

## **BAD WEATHER**

The GFSC makes every effort to offer their Senior Dining meals or Meals on Wheels/Home Delivered Meals. If the weather is hazardous, cancellation announcements will be on the GFSC main phone (701-772-7245), [gfherald.com](http://gfherald.com), [wdaz.com](http://wdaz.com), [www.gfseniorcenter.org](http://www.gfseniorcenter.org) or [www.facebook.com/gfseniors](http://www.facebook.com/gfseniors).

## **FUNDING**

Nutrition programs at the Grand Forks Senior Center are funded by the Title III Older Americans Act, State Aging Services, Mill Levy funds, grants, local contributions, donations, and memorials.

The Greater Grand Forks Senior Citizens Association (legal name) is committed to the policy that all persons shall have equal access to its programs.

AA/EEO

## **OFFICE HOURS**

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

To learn about any GFSC meal options, call

**701-772-7245**



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)



# Meal Options

Each older adult has a unique life situation, so there are multiple meal options available through the Grand Forks Senior Center.

Which option is best for you?



Providing opportunities for older adults to live to their full potential.

**Good nutrition is important for healthy aging. Senior Dining is a terrific nutrition option for older adults to come together and enjoy meals while socializing. Meals on Wheels/Home Delivered Meals strives to end senior hunger through the delivery of meals to homebound older adults. Frozen meals can fill the meal gaps for both of these groups or be the sole source of nutrition.**

### **SENIOR DINING**

Senior Dining provides hot, nutritious meals and social interaction for individuals 60 years and older (and their spouse of any age). An older adult can enjoy a meal at the Grand Forks Senior Center (GFSC) for a great price.

#### **GFSC Senior Dining**

(620 4th Ave S)

#### **Weekdays**

Breakfast 8:30 am-9:30 am

Dinner 11:30 am-12:15 pm

#### **For questions regarding the meal program:**

Phone: 701-757-4869

Email: [meals@gfseniorcenter.org](mailto:meals@gfseniorcenter.org)

### **MENUS**

Our menus, which are prepared by a dietitian, are published in the GFSC's *Silver Express* newsletter and at [www.gfseniorcenter.org/menus](http://www.gfseniorcenter.org/menus). The GFSC has two entree options for the noon dinner and delicious, specialty salads in the summer. Call 701-772-7245 if you would like to receive the *Silver Express* newsletter.

### **MEALS ON WHEELS or HOME DELIVERED MEALS**

The Meals on Wheels and Home Delivered Meals programs deliver hot, noon weekday meals filled with good nutrition to people in Grand Forks and East Grand Forks city limits.

To determine which of these two programs would work better for you, call 701-757-4874.

### **FROZEN MEALS**

Frozen meals, which have been made by GFSC cooks, are available for purchase. Frozen meals are a great option for those times when Senior Dining or Meals on Wheels/Home Delivered Meals is not available, especially weekends and holidays, or for those who cannot make it to the Senior Center. For those who qualify for financial assistance for frozen meals, there is a suggested contribution price. For all others, there is a set price for these frozen meals (see back cover).

### **MEAL COST**

There is a limited amount of government funding for some GFSC nutrition programs. In order to keep these programs operational, a suggested contribution is requested for each meal to help cover program expenses. That amount is listed on the back cover. Each older adult is responsible for determining what he/she is able to pay. SNAP/EBT (food stamps) can be used for any of the GFSC meal options. No older adult will be denied a meal due to inability to pay.

The GFSC can accept payment of cash, checks, credit card, and SNAP/EBT.