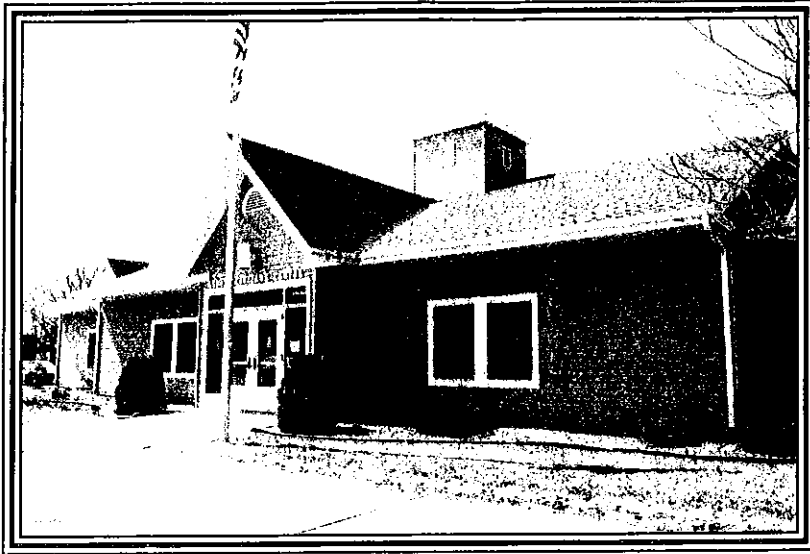


Breckenridge Senior Citizens Center September 2024 - News Letter



Osmondson, Beryl Osmondson, Paulette Raguse, Dorothy Rakow, Lois Ruediger, Elizabeth Spent, Lois Thykeson, Ella Watson, Gary Wawers, Sandra Willson, Cheryl Ziegelmann and Steve Ziegelmann.

2024 Yearly Members - Wallace Affield, Harvey Andel, Faye Andree, Darlene Arth, Carol Anderson, Sue Anderson, Dale Anderson, Barbara Baumgartner, Beth Beyer, Dennis Beyer, David Beyer, Jan Beyer, Diane P. Bjerke, Gary Boutiette, Mary Cambell, Doug Cambell, Kay Christenson, Beverly Christensen, Teeke Colby, Janet Czichotzki, Donna Doran, Jared Dupree, Rosie Dupree, Marge Ehlers, Alice Ellsworth, Donald Facey, Pamela Facey, Neal Folstad, Phyllis Folstad, Von Da Lee Grandalen, Edna Hermes, Cecil Irion, Darlene Irion, Germaine Jelinek, Florene Johnson, Dee Johansen, Paul Kafuman, Steph Kafuman, Donna Kerry, Roy King, Butch Klinnert, Judy Korinek, Diane Klinnert, Ed Klein, Steve Klein, Clared (Ed) Knoell, Mary Kosel, Irv Leinen, Kaye Leinen, Joretta Lingen, Denanna Loreth, Jerry Loreth, Donna Marohl, Jan Michels, Berniece Miller, Cathy Nordick, Jerry Nordick, Bob Oscarson, Jeri Oscarson, Eileen Overby, Pat Peterson, Wilma Papka, Gloria Reisdorfer, Julie Reeder, Charles Reiff, Muriel Revier, Mary Lou Roecker, Neil Ross, Celia Rossow, Patricia Rustand, Paul Sannes, Rosemary Samuelson, Krystal Schaible, Beverly Schillinger, Janella Schmidt, Nancy Stackhouse, Bruce Storm, Maynard Thomson, Dianne Vavra, Del Walter, Eugene Walter, Ella Watson, Joanie Ward, Mark Ward, Alan Wallace, Paula Wallace, Marlys Wefel, Howard Woodbury and Millie Ziegelmann

Board of Directors

President: Harlan Arneson,
Vice President: Darlene Arth,
Treasurer: Harlan Arneson
Secretary: Ella Watson

Board Members:

Arlene Cossette, Faye Andree and Janette Hasse

Life Time Members: Beverly Arneson, Harlan Arneson, Shirley Berndt, Audrey Boll, Myrna Burlinson, Cal Cole, Margaret Conzemius, Arlene Cossette, Jeanne Devine, Charles Dupree, Mike Dupree, LaVonne Dupree, Bev Dozak, Marie Ellingson, Alice Gowin, Dona Hasbargen, Janette Hasse, Valeria Hegel, Carol Helgeson, Dennis Higgins, Janis Johnson, Kathleen Johnson, MarJo Keller, Gordy Kessler, Kevin Krutsinger, Judy Korinek, John Marchand, Albert Mikesh, Merrill Miranowski, Stephanie Miranowski, Pat Mitzel, Audrey

Breckenridge Senior Center Mission Statement -

Our mission is to provide seniors with programs which will enhance and encourage independence, socialization, choices, and a healthy lifestyle. Everyone will be free of discrimination and be treated with dignity and respect.

PINOCHLE WINNERS

July 23, Pinochle Winner

- 1st. Jared Dupree
- 2nd. Jan Beyer
- 3rd. Neal Folstad
- 4th. VanDaLee Grandalen
- 5th. Paul Sannes

July 30, Pinochle Winners

- 1st. David Beyer
- 2nd. Paul Sannes
- 3rd. Irv Leinen
- 4th. Kay Leinen
- 5th. Kathy Johnson



Aug 6, Pinochle Winners

- 1st. Irv Leinen
- 2nd. Sonja Christensen
- 3rd. Paul Sannes
- 4th. Charlie Dupree
- 5th. Bob Oscarson

Aug 13, Pinochle Winners

Did not have Pinochle, City used Center for Election.

Aug 20, Pinochle Winners

- 1st. Muriel Revier
- 2nd. Janella Schmidt
- 3rd. Denny Beyer
- 4th. Charlie Dupree
- 5th. Jan Beyer

WHIST WINNERS

July 25, Whist Winners

- 1st. Alice Ellsworth
- 2nd. Carol Helgeson
- 3rd. Marlys Wefel (Tied)
- 3rd. Charlie Dupree
- 4th. Bernice Miller

Aug 1, Whist Winners

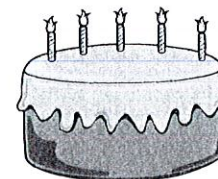
- 1st. Kay Christensen
- 2nd. Alice Ellsworth (Tied)
- 2nd. Charlie Dupree
- 3rd. Carol Helgeson (Tied)
- 3rd. Ella Watson

Aug 8, Whist Winners

- 1st. Bernice Miller
- 2nd. Paulette Raguse
- 3rd. Alice Ellsworth

Aug 15, Whist Winners

- 1st. Bernice Miller (Tied)
- 1st. Ella Watson
- 2nd. Connie Kinniberg
- 3rd. Rosie Dupree



September Birthday's

Happy Birthday

- 07 Ed Klein
- 08 Merrill Miranowski
- 16 Gary Wawers
- 22 Cal Cole
- 26 Sandra Willson
- 27 Paula Wallace
- 27 Stephanie Kaufman
- 28 Celia Rossow
- 29 Mary Lou Roecker
- 29 Valeria Hegel

September Anniversaries

Happy Anniversary

- 07 Joanie/Mark Ward

Members that have their Birthday in September are invited to a free meal on September 18. This meal will be sponsored by Sanford Health.

RENTING THE SENIOR CENTER:

The Senior Center can be rented for special occasions: such as a bridal shower, rummage sale, family gathering, birthday party, anniversary party, graduation party, Christmas, etc.

Dinning Room - \$100. plus \$100. deposit.

Note: Deposit is used to cover any cleaning charges or damage caused by renters. Deposit money will be returned if the center is cleaned and there is no damage.

MEMORIAL - If you would like to remind people of a person in your life that has passed. You could give a memorial to the center in their name.

DONATIONS - If you have extra money and you are looking for a not-for-profit organization please consider donation to the Breckenridge Senior Citizens Center. We are a not-for-profit 501c public Agencies. This would be a great way to help the center.

MEMBERSHIP DUES - BSC membership year is January 1 to December 31. Yearly membership for 2024 is \$10.00 a year or you could get a lifetime membership for \$100.

Daily activities - We have Pinochle each Tuesday 1:00 PM, Bingo each Wednesday 1:00 PM, and Whist each Thursday at 1:00 PM.

Listed are the **other activities scheduled for September/October.** This is what is planned, (things happen) they can be changed if needed.

September 2024 Activities

01	8:00 AM	Raffle Starts
07	8:00 AM - 2:00 PM	Rummage Sale
10	8:00 AM - 5:00 PM	Foot Clinic
	4:30 PM	Music Steve Warner
	5:10 PM	Pot Luck Supper
	6:10 PM	Cash Jackpot Bingo
11	8:00 AM - 5:00 PM	Foot Clinic
	9:00 AM	Board Meeting
18	11:30 AM	Birthday & Ann.
23	9:30 AM	A Matter of Balance
24	6:00 PM	Cash Jackpot Bingo
30	9:30 AM	A Matter of Balance

October 2024 Activities

07	9:30 AM	A Matter of Balance
08	8:00 AM -5:00 PM	Foot Clinic
	4:30 PM	Music-Rick Miller
	5:10 PM	Pot Luck Supper
	6:10 PM	Cash Jackpot Bingo
09	8:00 AM - 5:00 PM	Foot Clinic
	9:00 PM	Board Meeting
14	Someplace Safe Fund Raiser	
16	11:30 AM	Birthday & Anniversary
21	9:30 AM	A Matter of Balance
22	6:00 PM	Cash Jackpot Bingo
28	9:30 AM	A Matter of Balance

Senior Center NEEDS: Regular and Decaffeinated coffee, Cake mix, Brownie mix and Frosting. Your help would be appreciated.

UPCOMING EVENTS

SEPT. 1, RAFFLE STARTS

I have enclosed a raffle ticket book with your news letter. We need your help in getting these tickets sold. I thank you in advance for your help selling raffle tickets. This is a great fund raiser, because it gets every member involved. The profit will go into the operation cost of the Center. Please turn in your book when you have sold the tickets. I will have extra tickets if you think you able to sell more tickets.

SEPT. 7, RUMMAGE SALE - A rummage sale is a very good fund raiser but it is also a lot of work. If everything works the way they have in the past we will have a lot of stuff donated and we will have a large rummage sale. The hardest thing about having a rummage sale is unpacking box's and displaying idem's. Stuff must be seen to be sold. We can use your help with the rummage sale. Please let me know when you can help.

How can you help?

1. This is an opportunity for you to remove stuff that has gathered over the years and donate them to our rummage sale. The ideal time for receiving

items would be Sept. 3, 4, & 5. If you have items that you want to donate and need them picked up, give me a call and I will come and get them.

2. Let others know we are excepting donations of stuff we can sell at our rummage sale.
3. We need help with the setup and take done of the donated items.

Sept 5 - Thursday 1:00 pm, removing stuff from box's and displaying on tables.

Sept 7 - Saturday, 9:00 a.m. help with the sale.

Sept 7 - Saturday, 2:00 p.m. boxing up the stuff not sold.

Please let me know if you can help with this rummage sale.

I will publish an ad in the Daily News asking the community to donate items to our rummage sale.

Note - We had the help we needed at the last rummage sale.

SEPT. 10/11 - FOOT CLINIC

If you are interested in attending the foot clinic please call Chris (320-224-5521) or Julie (216-731-4190). Julie and Chris are at the center two days each month. The cost is only \$20.00.

Chris - 320-224-5521

Julie - 216-731-4190

SEPT. 10, POTLUCK SUPPER

Please mark this date on your calendar and plan on attending the Potluck Supper. Make a dish or purchase something and come enjoy a meal with your family at the center. We will have music by Rick Miller.

Schedule:

- 4:30 Music by Rick Miller
- 5:05 Pot Luck Supper
- 6:05 Cash Jackpot Bingo

SEPT. 18, BIRTHDAY MEAL - Members of the Breckenridge Senior Center can enjoy a free noon meal at the center on the third Wednesday of the month of their birthday. You need to call the Center the day before the planned meal and inform Cheryl that you would like to attend the noon meal on Sept. 20 and your choice of menu options. Sanford Health is sponsoring this Birthday Event.

SEPT. 23, A MATTER OF BALANCE

A matter of balance class helps you build practical strategies to reduce fear of falling and increase activity levels.

You'll learn to view falls, and fear of falling as controllable, set realistic goals to increase activity and change your environment to reduce fall risk factors.

Monday's 9:30-11:30

September 23, 2024- November 25, 2024

Breckenridge Senior Center

For information or to register, contact Cynthia Sprung (218-643-7161)

SEPT. 24, Cash Jackpot Bingo

Please come to play Cash Bingo on Tuesday, (fourth Tuesday) Sept. 24. We will start at 6:00 p.m., play 20 games and should be done by 8:30 p.m. We will be playing for a jackpot of \$200.. If someone has all the numbers covered on or before 53 numbers they will win the jackpot.

REPORTS -

July 22 - OSPTI Donation

An update from the 11th annual 5k Run held in May, showed participants numbered 65.

A total of \$1,300. was raised during the event hosted by OSPTI (Orthopedic & Sports Physical Therapy in Breckenridge.

All proceeds raised this year were split between the Breckenridge Senior Citizens Center and the Valley Senior Services in Wahpeton, North Dakota.

July 22 - Sanford Donation

I received a check from Sanford Health to cover the cost estimated for Birthday and Anniversary noon meal recognition for the rest of 2024.

July 23 - Cash Jackpot Bingo - Ten people came to play Nineteen games of split pot bingo and one game of Jackpot Coverall Bingo. This was the first night of playing for a Jackpot when playing Coverall Bingo. The number was 51 and no one covered all the numbers on a card before 51 numbers were called. It will go to 52 numbers the next time we play.

Aug 13 - Pot Luck Supper - We were scheduled to have pot luck, cash bingo on August 13. This is an election day and the city used the Senior Center for Election. Because of little interest in Pot Luck Supper and Cash Jackpot Bingo I decided to cancel for August.

Aug 21 - Birthday/Anniversary

Members of the Breckenridge Senior Center that was born in July were invited to attend the noon meal at the Senior Center on August 21.

The meal and cake was sponsored by Sanford Health. A Sanford Health representative was in attendance to help serve the Birthday Cake to the Birthday Girls, Pat Mitzel, Diane Bjerke, Beverly Arneson and Paulette Raguse.

If it is your birthday in September please make every effort to attend Birthday and Anniversary Meal on September 18th.

HELP NEEDED

Kitchen Help Needed

(Meals on Wheels position)

- Janette Haase has been hired to work in the Kitchen.
- **Additional Help in Kitchen still needed.** If you know of someone that is looking to work 20-30 hours per week, contact Cheryl or Harlan. Call (218-643-5730)

JOKE

A distraught senior citizen phoned her doctor's Office.

"Is it true," she wanted to know, that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence.

The senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'."

Breckenridge Senior Citizens Center September 2024 - Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
02) 8:00 Raffle Starts 1:00 Social Time	03) 1:00 Pinochle	04) 1:00 Bingo	05) 1:00 Rummage Sale Setup	06) Social Time	07) Rummage Sale 9:00 - 2:00 Rummage Sale Cleanup 2:00
09) Social Time	10) 1:00 Pinochle 4:45 Music (Warner) 5:00 Pot Luck 6:15 Cash Bingo	11) 8:00 Foot Clinic 9:00 Board Meeting 1:00 Bingo	12) 1:00 Whist	13) Social Time	
16) Social Time	17) 8:00 Foot Clinic	18) 11:30 Birthday/An 1:00 Bingo	19) 1:00 Whist	20) Social Time	
23) 9:30-11:30 Matter of Balance Class	24) 1:00 Pinochle 6:00 Cash Bingo	25) 1:00 Bingo	26) 1:00 Whist	27) Social Time	
30) 9:30-11:30 Matter of Balance Class					

Breckenridge Monthly Meal Menu for September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
02) Chicken Pasta Salad (Given out Aug 30) Labor Day Closed	03) Polish Sausage BBQ Ribette Au gratin potatoes Sauerkraut Lemon fluff	04) Chef Salad Hamburger stroganoff California blend Spice cake	05) Baked Chicken Roast Beef Mashed potato/gravy Green beans Brownie	06) Broccoli/Cauliflower Cheese soup Sandwich Fruited jello Cookie
09) Creamy Chicken Breast Meatloaf Baked potato Mixed vegetables Cookie	10) Crispy Chicken salad Spaghetti W/Meat Sauce Yellow beans Garlic toast medallions Mandarin oranges	11) Country fried steak Country pork chop Parsley boiled potato Scalloped corn Whipped gelatin	12) Liver N Onions Roast turkey Mashed potato/gravy Carrots Cheesecake	13) French toast Bacon Cheesy tater tots Fruit Juice Fruit
16) Pepper steak Baked chicken Mashed potato/gravy Mixed vegetables Pudding/topping	17) Tater Crust Fish Salisbury Steak Baked potato Creamed corn Rosy applesauce	18) Hamburger Chicken melt Potato Casserole Coleslaw Lemon puff dessert	19) Salisbury steak Pork roast Mashed potato/gravy Steamed broccoli Cake	20) Chef Salad Muffin Fruit Juice Cookie
23) Fish/bun Sloppy Joe Potato salad Baked beans Fruit cup	24) Liver N Onions Baked ham Scalloped potatoes Mixed vegetables Pineapple upside down cake	25) Chicken patty Meatballs Mashed potato/gravy Carrots Rice Krispie Bar	26) Pork Chop Turkey/dressing Mashed potato/gravy Yams Pumpkin Bar	27) Pancakes Scrambled eggs Sausage Fruit
30) Mac N cheese Chicken ala king White rice Peas & Carrots Cookie	NSI provides this service through a contract with the DSAAA with funding from the Federal older Americans Act through the Minnesota Board on Aging.	Menu is subject to change	NSI provided this service through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging	This meal is prepared in a facility that uses wheat, soy, dairy and nuts. Menu is subject to change. Meals are served with low fat milk, bread, and margarine.

Meals are served with low fat milk, bread and margarine.

Please call 218-643-5730 by 8:00 with changes or leave a message anytime.