

Breckenridge Senior Center

225 5th St. S. (218)643-5730

DAILY ACTIVITIES

Pinochle each Tuesday 1:00 PM

Bingo each Wednesday 1:00 PM

Whist each Thursday at 1:00 PM

JANUARY 2026

Monday 12 10:15 AM Heart Health

Sanford Health - Everyone Welcome

Tuesday 13 8:00 AM Foot Clinic

Wednesday 14 8:00 AM Foot Clinic

Wednesday 14 9:00 AM Board Meeting

Wednesday 21 11:30 AM Birthday/Anniversary

FEBRUARY

Tuesday 10 8:00 AM Foot Clinic

Wednesday 11 8:00 AM Foot Clinic

Wednesday 11 9:00 AM Board Meeting

Wednesday 18 11:30 AM Birthday/Anniversary

EVENING EVENTS

January, February and March we will only have daily activities at the Center. We will close daily activities when the weather is bad.

We will be closed when the Breckenridge School System calls off school because of weather.

January 12, Role in Heart Health - Your Primary Care Provider (PCP) plays a vital role in maintaining your heart health, even if you don't have a diagnosed heart condition. Join us on Monday, January 12, 2026, to learn about how they can help you identify and manage risk factors like high blood pressure, high cholesterol, and diabetes, which can contribute to heart disease. PCPs also play a crucial role in early detection and prevention of heart problems through screenings, lifestyle guidance, and referrals to specialists when needed. This class will be presented by Sanford Health Wahpeton.

January 13/14 & February 10/11 Caring Hands Foot Clinic - Julie and Chris are at the Breckenridge Senior Center every second Wednesday and the day before each month. If you would like to attend the foot clinic please call Chris (320-224-5521) or Julie (216-731-4190) to make an appointment.

This is a clinic appointment to get your feet done. You need to be on time and call them if you cannot attend the appointment. This is a business and they depend on this income.

When Caring Hands Foot Clinic is at the Breckenridge Senior Center they will follow the bad weather policy of the Breckenridge Senior Center.

January 21 & February 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 the third Wednesday of your birthday and your choice of menu options.

Sanford Health is sponsoring the Birthday event.