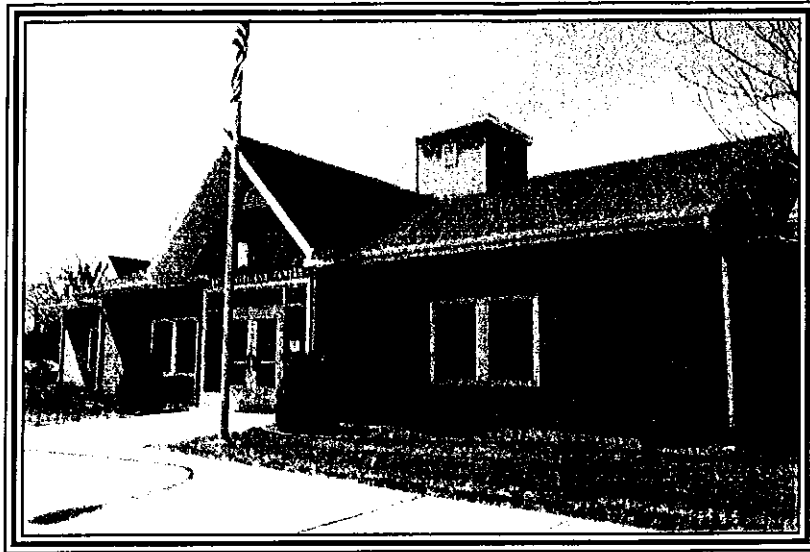


Breckenridge Senior Citizens Center March 2024 - News Letter



Board of Directors

President: Harlan Arneson

Vice President: Darlene Arth,

Treasure: Harlan Arneson

Secretary: Ella Watson

Board of Directors are elected to a one year term.

Board Members:

Neal Folstad, May 2021 - May 2024

Arlene Cossette May 2022 - May 2025

Faye Andree May 2023 - May 2026

Board members are elected for a three year term.

Life Time Members: Beverly Arneson, Harlan Arneson, Shirley Berndt, Audrey Boll, Myrna Burlinson, James Christensen, Cal Cole, Margaret Conzemius, Arlene Cossette, Charles Dupree, Mike Dupree, LaVonne Dupree, Bev Dozak, Marie Ellingson, Dona Hasbargen, Janette Hasse, Valeria Hegel, Carol Helgeson, Dennis Higgins, Janis Johnson, Kathleen Johnson, MarJo Keller, Gordy Kessler, John Marchand, Merrill Miranowski, Stephanie Miranowski, Pat Mitzel, Audrey Osmondson, Beryl Osmondson, Paulette Raguse, Dorothy Rakow, Lois Ruediger, Elizabeth Spent, Lois Thykeson, Dianne Vavra, Ella Watson, Gary Wawers, Cheryl Ziegelmann and Steve Ziegelmann.

2024 Yearly Members - Wallace Affield, Darlene Arth, David Beyer, Dennis Beyer, Jan Beyer, Diane P. Bjerke, Gary Boutiette, Beverly Christensen, Kay Christenson, Janet Czichatzki, Rosie Dupree, Marge Ehlers, Alice Ellsworth, Donald Facey, Pamela Facey, Maxine Harms, Edna Hermes, Donna Kerry, Ed Klein, (Ed) Clared Knoell, Irv Leinen, Kaye Leinen, Joretta Lingen, Berniece Miller, Julie Reeder, Charles Reiff, Muriel Revier, Mary Lou Roecker, Neil Ross, Celia Rossow, Rosemary Samuelson, Paul Sannes, Beverly Schillinger, Janella Schmidt, Nancy Stackhouse, Bruce Storm, Maynard Thomson, Alan Wallace, Paula Wallace, and Marlys Wefel.

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



DEC 26, Pinochle Winners

No cards because of weather

JAN 2, Pinochle Winners

- 1st. Rosie Dupree
- 2nd. Ed Klein
- 3rd. Denny Beyer
- 4th. Kay Christensen
Marlys Wefel
- 5th. Kathy Johnson

JAN 9, Pinochle Winners

- 1st. Jan Beyer
- 2nd. Dave Beyer
- 3rd. Bob Oscarson
- 4th. Cecil Irion
- 5th. Kay Christensen/Jerry Loreth

JAN 16, Pinochle Winners

- 1st. Beth Beyer
- 2nd. Neil Folstad
- 3rd. Kay Christensen
- 4th. Rosie Dupree
- 5th. Cecil Irion

JAN 23, Pinochle Winners

- 1st. Charlie Dupree
- 2nd. Jerry Loreth
- 3rd. Cecil Irion
- 4th. Denny Beyer
- 5th. Marlys Wefel
- 6th. Muriel Revier

JAN 29, Pinochle Winners

- 1st. Muriel Revier
- 2nd. Phyllis Folstad
- 3rd. Kathy Johnson
- 4th. Jared Dupree
- 5th. Ella Watson



WHIST WINNERS

DEC 21, Whist Winners

- 1st. Ed Klein
- 2nd. Paulette Raguse
- 3rd. Charlie Dupree
- 4th. Carol Helgeson
Janella Schmidt
Connie Kinneberg
Jared Dupree

DEC 28, Whist Winners

- 1st. Carol Helgeson
- 2nd. Connie Kinneberg
- 3rd. Charlie Dupree

JAN 4, Whist Winners

- 1st. Rosie Dupree
- 2nd. Alice Ellsworth
- 3rd. Muriel Revier
Marlys Wefel
- 4th. Bernice Miller

JAN 11, Whist Winners

- 1st. Chuck Reiff
- 2nd. Ed Klein
- 3rd. Marlys Wefel
- 4th. Ella Watson

JAN 18, Whist Winners

- 1st. Ed Klein
- 2nd. Charlie Dupree
- 3rd. Krystal Shaible
Muriel Revier
- 4th. Paulette Raguse

JAN 25, Whist Winners

- 1st. Marlys Wefel
- 2nd. Muriel Revier
- 3rd. Alice Ellsworth
- 4th. Carol Helgeson

PINOCHLE WINNERS

FEB 6, Pinochle Winners

- 1st. Jared Dupree
- 2nd. VonDeLee Grandalen
- 3rd. Jerry Loreth
- 4th. Denny Beyer
- 5th. Muriel Revier

FEB 13, Pinochle Winners

- 1st. Jerry Loreth
- 2nd. Ed Klein
- 3rd. Rosie Dupree
- 4th. Rich Hill
- 5th. Steve Klein
- 6th. Phyllis Folstad

FEB 20, Pinochle Winners

- 1st.
- 2nd.
- 3rd.
- 4th.
- 5th.



WHIST WINNERS

FEB 1, Whist Winners

- 1st. Kay Christensen
- 2nd. Paulette Raguse
Connie Kinniberg
Lois Ruediger
- 3rd. Alice Ellsworth

FEB 8, Whist Winners

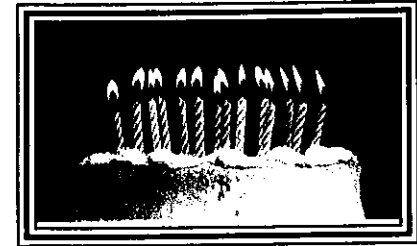
- 1st. Carol Helgeson
- 2nd. Rosie Dupree
Chuck Reiff
- 3rd. Charlie Dupree

FEB 15, Whist Winners

- 1st. Charlie Dupre
- 2nd. Krystal Shaible
- 3rd. Bernice Miller
Chuck Reiff
- 4th. Ed Klein



March Birthday



Happy Birthday

- 06 **Albert Mikesch**
- 06 **Clared Knoell**
- 08 **Alice Gowin**
- 09 **Kevin Krutsinger**
- 10 **Janette Hasse**
- 11 **Leonard Shereck**
- 17 **Pat Peterson**
- 20 **Dorothy Rakow**
- 21 **Dennis (Joe) Higgins**
- 29 **LaVonne Dupree**

Members that have a Birthday in March are invited to a free noon meal on March 20, at 11:30 at the Breckenridge Senior Center.

No anniversaries listed for March.

MEMBERSHIP DUES - BSC membership year is January 1 to December 31. If you want to remain a member please pay your 2024 membership. Yearly membership is \$10.00 or you could get a lifetime membership for \$100.

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.

CENTERS NEEDS

* Bingo players to come and enjoy a couple of hours each week from 1 pm to 3 pm. You can play three cards all afternoon for \$1.00.

* We could use the following items for daily operation.

- Regular and Decaffeinated Coffee,
- Cake & Brownie mix, and Frosting.

* Treats for ham bingo on March 23.

WEATHER - It is that time of the year, where we will have bad weather. If we have bad weather check the radio, if the Breckenridge School System cancels School because of weather, we will cancel activities for that day. If the storm falls on a day that the foot clinic is at the center, and Breckenridge cancels school, Julie will also cancel the foot Clinic.

MEMORIAL - If you would like to remind people of a special person in your life that has passed. You could give a memorial to the center in their name. I will print that you have made a donation to the center in their name.

A memorial was given in memory of Al Wawers by:

Mazy Steinwehr, Hankinson
Lois Ruediger, Breckenridge
Dorothy Rakow, Breckenridge
Ella Watson, Wahpeton
Janel & David Sayler, Breckenridge
H.J & R.J Speidel, Wahpeton
Megan Holsdenson, Wahpeton
Kay Christensen, Wahpeton
Bremer Bank, Breckenridge
Patrica Mitzel, Breckenridge
Michael Matz, Breckenridge
Ann & Daniel Deal, Breckenridge
Ryan Lewis Smith, Wahpeton
Shirley, Craig, Corey Schultz, Mantador
Karalee & Gary Wawers, Fargo

UPCOMING EVENTS:

**We will not have Split Pot Bingo
or Pot Luck Supper in January/February/March.**

MARCH 2024 Activities

12	8:00 AM	Foot Clinic
13	8:00 AM	Foot Clinic
	9:00 AM	Board Meeting
20	11:30 AM	Birthday & Ann.
23	6:00 PM	Ham Bingo

MARCH 12/13 - FOOT CLINIC - If you are interested in attending the foot clinic please give me at call. (218-643-5730). I schedule Julie's appointments for the two days each month she is at the center. The cost for this service is only \$20.00. She will be at the center March 12th and 13th this month.

MARCH 20 - 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. This is not a take out meal. You should call the day before the planned meal and inform Cheryl that you would like to attend the noon meal on March 20 and your choice of menu options.

We are planning on having a **Tai Ji Quan Class - Moving for Better Balance** at the Center Starting March 19 and ending on June 6th.

If you are interested please call me.

Harlan Arneson
701-899-2502

Tai Ji Quan Class Moving for Better Balance

This gentle form of exercise can help maintain strength, flexibility, and balance, and could be perfect activity for the rest of your life.

Designed for older adult at risk of falling and people with balance disorders.

- Marcy Schutt is willing to be the Instructor.
- We are thinking of starting the class **March 19, 2024**
- Running the class Tuesday and Thursdays
- Class time 10:00 AM - 11:00 AM
- This class runs for 12 weeks.



This is a free class, the only thing we ask is that you are committed to the class. We would expect for you to be at as many sessions as possible.

**Breckenridge Senior Center
March 19 - June 6, Tuesday & Thursday
10:00 AM - 11:00 AM**

Listed are the activities scheduled for April, May and June. This is what is planned, (things happen) they can be changed if needed.

APRIL, 2024 Activities

09	8:00 AM - 5:00 PM	Foot Clinic
	5:00 PM	Pot Luck Supper
	6:00 PM	Split Pot Bingo
10	8:00 AM - 5:00 PM	Foot Clinic
	9:00 AM	Board Meeting
17	11:30 AM	Birthday & Ann.
23	6:00 PM	Split Pot Bingo

MAY, 2024 Activities

07	8:00 AM - 5:00 PM	Foot Clinic
08	8:00 AM - 5:00 PM	Foot Clinic
	9:00 AM	Board Meeting
14	5:00 PM	Pot Luck Supper
	6:00 PM	Yearly Board Meeting
	6:30 PM	Split Pot Bingo
20	9:00 AM	Rummage Sale
22	11:30 AM	Birthday & Ann.
28	6:00 PM	Split Pot Bingo

JUNE, 2024 Activities

11	8:00 AM - 5:00 PM	Foot Clinic
	5:00 PM	Pot Luck Supper/Music
	6:15 PM	Split Pot Bingo

JUNE, 2024 Activities

12	8:00 AM - 5:00 PM	Foot Clinic
	9:00 AM	Board Meeting
19	11:30 AM	Birthday & Ann.
25	6:00 PM	Split Pot Bingo

The yearly Board Business Meeting and election of Officers will be held on Tuesday, May 14th, at the Pot Luck Supper.

The following Officers are serving one year terms, President - Harlan Arneson, Vice President - Darlene Arth, and Secretary - Ella Watson.

The Board Member serving a three year term: Neal Folstad.

If you are interested in running for Breckenridge Senior Center Board please inform me that you would like to run for the following board office position.

Term one year:	President
	Vice President
	Secretary
Term three years	Board Member

At this time the following people have informed me that they would run for 2024 Breckenridge Senior Center Board Office.

President - Harlan Arneson	Vice President - Darlene Arth
Secretary - Ella Watson	Board Member - (Neil Folstad
has decided not to run for Board of Directors Office)	

Breckenridge Senior Citizens Center
March 2024 - Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01) Social Time	
04) Social Time	05) Election Day 1:00 Pinochle	06) 1:00 Bingo	07) 1:00 Whist	08) Social Time	
11) Social Time	12) 1:00 Pinochle 8:00 Foot Clinic	13) 1:00 Bingo 8:00 Foot Clinic 9:00 Board Meeting	14) 1:00 Whist	15) Social Time	
18) Social Time	19) 1:00 Pinochle	20) 12:00 Birthday/Ann. 1:00 Bingo	21) 1:00 Whist	22) Social Time	23) Ham Bingo 6:30 PM
25) Social Time	26) 1:00 Pinochle	27) 1:00 Bingo	28) 1:00 Whist	29) Social Time	

Breckenridge Monthly Meal Menu for March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
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.			01) Taco Salad Muffin Fruit
04) Chx strips Salisbury steak Baked potato Creamed corn Pudding/topping	05) Tuna casserole Tater tot hot dish Mixed vegetables Dinner roll Fruit cup	06) Ham Fish Baked potato Parsley carrots	07) Liver N onions Meatloaf Au gratin potatoes Mixed vegetables Baked diced apples	08) Vegetable soup Egg salad sandwich Vanilla fruit salad Cookie
11) Meatball's Pork Chop Mashed potato/gravy Carrots Peanut butter bar	12) Chef salad Spaghetti/meat sauce Yellow Beans Garlic toast medallions Mandarin oranges	13) Riblet Roast beef Mashed potato/gravy Peas & carrots Starburst cake	14) Tater crush fish KFC Chicken Bowl Corn Pudding	15) Chef Salad Muffin Fruit Dessert
18) Creamed chicken Hamburger gravy Biscuit Peas N carrots Cookie	19) Liver & onions Swedish meatballs Mashed potato/gravy Harvard beets Cinnamon applesauce	20) Ham Roast Turkey Mashed potato/gravy Baked squash Jello/topping	21) Mac N cheese Beef stew Peas Biscuit Baked Apples	22) Soup Sandwich Salad Dessert
25) Chicken Patty/Bun Polish sausage Parsley potatoes Carrots Chocolate chip bar	26) Chicken Baked ham Scalloped Potato Green beans Lemon bar	27) Tuna Tetrizzini Hamburger macaroni Casserole Breadstick Pudding/topping	28) Meatballs Roast pork Mashed potato/gravy Beets Cookie	29) Crispy Chx salad Bread stick Pudding

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