



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



Annual Senior Center Membership is \$35 per person. Membership runs the calendar year Jan 1st-Dec 31st. Lifetime Membership is available to those over 65 for \$300. You can stop in and pay or send in your membership. Checks payable to Spearfish Senior Center. Your membership keeps our Senior Center active & thriving!

AUGUST 2025

Spearfish Senior Center Newsletter



Spearfish Senior Center Board Meeting Minutes July 14th, 2025



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

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

Visitors: Members Donna Juran, Barb Sulzbach and Carole Dahl also attended the meeting.

Ways and Means: Building rental income for the month of June will be updated by Stephanie in August. July is projected to be approximately \$430.

Director's Report: Five new members joined in June. Due to a computer mishap the July newsletter was mailed out late. The birthday luncheon in July had a lower than usual turnout but went very well. We will be doing the Rally breakfast again this year in August.

Old Business: No old business currently.

New Business: Donna Juran explained that more shelving is needed for storage in the back-room rummage area. A motion was made by Carol Vercoe to approve shelving. Dennis seconded. All in favor. Carol Hess and LeRoy will be checking the card tables for stability and will recommend how many should be replaced. The board approved placing a sign on the Medical Shed with pertinent information such as hours etc. Ginger gave an update on the Feasibility Study.

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

***NO ROLLS on Aug 7 due to Rally Breakfast- join us
for a hot breakfast instead!**

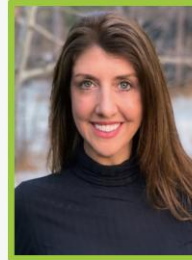
***Limit of 4 rolls until 10:30am for take-out so we
can make sure and have enough for everyone.**

Open to the public!

Invite your neighbors, family, & friends!



Losing Health Coverage?



**YOUR LOCAL
MEDICARE AGENT
DEBORAH MEYER**

605.722.1965

**125 E Colorado Blvd • Suite 2F • Spearfish, SD
www.insuredakota.com**

**REMINDER: During our Rally
Breakfast which will run Aug 4th-
8th there will be no activities in the
Queen Hall.**

**Tables will be set up for our
fundraising breakfast which makes
it hard to do much in that room.**

**We appreciate everyone's
cooperation!**

**BIKER BREAKFAST TRAINING
FRIDAY AUG 1st @1:30PM**

**If you are helping during our Rally
Breakfast please plan to attend to
help set up and train for your
specific duties. We thank everyone
who has volunteered to help with
this annual fundraiser!**

RALLY BREAKFAST

SPEARFISH SENIOR CENTER FUNDRAISER

**100% of proceeds goes to
our Senior Center!**



**Try our
homemade
chokecherry
syrup!**



**AUGUST 4-8
7AM-11AM | 2025**

📍 1306 N 10TH ST, SPEARFISH, SD 57783

WWW.SPEARFISHSENIORCENTER.COM (605)-642-2827

Make plans to attend the Fundraising Birthday Luncheon!



AUG 1st at 11:30am

MENU: Salisbury Steak, mixed veggies, cornbread, & dessert. Includes coffee for a donation of \$8.00
Guest Speaker Highland Senior Solutions. Roses by Zonta & Perkins Pie drawing for all members who are Birthday honorees! *Special Music by Ivan Kloefkorn & Arne Koski.* Members who celebrate a B-Day this month eat for FREE! Open to the public!



Sip – N – Paint Party!

THUR AUG. 28 at 1PM

We have a special rate of \$25,
regular price is \$40. Take
advantage of this great deal.

Bring a friend, all ages welcome. Open to the public!
You must RSVP so we know how many will be attending!



Heirloom's: Wisdom Writing Workshop Sat, August 16 10AM- noon

SDSU Extension will host a Writing Workshop. Join Leacey Brown, SDSU Extension Gerontology Field Specialist, & Molly Barari, South Dakota Humanities Scholar for a dynamic 2-hour workshop blending reflection, creativity, and resilience. Through guided writing activities & thoughtful discussion, participants will explore the growth, wisdom, & perspective that come with aging. Brown & Barari foster an engaging learning environment that encourages participants to embrace their lived experiences.

The workshop also highlights how writing can support coping during challenging times. Call or email to sign up 605-642-2827 or sscdirector@rushmore.com.



AUG 2025

MONTHLY BREAKFAST

**Saturday AUG 23rd
7:30am-10am**

MENU: Pancakes, sausage patty, scrambled eggs
OR Biscuits with sausage gravy, scrambled eggs
served with coffee & orange juice. \$8 donation.

Our breakfasts are open to the public, please bring your friends, family, & neighbors to this great fundraiser! Monthly breakfasts are a great opportunity to volunteer at the Center. If you are interested in helping, please contact Karen Buchholz or Stephanie!

🎵 LIVE BAND! 🎵

Join us for music & fun with the
Medicare Swing Band on Friday
Aug 29th starting at 2PM.

Coffee and refreshments. Free
will donation at the door. Open to
the public -invite your friends,
neighbors, & family!



Our deepest condolences are sent out to for the loss of our Lifetime Member Pauline Wendt, . Your Senior Center family has you all in our thoughts during this time of loss.



Senior Center Hours:

MONDAY-FRIDAY

8:30AM-4:00PM

CLOSED Sat & Sun

(Unless special event is scheduled)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Senior Center Hours: Mon-Fri 8:30am-4:00pm CLOSED Sat & Sun (Unless special event is scheduled)					1 Birthday Luncheon 11:30AM Guest Speaker: Highland Senior Solutions 1:30PM BH Better Breathers Group	2
3	Rally Breakfast (Mon-Fri) 7AM-11AM <i>Open to the Public! \$10 donation includes coffee!</i> <i>*No Queen Hall activities this week*</i>					8 7pm Square Dance
10 QH Rental	11 8:30AM Exercise Group 9:30am Board Meeting 1pm Quilters/Crafters	12 1:45-2:45pm Beginning Line Dancing	13 10am Improver Line Dancing 11am-11:45am Challenge Routines 1pm Texas Holdem	14 10:30AM Full body Exercise w/Odessa 12:30pm Dominoes	15 Nail Spa Day 9AM-4PM <i>*must sign up</i>	16 Writer's Workshop 10AM-12PM <i>*must sign up</i> <i>Open to the public!</i>
17 QH Rental	18 8:30AM Exercise Group 1pm Quilters/Crafters	19 1:45-2:45pm Beginning Line Dancing	20 10am Improver Line Dancing 11am-11:45am Challenge Routines 1pm Texas Holdem	21 10:30AM Full body Exercise w/Odessa 12:30pm Dominoes	22 Healthy Living For Your Brain & Body: Tips From The Latest Research Class Hosted by: Alzheimer's Assoc. 7:30AM-10AM 7pm Square Dance	23 Fundraising Breakfast 7:30AM-10AM
24 QH Rental 31	25 8:30AM Exercise Group 1pm Quilters/Crafters	26 1:45-2:45pm Beginning Line Dancing	27 10am Improver Line Dancing 11am-11:45am Challenge Routines 1pm Texas Holdem	28 10:30AM Full body Exercise w/Odessa 12:30pm Dominoes 1PM Paint-N-Sip <i>*must sign up</i>	29 Medicare Swing Band 2PM <i>*free will donation</i>	30



Check out our
Facebook page
for more
picture of
events!



If you are a current member of our Senior Center, you get a free lunch on your Birthday Month during our monthly luncheon. You will also receive a rose sponsored by ZONTA and be entered to win a free pie from Perkins! Our next luncheon is scheduled August 1st at 11:30AM.

Roger Buchholz pictured below with his latest project – a lamp that is completely adjustable. It is really a neat lamp!



Happy Birthday to all our July Members and thank you Arne Koski & Ivan Kloefkorn for always playing music for us all to enjoy! Thank you to the Spearfish American Legion for their patriotic presentation.



Barb Sulzbach & Jerrilyn Brunette working the jewelry table during our July rummage sale. Thank you to all our great volunteers!



AUG 2025

Digits Nail Spa is coming again to our Senior Center!

Friday, Aug. 15th 9AM-4PM

Where beauty meets wellness! Owned by RN Marybeth Runnels, who specializes in nail care for seniors, diabetics, & problem nails.

- Nail trim only – 10 min. \$15

-Quick & Ready Pedi - 20 min. Includes salt soak, nail trim, cuticle grooming, moisturizing lotion, and standard polish - \$25

-Sleek & Steady Pedi - 50 min. Includes salt soak, nail trim, cuticle grooming, callus treatment, exfoliating scrub, moisturizing lotion, and standard polish - \$40

She accepts cash, check, or credit card.

***CALL SENIOR CENTER TO SIGN UP 605-642-2827**



Rita Baier drawing the winning quilt raffle ticket during our rummage sale. Congrat's to Karen Holzer on winning the beautiful quilt made & donated by Joyce Keith.



alzheimer's association®

**Friday, Aug 22nd
10AM-11AM**

Open to the public

**HEALTHY LIVING FOR YOUR BRAIN & BODY
TIPS FROM THE LATEST RESEARCH**

*An education program presented by the
Alzheimer's Association.*

For centuries, we've known that the health of the brain & the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain & body healthy as you age. Join us to learn about research in the areas of diet & nutrition, exercise, cognitive activity & social engagement, & use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

THANK YOU!

Thank you to everyone who volunteered during the Summer Rummage Sale! The sale was a success, & it wouldn't be possible without everyone's help. Thank you to those who baked pies, donated items, volunteered, and shopped! Thank you to our rummage sale committee who assist in preparing for these BIG fundraisers. Also, big thank you to everyone who works in the back rummage room & helps organize and go through items on a daily basis. Your hard work is SO appreciated!!!

Grand Total from the sale was \$11,160!

Next Rummage Sale is Oct 16-18th 2025.

Board of Directors Board Members

Ginger Childers, President

Connie Hyde

Carol Hess

Taffy Tucker, Vice President

Dennis Dahl

Marla Loken

Jane Rutherford, Secretary

Carol Vercoe

LeRoy Lanphear

Alyce Harich, Treasurer

Stephanie Crago, Executive Director

REMINDER: Historical Society, NH Retired School Personnel, & the Chorus will be on break this summer. They will resume in September.

Tech Help with Lindsay Kline every Tuesday 9am-11am. Free for Senior Center members! For more info you can contact Lindsay directly at 605-644-6684 or email support@klinetechconsulting.com

President's Message:

They say that laughter is good for the soul. Hope you get a little chuckle out of these.

Ginger

One benefit of old age is that your secrets are always safe with your friends ... because they can't remember them!

Bickering with your spouse is like trying to read the Terms of use for a new service. In the end, you just give up and click "I agree."

Apparently saying, "Oh, this old thing?" isn't an appropriate way to introduce my wife.

What do you call someone who enjoys Mondays? Retired.

You're not getting old; you're becoming a classic.

Old people are just young people who have been alive for a very, very long time.

Thank you, Ida Marie, for donating some more homemade chokecherry syrup for our fundraising breakfasts! We so appreciate everyone's help in picking and making this extra treat that we offer at our breakfasts! Now is your chance to try it out during our Rally Breakfast and our regular scheduled breakfast this month!

YOU WILL LOVE IT!



SAFEWAY

Keep using your Safeway cards! Last month we made \$185 just from people using their cards. Every purchase helps!

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.

AUG 2025

RSVP Open House

**Monday, Aug 29th
9AM-10AM**

Do you volunteer at our Senior Center? Are you a member of RSVP? If not, you should!

The West River Retired Senior Volunteer Program (RSVP) is a nationwide, federally funded program through the Corporation of National Service. RSVP invites adults age 55 & over to put their life experience and skills to work solving problems close to home.

RSVP+ has no dues or association costs, whatsoever. However, as an RSVP+ volunteer, you'll receive:

- Supplemental accident and liability insurance.
- Inclusion in all recognition events held each year.
- Quarterly newsletters that keep you informed of all program activities.
- The opportunity to use your experience and skills and the chance to learn something new.
- The satisfaction of knowing you are making a difference!

Come to the open house to learn more and sign up for this great program!

Welcome New Members:

Karen Moye, Carmen Dolen, Marcia Jackson, Nancy Barron, Debbie Deacon, Martin & Sharon Deichert, Harry Hinds, & Lisa Surrectt.

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 *Carol Hess*

I'm a born and bred South Dakota girl. I grew up in eastern SD in the little town of Redfield. After completing my Education and Master's degree at Northern in Aberdeen, I began teaching in Mitchell for 3 years. Then, I made my way to Spearfish in 1982. I married Jim Hess in 1983 and we raised our daughter, Stacey. until he died in 2023.

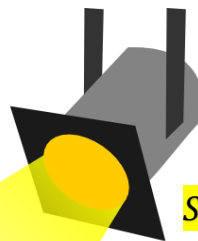
My career has been filled with many jobs such as teaching grades 3-8, school and private counselor, and gifted and talented coordinator. After finishing my doctorate at Vermillion in 1993, I started the last leg of my work journey at Black Hills State where I worked with students in the College of Education. Then, after a 40 year career, I said I'm done!
Retirement feels good.

Something you don't know about me.... jobs were scarce in a small town. So, in high school, I worked at the local mortuary assisting with funerals.

I have been involved with the Senior Center for 5 years. Currently, I serve on the Board and assist with many of the activities we have during the month.

My favorite part of being at the Center is, of course, the people I see every day. Hopefully I can bring a smile to anyone who comes to spend time with us.

If you would like to use the Prairie Hills Transit bus to attend one of our events, please let Stephanie know. We have vouchers you can use to pay for your bus fee to get to and from the Senior Center. We thank Pioneer Bank & Trust for making this free transportation opportunity available to our members!



AUG 2025

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 JUNE 2025

Whist	Phil Edwards	49
Hand & Foot	LeRoy Lanphear	17,140
10 Point Pitch	LeRoy Lanphear	175
Bridge	Mary Ann Kortmeyer	4,190
BUNCO	Maridel Sprenger	641
Wed Pinochle	Betty Weyrauch	7,070
Wed Mahjong	Ruthie Weiers	490
Wed Mahjong PM	Toni Thorman	470
Texas Holdem	Meri Davis	275
Dominoes	Chirs Bittner	170
Cribbage	Jean Dirk	67
Thur Dup Bridge		
	Mike & Betty Weiss	70.14
Fri Pinochle	LeRoy Lanphear	7,660
Fri Mahjong	Sue Retzlaff	440
Sat Dup Bridge		
	Bill & Dianne Craig	64.58

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

Address Service Requested

Nonprofit Org
US Postage Paid
Spearfish, SD
Permit #10



Save the Date!
Rally Breakfast Aug 4th-8^h



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

Hello
August
www.spearfishseniorcenter.com

Spearfish Senior Center Newsletter
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