

Breckenridge Senior Citizens Center

January & February 2026 - News Letter

Board of Directors

President: Harlan Arneson,

Vice President: Darlene Arth

Treasure: Harlan Arneson

Secretary: Ella Watson

Board Members:

Faye Andree, Arlene Cossette 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, LaVonne Dupree, Mike Dupree, Bev Dozak, Alice Gowin, Dona Hasbargen, Janette Hasse, Valeria Hegel, Carol Helgeson, Dennis Higgins, Kathleen Johnson, MarJo Keller, Gordy Kessler, Judy Korinek, Kevin Krutsinger, Albert Mikesh, Merrill Miranowski, Stephanie Miranowski, Pat Mitzel, Audrey Osmondson, Beryl Osmondson, Paulette Raguse,

Dorothy Rakow, Lois Ruediger, Elizabeth Spenst, Ella Watson, Sandra Wilson, Gary Wawers, Cheryl Ziegelmann and Steve Ziegelmann.

2025 Paid Yearly Members - Faye Andree, Wallace Affield, Harvey Andel, Darlene Arth, Carol Anderson, Dale Anderson, Barbara Baumgartner, Beth Beyer, Dennis Beyer, David Beyer, Jan Beyer, Diane P. Bjerke, Gary Boutiette, Beverly Christensen, Kay Christenson, Janet Czichotzki, Donna Doran, Jared Dupree, Marjorie Ehlers, Alice Ellsworth, Donald Facey, Pamela Facey, Neal Folstad, Phyllis Folstad, Von Da Lee Grandalen, Velora Hensley, Tom Hiedeman, Cynthia Hofmann, Cecil Irion, Darlene Irion, Germaine Jelinek, Dee Johanson, Florene Johnson, Paul Kaufman, Stephanie Kaufman, Steve Klein, Butch Klinnert, Diane Klinnert, Tom Kloster, Patty Kloster, Mary Kosel, Irv Leinen, Kaye Leinen, Joretta Lingen, Denanna Loreth, Jerry Loreth, Cathy Nordick, Gerald Nordick, Jan Michels, Berniece Miller, Christine Orsburne, Raymond Orsburne, Bob Oscarson, Jeri Oscarson, Pat Peterson, Julie Rueder, Gloria Reisdorfer, Muriel Revier, Glen Roberge, Raymond Robinson, Celia Rossow, Paul Sannes, Krystal Schaible, Beverly Schillinger, Janella Schmidt, Nancy Stackhouse, Cynthia Sprung, Maynard Thomson, Dianne Vavra, Alan Wallace, Paula Wallace, Marlys Wefel, Mark Ward, and Joanie Ward.

This is last years membership.

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.

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PINOCHLE WINNERS



Nov 25, Pinochle Winners

- 1st. Steve Lies
- 2nd. Rich Hill
- 3rd. Jan Beyer
- 4th. Kathy Johnson
- 5th. Jared Dupree

Dec 2, Pinochle Winners

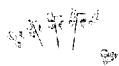
- 1st. Denny Beyer
- 2nd. Muriel Revier
- 3rd. Neil Folstad
- 4rd. Jerry Loreth
- 5th. Harvey Andel
- 6th. Charlie Dupree

Dec 9, Pinochle Winners

- 1st.
- 2nd. **Bad Weather - No Pinochle**

Dec 16, Pinochle Winners

- 1st. Harvey Andel
- 2nd. Alice Ellsworth
- 3rd. Jaretta
- 4th. Marlys Wefel
- 5th. Muriel Revier
- 6th. Marty Dupree



WHIST WINNERS

Nov 20, Whist Winners

- 1st. Bob Oscarson
- 2nd. Maynard Thomson
- 3rd. Jared Dupree

Nov 27, Whist Winners

Thanksgiving Day
No Whist

Dec 4, Whist Winners

- 1st. Lois Ruediger
- 2nd. Muriel Revier
- 3rd.

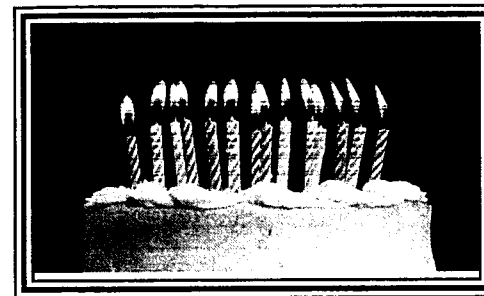
Dec 11, Whist Winners

- 1st. Darlene Arth
- 2nd. Lois Ruediger
- 3rd.

Dec 23, Whist Winners

- 1st.
- 2nd. **Bad Weather - No Whist**

Note: There will be no pinochle, bingo or whist until January 6th.



January Birthdays

- 01 Muriel Revier
- 09 Shirley Berndt
- 12 Neil Folstad
- 13 Mike Dupree
- 16 Alice Ellsworth
- 17 Jeanne DeVine
- 22 Harvey Andel
- 25 Darlene Arth
- 25 Dale Anderson
- 25 Florene Johnson
- 28 Phyllis Folstad
- 30 Paul Kaufmann

January Anniversaries

We have no members that were married in December.

BIRTHDAY MEAL - If your Birthday was in January come and enjoy a free meal on Sanford Health on January 21.

February Birthdays



- 02 Myrna Burlison
- 04 Ray King
- 06 Raymond Orsburne
- 10 Del Walter
- 15 Doug Campbell
- 17 Berniece Miller
- 19 Jan Beyer
- 22 Dianne Vavra
- 25 Alan Wallace
- 26 Bruce Storm
- 27 Howard Woodbury

Members that have a Birthday in Feb. are invited to a free noon meal on Feb. 18 at 11:15.

February Anniversaries

- 14 Cheryl/Steve Ziegelmann
-

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 list that you have made a donation 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.

RENTING - The Senior Center

The Breckenridge 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. It can be rented on weekends, week nights, and may be rented week days if we can make it work.
Dinning Room: \$100. plus \$100. deposit.

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

SENIOR CENTER Storm Policy - We will use the Breckenridge School System as our bad weather policy. If Breckenridge School System cancels School because of weather, we will cancel activities for that day. When Breckenridge School System is closed we will be closed.

We have formed a Bingo calling list and the card player also have calling list. We will call game players if we are closing and Breckenridge School Closing is not on Valley News.

- If the Senior Center is having a event on a Saturday or Sunday, I will call Valley News and put the cancellation on the Radio.

- You can call me at 701-899-2502 if you are wandering about Centers closer.

FOOT CLINIC Storm Policy- If the Breckenridge School is closed because of bad weather the Foot Clinic at the Breckenridge Senior Center will not be held that day. Julie is at the Center the second Wednesday and the Tuesday before the second Wednesday.

UPCOMING EVENTS (January and February)

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.

REMINDER:

Membership - It is that time of the year, time to pay your Breckenridge Senior Center membership dues. Yearly membership is \$20.00 or you could get a lifetime membership for \$150. Members receive a newsletter, voting rights, and a free meal on their birthday month. Being a Senior Center member is a great way to meet new people, and socialize. Being involved helps keep minds and bodies active and healthy! Word of mouth is the best advertising, so tell your friends and neighbors about the Center.

Parking - Please don't park in handicap parking unless you have a handicap parking permit, also save the parking spots close to the west door for the people that have problems walking.

EVENTS REPORTS

DECEMBER 9th - POT LUCK SUPPER

Pot Luck Supper was not held due to bad weather.

DECEMBER 9TH - RAFFLE DRAWING

Raffle drawing was not held the 9th due to bad weather. Drawing was moved to Tuesday, Dec. 16th at 4:00 P.M.

DECEMBER 16TH - RAFFLE DRAWING

The 2025 raffle drawing was held on Dec. 16th at 4:00 p.m at the BSC. The following names were drawn.

\$400.	Irv Leinen	Wahpeton
	- Irv Leinen	
\$100.	Mark Keller	Tintah
	- MarJo Keller	
\$100.	Neil Folstad	Breckenridge
	- Neil Folstad	
\$50.	Joel Herder	Breckenridge
	- Neil Folstad	

THANK YOU - I want to thank everyone that sold raffle tickets, and those that bought raffle tickets. A special thanks to Jerry Loreth our top salesman, He sold 528 raffle tickets and raised \$887.00. Thank You

This was a great fund raiser because it involved many people.

Income	3,108.00
Expenses	<u>- 904.17</u>
	\$2,203.83

Bold Print donated the cost of printing the tickets	\$229.19
Neil Folstad donated his winnings.	<u>\$100.00</u>
Total	\$329.19

Thank you for your donation Bold Print & Neil Folstad.

Total with the Donations added \$2,533.02

DECEMBER 17th - Birthday/Anniversary Recognition

Members of the Breckenridge Senior Center born in December were invited to attend the noon meal at the Senior Center on Dec. 17th.

The following members with birthdays in December were in attendance: Lois Ruediger and Arlene Cossette.

Local Sanford Health representative in attendance this month was Hallie Tillotson LPN from Wahpeton Sanford Clinic.

A special thank you to Sanford Health for sponsoring the Birthday Meals.

A LITTLE CLEAN HUMOR

Irony of Age

When you're a baby, you're taken care of by your parents.
When parents grow old, they're taken care of by their baby.

Fine Wine

Some people age like fine wine. I'm aging like the buy 2 get 1 free bottles of the driest red in the grocery store.

Tune-Up

Aging is like owning a classic car. In order to keep looking beautiful, you'll need more than a few tune-ups and a fresh coat of paint.

Fashion Comes Back Around

You know you're old when your grandkids won't stop raiding your closet because "coastal grandmother" fashion is all the rage.

Getting older is a real picnic - just one where everything is aged to perfection.

You know you're a senior when finding your glasses becomes an all-day task.

I decided I wasn't going to let getting older slow me down. But my body had other plans.

In my days there was no Uber Eats. If you were hungry, U-ber packing your lunch!

When cars get old, they're classic. When cheese gets old, it's blue. What do they call people when they get old? Old people.

What musical genre do seniors with arthritis listen to? Pop.

You know you're getting older when everything you see at a vintage flea market is something you already own.

What do cast iron pans and seniors have in common? They're both well-seasoned.

Being a senior is a walk in the park - if it's an RV park and you're going 25mph max.

What do newborns and seniors have in common? They'll both nap anywhere.

We leave this world the same way we enter it: bald, confused, and wearing a diape

Breckenridge Monthly Meal Menu for January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
NSI provides 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.		01) Happy New Year! Closed	02) Turkey Rice Soup Egg salad Fruit cup Cake
05) Chicken strips Country fried steak Mashed potato/gravy Carrots Pudding/topping	06) Meatballs Baked ham Au gratin potatoes Steamed broccoli Cake	07) Chef salad Spaghetti with meat sauce Wax beans Bread stick Mandarin oranges	08) Liver & Onions Oven fried chicken Mashed potato/gravy Mixed vegetables Blushing pears	09) Bean & ham soup Sandwich Salad Dessert
12) Hamburger Chicken /bun Baked beans Potato salad Pudding/topping	13) Salmon loaf Meatloaf Mashed potato/gravy Baked squash Wipped jell-o	14) Chicken alfredo Goulash Corn Bread stick Fruit	15) Chicken Pork Roast Boiled potato/gravy Carrots Fruit crisp	16) Chicken Noodle Sandwich Fruit cup Cookie
19) Beef Stew Chicken gravy over Biscuit Corn Mashed potatoes Cookie	20) Liver & Onions Swiss steak Baked potato Stewed tomatoes Chocolate pudding	21) Swedish meatballs Roast beef Mashed potato/gravy Carrots Dessert	22) Polish sausage BBQ chicken Yams Green beans Cake	23) Chilli Muffin Fruit Juice Pudding/topping
26) Country fried steak Salisbury steak Mashed potato/gravy Steamed broccoli Rice krispy bar	27) Turkey Ham Scalloped potatoes Beets Warm cinnamon apples	28) Taco Salad Chicken Chow Main White rice Egg roll Mandarin oranges	29) Pork Chop Baked fish Baked potato Cremed peas/carrots Lemon Fluff	30) Kneophia Soup Sandwich Salad Dessert

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

Please call by 8:00 AM with any changes or leave a message on machine. Phone # 218-643-5730

Breckenridge Monthly Meal Menu for February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
02) BBQ Ribette Meatloaf Baked potato Wax beans Pudding/topping	03) Pork Chop Baked Chicken Baked potato/gravy Glazed carrots Cookie	04) Chef Salad Hamburger Macaroni Casserole Corn Peaches	05) Ham Chicken strips Au gratin potatoes Broccoli Poke cake	06) Chicken/Dumpling Soup Muffin Fruit Juice Dessert
09) Chicken melt Fish patty/bun Potato salad Peas and carrots Fruit cup	10) Tater crust fish Swedish meatballs Baked potato Mixed vegetables Cake	11) Polish Sausage Burger/bun Baked beans Coleslaw Jell-o/topping	12) Liver N onions Pork roast Parsley boiled potatoes Sauerkraut Pineapple	13) Chicken wild rice Soup Sandwich Salad Dessert
16) Chef Salad Spaghetti/meat sauce Bread stick Mixed vegetables Pudding/topping	17) Creamy Chicken Breast Pepper steak Mashed potato/gravy Green beans Fruit crisp	18) Turkey Roast beef Mashed potato/gravy Squash Cookie	19) Tuna Casserole Chicken alfredo Egg noodles Carrots Mandarin oranges	20) Chili Muffin Fruit juice Pudding/topping
23) Chicken/dumplings Lasagna Yellow beans Bread stick Rice crispy bar	24) Liver N Onions Country fried steak Mashed potato/gravy Peas/carrots Dessert	25) Meatloaf Baked chicken Dressing/gravy Peas and carrots Mashed potatoes Cookie	26) Mac & Cheese Tater tot hotdish Mixed vegetables Dinner roll Rosy applesauce	27) Potato Soup Sandwich Fruit cup Cookie
		Meals are served with low fat milk, bread, and margarine	This meal is prepared in a facility that uses wheat, soy, dairy and nuts. Menu is subject to change.	NSI provides this service through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging

Please call by 8:00 AM with any changes or leave a message on machine. Phone # 218-643-5730