The AgeWell Connection

315 North 20th Street • Bismarck, North Dakota 58501

Vol. 3 March, 2026



SPRING FLING

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First Day of Spring, Friday, March 20

10:30 am Beverage and Treats provided by Touchmark

12:00 pm Noon Meal (Reservation required, Seating Limited)

12:30 pm Music by Randy Karr
No Afternoon Activities!



Volunteer Annual Training
Tuesday, March 10, 8:45 am

Attention all Volunteers! It is time, once again, for our annual volunteer training and WSI insurance sign up. Please plan to attend this important session. A continental breakfast will be served beginning at 8:15 am. RSVP to the Client Services Desk or call 255-4648.

United Way
Missouri Slope Areawide United Way

SIGN UP FOR MARCH MEALS AND ACTIVITIES WILL BEGIN ON FEBRUARY 23

MEALS ON WHEELS AMERICA
2025 MEMBER

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Lifelong Learning

AARP: VIGILANCE AGAINST CYBERCRIME

In today's fast-paced online environment, protecting your personal information is more crucial than ever. Join an AARP representative on Tuesday, March 3 at 10:00 am, as they cover how to stay safe in public, at home, when using social media and when shopping and banking. They will also look at common scams and how to avoid them. Join them to learn more!

EATING IN COLOR FOR ENERGY, MEMORY & MOBILITY

Eating in color is a fun and simple way to support your energy, memory and mobility. Join Katie Johnke from Bismarck-Burleigh Public Health on Monday, March 2 at 10:00 am as this presentation highlights each fruit and vegetable color and its key nutrients. You'll learn easy ways to add more color to your plate and feel your best every day.

MAKING SENSE OF SENSORY LOSS AS WE AGE

Sensory loss in any of the senses can be emotionally distressing and may affect everyday tasks.

Attend and learn with Shelly Kuntz from NDSU Extension and Annette Goehring from ND Assistive on Tuesday, March 10 at 10:00 am on how to "make sense" of the aging process by exploring the senses, understanding the impacts, and ways we can make a difference!



BEEN THERE, LOVED THAT!

Join Katie Johnke from Bismarck-Burleigh Public Health on Wednesday, March 4 at 10:00 am in *The Hangout* for an informative cooking class to celebrate National Nutrition Month with beans and lentils! These little nutrition powerhouses support heart health, energy and digestion. Learn tasty, easy ways to add them to your meals – simple, delicious and packed with power! Limit of 24 people. Please sign up at the Client Services Desk or call 255-4648.

PARKINSON'S MADE SIMPLE: INFO, INSIGHT, SUPPORT

This presentation breaks down the basics of Parkinson's disease in clear, easy-to-understand terms. Join us on Tuesday, March 24 at 10:00 am in the Connection Café for an informative and friendly session designed for families and seniors alike! Learn about the common signs and symptoms, how the condition may affect daily life, and practical ways families can provide support. We'll also explore treatment options, helpful resources, and tips for caregivers – so you leave feeling informed, empowered, and ready to support your loved one with confidence. Whether you're newly facing Parkinson's in your family or just want to understand it better, this session offers insight, guidance and hope.

EXTEND YOUR LIFETIME!

Invest one hour in this seminar and discussion on Monday, March 16 at 10:00 am by Paul Schneider in better ways of "Aging Well"! Learn the six common methods people practice that live past 80 and beyond. These ways are achievable by most everyone and are all sure to enhance the extension of your future!

AARP SMART DRIVER

On Monday, March 2 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.

Services to Help Older Adults & Individuals with Physical Disabilities Live at Home
Thursday, March 12, 2026, 1:00 pm in the Connection Café
Hosted by ND Health & Human Services—Adult & Aging Services

Adult & Aging Services encourages the public to attend and share comments on the Older Americans Act (OAA), the Multigenerational Plan, and the Home and Community-Based Services (HCBS) Medicaid Waiver. All three programs are interconnected to support individuals, families and communities across the lifespan.

WE WANT TO HEAR FROM YOU!

Learn about in-home and community-based long-term support services for older adults and individuals with physical disabilities.
—Housecleaning, laundry, or meal help, help with bathing, dressing, etc. (personal care services), short-break support for family members caring for loved ones, hands-on care for medical needs and more.

Learn about other support services. Share ideas about other needed services.
—Family caregiver support, dementia care services, long-term care ombudsman, vulnerable adults program, and nutrition and health.

Learn how family, friends, neighbors, and others can be paid to provide approved care and support services by becoming qualified service providers.

Individuals who need disability accommodations to participate should contact Jaci Seefeldt at 701-328-4645, 711 (TTY) or jjseefeldt@nd.gov.

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For ad info. call 1-800-950-9952 • www.lpicommunities.com Burleigh County Senior Adults Program, Bismark, ND A 4C 05-0634

Join Us for Activities!



Join Us for a Movie
<u>On Center Stage in the Connection Café</u>
Fridays at 1:00 pm

March 6: Hazel's Heart, PG
Based on a true story of 15-year-old Hazel Miner, a North Dakota farm girl who heroically protected her two younger siblings for 25 grueling hours in a blinding blizzard after they were separated from their father, showcasing immense courage, faith and sacrificial love against impossible odds during a subzero white-out storm. Filmed in ND.

March 13: Maid in Manhattan, PG-13
Marisa Ventura is a struggling single mom who works at a posh Manhattan hotel and dreams of a better life for her and her young son. One fateful day, hotel guest and senatorial candidate Christopher Marshall meets Marisa and mistakes her for a wealthy socialite.

March 20: No Movie

March 27: I Can, PG
A faith-based movie based on the true story of Katelyn Pavey, a young woman born with only one fully developed arm who overcomes her physical limitations to become an All-American college softball player, highlighting themes of forgiveness, perseverance and faith in God.



SUNDAY, MARCH 8

<u>THE COFFEE CORNER</u>

The ***<u>Coffee Corner</u>*** is open daily from 8:00 am to 2:00 pm.

Coffee is available for a free-will donation. A variety of snacks and drinks are available for purchase.
A menu is available at the Coffee Corner.

Special events at the Coffee Corner include:

Caramel Roll Wednesdays!
Caramel rolls ($1 each) are served on Wednesdays from 8:30 am until sold out. Sorry, no take-outs or pre-orders are allowed.

Celebration of Birthdays and Anniversaries!
Join us on the first Tuesday of the month for our monthly Birthday and Anniversary Celebration! Dessert and ice cream will be served on Tuesday, March 3 at 12:30 pm.

<u>COFFEE WITH A COP</u>

Officer Caity Horne will join us on Wednesday, March 18 at 9:50 am in the ***<u>Connection Café</u>*** to discuss current scams and issues to be aware of in our community.

<u>COMPUTER & PHONE BASICS</u>

Staff from the ND Center for Independent Living will be in the ***<u>The Hangout</u>*** on Thursday, March 12 at 10:00 am.

Please bring your laptop, tablet or cell phone 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 call 255-4648 or stop by the Client Services Desk to sign up for this session.

<u>"JUST GET IT DONE SOMEDAY" QUILTING GROUP</u>

The "Just Get It Done Someday" Quilting Group will meet in ***<u>The Hangout</u>*** on Tuesday, March 10 from 1:00 - 4:00 pm and Tuesday, March 24 from 8:00 am - 4:00 pm. This group welcomes new members! If you are interested, please call Client Services at 255-4648.

Crescent Manor Nutrition Program Guidelines

Crescent Manor/Crescent West residents may receive a take-out meal in the Crescent Manor Dining Room or a home-delivered meal (if eligible; home visit is required).

Take-out meals will be available for residents to pick up in the Crescent Manor Dining Room from 11:45 am to 12:15 pm.

Home-delivered meals will be delivered to apartments in Crescent Manor and Crescent West between 11:45 am and 12:15 pm.

More information on the AgeWell Center's Nutrition Program can be found on page 6.



Meal Reservations: Reservations are required for take-out meals at Crescent Manor. **Please call 258-6646 by 2:00 pm at least one day in advance to make reservations.**

Frozen meals are available for pick up on Thursdays at Crescent Manor. **To order frozen meals, please call 258-6646 by 2:00 pm on the Tuesday prior.** Frozen meals will be delivered alongside take-out meals from 11:45 am to 12:15 pm on Thursdays only.

For more information on home-delivered meals, or to see if you qualify, please call 255-4648, Option 2.

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Nutrition Program Information

AGEWELL NUTRITION PROGRAM

The AgeWell Nutrition Program offers a variety of meal options for older adults. Congregate meals, drive-thru/take-out meals, home-delivered meals and frozen meals are options for you to choose from.

Congregate Meals are provided in a group setting with an opportunity for socializing with others. Congregate meals are available Monday through Friday at the AgeWell Center.

Drive-Thru/Take-Out Meals are available to those who choose to not participate in a congregate setting. These meals may be picked up by the participant, or a family member, friend, case manager, etc. Drive-thru/take-out meals are available Monday through Friday at the AgeWell Center and Crescent Manor in Bismarck.

Home-Delivered Meals (hot or frozen) are provided to clients within Burleigh County. Within Bismarck city limits, meals are delivered Monday through Friday. Outside of city limits, meals are delivered weekly.

Frozen Meals are available for evenings and weekends. These meals are flash frozen at the AgeWell Center and are a great alternative to those found in the grocery store.

Mom's Meals are available to clients in need of a medically-tailored meal or to those living in the rural areas of Burleigh County. Medically-tailored meals include: lower sodium, vegetarian, pureed, renal-friendly, protein plus, heart-friendly, diabetes-friendly and gluten-free. Rural residents will receive general wellness meals, unless they have need of a medically tailored meal.

Suggested donation is $5.50/meal. The meal price for those under 60 is $12.50. SNAP/EBT and credit/debit cards are accepted. No one 60 or older is denied meals due to their inability or unwillingness to make a donation.

OAA federal regulations require individuals age 60 and older to complete a meal assessment to participate in the Nutrition Program. Meal participants are required to update their assessment annually. Individuals are notified when their assessment is due for updating.

See page 5 for Crescent Manor Nutrition Program Guidelines!

MEAL SCHEDULE

*Home-Delivered Meals are delivered between 10:00 am and 12:00 noon
*Drive-thru Meal Service: 11:15 am – 11:45 am
*Congregate Meal Service: 12:00 pm – 12:30 pm
*Pick-up Meal Service: 12:30 pm - 3:30 pm
This includes frozen meal pick-up!

MEAL RESERVATIONS

Reservations are required for **ALL** meal services at the AgeWell Center. Please call 255-4648, Option 1, or stop by the Client Services Desk **at least one day in advance by 4:00 pm** to make reservations. When making your reservation, indicate which meal service you will be using, congregate, drive-thru, pick-up, or frozen meals.

If you miss the Drive-thru or Congregate Meal Service, you may still be able to pick up your meal during the Pick-up Meal Service time. Please call 255-4648, Option 1 or stop by Client Services to check meal availability and/or make arrangements.

NOTE: Phone messages left after hours for meal reservations will not be accepted. Participants are strongly encouraged to call at least one day in advance and not wait until the morning of the meal to make a reservation. Those without reservations will need to wait until those with reservations have received their meals. If a hot meal is still available, the participant may go through the meal service line. If a hot meal is not available, a frozen meal will be offered.

Home-Delivered Meals: To inquire if you are eligible for home-delivered meals, call 255-4648, Option 2.

Canceling your Reservation: If you need to cancel your meal reservation, please do so as soon as possible by calling 255-4648 or stopping by the Client Services Desk. Not cancelling your reservation closes the door on someone else receiving that meal.

No Shows: AgeWell Center staff will be tracking participants who are a 'no show'. Participants who accumulate three 'no shows' will not be allowed to maintain an ongoing reservation.

March at the Connection Café

What's on the menu?

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Swedish Meatballs Caramelized Onion Mashed Potatoes Chef's Steamed Vegetables Chilled Mixed Fruit	3 Pork Fritter with Brown Gravy Buttered Parsley Potatoes Sonoma Vegetable Blend Chilled Peaches	4 Steak Cobb Salad Pretzel Breadstick Chunky Fruit Medley	5 French Onion Chicken Baked Potato with Sour Cream Buttered Beets Chilled Tropical Fruit	6 Sweet and Sour Shrimp Vegetable Fried Rice Vegetable Egg Roll Ambrosia Fruit Salad
9 Swiss Steak Chive Mashed Potatoes Pacific Vegetable Blend Berry Applesauce	10 Arroz Con Pollo (Chicken over Rice) Spanish Rice Mexi-Cali Corn Chilled Pineapple	11 BBQ Beef Sandwich on Onion Bun Potato Wedges Ranch Baked Beans Chilled Pears	12 Fall Apart Pork Roast and Gravy Steamed Baby Red Potatoes Roasted Brussel Sprouts and Squash Fresh Apple	13 Seafood Lasagna RollUp (Scallop, Shrimp, Crab in a Cream Sauce) Connie's Vegetable Blend Garlic Toast Blueberry Fluff Salad
16 Chicken Stroganoff Parslied Egg Noodles Steamed Seasoned Peas Chilled Mixed Fruit	17 **ST. PADDY'S DAY** Roasted Corned Beef With Braised Cabbage, Carrots and Red Potatoes Marble Rye Bread Pistachio Fluff Fruit Salad	18 Chicken Alfredo over Linguine Pomodoro Glazed Steamed Broccoli Garlic Breadstick Chilled Peaches	19 Fish & Chips (Walleye & Fries) Creamy Coleslaw Fruited Gelatin	20 **SPRING FLING** BBQ Ribs Bacon Green Beans Fried Potatoes & Onions Corn Bread Loaf Apple Crumble
23 Beef Tips & Gravy over Mashed Potatoes Country Trio Vegetable Blend Chilled Tropical Fruit	24 Orange Chicken Vegetable LoMein Vegetable Pot Stickers Fresh Banana	25 Chef Salad Blueberry Muffin Fresh Grapes	26 Dill Pickle Meatloaf with Hollandaise Roasted Fingerling Potatoes Steamed Vegetables Chilled Pineapple	27 Lemon Pepper Tilapia Cheesy Broccoli Brown Rice Glazed Carrots Snicker & Apple Salad
30 Baked Citrus Garlic Chicken Rosemary Roasted Potatoes Golden Normandy Vegetable Blend Cinnamon Applesauce	31 Cranberry Stuffing Topped Pork Loin Mashed Sweet Potatoes Steamed Pea Pods Chilled Pears	April 1 Beef Cabbage Rolls Parmesan Mashed Potatoes Chef's Steamed Vegetable Fresh Apple	April 2 **EASTER MEAL** Ham Hashbrown Casserole Peas & Carrots Fruit Salad	April 3 **CLOSED GOOD FRIDAY**

Each meal is served with 8 oz. of 1% milk and 2 slices of whole grain bread (unless otherwise indicated). Coffee and water is served at meal sites. MENU SUBJECT TO CHANGE!

March Activities at the AgeWell Center

Special Events and Support Groups

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Art from the Heart 10:00 AARP Smart Driver 10:00 Eating in Color	3 10:00 Vigilance Against Cybercrime 12:30 Birthday / Anniv. Celebration 1:00 Grief/Loss 1st Year Group	4 10:00 Been There, Loved That 10:00 Low Vision Support Group 10:00 Grief Group 1:30 Caregiver Connections Tech Support by Appt	**5** 9:30 Curiosity Stream **THE COFFEE CORNER is open 8:00 am to 2:00 pm daily.** **Wednesday is Caramel Roll Day, Beginning at 8:30 am!** **SCHEDULE IS SUBJECT TO CHANGE.**	**6** 1:00 Movie Matinee
9 9:30 Art from the Heart	10 8:45 Annual Volunteer Training 10:00 Making Sense of Sensory Loss 1:00 Grief/Loss 1st Year Group 1:00 Quilting Group	11 10:00 Grief Group 10:00 Learn Chess 12:00 Music by Dr. Brad King 1:30 Caregiver Connections 1:30 Legal Services Tech Support by Appt	12 9:30 Curiosity Stream 9:30 Yoga Talk 10:00 Computer/ Phone Basics 11:00 Alliance Center for Hearing 1:00 Community Conversation **BOOKMOBILE**	13 1:00 Movie Matinee
16 9:30 Art with Pauline 10:00 Extend your Lifetime! 1:00 Center Tour	17 WEAR GREEN! 10:30 Hearing Loss Support Group 11:00 Walk this Way 1:00 Grief/Loss 1st Year Group	18 9:50 Coffee w/Cop 10:00 Grief Group 1:30 Caregiver Connections Tech Support by Appt	19 9:30 Curiosity Stream	20 Spring Fling See Cover Page No Afternoon Activities
23	24 8:00 Quilting Group 10:00 Parkinson's Made Simple 1:00 Grief/Loss 1st Year Group	25 10:00 Grief Group 1:30 Caregiver Connections Tech Support by Appt	26 9:30 Curiosity Stream 9:30 Yoga Talk	27 1:00 Movie Matinee
30 1:00 Book Club	31 1:00 Grief/Loss 1st Year Group	April 1	April 2 Easter Celebration See Page 18 No Afternoon Activities	April 3 **CLOSED** **GOOD FRIDAY**

Players Club Activities

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Mahjong 12:45 5 Crowns 1:00 Pinochle 1:00 Samba	12:45 Farkel 12:45 Whist 1:00 Bridge 1:00 Hand & Foot 1:00 Board Games 1:00 Trivia (1st/3rd wk)	10:00 Cribbage 10:30 Pool Lessons 1:00 Bingo	1:00 Bunco 1:00 Bridge 1:00 Hand & Foot 1:00 Cornhole **Pool: 8:00 am - 4:00 pm Daily**	1:00 Pinochle

The Fit Zone Weekly Activities

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Strength Finders 11:00 "Feel the Drum" 12:45 Strength Finders	9:00 Strength Finders 10:00 Strength Finders 1:00 Line Dancing 2:15 Intro Line Dance	9:00 Standing Yoga 10:45 Strength Finders 12:45 Strength Finders	9:00 Strength Finders 10:00 Strength Finders 11:00 "Feel the Drum" **No Classes March 30 - April 4**	9:30 Chair Yoga 10:45 Strength Finders

Celebrate Your Inner Artist!

ART FROM THE HEART

Join Nina in the ***Huddle Hut*** on Monday, March 2, at 9:30 am as she leads an acrylic painting of Spring Flowers in a Jar or on Monday, March 9, at 9:30 am as she leads painting Daffodils with watercolors.





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

Participants are limited to attending one class from Nina per month.

ART WITH PAULINE

Join Pauline in the ***Huddle Hut*** on Monday, March 16 at 9:30 am as she leads a class to create bookmarkers with watercolors.

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



The AgeWell Volunteer Advisory Committee Meeting does not meet in March. The next meeting is on Tuesday, April 7 at 9:15 am in the *AgeWell Library*.

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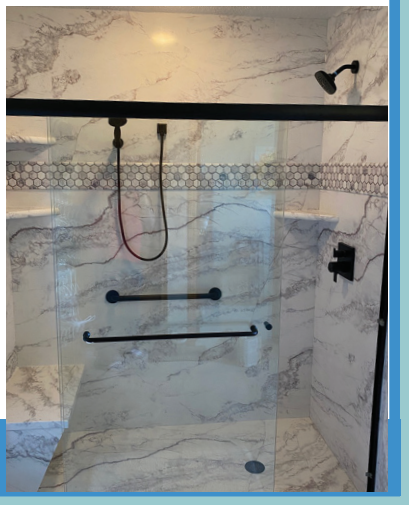




CURIOSITY STREAM

Join us for these programs on Thursdays at 9:30 am in the *Connection Café*.

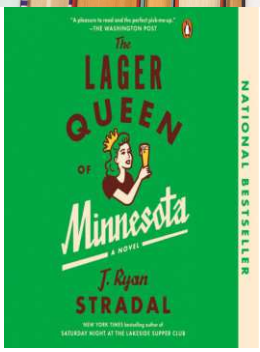
March 5: The Secret of the Mona Lisa
The Mona Lisa by Leonardo Da Vinci is one of the most famous paintings in the world. Her real name according to art history is “La Gioconda”. For many years though, there have been doubts: why did Leonardo not hand the portrait to the commissioner if it was a picture of his wife?

March 12: Inside the Mind of a Con Artist
Jan Lewan is the polka sensation from Pennsylvania who fleeced millions of investors with his classic Ponzi Scheme. His name shot to fame when Netflix produced the movie Polka King with actor Jack Black playing Jan Lewan.

March 19: Colosseum The Whole Story – Marks of Time
Two thousand years after it was built, the Colosseum is in dire need of repair. This two-part series takes a unique behind-the-scenes look at how the worlds of science, fashion, archaeology and culture are coming together for an epic renovation of this iconic Roman monument.

March 26: Colosseum The Whole Story – Preserving the Past
Two thousand years after it was built, the Colosseum is in dire need of repair. Imagine repairing centuries of damage…Scaffolding stretches 55 meters up to the top of one of the Eternal City’s best viewpoints. Restorers work around the clock revealing new details of life in ancient Rome.





The Book Club meeting will be held on Monday, March 30 at 1:00 pm in the AgeWell Library. The book for discussion is ***The Lager Queen of Minnesota,*** by Ryan J. Stradal. Arlene Havig will lead the discussion. Books are available for pick up at the **Connection Café** Desk.

Synopsis: Two sisters, one farm. A family is split when their father leaves their shared inheritance entirely to Helen, his younger daughter. Despite baking award-winning pies at the local nursing home, her older sister, Edith, struggles to make what most people would call a living. So, she can't help wondering what her life would have been like with even a portion of the farm money her sister kept for herself. With the proceeds from the farm, Helen builds one of the most successful light breweries in the country and makes their company motto ubiquitous: "Drink lots. It's Blotz." Where Edith has a heart as big as Minnesota, Helen's is as rigid as a steel keg. Yet one day, Helen will find she needs some help herself, and she could find a potential savior close to home... if it's not too late. Meanwhile, Edith's granddaughter, Diana, grows up knowing that the real world requires a tougher constitution than her grandmother possesses. She earns a shot at learning the IPA business from the ground up -- will that change their fortunes forever, and perhaps reunite her splintered family?



ACTIVITY DONATIONS

When you participate in an activity, please consider making a small donation to assist with the cost. For example, if you attend the Movie Matinee, donate $1 to help pay for the movie license we are required to have. Donate a buck or two on a day when we offer music.

If you are playing pool or cards, attending a fitness class, or any other activity, please consider donating to help cover the costs of those activities. Together, we can continue offering all the activities you have come to enjoy, and keep our facility modernized and safe.

Should you want to donate, there is a donation box labeled “Activity Donations” at the Client Services Desk. Simply place your donation in the box. If you are able and wish to make a larger donation to the organization, please refer to page 23 of this publication for more information.

Thank you, we appreciate your support!

TECH SUPPORT



Digital technology, including the Internet, computers, smart phones and social media, is an important component of modern life. Nowadays, almost all services require the use of technology to access them. But what if you don't know how to do this? We can help!

On **Wednesday mornings**, Mike or Dean will be in ***The Hang Out*** to help you. Whether you need some help on that new smart phone, or with accessing a service online, they will assist you.

This service is available **by appointment only**. Please call 701-255-4648 or stop by the Client Services Desk to schedule your half-hour appointment. Please let us know what kind of assistance you need and bring your device, paperwork, or anything necessary for them to assist you.

AGEWELL CENTER TOUR

Ever wonder what goes on at the AgeWell Center? Now is your opportunity to find out!

If it is your first time or you have been coming for a while, you will discover something new about our facility and programs. Join our tour guides, Nanc and Norma on Monday, March 16 at 1:00 pm in the ***Connection Café***. The session will include:

- Orientation
- Tour
- Q&A Session
- Coffee and a Treat

Please call 255-4648 or stop by the Client Services Desk to sign up for this session.





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The Fit Zone

THE FIT ZONE CLASSES

The current 8-week session runs from March 8 - May 9, 2026. Registration for the next session (May 10 - July 18) begins on Monday, April 27, at 8:30 am**. NO CLASSES MARCH 30 - APRIL 4.**

CLASSES FOR MARCH 8 SESSION

Standing Yoga (Session Fee $20.00)
Wednesdays, 9:00 am
This class is designed with the mature body in mind. Jessica will lead you through a carefully crafted set of poses, using chairs and props to create a space where you feel safe. Over time, you will gain strength, flexibility and balance while incorporating breathing techniques to help relieve tension, anxiety and gain mental clarity. (Limited to 10/class.)

Chair Yoga (Session Fee $20.00)
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 15/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 12/class.)

***NEW:* Introduction to Line Dancing**
Tuesdays, 2:15 pm (1/2 hour class)
Designed for beginners, this class will teach the basics of line dancing. It is a fun and social way to exercise. No partner needed! (Limited to 12/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
Group 5—Tuesdays, 10:00 am
Strength Finders is a 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 14/class.)

"Feel the Drum"
Mondays, 11:00 am and Thursdays, 11:00 am
Instructed by Debbi Hegney and Maxine Doll, this class uses movement through drumming to benefit both the mind and body. Build muscle stamina, relieve stress, improve coordination and stimulate brain function. ALL WHILE HAVING FUN! (Limited to 12/class.)

YOGA TALK WITH BONNY & MARLENE

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

Join them on Thursday, March 12 for ***Making Time for Yoga Every Day*** and on Thursday, March 26 for ***Welcome Spring with Yoga.*** Both sessions start at 9:30 am.

You may attend this class in person in the ***Quiet Place*** at the AgeWell Center or join in via Zoom from your home computer. Please stop by the Client Services Desk or call 255-4648 to register.

WALK THIS WAY



Join Katie Johnke from Bismarck-Burleigh Public Health for *Walk This Way!* Join Katie on Tuesday, March 17 at 11:00 am in ***The Fit Zone*** for this fun, indoor walking exercise!

Be sure to wear your walking shoes! Sign up at the Client Services Desk or call 255-4648.



DID YOU KNOW…

You can use *The Fit Zone* on your own?

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

You can use *The Fit Zone* as a starting point for walking laps? Twenty laps around the ***Connection Café*** equals one mile.

What a great way to get your steps in!

PLAYERS CLUB!

©LPi

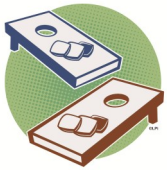
CARD AND GAME SCHEDULE

Pinochle:	1:00 pm, Monday, Friday	The Hangout
Bridge:	1:00 pm, Tuesday, Thursday	Huddle Hut
Hand & Foot:	1:00 pm, Tuesday, Thursday	A Quiet Place
Whist:	12:45 pm, Tuesday	Huddle Hut
5 Crowns:	12:45 pm, Monday	Huddle Hut
Samba:	1:00 pm, Monday	A Quiet Place
Cribbage:	10:00 am, Wednesday	Huddle Hut
Board Games:	1:00 pm, Tuesday	Connection Café
Bunco:	1:00 pm, Thursday	The Hangout
Farkel	12:45 pm, Tuesday	Connection Café
Mahjong:	9:00 am, Monday	The Hangout

TRIVIA

This month, Trivia will be held on Tuesday, March 3 and Tuesday, March 17 at 1:00 pm in ***The Hangout***. Trivia is a great way to trick your brain into learning and increasing your capacity to recall!

CORNHOLE



Cornhole is played every Thursday at 1:00 pm in ***The Fit Zone***. Sign up weekly for cornhole at the Client Services Desk or call 258-4648. This game has a limit of 16 people/session.

LEARN CHESS

Want to learn to play Chess? Join Brad on Wednesday, March 11 at 10:00 am in ***A Quiet Place***. Brad has played in many tournaments and is willing to teach anyone that is willing to learn. Have some Chess fun! Sign up at the Client Services Desk or call 255-4648.

Word Twist

Green Things

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!



etcutel _____

mrlaaed _____

eaps _____

sasgr _____

occilbor _____

caphisn _____

yvi _____

osms _____

gofr _____

tuscac _____

©LPi

See Client Services Desk for answers.

BINGO



Join us for **BINGO** on Wednesdays at 1:00 pm in ***The Hangout***. 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.

POOL LESSONS

Are you interested in learning to play pool? Or maybe you just need a refresher course to get going again?

Bill Beaman will be providing lessons for people who want to learn more about playing pool. These sessions will be held in ***The Hangout*** on Wednesdays from 10:30 to 11:30 am.

Please sign up at the Client Services Desk or call 701-255-4648. There is a maximum of two (2) people per session. Must sign up monthly.

FOLLOW US ON facebook

@ AgeWell Center
Bismarck, ND

Pool Tables are open daily from 8:00 am to 4:00 pm in *The Hangout*.
$1.00 / day
suggested donation.

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 here for our Hearing Loss Support group on Tuesday, March 17 at 10:30 am. This group meets in the ***AgeWell Library***. **Pre-registration is required. Stop by the Client Services Desk or call 255-4648 to register.**

ALLIANCE CENTER FOR HEARING

Representatives from Alliance Center for Hearing will be in the ***AgeWell Library*** on Thursday, March 12 at 11:00 am to provide hearing screenings and hearing aid cleanings. No appointment necessary!

LOW VISION SUPPORT GROUP

Betsy Hermanson, Vision Specialist from ND Vocational Rehabilitation will lead the Low Vision Support Group in the ***Huddle Hut*** on Wednesday, March 4 at 10:00 am. This group is limited to 8 people. **Pre-registration is required. Stop by the Client Services Desk or call 255-4648 to register.**

DEMENTIA CARE CONSULTANTS

Free individualized assistance, problem solving and identification of resources are available to individuals with memory loss and care partners through care consultation provided by the Alzheimer's Association. 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.

LEGAL SERVICES

Legal Services of North Dakota will be at the AgeWell Center on Wednesday, March 11 from 1:30 to 3:30 pm to meet with individuals by appointment only. Appointments will be held in the ***Huddle Hut.*** Call 701-222-2110, ext. 303 to schedule your appointment.

NAVIGATING THE FIRST YEAR OF GRIEF AND LOSS SUPPORT GROUP

The first year after a loss is a time of profound transition. It can feel like a whirlwind of emotions, sometimes overwhelming, sometimes confusing, but always deeply personal. Whether you're grieving the death of a loved one, the end of a relationship, or any other form of loss, it's important to know that your experience is valid, and there's no one "right" way to grieve. This support group will help you navigate this challenging year, where you'll likely face many "firsts", the first birthday, the first holiday, the first anniversary without them. These moments can feel like sharp reminders of your loss, often stirring up intense feelings of sadness, anger, or even numbness. But with each passing day, there are also opportunities for healing and growth, even when it doesn't always feel that way. Kathleen Meckler will facilitate this new group each Tuesday from 1:00 – 2:00 pm in the AgeWell Library. Please contact Kathleen at 226-9084 prior to attending your first session.

GRIEF/LOSS SUPPORT GROUP

We all experience loss, whether it's through the death of a loved one, loss of mobility, health concerns, or the passing of a pet. Having a safe place to talk about grief and learning ways to cope will help you on a long-term basis. Being with others who are having the same thoughts, feelings, and experiences is helpful to know that you are not alone.

Kathleen Meckler facilitates this group each Wednesday from 10:00 - 11:00 am in the ***AgeWell Library***. Newcomers are encouraged to join, however, we request that you contact Kathleen at 226-9084 prior to attending your first session.

CAREGIVER CONNECTIONS

Build a support system with people who understand. This group is a safe place for caregivers, family and friends of persons with dementia to develop a support system; exchange practical information on caregiving challenges and possible solutions; talk through issues and ways of coping; share feelings, needs and concerns; and learn about community resources.



Kathleen Meckler, an Alzheimer's Association trained facilitator, encourages you to join her every Wednesday from 1:30 – 2:30 pm in the ***AgeWell Library***. Please contact Kathleen at 226-9084 before your first session.

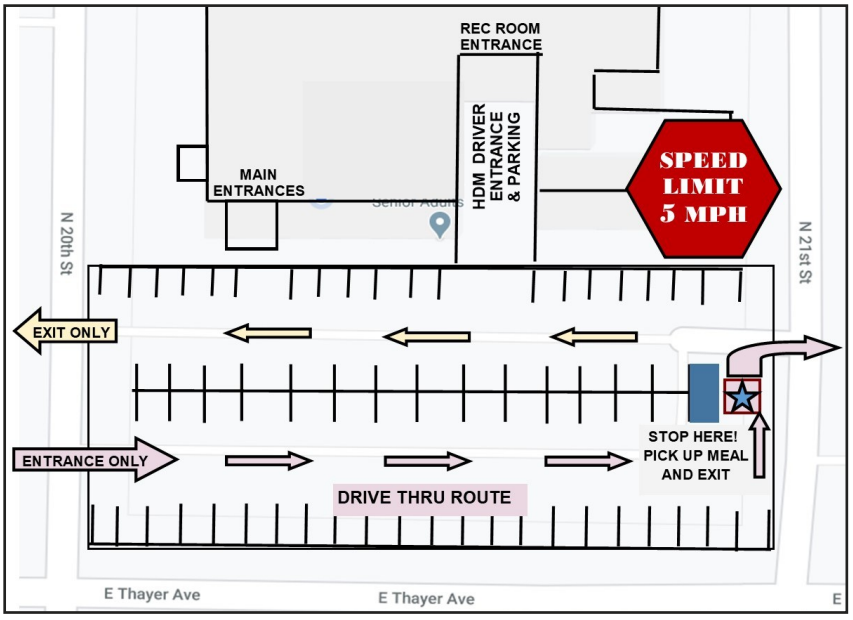
Drive-Thru Meals & Parking

The AgeWell 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 priority!

Clients may choose between a Congregate meal or a Drive-thru meal.

DRIVE-THRU CLIENTS: 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 CLIENTS: Clients coming to the AgeWell 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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Featured Volunteer



GARTH MENDENHALL

Garth has been volunteering at the AgeWell Center for just over a year, beginning in January 2025 as a driver for our Home-Delivered Meals program.

After retiring, Garth was looking for a meaningful way to spend his time when he saw an AgeWell commercial on television and decided to see what it was all about. While waiting for his home-delivered meal route, he is always willing to lend a hand in our home delivery area, helping with rolling silverware and packing bread when needed.

Garth enjoys giving back and making a positive difference for our community and the clients we serve.

Originally from Idaho, Garth has lived in several states over the years, including Arizona, Colorado and now North Dakota, where he has called home for the past eight years.

He spent much of his career as a truck driver delivering bread to stores. After moving to North Dakota, he continued working for his Colorado employer, traveling routes from Bismarck to Dickinson and Williston.

In his free time, Garth enjoys camping, fishing and hiking and he often brings his camera along to capture photos of the outdoors.

We are grateful for Garth's dedication, reliability, and the positive energy he brings to the AgeWell Center. Thank you Garth!

JOIN OUR VOLUNTEER TEAM!

Currently, volunteers are needed in the following areas:

—Home-Delivered Meal Drivers
—Substitute Shuttle Drivers



If you are interested, or would like more information, please stop by the Client Services Desk or call 255-4648.





Volunteer Annual Training
Tuesday, March 10, 8:45 am

Attention all Volunteers!

It is time, once again, for our annual volunteer training and WSI insurance sign up. Please plan to attend this important session. A continental breakfast will be served beginning at 8:15 am. RSVP to the Client Services Desk or call 255-4648.





NATIONAL VOLUNTEER WEEK
APRIL 19 - 25, 2026

Stay Tuned for other special activities!

Thursday, April 24, 12:00 pm
Special Noon Meal in honor of our Volunteers
Entertainment from Young at Heart

Volunteers may sign up for this meal beginning on March 16, and will open to all on March 23. Space will be limited, Sign up Early!

SUGGESTED CONTRIBUTIONS

In Office Services

Foot Care: $25.00
(Full Cost $89.32)

Blood Pressure: $3.00
(Full Cost $12.76)

Fasting Blood Sugar: $5.00
(Full Cost $12.76)

Home Visit: $40.00
(Full Cost $191.40)
(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 AgeWell Center, call 255-4648, Option 3.

When you arrive for your appointment at the AgeWell Center, please check in at the Client Services Desk.

Upcoming Foot Care Clinics:

- March 9: Wing/Sterling
- April 13: Wilton
- May 11: Wing/Sterling

An appointment is required for the Wilton, Wing and Sterling Foot Care Clinics. To schedule, please call 255-4648, Option 3 at least one week in advance. If no appointments are made at least one week in advance, the Foot Care Clinic will be cancelled.

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Errands Run For You

BISMARCK funeral home and crematory
Locally Owned Funeral Home
701-223-4055
Contact info for account
3723 Lockport St. • Bismarck, 58503

Your Contributions Make a Difference!

AgeWell Center Nutrition Program
We rely on and appreciate your participation and support!

WHERE THE MONEY COMES FROM

REVENUE SOURCE	
Project Income: Contributions from those receiving meals	***16.4%***
Medwaiver Meals:	**2.9%**
Ineligible Meals:	**0.1%**
Local Match: (Mill Levy and Other)	**13.6%**
State & Federal Funds:	**67%**

The <u>suggested donation</u> for a meal is $5.50.

This is a voluntary contribution. There is no obligation, and eligible individuals will not be denied a meal due to the inability or unwillingness to contribute.

The meal cost for those under 60 is $12.50.

Questions may be directed to the Executive Director at 255-4648.

WHERE THE MONEY GOES

YEAR	MEAL CATEGORIES		ANNUAL COST
2025	Congregate/Drive-Thru	62,090	**$2,144,322.25**
	Home Delivered	102,812	
	Medwaiver	6,479	*Project Income*
	Ineligible	700	*$357,343.36*
	TOTAL MEALS:	**172,081**	
2024	Congregate/Drive-Thru	62,920	**$1,976,736.59**
	Home Delivered	88,921	
	Medwaiver	7,118	
	Ineligible	542	
	TOTAL MEALS:	**159,501**	
2023	Congregate/Drive-Thru	57,589	**$1,825,682.91**
	Home Delivered	87,110	
	Medwaiver	7,668	
	Ineligible	544	
	TOTAL MEALS:	**152,911**	
2022	Congregate/Drive-Thru	51,272	**$1,615,381.44**
	Home Delivered	91,525	
	Medwaiver	6,024	
	Ineligible	631	
	TOTAL MEALS:	**149,452**	

Easter Celebration



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MORE COVERAGE
MORE ADVENTURE



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Y0128_917-594-286_08-25_C 917-594-286 7/25

AGEWELL SHUTTLE

Shared transportation from your home to the AgeWell Center and back!

Transportation is provided within Bismarck and Lincoln city limits Monday through Friday from 8:15 to11:45 am and 12:45 to 4:00 pm. (The last shuttle run is at 3:30 pm).

Our shuttle allows clients of the AgeWell Center to enjoy meals, receive health maintenance services, participate in activities and socialize with friends at the AgeWell Center.

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.

RESERVATION POLICY:
—Reservations may be made up to 30 days in advance, but no later than 2:00 pm one day in advance. Monday rides must be scheduled no later than 2:00 pm Friday. Phone messages left after hours for shuttle reservations will not be accepted.
—Availability is not guaranteed. Participants are not allowed more than one round trip per day.

CANCELLATION POLICY:
—Participants who need to cancel a scheduled trip MUST contact the AgeWell Center at 255-4648 as soon as possible.
—Phone messages left after hours for cancellations WILL BE accepted. It is NOT necessary to leave more than one message, so please refrain from doing so.
—Participants accumulating three (3) no-shows will be prohibited from using the AgeWell Shuttle for 30 days or longer depending on the situation.

EXCESSIVE CANCELLATIONS:
—Participants with a standing reservation who consistently cancel, will not be allowed to maintain their standing reservations, but will instead be required to call daily to make reservations.

Questions regarding these policies may be directed to Renee Kipp, Executive Director at 255-4648.

INCLEMENT WEATHER



Bad weather days may force the AgeWell Center and Crescent Manor meal site to close for meals and 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.

To find out if we will be offering meals: Call the AgeWell Center at 255-4648; tune in to KFYR TV or KXMB TV (or check their website); or check our Facebook page.

AARP FOUNDATION TAX-AIDE

AARP Foundation Tax-Aide is providing free tax preparation assistance at two area locations this year:

-Dream Center, 1805 Park Avenue, Bismarck
Monday, Tuesday, Wednesday: 9:30 am - 3:30 pm

-Morton-Mandan Library,
609 W. Main Street, Mandan
Thursday: 10:00 am - 4:00 pm
Friday, Saturday: 10:00 am - 2:00 pm

Appointments are required and can be made by calling 701-354-5273. Appointments can also be made online at aarpfoundation.org/taxaide or by scanning the QR code that is on the appointment packet.

Intake forms should be completed prior to your appointment. Packets can be picked up at the AgeWell Center, Bismarck; Golden Age Center, Mandan; Bismarck Veterans Library; Morton-Mandan Library and the Dream Center in Bismarck.



@ AgeWell Center
Bismarck, ND

This 'n That

BOOKMOBILE/AGEWELL LIBRARY

On the 2nd Thursday of each month, the Burleigh County Bookmobile brings large print books to the AgeWell Center. If you would like to check out a book, stop by the Desk in the ***Connection Café***. Books are on a 25 day loan and must be returned to the AgeWell Center when you are done.

The ***AgeWell Library*** also has books for check out. Put your name and book(s) checked out on the 'checkout log'. Please return the book when you are done and check it in on the log. Please stop by the Client Services if you have questions.

FALLS POLICY

The staff and volunteers of the AgeWell Center are not to lift anyone who has fallen. If a person cannot get up on their own, 9-1-1 will be called. Staff will stay with the person and keep them as comfortable as possible until emergency personnel arrive.

NOT FEELING WELL?

If you are not feeling well, please stay home.

If you are at the AgeWell Center or one of our meal sites, and staff sees that you are under the weather, we will ask you to leave. Our goal is to keep clients and staff healthy, so please follow this request.

If you have Covid, RSV, the flu or another virus, please do not come to the AgeWell Center until you feel better and have been fever free for 24 hours.

THANK YOU FOR YOUR COOPERATION.

Aging Services
Aging & Disability
Resource LINK
1-855-462-5465
TTY 711
Website:
carechoice.nd.assistguide.net
Email: carechoice@nd.gov

ASSISTIVE MEDICAL EQUIPMENT

The AgeWell 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, knee scooters, walkers, canes, commodes, toilet risers, and other small items. There is a suggested donation of $5.00 for each piece of equipment borrowed.

Wheelchairs are available on a limited basis for seven days only. A deposit of $100 is required. The deposit is returned when the wheelchair is returned.

AGEWELL CENTER HOURS OF OPERATION

The AgeWell Center is open Monday through Friday, from 8:00 am to 4:30 pm.

The Main Entrance, located on the southwest corner of the building, is the only entrance designated for use by patrons and the general public. Doors are unlocked promptly at 8:00 am. Doors lock at 4:15 pm to secure the building.

Use of any other door by participants or the general public is strictly prohibited, unless it is for emergency purposes.

Volunteer HDM Drivers will have access to the East Door in the HDM Loading Area. This door is **FOR HDM DRIVER USE ONLY**. Do not use this door if you are not an HDM Driver!

All activities must conclude no later than 4:00 pm to allow staff time to clean and close up the building. Please be aware of your surroundings prior to leaving the safety of your vehicle when coming here and going other places.

Safety should be everyone's first concern. We appreciate your cooperation with this policy. Thank you!

The AgeWell Center and its governing board, the Burleigh County Council on Aging, assure that they will comply with Title VI of the Civil Rights Act of 1964, (P.L.88-352): If otherwise eligible, no person shall be denied or excluded from participation or benefits or be otherwise subjected to discrimination due to race, color or national origin. Any person, otherwise eligible, who feels he or she has been denied service from participation by reason of race, color or national origin should contact the Executive Director at 701.255.4648.

Celebrate St. Paddy's Day!

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

Word List:

BAGPIPE
BLARNEY
BLESSINGS
CABBAGE
CASTLE
CELEBRATE
CELTIC
CHARM
CHEER
CLOVER
COINS
CORNEDBEEF
DANCE
DRINKING
ERINGOBRAGH
FOLKLORE
GREEN
GREENBEER
HARP
HOLIDAY
IRELAND
IRISH
JIG
KISS
LEPRECHAUN
LIMERICK
LUCK
MARCH
MUSIC
PARADE
POTOFGOLD
RAINBOW
SAINTPATRICK
SEVENTEENTH
SHAMROCK
SNAKES
TOPHAT
TOPOFTHEMORNING
TRADITION
WISH

See Client Services Desk for answer key.

Thank You Donors

We sincerely thank the following individuals and/or businesses for their generous donations. Listed donations were received between January 1 - 31, 2026.

Duane Aman

In Honor of
Kelly Hickel & Marlene Knutson
—Katie Knutson

In Honor of Barbara Bell
—Luther Bell



In Memory of
Beckie Lynn Ellefson Bottjer
—David & Marian Ellefson

In Memory of
Bernice & Clarence Salzar
—Cheryl Salzer

AgeWell Center Giving Opportunities

The Burleigh County Council on Aging dba AgeWell Center, a 501(c)3 nonprofit organization, accepts donations for its programs.

Donations can be made to:
- *Nutrition
- *Health Maintenance
- *Outreach Services
- *Life Enrichment Activities
- *Giving Hearts Day
- *Where Most Needed

If you would like to make a donation, please send it, along with this completed form, to:

AgeWell Center
315 North 20th Street
Bismarck, ND 58501

Enclosed is my gift of $_____to the AgeWell Center.

Please designate my gift to:

___ Nutrition ___ Health Maintenance
___ Outreach Services ___ Life Enrichment Activities
___ Giving Hearts Day ___ 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:

Name: _____

Address: _____

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:

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Telephone: _____

Thank you for your support!

Burleigh County Council on Aging
AgeWell Center
315 North 20th Street
Bismarck, ND 58501

The AgeWell Connection is published monthly by the AgeWell Center.
315 North 20th Street • Bismarck, ND 58501 • 255-4648
www.AgeWellND.org
Monday - Friday, 8:00 am to 4:30 pm

Subscribe

If you would like to subscribe to ***The AgeWell Connection***, please mail or drop off this form, along with **$7.50** to:

AgeWell Center
315 North 20th Street
Bismarck, ND 58501

Name:	
Address:	
City, State, Zip:	
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Email:	

If you would like to receive our newsletter via email free of charge, please complete this form and return it to us, or email the information to thrive@AgeWellND.org.

Please make checks payable to AgeWell Center.

Burleigh County Council on Aging

Dennis Bartsch
Fred Browning
Tim Fischer
Barbara Fischer
Judy Froseth
Marv Heinert
Peggy Geloff
Darcy Rosendahl
Michael Stevenson

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Darla Roggenbuck Finance Director
Penny Skjerseth, Administrative Assistant/Receptionist

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Lori Koth, Program and Services Coordinator
Rachel Hastings, Client Services Specialist
Staci Caine, Client Services Specialist

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Milo Schuster, Maintenance
Levi Hlibichuk, Maintenance
Aaron Sebastian, Shuttle Driver

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Twila Johnson, RN

HDM/OUTREACH SERVICES PROGRAM
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Julie Zent, Social Worker
Chantel Andersen, HDM Meal Services Coordinator
Sally Ingebretson, HDM/Nutrition Support Coordinator
Lindsay Loran, HDM/Nutrition Support Coordinator

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Raelynn Mitzel, Assistant Manager
Brittney Kouba, Chef
Tyler Salhus, Chef
Blake Saunders, Chef
Levi Ripley, Chef
Kent Bryan, Dishwasher
Nancy Olson, Crescent Manor Site Coordinator

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