



THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 2 February 2020



Valentine's Day...a day filled with love, cards, candy, flowers...and fun facts!

- Valentine's Day is a \$14.7 billion industry in the United States.
- Nearly 10 new candy "conversation heart" sayings are introduced each year. Recent additions have included "Yeah Right," "Puppy Love," and "Call Home." These candies have a five year shelf life.
- Teachers receive the most Valentine's cards, followed by children, mothers, and wives. Children between the ages of 6-10 exchange more than 650 million Valentine cards a year.
- A kiss on Valentine's Day is considered to bring good luck all year.
- According to Welsh tradition, a child born on Valentine's Day would have many lovers. A calf born on Valentine's Day, however, would be of no use for breeding purposes. If hens were to hatch eggs on Valentine's Day, they would all turn out rotten.
- Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800's.
- The English Duke of Orleans sent the first recorded Valentine in 1415 – from prison. Captured at the Battle of Agincourt, he was imprisoned for 20 years. While he would never see his wife's reaction to his valentine, the letter is still on display in the British Museum.
- The first American Valentine was produced in 1834 by New York engraver Robert Elton.
- Each year 300,000 letters go through Loveland, Colorado, to get a special heart stamp cancellation for Valentine's Day.
- In Germany, girls would plant onions in a pot on Valentine's Day, and next to the onions, they placed the name of a boy. They believed they would marry the boy whose name was nearest the first onion to grow.
- During the Victorian Era, people would send "vinegar valentines" to unwanted suitors. Nicknamed "penny dreadfuls" they were the opposite of customary valentines because they insulted and rejected unwanted admirers. They were later sent to women suffragettes in the late 19th and early 20th century.
- In the United States, consumers buy over 58 million pounds of chocolate. A single man will spend about \$71 for Valentine's Day, while a single woman will spend about \$40.

Happy Valentine's Day Everyone!



*Renee Kipp,
Executive Director*



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Valentine Dinner Dance



Flowers & Candy & Hearts - OH MY! Valentine's Dinner Dance Thursday, February 13, 5:00 pm

(The Senior Center will close at 1:30 pm and reopen at 4:00pm)

MENU

Smothered Pork Chop
Roasted Baby Red Potatoes
Brussel Sprouts with
Cranberry & Red Onion
Black Forest Dessert
Fresh Bun

Join us for an evening meal and music from Night Scene Entertainment. Show 'some love' by wearing Valentine colors (red, pink, purple, white). Good food, great music and door prizes! Attendance will be limited to 230 people.

Tickets for this special evening can be obtained at the Senior Center Admin Office. We will not be taking telephone reservations for this event. Suggested donations should be made when you pick up your ticket. **We must have a name for each ticket and they will be non-transferrable and non-refundable.**

Saturdays at the Senior Center OPEN 9 am—1 pm

The Burleigh County Senior Center will be open Saturdays February 1 through April 4. Participants are welcome to come in to play cards, play billiards, use the Fitness Room, or participate in any of our daily activities.

Each Saturday, a "Soup Du Jour and Sandwich" will be served at 11:30 am. We will also have the Senior Center Shuttle available for those needing transportation.

Please make your lunch and/or shuttle reservation no later than 2:00 pm the Friday before. You may sign up at the reservation desk or by calling 258-9276.



SANDWICH MENU

Feb 1: Ham & Cheese Wrap
Feb 8: Sloppy Joe Pocket
Feb 15: Turkey & Provolone Sandwich

Feb 22: Chicken Ranch Wrap
Feb 29: Ham & Cheese Melt

Each meal will be served with a Soup Du Jour, vegetable, fruit, and milk.

SPECIAL SATURDAY ACTIVITIES

Activities begin at approximately 10:00 a.m.

February 1: Game Day—Grab some friends (or find some here) and play games! We have many board games available, or find a deck of cards for a friendly game of Tic, Rummy or Uno. The choices are endless!

February 8: Bingo—Join us for 11 games of Bingo! The winner(s) of each of the first 10 games will receive 10% of half the proceeds collected. The winner(s) of the 11th game (blackout) will receive 50% of the proceeds collected! (\$1/card, 100% payout)



February 15: Art With Nina/9:30 am & The History of Route 66, (Parts 1 & 2).

February 22: The History of Route 66, (Parts 3 & 4).



Route 66, also known as Mother Road or the Main Street of America is a road stretching from **Chicago, Illinois to Santa Monica, California.**

Established in November 1926, Route 66 was one of the main routes to take while travelling from the east to west coast. Join us on February 15 and 22

to learn more about this historic roadway.

February 29: Crazy Bingo—It's Leap Day! Join us for 11 games of Crazy Bingo! The winner(s) of each of the first 10 games will receive 10% of half the proceeds collected. The winner(s) of the 11th game (blackout) will receive 50% of the proceeds collected! (\$1/Card, 100% payout)

Celebrate Your Inner Artist!

ART FROM THE HEART WITH NINA

Join Nina Loeks on Monday, February 10, at 9:30 am, as she leads us in creating a paint pour masterpiece!



She will also be here on Saturday, February 15, at 9:30 am, to lead us in creating a beautiful bird picture.



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

CRAFTY CREATIONS WITH TANA PENDERGAST

Join Tana on Monday, February 24, at 12:30 pm, as she shows us how to make a Valentine coffee koozie and a rice heated pocket pad. Tana will bring all the necessary supplies needed for these two fun projects. The suggested donation is \$3 and is non-refundable. Please make your donation when you sign up at the Office.

ART WITH NICOLE: VALENTINE CARDS

Nicole Gagner, ND Council of the Arts, will be here Tuesday, February 11 at 10:00 am, to show participants how to make watercolor Valentine cards.

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



Lifelong Learning

A VISIT WITH METEOROLOGIST DAVE HOLDER

KX News meteorologist, Dave Holder, will return on Wednesday, February 12, at 10:00 am, to share his love of the weather and give us a forecast on what the upcoming year of weather has in store for us. Dave enjoyed his visit in November so much, that he wanted to come back and share more fun information on the weather.

HOME HEALTH OPTIONS WITH CARING EDGE

Whitney Rath-Wald, Social Worker with Edgewood, will be here Wednesday, February 5, at 10:00 am, to discuss ways that may help you stay in your home, even if you need some assistance. Whitney will explain services that are provided and share information on the cost of home health care.

NDSU: YES, YOU DO COUNT!

Katie Johnke will be here Wednesday, February 26, at 10:30 am, to share information about the 2020 Census. Census information helps health providers predict the spread of diseases through communities with children or elderly people. And when disasters hit, the census tells rescuers how many people will need their help.

CURIOSITY STREAM PROGRAMS

YELLOWSTONE & MT. RAINIER NATIONAL PARKS

Monday, February 3 at 12:30 pm

We will take a visit to both Yellowstone Park and Mt. Rainier National park. Jack Steward and Colton Smith share their adventures as they go deep into the wilds of these National Parks.

GEORGE WASHINGTON: FATHER OF A NATION

Monday, February 10 at 12:30 pm

This four part program of George Washington: Father of a Nation, will follow Washington from the Revolutionary War through the signing of the Constitution.

SWEET DREAMS WITH PATSY CLINE

Monday, February 24 at 10:00 am

Patsy Cline was the first female solo artist to be elected into the Country Music Hall of Fame. She was the velvet voiced country music singer, who died tragically in a plane crash, at the height of her fame.

BUILDING A LEGACY

Have you ever thought about how the world will remember you? We all want to leave something of us behind when our time comes; and not just money! Leaving a legacy can make our older years more satisfying and assure us that we will not be forgotten. It can make the process of aging easier and a more meaningful. There are many ways one can leave a legacy that will last for years to come. Collette Rudolf, retired RN, will be here on Tuesday, February 4, at 12:30 pm, to share ways to ensure that heirlooms, traditions and other things important to you, will live on in your family and friends.

AARP Offerings

AARP TAX AIDE

AARP will be providing assistance with tax preparation at the Burleigh County Senior Center from February 1 through April 15, 2020.

Appointments are required for this service. To make an appointment, please call 701-751-4074 or go to bismarcktaxes.setmore.com. You will need to bring your tax documents, photo ID, social security card(s) and last year's tax return to your appointment.

Please do **NOT** call the Burleigh County Senior Center for appointments or information. We only provide the space for this valuable service.



AARP SMART DRIVER

On Monday, February 10, from 10:00 am to 3:00 pm, 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.



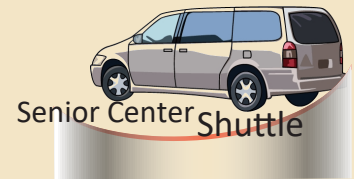
Become a Techy!

COMPUTER BASICS

Vicki Laraway, from the ND Center for Independent Living, will be here on Thursday, February 20, 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, 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.

Friday's at the Movies!

Feb. 7 - Born to Buck (The Casey Tibbs Story): Bronco riders travel through South Dakota and round up 400 wild horses in danger of extinction. They then take the horses to Fort Pierre, where they are ridden by broncobusters in a rodeo competition.

Feb. 14 - Pride & Prejudice: This tale of love and values unfolds in the class conscious England of the late eighteenth century. Five sisters have been raised by their mother with one purpose in life, to find a husband. When a wealthy bachelor takes up residence in a nearby mansion, the Bennet sisters are abuzz. Amongst the man's sophisticated circle of friends, surely there will be no shortage of suitors for the sisters. When Elizabeth meets up with the handsome, and it would seem snobbish Mr. Darcy (Matthew Macfadyen), the battle of the sexes is joined (starring Keira Knightley).

Feb. 21 - My Fellow Americans: Ex-presidents Kramer (Jack Lemmon) and Douglas (James Garner) have hated each other for years. But when the current administration of President Haney (Dan Aykroyd), Kramer's former vice president, tries blaming a string of kickbacks from a defense contractor on the two former presidents, they band together. With Haney's goons trying to kill them, they set out across the country to try and clear their reputations. In the process, they see a side of America they never knew before.

Feb. 28 - Something the Lord Made: Although Vivien Thomas (Mos Def), a black man in the 1930s, is originally hired as a janitor, he proves himself adept at assisting the "Blue Baby doctor," Alfred Blalock (Alan Rickman), with his medical research. When Blalock insists that Thomas follow him to Johns Hopkins University, they must find a way to skirt a racist system to continue their study of infant heart disease. Thomas is indispensable to Blalock's progress, but Blalock is the only one who is allowed to receive the acclaim. (Based on a True Story).



Just for Fun!

RITA MURPHY TRIP: VALENTINE ANIMALS

On Tuesday, February 11, at 12:45 pm, we will take West River Transit to visit Miss Becker & Miss Bren's 2nd grade classrooms. Seniors will help the children transform paper hearts into a puppy, kitten, turtle, bird or even a butterfly. Please sign up in the office.

MEALS & MELODIES

In the Dining Room at 12:15 pm:

Thursday, February 6
Young at Heart



**SAVE THE
DATE!!!**

Thursday, April 2
Easter Meal/Bake Sale

Thursday, April 16
Volunteer Appreciation Celebration

Tuesday, May 5
Health & Learning Day

**More information will be published
in upcoming Newsletters.**

PIE HAPPY HOUR

Join us Monday, February 24, at 1:30 pm, for Cherry pie, ice cream and coffee. All for \$2.00!



"THE CHOPPING BOARD" COOKING CHALLENGE

Congratulations to Adeline Thomas! She was the winner of our "Chopping Board" challenge and her salad is on the menu for February 21.



CHRISTMAS SWEATER CONTEST WINNERS:

Mary Ann Smith - People's Choice
Lois Wannamaker - Most Sparkly
Ann Dammel - Most Bells & Whistles
Kathy Mills - Best Santa Sweater
Leonard Fritz - Most Humorous



February Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Noodle Soup Egg Salad Sandwich Deluxe Broiled Parmesan Tomato Strawberry Applesauce	4 Chicken Fried Chicken with Country Gravy Mashed Potatoes Corn Diced Peaches	5 Roast Beef Baked Potato with Sour Cream Side Salad with Assorted Dressing Pears in Lime Gelatin	6 Italian Chicken Breast Garlic Parmesan Potatoes Italian Marinated Veg. Fresh Orange	7 BBQ Rib Sandwich Baked Beans Creamy Coleslaw Fruit Cocktail
10 Chicken Tortilla Soup Chicken Salad Deluxe on a Croissant Cottage Cheese with Pineapple	11 Beef Tips with Gravy Mashed Potatoes Country Style Veg. Peach Cobbler	12 Cabbage Roll Rice with Stewed Tomatoes Wax Beans Plums	13 Chicken Taco Salad Fresh Banana Corn Muffin Valentine Dinner Dance Evening Meal	14 Tater Tot Hotdish with Green Beans Marinated Veg. Salad Apricot Halves 
17 CLOSED 	18 Tomato Basil Soup Ham Salad Sandwich Deluxe Tapioca Fruit Salad Fresh Cookie	19 Baked Chicken Baked Potato with Sour Cream Asparagus Mixed Fruit	20 Porcupine Meatballs Mashed Potatoes Knoephla & Sauerkraut Green Beans Fresh Apple	21 Salmon with Orange Glaze Rice Pilaf with Peas & Pearl Onions Honey Glazed Carrots Mandarin Oranges OR *Adeline's Salad (Chopping Board Contest Winner)
24 Chicken Wild Rice Soup BLT Sandwich Fruit Cocktail	25 Meatloaf Cheesy Hashbrowns Malibu Blend Veg. Peaches	26 Rotini Pasta with Marinara Sauce OR *Meat Sauce Broccoli Pears Garlic Toast Ice Cream Treat 	27 Pork Roast Roasted Baby Red Potatoes Corn Apple Slices	28 Lemon Pepper Tilapia Buttered Herb Rice with Peas & Carrots Side Salad with Assorted Dressing Fresh Clementine
<div> <div> *Salad Special Sign up - Burleigh County Senior Center only! * Burleigh County Senior Center only! </div> <div> SATURDAYS (Feb.1, 8, 15, 22 & 29) Soup & Sandwich Du Jour </div> <div> Menu subject to change without notice. </div> <div> 2/13 Evening Meal Smothered Pork Chop Roasted Baby Red Potatoes Brussel Sprouts with Cranberry & Red Onion Black Forest Dessert Fresh Bun </div> </div>				

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.

February Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				Saturday 1 10:00 Game Day
3 9:00, 10:30 & 1:15 Bone Builders 9:30 Tick Card Game 11:30 University of Mary Physical Therapy 12:30 Yellowstone & Mt. Rainier National Parks 1:00 Senior Club Meeting 1:00 Pinochle 1:00 Duplicate Bridge 1:00 Senior Center Singers Practice	4 9:00 & 2:45 Bone Builders 9:30 Advisory Committee Meeting 12:30 Building a Legacy 12:30 Wii Bowling 1:00 Bridge	5 9:00, 10:30 & 1:15 Bone Builders 10:00 Home Health Options with Caring Edge 10:00 Grief Support 1:00 Pinochle 1:00 Bingo 1:00 Whist	6 8:45 & 1:15 Bone Builders 10:00 TV From Days Gone By 10:00 Chair Yoga 12:15 Young at Heart 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco 1:00 Basic Dance with Jimmy	7 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 8 10:00 Bingo
10 9:00, 10:30 & 1:15 Bone Builders 9:30 Art with Nina 9:30 Tick Card Game 10:00 AARP Safe Driver 12:30 George Washington: Father of a Nation 1:00 Pinochle 1:00 Senior Center Singers Practice 6:00 pm Senior Club Dinner Dance at Eagles Club	11 9:00 & 2:45 Bone Builders 10:00 Art with Nicole 12:30 Wii Bowling 12:45 Rita Murphy Bus Trip 1:00 Bridge	12 8:00 Emergency Preparedness 9:00, 10:30 & 1:15 Bone Builders 10:00 Meteorologist Dave Holder 10:00 Grief Support 10:00 Poetry Group 11:30 Alzheimer's Caregiver Support 11:30 Senior Medicare Patrol 1:00 Pinochle 1:00 Whist 1:00 2x4 Bridge 1:30 Legal Services by Appointment 1:00 Bingo	13 8:45 & 1:15 Bone Builders 10:00 Chair Yoga 10:00 TV From Days Gone By NO Hand & Foot NO Bridge Bookmobile 5:00 Valentine Dinner Dance Evening Meal (Center closes at 1:30 pm & reopens at 4:00 pm)	14 8:45 Bone Builders 9:30 Tick Card Game 12:45 Movie Matinee 1:00 Pinochle 1:00 Line Dancing NO Standing Yoga 
				Saturday 15 9:30 Art with Nina 10:00 Route 66 DVD (Parts 1 & 2)
17 CLOSED  PRESIDENTS' DAY	18 9:00 & 2:45 Bone Builders 10:30 Hearing Loss Support Group 12:30 Wii Bowling 12:30 Healthy Heart, Happy Heart 1:00 Bridge	19 9:00, 10:30 & 1:15 Bone Builders 10:00 Low Vision Resource Group 10:00 Grief Support 1:00 Pinochle 1:00 Whist 1:00 Bingo	20 8:45 & 1:15 Bone Builder 10:00 Wellness Challenge 10:00 TV From Days Gone By 10:00 Chair Yoga 10:00 Computer Basics 12:45 Hand & Foot 1:00 Bridge 1:00 Bunco 1:00 BCCA Meeting	21 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 22 10:00 Route 66 DVD (Parts 3 & 4)
24 9:00, 10:30 & 1:15 Bone Builders 9:30 Tick Card Game 10:00 Sweet Dreams with Patsy Cline 12:30 Crafty Creations 1:00 Pinochle 1:00 Senior Center Singers Practice 1:00 Book Club 1:30 Pie Happy Hour	25 9:00 & 2:45 Bone Builders 12:30 Wii Bowling 1:00 Bridge	26 9:00, 10:30 & 1:15 Bone Builders 10:00 Poetry Group 10:00 Grief Support 10:30 NDSU: Yes, You Do Count! 1:00 Pinochle 1:00 Bingo 1:00 2x4 Bridge 1:00 Whist	27 8:45 & 1:15 Bone Builders 9:30 Prairie Sea Hearing 10:00 Chair Yoga 10:00 TV From Days Gone By 12:30 Can Optimism Change Your Life? 12:45 Hand & Foot 1:00 Bridge	28 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 29 10:00 Crazy Bingo
				

Book Club

The Book Club will be meeting on Monday, February 24, at 1:00 pm, in the Library. The book for discussion is *The Curious Incident of the Dog in the Night-time* By Mark Haddon (State Library).

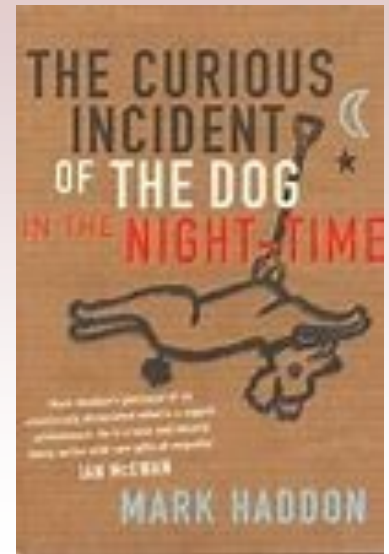
The Curious Incident of the Dog in the Night-time takes place in the year 1998, in and around the town of Swindon, England. The fifteen year old narrator of the story, Christopher John Francis Boone, discovers the slain body of his neighbor's poodle, Wellington, on the neighbor's front lawn one evening and sets out to uncover the murderer.

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

April: *Color Blind* By Tom Dunkel (State Library).

May: *Hilliby Elligy* By JA Vance (Bismarck Public library)

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



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.



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 or concerns, please contact Mary at RSVP (258-6815), or speak with a class leader.

CAN OPTIMISM CHANGE YOUR LIFE? **PASTOR JARED LEE**

"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart." Pastor Jared Lee from Bismarck Community Church will be here Thursday, February 27, at 12:30 pm, to share an inspirational talk on optimism. In all facets of life, your personal attitude plays an enormous role in your success. Bad and good outlooks become self-fulfilling prophecies. If you're looking for something to go wrong, you'll only see the negatives in a situation, which can drain your energy and motivation.

HEALTHY HEART, HAPPY HEART WITH **DR. LISA LAURENT**

The heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. Given the heart's never ending workload, it's a wonder it performs so well, for so long, for so many people. But it can also fail, brought down by a poor diet and lack of exercise. Join Chief Medical Officer from CHI St. Alexius Health, Dr. Lisa Laurent, on Tuesday, February 18, at 12:30 pm, as she shares information about keeping your heart healthy.



WELLNESS CHALLENGE

Join us for our monthly Wellness Challenge meeting on Thursday, February 20, at 10:00 am. We will watch a Ted Talks program by Billy Ward, on the importance of love. Please bring your completed "Monthly Wellness Achievement" worksheet to be eligible for the parking space drawing.

If you missed the January 20th meeting and still want to participate, it's not too late! Join us at the February meeting or stop by the Admin office! Each month we will focus on different aspects of wellness and fitness. This year's Wellness Challenge will provide you the opportunity to set monthly goals to improve your lifestyle. Attend monthly Wellness Challenge meetings for a chance to win the popular 'reserved parking space.' Participate in at least six months of the Wellness Challenge and you will be eligible to be in the grand prize drawing in December.

U MARY PHYSICAL THERAPY

University of Mary Physical Therapy students will be here on Monday, February 3, from 11:30 am -1:30 pm, to do balance testing for their research. They will have 4 simple tests for each senior to complete. Each person must be able to walk without any assistance. You do not need to sign up for this program, but you will need to sign a permission form when doing the testing.

BASIC DANCE WITH JIMMY

Jimmy Adams, Dance Instructor and owner of Simply Dance, will be here Thursday, February 6, at 1:00 pm, to teach basic 2 step and waltz dance steps. Wear comfortable clothing and shoes that you can dance in. You do not need a partner to participate in this class. The suggested donation is \$5 and is non-refundable. Please make your donation when you sign up at the Office.

***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 (**20 laps = 1 mile; 10 laps = 1/2 mile; 5 laps = 1/4 mile**).

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. Sessions are scheduled for February 5, 12, 19 and 26.

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, February 19 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, February 12, 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, February 18 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, February 27, 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, February 12 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, February 13. Books are checked out and returned there in 25 days.

You may 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 February 12 and 26, in the Library.

SENIOR MEDICARE PATROL

Eunice Meidinger from Senior Medicare Patrol, will be available in the Dining Room on Wednesday, February 12 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, February 4 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, February 3

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 February 4, ONLY from 8:30 am to 12:00 pm. Please NO phone calls. For cancellations **ONLY**, you may call 255-1694 .

Monday, February 10

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

February 5: Casino Trip (need a minimum of 6).

February 6, 13, 20, 27 and 28 (if a minimum of 6 people riding): Transit Bus to Bismarck for medical appointments and shopping.

February 7, 14, 21 & 28: 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 available this month.

February 10: Golden Wing Club Meeting at 1:00 pm.

February 14: Happy Valentine's Day!

February 17: President's Day - Closed.

February 26: Ash Wednesday

Noon meals are served Monday, Tuesday, Wednesday (Jan. - Mar.), Thursday and Friday.

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

Donuts available daily (individually or by dozen).

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

February 5: Casino Trip (need a minimum of 6 people).

February 6, 13, 20 & 28: Transit to Bismarck for appointments and shopping.

February 14: Happy Valentine's Day!

February 17: President's Day - Closed.

February 19: Transit to Wing (noon meal).

February 27: 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

February 4: 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!



Cheryl Scheidt



Tom Feser

**Home
Delivered
Meals**

Cheryl has been volunteering at the Senior Center for about 2 1/2 years. She makes dish towels, 3D cards and doilies for the Gift Shop. She enjoys visits from the grandchildren, reading, baking, camping and using her embroidery machine to sew aprons, towels and sweat shirts. Each new grandchild or great grandchild receives a handmade baby blanket from Grandma! Cheryl has been married to Larry for 54 years and they have one son, three daughters, eleven grandchildren and twelve great grandchildren. Cheryl started coming to the Senior Center to get reacquainted with old friends and also to make new ones!

Tom has been delivering meals to Crescent Manor for over 6 years and has made a lot of new friends in the process. The meals he delivers are a regular part of the lives of others, and it wouldn't happen without volunteers. In his spare time, he enjoys reading, watching old movies, baking, walking and attending the events of his grandchildren whenever possible. Tom was raised on a farm in the Glen Ullin area and went to college in Dickinson. He worked in sales in Rapid City, was a service manager at Conlins in Bismarck for 20 years and worked for the Bismarck School system for 15 years. Tom has one son, three daughters and eight grandchildren. Tom enjoys socializing with people and helping others has always been a priority in his life. As long as he has his health, he intends to continue to help others in need!

Thank you Cheryl and Tom, for giving your time and continuing to serve others at the Burleigh County Senior Center!

VOLUNTEERS NEEDED!

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

- Home Delivered Meal (HDM) Packers
- HDM Drivers
- Registration Desk
- 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

Rick Fehr, Bernie Miller, Chuck Schmidt and Whitney Rath-Wald.

THANK YOU IRENE RANKIN

The Burleigh County Senior Adults Program would like to extend a "Special Thank You" to Irene Rankin. Irene donated over 60 hours of her time to assist participants in checking their Medicare Part D plans last fall. Irene assisted participants in saving over \$65,000 in insurance premiums! Way to go Irene!

THANK YOU

We appreciate, and would like to say "Thank You" to the following, for providing Holiday entertainment at the Bismarck Senior Center:

UCC Choir	Horizon Huskies Choir
MRCC Choir	Century High School Singers
Martin Luther Choir	Bismarck High Genesis Choir
Wachter Show Choir	Burleigh County Senior Center Singers

CLOSED

The Burleigh County Senior Center will be closed Monday, February 17, for President's Day!

Policy Reminders

BUILDING A VIBRANT CENTER

Thank you to those who are signed up and using Senior Space! Please continue to scan in each time you are at the Senior Center.

If you have not yet signed up, please stop by the Front Lobby Desk to do so.

Your patience and cooperation 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!



POLICY REMINDERS:

- Lunch service is from 11:45 am to 12:15 pm. Please arrive on time so you are through the lunch line by 12:15 pm. If you are running late from an appointment, call us at 255-4648 to let us know.
- The Senior Center does not accept checks for cash. Checks may be written for program donations or purchases at the coffee bar and gift shop. You may also use a credit card (VISA, MasterCard or Discover). The Center keeps a limited amount of cash on hand and is often not able to break large bills. Please do your banking prior to coming to the Center.
- There are certain areas of the Senior Center that are designated as "Employees Only." These include the Administrative Office, Kitchen, Boiler Room, Laundry Room, and Warehouse. Please do not enter these areas unless you are an authorized volunteer, or have an employee escort.

Thank You to Our Donors...

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

- TOM & FRANCES LEACH FOUNDATION, INC.
- SCHEELS
- COFELL'S PLUMBING & HEATING, INC.
- BISMARCK EAGLES AUXILIARY #2237
- CHI ST. ALEXIUS HEALTH (Living Grand Program)
- BRENDA ROHRICH
- BERNARD & ALICE FALKENSTEIN (In Memory of Dick Weber)
- ROSEMARY WERNER (In Memory of Andrew, Annamary & Janet Werner)



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, Feb. 6

Foot Care Clinic at St. Gabriel's

NO Health Maintenance Clinic, Wing, ND

Thursday, Feb. 27

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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315 North 20th Street
Bismarck, ND 58501

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Address:	
City, State, Zip:	
Telephone:	

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.