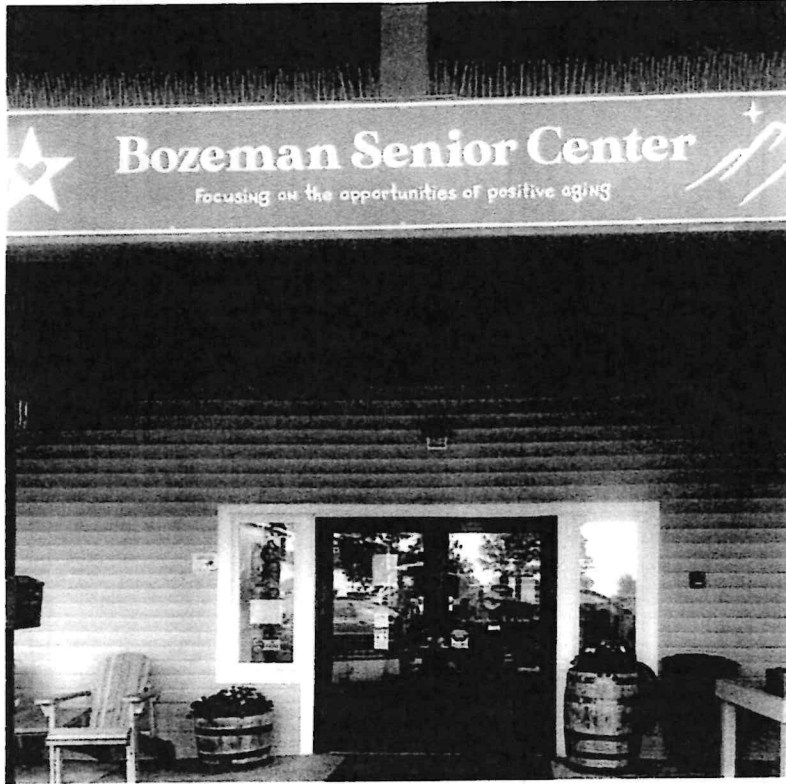


Bozeman Senior Center Newsletter

SEPTEMBER 2026
807 NORTH TRACY
406-586-2421

Notes from Executive Director Shannon Bondy



Check out our new sign – We have a beautiful new sign on the front of our building. A special note of appreciation to Harris

How for designing and donating this to the senior center.

***MySeniorCenter Kiosk –** 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 kiosk by the back door on the Meals-On-Wheels counter.

***Exercise Program –** Just a reminder that you do have to be a member of the Bozeman Senior Center to participate in the fitness classes.

Book store book drop – Just a reminder that the bookstore now has a book drop just outside of the door. Please do NOT leave boxes of books on the floor or the tables. People go through the boxes, and they end up on the floor or all over the book room. Thank you.

Business Hours of Operation Change – We are changing our hours of operation from 8:30 - 4:30 to 8:00 - 4:00. Many of our members come to the Center early for fitness classes and mornings are extremely busy. Afternoons are very quiet after 3:00 pm, so it just makes sense to make this change.

September 30 & Oct 1st @ 9:00-2:00
Book and Fabric Sale

September 3rd, Thursday @ 10:30
Compassus Grief Support Group

September 8th, Tuesday @ 11:00
Dementia Support Group

September 10th & 24th @ 10:00
Nature Journaling

September 10th @ 10:00
Dr. Bob Flaherty

September 14th, Monday @ 1:00
Adventure Slide Show

September 15th, Tuesday @ 11:00
Getting to know your medication

September 16th, Wednesday @ 11:00
Vaccines given by Albertsons

September 17th, Thursday @ 11:00
Bozeman Public Library

September 23rd Wednesday @ 10:00
Miracle Ear

September 23rd, Wednesday @ 12:30
ToneBenders

September 30th, Wednesday @ 9:00
Stepping Up

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Allergy statement: Menu items may contain or come into contact with WHEAT, EGGS, PEANUTS, TREE NUTS, FISH, SHELLFISH, SOYBEANS, and MILK	1 Salad Sloppy Joe Potato Salad Corn Lemon Square	2 Salad Fried Chicken Baked Beans Biscuit	3 Salad Pork Loin Mashed Potatoes Peas & Onions Strawberry Bavarian	4 No Lunch	5
6	7 Closed  HAPPY LABOR DAY!	8 Salad Chicken Cordon Bleu Brown Rice Zucchini Mix Wheat Roll	9 Salad Baked Potato with Chili & Cheese Mixed Vegetables Carrot Cake	10 Salad Cod Wild rice Acorn Squash Croissant	11 No Lunch	12
13	14 Salad Pasta with Meatballs Vegetable Bread Stick	15 Salad Meatloaf Mashed Potatoes Carrots Whole Wheat Roll Cherry Delight	16 Salad Pork Lo Mein Vegetable Dumpling Fortune Cookie	17 Spinach Salad Chili Cornbread Peas & Carrots Milk Shake	18 No Lunch	19
20	21 Salad Chicken Alfredo Pasta Garlic/Parmesan Broccoli Focaccia Bread Chocolate Cake	22 Salad Beef, Vegetable Soup Roasted Squash Whole Wheat Roll	23 Salad Philly Cheese Steak Fries Green Beans Butterscotch Cream Pie	24 Salad Baked Chicken Macaroni and Cheese Mixed Vegetables Dinner Roll	25 No Lunch	26
27	28 Salad Chicken Fried Steak Mashed Potatoes Creamed Corn Biscuit	29 Salad Sweet and Sour Chicken Brown Rice Spring Roll Fortune Cookie Chocolate Avocado Truffle	30 Beef Taco Salad Bar			

September 2026 - Bozeman Senior Center Activities --807 N. Tracy 586-2421 - www.bozemannseniorcenter.org

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
		1 9:00 Pool 1:00 Bingo 1:00 Cribbage 1:00 Guitar	2 9:30 Water Color 1:00 Mah Jongg 12:00 Rubber Bridge 1:00 Ukulele	3 10:30 Grief Support Group 1:00 Bingo 1:00 Pinochle 1:00 ToneBenders	4 1:00 Circle of Friends 12:00 Rubber Bridge	5
6	7 9:30 Wood Carvers 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 All Instrument Group	8 9:00 Pool 11:00 Dementia Support Group 1:00 GeriActors 1:00 Bingo 1:00 Cribbage 1:00 Guitar	9 9:30 Water Color 1:00 Mah Jongg 1:00 Rubber Bridge 1:00 Ukulele	10 10:00 Nature Journaling 10:00 Dr. Bob Flaherty 1:00 Bingo 1:00 Pinochle 1:00 ToneBenders	11 1:00 Circle of Friends 12:00 Rubber Bridge	12
13	14 9:30 Wood Carvers 1:00 Adventure Slide Show 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 All Instrument Group	15 9:00 Pool 11:00 Getting to Know Your Medications 1:00 Bingo 1:00 Cribbage 1:00 Guitar	16 9:30 Water Color 11:00-1:00 Vaccines 1:00 Mah Jongg 12:00 Rubber Bridge 1:00 Ukulele	17 11:00 Bozeman Library 1:00 Bingo 1:00 Pinochle 1:00 ToneBenders	18 1:00 Circle of Friends 12:00 Rubber Bridge	19
20	21 9:30 Wood Carvers 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 All Instrument Group	22 9:00 Pool 1:00 Geriactors 1:00 Bingo 1:00 Cribbage 1:00 Guitar	23 9:30 Water Color 10:00 Miracle Ear 12:30-1:30 ToneBenders 1:00 Mah Jongg 12:00 Rubber Bridge 1:00 Ukulele	24 10:00 Nature Journaling 1:00 Bingo 1:00 Pinochle 1:00 ToneBenders	25 1:00 Circle of Friends 12:00 Rubber Bridge	26
27	28 9:30 Wood Carvers 1:00 Double Deck Pinochle 1:00 Duplicate Bridge 1:00 Hand & Foot Canasta 1:00 All Instrument Group	29 9:00 Pool 1:00 Bingo 1:00 Cribbage 1:00 Guitar	30 9:00 Stepping On 9:30 Water Color 1:00 Mah Jongg 12:00 Rubber Bridge 1:00 Ukulele		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 September

***September 3rd, Thursday @ 10:30 a.m.**

Compassus

Grief Support Group

***September 8th Tues @ 1:00 p.m.**

Sept 22nd, 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".

***September 8th, 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.

***Sept. 10th, and Sept. 24th, Thursday @ 10:00**

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.

September 10th, Thursday @ 10:00 a.m.

Vaccines

Dr. Bob Flaherty

It's fall, so it's time for vaccinations. This time of year, we seniors should get the Influenza and COVID vaccines, and there are some other vaccines we might need as well.

Learn about this year's recommended vaccines. Stay well!

***September 14th, Monday @ 1:00 a.m.**

Adventure Slide Show

Machu Picchu, Peru

Alisa Remer of Buffalo, Wyoming, will share photos for this show that were taken in November 2025. They include ruins in Cuzco and a five-day trek to Machu Picchu over a 15,000 foot mountain pass.

September 15th, Tuesday @ 11:00 a.m.

Jill Zeren, Owner, Reliance Health and Life ***Getting to Know Your Medications."***

This presentation will discuss important facts about your medicines, what you need to know about side effects, tips for remembering to take your medicines, how to manage your refills, and tools for helping you pay for meds.

September 16th, Wednesday, 11:00 a.m. - 1:00 p.m.

Vaccines

Sponsored by Albertsons Pharmacy

Influenza vaccinations, as well as COVID-19, RSV, pneumonia, shingles, and tetanus vaccines for anyone who is interested. They will bring everything needed for the clinic and will bill each participant's insurance. You will need to bring your insurance cards, specifically the red, white, and blue Medicare card. Please wear short sleeve shirts that day..

***September 17th, Thursday @ 11:00 a.m.**

Bozeman Public Library

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

***September 23rd, Tues @ 10:00 a.m.**

Miracle Ear

Get your hearing your hearing aides cleaned.

***September 23rd, Wednesday @ 12:30**

ToneBenders

Come listen to our very own ToneBenders. Come sing along and dance to the oldies. They are great.

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

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
	\$20.00 a month for all exercise classes and equipment workout room. You must be a member of the Bozeman Senior Center	1 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	2 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	3 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	4 8:30 Strength Training 10:00 Advanced Line Dancing	5
6	7 8:30 Strength Training 11:15 Gryokinesis 9:35 Core on the Floor 1:00 Strong People	8 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	9 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	10 10:00 Beginning and Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	11 8:30 Strength Training 10:00 Advanced Line Dancing	12
13	14 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	15 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Winter Sport Conditioning Class	16 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	17 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	18 8:30 Strength Training 10:00 Advanced Line Dancing	19
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\$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.) 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, 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 @ 11:15 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.

Melanie's Balance and Yoga classes is canceled 9/3 - 9/17. The classes will resume on Sept. 24th.

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.

***Winter Sport Conditioning (Tuesday @ 2:30 p.m.) Sept 15th - November 3rd**

Are you looking for an advanced strength and conditioning class? This 8 week class is designed for currently fit individuals who want to take their conditioning to the next level and enhance their fitness for winter sports. Please call or come by the desk and sign up for this wonderful class. We are only taking 15 people and you are required to attend the class from September 15 - November 3rd as this is a progressive class. To participate in this class you must: *Consider yourself to be in good shape. *Have been regularly strength training for at least 6 months prior. *Can easily get up and down from the floor multiple times on your own *and am comfortable working out in a circuit format.

UPCOMING EVENTS:

***During the month of September, when you shop at any of the local Town and Country Stores, and bring your own bags, the Bozeman Senior Center will get the nickle donation from each bag you use.**

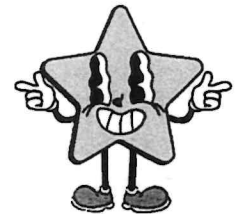
***BYO Bag** – Help support the Bozeman Senior Center during the month of September by bringing in your own reusable bags to shop. The Bozeman Senior Center are the grant recipients during September.

***Book & Fabric Sale** – Get ready for our book & fabric sale on Wednesday, September 30th & Thursday, October 1st in the bookstore. The sale will be from 9:00 a.m.-2:00 p.m.

***Halloween Lunch** – Thursday, October 29 **12:00 Noon** - Start planning now your Halloween costume for a spooky dinner and contest. Door prizes will be given to the top three fan favorites!

***Veterans Lunch** – Wednesday, November 11, 11:30 Noon – Veteran's eat free today to show our appreciation for the service they have given to our country. For all others, it is a \$10.00 meal.

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



Congratulations to the Second Hand Rose Thrift Store!

It is with pleasure that we have been recognized for our outstanding achievement as a top thrift store in Bozeman for 2026, based on Google reviews. The congratulations go strictly to the volunteers that show up every day to sort, price, organize, cashier, clean etc. Each of these individuals go above and beyond to give back to the Senior Center. There are not enough words of appreciation or hugs that we can give to thank all of you! The thrift store supports the BSC operations and specifically gives some of the proceeds to our Meals-on-Wheels program. Once again, our volunteers show up and make this community amazing. THANK YOU!

Bozeman Health Stepping Up

Every Wednesday 9/30/2026 -11/18/2026

A seven - week program for older adults who have fallen or are fearful of falling. In this program, you will learn strength and balance exercises and touch on other topics such as:

***Medication safety, *home safety, *Getting out and about, *footwear, *vision and more.**

Call the Center 406-586-2421 to sign up. The seating is limited.

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. Reservations 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 December 9th, 2026.**

***Greece Island Hopper – April 26-May 6, 2027** – This trip features Athens, Mykonos, and Santori. Highlights are the Acropolis of Athens & The Parthenon, Taverna Dinner Show, Mykonos Old Town, Santorini Island, Oia Village, Ancient Akrotiri, and Wine Tasting. Trip is 11 days and include 14 meals. Starting at \$6,248 (DOUBLE) and \$7,448 (SOLO). **Final payments are due January 5th, 2027.**

***Alaska Cruise Tour – July 8 - July 19, 2027.** Trip will be 12 days featuring Fairbanks, Denali National Park & 7 nights aboard 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 ss), and \$7,899 pp/double for Ocean View with Balcony (add \$3,500 ss). **Final payments are due February 12th, 2027.**

***Scotland – August 23 – September 1, 2027** – This 10-day tour 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. **Final payments are due May 4th, 2027.**



KEEP OUR VALLEY CLEAN.

**BYO BAG FOR
BYO MUG FOR** CHANGE



Store managers will join if you ask for BYO Bag/Mug for Change and Boomerang Bags everywhere you shop.

4,000 FREE REUSABLE BAGS

Boomerang Bags Bozeman has distributed over 4,000 free reusable bags.

1M SINGLE-USE BAGS ELIMINATED

BYO Bag for Change has reduced single-use bags by over 1 million in the past four years.

\$50,000 RAISED

Donated \$.05 reusable bag credits have raised over \$50,000 for community groups.

BE A PART OF THE REUSABLE REVOLUTION.

Use the contact form to get in touch at
valleyoftheflowersproject.org



Bozeman Senior Center
807 North Tracy
Bozeman, Montana 59715

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Bozeman, MT. 59715
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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.



Go
Cats!

