

Grand Forks
SENIOR CENTER
brighter side of sixty

December 2019

The Silver Express

www.gfseniorcenter.org

701-772-7245

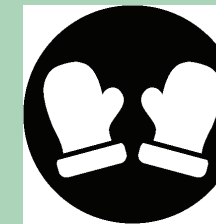
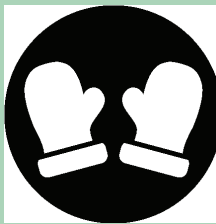
Tea Cup Christmas

Fri, Dec 13, 1:30-3 pm

GFSC Auditorium

Tickets are \$5/person

Karen Herrmann will be providing background piano music and then the GF Central madrigal choir will perform. A delicious dessert will be served with tea and coffee. Stop by the front desk to pick up your ticket. No call-in reservations.



Grand Forks
SENIOR CENTER
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Christmas FEAST for Seniors



Consider carpooling with others or be dropped off if mobility is an issue. Enter through doors 4 or 5. If making Senior Rider reservations, do so early.



GF Senior Center's Christmas meal is at the Alerus Center on Tuesday, December 17.

Doors open at 10 am, meal at 11 am

Lane Lindseth, Dave Jeffrey, & Elroy Lindaas performing at 12:30 pm.

A Swedish meatball and mashed potato dinner will be served. Vegetarian and gluten-free meals are available upon request. Must indicate when making your reservation.

Suggested contribution of \$5.00 for people 60+. \$10 for all others. **Reservations required. Call 701-772-7245 by Fri., Dec. 6 at 3 pm (if tickets still remaining).** Please provide the FULL NAME and BIRTHDATE of each person for whom you are making reservations.

Tues, Dec 17, 2019

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.....	701-757-2006
Home Delivered Meals (HDM) Paula or Rhonda	701-780-5169
MOW/HDM Service Coordinator, Sue Quirk	701-757-4874
Resources Manager & Nelson Co, Joyce Austin	701-757-4881
Resources Coordinator, Libby Kathman, LSW	701-772-7245
Resources Coordinator, Lynn McGarry, MSW, LCSW ...	701-757-4877
Resources Coordinator, Nina Lovell, LSW	701-772-7245
Activity Manager, Ranea Johnson	701-757-4866
Activity Assistant/Gaming, Amber Hahn	701-757-4873
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

President

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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

Building and Activities: For people 55 and older. Younger guests may accompany seniors occasionally.

Senior Dining Meals: For people 60 and older and their spouses. Younger guests may accompany seniors occasionally.

Foot Care: Only people 60 and older.

Meals on Wheels: For people 60 and older and their spouse or caregiver of any age.

Home Delivered Meals: Any age.

Bingo: People 18 and older, according to state gaming laws.

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.

The Silver Express[®]

December 2019



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.

4	From the Director's Chair
5	Introducing . . .
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Back	Christmas Flea Market



Senior HAIR Services

Senior Haircuts \$14
 Shampoo/Sets \$15
 Color \$40 and up
 Perms w/style \$40 and up

Tammy Erickson

Shears Salon
 2005 Gateway Dr, GF
 701.741.2013

Call for appointments.

IN-HOME services available. Travel fee.



Cook/Chef Wanted for UND Student Organizations

Part-time or full-time cook/chef wanted for lunch and/or dinner work. 10-15 hrs/wk: no evening, weekend, or holiday work. Duties include: cooking, some menu planning, inventory, ordering, stocking. Cook for 25-50. **Wage dependent on experience and # being served. About \$16/hr.** Contact: Don at 701-739-8139, donfoley213@gmail.com

Tour of the Grand Forks Senior Center Tues, Dec 3, 2019 10:30 am

Gather in the lobby
 Tours given the first Tuesday of each month. **All are welcome.** Plan on staying for lunch!

From the Director's Chair by Colette Iseminger



It's the most wonderful time of the year! One of my favorite things about the Christmas season are the songs. I hope reading these titles bring you happy thoughts!

HAVE YOURSELF A MERRY LITTLE CHRISTMAS
ANGELS WE HAVE HEARD ON HIGH
RUDOL**P**H THE RED NOSED REINDEER
A **P**ERFECT CHRISTMAS
FROST**Y** THE SNOWMAN

HERE COMES SANTA CLAUS
JOY TO THE WORLD

LAST CHRISTMAS I GAVE YOU MY HEART
JINGLE BELLS

DO YOU HEAR WHAT I HEAR?

ALL I WANT FOR CHRISTMAS IS MY TWO FRONT TEETH
AWAY**Y** IN A MANGER

SILENT NIGHT

Enjoy the holiday season! Merry Christmas from all the staff

Til Next Time,

Colette Iseminger, MS, RD, LRD
Executive Director

2020 Membership Drive

Stop by the front desk at the GF Senior Center to pick up your 2020 Membership Card. You should have received a form in the mail. PLEASE BRING THAT WITH YOU. Fees are \$30/couple and \$20/individual. *Members can be any age!*

Membership Benefits: free coffee; monthly newsletter; member-only specials, events, and trips; free popcorn at bingo every other Thurs.; and voting rights at all Association meetings. *You do not have to be a member to access Title III services.*

Introducing . . . Resource Coordinator Nina Lovell, LSW



Hi, my name is Nina Lovell, I'm the new resource coordinator. I grew up in East Grand Forks, Minn, then graduated from the University of North Dakota with a degree in social work. In my last semester at UND, I interned here at the Senior Center. Since graduating, I have worked at Anne

Carlsen Center as a direct support professional, then at Community Options as an employment specialist. In my down time, you can find me with friends and family. If I'm not with them, I'm either baking or reading. Stop by and say hi!

Introducing . . . GFSC Dining Room Attendant Mary Johnson



Hi. My name is Mary Johnson and I am the new dining room attendant at the Grand Forks Senior Center. I grew up in Oslo, Minn., then moved to Grand Forks in 1986. Previously I worked at the GF Public School system for 10 years. I've been married to my husband Tim for 28 years and we have two daughters, both of whom live in Grand Forks.

We also enjoy our dog, Brandy. In my spare time, I enjoy reading, baking, cooking, and spending time outdoors and with my daughters.

Shopping for holiday gifts?

Look our way!

We've got unique gifts that are not only great for older adults, but also benefit the programs at the Grand Forks Senior Center:

- 10-punch meal tickets (Breakfast \$20, Dinner/Supper \$42.50)
- Senior Rider bus cards (\$30) for 10 one-way trips
- 10-session punch cards (\$20) for Chair Yoga or Ready, Set, Stretch
- Foot care gift certificate (\$25)
- Ticket to the March 11 "The Buddy Holly Story" production at the Chester Fritz (\$53.50)
- Gift Shop crafts

Visit the Front Desk to purchase any of these items.

Brighter Side Society

If you would like to become an automatic monthly donor, contact Becky at beckyb@gfseniorcenter.org or 701-757-4864. Thank you to the following:

- Anonymous
- Broadwell, Ray and Becky
- Herrmann, Karen
- Iseminger, Carl and Colette
- Kirkeby, Dean
- Mattern, Roger and Alice
- McGarry, Dennis and Lynn
- Robinette, Paul and Mary
- Sandberg, Curt and Ione
- Schiele, Kathy
- Schumacher, Matt and Jami
- Venaccio, Michael and Vicki
- Zirnhelt, Clair and Ronda



December 2019 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 am Men's Coffee 9:15 am Qigong 10:30 am Chair Yoga (\$2) 12:30 pm Balance Class 12:45 pm Trivia 1:00 pm Pinochle 2:00 pm Dominoes 2:00 pm Farkle 3:00 pm Line Dancing (\$2)</p>	<p>3</p> <p>9:00 am Men's Coffee 9:00 am Bone Builders 10:00 am Coffee & Coloring 10:00 am Computer Help 10:00 am Weight Mgmt 10:30 am Monthly Tour 12:30 pm Wii Bowling League 1:00 pm Bingo 1:00 pm Crochet Class (\$3) 3:30 pm Bone Builders 3:30 pm Christmas Photo Booth 5:50 pm L Wheeler & P Beland entertaining</p>	<p>4</p> <p>9:00 am Men's Coffee 9:00 am Walking Group (Grand Cities Mall) 10:00 am AARP Driver's Safety 10:00 am Game Group 10:00 am Ready, Set, Stretch (\$2) 1:00 pm Bingo 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (\$2)</p>	<p>5</p> <p>9:00 am Men's Coffee 9:30 am Qigong 9:30 am Open Wii Bowling 10:30 am Chair Yoga (\$2) 1:00 pm Bingo 1:00 pm Bunco (\$2) 3:30 pm Bone Builders 5:00 pm Senior Supper Outing. Mama Marias. Must RSVP to Amber at 701-757-4873.</p>	<p>6</p> <p>CHRISTMAS FLEA MARKET 9 AM - 2 PM 9:00 am Men's Coffee NO BONE BUILDERS 9:00 am Crafts (craft rm) 10:00 am Women's Coffee 1:00 pm Baby Boomers Entertainment NO CARDS</p>
<p>9</p> <p>9:00 am Men's Coffee 9:15 am Qigong 10:00 am Senior Med Patrol 10:30 am Chair Yoga (\$2) 12:30 pm Balance Class 12:45 pm Trivia 1:00 pm Pinochle 2:00 pm Dominoes 2:00 pm Pie & Coffee with a Cop - Pecan Pie (\$2) "Suspicious Packages" 2:00 pm Farkle 3:00 pm Line Dancing (\$2)</p>	<p>10</p> <p>9:00 am Men's Coffee 9:00 am Bone Builders 10:00 am Coffee & Coloring 10:00 am Computer Help 10:15 am 'Caregivers' by M Soeby 12:30 pm Wii Bowling League 1:00 pm Bingo 1:00 pm Crochet Class (\$3) 1:00 pm Vision Support Group 3:30 pm Bone Builders 6:00 pm Edible Christmas Trees (\$5). Sign up by 12.6.19</p>	<p>11</p> <p>9:00 am Men's Coffee 9:00 am Walking Group (Grand Cities Mall) 9:30 am Caramel Rolls! 10:00 am Game Group 10:00 am Ready, Set, Stretch (\$2) 1:00 pm Bingo 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (\$2)</p>	<p>12</p> <p>9:00 am Men's Coffee 9:30 am Qigong 9:30 am Open Wii Bowling 10:00 am Hearing Aid Cleaning & Ear Inspection 10:30 am Chair Yoga (\$2) 1:00 pm Bingo 3:30 pm Bone Builders TBD Senior Movie Outing. Contact Amber at 701-757-4873 beg. Dec 9 for movie info and time</p>	<p>13</p> <p>9:00 am Men's Coffee 9:00 am Bone Builders 9:00 am Crafts 10:00 am Women's Coffee 10:30 am Silvertones Chorus 12:30 pm Balance Class 1:00 pm Pinochle 1:30 pm TEA CUP Christmas (\$5/person)</p>

When you come in, check the daily schedule on the digital monitor to see the location of an activity. Please REMEMBER to bring your MySeniorCenter key tag! If you do not have one yet, please stop by the GF Senior Center front desk. A key tag is needed for all meals, services, volunteering, and activities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 9:00 am Men's Coffee 9:15 am Qigong 10:00 am Book Club Holiday Social 10:30 am Chair Yoga (\$2) 10:30 am Hearing Support Group 12:45 pm Trivia 1:00 pm Pinochle 2:00 pm Dominoes 2:00 pm Farkle 3:00 pm Line Dancing (\$2)	17 9:00 am Men's Coffee NO BONE BUILDERS NO COFFEE & COLORING NO WEIGHT MGMT NO COMPUTER HELP 11:00 am Christmas FEAST at the Alerus NO WII BOWLING NO CROCHET 2:00 pm SPECIAL Bingo (notice time change) 3:30 pm Bone Builders	18 9:00 am Men's Coffee 9:00 am Walking Group (Grand Cities Mall) 10:00 am Game Group 10:00 am Ready, Set, Stretch (\$2) 12:30 pm Balance Class 1:00 pm Bingo 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (\$2)	19 9:00 am Men's Coffee 9:00 am Newsletter Labeling 9:30 am Legal Aid of ND 9:30 am Qigong 9:30 am Open Wii Bowling NO CAREGIVER SUPPORT 10:00 am Finance Meeting 10:15 am Chair Yoga (\$2) 11:00 am GFSC Board mtg 1:00 pm Bingo 1:00 pm Bunco (\$2) 3:30 pm Bone Builders	20 9:00 am Men's Coffee 9:00 am Bone Builders 9:00 am Crafts 10:00 am Women's Coffee 12:30 pm Balance Class 1:00 pm Christmas Party (see p. 10 for details) 1:00 pm Pinochle
23 9:00 am Men's Coffee NO QIGONG NO CHAIR YOGA 12:45 pm Trivia 1:00 pm Pinochle 2:00 pm Dominoes 2:00 pm Farkle NO LINE DANCING	24 ALL ACTIVITIES CANCELLED THIS DAY CLOSING AT 1 PM	25 GFSC CLOSED	26 9:00 am Men's Coffee NO QIGONG NO WII BOWLING NO CHAIR YOGA 1:00 pm Bingo NO BONE BUILDERS	27 9:00 am Men's Coffee 9:00 am Bone Builders NO CRAFTS 10:00 am Women's Coffee NO SILVERTONES CHORUS 1:00 pm New Year's Celebration with Chuck Gust performing 1:00 pm Pinochle
30 9:00 am Men's Coffee 9:15 am Qigong 10:30 am Chair Yoga (\$2) 12:45 pm Trivia 1:00 pm Pinochle 2:00 pm Dominoes 2:00 pm Farkle NO LINE DANCING	31 9:00 am Men's Coffee 9:00 am Bone Builders 10:00 am Coffee & Coloring 10:00 am Computer Help 10:00 am Weight Mgmt 12:30 pm Wii Bowling League 1:00 pm Bingo 1:00 pm Crochet Class (\$3) 3:30 pm Bone Builders CLOSING AT 4:30 PM NO 5 PM MEAL			

Activities & Special Events



NEEDED
Mailing Volunteers

Thursday, December 19 at 9 am
The Silver Express newsletter

Just come to the Dining Room if
you can help out this day.

BINGO



Tuesdays at 1:00 pm
Wednesdays at 1:00 pm
Thursdays at 1:00 pm

The price of a bingo card is \$1.75.
There are 15 games and two jackpots,
followed by four additional games. The
total in bingo prizes given out during
the month of October was **\$6,677.**

Special December 17 BINGO!!!

The day of the Christmas Feast at the
Alerus, we will have bingo at 2 pm at the
Senior Center. There will be 10 games
with a \$100 must-go jackpot. No snacks
and no additional games this day.

Alzheimer's/Dementia Caregiver Support Group
CANCELLED in DECEMBER

Diabetes/Pre-Diabetes Support Group

Where: GFSC Garden Room

When: 2nd Tuesday, 10:00 a.m.

Contact: Ranea Johnson at 701-757-4866 or
activity@gfseniorcenter.org

Weight Management Support Group

Where: GFSC Garden Room

When: Tuesdays, 10:00 a.m.

Contact: Ranea Johnson at 701-757-4866 or
activity@gfseniorcenter.org

Visually Impaired Seniors Support Group

Where: GFSC Library

When: 2nd Tuesday, 1:00 p.m. - 3:00 p.m.

Contact: Tracy Wicken at 701-795-2720

NOTE! Quarterly Hearing Support Group

Where: GFSC Lower Level Meeting Room

When: Monday, December 16 at 10:30 a.m.

Contact: Kristen Vetter at 701-230-8701 or
Kristen.Vetter@k12.nd.us

Cancelled Activities in December

The Senior Center will be closing at 1 pm on
Dec. 24 and will be closed all day on Dec. 25.
There are a lot of cancelled activities in
December on multiple dates. Please be sure
to check the calendar on pages 6-7 to see if
your activity is taking place. Be especially sure
to check the following dates: **Dec 6, 17, 23-30.**

Christmas Photo Booth

Tuesday, Dec 3 from 3:30 pm - 5:00 pm

GFSC Lower Level

Interested in having a Christmas picture taken to share with people this holiday season? The Grand Forks Senior Center will have a photo booth in the lobby. Your picture can be fun, funny, or just in the Christmas style. If ordered, prints will be available the following week for \$.50/each.



Make Edible Christmas Trees by Yourself or with a Grandchild

Tues, Dec 10 at 6 pm

Come alone or bring one grandchild and decorate edible Christmas tree cones. Everything will be provided and there will be a prize for the most creative Christmas tree.

\$5 (either covers one senior or one grandparent/grandchild pair). **Deadline to pay and sign up at the GFSC front desk is Friday, December 6.**

An Early New Year's Eve Celebration with Chuck Gust

Friday, Dec 27
1:00 pm
GFSC Auditorium

Chuck Gust will be entertaining us all on his accordion for Fantastic Friday. Join us in the fun, and don't forget to come for the lunch that day.



PIE & COFFEE with a COP Suspicious Packages



Monday,
December 9
2:00 pm
GFSC
Auditorium

\$2.00/person. Includes **pecan pie**, coffee, and ice cream. Buy a ticket at the front desk beginning at 1:30 pm.

Diabetes Support Group: Caregivers

Tuesday, Dec 10 at 10:15 am
GFSC Lower Level

Molly Soeby from the NDSU Extension will be here to speak about what a caregiver needs to do for themselves to prepare for aging, even as they are caring for others.



CHRISTMAS PARTY

Christmas Sing-a-long and Christmas Attire Contest

Friday, December 20

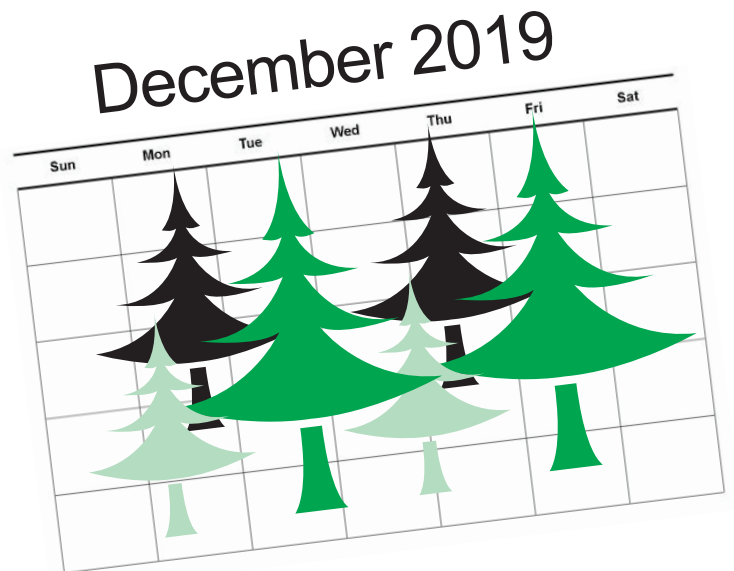
1:00 pm - Christmas Sing-a-long with Larry Wheeler and Paul Beland.

The contest includes not only sweaters, but also t-shirts, sweatshirts, or other holiday attire.

PRIZES for

- Best Female Christmas Attire
- Best Male Christmas Attire
- Most Creative Use of Materials
- Bah Humbug Attire (tackiest)
- People's Choice

Christmas Kindness Calendar



At the end of November pick up a Christmas Kindness calendar, either in the paper holder near the elevator or from Activity Assistant Amber. Then work to complete as many of the 25 kind things suggested on the calendar or come up with your own kind acts to share this holiday season (indicate in some way on the calendar what you have done). Then write your name on the calendar and bring it to Amber no later than Friday, January 3 to be entered in a drawing to win a prize.

Senior Center Constant Readers Holiday Social

Mon, Dec 16 at 10 am in the GFSC Library

If you have participated in any of the Senior Center Constant Readers book clubs which began this past summer or if you are interested in the January book club, you are invited to attend the holiday social at the Grand Forks Senior Center, put on by Mary Lawson from the Grand Forks Public Library. Mary will be handing out the January book selection, "The Second Mrs. Hockaday" by Susan Rivers. Questions? Contact GFSC Activity Manager Ranea Johnson at 701-757-4866.



2020 TRIPS

March 11, 2020: **Buddy Holly Story - Chester Fritz** - \$53.50. Park at the GF Senior Center and leave on a bus at 6:30 pm for the Chester Fritz. **Deadline to sign up: February 26.**

April 19-25, 2020: **Branson Show Trip** - *\$895. **ADMISSION TO EIGHT SHOWS:** Amazing Acrobats of Shanghai, Blackwoods Show, Showboat Branson Belle Dinner Cruise, John Denver Tribute Show, Hot Rods & High Heels Show, Presleys' Country Jubilee Show, Johnson Strings Show, and Dolly Parton's Stampede Dinner Show. **\$75 deposit now being taken for this trip. Deadline to sign up: March 27.**

May 13-14, 2020: **Twin Cities Theater & Shopping** - *\$245. See 'Music Man' at the Chanhassen Theatre. Fun stops at Trader Joe's, Ingebretsen Scandinavian Foods & Gift Shop, and French Meadows Bakery & Cafe. **Deadline to sign up: April 13.**

*Rate based on double occupancy. Must be a GFSC member to attend any GFSC trip. Trip sheets with detailed info near the GFSC front desk or at www.gfseniorcenter.org/trips. Questions? Contact Ranea Johnson at 701-757-4866 or activity@gfseniorcenter.org.

Weigh 2 Change

For people who are at high risk for developing diabetes or have a need to lose weight. Pre-registration required.

One-year commitment for this program. Class size: 8-16 people. 2020 GFSC membership + \$25 FEE

Weigh 2 Change will meet weekly on Mondays at 1:00 pm beginning on January 6. The class meets weekly for 16 weeks, then twice a month for two months, and then once a month for the remainder of the year.

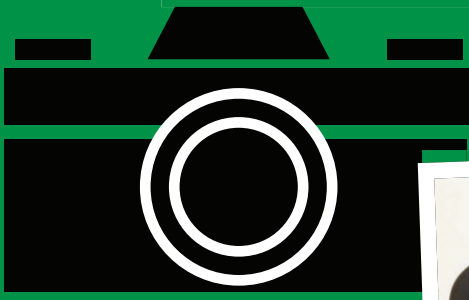
This is a lifestyle intervention program. The curriculum is based on a research study supported by the National Institute of Health and the National Institute of Diabetes and Digestive and Kidney Diseases.

This class includes weekly weigh-ins and educational sessions with learning objectives and handouts.

Participants receive weekly food and activity trackers. Self monitoring of food intake is key to the success of this program.

Contact today Activity Director Ranea at 701-757-4866 or activity@gfseniorcenter.org to sign up.

Fun around the Center





7



9



8



10

- 1 Performing at a Fantastic Friday
- 2 Halloween Party fun
- 3 October Monthly Creations craft
- 4-5 Thank you to Cray Real Estate for treating the GFSC staff with pizza and calling us superheroes!
- 6 Wine glass painting party
- 7 Deadwood trip
- 8-10 Thank you to our fall Meals on Wheels Community Champions!
- 11 The GFSC was spoiled this month. Thank you to American Crystal for the beautiful roses.



11



GFSC Resources

Winter Safety

The winter is upon us. A frustrating part of winter is feeling like you are stuck inside. Because of the slippery ground, the winter causes a danger to seniors especially.

The Grand Forks Senior Center is proud to promote **Cities Area Transit, which provides Senior Rider rides**. Senior Rider is for anyone 62 and older. A door-to-door van service, they provide rides within the Grand Forks area. The charge is \$3 each way and, if you qualify, you can receive half off that price when the Senior Rider tickets are purchased at the Grand Forks Senior Center.

Senior Rider is a great way to get around town in the cold months without having to worry about heating up your car, shoveling off snow, or ensuring your car will start. See page 23 for more information about Senior

Rider. Here are some other tips for staying safe in the winter.

- **Dress in layers.** Make sure to keep your toes covered, even while at home. Wear a jacket outside and make sure you have mittens and a winter hat to keep yourself warm.
- **Make sure to eat enough.** If you do not eat enough and are underweight, you will have less body fat to keep you insulated.
- **Ensure your heat is properly working in your house.** Have a family member or maintenance worker check it out. If paying for heat is difficult for you and you are lower income, you may be eligible for assistance. For help in completing and submitting the LIHEAP application,

please contact Holly at Community Options at 701-412-1922 (cell) or Rochelle at 701-620-1029 (cell). The Grand Forks Senior Center no longer assists with this application since Community Options is available.

- **Wear shoes with good traction.** Invest in a pair of winter shoes. This will help prevent falls on ice.
- **Use a cane or walker** if suggested by a healthcare professional. This will aid in fewer falls.
- **Work on maintaining your social relationships,** even in the winter. Seasonal depression is an issue for people of all ages. Ensuring you are not isolating yourself will keep your connections with others strong.

by Sophia Volk, UND social work intern with Resources

Medicare Part D Open Enrollment

All of the Senior Center's Medicare Part D appointments have been booked. If you need assistance, visit the pharmacy you use or call Medicare at 800-633-4227.

Tickets available at the
Empire Arts Center
Box Office &
empireartscenter.com
\$30 for Adults
\$15 for Students



Monday,
December 16
3:00pm & 7:30pm

Visit Medora.com for full show listing.



Medora's hit Christmas show returns to GF for its fifth year! A Magical Medora Christmas brings a family-friendly holiday show to the Grand Forks Empire Arts Center with two shows. A Magical Medora Christmas features vocal performances by the amazing Emily Walter, Grand Forks native Job Christenson, Kim Willow, Chad Willow, and Travis Smith. Throughout the show, Bill Sorensen, Wild West Prestidigitator, will wow you with magic true to the season and light-hearted humor the whole family will love.



We ♥ our
Volunteers



The Red River Valley
Habitat for Humanity
is in need of skilled
volunteers.

Current or retired
electricians, plumbers,
contractors, construction
workers or other trade
professions to volunteer
their time working on
houses built for low-income
community residents.

SHARE THE LOVE: Shopping for a new car? You could support Meals on Wheels!

For the 12th year in a row, Subaru of America has invited Meals on Wheels to participate in its annual **Share the Love Event!** For every new Subaru vehicle sold or leased from November 14, 2019, through January 2, 2020, Subaru will donate \$250 to one of multiple charities (the customer gets to choose which one!), including Meals on Wheels America. If you're looking to purchase a car, stop by Grand Forks Subaru and be sure to choose Meals on Wheels! Meals on Wheels provides daily nutritious meals, companionship, and critical safety checks to homebound seniors. Each donation helps enable seniors to age with independence and dignity in their own homes, where they want to remain.

Silver Express 15

Apartment Living for Seniors



Parkview Terrace
2396 27th Avenue South
Aspen Park
2450 27th Avenue South
Briarwood
2650 26th Avenue South

Amenities: elevator, heated underground parking, library, exercise room, central air, security building, washer/dryer, trash chute, storage lockers

For more information, call 701-780-8162.



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

SNOWBIRD ADDRESSES: If you will be going away this winter and you have a different address for the winter, **PLEASE** contact the Grand Forks Senior Center and let us know. It is especially important to change the address for our monthly *Silver Express* newsletter or to remove you from that list for the winter. You will then need to contact us in the spring to change the address back to your local one or add you back on the mailing list. Thank you!

16 Silver Express

HOMETOWN HEARING SOLUTIONS



- Free hearing aid evaluation
- Industry leading hearing aid technology
- Ask Dan if your insurance has benefits for hearing aids. Many are not advertised.

22 4th St NE, East Grand Forks, MN
(located in the EGF Dental Care Office)

Call 701-738-8028 or 866-738-8028
or check out www.trfhearing.com



Volunteer Opportunities

Food Bag Delivery Volunteer

The Grand Forks Senior Center is in need of a volunteer to pick up large food bags from the Northlands Rescue Mission and deliver them to older adults the second Tuesday of each month from 10:30 am - 12:30 pm (about 12-14 separate stops). Must be able to lift 30-40 lb bags. Contact: Lynn McGarry at 701-757-4877 or lmcgarry@gfseniorcenter.org.

Bingo Caller Volunteers

We need bingo caller volunteers on Tuesday, Wednesday, and Thursday afternoons from about 12:30 pm - 3:00 pm. Pick your day! Contact: Amber at 701-757-4873 or gaming@gfseniorcenter.org.

FREE Building Better Balance Classes at the Senior Center



12:30 - 1:00 pm
GFSC Back Half Garden Room

Monday, December 2
Monday, December 9
Friday, December 13
Wednesday, December 18
Friday, December 20

During BAD WEATHER to find out if we are open, call the Sr Center at 701-772-7245, check www.gfseniorcenter.org, valleynewslive.com, or www.facebook.com/gfseniors.



The
Silver Campaign
Grand Forks Senior Center
Annual Appeal

The GF Senior Center's annual Silver Campaign is now underway to provide general operating support to the Center. All donations received from October 24, 2019, to the end of the year will be counted as Silver Campaign gifts. **The gifts below were received from Oct. 24 to Nov. 13, 2019.** The donors are listed in their cumulative giving categories for this period. Thank you for your generous gifts! As of Nov. 13, \$23,427 has been donated to the Silver Campaign, with a goal of \$90,000. Silver Campaign gifts are accepted through Dec. 31 at the GFSC, by mail, or online at www.gfseniorcenter.org/donate.

Brilliant Stars
(\$1,000-\$4,999)

Gate City Bank
Hoekstra, John
Hope Evangelical Covenant Church
Lehn, Rich and Faye
Mikkelson, Dan and Jolene

Luminous Stars
(\$500-\$999)

Anonymous
In honor of James
Cysewski, Sarah Babbitt,
Rachel Babbitt
Evenson, Donald
Farder, Terry and Charleen
In memory of Orville
Farder
Grove, Doug and Ruby
Hawthorne, David and Sandra
Kirkeby, Dean
Sandberg, Curt and Ione

Dazzling Stars
(\$250-\$499)

Anonymous
For Meals on Wheels
Anonymous
Bremer Bank
Evers, Marilyn
In memory of Evelyn
Evers
Hoselton, George and
Altendorf, Diane
Iseminger, Carl and Colette
In honor of the great
Senior Center staff
Johnson, James
In honor of Dorothy M
Johnson. In memory of
Charles McWilliams
Lien, Cory
In memory of Sharon
Jensen

Maddock, Patrick and Susan
In memory of Selma 'Pat'
Robbins
Sanford, Rep. Mark and Gloria
Skelly, Beverly
Sundby, Robert
In memory of Olaf Sundby
Yagla, Phil and Judy
In memory of Cliff & Gail
Yagla, Alex & Ivah
Drumheller
Ye Ole Painters

Glowing Stars
(\$100-\$249)

Akset, Orlin and Colleen
In honor of Orlin's 80th
birthday
Alphson, Colleen
Anonymous (3X)
Anonymous
Meals for Edward and Betty
Anonymous
In memory of Gwendolyn
Lunski
Bender, Myron and Betty
Bennett, Gordon
In memory of Dorothy
Bennett
Berggren, Arden and Patricia
In memory of Jeanne
Gullickson, Nina Berggren
Block, Neil
Bollman, Ginny
In memory of Jim
Bollman
Bostrom, Joy
Camburn, Neal and Joan
Dalglish, Jim and Joanne
In memory of Curtis
Johnson
Depue, Ronald
Engen, Dennis and Rosie
In memory of Basil
Twetten

Erdmann, Rod and Michelle
In memory of Robert
Cournia
Gellner, Becky
In memory of Kurt
Gellner
Gillig, Donna
In honor of Ed Gillig
Griggs, Patricia
In memory of Larry and
Lew Griggs' families
Hertel, Mel and Kathleen
Hoffert, Rodger and Alice
Holm, Jane
Holter, Jim and Sharon
Humble, Bob and Barbara
Johnson, Marlene
In memory of Curtis
Johnson
Klemisch, Mike and Kathy
In memory of Nadine
Pistner
Knudsvig, Everett and Karen
In memory of our parents
Lamb, Betty
In memory of Bill Lamb
Laughlin, Clara
Lee, Paula
Letvin, Marian
Lieberg, Alden and Orpha
Luney, Daniel
Marsh, Doug
In memory of Mary Kay
Marsh
Martin, Gene and Kaye
McGregor, Kenton and Marilyn
McKenna, Terry and Mary Ann
Medalen, Rodney and Joyce
Melicher, Barbara
In memory of Reed
Melicher
Mohn Family (Lynnette,
Suzie, Gordy, Tim & Beth)
In memory of Lorraine
Mohn
Murphy, Spud
Nelson, David
O'Connell, Tom and Peggy

Patridge, Michael and Marci
Peters, William
Rike, Else
Rossow, Margaret
Ryan, Jerry
Rydland, Garth and Christine
Schall, Heather
Schiele, Kathy
In memory of Don
Schiele
Schnell, Ellie
In honor of my children
Schuster, Ken and Judy
Schweitzer, Kate
In memory of Ashly
Sem, Stacey and Brenda
Shereck, Cynthia
Slominski, Julian and Pecka,
Gladys
In memory of deceased
family members
Spong, Dale and Susan
Staveteig, Robert
In memory of Mary Ann
Staveteig
Staveteig, Lloyd and Beulah
In honor of our family
Steinke, John and Susan
Stennes, Tom and Judy
In memory of Ken &
Polly Stennes
Tack, Ralph and Lou
Thorson, Ruth
Thrivent Choice
From Harold Gangelhoff
in memory of Mary Ann
Gangelhoff
Tingelstad, Maynard and Inez
Vein, Jerry and Mary
Walior, Mary
Woodrow, Jim and Marge

Shining Stars (up to \$99)
Anonymous (6X)
Anonymous
In memory of Georgia
Steffen

Anonymous
 In memory of Mary Lou
 Osowski, Roberta
 Klamm

Apanian, Ronald

Arntz, Eleanora

Austin, Kevin and Joyce
 In memory of James
 Zettel

Belcher, John and Ida

Bolstad, Karen
 In memory of Sharon
 Jensen

Boyce, Marlene
 In honor of my brother
 with Alzheimer's

Buckley, Ann

Bundlie, Margaret

Christenson, Charles

Christianson, Ruth

Chruszch, Marilyn

Connell, JoAnn

DeGroot, Glendora
 In memory of my
 husband and son

Demmers, Deb

Dvorak, Marlene
 In memory of Ray &
 Philip Ganyo

Erickson, Marlys

Feist, Gloria; Thielman, Gail;
 Feist, Casper & Carolyn
 In memory of Ed
 Thielman, Mr & Mrs
 Casper Feist Sr, Carolyn
 Feist's family.

Gates, Charles and Marian

Hanson, Carrie
 For the dining room blinds

Hass, Brad

Heuchert, Larry and Ida

Hodny, Dee
 In memory of Paul Hodney

Holter, Jon and Tammy

Homstad, Richard

Hughes, Chuck and Jean
 In honor of Mary Herbeck.
 In memory of Don Herbeck

Jaeger, Anneliese
 In memory of Alex Jaeger

John, Sharon

Kaste, Ryan
 In memory of Linda Kaste

Keys, Caron
 In memory of Myron Fried

Knain, Vidette
 In honor of my grand-
 children, great-grandchildren

The following gifts were received before the start of the 2019 Silver Campaign (Oct. 14 to Oct. 23, 2019).

Donations of \$500 or more

- Nelson, Duane and Lila - 2020 Giving Hearts Day matching gift

Donations of \$100 or more

- American Legion Auxiliary Unit #6 - \$200 for Home Delivered Meals
- American Legion Auxiliary Unit #6 - \$100 for the Activities department
- Kuchera, Joan

Donations

- Anonymous
- Broadwell, Ray and Becky
- Herrmann, Karen
- Iseminger, Carl and Colette
- Kirkeby, Dean
- Mattern, Roger and Alice
- McGarry, Dennis and Lynn
- Robinette, Paul and Mary

- Sandberg, Curt and Ione - For Meals on Wheels
- Schumacher, Matt and Jami
- Staveteig, Robert
- Venaccio, Michael and Vicki
- Zirnheld, Clair and Ronda

Memorials

In memory of Don Schiele
 Schiele, Kathy

In memory of James Mattson
 Dalglish, Jim and Joanne

In memory of Jerome Kjorven
 Knain, Vidette

In memory of Phyllis Rovelstad
 LaMoine, Connie

Grants

- Midco Foundation - \$1,000 for Activities (mounted TV in lower level)
- United Way - \$1,525 for meal delivery and Resources

Kobe, Mark
 In memory of Kobe and
 Miller family members

Kowalski, Judith
 In honor of all veterans

LaMoine, Connie
 In memory of Jon Halvorson

Larson, Mary Ellen

Legg, Elaine

Little, William

Litzinger, Robert and Janet

Lively, Harriet
 In memory of Mr and Mrs
 H A Gerszewski

Lunde, Beverly

Madson, Avis
 In memory of Curtis Johnson

Mahnke, Vickie
 In memory of Ione
 Kjelaas, Jon Halverson,
 Eleanor Wosick

Melland, Mel and Pat

Middleton, Jean
 In memory of Lolly Wohlfeil

Moe, Patricia

Moen, Alice
 In memory of Allan
 (Andy) Moen

Munski, Dorothy

Newhouse, Verna

Nielsen, Art and Diane
 In memory of Glenn &
 Mille Rudrud

Nielsen, Forrest and Emily

Paulson, Pauline
 In memory of Hardean
 Paulson

Pavelich, JoAnn

Pedersen, James and Connie
 In memory of Rex Rupert

Pedersen, Melvin
 In memory of Lila
 Pedersen

Pederson, LeRoy and Louise

Peterson, Ramona
 In memory of Veraine
 Surface

Pokrzywinski, Clayton and
 Lillian
 For Edward & Betty

Porter, Mike and Ann

Radi, Ivan and Marjorie

Saddler, Tom and Jackie

Scheffer, Betty
 In memory of John
 Scheffer

Schommer, Darlene
 In memory of Bruce Rupp

Schuh, Janice

Sieg, Norman and Ruby
 In memory of Ruby's
 parents, Carl and Mae

Sieg, Peggy
 In honor of R.H. and
 Ethel Sieg

Sondrol, Nancy
 In memory of Paul
 Nordmark

Stanlake, Arlette

Stewart, Bill and Frances

Taylor, Dale and Bonnie

Thielman, Gail

Thompson, Vilma

Vanyo, Bernice
 In memory of Stephen
 Vanyo

Wischer, Agnes

Foot Care Options

Appointments at the GF Senior Center

To make an appointment to have your foot care done at the Grand Forks Senior Center (620 4th Ave S), please call **701-757-4878**. **REMEMBER TO BRING YOUR KEY TAG, please.** We are unable to take appointments for specific nurses. Suggested donation for foot care is \$25 for seniors 60 years of age or older and \$30 for seniors who are homebound. We do not provide foot care for people under 60 years of age. The foot care schedule is also at: www.gfseniorcenter.org/footcare



Satellite Foot Care Clinics

Below is a list of the GFSC's satellite foot care clinics. Appointments are required. For an appointment, either sign up at the foot care clinic location or call the GFSC Health Department at **701-757-4878**. Please bring your key tag.

Dec 3	Manvel Senior Center Main St., Manvel	9:00 am - Finish
Dec 4	Thompson Comm. Center 306 Pacific Ave, Thompson	8:30 am - Finish
Dec 10	Aneta Community Center 219 Main Ave., Aneta	9:30 am - Finish
Dec 11	Country Estates (Valley 4000) 4002 24th Ave S, GF	1:00 pm - Finish
Dec 18	Tolna Lutheran Church 220 Main St., Tolna	9:30 am - Finish
Dec 23	Briarwood 2650 26th Ave S., GF	9:00 am - Finish

WISH LIST

Napkins, paper towels, large bottles of hand sanitizer, and that all of you will have a happy and healthy year!

20 Silver Express

FREE Legal Services for Seniors



The GF Senior Center hosts Legal Services the third Thursday of each month from **9:30 am – 11:30 am**. The next time they will be here is **Thursday, December 19, 2019, from 9:30 am - 11:30 am**. Call 701.852.4369 ext 334 to make an appointment ahead of time. Walk-ins accepted as time allows.

FREE Hearing Aid Cleaning and Ear Inspection

**Thurs, Dec 12
10 am - Noon
GFSC Lobby**



DECEMBER 2019 - Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$.50 Breakfast; \$.9 Lunch & Supper. Please contribute what you can.

Suggested Donation is \$2.00 for Breakfast; \$4.25 for Dinner & Supper. EBT/SNAP and Credit Cards are accepted at GFSC only. You may call in to run your card. Those under 60 years of age are required to pay the full cost of the meal unless your spouse is over 60.

Monday Breakfast:		Tuesday Breakfast:		Wednesday Breakfast:		Thursday Breakfast:		Friday Breakfast:	
Small Denver Omelet (.5cs)	Sausage Egg WW Muffin (2 cs)	2 Eggs Made to Order	2 Small Pancakes (3 cs)	2 Biscuits in sausage gravy (3cs)					
Fried Potatoes (1cs)	3/4 oz Cereal (1 cs)	Hashbrowns (1 cs)	2 Scrambled Eggs	1/2 c Fruit Sauce Choice (1 cs)					
2 WW Toast (2cs)	1/2 c Fruit Sauce Choice (1 cs)	2 Slices WW Toast (2 cs)	1/2 c Fruit Sauce Choice (1 cs)	8 oz Orange Juice (2 cs)					
1/2 c Fruit Sauce Choice (1 cs)	8 oz Orange Juice (2 cs)	1/2 c Fruit Sauce Choice (1 cs)	8 oz Orange Juice (2 cs)	8 oz 1% Milk (1 cs)					
4 oz Orange Juice (2 cs)	8 oz 1% Milk (1 cs)	4 oz Orange Juice (1 cs)	8 oz 1% Milk (1 cs)						
8 oz 1% Milk (1 cs)		8 oz 1% Milk (1 cs)							
Monday Lunch: Dec 2		Tuesday Lunch: Dec 3		Wednesday Lunch: Dec 4		Thursday Lunch: Dec 5		Friday Lunch: Dec 6	
2 oz Hot Dog on Bun (2cs)	Riblet on WW Bun (2cs)	3 oz Salmonloaf (.5cs)	3 oz Cranberry Glazed Chicken (1cs)	1 c Chix Wild Rice Cass (2cs)					
OR 2 oz Fishwich on WW Bun (2.5cs)	OR 3oz Chickenburger on WW Bun (2cs)	1/2 c. Mashed Potato (1cs)	OR Sweet & Sour Pork (.5cs)	1 c Romaine Salad w/ dressing (.5cs)					
1 c. Vegetable Soup (.5cs)	1/2 c. Potato Salad (1cs)	OR Tator Tot Holdish (1.5cs)	1/2 c. Rice (1cs)	OR Taco Salad (2cs)					
w/ 2 soda crackers (.5cs)	1/2 c corn (1cs)	1/2 c Creamed Peas (1cs)	1/2 c Beets (.5cs)	1/2 c Peach Sauce (1cs)					
1/10 Pumpkin Pie w/top (2cs)	1/2 c Pineapple Chunks (1cs)	1/2 c Tropical Fruit Salad (1cs)	1/2 c. Peach Crisp w/top (2cs)	Sm Rice Krispy Bar (1cs)					
Orange wedge (.5cs)	Sm Oatmeal Raisin Cookie (1cs)		Orange wedge (.5cs)						
Monday Lunch: Dec 9		Tuesday Lunch: Dec 10		Wednesday Lunch: Dec 11		Thursday Lunch: Dec 12		Friday Lunch: Dec 13	
3 oz Meatloaf (.5cs)	6 oz Tuna Noodle Hotdish (1cs)	3 oz Meatballs in brown gravy (.5cs)	2 oz Hot Turkey Sandwich (2cs)	3 oz Pork Roast					
OR 3 oz Baked Fish	OR 2oz Egg Salad on WW Bread (2cs)	OR BBQ Chicken (.5cs)	OR Hot Beef Sandwich (2cs)	OR Applesauce Ribs					
Sm Baked Potato w/sr crm (2cs)	1 c Tomato Soup (1.5cs) w/ 2 soda crackers (.5cs)	1/2 c Mashed Potato w/gravy (1cs)	1/2 c M. Potato w/ gravy (1cs)	1/2 c. Bk Sweet Potato (2cs)					
1/2 c Capri Vegetable (.5cs)	1/2 c Carrots (.5cs)	1/2 c Carrots (.5cs)	1/2 c California Blend Veg	1/2 c Peas (1cs)					
1/2 c Cherry Sc (1cs)	1 c Romaine Salad w/dressing (.5cs)	1/2 c Tropical Fruit (1cs)	1/2 c Apple Cran Crisp w/top (2cs)	Angel Food Cake with 1/2 c Fruit and topping (1cs)					
	1/2 c Fresh Fruit (1cs)		2 Pepper Strips						
	No extra Bread								
Monday Lunch: Dec 16		Tuesday Lunch: Dec 17		Wednesday Lunch: Dec 18		Thursday Lunch: Dec 19		Friday Lunch: Dec 20	
Tuna Melt (2cs)	CHRISTMAS FEAST @Alerus	Philly Steak Sandwich	3 oz Ginger Pork Chop	3 oz Beef Tips in Gravy					
OR 2 oz BBQ Chicken on WW Bun (2cs)	RESERVATIONS REQUIRED!	w/peppers & onions (2cs)	OR Baked Fish (.5cs)	OR Chicken in Gravy					
1 c Vegetable Soup (.5cs) w/	3 oz Swedish Meatballs (.5cs)	OR 8 oz Chili (1cs)	1/2 c Boiled Potato (1cs)	1/2 c Buttered Egg Noodles (1cs)					
2 soda crackers (.5cs)	1/2 c Mashed Potato (1cs)	1/2 c Baked Sweet Potato (1.5cs)	1/2 c Harvard Beets (2cs)	1/2 c Green Beans					
1/2 c Fruit Cocktail (1cs)	1/2 c Glazed Baby Carrots (.5cs)	1/2 c Fruit for Salad (1cs)	1/2 c Bread Pudding w/Raisins (1cs)	1 c Romaine Salad/dressing (.5cs)					
1x2" Bttsy Brownie (2cs)	Pineapple ring (.5cs)	Sm Peanut Butter Cookie (2cs)	Orange Wedge (.5cs)	1/2 c Apple Raisin Crisp w/top (2cs)					
	Lemon Meringue Pie (2 cs)			1 WW Bread (1cs)					
	WW Dinner Roll (1 cs)								

(Remainder of the menu on the other side)

Monday Lunch: Dec 23	Tuesday Lunch: Dec 24	Wednesday Lunch: Dec 25	Thursday Lunch: Dec 26	Friday Lunch: Dec 27
Spag Noodles w/meat sauce (2cs) OR Pork Tibbits over noodles (2cs) 1/2 c Carrot Raisin Salad (1cs) 1 Garlic Bread (1cs) 1/2 c Apricots (1cs)	Link & Homestead closed 3 oz Ham OR Polynesian Meatballs (.5cs) 1/2 c Boiled Potato (1cs) 1/2 c Peas (1cs) Orange wedge (.5cs) 1/10 Fruits of Forest Pie (3cs) Senior Center closing at 1pm	CLOSED CHRISTMAS HOLIDAY	Veg. Lasagna (2cs) OR 8 oz Beef Stew (1cs) Orange Wedge (.5cs) 1/2 c Coleslaw 1/2 c Pear Sc (1cs) Sm Chocolate Chip Cookie (1cs)	Chicken Parmesan OR 3 oz Meatloaf (1cs) Sm Baked Potato w/sr crm (2cs) 1/2 Stewed Tomato (.5cs) 1/2 c Fruit in 1/4c Tapioca Pudding (2cs)
Monday Lunch: Dec 30	Tuesday Lunch: Dec 31	Wednesday Lunch: Jan 1 2020	Thursday Lunch:	Friday Lunch:
3 oz Pork Chop in MR gravy OR Beef Pattie in Gravy 1/2 c Boiled Potato (1cs) 1/2 c Peas & Carrots (.5cs) 1/2 c Tropical Fruits (1cs) 1x2" Bitzy Brownie frosted (2cs)	Fish Amondine OR 3oz Chicken Fried Steak-Gravy (1cs) 1/2 c Mashed Potato w/gravy (1cs) 1/2 c Stewed Tomato (1cs) 1/2 c Apricots (1cs) Senior Center closing at 4:30pm	CLOSED NEW YEAR'S HOLIDAY	MENU SUBJECT TO CHANGE WITHOUT NOTICE	
Tuesday Supper: Dec 3	Tuesday Supper: Dec 10	Tuesday Supper: Dec 17	Tuesday Supper: Dec 24	Tuesday Supper: Dec 31
3 oz Cracker Crumb Fish/lemon (.5cs) OR Tangy Baked Chicken 1/2 c Escalloped Potato (2cs) 1/2 c Carrot Krinkles (.5cs) 1/2 c Peach Crisp w/top (2cs)	3oz Baked Chicken 1/2 c Mashed Potato w/gravy (1cs) OR 1 c Hung. Goulash (1cs) 1/2 c Mixed Vegetables (1cs) 1/4 c Tapioca Pudding mixed w/ 1/2 c mand orange sauce (2cs)	3 oz Liver with Onions (.5cs) OR Baked Chicken (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Yams (1cs) 1 slice pineapple (.5cs) 1/2 c Cherry Cobbler w/top (2cs)	CLOSED CHRISTMAS HOLIDAY	CLOSED NEW YEAR'S HOLIDAY
Breakfast (8:30-9:30am), Lunch (11:30-12:15) and Tuesday Supper (5:00 pm) 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 g; Net Carbs 87 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 S) unless it is for a holiday meal or other special meal. Reservations required at the satellite sites listed below. Visit your site by noon the day before to make your reservation. Homestead-1639 24th Ave. South The Link-300 Cherry Street		

1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (1cs); and margarine are available with each dinner & supper.

Date: ___11/5/2019___ Licensed Registered Dietitian #13899 Colette Iseninger, MS, RD, LRD

*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 - Tufto Manor

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

valleyseniorliving.org
701.787.7563



A Senior Medicare Patrol (SMP) representative will be available to answer questions or concerns about Medicare, fraud, or scams. The SMP representative will be in the lobby at the GF Senior Center from 10 a.m. until noon the second Monday of each month.

December 9



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. Transportation Fare Assistance tickets available for qualifying individuals at the Grand Forks Senior Center front desk. Rides within GF and EGF city limits only.

AARP



**Driver's Safety
Program**

The AARP Smart Driver course is offered at the GF Senior Center each month on the first Wednesday. The course runs from 10 am - 3 pm. The cost is \$15 for AARP members and \$20 for non-members. To register call 772-7245. Upcoming dates:

Dec 4, Jan 8

Silver Express 23



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
M-F: 8 am-4:30 pm; 701-772-7245
www.gfseniorcenter.org
www.facebook.com/gfseniors

CLOSING on Dec. 24 at 1:00 pm. No meal at
The Link or Homestead on Dec. 24. We WILL
deliver meals on Dec. 24. CLOSED all day on
Dec. 25. CLOSING at 4:30 pm on Dec. 31.



Christmas Flea Market

Friday, December 6
9:00 am - 2:00 pm
Garden Room

The GFSC annual **Christmas Flea Market** is a time to purchase gently-used Christmas items (decorations, lights, knick knacks, etc.) at a great price. Live up your home with new-to-you Christmas decorations!

