

# Breckenridge Senior Citizens Center

## March 2025 - News Letter

### Board of Directors

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

### Board Members:

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, Bev Dozak, Marie Ellingson, Dona Hasbargen, Janette Hasse, Valeria Hegel, Carol Helgeson, Janis Johnson, Kathleen Johnson, MarJo Keller, Gordy Kessler, Kevin Krutsinger, Merrill Miranowski, Stephanie Miranowski, Pat Mitzel, Audrey Osmondson, Beryl Osmondson, Paulette Raguse, Dorothy Rakow, Lois Ruediger, Elizabeth Spent, Lois Thykeson, Ella Watson, Gary Wawers, Cheryl Ziegelmann and Steve Ziegelmann.

**2025 Paid Members** - Darlene Arth, Carol Anderson, Dale Anderson, Beth Beyer, Dennis Beyer, David Beyer, Jan Beyer, Gary Boutiette, Kay Christenson, Donna Doran, Jared Dupree, Alice Ellsworth, Donald Facey, Pamela Facey, Neal Folstad, Phyllis Folstad, Tom Hiedeman, Velora Hensley, Florene Johnson, Patricia Kloster, Thomas Kloster, Mary Kosel, Irv Leinen, Kaye Leinen, Joretta Lingen, Jan Michels, Berniece Miller, Paul Sannes, Christine Orsburne, Raymond Orsburne, Bob Oscarson, Jeri Oscarson, Gloria Reisdorfer, Muriel Revier, Glen Roberge, Celia Rossow, Krystal Schaible, Beverly Schillinger, Janella Schmidt, Nancy Stackhouse, Maynard Thomson, Dianne Vavra, and Marlys Wefel.

**Hopeful Members (Not paid)** - Wallace Affield, Harvey Anandel, Faye Andree, Sue Anderson, Barbara Baumgartner, Diane P. Bjerke, Mary Cambell, Doug Cambell, Beverly Christensen, Teeke Colby, Janet Czichotzki, Mike Dupree, Rosie Dupree, Marge Ehlers, VonDaLee Grandalen, Alice Gowin, Dennis (Joe) Higgins, Edna Hermes, Cecil Irion, Darlene Irion, Germaine Jelinek, Dee Johansen, Paul Kafuman, Steph Kafuman, Donna Kerry, Roy King, Butch Klinnert, Judy Korinek, Diane Klinnert, Ed Klein, Steve Klein, Clared (Ed) Knoell, Denanna Loreth, Jerry Loreth, Donna Marohl, Albert Mikesh, Cathy Nordick, Jerry Nordick, Eileen Overby, Pat Peterson, Wilma Papka, Julie Reeder, Charles Reiff, Mary Lou Roecker, Neil Ross, Rosemary Samuelson, Bruce Storm, Del Walter, Eugene Walter, Joanie Ward, Mark Ward, Alan Wallace, Paula Wallace, Sandra Willson, Howard Woodbury and Millie Ziegelmann

**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

### JAN 7, Pinochle Winners

- 1<sup>st</sup>. David Beyer
- 2<sup>nd</sup>. Rich Hill
- 3<sup>rd</sup>. Jan Beyer
- 4<sup>th</sup>. VonDaLee Grandalen
- 5<sup>th</sup>. Jerry Loreth
- 6<sup>th</sup>. Steve Grohs

### JAN 14, Pinochle Winners

- 1<sup>st</sup>. Charlie Dupree
- 2<sup>nd</sup>. Sonja Christensen
- 3<sup>rd</sup>. Rich Hill
- 4<sup>th</sup>. Harvey Andel
- 5<sup>th</sup>. Jan Beyer

### JAN 21, Pinochle Winners

- 1<sup>st</sup>. Harvy Andel
- 2<sup>nd</sup>. Rosie Dupree
- 3<sup>rd</sup>. Kathleen Johnson
- 4<sup>th</sup>. Ella Watson
- 5<sup>th</sup>. Jerry Loreth
- 6<sup>th</sup>. Steve Klein

### JAN 27, Pinochle Winners

- 1<sup>st</sup>. Bob Oscarson
- 2<sup>nd</sup>. Harvey Andel
- 3<sup>rd</sup>. Beth Beyer
- 4<sup>th</sup>. Jared Dupree
- 5<sup>th</sup>. Judie
- 6<sup>th</sup>. Muriel Revier



If you are interested in playing pinochle on tuesday afternoon's please call Ella Watson at 218-671-0964. She will take your name and put you on the pinochle player list.

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## WHIST WINNERS

### Jan 2, Whist Winners

- 1<sup>st</sup>. Marlys Wefel
- 2<sup>nd</sup>. Bernice Miller

### JAN 9, Whist Winners

- 1<sup>st</sup>. Muriel Revier
- 2<sup>nd</sup>. Marlys Wefel
- 3<sup>rd</sup>. Charlie Dupree

### JAN 16, Whist Winners

- 1<sup>st</sup>. Dianne
- 2<sup>nd</sup>. Maynard Thomson
- 3<sup>rd</sup>. Muriel Revier
- 4<sup>th</sup>. Bob Oscarson

### JAN 23, Whist Winners

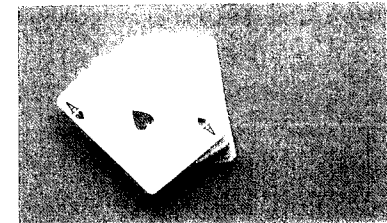
- 1<sup>st</sup>. Marlys Wefel
- 2<sup>nd</sup>. Charlie Dupree
- 3<sup>rd</sup>. Ella Watson
- 4<sup>th</sup>. Maynard Thomson
- 5<sup>th</sup>. Muriel Revier

### JAN 30, Whist Winners

- 1<sup>st</sup>. Marlys Wefel
- 2<sup>nd</sup>. Charlie Dupree
- 3<sup>rd</sup>. Ella Watson
- 4<sup>th</sup>. Maynard Thomson
- 5<sup>th</sup>. Muriel Revier



If you are interested in playing wist thursday afternoon's please call Ella Watson at 218-671-0964. She will take your name and put you on the pinochle player list.



## PINOCHLE WINNERS

### FEB 4, Pinochle Winners

- 1<sup>st</sup>. Cecil Irion
- 2<sup>nd</sup>. Ella Watson
- 3<sup>rd</sup>. Marty Dupree
- 4<sup>th</sup>. Beth Beyer
- 5<sup>th</sup>. Rich Hill
- 6<sup>th</sup>. Jared Dupree

### FEB 11, Pinochle Winners

- 1<sup>st</sup>. Steve Klein
- 2<sup>nd</sup>. Harvey Andel
- 3<sup>rd</sup>. Rich Hills
- 4<sup>th</sup>. Tom Hiedeman
- 5<sup>th</sup>. Dennis Beyer
- 6<sup>th</sup>. Jeri Oscarson

### FEB 18, Pinochle Winners

- 1<sup>st</sup>. Jeannette Pikarski
- 2<sup>nd</sup>. Jerry Loreth
- 3<sup>rd</sup>. Denny Beyer
- 4<sup>th</sup>. Harvey
- 5<sup>th</sup>. Steve Klein
- 6<sup>th</sup>. Jared Dupree



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If you are interested in playing cards please give Ella Watson a phone call. (218-671-0964)

## WHIST WINNERS

### FEB 6, Whist Winners

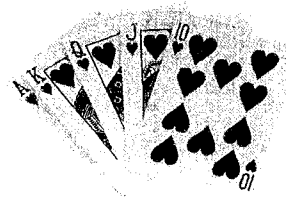
- 1<sup>st</sup>. Alice Ellsworth
- 2<sup>nd</sup>. Maynard Thomson
- 3<sup>rd</sup>. Charlie Dupree
- 3<sup>th</sup>. Jared Dupre

### FEB 13, Whist Winners

- 1<sup>st</sup>. Marlys Wefel
- 2<sup>nd</sup>. Muriel Revier
- 3<sup>rd</sup>. Maynard Thomson

### FEB 20, Whist Winners

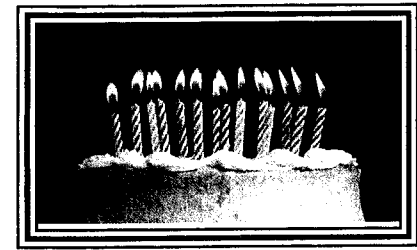
- 1<sup>st</sup>.
- 2<sup>nd</sup>.
- 3<sup>rd</sup>.
- 4<sup>th</sup>.



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Members that have a Birthday in March are invited to a free noon meal on March 19, at 11:30 at the Breckenridge Senior Center.

## March Birthday



### Happy Birthday

- 06 Albert Mikesh
- 06 Clared Knoell
- 08 Alice Gowin
- 09 Kevin Krutsinger
- 10 Janette Hasse
- 17 Pat Peterson
- 20 Dorothy Rakow
- 21 Dennis (Joe) Higgins
- 22 Gloria Reisdorfer
- 29 LaVonne Dupree

### Anniversary

- 06 Christine/Raymond Orsburne

### **RENTING THE SENIOR CITIZENS 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.

The center can be rented on weekends, week nights, and may be rented during the week 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 renters. Deposit money will be returned if the center is cleaned and there is no damage.

### **SUPPORT YOUR SENIOR CENTER KITCHEN**

Everyone is encouraged to come and have a NOON MEAL at the Breckenridge Senior Center. Suggested meal cost is \$7.00. Noon meals will be served, Monday to Friday at 11:00-12:00. If you wake up and decide you would like to have noon lunch at the center, please call the Center (643-5730) before 8:00 a.m. It would be best if you would inform us the day before your planned meal.

Look over the menu, pick a couple of days and make plans to eat at the center those days.

### **DAILY ACTIVITIES -**

Pinochle each Tuesday 1:00 PM,

Bingo each Wednesday 1:00 PM

Whist each Thursday at 1:00 PM.

**PINOCHLE, Tuesday 1:00 P.M.** - There is normally five - six tables of players each week. Each player pays \$1.00 to play. There is a small cash price for the top three

players each week. Everyone enjoys playing cards, visiting and having lunch when they are done at about 4:00 p.m.

**BINGO, Wednesday 1:00 P.M.** - There is a charge 50 cents per card for the day and you can play as many cards as you would like.

We play a total of twenty different games. Each game winner receives a dollar. The 12<sup>th</sup> game is blackout, if you get blackout before a certain number of numbers are called you will get \$25.00. If you get the first blackout but it is over the number of numbers called you will receive \$3.00. We have a small lunch after we play blackout. We play seven more games after lunch. We are normally done by 3:00 p.m.

**WHIST, Thursday 1:00 PM** - If you are interested in playing whist please call the center 218-643-5730. Your name will be added to a players list and you will be called when players are needed.

There is normally three - five tables of players each week. Each player pays \$1.00 to play. There is a small cash price for the top three players each week.

**AFTERNOON LUNCH (Game Day)** - I would like to see all game players take there turn providing-bringing lunch. We have a sign up sheet on the bulletin board next to the office. Please pick a date, and let us know the date by signing the lunch sign up sheet. If you are not able to make something, maybe you could buy something. It is a snack not a meal.

**MEMBERSHIP DUES** - BSC membership year is January 1 to December 31. If you want to remain a member please pay your 2025 membership. Yearly membership is \$20.00 or you could get a lifetime membership for \$150.

**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 - 3 pm. You can play two cards all afternoon for \$1.00.

- \* We could use the following items for daily operation.
  - Regular and Decaffeinated Coffee,
  - Cake & Brownie mix, and Frosting.

**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:**

Kay Christensen, Wahpeton

**UPCOMING EVENTS:**

We will not have Split Pot Bingo or Pot Luck Supper in March.

<b>MARCH 2024 Activities</b>		
11	8:00 AM	Foot Clinic
12	8:00 AM	Foot Clinic
	9:00 AM	Board Meeting
19	11:30 AM	Birthday & Ann.

**MARCH 11/12 - FOOT CLINIC** - If you are interested in attending the foot clinic please call Chris (320-224-5521) or Julie (216-731-4190). The cost for this service is only \$25.00.

**MARCH 19 - 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 19 and your choice of menu options.

## April Schedule - Activities

04	10:00 am	LSS Older Adult Services
08	8:00 am	Foot Clinic
	5:00 pm	Pot Luck Supper
	6:00 pm	Split Pot Bingo
09	8:00 am	Foot Clinic
	9:00 am	Board Meeting
12	6:30 pm	Ham Bingo
14	10:00 am	Presentation - Combined Alcohol-Medication
16	11:30 am	Birthday/Anniversary Meal
22	5:00 pm	Split Pot Bingo

## April 4, Aging Action Network

LSS Rural Aging Action Network Service 3<sup>rd</sup> Annual  
Older Adult Resource Fair

**Friday, April 4 10 a.m. - 3 p.m.**

Breckenridge Senior Citizens Center

Come learn about local resources in are community that can assist you in enhancing your quality of life and aging successfully while developing a community care.

Connect, learn and meet service providers in our area at this free event!

We provide a free whole-person evaluation for older adults 60 years of age and older to support them in finding the right services to thrive. We assess their needs and provide referrals for housing, nutrition, access to health care, social activities and transportation. Through this evaluation, we identify and address gaps in services to ensure older adults are supported.

## April 12 - Ham Bingo

Breckenridge Senior Center is hosting a Ham Bingo on **Saturday, April 12 6:30 pm** at the Breckenridge Senior Center.

The event is open to the public. All proceeds will benefit the Breckenridge Senior Center, 225 South 5<sup>th</sup> Street in Breckenridge.

**Procedure:** Three cards for \$1.00 or .50 cents a card per game. There will be 21 games played. There will be one winner per game. The winner will receive a 8-10 pound Ham. The last game will be blackout and the winner will receive two 8-10 pounds Hams.

Please plan on picking up your friends and come play Bingo for a Ham or maybe two Hams.

Treats and coffee will be provided.

## April 14, Alcohol-Medication Use in Older Adults

Sanford Health will be joining the Breckenridge Senior Center on Monday - April 14, 2025. They will present at 10:15 A.M. on the risks of combined Alcohol-Medication use in older adults. As we know, chronic conditions increase with age, and these too can be worsened by associated alcohol use. Join us to learn about how adults are more susceptible to the sedating effects of alcohol!

### GENERAL INFORMATION

**I have suggest trying some new idea's maybe they work maybe they don't.**

1. Stay with Pot Luck Supper every month April to December on the Second Tuesday of the Month.  
But we would add some options.
  - Option 1 - Hills 210 Catering
  - Option 2 - Cheryl Meal's
  - Option 3 - Pizza night
  - Option 4 - Pie and Coffee - Only Dessert
2. With these options comes some problems.
  1. We would have to have a count on how many people would be attending and collect money for meal in advanced.
    - Options:
      - Have a flyer and place forms where people can sign

- up for the meal and put money in envelop.
- Have a calling committee that would call local members.
- Create a list of people that use text and text out information.

I don't know how many members use text on their phone. Even 25 people using text would help.

1. This would help us remind members of an event coming up at the center.
2. It would help with the number of members that would need to be called. (Example) Calling members to see if they would like to come to the Meal at the center that will be catered by Hills 210 Catering.

I was on the BSC calling committee ten years ago, and it took 6-8 hours to call the local members for each event.

I think it is time to see if these options would work or not. Things change and we also need to change. You will hear more about this soon.

The yearly **Board Business Meeting and election of Officers** will be held on May 13, at the Pot Luck Supper.

If you are interested in running for Breckenridge Senior Center President, Vice President, Secretary or a three year term as a Board Member.

We are in need of members that are willing to serve as a officer or as a board member, please let Harlan know if you are interested.

## **Tai Ji Quan Class Moving for Better Balance**

If we can get enough people we will be running a Tai Ji Quan Class - Moving for Better Balance at the Breckenridge Senior Center starting March 18 and ending on June 5<sup>th</sup>.

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 teach the Class.
- We are planning to start the class **March 18**,
- 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 18 - June 5, Tuesday & Thursday  
10:00 AM - 11:00 AM**

Please let Harlan know if you are interested.



## Breckenridge Monthly Meal Menu for March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
03) Chicken Strips Salisbury Steak Mashed potato/gravy Creamed corn Fruit Cup	04) Taco Bake Chicken & Dumplings Fruit salad Corn muffin Pudding/topping	05) Polish Sausage Fish Baked potato Coleslaw Chocolate Chip Cookie	06) Ham Meatloaf Au gratin potatoes Mixed vegetables Baked diced apples	07) Vegetable soup Egg salad sandwich Vanilla fruit salad Cookie
10) Meatballs Pork chop Mashed potato/gravy Carrots Peanut butter bar	11) Chef Salad Spaghetti/meat sauce Yellow beans Garlic toast medallions Mandarin oranges	12) Ribette Roast beef Mashed potato/gravy Peas & Carrots Starburst Cake	13) Liver N Onions Chicken strips Potato Casserole Carrots Pudding	14) Chicken rice soup Sandwich Fruit juice Peaches
17) Hamburger gravy Creamed chicken over a biscuit Peas & carrots Fruit cup	18) Creamy chicken breast Swedish meatballs Mashed potato/gravy Harvard beets Cinnamon applesauce	19) Ham Roast turkey Mashed potato/gravy Baked squash Jello/topping	20) Chicken Stir Fry Beef stew Fruit cup Biscuit Apple sauce	21) Chili Muffin Fruit juice Pudding
24) Country Fried Steak Pepper steak Boiled potatoes/gravy Creamed corn Pudding/topping	25) Liver N Onions Baked ham Baked sweet potato Green beans Pumpkin bar	26) Chicken Lettuce Salad Hamburger macaroni casserole Mixed vegetables Warm baked apples	27) Baked chicken Roast port Mashed potato/gravy Beets Cookie	28) Kneophla Soup Sandwich Fruit cup
31) Chicken meat Polish sausage Parsley potatoes Sauerkraut Lemon bar	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.	

Please call by 8:00 with changes or leave a message anytime.

Phone # 643-5730