



THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 12 December 2019

CHRISTMAS TRADITIONS

There are many ways to celebrate the holiday season! Gather some family and friends and pick a few Christmas traditions to enjoy this year. You will create great memories that will be cherished for years to come!

1. **Look at Christmas Lights** - Load up the car and drive around the neighborhood. Look at the beautifully lit homes.
2. **Have a Secret Santa Gift Exchange** - Throw everyone's name in a hat and have each person pick a recipient to give a silly, inexpensive gift to.
3. **Buy an Elf on the Shelf** - The Elf moves around the house, keeps track of naughty behavior and reports back to Santa.
4. **Pick out a real Christmas tree.**
5. **Make a gingerbread house** - Buy a kit or start from scratch. Either way, you will enjoy playing with your food!
6. **Count down with an advent calendar.**
7. **Listen to classic Christmas music** - Enjoy and sign along!
8. **Plan a cookie exchange** - Get a group of people together. Each person chooses a cookie to make and makes a dozen for each person in the group. Then get together and exchange cookies. Enjoy some hot chocolate and conversation while you are at it!
9. **Get your craft on** - Christmas has become so commercial, it's easy to forget the real reason for the season. Try your hand at a homemade ornament or wreath for your gift giving.
10. **Watch quintessential Christmas movies** - All the old classics will be on TV soon. Find some friends and have a get together to watch!
11. **Use cash only** - Have a budget and stick to it! Using 'cash only' will help you stay focused on your spending.
12. **Bake from scratch** - Get your old recipe books out and make something you haven't made for a long time. YUMMY!
13. **Mail holiday cards** - Even in the age of social media, there is nothing better than receiving a hand written card from a family member or friend.

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Celebrate Christmas

Celebrate Christmas with Us!

Thursday, December 5, 5:00 pm

5:00 pm: **Holiday Evening Meal** is served!

6:00 pm: **Darrel Brackel and Family** will be entertaining us!

MENU

- Caesar Salad
- Prime Rib with Au Jus
- Parmesan Garlic Roasted Potatoes
- Assorted Cheesecake
- Fresh Bun

Thursday, December 19, 11:15 am

11:15 am: **Ugly Sweater Parade** - Wear your Ugly Christmas Sweater and win a prize! Categories for Most Sparkly, Most Bells & Whistles (sounds & lights), Best Santa Sweater, Most Humorous and People's Choice! Be creative!



9 – 12 pm: **Bake Sale** - The Advisory Committee will host a bake sale benefitting the Senior Center's activity fund! Bring your baked goods, candy bars and/or popcorn cake! Please drop off your bake sale items either Wednesday afternoon by 3:30 or Thursday morning by 8:00 am.



11:45 am: **Holiday Noon Meal** - Served!

12:30 pm: Get a treat from **Santa**, listen to your favorite holiday hits performed by the **Century Singers**, and stay for **Door Prizes** and the announcement of the Ugly Christmas Sweater contest!



HOLIDAY GIFT IDEAS

Not quite sure what to give someone this holiday season? We have some suggestions!



GIFT SHOP

Our Gift Shop has hand-crafted items such as quilts, embroidered dish towels, knitted hats, mittens, and scarves. Plus ornaments, figurines, jewelry, frames, and more!



DONATION

What about making a donation to the Burleigh County Senior Center in honor of a loved one, in lieu of a gift? This is a great way to recognize someone with a gift that will benefit many!



For more information, contact the Burleigh County Senior Center at 255-4648.

Congratulations to the Winners of the MSA United Way Raffle!

- \$25 Senior Center Gift Shop - Dick Jose
- \$50 Texas Roadhouse - Tom Bachmeier
- Christmas Afghan - J.P. Grundhauser
- Bath Basket - Naomi Lauf
- Clock - Doris Schell
- Quilt - Mavis Schell

A total of \$ 1,539 was raised for United Way. Thank you to all that participated!

**Merry
Christmas**



Celebrate Your Inner Artist!

ART WITH NICOLE

On Tuesday, December 10, at 10:00 am, Nicole Gagner, ND Council of the Arts, will lead us in painting a watercolor of Christmas bulbs. No experience necessary!

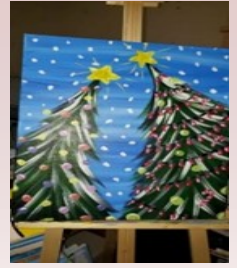
The suggested donation is \$5 and is non-refundable. Please make your donation when you sign up at the Office.



ART FROM THE HEART WITH NINA

Join Nina Loeks on Monday, December 9 at 9:30 am, as she leads us in creating a festive Christmas tree painting.

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.



CRAFTY CREATIONS: TONGUE DEPRESSOR SNOWMAN

Join Alice on Monday, December 16, at 12:45 pm, as she leads us in creating an adorable snowman out of wooden tongue depressors. The suggested donation is \$3 and is non-refundable. Please make your donation when you sign up in the Office. Space is limited to 10 people so please sign up early!



HALLOWEEN COSTUME CONTEST WINNERS

- Spookiest - Karen Garaas
- Funniest/Silliest - Barb Braun
- Cutest/Prettiest - Becky Busby
- Best Homemade - Judy Froseth
- Most Colorful - Kathy Mills
- Most Original - Don Smith
- Best in Show - Karen Garaas

Celebrate the Holidays!

A LITTLE CHRISTMAS STORY WITH BOBBI BROTON

Do you remember your childhood Christmas memories? Let's celebrate the Christmas spirit on Tuesday, December 3, at 10:00 am, by bringing along your favorite ornament and/or a favorite memory from Christmas's past. Bobbi will share a story with us and then everyone can share their special memories. We will have coffee, tea and a Christmas treat. Please sign up in the office for this event .

RITA MURPHY ELEMENTARY: ORNAMENTS

On Tuesday, December 17, at 12:45 pm, West River Transit will be taking us to Rita Murphy Elementary School to make some fun and easy ornaments with Miss Becker and Miss Bren's second grade classrooms. We will return by 2:15 pm. Please sign up in the office by noon on Monday, December 16th.

HOLIDAY COOKIE EXCHANGE

Join us on Thursday, December 12, at 5:30 pm, for a fun inter-generational Christmas Cookie Exchange with Dakota Cares. Bring 2 dozen of your favorite Christmas cookies and a copy of the recipe. You will take home 1 1/2 dozen cookies to enjoy. If you do not want to cook, please bring in 2 non-perishable food items to donate. Lucy Reichert, of God's Child, will show us how to make her delicious Gingerbread Man cookies. What a fun way to celebrate the month of Christmas. Coffee and tea will be served. Please RSVP to the office by noon on Wednesday, December 11th.

RING IN THE NEW YEAR TRIVIA PARTY

Gather a team of 2-4 people to compete in our New Year's Trivia Contest on Tuesday, December 31, at 12:45 pm! Your "Whaddaknow" will be tested with these holiday inspired trivia questions. Prizes awarded for top and bottom teams. Sign up at Lisa's desk by Monday, December 30, no later than 2:00 pm. We need to know how many teams we will have competing. We will pop some Sparkling Fruit Champagne at the end of our game to start the New Year Celebration!

A BILTMORE CHRISTMAS TOUR

Join us on Monday, December 23, at 10:00 am, as we will travel to Asheville, SC via YouTube, to tour the magnificent Biltmore Mansion, built by the Vanderbilt family. We will see the beautiful Christmas decorations that include more than 100 Christmas trees. Hot apple cider will be served as we watch this program.

(Continued from pg. 1)

14. **Decorate with what you have** - Look around the house or yard and find natural things to dress up your home. Collect pine cones or string popcorn for the tree. Be creative!
15. **Spend time together** - Spend time with those close to you. Plan a game night. Go caroling. Whatever you choose you will create memories to be cherished long into the future.
16. **Make gifts** - Package homemade seasonings, or put together a themed gift basket such as "movie night". You don't have to be crafty.
17. **Dress up** - Dress up for holiday events and take photos. It will make the gathering extra special.
18. **Write thank you notes** - Nice manners still matter. Sit down and write a real thank you note.
19. **Share memories** - Part of the joy of the season is reminiscing about what makes your family unique. Talk about what the holidays were like when you were growing up. Share your stories and traditions.
20. **Give back to others** - Think about what matters to you and your family and share what you can to reflect your beliefs. It doesn't need to be about money. Collect coats for a homeless shelter. Help an elderly neighbor put up their tree. Invite someone that's alone to join you for dinner.

Happy Holidays to you and yours!

From the Burleigh County Council on Aging and the Staff at the Burleigh County Senior Adults Program



Become a Techy!

COMPUTER BASICS

Vicki Laraway, from the ND Center for Independent Living, will be here on Thursday, December 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.

Lifelong Learning

A WINTER'S JOURNEY: A TALE OF A SNOWY OWL (Curiosity Stream)

Join us on Monday, December 2, at 12:30 pm, for a unique documentary following one owl's fascinating and breathtaking journey. As in a fairy tale, the snow owls leave us a message from the changing Arctic. Snowy owls may have to alter their migration and breeding patterns due to changing conditions in the Arctic.

REAL ID WITH RACHEL MOUNT OF NDDOT

Do you have your REAL ID yet? A REAL ID implements security processes designed to reduce identity fraud and provides the highest certainty that the person with the REAL ID is who they say they are. A REAL ID will be needed beginning October, 2020 to access federal facilities and boarding aircraft. Rachel Mount will be here on Thursday, December 12, at 10:00 am, to explain how to get your REAL ID and what documents you will need.

GLACIER BAY NATIONAL PARK

On Monday, December 30, at 12:30 pm, we will take a trip to Alaska to learn about Glacier Bay National Park. This DVD was sent to us by the Glacier Bay National Park and will take us into the beautiful landscape of both water and forest. The tall, coastal mountains and abundance of snow make Glacier Bay a comfortable home for hundreds of glaciers.

Friday's at the Movies!

Dec. 6 - Christmas for a Dollar: Drama during the Depression, a family struggles to get by, expecting another Christmas without presents, until their father brings home a dollar for them to spend on gifts.



Dec. 13 - 12 Days of Christmas Eve: Calvin Carter, a successful business executive, has it all, but neglects those closest to him. On Christmas Eve, all that changes when the sign on his office building falls on him.

Dec. 20 - The Ultimate Gift: A deceased billionaire leaves his spoiled adult grandson a series of odd tasks to perform in order to receive "the ultimate gift," with the resentful grandson having no idea what that might be.

Dec. 27 - Home Alone: Kevin McCallister is mistakenly left behind when his family flies to Paris for their Christmas vacation. Kevin initially relishes being home alone, but he soon has to contend with two burglars.

MEDICAL MARIJUANA (RESCHEDULED FROM SEPT.)

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 Wednesday, December 4, at 10:00 am, 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.

TOUR OF HEARST CASTLE

Join us on Wednesday, December 18, at 10:00 am, as we watch a recording of Ranger Erin's tour of Hearst Castle at Christmas. We will get to see the beautiful Christmas decorations and hear stories of past Christmases held at the castle.

Just for Fun!

NAME THAT TUNE WITH GRETA NELSON

Come join in the fun and play Name that Tune with Greta on Tuesday, December 17, at 10:30 am. Test your knowledge of songs as Greta plays them on the piano. You can write down the names of the songs played and win prizes for playing this fun, interactive songfest!

CHRISTMAS SING ALONG WITH UCC CHOIR

Come listen to and sing Christmas Carols with the UCC Choir on Tuesday, December 10, at 12:30 pm.



MEALS & MELODIES

In the Dining Room at 12:15 pm:

Monday, Dec. 16: Senior Center Singers

Thursday, Dec. 19: Century Singers

PIE HAPPY HOUR

NO Pie Happy in December.

December Dining Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| 2 Beef & Broccoli Over Rice Eggroll Pineapple Chunks Fortune Cookie | 3 Ham (Low Sodium) Baked Sweet Potato Sicilian Blend Veg. Apple Crisp | 4 Chicken Fried Chicken Whipped Potatoes with Country Style Gravy Green Beans Fresh Orange | 5 Baked Cod Au Gratin Potatoes Carrots Peaches Christmas Evening Meal (See page 2) | 6 Open Faced Hot Hamburger Whipped Potatoes with Gravy Corn Lemon Fruit Salad |
| 9 Hearty Beef Minestrone Soup Turkey Club Sandwich with Lettuce & Tomato Mandarin Oranges | 10 Beef Tips with Gravy Egg Noodles Capri Blend Veg. Marinated Veg. Salad Fruit of the Forest Pie | 11 Meatloaf Whipped Potatoes with Gravy Broccoli Ambrosia Fruit Salad | 12 Cabbage Roll Creamy Parsley Potatoes Prince Edward Veg. Fruit Cocktail | 13 Salmon with Dill Sauce Oriental Fried Rice with Veggies Peas Chunky Fruit Vanilla Pudding |
| 16 BBQ Ribs Scalloped Potatoes Baked Beans Peach with Cottage Cheese Corn Muffin | 17 Chicken Pasta Primavera with Rotini Noodles Fresh Banana Garlic Toast | 18 Pork Loin with Mustard Sauce Baked Potato Wax Beans Cinnamon Applesauce Lemon Pudding Ice Cream Treat  | 19 Roast Beef Whipped Potatoes with Gravy Roasted Asparagus Apricots Fresh Bun Assorted Cheesecake Christmas Noon Meal/Bake Sale | 20 Chicken Drumstick Seasoned Potato Wedges Brussel Sprouts Pears |
| 23 Baked Chicken Twice Baked Cheddar Potato California Blend Veg. Peaches Assorted Fresh Cookies | 24 Stuffed Green Pepper Cheesy Hashbrown Casserole Pacific Blend Veg. Apples with Caramel Sauce Close at 2:30 PM | 25 CLOSED  | 26 Parmesan Crusted Chicken Breast Creamy Broccoli Rice Casserole Garden Blend Veg. Plums | 27 Lemon Pepper Tilapia Chef's Choice Potatoes German Blend Veg. Dark Sweet Cherries |
| 30 Creamy Vegetable Medley Soup Chicken Salad Sandwich Coleslaw Fruit Cocktail | 31 Meat Lasagna Italian Vegetables Side Salad with Dressing Mandarin Oranges Garlic Toast Close at 2:30 PM | 1 CLOSED  | Menu subject to change without notice. | |

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.

December Activity Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 2 9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 12:30 A Tale of a Snowy Owl 1:00 Senior Club Meeting 1:00 Pinochle 1:00 Duplicate Bridge 1:00 Senior Center Singers Practice | 3 9:00 & 2:45 Bone Builders 9:30 Advisory Committee Meeting 10:00 A Little Christmas Story 12:30 Wii Bowling 1:00 Bridge | 4 9:00,10:30 & 1:15 Bone Builders 10:00 Grief Support 10:00 Medical Marijuana 1:00 Pinochle 1:00 Bingo 1:00 Whist | 5 10:00 Chair Yoga 10:00 Throwback Thursday 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco 5:00 Christmas Evening Meal | 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 |
| 9 9:00,10:30 & 1:15 Bone Builders 9:30 Art with Nina 9:30 Tick Card Game 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 10:00 Art with Nicole 12:30 Wii Bowling 12:30 Christmas Sing Along with UCC Choir 1:00 Bridge | 11 9:00,10:30 & 1:15 Bone Builders 10:00 Grief Support 10:00 Poetry Group 11:30 Alzheimer's Caregiver Support 11:30 Senior Medicare Patrol 1:00 Pinochle 1:00 Bingo 1:00 Whist 1:00 2x4 Bridge 1:30 Legal Services by Appointment | 12 8:45 & 1:15 Bone Builders 10:00 Chair Yoga 10:00 Throwback Thursday 10:00 Real ID 12:45 Hand & Foot 1:00 Bridge 5:00 Holiday Cookie Exchange 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 12:15 Senior Center Singers 12:45 Crafty Creations 1:00 Pinochle 1:00 Duplicate Bridge | 17 9:00 & 2:45 Bone Builders 10:30 Hearing Loss Support Group 10:30 Name That Tune 12:30 Wii Bowling 12:45 Rita Murphy Trip 1:00 Bridge | 18 9:00,10:30 & 1:15 Bone Builders 10:00 Low Vision Resource Group 10:00 Grief Support 10:00 Hearst Castle Tour 1:00 Pinochle 1:00 Bingo | 19 8:45 & 1:15 Bone Builders 9:00 Bake Sale 10:00 Chair Yoga 10:00 Computer Basics 10:00 Throwback Thursday 11:15 Ugly Sweater Parade 12:30 Century Singers 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco 1:00 BCCA Meeting | 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 Biltmore Christmas Tour 1:00 Pinochle 1:00 Senior Center Singers Practice | 24 9:00 Bone Builders CLOSE at 2:30 PM All Afternoon Activities Cancelled | 25 CLOSED | 26 8:45 & 1:15 Bone Builders 10:00 Throwback Thursday 1:00 Bridge NO Chair Yoga NO Hand & Foot | 27 8:45 Bone Builders 9:30 Tick Card Game 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing NO Standing Yoga |
| 30 9:00,10:30 & 1:15 Bone Builders 9:30 Tick Card Game 1:00 Pinochle 12:30 Glacier Bay National Park 1:00 Senior Center Singers Practice NO Book Club NO Pie Happy Hour | 31 9:00 Bone Builders 12:45 Ring in the New Year CLOSE at 2:30 PM All Afternoon Activities Cancelled | 1 CLOSED  | | |

Book Club

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

The Book Club will be meeting on Monday, January 27, at 1:00 pm, in the Library. The book for discussion is *America's First Daughter* By Stephanie Dray (State Library).

This is a compelling, richly researched novel that draws from thousands of letters and original sources. It tells the fascinating, untold story of Thomas Jefferson's eldest daughter, Martha "Patsy" Jefferson Randolph. A woman who kept the secrets of our most enigmatic founding father and shaped an American legacy.

February: *The Curious Incident of the Dog in the Night-time* By Mark Haddon (State Library).

March: *Hotel on the Corner of Bitter & Sweet* By Jamie Ford (State Library).



Health & Wellness

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.



BONE BUILDERS

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

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.



“BE AN ACTIVE AGER” 2019 WELLNESS CHALLENGE

At the writing of this newsletter, the 2019 Wellness Challenge was in its final days. Stay tuned for the January Newsletter for a recap of how far we walked and biked, who walked or biked the furthest and who won the grand prizes!

We will also announce our 2020 Wellness Challenge!



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

Programming sponsored
in part by:



Bismarck Emergency Shelter Supply Drive

Can you help the shelter this Holiday Season?

ITEMS NEEDED ARE:

- Cleaning Products
- Laundry Detergent and Bleach
- Towels (gently used or new)
- Ziploc bags
- Toilet Paper

ITEMS NEEDED FOR INDIVIDUALS:

- Tide Pods
- Quarters (clients have to pay to wash clothes)
- Razors
- Tampons, sanitary napkins
- Band-aids and other first aid supplies
- Deodorant
- Travel Size Toiletries
- Clothing: socks, winter gear

If you would like to help the homeless shelter, please bring items or donate cash by December 19th. Drop off locations are the Burleigh County Senior Center, Dvorak Motors, and Western Steel and Plumbing. The Burleigh County Senior Center along with Liz and Taylor will use any cash donated to purchase items on the list.

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 & Free 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. December sessions scheduled for Wednesday, December 4, 11 and 18.

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, December 18 at 10:00 am in the Library.



FOR YOUR USE!

Library, including
Computers with
Internet Access

Television
Free WiFi
Billiards
Craft Room
Puzzles & Games

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, December 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.



INCLEMENT WEATHER

Bad weather may force closings and cancellations. To find out if we are open:

Call the Senior Center at (701)255-4648, tune in to KFYZ-AM, KBMR-AM, KFYZ-TV, KXMB-TV or check out bismarckseniorcenter.org or [Facebook.com/BismarckSeniorCenterND](https://www.facebook.com/BismarckSeniorCenterND)

HEARING LOSS SUPPORT GROUP

The Hearing Loss Support Group will meet on Tuesday, December 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.



ALZHEIMER'S CAREGIVER SUPPORT GROUP

The Alzheimer's Caregiver Support Group will meet on Wednesday, December 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.



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.

Photographs

While at the Burleigh County Senior Center, or on a Senior Center sponsored trip, you may be videotaped or photographed. Your presence at the Senior Center constitutes your permission for us to use your likeness.

BURLEIGH COUNTY BOOKMOBILE



New books will be delivered to Lisa's desk on Thursday, December 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.

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, December 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, December 3 at 9:30 am in the Library.

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!

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, December 2
1:00 pm Senior Club Meeting
Burleigh County Senior
Center Library

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

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

\$10.50/ticket
(non-refundable)

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

December 4: Casino Trip.

December 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!

NO Health Maintenance Services this month.

December 9: Golden Wing Club Meeting at 1:00 pm.

December 5, 12, 19 & 27: Transit Bus to Bismarck for medical appointments and shopping.

December 18: Christmas Meal served at Wing Senior Center at 6:00 pm. We will have bingo after the meal. Bring a friend!

December 22: Christmas Party - 1:00 to 4:00.

December 25: CLOSED - Merry Christmas!

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

December 4: Casino Day

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

December 18: Transit to Wing (Evening Meal)

December 22: Magical Medora Christmas at the Belle. Please contact Barb at 673-3198 or Verla at 387-4749 to make reservations.

December 26: Regular Monthly Meeting with noon potluck and or Senior Meals. 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.



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

December 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!



Pius Klein

Pius has been volunteering at the Senior Center for the last two years. He helps with the clearing of tables after the daily lunch. Pius grew up on a farm around the Strasburg and Linton area, and went to school in a one room school house for the first four years and then finished in Linton. Later, while working in Bismarck, he got married and then moved to Minot. Pius and his wife were blessed with five children, thirteen grandchildren and twenty-two great grandchildren. During his working years, he did numerous construction jobs and ended as a HVAC mechanic for 30 years. He enjoys hunting, fishing, camping and traveling with the kids as they grow up. He is also an electronics enthusiast in Amateur Radio and does photography. Pius comes to the Center to visit with the friendly and appreciative people.



Tim Kilber

Tim has been volunteering since June of 2015. He delivers meals and carries trays three to four days a week. In his spare time he enjoys being a softball umpire, volleyball referee and golfing. Tim grew up in Mott, ND and has lived in Bismarck for 46 years. He was a mail carrier for 29 years and has been retired for five and 1/2 years. Tim has been married to Sue for 35 years and they have three daughters. Tim enjoys coming to the Senior Center for the activities, meeting new people and the good food!

**Home
Delivered
Meals**

Thank you Pius and Tim for giving your time and continuing to serve 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.

WELCOME NEW VOLUNTEERS

Marilyn Zins, Madonna Lula, Taylor Key & Nancy Keating.
Breana Houser & Reno Ogden (Century High School).
Caden Schmidt (Horizon Middle School).
Dawson Fairchild, Kinley Bosch, Isabella Armstrong,
Brook Pfaff & Aliah Walth (University of Mary students)

MARK YOUR CALENDARS

November 28 & 29 CLOSED
December 5 - Christmas Evening Meal
December 19 - Christmas Noon Meal
December 25 - CLOSED
January 1 - CLOSED



Senior Space



Building a Vibrant Center

If you have been to the Senior Center recently, you may have noticed new computer screens in the lobby and Rec Room. These touch screen computers are called “Senior Space” and they will allow us to manage activities and volunteer time much more accurately and efficiently.

Over the next few months, we will be transitioning to tracking your participation in activities and your volunteer hours on “Senior Space” instead of a paper activity sign in sheet or volunteer log. We will be using both tracking methods until we are confident we have everyone signed up!

This system is EASY TO USE! Simply scan your key, touch your activity and/or record your volunteer hours and GO! There will be staff and volunteers available to assist you in this process until you are comfortable with it.

We need your help! If you have not completed a registration form, please stop by the Front Lobby Desk. When we receive your completed registration, we will issue a barcode key. Keys will be available for pick up a day or two after we receive your registration. We will show you how to use the system when you pick up your key.

Your patience and cooperation with this process is greatly appreciated! This new system will enable us to provide more accurate reports for community stakeholders, assist us with scheduling and tracking volunteer hours. Not to mention saving time by reducing paperwork!

Thank You to Our Donors...

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

- MARION NAGEL (In Memory of Dick Nagel)
- HARRIET STEINLEY (In Memory of Wilmer Steinley)
- DAN'S SUPERMARKET
- WSI- SERVANT LEADERSHIP AMBASSADORS
- TERRY & ELAINE PFAFF

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, Dec. 12

Foot Care Clinic at St. Gabriel's

NO Health Maintenance Clinic, Wing, ND

Thursday, Dec. 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

The Senior Sentinel is published monthly by the Burleigh County Senior Adults Program.
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Please make checks payable to BCSAP.

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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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Senior Adults Program Staff**

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