



1306 N 10th St
Spearfish, SD 57783
(605)642-2827

www.spearfishseniorcenter.com

Senior Center Hours
Mon-Fri
8:30am-4pm

Medical Equipment
Availability
Mon-Fri
9am-Noon



**PIE
TIME!**

CALLING ALL BAKERS

We are in need of pies to sell during our fundraising rummage sale. Please bring in your pies before NOON on Wednesday the 16th!

OCTOBER 2024

Spearfish Senior Center Newsletter



**Spearfish Senior Center
Board Meeting Minutes**

SEPT 9th, 2024

Present: President Ginger Childers, Vice President Taffy Tucker, Secretary Jane Rutherford, Dennis Dahl, Carol Vercoe, LeRoy Lanphear, Treasurer Alyce Harich, and Executive Director Stephanie Crago. Connie Hyde, Carol Hess, and Marla Loken were absent. The meeting was opened by reciting the Pledge of Allegiance. The minutes of the last meeting stood as written.

Visitor: Kathleen Fitzgerald-Ellis with BH Community Foundation gave a presentation on their endowment program.

Treasurer's Report: The Treasurer's Report was accepted as presented.

Ways and Means: Building rental income for the month of August was \$115. September is projected to be approximately \$300.

Director's Report: 5 new members signed up in August. The Estate Planning Q&A with attorney Mike Porter was very well received and 45 people attended. We had a good attendance for the August birthday luncheon as well as for our August breakfast. Technology help will still be available once per month. The Senior Center will once again host Super Starz in November as well as in January and March of 2025. We have received a \$500 donation/grant through the South Dakota Community Foundation. We also received a \$1000 donation from a member.

Old Business: No old business at this time.

New Business: Taffy made a motion to accept the updated Spearfish Senior Center Code of Conduct. Carol Vercoe seconded. All in Favor. A nomination committee was formed for the 2024 ballot for the Senior Center Board of Directors. Voting will be on Saturday, November 23rd at our annual Meeting/Turkey Dinner. We have received a quote from Crux Electric to purchase and install an air conditioning unit in the office. Taffy made a motion to approve the quote from Crux Electric and LeRoy seconded. All in favor. It was recommended to have our electronic piano, which has had some issues, tuned up. We will also get quotes on the cost of a new piano.

Meeting adjourned.

Jane Rutherford, *Secretary*



**BOARD MEETINGS ARE HELD THE 2ND MONDAY OF EVERY MONTH AT 9:30AM.
BOARD MEETINGS ARE OPEN TO ALL SENIOR CENTER MEMBERS.**



CARAMEL ROLLS & COFFEE

Thursdays 8:30-10:30AM

*Limit of 4 rolls until 10:30am for take-out so we can make sure & have enough for everyone.

Open to the public!

Invite your neighbors, family, & friends!



30 Years of Experience
LOCAL Health Insurance Experts

Are You Ready? Huge 2025 Medicare Changes



Prescription Drug Plans
Medicare Supplements
Medicare Advantage Plans

CALL TODAY!
(605) 722-1965

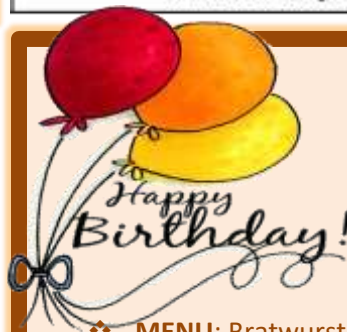
We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



FUNDRAISING BREAKFAST

**SATURDAY OCT. 26TH
7:30AM-10AM**

MENU: Pancakes, sausage patty, scrambled eggs OR biscuits with sausage gravy, scrambled eggs served with coffee & orange juice.



Make plans to attend the Fundraising Birthday Luncheon!

OCT. 4th at 11:30AM

- ❖ **MENU:** Bratwurst, baked beans, potato salad, & dessert.
- ❖ Lunch & dessert for a donation of \$8.00
- ❖ Guest Speaker: Ida Marie Snorteland with SHIINE (Senior Health Insurance Information & Insurance Education).
- ❖ Roses by Zonta for all members who are Birthday honorees!
- ❖ Special Music by Arne & Bob Koski.
- ❖ Members who celebrate a B-Day this month eat for **FREE!** Open to the public!

This September marked 12 years of Karen & Roger Buchholz putting on our monthly fundraising breakfasts. Their continuous dedication means so much to our organization. Thank you both!

MONUMENT HEALTH FLU SHOT CLINIC

FRIDAY Oct 4th 9am-10am

Will bill insurance or \$50 for uninsured. Bring your insurance card. Get your flu vaccine right here at our Senior Center!



Get Your "Tech" Questions answered Monday Oct. 28 from 8:30 to 10:30 AM

**Must be signed up!
Call Steph to reserve your spot 605-642-2827.**

If you've got a question about your smart phone, iPad or laptop, Bennett Gordon will be at the Senior Center again to help answer questions & teach you how to better use your electronics.

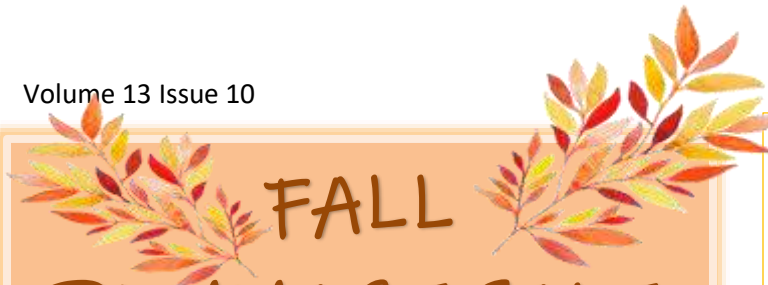
Please be aware that he is a volunteer & there are some tech questions that are way too complicated to be solved during this time. Please be respectful of his time & if you need more advanced help please reach out to professionals. Thank you.

Would you like the monthly newsletter e-mailed to you? If so, e-mail us at srcenternewsletter@gmail.com



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30am Snooker 9am Hand & Foot 12:30pm Bridge 12pm 10 Point Pitch 1pm Chess Club	2 8:30am Snooker 9am BUNCO 1pm Pinochle 1pm Mahjong 5:30pm Mahjong	3 8:30am Snooker 8:30-10:30am Caramel Rolls/Coffee 12:30pm Duplicate Bridge 1pm Cribbage	4 9-10AM MONUMENT HEALTH FLU SHOT CLINIC 8:30am Snooker 1pm Pinochle 1pm Mahjong	5 12:30pm Duplicate Bridge
6	7 8:30am Snooker 1pm Whist	8 8:30am Snooker 9am Hand & Foot 12:30pm Bridge 12pm 10 Point Pitch 1pm Chess Club	9 8:30am Snooker 9am BUNCO 1pm Pinochle 1pm Mahjong 1pm Texas Holdem 5:30pm Mahjong	10 8:30am Snooker 8:30-10:30am Caramel Rolls/Coffee 12:30pm Duplicate Bridge 1pm Cribbage	11 8:30am Snooker 1-3:30pm Portrait Day! Legacy Portraits 1pm Pinochle 1pm Mahjong	12 12:30pm Duplicate Bridge
13	14 8:30am Snooker 1pm Whist	15 SETUP 9AM-3PM <i>*no activities</i>	16 SETUP 9AM-3PM <i>*no activities</i>	17 RUMMAGE SALE 8AM-3PM <i>*no activities</i>	18 RUMMAGE SALE 8AM-3PM <i>*no activities</i>	19 RUMMAGE SALE 8AM-NOON <i>*no activities</i>
20	21 8:30am Snooker 1pm Quilters/Crafters 1pm Whist	22 8:30am Snooker 9am Hand & Foot 12:30pm Bridge 12pm 10 Point Pitch 1pm Chess Club	23 8:30am Snooker 9am BUNCO 1pm Pinochle 1pm Mahjong 5:30pm Mahjong	24 8:30am Snooker 8:30-10:30am Caramel Rolls/Coffee 12:30pm Duplicate Bridge 1pm Cribbage	25 8:30am Snooker 1pm Pinochle 1pm Mahjong	26 12:30pm Duplicate Bridge
27	28 8:30am Snooker 8:30am-10:30am Tech Help 1pm Whist	29 8:30am Snooker 9am Hand & Foot 12:30pm Bridge 12pm 10 Point Pitch 1pm Chess Club	30 8:30am Snooker 9am BUNCO 1pm Pinochle 1pm Mahjong 5:30pm Mahjong	31 8:30am Snooker 8:30-10:30am Caramel Rolls/Coffee 12:30pm Duplicate Bridge 1pm Cribbage	Senior Center Hours: Mon-Fri 8:30am-4:00pm CLOSED Sat & Sun (Unless special event is scheduled)	





FALL RUMMAGE SALE

OCT 17th-19th 2024
17th 8AM-3PM
18th 8AM-3PM
19th 8AM-NOON

*Caramel Rolls on Thursday,
Pies & Coffee will also be
available.*

The Rummage Sales are one of our biggest fundraisers, and we are in need of volunteers! If you could help out, please sign up. There are still many spots left to fill. Sign up is located in the Golden Age Hall. We couldn't do this without everyone pitching in!

REMINDER

During our Rummage Sales it is **VERY IMPORTANT** to **NOT** park in the Surgery Center's parking lot. They have surgeries scheduled in the mornings during our sale and their patients NEED that parking. Last few sales we had a lot of our members parking in this area. We understand for a couple hours Thurs. morning parking can be difficult but please no matter what, do NOT park in the Surgery Center's parking lot.

Thank you!



Quilt Raffle!

Come take a look at the beautiful quilt made & donated by Susan Douglas. \$1 each or 6 for \$5. 100% of proceeds goes towards our Senior Center! Drawing will take place on OCT 19th at NOON!

Board Elections

The nominating committee is forming the 2025 ballot for Senior Center Board of Directors. If you are interested in running for the board, please let us know ASAP. We are really needing a couple men to be willing to run in hopes to keep the board balanced between women and men.

Vote on November 23rd 9am-2pm at our Annual Meeting /Turkey Dinner. If you need to vote early, we will have ballots ready starting on 11/1/24.

SAVE THE DATE!

FALL CRAFT FAIR & BAKESALE



Annual Fall Craft Fair

Saturday, November 16th 9AM-2PM. Caramel Rolls & Coffee available 9am-10:30AM. We are also having a BAKE SALE! If you would like to bring in baked items for our Senior Center Bake Sale table, please drop off between 9am-2pm on Friday 11/15/24.

"THE BLACK HILLS THROUGH PHOTOS" PRESENTED BY MEG ENGLISH IS THE TUESDAY, OCTOBER 1 PROGRAM FOR THE SPEARFISH AREA HISTORICAL SOCIETY.

THE PROGRAM BEGINS AT 7:00PM AT THE SPEARFISH SENIOR CENTER. PLEASE JOIN US AS THE PUBLIC IS INVITED. QUESTIONS, CALL 605-641-8563.



Senior Center Hours:

MONDAY-FRIDAY
8:30AM-4:00PM
CLOSED Sat & Sun

(Unless special event is scheduled)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30-11AM Chorus 12:30-1:30pm Advanced Line Dancing 1:45-2:45pm Beginning Line Dancing 7PM Historical Society	2 10am Beginner/Improver Line Dancing 11am-11:45am Challenge Routines 1pm Texas Holdem	3 9-10am Intermediate Line Dancing 10:30AM Full body Exercise w/Odessa 12:30pm Dominoes	4 Birthday Luncheon 11:30AM <i>Guest Speaker Ida Marie Snorteland with SHIINE</i> 1:30PM BH Better Breathers Group	
6	7 8:30AM Exercise Group 1pm Quilters/Crafters	8 9:30-11AM Chorus 12:30-1:30pm Advanced Line Dancing 1:45-2:45pm Beginning Line Dancing	9 10am Beginner/Improver Line Dancing 11am-11:45am Challenge Routines	10 9-10am Intermediate Line Dancing 10:30AM Full body Exercise w/Odessa 11:30AM Tour & Lunch @ Peaceful Pines Sr Living 12:30pm Dominoes	11 BINGO with Deborah Meyer with Spearfish Insurance Brokerage 2PM 7pm Square Dance	12 QH Rental
13	14 8:30AM Exercise Group 9:30am Board Meeting 11am-12:15 Grief & Loss Support Group 1pm Quilters/Crafters	15 SETUP 9AM-3PM <i>*no activities</i>	16 SETUP 9AM-3PM <i>*no activities</i>	17 RUMMAGE SALE 8AM-3PM <i>*no activities</i>	18 RUMMAGE SALE 8AM-3PM <i>*no activities</i>	19 RUMMAGE SALE 8AM-NOON <i>*no activities</i>
20 QH Rental	21 8:30AM Exercise Group 11am-12:15 Grief & Loss Support Group 1pm Retired School Personnel	22 9:30-11AM Chorus 12:30-1:30pm Advanced Line Dancing 1:45-2:45pm Beginning Line Dancing	23 10am Beginner/Improver Line Dancing 11am-11:45am Challenge Routines 1pm Texas Holdem	24 9-10am Intermediate Line Dancing 10:30AM Full body Exercise w/Odessa 12:30pm Dominoes	25 7pm Square Dance	26 Fundraising Breakfast 7:30AM-10AM
27 QH Rental	28 8:30AM Exercise Group 11am-12:15 Grief & Loss Support Group 1pm Quilters/Crafters	29 9:30-11AM Chorus 12:30-1:30pm Advanced Line Dancing 1:45-2:45pm Beginning Line Dancing	30 10am Beginner/Improver Line Dancing 11am-11:45am Challenge Routines 1pm Texas Holdem 4pm Pioneer Bank Seminar 'Estate & Trust Planning'	31 9-10am Intermediate Line Dancing 10:30AM Full body Exercise w/Odessa 12:30pm Dominoes	<div style="border: 1px solid black; padding: 10px; text-align: center;"> Senior Center Hours: Mon-Fri 8:30am-4:00pm CLOSED Sat & Sun (Unless special event is scheduled) </div>	

Check out our Facebook page for more pictures of events!

Portrait Day at Spearfish Center



Legacy Portraits

- Single person portrait
- 4x5 print, \$17 (incl.)
- Reduced studio pricing on select items.

When: October 11th
Time: 1-3:30pm

Appointments available on the half hour, walk-ins welcome.

A portion of the proceeds to benefit the Spearfish Senior Center.

Open to the public.

C. Snow Imagery
Freezing Moments In Time
talk/text: 307.231.1097
www.csnowimagery.com



Happy Birthday to ALL our September members!



BINGO Sponsored by Deborah Meyer with Spearfish Insurance Brokerage will be held on FRIDAY OCT 11th at 2PM. FREE for current members of the Senior Center, & open to the public for a donation. Limit 1 card per person.



Thank you First Interstate Bank for hosting an informative seminar on Safe Banking for Seniors. Also special thank you to Tyler M., Kathy M., & Nicki C. for volunteering their time to clean our Senior Center.



Spearfish **INSURANCE** Brokerage

CASH PRIZES!!!

Thank you to our BINGO sponsor this month!



Exercise is so much more fun in a group than alone. Try it! We have several groups to pick from. Join us Monday mornings at 8:30AM, or Thursday mornings at 10:30AM.



Have you been eager to see the new Peaceful Pines Senior Living in Spearfish? We have scheduled a day for all our Senior Center members to tour the facility on **Thursday Oct 10th at 11:30AM**. We will be eating lunch after the tour in their dining room.

This is a great opportunity for our members to get a tour of the building, meet the staff, and visit the residents who many of us know! Let Stephanie know if you'd like to attend 605-642-2827. *Must RSVP*

Thank you to Wayne Brost/ Common Grounds for the donation of sweet corn! We enjoyed it! We also thank everyone who shared their garden's harvest with our members. We appreciate it so much!



Pioneer Bank & Trust

Member FDIC

Local.



Please join us for our upcoming educational seminar on Estate & Trust Planning.

Wednesday, October 30th
4PM (lasting approximately 1 hour)

Presenters:

Renae Schaeffer, CPA, CTFA
Vice President & Trust Officer,
Pioneer Bank & Trust

Eric Nies and Dillon Karras
Attorneys, Nies, Karras & Skjoldal, P.C.

Renae, Eric & Dillon will discuss estates, trusts, & gifting & will answer any questions you may have. Everyone is welcome!

CONSIDER VOLUNTEERING AT OUR SENIOR CENTER

Research has shown that volunteering offers significant health benefits, especially for older adults, including physical and mental health. Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health. Volunteers report better physical health than non-volunteers. Research ALSO has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older. It reduces stress and increases positive, relaxed feelings by releasing dopamine. It increases a sense of meaning and appreciation, both given and received....

-Mayo Clinic Health System

Board of Directors

Ginger Childers, President
Taffy Tucker, Vice President
Jane Rutherford, Secretary

Board Members

Connie Hyde Carol Hess
Dennis Dahl Marla Loken
Carol Vercoe LeRoy Lanphear

Alyce Harich, Treasurer
Stephanie Crago, Executive Director

Grief & Loss Support Group

Oct 14th -Nov 18th

Mondays from 11AM-12:15PM

Open to anyone with a grief or loss issue due to death, divorce, relationship loss, etc. The group facilitator is the Reverend Bonnie Slusher from All Angels Episcopal Church, Spearfish. She has 15 years of grief counseling experience. Class size limited to 8 people. Must sign up with Stephanie at 605-642-2827. All materials provided at no cost. Meetings will last about one hour 15 minutes. Your privacy will be respected. We will pray and your tradition will be respected.

President's Message:

Durable Medical Equipment

I would like to remind everyone of our "Lending" medical equipment program. This is a very unique service that we offer to our community. People donate gently used walkers, canes, wheelchairs, shower seats, toilet risers, etc. to the center. We make sure that it is in good working condition, and then loan it out to community members in need. All we ask is that they make a donation so that we can continue to keep the program up and running. It requires a lot of volunteer hours to accomplish this. A big "Thank You" to those of you who donate your time and energy to this wonderful program. This is just one more way that we give back to our community. If you would be interested in signing up to help, please contact Stephanie.

-Ginger Childers, President.



Medicare Part D Plan Enrollment Assistance

SHIINE volunteers will assist Medicare beneficiaries with prescription drug plan comparisons, FREE of charge, and information needed to make informed decisions and/or enroll in a new plan.

SHIINE also assists with:

- Medicare Parts A & B
- Medicare Part D Plans
- Medicare Savings Plans
- Choosing a Medigap Policy
- Medicare Advantage Plans
- Protecting your Medicare benefits
- Medicare fraud, waste & abuse
- Extra Help, Low income subsidy for Part D

Open Enrollment Period:

October 15 - December 7

Help is Available:

Available most Monday mornings
Monday, October 14
Through Monday, December 2,
2024

To schedule an appointment,
please call

Ida Marie Snorteland 605-642-5123

SHIINE is not affiliated with any company
that sells or distributes a product or service.

www.SHIINE.net



Welcome New Members:

Kirk Bertsch, Mary Nygaard, Donna Hoy, Ruan Frenette, Lynette & John Wyatt, Darlene Miles, Paula & Mickey Fenn, Judith Stephenson, Callie Heinbaugh, Curtis Williams, Melody Paklin, & Rita Lancetti.



Keep using your Safeway cards! Last month we made \$127.50 just from people using their cards. Every purchase helps!

SAFeway

THANK YOU!

Safeway Community Giving Cards are FREE! Cards can be loaded with any amount up to \$500 & refill when needed. The card can be used to buy groceries AND gas. 3% of purchases made at ANY Safeway or Albertsons using the Community Giving Card is then returned to the Senior Center. This is a great fundraiser for our Center.

Joan Dewall Thank you for sewing for our jewelry displays/organizers. Your sewing talent is appreciated in helping us prepare for next rummage sale!!

SPEARFISH SENIOR CENTER MISSION STATEMENT:

The Spearfish Senior Center is a non-profit organization committed to providing recreational, social, and educational opportunities for adults over fifty years of age.



Member Spotlight

Virgil Dodson

Family Members: Wife: Vina, Children Richard, Michael, Laura, Mary, and Douglas.

Where did you grow up? I was born in Sturgis, went to elementary school in Sturgis, Attended High School in Spearfish, Class of '62. Graduated from BHSU in '69 with a teaching Degree.

Past work highlights: School teacher, truck driver, business owner among other things kept me busy until 1999 when I had heart bypass surgery. In 2001, I received an associate degree in drafting at BHSU. I became a map maker until retirement in 2013.

Current involvement in the Center: I have worked many fund-raising events at the Senior Center in the last 11 years, mostly breakfasts and rummage sales and served six years on the board of Directors, four years as president.

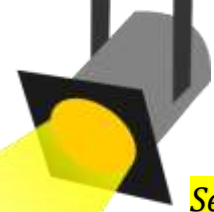
Something we may not know about you: I have a Twin Sister, who is named Verla, who lives in Illinois.

How long have you been involved with the Senior Center: I was gifted my first membership card at the center in 1994, 30 years ago. Vina asked me to assist her with many events during the next 18 years she served as Director.

Favorite activity at the Senior Center: The monthly newsletter and playing Pinochle comprise my current involvement at the center. These are my favorite activities now although I have played Whist, Cribbage, and '500' in the past, as well as snooker.

What do you love most about the Senior Center: The Senior Center is a good group because we have so many members who are willing to do their fair share at some of the fund-raising events so that some of the members don't have to work at all the fund-raising events. Volunteering gives each of us a chance to meet other members, find new fishing buddies, and other people with similar interests, as many are new to the area.

Virgil is definitely not a new face at our Senior Center. He is our go to person when we have a question about anything here in the building. He has put in a lot of time doing just about everything there is to be done to keep our building up and going. His help and knowledge is so appreciated!



Send a note to someone you love!

Need Greeting Cards?
Check our assortment of greeting cards! Cards are available for a donation. Stop & take a look!

We need help setting up tables and chairs & taking down for our fundraisers & events. If you are willing to help us please sign up with Stephanie in the office. THANK YOU!

Scoreboard SEPTEMBER 2024

Whist	Carma Lee McGrath	55
Hand & Foot	Vina Dodson	16,425
10 Point Pitch	Phil Edwards	196
Bridge	Darleen Plunkett	4,880
BUNCO	Jerrilyn Brunette	711
Wed Pinochle	Ping Ho	7,460
Wed Mahjong	Sheila Kenny	670
Wed Mahjong PM	Toni Thorman	670
Texas Holdem	Becky Loll	350
Dominoes	Shirley Tate	182
Cribbage	Jean Dirk	75
Thur Dup Bridge	Mike & Betty Weiss	67.50
Fri Pinochle	Carma Lee McGrath	7,560
Fri Mahjong	Mary Brucker	280
Sat Dup Bridge	Bill & Dianne Craig	67.50

Looking for a place to hold your meeting or event? Our building can be rented for a reasonable fee. Contact the office to reserve a date!



Spearfish Senior Service Center
1306 N 10th St
Spearfish, SD 57783-1530
605-642-2827

Nonprofit Org
US Postage Paid
Spearfish, SD
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Address Service Requested

OCTOBER



Save the Date!

Fall Rummage Sale OCT 17th-19th



Check out our Facebook page & give us a 'Like'. Search for us under 'Spearfish Senior Center'. Lots of pictures & updates posted!



www.spearfishseniorcenter.com

Spearfish Senior Center Newsletter

Sponsored By:

Spearfish Insurance Brokerage