

From Your Director... Laura Bennett

Did you know that 2023 is the 50th Anniversary of Belle Fourche Senior Citizens Center? The 1970s were the booming years of activity for the senior There were center. numerous newspaper articles about the members of the senior center and their activities throughout the community. In the 1980s activity the center's came to а screeching halt and it almost dissolved. Mid 90s and into the early years of the 2000s there, again, was new activity. In 2005 there was another shift to inactivity and by 2018 the senior center was again quiet with very little activity.

November 1, 2018: My first day as Executive Director of Belle Fourche Senior Citizens Center (now called Belle Silver Lining). I introduced myself to the cribbage players and, to be honest, wasn't received very warmly. As I walked away from the table of card players, one of them said, "Director? What the *** do we need with a Director? There isn't anything going on here." I went back to my office, cried my eyes out then wrote the card player's comment on a piece of paper, put the paper in an envelope, sealed the envelope, and put it in the top drawer of my desk. Over the past 5 years, when I was discouraged and wanted to guit or thought that we were not accomplishing

enough or doing enough fast enough. I would take that envelope out of my desk as a reminder of where we started. Then I would take a look around at the hustle and bustle in the building and see the faces of those that have been touched in one way or another by an outreach of Belle Silver Lining....A safe place to lay your burdens down, help each other just by being there, enjoy the company of your peers, get a meal, have your toenails clipped, listen to music from a visiting musician, a trusted place to ask for help, visit with the kiddos from a 4H group who came to practice giving presentations... We've come a long way. Just recently, I gave the envelope that has been in my drawer, unopened for 5 years now, to the card player whose comment fueled the vision for our Board of Directors, Myself, and our Belle Silver Lining Family. After Cowboy (my nickname to him) opened the envelope and read the short writing on the paper, we enjoyed a laughed together! Cowboy's qood comment will continue to move Belle Silver Lining forward to increase and improve our service to our community.

Thank you Belle Silver Lining Family and all who have been a part of making our Senior Center a true Silver Lining to our Community!!!

And thank you, My Dear Cowboy, for being my friend and encourager for these past five years! Love, Your Chief.

PAGE 2



- · Use an ice chest as extra fridge space.
- Aluminum Foil your roasting pan (for easy clean up)
- Use your slow cooker as a Mashed Potato Keeper
- Store hot gravy in a thermos until just before serving.
- · Move appetizers and drinks out of the kitchen.
- Delegate tasks to guests to assist pre and post meal.
- Invite guests to bring a dessert when they ask.
- Come to Silver Lining and let them do all the work.



Find the following words in the puzzle. Words are hidden across, down, diagonally, and backwards.

CREAMED SPINACH

٠	APPL	

- BISCUIT
- BRUSSEL
- SPROUT
- BUTTER
- BUTTERNUT
- CARROT
- CASSEROLE

CRANBERRY

- CINNAMON
- COOKIE
- CORN

٠

- CORNBREAD
- MARSHMALLOW PAPRIKA PECAN PEPPER

DESSERT

DRESSING

GRAVY

DINNER ROLL

GREEN BEAN

MAC AND CHEESE

- PIE
- POTATO

- PUMPKIN SALAD
- SALT

SOUP

- SQUASH
- STUFFING
- SWEET POTATO
- TURKEY
- WHEAT
- WHIPPED CREAM
- WISHBONE
- YAM
- ZUCCHINI



Happy Book Lover's Day

November 4th - 1st Saturday

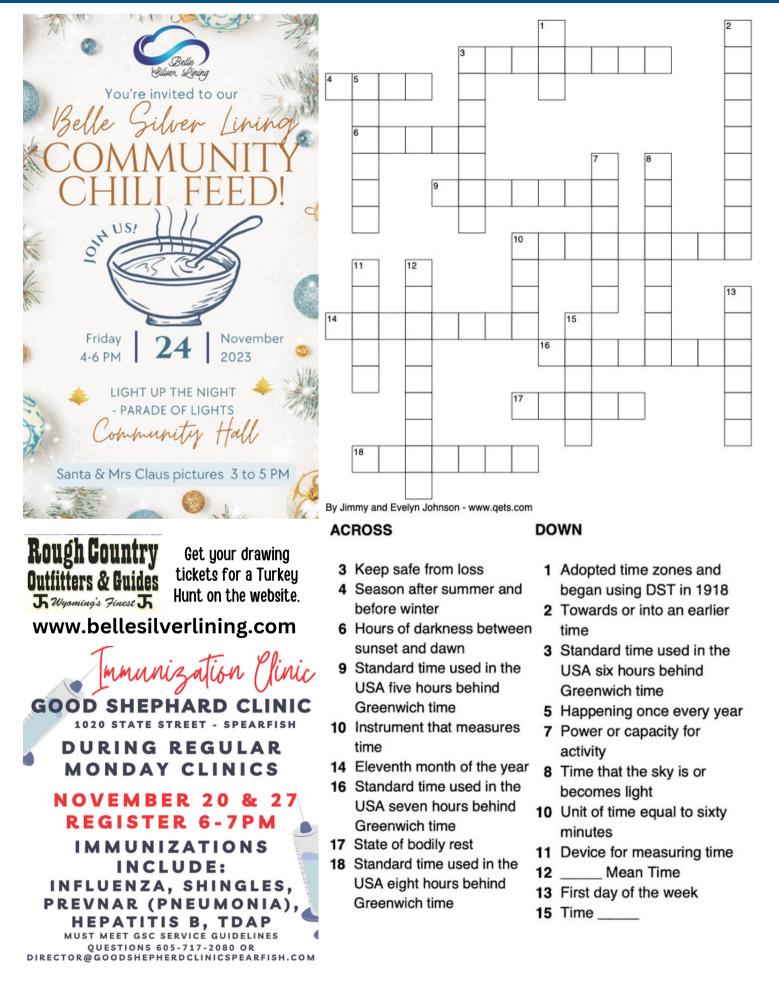
ы.

Members Save 50%* ~ Non-Members Save 30%*

SILVER LINING THRIFT SHOPPE

*No other discounts apply

S U S Н Е Т Ζ U С С н S F В Ζ R Q Α N I Μ G E Т Ρ R A С Μ А Е R С D Ρ Ρ W Ρ D A Ν Α Y L н С U R А S Μ Н С R В W W U ۷ D А Е R В Ν R 0 L Ρ Е Ρ R Ρ Т Е С Т Ζ E С С R Е Ρ R W G D R Ο w Ρ Ρ Е S Е E С Κ Т Ρ N R E А А A Н D Ν A С А Μ E D Т E Ρ O C R C Κ Ρ U Ρ С W L Т Ν Μ D N I Μ S L D Т Ρ Т Е В Е Т Е Y А A Κ Μ A Y A Μ A Н W **Mason Jar Day** С С 0 0 Κ Т Е Δ Ρ L A С Е D S S D R С Х С F Κ Ν **Tip: Store** н Κ G R A V Y 0 E Т R S Т S E R 0 F D I А Т N S W Т S н B 0 Ν E Т Ο Ν R Ρ U Е S 0 R Т А water in L А R S н Μ Α L Ο W A G N Y L F R S Т Ν С Μ L м empty F 0 Е Е S N 0 Α G R Е Т Т U В Т Ρ Ο А Υ N Ο I jars. R Ρ Ο Α D В R U S S Е L S Ρ R Ο U Т M Q A T L E В Е Х Е С Е Т U J Κ J G R E Ν А Ν Μ Q L Ο Ν November 30th C P Т U S В D R E S S G н G L 1 I L 1 Ν м Ν Т Ν Т R E Т Т U B н L 0 R R E D мх U N L N Ν L



PAGE 4







Please remember our sponsors and those who donated auction items when you are out an about. Stop in and thank them for their support!



Thank You Gala 2023 Sponsors!

Black Hills Laundry & Dry Cleaning Black Hills Pioneer Crack Team Gillette Fencing Highmark Federal Credit Union Hills Interior Integrity Meats Jackson Dental Minerals Technology Moxie Marketing Northern Hills Federal Credit Union Scott Peterson Sales The Emporium 605 West Tire

PAGE 5



Donations

A Perfect 10 Alana Strickland Belle Fourche Country Club **Belle Fourche Rec Center Belle Joli Wineru Black Hills Roundup** Black Hills Salt Cave & Spa C. Snow Imagery Capp's Cornerstone Refinishing Charlie Johnson **Dairy** Queen Dakota Lumber Dave & Jeri Olson Deadwood Mountain Grand **Fileen Miller Elk Creek Resort ET Sports** Hersrud's of Belle Fourche Janelle Austin Janie Norlin John & Laura Bennett **Kitzan Family Farms** Lon & Jana Dale Marce Hobbs Margo Julius Mary Riley Mick Harrison Morgan Martin



Neiman Enterprises, Inc. Northern Hills Quilters Guild Patty Wagner Perkins of Spearfish **Posy Palace** Powderville Meat Company Randy Discount Tire **Red Onion Marketplace Rita Bollwitt** Rod Garnett & Chris Davis Rough Country Outfitters & Guides Runnings Rush Hockey in Rapid City Scott McCart SME Treats Spearfish Sasquatch Sturdevant's Sturdevant's Auto Parts The Hair Shoppe Tim Cox Todd & Jill Keller Tristan's Valley View Taxidermy Walmart Zero Gravity



NOV Sunday			Wednesday			Saturday
	ay, December - sign up early to se		01 1:00 pm Cribbage 2:00 pm Ladies Social	02 1:00 pm Bingo	03 7:30 am - 10:00 am Caramel Rolls & Coffee	04 1:00 PM Pinochle Party
o5 1:30 pm Tai Chi	⁰⁶ 10:00 am Cribbage 1:00 pm Bingo	07 10:00 am Pinochle Grief Support SHIINE 7:00 pm Progressive Bingo (@ Branding Iron)	08 1:00 pm Cribbage 2:00 pm Ladies Social	09 1:00 pm Bingo	10 7:30 am - 10:00 am Caramel Rolls & Coffee	11 • • • * DAY • * *
12 1:30 pm Tai Chi	13 10:00 am Cribbage 1:00 pm Bingo	14 10:00 am Pinochle Grief Support SHIINE 1:00 pm - 3:00 pm Toenail Clinic	15 1:00 pm Cribbage 2:00 pm Ladies Social	16 1:00 pm Bingo	17 7:30 am - 10:00 am Caramel Rolls & Coffee 8:00 am - 5:00 pm Bake Sale 7:00 pm Movie Night	18 7:30 am - 10:00 am Fundraiser Breakfast 8:00 am - 5:00 pm Bake Sale
19 1:30 pm Tai Chi	20 10:00 am Cribbage 1:00 pm Bingo	21 10:00 am Pinochle Grief Support SHIINE	22 1:00 pm Cribbage 2:00 pm Ladies Social	23 THANKSGIVING No Bingo Today	24 7:30 am - 10:00 am Caramel Rolls & Coffee 4:00 pm - 6:00 pm Chili Feed @ Community Hall	25
26 1:00 pm Pinochle Party 1:30 pm Tai Chi	27 10:00 am Cribbage 1:00 pm Bingo	28 10:00 am Pinochle Grief Support SHIINE	29 1:00 pm Cribbage 2:00 pm Ladies Social	30 1:00 pm Bingo	01 7:30 am - 10:00 am Caramel Rolls & Coffee	02 1:00 PM Pinochle Party



INVITE FRIENDS AND FAMILY TO Fundraising Belle Billier Lining SAT NOV. 18TH 7:30-10AM BREAKFAST CASSEROLE, MUFFIN, YOGURT, FRUIT, COFFEE, TEA, MILK

		NOVEMBER				
WANTED Food. Deliveru. Driveta	26 Beef Stroganoff Egg Noodles Broccoli Biscuit Spiced Apples	19 Pork Cutlet Mashed Potatoes Veggie Medley Peaches	12 Chicken Ala King Egg Noodles Peas & Carrots Mixed Fruit	5 Baked Ham Sweet Potato Casserole Broccoli Cranberries	29	SUN
	27 Pork Roast & Gravy Roasted Potatoes Roasted Veggies Mixed Berries	20 Swiss Steak Steamed Rice Mixed Veggies Pears Peanut Butter Cookie	13 Egg & Sausge Scramble Diced Potatoes & Peppers Biscuit Peaches	6 Baked Chicken Dirty Rice Mixed Veggies Corn Bread Banana Rice Krispy Treat	30	MON
	28 BBQ Chicken Scallopped Corn Veggie Medley Pears Brownie	21 Chicken Cordon Bleu Wild Rice Broccoli Mixed Berries	14 Beef Liver & Onions OR Cheese Burger Cheesy Potatoes Breaded Green Beans Fruity Jello	7 Pork Chops in Mushroom Sauce Parslied Noodles Roasted Carrots Garic Knots Pears	31	TUE
LOOK WHAT'S COOKIN DAILY 11AM-1PM 828 KINGSBURY STREET - BELLE FOURCHE DELIVERY INFORMATION - 892-6285	29 Cabbage Roll Casserole Buttered Dumplings Broccoli Peaches Spice Cake	22 Ham & Bean Soup Spinach Salad Cornbread Spiced Apples	15 Lasagna Veggle Medley Garden Salad Garlic Bread Pears Cake	8 Meatloaf Baked Mashed Potatoes Green Beans Garden Salad Peach Cobbler	1 Chicken Enchilada Refried Beans Garden Salad Mandarin Oranges	WED
)S (C)(() () () () () () () () () () () () (30 Chicken Fried Steak Mashed Potatoes Counry Gravy Mixed Veggies Tropical Fruit	23 Traditional Thanksgiving Dinner With All the Fixings	16 Hot Beef Sandwich Mashed Potatoes Roasted Carrots Tropical Fruit No Bake Cookie	9 Chicken Taco Salad Mexican Rice & Beans Mandarin Oranges	2 Stuffed Peppers Baked Potato Carrots Peaches	Β
	Fish Sandwich or Chicken Sandwich Sweet Potatoe Wedges Cole Slaw Tropical Fruit	24 Beef Sausage Peppers & Onions Cheesy Potatoes Corn Tropical Fruit	17 Chicken Fried Rice Asian Veggies Egg Roll Mandarin Oranges Fortune Cookie	10 Salmon Patties Mashed Sweet Potaloes Baked Cauliflower Fruity Jello	3 Pork Loin Wild Rice Creamed Brussels Apple Sauce	FRI
Gelle Gilver Living	N	25 Chefs Choice OR Chili	18 Tuna Salad on Leafy Greens Tomato Soup Foccocia Bread Pineapple	11 Beef & Cheese Wrap Loaded Potato Soup Apples Sugar Cookie	4 Beefy Mac and Cheese Casserole Veggie Medley Peaches	SAT



DELIVERY INFORMATION - 892-6285



Thursday, December 7th Spaces will fill - sign up early to save your spot

Just \$85 for members \$95 non-members

Full payment due by November 28th Call or stop by Belle Silver Lining to make your reservation. Cash, check credit/debit cards accepted.

Join your friends on a fun bus trip and see the decorated trees in Pierre. Trip includes transportation to and from. snacks on the bus, time at Christmas at the Capitol, lunch, taxes and gratuities.

The bus ride won't seem very long with two leg stretching stops, some Bingo and other games (with Bus prizes) and maybe even a bit of singing some good ole Christmas tunes.

We will be starting our visit to Pierre at our State Capitol to experience the "magic" of Christmas at the Capitol. year's This theme is Winter Wonderland. There will be plenty of time to view all of the trees, listen to the St. Thomas More Band, Choir, & Orchestra, take a leisurely tour of the building and catch up on some history. We'll then head to Redrossa Italian Grille for a late lunch. (don't worry... we'll have snacks to hold us over)

prairie Hills REDROSS Italian Grille

Depart 8:00am and return between 6 and 7:30pm

Silver Lining If trip is cancelled due to weather, your payment will be refunded in a timely manner.

ISIT





NOVEMBER 13TH

Can not be combined with Black Friday Sale

Tai Chi - Sundays 1:30pm

Benefits may include:

- Improved balance.
- Decreased risk of high blood pressure.
- Improved physical strength.

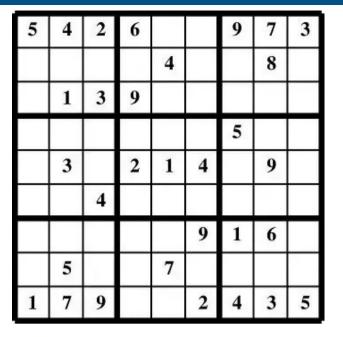
Wear loose fitting clothing and soft shoes. All levels of physical ability can be accommodated.

Toenail Clipping Clinic 1:00pm- 3:00pm November 14th

Call or stop by for an appointment 892-6285

PAGE 10

✓ I want to bless Belle Silver Lining and the women, men, and families you serve as follows: I want to make a one-time gift of: \$100 🗍 \$50 🗍 \$200 🗍 Other \$ 0 I want to make a monthly gift of: 🗌 \$100 🗌 \$50 🗌 Other \$ 0 My Name _____ Address City State Zip Phone______ Email ______ **Payment Information** I am interested in volunteering at Belle Silver Lining. Please contact me with □ Enclosed is my check or money order. more information. My area of interest is: Please charge my credit card as follows: Volunteer in Thrift Store Silver Lining Meal Delivery Volunteer Type: Visa Mastercard Discover (605) 892-6285 1 **Activities Volunteer** Name on Card Board of Directors **[**]] **Event Volunteer** Credit Card # _____ Expiration ____ We Care Calls Volunteer Amount to be charged ______ CVC Code _____Billing Zip Code_____ Medical Equipment Volunteer Other Authorized Signature Please return to: **Belle Silver Lining** Credit card donations can also be made by contacting us at 605-892-6285 or PO Box 544 Belle Fourche, SD 57717 through our website at www.bellesilverlining.com. Card Games Pinochle Tuesday 10am **Pinochle Party** GLASBERGEN 1st Sat. & 3rd Sun. 1:00pm "Lord, make us grateful for the cholesterol, diabetes, high blood Cribbage pressure, weight gain and indigestion we are about to receive . " Mon 10:00am & Wed 1:00pm **** Did you know? TO all who served THRIFT SHOP WE ARE The Senior Meal Program HANKEU FOR YOUR provides affordable, nutritious THANKSGIVING SERVICE meals to 30-100 people each OPEN 7AM BLACK FRIDAY Happy Veterans Day day - 7 days a week. * * * * * * * * * * * *



wish list WE NEED

Paper Towels

Dawn Dish Soap



Ida Marie Snorteland will be at the Belle Silver Lining Senior Center Every Tuesday during Open Enrollment. Call 605-642-5123 for an appointment!

Contact Us:

605-342-8635

1844 Lombardy Drive

Rapid City, SD, 57703

You can count on SHIP to be:

> Local

► Unbiased

➤ Confidential

➤ Knowledgeable

> In-person or virtual





q

ጥ'

BELLE SILVER LINING MEMBERSHIP APPLICATION/RE	
senior citizens center ♦ 828 Kingsbury Stree (605) 892-6285 ♦ bfscc@midconetwork.com ♦ www.be	
	_
Please activate or renew/update my Belle Silver I	
ANNUAL MEMBERSHIP (January 1 – December 31)**	MEMBER INFORMATION (Please Print)
 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 	New Membership Renewal/Update Membership Name: Check one: DMr. DMrs. DMs. DDr. DRev.
Subtotal\$	Check one: UMr. UMrs. UMs. UDr. URev. Gender: UMale UFemale
 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. 	Birthdate: (Required) (MM/DD/YY) Phone: Name: Check one: DMr. DMrs. DMs. DDr. DRev.
DONATIONS TO BELLE SILVER LINING senior center	Gender: OMale OFemale
 In addition to my membership, I would like to support Belle Silver Lining's mission with a donation of \$ 	Birthdate: (Required)(MM/DD/YY) Phone:
I am ineligible for membership due to age restrictions, but I would like to support Belle Silver Lining's mission with a donation of \$	Physical Address Street Address:
•	Unit/Apt./PO Box: City:St.:Zip:
⊔ Subtotal\$ ∠	Home Phone:
PAYMENT INFORMATION	Mailing Address (if different)
	Mailing Address:
I understand there are no refunds (please initial) Paid by: Cash Check	Unit/Apt./PO Box: City:St.:Zip: Email:
STAY INFORMED	
With your membership, you will automatically receive a copy of our monthly newsletter at your mailing address. Visit our website at <u>www.bellesilverlining.com</u> to stay up to date. Visit and Like us on Facebook where we post special offerings from time to time.	Belle Silver Lining
I would like to receive Email notifications from Belle Silver Lining.	SENIOR CENTER
	CONTACT #1
GIFTING GIFTING This membership was purchased as a gift.	Name: Relationship: Phone:
Office use only (please print clearly) Received on:/ Amount Received: \$	PHYSICIAN CONTACT Physician Name: Phone:
early bird speci	al
Pay your 2024 dues before 11/30 g	et 2023 pricing and your choice of
TWO caramel rolls OR a Fr	ee Fundraising Breakfast!
2023 PRICING: \$20	-
	Price goes up 12/

MONEY MATTERS

Resources for Low-Income Seniors

As you get older, you may be looking for government benefits to meet your needs. Benefits.gov is here to help you find benefits you may be eligible for. There are many government programs available to help elderly people.

Medicare and Health Care Options

Medicare is a federal health insurance program for people 65 and older. It is one the largest health care benefits in the U.S. with over 65 million people enrolled. You are eligible to sign up three months before you turn 65. Medicare has four parts (A, B, C, D) which cover hospital costs, doctors' visits, medical equipment, prescription drug costs, and more.

Are you stressed about added health care costs like deductibles? The Social Security Medicare Savings Programs(MSP) help low-income people pay their Medicare premiums, deductibles, copayments, and coinsurance. Check if you are eligible by using the U.S. Social Security Administration's (SSA) Benefit Eligibility Screening Tool.

Getting prescriptions filled is important for keeping good health as you get older. Medicare Prescription Drug Plans can help you cover the cost of your prescription drugs. This includes most recommended shots or vaccines.

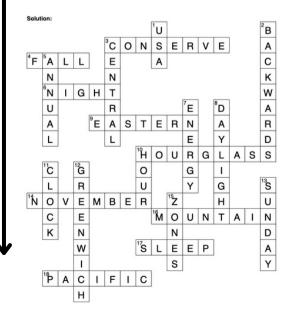
For more information about Medicare, visit Medicare.gov or call 1-800-MEDICARE (1- 800-633-4227). TTY users can call 1-877-486- 2048. Article courtesy of: https://www.benefits.gov/



What do you get if you divide the circumference of a pumpkin by its diameter? .id uiðdwnd

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





Belle Silver Lining Activities Center PO BOX 544 828 Kingsbury Street Belle Fourche, SD 57717 Nonprofit Org US Postage Paid Belle Fourche SD Permit #2

Return Service Requested

