



THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 11 November, 2021



Dear Friends,

Happy Thanksgiving to you and your family!

We are thankful to you for your support of our organization — whether it be through volunteering, receiving meals, health services, or participating in our activities.

May you find joy in abundance during this Happy Season of Thanksgiving!

From all of us at the
Burleigh County Senior Adults Program!

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Special Programs

MEDICARE PART D OPEN ENROLLMENT

If you are on Medicare, you already may be on a prescription drug plan, a.k.a. Medicare Part D. These prescription drug benefit plans are offered by private insurance companies approved by Medicare.

Even if you have an insurance plan and think you are set for the coming year, you should consider having your Medicare Part D plan reviewed. People who re-examined their plan last year saved an average of \$600/year.

The annual open enrollment period for Medicare is October 15—December 7. This window of time is when you may make changes to your policies. The available plans and what they cover change from year to year. So if your plan was the best option last year, it might not be the best option for the coming year!

To assist you with this process, Irene Rankin, a volunteer at the Burleigh County Senior Center, will be accepting appointments to review your policy and show you new options that may be available to you.

**Appointments will be scheduled
between October 15 and December 7.
To schedule your appointment,
please call us at 255-4648.**

Please bring the following documents with you to your appointment:—A list of your medications, including dosages and frequency;
—Your Medicare card;
—Your Medicare Part D prescription drug plan card and your 'yellow' ID card (if you have one).

Masks are required inside the Burleigh County Senior Center.

If you have any questions regarding your Medicare policies, please contact the ND State Health Insurance Counseling Program at 701-328-2440 or 1-888-575-6611.

CURIOSITY STREAM PROGRAMMING

*Join us for these educational programs—
Thursdays at 9:30 am*

November 4: 1929 The Great Depression

This is the story of how the world's leading economy sinks into the Great Depression, with repercussions that allow Hitler to rise to power. Eventually, President Franklin D. Roosevelt brings hope and optimism back into the hearts of the US population.

November 11: Man's First Friend

He has shared our lives for 20,000 years. Along the way, he has helped us find food, kept our livestock, protected us from our enemies, guided us in extreme conditions, and saved us from peril. Now, he comforts us, relieving loneliness and helping us cope with old age. How did dogs come about?



November 18: That Sugar Film

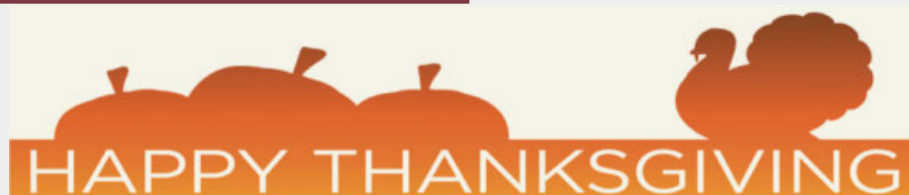


Damon Gameau embarks on an experiment to document the effects of a high sugar diet on a healthy body.

DISCOVER YOUR WORLD

Join us for a special viewing of **Wild Yellowstone** on Tuesday, November 9 at 9:30 am

A unique and jaw dropping location, Yellowstone is paradise. But for the animals that live there, life is often not easy. Filmed in both summer and winter, with remarkable close-range footage of Yellowstone's wildlife, **Wild Yellowstone** captures the beauty and essence of the land and animals in a place that is like no other in the world.



Veteran's Day



To All Veterans... We Salute You!

Thank you for your service and sacrifice! Thank you to all members of our military, in all branches, past and present, living and dead. On this day, we honor all current and former members of the Armed Services.

The Burleigh County Senior Adults Program has a small gift of appreciation for veterans utilizing its services. Gifts will be distributed in the Drive-Thru line on Thursday, November 11. (If you are unable to drive-thru, please contact Renee at 255-4648 to make other arrangements.)



The Senior Sentinel | 3



Small but mighty.

At Primrose, our small community is just the right size to allow for our residents to gather for activities and dining. These gatherings of neighbors and friends foster an atmosphere of closer, more meaningful connection, a perfect scenario in combatting the isolation older adults often experience elsewhere.

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Burleigh County Senior Adults Program, Bismarck, ND

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Join us for Activities!

BOOK CLUB

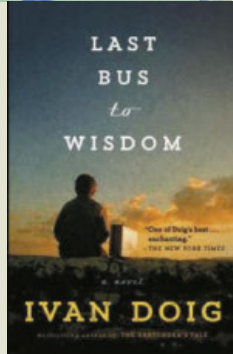
The Book Club will meet in the Senior Center Library on Monday, November 29 at 1:00 pm to discuss the book,

Last Bus to Wisdom, written by Ivan Doig. Discussion will be led by Dr. Wayne G. Sanstead.

You may also join the conversation by calling 1-844-854-2222 and entering the access code: 6763322#

Pick up a copy of the book at the Senior Center during regular hours or call Denise Fettig-Loftesnes at 255-4648 to make other arrangements. Please return the book no later than November 29.

Book Synopsis: Donal Cameron is being raised by his grandmother, the cook at the legendary Double W ranch in Ivan Doig's beloved Two Medicine Country of the Montana Rockies, a landscape that gives full rein to an eleven-year-old's imagination. But when Gram has to have surgery for "female trouble" in the summer of 1951, all she can think to do is to ship Donal off to her sister in faraway Manitowoc, Wisconsin. There Donal is in for a rude surprise: Aunt Kate—bossy, opinionated, argumentative, and tyrannical—is nothing like her sister. She henpecks her good-natured husband, Herman the German, and Donal can't seem to get on her good side either. After one contretemps too many, Kate packs him back to the authorities in Montana on the next Greyhound. But as it turns out, Donal isn't traveling solo: Herman the German has decided to fly the coop with him. In the immortal American tradition, the pair light out for the territory together, meeting a classic Doigian ensemble of characters and having rollicking misadventures along the way.



MOVIE MATINEES

Join Us for a Movie—Fridays at 12:45 pm

November 5: *Woman in Gold*

PG-13 2015 – Drama/History

"Woman in Gold," a 2015 film starring Helen Mirren and Ryan Reynolds, is based on the true story of Maria Altmann, a Jewish woman who took on and won a years-long battle against the Austrian government to regain ownership of a Gustav Klimt painting of her aunt, Adele Bloch-Bauer.

November 12: *The Monuments Men*

PG-13 2014 • War/Drama

During World War II, the Nazis steal countless pieces of art and hide them away. Some over-the-hill art scholars, historians, architects and other experts form a unit to retrieve as many of the stolen masterpieces as possible. The mission becomes even more urgent when the team learns about Hitler's "Nero Decree," which orders destruction of the artworks if the Third Reich falls. Caught in a race against time, the men risk their lives to protect some of mankind's greatest achievements.

November 19: *POMS*

PG-13 2019 Comedy/Dance

Martha is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl, a fun-loving neighbor who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it is never too late to follow your dreams, even when the odds are stacked against you.

November 26: No Movie

Join us for Activities!

TRIVIA FOR SENIORS

Join us for Trivia for Seniors on Tuesday, November 2 and November 16 from 12:30 pm—1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!

(Trivia will be held the first and third Tuesday of each month from 12:30 pm—1:00 pm.)

STOP BEING BORED! COME PLAY BOARD GAMES!

Please join us on Tuesday, November 9 and November 23, from 12:30 pm—1:30 pm to play board games, all the while visiting with friends, old and new!

(Board Games will be held the second and fourth Tuesdays of each month from 12:30 pm—1:30 pm.)



Penny Bingo,
normally held on
Wednesdays
in the
South Conference Room,
is cancelled for the
month of November!

**The Senior Center
Advisory Committee will
meet on
Tuesday, November 2,
at 9:30 am in the Library.**



The Senior Sentinel | 5



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Support Groups & Free Resources

PRAIRIE SEA HEARING CENTER

Jessica McLindsay, from the Prairie Sea Hearing Center, will be at the Senior Center on Thursday, November 11, from 9:00-10:30 am in the Library, to provide hearing screenings and hearing aid cleanings. No appointment necessary!

HEARING LOSS SUPPORT GROUP

Kathy Frelich from NDSD/Resource Center for Deaf and Hard of Hearing will be at the Senior Center for our Hearing Loss Support Group on Tuesday, November 16 at 10:30 am. This group meeting will be held in the Library. Pre-registration is required. Stop by the Administrative Office or call 255-4648 to register.

LOW VISION SUPPORT GROUP

Betsy Hermanson, Vision Specialist from ND Voc Rehab will lead the Low Vision Support Group in the Library on Wednesday, November 3 at 10:00 am. Stop by the Administrative Office or call 255-4648 to register. This group will be limited to 8 people.

CAREGIVER SUPPORT GROUP

Join us for our Caregiver Support Group on Thursday, November 11 in the Dakota Room from 10:30 am to 11:30 am. Family caregiving is rewarding but it can also impact your own health and well-being. Learn more about the unique challenges and stressors that family caregivers face and learn how you can stay healthy. 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 Caregiver Support Group. This group provides emotional support in a safe environment for you to explore how to cope. **Registration is required. If you would like to participate, please call 255-4648.**

GRIEF SUPPORT & 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 am to 11:00 am in the Dakota Room. Sessions are scheduled for November 3, 10, 17, and 24.

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, November 10 from 1:30—3:30 pm to meet with individuals by appointment.

If you need assistance with a legal matter, please call 1-877-258-5263 ext. 303.

ASSISTIVE MEDICAL EQUIPMENT

The Burleigh County Senior Center has medical equipment available to you on a 'loan' basis.



Equipment that can be loaned out for up to 90 days includes transfer/shower benches, walkers, canes, commodes, toilet risers, and other small items. There is a suggested donation of \$5.00 for each piece of equipment borrowed.

Wheelchairs and knee scooters are available on a limited basis for seven days only. A deposit of \$100 for wheelchairs and \$50 for scooters is required. Deposit is returned when equipment is returned.

Thank you
to our
ADVERTISERS

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November Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Fabulous Creamy Chicken Rotini Noodles Prince Edward Vegetable Blend Peaches	2 Porcupine Meatballs Mashed Potatoes Peas with Pearl Onions Pears	3 Philly Cheese Steak Sandwich Potato Wedges Cucumber Salad Tropical Fruit	4 BBQ Ribs Sweet Potato Baked Apple Beans Applesauce	5 Shrimp Scampi Spaghetti Noodles Prima Vera Vegetable Blend Fresh Banana
8 Open Face Hot Pork Sandwich Mashed Potatoes Green Beans Fruit Cocktail	9 Beef Taco Salad with Tortilla Chips, Salsa & Sour Cream Corn Muffin Apricots	10 Sweet & Sour Chicken White Rice Egg Roll Mandarin Oranges Fortune Cookie	11 <u>VETERAN'S DAY</u> Roast Beef Baby Baked Potatoes Brussel Sprouts Fresh Melon Blend Asst. Dessert Bars	12 <u>BRUNCH FOR LUNCH</u> Egg Bake with Ham Parmesan Broiled Tomato Chunky Fruit Blueberry Muffin
15 Beef Stroganoff Egg Noodles Mixed Vegetables Pineapple	16 Pork Loin Tri-Colored Roasted Potatoes Cheesy Broccoli Fresh Apple	17 Cabbage Rolls Parslied Potatoes Beets Asst. Fruit Cups	18 <u>THANKSGIVING MEAL</u> Roasted Turkey Mashed Potatoes with Gravy Bread Stuffing Green Bean Casserole Pears & Cranberry Sauce Pumpkin Pie Fresh Bun	19 Chicken Fried Cod Wild Rice Pilaf Corn Strawberry Applesauce
22 Bacon Ranch Chicken Breast Baked Potato Glazed Carrots Peaches	23 Meatloaf AuGratin Potatoes Murray Vegetable Blend Fresh Grapes	24 Chicken Cordon Bleu Fried Potatoes Scalloped Corn Mango Fruit Cup	25 CLOSED	26 CLOSED
29 Parmesan Crusted Tilapia Rice Pilaf CA Normandy Vegetable Blend Dark Sweet Cherries	30 Cheeseburger Deluxe Potato Wedges Marinated Vegetable Salad Fruit Cocktail			MENU SUBJECT TO CHANGE!

Burleigh County Senior Center: Drive-Thru Meal Service from 11:15 am to 12:00 pm.

Crescent Manor: Congregate Meal Service at 11:45 am; Take-Out Meal Service at 12:15 pm

Wing Senior Center/
Sterling Meal Site: Take-Out Meal Service at 12:00 noon.

MEAL RESERVATIONS: Call at least one day in advance.
Burleigh County Senior Center 258-9276 (from 8:00 am to 3:30 pm)
Crescent Manor 258-6646 (from 10:00 am to 2:30 pm)
Wing Senior Center/Sterling Meal Site 943-2490 (from 8:00 am to 2:30 pm)
Home-Delivered Meal inquiries, please call 255-4648.

Suggested donation is \$4.50/meal. The meal price for those under 60 is \$9.00. SNAP accepted.
OAA federal regulations require individuals age 60 and older to register to participate in the Nutrition Program.
Home-Delivered meal participants are required to update their registration annually. Individuals are notified when their registration is due for updating.

November Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle	2 9:00 Strength Finders 9:30 Art with Rod 9:30 Advisory Committee 10:30 Tai Ji Quan 12:30 Trivia 12:30 Whist 1:00 Bridge	3 9:00 Standing Yoga 10:00 Grief Support & Share Group 10:00 Low Vision Support Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle	4 9:00 Craft Time 9:00 Strength Finders 9:30 The Great Depression 10:30 Tai Ji Quan 1:00 Bridge 1:00 Hand & Foot 1:00 BUNCO	5 9:30 Chair Yoga 9:30 Art With Tarryl Gabel @ BAGA 10:45 Strength Finders 12:45 Movie Matinee 1:00 Pinochle
8 9:30 Wii Bowling 9:30 Art from the Heart 12:45 Strength Finders 1:00 Pinochle	9 9:00 Strength Finders 9:30 Wild Yellowstone 10:00 Art with Nicole 10:30 Tai Ji Quan 12:30 Board Games 12:30 Whist 1:00 Bridge 1:00 Quilting Group	10 9:00 Standing Yoga 10:00 Grief Support & Share Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:30 Legal Services of ND (By appt)	11 9:00 Craft Time 9:00 Strength Finders 9:00 Prairie Sea Hearing 9:30 Yoga Talk 9:30 Man's First Friend 10:00 Computer Basics 10:30 Caregivers Support Group 10:30 Tai Ji Quan 1:00 Bridge 1:00 Hand & Foot BOOKMOBILE	12 9:30 Chair Yoga 10:45 Strength Finders 12:45 Movie Matinee 1:00 Pinochle
15 9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle	16 9:00 Strength Finders 10:30 Hearing Loss Support Group 10:30 Tai Ji Quan 12:30 Trivia 12:30 Whist 1:00 Bridge	17 9:00 Standing Yoga 10:00 Grief Support & Share Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 2:00 Aging Gracefully	18 9:00 Craft Time 9:00 Strength Finders 9:30 That Sugar Film 10:30 Tai Ji Quan 1:00 Bridge 1:00 BUNCO 1:00 Hand & Foot	19 9:30 Chair Yoga 10:45 Strength Finders 12:45 Movie Matinee 1:00 Pinochle
22 9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle	23 9:00 Strength Finders 10:30 Tai Ji Quan 12:30 Board Games 12:30 Whist 1:00 Bridge 1:00 Quilting Group	24 9:00 Standing Yoga 10:00 Grief Support & Share Group 10:45 Strength Finders 12:45 Strength Finders CLOSE at 2:30 pm NO Pinochle	25 CLOSED	26 CLOSED
29 9:30 Wii Bowling 12:45 Strength Finders 1:00 Book Club 1:00 Pinochle	30 9:00 Strength Finders 10:30 Tai Ji Quan 12:30 Whist 1:00 Bridge		DAILY Coffee Bar 8:30 am—11:30 am Sew & Share 9:30 am—11:00 am Billiards 8:30 am—4:00 pm	



Join us for Activities!

SEW & SHARE

Join us for Sew & Share — A group where you can share all your projects, talk sewing jargon, visit with old friends, meet new friends, and have lots of laughs!

Sew & Share will gather Monday through Friday from 9:30 am to 11:00 am in the Dining Room.



TRAVEL TALK

NOTE: TRAVEL TALK WILL NOT BE HELD IN NOVEMBER!

We will resume Travel Talk in the near future. It will be held the first Thursday of each month at 12:45 pm in the Dining Room. Travel Talk features a destination (city, state, country) through a video. Afterward, we will share experiences, ideas and thoughts.

If you would like to host a Travel Talk, please visit with Denise

CRAFT TIME

Do you enjoy crafts? Join other crafters every Thursday from 9:00 am—11:00 am in the Arts & Crafts Room to work on craft projects. Bring a project or find one in the Arts & Craft Room.

TIME TO SOCIALIZE!

The Coffee Bar is open each day beginning at 8:30 am. Come in for coffee and fellowship. Assorted pastries are available to purchase.

Caramel Rolls and Pie Happy Hour will not be offered during the month of November.



The Senior Sentinel | 9

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Health & Wellness

WELLNESS CHALLENGE

No matter what age, size, or fitness level, it's never too late to start exercising!

This Wellness Challenge will be from November, 2021 through March, 2022. As a group, can we walk or bike from Bismarck, North Dakota to...?

Minneapolis, MN - 430 miles
Denver, CO – 715 miles
Chicago, IL – 834 miles
Yuma, AZ – 1,612 miles
Boston, MA – 1,815 miles
Orlando, FL – 2,032 miles
Juneau, AK – 2,140 miles

Watch our progress as we keep track on a map inside the Fitness room. How far can we go?

20 laps around the dining room or 10 minutes on stationary bicycle equals approximately 1 mile.

A grand prize will be available for the top walker and biker! Prizes will be awarded to participants who complete 100 miles walking and 150 miles biking!

Sign up by calling 255-4648 or stopping by the Administration Office. Once registered you will have a log sheet in the Fitness Room to keep track of your progress.

Let's get moving! Good luck!



SENIOR CENTER FITNESS ROOM

The Burleigh County Senior Center Fitness Room is available in between classes for individual use. Individuals may use the stationary bicycles, DVD's, and weights. Stop by the Administrative Office if you have questions, or need assistance.

STRENGTH FINDERS

Strength Finders, is a senior strength training exercise program.



By participating in this class, you may improve muscle strength, your balance, along with improving your energy and general health, which in turn will make each of your days that much better. What are you waiting for?

Join *Strength Finders* today!

Strength Finders Classes will be offered in the Senior Center Fitness Room.

Group 1: Tuesdays & Thursdays at 9:00 am

Group 2: Mondays & Wednesdays at 12:45 pm

Group 3: Wednesdays & Fridays at 10:45 am

Each group will be limited to 12 people.

To register for *Strength Finders*, please stop by the Administrative Office or call 255-4648 to get a registration form. Your registration, along with your doctor's approval will be required prior to attending a *Strength Finders* class.

AGING GRACEFULLY

Join us for Aging Gracefully on Wednesday, November 17 at 2:00 pm in the Fitness Room.

Aging Gracefully allows participants to experience the joys and benefits of movement set to music. Attendees engage their minds and bodies in this seated or standing class, using dance to increase balance, cognition, motor skills, and physical confidence.

Instructor Katherine Hardy has been teaching Aging Gracefully in the Bismarck area for over 5 years. Originally from Monte Vista, CO, Katherine loves sharing the joy that dance brings with everyone in the community. Katherine is currently working on her certification in *Dance for PD*, a national program designed by Mark Morris Dance Group and the Brooklyn Parkinson Group.

Registration is limited to 10 participants. Please sign up at the Administrative Office or call 255-4648.

Health & Wellness

YOGA TALK WITH BONNY & MARLENE

Thursday, November 11,
9:30 am:

*Relieve Stress
with Yoga*



The Senior Center's Chair Yoga instructors, Bonny and Marlene are going "*beyond the mat*" to help us learn more about yoga!

Join this Zoom class at the Senior Center or from your home computer. Please stop by the Administrative office or call 255-4648 to register.

STANDING YOGA

Join us on Wednesdays at 9:00 am for Standing Yoga. This class aims to build strength and gain balance by combining a mix of seated and standing poses. Chairs and props will be available to create a safe environment and no mats are required. This class is appropriate for Seniors that are new to Yoga or the seasoned veterans.

Standing Yoga will meet on Wednesdays, November 3, 10, 17 and 24 in the Fitness Room.

Classes will be limited to 10 people and advance registration is required. Stop by the Administrative Office or call 255-4648 to reserve your spot.

CHAIR YOGA

Join us on Fridays at 9:30 am for Chair Yoga. This gentle form of yoga will give you the full benefits of Yoga using a chair for support. Classes will be taught by Bonny Fetch or Marlene Summers.

Chair Yoga will meet on Fridays, November 5, 12 and 19, in the Fitness Room. There is no class on November 26.

Classes will be limited to 10 people and advance registration is required. Stop by the Administrative Office or call 255-4648 to reserve your spot.

Don't forget your towel and water bottle!

The Senior Sentinel | 11

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Burleigh County Senior Adults Program, Bismarck, ND

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Health & Wellness

TAI JI QUAN~ MOVING FOR BETTER BALANCE

NDSU Extension is providing a continuation of the *Tai Ji Quan ~Moving for Better Balance* class. This FREE, 12 week program with twice a week classes (Tuesdays/Thursdays from 10:30—11:30 am), helps you gain stability, muscle strength, flexibility and better mobility.

WII BOWLING

Wii Bowling is held on Mondays at 9:30 am.

This 12 week series will go through December 20. We ask that you commit to participating in all sessions. Wii Bowling is limited to 8 people. If there is enough interest, a second group will be added.

If you are interested in signing up, please stop by the Administrative Office or call us at 255-4648.

CHAIR YOGA

from the
Burleigh County Senior Center
on Dakota Media Access:
channel 12, or in HD 612.
Programs can also be streamed
online at freetv.org,
Roku or Apple TV.

**November 5, 12, 19 & 26
at 10:30 am**

We would like to thank our sponsors:
AARP of ND, Bismarck-Burleigh Public
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Chiropractic, and
Dakota Media Access.

Celebrate your Inner Artist!



BAGA ART CLASS

Join artist Tarryl Gabel on November 5 from 9:30 to 12:00 pm at the Bismarck Art Gallery Association, 422 E Front Avenue to create this beautiful nocturne painting.

There is a 10 person limit for this class and a \$5 fee to be made when you register. Stop by the Administrative Office or call 255-4648 to reserve your spot.

Tarryl Gabel, is an award winning Hudson Valley Artist, and was born and raised on a cattle ranch on the Fort Berthold Indian Reservation, ND.



ART FROM THE HEART

Join Nina on Monday, November 8 at 9:30 am as she leads us in creating a unique painting. There is a 10 person limit for this class and a \$5 suggested donation which can be paid when you arrive. Stop by the Administrative Office or call 255-4648 to reserve your spot.



ART WITH ANDREA

Art with Andrea will not be offered in November.

ART WITH ROD

Join Rod Barth on Tuesday, November 2 from 9:30—11:00 am for a class on watercolors. No experience necessary!

There is a 10 person limit for this class and a suggested \$5 donation which can be made when you arrive. Stop by the Administrative Office or call 255-4648 to reserve your spot.

ART WITH NICOLE

Join ND Council on the Arts artist Nicole Gagner on Tuesday, November 9, at 10:00 am for a class on how to draw from a photo.

There is a 10 person limit for this class and a suggested \$5 donation which can be made when you arrive. Stop by the Administrative Office or call 255-4648 to reserve your spot.

Our Volunteers Make the Difference!

VOLUNTEER POSITIONS ARE AVAILABLE!

Home Delivered Meal

Drivers: Deliver meals to home bound seniors in the community.

Coffee Bar: Sell food items.

Monitor coffee station and make coffee as needed. Assist participants as needed.

Dining Room Assistant: Carry trays for participants that cannot carry their own. Help with coffee. Clear dishes and trays from tables following congregate meal.

Gift Shop: Sell Gift Shop items.
Hours: 9:00 am—1:00 pm.



Dining Room Desk 2: Assist with checking people in for the congregate meal. Make change. Answer questions. Provide back-up to the Program and Services Coordinator.

Senior Center Shuttle: Provide rides to/from participant's home to the Senior Center, using the Senior Center Shuttle van.

Are you interested in volunteering for any of these positions? Or, do you have an area of expertise you would like to share with Senior Center patrons? Please call Denise Fettig-Loftesnes at 255-4648.



MEMBERS NEEDED!!!

The Burleigh County Council on Aging is seeking candidates to serve a three-year term beginning January 1, 2022. Interested candidates should contact Renee Kipp, Executive Director, at 701-255-4648 or stop by the Administration Office.

Great fun was had at the Senior Fishing Derby on September 21st!

PLEASE NOTE:

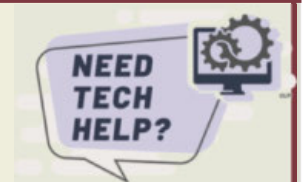
The Burleigh County Senior Adults Program is closely watching Covid-19 positive case trends.

While we have planned a full calendar of activities for your enjoyment, if we feel an activity may not be safe due to high positive cases, hospitalizations, or an outbreak at the Senior Center or meal site, it will be cancelled or postponed. Thank you!

Become a Techy!

COMPUTER BASICS

Vicki Laraway, from the ND Center for Independent Living, will be in the Senior Center Library on Thursday, November 11, at 10:00 am.



Please bring your laptop, tablet or cell device to receive individual assistance and learn how to get the most out of your technology!

These sessions are limited to three people, and pre-registration is required. Please stop by the Administrative Office or call 255-4648 to sign up.

This 'n That

INCLEMENT WEATHER

Bad weather may force the Burleigh County Senior Center and other meal sites to close for meals and other activities. 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 (see below).

To find out if we will be offering meals: Call the Senior Center at 701-255-4648, tune in to KFYZ-AM, KBMR-AM, KFYZ TV, KXMB TV or check out our FaceBook page, Facebook.com/BismarckSeniorCenterND.

SENIOR SPACE



Senior Space is back online to check in for activities and/or log your volunteer hours! If you have lost your barcode key, or are new to the Center and don't have one, please stop by the Administrative Office and let us know.

FROZEN MEALS

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. The price for those under 60 is \$9.00. SNAP Benefits may be used. No one will be denied meals due to an inability or unwillingness to make a donation.

Senior Center Shuttle



**Shared transportation for
Bismarck & Lincoln Residents, age 60+**

**From your home to the
Burleigh County Senior Center and back!**

Transportation will be provided Monday through Friday for patrons of the Burleigh County Senior Center to enjoy meals, receive health maintenance services or participate in activities.

A completed one-page registration form is required to utilize this service.

The suggested donation is \$2.50/one way trip. No participant will be denied service due to an inability or unwillingness to contribute.

For more information, or to schedule a ride, please call 255-4648.

"JUST GET IT DONE SOMEDAY" QUILTING GROUP

The "Just Get It Done Someday" Quilting Group will meet in the South Conference Room on November 9 and 23 from 1:00 pm—4:00 pm. This group welcomes new members! If you are interested, please call Renee at 255-4648.

THANK YOU
UMary Day of Service



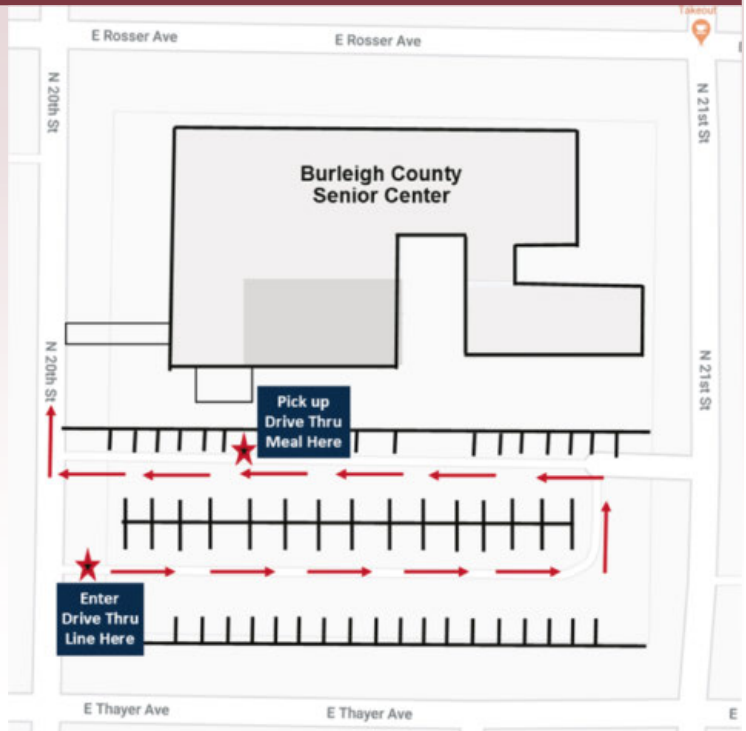
Drive-Thru Meal Service

**PLEASE BE CAUTIOUS WHEN ENTERING
THE SENIOR CENTER PARKING LOT!**

Congregate meals will not be offered in November. Drive-Thru meals continue to be available.

Please follow the map for Drive-Thru Meal Service. Use caution and follow directions of staff when picking up your meal. **Drive-Thru Meal Service is from 11:15 am to 12:00 pm.** Please do not arrive before 11:15 am. If you are unable to pick up your meal during this time, you may come in to the Senior Center from 12:00 to 12:30 pm and pick up your meal.

We anticipate there will be a water main project taking place in the immediate future. Our drive-thru service may be modified to accommodate this work. Staff will provide as much advance notice as possible when this occurs.



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Burleigh County Senior Adults Program, Bismarck, ND

E 4C 05-0634

This 'n That

BCSAP FACILITY/ MEAL SITE FACE MASK POLICY



The Burleigh County Senior Adults Program (BCSAP) is doing its very best to provide a safe and clean environment for you to visit to relieve the loneliness and isolation we have all had to endure throughout this pandemic.

Face Masks are required while inside the Burleigh County Senior Center, or at a BCSAP meal site. You are required to wear a mask unless you are actively eating or drinking while seated at a table.

Please be respectful of this policy! If you do not intend to follow it, then please don't come in. If staff/volunteers have to continually ask you to put your mask on, or if you verbally abuse them when the request is made, you will be asked to leave and will not be allowed back until there is no longer a mask requirement.

We have many people using the Senior Center and meal sites with serious health issues making them very vulnerable to this virus. Please be mindful of this when you visit.

If there is a COVID-19 outbreak at the Senior Center or at any meal site, we will close that site for up to 14 days, so that staff may properly disinfect the facility and hopefully stop any further spread. If we have to close, meals will only be available via Drive-Thru at the Senior Center or Grab 'n Go at the meal sites. ALL activities will be cancelled during this time. Home-delivered meals will continue as usual.

PLEASE! If we ALL wear a mask, ALL social distance, ALL wash our hands, and ALL work together we can keep the Senior Center and meal sites open and safe for ALL! Thank you!

FOR YOUR USE!

Library, including
Computers with Internet Access
Television
Free WiFi
Craft Room
Puzzles & Games

ONGOING ACTIVITIES

Pinochle: 1:00 pm, Monday, Wednesday, Friday
Bridge: 1:00 pm, Tuesday, Thursday
Hand & Foot: 1:00 pm, Thursday
Bunco: 1:00 pm, 1st & 3rd Thursday
Bingo: Cancelled for November
Wii Bowling: 9:30 am, Monday
Whist: 12:30 pm, Tuesday

**Billiards: Tables are open daily
from 8:30 am to 4:00 pm.
\$1.00 / day suggested donation.**

DID YOU KNOW...?

—There is a secure container in the Rec Room entrance for personal documents in need of shredding.
—The Administrative Office has Bis-Man Transit tickets and stamps available for purchase.

Book Mobile / Senior Center Library



On the 2nd Thursday of 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 and should be returned to the Senior Center when you are done.

If you would like to check out a book, please stop by the Dining Room Desk during regular Center hours or call Denise Fettig-Loftesnes at 255-4648 to make other arrangements.

The Senior Center Library also has a collection of books you may check out. Feel free to visit our library. The honor system is used for checkout. Just add your name and the book you check out to the 'checkout log'. Return the book when you are done or by the due date. Please stop by the Administrative office if you have questions.

PLEASE NOTE:

**The Burleigh County Senior Center maintains its room temperature at 72 degrees. Please dress accordingly.
If you tend to be chilly,**

Health Maintenance

SUGGESTED CONTRIBUTIONS

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.
- *Sterling Foot Care Clinic—December 23
- *Wing Foot Care Clinic—November 8

*For Wing/Sterling appointments, please call Gayl Schwindt at 255-4648.



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Burleigh County Senior Adults Program, Bismark, ND

F 4C 05-0634

Thank You to Our Donors...

We sincerely thank the following individuals and/or businesses for their generous donations.
(Listed donations were received between September 1—30, 2021.)

In Memory of Kasper & Philippine Lipp
Kathy Landgren


In Memory of Joe Thomas
Colleen Preszler
Adeline Thomas
Mary & Roger Volk

In Memory of Teryi Holzer & Michael Benedict
Lorraine Atwood

In Memory of Beverly Holtan
Margaret Sitte

In Memory of LaRae Carlson
Margaret Sitte
Janis Banasik
Nancy Skaret
Jean & Nicholas Neumann

Donations:
Stacy Woldie
Carol Hattel
Adolph & Christine Emter
Bunny & Craig Malm

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



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: _____
(Please Circle) (Name of person honored or memorialized)

Please send acknowledgement of my memorial/honorarium to:

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Address: _____

City, State, Zip: _____

GIVING LEVELS

Platinum: \$1,000 and up
Gold: \$500—\$999
Silver: \$200—\$499
Bronze: \$100—\$199
Friend: \$50—\$99

Your name will be placed on our giving wall with your donation, honorarium or memorial of \$50 or more.

DONOR CONTACT INFORMATION:

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City: _____

State: _____ Zip Code: _____

Telephone: _____

Thank you for your support!

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Burleigh County Senior Adults Program, Bismarck, ND

G 4C 05-0634

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

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