

THE SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 5 May, 2024



Summer Celebration, Thursday, May 9

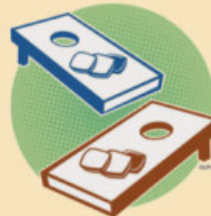
Let's get a jump on summer at this fun-filled event!

- 10:00 am Punch and Fellowship
- 12:00 pm Lunch Served
- 12:30 pm Music with Young at Heart
- Door Prizes

No special sign up for this event. Meal reservations can be made at the Reception Desk or by calling 255-4648. Inside dining space is limited. You DO NOT need to eat lunch to attend the music. All afternoon activities are cancelled for this special event.

CORNHOLE TOURNAMENT

Thursday, May 16
1:00—4:00 pm



Join us for our first ever Cornhole Tournament!

Random drawing for partners prior to start of tournament.
Double elimination.
Games play to 21. If team exceeds 21, team must go back to 11.
Prizes awarded for first, second and third place.

Limited to 24 participants. Early sign up is encouraged.
To register, stop by the Reception Desk or call 255-4648.



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National Senior Health & Fitness Day



Wednesday, May 29, 2024

8:00 am—11:30 am

10:00 am Featured Speaker

Burleigh County Senior Center

(Offerings confirmed as of April 8, 2024. Subject to change.)

Caramel rolls and coffee will be served.

Visit exhibitors, participate in activities, and stay for lunch*!

FITNESS ROOM:

Alzheimer's Association MN/ND Chapter

The Alzheimer's Association works to end Alzheimer's and other dementia. Stop by for information on early detection and more!

Community Options

Community Options offers a variety of FREE behavioral health services. Their services are person-centered. They will work with you to establish goals, and help you achieve self-sufficiency. Services, also include LIHEAP (heating assistance), Ticket to Work and Vocational Rehabilitation.

Optimum Therapies

Visit Optimum Therapies to learn about the LSVT BIG Program, a researched based, standardized program for people with Parkinson's Disease. Learn how physical therapy can restore normal mobility and movement in everyday activities.

LIBRARY:

Alliance Center for Hearing

The Alliance Center for Hearing is a locally owned, patient focused hearing healthcare clinic. Visit them to receive a free hearing screening or have your hearing aid cleaned.

ART & CRAFTS ROOM:

Gateway Pharmacy

Gateway Pharmacy has been serving the citizens of Bismarck, Mandan and surrounding communities for 30+ years, leading the way at providing exceptional and friendly service and value to their customers. Stop by for the following services:

Cholesterol Screening

Total Lipid Panel (Fast for 8-10 hours) \$25

Total Cholesterol & HDL (non-fasting) \$20

Blood Sugar Screening FREE

Bone Density Screening FREE

DINING ROOM:



Drug Take Back Event

Bismarck–Burleigh Public Health and the Bismarck Police Department will be providing a safe, convenient and responsible means to dispose of old prescription drugs. They will also be providing education about the potential for abuse of medications.

Bring old prescriptions you no longer need and drop them off at their table!

AARP North Dakota

AARP works to improve the lives of those 50+ and their families. By fighting on issues that matter to their members and providing trusted information, they are helping North Dakotans live life to the fullest.

Bismarck Cancer Center

The Bismarck Cancer Center allows patients in our area to receive world-class cancer treatment and caring support while staying close to home and loved ones.

Burleigh County Senior Adults Program

BCSAP nurses will be providing blood pressure screenings, and information on the causes of hypertension, how to decrease your blood pressure and low sodium diets.

Dakota Center for Independent Living


DCIL assists people with disabilities to live independently. Stop by for hands-on demonstrations of assistive technology to help you maintain independence in your own home.

ND Assistive

ND Assistive brings assistive technology devices and services into the lives of North Dakotans of all ages. Assistive technology helps people live, work, learn and play! Stop by this table to view assistive devices, as well as learn about available programs to cover all or some of the costs.

National Senior Health & Fitness Day

BISMARCK-BURLEIGH PUBLIC HEALTH



Lace up your tennis shoes and pump up your heart! Join Katie Johnke on Wednesday, May 29 at 8:45 am and 9:30 am in the South Conference Room for a 20-minute Tabata inspired movement session. A mocktail refresher will be served after each class! There is a 12 person limit for this class. Please stop by the Reception Desk or call 255-4648 to sign up.

***Lunch: Drive-Thru meals are available from 11:15 - 11:45 am. Inside dining is available from 12:00 - 12:30 pm. If you would like lunch, please call 255-4648 to make a reservation.**

A POSITIVE ATTITUDE IS IMPORTANT FOR YOUR HEALTH

Please join us at 10:00 am in the Dining Room for our featured speaker, Rodger Wetzel.

Rodger will be speaking on the importance of having a positive attitude to maintain a healthy lifestyle.

Rodger has worked most of his life developing services for older adults, such as the RSVP Program, Senior Center, senior meals, outreach, Elder Care Program, PACE Program and others.

He has a Bachelors degree and two Masters degrees, in public administration and healthcare administration.

Don't miss this uplifting, positive message!

Are you turning 65 or new to Medicare?
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Amy Haugen
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(TTY: 711)

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Help Older Adults In Your Community

In Partnership with AmeriCorps Seniors and LSS of MN in Burleigh Co, we are seeking volunteers to provide companionship to older adults via in-home, phone or virtual means. Tax free stipends are given to members of this program who qualify. Please contact Becky at 701.389.2293 or Becky.Telin@lssmn.org for more information and to make an impact in your community!!


OUT OF SIGHT IS NOT OUT OF REACH




OXYCODONE TABLET
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TAKE 1 TO 2 TABLETS EVERY 4 HOURS FOR PAIN

THE MAJORITY OF PRESCRIPTION DRUG ABUSERS GET THEIR FIRST DOSE FROM A FAMILY MEMBER'S MEDICINE CABINET. KEEP PRESCRIPTION DRUGS OUT OF THE WRONG HANDS.

A limited supply of medication deactivation bags is available at Bismarck Burleigh Public Health.

Call 701.355.1597

Join Us for Activities!

COFFEE & CARAMEL ROLLS

Join us on Wednesdays at 8:30 am for coffee and \$1 caramel rolls!



Officers Clint Fuller and Caity Horne will join us on Wednesday, May 15 to briefly discuss current scams and issues to be aware of in our community.

COMPUTER & PHONE BASICS

Staff from the ND Center for Independent Living, will be in the **South Conference Room** on Thursday, May 9 at 10:00 am.

Please bring your laptop, tablet or cell phone to receive individual assistance and learn how to get the most out of your technology!

These sessions are limited to **five** people, and pre-registration is required. Please stop by the Reception Desk or call 255-4648 to sign up.

CELEBRATION OF BIRTHDAYS & ANNIVERSARIES



Join us on Tuesday, May 7 for the May Birthday and Anniversary Celebration! Ice cream will be served at 12:30 pm, following the noon meal.

“JUST GET IT DONE SOMEDAY” QUILTING GROUP

The “Just Get It Done Someday” Quilting Group will meet in the South Conference Room on Tuesday, May 14 from 1:00 - 4:00 pm and Tuesday, May 28 from 8:00 - 4:00 pm.

This group welcomes new members! If you are interested, please call Lori at 255-4648.

TIME TO SOCIALIZE!



The Coffee Bar is open each day from 8:00 to 10:30 am. Come in for coffee and fellowship.

Join us for Caramel Roll Wednesday!

Caramel rolls (\$1 each) are served on Wednesdays from 8:30 am until sold out! Sorry, no take-outs!

MOVIE DAY



Join Us for a Movie—Fridays at 1:00 pm

May 3: 50 – 1, PG-13

Based on a true story. A misfit group of cowboys find themselves on the journey of a lifetime when their crooked-footed racehorse qualifies for the Kentucky Derby.

May 10: My All American, PG

From the writer of Hoosiers and Rudy, My All American tells the true story about an underdog facing the hardest challenge of his life after leading his team to a championship.

May 17: Running the Bases, PG

When a small-town baseball coach gets an offer to coach at a large school, he uproots his family and leaves the only home he’s ever known. But as a man of faith, he soon faces opposition to his coaching style from the bitter superintendent.

May 24: The Ron Clark Story, PG

A small-town teacher relocates to one of the toughest classrooms in the country.

May 31: Letters To Juliet, PG

In modern Verona, where women seeking their Romeos leave letters to Juliet, a young writer finds a life-altering 50-year-old letter.



GET FAMILIAR WITH THE SENIOR CENTER

Ever wonder what goes on at the Senior Center? Now is your opportunity to find out! If it is your first time or you have been attending for a while, you will discover something new about our facility and programs. Join our tour guides, Nanc and Norma on Monday, May 20 at 1:00 pm in the Dining Room. The session will include:

- Orientation
- Tour
- Question & Answer Session
- Coffee and a Treat

Please call 255-4648 or stop by the Reception Desk to sign up for this session.

Lifelong Learning

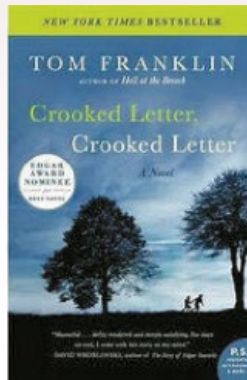


Book Club meets on Monday, May 20 at 1:00 pm in the South Conference Room. The book for discussion is ***Crooked Letter***, ***Crooked Letter*** by Tom Franklin. Arlene Havig will lead the discussion. Books are available for pick up at the Senior Center during regular hours or call Lori at 255-4648 to make other arrangements.

Book Synopsis:

In the late 1970's Larry Ott and Silas "32" Jones were boyhood pals. Their worlds were as different as night and day: Larry, the child of lower-middle-class white parents, and Silas, the son of a poor, single black mother. Yet for a few months the boys stepped outside of their

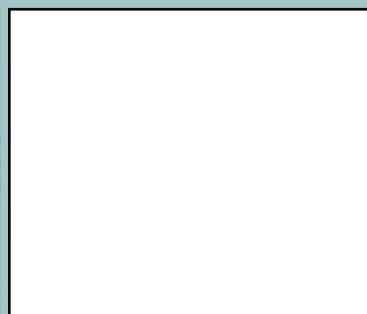
circumstances and shared a special bond. But then tragedy struck: Larry took a girl on a date to a drive-in-movie, and she was never heard from again. She was never found, and Larry never confessed, but all eyes rested on him as the culprit. The incident shook the country and perhaps Silas most of all. His friendship with Larry was broken and then Silas left town. More than twenty years have passed. Larry, a mechanic, lives a solitary existence, never able to rise above the whispers of suspicion. Silas has returned as a constable. He and Larry have no reason to cross paths until another girl disappears and Larry is blamed again. And now the two men who once called each other friend are forced to confront the past they've buried and ignored for decades.



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Lifelong Learning

DISCOVERING WELLNESS TOGETHER



The Adult and Aging Services Section of ND Health and Human Services is providing **FREE** education on a variety of wellness topics. Each webinar will include a planned topic followed by an open discussion amongst the group. These sessions will be shown in the Senior Center Library. You may also join the conversation on your computer or mobile device on Zoom or by calling in on your phone. Stop by the Reception Desk or call 255-4648 to sign up or get log in information.

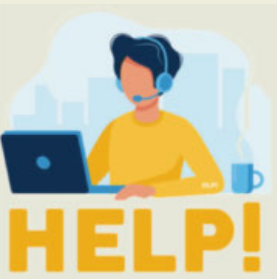
Thursday, May 16, 10:30 am:
Managing Celiac Disease and Gluten Intolerance

Tuesday, May 21, 2024, 2:00 pm:
Tips and Tricks for Grocery Shopping and Label Reading

Tuesday, June 25, 2024, 2:00 pm:
Eating Healthy While Dining Out

Thursday, June 13, 10:30 am
Understanding Lactose Intolerance

Thursday, July 11, 10:30 am
Nutritional Management of Renal Disease



COMPUTER/TECH SUPPORT

Digital technology, including the Internet, computers, smart phones and social media is an important component of modern life. Nowadays, almost all services require the use of technology to access them. But what if you don't know how to do this? Now, we can help!

Every Tuesday from 12:30 to 3:30 pm, Mike will be on hand to help you! Whether you need some assistance on how to use that new smart phone, or need help with accessing a service online, we will assist you!

This service is available by appointment only. Please call 701-255-4648 or stop by the Reception Desk to schedule your half-hour appointment. Please let the receptionist know what kind of assistance you need and bring your device, paperwork, or anything necessary for them to assist you.



COOKING FOR ONE: POTATO PATTIES

Patty-cake, patty-cake... Mix'em, Stir'em, Toss'em in the pan, Bake me a patty-cake as fast as you can! Do you remember this poem from your childhood? If you don't know what to do with leftover mashed potatoes, this class from Inez Rose on Tuesday, May 21 at 9:30 am, will give you some neat ideas!

Please call 255-4648 or stop by the Reception Desk to sign up for this session.

FOOD & YOUR MOOD

Did you know your diet has a big impact on your mood, your concentration and even your level of happiness? What you eat not only affects your physical health, but also your mental health and your mental well-being. Join Katie from BBPH on Tuesday, May 15 at 10:00 am to learn just how food and your mood are interconnected.

MAY DAY - FRESH FLOWERS FUN

Join us on Wednesday, May 1 at 10:00 am for some fun with fresh flowers! Bring your own small to medium size vase and we will supply fresh flowers to fill it!

There is a 20 person limit and a suggested \$5 donation which can be made when you arrive. Please call 255-4648 or stop by the Reception Desk to reserve your spot.

May Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Each meal is served with 8 oz. of 1% milk and 2 slices of whole grain bread (unless otherwise indicated). Coffee and water is served at meal sites.</p> <p>MENU IS SUBJECT TO CHANGE!</p>		<p>1</p> <p>Thai Beef with Basil Garlic Noodles Seasoned Broccoli Florets Mandarin Oranges</p>	<p>2</p> <p>Chicken Paprikash Mashed Potatoes Herbed Wax Beans Fresh Apple</p>	<p>3</p> <p>KENTUCKY DERBY Southwest Chicken Caeser Salad WG Breadstick Peach Crisp</p>
<p>6</p> <p>CINCO DE MAYO Beef Fajita Spanish Rice Southwest Corn Chips and Salsa Tropical Fruit</p>	<p>7</p> <p>Chicken Fried Chicken Garlic Mashed Potatoes Pacific Vegetable Blend Dark Cherries</p>	<p>8</p> <p>Meatloaf & Gravy Onion Mashed Potatoes Buttered Beets Apples</p>	<p>9</p> <p>Chicken Monterey Wild Rice Pilaf Scandinavian Vegetable Blend Fresh Pear Dinner Roll Asst. Desserts</p>	<p>10</p> <p>Baked Cod with Garlic Butter Seasoned Hashbrowns Confetti Coleslaw Fresh Fruit</p>
<p>13</p> <p>Turkey & Dumplings Mashed Potatoes Parslied Carrots Mandarin Oranges 1 slice WG Bread</p>	<p>14</p> <p>BBQ Ribs Rosemary Potatoes Broccoli Slaw Corn Muffin Honeydew Melon</p>	<p>15</p> <p>Glazed Ham Scalloped Potatoes Peas & Carrots Blushing Pineapple</p>	<p>16</p> <p>Manhattan Meatballs Barley Mushroom Pilaf Candy Corn Vegetable Blend Banana</p>	<p>17</p> <p>Chicken Tenders Macaroni & Cheese Southwest Zucchini and Tomatoes Watermelon Asst Petit Fours</p>
<p>20</p> <p>Garlic Steak Bites Glazed Sweet Potato Mixed Vegetable Blend Peas & Blueberries Scotcharoo</p>	<p>21</p> <p>Seafood Newburg White & Wild Rice Blend Murray Vegetable Blend Wheat Roll Grapes</p>	<p>22</p> <p>Beef Ragu Mashed Potatoes Italian Vegetable Blend Berry Crisp</p>	<p>23</p> <p>Garlic Herb Chicken Company Potatoes Herbed Green Beans Orange</p>	<p>24</p> <p>Apricot Glazed Pork Loin Roasted Red Potatoes Yellow Squash & Peppers Applesauce</p>
<p>27</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>28</p> <p>Taco Stuffed Potato Red Beans & Rice WG Breadstick Pineapple</p>	<p>29</p> <p>Pork Wings Tri Colored Potatoes CA Normandy Vegetable Blend Wheat Roll Pears</p>	<p>30</p> <p>Asparagus Frittata Sweet Potato Hash Blueberry Muffin Apple</p>	<p>31</p> <p>Seasoned Pork Roast with Gravy Roasted Red Potatoes Seasoned Brussel Sprouts Fresh Fruit</p>

NUTRITION PROGRAM INFORMATION:

Burleigh County Senior Center: Drive-Thru Meal Service from 11:15 am to 11:45 am
Congregate Meal Service from 12:00 pm to 12:30 pm
Crescent Manor: Congregate Meal Service at 11:45 am; Take-Out Meal Service at 12:15 pm
Wing & Sterling Meal Sites: Frozen meals will be provided on Tuesdays. Call 255-4648 for information.

MEAL RESERVATIONS:

Call at least one day in advance.
Burleigh County Senior Center 258-9276 (from 8:00 am to 3:30 pm)
Crescent Manor 258-6646 (from 10:00 am to 2:30 pm)
Wing Senior Center/Sterling Meal Site 255-4648 (from 8:00 am to 3:30 pm)
Home-Delivered Meal inquiries, please call 255-4648.

Suggested donation is \$5.50/meal. The meal price for those under 60 is \$12.00. SNAP/EBT and credit/debit cards are accepted. OAA federal regulations require individuals age 60 and older to complete a meal assessment to participate in the Nutrition Program. Meal participants are required to update their assessment annually. Individuals are notified when their assessment is due for updating.

May Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>DAILY</u></p> <p>Coffee Bar: 8:00 -10:30 am Pool: 8:30 am - 4:00 pm</p> <p>SCHEDULE SUBJECT TO CHANGE.</p> <p>PLEASE CHECK IN ON 'MYSENIORCENTER' DAILY.</p>		<p style="text-align: center;">1</p> <p>8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Low Vision Group 10:00 Cribbage 10:00 Fresh Flowers 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:00 Mahjong 1:30 Caregiver Connections</p>	<p style="text-align: center;">2</p> <p>9:00 Strength Finders 9:30 Curiosity Stream 9:30 Yoga Talk 10:00 Strength Finders 1:00 Hand & Foot 1:00 BUNCO 1:00 Bridge 1:00 Cornhole</p>	<p style="text-align: center;">3</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p style="text-align: center;">6</p> <p>10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle</p>	<p style="text-align: center;">7</p> <p>9:00 Strength Finders 12:30 Whist 12:30 Comp/Tech Support 12:30 Birthday-Anniversary Celebration 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Hand & Foot 1:00 Line Dancing</p>	<p style="text-align: center;">8</p> <p>8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:00 Mahjong 1:30 Caregiver Connections 1:30 Legal Services</p>	<p style="text-align: center;">9</p> <p>9:00 Strength Finders 9:30 Curiosity Stream 10:00 Computer/Phone Basics 10:00 Summer Celebration 10:00 Strength Finders 11:00 Alliance Center for Hearing 12:30 Music Bookmobile No Afternoon Activities</p>	<p style="text-align: center;">10</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p style="text-align: center;">13</p> <p>9:30 Art from the Heart 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 2:00 Ballroom Dancing</p>	<p style="text-align: center;">14</p> <p>9:00 Strength Finders 10:00 Art with Nicole 11:30 Dementia Care 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Bridge 1:00 Variety of Games 1:00 Line Dancing 1:00 Hand & Foot 1:00 Quilting Group</p>	<p style="text-align: center;">15</p> <p>8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:00 Food/Your Mood 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:00 Mahjong 1:30 Caregiver Connections 2:00 Aging Gracefully</p>	<p style="text-align: center;">16</p> <p>9:00 Strength Finders 9:30 Curiosity Stream 10:00 Strength Finders 10:30 Managing Celiac Disease & Gluten Intolerance 1:00 Hand & Foot 1:00 Bridge 1:00 BUNCO 1:00 Cornhole Tournament</p>	<p style="text-align: center;">17</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p style="text-align: center;">20</p> <p>9:30 Art from the Heart 10:00 Strength Finders 11:00 "Feel the Drum" 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club 1:00 Senior Center Tour</p>	<p style="text-align: center;">21</p> <p>9:00 Strength Finders 9:00 Better Choices 9:30 Cooking for One 10:30 Hear Loss Group 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Bridge/Trivia 1:00 Hand & Foot 1:00 Line Dancing 2:00 Tips & Tricks</p>	<p style="text-align: center;">22</p> <p>8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Cribbage 10:30 Pool Lessons 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle / Bingo 1:00 Mahjong 1:30 Caregiver Connections</p>	<p style="text-align: center;">23</p> <p>9:00 Strength Finders 9:30 Curiosity Stream 9:30 Yoga Talk 10:00 Strength Finders 11:00 Walk this Way 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole 1:00 BCCA Meeting</p>	<p style="text-align: center;">24</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p style="text-align: center;">27 CLOSED FOR MEMORIAL DAY</p>	<p style="text-align: center;">28</p> <p>8:00 Quilting Group 9:00 Better Choices 12:30 Whist 12:30 Comp/Tech Support 12:45 Farkel 1:00 Bridge/Hand & Foot 1:00 Variety of Games</p>	<p style="text-align: center;">29</p> <p>8:00 Natl Senior Health & Fitness Day 8:30 Caramel Rolls 10:00 Cribbage 10:30 Pool Lessons 1:00 Pinochle / Bingo 1:00 Mahjong</p>	<p style="text-align: center;">30</p> <p>9:30 Curiosity Stream 1:00 Hand & Foot 1:00 Bridge 1:00 Cornhole</p>	<p style="text-align: center;">31</p> <p>1:00 Movie Matinee 1:00 Pinochle</p>

****No Fitness Classes week of May 27-31****

Celebrate Your Inner Artist!

ART FROM THE HEART *NOW OFFERING 2 CLASSES*



Join Nina in the Craft Room on Monday, May 13 or Monday, May 20 at 9:30 am as she leads a class in painting Tulips.

There is a 10 person limit for each class and a \$5 suggested donation which can be made when you arrive.

Stop by the Reception Desk or call 255-4648 to reserve your spot. Participants are limited to attending one class from Nina per month.

ART WITH NICOLE

Join Nicole in the Craft Room on Tuesday, May 14 at 10:00 am as she leads the class in painting a landscape in watercolors.

There is a 10 person limit and a \$5 suggested donation which can be made when you arrive.

Stop by the Reception Desk or call 255-4648 to reserve your spot.



The BCSAP Volunteer Advisory Committee does not meet in May. The next meeting will be held on Tuesday, June 4 at 9:15 am in the Library.

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Health & Wellness

FITNESS CLASSES

The current 8-week session of Fitness Classes runs through May 25. Registration for the next 8-week session (June 2 through August 3), will begin on May 6 at 9:00 am. Fitness classes will NOT be held the week of May 27 through 31 due to Memorial Day.



Standing Yoga (Session Fee \$20.00)

Wednesdays, 9:00 am
This class aims to build strength and balance by combining a mix of seated and standing poses. Chairs and props will be available to create a safe environment and no mats are required. (Limited to 10 people/class.)

Chair Yoga (Session Fee \$20.00)

Fridays, 9:30 am Fitness Room
Chair Yoga will help you increase your strength, flexibility and balance while relieving stress and tension, all while using a chair for balance! (Limited to 12 people/class.)

Line Dancing

Tuesdays, 1:00 pm
In this class, you will learn a variety of line dances and western struts. It is a fun and social way to exercise. No partner needed! (Limited to 10 people/class.)

Strength Finders

Group 1—Tuesdays/Thursdays, 9:00 am
Group 2—Mondays/Wednesdays, 12:45 pm
Group 3—Wednesdays/Fridays, 10:45 am
Group 4—Mondays/Thursdays, 10:00 am
Strength Finders is a specific, strength-training program designed to address osteoporosis risks that so often lead to the loss of independent living. The program focuses on controlled movements to improve balance and weight, which are critical factors in reducing the risk for osteoporosis fractures. (Limited to 12 people/class.)

“Feel the Drum”

Mondays, 11:00 am
Instructed by Maxine Doll and Debbi Hegney. This class uses movement through drumming to benefit both the mind and body. Build muscle stamina, relieve stress, improve coordination and stimulate brain function! ALL WHILE HAVING FUN! (Limited to 10 people/class.)

AGING GRACEFULLY

Join us for Aging Gracefully on Wednesday, May 15 at 2:00 pm in the Fitness Room.



Aging Gracefully, led by instructor Katherine Hardy, allows participants to experience the joy and benefits of movement set to music. Attendees engage their minds and bodies in this seated or standing class, using dance to increase balance, cognition, motor skills, and physical confidence.

Registration is limited to 15 participants. Please sign up at the Reception Desk or call 255-4648.

YOGA TALK WITH BONNY & MARLENE

Chair yoga instructors Bonny and Marlene are going “beyond the mat” to help you learn more about yoga! May presentations include:

Thursday, May 2 at 9:30 am
Moving into Spring with Yoga

Thursday, May 23, 9:30 am
Cultivating Mindfulness with Yoga

You may attend this class in person in the Library at the Senior Center, or join in via Zoom from your home computer. Please stop by the Reception Desk or call 255-4648 to register.

WALK THIS WAY

Lace up your tennis shoes and pump up your heart! Join Katie Johnke on Wednesday, May 29 at 8:45 am and 9:30 am in the South Conference Room for a 20-minute Tabata inspired movement session.



A mocktail refresher will be served after each class!

There is a 12 person limit for this class. Please stop by the Reception Desk or call 255-4648 to sign up.

(This month’s **Walk This Way** is being held in conjunction with the National Senior Health & Fitness Day.)

Health & Wellness

NEW CLASS

BALLROOM DANCING BASICS

Ballroom dancing is a fun and engaging activity that offers a wide range of benefits for individuals of all ages and skill levels. Beyond the enjoyment of learning and performing various dance styles, ballroom dancing can significantly impact one's physical, mental, and social well-being. Ballroom dancing improves fitness, relieves stress, improves cognitive function, boosts self confidence and self esteem, promotes a state of mindfulness and provides opportunities for connections.

This class, led by Taryn Johnson, will be held on Monday, May 13 at 2:00 pm in the Fitness Room.

Registration is limited to 20 participants. Please sign up at the Reception Desk or call 255-4648. (Participants do not need a partner.)

YOGA ON DAKOTA MEDIA ACCESS

Senior Center Yoga Instructors offer classes on Dakota Media Access (channel 12 / HD 612). These classes are also streamed online at freetv.org, Roku or Apple TV.

For a schedule of classes, visit freetv.org, click '**community access**', and then click '**watch now**'. There will be a search bar for you to search for yoga classes.



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Lifelong Learning



CURIOSITY STREAM Join us for these programs on Thursdays at 9:30 am.

May 2: Yunnan 2 – Destination China
Yunnan province in southwestern China has an incredible landscape, with snow-capped mountains, rice terraces, lakes, rubber plantations, gorges, and tropical rainforests.

May 9: Hidden UK
Most visitors to the UK head for London, maybe Stonehenge or ancient cities, but for its tiny size, the UK has surprisingly rich and diverse wild places, and wildlife, hidden from view unless you seek it out.

May 16: The Magic of Mangroves
Mangroves are one of the most important habitats on Earth, vital to many of the planet's most extraordinary, wonderful, and endangered species. Everything from shorebirds and sharks to monkeys and manatees relies on mangroves for their survival.

May 23: The Mystery of the Cosquer Cave
In Southern France, the entrance to a decorated cave hides 35 meters under sea level. Discovered 20 years ago, the paintings date back 30,000 years-and are threatened by rising waters. Follow a group of prehistorians and craftsmen as they construct a full-sized replica of the cave to preserve them.

May 30: Ningaloo Nynggulu
Author and conservationist, Tim Winton, celebrates the secrets and wonders of Ningaloo-one of the Earth's last truly wild places-where the Australian desert meets the sea and many endangered species find refuge.

BOOK MOBILE/SENIOR CENTER LIBRARY
On the 2nd Thursday of each month, the Burleigh County Bookmobile brings large print books to the Senior Center. If you would like to check out a book, stop by the Dining Room Desk. Books are on a 25 day loan and must be returned to the Senior Center when you are done. The Senior Center Library has books for check out. Put your name and book(s) checked out on the 'checkout log'. Return the book when you are done. Please stop by the Reception Desk if you have questions.

FROZEN MEALS

The Burleigh County Senior Center prepares flash frozen meals that are a great alternative to those found in the grocery store. These meals include milk, bread and fruit, and may be oven baked or microwaved, and come with heating instructions.

Meal participants may order these meals for use on evenings and weekends. It is appreciated if you give at least one day's notice with your order.

If you have any questions, or would like to order frozen meals, please call us at 255-4648.

Each meal is a suggested donation of \$5.50. SNAP Benefits may be used. No one 60+ will be denied meals due to an inability or unwillingness to make a donation. The price for those under 60 is \$12.00.

MY SENIOR CENTER

Please check in on *My Senior Center* each time you come to the Senior Center and/or to log your volunteer hours. If you have lost your barcode key, or you are new to the Center and don't have one, please stop by the Reception Desk.

ASSISTIVE MEDICAL EQUIPMENT

The Burleigh County Senior Center has medical equipment available to you on a 'loan' basis.

Equipment that can be loaned out for up to 90 days includes transfer/shower benches, walkers, canes, commodes, toilet risers, and other small items. There is a suggested donation of \$5.00 for each piece of equipment borrowed.



Wheelchairs and knee scooters are available on a limited basis for seven days only. A deposit of \$100 for wheelchairs and \$50 for scooters is required. Deposit is returned when equipment is returned.

The Burleigh County Senior Adults Program and its governing board, the Burleigh County Council on Aging, assure that they will comply with Title VI of the Civil Rights Act of 1964, (P.L.88-352): If otherwise eligible, no person shall be denied or excluded from participation or benefits or be otherwise subjected to discrimination due to race, color or national origin. Any person, otherwise eligible who feels he or she has been denied service from participation by reason of race, color or national origin should contact the BCSAP Executive Director at 701.255.4648.

Game Time!



FUN AND GAMES!



CARDS

Pinochle: 1:00 pm,
Monday, Wednesday, Friday
Bridge: 1:00 pm, Tuesday, Thursday
Hand & Foot: 1:00 pm, Tuesday, Thursday
Whist: 12:30 pm, Tuesday
5 Crowns: 12:45 pm, Monday

Pinochle, Bridge and Hand & Foot are played in the Rec Room. Whist and 5 Crowns are played in the Craft Room.

CORNHOLE

Cornhole is played every Thursday at 1:00 pm in the Fitness Room. Sign up weekly for cornhole at the Reception Desk or by calling 258-4648. This game has a limit of 8 people per session. The May 16 session will be a Cornhole Tournament and open to 24 participants!



VARIETY OF GAMES

A variety of games are played on the 2nd and 4th Tuesday of each month in the Dining Room. This month's dates are May 14 and May 28 at 1:00 pm.

BUNCO



Bunco is played the 1st and 3rd Thursday of each month in the South Conference Room. This month, BUNCO will be held on May 2 and May 16.

CRIBBAGE

Cribbage is played every Wednesday at 10:00 am in the Dakota Room.

FARKEL

Farkel is played every Tuesday at 12:45 pm in the Dining Room.

MAHJONG

Mahjong is played every Wednesday at 1:00 pm in the Dakota Room.



TRIVIA

Trivia is played the 1st and 3rd Tuesday of each month in the South Conference Room. This month's dates are May 7 and May 21 at 1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!



Join us for **BINGO** on Wednesdays at 1:00 pm! Bingo cards are \$1 each, and you may buy as many cards as you like. Purchased card(s) will be used for ALL games played. All sessions have 100% payout.

POOL LESSONS

Are you interested in learning to play pool? Or maybe you just need a refresher course to get going again?



Rich Barrios and Bill Beaman will be providing lessons for people who want to learn more about playing pool. These sessions will be held in the Rec Room on Wednesdays from 10:30 - 11:30 am.

Please sign up at the Reception Desk or call 701-255-4648. There is a maximum of six (6) people per session. Must sign up monthly.

**Pool Tables are open daily
from 8:30 am to 4:00 pm.
\$1.00 / day suggested donation.**

**PLEASE NOTE:
The Burleigh County Senior Center
maintains its room temperature at
72 degrees. If you tend to be chilly,
please dress accordingly.**

Support Groups & Free Services

HEARING LOSS SUPPORT GROUP

Kathy Frelich from the ND School for the Deaf/Resource Center for Deaf and Hard of Hearing will be at the Senior Center for our Hearing Loss Support Group on Tuesday, May 21 at 10:30 am. This group meets in the Library. **Pre-registration is required. Stop by the Reception Desk or call 255-4648 to register.**

ALLIANCE CENTER FOR HEARING

Representatives from Alliance Center for Hearing will be at the Senior Center on Thursday, May 9, from 11:00 am to 12:00 pm in the Library, to provide hearing screenings and hearing aid cleanings. No appointment necessary! (Alliance Center for Hearing will also be here on May 29 in conjunction with the National Senior Health & Fitness Day.)

LOW VISION SUPPORT GROUP

Betsy Hermanson, Vision Specialist from ND Voc Rehab will lead the Low Vision Support Group in the Library on Wednesday, May 1 at 10:00 am. This group is limited to 8 people. **Pre-registration is required. Stop by the Reception Desk or call 255-4648 to register.**

DEMENTIA CARE CONSULTANTS

Free individualized assistance, problem solving and identification of resources are available to individuals with memory loss and care partners through care consultation provided by the Alzheimer's Association. This month care consultations will be held in the library on **Tuesday, May 14 from 11:30 am to 2:30 pm by appointment. Call 701-258-4933 to schedule an appointment.** If you need immediate assistance, please call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900.

LEGAL SERVICES

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, May 8 from 1:30 to 3:30 pm to meet with individuals by appointment only. **Call 701-222-2110, ext. 303 to schedule your appointment.**

GRIEF/LOSS SUPPORT GROUP

We all experience loss, whether it's through the death of a loved one, loss of mobility, health concerns, or the passing of a pet.

Having a safe place to talk about grief and learning ways to cope will help you on a long-term basis. Being with others who are having the same thoughts, feelings, and experiences is helpful to know that you are not alone.

Kathleen Meckler and Sher Harildstad facilitate this group each Wednesday from 10:00 - 11:00 am. ***No session on May 29.** Newcomers are encouraged to join, however, we request that you contact Renee at 255-4648 prior to attending your first session.

CAREGIVER CONNECTIONS

Build a support system with people who understand. This group is a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system
- Exchange practical information on caregiving challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

Kathleen Meckler and Sher Harildstad are Alzheimer's Association trained facilitators and encourage you to join them every Wednesday from 1:30 – 2:30 pm in the Arts & Crafts Room. ***No session on May 29.**

Please contact Renee at 255-4648 before attending your first session.



Senior Center Shuttle

Shared transportation from your home to the Burleigh County Senior Center and back!

Transportation is provided within Bismarck and Lincoln city limits Monday through Friday from 8 am to 4:00 pm. (The last shuttle run is at 3:30 pm). Our shuttle allows patrons of the Burleigh County Senior Center to enjoy meals, receive health maintenance services, participate in activities and socialize with friends at the Senior Center. The suggested donation is \$2.50/one way trip. Riders must be 60+ and complete a one-page registration form. No participant will be denied services due to an inability or unwillingness to contribute.

Drive-Thru Meals & Parking

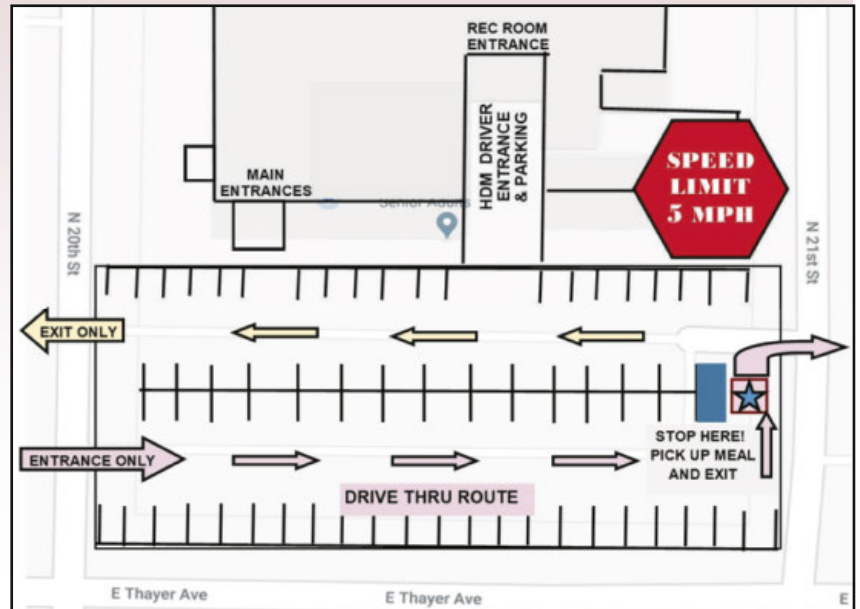
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 Concern!

Patrons may choose between a Congregate meal and a Drive-Thru Meal.

DRIVE-THRU PATRONS: Proceed to the “star” on the map and wait there to pick up your meal. **Please do not get in the Drive Thru line until 11:15 am.** If you are early, park until 11:15 am. After meal pickup, please exit onto 21st Street (right turn only).

CONGREGATE MEAL/OTHER PATRONS: Patrons coming to the Senior Center for a meal, activities, or other reason, may park where they choose, following the one-way arrows.

Thank you for your cooperation!



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Special Programming

MARK YOUR CALENDAR!

Wednesday, June 5, 10:00 am

Members of the Burleigh County Council on Aging will be in the Dining Room to provide an update on the organization's renaming process.

As a follow up to this meeting, a name change brainstorming session will be held on

Wednesday, June 12, at 10:00 am.

Anyone interested in this process is invited and encouraged to attend.

Questions may be directed to Renee at 255-4648, or stop by the Reception Desk and request to speak with her.

BISMARCK PUBLIC LIBRARY USED BOOK SALE

The Friends of the Bismarck Public Library wish to extend an invitation to attend the Senior Appreciation Used Book Sale. Patrons of the Burleigh County Senior Adults Program and residents from Bismarck assisted living facilities are welcome to shop on May 29, 2024, from 11:00 a.m. to 3:00 p.m. This special sale will be held in Room A of the Bismarck Veterans Memorial Public Library.

In addition, thanks to a generous donor, **Military Veterans** showing their military ID will receive a certificate for \$5 worth of books (that's 5 pounds of books!) while supplies last. Simply stop at the sale checkout table to register upon arrival for your Veterans certificate. Thanks for all you've done to make our country the best it can be!

BETTER CHOICES, BETTER HEALTH

Is your chronic illness keeping you from living well? Is managing your condition at home overwhelming?

Better Choices, Better Health (BCBH) is a chronic disease self-management program designed to help people:

- * Gain confidence
- * Learn skills to better manage their own health
- * Stay active
- * Take charge of their lives

BCBH is an interactive six-week workshop with weekly two and a half hour sessions. Each workshop is led by two volunteer leaders.

This workshop will be offered at the Burleigh County Senior Center on Tuesdays from 9:00 - 11:00 am from May 21 through June 25.

This workshop, valued at \$300, is grant funded and being offered at no cost to participants.

For more information, or to register, call 701-417-4905 or email bcbh@sanfordhealth.org.



Volunteer Opportunities!

JOIN OUR VOLUNTEER TEAM!

Currently, volunteers are needed in the following areas:

- Home Delivered Meal Drivers
- Home Delivered Meal Packers
- Greeter/Kiosk Assistant
- A variety of jobs requiring a few hours one day per week.

Volunteer as little, or as often as you like—we will work with your schedule! If you are interested, or would like more information, please stop by the Reception Desk or call 255-4648.



Health Maintenance

SUGGESTED CONTRIBUTIONS

In Office Services

Foot Care: \$25.00
(Full Cost \$71.61)

Blood Pressure: \$3.00
(Full Cost \$10.23)

Fasting Blood Sugar: \$5.00
(Full Cost \$10.23)

Home Visit: \$40.00
(Full Cost \$143.22)

(Includes any combination of above services)

Clients may, but are NOT required, to contribute toward the cost of services.

Foot Care Services are available by appointment only.

— For an appointment at the Burleigh County Senior Center, call 255-4648

— May 13: Wing and Sterling Foot Care Clinics

— June 10: Wilton Foot Care Clinic

— July 25: Wing and Sterling Foot Care Clinics



An appointment is required for the Wilton, Wing and Sterling Foot Care Clinics. To schedule, please call 255-4648 at least one week in advance.

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In Memory of Armion Schuler
—Lorraine Atwood



Burleigh County Senior Adults Program Giving Opportunities

The Burleigh County Senior Adults Program, a 501(c)3 nonprofit organization, accepts donations for its programs.

Donations can be made to:

- *Nutrition
- *Health Maintenance
- *Outreach Services
- *Life Enrichment Activities

If you would like to make a donation, please send it, along with this completed form, to:

BCSAP

315 North 20th Street
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Enclosed is my gift of \$_____ to the Burleigh County Senior Adults Program.

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- Nutrition Health Maintenance
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 Where it is most needed

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Silver: \$200—\$499
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Friend: \$50—\$99

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Telephone: _____

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Burleigh County Council on Aging
 Burleigh County Senior Adults Program
 315 North 20th Street
 Bismarck, ND 58501

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