

Wishing you an amazing New Year!

January

- 7th Bingo for Kiwanis 6:30-9:30pm at Tiltwürrks Call Jessica Kuipers, at (701) 741-2402, for more info.
- 9th Soup Supper & Discussion 6pm at First Lutheran Church
- 10th Modern Square Dancing / Series of 10 classes 7-9pm at Drop-In Center / Call Lynn & Judy Strobel at 234-7384
- 11th Pig Sip 'n Paint 6:30pm at Spoon Full Call 234-3855 to register
- 11th MSU Extension - Winter Series 11am-3:30pm at Ft. Keogh Call 874-3370 for info and to register
- 11-13th Cowboy Invitational Wrestling Tournament—CCDHS Gym
- 17th Senior Luncheon 11:30am-12:30pm at Senior Drop-In Center
- 17th Chamber Banquet & Citizen of the Year Awards 6pm at Town & Country Club Call the Chamber for tickets 234-2890
- 19th Bobby Burns Celebration - MCC Centra /Call Sonja Woods, at 234-5248 for tickets
- 25th Open Mic 7-9pm at Spoon Full
- 27th Miles City Community Orchestra Concert 3pm at CCDHS

February

- 1st Cowtown Beef Breeder's Show - Call the Chamber for details.
- 15th Winter Sky Sip 'n Paint: 6:30pm at Spoon Full Call 234-3855 to register
- 16th Buckaroo Bash - MCC Centra Call 874-6165 for tickets
- 21st RSVP Soup Supper 5:00-6:30pm at Range Riders Museum
- 24th 5th Annual Cowboy Poetry Gathering 11am-4pm at Range Riders Museum Call Sharon, at 852-0722, for info
- 25-26th Dollars for Scholars Phone-a-Thon 7-8:30pm



The **FREE** Miles City APP

See the Community Calendar at:
milescitychamber.com/events

*Let us know about
your events!*



Prevention Services

2508 Wilson St

Miles City MT 59301

406-234-1687 xt 204

lorbett@emcmhc.org

Be a Responsible Host

The winter holidays are a time to enjoy the company of family, friends, and coworkers. Whether planning a dinner, informal gathering, or holiday party, your job as host is very important. Your many responsibilities include planning the menu, entertainment, gifts and games. However, some of the most crucial details can be overlooked in all the frenzy. Perhaps your most important responsibility as host for a gathering where alcohol is involved is to take steps to ensure your guests' safety both during and after the celebration. Drinking and driving is an all-too-familiar and tragic combination. More people are on the road, and some are consuming alcohol as part of their holiday celebrations. Additionally, providing alcohol to underage youth is illegal, but unfortunately some parents or other family members provide alcohol to underage youth during holiday gatherings.

Eastern Montana Community Mental Health Center would like to offer several helpful tips to keep your holidays safe, legal, and fun this season. First and foremost, recruit people ahead of time to stay sober, who can ensure your guests make it home safely. Avoid making alcohol the main focus of social events. Instead, entertain guests with music, dancing, and games. This is a great opportunity for adults to be role models for kids, showing that alcohol consumption is not needed to enjoy a good time. As a host, provide a wide arrange of drinks, including non-alcoholic beverages. If alcohol is present, make a clear and firm rule that underage drinking will not be allowed in your home. Make sure there are plenty of food choices available; foods high in protein like meat and cheese are great choices, because they slow down the absorption of alcohol into the blood stream. Towards the end of the event, stop serving alcohol. Instead, choose this time to serve desserts, coffee, and non-alcoholic drinks.

Lastly, your most important responsibility of the night is making sure everyone has a safe ride home. Enlist the help of the sober drivers you recruited before the event. Have their phone number on hand in case you need it. If there are no reasonable options for a safe ride home, always be prepared for guests to stay the night in your home. If a person insists on driving despite his or her obvious intoxication, take the keys, ask for help from other guests, or temporarily disable the car. If all else fails, tell them you will call the police (and do so).

Following these simple guidelines will ensure your holiday event is both fun and safe. Staff at Eastern Montana Community Mental Health Center would like to wish you a happy, healthy and safe New Year!



Miles City Area
Chamber of Commerce

ANNUAL BANQUET
&
CITIZEN of the YEAR AWARDS

Thursday, January 17, 2019

Town & Country Club

Social Hour 6pm ~ Dinner 7pm

Awards Ceremony to follow



Visit the Bulletin Board
on our website at:
milescitychamber.com

for the Award Criteria and
Nomination Form.

You must write a
Nomination Letter, detailing
your candidate's service!

Nominations are due by 1/7/19

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10 Ways to Develop a Growth Mindset



Acknowledge imperfections
Observe where you went wrong



View challenges as opportunities



Use Learning Instead of Failing



Learn From other people's Mistakes



Welcome Constructive Criticism



Cultivate a sense of Purpose



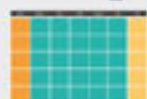
Celebrate Actions rather than your traits



Understand the relation between learning and Brain Training



Keep on creating New Goals



Mind the time with Patience & Consistency

HiSET Test Fee Scholarships Available

The Learning Center staff is pleased to announce that we have received a generous donation from the Society of Saint Vincent DePaul to fund student HiSET test fees. Beginning in January, test fees will rise from \$50 to \$75 for a full, five-test battery. This is a significant increase, and we are delighted to be able to offer assistance to HiSET students who qualify for the scholarships.

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 MCC CLOSED	2	3 Outreach to Baker	4
7 Open back up for instruction	8 Outreach to Broadus	9 HiSET Testing Closed for a meeting 8-10 a.m.	10	11
14	15	16 MCC Classes begin	17	18
21	22	23 HiSET Testing	24	25
28	29	30	31	

Learning Center Hours

Monday through Thursday: 8 a.m.—4 p.m.

<https://www.milescc.edu/CampusServices/>



Find us on
Facebook

<https://www.facebook.com/HiSETinformation/>

Basic skills and HiSET instruction will start back up on January 7, 2019. The college, however, will be open on January 2, and students are welcome to use the MCC Library from 8 a.m. to 5 p.m. or visit other MCC offices during this break.



Give yourself a gift of a

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this holiday season by quitting tobacco



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QUIT *LINE*

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1-800-784-8669



MONTANA
TOBACCO USE
PREVENTION PROGRAM

SENIOR CITIZENS CENTER

January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 New Year's Bridge 1 PM Fiddlers 6 PM	2 Board Mtg 9:30 Pitch 1:00 PM	3 Whist 1:00 PM	4 Pinochle 1:00 PM	5 Bingo 1 PM
6 Fiddlers Dance 2-5 PM	7 "500" 1:00 PM	8 Exercise 8:30 Bridge 1 PM Fiddlers 6 PM	9 Pitch 1:00 PM	10 Exercise 8:30 Whist 1:00 PM Square Dancing 7PM-9PM	11 Pinochle 1:00 PM	12 Bingo 1 PM
13 Community Dance Cards 12:30-2 pm Dance 2-5 pm	14 "500" 1:00 PM	15 Exercise 8:30 Bridge 1 PM Fiddlers 6 PM	16 Pitch 1:00 PM	17 Exercise 8:30 Whist 1:00 PM Square Dancing 7PM-9PM Soup Luncheon 11:00-12:00 PM	18 Pinochle 1:00 PM	19 Bingo 1 PM
20 Fiddler's Dance Range Rider Museum Dance 2-5	21 "500" 1:00 PM	22 Exercise 8:30 Bridge 1 PM Fiddlers 6 PM	23 Pitch 1:00 PM	24 Exercise 8:30 Whist 1:00 PM Square Dancing 7PM-9PM	25 Pinochle 1:00 PM	26 Bingo 1 PM
27 	28 "500" 1:00 PM	29 Exercise 8:30 Bridge 1 PM Fiddlers 6 PM	30 Pitch 1:00 PM	31 Exercise 8:30 Whist 1:00 PM Square Dancing 7PM-9PM		

POOL TABLE AT THE SENIOR CITIZEN SENIOR IS NOT BEING USED – PLEASE CONTACT THE SENIOR CENTER IS YOU ARE INTERESTED IN POOL TIME

Bingo for Kiwanis!

January 7, 2019

6:30 pm | TiltWürks

Miles City Kiwanis is partnering up with a Kiwanis member owned business, TiltWürks Brewhouse & Casino, to have a night of fellowship and you are invited. \$5 from every 6 pack of Bingo cards will be donated to the Miles City Kiwanis.



Kiwanis
CLUB OF MILES CITY



For more information, contact milescitykiwanis@gmail.com, Jessica Kuipers at 701-741-2402.

During the event, TiltWürks has generously earmarked 20% of ALL food and beverage sales to be donated back to the Miles City Kiwanis administration account that funds guest meals, recruitment, retention, & marketing efforts. Necessary to assure we continue doing great things for our wonderful community and surrounding areas.

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bbrunk@montanahealthnetwork.com

Montana Health Network

519 Pleasant

Miles City, MT 59301

MODERN SQUARE DANCING

Modern Square Dancing

You can keep physically and mentally fit the easy way

Learn to Square Dance

Come to a fun filled series of 10 dances and learn Modern Square Dancing.

**Dances are Thursday nights for 10 weeks Beginning, January 10, 2019
7:00 p.m. to 9:00 p.m.**

Location:

Drop In Center
17 South 11th Street
Miles City, Montana

Cost:

First night is "no charge"

\$50.00 per person for the next 9 weeks

Join the many thousands who have discovered the amazing benefits of Modern Square Dancing

Great Reasons to Square Dance

- It's Fun Filled and alcohol free
- Great social activity
- Make new friends
- Promotes good health
 - Good mental exercise
 - Good physical exercise
 - Good stress relief
- Easy to learn
- Inexpensive night out for you and your partner

Unlike other dancing where you learn steps, you simply walk briskly. Now what could be more natural than that?

If you can walk, you can square dance. You only need to listen to the calls and do the movements that will be taught.

But like other dancing, **you do need a partner.**

Dancers should be teenagers or older.

What is Modern Square Dancing?

Modern Square Dancing uses music that is varied including country, western, gospel, jazz, rock and roll, and pop. The movements used are designed to provide interesting dance patterns with the emphasis on enjoyment for the dancers. You are part of a team of 8 dancers doing the movements together.

Square dancing is not a competition, it is done for recreational enjoyment.

See for yourself the fun we have.

You are always welcome to come and watch.

Sponsored by The Prairie Stars Square Dance Club who invites you to come and learn and become a part of this great recreational activity.

For further information, contact:

Lynn and Judy Strobel
406-234-7384

January 17, 2019
Everyone Welcome

Free Blood Pressure
11:30—Noon

SOUP
LUNCHEON
SENIOR CITIZENS
Drop In Center
17 S 11th, Miles City
Serving
11:30 AM to 12:30

Suggestion Donation \$5.00 per person
Donations support expenses at
Senior Citizen Center.
Thank You for your support



ATTRACTIONS • EVENTS COUPONS • REWARDS



HELPFUL HINT

Restart your smart phone daily to get the best performance from all your apps!



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MILES CITY PLUS



GET IT ON
Google Play

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Miles City at Your Fingertips!

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NON-CREDIT CLASS
FOR MCC

MCC COMMUNITY OUTREACH

Experience and Talent

Are the only requirements

(Along with a passion for teaching what you love!)

EARN \$15 PER INSTRUCTIONAL HOUR

CONTACT: TRACY BAKER

bakert@milesc.edu

406-874-6168

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SAVE *the* DATE

JOB FAIR

THURSDAY, APRIL 18, 2019 • 11 A.M. – 3 P.M.

Miles Community College Centra

2715 Dickinson Street, Miles City

Miles City Job Fair provides employers and businesses the opportunity to interview potential employees for current job openings and available programs as well as build an applicant pool.

A registration form and additional information will be sent out soon.

If you have questions, please contact:
Cindy Erickson at **(406) 232-8340** or **cerickson@mt.gov**.

Miles City Job Fair is sponsored by:



Job Service
MILES CITY

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