



THE SENIOR SENTINEL

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 6 June, 2023

Top 6 Summer Vegetables to Fill Your Cart

If you're looking for a way to add a variety of veggies to your diet in a tasty and nutritious way, a trip to your local farmer's market or corner grocery store is all that's needed — read on for six veggies you MUST try!

Squash

From the tender strings of spaghetti squash to the crisp snap of summer squash, this tasty vegetable grown on the vine can be prepared sautéed, steamed, grilled, baked, or served raw for salads and veggie trays.

Beans

Readily available by the plentiful pound, there's nothing like fresh, crispy beans for a healthy snack, mixed in with a vegetable medley, or grilled for a tasty twist. From simple green to waxed yellow, you'll find a variety of beans that offer different textures and flavors to suit your palate.

Okra

Okra is rich in vitamin A and low in calories, which makes it a great addition to any diet. It has a mild taste and a unique texture, with peach-like fuzz on the outside. Use it for soups, stews, sautéed and even pickled! If you have too much, you can put the uncut/uncooked pods into freezer bags and keep them frozen until ready to eat.

Peppers

Pepper varieties can be divided largely into three categories: sweet, hot, and chilies. From the sweet taste of a red bell pepper, to the mild to hot sting of a jalapeño and habanero, there are dozens of different varieties to suit everyone's tastes (and levels of heat!). Eat them raw, grill them as a main dish, stuff them with cheese, or sneak them into sauces.

Cucumbers

A well-known cold snack, one cup of cucumber with its peel is a mere 16 calories, and accounts for about 4% of daily potassium, 3% of daily fiber and 4% of daily vitamin C. A favorite of both young and young at heart, eat it mixed in cold salads, cut lengthwise and salted, pickled for an easy snack, or even added to mojitos for a refreshing summer drink.

Corn

Got a hankering for corn on the cob? Get busy shucking these sweet veggies and cook them on the grill or boil them on the stove. Add butter and salt, or try traditional Mexican Street Corn with crema, mayonnaise, cotija cheese, fresh lime, and ground chipotle pepper.

See Recipe for Loaded Peppers with Corn, Black Beans and Pepper Jack Cheese on Page 14.

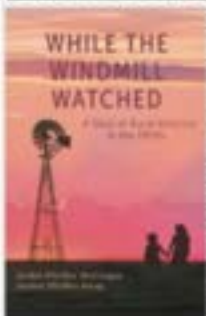
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Lifelong Learning

WHILE THE WINDMILL WATCHED, BY 2 SISTERS FROM MENOKEN ND



Jackie Pfeiffer McGregor and Janine Pfeiffer Knop grew up on a North Dakota farm in the 1950's, watched over by their parents and the windmill that tirelessly provided them with the water vital to their survival. Their book *While the Windmill Watched: A Slice of Rural America in the 1950's*, delves into their spirited recollections, which are complemented by the observations of the ever-present windmill.

Janine and Jackie will be at the Senior Center via Zoom on Monday June 12 at 10:00 am to discuss their international award-winning book, which is presently in production for a motion picture produced by Mr. Daniel Bielinski, Canticle Productions, Bismarck, ND.

This session will be limited to 30 people. Please stop by the Front Lobby Desk or call 255-4648 to register.

ONE FOOT, TWO FOOT, RED FOOT, BLUE FOOT

Our feet are our foundation to good health. Learn to stop taking the health of your feet for granted and instead how to maintain healthy feet in order to maintain optimum health and independence. This session will be led by UMary Nursing Students on Tuesday, June 13 at 10:00 am.

HEALTHY LIVING FOR YOUR BRAIN & BODY: TIPS FROM THE LATEST RESEARCH

For centuries, we have known that the health of the brain and the body are connected. Now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join Nikki Wegner on Tuesday, June 20 at 12:30 pm to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

SAFETY TIPS TO REMAIN AT HOME

Join Judy Daniels on Tuesday, June 6 at 12:30 pm as she provides safety tips to help you remain independent and in your own home as long as possible.

HEARING LOSS SUPPORT GROUP PRESENTATION

Kathy Frelich from the ND School for the Deaf/ Resource Center for Deaf and Hard of Hearing will be at the Senior Center on Tuesday, June 20 at 10:00 am to provide information on the Hearing Loss Support Group and how you may benefit by joining!

AARP SMART DRIVER

On Monday, June 26 at 10:00 am, AARP will be hosting a course that will teach us valuable defensive driving skills and give us a refresher on the rules of the road. You may be eligible for a discount on your car insurance by completing this course.



The cost for this course is \$20 for AARP members and \$25 for non-members. Space is limited and pre-registration is required. Please contact Norbert Mayer at 226-5956 to register.

COOKING FOR 1 WITH INEZ ROSE

Ramen Noodles. We've all heard of them, but what does one do with them? Plan to attend Inez Rose's cooking class on Tuesday, June 27 at 9:30 am and learn about this delicious low-cost soup. What can you add to make it more nutritious? And then, have some fun with the dessert (it's a secret)!

There is a limit of 24 people for this class. Please stop by the Front Lobby Desk or call 255-4648 to register.

FIRST DAY OF SUMMER FRUIT FEST

Kick off the first official day of summer with Katie Johnke at the Senior Center's Fruit Fest! This session will explore the health benefits of a variety of fruits and give your taste buds a fruitful experience with samplings of some unique fruit choices. You won't want to miss the fun and flavorful learning experience at Fruit Fest – Wednesday, June 21 at 10:00 am!

Special Events

CELEBRATION OF BIRTHDAYS & ANNIVERSARIES

Amy Haugen is sponsoring a monthly birthday and anniversary celebration for patrons of the Senior Center.

These celebrations will be held the first Tuesday of each month in the Dining Room.

Join us for June's Birthday and Anniversary Celebration on Tuesday, June 6. Cake and ice cream will be served at 12:30 pm, following the noon meal.



WELLNESS WALK

Join Katie Johnke from Bismarck-Burleigh Public Health on Thursday, June 29 at 8:30 am to "walk your way to wellness" by exploring outdoor spaces in our community to improve your health. On this trip you will visit Elk Ridge Park, Horizon Park and Jaycee Park. At the end of the walk there will be a guest speaker and refreshments! Be sure to wear your walking/tennis shoes.

Bus will leave promptly at 8:30 am from the Senior Center, and will be back in time for lunch. Please arrive at least ten minutes early. There is a limit of 24 people for this class. Stop by the Front Lobby Desk or call 255-4648 to register.



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Help Older Adults In Your Community

In Partnership with AmeriCorps Seniors and LSS of MN in Burleigh Co, we are seeking volunteers to provide companionship to older adults via in-home, phone or virtual means. Tax free stipends are given to members of this program who qualify. Please contact Becky at 701.389.2293 or Becky.Tellre@lssmn.org for more information and to make an impact in your community!!



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Burleigh County Senior Adults Program, Bismarck, ND

A 4C 05-0634

Special Events / Lifelong Learning

Flag Day

Wednesday, June 14, 12:30 pm

Entertainment from Colleen Reinhardt.
Amy Haugen will be handing out prizes!

Picnic Day!

Thursday, June 29, 12:30 pm

Entertainment from Leon and Alisha Heick and ice cream bars!



CURIOSITY STREAM

Join us for these programs on
Thursdays at 9:30 am.

June 1: *Supersonic – The Great Adventure*

From Chuck Yeager's successful breaking of the sound barrier in 1947 to high-performance supersonic fighter jets to the recent NASA advances and civilian jet projects for crossing the Atlantic in only 3.5 hours, this documentary recounts 70 years of human and technological challenges.

June 8: *Essequibo Hidden River - The Raging Torrent*

From Kaieteur Falls, the journey to the legendary source of Essequibo River continues. However, it soon proves to be a dangerous adventure – even for the experienced team with countless rapids and waterfalls along the route.

June 15: *Big Is Beautiful*

Why are we so drawn to the giant creatures that share our world? This unique documentary explains our fascination with huge creatures and gigantic animals.

June 22: *Meet the Mustelids*

To many ears, the name mustelid might sound mysterious, but this family of hunters is probably much more familiar than you think. They're tiny terrors; ankle-height tigers of the undergrowth. Some are elusive hunters while others stand together and fight.

June 29: *High Life: Forest Canopy*

We love a walk in the woods, but for the most part we have no idea of the dramas playing out above us. The trees' canopy holds its biggest animal diversity. Here birds' nest and feed, squirrels forage, insects build nesting chambers, and battle for mates.



VOLUNTEER ANNUAL TRAINING

Tuesday, June 6,
9:15—10:00 am
Recreation Room

Volunteers! Please plan to attend our Annual Volunteer Training. A light breakfast will be served. Topics to be reviewed include:

- Older Americans Act/Title III
- Service Contributions
- Confidentiality
- Customer Service/Complaints
- Fire/Tornado Safety
- Incident Reporting
- Infection Control

This training is required under the Older Americans Act. Please sign up at the Front Lobby Desk or call 255-4648. If you are unable to attend, we will contact you to make other arrangements for the training.



Flag Day, June 14

Special Events

HANDS ON WOODWORKING PRESENTATION FLICKERTAIL WOODCARVERS & DAKOTA WOOD TURNERS

Have you ever wanted to learn more about wood turning? Now is the perfect time to try it!

Members of the **Flickertail Woodcarvers** will teach a "Beginning Woodcarving" class on Monday, June 19 from 9:30 to 11:30. Materials and tools will be provided. The class will cover:

- safety
- most common types of wood used in carving
- types of carving tools and care
- basic carving cuts

Instructors will walk you through a carving project. Several carvings will be on display.

Dakota Wood Turners will also be demonstrating beginning wood turning during the same time. You may find a new hobby you enjoy!



The Dakota Wood Turners meet the second Saturday of every month at the BSC Career Academy if you wish to continue learning. Everyone is invited to stop in and see our local woodcarvers in action and view the displays.

There is no cost for the class, but it is limited to 12 participants. Please stop by the Front Lobby Desk or call 255-4648 to register for this class. Participants will also need to sign a waiver to attend the class.

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RED RIVER VALLEY

Join Us for Activities!

BOOK CLUB



The Book Club will meet in the Senior Center Library on Monday, June 26 at 1:00 pm to discuss the book, ***At the Wolf's Table***, written by Rosella Postorino. Discussion will be led by Arlene Havig.

Pick up a copy of the book at the Senior Center during regular hours or call Lori at 255-4648 to make other arrangements. Please return the book no later than June 26.

Book Synopsis:

Germany, 1943: Twenty-six-year-old Rosa Sauer's parents are gone, and her husband Gregor is far away, fighting on the front lines of World War II. Impoverished and alone, she makes the fateful decision to leave war-torn Berlin to live with her in-laws in the countryside, thinking she'll find refuge there. But one morning, the SS come to tell her she has been conscripted to be one of Hitler's tasters: three times a day, she and nine other women go to his secret headquarters, the Wolf's Lair, to eat his meals before he does. Forced to eat what might kill them, the tasters begin to divide into The Fanatics, those loyal to Hitler, and the women like Rosa who insist they aren't Nazis, even as they risk their lives every day for Hitler. As secrets and resentments grow, this unlikely sisterhood reaches its own dramatic climax, as everyone begins to wonder if they are on the wrong side of history.

FOR YOUR USE!

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



AT THE MOVIES!

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

June 2: ***80 For Brady*, PG-13**

Four best friends go on an unforgettable journey to see Tom Brady play in Super Bowl LI. Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field star in this hilarious true story of friendship, fun, and living life to the fullest, no matter your age.

June 9: ***Cowgirls 'n Angels – Dakota's Summer*, PG**

Keith Carradine stars alongside a young, popular cast in this inspiring chapter of the beloved *Cowgirls 'n Angels* story filled with heart, horses and high-reaching adventure.

June 16: ***Little Boy*, PG-13**

A child tries his best to bring his father home from war.

June 23: ***The Rocket*, PG**

With grand expectations from his father and the local community, a high school football star's entire future is suddenly lost, and he must find a new way to push towards greatness.

June 30: ***On a Wing and a Prayer*, PG**

In this extraordinary true story of faith and survival, *On a Wing and a Prayer* follows passenger Doug White's (Dennis Quaid) harrowing journey to safely land a plane and save his entire family from insurmountable danger, after their pilot dies unexpectedly mid-flight.

TIME TO SOCIALIZE!



The Coffee Bar is open each day from 8:00 to 11:30 am. Come in for coffee and fellowship.

Join us for Caramel Roll Wednesday!

Caramel rolls (\$1 each) are served on Wednesdays from 8:30 am until sold out! Sorry, no take-outs!

June Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Each Meal comes with 8 oz. of 1% milk and 2 slices of bread (unless otherwise indicated). Coffee and water is served at Senior Center and meal sites. MENU SUBJECT TO CHANGE!			1 Glazed Ham AuGratin Potatoes Peas & Carrots Fresh Banana Scotcheroo	2 Shrimp Scampi Wild Rice Pilaf Asparagus Zesty Vegetable Salad Seafoam Salad
5 Chicken Kiev Roasted Potato Medley Broccoli Normandy Chilled Peaches	6 Denver Scramble Potatoes O'Brian Maple Roasted Vegetables Fresh Blackberries	7 Steak Cobb Salad Garlic Naan Bread Apple Brown Betty	8 Oven Fried Chicken Mashed Potatoes & Gravy Glazed Carrots Fresh Fruit	9 Seafood Linguini Garden Salad Roasted Vegetables Whole Grain Garlic Toast Apple Pecan Salad
12 Hamburger Steak Garlic Mashed Potatoes Country Trio Vegetable Blend Chilled Tropical Fruit	13 Butter Chicken Curried Rice Oriental Vegetables Garlic Naan Bread Fresh Watermelon	14 Brat with Sauerkraut on Whole Wheat Bun Sweet Pepper Coleslaw Baked Beans Fresh Apple Strawberry Dream Cake	15 Roast Beef Mashed Potatoes & Gravy Roasted Vegetables Chilled Fruit Cocktail	16 Lemon Pepper Tilapia Roasted Rosemary Potatoes Steamed Broccoli Fruited Gelatin
19 Chicken Fried Chicken Mashed Potatoes with Country Gravy Roasted Root Vegetables Chilled Dark Cherries	20 Deconstructed Breakfast Burrito (steak bites, scrambled eggs, hashbrowns) Orange Vinaigrette Roasted Vegetables Fresh Blueberries	21 Asian Shrimp Salad Whole Wheat Garlic Breadstick Diced Mango Asst. Desserts	22 Cranberry Meatballs Fried Potatoes with Onions Stir Fry Vegetables Fresh Plum Asst. Desserts	23 Chicken, Broccoli and Wild Rice Casserole Marinated Vegetable Salad Watergate Salad
26 Beef Tips Caramelized Onion Mashed Potatoes Spinach and Mushrooms Strawberry Applesauce	27 Sweet & Sour Chicken with Pineapple, Onions and Peppers Pineapple Rice Vegetable Pot Stickers Fresh Honeydew Fortune Cookie	28 Pork Chop with Peach Chutney Glazed Sweet Potatoes Murray Vegetable Blend Chilled Apricots	29 BBQ Ribs Creamy Sweet Potato Salad Green Beans with Bacon Fresh Orange	30 Fish Taco with Raspberry Slaw Black Beans Southwest Corn Cherry Fruit Salad

NUTRITION PROGRAM INFORMATION:

Burleigh County Senior Center: Drive-Thru Meal Service from 11:15 am to 11:45 am
 Congregate Meal Service from 12:00 pm to 12:30 pm
 Crescent Manor: Congregate Meal Service at 11:45 am; Take-Out Meal Service at 12:15 pm
 Wing & Sterling Meal Sites: Congregate Meal Service/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 \$11.00.

SNAP/EBT and credit/debit cards are accepted. OAA federal regulations require individuals age 60 and older to register to participate in the Nutrition Program. Home-Delivered and Drive-Thru meal participants are required to update their registration annually. Individuals are notified when their registration is due for updating.

June Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Schedule Subject to Change. Please check in on "MySeniorCenter" daily.		DAILY Coffee Bar 8:00 am—11:30 am Sew & Share 9:30 am—11:00 am Billiards 8:30 am—4:00 pm	1 9:00 Strength Finders 9:30 Supersonic 10:00 Strength Finders 12:45 Hand & Foot 1:00 Bridge 1:00 BUNCO	2 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
5 10:00 Strength Finders 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	6 9:00 Strength Finders 9:15 Annual Volunteer Training 12:30 Birthday & Anniversary Party 12:30 Safety Tips 12:30 Whist 12:45 Farkel 1:00 Trivia 1:00 Bridge 1:00 Line Dancing	7 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:00 Low Vision Support Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 1:30 Caregiver Group	8 9:00 Strength Finders 9:30 Essequibo River 9:30 Yoga Talk 10:00 Strength Finders 10:00 Computer Basics 11:00 Prairie Sea Hearing Center 12:45 Hand & Foot 1:00 Bridge BOOKMOBILE	9 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
12 9:30 Art from the Heart 10:00 Strength Finders 10:00 While the Windmill Watched 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	13 9:00 Strength Finders 10:00 Art with Nicole 10:00 One Foot, Two Foot 11:30 Dementia Care Services 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Board Games 1:00 Line Dancing 1:00 Quilting Group	14 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:30 Flag Day Entertainment 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 1:30 Caregiver Group 1:30 Legal Services of ND	15 9:00 Strength Finders 9:30 Big is Beautiful 10:00 Strength Finders 12:45 Hand & Foot 1:00 Bridge 1:00 BUNCO	16 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
19 9:30 Woodworking Class & Demo 10:00 Strength Finders 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle	20 9:00 Strength Finders 10:00 Hearing Loss Support Group Presentation 12:30 Whist 12:30 Healthy Living 12:45 Farkel 1:00 Bridge 1:00 Trivia 1:00 Line Dancing 1:00 BCCA Meeting	21 8:30 Caramel Rolls w/cop 9:00 Standing Yoga 10:00 Grief Group 10:00 Summer Fruit Fest 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 1:30 Caregiver Group 2:00 Aging Gracefully	22 9:00 Strength Finders 9:30 Yoga Talk 9:30 Meet the Mustelids 10:00 Strength Finders 12:45 Hand & Foot 1:00 Bridge	23 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle
26 9:00 Fitness Class Registration 10:00 Smart Driver 10:00 Strength Finders 12:45 5 Crowns 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club	27 9:00 Strength Finders 9:30 Cooking for One 12:30 Whist 12:45 Farkel 1:00 Bridge 1:00 Board Games 1:00 Line Dancing 1:00 Quilting Group	28 8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 1:30 Caregiver Group	29 8:30 Wellness Walk 9:00 Strength Finders 9:30 Yoga Talk 9:30 High Life 10:00 Strength Finders 12:30 Picnic Day Entertainment 12:45 Hand & Foot 1:00 Bridge	30 9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle

Celebrate Your Inner Artist!



Attendees from the Spring Wreath Floral Class held on April 17th.

Thank you Colette Barth for leading this session!

ART FROM THE HEART

Join Nina on Monday, June 12 at 9:30 am as she leads us in painting a palm tree. There is a 10 person limit for this class and a \$5 suggested donation which can be made when you arrive.

Stop by the Front Lobby Desk or call 255-4648 to reserve your spot.



ART WITH NICOLE

Join artist Nicole Gagner on Tuesday, June 13, at 10:00 am as she leads a class in creating a watercolor painting. There is a 10 person limit for this class and a suggested \$5 donation which can be made when you arrive.

Stop by the Front Lobby Desk or call 255-4648 to reserve your spot.

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Burleigh County Senior Adults Program, Bismarck, ND

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Health & Wellness



FITNESS CLASSES

The next 8 week session of Fitness Classes runs from July 16 through September 16, 2023.

Registration for this session begin at 9:00 am on June 26, and will close on July 7, 2023 or when class is full. For more information, please stop by the Administrative Office.

Standing Yoga (Session Fee \$20.00)

Wednesdays, 9:00 am

This class aims to build strength and 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. (Limited to 10 people/class.)

Chair Yoga (Session Fee \$20)

Fridays, 9:30 am

Chair Yoga will help you increase your strength, flexibility and balance while relieving stress and tension, all while using a chair for balance! (Limited to 12 people/class.)

Line Dancing, Tuesdays, 1:00 pm

In this class, you will learn a variety of line dances and western struts. It is a fun and social way to exercise. No partner needed! (Limited to 10 people/class.)

Strength Finders

Group 1—Tuesdays/Thursdays, 9:00 am

Group 2—Mondays/Wednesdays, 12:45 pm

Group 3—Wednesdays/Fridays, 10:45 am

Group 4—Mondays/Thursdays, 10:00 am

Strength Finders is a specific, strength-training program designed to address osteoporosis risks that so often lead to the loss of independent living. The program focuses on controlled movements to improve balance and weight, which are critical factors in reducing the risk for osteoporosis fractures. (Limited to 12 people/class.)

AGING GRACEFULLY



Join us for Aging Gracefully on Wednesday, June 21 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 15 participants. Please sign up at the Front Lobby Desk or call 255-4648.

DID YOU KNOW...

You can use the Fitness Room on your own?

The Fitness Room is available between classes for individual use. You may use the stationary bicycles, DVDs and weights.

You can use the Fitness Room as a starting point for walking laps?

Twenty laps around the Dining Room equals one mile! What a great way to get your steps in!

The Senior Center is looking for class leaders?

Please consider donating some time to lead one of our fitness classes!

Please stop by the Administrative Office if you need assistance!

Health & Wellness

YOGA TALK WITH BONNY & MARLENE

Chair yoga instructors Bonny and Marlene are going "beyond the mat" to help us learn more about yoga!



Thursday, June 8, 9:30 am:
Lift Your Mood with Yoga

Thursday, June 22, 9:30 am:
Rev Up Your Yoga Energy

Attend these classes in person at the Senior Center or join in via Zoom from your home computer. Please stop by the Front Lobby Desk or call 255-4648 to register.

Namaste

YOGA ON DAKOTA MEDIA ACCESS

Senior Center Yoga Instructors offer classes on Dakota Media Access (channel 12 / HD 612). These classes are also streamed online at freetv.org, Roku or Apple TV.

For a schedule of classes, visit freetv.org, click 'community access,' and then click 'watch now.' There will be a search bar for you to search for yoga classes.



**Senior Center Advisory Committee:
The Advisory Committee
will not meet in June.**

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Burleigh County Senior Adults Program, Bismarck, ND

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Join Us for Activities!

COFFEE & CARAMEL ROLLS



Join us on Wednesdays at 8:30 am for coffee and \$1 caramel rolls!

Officers Clint Fuller and Caity Horne will join us on Wednesday, June 21 to briefly discuss current scams and issues to be aware of in our community.

COMPUTER BASICS

Royce Schultze, from the ND Center for Independent Living, will be in the Library on Thursday, June 8, 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 five people, and pre-registration is required. Please stop by the Front Lobby Desk or call 255-4648 to sign up.

"JUST GET IT DONE SOMEDAY"

QUILTING GROUP

The "Just Get It Done Someday" Quilting Group will meet in the South Conference Room on Tuesday, June 13 and Tuesday, June 27 from 1:00 - 4:00 pm. This group welcomes new members! If you are interested, please call Lori at 255-4648.

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 to 11:00 am in the Dining Room.

TRIVIA

Join us for Trivia on Tuesday, June 6 and Tuesday, June 20, at 1:00 pm. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!

STOP BEING BORED!

COME PLAY BOARD GAMES!

Please join us on Tuesday, June 13 and Tuesday, June 27, at 1:00 pm to play board games, all the while visiting with friends, old and new!

Bingo!



Join us for **BINGO** on Wednesdays at 1:00 pm! Bingo cards are \$1 each, and you may buy as many cards as you like. Purchased card(s) will be used for ALL games played. All sessions have 100% payout.



WELCOME

Summer



Senior Center Shuttle

Shared transportation from your home to the Burleigh County Senior Center and back!

Transportation is provided within Bismarck and Lincoln city limits Monday through Friday from 8 am to 4:00 pm. (The last shuttle run is at 3:15 pm).

Our shuttle allows patrons of the Burleigh County Senior Center to enjoy meals, receive health maintenance services, participate in activities and socialize with friends in the community.

The suggested donation is \$2.50/one way trip. Riders must be 60+ and complete a one-page registration form. No participant will be denied services due to an inability or unwillingness to contribute.

Support Groups & Free Services

HEARING LOSS SUPPORT GROUP

Kathy Frelich from the ND School for the Deaf/Resource Center for Deaf and Hard of Hearing will be at the Senior Center on Tuesday, June 20 at 10:00 am to provide information on the Hearing Loss Support Group and how you may benefit by joining!

LOW VISION SUPPORT GROUP

Betsy Hermanson, Vision Specialist from ND Voc Rehab will lead the Low Vision Support Group in the Library on Wednesday, June 7 at 10:00 am. This group will be limited to 8 people. **Stop by the Front Lobby Desk or call 255-4648 to register.**

PRAIRIE SEA HEARING CENTER

Shelby Oakley, from the Prairie Sea Hearing Center, will be at the Senior Center on Thursday, June 8, from 11:00 am to 12:00 pm to provide hearing screenings and hearing aid cleanings. No appointment necessary!

DEMENTIA CARE SERVICES

The ND Dementia Care Services Program will provide free dementia care consultations in the library at the Burleigh County Senior Center on Tuesday, June 13 from 11:30 am to 2:30 pm by appointment. **Call 701-258-4933 to schedule an appointment.**

If you need immediate assistance, please call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900. Please note: ND Dementia Care Services does not perform diagnosis; if you or someone you care for is having memory problems, please see your doctor.

LEGAL SERVICES

Legal Services of North Dakota will be at the Burleigh County Senior Center on Wednesday, June 14 from 1:30 to 3:30 pm to meet with individuals by appointment. **Call 1-877-258-5263, ext. 303 to schedule your appointment.**

GRIEF/LOSS & CAREGIVER SUPPORT GROUPS

We all experience loss, whether it's through the death of a loved one, loss of mobility, health concerns, or the passing of a beloved pet.

It is helpful to have a safe place to talk about our grief and learn ways to cope with the challenges and changes in our life. Some of us are experiencing burn out, frustration, and uncertainty because we are caregivers for a partner, parent, or one who requires our help with daily tasks.

There are groups that can help and support you during these difficult times.

Being with others who are sharing the same thoughts, feelings, and experiences as you, is very helpful to keep you focused, answer questions and learn how to cope on an ongoing basis.

Group leader Kathleen Meckler worked as a counselor and marriage and family therapist prior to retirement and is now donating her expertise to the Grief/Loss Support Group and Caregiver Support Group.

Both groups meet on Wednesdays in the Arts & Crafts Room — Grief/Loss Support Group at 10:00 am and Caregiver Support Group at 1:30 pm.

Registration is required. If you would like to participate, please call 255-4648 or Kathleen Meckler at 226-9084. Each group is limited to 10 people.

A NEW Grief/Loss Support Group will be starting in July.

This Group will be an 8 week course that will provide answers and support for those that have lost a loved one or have had a significant loss within the past year. The focus will be on the stages of grief and healthy ways to cope with emotions during a difficult time. This group will consist of lessons on grieving and support from others, celebrating our loved one, and a plan to begin our new life. Kathleen Meckler, BCSAP's Grief/Loss and Caregiver Support counselor, will lead the group. Participation requires a commitment to attend all sessions. Registration is required and limited to 10 participants.

An informational meeting will be held on Thursday, July 6 at 10:00 am. The 8 week course will be held each Thursday at 10:00 am from July 13 through August 31. Please contact Kathleen at 226-9084 with questions or to register.

This 'n That

MY SENIOR CENTER

Please check in on *My Senior Center* each time you come to the Senior Center and/or to 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.

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.



Loaded Peppers with Corn, Black Beans and Pepper Jack Cheese (yields 4)

4 med bell peppers, tops cut off, seeds removed
1 can of black beans, rinsed
2 ears of corn, kernels striped off
1 cup of grated Pepper Jack Cheese
3 green onions, thinly sliced
2 tsp. chili powder
A few dashes of hot sauce (to taste)
Salt and pepper (to taste)

Preheat oven to 350 degrees. In a large pot, bring water to a boil and steam peppers until tender, 5 to 7 minutes. Drain and let cool. Once cool, arrange in a large glass baking dish.

To prepare your stuffing, combine black beans, corn, 1/2 cup Pepper Jack cheese, 2 green onions, chili powder, and hot sauce in a large bowl, and season with salt and pepper to taste.

Spoon black bean mixture into bell peppers and sprinkle with more cheese. Bake until cheese is melted, and mixture is warmed through, approximately 7 to 10 minutes, and sprinkle with the remaining green onion. Enjoy a delicious meal with friends and family!

ONGOING ACTIVITIES

Pinochle:	1:00 pm, Monday, Wednesday, Friday
Bridge:	1:00 pm, Tuesday, Thursday
Hand & Foot:	12:45 pm, Thursday
Bunco:	1:00 pm, 1st & 3rd Thursday
Bingo:	1:00 pm, Wednesday
Whist:	12:30 pm, Tuesday
5 Crowns:	12:45 pm, Monday
Farkel:	12:45 pm, Tuesday

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

FIVE CROWNS

What is the game Five Crowns about?

It is a very fun, very simple card game that can be played with anywhere from 2 to 7 players. More importantly, it can be played by all ages, including young children.

Join in the fun on Mondays at 12:45 pm. No experience necessary! Play with friends at the Senior Center and play with your children/grandchildren!

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.

If you would like to check out a book, please stop by the Dining Room Desk during regular Center hours. Books are on a 25 day loan and must be returned to the Senior Center when you are done.

The Senior Center Library also has books available to you. 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. Please stop by the Administrative office if you have questions.



Drive-Thru Meals & Parking

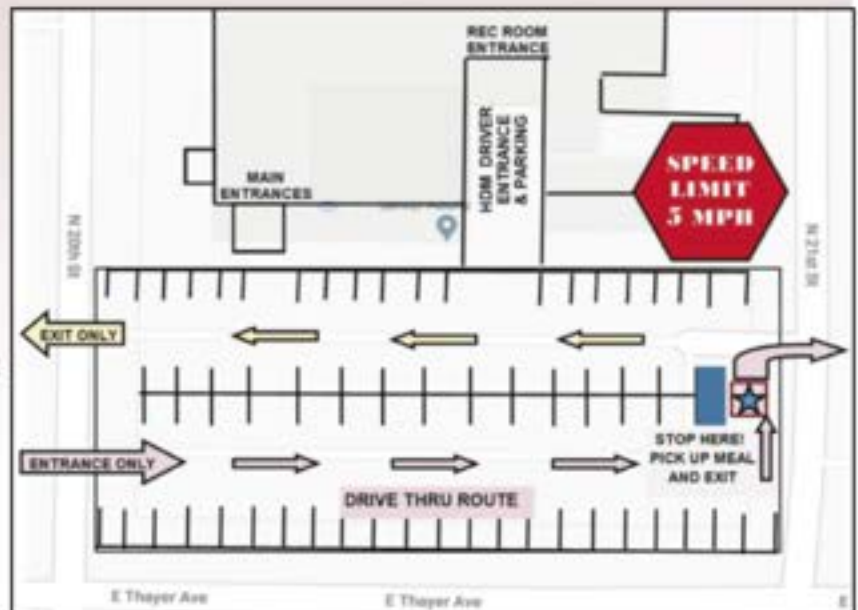
The Senior Center parking lot is a **one-way!** Please follow the map and instructions below and use extreme caution while in the parking lot. The speed limit is **5mph**. **GO SLOW AND WATCH FOR PEDESTRIANS!** Safety is our #1 Concern!

Patrons may choose between a Congregate meal and a Drive-Thru Meal.

DRIVE-THRU PATRONS: Proceed to the "star" on the map and wait there to pick up your meal. Please do not get in the Drive Thru line until 11:15 am. If you are early, park until 11:15 am. After meal pickup, please exit onto 21st Street (right turn only).

CONGREGATE MEAL/OTHER PATRONS: Patrons coming to the Senior Center for a meal, activities, or other reason, may park where they choose, following the one-way arrows.

Thank you for your cooperation!



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Route Minot/Bismark/Minot**

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**See our website for scheduling or
contact us at 701-839-7433**



Volunteer Opportunities!

JOIN OUR VOLUNTEER TEAM!

Currently, volunteers are needed in the following areas at the Burleigh County Senior Center:

- Home Delivered Meal Drivers
- Senior Center Shuttle Drivers
- A variety of jobs requiring a few hours one day per week.

Volunteer as little, or as often as you like—we will work with your schedule! If you are interested in volunteering, or would like more information, please stop by the Administrative Office or call 255-4648.



Featured Volunteers



ERICA WANGLER

Erica Wangler has been a volunteer at the Senior Center since 2016. Erica initially assisted with packing home delivered meals. She now embroiders dish towels and helps with the noon meal by carrying trays, bussing and washing tables.

In Erica's spare time she likes to play cards and work on crossword puzzles. Erica attended the Bismarck Hospital School of Nursing where she received her Registered Nurse degree in 1971. Erica spent 38 years in a variety of nursing positions. Erica then worked at the Walmart Vision Center until her retirement in 2012.

Erica met her husband Al in high school and five years later they were married. They have two sons. One is an office manager in the music department at Notre Dame and the other is an electrical engineer in Bismarck. Erica has two cherished grandsons in Bismarck.

Al and Erica enjoyed travelling on their Goldwing motorcycle. They belonged to two local motorcycle clubs and also went to Lake Havasu, AZ in the winter. Al enjoyed golfing year-round, and this was a perfect spot. Al and Erica were married for a little over 50 years until his recent passing. Erica enjoys coming to the Senior Center to be with people, socialize and to be of service to others.

Thank you, Erica, for all you do!

MIKE & CRISANNE ORGAARD

Mike & Crisanne Orgaard have been delivering Home Delivered Meals for the Burleigh County Senior Center for about a year. They saw the commercial on TV and thought it was a good way to volunteer their time.



Crisanne enjoys counted cross stitch, needlepoint and playing pickleball in her free time. Mike enjoys wood turning.

Mike used to work at Minnkota Power and they both farmed for many years. Mike and Crisanne have two sons and seven grandchildren. One son now lives on the farm Mike grew up on. Crisanne moved a lot when she was young, so she enjoyed being settled on the farm.

Mike and Crisanne like the staff at the Senior Center and enjoy delivering meals.

Thank you Mike and Crisanne for everything you do, you are appreciated!

**VOLUNTEER ANNUAL TRAINING
SEE PAGE 4 FOR INFORMATION!**

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
- July 10: Wing and Sterling Foot Care Clinics
- September 11: Wing and Sterling Foot Care Clinics

*An appointment is required for the Wing and Sterling Foot Care Clinics. To schedule, please call the Burleigh County Senior Center Health Maintenance office at 255-4648.



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(Listed donations were received between April 1-30, 2023.)

John Erik Sakariassen
Sandra Schmidt
Anna Vogel

Women of the Moose,
Mandan Chapter 1374

In Memory of Donna Marie Duppong
—Carol Hattel



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

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

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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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