



NEWSLETTER

F E B R U A R Y 2 0 2 5

DON'T MISS UPCOMING EVENTS

Every Friday - Caramel Rolls and Coffee -
7:30am to 10am - Suggested donation of \$3
Punch cards for 12 rolls available at the center for \$36

February 4th - Spa Day - 9am-4pm

February 11th - Beginner Yoga starts!!!

February 11th - Bingo at Branding Iron
(NOTE NEW DATE)
Doors open 6pm - Balls Roll 7pm

February 11th - Toenail Clinic - 1-3pm

February 20th - Estate Planning Q&A - 11am

February 23rd - Movie Day - 3pm

February 26th - Board Meeting

March 8th - Daddy Daughter Dance

March 15th - Mother Son Dance

March 28th - Computer Optimization Class

Free **beginner CHAIR YOGA**
FOR EVERYONE
NON-MEMBERS WELCOME

TUESDAY | 5:30PM
SATURDAY | 9:00AM

IMPROVE POSTURE
STRENGTHEN CORE
AT YOUR LEVEL

NEW!!

In this newsletter:

Puzzles - Pg. 2, 4, 9, 10

Daddy Daughter & Mother Son Dance - Pg. 2

Activity Calendar - Pg. 5

Lunch Menu - Pg. 6

Volunteer/Member Spotlight - Pg. 8

Puzzle Select Answers - Pg. 11

WE NEED YOU!

FRONT DESK
VOLUNTEERS

1:30pm until close
1 day a month or
10 you choose!

Reach out to a Board Member - or call the center



White's Electrical & Technology LLC



Stages of Grief

- acceptance
- depression
- bargaining
- anger
- denial

Grief Support Group
9:30am Tuesday mornings
grief support group lead by Patsy Livingston



an evening in Paris
March 8, 2025
Father Daughter Dance

Belle Fourche Rec Center
1111 National St. | Belle Fourche

Schedule of events

- PHOTOS & SOCIALIZING 6:00 PM
- GRAND MARCH 6:30 PM
- DINNER 7:00 PM
- DANCE 8:00 PM
(ENDS AT 10:00 PM)

Dinner Menu

- CHICKEN ALFREDO
- SALAD
- DESSERT

Sponsor opportunities available
Contact Mary Riley
605-892-3411

Purchase tickets online by scanning QR code

PURCHASE DEADLINE IS FEB. 25TH



\$35 each



Mother Son DANCE
Belle Fourche Community Hall
512 6th Avenue | Belle Fourche
March 15, 2025

SCHEDULE OF EVENTS

- Photos, Games & Socializing 6:00 pm
- Dinner 7:00 pm
- Dance 8:00 pm
(ends at 10:00 pm)



DINNER MENU

- Chicken Alfredo
- Salad
- Dessert

Sponsor opportunities available
Contact Mary Riley
605-892-3411

Purchase Deadline is March 4th



PURCHASE TICKETS ONLINE BY SCANNING QR CODE

\$35 each



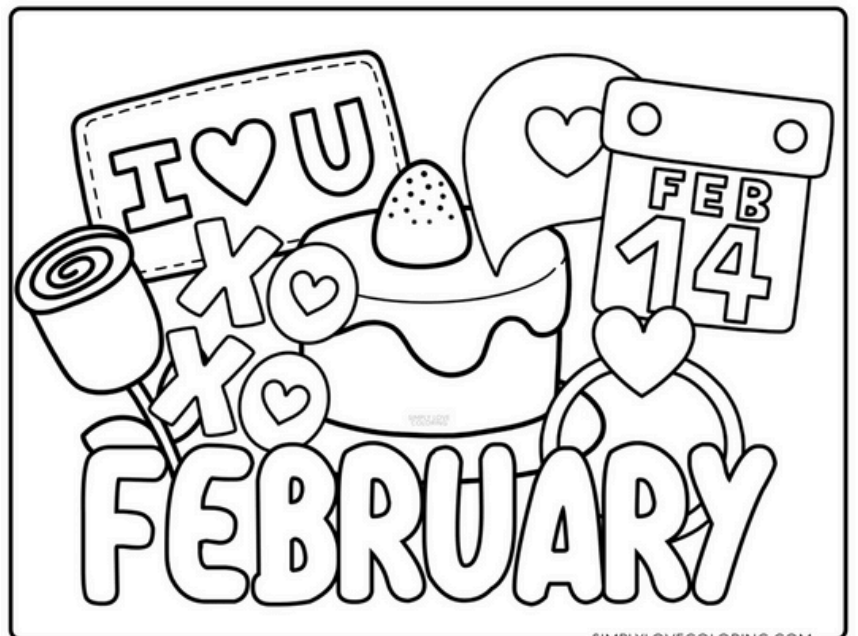
COMPUTER OPTIMIZATION
Learn about
>Virus Scan
>Enhance Performance
>Clean Up and Optimize Computer

CALL THE CENTER TO SIGN UP AHEAD OF TIME

FREE!

MARCH 28TH 4-5PM

BRING YOUR LAPTOP IF YOU HAVE ONE - IF NOT COME AND LEARN



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
- Wheelchairs
- Canes
- Walkers
- Shower Chairs






ESTATE PLANNING Q&A



Join us during lunch for a question and answer session with a local attorney.

- Thursday Feb 20th
- 11:00AM
- 828 Kingsbury Street
Belle Fourche, SD 57717

DON'T MISS IT

Questions answered by -
Mike Porter, attorney




BINGO NIGHT



Branding Iron
Dinner Specials Available

IT COULD BE YOUR LUCKY DAY!

TUES. MAR 4TH

DOORS OPEN AT 06:00PM
GAME STARTS AT 07:00PM





Wishlist

- 5 gallon drink coolers
- Random Lego Pieces
- Black Curly Ribbon
- Paper Plates




CARAMEL ROLLS AND COFFEE

EVERY FRIDAY 7:30AM-10:00AM



Valentine Spa Day

Tuesday, Feb 4th, 9:00 - 4:00



Your choice of 2 pedicures:

Quick & Ready Pedi - 20 min <ul style="list-style-type: none"> • salt soak • nail trim • cuticle grooming • moisturizing lotion • standard polish <p>\$25</p>	Sleek & Steady Pedi - 50 min <ul style="list-style-type: none"> • salt soak • nail trim • cuticle grooming • callus treatment • exfoliating scrub • moisturizing lotion • standard polish <p>\$40</p>
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Sign up for a 30-min or 60-min timeslot
time includes clean-up



OPEN TUESDAY - SATURDAY

Tuesday - Saturday 9am to 4pm

WINTER HOURS!

**BELLE SILVER LINING MEMBERS
RECEIVE 20%* DISCOUNT EVERYDAY!**



Become a member today!



828 KINGSBURY STREET - BELLE FOURCHE SD
(INSIDE BELLE SILVER LINING)

*20% off regular price | Not valid with other offers

CARD GAMES

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

SHIINE Medicare Insurance Counseling

You can receive FREE and confidential information about your Health Insurance options from a SHIINE counselor at The Senior Center. If you are new to Medicare, you should plan to enroll 3 months in advance of your 65th birthday. Call us at 642-5123 to schedule a SHIINE appointment.

MOVIE TIME

time

**SUNDAY
FEB 23 | 3 PM**

**STAGE COACH
FEATURING
JOHN WAYNE**

If you need a ride, give us a call ahead of time.



SUDOKU

Easy

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

1sudoku.com n° 125052 - Level Easy

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

CARAMEL ROLLS AND COFFEE

Friday 7:30am-10:00am

FEBRUARY ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
02 3:00 pm Movie Day 	03 12:00 pm Monthly Birthday Celebration 	04 9:00-4:00pm Spa Day with Diggs Nail Spa 9:30 am Grief Support 10:00 am	05 1:00 pm Cribbage 2:00 pm Ladies Social	06 1:00 pm Bingo	07 7:30 am - 10:00 am Caramel Rolls & Coffee	08
09 1:00 pm Pinochle Party	10 Yoga starts 	11 9:30 am Grief Support 10:00 am Pinochle 1:00 pm - 3:00 pm Toenail Clinic 5:30 pm Beginner Yoga 7:00 pm BINGO @ Branding Iron	12 1:00 pm Cribbage 2:00 pm Ladies Social	13 1:00 pm Bingo	14 7:30 am - 10:00 am Caramel Rolls & Coffee	15 9:00 am Beginner Yoga
16	17 9:30 am Grief Support 10:00 am Pinochle 5:30 pm Beginner Yoga	18 9:30 am Grief Support 10:00 am Pinochle 5:30 pm Beginner Yoga	19 1:00 pm Cribbage 2:00 pm Ladies Social	20 11:00 am Estate Planning Q&A 1:00 pm Bingo	21 7:30 am - 10:00 am Caramel Rolls & Coffee 	22
23	24	25 9:30 am Grief Support 10:00 am Pinochle 5:30 pm Beginner Yoga	26 1:00 pm Cribbage 2:00 pm Ladies Social 6:00 pm Board Meeting	27 1:00 pm Bingo	28 7:30 am - 10:00 am Caramel Rolls & Coffee	01 9:00 am Beginner Yoga

MONTHLY BIRTHDAY CELEBRATION

 FIRST MONDAY EACH MONTH AT 12:00PM
 MUSIC AND CAKE FOR EVERYONE WHILE IT LASTS



TUESDAY - FEB 11th
 BRING YOUR VALENTINE!

 Tuesday - February 11th
 Doors open 6:00pm | Belle Rail 7pm
 Location - Branding Iron
 Come early for dinner specials

**Front Desk
 Volunteers
 needed 1:30pm -
 close Mon-Fri**

Free beginner CHAIR YOGA
 FOR EVERYONE
 NON-MEMBERS WELCOME
 TUESDAY | 5:30PM
 SATURDAY | 9:00AM

IMPROVE POSTURE
 STRENGTHEN CORE
 AT YOUR LEVEL

FEBRUARY 2025

For Information about Delivery, call 892-6285
Milk & Fruit Served with all meals

MON	TUE	WED	THU	FRI
3 Chicken Cordon Bleu Creamed Spinach Garlic Bread	4 Zuppa Toscana Soup Salad Bread Stick	5 Hawaiian Pork Loin Roasted Vegetables Dinner Roll	6 Meatloaf Mashed Potatoes & Gravy Green Beans Dinner Roll	7 Chicken Enchilada Refried Beans Garlic Vegetable Saute
10 Honey Pepper Chicken Mac and Cheese Asparagus Dinner Roll	11 Kielbasa, Peppers & Onions Parsley Noodles Dinner Roll	12 Ground Beef & Gravy Mashed Potatoes Broccoli Dinner Roll	13 Country Fried Steak Mashed Potatoes & Gravy Salad	14 Broccoli Cheddar Soup Turkey & Bacon Wrap Garlic Bread
17 Roast Beef Country Green Beans and potatoes with bacon Dinner Roll	18 Chicken Stir-fry Rice Asian Vegetables Egg Roll	19 Baked Ham Cheesy Potatoes Roasted Vegetables Dinner Roll	20 Meatloaf Mashed Potatoes & Gravy Green Beans Dinner Roll	21 Chicken Noodle Soup Salad Breadstick
24 Pulled Pork Sandwich Southern Pea Salad Sweet Potato Fries Chips	25 Swedish Meatballs Egg Noodles Green Beans Dinner Roll	26 Fish Taco Tangy Coleslaw Smokey BBQ Corn	27 Liver and onions OR Deluxe Burgers French Fries Mixed Vegetables	28 Chicken Spaghetti Roasted Zucchini Brussel Sprouts & Butternut Squash Breadstick

XXXXX

Frozen Meals & Soups available.
Suggested donation of \$5 meals or \$3 soup
towards operating costs
Available to everyone

Look What's Cooking
at Belle Silver Lining
Come Join us M-F 11 am-1 pm
828 Kingsbury Street
Belle Fourche, SD





One thing Belle Silver Lining would like to do is host more events for not only its members but the community as a whole. Especially, the youth. Belle Silver Linings is considering hosting is a Human Library event.

What is a Human Library?

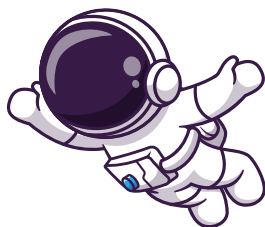
A Human library is very much like a regular library where people go to check out books, the only difference is that the books are all Human volunteers. Each volunteer is a book. Each with a particular interest or background. The 'book' will talk about the topic and the readers can ask questions and the 'book' will answer as best they can.

So, if you are interested in participating in a Human Library event, or have questions, please feel free to contact me at (605)569-2689, email jnixon269@gmail.com or leave a message at the Senior Center and I will get back to you.

Thanks, Todd Keller

VOLUNTEERS NEEDED

A look back at February space history...



1962 - Astronaut John Glenn became the first American launched into orbit.

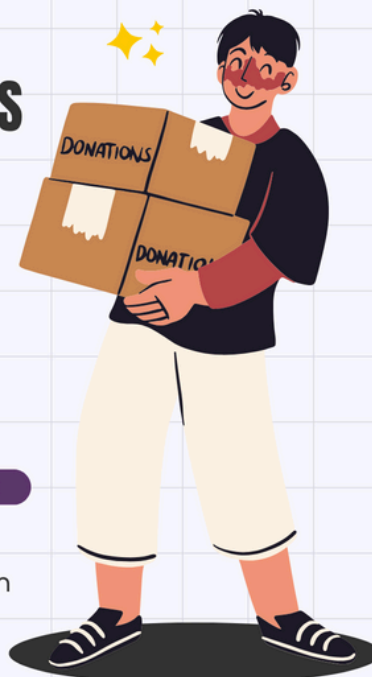
2003 - Sixteen minutes before it was scheduled to land, the Space Shuttle Columbia broke apart in flight over west Texas, killing all seven crew members.

VOLUNTEERS NEEDED

Help us sort and get items ready to sell!

BELLE SILVER LINING

Ask at the Thrift Shoppe how you can help!



The perfect gift for a friend or your valentine - a caramel roll punch card!



12 caramel rolls - \$36

Member & Volunteer Spotlight

(Written by Jeanne Muir)

Shirley Hatcher is the newest member of our Belle Silver Lining Senior Center Board of Directors. Congratulations, Shirley! That is a job with great responsibility and challenges. For those of us that don't know her, during her lifetime she has lived in an astonishing 12 different states west of the Mississippi. She moved to South Dakota over 25 years ago, and to Belle 8 years ago, having fallen in love with our beautiful Black Hills, our change of seasons, and our people. Her training has been in office practices, but the majority of her actual experience over her work career has been in management, having managed several variety stores and convenience stores. The management skills she learned over a lifetime have stood her in good stead working in our own Silver Lining Thrift Store. "I have always asked 'Why? Why? Why? Why do we do the things we do, and how can we do them differently or better?'" She said that her experience has taught her how to organize, give instructions, and how to identify and utilize the best of each person's abilities. That's putting the round peg in the round hole. Her face is certainly a familiar one at the Center. She has been a volunteer and a huge contributor, both of her time and energy, over the past 2 years. That meant helping to wait on customers, run the register,

organize, clean, price and display donations, helping with computer problems, bookkeeping, etc.. She has also helped to organize and train other volunteers, me included. She has witnessed a gradual improvement in the success of the thrift store, a great achievement since the thrift store helps to support our meals program for Belle's senior community, something so many of us enjoy. As if that were not enough, she was usually seen to be present and actively participating in emergency medical training, round table discussions, board meetings, bookkeeping jobs, and computer training. "As your newest board member, I hope to enhance the programs we have currently, and to add more interactions with programs and activities." She would love to hear your ideas and feedback because she hopes to represent all of us.



ACROSS

- 1) At a good clip, poetically
- 6) Belinda Carlisle's all-girl group
- 11) White House URL suffix
- 14) Hurling entangling weapons
- 15) Apt rhyme for "anticipate"
- 16) Feeling of rage
- 17) Noisemaking bug
- 19) Common soccer score
- 20) Works the soil
- 21) Mooched
- 23) Job hunter's handout
- 26) Some large wine containers
- 27) "The Wizard of Menlo Park"
- 28) Sit-down affair
- 29) Put two and two together
- 30) Emergency paper money
- 32) Native of Israel
- 35) Mortgage, for instance
- 37) It's wreaked
- 39) Sweetheart
- 40) Butte relatives
- 42) San Diego athlete
- 44) Conclude
- 45) Husband and brother of Isis
- 47) Main course in a restaurant
- 49) Not upset
- 51) Selected
- 52) Small hand-drums
- 53) "Balderdash!"
- 55) Make a sheepshank
- 56) Give in to decay
- 61) The first to hear "Madam, I'm Adam"
- 62) Fine with the Stooges
- 63) Mourning band
- 64) Make calls on the court, briefly
- 65) Bring joy to
- 66) Flanges

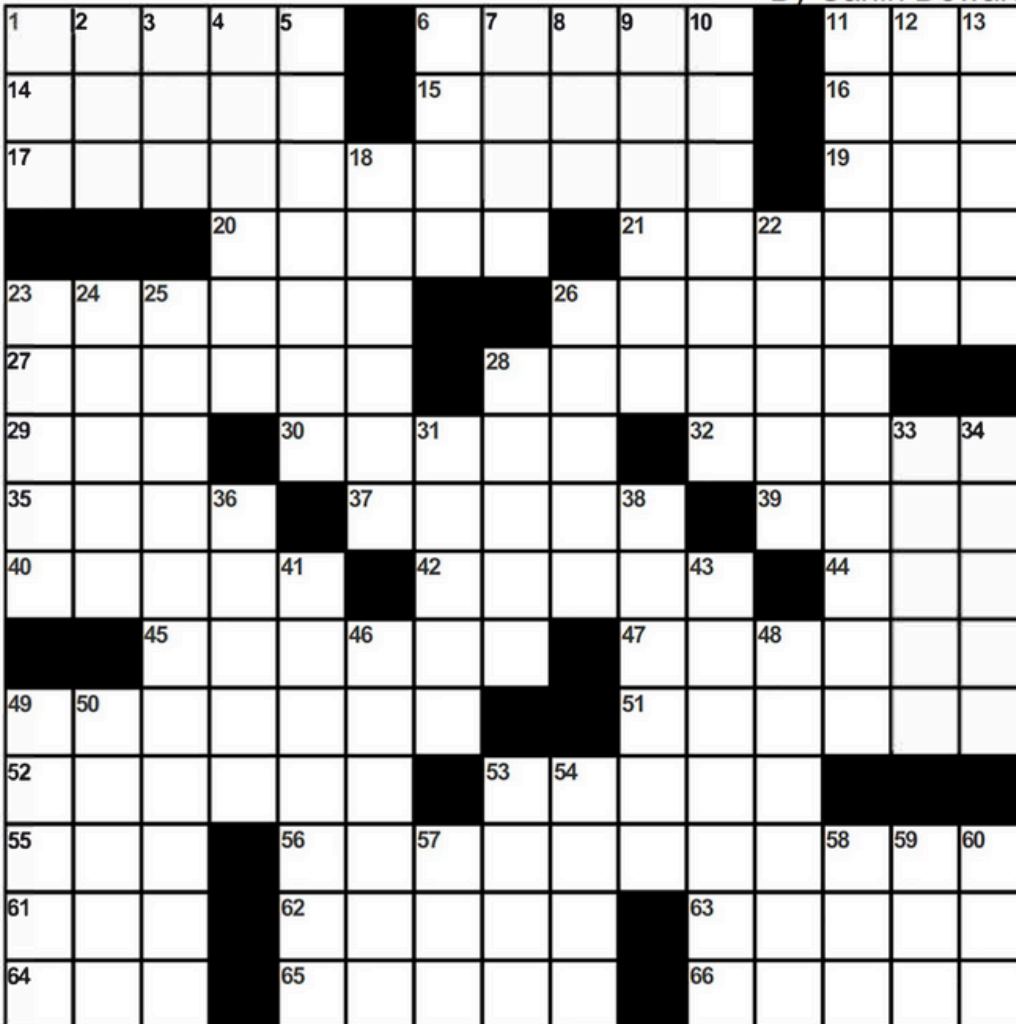
SPACE FOR RENT

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.

Belle Silver Lining
828 Kingsbury Street
605-892-6285

HIVE GOT IT

By Carlin Dewars



DOWN

- 1) Major broadcaster
- 2) Campaign pro
- 3) Ryan's "Love Story" co-star
- 4) Desert growth
- 5) Mukluk wearers
- 6) Highlander
- 7) Has a payment booklet
- 8) B-movie shooter
- 9) Container with a spout
- 10) The "S" in T.S. Eliot
- 11) Some spicy drinks
- 12) Corbeled bay window
- 13) South African grassland
- 18) Flinch or cringe
- 22) View with anxiety
- 23) The sea, to Poseidon
- 24) The youngest Munster
- 25) What Rocky sparred with
- 26) Certain rifle stand
- 28) Many opera headliners
- 31) Like rushing white water
- 33) One spelling for a Hindu princess
- 34) Beauty expert Elizabeth
- 36) Like some voices
- 38) Nativity representation
- 41) Pretty big
- 43) Add some pizzazz to
- 46) Cap again
- 48) Not away from
- 49) Complete and total
- 50) Green, so to speak
- 53) Role
- 54) Eyelid problem
- 57) Part of history
- 58) Move one's tail, as a dog
- 59) Orangutan, for one
- 60) Positive answer

Weekend Meal Program

Effective 10/1 the weekend meal program will be closing down. We will no longer be serving or delivering meals on the weekends. Meals will continue to be available and delivered Monday through Friday. This is necessary due to a shortage of funding and volunteers for the time being.



Help wanted

Looking for extra income?
Want to spend time helping Belle Silver Lining and contributing to our mission?

The South Dakota Department of Labor and Regulation has a SCSEP (Senior Community Service Employment Program) that can help...

ELIGIBILITY FOR INDIVIDUALS APPLYING FOR THE SCSEP MUST MEET SPECIFIC REQUIREMENTS IN ORDER TO PARTICIPANT:
 A RESIDENT OF SOUTH DAKOTA
 55 YEARS OF AGE OR OLDER
 UNEMPLOYED
 A LIMITED INCOME OF NO MORE THAN 125 PERCENT OF THE FEDERAL POVERTY LEVEL

PARTICIPANT BENEFITS AS A PARTICIPANT OF THE SCSEP YOU WILL:
 EARN INCOME
 RECEIVE TRAINING AND EXPERIENCE TO HELP DEVELOP EMPLOYMENT SKILLS
 RECEIVE FREE ANNUAL PHYSICAL EXAMS
 HAVE THE CHANCE TO OBTAIN FULL- OR PART-TIME UNSUBSIDIZED EMPLOYMENT
 PARTAKE IN MEANINGFUL SOCIAL AND PHYSICAL ACTIVITIES
 ENGAGE IN ACTIVITIES TO SUPPORT INDEPENDENCE

If interested please put your name and phone number in the white suggestion box at the Center and we will get in touch with you and give you an application and contact person information.



- AQUARIUS
- CANDLELIGHT
- CARNATION
- CHOCOLATE
- COZY
- CUPID
- FEBRUARY
- FIREPLACE
- FRIENDSHIP
- GROUNDHOG DAY
- HEART
- HUG
- KISS
- LEAP YEAR
- LOVE
- MARDI GRAS
- PINK
- PISCES
- PRESIDENTS DAY
- RED
- ROMANCE
- ROSES
- SKIING
- SNOW
- SWEETHEART
- VALENTINE
- WINTER

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

Thank you to our volunteers in December

Janelle Austin
 Susan Beeman
 Rita Bollwitt
 Tiny Brindley
 Cleo Burghduff
 Lois Burghduff
 Karn Christy
 Brent Cohn

Larry Covey
 Shirley Hatcher
 Marilyn Huston-Engle
 Mae Jewett
 Charlie Johnson
 Krisi Lee
 Patsy Livingston
 Jeanne Muir

Jeri Olson
 Cynthia Rankin
 Roger Schiffner
 Connie Silva
 Cheryl Stensby
 Theresa Stephens
 Nancy Wallin
 Bonnie Warman

Don't see your name on the list? Please make sure that you're signing in each day or turning in your volunteer hours to Rita or Tiny by the end of each month. If you would like to volunteer reach out Rita or Tiny.

Note this will be a month behind as newsletters come out before the month is over.



Rebecca Berg

\$500 bingo winner for January



VOLUNTEERS ARE NEEDED!
 PROVIDE COMFORT AND SUPPORT FOR PEOPLE IN NEED!

INQUIRE AT THE DESK

AS LITTLE AS 2 HOURS A WEEK

IDEAS OF WHAT YOU CAN HELP US WITH ... LET US KNOW YOUR TALENTS!

- SORTING CLOTHING DONATIONS
- ORGANIZING THRIFT ROOMS
- PREP AND SERVING MEALS
- OFFICE SUPPORT / GRANT WRITING

PEOPLE OF ALL AGES CAN VOLUNTEER

www.bellesilverlining.com

HIVE GOT IT By Carlin Dewars

1	A	P	A	C	E	6	G	O	G	O	S	11	G	O	V	
14	B	O	L	A	S	15	A	W	A	I	T	16	I	R	E	
17	C	L	I	C	K	18	B	E	E	T	L	E	19	N	I	L
20	T	I	L	L	S	21	C	A	D	G	E	D				
23	R	E	S	U	M	E	26	B	A	R	R	E	L	S		
27	E	D	I	S	O	N	28	D	I	N	N	E	R			
29	A	D	D	30	S	C	R	I	P	32	S	A	B	R	A	
35	L	I	E	N	36	H	A	V	O	C	38	D	E	A	R	
40	M	E	S	A	S	41	P	A	D	R	E	43	E	N	D	
45	O	S	I	R	I	S	47	E	N	T	R	E	E			
48	U	N	F	A	Z	E	D	51	C	H	O	S	E	N		
52	T	A	B	L	A	S	53	P	S	H	A	W				
55	T	I	E	56	B	E	E	A	T	E	N	A	W	A	Y	
61	E	V	E	62	L	A	R	R	Y	63	C	R	A	P	E	
64	R	E	F	65	E	L	A	T	E	66	E	D	G	E	S	

Easy

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



Toenail Clinic
 1:00pm - 3:00pm
 Tuesday
 February 11th

Call or stop by for an appointment
 892-6285



TUESDAY - FEB 11th
 BRING YOUR VALENTINE




BINGO

Tuesday - February 11th
 Doors open 6:00pm | Balls Roll 7pm
 Location - Branding Iron
 Come early for dinner specials

Monthly newsletters are available digitally via Facebook, and www.bellesilverlining.com. Printed copies are available to pick up at Belle Silver Lining.

ALL ARE WELCOME



Board Meeting
 February 26th (Wednesday) 6pm

During this time of transition the Board of Directors will be handling administrative duties, with the assistance of staff and volunteers.

BELLE SILVER LINING BOARD OF DIRECTORS

- Rita Bollwitt - President
- Cleo Burghduff - Vice President
- Janelle Austin - Treasurer
- Jeri Olson - Secretary
- Mary Riley - Events Coordinator
- Todd Keller
- Marilyn Huston-Engle
- Charlie Johnson
- Shirley Hatcher


NEW MAILING ADDRESS:



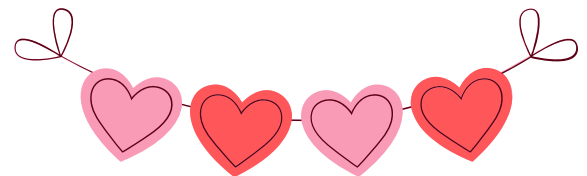
Belle Silver Lining
 PO BOX 544
 Belle Fourche, SD 57717

ALERT

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



Please use extreme caution!!



Office Hours
 By Appointment

Winter Thrift Shoppe Hours
 Tues-Sat 9-4
 Sun & Mon Closed

Website
www.bellesilverlining.com
 24 hours a day

Please contact Krisi Lee 925-382-3853 - KrisiLee0616@gmail.com if you'd like to contribute something to a future newsletter.