



# BURLEIGH COUNTY SENIOR CENTER

## *Burleigh County Senior Adults Program*

### NUTRITION:

**Congregate meals** are served Monday through Friday at the Burleigh County Senior Center. Meals are also provided at Crescent Manor, the Golden Wing Club (Wing, ND), and United Methodist Church in Sterling, ND. Meals are provided for older adults (age 60+). Menus are published in *The Senior Sentinel* newsletter, The Bismarck Tribune, and at [www.BismarckSeniorCenter.org](http://www.BismarckSeniorCenter.org).

To make a reservation call: 258-9276 (Senior Center); 258-6646 (Crescent Manor); 943-2490 (Wing & Sterling).

**Home-Delivered Meals** are provided to those who are unable to come to the congregate meal sites. For more information, call 255-4648.



**COFFEE BAR**  
**DAILY 8 AM - 11:30 AM**

**CARAMEL ROLLS**  
**WEDNESDAYS AT 8:30 AM**

**PIE HAPPY HOUR**  
**THIRD TUESDAY OF EVERY MONTH**  
**1:30 PM — 3 PM**



# 60+ & Fabulous!

### LIFE ENRICHMENT ACTIVITIES:

In addition to educational opportunities, these activities are available at the Senior Center:

- \*Senior Club
- \*Billiards
- \*Bingo
- \*Bridge
- \*Pinochle
- \*Hand & Foot
- \*Strength Finders
- \*Public Computers
- \*Free Wi Fi
- \*Wii Games
- \*Line Dancing
- \*Arts & Crafts
- \*Sewing
- \*Book Club
- \*Bunco
- \*Jigsaw Puzzles
- \*Choir
- \*Fitness Room
- \*Walking Area
- \*Yoga
- \*And More...



### HEALTH MAINTENANCE:

Two licensed nurses are on staff to provide foot care, blood pressure checks, and fasting blood sugar screenings for older adults (age 60+). Services are provided at the Burleigh County Senior Center, Crescent Manor, Wing Senior Center and United Methodist Church in Sterling, ND. Services are also available for home-bound individuals. Appointments may be scheduled by calling 255-4648.

### OUTREACH SERVICES

The Burleigh County Senior Adults Program Outreach Services provides older adults (age 60+), and their family members with information, support and assistance in assessing needs and accessing senior services. Services are provided through home and office visits and telephone contacts.

**THERE ARE NO FEES FOR SERVICES.**

**Participants may, but are not required to, contribute for services received.**

### HOURS OF OPERATION:

**Monday through Friday, 8:00 a.m. to 4:30 p.m.**

**Visit Us Today! Staff and volunteers are on-hand to provide tours and answer questions!**