



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

We will be CLOSED
for LABOR DAY on
Sept 1st, 2025.

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!

SEPTEMBER 2025

Spearfish Senior Center Newsletter

Spearfish Senior Center Board Meeting Minutes

Aug 11th, 2025



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

Visitors: Member Carole Dahl also attended the meeting

Treasurer's Report: Taffy moved to accept the Treasurer's Report as presented, Carol Hess seconded.

Ways and Means: Building rental income for the month of August will be approximately \$100.

Director's Report: Approximately 60 people attended the August birthday luncheon, and the deposit was \$403. About 66 people were served at our July breakfast and the deposit was \$619. Our July rummage sale was great. The Rally breakfast was profitable and went very well.

Old Business: Ginger discussed progress on the Feasibility Study.

New Business: No new business

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 and have enough for everyone.*

Open to the public!

Invite your neighbors, family, & friends!

Mental Health Tune-Up: Making the Most of Our Senior Journey Sept. 19th 10AM-11AM

Not feeling like yourself? Are you stressed due to loss of loved ones or health? Are you making some challenging changes in your life? Wondering... what happened on this journey we call life?

Join us for an uplifting and informative conversation focusing on reclaiming our joy & aiming to live out our days in the best ways possible! Let's open the door to conversations about mental health wellness & explore the power of self-care in living the quality of life we deserve. Discover practical tips for staying socially connected & nurturing emotional health. Whether you are looking to boost your mood, build resilience or simply learn new ways to care for yourself, let's explore how small changes can make a big difference.

This presentation is brought to you by the Lawrence County Coalition. Free & open to the public!



Losing Health Coverage?



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MEDICARE AGENT
DEBORAH MEYER**

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Name That Tune! Music BINGO

Hosted by: Visiting Angels - Black Hills

Join us for Food, Fun, and Great Music!

Friday, September 19, 2025
1:00 PM
Spearfish Senior Center
1306 N 10th Street

America's Choice in Home Care
**Visiting
Angels.**
LIVING ASSISTANCE SERVICES



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

hello SEPTEMBER



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Senior Center Hours: Mon-Fri 8:30am-4:00pm CLOSED Sat & Sun (Unless special event is scheduled)		Please note that we have changed the times of 10 Point Pitch. We will play at 9AM & at 1PM. Please feel free to attend 1 or both. Happy Playing!				
	1 8:30am Snooker 1pm Whist	2 8:30am Snooker 9am Hand & Foot 9am 10 Point Pitch 12:30pm Bridge 1pm 10 Point Pitch 1pm Chess Club	3 8:30am Snooker 9am BUNCO 1pm Pinochle 1pm Mahjong 5:30pm Mahjong	4 8:30-10:30am Caramel Rolls/Coffee 12:30pm Duplicate Bridge 1pm Cribbage	5 8:30am Snooker 1pm Pinochle 1pm Mahjong	6 12:30pm Duplicate Bridge
7	8 8:30am Snooker 1pm Quilters/Crafters 1pm Whist	9 8:30am Snooker 9am Hand & Foot 9am 10 Point Pitch 12:30pm Bridge 1pm 10 Point Pitch 1pm Chess Club	10 8:30am Snooker 9am BUNCO 1pm Pinochle 1pm Mahjong 5:30pm Mahjong	11 8:30-10:30am Caramel Rolls/Coffee 12:30pm Duplicate Bridge 1pm Cribbage	12 8:30am Snooker 1pm Pinochle 1pm Mahjong	13 12:30pm Duplicate Bridge
14	15 8:30am Snooker 1pm Whist	16 8:30am Snooker 9am Hand & Foot 9am 10 Point Pitch 12:30pm Bridge 1pm 10 Point Pitch 1pm Chess Club	17 8:30am Snooker 9am BUNCO 1pm Pinochle 1pm Mahjong 5:30pm Mahjong	18 8:30-10:30am Caramel Rolls/Coffee 12:30pm Duplicate Bridge 1pm Cribbage	19 8:30am Snooker 1pm Pinochle 1pm Mahjong	20 12:30pm Duplicate Bridge
21 28	22 8:30am Snooker 1pm Whist 29 8:30am Snooker 1pm Whist	23 8:30am Snooker 9am Hand & Foot 9am 10 Point Pitch 12:30pm Bridge 1pm 10 Point Pitch 1pm Chess Club 30 8:30am Snooker 9am Hand & Foot 9am 10 Point Pitch 12:30pm Bridge 1pm 10 Point Pitch 1pm Chess Club	24 8:30am Snooker 9am BUNCO 1pm Pinochle 1pm Mahjong 5:30pm Mahjong	25 8:30-10:30am Caramel Rolls/Coffee 12:30pm Duplicate Bridge 1pm Cribbage	26 8:30am Snooker 1pm Pinochle 1pm Mahjong	27 12:30pm Duplicate Bridge



**Make plans to attend
the Fundraising
Birthday Luncheon!**

SEPT 5th at 11:30am



MENU: Chicken cordon bleu, vegetables, & dessert.

Includes coffee for a donation of \$8.00

Guest Ida Marie Snorteland with SHIINE. 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!

SEPT 2025



**MONTHLY
BREAKFAST**

Saturday SEPT 27th

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!



**Intro to Modern
Square Dance**

**Open House
Monday, Sept. 8th
6:30PM-8:30PM**

Join us for a free open house on Monday, September 8th 6:30PM, at the Spearfish Senior Center. Enjoy a fun activity that makes you listen, concentrate and get out and move! Meet interesting people, indulge in treats. After the 12-14-week session you'll be able to join the regularly scheduled dances in the area. The class requires no special clothing except for comfortable shoes. Ages 9 and up are welcome; minors must be accompanied by an adult partner. For more info, please contact Leo or Kayleen at 605- 645-2388.

thrivent® Thank you for directing
Thrivent Choice Dollars®

Thanks to all Thrivent clients with membership who directed Thrivent Choice Dollars® to our Senior Center. In 2024 we received a total of **\$563** through Thrivent Choice Dollars. The grant funds we received from Thrivent helped us to support our nonprofit organization. The funding helps us continue our mission to serve senior citizens. Thank you!

Walking Club

Our walking club is pretty stable at 5 to 8 participants. We have come to understand there is a meeting time and place and you come and walk with whoever shows up. Communication monthly through this newsletter will give you that information. Hiking events are pop up events and will be communicated through the FB page. I will not be emailing information to participants in the future.

If you wish to join the group in September, we will continue to meet at Lookout Park 9 AM every Tuesday and walk from there north or south. Hopefully we can move to City Park again in October but right now the construction seems to be a hindrance to parking.




Enjoy the rest of your summer – join us if you can.
~ Sharyl



Our deepest condolences are sent out to the family of Rosie Mascalo & Carol Lundberg. Both of these members will be deeply missed here at our Senior Center.

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 LABOR DAY Closed	2 9:30-11AM Chorus 12:30-1:30pm Advanced Line Dancing 1:45-2:45pm Beginning Line Dancing 7PM Historical Society	3 10am Improver Line Dancing 11am-11:45am Challenge Routines 1pm Texas Holdem	4 9-10am Intermediate Line Dancing 10:30AM Full body Exercise w/Odessa 12:30pm Dominoes	5 Birthday Luncheon 11:30AM <i>Guest Speaker:</i> SHINE Ida Marie Snortleland Better Breathers 1:30PM	6
7	8 8:30AM Exercise Group 9:30am Board Meeting 1PM Sound Bath 6:30pm Square dance lessons	9 9:30-11AM Chorus 12:30-1:30pm Advanced Line Dancing 1:45-2:45pm Beginning Line Dancing	10 10am Improver Line Dancing 11am-11:45am Challenge Routines 1pm Texas Holdem	11 9-10am Intermediate Line Dancing 10:30AM Full body Exercise w/Odessa 12:30pm Dominoes	12 Social Security & Medicare Basics Seminar 9AM 7pm Square Dance	13 QH Rental
14	15 8:30AM Exercise Group 1pm Quilters/Crafters 6:30pm Square dance lessons	16 9:30-11AM Chorus 12:30-1:30pm Advanced Line Dancing 1:45-2:45pm Beginning Line Dancing	17 10am Improver Line Dancing 11am-11:45am Challenge Routines 1pm Texas Holdem	18 9-10am Intermediate Line Dancing 10:30AM Full body Exercise w/Odessa 12:30pm Dominoes	19 Mental Health Awareness Class 10AM Name That Tune Music BINGO! 1PM <i>Sponsored by Visiting Angels</i>	20 Coin & Stamp Show 9AM-4PM 
21 28	22 8:30AM Exercise Group 1pm Quilters/Crafters 6:30pm Square dance lessons 29 8:30AM Exercise Group 1pm Quilters/Crafters 6:30pm Square dance lessons	23 9:30-11AM Chorus 12:30-1:30pm Advanced Line Dancing 1:45-2:45pm Beginning Line Dancing 30 9:30-11AM Chorus 12:30-1:30pm Advanced Line Dancing 1:45-2:45pm Beginning Line Dancing	24 10am Improver Line Dancing 11am-11:45am Challenge Routines 1pm Texas Holdem	25 9-10am Intermediate Line Dancing 10:30AM Full body Exercise w/Odessa 12:30pm Dominoes	26 Nail Spa Day! 9AM-4PM *must sign up  7pm Square Dance	27 Fundraising Breakfast 7:30AM-10AM

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 Sept 5th at 11:30AM.



Happy Birthday to all our August Members and thank you Arne Koski & Ivan Kloefkorn for always playing music for us all to

Connie Devries made a special bookmark for her granddaughter who loves cats! We have so much fun with Wendy Rogers that we hope you will join us for the next one. These parties are always open to the public, so invite a friend to join.



Remi helping sell motorcycle rally merchandise during the Rally Breakfast.

Our next fundraising rummage sale will be:



Thurs Oct 16 8AM-3PM

Fri Oct 17 8AM-3PM

Sat Oct 18 8AM-NOON





Congratulations to Karen Holzer on winning the beautiful quilt made & donated by Joyce Keith.

BLACK HILLS COIN AND STAMP SHOW

SEPTEMBER 20, 2025

9AM TO 4PM

SPEARFISH SENIOR CENTER 1306 10TH ST.

FREE ADMISSION

BUY, SELL, TRADE

FREE APPRAISALS ON COINS, CURRENCY, AND
STAMPS

FOR INFORMATION CALL 605-717-8375

**SAVE THE DATE: We are hosting a
blood drive through Vitalant on
11/10/25. Stay tuned for more info!**

Crystal Bowl Sound Bath

Hosted by Carol Morgan,
Certified Sound Practitioner

Mon, Sept. 8th at 1PM



"My sound baths are a meditative experience where I use alchemy crystal bowls in conjunction with chant to bathe you in specific frequencies. My intention comes together with yours to create mental refreshment and the necessary space to heal and replenish."

RALLY BREAKFAST THANK YOU!

Thank you to all the volunteers who worked the week of our annual Rally Breakfast. We served not only bikers but many locals as well! With the help of our hard-working volunteers, we raised \$3,440.22. The amount raised was up just a bit from last year. We want to send a special thank you to Karen & Roger Buchholz for organizing this huge event. This is a BIG task to take on every year, & we are so thankful they are willing to do this for our Center.

NAIL SPA DAY with MaryBeth Runnels, RN

Where beauty meets wellness!

Friday, Sept 26th 9AM-4PM

-  **Nail Trim only** - 10 min - \$15
-  **Quick & Ready Pedi** - 20 min. Includes salt soak, nail trim, cuticle grooming, moisturizing lotion, & standard polish - \$25
-  **Sleek & Steady Pedi** - 50 min. Includes salt soak, nail trim, cuticle grooming, callus treatment, exfoliating scrub, moisturizing lotion, & standard polish - \$40

Call to sign up – spots fill up quickly! 605-642-2827

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

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

Historical Society will start meeting again on the 1st Tuesday of every month at 7PM. The program on Sept. 2nd is going to be this summer's Rosehill Cemetery Historical Walk revisited.

President's Message

VOLUNTEERS NEEDED

We are so fortunate to have so many activities and events scheduled for us all to enjoy. It does, however, take a lot of work and effort to make these happen. Given the limited space that we have, we must make use of the same rooms for multiple functions, which involves setting up and taking down of tables, chairs, etc.

I know that we are all busy, but set up and take down in Queen Hall only takes a matter of minutes. Please check the entry doors and bulletin boards for scheduled events and find out when we will need help. If you are physically able, please step up to assist.

Thank you,
Ginger

Keep using your Safeway cards! Last month we made \$333.09 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.



Social Security & Medicare Basics

Guest speakers

Ashley Sanders, NSSA
Certified National Social Security Advisor



Stephanie Salazar
Health & Life Insurance Advisor



9am Friday, September 12, 2025

Get answers to questions...

Why would I need a Social Security account before I retire? How much can I earn before Social Security payments are taxable? What are upcoming legislative changes to Social Security? What do I need to know before I sign up for Medicare?

Social Security plays a crucial role in retirement planning and Medicare enrollment. Join us for answers to these questions and more; and explore tools and resources for before and after reaching full retirement age.

Where: Spearfish Senior Center, 1306 N Main St
RSVP (605) 205-5156, or
steph@605healthandlife.com

Free & open to the public!

Welcome New Members:

Mark & Barb Krohn, Jan Engels, Kathy Windler, & Linda Parker.

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.

opportunities for adults over fifty years of age
recreational, social, and educational



Member Spotlight Mimi Stillger

Where did you grow up & family members: I was born and raised in Belle Fourche.

Thanks to great-great-grandfather we are a Black Hills Pioneer family. I have one brother in Texas, and a daughter and granddaughter in Washington.

After graduating from BFHS I decided I wanted to see more of the world. I attended the University of New Mexico where I met and married a man whose career took us many places in the U.S. and even Singapore.

Hobbies: I enjoy reading, and walking – especially along Spearfish Creek, and volunteering.

Something you don't know about me: I worked in a jail. I started as a literacy volunteer and soon was hired by the county library to continue the literacy program and manage a small library. I reached out to the community to donate books and the library grew. It happened here as well!

Current Involvement in the Senior Center: I've been a member for nearly four years. I attend Odessa's excellent All Body Workout. In addition to working with Irma in the library I also help with the rummage sales and in the kitchen for the fundraising Breakfasts and the Birthday Luncheons. It is all teamwork and there is so much satisfaction and fun in being a part of the team.

To quote the poet Tagore: "I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy!"

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!



SEPT 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 JULY 2025

Whist	Irene Zacher	58
Hand & Foot	Penney Williams	18,308
10 Point Pitch	Carma Lee McGrath	187
Bridge	Sharon Thorman	4,620
BUNCO	Barb Sulzbach	804
Wed Pinochle	Jean Dirk	7,380
Wed Mahjong	Sheila Kenny	460
Wed Mahjong PM	Shelly Lechner	780
Texas Holdem	Connie Wagner	200
Dominoes	Cindy Hadden	248
Cribbage	Marilyn Halse/Jerene Lanka	58
Thur Dup Bridge	Karen & Larry Patterson	66.00
Fri Pinochle	Vina Dodson	7,178
Fri Mahjong	Sue Retzlaff	300
Sat Dup Bridge	Bill & Dianne Craig	67.36

Special thank you to our newsletter sponsors each month. These sponsors make it possible to mail out the letters to all our members and local businesses. Our newsletters help seniors stay connected & spread the word of opportunities available to them. Thank you!

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

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

Save the Date!
Fall Rummage Sale Oct 16th -18th

www.spearfishseniorcenter.com

Spearfish Senior Center Newsletter
Sponsored By:
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