

Services & Activities at the Senior Center

Sections on Meals, Resources, Health (foot care), and Activities

MEAL OPTIONS for people 60 and older

www.gfseniorcenter.org/nutrition

Meal Drive-Thru: Operates each weekday from 11:30 am – Noon at the Grand Forks Senior Center (620 4th Ave S, Grand Forks). We need the name and full birthdate of each person receiving a meal. Other people can pick up a meal for the senior. Suggested donation of \$4.25/meal. More information at www.gfseniorcenter.org/nutrition. Menu at www.gfseniorcenter.org/menus.

Senior Dining: Enjoy a meal with others at the Grand Forks Senior Center. Beginning August 2, 2021, breakfast (suggested donation of \$2/meal) will be served from 8:30 am – 9:00 am. Beginning July 13, 2021, the noon meal (suggested donation of \$4.25/meal) will be served from 12:00 pm – 12:15 pm. More information at www.gfseniorcenter.org/seniordining. Menu at www.gfseniorcenter.org/menus.

Frozen Meals: Call your frozen meal order in ahead of time to 701-772-7245 if possible. You can then pick up your frozen meals during the meal drive-thru (M-F, 11:30 am - 12:00 pm) or at the front desk during work hours. Go to www.gfseniorcenter.org/frozenmeals for a current list of available frozen meals. Arrangements can be made frozen meal delivery if necessary. Suggested donation of \$3.50/meal.

Meal Delivery: Home Delivered Meals and Meals on Wheels (two different programs, but both operated by the Grand Forks Senior Center) deliver hot, nutritious, weekday, noon meals to homebound seniors and others who would like meals delivered to them within the city limits of Grand Forks. If no one is home when a meal is delivered and arrangements have not been made, the client's emergency contact (provided at the time of registration) will be notified to ensure the client's safety. Meals on Wheels has a suggested donation of \$4.25 per meal. Home Delivered Meals operates on a sliding fee scale based on monthly income, ranging from \$3.00 to \$7.00 per meal. Frozen meals are delivered once a week to those requesting them for weekends and

holidays as a way to bridge the meal-gap in between meal delivery. More information at www.gfseniorcenter.org/mealdelivery.

RESOURCE OPTIONS for people 60 and older

www.gfseniorcenter.org/resources

GFSC Resources coordinators:

- Help customers identify personal needs, goals, values, and preferences
- Provide education, information, and decision support in choosing and accessing services
- Encourage planning for long-term support and services
- Network with other service providers in the community
- Respect customers' right to privacy and confidentiality

The Grand Forks Senior Center Resources team can directly offer the following services and programs: nutrition, transportation fare assistance, rural services, durable medical equipment, and Senior Health Insurance Counseling (SHIC).

Resource Coordinators can also connect seniors to a variety of **services in the community**: commodities/food cupboards; fuel assistance (LIHEAP); housekeeping & personal care; housing options & housing assistance; medical assistance (Medicaid); property tax credit & rent rebate; Senior Rider & Dial-a-Ride; SNAP – EBT (food stamps); Vulnerable Adult Services; advance directives; emergency response systems; dental, vision & hearing services; home health & hospice; medication management; advocacy & consumer protection; basic care, assisted living & nursing home; caregiver support (dementia, respite, special support groups); Veterans Administration Services; financial service referrals; legal service referrals; and volunteer & social opportunities.

HEALTH (Foot Care) OPTIONS for people 60 and older

www.gfseniorcenter.org/health

The GFSC employs licensed nurses, and the majority of their time is spent attending to our customers' foot care needs. As agility and vision issues become more prevalent in older age, caring for one's feet becomes more difficult, yet is an important part of a person's overall health. Foot care at the Grand Forks Senior Center (GFSC) includes a foot assessment, nail trimming, callus or corn care, foot care education, and referral if needed.

Individual appointments can be made by calling **701-757-4878**. A person can also sign up at one of the foot care clinics offered around town or in rural Grand Forks and Nelson Counties. Clinics are advertised in the *Silver Express* newsletter or listed at www.gfseniorcenter.org/footcareschedule.

For homebound older adults, our nurses normally can provide foot care in the home, but that is unavailable at this time.

Foot care from the Grand Forks Senior Center is provided on a suggested contribution basis. For people 60 and older, the suggested contribution is \$25. Seniors are encouraged to pay what they can afford. Federal, state and local funding help make up the difference.

ACTIVITIES for people 55 and older

www.gfseniorcenter.org/activities

The Grand Forks Senior Center's activity program is open to people 55 and older. A membership is not required to participate in these activities, with one exception and that is if you choose to go on a GFSC trip a membership is required. More information about membership and a membership form is found at www.gfseniorcenter.org/membership.

The activity program at the Grand Forks Senior Center is quite diverse. We offer:

Exercise classes: Chair Yoga, Healthy Bones, Qigong, Ready Set Stretch (theraband), line dancing

Games: whist, pinochle, bingo at \$2/card to play 15 games, game group, Bunco, dominoes, Wii bowling league, pool table always available

Crafts: Monthly Creations craft group (information in the *Silver Express* newsletter) and a crafters group each Friday morning

Entertainment: Live music is a popular form of entertainment at the Senior Center, but especially for our Fantastic Fridays, which take place at 1 pm on Fridays. Fantastic Friday will resume September 10.

To stay up-to-date on the many activities and events at the Senior Center, check out www.gfseniorcenter.org/activities or sign up to receive a monthly newsletter by mail or email at www.gfseniorcenter.org/newsletterrequests.