



# COMMUNITY & SENIOR CENTER



 **Billings**  
PARKS  
AND RECREATION



# We Help Seniors Age Well



# Meet our Team

**Jennifer Brown - Administrator &  
Recreation & Wellness Specialist**

**Kaylie Beeman - Office Manager  
Recreation & Wellness Support**

**Duane Nielson -  
Maintenance Manager**



# Who Will You See At the BCC

## Volunteer's and Staff

- 12 full-time employees - Parks and Recreation work in office spaces.
- 3 full-time employees - Billings Community and Seniors Center
- 10 seasonal Recreation and Wellness Instructors
- 15 Volunteers
- 80-120 Adults 55 and older come through each day



# What We Do



Recreation

Wellness Programs

Enrichment & Games/Clubs

Services & Volunteers



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# We Provide Programs Focus on 6 Dimensions of Wellness



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# New Recreation & Wellness Programs

Increased Programming over last 5 years by 200%



## 15 Programs with - 24 Classes Weekly

- Strong and Fit 55+ - 2 classes
- Fitness by Design - 3 classes
- Sit and Get Fit - 1 class
- Chair Yoga - 2 classes
- Gentle Yoga - 4 classes
- Chair Strength Training - 2 classes
- Cardio Walking/Beginner Barre - 1 class
- 30 Minute Abs - 1 class
- Cardio Line Dancing - NEW -1 class
- Zumba Gold - 1 class
- Zumba® -New - 1 class
- Kettlebell AMPD - 2 class
- Tai Chi - Free 1 Class
- Beginner Tai Chi - Free 1 Class



## Intergenerational

- Caregiver Child Zumbini - New - 1 Class



## Enrichment Classes

- Beginner Drumming For Seniors
- Watercolor



- Oil Painting
- Beginner Bob Ross Style Oil Painting

# Education Classes



- Discovering Nutrition
- Intro to Diabetes - Free
- Intro to Technology for Seniors - Free



**1 in 4**  
Nationally

# Fall Prevention

**1 in 3**  
Montana

**Fall Risk for Adults over 65 each Year**

**Falling is NOT a Normal Part of Aging**



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# FALL PREVENTION PROGRAMS

**Stay Active & Independent for Life (SAIL)  
Stable and Strong**



**Stepping On - Education Based**



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## Partnership with Adult Resource Alliance

- Avenue for which we receive the Senior Mill Levy Money
- BCC is Host Site for ARA Monday - Friday Meal Site
- Birthday and Holiday Celebrations
- Started providing Recreation & Wellness Programs in 2021
- ARA provides resources & services





# FUN & GAMES



| MONDAY                | TUESDAY                                     | WEDNESDAY                       | THURSDAY                           | FRIDAY                                      |
|-----------------------|---|---------------------------------|------------------------------------|---|
| Hand & Foot<br>1:00pm | Rummikub<br>10:00am                         | Woodcarving<br>1:00pm           | Pinochle 1:00pm<br>\$1.00 per game | Domino's<br>10:00am                         |
|                       | Scrabble<br>1:00pm                          | Bingo 1:00pm<br>\$0.50 per card | Hand & Foot<br>1:00pm              | Pinochle 1:00pm<br>\$1.00 per game          |
|                       | Shanghai Rummy<br>1:00pm<br>\$0.50 per game | Farkle<br>1:00pm                |                                    | Shanghai Rummy<br>1:00pm<br>\$0.50 per game |

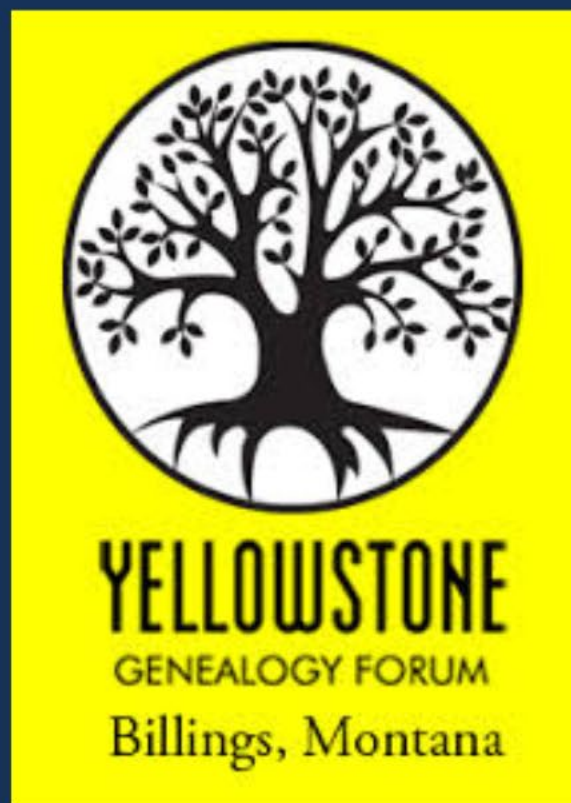




# Yellowstone Genealogy Forum



- Research Assistance Available
- Exciting Enrichment Opportunities
- Volunteers





# Aging Population

**Montana is the oldest state west of the Mississippi**

- ☑ Seniors are a vulnerable population
- ☑ Montana's - Top five for suicide rates last 30 Years
- ☑ Elderly Suicide Statistics:  
In 2020, 9,137 Americans aged 65+ died by suicide
- ☑ Male Suicide Rates: 85% of elderly suicides were male

**Social Connection is Key**

- ☑ Risk factor - loss of a loved one, loneliness and physical illness.



# Camps, Adult and Youth Programs at BCC



- ✓ Rocket Camp
- ✓ Kids in the Kitchen Camp
- ✓ Keyboard Camp
- ✓ Parent Child Cooking Classes
- ✓ Character Design Camp
- ✓ Intro to Martial Arts
- ✓ Toddler Talks
- ✓ Learn to Fly Fishing : Youth Anglers
- ✓ Learn to Fly Fishing
- ✓ Intro to Yoga
- ✓ Zumba
- ✓ Kettlebells

# Wellness Programs & Services



- **Richard W. RN Foot Care Clinician - Weekly Foot Care Clinic**
- **Blood Pressure Checks**
- **MT DPHHS - Oral Checks**
- **Riverstone Health Vaccine Clinic - 28 vaccinated in 1 hour**

# Student Opportunities



- **Oversee 8-12 Nursing Students for Health Promotion Clinicals**
- **2 OT Students did their Senior Practicum Project Spring 2024**
- **Registered Dietician Student**
- **Message Therapy School**



# MT Governors Conference on Aging



## Themes This Year

- Brain Health
- Scams
- Living Well
- New Regulations with The Older Americans Act (OAA)

According to the AARP, the six pillars of brain health are: You can reduce your risk of dementia by 40%

- Engage your brain
- Stay socially engaged -decreases your risk of dementia by 50%
- Manage stress
- Exercise
- Get restorative sleep
- Eat right

# Programming for 2025

- Programs...

- Brain Health
- Scams
- Social Connection
- Learning
- Fall Prevention
- Tai Chi for Health - MT DPHHS
- Intergenerational Programming
- Nutrition Flexibility Program - Meal Site
- Work on outreach for our Males Older Adults
- Increase and Engage Volunteers



# QUESTIONS



# THANK YOU



# Our Contact



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