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PLACE STAMP
HERE



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

Bozeman Lodge

Bozeman Lodge Independent & Assisted Living Newsletter — July 2017



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Here Comes The Sun!

With summer upon us...here are some tips for a safe season.

Out comes the sun and all kinds of summer fun! To truly enjoy these summer months, we must also be aware of the possible dangers that come with hotter weather. Summer sun can cause sunburns, heat stroke and exhaustion. In preparation for a safe, fun summer, here are some helpful guidelines:

Stay hydrated. Even without summer sun, older adults are especially susceptible to dehydration, according to AgingCare.com. The body's ability to conserve water reduces with age, as does a sense of thirst. It is important for older adults to drink lots of fluids and eat foods with high water content. Celery is a great example of one. Most people need about two quarts of water per day.

Use sunscreen. Protecting the skin is always a good idea. A sunscreen with an SPF of at least 15 is recommended by the Mayo Clinic. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands and neck are spots to remember!

Cover up. When headed out into the heat or sun, it is best to wear loose-fitting, lightweight and light-colored clothing. Wide-brimmed hats and sunglasses are also important for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure, too.

Did You Know? It can take weeks for a person's body to acclimate to hot weather. It is smart to limit sun exposure, especially until one's body is conditioned to it.



Avoid being outside during the hottest hours of the day. The sun is at its highest spot in the sky at noon, and that is when the sun's rays can cause sunburns in the shortest amount of time. That being said, the temperature peaks each day around 3 pm.

Pay attention to the heat index. The Heat Index measures how hot it *feels* in any given place when relative humidity is factored in with actual air temperature. Both of those readings can be found on local weather websites.

Medications and sun don't always mix. Certain medications can cause increased sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before heading out into the sun.

The Bookmobile!!!



The Bookmobile is coming!

The new Bozeman Public Library Bookmobile will be visiting

Bozeman Lodge on

Tuesday

July 11, July 25, August 8, August 22

10:30 am- 11:30 am

Everyone is welcome to tour the Bookmobile and check out books
Bring your Library card or. . . bring I.D. and get a free Library card!

Memorial Day Parade



July Highlights — You're Invited!

7/4 Fourth of July Happy Hour on the Patio
 7/7 Price Rite Equipment Repair Clinic
 7/7 Picnic at Bozeman Ponds
 7/10 Breakfast at Stuffed Crepes & Waffles
 7/11 Book Mobile
 7/14 Sweet Peaks Ice Cream Shop
 7/17 Scenic Drive & Lunch Out at the Vault in Wilsall
 7/18 Health Talk on Hot Weather Safety
 7/23 Once Upon a Mattress Theatre Show at the Ellen
 7/25 Health Talk with Melissa Part 2
 7/25 City Band Concert
 7/31 Dinner Out at Sidewinders

You're Invited to the Bozeman Lodge Hoe Down!!
Wednesday, July 19th

BBQ Style Dinner
4:30pm to 7pm

Live Western & Oldies Music by Kate and the Alley Kats
5pm to 7pm

Put on you're western attire and dancing shoes for an evening of fun!!



Employee of the Month: Gwen Morris Picnic Time!



Happy 4th of July!!



4TH OF JULY
INDEPENDENCE DAY
Stars & Stripes
LET FREEDOM RING
AMERICA
 sweet land of liberty
RED ★ WHITE ★ BLUE
PROUD TO BE AN AMERICAN
GOD BLESS THE USA

Join Bozeman Lodge on Tuesday, July 4th for a BBQ and lawn games!!!
 11:30am to 2pm
 Guest Cost \$9.00
 Please RSVP at front desk if you are brining a guest.

GOD BLESS AMERICA
LAND THAT I LOVE
STAND BESIDE HER,
AND GUIDE HER,
THRU THE NIGHT
WITH A LIGHT FROM ABOVE




Find us on Facebook!



We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!
 LIKE our Facebook page today!

www.Facebook.com/BozemanLodge

July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>July Birthdays</u> Donald Pierre, 2 nd Grayce Loble, 5 th Roy Linn, 9 th Bob Ross, 11 th Chris Summitt, 16 th	Claire Abrams, 16 th Mary Lou Aicher, 17 th Bobb Beehler, 18 th Carol Bevill, 22 nd Judith Williams, 26 th Betty Lewis, 30 th					1 *10:30 Shopping at Safeway 10:30 Morning Walk 1:30 Bingo Game *3:00 Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
2 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	3 9:30 Coffee Talk with Bo 9:30 Chairobics, Cheryl 1:30 Bingo Game 5:00 Piano Music with Vivian 7:00 Live Bluegrass Music 7:00 Evening Movie	4 4th of July!!! 10:00 Circuit Exercise *11:30 4th of July BBQ & Lawn Games 2:00 Chair Exercise, Leah 3:30 4th of July Happy Hour 6:30 Poker Game 7:00 Evening Movie	5 9:30 Pole Walking Class 10:30 Bistro Banking *10:30 Shopping at Smiths 1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Trivia 7:00 Evening Movie	6 10:00 Circuit Exercise 10:45 IN2L Brain Games 11:30-2:00 Summer BBQ 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Penny's Post Its 7:00 Evening Movie	7 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val 9:30 Price Rite Clinic *11:00 Picnic at Boz. Ponds 1:00 Bridge Game 1:00 Bible Study 1:30 Knit and Crochet Group 3:30 Resident Council	8 10:30 Morning Walk *11:30 June Severance Celebration of Life, Whitehall 1:30 Bingo Game 3:00 INZL Games 3:00 Afternoon Movie 7:00 Evening Movie
9 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	10 *9:30 Stuffed Crepes & Waffles 9:30 Coffee Talk with Bo 9:30 Chairobics, Cheryl 1:30 Bingo Game 3:00 Live Music w/ Edis 5:00 Piano Music with Vivian 5:15 Hearing Aid Clinic 7:00 Evening Movie	11 10:00 Circuit Exercise 10:30 Greeting Card Sale 10:30 Book Mobile 1:00 Bean Bag Toss 2:00 Chair Exercise, Leah 3:00 Ice Cream Floats 4:00 Profound Thoughts 6:30 Poker Game 7:00 Evening Movie	12 9:30 Pole Walking Class 10:30 Singing with Trina *10:30 Shopping at Target 1:00 Bridge Game 1:00 Catholic Communion 2:30 Cooking Club 4:00 Happy Hr. Live Music 7:00 Evening Movie	13 10:00 Circuit Exercise 10:45 IN2L Brain Games 11:30-2:00 Summer BBQ 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Penny's Post Its 7:00 Evening Movie	14 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val 10:30 Fingernail Painting 1:00 Bridge Game 1:00 Bible Study 1:30 Knit and Crochet Group *2:45 Sweet Peaks Ice Cream 7:00 Evening Movie	15 *10:30 Shopping at Albertsons 10:30 Morning Walk 1:30 Bingo Game *3:00 Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
16 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	17 9:30 Coffee Talk with Bo 9:30 Chairobics, Cheryl 10:30 Art Class w/ Loretta *10:45 Scenic Drive & Lunch at the Vault in Wilsall 1:30 Bingo Game 3:00 Road Trip Slideshow 7:00 Live Bluegrass Music	18 10:00 Circuit Exercise 1:00 Bean Bag Toss 2:00 Chair Exercise, Leah 2:30 Health Talk: Hot Weather Safety & Frozen Treats 6:30 Poker Game 7:00 Evening Movie	19 9:30 Pole Walking Class 10:30 Bistro Banking *10:30 Shopping at Dollar Tree 1:00 Bridge Game 1:00 Catholic Communion *4:30—7pm Country Western Hoe Down & Live Music from 5pm to 7pm	20 10:00 Circuit Exercise 10:30 Visit w/ Arthur Dog 10:45 IN2L Brain Games 11:30-2:00 Summer BBQ 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Penny's Post Its 7:00 Evening Movie	21 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val *12:00 July Birthday Lunch 1:00 Bridge Game 1:00 Bible Study 1:30 Knit and Crochet Group 2:30 Summer Craft Project 7:00 Evening Movie	22 *10:30 Shopping at Walmart 10:30 Morning Walk 1:30 Bingo Game *3:00 Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
23 *9:00-Noon Bus to Church 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games *2:15 Once Upon a Mattress, Ellen Theatre 3:00 Afternoon Movie 7:00 Evening Movie	24 9:30 Coffee Talk with Bo 9:30 Chairobics, Cheryl 10:45 Fingernail Painting 1:30 Bingo Game 3:00 Live Music w/ Edis 5:00 Piano Music with Vivian 7:00 Evening Movie	25 10:00 Circuit Exercise 10:30 Greeting Card Sales 10:30 Visit w/ Arthur Dog 10:30 Book Mobile 1:00 Bean Bag Toss 2:00 Chair Exercise, Leah 2:45 Health Talk w/ Melissa 6:30 Poker Game *6:45 City Band Concert	26 9:30 Pole Walking Class *10:30 Shopping at Target 1:00 Bridge Game 2:30 Catholic Mass 2:30 Cooking Club 4:00 Happy Hr. Live Music 7:00 Evening Movie	27 10:00 Circuit Exercise 10:45 IN2L Brain Games 11:30-2:00 Summer BBQ 1:30 Bingo Game, AR 2:45 Chair Exercise, Leah 3:30 Penny's Post Its 7:00 Evening Movie	28 9:30 Men's Coffee Club 9:30 Tai Chi Exercise, Val 12:00 New Comers Lunch 1:00 Bridge Game 1:00 Bible Study 1:30 Knit and Crochet Group *3:45 Home & Garden Tour 7:00 Evening Movie	29 *10:30 Shopping at Town N Country 10:30 Morning Walk 1:30 Bingo Game *3:00 Scenic Drive 3:00 Afternoon Movie 7:00 Evening Movie
30 9:30 Cinnamon Rolls 10:00 Ecumenical Service 2:00 IN2L Games 3:00 Afternoon Movie 7:00 Evening Movie	31 9:30 Coffee Talk with Bo 9:30 Chairobics, Cheryl 10:30 Art Class w/ Loretta 1:30 Bingo Game *4:30 Dinner at Sidewinders 5:00 Piano Music with Vivian 7:00 Evening Movie 7:00 Live Bluegrass Music					