



April 2021

The Silver Express

www.gfseniorcenter.org

701-772-7245

Library & Computer Appointments Available at the GF Senior Center



Mondays - Thursdays

8 am - 10:30 am

1 pm - 4:30 pm

Fridays

8 am - 10:30 am

Beginning Monday, April 5, if you would like to come to the Senior Center and use our library or one of our computers, you can call 701-772-7245 and set up an appointment. For computers, you can schedule an appointment for up to an hour. For the library, you can schedule a 30-minute appointment.

When you come to the Senior Center, you will need ring the doorbell as the front door remains locked. Once inside, you will need to have your mask on for the entire visit (including over your nose), have your temperature taken, and you will need to sanitize your hands. Food and drink is not allowed and there is no wandering in the building.

Vaccinate to Help End the Pandemic

see pp 6-7 for vaccine information

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC is an United Way Partner Agency



GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Ass't Director/Development Officer, Becky Broadwell ...	701-757-4864
Meals on Wheels (MOW) Coordinator, Grace Hale	701-757-2006
Home Delivered Meals (HDM) Paula or Rhonda	701-780-5169
Resources Manager & Nelson Co, Joyce Austin	701-757-4881
Activity Manager, Ranea Johnson	701-757-4866
Public Relations Manager, Jami Schumacher	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	701-757-4871
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN	701-757-4868

GFSC Board of Directors

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Bob Rost

Vice President

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Alice Mattern

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Emily Nielsen

Curt Sandberg

Lisa Sonterre

Michael Venaccio

Brad Westrum

Clair Zirnhelt

Mission Statement

The mission of the Greater Grand Forks Senior Citizens Association, Inc. is providing opportunities for older adults to live to their full potential.

The Greater Grand Forks Senior Citizens Association, Inc. makes available all services and assistance without regard to race, color, religion, national origin, age, sex, political beliefs, disability, or status with respect to marriage or public assistance. If you feel you have been discriminated against, please contact one of the board members or the Executive Director.

Building & Program Usage Guidelines

The building is currently still closed to the public, except for the following:

- **Foot Care by appointment (see page 21)**
- **Library use by appointment (see the front cover)**
- **Computer use by appointment (see the front cover)**

Look for additional openings in May if case numbers remain low.

If you would like to receive this newsletter (either in the mail or by email), you no longer wish to receive this newsletter, or your address is changing, please contact the GF Senior Center at 701-772-7245 or jamis@gfseniorcenter.org. We currently print 2,200 Silver Express newsletters each month and mail about 2,000 of them. Another 400 people receive the newsletter by email. If you would like to switch to receive the newsletter by email and save on resources, email jamis@gfseniorcenter.org and let Jami know.

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AARPSM Tax Aide

The AARP Tax Preparation Site is taking calls for appointments for the completion of tax returns. The last day for appointments will be April 8. Calls will be taken Monday-Friday from 1 pm - 4 pm. Please call 701-850-5174. If there is a message that you need to call back at a different time, please follow those instructions. There will be NO WALK-INS.

From the Director's Chair by Colette Iseminger



Many thanks to all those who donated to the Grand Forks Senior Center on Giving Hearts Day! We appreciate your donations to help us feed hungry seniors.

And another big THANK YOU to all of the 2020 volunteers. What a year for you to give of your time to help us out! You truly made a difference in the lives of so many

seniors this past year.

Please get vaccinated if you are able. It is the only way to get us back to some sense of normalcy.

'Til Next Time,
Colette Iseminger MS, RD, LRD
Executive Director

Board Report

The Board of Directors met to elect officers on February 25, 2021 at 2:40 pm, immediately following the annual meeting.

The 2021 officers are:

President - Bob Rost

Vice-Pres - Dave Willprecht

Treasurer - Brenda Sem

Secretary - Alice Mattern

The next regular Board meeting will be June 17, 2021. Watch for the June *Silver Express* newsletter to see what the building guidelines are at that time.

Discrimination is Prohibited

If you are otherwise qualified, your rights to receive the services or benefits provided at this facility without regard to your race, color, religion, sex, national origin, age, or handicap are protected by Federal Law. If you believe you have been discriminated against, contact Colette Iseminger at 620 4th Ave S, Grand Forks, ND 58201, 701-772-7245, or contact one of our Board of Directors (see list on inside front cover).



Grand Forks Public Library Now Open



Contact-free curbside pick-up still available

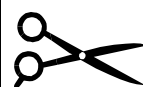
Beginning March 1, the Grand Forks Public Library expanded their open hours and no longer require appointments. They also continue to offer contact-free curbside pick-up, which has been expanded to six days per week. Open hours include Monday through Saturday, from 10 am to 5 pm, plus extended evening hours on Thursdays (open until 8 pm) and closed on Sundays. For the safety of all, they have a capacity limit of 50 patrons at one time. They require their patrons to wear masks, they encourage social distancing, and staff members frequently sanitize high-touch surfaces.

Assistive Equipment

available to borrow (for up to three months)



We have canes, walkers, rollators, knee scooters, wheelchairs, reachers, bed rails, shower stools, toilet risers, plus tennis balls for walkers. Call 701-772-7245 and ask for Resources. Contributions are appreciated for the short-term (under three month) use of these items.



Senior **HAIR**
Services

Senior Haircuts \$14



IN-HOME services
also available.
Travel fee.

Tammy Erickson
Tammy @ Shears Salon
2005 Gateway Dr, GF
701.741.2013

*Call for information or
appointments.*

You're Vaccinated, Now What?

From the CDC: Interim Public Health Recommendations for People Who Are Fully Vaccinated



Updated Mar. 8, 2021
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

Key Points

This is the first set of public health recommendations for fully vaccinated people. This guidance will be updated and expanded based on the level of community spread of SARS-CoV-2, the proportion of the population that is fully vaccinated, and the rapidly evolving science on COVID-19 vaccines.

For the purposes of this guidance, people are considered fully vaccinated for COVID-19 ≥ 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥ 2 weeks after they have received a single-dose vaccine (Johnson and Johnson).

The following recommendations apply to non-healthcare settings.

Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing
- Refrain from quarantine and testing following a known exposure if asymptomatic

For now, fully vaccinated people should continue to:

- Take precautions in public like wearing a well-fitted mask and physical distancing
- Wear masks, practice

- physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease
- Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households
- Avoid medium- and large-sized in-person gatherings
- Get tested if experiencing COVID-19 symptoms
- Follow guidance issued by individual employers
- Follow CDC and health department travel requirements and recommendations ■

Haven't Gotten Vaccinated Yet?

Read the Accurate Information Below

Taken from www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-vaccine/art-20484859. Check out this link for more information

Vaccines to prevent coronavirus disease 2019 (COVID-19) are perhaps the best hope for ending the pandemic.

What are the benefits of getting a COVID-19 vaccine?

A COVID-19 vaccine might:

- Prevent you from getting COVID-19 or from becoming seriously ill or dying due to COVID-19
- Prevent you from spreading the COVID-19 virus to others
- Add to the number of people in the community who are protected from getting COVID-19 — making it harder for the disease to spread and contributing to herd immunity
- Prevent the COVID-19 virus from spreading and replicating, which allows it to mutate and possibly become more resistant to vaccines

A benefit of getting the COVID-19 vaccine is to prevent the COVID-19 virus from spreading and replicating, which allows it to mutate and possibly become more resistant to vaccines

What COVID-19 vaccines have been approved and how do they work?

Vaccines with FDA emergency use authorization include:

- **Pfizer-BioNTech COVID-19 vaccine.** The Pfizer-BioNTech

COVID-19 vaccine is 95% effective in preventing the COVID-19 virus with symptoms. This vaccine is for people age 16 and older. It requires two injections given 21 days apart. The second dose can be given up to six weeks after the first dose, if needed.

- **Moderna COVID-19 vaccine.** The Moderna COVID-19 vaccine is 94% effective in preventing the COVID-19 virus with symptoms. This vaccine is for people age 18 and older. It requires two injections given 28 days apart. The second dose can be given up to six weeks after the first dose, if needed.

• **Janssen/Johnson & Johnson COVID-19 vaccine.** In clinical trials, this vaccine was 66% effective in preventing the COVID-19 virus with symptoms — as of 14 days after vaccination. The vaccine also was 85% effective at preventing severe disease with the COVID-19 virus — at least 28 days after vaccination. This vaccine is for people age 18 and older. It requires one injection.

• **Janssen/Johnson & Johnson COVID-19 vaccine.** In clinical trials, this vaccine was 66% effective in preventing the COVID-19 virus with symptoms — as of 14 days after vaccination. The vaccine also was 85% effective at preventing severe disease with the COVID-19 virus — at least 28 days after vaccination. This vaccine is for people age 18 and older. It requires one injection.

Do the COVID-19 vaccines protect against the COVID-19 variants?

Early research suggests that the

Pfizer-BioNTech and Moderna COVID-19 vaccines can provide protection against the COVID-19 variants identified in the U.K. and South Africa. Vaccine manufacturers are also looking into creating booster shots to improve protection against variants. In clinical trials, the Janssen/Johnson & Johnson COVID-19 vaccine provided protection against severe disease with the COVID-19 virus caused by variants identified in South Africa and Brazil.

Can a COVID-19 vaccine give you COVID-19?

No. The COVID-19 vaccines currently being developed in the U.S. don't use the live virus that causes COVID-19.

What are the possible side effects of a COVID-19 vaccine?

A COVID-19 vaccine can cause mild side effects after the first or second dose, including:

- Pain, redness or swelling where the shot was given
- Fever
- Fatigue
- Headache
- Muscle and/or joint pain
- Chills
- Nausea and vomiting
- Feeling unwell
- Swollen lymph nodes

Most side effects happen within the first three days after vaccination and typically last only one to two days. ■

2020 VOLUNTEERS



Sharing Kindness Touching Lives

What a year 2020 was. The first couple of months our volunteers assisted in the usual ways, and then the pandemic hit. There was no way we could have kept feeding and supporting seniors and doing all we did without our amazing, selfless volunteers. **Thank you, volunteers!** You helped us keep older adults as safe and healthy as possible during this pandemic. And you did it by sharing your kindness and touching many lives. Thank you again!

305 volunteers/groups of volunteers provided 9,903 hours of service in 2020!

SILVER (250-499 hrs)

Berglund, Wayne
(264.5)
Fischer, Maria (320)
Laternus, Jim (256)
Lund, Alice (256.5)
Nelson, Dennis (304)
Rost, Robert (317)

BRONZE (100-249 hrs)

Albrecht, Evelyn
(127.5)
Bekkedahl, Isabelle
(164)
Brito, Luis (126)
Farrell, Joe (140)
Hoffert, Louann (158)
Iverson, Avis (103)
Johnson, Merritt (124)
Krueger, Laurie (128)
Nelson, Jared (235.5)
Piepkorn, Kathy (114)
Samson, Daniel
(161.7)
Samson, Sandra
(136.5)
Schaper, Nancy (240)
Trenda, Anne (110)
Trenda, Gary (110)
Whetham, Bernadette
(102)
Wood, Allen (100)

18-99 hours

Akset, Colleen
Arnold, Alberta
Borkowski, Joyce
Breidenbach, Joe
Britton, David
Brusegaard, Beverly
Buckley, Ann
Bye, Elaine
Chase, Sydney
Christianson, Gary
Coleman, Michael
Cooper, Lateefah
Danowski, Dan
Davis, Craig
Denault, Janis
Drees, Kenneth
Drees, Maureen
Duff, Quinn
Dunham, Anita
Dunham, Jean
Dunnigan, Faye
Eickman, Dawn
Ekberg, Jennifer
Gause, Cully
Gorder, Derek
Grainger, Tony
Gustafson, Rachelle
Guthmiller, Ronald
Guy, Laurie
Guy, Mark
Hanson, James
Hanson, Jeanne
Hanson, Kathleen

Hanson, Thomas
Hartsough, Ross
Heap, Dennis
Hendrickson, Elton
Hines, Jennifer
Hjeldness, Robert
Hoeger, Dorothy
Hoffert, Alice
Hoffert, Rodger
Hollifield, Laurie
Howe, Sharon
Humble, Robert
Hursh, Ken
Iverson, Robert
Jackman, Nikki
Johanson, Rachel
Johnson, Beverly
Johnson, Darlene
Johnson, Robert
Johnson, Roger
Johnson, Tiffany
Kasper, John
Konerza, Dave
Kuhn, Mark
Landry, Jill
Leach, Margery
Legerski, Liz
Lehn, Faye
Lehn, Rich
Lies, Renee
Lileng, Pauline
Lopez, Beth
Ludwig, Christyn
Martin, Janell
Martin, Jennifer

Mattern, Alice
McKewin, Vivian
Meuwissen, Debbie
Middleton, Jean
Molmen, Karen
Morrison, Elizabeth
O'Keefe, Michael
Peck, Daniel
Peterson, Joni
Prochko, Russ
Qualheim, Adeline
Sandberg, Curt
Schumacher, Judy
Schweitzer, Kathleen
Singh, Harpreet
Smart, Judy
Sowokinos, Joseph
Stephan, Jeff
Thompson, Earl
Thompson, Mary
Troutman, Leone
Venaccio, Michael
Wahlstrand, Marcia
Wahlstrand, Scott
Watland, Diana
Westrum, Bradley
Willprecht, David
Winger, Annella
Wood, Wendy
Yelton, Jean
Youngberg, Cadence

Under 18 hours

Aipperspach, Luke
Akset, Orlin

Allan, Beverly
Altendorf, Diane
Ames, Valerie
Andrade, Eric
Austin, Joyce
Baker, Breyar
Banner, Caleb
Barstad, Elaine
Bauer, JoAnn
Bazey, Lori
Beaudry, Shailah
Beland, Paul
Berg, Barbara
Berry, Arlene
Boushee, Tyler
Boushey, Chris Bruhn,
Sheila
Brumskill, Sonia
Burianek, Josh
Bushaw, Katy
Carmichael, Jeff
Carmichael, Tami
Chisholm, Kathleen
Christenson, Jennifer
Clayburgh, Erin
Clinton, Brittney
Colter, John
Cowger, Judy
DeChene, Jacelyn
Dickson, Molly
Ditullio, Jerry
Dutot, Nancy
Dvorak, Marlene
Eggl, Mara
Ekberg, Trevis
Emond, Jessica
Engstrom, Anna
Evenson, Vickie
Farrell, Paul
Feist, Gloria
Fettig, Carol
Finney, Zach
Ford, Paul
Gagnon, Mary
Galstad, Stacey
Gapp, Connie
Geiger, Paula
Graf, Barbara
Graham, Katie
Granger, Lena
Grove, Doug
Grove, Ruby
Guthmiller, Patricia

Hagen, Allan
Hahn, Amber
Hahn, Corbyn
Han, Sarah
Hansen, Traci
Hanson, Carrie
Harris, Sarah
Hartmann, Lynda
Herrmann, Karen
Hjeldness, Marlene
Hollifield, Laurie
Holweger, Marjorie
Hricak, Jean-Pierre
Huebner, Robert
Hutchison, Shalon
Iseminger, Carl
Iverson, Gary
Jansen, Lisa
Johnson, Brenda
Johnson, Delane
Johnson, Matthew
Johnson, Tiffany
Kaml, Judy
Kaste, Ryan
Kippley, Chelse
Kirkeby, Dean
Kjono, Pamela
Knudsvig, Craig
Knupp, Michele
Kraft, Russell
Kramer, Eugene
Krenelka, Stephanie
Krueger, Carla
Kurtyka, Bobbie
Lam, Myron
Larson, Vicki
Laternus, BettyJean
Lebacken, Jay
Ledbury, Joan
Leeson, Lorraine
Lesmeister, Ryan
Linback, Nancy
Lovelace, Sarah
Madson, Avis
Maggart, Tevin
Mahnke, Vickie
Mailhot, Joshua
Martin, Zachary
Mattson, Donna
Mattson, Ron
May, Dylan
McCarthy, Chloe
McCarthy, Jason

Middagh, Roberta
Moen, Alice
Morgan, Lonnie
Morin, Erin
Murdock, June
Murdock, Lee
Murray, Sonja
Narog, Lise
Nelson, Don
Nelson, Jarod
Neumann, Marie
Nielsen, Emily
Oehlhe, Jason
Oehlke, Amy
Olson, Seth
Papachek, Kelsey
Perdue, Linda
Perdue, Tom
Quaintance, Kati
Rehn, Pam
Renden, Sharon
Ronkowski, Becky
Rud, Joyce
Sandberg, Lone
Schall, Heather
Schober, Jim
Schober, Theresa
Schommer, Darlene
Schultz, Kenneth
Schultz, Patricia
Schumacher, Eliot
Sears, Mary
Sem, Brenda
Shaft, Jackie
Sherette, Delina
Shjerve, Shoni
Siebenaler, Erin
Smestad, Nicole
Smith, Kaitlyn
Smith, Wilma
Sonterre, Lisa
Steen, Lexi
Stephan, Rhonda
Swartz, Don
Sye, Eric
Tellmann, Charlotte
Thielman, Gail
Tostenson, Chris
Tuinder, Suzette
Venaccio, Victoria
Walior, Mary
Waller, Betty

Walz, Larry
Westover, Alicia
Wheeler, Larry
Whetham, Allen
Willprecht, Laurie
Wilson, Cheryl
Winger, Annella
Wischer, Agnes
Yagla, Judy
Yozamp, Brittany
Zirnhelt, Clair

GROUPS

Altru Foundation
American Crystal
Sugar
Development Homes
Edgewood
Management
Edgewood Vista
Grand Forks Air Force
Base
Grand Forks Board of
Realtors
Listen Center
Midco
Red River Lions Club
REM Homes
Scheels
Target
True North Equipment
Vilandre Heating & Air

As we start the process of reopening in 2021, think about if you would like to share your gift of time by volunteering in some way for the Grand Forks Senior Center. If so, you can pick up a volunteer form at the front desk once we are open or go online to www.gfseniorcenter.org/evopps, where you can either fill out an online form or print a volunteer form and mail it in.

COVID-19 Scams



The COVID-19 pandemic continues to affect us all, and scammers continue to do all they can to take advantage of it.

How these scams work:

- ✦ Scammers lure in targets with an offer to “skip the line” for quicker access to the COVID-19 vaccine – for a fee.
- ✦ They claim to be selling in-demand supplies, like face masks, test kits and household cleaners.
- ✦ They hack into people’s social media accounts and send the user’s contacts a message saying they can get you a “COVID relief grant.”
- ✦ Scammers send text messages impersonating contact tracers warning you’ve been exposed to the virus and to click a link for more info.

What you can do:

- ✦ Ignore any offer to skip the vaccine line – it’s a lie.
- ✦ Engage your inner skeptic when you see ads offering in-demand, hard-to-obtain supplies.
- ✦ Be suspicious of messages or posts from people in your social media circle with a special offer – contact them via other means to warn them their account may have been hacked (and tell them to change their password right away).
- ✦ Real contact tracers will not send you a link to click, and they will not ask for money or sensitive personal information.
- ✦ Be warned that links in texts and emails can download software that steals your usernames and passwords and other sensitive info.

For information on COVID-19 vaccines in North Dakota, check the AARP state guide at aarp.org/NDvaccine.
Or, contact your health care provider, or call the N.D. Department of Health’s toll-free vaccine hotline at 866-207-2880 to request assistance in being vaccinated.

To learn more about COVID-19 scams, visit aarp.org/covid19fraud. If you have any questions, call the AARP Fraud Watch Network Helpline at **1-877-908-3360**.

Meal Options During the Pandemic

1. A **weekday meal drive-thru** from 11:30 am - 12:15 pm (no reservations necessary).
2. **Frozen meals** which can be picked up during the drive-thru (call 701-772-7245 ahead of time to place order) or delivery arrangements made if necessary. Orders must be placed by 10:30 am if you would like to pick them up in that day's drive-thru.
3. **Meals on Wheels** (701-757-2006) and **Home Delivered Meals** (701-780-5169) programs.



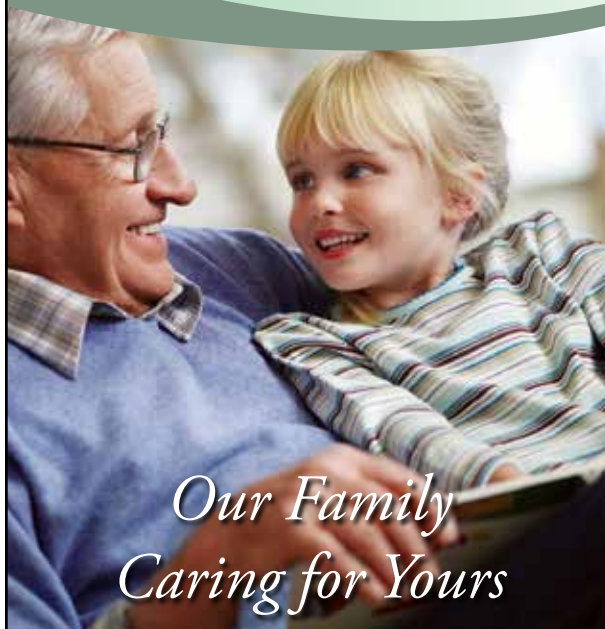
Maple View
MEMORY CARE COMMUNITY

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- Adult day services

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- Meals, transportation to medical included

Basic Care - Tufte Manor

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- Meals, transportation, personal care included

valleyseniorliving.org
701.787.7563



Fun around the Center



1



2



3



4



5



6

- 1 Completed Valentine's Day craft. Packets were picked up in the drive-thru.
- 2 A Resource coordinator assisting with the transfer of assistive equipment.
- 3 Foot care at the Senior Center.
- 4-5 Staff at the Senior Center getting the drive-thru meals ready.
- 6 Hope Church recently gave us a very nice donation, thanking us for our service to the community.

New Grand Forks Senior Center Board Member

Brad Westrum moved to Grand Forks in January of 1980, beginning his employment with Gerrells Sports Center. Prior to moving to Grand Forks, he was a secondary education teacher and coach in Leeds, N.D. and Stephen, Minn.

While working at Gerrells, a locally-owned business, he became a partner and eventually purchased the business in 1988. Brad remained president and CEO until 2017, when he sold the business and retired.

Brad is an active member of Calvary Lutheran Church, where he served on the church council for a number of years, a 20-year member of the South Forks Lions Club, a former Sioux Booster board member, and a multi-term Community Corporate board member of Altru Hospital.

Brad began volunteering at the Grand Forks Senior Center in 2019. He delivers frozen meals each month in rural Grand Forks and Nelson Counties.

Brad and his wife, Yvonne, have two adult daughters, both of whom live in Grand Forks and are employed by the Grand Forks School District.



Thank You



Thank you to each person who donated items for the Easter baskets created for kids and distributed by CVIC (Community Violence Intervention Center). We are sure these baskets will put smiles on the faces of the recipients.

Milestones of Service

Congratulations to these two Grand Forks Senior Center Employees on their 'Years of Service' Awards

10 Years



Jerome Jerome

5 Years



Jami Schumacher

Giving Hearts Day 2021



LOVE WAS SHOWN TO SENIORS

Thank you to all **385** Giving Hearts Day donors for your generosity! YOU provided **\$40,293** for senior meals during this pandemic. You are all awesome!

\$1,000-\$4,999

Anonymous (2X)
Crary, Tim and Sandy
Gilmour, Edna
 In memory of Kenneth
 Gilmour
Olson, Edwin and Bette
Schaper, Lewis and Nancy
South Forks Lions Club

\$500-\$999

Alerus
Barrett, Joyce
Hoeger, Pat
 In memory of Richard Hoeger
 and in honor of GFSC staff
 and volunteers
Johnson, James
Martin, Janell
 In honor of Meals on Wheels
 volunteers
Peterson, Allison
Reed, Mary
RETRAX Holdings
Walz, Larry

\$250-\$499

Advanced Business Methods
Albrecht, Evelyn
 In memory of my son Michael
 and niece Doris
Altendorf, Diane
Dunnigan, Faye
Fagerholt, James
Forks First Networking Group
Iseminger, Carl and Colette
 In memory of Carol Jean
 (Iverson) Sonnenberg
Joyce, Gerry and Mary
Kannowski, Mark
 In memory of Phyllis
 Kannowski for Meals on
 Wheels
Page, Margaret
Panico, Kristy
 In memory of Clarence &
 Mildred Romfo
Radi, Marjorie
Randall, Harold and Diana
Schroeder, William and Theresa
Sundby, Robert
Westacott, Richard
Woodrow, Jim and Marge



\$100-\$249

Aafedt, Brad and Gayle
Akset, Orlin and Colleen
Ames, Vince and Valerie
Anderson, Julie
 In memory of Frances V
 Ackerman
Anonymous (4X)
Austin, Kevin and Joyce
Balke, Fr Victor
Barrett, Sharon
Berg, Betty
Berg, Barbara
Bina, Rangina
Birkmaier, Skip and Nancy
Blomquist, Phyllis
 In memory of Alan Blomquist
Bridston, Peter
 In memory of Ruth Hewitt
 Paulson
Broadwell, Ray and Becky
Bruhn, Val and Sheila
 In honor of the GFSC staff
Buettner, Kevin
Bushaw, Jeffrey
Camburn, Neal and Joan
Cole, Marie

Collings, John and Sherri
Construction Engineers, Inc.
Cronquist, Yvonne
DeHaan, Stephan and Dorrie
Deitz, Marijo
Dunham, Ray and Anita
Egstad, Elsie
Elbert, Dennis and Dora
Ellertson, Paul and Lindbo,
Larenda
Engen, Dennis and Rosie
Erdmann, Rod and Michelle
In memory of Robert Cournia
Erickson, Dennis and Cheryl
Evenson, Donald
Fettig, Carol
Fladeland, Ardell and Connie
Gangelhoff, Harold
Garster, Beverly
Gate City Bank
Grand Forks County Human
Service Zone
Gunderson, Robin and Arlene
Guntzburger, Marshal and Carol
Hackenberg, Delores
Hanson, Kathleen
Hanson, Larry and Renee
Heartland Massage Therapy
In honor of Eleanore Loing
Heffern, Hank and Sandy
Hegg, Kelly
In memory of Earl Hegg
Hertel, Mel and Kathleen
Hilde, Wayne
In memory of Melanie Hilde
Hoeger, Gordon and Dorothy
Horner, Herb and Judy
Huss, Rex
Iverson, Avis
In memory of Bob Iverson
Jacobi, Ellen
Jacobson, Corinne
Johnson, Tim and Mary
Jobe, Brenda



Kaml, Zona
Kloster, Ronald and Janice
In memory of Phyllis
Kannowski for Meals on
Wheels
Knain, Inez
Kuhlman, Krista
Kuhn, Peter and Eunice
Kvidt, Dave and Pam
Lambeth, David and Volden,
Cecilia
LaMoine, Connie
Larson, Jeff and Kristi
In honor of Jami Schumacher
LeClerc, Ray and Judy
Lehn, Rich and Faye
Lopez, Evonne
Luney, Daniel
Lyste, Dan and Dawn
Maddock, Patrick and Susan
Manley, Judy
Marek, Darryl
Martin, Robert
Mattern, Roger and Alice
McGregor, Kenton and Marilyn
McKenna, Terry and Mary Ann
Medd, Joel and Amy
Mills, Faye
Murphy, Spud
Novacek, Alta
Nyberg, John
Ochs, Kasey
Opp, Helen
Pariseau, Pamela
In memory of Gary Pariseau
Peters, William
Phalen, Ruth
Quern, Vaughn and Linda
Reichert, Alex and Blair, Stephanie
Relling, Laura
Rene, A Duane
Ritteman, Dagny
Robinson Excavating
Samson, Daniel and Sandra



Sanders, Jack and Leona
Schmisek, Gail
In memory of Bill Schmisek
Schumacher, Matt and Jami
In memory of all the seniors
who have died from COVID
Schumacher, Warren and Susan
In memory of Stan Hoistad
Shelton, Joseph
Shereck, Cynthia
Sherwood, Connie
Shilman, Angie
In honor of Joyce & Kevin
Austin
Sieg, Peggy
In memory of Norman Sieg
Sieg, Ruby
In memory of Norman Sieg
Skelly, Beverly
Soli, Edith
Spicer, Gary and Lona
Stark, Irv and Sandy
Swanson, Diane
Tack, Ralph and Lou
Thibert, Roy and Joyce
Thompson, Rodney and Lavonne
In honor of E Gerri Thompson
Thompson's Knights of Columbus
Timpe, Ron and Marie
Tupa, John and Connie
Twedell, Ray and Pat
Twetén, John
Vollrath, Rob and Joann
Warcup, John and Stacy
In memory of Mischief
Sherwood
Welsh, Daniel and Yvonne
Wilson, Neil and Ann
Ye Ol Painters



(continued on next page)

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Up to \$99

Aamold, Lorna
Abdulqader, Ameera
Altendorf, Joel
Anderson, Dan and Deb
Anderson, Gerri
Anonymous
 In memory of William Speare
Anonymous (9X)
Asche Insurance Agency
Ashe, Kathy
Ballingrud, Marlyce
Barrett, Mary
Beach, Barb
Berggren, Arden and Patricia
Bethke, Glenn and Sandra
Birkholz, Brenda
Bischoff, Denise
Bjorgaard, Stacy
Boettner, Scott and Jodi
Bondy, Pauline
 In memory of Bernell
 Bachmeier, Ruth Bustin, Rose
 Raymond, Marlys Berdal
Bowen, Diane
Boyd, Bob and Dawn
Brueske, Jane
Buckley, Ann
Brueckner, Kaye
Buethner, Tracee
Burke, Anne
Butler, Tanya
 In honor of Deb Nelson
Byzewski, Leah
Carlson, Susan
Carlson, Judy
 In memory of Juliet Peden
Choice Bank
Christ, Ed and Kelly
Christenson, Charles
Christopherson, Dale and Debra
Cisek, Karen



Conley, DeLaine
Connell, JoAnn
Connell, Jennifer
 In honor of JoAnn Connell
Cournia, Linda
DeBeltz, Marian
Derouin, Dolores and Johnson,
 Madeline
Ditullio, Jerry and Kjemhus, Barb
Drees, Ken and Maureen
 In memory of Robert Huebner
Dubuque, Robin
Durick, Lisa
Dutot, Norm and Nancy
Dvorak, Marlene
Eelkema, Robert and Virginia
Else, Michelle
Emery, Dale and Helen
Erickson, Marlys
Erickson, Jay
 In memory of Sharon Jensen
Eriksmoen, Doug and Carol
Feist, Gloria
Fick, John and Kathy
Finneseth, Robert
Fremstad Law
Garske, John
Gothberg, LeRoy and Carol
Gray, Irene
Groseth, Dean and Janine
Grove, Ruby
 In memory of Douglas N
 Grove
Gustafson, Bonnie
 In memory of Charles Barkie
Gutterud, Raymond and Karen
 In memory of Orlyn Nygard
Hadlich, Robin and Carole
Hagler, Margaret
Hagstrom, Agnes
Hale, Richard and Sarah
 In honor of Grace Hale
Hall, Mark and Julie
 In memory of Ken & Frances Hall
Halle, Scott and Brenda

Halverson, Mary Jane
Hamilton, Haley
Hanley, Yvonne
Hanson, Michael
Hanson, Carrie
Hastings, Donna
Hebert, Robert and RoyLene
Heffern, Izola
 In memory of John Heffern
Heidmann, Ron and Joyce
Heier, Don and Judy
Helgerson, Donna
Hendrickson, Hazel
Hennes, Pam
Herrmann, Karen
Hest, Bruce
Hettwer, Nancy
Hiestand, Leland and Armbrust,
 Elaine
Hilde, Juel and Jan
Hillebrand, Amy
Hoffert, Rodger and Alice
Hogan, Shirley
Holweger, Marjorie
Honda, Ralph
Hoselton, George
Hughes, Chuck and Jean
 In memory of Don and Mary
 Herbeck
Infeld, Greg and Cathy
 In memory of Carol Jean
 (Iverson) Sonnenberg
Irving, Cindy
Jacobson, Marlin and Sally
Jehlicka, Paul and Rita
Johnson, Gerald and JoAnn
Johnson, Ken and Kathy
Johnson, Jennifer
Johnson, Dianne
Johnson, Gary and Ranea
Joyner, Nancy
Jurgens, Richard and Sharon
Kaml, Judy
Kennedy, Kay
Kjellberg, Rodney and Marlys
Knain, Vidette

Knudson, John and Jackie
Knudsvig, Craig and Renae
Konze, Warren and Gerri
Kopp, Dallas and Beth
Kopy, John and Roseann
Korslien, Johan and Melissa
Kotrba, Joe and Carol
Kraemer, Diane
Krese, James and Mary
 In memory of Jose Perez
Krueger, Loren and Laurie
Kulbacki, Joseph and Jan
Laager, Bernice
LaBree, Heidi
 In memory of Edith Aasen
Langer, Al and Barbara
Lanners, Colleen
 In honor of Janell Martin
Larson, Mary Ellen
Lee, Jan
Lemieux, Gary and Cheryl
Lewis, Lisa
Lien, Cory
 In memory of Sharon Jensen
Lill, Dave and Shirley
Lindeman, Maureen
Lindquist, Liz
Litzinger, Karen
Lunde, Beverly
Lundeen, James
Lysne, David and Aida
 In memory of Magnus Lysne
Marvin, Judi
McCoy, William and Brenda
McGarry, Dennis and Lynn
McMahon, Jacqueline
McNamee, Mike and Judy
Melicher, Barbara
Middleton, Jean
Miller, Al
Mitchell, Bill and Mary
Moe, Patricia
Moen, Alice
Nadeau, RaeNett
 In memory of Clem Nadeau,
 Danette Nadeau

Nelson, Nick
Nelson, Deb
Nelson, Lowell and Marian
Nelson, Dorothy and Nelson,
 Jackie
Newhouse, Verna
Nielsen, Forrest and Emily
Norby's Work Perks
Nordeng, Betty
Nordling, Lee and Sheila
Norman, Patti
Nowacki, Loren and Sheryl
Nygord, Fred and Mary
Oehlke, Amy
O'Keefe, Michael
Olson, Pat
Olson, Janelle
Pearson, Joanna
Peterson, Delores
 In memory of Glenn Peterson
Pierce, Jena
Pilon, Daniel
Pladson, Eugene
Pokrzywinski, Darline
Pribula, Peggy
Puffe, Lyle and Jeanne
Rethemeier, Jerilyn
Ringbloom, Pete
Rivard, Bill and Judith
Roberton, Gayle
Robinson, Doris
Roos, Ruth
Rustad, Jeff and Kim
Rustvang, Dan and Pam
Saddler, Tom and Jackie
Samson, Cindy
Sandahl, Andrea
 In memory of Doris Kasowan
Sather, Gordon and Margaret
Schiele, Kathy
Schill, James and Judy
Schmidt, Joe and Becky
Schnell, Ellie
Segovia, Moises (Chico)
Shea, Pam
Smart, Judy

Smith, Kirk and Joan
Soeby, Molly
Solberg, Gail
Solberg, Carol
Sonterre, Lisa
Spong, Dale and Susan
Srur, George
St Germain, Bob and Sharon
Stam, Bob and Dianne
Steffen, Raymond and Sharon
Tangen, Joel and Carolyn
Taylor, Patricia
 In memory of Bill and Bernice
 Hollarn
Thompson, Debora
Thorson, Kyle
Vakoc, Becky
Vanyo, Bernice
Vasek, Janet
Venaccio, Michael and Vicki
Walior, Mary
Weisenberger, Sherryl
Winger, Steve and Annella
Wischer, Agnes
Wolf, Christopher
Wolf, Jacob and Michelle
Wunderlich, Julie
Yagla, Phil and Judy
Zemke, Lori
Zick, Roberta
Zick, Charles and Colleen

The total for over 500
nonprofits participating in
Giving Hearts Day was
\$21,940,976 that came
from 41,955 donors. So
many worthy organizations
benefit from this day of
love and support!



TECH Talk

TECH Talk is a time to learn about the technology on which we are becoming more dependent. Taught by GFSC staff.

Virtual Meetings with Zoom or FaceTime

In the age of social distancing, virtual meetings are becoming more and more commonplace. Zoom and FaceTime are two of the most popular ways to connect safely with friends and loved ones. Anyone can use Zoom, as long as you have access to a smartphone, tablet, laptop computer, or desktop computer with a camera; however, only people with Apple products (iPhone, iPad, etc.) can use FaceTime.



How to FaceTime on an iPhone or iPad

1. Turn FaceTime on in the Settings (do this by tapping the Settings icon).
2. Scroll down until you see the green FaceTime Icon. Tap it.
3. Tap the white button to the right of the screen to turn on FaceTime. The button should turn green when turned on.
4. You are now ready to make a FaceTime call. Find the Facetime App on your home screen and give it a tap.
5. In the top right corner, you will see a blue plus sign. Tap that.
6. Type in the name of the person you want to call. The person you are calling must have an Apple device, such as an iPhone or iPad, and their name and cell phone number/email address needs to be saved in your contacts.
7. You will need to press audio (just a voice call) or video on your phone, this will automatically start the call. Once the person answers your call, their face will appear on the screen. Enjoy your visit.

How to Answer an Incoming Facetime Call

If someone calls you via FaceTime, two options will pop up on the screen, 'accept' or 'decline.' Just tap your preference to be connected or to decline.



How to Zoom on Your Device

Zoom: A computer program that uses your device's camera to display a live video of you and all the other participants on the call. The instructions below are only for people who have been invited to a Zoom meeting. To find out how to start your own meeting, or for more advanced options, go to www.support.zoom.us.

1. You will receive an email inviting you to join a Zoom meeting. Click the link in the email and it will start the Zoom program. If you have not downloaded the program yet, it will prompt you at this time.
2. Once on Zoom, it will ask you whether you would like to "Join with Video" or "Join without Video." If you join without video, you will still be able to see the other participants, but they will not be able to see you.
3. After choosing if you want to be seen or not, Zoom will ask you to "Join with Audio" if you would like to hear or be heard during the meeting. After selecting this option, you will officially enter the Zoom meeting.
4. During a meeting with a large group of people, make sure your microphone is muted or else your device will pick up all the background noise around you which can be disturbing. Find the icon that looks like a microphone, if there is a diagonal red line across the microphone icon, you are muted and will not be heard. Click the microphone icon to unmute yourself to be heard in the meeting.
5. Once the meeting is over or you would like to leave, click the "Leave Meeting" button on the bottom right corner.
6. For those with a device without a camera, you can call into the meeting using any regular phone. The number to call to be heard in the meeting will be included in the email that invited you to the Zoom meeting.

Join Us with Any Zoom and FaceTime Questions

If you have any questions about using Zoom or FaceTime, give us a call at 701-253-0260 (conference call phone line) on **Wednesday, April 7 at 1:00 pm**. Ranea and Grace from the GF Senior Center will be answering questions.

Donations & Memorials



Thank you for these donations received February 12, 2021 to March 9, 2021. A donor's cumulative giving from this period is listed. This includes Brighter Society Members.

GIVING HEARTS DAY: Please see pp 14-17 for a list of Giving Hearts Day donors. Thank you all for your generosity!

Donations of \$1,000 - \$4,999

- HOPE Church - Thanking the Senior Center for their service to the community

Donations of \$500 - \$999

- American Legion Post #157
- Anonymous - Paid for 120 drive-thru meals on February 12 and provided cake for those people
- United Lutheran Church - For Home Delivered Meals

Donations of \$100 - \$249

- Drees, Ken and Maureen
- Erickson, Dennis and Cheryl
- Gangelhoff, Harold - In memory of Mary Ann Gangelhoff
- Hasz, Herb and Gail
- Lofberg, Janice
- McCue, Kathy
- Medd, Joel and Amy
- Moritz, Dwayne
- Rost, Bob and Donna
- Thomas Rausch Estate

Donations of \$99 and Under

- AmazonSmile
- Anderson, Helene - In memory of Tony Glimsdahl

- Anonymous
- Belcher, John and Ida
- Benson, Alice
- Broadwell, Ray and Becky
- Hayes, Larry and Diana - In memory of Nancy Sondrol
- Herrmann, Karen
- Hoffert, Rodger and Alice - In memory of Casey Vilandre
- Hogan, Shirley
- Iseminger, Carl and Colette
- Kvitne, Betty - In memory of Audrey Shea
- Lunde, Beverly - In memory of lone Herbeck Anderson
- Lysne, David and Aida - In memory of Magnus Lysne
- Mattern, Roger and Alice
- McGarry, Dennis and Lynn
- Pedersen, Melvin
- Sandberg, Curt and lone
- Schiele, Kathy - In memory of Don Schiele
- Schumacher, Matt and Jami
- Sherman, Fr Edward
- Slominski, Julian and Pecka, Gladys
- Thrivent Choice - Allocations from John Halstenson, Ranea Johnson
- Vein, Jerry and Mary
- Venaccio, Michael and Vicki
- Zirnheld, Clair and Ronda

Become a member of the Brighter Side Society

Maintaining your Grand Forks Senior Center connection has never been easier. Brighter Side Society members choose to donate monthly to provide a dependable, ongoing source of funding that gives us peace of mind to concentrate on developing and offering the great programs and services you want and need.

Donations are made through automatic secure bank withdrawal or credit card charge. You're in control because you can increase, decrease, pause, or stop your contributions at any time by calling 701-757-4864.

Getting started with the Brighter Side Society is easy! Simply stop at the front desk to complete a form or visit www.gfseniorcenter.org/brightersidesociety to print the form. If you have more questions, call Becky at 701-757-4684 or email beckyb@gfseniorcenter.org.

Transportation to FARGO

The Walsh County Transportation Program takes a bus to Fargo the second Monday of each month for \$15 round trip. The bus departs at 9 am from the I-29 South Truck Stop (Flying J) in GF and leaves Fargo at 3:00 pm to come back. Call 701-284-7980 by 3 pm the Friday before for reservations.



Our wish here at the Grand Forks Senior Center is that each of you would get vaccinated. We have been doing our part during this pandemic, now it is time for each of you to do your part.

As you can see from the cover of this newsletter, we are starting to slowly phase back into the Senior Center being opened. We want to make our reopening as safe as possible, but you are putting yourself at risk if you come to the Senior Center and you have not been fully vaccinated. Call 701-780-6358 for getting a vaccine appointment or to get on the wait list.

Foot Care Appointments Available

APPOINTMENTS - Please call 701-757-4878 to make a foot care appointment at the GF Senior Center or at one of the satellite foot care clinics listed here (by appt only).

Apr 27 Aneta Community Center 9:00 am - Finish
219 Main Ave., Aneta


Guidelines to keep clients and staff safe:

- Clients will need to **call the Foot Care department at 701-757-4878 and let them know they are waiting outside OR ring the doorbell near the front door.** Before entering the building, nurses will ask the client a few assessment **questions** and take the client's **temperature.**
- Nurses are equipped with proper equipment. Clients will **wear a mask correctly** around staff and in the building and will use hand sanitizer upon entry to the building. **Clients will be escorted to and from the appointment.**
- You must call and reschedule your appointment if you are not feeling well in any way. Also reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 in the two weeks before your appointment.



APRIL 2021 - Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$9.75. Please contribute what you can. Suggested Donation is \$4.25. EBT/SNAP is accepted

Thursday Lunch: April 1		Friday Lunch: April 2	
MENU SUBJECT TO CHANGE WITHOUT NOTICE	Taco Salad (2cs)	CLOSED	GOOD
	1/2 c Mand Orange Sc (1cs)	FRIDAY	
Monday Lunch: April 5		Friday Lunch: April 9	
3 oz Beef Stroganoff	2 oz Sloppy Joe on WW Bun (2 cs)	3 oz Swiss Steak/Onions/Tom	Salmon
1/2 c Egg Noodles (1 cs)	8 oz Corn & Potato Chowder (1 cs)	Small Baked Potato (1 cs)	1/2 c Parslied Buttered Potato (1cs)
1/2 c Mixed Vegetables (.5 cs)	1 sm Orange (1cs)	1/2 c Sliced Carrots	1/2 c Mixed Vegetable (.5cs)
1/2 c Apricots (1 cs)	Sm cookie (1cs)	1/2 c Fruit (1 cs)	1/2 c. Berries (1cs)
Tuesday Lunch: April 6		Friday Lunch: April 16	
3 oz Meatloaf (.5 cs)	3" Sq Lasagna (2 cs)	3 oz Cranberry Chicken (1 cs)	3 oz Bk Chix Fried Steak (1cs)
1/2 c Parslied But Potato (1cs)	1/2 c Green Beans	Small Baked Potato (1 cs)	1/2 c Mashed Potatoes (1 cs)
1/2 c Broccoli Cuts	1/10 Fruits of Forest Pie (2cs)	1/2 c Cooked Cabbage	1/2 c Creamed Peas (1 cs)
1/2 c Applesauce (1 cs)		1/2 c Peach Sauce (1 cs)	1/2 c Pear Sauce (1 cs)
Wednesday Lunch: April 7		Friday Lunch: April 23	
3 oz Turkey Tidbits in Gravy	3 oz Hot Beef	3oz Baked Chicken	3oz Porcupine Meatballs in Gvy (.5cs)
1/2 c. Mashed Potato (1cs)	1/2 c Mashed Potatoes & Gravy (1 cs)	1/2 c M. Potato/cream gvy (1cs)	1/2 c. Mashed Potato/gravy (1cs)
1/2 c Corn (1 cs)	1/2 c Mixed Vegetables (.5 cs)	1/2 c. Winter Mix Vegetables (.5cs)	1/2 c Corn (1.5cs)
1/2 c. Fruit Crisp w/top (2cs)	1/2c Mand Oranges (1 cs)	1/10 PumpkinPie w/top (2cs)	1/2 c Tropical Fruit Salad (1cs)
Thursday Lunch: April 8		Friday Lunch: April 30	
3 oz Swiss Steak/Onions/Tom	3 oz Hot Beef	Pork Roast	3/4c. Italian Meat Sc
Small Baked Potato (1 cs)	1/2 c Mashed Potatoes & Gravy (1 cs)	Sm Baked Potato (1 cs)	1c Spaghetti Noodles (1cs)
1/2 c Sliced Carrots	1/2 c Mixed Vegetables (.5 cs)	1/2 c Peas (1 cs)	1/2 c French Green Beans
1/2 c Fruit (1 cs)	1/2c Mand Oranges (1 cs)	1/2 c Chunky Fruit Sauce (1 cs)	1/10 Peach Pie w/top (2cs)
Friday Lunch: April 9		Saturday Lunch: April 10	
3 oz Beef Stroganoff	2 oz Sloppy Joe on WW Bun (2 cs)	3 oz Chicken Royale (.5cs)	
1/2 c Egg Noodles (1 cs)	8 oz Corn & Potato Chowder (1 cs)	1/2 c Mashed Potato (2cs)	
1/2 c Mixed Vegetables (.5 cs)	1 sm Orange (1cs)	1/2c Gr Beans/2T Cran Sc (1cs)	
1/2 c Apricots (1 cs)	Sm cookie (1cs)	1/2 c. Fruit (1cs)	
Saturday Lunch: April 10		Sunday Lunch: April 11	
3 oz Meatloaf (.5 cs)	3" Sq Lasagna (2 cs)	1 c Chicken Noodle Casserole (1cs)	
1/2 c Parslied But Potato (1cs)	1/2 c Green Beans	1/2 c. Green Peas (1cs)	
1/2 c Broccoli Cuts	1/10 Fruits of Forest Pie (2cs)	1/2 c Peach Sc (1cs)	
1/2 c Applesauce (1 cs)			
Sunday Lunch: April 11		Monday Lunch: April 12	
3oz Pork Chop in Gravy	1 c Chicken Noodle Casserole (1cs)	3 oz BBQ Chicken (.5cs)	Riblet on WW Bun (2cs)
1/2 c Parslied Buttered Potato (1cs)	1/2 c. Green Peas (1cs)	1/2 c Augratin Potato (1cs)	8 oz Vegetable Soup (1cs)
1/2 c Creamed Carrots (.5cs)	1/2 c Peach Sc (1cs)	1/2 c. Harvard Beets (1cs)	1/2 c Coleslaw (.5cs)
1/2 c. Pineapple Chunks (1cs)		1/2 c Mandarin Oranges (1cs)	1/2 c. Berries (1cs)
Monday Lunch: April 12		Tuesday Lunch: April 13	
3oz Pork Chop in Gravy	1 c Chicken Noodle Casserole (1cs)	3 oz Chicken Royale (.5cs)	
1/2 c Parslied Buttered Potato (1cs)	1/2 c. Green Peas (1cs)	1/2 c Mashed Potato (2cs)	
1/2 c Creamed Carrots (.5cs)	1/2 c Peach Sc (1cs)	1/2c Gr Beans/2T Cran Sc (1cs)	
1/2 c. Pineapple Chunks (1cs)		1/2 c. Fruit (1cs)	
Tuesday Lunch: April 13		Wednesday Lunch: April 14	
3 oz Meatloaf (.5 cs)	3" Sq Lasagna (2 cs)	3 oz Hot Beef	3 oz Turkey Tidbits in Gravy
1/2 c Parslied But Potato (1cs)	1/2 c Green Beans	1/2 c Mashed Potatoes & Gravy (1 cs)	1/2 c. Mashed Potato (1cs)
1/2 c Broccoli Cuts	1/10 Fruits of Forest Pie (2cs)	1/2 c Mixed Vegetables (.5 cs)	1/2 c Corn (1 cs)
1/2 c Applesauce (1 cs)		1/2c Mand Oranges (1 cs)	1/2 c. Fruit Crisp w/top (2cs)
Wednesday Lunch: April 14		Thursday Lunch: April 15	
3 oz Meatloaf (.5 cs)	3" Sq Lasagna (2 cs)	3 oz Cranberry Chicken (1 cs)	3 oz Bk Chix Fried Steak (1cs)
1/2 c Parslied But Potato (1cs)	1/2 c Green Beans	Small Baked Potato (1 cs)	1/2 c Mashed Potatoes (1 cs)
1/2 c Broccoli Cuts	1/10 Fruits of Forest Pie (2cs)	1/2 c Cooked Cabbage	1/2 c Creamed Peas (1 cs)
1/2 c Applesauce (1 cs)		1/2 c Peach Sauce (1 cs)	1/2 c Pear Sauce (1 cs)
Thursday Lunch: April 15		Friday Lunch: April 16	
3 oz Meatloaf (.5 cs)	3" Sq Lasagna (2 cs)	3 oz Cranberry Chicken (1 cs)	3 oz Bk Chix Fried Steak (1cs)
1/2 c Parslied But Potato (1cs)	1/2 c Green Beans	Small Baked Potato (1 cs)	1/2 c Mashed Potatoes (1 cs)
1/2 c Broccoli Cuts	1/10 Fruits of Forest Pie (2cs)	1/2 c Cooked Cabbage	1/2 c Creamed Peas (1 cs)
1/2 c Applesauce (1 cs)		1/2 c Peach Sauce (1 cs)	1/2 c Pear Sauce (1 cs)
Friday Lunch: April 16		Saturday Lunch: April 17	
3 oz Meatloaf (.5 cs)	3" Sq Lasagna (2 cs)	3oz Baked Chicken	3oz Porcupine Meatballs in Gvy (.5cs)
1/2 c Parslied But Potato (1cs)	1/2 c Green Beans	1/2 c M. Potato/cream gvy (1cs)	1/2 c. Mashed Potato/gravy (1cs)
1/2 c Broccoli Cuts	1/10 Fruits of Forest Pie (2cs)	1/2 c. Winter Mix Vegetables (.5cs)	1/2 c Corn (1.5cs)
1/2 c Applesauce (1 cs)		1/10 PumpkinPie w/top (2cs)	1/2 c Tropical Fruit Salad (1cs)
Saturday Lunch: April 17		Sunday Lunch: April 18	
3oz Pork Chop in Gravy	1 c Chicken Noodle Casserole (1cs)	3oz BBQ Chicken (.5cs)	Riblet on WW Bun (2cs)
1/2 c Parslied Buttered Potato (1cs)	1/2 c. Green Peas (1cs)	1/2 c Augratin Potato (1cs)	8 oz Vegetable Soup (1cs)
1/2 c Creamed Carrots (.5cs)	1/2 c Peach Sc (1cs)	1/2 c. Harvard Beets (1cs)	1/2 c Coleslaw (.5cs)
1/2 c. Pineapple Chunks (1cs)		1/2 c Mandarin Oranges (1cs)	1/2 c. Berries (1cs)
Sunday Lunch: April 18		Monday Lunch: April 19	
3oz Pork Chop in Gravy	1 c Chicken Noodle Casserole (1cs)	3oz Pork Chop in Gravy	1 c Chicken Noodle Casserole (1cs)
1/2 c Parslied Buttered Potato (1cs)	1/2 c. Green Peas (1cs)	1/2 c Parslied Buttered Potato (1cs)	1/2 c. Green Peas (1cs)
1/2 c Creamed Carrots (.5cs)	1/2 c Peach Sc (1cs)	1/2 c Creamed Carrots (.5cs)	1/2 c Peach Sc (1cs)
1/2 c. Pineapple Chunks (1cs)		1/2 c. Pineapple Chunks (1cs)	
Monday Lunch: April 19		Tuesday Lunch: April 20	
3oz Pork Chop in Gravy	1 c Chicken Noodle Casserole (1cs)	1 c Chicken Noodle Casserole (1cs)	1 c Chicken Noodle Casserole (1cs)
1/2 c Parslied Buttered Potato (1cs)	1/2 c. Green Peas (1cs)	1/2 c. Green Peas (1cs)	1/2 c. Green Peas (1cs)
1/2 c Creamed Carrots (.5cs)	1/2 c Peach Sc (1cs)	1/2 c Peach Sc (1cs)	1/2 c Peach Sc (1cs)
1/2 c. Pineapple Chunks (1cs)			
Tuesday Lunch: April 20		Wednesday Lunch: April 21	
1 c Chicken Noodle Casserole (1cs)	1/2 c. Green Peas (1cs)	Tilipia w/Mango Sc (.5cs)	1/2 c Mixed Vegetables (.5 cs)
1/2 c. Green Peas (1cs)	1/2 c Peach Sc (1cs)	Sm Baked Potato (1cs)	1/2c Mand Oranges (1 cs)
1/2 c Peach Sc (1cs)		1/2c Green Bean Casserole (1cs)	1/2c Mand Oranges (1 cs)
		1/2 c Plum Sc (1cs)	
Wednesday Lunch: April 21		Thursday Lunch: April 22	
Tilipia w/Mango Sc (.5cs)	1/2 c. Green Peas (1cs)	3oz Baked Chicken	3oz Porcupine Meatballs in Gvy (.5cs)
Sm Baked Potato (1cs)	1/2 c Peach Sc (1cs)	1/2 c M. Potato/cream gvy (1cs)	1/2 c. Mashed Potato/gravy (1cs)
1/2c Green Bean Casserole (1cs)	1/2 c Plum Sc (1cs)	1/2 c. Winter Mix Vegetables (.5cs)	1/2 c Corn (1.5cs)
1/2 c Plum Sc (1cs)		1/10 PumpkinPie w/top (2cs)	1/2 c Tropical Fruit Salad (1cs)
Thursday Lunch: April 22		Friday Lunch: April 23	
3oz Baked Chicken	3oz Porcupine Meatballs in Gvy (.5cs)	3oz Baked Chicken	3oz Porcupine Meatballs in Gvy (.5cs)
1/2 c M. Potato/cream gvy (1cs)	1/2 c. Mashed Potato/gravy (1cs)	1/2 c M. Potato/cream gvy (1cs)	1/2 c. Mashed Potato/gravy (1cs)
1/2 c. Winter Mix Vegetables (.5cs)	1/2 c Corn (1.5cs)	1/2 c. Winter Mix Vegetables (.5cs)	1/2 c Corn (1.5cs)
1/10 PumpkinPie w/top (2cs)	1/2 c Tropical Fruit Salad (1cs)	1/10 PumpkinPie w/top (2cs)	1/2 c Tropical Fruit Salad (1cs)
Friday Lunch: April 23		Saturday Lunch: April 24	
3oz Porcupine Meatballs in Gvy (.5cs)	1/2 c. Mashed Potato/gravy (1cs)	3oz Baked Chicken	3oz Porcupine Meatballs in Gvy (.5cs)
1/2 c. Mashed Potato/gravy (1cs)	1/2 c Corn (1.5cs)	1/2 c M. Potato/cream gvy (1cs)	1/2 c. Mashed Potato/gravy (1cs)
1/2 c Corn (1.5cs)	1/2 c Tropical Fruit Salad (1cs)	1/2 c. Winter Mix Vegetables (.5cs)	1/2 c Corn (1.5cs)
1/2 c Tropical Fruit Salad (1cs)		1/10 PumpkinPie w/top (2cs)	1/2 c Tropical Fruit Salad (1cs)
Saturday Lunch: April 24		Sunday Lunch: April 25	
3oz Baked Chicken	3oz Porcupine Meatballs in Gvy (.5cs)	3oz Baked Chicken	3oz Porcupine Meatballs in Gvy (.5cs)
1/2 c M. Potato/cream gvy (1cs)	1/2 c. Mashed Potato/gravy (1cs)	1/2 c M. Potato/cream gvy (1cs)	1/2 c. Mashed Potato/gravy (1cs)
1/2 c. Winter Mix Vegetables (.5cs)	1/2 c Corn (1.5cs)	1/2 c. Winter Mix Vegetables (.5cs)	1/2 c Corn (1.5cs)
1/10 PumpkinPie w/top (2cs)	1/2 c Tropical Fruit Salad (1cs)	1/10 PumpkinPie w/top (2cs)	1/2 c Tropical Fruit Salad (1cs)
Sunday Lunch: April 25		Monday Lunch: April 26	
3oz Baked Chicken	3oz Porcupine Meatballs in Gvy (.5cs)	3oz BBQ Chicken (.5cs)	Riblet on WW Bun (2cs)
1/2 c M. Potato/cream gvy (1cs)	1/2 c. Mashed Potato/gravy (1cs)	1/2 c Augratin Potato (1cs)	8 oz Vegetable Soup (1cs)
1/2 c. Winter Mix Vegetables (.5cs)	1/2 c Corn (1.5cs)	1/2 c. Harvard Beets (1cs)	1/2 c Coleslaw (.5cs)
1/10 PumpkinPie w/top (2cs)	1/2 c Tropical Fruit Salad (1cs)	1/2 c Mandarin Oranges (1cs)	1/2 c. Berries (1cs)
Monday Lunch: April 26		Tuesday Lunch: April 27	
3oz BBQ Chicken (.5cs)	Riblet on WW Bun (2cs)	3 oz Chicken Royale (.5cs)	
1/2 c Augratin Potato (1cs)	8 oz Vegetable Soup (1cs)	1/2 c Mashed Potato (2cs)	
1/2 c. Harvard Beets (1cs)	1/2 c Coleslaw (.5cs)	1/2c Gr Beans/2T Cran Sc (1cs)	
1/2 c Mandarin Oranges (1cs)	1/2 c. Berries (1cs)	1/2 c. Fruit (1cs)	
Tuesday Lunch: April 27		Wednesday Lunch: April 28	
3oz BBQ Chicken (.5cs)	Riblet on WW Bun (2cs)	3 oz Chicken Royale (.5cs)	
1/2 c Augratin Potato (1cs)	8 oz Vegetable Soup (1cs)	1/2 c Mashed Potato (2cs)	
1/2 c. Harvard Beets (1cs)	1/2 c Coleslaw (.5cs)	1/2c Gr Beans/2T Cran Sc (1cs)	
1/2 c Mandarin Oranges (1cs)	1/2 c. Berries (1cs)	1/2 c. Fruit (1cs)	
Wednesday Lunch: April 28		Thursday Lunch: April 29	
3 oz Chicken Royale (.5cs)		Pork Roast	
1/2 c Mashed Potato (2cs)		Sm Baked Potato (1 cs)	
1/2c Gr Beans/2T Cran Sc (1cs)		1/2 c Peas (1 cs)	
1/2 c. Fruit (1cs)		1/2 c Chunky Fruit Sauce (1 cs)	
Thursday Lunch: April 29		Friday Lunch: April 30	
3 oz Chicken Royale (.5cs)		3/4c. Italian Meat Sc	
1/2 c Mashed Potato (2cs)		1c Spaghetti Noodles (1cs)	
1/2c Gr Beans/2T Cran Sc (1cs)		1/2 c French Green Beans	
1/2 c. Fruit (1cs)		1/10 Peach Pie w/top (2cs)	
Friday Lunch: April 30		Saturday Lunch: April 1	
3/4c. Italian Meat Sc		3/4c. Italian Meat Sc	
1c Spaghetti Noodles (1cs)		1c Spaghetti Noodles (1cs)	
1/2 c French Green Beans		1/2 c French Green Beans	
1/10 Peach Pie w/top (2cs)		1/10 Peach Pie w/top (2cs)	
<p>DRIVE THRU MEAL PICK UP AT THE GRAND FORKS SENIOR CENTER FROM 11:30am-12:15; DINING ROOM IS CLOSED UNTIL FURTHER NOTICE</p>			
<p>Attn: Diabetics-These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts</p>			
<p>1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (1cs); and margarine are available with each dinner & supper.</p>			
Date: 2/18/2021		Licensed Registered Dietitian #13899	
 <p>Collette Colette Iseminger, MS, RD, LRD</p>			

Aspen Park



Briarwood



Parkview Terrace



Our 55+ communities offer: heated indoor parking, elevator, controlled entry, in-unit laundry, library, community room, exercise room, central air, trash chute, storage lockers, 24/7 emergency maintenance and more!



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Bad Weather Info

During bad weather to find out if we are having exercise classes, our meal drive-thru, or if we are delivering meals, call the Sr Center at 701-772-7245, check www.gfseniorcenter.org, valleynewslive.com, or www.facebook.com/gfseniors.

GFSC Exercise Classes

GF Senior Center exercise classes are being held indoors at Hope Church, as long as COVID numbers in the county remain low. Must mask and distance. For more information, contact Ranea at 701-757-4866; activity@gfseniorcenter.org or go to www.gfseniorcenter.org/physicalactivities.

- Chair Yoga:** M & W at 3 pm
- Tai Chi for Arthritis & Fall Prevention w/ Bill from Altru:** T & Th at 1:30 pm
- Qigong with Harpreet:** T & Th at 2:30 pm
- Healthy Bones:** T & Th at 3:10 pm

Cities Area Transit offers **SENIOR RIDER**

Monday - Friday:
6:00 am - 10:00 pm
Saturdays:
8:00 am - 10:00 pm



Call 787-9120 weekdays before 5:30 pm. Before using this service, you must complete an application with Cities Area Transit (**allow one week for processing**). If you call this number in the evening or on the weekends, you will need to leave a message. Call one business day in advance of when you need your ride after your application has been approved. **Masks and social distancing are encouraged.** Rides within GF and EGF city limits only.



620 4th Ave. S.
Grand Forks, ND 58201
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**The Grand Forks Senior Center's APRIL 2021 Silver Express newsletter.
We will be closing Thursday, April 1 at 1:30 pm and will be closed
all day Friday, April 2 for the Easter holiday.**

What a Year It Has Been . . .



By the time you get this newsletter, it will have been a year since we have had seniors in our building. We miss the laughter, the visits, the smiles, and the fun of having all of you here. We can't wait to reopen. As you can see from the cover, we are starting to phase into opening up our building to all of you, as long as our COVID-19 numbers remain low in the county. Keep reading the upcoming newsletters for the latest information.