



THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol.5 May, 2021

Burleigh County Senior Center New Hours Beginning May 3, 2020

OPEN: 8:30 am—3:30 pm

Special Activities—as outlined in newsletter!

Coffee Bar! Billiards Area!

Craft Room!

Fitness Rooms (by appointment)!

Drive-Thru (or take out) meals will continue.

Please wear your mask and practice social distancing!



Wing and Sterling Meal Sites Open May 3rd!

We are happy to announce that the Wing Senior Center and Sterling Meal Site will be opening for congregate meals beginning Monday, May 3rd.

Wing Senior Center: Open 11:00 am—1:00 pm

Sterling Meal Site: Open 11:00 am—1:00 pm

ND Smart Restart safety precautions will be taken. Please enter the meal sites with a face covering. You may still receive a meal to go if you are uncomfortable or unable to eat in a congregate setting.

Health maintenance services will also resume at these sites. See page 17 for more information.

**Please call 701-943-2490 if you have questions
or to make your meal reservation.**

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Join us for Activities!

Coffee Bar & Caramel Rolls

The Coffee Bar is open each day beginning at 8:30 am. Come in for coffee and fellowship. Assorted pastries 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, May 5 and May 19, at 8:30 am, we will have Caramel Rolls. **Advance reservations are required and Coffee Bar patrons will be limited to 100 people.** Call 255-4648 to reserve your spot!

"The Old Red Trail"

Join us in the Senior Center Dining Room on Tuesday, May 25 at 1:00 pm for a documentary on "The Old Red Trail."

The Old Red Trail was a national effort put forth primarily by the AAA, and laid out in 1914 from Fargo to Medora. Early directions were complicated and relied on local landmarks more than any official signage. Still, the Old Red Trail was the first major thoroughfare through the state and many people used it to travel more easily, independently, and farther than they had gone before. See the process of how I-94 was built across the State of North Dakota. Bob Dambach produced and narrates this perspective of the construction of I-94. (Filmed in 2007, music by Chuck Suchy.)



—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.

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

**The Burleigh County
Senior Adults Program
will be CLOSED
Monday, May 31 for Memorial Day.**

Celebrate your Inner Artist!

Art from the Heart

Join Nina on Monday, May 3 at 9:30 am as she leads us in painting this picture. There is a 5 person limit on this class and a \$5 suggested donation which can be paid when you arrive. Reserve your spot by calling 255-4648.



Art with Nicole

Join ND Council on the Arts artist Nicole Gagner on Monday, May 10 at 10:00 am, as she teaches basic colored pencil techniques that will have you creating fabulous colored pencil art in no time! There is an 8 person limit on this class and a suggested \$5 donation which can be paid when you arrive. Reserve your spot by calling 255-4648.

Craft Kit: Butterfly Magnets

Craft kits are available for you to make a colorful Spring-time Butterfly magnet. All supplies are included in the kit. Call 255-4648 to reserve your kit. Please plan to pick your kit up at the Senior Center during Coffee Bar or Drive Thru hours.

Dalmalning with Diane Edwards

**May 27, 2021 ~ 9:00 am – 5:00 pm
at Bismarck Arts and Galleries**

Diane Edwards will lead a one day class in the basics of Swedish Folk Art Dala painting. Learn to load and use your brush and make exciting kurbits and flowers. The paints and mediums are being provided compliments of the Chroma Company. Backgrounded paper and patterns for transferring will be provided. Diane will also demonstrate how to accomplish these forms free-hand. If you are not a beginner, you may bring a small wooden article to paint (something flat, i.e., plate, breadboard). Swedish Folk Art is a fun, relaxing and very colorful type of painting that you are sure to enjoy!

Please call Bismarck Arts and Galleries at 223-5986 to register. There is a \$60 fee which can be paid when you arrive for the class. The class is limited so please call early!

Wednesdays are for Bingo!



BINGO AT THE SENIOR CENTER
May 12 and May 26 at 1:00 pm

PHONE BINGO
May 5 and May 19 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, then
on to Blackout
- Game 4: Double Straight Bingo
- Game 5: Straight Bingo or 4 Corners
- Game 6: Block of Six (6)

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

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

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An advertisement for Bismarck Burleigh Public Health. It features a background image of several white prescription bottles. A sign in the foreground reads "OUT OF SIGHT IS NOT OUT OF REACH" with a warning triangle icon. Text on the bottles includes "OXYCODONE TABLET" and "TAKE 1 TO 2 TABLETS EVERY 4 HOURS FOR PAIN". A blue box contains the text: "THE MAJORITY OF PRESCRIPTION DRUG ABUSERS GET THEIR FIRST DOSE FROM A FAMILY MEMBER'S MEDICINE CABINET. KEEP PRESCRIPTION DRUGS OUT OF THE WRONG HANDS." Below this, it says "A limited supply of medication deactivation bags is available at Bismarck Burleigh Public Health." and "Call 701.355.1597". The Bismarck Burleigh Public Health logo is in the top right corner.



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Burleigh County Senior Adults Program, Bismarck, ND

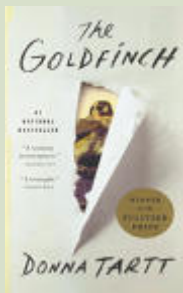
A 4C 05-0634

Join us for Activities!

BOOK CLUB

Book Club: *The Goldfinch*

The Book Club will meet in the Senior Center Library on May 24 at 1:00 pm to discuss the Pulitzer Prize winning book, *The Goldfinch*, led by Dr. Wayne G. Sanstead.



You may also join the conversation by calling the Senior Center Party Line. To join the call, dial 1-844-854-2222 and enter the access code: 6763322#.

Pick up a copy of the book from Lisa during Coffee Bar hours or call her at 255-4648 to make other arrangements.

Book Synopsis: Aged thirteen, Theo Decker, son of a devoted mother and a reckless, largely absent father, survives an accident that otherwise tears his life apart. Alone and rudderless in New York, he is taken in by the family of a wealthy friend. He is tormented by an unbearable longing for his mother, and down the years clings to the thing that most reminds him of her: a small, strangely captivating painting that ultimately draws him into the criminal underworld. As he grows up, Theo learns to glide between the drawing rooms of the rich and the dusty antiques store where he works. He is alienated and in love - and his talisman, the painting, places him at the center of a narrowing, ever more dangerous circle.

Book Mobile

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 make other arrangements.



MOVIE MATINEES

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

May 7: **Mother's Day**

Sandy is a stressed-out, single mom who learns that her ex-husband is marrying a younger woman. Her friend Jesse is a fitness freak who doesn't tell her parents that she has a family. When their respective problems start coming to a head, the Mother's Day holiday takes on a special meaning.

-Jennifer Aniston, Julia Roberts 118 min

May 14: **Knives Out**

The circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but there's one thing that renowned Detective Benoit Blanc knows for sure -- everyone in the wildly dysfunctional Thrombey family is a suspect.

-Jamie Lee Curtis, Daniel Craig 150 min

May 21: **Wild Mountain Thyme**

Headstrong farmer Rosemary Muldoon has her heart set on winning her neighbor Anthony Reilly's love. The problem is, Anthony seems to have inherited a family curse, and remains oblivious to his beautiful admirer. Stung by his father's plans to sell the family farm to his American nephew, Anthony is jolted into pursuing his dreams.

-John Hamm, Emily Blunt 103 min

May 28: **My Big Fat Greek Wedding**

A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

- Nia Vardalos, John Corbett 95 min

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

Pen Pal Project

Thank you to everyone that participated in our Intergenerational Pen Pal Project. We hope you enjoyed getting to know your student. The students had fun with this project and learned the skill of letter writing. There are two events to wrap up our Pen Pal Project. ***If you are a Pen Pal, please join us!***

Whittier Decoys Class with Innovation School

Join students from Innovation School on Thursday, May 13 at 1:00 pm in the parking lot outside the Senior Center Rec Room.

Meet the Pen Pal students in person. Rick and Connie Whittier will also be here to demonstrate and lead us through a fun painting project with Dark House Spear Fishing Decoys.

(This class is sponsored by Bismarck Arts and Galleries Association, Art for Life and ND Council on the Arts.)

Rita Murphy Pen Pal Year End Get Together

On Tuesday, May 18 at 1:00 pm, students from Miss Bren's class at Rita Murphy will be here for a year end get together.

Meet the pen pals in person. Join in on a special project and snack!



These classes are only open to Pen Pal participants. Please call 255-4648 to let us know which event(s) you are attending. Thank you!

This project was part of the Bismarck-Burleigh Public Health Blue Zones Project, which aims to make our community a healthier, happier place to live, work and play. Thank you to BBPH for sponsoring the journals.

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 <p>EASTGATE FUNERAL & CREMATION SERVICE</p> <p>2302 E. Divide Ave - Bismarck, ND 58501 (701) 223-7322 - www.EastgateFuneral.com</p>  <p>PARKWAY FUNERAL & CREMATION SERVICE</p> <p>2330 Tyler Parkway - Bismarck, ND 58503 (701) 223-1100 - www.ParkwayFuneral.com</p>		<p>THE TERRACE</p> <p>Basic Care</p>  <p>Call for a Tour 701-258-1980 • terraceadmin@bchabis.com</p>
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Burleigh County Senior Adults Program, Bismarck, ND

B 4C 05-0634

Health & Wellness

Healthwise:

Sun Safety for Men and Women (NDSU Extension)

Join Shaundra Ziemann- Bolinske and Katie Johnke in the Senior Center Dining Room on Tuesday, May 4 at 10:00 am as they share information on sun safety and ways to prevent sun damage to your skin. Exposure to the sun can cause sunburn, skin aging (such as skin spots, wrinkles, or "leathery skin"), eye damage, and skin cancer. Please register for this class by calling 255-4648.

WELLNESS CHALLENGE
FEBRUARY STATS:
19 walkers, 3,357,689 steps
which equals 1,678.84 miles!

Bone Builders

With the closure of RSVP, Bone Builders will not be offered at the Burleigh County Senior Center. Stay tuned for a new exercise program that will focus on muscle strength, flexibility and mobility. If you have personal weights at the Senior Center, please stop by the Administrative office and pick them up.

Senior Center Exercise Rooms

The Burleigh County Senior Center Exercise Rooms are 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.

Upcoming Class from NDSU Extension: Moving for Better Balance Class

Beginning on Monday, July 19, 2021 NDSU Extension will be offering a ***Moving for Better Balance*** class. Shaundra Zeimann-Bolinske and Vanessa Hoinen will lead this FREE, 12 week program with twice a week meetings (Tuesdays/Thursdays from 8:30—9:30 am), that will help you gain stability, muscle strength, flexibility and better mobility. Sign up will begin on June 21, and there will be a meeting prior to the start of the program. If you have questions, call Lisa at 255-4648.

Take an "Awe Walk" Wellness Challenge

Please continue to track your steps through the month of May. While you are walking, we encourage you to add a challenge!



The challenge is to focus on the beauty around you. A study in the journal *Emotion* in September 2020, found that a regular dose of awe reduces your stress and actually boosts your mental health. Even a short 15 minute walk is proven to increase positive feelings. If you focus on the beauty around you, such as a tree budding, a blue sky, birds flying, or children playing, it helps you focus outward. When you are thinking of the joyful sights around you, you aren't thinking of your aches and pains. What a great way to get rid of negative thoughts — to think outward! The study stated that those who focused on the space around them, actually felt happier, less upset with things and more socially connected.

If you are comfortable, please share your experiences by sending a note with your step tracking sheet (on page 14). We love to promote positive thinking! Reactions will be shared in the July newsletter.

YOGA RETURNS!

Join us on Fridays from 9:30 am—10:15 am for outdoor Yoga. Class will be held on the west lawn of the Burleigh County Senior Center. Remember to dress for the weather!



May 7: Chair Yoga with Marlene
May 14 Chair Yoga with Bonny
May 21: Standing Yoga with Jessica
May 28: Chair Yoga with Marlene

Class will be limited to 8 people and advance reservations are required. Call 255-4648 to reserve your spot.

(In case of rain, class will be held inside.)

May Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pineapple Glazed Ham AuGratin Potatoes Normandy Vegetable Blend Dark Sweet Cherries	4 Bacon Ranch Chicken Breast Baked Potato with Sour Cream Italian Vegetable Blend Peaches Chocolate Pudding Cup	5 Roast Beef Garlic Mashed Potatoes with Gravy Candy Corn Vegetable Blend Fresh Orange	6 Italian Sausage with Peppers and Onions Fried Potatoes Orange Creamsickle Salad	7 Lemon Pepper Tilapia Linguine in Wine Sauce Roasted Squash Medley Chunky Fruit
10 Chicken Kiev Wild Rice Scandinavian Vegetable Blend Pears	11 Pork Loin Tri Colored Roasted Potatoes Summer Vegetable Blend Mandarin Oranges	12 Meatloaf Baby Baker Potatoes Broccoli with Cheese Fruit Cocktail	13 Beef & Broccoli With Fried Rice Egg Roll Pineapple Chunks Fortune Cookie	14 Sour Cream Chicken Enchiladas Spanish Rice Refried Beans Fresh Banana
17 Open Faced Hot Hamburger Mashed Potatoes with Gravy Corn Apricots Asst. Cookie	18 Shrimp Scampi with Spaghetti Noodles Green Beans Cherry Salad	19 Baked Chicken Scalloped Potatoes Murray Vegetable Blend Fresh Apple	20 Porcupine Meatballs Parsley Buttered Potatoes Mixed Vegetable Blend Peaches	21 Stuffed Green Pepper Sour Cream & Chives Mashed Potatoes Garden Vegetable Blend Pears
24 Chicken Fried Chicken Mashed Potatoes with Country Gravy Peas with Pearl Onions Pineapple	25 BBQ Ribs Sweet Potato Baked Beans Applesauce	26 Beef Taco Salad Corn Muffin Asst. Yogurt Cup Chunky Fruit	27 Bruschetta Chicken Breast Roasted Potatoes Glazed Carrots Fresh Orange Scotcheroo	28 Chef Choice Baked Fish Quinoa & Rice with Vegetables Prince Edward Vegetable Blend Dark Sweet Cherries
31 CLOSED MEMORIAL DAY			MENU SUBJECT TO CHANGE!	

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.**

May Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 am Coffee Bar 9:30 am Art from the Heart	4 8:30 am Coffee Bar 10:00 am Healthwise: Sun Safety for Men & Women	5 8:30 - 10:30 am Caramel Rolls (reservation required) 10:00 am Grief Support & Share Group 10:00 am Low Vision Support Group 1:00 pm Phone Bingo	6 8:30 am Coffee Bar	7 8:30 am Coffee Bar 9:30 am Chair Yoga 1:00 pm Movie Matinee
10 8:30 am Coffee Bar 10:00 am Art with Nicole	11 8:30 am Coffee Bar	12 8:30 am Coffee Bar 10:00 am Grief Support & Share Group 1:00 pm In Person Bingo 1:30—3:00 pm Legal Services of ND (By appointment)	13 8:30 am Coffee Bar 9:30 am Prairie Sea Hearing 1:00 pm Pen Pals: Whittier Decoys Class	14 8:30 am Coffee Bar 9:30 am Chair Yoga 1:00 pm Movie Matinee
17 8:30 am Coffee Bar	18 8:30 am Coffee Bar 10:30 am Hearing Loss Support Group 1:00 pm Pen Pals: Year-End Get-Together	19 8:30 - 10:30 am Caramel Rolls (reservation required) 10:00 am Grief Support & Share Group 1:00 pm Phone Bingo	20 8:30 am Coffee Bar	21 8:30 am Coffee Bar 9:30 am Standing Yoga 1:00 pm Movie Matinee
24 8:30 am Coffee Bar 1:00 pm Book Club	25 8:30 am Coffee Bar 1:00 pm "The Old Red Trail"	26 8:30 am Coffee Bar 10:00 am Grief Support & Share Group 1:00 pm In Person Bingo	27 8:30 am Coffee Bar	28 8:30 am Coffee Bar 9:30 am Chair Yoga 1:00 pm Movie Matinee
31 CLOSED MEMORIAL DAY				

We appreciate your patience as we re-introduce the many activities that were popular at the Senior Center. Activities that have shared items (i.e., cards, 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!



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	

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Burleigh County Senior Adults Program, Bismarck, ND

C 4C 05-0634

Screenings & Support Groups

Prairie Sea Hearing Center

Jessica McLindsay, from the Prairie Sea Hearing Center, will be at the Senior Center on Thursday, May 13, 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, May 18 at 10:30 am. Pre-registration is required. Call 255-4648 to sign up.

Low Vision Support Group

Betsy Hermanson, Vision Specialist from ND Vocational Rehab will resume the Low Vision Support Group on Wednesday, May 5 at 10:00 am. Please call 255-4648 to register. This group will be limited to 8 people.

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 May 5, 12, 19, and 26.

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

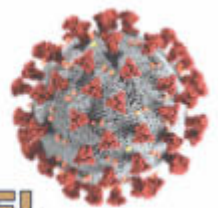
Legal Services

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, May 12 from 1:30—3:30 pm to meet with individuals by appointment.

If you need assistance with a legal matter, please contact their Central Intake Office at 1-866-621-9886 (Monday—Friday from 8:00 am to 5:00 pm or visit their website at www.legalassist.org.



**HAVE YOU HAD
A COVID-19
VACCINE?
NOW IS THE TIME!**



**SCAN ME
FOR INFO**

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

Red, White, or Blue?



1. What color is a garnet?
2. What color is a sapphire?
3. What color flag is waved when surrendering?
4. When celebrating, you paint the town this color.
5. Where does the President live?
6. What color flowers do you give a blue lady?
7. Complete the following phrase, Once in a _____ moon.
8. This is the color of elephants you might find at a garage sale.
9. First prize wins this color ribbon.
10. It's not worth one _____ cent.
11. An albino animal has what color skin or fur?
12. Depression or sadness might be considered this color.
13. The second full moon of a month is considered this.
14. A ceremonial carpet is this color.
15. This Disney character has seven short friends.

The Burleigh County Senior Adults Program will be CLOSED Monday, May 31 for Memorial Day.

Answers on Page 15.

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Burleigh County Senior Adults Program, Bismarck, ND

D 4C 05-0634

Fun & Games!

Mothers Day Quiz

Answers on page 15.

1. Mother of nursery rhymes.
2. Went to the cupboard to get her poor dog a bone.
3. Mother of the weather and outdoors.
4. Hard, iridescent substance that forms in shells.
5. Children's game where the players ask for permission.
6. Famous mother known for helping the poorest of the poor in Calcutta, India.
7. Large or profitable source or supply.
8. Mother of Jesus.
9. Mother of the soil.
10. Some people don't get along with this mother.
11. Mother by marriage.

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Time to Bike

Answers on Page 15.

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

Word List:

AERODYNAMIC
BIKINGGLOVES
COAST
FRAME
HELMET
MOUNTAINBIKE
REFLECTORS
SEAT
SPROCKET
TIRES

BEARINGS
CHAIN
DRAFTING
GEARS
HYBRID
PEDALS
RIDING
SHIFTING
STOP
TUBE

BELL
CHAMOIS
FENDERS
GRIPS
JERSEY
PELOTON
ROADBIKE
SIGNALS
BRAKES
WATERBOTTLE

BICYCLE
CLIPLESSPEDAL
FLATTIRE
HANDLEBARS
LIGHTS
PUMP
SAFETY
SPOKES
SUSPENSION
WHEEL

Mothers Day Word Search (answers on Page 15.)

1	nvlgoi		6	ualfosbu	
2	ielubtuaf		7	nyufn	
3	nkdi		8	elif nigvig	
4	rhaet		9	emohrt	
5	odog okoc		10	hsug	

Recipe Roundup

Squash Dinner

Submitted by: Brenda & Bob Hodny

2 Tbsp Extra Virgin Olive Oil, divided
4-6 Polish Sausage (1—1 1/2 lbs Polska Kielbasa),
peeled, sliced into rounds
3/4 C Red Onion, chopped
6 Yukon Gold Potatoes, peeled and diced to 1/2 inch
1 Rutabaga, medium, peeled and diced to 1/2 inch
1 Squash, (Buttercorn, Acorn or other Winter Squash),
peeled, seeded and diced 1/2 inch
2 Red Bell Peppers, cleaned, diced to 1/2 inch
3 tsp. Thyme leaves, fresh stripped (or 2/3 tsp dried)
2/3 tsp Fennel Seeds, crushed
Salt (pinch) and fresh ground pepper to taste
1 1/4—1 3/4 cups Chicken Broth

Heat 1 Tbsp olive oil in heavy pan. Brown the sausage in the oil then place in crockpot. Heat remaining olive oil in the pan and add the onion. Cook on medium for 3 minutes then add to crockpot with the potatoes, rutabaga, squash, red bell pepper, thyme and fennel seed. Season with salt and pepper. Add the chicken broth. Mix all together.

In 8 quart crockpot, cook on high for 1 1/2 hours and then on low for 4 1/2 to 5 hours. If it is still boiling on low after a total of 3 hours, finish cooking on warm.



Spinach Smoothie

Submitted by: Brenda Hodny

Handful of Fresh Baby Spinach
1 green Apple (Granny Smith), seeded and sliced
2 Green Kiwi, Peeled and sliced
1/2 cucumber, peeled and sliced
1 Avocado, cleaned and sliced
Apple Juice (to taste)

Combine all ingredients and blend until smooth.

Mr. T's Meat Loaf

Submitted by: Diane Wilson

2 lbs lean ground beef
2 eggs
2/3 cups quick cooking oats
1 pkg dry onion soup mix
1/2 c ketchup

Combine all ingredients mix well. Shape into loaf, place in pan. Bake at 350 degrees for 1 hour 10 minutes. Remove and cool for 20 minutes before serving. Can spread some ketchup on top before cooking as well. I have cut the recipe in 1/2 which works too. Easy and Delicious!

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,
-mail it to: Recipe Roundup, BCSAP,
315 N 20th Street, Bismarck, ND 58501, or
-drop off in Drive Thru lunch line.

Seasons

by Connie Skarpohl

**The whisper of a babbling brook
announces Spring's arrival.**

**Summer sun paints a melody of color
and shadow.**

**Tones of Fall feel the rhythm-with
leaves of color, dancing in the
breeze.**

**Gone is Winter's bluster as it strikes
the final chord.**

**Each season plays its part in the
symphony of change.**

“Awe Walk” Wellness Exercise Log

**STAY
ACTIVE**



GLPI

Name: _____

**Goal:
Take an
“Awe Walk”!**

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

Day	# Steps
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	
31	



GLPI

See Page 6 for details.

Log your activity and return this form to the
Burleigh County Senior Center by June 4, 2021.
Prizes will be awarded to all participants!!!

Puzzle Answers

Mothers Day Quiz

1. Mother Goose
2. Mother Hubbard
3. Mother Nature
4. Mother of Pearl
5. Mother May I
6. Mother Theresa
7. Motherload
8. Mary
9. Mother Earth
10. Mother-in-Law
11. Step Mother

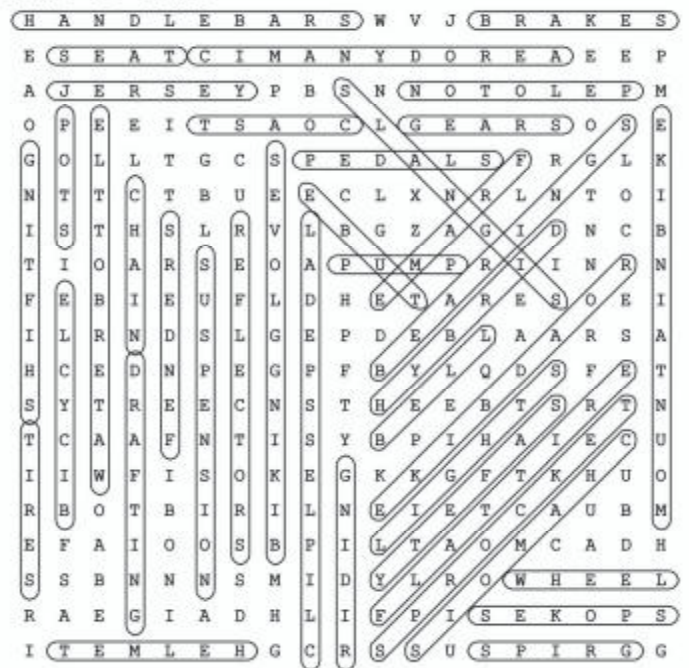
1970's Country Songs

- Coal Miners Daughter
- The Fighten' Side of Me
- Back Home Again
- Rhinstone Cowboy
- Here You Come Again
- Take this Job and Shove It.
- Rose Garden

Word Scramble

- | | | |
|----------------|---------------------|----------------|
| 1. Loving | Red, White or Blue? | 8. White |
| 2. Beautiful | 1. Red | 9. Blue |
| 3. Kind | 2. Blue | 10. Red |
| 4. Heart | 3. White | 11. White |
| 5. Good Cook | 4. Red | 12. Blue |
| 6. Fabulous | 5. White House | 13. Blue |
| 7. Funny | 6. Red Roses | 14. Red |
| 8. Life Giving | 7. Blue | 15. Show White |
| 9. Mother | | |
| 10. Hugs | | |

Time to Bike



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Burleigh County Senior Adults Program, Bismarck, ND

E 4C 05-0634

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—May 7, 14, 21, & 28
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.

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1970's Country Songs (fill in the blanks)

Well I was born a _____ in a cabin, on a hill in Butcher Holler. We were poor but we had love, that's the one thing that daddy made sure of. He'd shovel coal to make a poor man's dolla.
—Loretta Lynn

An' I don't mind 'em switchin' sides an' standin' up for things they believe in. When they're runnin' down our country, man they're walkin' on _____.
—Merle Haggard

Hey, it's good to be _____. Sometimes this old farm feels like a long-lost friend. Yes and hey, it's good to be _____.
—John Denver

Like a _____ cowboy, riding out on a horse in a star-spangled rodeo. Like a _____ cowboy, getting cards and letters from people I don't even know and offers comin' over the phone.
—Glen Campbell

_____. Just when I'd begun to get myself together, you waltz right in the door, just like you've done before and wrap my heart 'round your little finger.
—Dolly Parton

_____, I ain't working here no more. My woman done left and took all the reasons I was working for.
—Johnny Paycheck

I beg your pardon. I never promised you a _____. Along with the sunshine, there's gotta be a little rain sometime.
—Lynn Anderson

Answers on Page 15.

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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, call 255-4648.

— For an appointment at Crescent Manor, call 355-7617.

— *Wing Foot Care Clinic—May 10

— *Sterling Foot Care Clinic—June 24

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

*For Wing/Sterling, please call Denise at 255-4648 to make appointment.



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F 4C 05-0634

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(Listed donations were received between March 1—March 31, 2021.)

John Maddock, In memory of Eldon “Eldy” Herman

Kara Steier, In memory of Marian Schnell

Claudia Steckel

Carol Peterson

Thank You. 

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



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

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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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