

THE SENIOR SENTINEL



315 North 20th Street • Bismarck, North Dakota 58501

Vol. 2 February, 2022



***Roses are Red,
Violets are Blue,
We are so Grateful,
To Have Patrons Like YOU!***

***Happy Valentine's Day
from BCSAP Staff***

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Council, Advisory
Committee & Staff

The Burleigh County Senior Center will be closed on Monday, February 21 for Presidents' Day.



Join Us for Activities!

COFFEE & CARAMEL ROLLS WITH A COP

Officers Clint Fuller and Caity Horne will be at the Burleigh County Senior Center on Wednesday, February 16 at 8:30 am (while caramel rolls are being served). Officers Fuller and Horne will visit with you on current scams and issues to be aware of in our community and answer any questions you may have.

AARP TAX-AIDE

AARP Tax-Aide will provide tax preparation assistance at the Burleigh County Senior Center from February 1 through April 15, 2022. Appointments are required for this service. **To make an appointment, please call 701-751-4074 or go to bismarcktaxes.setmore.com.** You may pick up a pre-appointment packet at the Senior Center front desk and fill out the forms prior to your appointment.

COMPUTER BASICS

Vicki Laraway, from the ND Center for Independent Living, will be in the Senior Center Library on Thursday, February 10, 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.

“JUST GET IT DONE SOMEDAY”

QUILTING GROUP

The “Just Get It Done Someday” Quilting Group will meet in the South Conference Room on Tuesday, February 8 and Tuesday, February 22 from 1:00 pm—4:00 pm. This group welcomes new members! If you are interested, please call Renee at 255-4648.

CURIOSITY STREAM

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

February 3: *Mountains:*

Gateways to the Heavens

Mountains define some of our most spectacular landscapes, creating a mosaic of dramatic habitats, teeming with incredible wildlife. Mountains are found on every continent on Earth, covering 22 percent of the planet’s surface.

February 10: *Valentine’s:*

When Things Get Wild

The story of love in the animal kingdom. What can the animal kingdom teach us about love? Whether it’s dancing, making bouquets, or running baths, there’s a lot we can learn about romance.

February 17: *The Spying Game:*

Tales from the Cold War

At the end of the 80’s, the Soviet Army is being universally modernized, observed closely by western military intelligence in East Germany. Weapons-scouts in the field are constantly on duty, as are agents in high command or in intelligence service stations.

February 24: *Planet Parrot*

About 50 Amazon parrots live rough on Stuttgart’s streets. They’re not built for the German winter, surviving there takes extraordinary adaptability. But Stuttgart’s Amazons are far from unique. Parrots are appearing in cities all over the world...and they’re doing it in big numbers.

DISCOVER YOUR WORLD

Join us for a special viewing of ***Bucket List Australia*** on Tuesday, February 8 at 9:30 am.

If Australia makes you think of beaches and barbecues, cricket and cork hats, you haven’t seen anything yet. Giant deserts, ancient rainforests, tropical coasts, and mystical rock formations. Not to mention, some of the weirdest and most wonderful animals on the planet.



**Penny Bingo will be held
every Wednesday at 1:00 pm
in the Dining Room.**

Free Services

DEMENTIA CARE SERVICES

The ND Dementia Care Services Program will provide free dementia care consultations via zoom and telephone on Tuesday, February 8 from 11:30 am to 2:30 pm by appointment.

Call 701-258-4933 to schedule an appointment.

For the health and safety of all concerned, as we address the Covid-19 outbreak and in response to the sharp increase in cases driven by the omicron variant of Covid-19, the Alzheimer's Association will not be meeting in person at this time.

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, February 9 from 1:30 to 3:30 pm to meet with individuals by appointment.

Call 1-877-258-5263, ext. 303 to schedule your appointment.

PRAIRIE SEA HEARING CENTER

Jessica McLindsay, from the Prairie Sea Hearing Center, will be at the Senior Center on Thursday, February 10, from 11:00 am to 12:00 pm in the Library, to provide hearing screenings and hearing aid cleanings.

No appointment necessary!

FOR YOUR USE!

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

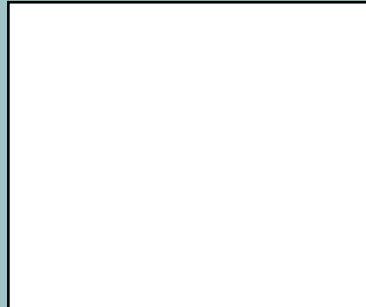
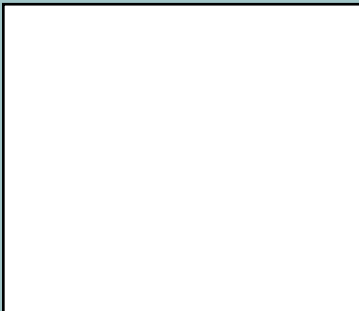


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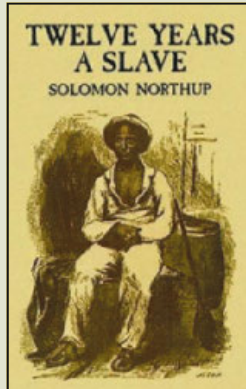
Call 701.355.1597

Join Us for Activities!

BOOK CLUB

The Book Club will meet in the Senior Center Library on Monday, February 28 at 1:00 pm to discuss the book, *Twelve Years a Slave*, written by Solomon Northup. Discussion will be led by Dr. Wayne G. Sanstead.

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 February 28.



Book Synopsis:

Twelve Years a Slave is an 1853 memoir and slave narrative by American Solomon Northup as told to and edited by David Wilson. Northup, a black man who was born free in New York state, details his being tricked to go to Washington, D.C., where he was kidnapped and sold into slavery in the Deep South. He was in bondage for 12 years in Louisiana before he was able to secretly get information to friends and family in New York, who in turn secured his release with the aid of the state. Northup's account provides extensive details on the slave markets in Washington, D.C. and New Orleans, and describes at length cotton and sugar cultivation and slave treatment on major plantations in Louisiana.

TRIVIA FOR SENIORS

Join us for Trivia for Seniors on Tuesday, February 1 and February 15, from 1:00 pm—1:30 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, February 8 and February 22, from 1:00 pm—2:00 pm to play board games, all the while visiting with friends, old and new!



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

February 4: *Clue*

Clue is a 1985 American comedy mystery film based on the popular board game of the same name. The tale begins at a remote mansion, where six mysterious guests assemble for an unusual dinner party where murder and blackmail are on the menu. When their host turns up dead, they all become suspects.

February 11: *On Golden Pond*

Cantankerous retiree Norman Thayer and his conciliatory wife, Ethel, spend summers at their New England vacation home on the shores of idyllic Golden Pond. This year, their adult daughter, Chelsea, visits with her new fiancée and his teenage son, Billy on their way to Europe. After leaving Billy behind to bond with Norman, Chelsea returns, attempting to repair the long-strained relationship with her aging father before it's too late.

February 18: *Mr. Holmes*

Long-retired and near the end of his life, Sherlock Holmes grapples with an unreliable memory and must rely on his housekeeper's son as he revisits the still-unsolved case that led to his retirement.

February 25: *Belle*

The true story of Dido Elizabeth Belle, the illegitimate mixed-race daughter of a Royal Navy Admiral. Raised by her aristocratic great-uncle Lord Mansfield and his wife, Belle's lineage affords her certain privileges, yet the color of her skin prevents her from fully participating in the traditions of her social standing. Left to wonder if she will ever find love, Belle falls for an idealistic young vicar's son bent on change who, with her help, shapes Lord Mansfield's role as Lord Chief Justice to end slavery in England.

The Senior Center Advisory Committee will meet on
Tuesday, February 1, at 9:15 am in the Library.

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.



TIME TO SOCIALIZE!

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

Join us for Caramel Roll Wednesday! Caramel rolls will be served on Wednesdays from 8:30 am until sold out! Sorry, no take-outs!

Join us for Pie Happy Hour on Monday, February 28 from 1:00—2:30 pm. February's pie is Cherry. Purchase of slice of pie, ice cream and coffee for \$2.50. Sorry, no take-outs.



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.

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Support Groups

How to Heal from Any Struggle— One Step at a Time

Life is a series of hellos and good-byes, of gains and losses. They come as a matched set and we all experience them. Often we ignore those little losses. We neglect to recognize how, as a result of the continued succession of hellos and good-byes, our coping strategies are being built over time. Whether we are trying to heal from the death of a loved one, past trauma, physical challenges, a change in life style, or the effects of unstable conditions in the future, we can learn together how to navigate the feelings of uncertainty, confusion, hurt and frustration.

There is strength in numbers and the Caregiver Support and Grief Support & Share groups can help you find answers. By sharing and learning together we can discover healthy ways to cope with these changes. Loneliness and uncertainty can be eased as we discuss new ways to improve our daily lives.

All are invited to attend the Grief Support & Share Group and Caregiver Support Group sessions.

For more information, please contact Kathleen Meckler, Facilitator at 226-9084 or leave her a message at the Senior Center at 255-4648.

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 for our Hearing Loss Support Group on Tuesday, February 15 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, February 2 at 10:00 am. This group will be limited to 8 people. **Stop by the Administrative Office or call 255-4648 to register.**

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 South Conference Room. Sessions are scheduled for February 2, 9, 16 & 23.

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

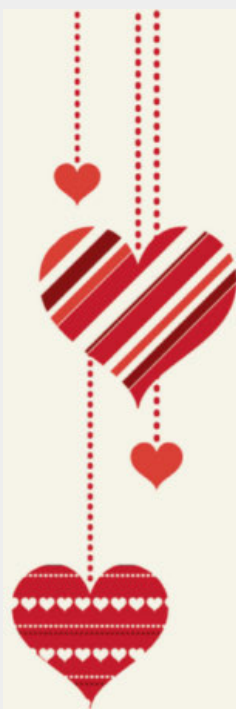
CAREGIVER SUPPORT GROUP

Join us for our Caregiver Support Group on Thursday, February 10 and Thursday, February 24 in the South Conference 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.



February Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE!	1 Roast Pork with Gravy Baked Sweet Potato Antigua Vegetable Blend Pears	2 Swedish Meatballs Mashed Potatoes Steamed Peas Melon Blend	3 BBQ Ribs Macaroni & Cheese Baked Beans Coleslaw Apricots	4 Chicken Parmesan Spaghetti Primavera Vegetable Blend Strawberry Applesauce Garlic Breadstick
7 Baked Ham Baby Baker Potatoes Capri Vegetable Blend Sliced Apples	8 Chicken Fried Chicken Mashed Potatoes with Country Style Gravy Corn Grapes	9 Beef Stroganoff Egg Noodles Murray Vegetable Blend Mandarin Oranges	10 Chicken Florentine Lasagna Roll-Up Carrots Peaches Garlic Bread	11 Potato Crusted Cod Wild Rice Pilaf Broccoli with Cheese Sauce Dark Sweet Cherries
14 VALENTINE'S DAY Grilled Steak with Red Wine Mushroom Sauce Baked Potato Green Beans Almondine Fruit Cocktail Red Velvet Dessert	15 BRUNCH FOR LUNCH Denver Scramble Hashbrown Casserole Roasted Tomato Half Chunky Fruit Blueberry Muffin	16 Meatloaf Parslied Potatoes Scalloped Corn Applesauce Pudding Parfait	17 Honey Garlic Chicken AuGratin Potatoes Miller Vegetable Blend Banana	18 Carnitas (Shredded Pork) Enchiladas Spanish Rice Refried Beans Diced Mango Cup
21 CLOSED FOR PRESIDENTS' DAY	22 Chicken Cordon Bleu Rosemary Roasted Potatoes Scandinavian Vegetable Blend Asst. Fruit Cups	23 Hot Beef Sandwich Mashed Potatoes with Gravy Country Vegetable Blend Pears Asst. Cookies	24 Chicken Lo Mein Oriental Vegetable Blend Pork Pot Sticker Pineapple Fortune Cookie	25 Garlic & Herb Tilapia Barley Pilaf Candy Corn Vegetable Blend Fresh Orange
28 Tater Tot Casserole Mixed Vegetables Cucumber Salad Apricots				

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 Senior Center/
Sterling Meal Site: 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 \$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.

February Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>9:00 Strength Finders 9:15 Advisory Committee 10:15 Fit & Strong 12:30 Whist 1:00 Trivia 1:00 Bridge 1:30 Art with Andrea</p>	<p>2</p> <p>8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Low Vision Support Group 10:00 Grief Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo</p>	<p>3</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 Mountains: Gateway to Heavens 10:15 Fit & Strong 1:00 Bridge 1:00 Hand & Foot 1:00 BUNCO</p>	<p>4</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>7</p> <p>9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle</p>	<p>8</p> <p>9:00 Strength Finders 9:30 Bucket List Australia 10:00 Art with Nicole 10:15 Fit & Strong 11:30 Dementia Care Services (by appt.) 12:30 Whist 1:00 Board Games 1:00 Bridge 1:00 Quilting Group</p>	<p>9</p> <p>8:30 Caramel Rolls 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:30 Legal Services of ND (by appt.) 1:00 Bingo</p>	<p>10</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 Yoga Talk 9:30 Valentines: When Things Get Wild 10:15 Fit & Strong 10:00 Computer Basics 10:30 Caregiver Support Group 11:00 Prairie Sea Hearing 1:00 Bridge 1:00 Hand & Foot BOOKMOBILE</p>	<p>11</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>14</p> <p>Happy Valentine's Day</p> <p>9:30 Wii Bowling 9:30 Art from the Heart 12:45 Strength Finders 1:00 Pinochle</p>	<p>15</p> <p>9:00 Strength Finders 10:15 Fit & Strong 10:30 Hearing Loss Support Group 12:30 Whist 1:00 Trivia 1:00 Bridge</p>	<p>16</p> <p>8:30 Caramel Rolls (with a Cop) 9:00 Standing Yoga 10:00 Grief Group 10:45 Strength Finders 12:45 Strength Finders 1:00 Pinochle 1:00 Bingo 2:00 Aging Gracefully</p>	<p>17</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 The Spying Game: Tales from the Cold War 10:15 Fit & Strong 1:00 Bridge 1:00 BUNCO 1:00 Hand & Foot 1:00 BCCA Meeting</p>	<p>18</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>21</p> <p>CLOSED FOR PRESIDENTS' DAY</p>	<p>22</p> <p>9:00 Strength Finders 9:30 Art with Rod 10:15 Fit & Strong 12:30 Whist 1:00 Bridge 1:00 Board Games 1:00 Quilting Group</p>	<p>23</p> <p>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</p>	<p>24</p> <p>9:00 Craft Time 9:00 Strength Finders 9:30 Yoga Talk 9:30 Planet Parrot 10:15 Fit & Strong 10:30 Caregiver Support Group 1:00 Hand & Foot 1:00 Bridge</p>	<p>25</p> <p>9:30 Chair Yoga 10:45 Strength Finders 1:00 Movie Matinee 1:00 Pinochle</p>
<p>28</p> <p>9:30 Wii Bowling 12:45 Strength Finders 1:00 Pinochle 1:00 Book Club 1:00 5 Crowns 1:00 Pie Happy Hour</p>			<p>DAILY</p> <p>Coffee Bar 8:00 am—11:30 am Sew & Share 9:30 am—11:00 am Billiards 8:30 am—4:00 pm</p>	

The Burleigh County Senior Center will be closed on Monday, February 21 for Presidents' Day.

Crossword Answer Key



Valentine Words

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

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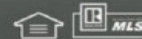


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Health & Wellness

WELLNESS CHALLENGE

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

This Wellness Challenge will go through March 31, 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 the 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 or 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 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, as well as 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 is 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. **MASKS ARE REQUIRED TO ATTEND THIS CLASS.**

AGING GRACEFULLY

Join us for Aging Gracefully on Wednesday, February 16 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. **MASKS ARE REQUIRED TO ATTEND THIS CLASS.**

Health & Wellness

YOGA TALK WITH BONNY & MARLENE

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



Thursday, February 10, 9:30 am: *Mindfulness for Yoga Practice*

Thursday, February 24, 9:30 am: *Meditation Series, Part 1*

Join these Zoom classes 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.

Standing Yoga will meet on Wednesdays, February 2, 9, 16 and 23 in the Fitness Room.

Classes are 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 class 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, February 4, 11, 18 and 25 in the Fitness Room.

Classes are 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!

MASKS ARE REQUIRED TO ATTEND YOGA CLASSES.

The Senior Sentinel | 11

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Burleigh County Senior Adults Program, Bismarck, ND

D 4C 05-0634

Health & Wellness

WII BOWLING

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

This 12 week series will end on March 28. 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.

FIT & STRONG

Fit & Strong is an exercise and behavior change program for adults age 60 and over or those with lower extremity joint pain and stiffness, who wish to live a stronger, healthier more comfortable lifestyle. This program includes 60 minutes of exercise and 30 minutes of group discussion and health education that provides you with the support, encouragement and community you need to succeed.

Fit & Strong classes will meet on Tuesdays and Thursdays from 10:15 am to 11:45 am through March 24. All classes will be held in the Senior Center Fitness Room.

Registration is required! Please call NDSU Extension at 701-221-6865 to register. Registration is limited to 12 participants.

CHAIR YOGA ON TELEVISION

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.

**February 4, 11, 18 and 25
at 10:30 am**

We would like to thank our sponsors:
AARP of ND, Bismarck-Burleigh Public
Health, Dr. Joel Roloff, Adjust Life
Chiropractic, and
Dakota Media Access.



Celebrate Your Inner Artist!

ART FROM THE HEART

Join Nina on Monday, February 14 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 ROD

Join Rod Barth on Tuesday, February 22 from 9:30—11:00 am for a progressive class on watercolor painting. 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, February 8, at 10:00 am for a class on painted Valentines.

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 ANDREA

Join Andrea Dvorak on Tuesday, February 1 at 1:30 pm for the first in a four-part series on Paper Quilling. 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.

Our Volunteers Make the Difference!

HOME DELIVERED MEAL DRIVERS NEEDED!

Due to a large increase in demand for home delivered meals, we are in desperate need of additional home delivered meal drivers.

- Drivers may deliver one day a week, one day a month, or whatever works best for them.
- A typical route consists of 12-15 homes.
- An individual may drive a route, or a business may rotate staff on a route (different staff person each week).
- Meals are picked up from the Burleigh County Senior Center.
- Time commitment is approximately 10:30 am - 12:00 pm.
- Meals are delivered to homebound individuals who otherwise may not have a hot meal.
- Provide a wellness check on the homebound individual. You may be the only person they see!
- Make a difference to our most vulnerable individuals in our community!



SENIOR CENTER SHUTTLE DRIVERS NEEDED!

The Burleigh County Senior Center is in need of individuals to provide rides to/from participant's home to the Senior Center, using the Senior Center Shuttle van. A good driving record is a must!

If you are interested in volunteering for either of these positions, please contact Spring Renton at 255-4648 or springr@burleighsenioradults.org, or stop by the Administration office at the Burleigh County Senior Center!



Senior Center Shuttle

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

The Burleigh County Senior Center Shuttle is now operating! Transportation will be provided Monday through Friday for patrons of the Burleigh County Senior Center.

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.

At least 24 hours notice is required for a ride. For more information, or to schedule a ride, please call 255-4648.

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!

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.



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 frozen 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.

FALLS POLICY

The staff and volunteers of the Burleigh County Senior Adults Program are not to lift anyone who has fallen.

If the person cannot get up on their own, 9-1-1 will be called. Staff will stay with the person and make them as comfortable as possible until emergency personnel arrive.

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: 1:00 pm, Wednesday
Wii Bowling: 9:30 am, Monday
Whist: 12:30 pm, Tuesday
5 Crowns: 1:00 pm, Last Monday of month

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



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. If you tend to be chilly, please dress accordingly.

Drive-Thru Meal Service

PLEASE USE EXTREME CAUTION **WHILE IN THE** **SENIOR CENTER PARKING LOT!**

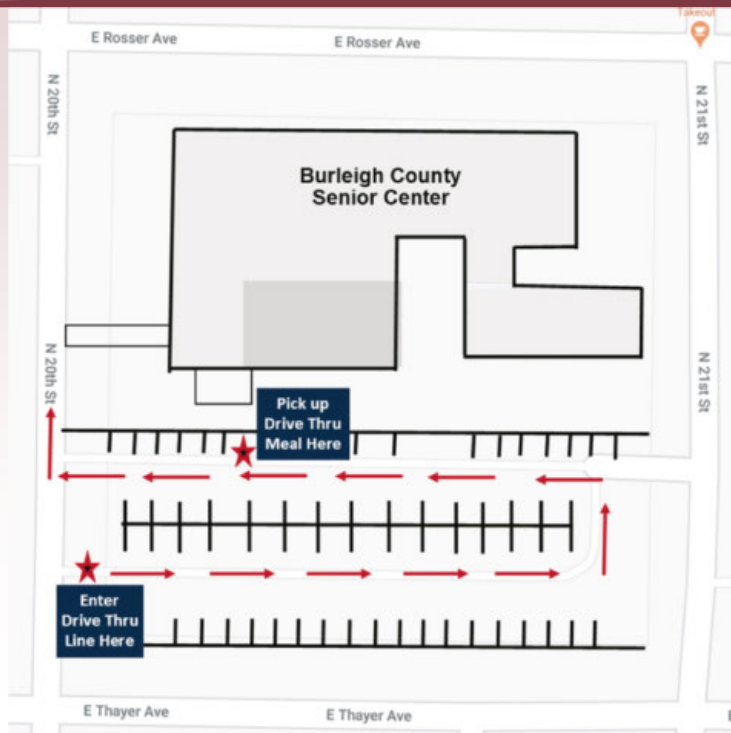
Patrons may choose between congregate meals or drive-thru meals. If you are using our Drive-Thru Meal Service please follow the route shown.

Use extreme caution while in the parking lot and follow directions of staff when picking up your meal or coming in to the Senior Center.

Hours for meal service are:

11:15 am – 11:45 am Drive-Thru Meals
12:00 pm – 12:30 pm Congregate/
Take-Out Meals

If you want a take-out meal, and cannot make the Drive-Thru Meal time, you may pick up a meal inside from 12:15 pm – 12:30 pm. There are two parking spots reserved at the main entrance for this purpose.



The Senior Sentinel | 15



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Burleigh County Senior Adults Program, Bismarck, ND

E 4C 05-0634

Word Search

Valentine Words

Answers on page 9.

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

Word List:

ADORE
BELOVED
CANDY
CHOCOLATE
DESIRE
FEBRUARY
HEART
LOVE
RED
SWEETHEART

AFFECTION
BEMINE
CARDS
CUPID
DEVOTION
FLOWERS
HONEY
LOVEBIRDS
ROMANCE
SWEETS

AMOROUS
BOUQUET
CHERISH
DARLING
EMBRACE
FOURTEENTH
HUGS
PINK
ROSES
TEDDYBEAR

ARROW
CANDLELIGHT
CHERUB
DEAR
ENDEARMENT
FRIENDS
KISSES
POEM
SECRETADMIRER
TENDERNESS

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—February 24
- *Wing Foot Care Clinic—March 14

*For Wing/Sterling appointments, please call the Burleigh County Senior Center Health Maintenance office at 255-4648.



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--Ileen Schwengler

In Memory of O.W. "Bud" Kipp
--Marilyn Kipp


In Memory of Janet, Andrew & AnnaMary Werner
--Rosemary Werner

In Memory of Peggy Holsti
--The Kelsch Family

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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

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

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Telephone: _____

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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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 www.BismarckSeniorCenter.org
 Monday - Friday, 8:00 am to 4:30 pm

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