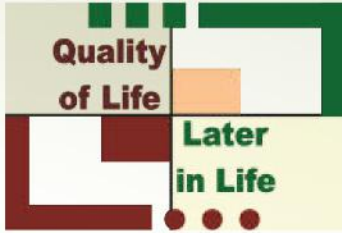


THE

SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol.1 January, 2021

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Let's Reconnect with a Party Line!

We probably would all agree that this pandemic has gone on far TOO LONG! But, with Covid cases surging across our state and country, it is more important now than ever to remain diligent with our safety precautions.



To help reduce the isolation we have all been experiencing, and to have a little **FUN**, we are offering a **FREE** party line that you may call to visit, in a group setting, with your friends from the Senior Center. Below are scheduled times for specific groups to get on the phone to visit. Coffee Talk is for anyone and everyone – So grab a cup of coffee (or tea) and enjoy a chat with others!

It's easy to join the Party Line – just call 1-844-854-2222.

The Access Code is 6763322#.

****PLEASE LIMIT EACH GROUP TO ONE HOUR.****

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9 am Coffee Talk	8 am Craft Ladies	9 am Wii Bowling Teams	9 am Coffee Talk	9 am Coffee Talk
10 am Bone Builders Participants	9 am Coffee Talk	2 pm Coffee Talk	10 am Pool Players	10 am Yoga Participants
2 pm Wing/Sterling Participants	1 pm Bridge Players		1 pm Bunco Players	1 pm Pinochle Players
Saturdays: 9 am Coffee Talk		Sundays: 2 pm Coffee Talk		

Guidelines for Participation:

- Never share your private information over the phone.
- Ensure that you are in a quiet environment before joining a call.
- Be prepared to identify yourself with your first name when you join.
- The party line is meant to be enjoyable. Please refrain from discussing politics or other issues where there is great division.
- Everyone's opinion is valuable and must be respected.
- Allow everyone the opportunity to participate. Do not monopolize the conversation.
- Argumentative, hurtful or disrespectful remarks are not allowed.
- Have FUN!

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. Grief can be especially hard to cope with during these difficult times.

Group Leader Kathleen Meckler worked as a Youth Counselor and therapist prior to retirement, and is now donating her time and expertise to offer this Grief Support and Share Group. Join her as she leads our Grief Support and Share Group on Wednesdays at 10:00 am via telephone. Group participants simply call 1-844-854-2222 and enter the access code 6763322# to join. **(It is requested that people interested in joining this group call 255-4648 to register. Kathleen will then call you prior to your first session.)**

Phone Bingo!

Wednesday, January 6 and Wednesday, January 20 at 1:00 pm

We aren't sure how well this will work, but we will give it a try!

Join us for the classic game of chance with a few variations -- simply call 1-844-854-2222 and enter the access code: 6763322# to join.

Call us to request your Bingo Cards at 255-4648. Cards will be mailed or given to you in the Drive Thru Lunch Line prior to each Bingo session. If you do not have a bingo dauber, you may use a marker, pen, pennies, etc. to mark your numbers.



Each Bingo Player will get 6 paper Bingo cards (3 / sheet). Numbers will be called at the Senior Center and announced over the Party Line. We will play one game per card and then play blackout on all 6 cards, for a total of 7 games.

Game 1/Card 1: Straight Bingo
Game 2/Card 2: Letter 'X'
Game 3/Card 3: Picture Frame
Game 4/Card 4: Letter 'T'
Game 5/Card 5: Straight Bingo
Game 6/Card 6: Block of Six (6)
Game 7: Play ALL six (6) Cards for Blackout

Prizes will be awarded for each game (to be distributed via mail or Drive Thru lunch line).

The Senior Sentinel | 3

With winter almost here, many start to wonder *what if...*

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I can't get out of the driveway?
I need help and no one is around?*

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Burleigh County Senior Adults Program, Bismarck, ND

A 4C 05-0634

Special Activities

January Jumpstart!

January is a perfect time to commit to better health! Our goal this month is to be active for 30 minutes every day for 31 days! You can walk, march in place, do stretch exercises or a 30 minute yoga class. Just keep moving. You can chart your activity using the log on page 8. Turn in your log by February 3rd for a prize. The participation has been very good - we love our active Seniors! You feel better when you move and exercise! See our morning exercises on page 14 - it's a great way to begin the day!

Snowflake Book Mark Take and Make Craft

Snowflake Book Mark kits are available for you to make at home. All items needed to make the book mark are included. Kits are available to pick up. If you are homebound, call Lisa at 255-4648 to make arrangements to receive a kit.

Pine Cone Bird Feeders

Winter can be for the birds! Would you like to give our feathered friends a special treat? You can make a simple bird feeder with peanut butter, bird seed and a pine cone. These fun kits will be available for pick up on January 4th. We are unable to mail this kit out, so you will need to arrange a time to pick it up at the Senior Center. Call 255-4648 for more information or to reserve a kit.

How to Have Fun with Little Bits of Fabric!

Thursday, January 7, 1:00-3:00 pm
At Bismarck Arts and Galleries Association
422 E Front Avenue, Bismarck
Class is limited to 5 people.

Local fabric and quilting artist Madonna Guenther will show us fun ways to use fabric scraps! You will take home a beautiful creation. There is no cost for this class, but you must register by calling 255-4648. Class is sponsored by Art for Life, ND Council on the Arts grant and Bismarck Arts and Galleries Association.

Please call Lisa at 255-4648 if you have any questions.



Join us for a Movie!
(Doors open at 12:45 pm)

Thursday, January 14, 1:00 p.m.

A Beautiful Day in the Neighborhood

Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature. But Roger's empathy, kindness and decency soon chips away at Vogel's jaded outlook on life, forcing the reporter to reconcile with his own painful past.

Thursday, January 28, 1:00 pm

Easy Come Easy Go

U.S. Navy officer Lieutenant Junior Grade Ted Jackson (Elvis Presley) is a former U.S. Navy frogman who divides his time between twin careers as a deep sea diver and nightclub singer. Ted discovers what he believes could be a fortune in Spanish gold aboard a sunken ship and sets out to rescue it with the help of go-go dancing yoga expert Jo Symington (Dodie Marshall) and friend Judd Whitman (Pat Harrington, Jr.). Gil Carey (Skip Ward), however, is also after the treasure and uses his girlfriend Dina Bishop (Pat Priest) to foil Ted's plans.

Reservations are required to attend these movies. Please call 255-4648 to reserve your seat. Space is limited to 25 people.

All participants will be required to pass a health screening, wear a face mask and practice social distancing. Please stay home if you are not feeling well, or have a positive or pending Covid-19 test.

**The Burleigh County Senior Club
has cancelled ALL ACTIVITIES
until further notice
(including Dinner Dances).**

Legal Services



Legal Services of North Dakota is available to help during these difficult times. Their office continues to assist North Dakota Residents with their legal needs. If you, or someone you know, is needing assistance with a legal matter, please contact their Central Intake office.

Call 1-866-621-9886 (Monday -Thursday from 8:00 am to 5:00 pm and Friday from 8:00 am to 2:00 pm), or visit their website and/or apply online at www.legalassist.org. They are not scheduling office meetings, but can arrange communication via phone, email and other means of technology.

Book Mobile

Burleigh County Bookmobile Lending Library

Monthly, the Burleigh County Bookmobile brings 30 large print books in a variety of titles, to the Burleigh County Senior Center. They are on a 25 day loan.

If you would like to check out a book, please call Lisa at 255-4648. Let her know what author(s) and/or types of books you like to read (Western, romance, mystery etc.), and she will help you choose from the titles we receive.



Please allow Lisa at least one day's notice to choose books for you. They will be handed out in the Meal Drive-thru from 11:30 am to 12:15 pm.

The Senior Sentinel | 5



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Burleigh County Senior Adults Program, Bismarck, ND

B 4C 05-0634

Winter Word Scramble

January
enero

1 kneoafslw

2 oth ocaoc

3 ehlosv

4 ienlsdgd

5 answomn

6 tinmset

7 owns tsobo

8 twrien

9 rfeumsfa

10 fasrc

11 tbeinahre

12 clieic

January Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE! Due to Covid-19, we are experiencing difficulty receiving some food items. We will do our best to keep the menu as written, but please understand that it may not be possible. Thank you!				1 CLOSED HAPPY NEW YEAR!
4 Chicken Fried Pollock Twice Baked Potato CA Normandy Vegetables Mandarin Oranges	5 Beef Tips Mashed Potatoes with Gravy Corn Peaches Mini Cheesecake	6 Shrimp Scampi with Spaghetti Noodles Asparagus Chunky Fruit	7 Meatloaf AuGratin Potatoes Balsamic Roasted Vegetables Apple Slices	8 Open Faced Hot Turkey Sandwich Mashed Potatoes with Gravy Candy Corn Vegetable Medley Banana
11 Applewood Smoked Pork Loin Baked Sweet Potato French Green Beans Strawberry Applesauce	12 Italian Sausage with Peppers & Onions Fried Potatoes Sweet Cherries Fresh Cookie	13 Porcupine Meatballs Mashed Potatoes with Gravy Siciilian Blend Vegetables Orange	14 Creamed Chicken Baked Potato Broccoli & Cauliflower Medley Chunky Fruit	15 Beef Stir Fry Vegetable Fried Rice Egg Roll Pineapple Chunks Fortune Cookie
18 CLOSED Martin Luther King Day	19 Chef's Choice Baked Fish Wild Rice Pilaf Peas with Pearl Onions Apple	20 Cabbage Rolls Roasted Potatoes Mixed Vegetables Ambrosia Salad	21 Roast Beef Garlic Mashed Potatoes Roasted Squash Medley Red Grapes	22 Sour Cream Chicken Enchilada Spanish Rice Black Beans Apple Turnover
25 Beef Hashbrown Casserole Braised Cabbage Pears with Cranberry Sauce Asst. Bars	26 Chicken Fried Chicken Mashed Potatoes with Gravy Carrots Banana	27 BBQ Ribs Macaroni & Cheese Baked Beans Cinnamon Apples	28 Roasted Turkey Buttered Parslied Potatoes Green Bean Casserole Cantaloupe	29 Salisbury Steak Scalloped Potatoes Broccoli & PeaPod Medley Fruit Cocktail

Drive-Thru Meals at the Burleigh County Senior Center are from 11:30 am—12:15 pm. Meals are delivered to Crescent Manor at 11:30 am. Drive-Thru Meals at the Wing Senior Center and Sterling Meal Site are at 12:00 noon.

MEAL RESERVATIONS: Call the following locations at least one day in advance: Burleigh County Senior Center and Crescent Manor, 258-9276 from 8:00 am to 2:30 pm; Wing Senior Center or Sterling United Methodist Church, 943-2490 from 8:30 am to 2:30 pm; or Home-Delivered Meal inquiries, please call 255-4648. The meal price for those under 60 is \$9.00.

OAA federal regulations require individuals age 60 and older to register to participate in the Congregate Meals Program, or annually to participate in the Home-Delivered Meals Program. Individuals are notified when their registration needs to be updated. Suggested donation is \$4.50/meal. SNAP accepted.

If you plan to make a donation, it is helpful if you have exact change.

January Jump Start Exercise Log

Day Minutes of Exercise

1	
2	
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Name: _____

Daily Goal:
30 Minutes of Exercise



Day Minutes of Exercise

16	
17	
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19	
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26	
27	
28	
29	
30	

See Page 4 for details.

Log your exercise and return this form to the
Burleigh County Senior Center
by February 3, 2021.

Prizes will be awarded to all participants!!!

Book Club

The Book Woman of Troublesome Creek By Kim Michele Richardson

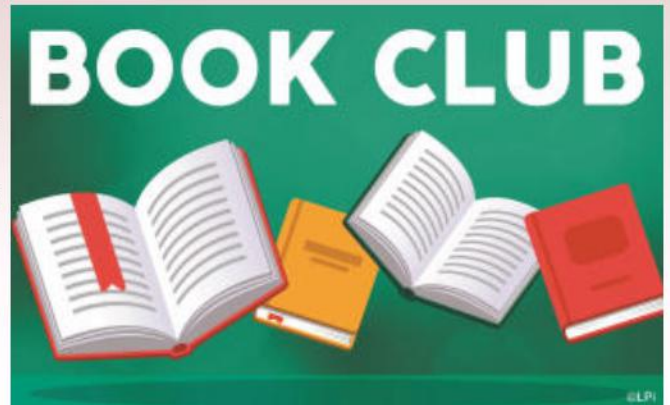
The Book Woman of Troublesome Creek will be available for pick up on January 4, 2021 and due back by January 25, 2021.

Inspired by the true blue-skinned people of Kentucky and the brave and dedicated Kentucky Pack Horse library service of the 1930s, *The Book Woman of Troublesome Creek* is a story of raw courage, fierce strength, and one woman's belief that books can carry us anywhere—even back home.

Dr. Wayne Sanstead will lead the Book Club discussion on Monday, January 25 at 1:00 pm on the Senior Center Party Line. To join the call, dial 1-844-854-2222 and enter the access code 6763322#.

Please call Lisa if you have any questions at 255-4648.

(Book club does not meet in December.)



The Senior Sentinel | 9



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HEALTH

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Word Search

Winter Wonderland

Answers on Page 15.

E	F	R	B	Y	R	E	P	P	I	L	S	C	H	I	L	L	Y
P	R	E	R	S	F	F	U	M	R	A	E	F	W	D	L	O	C
S	O	T	T	I	N	S	Y	B	S	L	E	Y	Y	D	N	I	W
T	Z	N	R	O	N	L	E	C	A	L	P	E	R	I	F	O	I
O	E	I	B	E	C	L	H	P	S	H	O	V	E	L	V	J	E
O	N	W	T	O	O	A	L	M	T	Y	R	A	U	R	B	E	F
B	S	T	A	W	T	O	G	L	O	V	E	S	T	D	E	L	S
B	I	T	Z	O	W	C	D	Y	R	E	T	S	U	L	B	N	S
M	S	E	T	A	N	R	E	B	I	H	O	R	S	S	O	E	S
E	R	K	A	S	E	U	R	S	B	R	E	O	N	W	I	X	K
O	B	N	N	T	S	E	N	H	F	V	N	O	J	R	B	F	A
E	T	A	J	T	V	O	P	K	E	A	W	A	R	L	H	R	T
L	E	L	I	I	W	S	C	F	M	S	N	U	I	Y	E	A	I
C	C	B	H	S	K	A	N	W	U	U	L	Z	T	O	A	C	N
I	A	S	T	I	J	I	O	I	A	F	Z	S	T	K	T	S	G
C	A	O	I	G	B	N	T	R	Z	A	O	I	C	Y	E	F	L
I	R	N	A	A	S	A	Y	G	R	R	Y	T	S	O	R	F	J
M	G	A	C	N	L	R	A	D	F	T	A	O	C	O	C	Z	Q

Word List:

BELOWZERO
BOOTS
COCOA
FIREPLACE
FROZEN
HIBERNATE
JACKFROST
SHIVER
SLED
SNOWSTORM

BLANKET
CABINFEVER
COLD
FLURRIES
GLOVES
ICICLE
MITTENS
SHOVEL
SLIPPERY
SNOWSUIT

BLIZZARD
CHILLY
EARMUFFS
FROSTY
HAT
ICY
PLOW
SKATING
SNOW
WINDY

BLUSTERY
COATS
FEBRUARY
FROSTY
HEATER
JANUARY
SCARF
SKIING
SNOWMAN
WINTER

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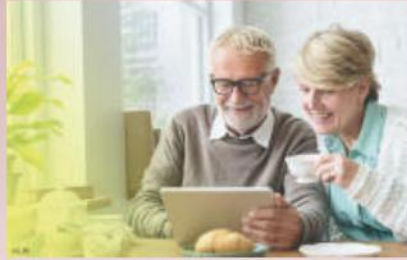
NDSU Extension Zoom Classes

Nourish Your Body with Sleep

Tuesday, January 12,
11:00 am—12:00 Noon

We all need sleep, but our needs vary depending on our age. Sleep and wake cycles are balanced and driven by our body's biological clock, which is a natural body pattern. Rapid eye movement (REM) and non-REM are sleep levels, or cycles, during sleep. Aim for your age group's recommended range of sleep.

Call Sambrea at Touchmark (701-323-7000) to register for the link. Then, sign into the Zoom link provided on your computer, tablet or smart phone.



Healthy Living the Second Half of Life

Wednesday, January 20,
3:00—4:00pm

Join NDSU Extension in learning more about making the most of the second half of life. This program will help you understand the process and value of reminiscence in older adulthood; identify purposes for actively working to pass on family memories and to engage in planning that will lead toward personal efforts to pass on family memories. Call 221-6865 for more information.

Sign into the Zoom link below on your computer, tablet or smart phone:
Meeting ID: 970 8669 4624
Passcode: 663689

The Senior Sentinel | 11

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Burleigh County Senior Adults Program, Bismarck, ND

D 4C 05-0634

Just for Fun!

HAPPY BIRTHDAY ELVIS!

Elvis Aaron Presley, born on January 8, 1935, also known simply as **Elvis**, was an American singer, musician and actor. He is regarded as one of the most significant cultural icons of the 20th century. His energized interpretations of songs and sexually provocative performance style, combined with a singularly potent mix of influences across color lines during a transformative era in race relations, led him to great success—and initial controversy.



Meatloaf in a Mug

Submitted by Mary Volk

1 slice white bread torn into pieces
2 Tbsp milk
½ tsp Worcestershire Sauce
¼ lb ground beef
1 Green onion thinly sliced
¼ tsp seasoned salt
1/8 tsp ground pepper

-Place torn bread into a small bowl, pour milk over to moisten.

-Add rest of the ingredients and mix well.

-Place into a 10 ounce microwave safe coffee mug.

-Cook at 70% about 4-5 ½ minutes- allow to stand for 2 minutes before serving.

-Adjust the seasonings to taste. Top with ketchup.

Cinnamon Roll for One

Submitted by Mary Volk

Combine in a bowl:

3 Tbsp flour

¼ tsp baking powder & dash salt.

Add 1 egg, 2 tsp oil or applesauce and ¼ tsp vanilla. Mix until just mixed.

Streusel topping: 1/8 tsp cinanamon, 1 ¼ tsp brown sugar, ¼ tsp oil, or butter, pinch of salt.

Fill a greased coffee mug ½ way with the batter, top with ½ the streusel and repeat adding rest of the batter and streusel.

Can add walnut or pecan halves on top. Cook 1 minute in the microwave (time can vary with microwaves). Let sit for 2 minutes before eating.

Can top with powder sugar glaze or ice cream.

How well do you remember Elvis? Test yourself by answering this Elvis Trivia.

1. Where is Graceland located?
2. Which record company first recorded Elvis?
3. Who was Elvis' manager for more than 20 years?
4. What was his first hit record?
5. What was Elvis' first movie?
6. What year did Elvis die?
7. What type of music did Elvis first sing?
8. What was the name of the up-tempo mix of country and rhythm & blues that Elvis was famous for?
9. What was Elvis often called?

Answers on Page 15.

Recipe Roundup

Most of us were used to cooking for our family. When you live alone or with one other person, wouldn't it be nice to cook a meal without having to eat leftovers for a week? Cooking for one or two can be challenging and we want to share some new ideas. Each month we will feature recipes designed for one or two servings.

We are gathering recipes and will share a couple each month. Recipes should be simple to follow, contain ingredients that are common, and serve one or two people. The recipes can be for a main dish, side dish or dessert.

If you have a recipe to share, please email it to lisab@burleighsenioradults.org, mail to: Recipe Roundup, BCSAP, 315 N 20th Street, Bismarck, ND 58501, or drop off in Drive Thru lunch line.

TRY THESE TIPS WHEN COOKING FOR ONE OR TWO:

- Choose recipes that are easy to divide mathematically. In recipes calling for three eggs, use two and remove 2-4 tablespoons of liquid (if present) from the recipe.
 - Buy food that comes in individual portions, such as baking potatoes or a pork chop or chicken breast. If not, buy a package of meat and freeze it in individual portions.
 - Use your small appliances. A microwave oven or toaster oven comes in handy when making meals for fewer people.
 - Use your leftovers in new ways and consider them "planned-overs." For example, make a mini pizza by topping English muffins with planned over spaghetti sauce, vegetables and shredded cheese. Add leftover fruit to muffin or pancake batter.
 - If a recipe calls for a can of beans or soup and you would like to divide the recipe in half, use what you need and either refrigerate or freeze the remaining food. Label the container with the contents and date.
 - Add seasonings gradually. You may need to add more (or less) of the spice to reach the desired flavor.
 - Check for doneness of halved recipes five to 10 minutes sooner than for the original recipe.
 - Use the right pan for the job. To change pan sizes, remember that a 9x13 in pan holds 14-15 cups; for half, use a square 8 x 2 inch pan or a round 9 x 2 inch pan. Reduce the oven temperature by 25 degrees if substituting glass for a metal pan.
 - Keep notes about what works and what doesn't work.
- Tips provided by Julie Garden-Robinson, Ph.D., R.D., L.R.D., a NDSU Extension food and nutrition specialist and professor in the Department of Health, Nutrition & Exercise Sciences.*



LAZY MAN CHEESE BUTTONS

(Serves 2-3)

Cheese Buttons:

- 11 oz cottage cheese (whole or low fat)
- 1/4 tsp salt
- 1 cups flour
- 2 eggs
- 1/2 tsp baking powder

Topping:

- 1/2 med onion
- 1 TBSP butter
- 1 pt heavy cream (may not need it all)

Directions:

1. Preheat oven to 350 degrees.
2. Mix all ingredients for the cheese buttons together in a large bowl.
3. Place rounded tablespoons full of the cheese button mixture on a greased baking sheet.
4. Bake at 350 degrees for 15 minutes.
5. While buttons are cooking, prepare sautéed onions. Place 1 tbsp. of butter in a pan over medium heat.
6. Add onions once butter is melted and let sauté until caramelized. About 10-15 minutes. Once caramelized, remove from stove and set aside.
7. Once cheese buttons are baked, remove from baking sheet and place in a casserole dish.
8. Top with cream and sautéed onions. Don't be stingy with the cream. The cheese buttons should be almost covered with cream.
9. Place the casserole dish in the 350 degree oven and bake for another 15-20 minutes.



Health & Wellness

5 Minute Wake-Up Workout

Overhead Stretch

Lying on your back, extend your arms over your head, feeling your body stretch from your toes to your fingertips. Take 3-4 deep, relaxing breaths.

Knee to Chest Stretch

Lying on your back, bring one knee to your chest, keeping the other leg bent. Do not raise your head or tense your neck. Take 3-4 deep, relaxing breaths, feeling the stretch in your buttocks and lower back. Repeat with the opposite knee.

Hamstring Stretch

Lying on your back, grasp one leg and pull it towards you, then straighten it as far as comfortable. Keep the other leg flat or bent on the bed. Take 3-4 deep relaxing breaths, feeling your hamstring lengthen. Repeat with opposite leg.

Knees to Chest Stretch

Lying on your back, bring both knees to your chest and gently grasp your legs. Do not raise your head or tense your neck. Take 3-4 deep, relaxing breaths.

Knee Rolls

Lying on your back, slowly roll your knees to one side, keeping them together and ensuring both shoulders remain in contact with the bed at all times. Take 3-4 deep, relaxing breaths, feeling the stretch in your lower back. Repeat on the opposite side.

Trunk Rotation

Sit up on edge of bed. With your feet parallel and shoulders back and down, rotate your upper body to one side as far as comfortable without moving your hips. Repeat 6 to 8 times on both sides, taking a deep, relaxing breath on each side to release stiffness in your lower back.

Chest Stretch

While sitting on edge of bed, sit up with your feet parallel on the ground. Push shoulders back and down and hands on hips, push your chest up and out. Take 3 to 4 deep, relaxing breaths, feeling your chest muscles lengthen.

Upper Back Stretch

While sitting on edge of bed, clasp both hands and extend your arms out in front of you at shoulder level. Look down and slightly round your back. Take 3 to 4 deep breaths, feeling the stretch between the shoulders.



Seated Hamstring Stretch

Sitting upright with both legs straight and hip-width apart or closer, bend from the hips, bringing your chest towards your thighs keeping a straight back. Take 3 to 4 deep, relating breaths, feeling your hamstrings lengthen.

On-the-Spot Power Walking

Walk on the spot for about 30 seconds, raising your heels to your buttocks while bending and unbending both elbows together, keeping them by your sides.

Squats

Standing with your back to your bed, feet parallel and shoulder-width apart, lower yourself as far as comfortable or until your thighs are parallel to the floor. Do not let your knees lean over your toes. As soon as you touch the bed, come up and repeat. Perform 8 to 10 slow and controlled squats.

Side Stretch

Standing with hands on hips, cross your right leg in front of your left leg. Raise your left arm and reach towards the right side. Hold for 3 to 4 deep, relaxing breaths, feeling a stretch across your side. Repeat on the opposite side.

Forward Bend

Standing with feet parallel and hip-width apart, bent from the waist, bringing your chest towards your thighs, keeping your legs and back straight. Hold for 3 to 4 deep, relaxing breaths, feeling the stretch in your hamstrings.

Puzzle Answers

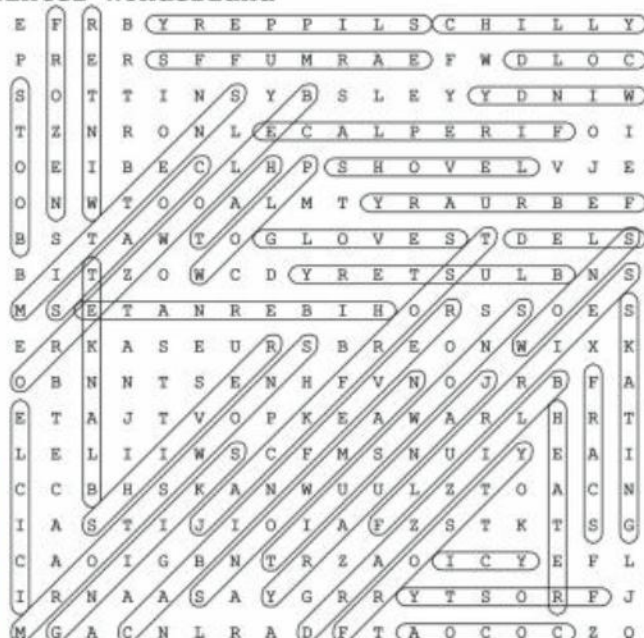
Elvis Trivia

1. Memphis
2. Sun Records
3. Colonel Tom Parker
4. Heartbreak Hotel-Jan 1956
5. Love Me Tender- Nov 1956
6. 1977
7. Gospel
8. Rockabilly
9. The King of Rock n Roll

Winter Word Scramble

1. snowflake
2. hot cocoa
3. Shovel
4. Sledding
5. Snowman
6. Mittens
7. snow boots
8. Winter
9. Earmuffs
10. Scarf
11. Hibernate
12. icicle

Winter Wonderland



LIVE YOUR LIFE AND FORGET YOUR AGE.

—Norman Vincent Peale

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This 'n That

Dakota Media Access Programming:

You can now watch Burleigh County Senior Center activities on Dakota Media Access: channels 12, or in HD 612! Programs can also be streamed online at freetv.org, Roku or Apple TV.

**Fridays—January 8, 15, 22 and 29
at 10:30 am ~ Chair Yoga**

We would like to thank our sponsors:

AARP of ND

Bismarck-Burleigh Public Health, Dr. Joel Roloff,
Adjust Life Chiropractic; and
Dakota Media Access.

Frozen Meals

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

Meal participants may order these meals for use on evenings and weekends. We also recommend that you have a few on hand in case of winter weather closures. It is appreciated if you give at least one day's notice with your order.

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

*Each meal is a suggested donation of \$4.50. SNAP Benefits may be used. No one will be denied meals due to an inability or unwillingness to make a donation.

Inclement Weather

Bad weather may force the Burleigh County Senior Center and other meal sites to close for Drive-Thru and Home Delivered meals. Please check to make sure we are offering a meal before venturing out on a snowy winter day, and keep a few of our frozen meals on hand!

To find out if we will be offering meal: Call the Senior Center at 701-255-4648, tune in to KFYZ-AM, KBMR-AM, KFYZ TV, KXMB TV or check our Face Book page, [Facebook.com/BismarckSeniorCenterND](https://www.facebook.com/BismarckSeniorCenterND)

Secret of a Long Life

Grandpa Jones was celebrating his 100th birthday, and everybody complimented him on how athletic and well-preserved he appeared.

"I'll tell you the secret of my success," he cackled. "I have been in the open air day after day for some 75 years now."

The celebrants were impressed and asked how he managed to keep up his rigorous fitness regime.

"Well, you see my wife and I were married 75 years ago. On our wedding night, we made a solemn pledge. Whenever we had a fight, the one who was proved wrong would go outside and take a long walk."

The Wrong Way

As a senior citizen was driving down the freeway, his car phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Highway 401. Please be careful!"

"Ruth," said Herman in disbelief. "It's not just one car. It's hundreds of them!"



Senior Center Exercise Room

The Burleigh County Senior Center Exercise Room is open to individuals, by appointment only.

Individuals may schedule time to use the stationary bicycles, DVD's, and weights. No group exercise classes are available at this time. Call 255-4648 to schedule your time.

**The Burleigh County
Senior Adults Program
will be CLOSED
January 1 for New Years Day
and
January 18 for Martin Luther King Day!**

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.



Foot Care Services are available by appointment only.

- For an appointment at the Burleigh County Senior Center, please call 255-4648.
- For an appointment at Crescent Manor, please call 355-7617.

Face masks and a health screening will be required when you arrive for your appointment.



At The Senior Center: When you arrive, park on 20th Street beside the Senior Center. Wait in your vehicle for the nurse to escort you in. After your health screening, you will be escorted to the Health office for services. If you are ill, or have a temp, you will not be allowed into the facility.

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Next tough boss

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or go to [NextBlueND.com](https://www.NextBlueND.com) to sign up.



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(Listed donations were received between November 16—December 4, 2020.)

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- In Memory of Hazel Cleveland
Fred & Devona Browning
- In Memory of their Parents
Sheila Specht
- In Memory of Dennis Specht

Thank You. 

*A special thank you to the
Christmas Angels
who provided special Christmas gifts
during the Holiday Season!*

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.

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___ Outreach Services ___ Life Enrichment Activities
___ Where it is most needed

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Burleigh County Senior Adults Program, Bismarck, ND

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The Senior Sentinel is published monthly by the Burleigh County Senior Adults Program.
 315 North 20th Street • Bismarck, ND 58501 • 255-4648
 www.BismarckSeniorCenter.org
 Monday - Friday, 8:00 am to 4:30 pm

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