

**Quality
of Life**

**Later
in Life**

BISMARCK SENIOR CENTER

Burleigh County Senior Adults Program

NUTRITION:

Congregate meals are served from 11:45 am to 12:15 pm, Monday through Friday, at the Bismarck Senior Center. Meals are also provided at Crescent Manor, and the Golden Wing Club (Wing, ND). Meals are provided to adults age 60+. Menus are published in *The Senior Sentinel* newsletter and at www.BismarckSeniorCenter.org.

To make a reservation call: 258-9276 (Senior Center); 258-6646 (Crescent Manor); 943-2490 (Wing).

Home-Delivered Meals are provided to those who are unable to come to the congregate meal sites. To see if you are eligible for home delivered meals, call 255-4648.

60+ & Fabulous!

LIFE ENRICHMENT ACTIVITIES:

In addition to educational opportunities, these activities are available at the Senior Center:

- *Senior Club
- *Billiards
- *Bingo
- *Bridge
- *Pinochle
- *Bone Builders
- *Public Computers
- *Free Wi Fi
- *Wii Games
- *Line Dancing
- *Arts & Crafts
- *Quilting
- *Wood Carving
- *Book Club
- *Bunco
- *Jigsaw Puzzles
- *Assorted Games
- *Singing
- *Yoga & Tai Chi Chih
- *Walking Area
- *And More...



**COFFEE BAR
DAILY 8—11:30 AM**

**CARAMEL ROLLS
WEDNESDAYS AT 8:30 AM**

**PIE HAPPY HOUR
LAST MONDAY OF MONTH
2—3:30 PM**

HEALTH MAINTENANCE:

Two licensed RN's are on staff at the Senior Center to provide foot care, medication set-up, blood pressure checks, and fasting blood sugar checks for individuals age 60+. Services are offered at the Center or at home for home-bound individuals. Appointments may be scheduled by calling 255-4648.

OUTREACH SERVICES

The Burleigh County Senior Adults Program Outreach Services provides seniors, age 60+, and their family members with information, support and assistance in assessing needs and accessing senior services. Services are provided through home and office visits and telephone contacts.

THERE ARE NO FEES FOR SERVICES.
Participants may, but are not required to, contribute for services received.

HOURS OF OPERATION:

Monday through Friday, 8:00 a.m. to 4:30 p.m.

Visit Us Today! Staff and volunteers are on-hand to provide tours and answer questions!