



# THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 4 April, 2021

## The Burleigh County Senior Center is open for limited activities!!!

Can you believe it's been over a year since we closed our meal sites?!? While we aren't quite ready to re-open for congregate meals, we are re-opening for limited activities!

This issue contains information on the activities we will be offering this month. To start with, activities will be very limited. If all goes well and our vaccination rates continue to climb, we will continue to expand our offerings over the next several months.

### ***For things to go well, we need your help!***

When you arrive at the Senior Center, please use the main entrance on the southwest corner of the building. The Rec Room entrance is CLOSED and only available to home delivery drivers.

Please enter with your mask on. Sanitize your hands upon entrance (sanitizer will be there for your use) and proceed to the Screening Station. We will take your temperature and ask you some health questions. If you have a temperature, answer yes to any of the questions, or have a positive or pending COVID test, you will not be allowed into the building. Please do not come to the Senior Center if you aren't feeling well or have a positive or pending Covid test.

While you are in the building, please wear your mask and practice social distancing. You may remove your mask when eating/drinking while seated at a table.

Our goal is to relieve the loneliness and isolation everyone has experienced over the past year while providing a safe environment. While these precautions may seem unnecessary, please remember that we are thinking of your health and safety!

We appreciate your patience and cooperation as we begin the process of reopening. ***WE CAN'T WAIT TO SEE YOU!!!***

See you soon!

Renee Kipp  
Executive Director

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# Join us for Activities!

## Art from the Heart with Nina

Join Nina on Monday, April 5 at 9:30 am, to create a painting using coffee. Suggested donation for this class is \$5, and can be made when you arrive. This class is limited to 5 people. Please call 255-4648 to register.

## Calligraphy Class

Would you like to try calligraphy? Calligraphy is an artistic, stylized, or elegant handwriting or lettering done with a pen. Join ND Council on the Arts artist Mel Gordon on Thursday, April 8 at 1:00 pm, as she teaches us how to use pens to create beautiful calligraphy letters.

This class is limited to 5 people. Register by calling 255-4648. (This class is sponsored by our Art for Life grant through ND Council on the Arts in conjunction with Bismarck Arts & Galleries Association.)

## Barn Quilt Class

Join artist Nicole Gagner on Monday, April 12 at 9:30 am to paint a barn quilt. A barn quilt is basically a large piece of wood (or in this case, paper) that is painted to look like a large quilt block. We have a long history in our country of hanging barn quilts outside our homes and barns. They were thought to bring good luck and prosperity. It was a way to decorate farms and also a source of family pride.

This class is limited to 5 people. Register by calling 255-4648. (This class is sponsored by our Art for Life grant through ND Council on the Arts in conjunction with Bismarck Arts & Galleries Association.)

## Coffee Bar & Caramel Rolls

The Coffee Bar will be open on Mondays, Tuesdays, Thursdays and Fridays from 8:30 – 10:30 am. Come in for coffee and fellowship. Donuts, cookies and other items will be available. If you would like, you may wait for your lunch and take it with you at approximately 10:30 am.

On Wednesday, April 7 & 21, at 8:30 am, we will have Caramel Rolls. **Advance reservations are required and will be limited to 75 people.** Call 255-4648 to reserve your spot!

## NDSU Extension

### Nutrition Facts Labels

People look at food labels for a variety of reasons. But whatever the reason, many consumers would like to know how to use this information more effectively and easily.

Join Katie Johnke and Shaundra Bolinske-Ziemann on Thursday, April 15 at 10:00 am to learn quick and easy tips on reading Nutrition Facts labels to make quick, informed food decisions and help you choose foods for a healthy diet. Please call to sign up for this class at 255-4648. The class is limited to 20 people.

## National Parks Exploration Series

Join us Tuesday, April 27 at 1:00 pm for *Yosemite National Park*. This video will showcase the spectacular *Yosemite Falls* and a hike up the Mist Trail to Vernal Falls in beautiful *Yosemite National Park*. Registration is required, please call 255-4648 to sign up.

## April Trivia

1. On what day in 1957 was the Great Spaghetti Tree hoax broadcast in Sweden?  
\_\_\_\_\_
2. The flower for April is: \_\_\_\_\_
3. What is the zodiac sign for a person born on April 10? \_\_\_\_\_
4. What is the Birthstone for April?  
\_\_\_\_\_
5. On April 14, 1912, this famous tragedy took place in the Atlantic. \_\_\_\_\_
6. What International Day was first celebrated on April 22, 1970? \_\_\_\_\_
7. What city was hit by a massive earthquake on April 18, 1906? \_\_\_\_\_
8. On Arbor Day, April 26, what do people plant? \_\_\_\_\_

Answers on Page 15.

## Wednesdays are for Bingo!



**BINGO AT THE SENIOR CENTER**  
April 7 and April 21 at 1:00 pm

**PHONE BINGO**  
April 14 and April 28 at 1:00 pm

### **BINGO AT THE SENIOR CENTER PLAYERS:**

Call us at 255-4648 to reserve your spot (limited to 38 people). Arrive at the Senior Center 15 minutes prior to the start time. Games will be held in the Dining Room. Please bring a dauber if you have one!

### **PHONE BINGO PLAYERS**

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. **To join Bingo! call 1-844-854-2222 and enter the access code: 6763322#.** Prizes will be distributed via mail or Drive Thru lunch line.

Each Bingo Player will get 7 paper Bingo sheets (3 cards / sheet). We will play one game per sheet for a total of 7 games.

- Game 1: Straight Bingo  
or Four Corners
- Game 2: Letter 'X'
- Game 3: Small Picture Frame
- Game 4: Double Straight Bingo
- Game 5: Straight Bingo or 4 Corners
- Game 6: Block of Six (6)
- Game 7: Blackout

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With winter almost here, many start to wonder  
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I can't get out of the driveway?  
I need help and no one is around?*

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## Special Activities

### BOOK CLUB



#### ***Inheriting Edith*** **By Zoe Fishman**

For years, Maggie Sheets has been an invisible hand in the glittering homes of wealthy New York City clients, scrubbing, dusting, mopping, and doing all she can to keep her head above water as a single mother. Everything changes when a former employer dies leaving Maggie a staggering inheritance. A house in Sag Harbor. The catch? It comes with an inhabitant: The deceased's eighty-two-year old mother Edith, who suffers from Alzheimer's disease.

Dr. Wayne Sanstead will lead the Book Club discussion on Monday, April 26 at 1:00 pm. You may join the discussion by coming to the Senior Center or by calling the Senior Center Party Line. To join the call, dial 1-844-854-2222 and enter the access code 6763322#.

Please call Lisa at 255-4648 if you have any questions. (Book club does not meet in July or December.)

### Health & Wellness

#### **Spring into Wellness**

Join our April Wellness Challenge!

April is Cancer Prevention Month. The American Cancer Society states that studies have found a link between physical activity and a lower risk of some types of cancer. Exercise has far-reaching benefits, whether walking, swimming, biking, or even participating in chair yoga. So, our challenge for you this month is to try a new type of physical activity. Once again, we only need you to write down the time you spend in physical activity. Send in your log form (see page 14) for a prize! If you would like to send me a note with your monthly total, describing your new exercises, please feel free to do so! We would love to share your experiences!

### MOVIE MATINEES

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

#### April 9: **No Deposit No Return**

During school-break, two kids are to stay with their rich Grandpa (David Niven), but they would rather join their mother overseas, so, in need of a plane ticket and cash, they convince two petty criminals (Don Knotts and Darren McGavin) to fake kidnap them for a ransom they could all share.

#### April 16: **Edie**

After her controlling husband dies, an elderly woman embarks on a trip to fulfill her longtime dream of climbing a mountain in the Scottish Highlands. This 83-year-old English woman who was once "a wild child," wants very much to be that again, at least before it is too late.

#### April 23: **A Mile in His Shoes**

Mickey Tussler, an autistic pitcher, joins a minor-league baseball team and has a profound effect on the team and manager Arthur "Murph" Murphy over the course of a season.

#### April 30: **Love Story**

When wealthy Harvard University law student Oliver Barrett IV (Ryan O'Neal) meets Jenny Cavalleri (Ali MacGraw), a middle-class girl who is studying music at Radcliffe College, it is love at first sight. Despite the protests of Oliver's father (Ray Milland), the young couple marry. Oliver finds a job at a legal firm in New York City, but their happy life comes crashing down when it's discovered that Jenny has a terminal illness. Together, they try to cope with the situation as best they can.

**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](http://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**

Each month, 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 stop by the Site Managers desk during Coffee Bar hours or call Lisa at 255-4648 to pick them up in the Drive-Thru Lunch Line.

Let Lisa know what author(s) and/or types of books you like to read, 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.

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## *Easter Word Scramble*

The background of the page is a vibrant, artistic illustration of an Easter scene. It features a wooden plank texture in shades of yellow and orange. Overlaid on this are various Easter-themed elements: a large, stylized pink bunny ear on the left, a pink Easter egg with a white polka-dot pattern on the right, a blue and white striped Easter egg, a green Easter egg with a white floral pattern, and a red tulip at the bottom. The text 'HAPPY' is written in white, bold, sans-serif capital letters, and 'Easter' is written in a large, flowing, pink cursive script. The word 'Easter' is partially obscured by the bunny ear and the pink egg.

1	ynubn	
2	etbska	
3	srcso	
4	Etsrae geg	
5	notben	
6	cckih	
7	ynelajble	
8	yill	
9	duysna	
10	geg tnhu	

Answers on Page 15.

# April Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MENU SUBJECT TO CHANGE!</b>			1 Meat Lasagna Italian Blend Vegetables Corn Pears Garlic Toast	2 <b>GOOD FRIDAY</b> <b>CLOSED</b>
5 Chicken Cordon Bleu Rice Pilaf Peas with Pearl Onions Peaches	6 Pork Roast Sour Cream & Chive Mashed Potatoes Glazed Carrots Chunky Fruit	7 Meatloaf Baked Potato Cheesy Broccoli Fresh Pear Asst. Desserts	8 Pork Chop in Celery Sauce Mashed Potatoes Vegetable Medley Fruit Cocktail	9 Cheeseburger Deluxe Potato Salad Chips Mandarin Oranges
12 Pulled Pork Sandwich Baked Beans Coleslaw Applesauce	13 Bratwurst with Spätzle Sauerkraut Fried Potatoes Fresh Orange Asst. Cookies	14 Roast Beef Mashed Potatoes Prince Edward Blend Vegetables Apricots	15 Fabulous Creamy Chicken With Rotini Noodles Murray Blend Vegetables Sweet Cherries	16 Ale Battered Haddock Wild Rice Green Beans Peaches & Blueberries
19 Open Faced Hot Turkey Sandwich Mashed Potatoes Corn Tropical Fruit	20 Salisbury Steak Tri Colored Roasted Potatoes Cauliflower Pears	21 Milanese Chicken Breast Tomato & Basil Pasta Peas Chunky Fruit	22 Beef Tips With Egg Noodles Summer Vegetable Blend Fresh Banana	23 Mandarin Orange Chicken Salad Dinner Roll Scotcheroo
26 Baked Chicken AuGratin Potatoes Normandy Blend Vegetables Asst. Fruit Cup	27 Pig Wings Baked Sweet Potatoes Candy Corn Vegetable Mix Cranberry Applesauce	28 Swedish Meatballs Mashed Potatoes Brussel Sprouts Fresh Apple	29 Asian Orange Chicken White Rice Egg Roll Pineapple Fortune Cookie	30 Chicken Fried Cod Twice Baked Cheesy Potato Mixed Vegetables Grapes Jello Poke Cake

**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.**

# April Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Welcome Back!</b>			1 8:30 - 10:30 am Coffee Bar	2 <b>GOOD FRIDAY CLOSED</b>
			8 8:30 - 10:30 am Coffee Bar  9:30 am Prairie Sea Hearing  1:00 pm Calligraphy Class	9 8:30 - 10:30 am Coffee Bar  1:00 pm Movie Matinee
5 8:30 - 10:30 am Coffee Bar  9:30 am Art from the Heart	6 8:30 - 10:30 am Coffee Bar	7 8:30 - 10:30 am Caramel Rolls (reservation required)  10:00 am Grief Support & Share Group  1:00 pm In Person Bingo	15 8:30 - 10:30 am Coffee Bar  10:00 am NDSU Nutrition Facts/Labels Class	16 8:30 - 10:30 am Coffee Bar  1:00 pm Movie Matinee
12 8:30 - 10:30 am Coffee Bar  9:30 am Barn Quilt Class	13 8:30 - 10:30 am Coffee Bar	14 10:00 am Grief Support & Share Group  1:00 pm Phone Bingo	22 8:30 - 10:30 am Coffee Bar	23 8:30 - 10:30 am Coffee Bar  1:00 pm Movie Matinee
19 8:30 - 10:30 am Coffee Bar	20 8:30 - 10:30 am Coffee Bar  10:30 am Hearing Loss Support Group	21 8:30 - 10:30 am Caramel Rolls (reservation required)  10:00 am Grief Support & Share Group  1:00 pm In Person Bingo	29 8:30 - 10:30 am Coffee Bar	30 8:30 - 10:30 am Coffee Bar  1:00 pm Movie Matinee
26 8:30 - 10:30 am Coffee Bar  1:00 pm Book Club	27 8:30 - 10:30 am Coffee Bar  1:00 pm National Parks Exploration Series	28 10:00 am Grief Support & Share Group  1:00 pm Phone Bingo		

**Please be patient as we re-introduce the many activities that were popular at the Senior Center.**

**Activities that have shared items (i.e., cards, billiards, puzzles) will not be offered until it can be done so safely. Magazines and newspapers will also not be available until further notice. These items are difficult, if not impossible to clean and sanitize.**

**Please wear your mask and practice social distancing while at the Senior Center. Please wash your hands often and use hand sanitizer. Thank you for your cooperation!**



## Reconnect with a Party Line!



**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.\*\***

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!

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
<b>Saturdays:</b> 9 am Coffee Talk		<b>Sundays:</b> 2 pm Coffee Talk		

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# Screenings & Support Groups

## **Prairie Sea Hearing Center**

Jessica McLindsay, from the Prairie Sea Hearing Center, will be at the Senior Center on Thursday, April 8, from 9:30 -11:00 am, to provide hearing screenings and hearing aid cleanings.

## **Hearing Loss Support Group**

Kathy Frelich from NDSD/Resource Center for Deaf and Hard of Hearing will resume our monthly Hearing Loss Support Group on Tuesday, April 20 at 10:30 am. This month's topic will be "Video Calling: How to Stay in Touch". Pre-registration is required. Call 255-4648 to sign up.

## **ALL I NEED TO KNOW ABOUT LIFE I LEARNED FROM THE EASTER BUNNY**

- Don't put all of your eggs in one basket.
- Walk softly and carry a big carrot.
- Everyone needs a friend who is all ears.
- There is no such thing as too much candy.
- All work and no play can make you a basket case.
- A cute little tail attracts lots of attention.
- Everyone is entitled to a bad hare day.
- Let happy thoughts multiply like rabbits.
- Keep your paws off other people's jelly beans.
- The grass is always greener in someone else's basket.
- An Easter bonnet can tame even the wildest hare.
- To show your true colors you have to come out of your shell.
- The best things in life are still sweet & gooey.

## **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.

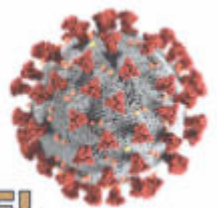
Group Leader Kathleen Meckler worked as a Youth Counselor and therapist prior to retirement, and is now donating her time and expertise to offer this Grief Support and Share Group at the Senior Center. This Group provides emotional support in a safe environment for you to explore how to cope.

The Grief Support and Share Group meets on Wednesdays from 10:00 to 11:00 am. Sessions are scheduled for April 7, 14, 21 and 28. There will be a short form to fill out the first day the group meets.

**Registration is required. If you would like to participate, please call 255-4648. Group is limited to 10 people.**



**HAVE YOU HAD  
A COVID-19  
VACCINE?  
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**SCAN ME  
FOR INFO**

Call Bismarck-Burleigh Public Health at (701) 355-1540 (Option 1) to schedule an appointment.



## This 'n That

### AARP Tax Aide

AARP Tax Aide will be providing services this year, but not in the way you are used to.



Face-to-face meetings will not be offered. Instead all tax processing will be done virtually. For more information, please call 701-751-4074.

If you would like to complete your own tax return, you can access free software at [www.irs.gov](http://www.irs.gov) or [www.nd.gov/tax](http://www.nd.gov/tax).



—West River Transit will be taking bus trips to Prairie Knights weekly and have other fun day trips scheduled. Please call them at 224-1876 for more information.

—Elaine West from West-Pic Travel is scheduling bus trips for the spring and summer. For more information, please call 1-800-446-2711.



### 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.

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# Word Search

## Happy Earth Day!

Answers on Page 15.

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

### Word List:

AIR	APRIL	ATMOSPHERE	CARBONFOOTPRINT
CLEAN	CLIMATE	COMPOST	CONSERVATION
EARTHDAY	ECOLOGY	ECOSYSTEM	ENDANGERED
ENERGY	ENVIRONMENT	FLOWERS	FUEL
GREEN	HABITAT	LITTER	NATURE
OCEAN	OXYGEN	OZONE	PLANET
PLANT	POLLUTION	RAINFOREST	RECYCLE
REDUCE	REPURPOSE	RESOURCES	RUBBISH
SAVE	TREES	VOLUNTEER	WASTE
WATER	WETLANDS	WILDLIFE	WORLD

# Recipe Roundup

## Easter Fruit Tray

- whole pineapple, cored, peeled, and cut into cubes
- 2 large clusters of green grapes
- 3 oranges, peeled and sliced
- whole cantaloupe, peeled and cut into cubes
- quart strawberries, cored
- 2 cups blueberries
- Fruit Dip recipe (see below)

## Fruit Dip

- 8 oz pkg cream cheese, softened
- 1 cup powdered sugar
- 1 cup whipping cream
- 1/4 cup granulated sugar
- 1/4 cup pineapple juice

-With an electric mixer, blend the cream cheese with the powdered sugar in a bowl and mix until smooth. Set aside.

-In another bowl, whip the cream and granulated sugar together until they form soft peaks.

-Add the powdered sugar mixture to the whipped cream and continue mixing with adding pineapple juice, a small amount at a time, until reaching the consistency desired for dipping fruit.

YIELD: 16 servings (about 1/4 cup each of fruit dip)

## Deviled Eggs

- 6 eggs
- cold water
- 1/3 cup Miracle Whip
- 1/4 tsp pepper
- 1/2 tsp ranch dressing mix
- 1 tsp yellow mustard
- paprika

-Place eggs in a saucepan filled with water and bring to a boil. Cook for 10-12 minutes.

-Cool the eggs in a bowl with cold water and peel.

-Cut the eggs in half, lengthwise and remove the yolks.

-Place the yolks in a bowl and mash and add all the ingredients except the paprika. Blend the mixture until smooth. Scoop the mixture into the egg white halves.

-Sprinkle with paprika. Refrigerate until serving time.

YIELD: 12 deviled eggs

## Watermelon Waldorf Salad

- 2 cups cubed watermelon (1/2-inch cubes)
- 1/2 cup sliced celery
- 1/2 cup seedless red grape halved
- Dash of salt
- 1/4 cup Greek yogurt
- 2 tablespoons sliced almonds, toasted



Stir watermelon, celery and grapes together in a bowl. Just before serving, stir salt into yogurt for dressing. You may want to add a little water to lighten the thickness. Pour mixture over fruit, and stir until coated. Sprinkle with almonds.

Find more watermelon recipe ideas at [www.watermelon.org](http://www.watermelon.org). (Courtesy of NewsUSA)  
©LPi

USE WHAT TALENT  
YOU POSSESS:  
THE WOODS WOULD  
BE VERY SILENT  
IF NO BIRDS SANG  
EXCEPT THOSE  
THAT SANG BEST.

-HENRY VAN DYKE



BCSAP would like to share your recipes! Recipes should be easy to follow, contain ingredients that are common and serve one or two people. If you have a recipe to share, please:

- email it to [lisab@burleighsenioradults.org](mailto:lisab@burleighsenioradults.org),
- mail it to: Recipe Roundup, BCSAP, 315 N 20th Street, Bismarck, ND 58501, or
- drop off in Drive Thru lunch line.

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A Monthly Publication for Activity Professionals.

# Spring into Wellness Exercise Log

**STAY  
ACTIVE**



Name: \_\_\_\_\_

**Goal:**  
**Try a new type of physical activity!**

Day	Activity	Time
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

Day	Activity	Time
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		



See Page 4 for details.  
Log your activity and return this form to the  
Burleigh County Senior Center by May 5, 2021.  
**Prizes will be awarded to all participants!!!**



## Puzzle Answers

Our Apologies!  
We inadvertently  
omitted the  
answers to the  
March Word  
Scramble. The  
answers are:

1. Cabbage
2. Shamrock
3. Clover
4. Leprechaun
5. Rainbow
6. Gold
7. Saint Patrick
8. Ireland
9. Luck
10. Malarkey

Easter Word  
Scramble Answers:

1. Bunny
2. Basket
3. Cross
4. Easter Egg
5. Bonnet
6. Chjck
7. Jellybean
8. Lily
9. Sunday
10. Egg Hunt

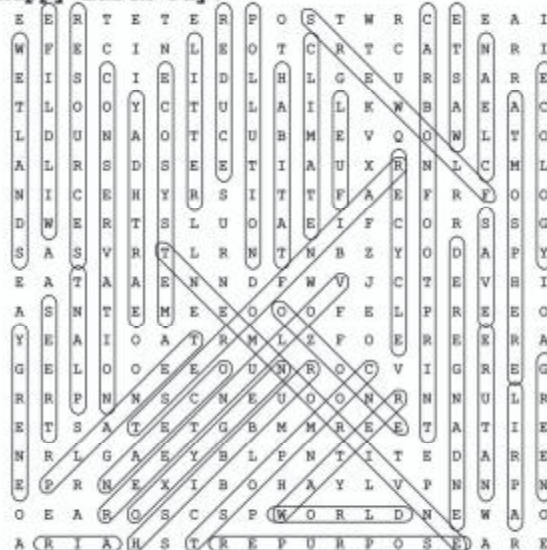
April Trivia Answers

1. April Fool's Day
2. Sweet Pea
3. Aries
4. Diamond
5. Titanic Sunk
6. Earth Day
7. San Francisco
8. Trees

Rain Word Game

1. Rainwear
2. Rainspout
3. Rainbow Trout
4. Rain Gauge
5. Rainy Day
6. Mt. Rainer
7. Rainout
8. Raining Cats & Dogs
9. Rain Check
10. Raincoat
11. Rain Date
12. Rain Barrel
13. Rainbow
14. Rain Forest
15. Ma Rainey (Gertrude Pridgett Rainey)
16. Rainmaker
17. Singin' in the Rain
18. Blue Eyes Crying in the Rain
19. Raindrops Keep Fallin' on my Head

Happy Earth Day!



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contact us at 800-927-8338 or 701-839-7433**



## *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](http://freetv.org), Roku or Apple TV.

**Fridays—April 2, 9, 16, 23 & 30  
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. 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.

### **SENIOR PLANET *Aging with Attitude***

Join a distinctive, diverse collection of people aged 60 and older who are busy changing the way we age by embracing opportunities to reshape our lives, connect with and help one another, and change the world for the better—all while learning, growing, and having fun!

Visit <https://seniorplanet.org> for online classes, book club, exercise, discussion groups, music and more!

### **"RAIN" WORD GAME (answers on page 15)**

The answer to each item in this list has the word 'rain' in it. Can you get them all?

1. Waterproof clothing
2. Another word for gutter
3. North American fish
4. Device used for measuring rainfall
5. Phrase meaning a time of need or trouble
6. Highest point in the Cascade Mountain range
7. Phrase used when an event is cancelled due to rain
8. Saying for when it's raining heavily
9. Promise that an offer will be accepted in the future
10. Water-resistant piece of clothing that covers a person
11. Phrase given for a second choice scheduled for a cancellation
12. Old-fashioned phrase for shower or container used to catch rain water
13. Arc of seven spectral colors that appears in the sky when the sun is out and it is raining
14. Area of dense foliage with an annual rainfall of more than 100 inches
15. American singer considered the first great blues vocalist
16. Slang word for someone that is known for achieving excellent results as in business or politics
17. Title song on the 1952 movie by the same name that starred Gene Kelly, Donald O'Connor, and Debbie Reynolds
18. Song written in the 1940's by Fred Rose and sung by various country artists but was Willie Nelson's first number 1 hit in 1975
19. Name of the popular song that was written by Hal David and Burt Bacharach for the 1969 movie, Butch Cassidy and the Sundance Kid, and sung by B.J. Thomas

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# 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.

The Senior Sentinel | 17

## Take the NextBlue Advantage!



### Part C, or Medicare Advantage = Medicare Part A, B and D

Medicare Part C, or Medicare Advantage, integrates Medicare Part A and Part B coverage. Many Medicare Advantage plans also include Part D drug benefits. Medicare Advantage plans are only available through private health insurers and, depending on your plan, may provide extra coverage including:

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Burleigh County Senior Adults Program, Bismark, ND

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## Thank You to Our Donors...

**We sincerely thank the following individuals and/or businesses for their generous donations.  
(Listed donations were received between February 6, 2021 through February 26, 2021.)**

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Shari Ketterling

In Memory of Ronda Kraft  
Lorraine Atwood

In Memory of Dorothy Preabt  
Norma R. Thompson

### **Special Thanks To...**

Century High School National Honor Society Volunteers for helping  
with some of the many projects at the Burleigh County Senior Center!

## 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: \_\_\_\_\_

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Your name will be placed on  
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donation, honorarium or  
memorial of \$50 or more.

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

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