



April 2024

The Silver Express

You are Cordially Invited to:

“ROOTED IN ELEGANCE” TEA & STYLE SHOW

Tuesday, April 30th

1:30 pm at the Grand Forks Senior Center

\$7/Person - Tickets Required

Tickets go on sale Monday, April 1st.

Dress up in your best fashion and join us for cheesecake, served with tea in our beautiful teacup collection, while appreciating a fashion/style show showcasing up and coming trends and styles by Northern Roots Boutique. Locally owned by Kay Derry, Northern Roots prides itself in offering something for everyone!

Limited tickets available. This event is expected to sell out, so don't wait! Purchase your tickets at the GFSC front desk.

Unpaid tickets will not be held.

Northern Roots
Boutique

www.gfseniorcenter.org

701-772-7245

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Assistant Director/Development Officer, Becky Broadwell	701-757-4864
Meals on Wheels (MOW) Coordinator, Roxie Honkola	701-757-2006
Home Delivered Meals (HDM), Paula Altepeter, Rhonda Stephan	701-780-5169
Resources Manager, Stacy Narlock, BSW	701-757-4874
Grand Forks Resources, Josee Locken, BSW	701-757-4883
Rural (GF & Nelson) Resources, Bethany Markwardt, LBSW	701-757-4872
Activity & Public Relations Manager, Amanda Rengstorf	701-757-4863
Activity Coordinator, Kari Situm	701-757-4866
Bingo Coordinator, Cheryl Ramberg	701-757-4873
Food Services Manager, John Ferguson	701-757-4871
Sit-Down Meal Information & Frozen Meals, Mary Johnson	701-757-4869
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN, BSN	701-757-4868

GFSC Board of Directors

President

Alice Hoffert

Vice President

Brad Westrum

Secretary

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Roger Johnson

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Jason McCarthy

Bob Rost

Curt Sandberg

Kathy Snider

Carol Snortland

Michael Venaccio

Dave Willprecht

Mission Statement

The mission of the Greater Grand Forks Senior Citizens Association, Inc. is to provide 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

- **Building and Activities:** For people 55+. Younger guests may accompany seniors occasionally.
- **Senior Dining/Meals:** For people 60+ and their spouses of any age. Younger guests may accompany seniors occasionally and will pay full price for the meal.
- **Foot Care:** For people 60+.
- **Meals on Wheels:** For homebound people 60+ and their spouse or caregiver of any age.
- **Home Delivered Meals:** For homebound, people of any age.
- **Bingo:** For people 18 and older, according to state gaming laws.

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While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed.



Your presence at the GFSC constitutes your permission for us to use your likeness.

PLEASE stay home if you are at all sick.

We cannot emphasize this enough. There are many illnesses circulating and the population we serve has a decreased immune system. Also, if too many staff get sick, we will be unable to serve you at full capacity. If you are at the Grand Forks Senior Center and staff sees that you are under the weather, we will ask you to leave. Our main priority is to keep everyone healthy!



From the Director's Chair - 2023 Highlights

by Colette Iseminger

2023 was another very busy year for the Grand Forks Senior Center.

Here are a few of the numbers:

- The GF kitchen made 53% more meals in 2023 than 2019 (pre-pandemic). This means over 35,000 more meals were made, and the kitchen served over 1,265 people for sit-down meals at the GF Senior Center. The kitchen addition project will be starting soon to help us meet the nutritional needs of a growing aging population.
- Over 1,600 people received the following: Meals on Wheels, Home Delivered Meals, Drive-Thru meals, The Link/Homestead grab-n-go meals, or meals delivered in Larimore or Northwood.
- 374 people in Nelson County received senior meals contracted with cafés in Tolna and Aneta, or were provided frozen meals from the Grand Forks Senior Center.
- Health Services, provided by our three nurses were up 7%. Together, they helped 622 people and trimmed 24,130 toes!
- Resources were up 6% and the number of rides our transportation fare assistance program subsidized also was up by 40%.
- 16,879 people participated in our activity programming.
- The volunteer hours logged by our volunteers rose 2%. **THANK YOU Volunteers!**
- Financially, we ended the year in the black as our ND legislative efforts paid off in a new state contract which started July 1st, 2023. Our revenues totaled \$3,262,388.77. A breakdown of revenue is displayed on the pie chart on page 5.

MANY THANKS to our granting organizations, donors and in-kind business donors for all your support in 2023!

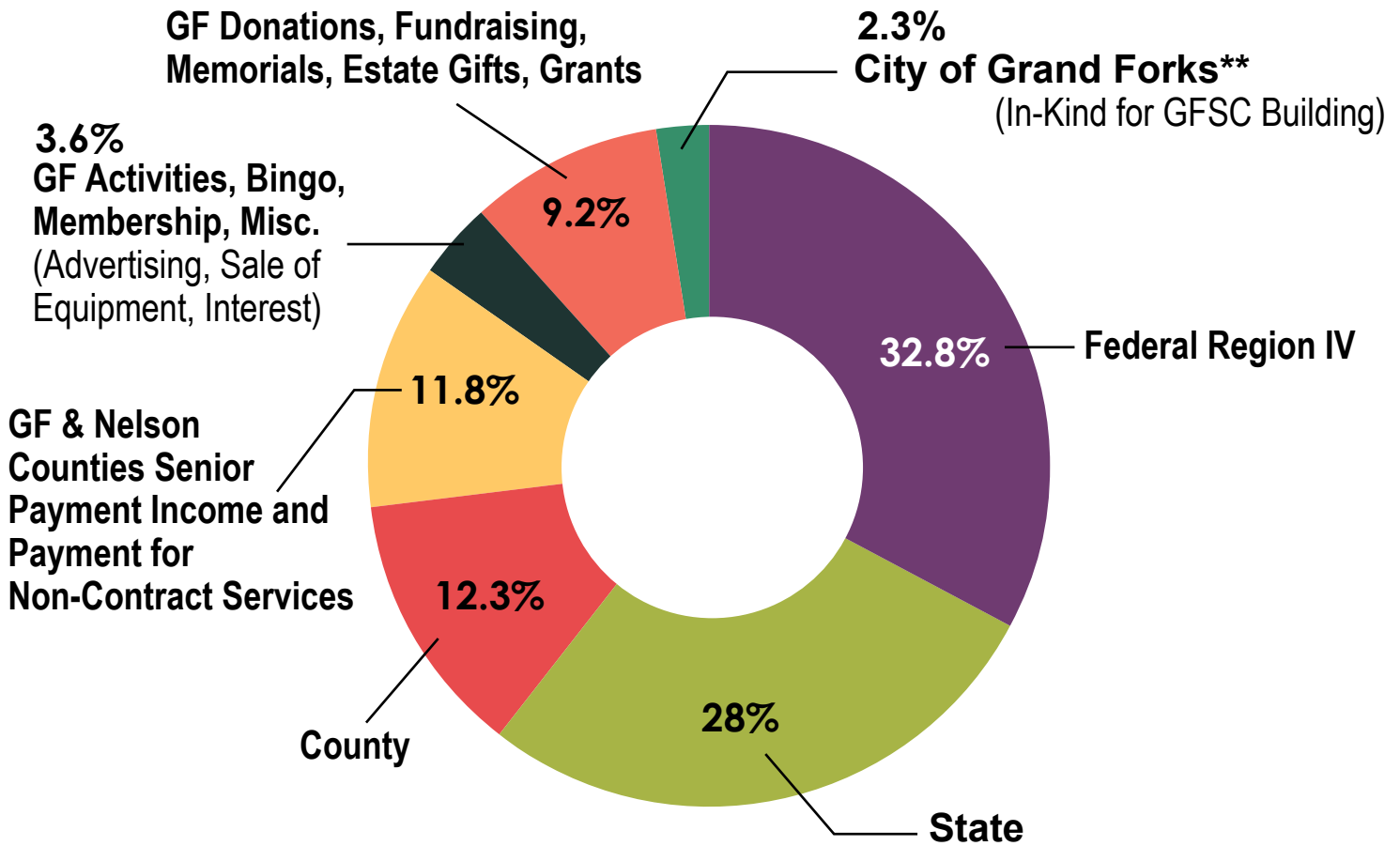
MANY MORE THANKS to our wonderful volunteers, staff and Board of Directors for all your work in 2023 on behalf of well over 4,000 area older adults!

2023 Annual Reports-“Nourishing More Than Ever Before” will be available in the lobby by the end of the April if you don't receive one in the mail.

'Til Next Time-

Colette Iseminger, Executive Director

Breakdown of 2023 Revenue



Monthly Webinar by Dietary Solutions:

The monthly nutrition and wellness webinar series continues to help support the nutritional health of older adults. These FREE webinars can be joined live or can be viewed as a recording at the site below.



April 18 at 10:30 am
Good Nutrition for Stress Management

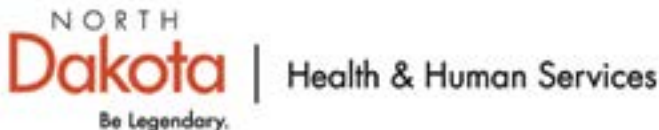
<https://bit.ly/NDStress>

US: +1 929 205 6099

Webinar ID: 966 3225 2578

Passcode: 693088

All webinars will be recorded and available at <https://bit.ly/NDRecordings>





Activity Info

Music Mondays

Mondays at 1 pm

Join us Mondays at 1 pm as we appreciate the talents of local musicians.

Apr 1 Mark Ryan

Apr 8 The Odds & Ends
British Invasion - Paul, Michele & Gary are bringing your favorite British tunes to the GFSC for Music Monday!

Apr 15 Sugar Beats (New)
Play a little of everything from the Beatles, to Johnny Cash, to today!

Apr 22 Barb Graf

Apr 29 Chuck Gust

Monthly GFSC Tour

Tuesday, April 2 at 9 am

Discover what the Senior Center has to offer! Join our monthly tour. Plan for an hour. You will be seated most of the time. Everyone is welcome!

6 Silver Express

AARP Driver's Safety

Wednesday, April 3 Noon - 4 pm

The AARP Driver's Safety course teaches valuable driving skills and gives a refresher on the rules of the road. You may also qualify for a discount on your car insurance by completing this course! Call your insurance agent to see if you qualify!

Cost:

\$20 for AARP members
\$25 for non-AARP members
(cash/check only)

Call the GFSC front desk at 701-772-7245 to register. Class size is limited.

Monthly Creations



Wednesday, April 3 at 10 am

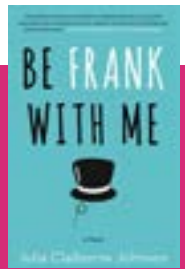
Make this spring bird house! Cost is \$3. Call 701-757-4866 to register! Limited seats available. Monthly Creations will now be the 1st Wed. of each month.

Red Hat Society Meeting

Monday, April 8 at 11:15 am

The Red Hats will be meeting at the Cafe in the North Dakota Museum of Art on UND's campus (261 Centennial Dr, Grand Forks, ND 58202).

Constant Reader's Book Club



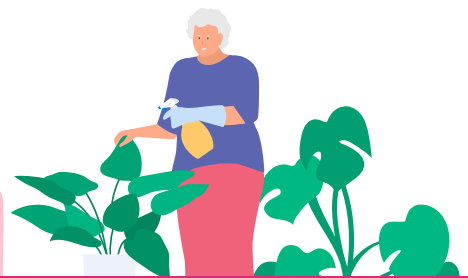
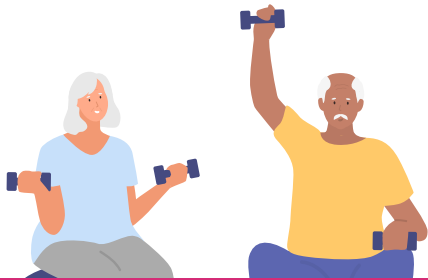
Monday, April 8 at 10:30 am

They will be discussing **Be Frank with Me** by Julia Claiborne Johnson. Book for May should be available to borrow at the April meeting.

Visually Impaired Senior Support Group

Tuesday, April 9 1 pm - 3 pm

Contact Pam with any questions at 701-795-2719. New people welcome!



FREE Legal Services for Seniors

**Thursday, April 11
9 am - 11 am**

**Thursday, April 25
2 pm - 4 pm**

Legal Services of North Dakota (LSND) provides free legal assistance at the GF Senior Center. Call **701-222-2110** to make an appointment. Dial "330" when the recording starts. (The recording will not give Grand Forks (GF) as an option. The Fargo office makes appointments for GF.)

Topics Legal Services can seniors help with: Medicaid, Social Security, Domestic Violence Protection Orders, Divorce, and more!

Trivia

**Thursday, April 11 &
Thursday, April 25 at
1 pm**

Do you have a knack for knowing fun, interesting facts? Join our trivia group!

Coffee & Pie with a Cop

**Tuesday, April 16
at 1:30 pm**

Join Sergeant Kris Brown in the GF Senior Center dining room for coffee, pie and conversation. **Blueberry pie and ice cream** will be available to purchase for \$2.

Medication Take Back Event

**Tuesday, April 23
11 am - Noon**

Join us in the lobby for the semi-annual Medication Take Back Event put on by Safe Kids! Safely dispose of any expired or unused meds.

Caramel Rolls!

**Friday, April 26
9:30 am**



Caramel rolls available on Friday, April 26 at 9:30 am, until sold out. Each roll is \$1.50. Buy your ticket at the Grand Forks Senior Center front desk starting at 8 am on April 26. Take out is available, but you need to bring your own container.

"Rooted in Elegance" Tea and Style Show

**Tuesday, April 30
at 1:30 pm**

\$7/Person - Tickets Required. Tickets go on sale Monday, April 1st. More information on the front cover.

Save the Date!

**Jewelry Sale
Thursday, May 9
9 am to 3 pm**

One day only! Shop used jewelry at a great price...just in time for Mother's Day! We will be previewing some of the pieces at the Tea & Style Show! We are still taking donations of gently-used jewelry (earrings, bracelets, necklaces, pins, rings - no watches) until April 15th. You can bring these items to the GFSC front desk. No returns.





April 2024 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope) 3:30 pm Chair Yoga (Hope)</p>	<p>2</p> <p>9:00 am Healthy Bones AM 9:00 am Monthly GFSC Tour 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope) 4:30 pm Blue Zones Walking Moai (Grand Cities Mall)</p>	<p>3</p> <p>9:30 am Game Group 9:30 am Men's Coffee 10:00 am Monthly Creations 12:00 pm - 4 pm AARP Driver's Safety Class 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope)</p>	<p>4</p> <p>9:30 am Men's Coffee 10:00 am Crochet Group 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope)</p>	<p>5</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Diabetes Prevention Class 10:00 am Ladies Coffee</p>
<p>8</p> <p>9:30 am Men's Coffee 10:00 am Red Hats Meeting 10:30 am Book Club 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope) 3:30 pm Chair Yoga (Hope)</p>	<p>9</p> <p>9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle 1:00 pm Parkinson's Presentation 1:00 pm Vision Support Group 3:30 pm Healthy Bones (Hope) 4:30 pm Blue Zones Walking Moai (Grand Cities Mall)</p>	<p>10</p> <p>9:30 am Game Group 9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope)</p>	<p>11</p> <p>9:00 am - 11:00 am Free Legal Services 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:00 pm Trivia 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope)</p>	<p>12</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Diabetes Prevention Class 10:00 am Ladies Coffee</p>
<p>15</p> <p>9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope) 3:30 pm Chair Yoga (Hope)</p> <p>Last day to donate Jewelry for the sale!</p>	<p>16</p> <p>9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Beginner Tai Chi 1:30 pm Coffee & Pie w/Cop 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope) 4:30 pm Blue Zones Walking Moai (Grand Cities Mall)</p>	<p>17</p> <p>9:30 am Game Group 9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope)</p>	<p>18</p> <p>9:30 am Men's Coffee 10:00 am Crochet Group 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope)</p>	<p>19</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Diabetes Prevention Class 10:00 am Ladies Coffee</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope) 3:30 pm Chair Yoga (Hope)</p>	<p>23 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 11:00 am - Noon Medication Take Back Event 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope) 4:30 pm Blue Zones Walking Moai (Grand Cities Mall)</p>	<p>24 9:30 am Game Group 9:30 am Men's Coffee 9:30 am Wii Bowling League 10:00 am Book Giveaway 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope)</p>	<p>25 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:00 pm Trivia 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:00 pm - 4:00 pm Free Legal Services 2:30 pm Qigong 3:30 pm Healthy Bones (Hope)</p>	<p>26 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Caramel Rolls 9:30 am Men's Coffee 10:00 am Diabetes Prevention Class 10:00 am Ladies Coffee</p>
<p>29 9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope) 3:30 pm Chair Yoga (Hope)</p>	<p>30 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:30 pm "Rooted in Elegance" Tea & Style Show 3:30 pm Healthy Bones (Hope) 4:30 pm Blue Zones Walking Moai (Grand Cities Mall)</p>	<p>Book Giveaway! Wednesday, April 24 10 am to 1 pm We will have a table set up in the lobby with some free Classic books and books on CD from our library for you to take home and keep!</p>		<p>Library, computers and billiards room available for individuals 55+ to use anytime GFSC is open!</p>



GFSC Library

Clive Eric Cussler was an American adventure novelist and underwater explorer. His thriller novels, many featuring the character Dirk Pitt, have been listed on The New York Times fiction best-seller list more than 20 times. Find books by Clive Cussler (We have a whole shelf of his books!) and many others in the GF Senior Center Library located on the 2nd floor. Simply sign in on the sheet, pick out your books, and bring them home. When you finish reading, return the books to the bin in the library, and our volunteers will take care of the rest!

THANK YOU so much to people donating books especially the popular authors' newest books!

Foot Care Appointments

Is it difficult to take care of your toenails? If you are 60 or older, you can have your foot care done by nurses at the GF Senior Center. Call today for an appointment. Suggested contribution is \$30 for foot care at the GF Senior Center and \$35 for all other visits when the nurses need to travel.

APPOINTMENTS AVAILABLE: Please call 701-757-4878 to make a foot care appointment at the GF Senior Center or at one of the foot care clinics below.

Grand Forks - Appointments are available most weekdays

Home visits are available for homebound seniors within the city of Grand Forks.

April 3	Tolna Lutheran Church, 220 Main Street, Tolna	9:30 am - Finish
April 17	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
April 18	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
April 24	McVile Fire Hall, 203 Baldwin Street, McVile	9:30 am - Finish

Guidelines to keep clients and staff safe:

- Client masks are optional. Please bring one with you if you want to wear a mask.
- You must call and reschedule your appointment if you are not feeling well!
- **Please help to keep our nurses healthy to serve you!**
- *If you have a procedure or surgery scheduled, please check with your doctor to see when you are safe to receive foot care services (both before and after).*

Paid Advertisement



Maple View
MEMORY CARE COMMUNITY

Providing you and your family
with peace of mind

- Full time residency
- Respite
- Adult day services

4650 S Washington St
Grand Forks, ND 58201
(701) 772-3400
www.lifeatmapleview.com

GF SENIOR CENTER EXERCISE CLASSES

Chair Yoga: M & W at 3:30 pm (*Hope Church*)

Ready, Set, Stretch: M at 2:30 pm (*Hope Church*)

Healthy Bones AM: T & F at 9:00 am (*GFSC*)

Healthy Bones Parkview: M, W & F at 8:30 am (*Parkview Terrace - 2396 27th Ave S*)

Healthy Bones PM: T & Th at 3:30 pm (*Hope Church*)

Beginner Tai Chi for Arthritis & Fall Prevention: T & Th at 1:30 - 2:00 pm (*GFSC*)

Experienced Tai Chi for Arthritis & Fall Prevention: T & Th at 2:00 - 2:30 pm (*GFSC*)

Qigong w/Harpreet: T & Th at 2:30 pm (*GFSC*)

Requirements

- Arrive 15 minutes before class
- Bring your own water bottle
- Social distance
- Bring your key tag to sign in
- Masks are optional

Classes are held at the GFSC in the lower level activity room or at Hope Church in their common area. Hope Church is located inside Grand Cities Mall. Class location is in parentheses in the list above, but keep an eye out on our Facebook page for up-to-date information. Changes may occur throughout the month as there may be times when locations change or classes are canceled. If you want to find out if more about exercise classes, either call the Senior Center at 701-772-7245 or visit www.gfseniorcenter.org.

Broadcast Phone Calls from GFSC

Our computer program, My Senior Center, now allows us to make mass phone calls out to you. If you get a recorded call from our phone number (701-772-7245) it is from us; it is not spam. We may do mass broadcast calls for things such as closings, and changes in meals or activities. These calls will make it easier for us to notify you as soon as possible. We will also be able to call Meals on Wheels clients ahead of time, so you are not wondering if your meal is coming on storm days! If you have any concern about getting these calls, please check to make sure your phone number is correct in our system. Thank you!

Grand Forks Area Food Assistance

NORTHLANDS RESCUE MISSION

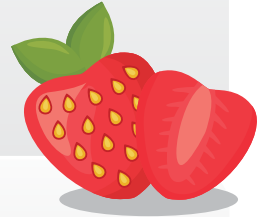
420 Division Ave.
Grand Forks
(701) 772-6600
ext. 206

**Food boxes Monday-Friday from
10 am – 4 pm (until 7 pm Wednesdays)**

- Call to leave a message & reserve a food box.
- Pick up box between 10 am – 4 pm on the day you call.
Call at least a half hour before you pick up your box.
- Pick up box at Door #2 & ring the doorbell.

**Community meals available every day at
Noon and 5 pm.**

- Go to the front office to request a meal.



RED RIVER VALLEY COMMUNITY ACTION

1013 N 5th St.
Grand Forks
(701) 746-5431

Food pantry / Fresh Food Distribution:

Tuesdays (8:30 am-4:30 pm) &

Wednesdays (8:30 am-11:30 am) by appointment only.

An intake is required to determine eligibility. Call to make an appointment.

ST. JOSEPH'S FOOD PANTRY

620 8th Ave S.
Grand Forks
(701) 864-0108

Tuesday, Wednesday, & Thursday at 2 pm

Pick up at Door #3.

Must call from 10 am – Noon on the day you would like food.



HC COMMUNITY CARE CENTER & FOOD PANTRY

1726 South
Washington St.
Grand Forks
(701) 757-3480

(in the Grand Cities Mall behind Thrive Church)

Open Monday - Thursday by appointment only.

Call Monday or Tuesday 9 am – 4 pm to make an appointment. If it's your first time, bring a photo ID and proof of address (such as a utility bill).

More info on Hope's Facebook and online at gfcarecenter.org

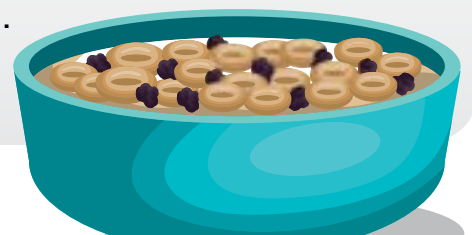
EAST GRAND FORKS FOOD SHELF

1715 3rd Ave NW
East Grand Forks
(218) 773-8083

Monday & Wednesday

from 10 am – 5 pm and Friday from 10 am – 2 pm

Call to schedule a pick-up time.



SALVATION ARMY

1600 University Ave.
Grand Forks
(701) 775-2597

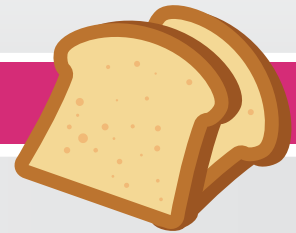
Open Monday – Friday
from 9 am – 11:30 am & 1 pm – 2:30 pm

Call for more information.

FREEDOM CHURCH CARES

6 N 3rd St.
Grand Forks
(701) 772-3117

Thursdays
Pick up at the Ember (6 N. 3rd St., Grand Forks)
Provides a free box of various produce, no questions asked. Call for more information.



Rural Food Assistance

Michigan, ND | Food Pantry | 701-259-2225

222 State Ave Michigan, ND 58259.

Located right behind Vasichek Insurance on the frontage road just off Hwy. 2.

- When you see the purple door, you know you've found it!
- Open Mondays and Wednesdays from 9 am – Noon.
- No appointments. Walk-ins only. An intake is required to determine eligibility.

Larimore, ND | United Way Food Pantry | 701-775-8661, Extension # 101

109 Terry Ave, Larimore, ND 58251

- 3rd Wednesday of every month, 5:30 pm-7 pm. Bring a photo ID.

Thompson, ND | Community Food Pantry (St. Matthew's Church) | 701-599-2081

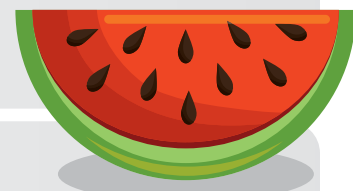
701 Broadway St. Thompson, ND 58278

- 2nd Tues of every month, 11 am-1 pm & 4th Tues of every month, 6 pm-8 pm.
- Questions? Call Mary at 701-599-2081 or email: thompsonfoodpantry@gmail.com

Northwood, ND | Food Pantry | 701-213-1939

6 Raymond St. N. Northwood, ND 58267

- Every other Wednesday from 3 pm-4:15 pm.



MOBILE FOOD PANTRY with Northlands Rescue Mission:

Tuesdays from Noon-1:30 pm in different locations:

Individuals and families may receive one box of food per month per household. No need to call ahead, just bring a photo I.D. with you.

When you arrive to a Mobile Pantry location, simply join the line leading up to the box truck. You will be asked to provide basic information on a short form before receiving your food. You do not need to exit your vehicle - they will help load food into your vehicle.

2024 Locations: May 7th & Nov. 5th: Lakota; July 2nd: Manvel; Oct. 1st: McVille



2023 Volunteers - Giving, Caring, Making a Difference

244 volunteers/groups of volunteers provided 13,645.25 hours of service in 2023!

Presidential Awards

GOLD (500+ hrs)

Laternus, Jim (1235)

SILVER (250-499 hrs)

Akset, Colleen (341)
 Bekkedahl, Isabelle (265)
 Hoffert, Alice (328)
 Hoffert, Rodger (258)
 Hoselton, George (341)
 Lund, Alice (385)
 Samson, Daniel (280)

BRONZE (100-249 hrs)

Albrecht, Evelyn (171)
 Allan, Beverly (174)
 Altendorf, Diane (244)
 Berry, Connie (171)
 Borkowski, Joyce (105)
 Denault, Janis (147)
 Fischer, Maria (204)
 Hendrickson, Elton (105)
 Hines, Jennifer (110)
 Hoeger, Patricia (112)
 Hoffert, LouAnn (170)
 Hursh, Ken (156)
 Huss, Rex (119)
 Iverson, Avis (100)
 Johnson, Roger (111)
 Knudson, Doris (128)
 Knupp, Michele (241)
 Kuntz, Dan (124)
 Larson, Tom (142)
 Lehn, Faye (147)
 Metelmann, Roxanne (100)

Nelson, Dennis (114)
 Odenbach, Danielle (170)
 O'Keefe, Michael (182)
 Rost, Robert (244)
 Venaccio, Michael (192)
 Westrum, Bradley (114)
 Williamson, Gary (102)

18-99 hours

Anthony, Michael
 Apostal, Kathy
 Argall, Chester
 Aymond, Anthony
 Barrett, Mary
 Bethke, Glenn
 Brito, Luis
 Britton, David
 Buckley, Ann
 Clinton, Brittney
 Coleman, Michael
 Colter, John
 Conley, Rhiannon
 Decker, Schawnn
 Deitz, Marijo
 Dickson, Jill
 Drees, Kenneth
 Drees, Maureen
 Dunham, Jean
 Dunnigan, Faye
 Dutot, Nancy
 Elgin, Bev
 Farrell, Joe
 Fleming, Anna
 Froelich, Brooke
 Gause, Cully
 Gelinas, Fred
 Goelz, Karise

Guthmiller, Patricia
 Guthmiller, Ronald
 Hanson, Carrie
 Hanson, James
 Hanson, Jeanne
 Hartsough, Walter
 Heap, Dennis
 Heher, Lisa
 Heher, Matthew
 Hjeldness, Robert
 Humble, Robert
 Johnson, Beverly
 Johnson, Daniel
 Johnson, Melody
 Kaml, Judy
 Knaeble, Kate
 Kresel, Marney
 Krueger, Laurie
 Kvamme, Pauline
 Larson, Nina
 Lee, John
 Lies, Renee
 Lileng, Pauline
 Martin, Jennifer
 McVeigh, Dana
 Meuwissen, Debbie
 Mikkelson, Darlene
 Molmen, Karen
 Norgard, Phyllis
 Norwood, Joan
 Peterson, Joni
 Putbrese, David
 Robertson, Kandy
 Rohme, Gayle
 Ronkowski, Becky
 Rustad, Keaton
 Samson, Sandra

Sandberg, Curt
 Schumacher, Judy
 Singh, Harpreet
 Skonieczny, Kathy
 Smith, Rebecca
 Sowokinos, Joseph
 Stephan, Jeff
 Stich, Max
 Thompson, Earl
 Thompson, Mary
 Venaccio, Victoria
 Wahlstrand, Marcia
 Wahlstrand, Scott
 Walton, Karin
 Walz, Genevieve
 Walz, Larry
 Watland, Diana
 Williamson, Linda
 Willprecht, David
 Wood, Allen
 Wood, Wendy
 Yagla, Judy

Under 18 hours

Abel, Maleah
 Alvey, Jacob
 Anderson, Jessa
 Anthony, Michael
 Austin, Joyce
 Axberg, Karen
 Ballingrud, Marlyce
 Bedard, Linda
 Beland, Paul
 Benson, Cleone
 Berg, Barbara
 Biel, Debra
 Biel, Todd

"By sharing your time and passion, you are helping discover and deliver solutions to the challenges we face - solutions that we need now more than ever. We are living in a moment that calls for hope and light and love. Hope for our futures, light to see our way forward, and love for one another.

Through your service, you are providing all three."

- From President Joe Biden's letter to the Presidential Award recipients

Thank you, volunteers! You continue to help keep older adults safe and healthy! Your dedication does not go unnoticed. We want to take this moment to celebrate you and show you how much you are appreciated by us all!
Thank you again from all of us at the Grand Forks Senior Center!

Breidenbach, Joe
Bridgeford, Aaron
Brien, Charles
Burmeister, MerSady
Chisholm, Barbara
Connell, Carol
Cox, Diane
DeMars, Julie
Dolan, Barbara
Duray, Katherine
Dusterhoft, Scott
Enget, Amy
Farrell, Paul
Feist, Gloria
Fenske, Claire
Fettig, Carol
Fillion, Roy
Fincher, Maci
Gibson, Blake
Graf, Barbara
Graham, Katie
Hager, Delwyn
Hale, Elizabeth
Hanson, Emma
Heinz, Amy
Helten, Susan
Herrmann, Karen
Hillebrand, Casey
Honkola, Adam
Honkola, Roxie
Iseminger, Caleb
Iseminger, Carl
Iseminger, Charlie
Iseminger, Christian

Iseminger, Henry
Iseminger, Violet
Jobe, Brenda
Johnson, Georgine
Johnson, Merritt
Kennedy, Archer
Kippley, Chelse
Kloos, Jeanne
Kmecik, Rachel
Knutson, Kara
Konschak, Marjory
Kramer, Carla
Kramer, Sylvie
Krenelka, Stephanie
Kulbacki, Joseph
Kurtyka, Bobbie
Lebby, Doris
Lehn, Rich
Linback, Nancy
Mack, Joy
Mallory, Jennifer
Maring, Peg
Markwardt, Kyle
Martin, Grant
Mattern, Alice
McGrath, Judy
McKewin, Vivian
Middagh, Roberta
Monda, Chana
Morin, Erin
Morley, Shannon
Multhaupt, Randy
Nelson, Michelle
Ngoran, Allan

Nielsen, Emily
Olson, Taya
Olson, Zach
Oncken, John
Pariseau, Pamela
Pederson, Sharon
Pinkerton, Andria
Plante, Angela
Reck, Phyllis
Reed, Christine
Reilly, Emilee
Rising, Pam
Roehrick, Shelly
Ronkowski, Mary
Roseno, Paulette
Sanford, Beverly
Schmitz, Jolene
Schweitzer, Kathleen
Shaon, Lillian
Snider, Kathy
St. Germain, Sharon
Svrcek, Koeri
Thielman, Gail
Tibbitts, Sheila
Torblaa-Multhaupt, Laurel
Vingelen, Shellie
Vodden, MacKenzie
Waind, Marsha
Waind, Paul
Walior, Mary
Wehausen, Jenna
Weisenberger, James
Weshenfelder, Carol
Wiley, Denae

Yanish, Cody
Yelton, Jean
Zirnhelt, Clair

GROUPS

Altru Guest Services
American Crystal Sugar
Development Homes
Listen Staff
Scheels
Yorhom Healthcare

Please consider sharing 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 or go online to www.gfseniorcenter.org/evopps, where you can either fill out an online form or print a volunteer form and bring it in.

Donations and Memorials

Thank you so much to our generous donors who support older adults! Brighter Side Society Members are designated by the * symbol. The gifts below were received from February 9, 2024 to March 1, 2024.

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

RETRAX

Donations of \$500-\$999

ICS, Inc

For Meals on Wheels

Olson, Donna

For kitchen renovation

Donations of \$250-\$499

Millette, Keith and Rennae

Donations of \$100-\$249

American Legion Post #157

Benson, Ray and Mary

FMR Family Medicine

In memory of Vidette Knain

Gate City Bank

Denny Elbert match

Luney, Daniel

Steinke, John and Susan

Xcel Energy Foundation

Thomas and Lynne McGrath match

Donations up to \$100

Austin, Kevin and Joyce

In memory of Terry McKenna

Broadwell, Ray and Becky*

In memory of Terry McKenna

Buckley, Ann*

Dvorak, Marlene*

Dybwad, Irene*

In memory of Kathy Midgarden

Hammerstrom, Tooker*

Hanson, Carrie

In memory of Jackie McMahan

Helgerson, Donna*

In memory of my husband, Arral

(AJ)

Iseminger, Carl and Colette*

Jerik, Dorothy and Wasylow, Kimberly

In memory of Vidette Knain

Kaml, Judy

In memory of Vidette Knain

Knain, Carol

In memory of Vidette Knain

Lunde, Beverly

In memory of Vidette Knain

Mattern, Alice*

McDonald, Kevin

Norgard, Phyllis

In memory of Terry McKenna

Otremba, Sheryl

Ryan, William and Kerry

Sandberg, Curt and Ione*

For Meals on Wheels

Schiele, Kathy*

In memory of Don Schiele

Schneider, Jan

In memory of Vidette Knain

Schumacher, Matt and Jami*

Sulland, Steve and Linda*

Swen, Olive

In memory of Vidette Knain

Thorson, Ruth

In memory of Vidette Knain

Vein, Jerry and Mary*

Venaccio, Michael and Vicki*

Victor, Shane, Samantha, Callan and

Lawson

In memory of Vidette Knain

Westrum, Brad and Yvonne*

Zirnhelt, Clair and Ronda*

Paid Advertisement

*Request Information or Schedule
your Personal Tour Today!*



*Our Family
Caring for Yours*

Senior Independent Living - Country Estates

- A variety of elegant apartments
- Café, hair salon, exercise room, transportation

Assisted Living - Wheatland Terrace

- Spacious apartments with 24/7 personal care
- Meals, transportation to medical included

Basic Care - Tufte Manor

- Single and 2-room suites (Medicaid approved)
- Meals, transportation, personal care included

valleyseniorliving.org
701.787.7563



the **Big** Event

one big day. one big thanks.

April 27, 2024

Submit Your Job Request Today!

Thank you for your support of The Big Event in the past as well as in the future. Now is the time to submit your job request!

The Big Event is a one-day community service event where University of North Dakota students, staff, and faculty say “thank you” to the Greater Grand Forks community by volunteering their time to complete service projects.

**We look forward to helping you on Saturday,
April 27, 2024!**

Please submit job request forms at: <http://tinyurl.com/DoWork24>
If you cannot submit online please call 701-777-6468 to submit your job requests. Requests should be submitted no later than Friday, April 5, 2024.

Feel free to contact us with any questions!

UND.thebigevent@UND.edu

701-777-6468



Submit Your Job Request Today!



HOMESTEAD & RENTER'S REFUND PROPERTY TAX CREDITS

Senior citizens and individuals with disabilities may qualify for North Dakota property tax credits.

HOMESTEAD PROPERTY TAX CREDIT

BENEFIT:

The credit reduces the homeowner's taxable value depending on the homeowner's income. The maximum reduction of taxable value may vary from \$4,500 to \$9,000.

APPLICATION PROCESS:

Homeowners must apply for a property tax credit with their local assessor or county director of tax equalization by February 1.

RENTER'S REFUND

BENEFIT:

The applicant's annual rent must be a certain percentage of their income to qualify for a refund.

APPLICATION PROCESS:

Renters must apply for a refund with the Office of State Tax Commissioner before June 1.

Additional information & applications are available @ tax.nd.gov.



ELIGIBILITY REQUIREMENTS

- 65 years of age or older in the year for which the application is made.
- OR-
- Permanently and totally disabled.
- Proof of permanent and total disability must be established.
- Can be a homeowner or renter.
- There is no age requirement for those permanently disabled.
- A homeowner or renter with a disability must meet the same qualifications, except for age, as a senior citizen homeowner or renter.



Fun in the Center

- 1 Fall Creek Quartet performing for Music Monday
- 2-6 Intro to Pickleball Participants
- 7 285 in Wii Bowling! A new personal record!
- 8-10 Sargent Kris Brown brought out the drug and drunk goggles at February's Coffee & Pie with a Cop event



Meet Lori



Lori is our newest Registered Nurse in the Health Department. Lori is married to Monty and they have two children, Cassandra and James. James will be getting married this July! She was a Surgical Technician for 34 years and also obtained her LN and RN Degrees, all from Northland. In her free time, Lori loves to bake! Some of her favorite things to bake include Kuchen, cakes, cookies and Scandinavian tea bread.

Fun Fact: Lori & Monty own Victorian Rose Antique Shop, located on S. Washington St.

Meet Our New Board Members!



Carol Snortland is a nurse who currently works part-time at Valley Senior Living. She has four children, five grandchildren and eight great-grand

children. Carol enjoys watching sports, especially NDSU football, and Minnesota Twins baseball. She also likes to travel and spend time with her family.



Roger Johnson has a Masters of Social Work from Florida State University. He was employed at the ND Department of Human Services for 30 years

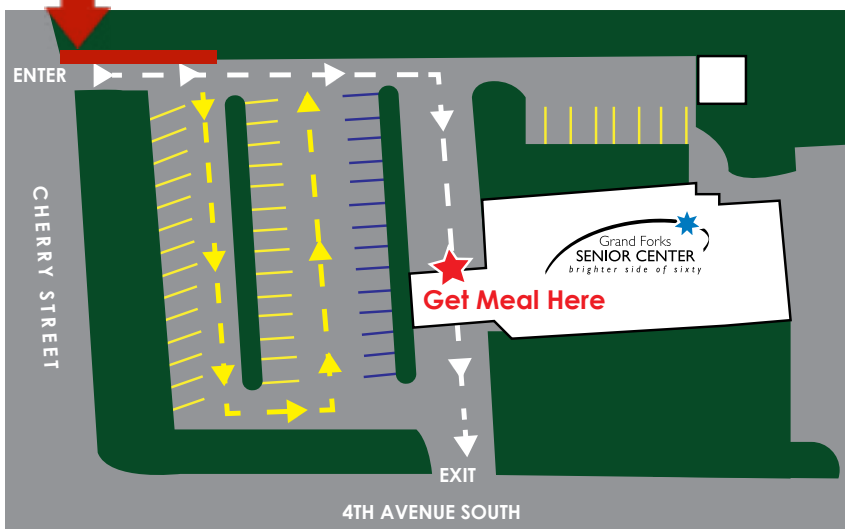
and was an Assistant Professor at UND for six years. Roger is married with two children and four grandchildren.

Drive-Thru Lunch Route Map

Monday - Friday | 11:30 am to Noon

No parking or waiting in this area

All Drivers: Please use **EXTREME CAUTION** while in the GF Senior Center Parking Lot!



You may choose between sit-down or drive-thru meals. If you choose to use our lunchtime drive-thru service please follow the route shown.

Follow the **white** arrows on this map if the line is short. Follow the **yellow** arrows if the line gets long.

For the Drive Thru:

- **Enter lot from Cherry Street**
- Do not drive into the fire lane in front of the building before 11:30 am.

2024 Trips

Join us for a day trip to Jasper's Theater in Park Rapids, MN or you can join the 8-day trip to Nashville in October!

- Thursday, June 27 - **Legends of Country Music with the Dan Brekke Band** in Park Rapids, MN - \$80 (Deadline to register is June 6. We must have a minimum of 30 registered people to go.)
- Wednesday, August 21 - **Rockin' 50's Show** in Park Rapids, MN - \$80 (Deadline to register is July 31. We must have a minimum of 30 people registered to go.)
- October 13 - 20, 2024 - **Discover Nashville**, Tennessee - \$3,799 per person for double occupancy. Details on the Nashville Trip can be found at **holidayvacations.com**. Local station keyword: **Grand Forks** or you can pick up a brochure at the GF Senior Center.

Trip sheets can be picked up at the GFSC. Contact our activities department at: 701-757-4866 or email activity@gfseniorcenter.org if you have any questions.

My Senior Center

Please check into My Senior Center using your key tag each time you come to the Grand Forks Senior Center and/or to log in your volunteer hours. If you have lost your key tag or are new to the GFSC, and don't have one, please stop by the front desk.

Paid Advertisement

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!



www.immapartments.com • 701-780-8162

April 2024 - Grand Forks Title III Older Americans Act Food Program

Suggested contribution for seniors is \$2 for Breakfast; \$4.25 for Lunch. Please contribute what you can. Cash, Check, EBT/SNAP and Credit Cards are accepted at the GFSC. You may call 701-772-7245 to pay with your card. Those under 60 years are required to pay the actual cost of the meal unless your spouse is over 60. The actual cost of the meals are: \$6.50 for Breakfast; \$11.75 for Lunch. The second entree option is available for sit-down meals at the Senior Center. Menu is subject to change based on availability of food and supplies.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
1/2 c Fruit Sauce (1cs) Sausage Egg Muffin (2cs) Whole Grain Cereal (1cs) 4oz Orange Juice (1cs) 8 oz 1% milk (1cs)	2 Eggs Made to Order Hashbrown Patty (1 cs) 2 WW Toast (2 cs) 1/2 c Fruit Sauce (1 cs) 4oz Orange Juice (1cs) 8 oz 1% Milk (1 cs)	Ham & Egg on WW Muffin (2 cs) 3/4 oz Cold Cereal (1 cs) 1/2 c Fruit Sauce or OJ (1 cs) 8 oz 1% Milk (1 cs)	Omelet (.5cs) 2 WW Toast (2cs) 1/2 c Fruit Sauce (1 cs) 4oz Orange Juice (1cs) 8 oz 1% Milk (1 cs)	4oz Orange Juice (1cs) 1/2 c Fruit Sauce (1cs) 2 Blueberry Pancakes (3cs) 2oz Turkey Sausage 8 oz 1% milk (1cs)
Breakfast: Toast with a meal includes margarine, jelly and peanut butter choices; Syrup, SF syrup and margarine are available with pancake, waffle and french toast meals.				
Monday Lunch: April 1	Tuesday Lunch: April 2	Wednesday Lunch: April 3	Thursday Lunch: April 4	Friday Lunch: April 5
8 oz Spaghetti/Noodles (1cs) or 8 oz Chicken Noodle Cass (1cs) 1/2 c. Peas (1cs) 1c. Romaine Salad/dressing (1cs) 1 sl WW Bread (1cs) 1/2 c Applesauce (1cs)	3oz Polynesian Meatballs (.5cs) or Apple Spiced Pork Chop (.5cs) 1/2 c Rice Blend (1cs) 1/2c. M. Potato/gravy (1cs) 1/2 c. Oriental Blend Veg (.5cs) Small Apple (2cs) 1 Bread (1cs)	3 oz Herb Chicken Small Baked Potato (1 cs) or 8 oz Beef Stew (.5 cs) 1/2 c Parsley Carrots 1/2c Peach Crisp w/top (2cs)	3oz Cabbage Roll (.5cs) or Chicken in Gravy 1/2 c Buttered Potatoes (1 cs) 1/2 c Peas (1 cs) 1/2 c Grapes (1 cs)	Applesauce Ribs (.5cs) or Crax Crumb Fish (.5cs) 1/2 c Sweet Potato (1cs) 1/2c Roasted Brussel Sprouts 1/2 c Peaches (1cs)
Monday Lunch: April 8	Tuesday Lunch: April 9	Wednesday Lunch: April 10	Thursday Lunch: April 11	Friday Lunch: April 12
3oz Pork Tidbits in Gravy OR 3 oz Beef Stroganoff 1/2 c Egg Noodles (1 cs) 1/2 c Mixed Vegetables (.5 cs) 1/2 c. Coleslaw 1/2 c Apricots (1 cs) 1 bread (1cs)	2 oz Sloppy Joe on WW Bun (2 cs) or Fishburger on WW Bun (2 cs) 8 oz Corn & Potato Chowder (1 cs) 3 Carrot Sticks Angel Food Cake with 1/2 c Berries & Topping (1 cs) No Additional Bread	1 c Hungarian Goulash (1cs) OR 3 oz Chicken Royale (.5cs) 1/2 c Au gratin Potato (2cs) 1/2c Green Beans 1/2c. Fresh Fruit (1cs) 1 bread (1cs)	3 oz Swiss Steak with Onions and Tomatoes or Orange Chicken (2 cs) over 1/2c Rice Blend (1cs) Small Baked Potato (1cs) 1/2 c Buttered Beets 1/2c Tapioca Pud w/ Fruit (1cs) 1 Bread (1cs)	8 oz Chili w/Beans (1cs) or 3 oz P/A glazed Pork Chop (.5c) Sm Baked Potato/Sr Crm (1cs) 1/2c Carrots 1/2c. Grapes (1cs)

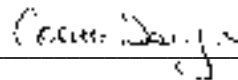
If you would like to receive this newsletter (either in the mail or by email), you no longer wish to receive this newsletter, or your address is changing, please contact the GF Senior Center at 701-772-7245 or pr@gfseniorcenter.org. If you live outside of Grand Forks or Nelson county, you will need to become a member in order to get the newsletter by mail.

Monday Lunch: April 15	Tuesday Lunch: April 16	Wednesday Lunch: April 17	Thursday Lunch: April 18	Friday Lunch: April 19
3 oz Cranberry Chicken (1 cs) 1/2 c Cooked Cabbage or Sausage with Kraut Small Baked Potato (1 cs) 1/2 c Spiced Peaches (1 cs)	3" Sq Lasagna (2 cs) or Tuna Casserole (2 cs) 1/2 c Green Beans 1 Slice French Bread (1 cs) 1/2 c Fruit In Gelatin (2 cs) No additional bread	3 oz Hot Beef or Hot Turkey 1/2 c Mashed Potatoes & Gravy (1 cs) 1/2 c Yams (1 cs) Small Orange (1 cs)	3 oz Meatloaf (.5 cs) or Italian Chicken 1/2 c Parslied Buttered Potatoes (1 cs) 1/2 c Steamed Broccoli 1/2 c Applesauce (1 cs)	3 oz Bk Chicken Fried Steak (1cs) or 3 oz Salmon w/Dill Sc over 1/2c Rice Blend (1cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Strawberries (1 cs) 1 bread (1cs)
Monday Lunch: April 22	Tuesday Lunch: April 23	Wednesday Lunch: April 24	Thursday Lunch: April 25	Friday Lunch: April 26
3oz Pork Chop in Cream Gravy or 3oz Baked Fish 1/2 c. M. Potato (1cs) 1/2 c Creamed Carrots (.5cs) 1/2 c. Pineapple Chunks (1cs)	Taco Salad (2cs) or 1 c Turkey Noodle Casserole (1cs) 1/2 c. Green Peas (1cs) 1 c. Romaine Salad/dressing (.5cs) 1/2 c Peach Sc (1cs) Tortilla Chips (1cs) No bread	3oz Crispy Chicken (1cs) or Pork Roast w/ gravy Sm Baked Potato (1cs) 1/2c Green Bean Casserole (1cs) 1/2 c Grapes (1cs)	3 oz Salisbury Steak in gravy (.5cs) or Chicken Parmesan 1/2 c M. Potato/gravy (1cs) 1/2c. Roasted Brussels Sprouts 1/10 Fruit Pie w/top (2cs)	3oz Porcupine Meatballs in Gvy (.5cs) or Lemon Pepper Fish 1/2 c. Mashed Potato/gravy (1cs) 1/2 c Corn (1.5cs) 1/2 c Tropical Fruit Salad (1cs)
Monday Lunch: April 29	Tuesday Lunch: April 30			MENU SUBJECT TO CHANGE WITHOUT NOTICE
3oz BBQ Chicken (.5cs) or 3 oz Stuffed Pepper (.5 cs) 1/2 c Augratin Potato (1cs) 1/2 c. Harvard Beets (1cs) Sm Orange (1cs)	Tator Tot Hotdish (2cs) or Chix Wild Rice Cass (2cs) 1/2 c Mixed Vegetables (.5cs) 1/2 c Mandarin Oranges (1cs) 1 bread (1cs)			
Breakfast (8:30-9:00am) and Lunch (11:45-12:15) Served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center only.	Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g 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	No reservations required at the Grand Forks Senior Center (620 4th Ave South). Reservations required at these sites: Homestead-1639 24th Ave South from 11:45-12; The Link-300 Cherry Street from 11:15-11:30. Visit your site by the day before to make your reservations.		

1% Milk (1cs); 2 Whole Wheat Bread (unless noted) (2cs); and 1 margarine are available with each lunch .

Date: 2/21/2024

Licensed Registered Dietitian #13899



Colette Iseminger, MS, RD, LRD

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. Rides within GF and EGF city limits only. This services is for people 62+.

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 2367 38th St. S
 Grand Forks, ND 58201

ND Aging & Disability Resource Link

For information on senior services in North Dakota, you may contact the following:

Phone: **1-855-462-5465**

Website: **carechoicend.assistguide.net**

**Volunteers
 Needed!**

- **Home Delivered Meals**, located in Altru Hospital, has two volunteer openings on Fridays from 11 am to 12:30 pm. To help, call Paula at: 701-780-5169, or email HDMeals@midconetwork.com.
- **Meals on Wheels**, located in the GF Senior Center has open routes Wednesday - Friday, and two openings on Mondays from 10:30 am to Noon. Call Roxie at 701-757-2006, or email mow@gfseniorcenter.org to help.

**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 Grand Forks and leaves Fargo at 3 pm to come back. Call 701-284-7980 by Noon the Friday before for reservations.





620 4th Ave. S.
Grand Forks, ND 58201
701-772-7245
www.gfseniorcenter.org

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Grand Forks, ND



Grand Forks Senior Center
April 2024
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm



THANK YOU
VOLUNTEERS
GIVING, CARING, MAKING A DIFFERENCE

