
[www.rmhc.net/what-we-do/senior-services/
agency-on-aging-homepage.html](http://www.rmhc.net/what-we-do/senior-services/agency-on-aging-homepage.html)

Your voice. Our future. Stronger communities.



polco.us/montana2026



GO ONLINE NOW
and complete
THE CONFIDENTIAL
SURVEY AT:



2026 Community Assessment Survey for Older Adults

Please complete this survey if you are an **adult age 55 or older**. Your responses are confidential and no identifying information will be shared.

1. Do you live in the State of Montana?

Yes

No (Thank you for your interest! This survey is for Montana residents only.)

2. Which county do you reside in? (Please write in the space below.)

3. Do you live in the City of Billings?

Yes

No

4. Do you live in the City of Bozeman?

Yes

No

5. Do you live in the City of Kalispell?

Yes

No

6. Do you live in the City of Helena?

Yes

No

7. Do you live in the City of Missoula?

Yes

No

2026 Community Assessment Survey for Older Adults

1. Please rate each of the following aspects of quality of life in your community.

	<u>Excellent</u>	<u>Good</u>	<u>Fair</u>	<u>Poor</u>	<u>Don't know</u>
Your community as a place to live.....	1	2	3	4	5
Your neighborhood as a place to live.....	1	2	3	4	5
Your community as a place to retire.....	1	2	3	4	5
Sense of community in your community.....	1	2	3	4	5
The overall quality of life in your community.....	1	2	3	4	5

2. Please rate each of the following characteristics as they relate to your community as a whole.

	<u>Excellent</u>	<u>Good</u>	<u>Fair</u>	<u>Poor</u>	<u>Don't know</u>
Overall economic health of your community.....	1	2	3	4	5
Overall quality of the transportation system (auto, bicycle, foot, bus) in your community.....	1	2	3	4	5
Overall design or layout of your community's residential and commercial areas (e.g., homes, buildings, streets, parks, etc.).....	1	2	3	4	5
Overall quality of the utility infrastructure in your community (water, sewer, storm water, electric/gas, broadband).....	1	2	3	4	5
Overall feeling of safety in your community.....	1	2	3	4	5
Overall quality of natural environment in your community.....	1	2	3	4	5
Overall quality of parks and recreation opportunities.....	1	2	3	4	5
Overall health and wellness opportunities in your community.....	1	2	3	4	5
Overall opportunities for education, culture, and the arts.....	1	2	3	4	5
Residents' connection and engagement with their community.....	1	2	3	4	5

3. How would you rate the overall services provided to older adults in your community?

- Excellent
 Good
 Fair
 Poor
 Don't know

4. Please indicate how likely or unlikely you are to do each of the following.

	<u>Very likely</u>	<u>Somewhat likely</u>	<u>Somewhat unlikely</u>	<u>Very unlikely</u>	<u>Don't know</u>
Recommend living in your community to older adults.....	1	2	3	4	5
Remain in your community throughout your retirement.....	1	2	3	4	5

5. In general, how informed or uninformed do you feel about services and activities available to older adults in your community?

- Very informed
 Somewhat informed
 Somewhat uninformed
 Very uninformed

6. Please rate the quality of each of the following.

	<u>Excellent</u>	<u>Good</u>	<u>Fair</u>	<u>Poor</u>	<u>Don't know</u>
Your overall physical health.....	1	2	3	4	5
Your overall mental health/emotional wellbeing.....	1	2	3	4	5
Your overall quality of life.....	1	2	3	4	5

7. What impact, if any, do you think the economy will have on your family income in the next 6 months? Do you think the impact will be:

- Very positive
 Somewhat positive
 Neutral
 Somewhat negative
 Very negative

8. Please rate each of the following characteristics as they relate to older adults in your community.

	<u>Excellent</u>	<u>Good</u>	<u>Fair</u>	<u>Poor</u>	<u>Don't know</u>
Ease of travel by public transportation in your community	1	2	3	4	5
Ease of travel by car in your community	1	2	3	4	5
Ease of walking in your community	1	2	3	4	5
Ease of bicycling in your community	1	2	3	4	5
Ease of getting to the places you usually have to visit	1	2	3	4	5
Opportunities to build work skills.....	1	2	3	4	5
Quality of employment opportunities for older adults.....	1	2	3	4	5
Variety of employment opportunities for older adults.....	1	2	3	4	5
Cost of living in your community.....	1	2	3	4	5
Availability of affordable quality food	1	2	3	4	5
Availability of affordable quality housing	1	2	3	4	5
Variety of housing options.....	1	2	3	4	5
Availability of accessible housing (e.g., homes with a no step entry, single-floor living, wide hallways and doorways)	1	2	3	4	5
Availability of mixed-use neighborhoods where people live close to places where they can eat, shop, work, and receive services.....	1	2	3	4	5
Public places where people want to spend time	1	2	3	4	5
Availability of information about resources for older adults.....	1	2	3	4	5
Availability of financial or legal planning services.....	1	2	3	4	5
	<u>Excellent</u>	<u>Good</u>	<u>Fair</u>	<u>Poor</u>	<u>Don't know</u>
Availability of long-term care options	1	2	3	4	5
Availability of daytime care options for older adults.....	1	2	3	4	5
Availability of affordable quality physical health care.....	1	2	3	4	5
Availability of affordable quality mental health care	1	2	3	4	5
Availability of preventive health services (e.g., health screenings, flu shots, educational workshops)	1	2	3	4	5
Recreation opportunities (including games, arts, library services, etc.).....	1	2	3	4	5
Fitness opportunities (including exercise classes and paths or trails, etc.)	1	2	3	4	5
Opportunities to participate in community matters	1	2	3	4	5
Opportunities to volunteer.....	1	2	3	4	5
Opportunities to enroll in skill-building or personal enrichment classes ...	1	2	3	4	5
Opportunities to attend social events or activities.....	1	2	3	4	5
Opportunities to attend religious or spiritual activities	1	2	3	4	5
Openness and acceptance of the community towards older residents of diverse backgrounds.....	1	2	3	4	5
Making all residents feel welcome	1	2	3	4	5
Valuing older residents in your community.....	1	2	3	4	5
Neighborliness of your community	1	2	3	4	5

2026 Community Assessment Survey for Older Adults

9. Older adults may or may not face a number of challenges. Thinking back over the last 12 months, how much of a problem, if at all, have each of the following been for you?

	Not a problem	Minor problem	Moderate problem	Major problem	Don't know
Having enough money to meet daily expenses.....	1	2	3	4	5
Having enough money to pay your property taxes.....	1	2	3	4	5
Having housing to suit your needs.....	1	2	3	4	5
Doing heavy or intense housework.....	1	2	3	4	5
Maintaining your home.....	1	2	3	4	5
Maintaining your yard.....	1	2	3	4	5
Having safe and affordable transportation available.....	1	2	3	4	5
No longer being able to drive.....	1	2	3	4	5
Finding work in retirement.....	1	2	3	4	5
Building skills for paid or unpaid work.....	1	2	3	4	5
Having adequate information or dealing with public programs such as Social Security, Medicare, and Medicaid.....	1	2	3	4	5
Not knowing what services are available to older adults in your community.....	1	2	3	4	5
Not knowing what services are available to caregivers in your community.....	1	2	3	4	5
Your physical health.....	1	2	3	4	5
Falling or injuring yourself in your home.....	1	2	3	4	5
Finding affordable health insurance.....	1	2	3	4	5
Getting the health care you need.....	1	2	3	4	5
Getting the oral health care you need.....	1	2	3	4	5
Getting the vision care you need.....	1	2	3	4	5
Affording the medications you need.....	1	2	3	4	5
Staying physically fit.....	1	2	3	4	5
Maintaining a healthy diet.....	1	2	3	4	5
Having enough food to eat.....	1	2	3	4	5
Experiencing confusion or forgetfulness.....	1	2	3	4	5
Feeling depressed.....	1	2	3	4	5
Feeling bored.....	1	2	3	4	5
Having friends or family you can rely on.....	1	2	3	4	5
Feeling lonely or isolated.....	1	2	3	4	5
Dealing with the loss of a close family member or friend.....	1	2	3	4	5
Being a victim of crime.....	1	2	3	4	5
Being a victim of fraud or a scam.....	1	2	3	4	5
Being physically or emotionally abused.....	1	2	3	4	5
Being treated unfairly or discriminated against because of your age.....	1	2	3	4	5
Feeling like you don't fit in or belong.....	1	2	3	4	5
Feeling like your voice is heard in the community.....	1	2	3	4	5
Feeling <u>physically</u> burdened by providing care for another person.....	1	2	3	4	5
Feeling <u>emotionally</u> burdened by providing care for another person.....	1	2	3	4	5
Feeling <u>financially</u> burdened by providing care for another person.....	1	2	3	4	5
Performing regular activities, including walking, eating and preparing meals.....	1	2	3	4	5
Finding meaningful volunteer work.....	1	2	3	4	5
Finding productive or meaningful activities to do.....	1	2	3	4	5
Having interesting recreational or cultural activities to attend.....	1	2	3	4	5
Having interesting social events or activities to attend.....	1	2	3	4	5

10. Thinking back over the past 12 months, how much time did you spend in each of the following?

	<u>0 days</u>	<u>1-2 days</u>	<u>3-5 days</u>	<u>6 or more days</u>
As a patient in a hospital	1	2	3	4
In a long-term care facility (including nursing home or in-patient rehabilitation facility).....	1	2	3	4

11. Thinking back over the past 12 months, how many times have you fallen and injured yourself?

- Never 1 to 2 times 3 to 5 times More than 5 times Don't know

12. Please indicate whether or not you have done each of the following in the last 12 months.

	<u>No</u>	<u>Yes</u>
Attended a local public meeting (of local elected officials like City Council or County Commissioners, advisory boards, town halls, HOA, neighborhood watch, etc.).....	1	2
Watched (online or on television) a local public meeting.....	1	2
Voted in your most recent local election.....	1	2
Participated in a civic group (including Elks, Kiwanis, Masons, etc.).....	1	2
Used a senior center in your community.....	1	2
Used a public library in your community.....	1	2
Used a recreation center in your community.....	1	2
Participated in a recreation program or group activity.....	1	2
Participated in religious or spiritual activities with others.....	1	2
Participated in a club (including book, dance, game, and other social).....	1	2

13. During a typical week, how many hours do you spend:

	<u>Never</u>	<u>1 to 3 hours</u>	<u>4 to 5 hours</u>	<u>6 to 10 hours</u>	<u>11 to 19 hours</u>	<u>20 or more hours</u>	<u>Don't know</u>
Assisting friends, relatives, or neighbors	1	2	3	4	5	6	7
Volunteering your time.....	1	2	3	4	5	6	7
Talking or visiting with friends/family.....	1	2	3	4	5	6	7
Providing care to someone age 55+.....	1	2	3	4	5	6	7
Providing care to someone age 18 to 54.....	1	2	3	4	5	6	7
Providing care to someone under age 18.....	1	2	3	4	5	6	7
Receiving assistance, paid or unpaid (e.g., with shopping, cooking, etc.).....	1	2	3	4	5	6	7

14. Please answer the following, as they relate to Internet access at your home:

	<u>No</u>	<u>Yes</u>
I have high-speed internet/broadband at home	1	2
High speed internet is not available.....	1	2
I can't afford high speed internet.....	1	2
I'm not interested in high speed internet.....	1	2
High speed internet is available, but is not reliable.....	1	2

15. In general, how many times do you:

	<u>Several times a day</u>	<u>Once a day</u>	<u>A few times a week</u>	<u>Every few weeks</u>	<u>Less often or never</u>	<u>Don't know</u>
Access the internet from your home using a computer, laptop, or tablet computer	1	2	3	4	5	6
Access the internet from your cell phone.....	1	2	3	4	5	6
Visit social media sites such as Facebook, Twitter, Nextdoor, etc.....	1	2	3	4	5	6
Use or check email	1	2	3	4	5	6
Share your opinions online	1	2	3	4	5	6
Shop online.....	1	2	3	4	5	6

2026 Community Assessment Survey for Older Adults

Our last questions are about you and your household.

Again, all of your responses to this survey are confidential and no identifying information will be shared.

D1. How many years have you lived in your community?

- Less than 2 years 11-20 years
 2-5 years More than 20 years
 6-10 years

D2. Which best describes the building you live in?

- Single-family detached home
 Townhouse or duplex (may share walls but no units above or below you)
 Condominium or apartment (have units above or below you)
 Mobile home
 Assisted living residence
 Nursing home
 Other

D3. Do you rent or own your home?

- Rent
 Own (with a mortgage payment)
 Own (free and clear; no mortgage)

D4. About how much is your MONTHLY housing cost for the place you live (including rent, mortgage payment, property tax, property insurance, and homeowners' association (HOA) fees)?

- Less than \$300 \$2,500 to \$3,999
 \$300 to \$599 \$4,000 to \$6,999
 \$600 to \$999 \$7,000 to \$9,999
 \$1,000 to \$1,499 \$10,000 or more
 \$1,500 to \$2,499

D5. How many people, including yourself, live in your household?

- 1 person (live alone) 3 people
 2 people 4 or more people

D6. How many of these people, including yourself, are 55 or older?

- 1 person 3 people
 2 people 4 or more people

D7. What is your employment status?

- Fully retired → *Go to Question D9*
 Working full time for pay
 Working part time for pay
 Unemployed, looking for paid work

D8. [IF NOT YET FULLY RETIRED] At what age do you expect to retire completely and not work for pay at all?

- 55-59 65-67 70-72
 60-64 68-69 73 or older

D9. How much do you anticipate your household's total income before taxes will be for the current year? (Please include in your total income money from all sources for all persons living in your household.)

- Less than \$25,000 \$100,000 to \$149,999
 \$25,000 to \$49,999 \$150,000 to \$199,999
 \$50,000 to \$74,999 \$200,000 to \$299,999
 \$75,000 to \$99,999 \$300,000 or more

D10. Are you Spanish, Hispanic or Latino?

- No Yes

D11. What is your race? (Mark one or more races to indicate what race you consider yourself to be.)

- American Indian or Alaska Native
 Asian
 Black or African American
 Native Hawaiian or Other Pacific Islander
 White
 A race not listed

D12. In which category is your age?

- 55-59 years 70-74 years 85-89 years
 60-64 years 75-79 years 90-94 years
 65-69 years 80-84 years 95 years or older

D13. What is your gender?

- Woman
 Man

D14. Are you a person with a disability or other chronic condition?

- No Yes

Thank you!

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

***Playmill Theater – July 14, 2026** – Enjoy a trip to Island Park, Idaho to attend the musical phenomenon that took the world by storm, based on the Disney film, Frozen. Bus leaves the senior center at 12:00 noon. Bring a sack lunch. Cost is \$140/person.

***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 am and travel to Jefferson City, MT, for an enjoyable time in the magical splendor of Tizer Gardens. Next, we will travel to Montana City for lunch on your own. Then off to Helena to the Montana Heritage Center which has many galleries to browse through. Cost is \$85/person which includes the motorcoach fare, entrance to Tizer Gardens and the Montana Heritage Center.

***Charlie Russell Chew Choo – September 12 & 13, 2026** – Spend a fun weekend in Lewistown during the Chokecherry Festival. Trip includes motorcoach fare, one night's lodging at the Yogo Inn, Charlie Russell Chew Choo train ticket and a delicious prime rib dinner. You should return to the center around 8:00 pm. Cost: \$450/Person Double occupancy and \$520/Person Solo.

***Alpine Swiss Villages & Rails predeparture briefing – Wednesday, July 8, 1:00 pm.-**
The briefing for the passengers heading to the Alpine trip and will also include the 2027 trip presentations.

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 \$7574 (DOUBLE) and \$10,024 (SOLO).

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

***Alaska Cruise tour – July 8, 2027** -Trip will be 12 days featuring Fairbanks, Denali National Park & 7 Nights Abroad the Norwegian Jade. Starting at \$5,999 pp/double for Inside Stateroom (add \$1,800 ss), \$6,499 pp/double for Ocean View Stateroom (add 2,500 solo), and \$7,899 pp/double for Ocean View with Balcony (add \$3,500 solo).

***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

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.

Presorted Standard
U.S. POSTAGE PAID
Bozeman, MT. 59715
Permit No. 46



HAPPY 4TH OF JULY

LAND *of the* FREE

HOME *of the* BRAVE

est. 1776

