



JANUARY NEWS

NEW YEARS GOALS - COME AND MAKE NEW FRIENDS



*From Your Director...
Laura Bennett*



*Happy New Year Belle Silver Lining
Family and Friends*

This past year has been very challenging for many of us. Let's work together to do what we are able to jump into this new year without dread, but look forward with positive anticipation. Here are a few things that may help us all move in the right direction.

We'll need to do a little reflection on the past year so let's take a moment to reflect on the past year's triumphs and challenges. Acknowledge the resilience and strength that brought you through, and celebrate the moments that brought joy and fulfillment. Let's consider setting realistic and attainable goals for the new year. Whether it's cultivating a new hobby, staying connected with loved ones, or focusing on personal well-being, small, achievable goals can create a sense of accomplishment. Let's make health a priority in the new year. Schedule regular check-ups, stay active through activities like walking or gentle exercises, and maintain a balanced diet. Prioritizing health contributes to overall well-being. Let's nurture social connections. Whether through in-person visits, phone calls, or virtual meetings, staying connected with friends and family fosters a sense of belonging

(Con't Page 2)

meet your new board

PRESIDENT



Brent Cohn

Brent was born in San Francisco, California (1940) at a time when kids could be kids. They rode the street cars and buses all over the city by themselves. They

could go to a Saturday matinee downtown or to Playland at the Ocean Beach, Fleishhacker Pool or just play in Golden Gate Park. It was a great and safe place to grow up.

Brent joined the U.S. Army Reserves while still in high school. He saved college until after he got out when he obtained a BSEE degree in electronic engineering. Upon graduating he worked for Westinghouse in Annapolis, MD with their Underseas division and in Baltimore with the Aerospace Division. He then worked as an instructor and Dean of Heald Engineering College in San Francisco. Later he went on to work as a Consulting System Engineer for the Bank of America in their IT department, where he met his wife, Hope.

Brent was a Rio Vista Youth Services Founder and was an IT consultant for the City of Rio Vista, Webmaster for many non-profits, Past President of RV Chamber of Commerce, 2007-2008 Bass Festival Chairperson, Past Treasurer of the RV Public Safety Alliance, Past RV Planning

(Con't Page 2)

BRENT COHN - (Con't from page 1) Commissioner, and Past Board Member and Officer of many Trilogy Committees.

Brent was a crucial part of getting the Rio Vista Youth Center up and running for the Youth and Teens of Rio Vista and the Delta Area. He was also active in other Youth Organizations in Rio Vista. Brent created and maintained many of the towns non-profit websites. Brent and his wife, Hope, being the founders of Rio Vista Youth Services had many challenges, including getting the Skate Park funded, designed and finally, built. They believe in their own dreams for the success and happiness of the children and try to enable them to obtain their own future goals.

Moving this past May to Belle Fourche, South Dakota, Brent has turned his focus from the young folks to the older generation. Elected President of the Belle Silver Lining Senior Center in November, he will help continue what has already been started to aid seniors in having a place to gather as well as meet new folks with common concerns and interests. He plans to find helpful solutions when needed and, of course, enjoy GREAT luncheon meals. Brent wants to help raise funds to keep this wonderful and very useful organization able to accomplish its goals. Take time to stop him and say hello!



LAURA BENNETT - (Con't from page 1) and combats feelings of isolation. We must dedicate time for self-care. Whether it's reading a good book, taking a leisurely bath, or enjoying a cup of tea, moments of self-care contribute to a positive mindset. Let's acknowledge and celebrate milestones, both big and small. Every achievement, no matter how minor, is a step forward. Take pride in your journey and the progress you make. Let's Cultivate an attitude of gratitude. Take time each day to reflect on the things you are grateful for. Expressing gratitude can shift your focus towards positivity and appreciation.

As the New Year unfolds, we have the opportunity to embrace it with optimism, purpose, and a commitment to well-being. By reflecting on the past, setting realistic goals, and prioritizing health and connections, we can create a year that is filled with fulfillment, joy, and meaningful experiences. Cheers to a new year and the endless possibilities it holds!

YOU HAVE THE POWER TO HELP

No amount is too small to give.

Take a moment to donate to Belle Silver Lining and support the seniors in the community.



www.bellesilverlining.com

NEVER STOP setting goals

TUESDAY - FEB 6th

Tuesday - February 6th
Doors open 6:00pm
Location - Branding Iron
Come early for dinner specials

REMINDER: If Belle Fourche schools close due to inclement weather conditions, Belle Silver Lining will also be closed.



Beware of snow and ice on the sidewalk and parking area. We will do our best to keep them sidewalk clear but ice in the parking lot happens even with our best attempts to keep it clear.



Please use extreme caution!!

CARAMEL ROLLS AND COFFEE
 FRIDAY 7:30AM-10:00AM



JANUARY BAKE SALE
January 19th & 20th
8:00 - 5:00



Volunteers NEEDED

LOTS OF POSITIONS AVAILABLE

Just some of what we need help with

- Unloading donations to thrift store
- Delivery Drivers
- Grant writing
- Thrift store organization
- Article writers
- Event setup and clean up

Join us

- 📍 828 Kingsbury Street - Belle Fourche SD
- ☎ 605-892-6285
- ✉ bfsccl@midconetwork.com

Get your drawing tickets for a Turkey Hunt on the website.

Rough Country Outfitters & Guides
Wyoming's Finest

Chris and Rod
 Sunday
 January 28th
 2:00 pm
 Live Music, Painting and Refreshments

Belle Silver Lining

This will be an event you do NOT want to miss!

YOU'RE INVITE TO **DONATE**



Community Chili Feed

THANK YOU

to our sponsors

BRENT AND HOPE COHN

LUEDERS

THE EMPORIUM



Handmade Hats by Hope

available in Belle Silver
Lining Thrift Store



Suggested donation to Silver Lining

Adults \$15 with fur \$17

Children \$13 with fur \$15

Pre-made choices available at Belle Silver Lining Thrift Shoppe

Custom colors available

call 925-550-0566

Crossword 25

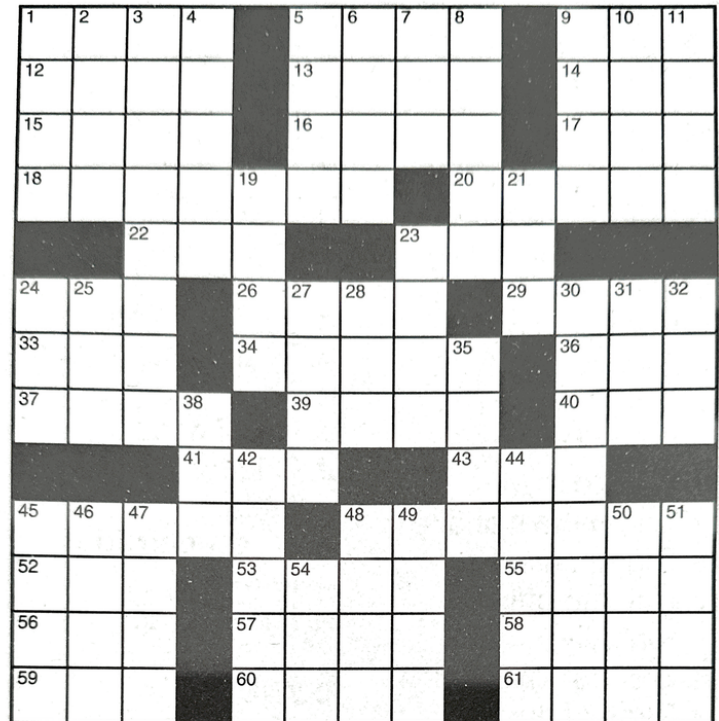
ACROSS

- 1. Quartet member
- 5. Poet
- 9. Where military planes land (abbr.)
- 12. Pre-2005 Montreal athlete
- 13. Ferber or Best
- 14. Arafat's gp.
- 15. Laura or Bruce
- 16. "___ Alone" (2 wds.)
- 17. Elongated fish
- 18. Mottoes
- 20. Had feelings
- 22. PC connection letters
- 23. Ex-GI
- 24. Young camp worker (abbr.)
- 26. Parisian eatery
- 29. From ___ (completely, 3 wds.)
- 33. Unified
- 34. Metal fastener
- 36. Movie monogram
- 37. Triumphant interjection (hyph.)
- 39. Western Indian
- 40. GI's social club

- 41. Poet's possessive
- 43. Repairman's tab
- 45. Crockett's mission
- 48. Child's flying disk
- 52. Spot
- 53. Conflict for FDR (abbr.)
- 55. Balkan native
- 56. Make a selection
- 57. Retired NBC nighttime host
- 58. Subtle glow
- 59. 9-digit ID (abbr.)
- 60. Transmitted
- 61. Words of agreement, out West

DOWN

- 1. Ocean floors
- 2. Rink jump
- 3. Grew from seeds
- 4. Carols
- 5. Lima ___
- 6. Naval bigwigs (abbr.)
- 7. Genetic letters
- 8. Hula or tango
- 9. Mimicker
- 10. Escape
- 11. Forward
- 19. Toddler's lesson
- 21. ___ crossroads (2 wds.)
- 23. Mondale, once



- 24. Rollaway
- 25. ___ rut (2 wds.)
- 27. Like sore muscles
- 28. To's partner
- 30. Faithful (2 wds.)
- 31. Authorizes
- 32. Caged animal locale
- 35. Coffeehouse offering for web surfers
- 38. Cash dispenser (abbr.)
- 42. Werewolf noises
- 44. School assignment
- 45. Commotions
- 46. Prunes, as branches
- 47. Envelope abbr.
- 48. Twain's Huck
- 49. Uproar
- 50. O'Brian TV role
- 51. Miss Gabor and others
- 54. ___ small hours

MEDICARE OPEN ENROLLMENT

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

You can count on SHIP to be:

- > Local
- > Unbiased
- > Confidential
- > Knowledgeable
- > In-person or virtual

Contact Us:
 605-342-8635
 1844 Lombardy Drive
 Rapid City, SD, 57703



Tim says, "...to write a joke, I find some truth about something - 'snowmen melt,' for example..."

ACTIVITIES & SUPPORT CENTER

Toenail Clinic
Tuesday, January 8th
1:00pm - 3:00pm

Call or stop by for an appointment
 892-6285

JANUARY

ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 1:30 pm Tai Chi	01 10:00 am Cribbage 1:00 pm Bingo	02 10:00 am Pinochle 7:00 pm Progressive Bingo (@ Branding Iron)	03 1:00 pm Cribbage 2:00 pm Ladies Social	04 1:00 pm Bingo	05 7:30 am - 10:00 am Caramel Rolls & Coffee	06 1:00 PM Pinochle Party
07 1:30 pm Tai Chi	08 10:00 am Cribbage 1:00 pm Bingo	09 10:00 am Pinochle Grief Support 1:00 pm - 3:00 pm Toenail Clinic	10 1:00 pm Cribbage 2:00 pm Ladies Social	11 1:00 pm Bingo	12 7:30 am - 10:00 am Caramel Rolls & Coffee	13
14 1:30 pm Tai Chi	15 10:00 am Cribbage 1:00 pm Bingo	16 10:00 am Pinochle Grief Support	17 1:00 pm Cribbage 2:00 pm Ladies Social	18 1:00 pm Bingo	19 7:30 am - 10:00 am Caramel Rolls & Coffee 8:00 am - 5:00 pm Bake Sale	20 7:30 am - 10:00 am Fundraiser Breakfast 8:00 am - 5:00 pm Bake Sale
21 1:00 pm Pinochle Party 1:30 pm Tai Chi	22 10:00 am Cribbage 1:00 pm Bingo	23 10:00 am Pinochle Grief Support	24 1:00 pm Cribbage 2:00 pm Ladies Social	25 1:00 pm Bingo	26 7:30 am - 10:00 am Caramel Rolls & Coffee 6:00 pm Movie Night	27
28 1:30 pm Tai Chi 2:00pm Chris & Rod Music & Painting Activity	29 10:00 am Cribbage 1:00 pm Bingo	30 10:00 am Pinochle Grief Support	31 1:00 pm Cribbage 2:00 pm Ladies Social	01 1:00 pm Bingo	02 7:30 am - 10:00 am Caramel Rolls & Coffee	03

TUESDAY - FEB 6th



Tuesday - February 6th
Doors open 6:00pm
Location - Branding Iron
Come early for dinner specials




Chris Davis and Rod Garnett
Sunday - January 28th - 2:00 pm
Live Music, Painting and Refreshments

Chris & Rod will blend the melodic sounds of classical guitar with antique and modern flutes. Their original arrangements feature music from European and American classical and folk traditions. Stop in and enjoy some fun and relaxing tunes here at Belle Silver Lining.




This will be an event you do NOT want to miss!





WANTED
Food Delivery Drivers

Bingo at Belle Silver Lining Senior Center

Every Monday & Thursday 1:00 pm



PENNY BINGO!!

2024	SUN	MON	TUE	WED	THU	FRI	SAT	
JANUARY		1 Glazed Ham Sweet Potatoes Broccoli Dinner Roll Cranberry Sauce Vanilla Pudding Milk	2 Baked Chicken Wild Rice Mixed Veggies Pineapple Milk	3 Chili Garden Salad Corn Bread Banana Cinnamon Roll Cookie Milk	4 Hawaiian Pork Loin Roasted Reds Veggie Medley Fruity Jello Milk	5 Chicken Alfredo Linguini Maple Carrots Garlic Toast Tropical Fruit Brownie Milk	6 Tuna Salad OR Chicken Salad Roasted Carrot Soup Leafy Green Salad Croissant Mandarin Oranges Milk	
	7 Spaghetti & Meatballs Broccoli Garden Salad Focaccia Bread Mixed Fruit Milk	8 Roasted Turkey & Wild Rice Soup Spinach Salad Artisan Bread Peaches Milk	9 Pork Roast & Gravy Mashed Potatoes Roasted Carrots Pears Spice Cake Milk	10 Taco Salad Tortilla Chips Refried Beans Mandarin Oranges Ice Cream Milk	11 Paprika Chicken Parsley Noodles Veggie Medley Garden Salad Tropical Fruit Milk	12 Smoked Sausage Scalloped Potatoes Green Beans Dinner Roll Apple Sauce Choc. Chip Cookie Milk	13 Deluxe Chicken Patty Sandwich Tomato Soup Cucumber Salad Fruity Jello Milk	
	14 Chefs Choice	15 Chicken Noodle Soup Spinach Salad Cheesy Garlic Bread Mixed Berries Peanut Butter Bar Milk	16 Salsbury Steak Mashed Potatoes Mixed Veggies Garden Salad Dinner Roll Pears Milk	17 Pork Enchiladas Spanish Rice Southwest Salad Pineapple Melt A Way Cookie Milk	18 Chicken Fried Steak Mashed Potatoes Country Gravy Green Beans Apple Sauce Milk	19 BBQ Chicken Cheesy Rice & Veggies Corn Muffins Tropical Fruit Milk	20 Pulled Pork Sandwich Bake Beans Potato Wedges Spiced Apples Snickerdoodle Milk	
	21 Chicken Cordon Bleu Creamy Rice Broccoli Tropical Fruit No Bake Cookie Milk	22 Beef Pot Pie Spinach Salad W/ Tomato Cheesy Biscuit Pears Milk	23 Pot Roast & Gravy Roasted Potatoes & Veggies Dinner Roll Fruity Jello Milk	24 Stuffed Pork Loin Wild Rice Creamed Spinach Spiced Apples Milk	25 Roast Turkey Mashed Potatoes & Gravy Veggie Medley Cranberry Sauce Milk	26 Deluxe Fish OR Chicken Sandwich Minestrone Soup Peach Cobbler Milk	27 Sweet & Sour Pork Steamed Rice Asian Veggies Egg Roll Pineapple Fortune Cookie Milk	
	28 Baked Ham Scalloped Potatoes Green Beans Garden Salad Dinner Roll Plums Milk	29 Biscuits & Gravy Zucchini Egg Bake V-8 Juice Peaches Chocolate Pudding Milk	30 Meat Loaf Baked Potato Cheesy Broccoli Dinner Roll Pears Milk	31 Turkey Ala King Egg Noodles Veggie Medley Mixed Fruit Poke Cake Milk				

DELIVERY DRIVERS NEEDED - INQUIRE AT SENIOR CENTER PAY AND MILEAGE AVAILABLE



Look What's Cooking at Belle Silver Lining
Come Join us every day, 11:00am-1:00pm
828 Kingsbury Street, Belle Fourche
For Information about Delivery, Call 892-6285



OPEN 6 DAYS PER WEEK

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

YOU HAVE THE POWER TO HELP

No amount is
too small to give.

Take a moment to donate to
Belle Silver Lining and support the
seniors in the community.



www.bellesilverlining.com

Coffee & Caramel Rolls

EVERY FRIDAY 7:30-10AM

BELLE SILVER LINING PRESENTS **MOVIE NIGHT**



FRIDAY
JANUARY 26TH
6:00 PM

PIRATES OF THE CARIBBEAN

MEMBERS FREE ~~ NON-MEMBERS \$2
RIDES ARE AVAILABLE - CALL THE CENTER



Tai Chi - Sundays 1:30pm

Benefits may include:

- Improved hand-eye coordination.
- Increased blood circulation.
- Improved sleep quality.

Wear loose fitting clothing and soft shoes.

All levels of physical ability can be accommodated.

Medical Equipment



AVAILABLE

Available to members at no charge including:

- Briefs for Men and Women
- Adult protection with Tabs
- Feminine Pads
- Shields for Men
- Sanitary Wipes



WINTER

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

blizzard	frostbite	igloo	skating	snowman
December	frozen	jacket	skiing	snowshoes
February	gloves	January	sleigh	solstice
fireplace	hockey	longjohns	slippery	sweater
flannel	holidays	mitts	snowballs	toboggan
flurries	hot chocolate	scarf	snowboarding	whiteout
frigid	icicle	shovel	snowflakes	wintertime

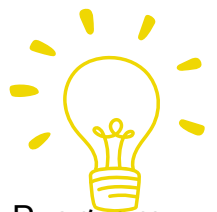


Tree Valley Academy

FROSTY GETS CAUGHT PICKING HIS NOSE



Did you know?



Our We Care Calls Program Volunteers have saved lives and have encouraged seniors for the past three years.

WINTER WISH LIST

Copy Paper (8 1/2 x 11)
Paper Towels
Postage Stamps



Save the Date
for
Father Daughter Dance

benefitting



MARCH 30, 2024



PUZZLE 25

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



Belle Fourche In Town Service

- Monday, Wednesday, and Friday from 7 am to 4 pm.
- Tuesday and Thursday, please call for availability.

One Way In-Town Fares:

- \$2 for Public (Under 60).
- \$2 suggested donation for Seniors (60+).
- \$2.50 Assisted Living Residents ambulatory.
- \$3.50 Assisted Living Residents non-ambulatory (wheel chair).

Trips to Spearfish

- Service to Spearfish runs Monday, Wednesday, and Friday.
- Appointment times should be scheduled between 9:30 am and 1:00 pm.
- Mandatory one way fare to Spearfish is \$5.

Trips to Rapid City

- Service to Rapid City runs Monday, Tuesday, Wednesday, and Friday.
- Appointment times should be scheduled between 10 am and 2 pm.
- Mandatory round trip fare is \$20, plus \$1.50 per additional stop in town.

All trips need to be scheduled at least 24 hours in advance.

Trips to Rapid City must be booked no later than 3 pm the business day before.

Dispatch and Scheduling hours are Monday through Friday, 7 am to 5 pm.
Messages left after 5 pm Friday will be received 7 am Monday.

Call toll-free 877-673-3687 or book online at www.prairiehillstransit.com.

Card Games

Pinochle
Tuesday 10am
Pinochle Party
1st Sat. & 3rd Sun. 1:00pm
Cribbage
Mon 10:00am & Wed 1:00pm





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

Having a Family Reunion, Wedding Reception, Birthday Bash, or even just a meeting? Belle Silver Lining is available to rent for your special occasion. You do not need to be a member to rent our space, but we do have reduced rates for members! Give us a call to check availability and rates.



KNOW WHEN TO WASH YOUR HANDS

- AFTER COUGHING, SNEEZING, OR BLOWING YOUR NOSE
- AFTER USING THE BATHROOM
- WHEN YOUR HANDS LOOK DIRTY
- AFTER PLAYING OUTSIDE
- BEFORE EATING
- AFTER TOUCHING ANIMALS OR THEIR CAGES

www.cdc.gov/handwashing

Belle Silver Lining Thrift Shoppe donation guidelines

Belle Silver Lining happily accepts the following new or gently used items:

- > Clothing, shoes and boots (for all ages)
 - > Jewelry
 - > Gift Sets
- > Hats, gloves, mittens, and scarves
 - > Books, records, CDs, and DVDs
- > Games, toys, and sports equipment
- > Housewares: dishes, glassware, kitchen utensils, lamps, and small appliances
- > Collectibles, antiques, knickknacks, and other giftware
 - > Hand tools and small power tools
- > Domestic: linens, curtains, blankets, towels, etc.
- > Electronics including but not limited to: DVD players, Radios, Cameras, TVs working flat screen (no CRTs)
 - > Small Furniture such as: Chairs, Stools, Desks (smaller), filing cabinets, side tables, night stands, bookshelves
 - > Bed Frames
 - > Dressers in great condition
- > Personal care items such as shampoo, conditioner, nail polish remover, shaving cream, hairsprays, or shavers
 - > Fragrance items
 - > Puzzles (with all pieces)

Items Belle Silver Lining is unable to accept:

It's hard to say "no thank you" to a donation when those donations help to fund our programs. However, we do need to refuse some items for being non-recyclable or containing hazardous materials.

We CANNOT accept the following items (if unsure send us a photo ahead of time)

- > Large Furniture
 - > Couches
 - > Mattresses
- > Large Desks or other large office furniture
 - > Entertainment centers, etc.
 - > Large exercise equipment
 - > Pianos or organs
 - > CRT TVs or Computer Monitors
- > Household chemical products such as pesticides, paint, paint thinner, drain cleaner, oven cleaner, aerosols, and other environmentally unfriendly waste products.
- > Automotive hazardous waste such as tires, lead-acid batteries, additives, gasoline, oils, antifreeze, etc.
- > Large appliances such as refrigerators, freezers, stoves/ovens, washers/dryers, air conditioners, dehumidifiers, furnaces, trash compactors, water heaters, large console stereos, freon-based appliances, etc.
 - > Carpet or carpet padding
 - > Plumbing fixtures or building materials
- > Weapons such as guns, bows and arrows, ammunition, etc. (if interested in donating please reach out to Laura directly)
- > Cribs, car seats, walkers or other products that do not meet the current safety standards of the US Consumer Product Safety Commission, including recalled items.

Unfortunately, we DO NOT offer pick-up of donations.



Energy Saving Tips Help Seniors Save Money During Winter Months

There are several things that seniors and caregivers can do inside and outside the home to help prepare for cold months and keep energy costs down.

- Turn off televisions, appliances, lights and other electronics when they are not in use. Use the lights you need for safety such as on a walkway, and try not to leave extra lights on.
- Unplug equipment when not in use.
- Use low watt bulbs in non-critical areas.
- Heating/cooling system maintenance. Make sure it is good working order. (You also may want to consider this before extreme heat in the summer months.) Don't forget to check your outside air unit to make sure there are no problems. Keep the area free of debris for best results. Change your air filters regularly. Have your duct work inspected. Make sure all vents and registers are cleaned and free of blockage.
- Weather strip, seal or caulk around windows and doorways to keep cold air out and warm air in. You also may want to use window and door draft stoppers or plastic/transparent film over windows for extra insulation.
- Programmable thermostats can be used to lower heat when you are not at home.
- Keep thermostats free and clear. Pay close attention to the windows and doors around your thermostat. Make sure they all are closed tightly and insulated well. These can effect how often your heat turns on and off.
- Fireplaces: Keep the fireplace damper closed when not in use. Make sure the screen is clean and free of any blockage from previous use. Have your chimney cleaned.
- Lower the thermostat on your water heater.
- Reduce oven use when possible. Microwaves create less heat with a shorter cooking time.
- Laundry: Dry loads of clothes one after another to keep dryer warm from one load to the next. Clean lint filter after every load to maximize efficiency. Make sure dryer vent is clear.
- Add insulation to your attic, crawl space and other exterior areas.
- Radiators and heaters: Make sure these are not blocked by furniture, curtains or other items. Make sure warm-air registers, heaters and radiators are clean.
- Turn off ventilation fans within 20 minutes after cooking or bathing in order to maintain warm air in the room.
- Turn down the thermostat a few degrees. Dress warmer and place blankets in convenient locations.
- Close curtains/drapes when the sun goes down or when you are not home to retain heat.

Although some of these tips you can do yourself, it is a good idea to speak with a reputable professional that is qualified to address your needs when making changes, upgrades or fixes to your home this winter season.

Article has been modified from: <https://ageinplace.com/finances-and-money/money-saving-energy-tips-help-seniors-save-money-during-winter-months/>

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



Whistle Stop Market

1st Saturdays Newell, SD
9:00 AM-2:00 PM
January 6, 2024

Senior Center
3rd Street

Repurposed Furniture,
Hand Crafted Items, Vintage Finds,
Antiques, Collectibles &
Much Much More!

Call Patti Karas 605-641-5510
For Booth Information

This is a Newell Senior Center
Sponsored Event

happy new year

NEW MAILING ADDRESS:

Belle Silver Lining
PO BOX 544
Belle Fourche, SD 57717

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



Office Hours
Mon-Fri 9-4:30
Thrift Shoppe Hours
Mon-Thurs 10-5
Fri 8-5
Sat 10-4
Sun Closed

BELLE SILVER LINING BOARD OF DIRECTORS



Brent Cohn - President
Rita Bollwitt - Vice President
Jeri Olson - Secretary
Janelle Austin - Treasurer
Mary Riley - Events Coordinator
Scott McCart
Charlie Johnson
Marilyn Huston-Engle
Laura Bennett - Executive Director

DON'T MISS UPCOMING EVENTS

Every Friday - Caramel Rolls and Coffee - 7:30am to 10am - Suggested donation of \$2

January 19th & 20th - Bake Sale at Belle Silver Lining - 8am to 5pm both days

January 20th - Fundraising Breakfast

January 28th - 2:00pm - Chris Davis & Rod Garnett - Live Music, Painting and Refreshments

Feb. 6th - Bingo at Branding Iron - Doors Open 6pm

March 5th - Bingo at Branding Iron

March 30th - Father Daughter Dance - Save the Date