

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



Belle Silver Lining



www.bellesilverlining.com ❖ email: bfsc@midconetwork.com

NEWS

MAY 2022

From Your Director...

Laura Bennett

### Blast From the Past

We have received numerous requests for a previously printed article Laura had written back in 2019; and well, being such a great piece, we thought it was a good idea to provide it again. We are assured that this really did happen! So, without further ado in Laura's own words...

## Do You Really Want to Teach An Old Dog New Tricks

My Daughter, Elizabeth, whom we affectionately call Lizzy, had been asking me to text her more so that we can visit even when we aren't able to phone each other. I really struggled with this request and had failed miserably. So, Wednesday, July 17th (2019), I began turning my new leaf and sent the first text in an effort to press forward to accommodate my daughter's request. *Four* sentences. I was so proud of myself! Thursday, July 18th, a simple, *I love you, Lizzy...* short, but sweet...two days of texting. Friday, July 19...out of texting ideas. So, I decided to share with my daughter a typical day in the life of her mother....and it went like this...

Day 4 "A normal day in the life of your mother. Up at 5 am. Muck boots on, head to barn, step on edge of loose board in barn. Loose board flips up and smacks aforementioned mother in back of head. Mother falls face first onto new calf with no hoofs. Hoofless calf wets

monstrous tongue and slobbers all over mother's face and hair. Mop-faced mother tries to stand, Cheezit, the chicken, squawks and scares the beeegebers out of mother. Mother grabs Cheezit, Cheezit snuggles under Mother's chin then jumps down and rides away on the back of King Louie, the goat. Chicken hops off Louie's back. Louie comes back to soggy mother and pees on mother's boot. Mother screams and scoots the King away from her. Mother feeds critters, goes to house to search *Google* to find out what to do about bad goat behavior and how to correct peeing goat. Tears now running down mother's face. Mother discovers, in *Google* search, that boy goats express affection by peeing on those they love. Mother puts on muck boots, heads to barn, hugs King Louie's neck and kisses his nose.

Goober-haired, muddied-hiney, tear-streak-faced mother goes to car, heads to town to serve coffee and caramel rolls at Senior Center. Arrives late so rushes to get ready for crowd. Mob of old folks enter the scene.

Three hours later, mother heads to restroom, looks in mirror. Dried goobers hang just above eyebrows, dirt replaced mud-covered hiney. And caramel has joined the tear stains on face. Sniff, sniff, sniff...ahhhhh muck boots still on feet along with smell of King Louie. Muddy, Stinky, and Messy... BUT...content! This mother has been hugged, teased, and encouraged for the past three hours by wonderful human beings

willing to look beyond this disheveled mess.  
LIFE IS GOOD!"



# Thank You

To all those that **donated copy paper** while shopping at Office Emporium

Ongoing Support from **Integrity Meats** for their monthly meat donation for our Meals Program

**Heartland Home Health Team** for the funds, services, and helps they provide month after month

**State of South Dakota Dept. of Human Services, Division of Long-term Services and Supports** for approving a COVID 19 Vaccine Access Grant

All those that **provided for our "monthly needs"** listed in last month's newsletter

Thank you to the **anonymous baker** that provided goodies for our Grand Reopening of the Thrift Store

Special **THANK YOU** to all that have worked so very hard to successfully get our Thrift Store moved to the back of the building, cleaned, sorted, built, painted, hung... etc.:

**Kay Trainor** leading the pack

**John Bennett**  
**Deb Burrington**  
**Phyllis Enderlee**  
**Norma Hansen**  
**Chip Kimball**  
**Chuck Lawless**  
**Mary Swanz**

**Rita Bollwitt**  
**Howard Donovan**  
**Sheila Frost**  
**Marce Hobbs**  
**Bonnie Lawless**  
**Julie Schreiber**  
**Roger Schiffner**

**Bob Williams**

Special thank you from Executive Director to the BSL Board Members:

Thank you for working together and becoming such a wonderful picture of our mission here at Belle Silver Lining!! I love and appreciate the unique quality that each of you bring to the leadership of our Senior Center! I have been greatly encouraged and challenged by your dedication and heart for what we have set out to provide for our community!! **Thank you!!**



Single Ladies Tea & Book Events will no longer be held at Belle Silver Lining.

If you are interested in joining this group, call Sally Elenburger at 605-210-0060 for details



at  
**Branding Iron Steak House & Social Club**

*has ended for the season but will resume the First Tuesday in September. Progressive Pot will be \$538.*

# WANTED

## VOLUNTEERS NEEDED

### BELLE SILVER LINING:

**Young or experienced, WE NEED YOU!**

*Have an hour? Any amount of time would be welcomed!*

- **Meal Delivery Driver**  
 We provide the meal runners!  
 Mileage reimbursement available.
- **Thrift Store Workers**
- **Cleaning People**

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!

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



# ENCOURAGEMENT FROM BIG DAVE



I am fortunate because for most of my life, whenever I needed a smile and reason to believe in something good and positive, the World, Fate, God, Something, Someone came through.



For example, nine years ago, I was in Scituate, Massachusetts, for a book signing and worried that no one would show up because the Boston Marathon bomber had been apprehended the night before, and the whole Boston area partied HARD.

Like everyone else, I was thrilled that the bombers were captured, but that was the night before, and now my sole focus was on wondering if everyone was too hungover to attend my signing, forcing me to return home with a bunch of books.

And I can tell you, no author wants to experience that!

To ease my anxiety, I went for a walk, and in the middle of it, I received a text from a number in Texas that said: I love this f@%#\* book!! Thank you for writing it!"

With those words was a picture of someone who took my book up in a hot air balloon.

I stopped in the middle of the street and thought, "Everything's gonna be alright."

And it was.

The signing was packed with people who wanted all the books and hugs I had, and the good vibes created from "Traveling at the Speed of Life" gave me the confidence to write "One Hug at a Time."

As I said, I am a fortunate soul, and experience is one of the reasons why I smile all of the time; I hope this picture helps you smile with me.

Share your fortune, everyone.

## HUG SOMEONE AND MAKE IT COUNT.

### Supply of Medical Equipment Available at No Charge

Call 892-6285 to inquire of availability

### Incontinence Products Available at No Charge

We give discrete service - Call ahead of pickup.

We Accept Donated Medical Items

892 Kingsbury Street • Belle Fourche, SD



## Senior Health

## CORNER

*Belle Silver Lining is not promoting sex outside of marriage as the Good Book teaches us, however, we understand the concerns of growing older while sustaining needs that we have. This article is part of a series regarding advancement of age and common concerns.*

## Better Sex as You Age

<https://www.helpguide.org/articles/alzheimers-dementia-aging/better-sex-as-you-age.htm>

Authors: Melinda Smith, M.A. and Jeanne Segal, Ph.D.

### Good sex at any age

Sex can be a powerful emotional experience and a great tool for protecting or improving health, and it's certainly not only for the young. The need for intimacy is ageless. And studies now confirm that no matter what your gender, you can enjoy sex for as long as you wish. Naturally, sex at 70 or 80 may not be like it is at 20 or 30—but in some ways, it can be better.

As an older adult, you may feel wiser than you were in your earlier years, and know what works best for you when it comes to your sex life. Older people often have a great deal more self-confidence and self-awareness, and feel released from the unrealistic ideals of youth and prejudices of others. And with children grown and work less demanding, couples are better able to relax and enjoy one another without the old distractions.

For a number of reasons, though, many adults worry about sex in their later years, and end up turning away from sexual encounters. Some older adults feel embarrassed, either by their aging bodies or by their "performance," while others are affected by illness or loss of a partner.

Without accurate information and an open mind, a temporary situation can turn into a permanent one. You can avoid letting this happen by being proactive. Whether you're seeking to restart or improve your sex life, it's important to be ready to try new things, and to ask for professional help if necessary. There is much you can do to compensate for the normal changes that come with aging. With proper information and support, your later years can be an exciting time to explore both the emotional and sensual aspects of your sexuality.

### Accept and celebrate who you are

Heartland Home Health offers a wide variety of services in  
**SKILLED NURSING, RESPITE CARE,  
 PERSONAL CARE AND HOME MAKING,**  
 and in **THERAPIES SUCH AS:  
 PHYSICAL, OCCUPATIONAL, SPEECH**

**MEDICARE, VA, MEDICAID,  
 LTC INSURANCE and PRIVATE  
 PAY OPTIONS accepted**

**Heartland  
 Home Health** LLC  
 Serving the Greater Kansas City Area  
**605-723-4663**

Sex in later life may not be the same as it was in your youth—but that doesn't have to be a bad thing. In fact, sex can be more enjoyable than ever. As you find yourself embracing your older identity, you can:

**Reap the benefits of experience.** The independence and self-confidence that comes with age can be very attractive to your spouse or potential partners. No matter your gender, you may feel better about your body at 62 or 72 than you did at 22. And it is likely that you now know more about yourself and what makes you excited and happy. Your experience and self-possession can make your sex life exciting for you and your partner.

**Look ahead.** As you age, try to let go of expectations for your sex life. Do your best to avoid dwelling on how things are different. If you enjoyed an active sex life in your younger years, there's no reason to slow down with age, unless you want to. A positive attitude and open mind can go a long way toward improving your sex life as you age.

**Love and appreciate your older self.** Naturally, your body is going through changes as you age. You look and feel differently than you did when you were younger. But if you can accept these changes as natural and hold your head up high, you'll not only feel better, you'll also be more attractive to others. Confidence and honesty garner the respect of others—and can be sexy and appealing.

### Good sex as you age is safe sex as you age

As an older adult, you need to be just as careful as younger people when having sex with a new partner. You may not be able to get pregnant, but you're still susceptible to sexually transmitted diseases. Talk to your partner, and protect yourself.

*Continued in next issue*

## TOENAIL CLINIC

**Friday, May 13**

**1-3 pm**

Call 892-6285 for appointment

Belle Silver Lining  
 would like to thank

**Heartland  
 Home Health** LLC



**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!**



**To our new BSL members:**

- Lisa Audus*
- Alice Evans*
- Norma Hansen*
- Larry Greene*
- Cynthia Johnson*
- Charlotte Koopma*
- Doris Richter*
- Virginia Schmidt*
- Sheryle Toohey*
- Judee Wilson*

## Recognition To This BSL VOLUNTEER!



**Mary Swanz**

*Helps in Thrift Store cleaning and washing everything before they are placed on the shelves and keeps items dusted and sparkling clean.*

*Thank you, Mary!*

**Thank You for all your help!**

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

**Prairie Hills Pharmacy,**

**319 Summit St., Belle Fourche, 723-5920;**

**Lynn's DakotaMart Pharmacy,**

**600 National St., Belle Fourche, 892-2666;**

**Monument Health Belle Fourche Clinic**

**2200 13th Ave., Belle Fourche, 723-8970**

**Belle Silver Lining Staff can help you set up an appointment.**

**Or go to [vaccines.gov](https://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.*

**Patsy is back!**

**GRIEF  
SUPPORT  
CLASS**

**will begin the 1st Tuesday  
of May and continue every  
Tuesday at 10 am.**

**Facilitated by Patsy Livingston  
at Belle Silver Lining**

**Donations  
Needed**

We are in need of:

- Paper Towels
- Packing Tape
- Masking Tape
- SOS Pads

828 Kingsbury St.  
Belle Fourche, SD



**OPEN 6 DAYS PER WEEK**

*Starting May 2*

**Monday – Thursday 10 am to 5 pm**

**Friday 8 am to 5 pm • Saturday 10 am to 4 pm**

***Belle Silver Lining Members  
Receive 20%\* Discount Everyday!***

**So... Become a member and enjoy your discount!**

\*20% off regular price. Not good with any other offers.

**HOURS:**

Mon-Thur: 10 am-5 pm

Fri: 8 am-5 pm

Sat: 10 am-4 pm



**828 Kingsbury St. • 605-892-6285**



# Puzzle Page

## 16 FAIRYTALE FOLKS

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

- |              |                 |                  |                 |
|--------------|-----------------|------------------|-----------------|
| ALICE        | EVIL (5. PEN    | JACK             | RAPUNZEL        |
| ANNE         | EVIL STEPMOTHER | MALEFICENT       | RED RIDING HOOD |
| BELE         | GRAND           | PETER PAN        | ROBIN HOOD      |
| CAPTAIN HOOK | GRANNY          | PINOCCHIO        | RUMPELSTILTSKIN |
| CINDERELLA   | GUSTEL          | PRINCE CHARMING  | SNOW WHITE      |
| DWARVES      | HEANSTL         | PRINCESS ARIELLA | TINKERBELL      |

## sudoku

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

## CROSSWORD

### ACROSS

- Malaysia's continent
- List ingredient
- Wife's title (abbr.)
- Unhearing
- Spanish court painter
- Jeans brand
- Actress Moore
- Canada, to the U.S.
- Before sigma
- Ship's course (abbr.)
- College graduate's pursuit
- Arrives at (2 wds.)
- Roberto's "rah"
- Slangy word of indifference
- D student's need
- Lawyer's concern
- Dunce's grade
- Bread for hummus
- Shaquille or Ryan
- "Kidnapped" author's monogram
- Longitude's companion (abbr.)
- Houston team
- Hard-shelled insect
- Greek letter
- Problem for TV's Monk (abbr.)
- Raided a bank account
- Villain in "Othello"
- "Memoirs Geisha" (2 wds.)
- Actress Sommer
- Dug food
- Curvy letter
- Washed away the gray
- Flaps

### DOWN

- Increase
- Call on
- "Woman" (2 wds.)
- In flames
- Overlooked
- Foot's digit
- Looking at
- Attracting device
- World Series org.
- Speedwagon

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	61
62			63					64		
65			66					67		

- Pulpit talk (abbr.)
- Excited (2 wds.)
- Dress edge feature
- \_\_\_ Puffs (sugary cereal classic)
- Thicke and Akla
- Change to 0000
- Long-legged bird
- Sum
- Speak in public
- Yonder lady
- Third planet
- Jostled
- Bordered
- Moment, informally
- Ill-humored
- Proclamation
- Misery
- Conditional words
- Professors' helpers (abbr.)
- Piece (out)
- "Caught ya?"
- Lump
- Cries of pain

## APRIL ANSWERS

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	61
62			63					64		
65			66					67		

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

CHE	TAGS	GLAD
HAD	EPIC	LEGO
OFF	NEGATIVES	
PINTO	SLAP	
IRR	ERODED	
ADESTE	SNIC	
HBO	SGT	VIAI
WELSH	GOHAM	
YELLED	MTA	
ERIC	NICKS	
OWNERSHIP	AAH	
AVIV	CAPPA	BYE
FATE	CPCIN	GOD

# Fundraising Breakfast



**Saturday, May 21**

**7:30-10:00 am**

**\$5 suggested donation**

Biscuits & Gravy  
Eggs, Hashbrowns, Fresh Fruit

**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

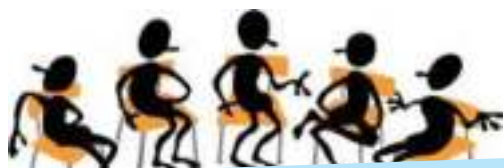
May  
20 & 21st  
10:00 am to  
3:00 pm\*

**Bake Sale**

*Belle Silver Lining*  
SENIOR CENTER

828 Kingsbury St  
Belle Fourche, SD

\* Or While Supplies Last



## BOARD MEETING: May 25, 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



Belle Fourche Volunteer Fire Department  
Auxiliary's Annual

# Mother's Day BRUNCH

**Sunday, May 8 • 8 am to 1 pm**

Fire Hall • 605 National Street

**Free Will Donations Accepted**

*Proceeds go to the Auxiliary to help the fire department*

## Flower Pot Decorating

**May 23rd • 6:00 pm**

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

**Bring your own pot or choose one provided.**

*All supplies and flowers also provided.*

**\$7 per person or \$3 for BSL members.**

*Any age welcome!*



Belle Silver Lining will have  
Mother's Day Lunch available from  
11:00 am to 1:00 pm for those who cannot make it to  
the Fire Dept. Auxiliary Mother's Day Brunch.

# SENIOR MEALS PROGRAM

**Home-cooked Meals**

**7 days/week**

*No person 60 or older will be denied a meal*



**Dine In ❖ Carry Out Delivery\***

**\*For delivery please call 605-892-6285**

*Please determine your contribution based on your comfort level.*

**www.bellesilverlining.com**

*Menu Subject to Change*

**SUN MON TUE WED THU FRI SAT**

## WHAT'S COOKIN' IN MAY AT:



<b>Baked Chicken 1</b> Roasted Potatoes Brussels Sprout Funfetti Cookie	<b>BBQ Meatballs 2</b> Baked Beans Peas & Carrots Garden Salad Butterscotch Pudding	<b>Herb Roasted 3</b> Turkey & Gravy Cheesy Broccoli Rice Veggie Medley Fruit	<b>Ruben 4</b> Casserole Beets & Cabbage Garden Salad Berries	<b>Beef &amp; Bean 5</b> Enchiladas Spanish Rice Roasted Corn Banana Muffin	<b>Stuffed Pork 6</b> Loin Pesto Quinoa Veggie Medley French Bread Fruit	<b>Chicken &amp; 7</b> Wild Rice Soup Roll Veggie Medley Cupcake
<b>Glazed Ham 8</b> Mashed Potatoes & Gravy Carrots or Asparagus Ambrosia Special Dessert	<b>Turkey Noodle 9</b> Casserole Veggie Medley French Bread Fruit	<b>Chicken 10</b> Fried Steak Mashed Potatoes & Country Gravy Carrots Fruit	<b>Chili 11</b> Cinnamon Roll Broccoli Mixed Berries & Cream	<b>Chicken 12</b> Cordon Bleu Creamy Risotto Green Beans Fruit	<b>Breaded 13</b> Pork Chops Mashed Potatoes & Gravy Broccoli Mandarin Orange Jello Salad	<b>Swedish 14</b> Meatballs Egg Noodles Steamed Beets Roll Rocky Road Pudding
<b>Chicken 15</b> Alfredo Fettuccine Green Beans Garlic Bread Garden Salad Choc. Chip Cookie	<b>Lemon 16</b> Garlic Chicken Mashed Potatoes & Gravy Broccoli Fruit	<b>Lasagna 17</b> Caesar Salad French Bread Veggie Medley Apple Pie Bars	<b>Turkey 18</b> Ala King Angel Hair Pasta Peas & Carrots Garlic Bread Melon	<b>Roast Beef 19</b> Potatoes & Vegetables Garden Salad Roll Chocolate Cake	<b>Sloppy 20</b> Joes Potato Salad Roasted Cauliflower Brownies	<b>Beef 21</b> Stroganoff Egg Noodles Steamed Beets Peanut Butter Bars
<b>Macaroni &amp; 22</b> Cheese w/Ham Asparagus White Roll Fruit	<b>Turkey 23</b> Noodle Soup Veggie & Cheese Sandwich Biscuit Molasses Cookie	<b>Meatloaf 24</b> Stewed Tomatoes Baked Potato Broccoli Strawberry Cake	<b>Pork Roast 25</b> Baked Sweet Potato Green Beans Oatmeal Raisin Cookie	<b>Sausage 26</b> Gravy & Biscuit Scrambled Eggs Roast Zucchini Berries	<b>Fish &amp; 27</b> Chips Coleslaw Carrots Lemon Bars	<b>Hamburger 28</b> Hot Dish Garden Salad Roll Ice Cream
<b>Chicken 29</b> Pot Pie Biscuit Veggie Medley Fruit	<b>Cheese- 30</b> burger Deluxe Baked Beans Potato Chips Fruit	<b>Hot Turkey 31</b> Sandwich Mashed Potatoes & Gravy Carrots Fruit	<b>LUNCH SERVED at Belle Silver Lining</b> 11:00 a.m. to 1:00 p.m. <i>Menu Subject to Change</i>			

SUN

MON

TUE

WED

THU

FRI

SAT



# MAY ACTIVITIES

<p>2:00 p.m. <b>1</b> Tai Chi</p>	<p>10 a.m. <b>2</b> Cribbage</p> <p>1 p.m. Bingo <b>5¢ CARDS</b></p> <p>1:30 p.m. Dominoes</p>	<p>10 a.m. <b>3</b> Pinochle</p> <p>10 a.m. Cribbage</p> <p>1 p.m. Cribbage</p>	<p>10 a.m. Fun Fit - Chair <b>4</b></p> <p>10 a.m. Cribbage</p> <p>10:30 a.m. Fun Fit - Move</p> <p>1 pm Massage</p> <p>2 p.m. Ladies Social &amp; Coffee</p>	<p>10 a.m. <b>5</b> Cribbage</p> <p>1 p.m. Bingo <b>5¢ CARDS</b></p>	<p>7:30-10 a.m. <b>6</b> Coffee &amp; Rolls</p> <p>10 a.m. Cribbage</p> <p>1 p.m. Bridge</p>	<p>10 a.m. <b>7</b> Cribbage</p> <p>1:00 p.m. Pinochle Party</p>		
<p>10 a.m. - 1 p.m. <b>8</b> Fire Department Auxiliary Brunch At Fire Hall</p> <p>11 a.m. Mother's Day Lunch</p> <p>2:00 p.m. Tai Chi</p> <p><i>Mother's Day</i></p>	<p>10 a.m. <b>9</b> Cribbage</p> <p>1 p.m. Bingo <b>5¢ CARDS</b></p> <p>1:30 p.m. Dominoes</p>	<p>10 a.m. <b>10</b> Pinochle</p> <p>10 a.m. Cribbage</p> <p>1 p.m. Cribbage</p>	<p>10 a.m. Fun Fit - Chair <b>11</b></p> <p>10 a.m. Cribbage</p> <p>10:30 a.m. Fun Fit - Move</p> <p>1 pm Massage</p> <p>2 p.m. Ladies Social &amp; Coffee</p>	<p>10 a.m. <b>12</b> Cribbage</p> <p>1 p.m. Bingo <b>5¢ CARDS</b></p>	<p>7:30-10 a.m. <b>13</b> Coffee &amp; Rolls</p> <p>10 a.m. Cribbage</p> <p>1 p.m. Bridge</p> <p>1-3 p.m. Toenail Clinic</p>	<p>10 a.m. <b>14</b> Cribbage</p>		
<p>1:00 p.m. <b>15</b> Pinochle Party</p> <p>2:00 p.m. Tai Chi</p>	<p>10 a.m. <b>16</b> Cribbage</p> <p>1 p.m. Bingo <b>5¢ CARDS</b></p> <p>1:30 p.m. Dominoes</p>	<p>10 a.m. <b>17</b> Pinochle</p> <p>10 a.m. Cribbage</p> <p>1 p.m. Cribbage</p>	<p>10 a.m. Fun Fit - Chair <b>18</b></p> <p>10 a.m. Cribbage</p> <p>10:30 a.m. Fun Fit - Move</p> <p>1 pm Massage</p> <p>2 p.m. Ladies Social &amp; Coffee</p>	<p>10 a.m. <b>19</b> Cribbage</p> <p>1 p.m. Bingo <b>5¢ CARDS</b></p>	<p>Vendor Market <b>20</b></p> <p>10 am-3 pm Bake Sale</p> <p>7:30-10 a.m. Coffee &amp; Rolls</p> <p>10 a.m. Cribbage</p>	<p>Vendor Market <b>21</b></p> <p>7:30-10 am Fundraising Breakfast</p> <p>10 am-3 pm Bake Sale</p> <p>10 a.m. Cribbage</p>		
<p>2:00 p.m. <b>22</b> Tai Chi</p>	<p>10 a.m. <b>23</b> Cribbage</p> <p>1 p.m. Bingo <b>5¢ CARDS</b></p> <p>1:30 p.m. Dominoes</p> <p>6 p.m. Flower Pot Decorating</p>	<p>10 a.m. <b>24</b> Pinochle</p> <p>10 a.m. Cribbage</p> <p>1 p.m. Cribbage</p>	<p>10 a.m. Fun Fit - Chair <b>25</b></p> <p>10 a.m. Cribbage</p> <p>10:30 a.m. Fun Fit - Move</p> <p>1 pm Massage</p> <p>2 p.m. Ladies Social &amp; Coffee</p>	<p>10 a.m. <b>26</b> Cribbage</p> <p>1 p.m. Bingo <b>5¢ CARDS</b></p> <p>1 p.m. Craft Class</p>	<p>7:30-10 a.m. <b>27</b> Coffee &amp; Rolls</p> <p>10 a.m. Cribbage</p> <p>6 p.m. Movie</p>	<p>10 a.m. <b>28</b> Cribbage</p>		
<p>2:00 p.m. <b>29</b> Tai Chi</p>	<p>10 a.m. <b>30</b> Cribbage</p> <p>1 p.m. Bingo <b>5¢ CARDS</b></p> <p>1:30 p.m. Dominoes</p> <p>MEMORIAL DAY</p>	<p>10 a.m. <b>31</b> Pinochle</p> <p>10 a.m. Cribbage</p> <p>1 p.m. Cribbage</p>	<p>LUNCH 7 DAYS/WEEK</p> <p>11 a.m. - 1 p.m. at Silver Lining Dining</p> <p>828 Kingsbury St</p> <p>605-892-6285</p>			<p>THRIFT STORE</p> <p>Mon.-Thur. 10 a.m. to 5 p.m.</p> <p>Fri. 8 a.m.-5 p.m.</p> <p>Sat. 10 a.m.-4 p.m.</p>		<p>2 POOL TABLES &amp; A SNOOKER TABLE</p> <p>AVAILABLE 9 a.m.-4 p.m.</p>

# DINNER & MOVIE

FREE  
ADMISSION

FREE  
ADMISSION

## MOVIE

Friday, May • 7:00 pm

**"Support Your Local Sheriff"**

James Garner • Joan Hackett • Walter Brennan

## SPAGHETTI & MEATBALL FUNDRAISER DINNER

5:30 to 7:00 pm

\$5 for BSL members, or \$8 for non-members includes Movie, Popcorn & Rootbeer Floats

Rides available to and from movie

*For those just attending the movie.*

Popcorn & Rootbeer Floats served for \$2

at Belle Silver Lining



## Belle Silver Lining MEMBERSHIP CARDS

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

**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

# Belle Silver Lining Raffle Fundraiser

All Proceeds Go To Belle Silver Lining!

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

**1st Place chooses Package first! 2nd Place follows, etc.**

## PRIZE PACKAGE A

**21.7 cu. ft. Freezer**

*Designs by Daphne Gallery, Belle Fourche*

**1/2 Processed Lamb**

*Kitzan Family Farms, Nisland*

**Custom Built Rocket Stove**

*Mountain Man Metal Art, Belle Fourche*

**6 Gift Certificates**

*Perkins, Spearfish*

**Free Gas Oil Change**

*Scott Peterson Motors, Belle Fourche*

**Family Pass, 2 Blankets**

*Sturgis Motorcycle Museum & Hall of Fame, Sturgis*

**\$1,814 Value**

## PRIZE PACKAGE B

**New .22 Rifle** *Tim Daniels, Wildwood Builders & Daniels Excavating, Belle Fourche*

**1 Brick Ammo** *Buck Stop, Belle Fourche*

**Tanned Sheep Pelt**

*Kitzan Family Farms, Nisland*

**\$100 Gift Certificate**

*Mason's on 4th/Phillips 66, Belle Fourche*

**Portable Weber Grill** *Karl's Appliance, Spearfish*

**\$50 Gift Certificate** *Pete's Clothing/Hodge Bootery, Belle Fourche*

**2 Dry Cleaning Certificates** \$50

*Belle Laundry & Dry Cleaning, Belle Fourche*

**Free Gas Oil Change** *Scott Peterson Motors, Belle Fourche*

**Family Pass** *Sturgis Motorcycle Museum & Hall of Fame, Sturgis*

**\$1,145 Value**

## PRIZE PACKAGE C

**1 Night Stay** *The Lodge at Deadwood, Deadwood*

**\$100 Cash** *Joe Dirt, Belle Fourche*

**5 Salt Cave Session**

*Black Hills Salt Cave & Spa, Spearfish*

**2 Dinners/Drinks/Desserts**

*Guadalajara Mexican Restaurant, Spearfish*

**Oreck Halo Vaccum** *Budget Appliance & Furniture, Belle Fourche*

**2.5 Gal. Wet/Dry Vac** *Dakota Lumber, Belle Fourche*

**Lg. & Sm. Tumblers** *Bennett Main Gubbrud & Willert P.C., Belle Fourche*

**4 Lg. 1-topping Pizzas** *Big D, Belle Fourche*

**\$50 Gift Certificate** *Cheyenne Crossing, Lead*

**Family Pass** *Sturgis Motorcycle Museum & Hall of Fame, Sturgis*

**\$861 Value**

## PRIZE PACKAGE D

**\$300 Gift Certificate**

*Lueder's Food Center, Belle Fourche*

**3-Burner Dyna-Glo Grill**

*Runnings, Belle Fourche*

**\$25 Gift Card, 4 Bottles Wine,**

**2 Hats, Tumbler** *Phillips 66, Exit 8, Spearfish*

**Free Oil Change & Filter** *Hersrud's, Belle Fourche*

**4 Meal Packages** *Culver's, Spearfish*

**3 Family Videos** *Safeway, Spearfish*

**Family Pass** *Sturgis Motorcycle Museum & Hall of Fame, Sturgis*

**\$888 Value**

## Picnic & Drawing

**Drawing June 4, 10:30 am - 1:15 pm**

**Rail Park, State Street, Belle Fourche**

**PICNIC: Burgers, Chips & Drink**

*Provided by Wildwood Builders, Daniels Excavating, and The Plumber*

## Purchase Tickets at:

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

**The Olive Branch** 501 State St., Belle Fourche

**The Office Emporium** 612 State St., Belle Fourche

**Designs by Daphne Gallery** 614 State St, Belle Fourche



## 10 Worst Things to Carry in Your Wallet

<https://www.aarp.org/money/scams-fraud/info-2021/>  
by Katherine Skiba, AARP, December 7, 2021

In an episode of "Seinfeld," Jerry's neurotic friend George Costanza has so much stuff jam-packed into his wallet that it's ridiculed as a "filing cabinet." The wallet bulges with everything from Irish currency to a coupon redeemable at Orlando, Florida-area Exxons to filched packets of *Sweet'N Low*. Walking down the street, Costanza the pack rat, tries to stuff one more thing inside and the billfold explodes, scattering its contents to the wind.

Jon Clay, vice president of threat intelligence for Trend Micro, a global cybersecurity firm, mentions the episode when talking about what consumers should not carry in their wallets lest they lose the valuable information. In an era in which identity theft is epidemic, the lessons of the old sitcom remain timely.

Pickpockets — and ne'er-do-wells who say "finders keepers" when they stumble on a lost wallet — aren't after just your cash. When it comes to personally identifiable information, it may be that the original crook profits by reselling it, Clay says.

Worse, the crook may bring in accomplices and share the loot. After a lost wallet was pocketed in June at a casino in Davenport, Iowa, the thief kept the \$800 inside and an ID card. Later, the rightful owner's name and personal information was exploited to set up an

online bank account to obtain a debit card and checks, and with accomplices, the first crook and his cohorts went on a spending spree at a half dozen merchants, later peddling some of their \$5,600 in purchases on Facebook Marketplace, authorities said.

"We all think we are being careful, but it takes one second for a criminal to steal our wallet or purse," says AARP's Amy Nofziger, who oversees its Fraud Watch Network helpline, 877-908-3360.

"Limit what you carry to ensure you don't put yourself at a greater risk," she says. "Even though we hear about online crime every day, there are still many criminals waiting to get ahold of your personal belongings. They look for your wallet and purses at gyms, grocery stores and your car."

### How to keep your wallet safe

Since many merchants accept digital wallets, Clay says he's apt to carry just a single credit card because he's only encountered some gas stations that won't let you pay with a digital wallet. These contain digital versions of your credit and debit cards, and you pay with a smartphone. Examples include Apple Pay, Samsung Pay and Google Pay.

Wallet mobile apps may store driver's license, vaccination record, vehicle registration and proof of auto insurance. Check the mobile apps for your state.

Even if you're not as tech-savvy as Clay, your wallet can be leaner, and with respect to cybercrooks, meaner. Take some time to declutter and potentially spare yourself from some time and trouble canceling accounts and obtaining new cards. First, consumer advocates say, make photocopies (or take smartphone photos) of the front and back of all your cards, so you know whom to contact if they go missing.

Here are the 10 things that he suggests you remove from your wallet and store in a safe place, such as a fireproof lock box or a safe deposit box depending on how often you need to access them:

- Social Security card.
- COVID-19 vaccination record card, which carries your date of birth and hints at where you live.
- Multiple credit cards and credit-card receipts.
- Checkbook, or even one blank check.
- Work ID card.
- Passport or passport card.
- List of your passwords.
- Gift card not fully redeemed.
- Birth certificate.
- Library card. It sounds benign, but a crook can always check out lots of books and sell them for a buck or two apiece, Clay warns.

**WE LOVE OUR COMMUNITY!**



Thank you to the Subway Crew that worked hard to make up Subway meals for our Senior Meal Deliveries during the blizzard!

**THANK YOU TO**  
**Larry & Alana Strickland**  
of  
**Integrity Meats**

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

**For anyone wishing to thank Larry & Alana personally, call 605-723-6328 or stop by at 404 Industrial Street in Belle Fourche. They would love to hear from you!**

# Senior SPOTLIGHT

## A Buckskinner's Dream

*Won't ya come along with me  
To a time of long ago  
When men roamed so brave and free  
To travel the West high and low.*

*To carry your possibles on your back  
And head out for parts unknown.  
To cross the rivers and mountains high  
Where only the wind has blown.*

*And to feel that wind upon your face  
And to breathe the air so clean.  
To feel the sun upon your back  
And drink from an icy mountain stream.*

*To travel the land where no man tread  
And danger lurks at every turn.  
The stars at night are big and bright,  
It sure makes my heart yearn.*

*Some how I feel that I was there  
On a trail, a stream, or hill.  
I see these things in my mind  
And it sure give me a thrill.*

*Maybe I crossed through Colter's Hell  
And went down into the Jackson Hole,  
And may have trapped on Green River  
And fought there in Pierries Hole.*

*Maybe I went under from a Blackfoot arrow  
Or was mangled by a grizzly bear.  
Maybe I drowned in the Great Salt Lake,  
But somehow I feel I was there.*

*So won't you come along with me  
To that time of long ago.  
Maybe somewhere in your mind  
You may find a place you know.*

by "Big" Jim 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



**Saturday,  
May 21  
11:00 a.m.  
to 4:00 p.m.**

**On the Tri-State Museum  
and Visitor Center grounds  
415 5th Ave. in  
Belle Fourche**

**For more information or to be a  
vendor or participant call  
(605) 723-1200**

### About the Kites

Bring a kite and do some flying or purchase Kids' Kite Kits for \$5 each!

These Kids' kites are constructed and decorated on site; there will be awards in a "Best Decorated Kite" Contest

### About the Duck Races

Racing ducks are \$5 apiece and five ducks for \$20 (Racing ducks are returned to the Museum and Visitor Center after the race; a souvenir duck may be purchased for \$6)

The ducks will be put into the Belle Fourche River at the 5th Avenue bridge at 1:00 p.m. and captured between the bridge and 6th Avenue.

The first 3 ducks across the finish line receive a prize!

All proceeds from the Kite Festival and Duck Races will go to the local Shriners for their philanthropic works.

### The event will also include

- Food and craft vendors
- Activity tables for kids
- Info tables by various organizations
- The "quacker" train for kids to ride and an inflatable

# Silver Lining Thrift Store Has A New Look & New Hours!



**Now Open 6 Days A Week:**

*Monday-Thursday*

*10:00 am to 5:00 pm*

*Friday 8:00 am to 5:00 pm*

*Saturday 10:00 am to 4:00 pm*



**We have what you're looking for:**

- Home Decor
- Kitchen Appliances
- Bedding
- Books • Puzzles
- Jewelry • Purses
- Bags & Suitcases
- Women's Clothes
- Men's Clothes
- Children's Clothes
- Toys • Furniture
- Shoes for all
- Pictures & Frames
- So Much More!



***BSL Members Receive  
20%\* Discount Everyday!***  
*Become a member and enjoy your discount!*



**605-892-6285**

**828 Kingsbury St. • Belle Fourche**



\*20% off regular price. Not good with any other offers.

# 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

- Monday, May 23rd, 6 pm

## 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

- 3rd Saturday of Month
- 7:30-10:00 am

### BAKE SALE

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

### MOTHER'S DAY BRUNCH

- Sunday, May 8 at Fire Hall
- 8 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

- May 13 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

### Belle Silver Lining's Vendor Market

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

### SINGLE LADIES' MEET

- Call Sally Elenburger at | 605-210-0060 for time and place

## ENTERTAINMENT

### DINNER & MOVIE NIGHT

- 4th Friday, 6:00 pm
- Rides to and from available
- Dinner fundraiser \$5 or \$7 with Popcorn & Drinks
- 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 MEMBERSHIP APPLICATION/RENEWAL/UPDATE and DONATION form**  
 senior citizens center ♦ 828 Kingsbury Street, Belle Fourche, SD 57717  
 (605) 892-6285 ♦ bfsc@midconetwork.com ♦ 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\* (age 45–54) \$20/person
- One-year Couple Active/Associate Membership \$35/couple

**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)

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

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

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

Gender:  Male  Female

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

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

**Physical Address**

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

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

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

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

**Mailing Address (if different)**

Mailing 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.



# 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**



## BOARD OF DIRECTORS:

**Rita Bollwitt**

*President*

**Janelle Austin**

*Vice President/Treasurer*

**Mary Riley**

*Secretary*

**Marce Hobbs**

**Jeri Olson**

**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.