Burleigh County Senior Adults Program

The Senior Sentinel

315 North 20th Street • Bismarck, North Dakota 58501

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Senior Centers: The Key to Aging Well

Aging well means different things to different people.

For some, aging well means ***Growing.*** They want to understand other cultures, meditate, and develop a more spiritual life or practice gratitude daily through journaling.

Others see aging well as having time to devote to ***Learning,*** whether it is a new language, a painting class, or taking up yoga.

Others see their most important work as ***Connecting*** to family, old friends, and growing new relationships.

And some see ***Giving Back*** at the senior center and within the community as the thing that fosters purpose and a more meaningful life.

Most people want to incorporate a little of all the above while they are on their journey to reach their full potential. The Burleigh County Senior Adults Program holds the key to enhancing all these varied experiences that are fundamental to aging well.

Eleanor Roosevelt said, “The purpose of life is to live it,” and our Senior Center participants are doing that every day, through opportunities to continue growing, learning, giving and connecting. We serve them and this community the best we can with fun and engaging program, while also providing them with programs and resources to help them stay healthy and independent.

Join us and Unlock the Keys to Aging Well During National Senior Center Month!

With all good wishes,

Renee Kipp, Director

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United Way
Missouri Slope Areawide United Way

September is Senior Center Month!

GETTING YOUR AFFAIRS IN ORDER

Thursday September 19, 5:00 - 7:30 pm

Getting your affairs in order can be difficult, but it is an important part of preparing for the future for you and your loved ones. Gathering as much information as possible will help ease the process.

Join us as Deb Carpenter, Attorney and Jay Caldwell, Investment Advisor share advice on planning for your affairs. Having a plan in place is one of the kindest gifts you can give your family.

Evening Meal
Baked Chicken
Twice Baked
Cheddar Potato
Glazed Carrots
Fruit Salad
Bun
Bread Pudding with
Caramel Sauce

Deb will discuss wills, health care directives and other legal documents you should have. Jay will discuss estate tax rates, exclusion amounts, estate planning strategies and the risks of waiting to plan. Dinner reservations are required for this evening event, and can be made by calling 258-9276.

LAWMAKER'S FORUM

Join us on Wednesday, September 25, at 9:30 am, When we have elected officials from the state, county and city here to discuss current issues that face Bismarck, Burleigh County and North Dakota (Mike Chaussee from AARP will be the moderator.) Questions for the lawmakers can be submitted in writing (form will be at Site Managers Desk).

The Senior Center will be offering complimentary caramel rolls for this event, while supplies last. No takeouts will be available .

FRANK SINATRA & AMERICA'S GOLDEN AGE (Curiosity Stream)

Join us on Wednesday, September 4, at 10:00 am, as we remember Frank Sinatra and America's Golden Age. Frank Sinatra's career spanned more than five decades, but it was in the 1950s and 60s that he enjoyed his golden age. He was at the top of his game with his music, movies, and television, making him the most popular entertainer on the planet. At the same time, an all-powerful America was also going through a blessed period. Leisure industries were booming, giving rise to an elegant and glamorous esthetic, from gleaming automobiles to luxurious casinos, to the fascination of the whole world.

CONSUMER PROTECTION FROM ND ATTORNEY GENERAL'S OFFICE

Scams and frauds through mail, telephone, and computer are increasing across our state. Are you aware that seniors are often the target of scams and fraud? Tonya Hetzler of the ND Attorney General's office will be here on Tuesday, September 17, at 12:30 pm, to share information on scams, and share ways to keep yourself from becoming a victim.

FRAUD AND ACCOUNT SAFETY

With over 11 million identity fraud victims in the United States annually, anyone with a bank account must take the proper precautions. On Thursday, September 12, at 10:00 am, Lyn Moody of American Bank Center will share tips and information on securing your bank account and avoiding identity theft.

A VISIT WITH OFFICER FULLER

The Bismarck Police Department is dedicated to enhancing public safety and preventing crime. There are many things each and every community member can do to reduce his or her chances of becoming a victim. Officer Clint Fuller will be here on Tuesday, September 10, at 12:30 pm, to share tips and ideas on how to keep from becoming a victim of crime.

More Senior Center Month Activities can be found on page 17.

Celebrate Your Inner Artist!

ART FROM THE HEART WITH NINA

Join Nina Loeks on Monday, September 9, at 9:30 am, as she leads us in creating this beautiful picture!

The suggested donation is $5 and is non-refundable. Please make your donation when you sign up at the Office. Space is limited to 10 people.

ART WITH NICOLE

On Tuesday, September 10, at 10:00 am, Nicole Gagner, ND Council of the Arts, will teach us how to blend and use watercolors to create a beautiful masterpiece. No experience necessary!

The suggested donation is $5 and is non-refundable. Please make your donation when you sign up at the Office.

CRAFTY CREATIONS:

Join us on Monday, September 23, at 1:00 pm as we create a cute pumpkin out of wine corks. The suggested donation is $5 and is non-refundable. Space is limited to 10 people so please sign up early!

Friday's at the Movies!

Sept. 6 - Fun In Acapulco (1963): After being fired from his job performing aboard a boat in Acapulco, Mike Windgren (Elvis Presley) is forced to take a job as a lifeguard at a nearby resort. When another lifeguard, Moreno (Alejandro Rey), grows jealous of Mike for upstaging him and moving in on his girl (Ursula Andress), the two clash. Mike soon discovers that Moreno is a champion cliff diver, a feat which leads Mike to confront his fear of heights and attempt a dive himself, hoping to mend fences with Moreno.

Sept. 13 - Rock My Heart: 17-year-old Jana has a congenital heart defect. To defy fate, Jana seeks every challenge, plunges into every wild and dangerous adventure. Her parents does not like that and are even more in constant fear of their daughter (starring Lena Klenke, Dieter Hallervorden and Emilio Sakraya).

Sept. 20 - A Dogs Journey: Some friendships transcend lifetimes. In A Dog's Journey, the sequel to the heartwarming global hit A Dog's Purpose, beloved dog Bailey finds his new destiny and forms an unbreakable bond that will lead him, and the people he loves, to places they never imagined (starring Marg Helgenberger, Betty Gilpin, Henry Lau, Kathryn Prescott, Dennis Quaid and Josh Gad).

Sept. 27 - The Love Letter: Helen (Kate Capshaw) runs a bookstore in Loblolly By The Sea, a small fishing community in New England where everyone seems to know everyone else's business. A 42 year old single mother, she is emotionally distant and fearful of getting too close to anyone. George (Tom Selleck) has known Helen since they were schoolmates, and he's been in love with her for ages, but has always settled for just being her friend. Convinced she wasn't interested in him, he married another woman years ago. Helen also has another secret admirer, Johnny (Tom Everett Scott), who isn't at all put off by the fact that Helen is twice his age.

Spills Can Be Dangerous!

"Safety First" is our motto at the Burleigh County Senior Center! Please be careful when carrying coffee, water, or any drink. Spills happen, and it's okay! If you do happen to spill, please wipe it up, or if you are unable, let a staff person know. We will be glad to assist to prevent accidents!

Health & Wellness

FALL PREVENTION

On Wednesday, September 18 at 12:30 pm, third year Physical Therapy students from U Mary will be here to conduct balance Screenings. Each screening will be ½ hour, with 2 students per person. Six people will be screened within each ½ hour time slot. Time slots will be from 12:30-3:00. Please sign up in advance at the office. **Please only sign up if you are able to attend.**

KEEPING YOUR SPIRITS UP WITH PASTOR RANDY UPGREN

Pastor Randy will be here on Thursday, September 19 at 10:00 am, to share insights on our spiritual wellbeing. It is important to keep a positive outlook on life, even when challenges are present. Pastor Randy will also update us on the renovation of the old Saxvik Elementary School to become the new home for Inspire Family Fellowship.

FLU SHOTS—MARK YOUR CALENDAR!

Gateway Healthmart Pharmacy will again be providing flu shots for us! Bring your Medicare or insurance card. If you have Medicare, there is no cost. All insurances will be accepted and filed for you. The co-pay billing will be sent to you later. The full cost without insurance or Medicare is $30.00 (with a coupon that will be provided).

Crescent Manor - October 1: 9:00 am - 12:00 pm
Burleigh County Senior Center - October 2 & 3: 9:00 am - 2:00 pm

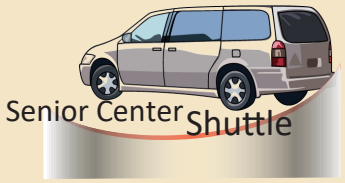
Become a Techy!

COMPUTER BASICS

Vicki Laraway, from the ND Center for Independent Living, will be here on Thursday, September 19, at 10:00 am.

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

These classes are limited to five people, so please sign up early at the Office, or call 255-4648.



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

For residents of Bismarck and Lincoln, ND
who are age 60+ and utilize the services of the
Burleigh County Senior Center.

There is no cost to participants.
A donation of $2.50 / one way trip is suggested.
No participant will be denied service due to an inability
or unwillingness to contribute.

For more information, or to sign up for the Shuttle,
please stop by the Admin Office, or call 255-4648.

Take a Day Trip!

FOUR BEARS CASINO

This month's trip to Four Bears Casino will be on Tuesday, September 24. The bus will leave the Senior Center at 7:30 am sharp! (Please note time change and arrive 10 minutes before departure). Lunch will be served between 11:00 am and 2:00 pm. The bus will depart Four Bears Casino at 3:00 pm and arrive at the Burleigh County Senior Center by 5:00 pm. Cost is **$30.00** per person and must be paid when you sign up at the office. NO exceptions!

HOSTFEST BUS TRIP

West River Transit will be taking a bus to Minot for the Hostfest on Wednesday, September 25.

The bus will leave the Senior Center at 8:00 am (please arrive 10 minutes early). The cost for the bus is $30 per person and must be paid when you sign up at the office. You are responsible for the $43 dollar admission fee to Hostfest.

SENIOR FISHING DERBY- GARRISON DAM FISH HATCHERY

Join us for a fun day of fishing at the Garrison Dam National Fish Hatchery on Tuesday, September 17. West River Transit will leave the Senior Center at 8:00 am and return by 4:00 pm (please arrive 10 minutes early). Fishing equipment, bait, and a box lunch will be provided. Coffee will be available at the hatchery's hospitality tent.

Please be sure to bring water and a cooler, as you will take your fish home with you. We must have 14 people for this trip. The cost for this trip is $18.00, and must be paid when you sign up at the office.

When coming to the Senior Center for a day trip, please park on the south side of the Senior Center parking lot. This leaves the spots closer to the door available for those coming for lunch and other activities.

Just for Fun!

BISMARKET STORY TIME WITH CHILDREN

Join us at Kiwanis Park/Municipal Ballpark (along Sweet Avenue) on Saturday, September 7 as we host two ½ hour children's story time during BisMarket. We will have story time from 10:00 - 10:30 am and again from 12-12:30 pm. For $2, West River Transit will provide a ride from the Senior Center at 9:45 am to the park and will return to the Senior Center at 12:30 pm. Food and beverages will be available to purchase at the market, as well as home grown produce. Please sign up in the office by Wednesday, Sept. 4th.

PIE HAPPY HOUR

Strawberry rhubarb pie, ice cream, and coffee for $2.00 on Monday, September 30, from 1:30 to 3:00 pm (or sell out!).

MEALS & MELODIES

In the Dining Room at 12:15 pm:

Thursday, September 12: Sunshine Trio

Thursday, September 26: Bernie's Old Time Band

AARP Offerings

AARP SMART DRIVER

On Monday, October 7, at 10:00 am, AARP will be hosting a course that will teach us valuable defensive driving skills and also give us a refresher on the rules of the road. The cost for this course is $15.00 for members and $20.00 for non-members.

Pre-registration is required. Please call 223-4090 to sign up.

AARP CHAPTER MEETINGS

The Bismarck Mandan AARP Chapter invites you to attend their meetings on the 3rd Wednesday in January, March, May, September & November. The next meeting will be on September 18,at 10:00 am at the Burleigh County Senior Center.

If you would like more information, call Fred Browning at 595-2176.

September Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 **CLOSED** 	**3** Open Faced Hot Hamburger Whipped Potatoes with Gravy 5 Way Vegetable Blend **OR** ***Chef Salad** Strawberry Applesauce	**4** Chicken Drumsticks Parslied Potatoes Malibu Blend Vegetable Strawberry Fruit Salad	**5** Lemon Pepper Tilapia Baked Potato Scandinavian Veg. **OR** ***Chef Salad** Peaches Brownie	**6** Chicken Fajita Spanish Rice Refried Beans **OR** ***Chef Salad** Tropical Fruit
9 Oriental Pepper Steak over White Rice Egg Roll Broccoli **OR** ***Mandarin** **Chicken Salad** Pineapple Fortune cookie	**10** Meatloaf Parmesan Potatoes Green Beans **OR** ***Mandarin** **Chicken Salad** Lime Jello with Pears Cookie	**11** Chicken Fried Pork Chop w/Country Style Gravy Whipped Potatoes CA Normandy Veg. Fresh Grapes	**12** Smothered Chicken with Peppers, Onions & Cheese Cheesy Hashbrowns Corn **OR** ***Mandarin** **Chicken Salad** Tapioca Fruit Salad	**13** French Dip Sandwich w/Au Jus Cowboy Potatoes Pease & Carrots **OR** ***Mandarin** **Chicken Salad** Plums
16 Cheeseburger Deluxe w/Lettuce, Tomato & Onion Waffle Fries Pasta Veggie Salad **OR** ***Berry Burst** **Chicken Salad** Mandarin Oranges	**17** Roast Beef Whipped Potatoes with Gravy Broccoli & Cauliflower **OR** ***Berry Burst** **Chicken Salad** Peaches w/Cottage Cheese	**18** BBQ Ribs Au Gratin Potatoes Peas & Pearl Onions Corn Muffin Apple	**19** Meat Lasagna Italian Blend Veg. Side Salad Garlic Toast **OR** ***Berry Burst** **Chicken Salad** Banana ***Evening Meal** **(See page 2)**	**20** Baked Cod Sweet Potato Tots Capri Blend Veg. **OR** ***Berry Burst** **Chicken Salad** Fruit with Vanilla Yogurt
23 Chicken Tenderloins Stuffed Cheddar Potato Rounds Garden Blend Veg. **OR** ***Beef Taco Salad** Apricots	**24** Swedish Meatballs Garlic Mashed Potatoes Wax Beans **OR** ***Beef Taco Salad** Dark Sweet Cherries	**25** Roasted Turkey Whipped Potatoes with Gravy Country Blend Veg. Pear with Cranberry Sauce Ice Cream Treat 	**26** Salmon w/Dill Sauce Garden Rice Pilaf Creamy Cucumber Salad Broiled Tomato **OR** ***Beef Taco Salad** Fresh Orange	**27** Stuffed Manicotti with Meat Sauce Sicilian Blend Veg. Side Salad Garlic Toast **OR** ***Beef Taco Salad** Ambrosia Cup
30 Ham Scalloped Potatoes Prince Edward Veg. Mandarin Orange Pudding	**Wing, Sterling & Crescent Manor** 9/06 - Chef Salad 9/13 - Mandarin Chicken Salad 9/20 - Berry Burst Chicken Salad 9/27 - Beef Taco Salad		**Menu subject to change without notice.** **Items in red** *are available at the* ***Burleigh County Senior Center only!*** ***Special Sign up**	

OAA federal regulations require individuals age 60 and older to register annually to participate in the Congregate Meals Program, or semi-annually to participate in the Home-Delivered Meals Program. Individuals are notified when their registration needs to be updated. Suggested donation is $4.00/meal. SNAP accepted.

MEAL RESERVATIONS: Call the following locations at least one day in advance: Burleigh County Senior Center, **258-9276** from 8:30 am to 3:30 pm; Crescent Manor, **258-6646** from 10:00 am to 2:30 pm; Wing Senior Center or Sterling United Methodist Church, **943-2490** from 8:30 am to 3:30 pm; or Home-Delivered Meal inquiries, please call **255-4648.** The meal price for those under 60 is $8.00.

September Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 **CLOSED** Happy Labor Day!! 	**3** 9:00 & 2:45 Bone Builders 12:30 Wii Bowling 1:00 Bridge	**4** 9:00,10:30 & 1:15 Bone Builders 10:00 Frank Sinatra & America's Golden Age 10:00 Grief Support 1:00 Pinochle 1:00 Bingo 1:00 Whist	**5** 8:45 & 1:15 Bone Builders 10:00 Chair Yoga 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco	**6** 8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing Saturday, Sept 7 9:45 Bismarket Day Trip
9 9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 9:30 Art with Nina 10:00 Fit & Healthy 1:00 Pinochle 1:00 Senior Center Singers Practice ***6:00 pm Senior Club Dinner Dance at*** *Eagles Club*	**10** 9:00 & 2:45 Bone Builders 9:30 Advisory Committee Meeting 10:00 Art with Nicole 12:30 A Visit with Officer Fuller 12:30 Wii Bowling 1:00 Bridge	**11** 9:00,10:30 & 1:15 Bone Builders 10:00 Grief Support 10:00 Poetry Group 10:00 Prime Time Wellness 11:30 Alzheimer's Caregiver Support 11:30 Senior Medicare Patrol 1:00 Whist 1:00 Pinochle 1:00 Bingo 1:00 2x4 Bridge 1:30 Legal Services by Appointment	**12** 8:45 & 1:15 Bone Builders 10:00 Fraud & Account Safety 10:00 Chair Yoga 12:15 Sunshine Trio 12:45 Hand & Foot 1:00 Bridge **Bookmobile**	**13** 8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing
16 9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 Wellness Gathering/ Fit & Healthy 1:00 Pinochle 1:00 Duplicate Bridge 1:00 Senior Center Singers Practice	**17** 8:00 Garrison Dam Fishing Derby 9:00 & 2:45 Bone Builders 10:30 Hearing Loss Support Group 12:30 Consumer Protection 12:30 Wii Bowling 1:00 Bridge	**18** 9:00,10:30 & 1:15 Bone Builders 10:00 Grief Support 10:00 Low Vison Resource Group 10:00 AARP Chapter Mtg. 12:30 Fall Prevention 1:00 Pinochle 1:00 Bingo 1:00 Whist	**19** 8:45 & 1:15 Bone Builders 10:00 Keeping Your Spirits Up 10:00 Computer Basics 10:00 Chair Yoga 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco 1:00 BCCA Meeting **5:00 Getting Your Affairs in Order**	**20** 8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing
23 9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 Fit & Healthy 1:00 Crafty Creations 1:00 Pinochle 1:00 Senior Center Singers Practice	**24** 7:30 Four Bears Casino 9:00 & 2:45 Bone Builders 12:30 What is Medical Marijuana? 12:30 Wii Bowling 1:00 Bridge	**25** 8:00 Hostfest Bus Trip 9:00,10:30 & 1:15 Bone Builders 9:30 Lawmakers Forum 10:00 Poetry Group 10:00 Grief Support 1:00 Pinochle 1:00 Bingo 1:00 Whist 1:00 2x4 Bridge	**26** 8:45 & 1:15 Bone Builders 9:30 Prairie Sea Hearing 10:00 NDSU: Loneliness & Conversation Boxes 10:00 Chair Yoga 12:15 Bernie's Old Time Band 12:45 Hand & Foot 1:00 Bridge	**27** 8:45 Bone Builders 9:30 Tick Card Game 10:00 Standing Yoga 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing
30 9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 Fit & Healthy 12:45 If You Are Not in the Obit 1:00 Pinochle 1:00 Book Club 1:00 Senior Center Singers Practice 1:30 Pie Happy Hour				

Credit Cards

You may now use your VISA, Mastercard or Discover Card to make donations or purchases at the Coffee Bar and Gift Shop.

To use your credit card, you must have a minimum charge of $5.00.

Book Club

The Book Club will meet Monday, September 30, at 1:00 pm, in the Library. The book for discussion this month is *The Life Changing Magic of Tidying Up* By Marie Kondo (State Library).

The Life-Changing Magic of Tidying Up is a really interesting read all about being more organized and intentional with what you choose to own and how this can impact your way of thinking and perspectives on life. Tidying up and getting rid of your possessions can seem like a daunting task, but going through the detailed process in this book will help you to surround yourself with things that bring you true joy (instead of clutter, which causes unnecessary stress and headaches).

October: *Be Frank with Me* By Julia Claiborne Johnson (State Library).

November: *A history of the World in Six Glasses* By Tom Standage (State Library).

Note: Book Club does not meet in **July** or **December**.

"BE AN ACTIVE AGER"
2019 WELLNESS CHALLENGE

Join the Wellness Challenge!

Stop by the Admin Office to sign up to be eligible for prizes, including the coveted reserved parking spot!

As of July 15th, Wellness Challenge participants have walked 482.35 miles and biked 396.5 miles! You can watch the progress of our walking and bicycling on the map outside the Fitness Room.

20 laps around the Dining Room or 10 minutes n a stationary bicycle equals approximately one mile!

YOGA

Yoga is a great way to maintain a positive attitude and relieve stress. Yoga also provides movement without strain, increases flexibility, promotes good bone health and helps you maintain a sharp mind. There are two yoga sessions offered at the Senior Center: Chair Yoga is on Thursdays at 10:00 am and Standing Yoga is on Fridays at 10:00 am. in the Fitness Room.

Programming sponsored in part by: AARP Real Possibilities

September Focus: Social Wellness

Monday, September 16, 10:00 am:
Wellness Challenge Monthly Gathering
We will find out how far we have walked and rode the stationary bikes. We also will draw for prizes and the parking spot. Wellness *Coach Aleisha will share information about strategies to be a healthier you!

SPECIAL CLASSES:

Wednesday, September 11, 10:00 am: Prime Time Wellness
Jennifer Bandy, YMCA, will be here to share information about their PRIMETIME program. PRIMETIME Wellness at the Y is a total wellness program for adults 65 and older focusing on body, mind, and spirit. The program gives resources and support to enable participants to live independent, vital, and healthy lives.

***Mondays, September 9, 16, 23, & 30 at 10:00 am:**
Fit & Healthy Jump Start
Health & Wellness coach Aleisha Frohlich, Dakota Natural Health, will be here to help us learn simple step-by-step strategies that you can easily implement to help you lose weight, get back in shape, feel more energized and fuel your body without feeling deprived!

NDSU: Loneliness & Conversation Boxes
Loneliness and social isolation are growing public health concerns for people of all ages in the United States, from young adults to seniors. Studies have long connected loneliness to a range of health issues that could threaten longevity and well-being, including higher risks of heart attack, stroke, depression, anxiety and early death. Join us on Thursday, September 26 at 10:00 am as we use some fun boxes to strike up conversations and discuss ways to keep engaged with others.

LINE DANCING

Love to Dance? Then join in on our weekly Line Dancing session! This group meets at 1:00 pm every Friday in the South Conference Room.

BONE BUILDERS

Bone Builders is a program of RSVP. If you are interested in Bone Builders, or have questions/concerns, please contact Mary at RSVP (258-6815), or speak with a class leader.

No Matter What Your Age, Size or Fitness Level, It's Never too Late to Start Exercising!

Health & Wellness

FITNESS ROOM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am Bone Builders-1 10:30 am Bone Builders-2 1:15 pm Bone Builders-3	9:00 am Bone Builders-4 12:30 pm Wii Bowling 2:45 pm Bone Builders-5	9:00 am Bone Builders-1 10:30 am Bone Builders-2 1:15 pm Bone Builders-3	8:45 am Bone Builders-6 10 am Chair Yoga 1:15 pm Bone Builders-5	8:45 am Bone Builders-4 10:00 am Standing Yoga

The Fitness Room is for all Burleigh County Senior Center Participants. Please feel free to use this room on your own when classes are not in session. If you need assistance, please see a staff member.

Exercise videos include: Zumba Gold, Chair Yoga, Laughter Yoga, Wii Games, FitDeck Stretch, FitDeck Senior, Tai Chi Chih, ROM Dance, Armchair Gentle Exercises. There are two stationary bicycles for your use.

Use this room as your starting point for the Walking Track. Walk laps in the hallways around the Dining Room.

Support Groups & Resources

GRIEF SUPPORT AND SHARE GROUP

There are many different ways to grieve and many different things we can grieve over. You can grieve over the death of a loved one, a pet, a disagreement with a family member, the loss of a job and even moving from your home.

Kathleen Meckler worked as a Youth Counselor and therapist prior to retirement, and is now donating her time and expertise to offer a Grief Support and Share Group at the Senior Center. This Grief Support and Share Group provides emotional support in a safe environment for you to explore how to cope.

This Group meets every Wednesday from 10:00 am to 11:15 am. September sessions scheduled for Wednesday, September 4, 11, 18 and 25.

We welcome you to this group!

LOW VISION RESOURCE GROUP

This group shares information to help visually impaired individuals remain in their homes and stay independent. The group will meet on Wednesday, September 18 at 10:00 am in the Library.

LEGAL SERVICES OF ND

Legal Services of ND is a non-profit organization providing legal help to disadvantaged elderly and low income North Dakotans.

LSND will be at the Senior Center on Wednesday, September 11, at 1:30 pm. You must have an appointment to meet with them. Please call 877-258-5263 Ext. 303, to schedule an appointment.

HEARING LOSS SUPPORT GROUP

The Hearing Loss Support Group will meet on Tuesday, September 17 at 10:30 am in the Library. The focus of this support group is to help those with hearing problems live successful lives in spite of their hearing loss.

PRAIRIE SEA HEARING CENTER

Jessica McLindsay, from Prairie Sea Hearing Center, will be here Thursday, September 26, from 9:30 -11:00 am, for hearing screenings and hearing aid cleanings.

ALZHEIMER'S CAREGIVER SUPPORT GROUP

The Alzheimer's Caregiver Support Group will meet on Wednesday, September 11 at 11:30 am. This support group provides 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.

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 include transfer/shower benches, walkers, canes, commodes, toilet risers, and other smaller items. We suggest a donation of $5.00 for each piece of equipment borrowed.

Wheelchairs are available on a limited basis for seven days only. A $100.00 deposit check is required for wheelchairs. The check is returned to you upon the timely return of the wheelchair.

Congratulations to Bonnie Kubler and Kay Dahl / Anaclete Hondl!
The Winners of the Newcomer Campaign held in July!

Thanks to everyone for participating!

Ongoing Events & Activities

GAME ON!

Pinochle: 1:00 pm, Monday, Wednesday & Friday
Bridge: 1:00 pm, Tuesday & Thursday
Duplicate Bridge: 1:00 pm, 1st & 3rd Monday
2X4 Bridge: 1 pm, 2nd & 4th Wednesday
Hand & Foot: 12:45 pm, Thursday
Bunco: 1:00 pm, 1st & 3rd Thursday
Whist: 1:00 pm, Wednesday
Tick: 9:30 am, Monday & Friday
Wii Bowling Teams: 12:30 pm, Tuesday (except July)
Line Dancing: 1:00 pm, Friday
Bingo: 1:00 pm, Wednesday

Stop by or call the Admin Office (255-4648) to sign up for Bridge, Hand & Foot, or Bunco.

FOR YOUR USE!

Library, including Computers with Internet Access

Television
Free WiFi
Billiards
Craft Room
Puzzles & Games

BURLEIGH COUNTY BOOKMOBILE

New books will be delivered to Lisa's desk on Thursday, September 12. Books are checked out and returned there in 25 days.

Request books and they will do their best to get it to you. Stop by to see what new titles we receive!

Did You Know…?

- There is a secure container in the Rec Room entrance for personal documents in need of shredding.

- The Admin Office has Bis-Man Transit tickets and stamps available for purchase.

- You may drop your MDU payment at the Admin Office. Payments are mailed twice weekly.

- The Senior Center Library has books available for checkout, as well as two computers for your use.

- Free WiFi is available!

BILLIARDS

The Senior Center has four billiards tables for your use. There is a suggested donation of $1 per day to play.

CARDS & BOARD GAMES

The Rec Room is available for cards and board games every morning. You can find a variety of games in the Sun Room cabinet, including Skipbo, Phase 10, Scrabble, Yahtzee, Uno, and Backgammon.

Please return games to the cabinet when you are finished.

Wednesday is Caramel Roll Day!

Join us Wednesday mornings for fresh, hot out of the oven, Caramel Rolls! Just $1 Each!

POETRY ENTHUSIASTS

Do you have an interest in reading or writing poetry? Join a group of poetry enthusiasts at 10:00 am on the 2nd and 4th Wednesday of each month in the Library.

SENIOR MEDICARE PATROL

Eunice Meidinger from Senior Medicare Patrol, will be available in the Dining Room on Wednesday, Sept. 11 at 11:30 am to answer your questions regarding Medicare fraud and scams.

ADVISORY COMMITTEE

The Burleigh County Senior Center Advisory Committee will meet on Tuesday, September 10 at 9:30 am in the Library.

PLEASE NOTE:

The Burleigh County Senior Center maintains its room temperature at 72 degrees. Please dress accordingly. If you tend to be chilly, please wear a sweater!

News from Area Senior Clubs

Burleigh Senior Club, Bismarck

Monday, August 26
11:00 am Senior Club Meeting
Burleigh County Senior
Center Library

Monday, September 9
6:00 pm Dinner Dance
Eagles Club

$10.50/ticket
(non-refundable)

Reservations for the Dinner Dance must be made IN PERSON at the Burleigh County Senior Center on September 3, ONLY from 8:30 am to 12:00 pm. Please NO phone calls. For cancellations **ONLY**, you may call 255-1694 .

SENIOR CLUB OFFICERS
CHAIR– Quirina Schmidt VICE CHAIR– Keith Cleveland
TREASURER– Herb Ritz SECRETARY– Elaine Beyl
DIRECTORS– Cecelia Roehrich, Jane Anderson, and Mary Volk

Golden Wing Club, Wing

September 2: Labor Day - CLOSED
No meal will be served.

September 4: Casino Trip

September 6, 13, 20 & 27: Pinochle at 7:00 pm with Potluck Lunch. Cost is $5.25 per person to play with an 81% payback in prizes. Please call 943-2446 or 943-2490 for more information. All ages are welcome!

September 9: Health Maintenance Services
Call 943-2490 for appointment.

September 11 & 25: Transit Bus to Bismarck for medical appointments and shopping.

Morning coffee is served Monday - Friday and caramel rolls every Wednesday morning at the Wing Senior Center.

Donuts available daily (individually or by dozen).

Noon meals are served Monday, Tuesday, Thursday and Friday. Wednesday meals are served at 6:00 pm.

For more information, contact 943-2490 or email gwc@bektel.com. Suggested donation is $4.00/meal. SNAP accepted.

The meal price for those under 60 is $8.00 and $5.00 for children age 12 and under. Everyone is welcome!

SE Burleigh Golden Age Club, Sterling

September 2: Labor Day - CLOSED

September 4: Casino Day

September 5, 12, 19 & 27: Transit to Bismarck for appointments and shopping.

September 18: Transit to Wing (Evening Meal)

September 26: Regular Monthly Meeting
(noon meal in Sterling)
Health Maintenance Services available.

Congregate meals are served at 12 noon on Mondays, Tuesdays, Thursdays and Fridays.

Health Services: 255-4648
Meal Reservations: 943-2490
Club Info: 387-4749 or 387-4581
West River Transit: 224-1876

All activities are held at Sterling UM Church and are open to those 60+ years of age.

Happy Grandparents Day!

Sunday, September 8

News from Area Senior Clubs

Wilton Pioneer Senior Center, Wilton

Mondays: Hand & Foot 12:30 pm; Pinochle 7:30 pm

Wednesdays: Hand & Foot 12:30 pm; Pool 7:00 pm

Food Pantry: 3rd Thursday 4:00-6:00 pm

September 3: Monthly Meeting 1:00 pm with social activities after.

Noon meals are served Monday - Friday. Please call 734-6426 before 8:00 am the day of the meal to make a reservation. Washburn meals are delivered by Washburn church members, starting around 10:45 am. Wilton home deliveries start around 11:00am.

Morning coffee is served at 9:00 am Monday - Friday at the Wilton Senior Center. Medical supplies (available for free will offering) are: hospital beds (one electric), canes, wheelchairs, lifts, commodes and risers, bed pans, and walkers. For more information, call 734-6426.

Our Volunteers Make the Difference!

Elaine Beyle

Elaine has been volunteering in the craft room at the Burleigh County Senior Center for 20 years! She loves to make the string art cards. When she is not volunteering, she enjoys bible study, embroidering and reading. Before coming to Bismarck in 1998, Elaine worked at the Ukranian Cultural Institute in Dickinson making cheese, potato and sauerkraut buttons. Elaine has three daughters, one son, five grandchildren, and thirteen great grandchildren. When her friends mentioned that they volunteer here, she decided to give it a try. She is glad she did! Volunteering gives her something to do and gets her out of the house. Thank you, Elaine, for donating your time to the Burleigh County Senior Center!

Home Delivered Meals

Don & Mary Bitz

Don and Mary have been delivering meals since October of 2013. They are substitute drivers and are on call as needed. They get different routes each time, which makes it challenging, but interesting. Don worked for 33 years at Job Service ND as an accounting manager. Mary was a stay at home mom and later worked seasonal jobs at the mall when the children got older. Mary enjoys spending time with her two ragdoll cats (Bella & Dakota) and going for walks with Don. Don enjoys playing golf and pickle ball and also works at the Hawktree Golf Club as a player assistant. Don and Mary will be celebrating their 45th wedding anniversary in November. They have a daughter, a son, and 7 grandchildren, that all live in the Bismarck Mandan area. They enjoy spending their winters in Lake Havasu City, AZ. While in Arizona they both volunteer at a hot air balloon festival and Don also volunteers at the local Senior Center preparing income taxes with the AARP Tax Aide program. The people they deliver meals to are so thankful and it makes them feel good that they are able to help. Their health is good and they want to use that blessing to help others. Thank you, Don and Mary, for giving your time and serving others!

VOLUNTEERS NEEDED!

The Burleigh County Senior Center is in need of the following:

- Home Delivered Meal (HDM) packers
- HDM drivers
- Office phones
- Registration desk
- Morning table washers

If you would like to help, please contact Site Manager Lisa Bennett or HDM Coordinator Deb Hausauer at 701 255-4648.

LABOR DAY

The Burleigh County Senior Center will be closed Monday, September 2.

Volunteers don't get paid, not because they're worthless, but because they're priceless.
- Sherry Anderson

September is Senior Center Month!

WHAT IS MEDICAL MARIJUANA?

In 2016 over two-thirds of North Dakotans voted to approve the use of medical marijuana. Jason Wahl, Director of ND Division of Medical Marijuana will be here on Tuesday, September 24, at 12:30 pm, to present official information about how medical marijuana will be prescribed, dispensed and monitored. We will learn the facts about which medical conditions are permitted for a prescription to be dispensed. There will be time for a questions at the end of the presentation.

IF YOU ARE NOT IN THE OBIT: EAT BREAKFAST

Join Carl Reiner and friends on Monday, September 30, at 12:45 pm, as they share another side of the phenomenon of longer life spans. There are many people in their later years who are still sharp, vigorous and engaged.

Dakota Sun Gardens Trip

Thank You to Our Donors...

We sincerely thank the following individuals and/or businesses for their generous donations:
(Listed donations were received between July 1, 2019 and July 31, 2019.)

- TIMMY & SUSAN SISK (In Memory of Fred Fredricksen)
- HOWARD & LAURIE ROBERSON (In Memory of Fred Fredricksen)
- MISSOURI SLOPE AREAWIDE UNITED WAY

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
Bismarck, ND 58501

Enclosed is my gift of $_____to the Burleigh County Senior Adults Program.

Please designate my gift to: ___ Nutrition ___Health Maintenance ___ Outreach Services ___ Life Enrichment Activities ___ Where it is most needed

My gift is In Honor / Memory of: _____
(Name of person honored or memorialized)

Please send acknowledgement of my memorial/honorarium to:

Name: _____

Address: _____

City, State, Zip: _____

GIVING LEVELS
Platinum: $1,000 and up
Gold: $500—$999
Silver: $200—$499
Bronze: $100—$199
Friend: $50—$99

Your name will be placed on our giving wall with your donation, honorarium or memorial of $50 or more.

DONOR CONTACT INFORMATION:

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Telephone: _____

Thank you for your support!

Health Maintenance

SUGGESTED CONTRIBUTIONS
(Effective March 1, 2018)

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.

Thursday, Sept. 5	Foot Care Clinic at St. Gabriel's
Thursday, Sept. 9	Health Maintenance Clinic, Wing, ND
Thursday, Sept. 26	8:30 - 10:30 am Blood Pressure Fasting Blood Sugar Screenings (No appointment necessary.) 12:00 pm Health Maintenance Clinic in Sterling, ND, at United Methodist Church.

FOOT CARE SERVICES are available at the Burleigh County Senior Center throughout the month by appointment only. Call 255-4648 to schedule your appointment. Health Services available at Crescent Manor for residents. Appointments at Crescent Manor can be made by calling 355-7617.

ONE-ON-ONE VISITS for home-bound seniors are available. To inquire if you are eligible for a home visit, or to schedule an appointment, call 255-4648.

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

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Monday - Friday, 8:00 am to 4:30 pm

Subscribe

If you would like to subscribe to the Senior Sentinel, please mail or drop off this form, along with $5.00 to:

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

Name:	
Address:	
City, State, Zip:	
Telephone:	

Please make checks payable to BCSAP.

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Cecile King

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 for reason of race, color or national origin should contact the BCSAP Director at 701.255.4648.

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