

828 Kingsbury Street  
Belle Fourche, SD 57717  
(605) 892-6285



Belle Silver Lining



[www.bellesilverlining.com](http://www.bellesilverlining.com) ❖ email: [bfsc@midconetwork.com](mailto:bfsc@midconetwork.com)

NEWS

APRIL 2022

From Your Director...

Laura Bennett

## Keep It Real

Caring for each other just the way we are is so very important. The stress of trying to make the right impression so that others will accept us can be daunting! I see this every day here at Belle Silver Lining. Friendships created without one or the other putting on airs, appreciating their special qualities (uniqueness) and minimizing their flaws.

I learned such a valuable lesson through some very special friends many years ago. Though I am not perfect (I know... Shocker!), they still love me just the way I am...

Panic! My husband had invited a family from our church over to our house for dinner. This may not seem like a moment to panic as I had a full week to prepare and no one in their family were picky eaters, but... I was not the best cook, by far. In my early years of marriage and motherhood... well, you pretty much ate at your own risk when I cooked. Often, I would forget that there was something cooking and decide that it was a great time to throw a blanket over the dining room table to make a tent for the kids and I to play in. What fun we did have! BUT THEN, the smoke alarm would sound. My children and I would crawl out of the tent and find the house filled with heavy smoke, a pan burnt beyond recognition with a pile of ashes, that at one time was going to be our supper, in the bottom of the pan. So now, you can imagine my horror when my husband announced that we were having dinner guests.

I planned and planned, and I worked so very hard to make everything perfect. My house was scrubbed and organized. Laundry was completely caught up (I was tempted to have everyone sleep in the clothes they had on their backs so that I could have a complete 24 hours with absolutely no dirty clothes in the hampers).

The day arrived. I had decided to make chicken and dumplings, homemade biscuits, salad (at least one item on the menu was safe... no cooking involved... just had to keep the lettuce from becoming wilted), and I even made some kind of dessert. I don't remember what the dessert was, but I do know that it was yummy. Everything turned out perfect!

Everything was perfect!!! I was so proud of myself! As our guests entered our home, I felt such a wonderful sense of pride. My house was sparkly clean, my children were all dressed in their best clothes; they were clean and on their

best behavior. My husband had even managed to dress himself in appropriate attire without me sending him back to try again. Everything appeared absolutely perfect.

Before we ate, we had a wonderful time visiting. Our children played well together and it was just one of those special moments in time!

We all sat down at our small dining room table. It felt wonderful to have made a perfect meal for our new friends and made our home a haven for this family. My husband asked Mr. Leidy to ask the blessing. Once the blessing was given, I passed around all the components of the perfectly made meal.

My little ones were so excited that we were having biscuits as they loved my homemade biscuits. There were compliments being given, my pride built and I felt like I was a superstar!

After all had gotten their portions of the food, and a bit of conversation, our three-year-old daughter, Marie, carefully examined her beautifully baked, golden biscuit, then began to cry as though her heart was broken. Now, this little one very seldom cried and when she did, either she was physically in pain or she was extremely sad. She was not a cry-at-every-whim kind of little person, so we were very concerned as we saw tears running down her face as she sobbed.

My husband was the first to speak and asked, "Sweetheart, what's wrong?" Still in tears, she lifted and turned over the beautiful biscuit that she had been holding in her little hand, looked at it with a sad and distraught face, then asked with quivering lips and soft sobs, "Daddy, where's the black stuff?" All commotion ceased at the table, not a word was spoken, not a morsel of food was being chewed, no eating utensil lifted. Silence. And more silence...

Mr. Leidy could not contain himself any longer and burst out in laughter and all the others, including myself, joined in. After the laughter came down to a simmer, Mr. Leidy chuckled and said, "I'm sure my wife feels right at home now, she burns everything she cooks. Thank you for making her feel welcome!"

Mr. Leidy's comment was made with a bit of teasing, but it was also truthful and sincere. Though my bubble was burst, my pride and ego squashed, I found that perfection, or the appearance of perfection, was not needed! The Leidy family became precious friends, in spite of the discovery that my family (under normal, every day circumstances) had to scrape the black stuff off their biscuits.

**THANK YOU!**

Each of the following businesses, organizations and individuals make the senior center possible. Without these generous donations, we would not be able to provide any of the services available at Belle Silver Lining. The seniors of our community thank you and our gratitude to each of you is unending.

**Ray Allen**

**Scott McCart**

**Cyle & Rayberta Miller**

**Larry and Alana Strickland,  
Owners of Integrity Meats**

**THANK YOU!**

**Come Join Us for Fun Fit Exercise Every  
Wednesday beginning at 10:00 am**

**VOLUNTEERS NEEDED  
at  
BELLE SILVER LINING:  
Young or experienced,  
WE NEED YOU!**

*Helping is So Rewarding!*

*Have an hour?*

*Any amount of time would be welcomed!*

• **Meal Delivery Driver**

**We provide the meal runners!  
Mileage reimbursement available.**

• **Painters**

**For Shelves, Ceilings or Furniture.**

• **Weekend Thrift  
Store Workers**

**Any age, at any time!  
If you have an hour or two to spare,  
we'd love to have you -  
even if its only a day or two!**

**Call 892-6285 or stop by  
828 Kingsbury St. to sign up today!**

**Single  
Ladies**

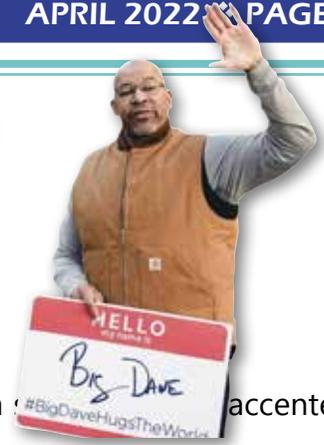
**Tea & Book Events  
at 2:00 p.m.**

**April 10th & 24th**

**Bring Your Favorite Tea  
and a Book  
for Lively Conversation  
and to  
Meet New  
Friends**

**Hosted by Sally Elenburger**

# ENCOURAGEMENT FROM BIG DAVE



Last week, I was in a cafe and felt a touch on my forearm as I heard a male voice bellow, "friend...David!"

I turned to see an Albanian man I met in 2016 at this same cafe while he waited for his daughter.



I wrote about our encounter in the "How do you say "Hug" in Albanian?" chapter of "One Hug at a Time."

But summing it all up, even though his English is horrible and my Albanian is non-existent, we communicated enough to have a wonderful moment.

Our moment could've ended in 2016, but it didn't because he has established a unique "text-friendship" where he gets his daughter, a doctor at Jefferson Hospital, to text me well wishes every major holiday.

His messages are a treat, so it was good to exchange warm smiles.

Stepping in front of me to hand the barista a ten-dollar bill and gesturing for me to order whatever I wanted, he waited for me to receive

my cappuccino and, after placing the change in the tip jar, he motioned for me to sit with him.

For the next 3-5 minutes, we sat in smiling silence until exclaiming, "Oh!!" as if he had an idea. He face-timed his daughter, who waved hi and said she was finishing up work and would meet us shortly. Upon her arrival, the father excitedly began speaking in Albanian and nudged his daughter to interpret.

After stammering a bit to put his words altogether, she finally said, "He is saying, tell him I saw the warmth of God in his eyes when we met and felt it in his touch. He is the nicest American I've met and an exceptional man." Feeling very unworthy of such praise, I said he couldn't have said all that, and his daughter replied, "that is how he feels. there aren't many people as nice as you."

While speaking, her father began removing a fob from his key chain and presented it to me. It was an Albanian flag, and after placing it in my hand, he reached across the table to touch my chest above my heart again and smiled.

Friendships can be started AND MAINTAINED with nothing more than good vibes and a smile—so get to grinning:)

*David Sylvester, honorary Albanian.*

**HUG SOMEONE AND MAKE IT COUNT.**

## Senior Health

## CORNER

## Seniors Can Reap Benefits from Spending Time Outdoors

<https://eldercarealliance.org/blog/seniors-benefit-spending-time-outdoors/> • February 1, 2017

Few pastimes restore the body and soul like spending time in nature. Research has confirmed that being outside does more than just lift your spirits; it also provides a boost for your physical and mental well-being. What are some of the benefits for seniors who take time to enjoy the great outdoors?

#### Improvements in Mental Health

Seniors who spend time outdoors may experience less depression and anxiety. Individuals who run, bike or walk in natural settings have a reduced risk of mental health problems compared to people who do their exercise inside.

Participating in nature walks with others is linked to more positive feelings and better mental health, along with lower levels of depression and stress. Seniors who are unable to exercise can benefit from getting outdoors by enjoying the change of scenery, smelling freshly cut grass and seeing beautiful, natural vistas.

Experts advise that seniors should try to spend time in natural areas like parks on a regular basis. The relaxation that nature provides can improve mood and increase overall feelings of happiness.

#### Abundant Energy

Being outside in nature makes you feel more alive and provides a greater sense of energy and vitality, which can help make you more resilient to illness.

Spending time outdoors may boost your memory. One study found a 20-percent improvement in attention span and memory after spending just one hour in a natural environment. More time spent outdoors resulted in even

greater gains in memory, and it may improve creativity as well.

#### Better Overall Health

Being outside can help increase levels of Vitamin D, which often is low among seniors. Low levels of this important nutrient are linked to pain in muscles and bones, inflammation, higher risk of Type 1 diabetes and several types of cancer.

Getting sufficient Vitamin D can help reduce your risk of a number of physical ailments, including rheumatoid arthritis, multiple sclerosis and heart attack. By spending just 15 minutes outside in the sunshine each day, you help your body receive the recommended dose of Vitamin D.

Being outside may also improve your overall immunity by boosting your count of white blood cells, and the improvements may last for a week or more. In addition, time in nature may help you recover more quickly from an injury or illness.

#### Many Ways to Get Outside

If you enjoy aerobic exercise like walking, heading outdoors for your workout can provide additional benefits. Although, traditional exercise isn't the only way to spend more time outside.

Gardening is another great way to interact with nature and get some exercise at the same time. Consider creating a natural area with native species that can become routes for butterfly and bird migration. You might consider joining a group for nature-oriented activities like birdwatching.

No matter the activity, research tells us that simply being outside and enjoying nature can provide a variety of benefits for your energy, creativity, and mental and physical well-being.

**Need a little help?**

**ON SITE AT NO CHARGE!**

We have a supply of **MEDICAL EQUIPMENT**

Call 605-892-6285 To Inquire of Availability

Incontinence Products Available at No charge.

We give discrete service, call ahead of pickup

**Belle Silver Lining - 828 Kingsbury St., Belle Fourche, SD**

**TOENAIL CLINIC**

Friday, April 15 • 1-3 pm

Call 892-6285 for appointment

Belle Silver Lining would like to thank

**Heartland Home Health** LLC

# MASSAGES

• Hands • Feet • Shoulders

**Every  
Wednesday  
at 1-3 PM**

**at Belle Silver Lining**  
With **Mary Murphy, LMT**  
Integrated Therapeutic  
Massage  
15-Minute Clothes-on Massages

**FREE** for members  
Call 892-6285 for  
appointment

**Massage Chair or Table  
Available!**

Tough times never last  
but tough people do.

# WELCOME

## NEW MEMBERS:

- Glenys Bachand**
- Pete & Barb Bonnichsen**
- Suzanne Boykin**
- Clint Bryson**
- Lorraine Freeman**
- Faith Goehring**
- Barb Schon**
- Quinton & Falcia Vavra**

## BSL VOLUNTEER IN HER NATURAL HABITAT:



Sheila Frost can be seen all over Belle Silver Lining: identifying and pricing antiques and collectibles in our Thrift Store, preparing used cards for crafting, or encouraging and advising!



**Thank You for all your help!**

### COVID-19 VACCINES FOR EVERYONE AGES 5 AND UP ARE AVAILABLE LOCALLY:

**Prairie Hills Pharmacy, Lynn's DakotaMart Pharmacy, Monument Health**

Belle Silver Lining Staff can help you set up an appointment.  
Or go to [vaccines.gov](https://www.vaccines.gov) to find a vaccine near you or call Vaccination Assistance Hotline at 1-800-232-0233 for more information or text GETVAX (438829) to receive three vaccine sites on your phone.



For every \$1000 worth of receipts you give to us, Belle Silver Lining can receive \$10.00 to help with costs.



# Puzzle Page

## 15 LES MISÉRABLES

N O I S S E F N O C T T N J S  
 J F N A H P R O T J H R O G E  
 X E T C I V N O C X E E I Z W  
 I T E N I N O P E G N V T V E  
 G C Z A M L E Z A J A A P O R  
 A H H C L C N E Q E R J M L S  
 V I D R E A M E D A D R E A M  
 R N W O Y M N O G N I O D G L  
 O G U H R O T C I V E T E N L  
 C W F R A N C E E A R C R I A  
 H A E N I T N A F L S E S S C  
 E T E T T E S O C J Y P I I I  
 Q E S U I R A M U E M S R R S  
 C R E D A C I R R A B N A P U  
 R E V O L U T I O N S I P U M

- |            |                   |              |             |
|------------|-------------------|--------------|-------------|
| AZELMA     | FANTINE           | JEAN VALJEAN | REDEMPTION  |
| BARRICADE  | FETCHING WATER    | MARIUS       | REVOLUTION  |
| CONFESSION | FRANCE            | MUSICAL      | SEWERS      |
| COSETTE    | GAVROCHE          | ON MY OWN    | THÉNARDIERS |
| ÉPONINE    | I DREAMED A DREAM | ORPHAN       | UPRISING    |
| EX-CONVICT | INSPECTOR JAVERT  | PARIS        | VICTOR HUGO |

## sudoku

8		9		6				3
					3	6	7	
	3		7		4			9
			1				8	2
	5	7		8		3	9	
1	8				7			
3			6		9			5
	1	6	4					
7				5		2		4

## CROSSWORD

### ACROSS

- Revolutionary Guevara
- Baggage markers
- Wearing clothes
- "It \_\_\_ to Be You"
- Huge work
- "The \_\_\_ Movie" (2014)
- Mined material
- Darkroom items
- \_\_\_ bean
- Smack
- Discount rack abbr.
- Eaten away
- "\_\_\_ Fideles"
- Disparaging
- "Veep" channel (abbr.)
- Army rank (abbr.)
- Actor Kilmer
- From Wales
- Where Bruce Wayne lives
- Whooped
- Top soccer scorer Hamm

- Actor Bana
- Indented places
- Possession
- Hot-tubbing sound
- Tel \_\_\_
- Irene of "Fame"
- Parting word
- Kismet
- Uncork
- Pregrown lawn

### DOWN

- \_\_\_ suey
- Spy Mata \_\_\_
- Biblical locale
- Some singers
- Baboon, for example
- Band dates
- Weighing device
- Attach, in a way (2 wds.)
- Bk. after Exodus
- Generation
- Juan's "two"
- Paving goos
- Ascot, e.g.
- Some NFL linemen (abbr.)

1	2	3	4	5	6	7	8	9	10	11	
12			13				14				
15			16			17					
18			19		20						
		21	22		23		24	25	26		
	27	28			29		30				
31			32		33		34				
35			36	37		38		39	40		
41				42		43					
			44		45		46		47	48	49
50	51	52				53			54		
55				56					57		
58				59					60		

- Opera performer
- Dutch cheese
- Dolores \_\_\_ Rio
- Busy as \_\_\_ (2 wds.)
- Child's toy
- Quiche ingredient
- Road (abbr.)
- Huck Finn's friend
- Coat part
- Monsieur, in Bonn
- \_\_\_ Alley (2 wds.)
- "Bali \_\_\_"
- "Saturday Night Fever" music
- Gent
- Hacks
- Boxing term
- Storage structure
- Dunderhead
- Wheeling's state (2 wds., abbr.)
- Little louse
- Wrath

## MAZDAH-SHIPS-POSS

Y	Q	R	M	U	G	E	L	B	B	U	D	R	X	E	
A	E	A	T	G	U	M	Y	B	E	A	R	S	I		
W	P	R	I	E	I	N	W	O	B	B	Y	L	K		
F	E	W	P	E	C	A	N	B	A	R	S	D	O		
R	A	O	B	A	G	E	L	B	B	U	D	R	X	E	
U	N	L	T	A	G	U	O	N	E	S	E	T	I	C	
I	T	T	A	U	K	A	C	I	O	N	U	L	R	D	E
C	B	M	D	R	A	F	O	C	O	M	Y	K	F	K	
H	U	H	C	S	B	R	A	Y	O	D	D	R	E	R	A
E	T	S	E	K	A	R	A	F	D	R	E	Y	U	B	
W	T	R	C	A	D	F	L	D	A	L	I	T	F		
S	E	A	X	M	X	W	C	A	E	P	N	E	R	T	
P	R	V	E	D	K	A	E	T	S	S	S	G	E	O	
V	T	L	K	A	B	N	I	E	T	O	R	P	A	S	

1	4	7	2	5	8	9	6	3
5	2	8	3	9	6	7	1	4
9	6	3	7	1	4	5	2	8
4	5	2	8	6	7	3	9	1
8	9	1	4	3	5	2	7	6
3	7	6	1	2	9	8	4	5
2	1	4	5	7	3	6	8	9
6	8	5	9	4	2	1	3	7
7	3	9	6	8	1	4	5	2

T	B	A	O	W	N	S	A	D	A
H	E	R	C	H	A	P	B	R	E
O	R	G	C	I	T	E	L	I	L
G	O	T	U	P	A	V	I	D	L
I	R	S	K	E	N				
T	A	M	S	W	E	E	D	I	N
A	B	S	B	E	E	R	S	D	A
B	A	N	A	N	A	S	B	O	Y
G	A	S	S	P	R				
D	A	R	N	I	T	T	O	O	T
E	L	I	E	C	R	U	A	I	M
E	L	M	S	R	I	O	T	O	F
P	A	S	N	A	P	S	S	I	X

# Fundraising Breakfast



**Saturday, April 9  
7:30-10:00 am  
\$5 suggested donation**

French Toast,  
Bacon, Eggs, Juice

**Proceeds to Belle Silver Lining**

## Benefits of Tai Chi

- Relieves physical effects of stress
- Enhances mental capacity and concentration
- Improves lower body and leg strength
- Helps with arthritis pain
- Reduces blood pressure
- Promotes faster recovery from strokes and heart attacks
- Improves conditions of Alzheimer's and Parkinson's

**Tai Chi classes:  
Sundays at 2 pm At  
Belle Silver Lining**

Wear loose fitting clothing and soft shoes



**April  
8th & 9th  
10:00 am to  
3:00 pm\***

**Bake Sale**

*Belle Silver Lining*  
SENIOR CENTER

828 Kingsbury St  
Belle Fourche, SD

*\* Or While Supplies Last*



**BOARD MEETING:**  
**April 27, 6:30 pm**

In-person at Belle Silver Lining or online with a Zoom Video Conference call. Call 892-6285 for details

## Do you have questions about Medicare or Medicaid?

Contact Ida Marie Snorteland  
605-642-5123, (leave a message  
and she will call you back)

Or contact her by email:  
snorteland@blackhills.com



# St. Patrick Day Festivities



**Fun was had by all as we celebrated St. Patrick's Day!**

It started with a fantastic corned beef and cabbage dinner courtesy of Karen Wopinski, our fabulous Silver Lining kitchen



manager and her wonderful kitchen crew. Thank you Karen and Crew!!

Then we were graced with an hour (plus) of Irish folk songs brought to us by Dan Gilger and Larry PiKula. Thank you, Dan and Larry, for making our day special and a great bit of FUN!!



*Let's Play*

# BRIDGE!



2nd Friday of Each Month

**APRIL 8**

**at 1:00 p.m.**



828

**Kingsbury St.**

## Flower pot Decorating

**April 23rd - 6:00 pm**

**Come in and decorate a garden pot and plant a flower in it!**

**Bring your own pot or choose one provided.**  
*All supplies and flowers also provided.*

**\$10 per person or \$6 for BSL members.**  
*Any age welcome!*



# SENIOR MEALS PROGRAM

**Home-cooked Meals**

**7 days/week**

No person 60 or older will be denied a meal



**Dine In ❖ Carry Out Delivery\***

\*must call 605-892-6285

Please determine your contribution based on your comfort level.

[www.bellesilverlining.com](http://www.bellesilverlining.com)

Menu Subject to Change

**SUN MON TUE WED THU FRI SAT**

## What's Cookin' at:



**LUNCH SERVED**

11 a.m. to 1 p.m.

Menu Subject to Change



Ham <b>3</b> Cheesy Baked Potatoes Green Beans Fruit	Pot Roast <b>4</b> Potatoes & Vegetables Garden Salad Roll Fruit	Oven-fried <b>5</b> Chicken Macaroni Salad Veggie Medley Key Lime Bars	Roast Turkey <b>6</b> & Gravy Mashed Sweet Potatoes Peas & Carrots Angel Food Cake	Swedish <b>7</b> Meatballs Egg noodles Steamed Beets Roll Rocky Road Pudding	Chicken Salad <b>8</b> Sandwich Soup Potato Chips Broccoli Salad Fruit	Sweet & Sour <b>2</b> Chicken Steamed Rice Asian Blend Vegetables Almond Cookie
Turkey <b>10</b> Tetrazzini French Bread Veggie Medley Fruit	Meat Loaf <b>11</b> Baked Potatoes Peas & Carrots Roll Peanut Butter Cookie	Chicken <b>12</b> Enchiladas Refried Beans Corn & Peppers Tres Leches Cake	Pork Roast <b>13</b> & Gravy Mashed Potatoes Broccoli Fruit	Beef & <b>14</b> Barley Soup Veggie & Cheese Sandwich Roll Mandarin Oranges	Lemon <b>15</b> Pepper Fish Rice Pilaf Garden Salad Frosted Yellow Cake	Baked <b>16</b> Chicken Thigh Roasted Potatoes Green Beans Mint Brownies
Glazed Ham <b>17</b> Scalloped Potatoes Green Beans French Bread Ambrosia	Chicken <b>18</b> Cordon Bleu Roasted Potatoes Green Beans Snickerdoodle	Beef & <b>19</b> Broccoli Lo Mein Egg Roll Asian Blend Veggies Fruit	Open-faced <b>20</b> Turkey Sandwich Mashed Potatoes Peas Bannana Bars	Cheese- <b>21</b> burger Potato Wedges Veggie Medley Fruit	Garlic Butter <b>22</b> Shrimp Angel Hair Pasta Cauliflower Chocolate Surprise Cake	Pork <b>23</b> Jambalaya Veggie Medley French Bread Peanut Butter Krispy Bars
Chicken <b>24</b> Pot Pie Biscuit Veggie Medley Pudding	Biscuits & <b>25</b> Sausage Gravy Scrambled Eggs Roasted Zucchini Lemon Bars	Pork Stew <b>26</b> French Bread Peas Carrot Raisin Salad Fruit Crisp	Chili <b>27</b> Cinnamon Rolls Broccoli Mixed Berries & Cream	Pork Chops <b>28</b> Mashed Potatoes Veggie Medley Fruit	Fish Tacos <b>29</b> Salsa & Chipolte Sour Cream Lime Cilantro Rice Corn & Peppers Cinnamon Sugar Cake	Chicken <b>30</b> Alfredo Fettuccini Green Beans Garlic Bread Garden Salad Choc. Chip Cookie

SUN

MON

TUE

WED

THU

FRI

SAT



I'm sorry, ma'am, the Resurrection of Jesus was a miracle, not a service of this cemetery.

# APRIL ACTIVITIES

<p><b>LUNCH 7 DAYS/WEEK</b> 11 a.m. - 1 p.m. at <b>Silver Lining Dining</b> 828 Kingsbury St 605-892-6285</p>	<p><b>THRIFT STORE HOURS</b> Tuesday-Friday: 11:00 a.m.-5:00 p.m. Saturday: 10:00 a.m.-4:00 p.m.</p>	<p><b>2 POOL TABLES &amp; A SNOOKER TABLE</b>  <b>AVAILABLE</b> 9:00 a.m.-4:00 p.m.</p>	<p><b>1</b> 7:30-10 a.m. Coffee &amp; Rolls 10 a.m. Cribbage 1 p.m. Bridge</p>	<p><b>2</b> 10 a.m. Cribbage 1:00 p.m. Pinochle Party</p>		
<p><b>3</b> 2:00 p.m. Single Ladies' 2:00 p.m. Tai Chi</p>	<p><b>4</b> 10 a.m. Cribbage 1 p.m. Bingo 1:30 p.m. Dominoes <b>5¢ CARDS</b></p>	<p><b>5</b> 10 a.m. Pinochle 10 a.m. Cribbage 1 p.m. Cribbage</p>	<p><b>6</b> 10 a.m. Fun Fit - Chair 10 a.m. Cribbage 10:30 a.m. Fun Fit - Move 1 pm Massage 2 p.m. Ladies Social &amp; Coffee</p>	<p><b>7</b> 10 a.m. Cribbage 1 p.m. Bingo <b>5¢ CARDS</b></p>	<p><b>8</b> 10 am-3 pm Bake Sale 7:30-10 a.m. Coffee &amp; Rolls 10 a.m. Cribbage 1 p.m. Bridge</p>	<p><b>9</b> 7:30-10 am Fundraising Breakfast 10 am-3 pm Bake Sale 10 a.m. Cribbage</p>
<p><b>10</b> 2:00 p.m. Tai Chi</p>	<p><b>11</b> 10 a.m. Cribbage 1 p.m. Bingo 1:30 p.m. Dominoes <b>5¢ CARDS</b></p>	<p><b>12</b> 10 a.m. Pinochle 10 a.m. Cribbage 1 p.m. Cribbage</p>	<p><b>13</b> 10 a.m. Fun Fit - Chair 10 a.m. Cribbage 10:30 a.m. Fun Fit - Move 1 pm Massage 2 p.m. Ladies Social &amp; Coffee</p>	<p><b>14</b> 10 a.m. Cribbage 1 p.m. Bingo <b>5¢ CARDS</b></p>	<p><b>15</b> 7:30-10 a.m. Coffee &amp; Rolls 10 a.m. Cribbage 1-3 p.m. Toenail Clinic</p>	<p><b>16</b> 10 a.m. Cribbage</p>
<p><b>17</b> 11 am- 1 pm Easter Dinner 2:00 p.m. Single Ladies' 2:00 p.m. Tai Chi</p>	<p><b>18</b> 10 a.m. Cribbage 1 p.m. Bingo 1:30 p.m. Dominoes <b>5¢ CARDS</b></p>	<p><b>THRIFT STORE 19</b> GRAND OPENING 10 a.m. Pinochle 10 a.m. Cribbage 1 p.m. Cribbage</p>	<p><b>THRIFT STORE 20</b> GRAND OPENING 10 a.m. Fun Fit - Chair 10 a.m. Cribbage 10:30 a.m. Fun Fit - Move 1 pm Massage 2 p.m. Ladies Social &amp; Coffee</p>	<p><b>THRIFT STORE 21</b> GRAND OPENING 10 a.m. Cribbage 1 p.m. Bingo 1 p.m. Craft Class <b>5¢ CARDS</b></p>	<p><b>THRIFT STORE 22</b> GRAND OPENING 7:30-10 a.m. Coffee &amp; Rolls 10 a.m. Cribbage 6 p.m. Movie</p>	<p><b>THRIFT STORE 23</b> GRAND OPENING 10 a.m. Cribbage</p>
<p><b>24</b> 1:00 p.m. Pinochle Party 2:00 p.m. Tai Chi</p>	<p><b>25</b> 10 a.m. Cribbage 1 p.m. Bingo 1:30 p.m. Dominoes <b>5¢ CARDS</b></p>	<p><b>26</b> 10 a.m. Pinochle 10 a.m. Cribbage 1 p.m. Cribbage</p>	<p><b>27</b> 10 a.m. Fun Fit - Chair 10 a.m. Cribbage 10:30 a.m. Fun Fit - Move 1 pm Massage 2 p.m. Ladies Social &amp; Coffee</p>	<p><b>28</b> 10 a.m. Cribbage 1 p.m. Bingo 1 p.m. Craft Class <b>5¢ CARDS</b></p>	<p><b>29</b> 7:30-10 a.m. Coffee &amp; Rolls 10 a.m. Cribbage</p>	<p><b>23</b> 10 a.m. Cribbage</p>

# Easter Dinner

**Bring your family to celebrate with you!**



11:00 a.m.  
to 1:00 p.m.

- Glazed Ham**
- Scalloped Potatoes**
- Green Beans**
- French Bread**
- Ambrosia**

## **Belle Silver Lining MEMBERSHIP CARDS**



# *Now Available!*

**Pickup your Belle Silver Lining Membership Card with your Paid 2022 Membership**

Membership cards will be mailed to those that are unable to pick them up.

**828 Kingsbury Street**

Thank you for adapting to this new check-in system as this will help with applying for grants to help in our funding.

## **Calling all Pitch Players**

**Contact Laura to determine day(s) and time 892-6285**



## *Upcoming Fundraisers*

### **Raffle Fundraiser**



**Pie Social Downtown July 4th**

### **Fall Festival of Colors Late September**



**Lynn's and Leuder's Shopping Spree October**

*Proceeds for Belle Silver Lining*

# April Events



415 Fifth Avenue  
in Belle Fourche

... AT THE CENTER OF THE NATION

*Come see a Fun play featuring 18 students!*

## Mrs. Beasley's Wildlife Adventure

*A schoolteacher takes her students on a field trip to the Black Hills to see wildlife. Little do the kids know – Mrs. Beasley can talk to the animals!*

**Performs: Friday, April 8 at 7 p.m.  
& Saturday, April 9 at 2 p.m.**

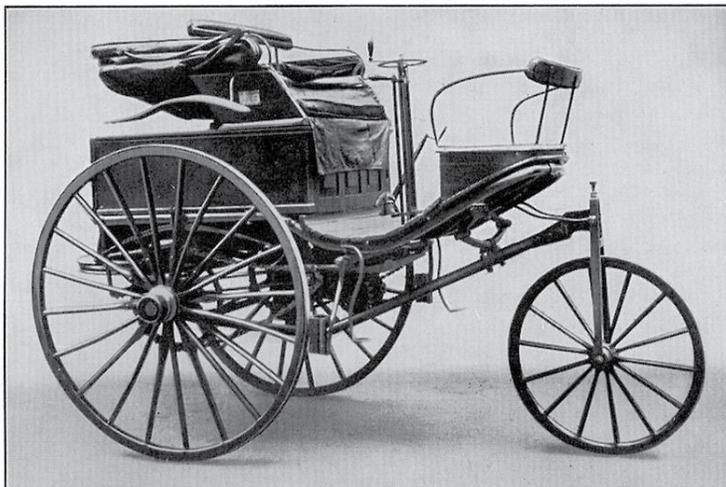
*Admission is \$2 or Free with membership*



## Come learn the history of the first “horseless carriage”

*Round and Round with Bicycles Mini Exhibit Reception*

**Saturday, April 23**



*Storyboards, photos, artifacts, touchscreen quiz, free take-home packet and kids' books to read!*

**Through-the-day reception of themed cupcakes and beverages**

*No admission charge*



## Charity Fraud

### Here's how they work:

Someone contacts you asking for a donation to their charity. It sounds like group you've heard of, it seems real, and you want to help.

How can you tell what charity is legitimate and what's a scam? Scammers want your money quickly. Charity scammers often pressure you to donate right away. They might ask for cash, and might even offer to send a courier or ask you to wire money. Scammers often refuse to send you information about the charity, give you details, or tell you how the money will be used. They might even thank you for a pledge you don't remember making.

### Here's what you can do:

1. **Take your time.** Tell callers to send you information by mail. For requests you get in the mail, do your research. Is it a real group? What percentage of your donation goes to the charity? Is your donation tax deductible? How do they want you to pay? Rule out anyone who asks you to send cash or wire money. Chances are, that's a scam.

2. **Pass this information on to a friend.** It's likely that nearly everyone you know gets charity solicitations. This information could help someone else spot a possible scam.

Coffee & Rolls

Every Friday  
7:30 -10:00 a.m.

\$2.00

BELLE SILVER LINING • 828 KINGSBURY ST.

## Health Care Scams

### Here's how it works:

You see an ad on TV, telling you about a new law that requires you to get a new health care card. Maybe you get a call offering you big discounts on health insurance. Or maybe someone says they're from the government, and she needs your Medicare number to issue you a new card.

Scammers follow the headlines. When it's Medicare open season, or when health care is in the news, they go to work with a new script. Their goal? To get your Social Security number, financial information, or insurance number.

So take a minute to think before you talk: Do you really have to get a new health care card? Is that discounted insurance a good deal? Is that "government official" really from the government? The answer to all three is almost always: No.

### Here's what you can do:

1. **Stop. Check it out.** Before you share your information, call Medicare (1-800-MEDICARE), do some research, and check with someone you trust. What's the real story?

2. **Pass this information on to a friend.** You probably saw through the requests. But chances are you know someone who could use a friendly reminder.

FREE ADMISSION

MOVIE

Friday, April 22 • 6:00 pm

"Cool Runnings"

John Candy • Leon Robinson

Rides available to  
and from movie  
Popcorn & Soft Drinks Served  
at Belle Silver Lining



# WANTED:

**Butte County Historical Society or retired persons that have some time to donate.**

Looking for people to escort visitors to OLD-TIME Hill Side school.

We need volunteers that would be willing to pickup a key at Tri-State Museum and escort visitors to the school. Hareline Hill is our coordinator and will help us learn to answer questions about rural schools. We are looking forward to having you. If interested, leave your name and telephone number with Harlene Hill or Janet A Jensen at Tri-State Museum,



**Progressive BINGO**

**1<sup>st</sup> Tuesday of Every Month at 7:00 pm**

**Branding Iron Steak House & Social Club**  
19079 US Hwy 85 • Belle Fourche

*Come early to receive great specials from the Branding Iron for all Bingo players!*

**Thank you, Bingo Players, for supporting the Belle Silver Lining fundraiser at Branding Iron!**

# Senior SPOTLIGHT

## What Easter is To Me

*God's love is stronger than my wicked heart that was born within;*

*For Jesus, the only man that was ever good, walked without sin.*

*In His burial and rising, Satan's head was bruised, and my old Adam caught;  
Through my Savior's blood, my sins were forgiven and my salvation was bought.*

*God's gift of grace was waiting for me to believe on His Son,  
For Jesus taught that God is in Him and they are one.*

*Just a repentance of heart and confession that Jesus has risen,  
God's grace pardoned, and I was freed from this world's prison.*

*Just as Jesus said, "Thy faith hath saved thee; go in peace."  
I understand that Satan no longer has me under lease.*

*I am now in the Body of Christ, no longer will God be blinded by my sin,  
As the Holy Spirit comforts and guides me while living within.*

*For by God's gift of grace was I saved by a faith of the heart,  
And being reconciled with God, we will no longer be apart.*

*Salvation is not given for any works that I do,  
But walking with Christ has brought blessed works to see me through.*

by DeeAnn Crockford

To submit your item to be published in an upcoming newsletter



Email: [bfsc@midconetwork.com](mailto:bfsc@midconetwork.com)

Mail: 828 Kingsbury St., Belle, Fourche, SD 57717

Drop Off: In the *Stuff Box* at Belle Silver Lining

# THANK YOU TO Larry & Alana Strickland of Integrity Meat

For your ongoing monthly support of meat donations to Belle Silver Lining Dining program. We greatly appreciate your generosity!

## VALENTINE MAKERS



The Ladies from the Wednesday Social and Coffee hour had a fun time making Valentines! Come join them every Wednesday at 2 pm.



## RESOURCES IF YOU HAVE VISION LOSS

Knowing about your options is very important if you have vision loss. **Service to the Blind and Visually Impaired** provides education and information about vision loss and eye disease. We have many resources available including large print copies of **Getting Started 2020: a Guide for People New to Vision Loss**. Its free and full of great information. Call **1-800-265-9684** if you want a copy or have any questions about how we can help.

You can also learn about different types of vision loss and how you can learn essential skills for everyday living using the **internet**. A **SAFE** place to explore and learn is **Vision Aware** which is a website sponsored by the American Printing House for the Blind. Go to [www.visionaware.org](http://www.visionaware.org) to learn about:

- Everyday Living
- Working Life
- Your Eye Condition
- For Seniors
- Emotional Support



**New Potties Coming!**

**We are getting a new comfort height potty in the Ladies room thanks to Peggy Lunzman and her husband for their generous donation. The men will be getting their high-rise potty in July thanks to a grant that will be issued in July from Montana Dakota Utilities.**

# Thank you, Short Chaps!

by Lynda Edwards

It has been said, "You are never too old to learn something new". This was proven on March 11th when members, Karlie and Kate Kammerer, Kasey and Avery Dobesh, Jacey and Jake Nash, Taya, Lux, Ambree and Nash Kirstine, Jace and Westin Hiles, of the *Short Chaps 4-H Club* helped serve caramel rolls and coffee at Belle Silver Lining Senior Center.



After enjoying rolls, coffee, and lively conversation, a group of seniors and parents gathered to listen to the 4-H members give their presentations. The presentations were on a number of diverse subjects. The audience responded with applause, questions, and a few chuckles.

Do you know what they call an egg that is laid without a shell? Do you know which rabbit makes the best house pet and how to litter box train them? Do you know how to tie a hitch knot and what it's used for? These and many other "inquiring-minds-want-to-know" questions were answered by this energetic group.

On behalf of myself and all the Silver Lining members, we want to thank this group for their service to our community and are wishing them success on all their endeavors in the following year.



## Belle Silver Lining Raffle Fundraiser!

Tickets for great prizes available April, May and June  
at the Olive Branch, The Office Emporium and Designs by Daphne Gallery

**Tickets are \$20 each or 6 tickets for \$100**

Join us on June 4 from 10:30 am-1:15 pm  
for a picnic/BBQ at Rail Park with the prize drawings at 1:00 pm.

**Winners get to pick their prizes!**

*Food & Drink donated by Wildwood Builders, Daniels Excavating and The Plumber  
All proceeds go to Belle Silver Lining.*

**Stay tuned for a list of amazing prizes and our generous donors!**

# What's Happening at Belle Silver Lining

## CRAFTS/CLASS

### OUR CRAFT ROOM IS OPEN!

- Call 892-6285 to reserve
- Build your own projects
- Leave a donation for use
- Bring a friend or family -- including grandchildren
- Sewing machine available
- All are welcome to use our supplies and equipment

### CRAFT CLASSES

- 1:00 p.m.
- 1st & 4th Thursdays

### WRAPPING STATION

- Bring your gift to wrap
- Use our wide variety of wrapping paper, gift bags, ribbon, tags
- Leave a donation for use

### MARCE'S POT PARTY

- Saturday, April 23rd

## MEALS/FOOD

### Meals Program

- Daily 11:00 am-1:00 pm
- By donation (determine on your comfort level). No one 60 or older will be turned away

### FRIDAY ROLLS & COFFEE

- Every Friday 7:30-10:00 am
- Coffee & Rolls \$2.00 donation

### FUNDRAISING BREAKFAST

- 2nd Saturday of Month
- 7:30-10:00 am

### BAKE SALE

- 2nd Friday & Saturday of Each Month
- 10:00 am - 3:00 pm or while supplies last

### EASTER DINNER

- Sunday, April 17th
- 11 a.m. to 1 p.m.

## GAMES

### BINGO

- Mondays & Thursdays at 1:00 pm
- 5¢ Cards available

### PROGRESSIVE BINGO

- 1st Tuesday of every Month at 7:00 pm
- Branding Iron Steakhouse

### BRIDGE

- 2nd Friday at 1:00 pm

### CRIBBAGE

- Mondays-Saturdays, 10:00 am
- Tuesdays at 1:00 pm

### DOMINOES

- Mondays at 1:30 pm

### PINOCHLE

- Tuesdays at 10:00 am
- Pinochle Party 1st Saturday and 3rd Sunday at 1:00 pm

### 2 POOL TABLES & A SNOOKER TABLE

- Available 9:00 am-4:00 pm

## HEALTH/WELLNESS

### BLOOD PRESSURE CHECKS

- Available at Belle Silver Lining from 9:00-4:00 pm, pending available staff.

### TOE NAIL CLINIC

- April 15 from 1-3 p.m.
- By appointment--892-6285

### MASSAGES

- 1:00-3:00 pm Every Wednesday
- Massage Chair Available

### GRIEF SUPPORT

- Postponed until further notice

## FITNESS

### FUN FIT

- Chair - Wednesdays at 10 am
- Move - Wednesdays at 10:30 am

### HIKING

- Call Colleen at 641-2645 for dates, times & details

### TAI CHI

- 2 pm every Sunday

## SOCIAL TIME

### PINOCHLE PARTY

- 1st Sat & 3rd Sun. at 1 pm

### LADIES' SOCIAL and COFFEE HOUR

- Every Wednesday at 2 pm

### SINGLE LADIES' MEET

- Sundays April 10 & 24 at 2 pm
- Bring a book and favorite tea
- Social time

### Belle Silver Lining's Vendor Market

- 2nd Fri. & Sat. each Month
- 10:00 am - 3:00 pm

## ENTERTAINMENT

### MOVIE NIGHT

- 4th Friday, 6:00 pm
- Rides to and from BSL available
- Popcorn & Drinks served

### DAILY FINDS

- Stop in daily to search for hidden treasures - everyday is a different adventure.

All activities at Belle Silver Lining, 828 Kingsbury St., Belle Fourche unless otherwise noted.

**BELLE SILVER LINING senior center MEMBERSHIP APPLICATION/RENEWAL/UPDATE and DONATION form**

senior citizens center ♦ 828 Kingsbury Street, Belle Fourche, SD 57717

(605) 892-6285 ♦ [bfsc@midconetwork.com](mailto:bfsc@midconetwork.com) ♦ [www.bellesilverling.com](http://www.bellesilverling.com) ♦ Like us on Facebook

Please activate or renew/update my Belle Silver Lining senior center membership.

**ANNUAL MEMBERSHIP (January 1 – December 31)**

- One-year Active Membership (age 55+) \$20/person
- One-year Associate Membership\* (45–54) \$20/person
- One-year Couple Active/Associate Membership \$35

**Subtotal:** \$\_\_\_\_\_

\* Associate Members have all benefits available to Active Members with the exception of voting rights.

\*\* Annual membership dues paid between November 1 and December 31 will confer membership for the remainder of the calendar year and for the entire following calendar year.

**DONATIONS TO BELLE SILVER LINING senior center**

- In addition to my membership, I would like to support Belle Silver Lining’s mission with a donation of \$\_\_\_\_\_.
- I am ineligible for membership due to age restrictions, but I would like to support Belle Silver Lining’s mission with a donation of \$\_\_\_\_\_.

**Subtotal:** \$\_\_\_\_\_

**PAYMENT INFORMATION**

**Total amount enclosed** \$\_\_\_\_\_

I understand there are no refunds. \_\_\_\_\_ (please initial)

**Paid by:**  Cash  Check

**STAY INFORMED**

With your membership, you will automatically receive a copy of our monthly newsletter at your mailing address.

Visit our **website** at [www.bellesilverlining.com](http://www.bellesilverlining.com) to stay up to date. Visit and Like us on **Facebook** where we post special offerings from time to time.

- I would like to receive **Email** notifications from Belle Silver Lining.

**GIFTING**

- This membership was purchased as a gift.

Office use only (please print clearly)

Received on: \_\_\_/\_\_\_/\_\_\_ Received by: \_\_\_\_\_

Amount Received: \_\_\_\_\_ Check #: \_\_\_\_\_

**MEMBER INFORMATION (Please Print)**

- New Membership  Renewal/Update Membership

Name: \_\_\_\_\_

Check one:  Mr.  Mrs.  Ms.  Dr. Rev.

Gender:  Male  Female

Birthdate: (Required) \_\_\_\_\_ (MM/DD/YY)

Name: \_\_\_\_\_

Check one:  Mr.  Mrs.  Ms.  Dr. Rev.

Gender:  Male  Female

Birthdate: (Required) \_\_\_\_\_ (MM/DD/YY)

Physical Address:

Street Address: \_\_\_\_\_

Unit/Apt./PO Box: \_\_\_\_\_

City: \_\_\_\_\_ St.: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Mailing Address: (if different)

Street Address: \_\_\_\_\_

Unit/Apt./PO Box: \_\_\_\_\_

City: \_\_\_\_\_ St.: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_



**EMERGENCY CONTACT INFORMATION**

CONTACT #1

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

PHYSICIAN CONTACT

Physician Name: \_\_\_\_\_

Phone: \_\_\_\_\_



**MEMBERSHIP** Discount in Thrift Store

**Perks:** Free Foot Massage, Free Toenail Clinic, Discounted Activities & Events

**Only \$20 to join!**

\* With paid 2022 membership.

Member Cards available for pickup!

**Did You Receive A Sticker By Your Address Label?**

That means your membership for 2022 still needs to be renewed. Please complete this form and pay immediately to keep your membership active.

## **Belle Silver Lining**

828 Kingsbury St

Belle Fourche, SD 57717

www.bellesilverlining.com



@Bfseniorcenter  
605-892-6285

Nonprofit  
Org  
US Postage  
Paid  
Belle Fourche, SD  
Permit #58

**Return Services Requested**

### **Did You Receive A Sticker By Your Address Label?**

**That means your membership for 2022 still needs to be renewed. Please complete the membership form inside and pay immediately to keep your membership active.**

#### **BOARD OF DIRECTORS:**

**Rita Bollwitt**

*President*

**Janelle Austin**

*Vice President/Treasurer*

**Mary Riley**

*Secretary*

**Marce Hobbs**

**Charlie Johnson**

**Daphne Johnson**

**Scott McCart**

**Chip Kimball**

#### **OUR MISSION:**

We are a non-profit  
501(c)3 organization  
with the mission  
to celebrate, embrace  
and serve older adults  
for the betterment of  
our community.