Bozeman Senior Center Newsletter



NOVEMBER, 2026
807 NORTH TRACY
406-586-2421

Notes from Executive Director Shannon Bondy

Just a reminder that your 2027 membership dues are due by December 31st. The cost is $20.00 per person. You can pay for it at the front desk or on our website if it is a renewal.

Veterans Lunch – Wednesday, November 11, 11:30 Noon – Veteran's eat on us today to show our appreciation for the service they have given to our country. $10.00 meal.

Thanksgiving Lunch Thursday, November 19, 12:00 Noon
Get your name on the reservation list early for Thanksgiving dinner. $10.00 meal.

Christmas Store – October 19, 10:00 – 2:00 – The Christmas store will open its doors on October 19th. This is always a wonderful fundraiser for the Senior Center. Come and check out the festive and fun holiday items for sale.

OODLES OF APPRECIATION We would like to thank Gabriel Loeza, Jeff Westlund, and Gene Strong for their generous donations to help purchase a new pool table. The Senior Center has just had new felt put on one of them.

PARKING – Just a reminder that there is free parking available at the fairgrounds. Many people are parking in the handicapped parking that do not have permits. This makes it difficult for those that do have permits as they must park further away. Please do NOT park on the grass or in spaces that are not lined for parking. We are having problems with people not being able to get out of the parking lot. Tickets will start being issued if this continues. Thank you for your support in helping to stop this.

VOLUNTEERS NEEDED – If you have some extra time, we could really use some volunteers for the thrift store, kitchen, and substitutes for the front desk.

SAVE THE DATE:
November 13th, Friday, 10:00 a.m. – 2:00 p.m.
Holiday Kick Off
*Local Vendors
*Second Hand Rose Boutique
*The Christmas Store
*Amazing Raffle Baskets
*Lunch
Come get your holiday shopping done early!



Christmas Store
Mon - Fri. 10:00am - 2:00 pm

November 5th, Thursday @ 9:30
Holidays without You

November 9th, Monday @ 10:00 am
Life is a Journey, Women's Circle
Conversation over Coffee or Tea

November 10th, Tuesday @ 11:00
Dementia Support Group

November 10th, Tues @ 10:30 a.m.
2027 Medicare Changes

November 11th, Wednesday @ 1:00
Adventure Slide Show

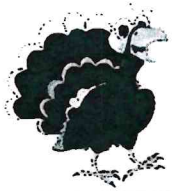
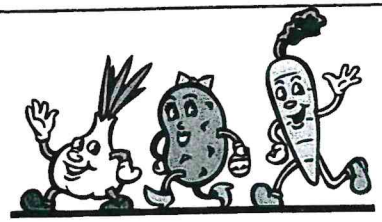
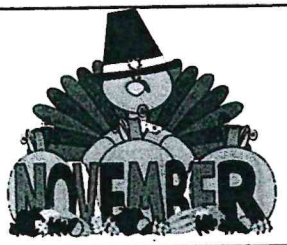
November 12th, Thursday @ 10:00 a.m.
Dr. Bob
The Human Microbiome

November 19th, Thursday @ 11:30
Bozeman Public Library
See all the wonderful things that are happening at the Bozeman Library

November 25th, Wednesday @ 10:00
Miracle Ear

Do you want to start up a new activity that is not offered? Call Kristi to see if we can set something up.

Walk In Meals November 2026– Bozeman Senior Center Menu: 807 N. Tracy | 406-586-2421

Sun	Mon	Tue	Wed	Thu	Fri	Sa
	2 Salad Cowboy Spaghetti Green Beans Garlic Bread Milk Chocolate Fudge	3 Salad Ham and Cheese Sandwich Cup of Soup	4 Salad Sweet & Sour Beef Brown Rice Vegetables Pear Kuchen	5 Salad Parmesan Herb Tilapia Roasted Potatoes Carrots Bread	6 **No Lunch**	7
8	9 Salad Chicken Enchilada Rice	10 Coleslaw Shrimp Basket French Fries Ginger Shortbread Wedge	11 **Veteran's Day Lunch $10.00** Salad Pot Roast Mashed Potatoes Peas & Onions	12 Salad Pork Chop John Sandwich Pasta Salad Key Lime Pie	13 **Holiday Kick Off** **Ala Cart** Chili Baked Potato Soup Roast Beef /Swiss Cookie Chips	14
15	16 Salad Beef Stroganoff Brussel Sprouts Whole Wheat Roll Ricciarelli Cookie	17 Cottage Cheese with Fruit Chicken Salad Plate Lettuce, Tomato, Cucumber Roll	18 Salad Fish Taco Southwestern Corn Roll Orange Marmalade Bar	19 **Thanksgiving Lunch $10.00** Salad Turkey Stuffing Mashed Potatoes Cranberry Vegetables Roll Pumpkin Pie	20 **No Lunch**	21
22	23 Salad Stuffed Shells Green Beans Garlic Bread Rice Chrispy Treat with Chocolate Icing	24 Salad Meatloaf Macaroni and Cheese Stewed Tomatoes Frosted Banana Snack Cake	25 Salad Baked Potato Bar Chili, Cheese and Broccoli	26 Closed 	27 Closed 	28
29	30 Salad Chicken Parmesan Pasta Peas & Carrots Focaccia Bread Almond Cheese Cake Bar Cookie	**Allergy statement:** Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, FISH, SHELLFISH, SOYBEANS, and MILK				3

November 2026- Bozeman Senior Center Activities --807 N. Tracy 586-2421 - www.bozemanseniorcenter.org

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
	2 9:30 Wood Carvers 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 All Instrument Group	3 9:00 Pool **1:00 GeriActors** 1:00 Bingo 1:00 Cribbage 1:00 Guitar	4 9:30 Water Color 1:00 Mah Jongg 12:00 Rubber Bridge 1:00 Ukulele	5 **9:30 Holidays Without You** 1:00 Bingo 1:00 Pinochle 1:00 ToneBenders	6 1:00 Circle of Friends 12:00 Rubber Bridge	7
8	9 9:30 Wood Carvers **10:00 Women's Journey** 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 All Instrument Group	10 9:00 Pool **10:30 Medicare Changes** **11:00 Dementia Support Group** 1:00 Bingo 1:00 Cribbage 1:00 Guitar	11 9:30 Water Color **10:30 Financial Seminar** 1:00 Mah Jongg 12:00 Rubber Bridge 1:00 Ukulele	12 **10:00 Dr. Bob, The Human Microbiome** 1:00 Bingo 1:00 Pinochle 1:00 ToneBenders	13 **10:00 – 2:00 Holiday Kickoff** 12:00 Rubber Bridge 1:00 Circle of Friends	14
15	16 9:30 Wood Carvers 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 All Instrument Group	17 9:00 Pool **1:00 GeriActors** 1:00 Bingo 1:00 Cribbage 1:00 Guitar	18 9:30 Water Color **1:00 Travel Adventure Bryce National Park** 1:00 Mah Jongg 12:00 Rubber Bridge 1:00 Ukulele	19 **11:00 Bozeman Library** 1:00 Bingo 1:00 Pinochle 1:00 ToneBenders	20 12:00 Rubber Bridge 1:00 Circle of Friends	21
22	23 9:30 Wood Carvers 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 All Instrument Group	24 9:00 Pool 1:00 Bingo 1:00 Cribbage 1:00 Guitar	25 9:30 Water Color **10:00 Miracle Ear** 1:00 Mah Jongg 12:00 Rubber Bridge 1:00 Ukulele	26 **Closed** 	27 **Closed** 	28
29	30 9:30 Wood Carvers 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 All Instrument Group			**Center hours: 8:00-4:00** **Second Hand Rose 9:00-3:00** **Woodshop 8:00-3 :30** **Workout Room 8:00-3:30**		

Look what is happening in November

***November 3rd, Tues @ 1:00 p.m.**
November 17th, Tues @ 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, the emphasis is "FUN".

***November 5th, Thursday @ 9:30 a.m.**
Compassus
Holidays Without You.
Tips on how to go through the holidays without our loved ones.

***November 9th, Monday @ 10:00 a.m.**
Life is a Journey, A Women's Group

***November 10th, Tuesday @ 11:00 a.m.**
Dementia Support and Educational Support Group
Mandy Ketcham, CDP Highgate Dementia Support Specialist
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. This is a place to share stories, listen and be heard.

***November 10th, Tuesday @ 10:30 a.m.**
Jill Zeren, Owner, Reliance Health and Life
2027 Medicare Changes AND What Do I Do If My Medicare Plan is Exiting (Terminating).
Come listen in on the 2027 Medicare Changes. Also, for Part 2 of the presentation, you can stick around and hear what your options are if your current Medicare plan is exiting or terminating

***November 11th , Wed. @ 1:00 p.m.**
Adventure Slide Show
Bryce National Park, Selected nearby areas.

***November 11th, Wed. @ 10:30 a.m.**
Edward Jones
Financial Seminar

November 12th, Thursday @ 10:00 a.m.
Dr. Bob Flaherty
THE HUMAN MICROBIOME
Over half of the cells in your body are microscopic colonists: Bacteria, fungi and viruses. These organisms form our "microbiome". Learn how important these microscopic passengers are to our health, in good ways and bad, and what you can do to maintain a healthy microbiome.

***November 19th, Thurs @ 10:30 a.m. - 11:30 a.m.**
Bozeman Public Library
Leslie will show you all that you will have free access to such as the Bozeman Chronicle and New York Times.....

TBA
Nature Journaling
Gallatin Nature Society
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. 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.

***November 25th, Wednesday @ 10:00 a.m.**
Miracle Ear
Get your hearing your hearing aides cleaned.

Used Book Store update:
The Bozeman Senior Center Used Bookstore now has Children's Books for sale.

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

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
	2 8:30 Strength Training 11:15 Gryokinesis 9:35 Core on the Floor 1:00 Strong People	3 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Winter Sport Conditioning	4 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	5 8:30 Strength Training 10:00 Begin & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga	6 8:30 Strength Training 10:00 Advanced Line Dancing	7
8	9 8:30 Strength Training 11:15 Gryokinesis 9:35 Core on the Floor 1:00 Strong People	10 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	11 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:00Ballroom Dance	12 8:30 Strength Training 10:00 Begin & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga	13 8:30 Strength Training 10:00 Advanced Line Dancing	14
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29	30 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People			**$20.00 a month for all exercise classes and equipment workout room. You must be a member of the Bozeman Senior Center**		

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

Strong People (Mon, Tue, Wed, Thurs @ 1 p.m.) Weights are provided.
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.

Strength Training (Mon, Wed, Thurs, 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.) (Dining Room)**
Fun way to exercise your body and brain.

***Advanced Line Dancing (Tues, Thurs @ 10:45 a.m.) (Friday , 10:00 a.m.) (Dining Room)**
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.) (Dining Room)**
Join a fun atmosphere and learn how to waltz, swing, two step...

***Gyrokinesis (Mon and Wed @ 11:10 a.m.)**
A gentle seated movement method that supports mobility, range of motion and circulation and balance through gentle, guided spinal movements. This is combined with breathwork to improve focus and cognition Street Clothes are appropriate for this class. No special workout clothes or shoes required.
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.

All are welcome to attend fitness classes! Your first time attending any class, please arrive 15 minutes early to meet your instructor and complete any additional paperwork. Thanks.

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

Please note that reservations for the trips are first-come first-serve. You must be a member of the Bozeman Senior Center to be eligible to travel. Reservation deposits are due immediately to secure a space on our trips.

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 an additional $2450 (SOLO). Final Payments are due November 23, 2026.

***Greece Island Hopper – April 26-May 6, 2027** – This trip is full. Final payments are due January 5th, 2027.

***Alaska Cruise Tour – July 8, 2027 - July 19th. -** The 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). Final payments are due February 12th, 2027.

***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/SOLO, and $7,398 pp/TRIPLE. Final payments are due May 4th, 2027.



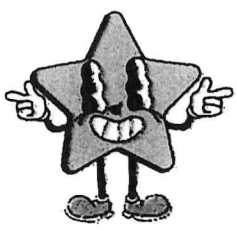


Board of Directors election

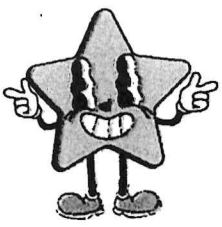
Shape the Future of Our Senior Community!
Are you enthusiastic about supporting local seniors? The Bozeman Senior Center is looking for dedicated board members to help guide our vision, expand our programs, and make a lasting impact.
Bring your heart and skills to our board. Send your resume to shannon@bozemanseniorcenter.org or drop it off at 807 North Tracy Avenue.

Community & Connection Focused
Help Us Create a Place to Belong
Our senior center is the heartbeat of the community for so many older adults. We need fresh perspectives and caring leaders to help us grow. Whether your background is in business, organizing, or just loving your community, you have a place here.
Professional & Skill-Based
Lead. Inspire. Advocate.

The Bozeman Senior Center is seeking analytical thinkers to join our Board of Directors. We are specifically looking for individuals with backgrounds in marketing, fundraising, or elder advocacy to help sustain our vital community program.







HOLIDAY KICKOFF

ho ho ho ho

Local Vendors

Second Hand Rose Boutique

Christmas Store

Lunch

Raffles

Come and get your pre-holiday gifts, decorations, clothes...



NOVEMBER 13TH

FROM 10AM TO 2 PM

Bozeman Senior Center
807 North Tracy,
Bozeman, MT

Bozeman Senior Center
807 North Tracy
Bozeman, Montana 59715

Return Service Requested

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

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 heath and nutritional services designed for the aging adult.

