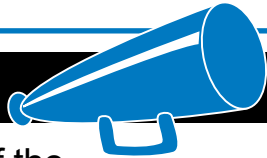


## Transportation



Have you given up your wheels or just need a ride? Maybe you don't like to drive in the winter or when it's dark? Transportation options for adults 60+ in Grand Forks include taxis, the city bus, or Senior Rider (701-787-9120). The GFSC runs a Transportation Fare Assistance program that provides reduced-cost Senior Rider tickets for qualifying individuals.

## Monthly Tour



We offer a tour of the GFSC the first Tuesday of each month at 9:00 a.m. No need to make a reservation, just show up, learn about your Center, and plan on staying for lunch!

## Newsletter



Stay informed. Call us if you would like to receive the *Silver Express* monthly newsletter by mail or email.

*The Grand Forks Senior Center is committed to the policy that all persons shall have equal access to its programs. AA/EEO. We respect our customers' right to privacy, confidentiality, and personal choice.*

### Office Hours

The Grand Forks Senior Center office hours are Monday through Friday from 8:00 a.m. - 4:30 p.m.

**701-772-7245**

  
Grand Forks  
**SENIOR CENTER**  
*brighter side of sixty*  
Grand Forks Senior Center  
620 4th Ave S  
Grand Forks, ND 58201  
General Phone: 701-772-7245  
Fax: 701-772-0213  
[www.gfseniorcenter.org](http://www.gfseniorcenter.org)  
[www.facebook.com/gfseniors](http://www.facebook.com/gfseniors)

# Grand Forks Senior Center

Volunteer  
Opportunities

Meals with Others,  
Meals at Home

Trips, Bingo,  
Exercise Groups,  
Cards, and More!

Connecting to  
Services

Foot Care  
by Nurses

  
Grand Forks  
**SENIOR CENTER**  
*brighter side of sixty*

## What is the "Brighter Side of Sixty?"

Living on the "Brighter Side of Sixty" is living life to the fullest. It is meeting new people. It is going new places. It is trying new things. It is helping others. And, sometimes, it is receiving services that help you remain independent at home. The mission of the Grand Forks Senior Center is to provide opportunities for older adults to live to their full potential.

## Activities



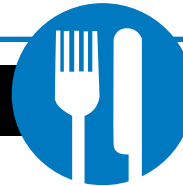
Let's start with fun. At the Grand Forks Senior Center (GFSC), we have trips, groups to exercise your body, activities to exercise your brain. We have opportunities to appeal to the inner artist and activities to appeal to your social side. We have music, entertainment, and life-long learning. You can find a list of our current activities in the *Silver Express* newsletter or at [www.gfseniorcenter.org/activities](http://www.gfseniorcenter.org/activities).

## Volunteering



Are you interested in giving back and working with older adults in some way? We have a variety of volunteer opportunities available. Contact the GFSC activity director at 701-757-4866 or [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org) to figure out the best fit for you!

## Nutrition



### *Senior Dining*

Do all you can for your health and join in on Senior Dining, where you will enjoy delicious meals surrounded by old and new friends.

### *Meals on Wheels and Home-Delivered Meals*

If you are homebound, we can deliver meals.

### *Frozen Meals*

Stop by or send someone to pick up frozen meals, which have been prepared by GFSC cooks.

For information about our nutrition programs, call 701-772-7245 or visit our website at [www.gfseniorcenter.org/nutrition](http://www.gfseniorcenter.org/nutrition).

## Health Services



Keep those toes in tip top shape and your feet feeling good with a trip to see our licensed nurses. You can make a foot care appointment by calling 701-757-4878. To see a list of area foot care clinics, check out the monthly *Silver Express* or at [www.gfseniorcenter.org/footcare](http://www.gfseniorcenter.org/footcare). Foot care for homebound people, blood pressure checks, and medication setup also available.

## Resources



Resource Coordinators have your needs, values, goals, and preferences in mind. They provide decision-support, education, and information, opening your eyes to the services and programs available for remaining independent at home. Whether it is assisting with applications or getting you lined up to receive services, consider the Resources Team to be your source of knowledge for all older adult programs and services.