



December 2022

The Silver Express

Drive-Thru Christmas Feast at the Alerus Center*



Tuesday, Dec 13, 2022 | 11:30 am - 12:30 pm

*Each person must have a ticket

Tickets now available!

To reserve a ticket for the Christmas Feast, call 701-772-7245 before Dec 2, 2022.

We need the full name and birthdate of each person who would like a meal (only for people 60 and older & their spouses of any age). Tickets will be mailed out, or you can pick them up at the GFSC. At the drive-thru, you can pick up meals for others, as long as you have their tickets. Key tags will not be used for this event.

For the Feast, enter on the south side of the Alerus Center parking lot from 42nd Street. Look for signs or people to direct you. You will drive up to the building, **hand us your ticket(s)**, and receive your meals.

Suggested meal contribution of \$5 for people 60+ and their spouses. A contribution envelope will be included with your ticket(s). If you would like to make a contribution, please put your cash or check in the envelope and give that, along with your tickets to the drive-thru attendant.

NO DRIVE-THRU OR SIT-DOWN AT THE SENIOR CENTER ON DEC 13.

Christmas Flea Market

Thursday, December 8
9 am to 3:30 pm

We will be selling donated and gently used Christmas items such as decorations, Christmas tree decor, knick knacks, lights, & Christmas trees under 6 feet tall.

Liven up your home with new to you items!
Open to the public!



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, Grace Hale	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, Bailey Kitko, LBSW	701-757-4883
Rural (GF & Nelson) Resources, Joyce Austin	701-757-4881
Activity Manager, Ranea Johnson	701-757-4866
Gaming Supervisor, Dennis Nelson	701-757-4873
Public Relations Manager, Amanda Rengstorf	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	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

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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 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: People 60 and older.

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

Home Delivered Meals: Homebound, people of any age.

Bingo: 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.

SNOWBIRD ADDRESSES

If you will be going away 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 your address for our monthly Silver Express newsletter or to remove you from that list for the winter. You will then need to contact us when you return, so we can add you back on the mailing list.
Thank you!



Bad Weather

During bad weather, call the GF Senior Center at:
701-772-7245
to find out if we are open. Notice will also be posted on:
www.gfseniorcenter.org
valleynewslive.com and
facebook.com/gfseniors.

From the Director's Chair

by Colette Iseminger



This month we celebrate. Merry Christmas and Happy New Year! I remember as a child and with my own children, having an advent calendar. There are many different kinds. Ranging from a piece of chocolate every day to a special bible verse each day. We have many in our community who are struggling to feed their families with the cost of everything going up this year. Many of us have plenty. This is the time of year that we share what we have with others. This year I thought about that advent calendar and feeding those who need food. So, I offer that those who can afford to, do a reverse advent calendar and fill a box with shelf stable food that can be donated to a local food pantry. Here's what you do. Get a box or some bags and every day add the item below or something similar to your box. Then the week of Christmas bring your box to the senior center and we will make sure they get delivered to a local food pantry. Please have all boxes to the senior center by the afternoon of December 27th. If you need help carrying in, there is a cart in the entryway, just pull up and unload, or call ahead and we can help you!

- December 1 – box of cereal
- December 2 – peanut butter
- December 3 – stuffing mix
- December 4 – boxed potatoes
- December 5 – macaroni and cheese
- December 6 – canned fruit
- December 7 – canned tomatoes
- December 8 – canned tuna
- December 9 – dessert mix
- December 10 – can of applesauce/fruit
- December 11 – canned sweet potatoes
- December 12 – cranberry sauce

- December 13 – canned beans
- December 14 – box of crackers
- December 15 – rice
- December 16 – oatmeal
- December 17 – pasta
- December 18 – can of spaghetti sauce
(no glass jars please)
- December 19 – chicken noodle soup
- December 20 – tomato soup
- December 21 – can of corn
- December 22 – can of mixed vegetables
- December 23 – can of carrots
- December 24 – can of green beans



'Til next year,

A handwritten signature in black ink that reads "Colette Iseminger".

Colette Iseminger
Executive Director



P.S. Enjoy the sights and sounds of the season!

Tour the Senior Center

Tuesday, December 6 at 9 am

Meet in the lobby. All are welcome.

No RSVP needed. Tours are given the first Tuesday of each month. Plan for an hour.

You will be seated most of the time.



Wish List

The Grand Forks Senior Center is in need of the following items:

- Coffee
- Hot Cocoa Mix
- Stickers to decorate MOW bags
- Size Small Depends
- 1 pound weights for exercise classes
- Wheelchairs & Transport Chairs 19 inches and greater
- A volunteer to lead the Silvertones

If you have these items, or if you would like to purchase them for the Senior Center, please drop them off at the front desk during regular business hours.

Visually Impaired Senior Support Group



Tuesday, December 13

(2nd Tuesday of each month)

in the GFSC Activity Room

1 pm - 3 pm

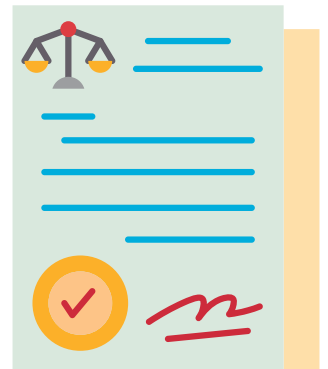
If you have any questions regarding this group, contact Pam at 701-795-2719.

FREE Legal Services

Due to staffing changes, legal services will not be in person until further notice. If you need legal assistance, you may call.

Under age 60 call toll-free 1-800-634-5263
Monday, Tuesday, Thursday between 9 am - 3 pm

Ages 60+ call toll-free 1-866-621-9886
Monday - Thursday between 8 am - 5 pm
Friday between 8 am - 2 pm



Trivia

Tuesday, December 27 at 1 pm

Join us in the Dining Room!



TECH **Talk** Class

Thursday, Dec 1 at 10:30 am
at the Grand Forks Senior Center

In December we will be: Learning about: Online Shopping, Tips, Tricks and Avoiding Scams. Call 701-757-4866 to register. Class size is limited.



Music Monday

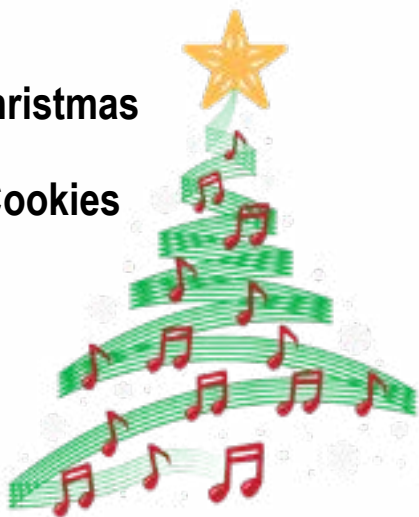
Join us select Mondays at 1 pm as we gather and appreciate the talents of local musicians.

December 5
The Odds & Ends

December 12
Harmony Christmas Concert

December 19
Silvertones Christmas
Sing-a-long
with Holiday Cookies

December 26
GFSC Closed



AARPSM

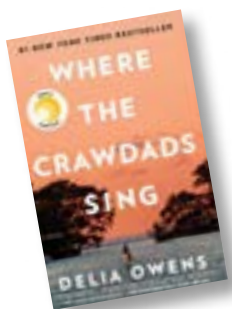


Driver's Safety Class

Wednesday, December 7 | Noon - 4 pm

Once a month AARP hosts a course that teaches valuable defensive driving skills and also gives a refresher on the rules of the road. You may also be eligible for a discount on your car insurance by completing this course!

Cost of the course is \$20 for AARP members and \$25 for non-members (cash or check only). Call 701-772-7245 to register. Class size is limited.



Constant Reader's Book Club

Monday, December 12 at 10:30 am (2nd Monday each month) We will be discussing "Where the Crawdads Sing" by Delia Owens. New people welcome! Book for January will be handed out at this meeting.

December Presentations

Dementia Conversations "Holiday Caregiving Tips"

Tuesday, December 6 at 3 pm
Presenter: Ashley Magner, Edgewood



Learn about Hospice

Tuesday, December 13 at 2 pm
Presenter: Joan Bengs

Joan is constantly striving to educate, empower and improve the services offered by the organization. She works with professionals and community members to form trust and understanding about their choices when it comes to hospice care.

Monthly Creations

Decorating 8 inch Christmas Trees

Wednesday, Dec 14 at 10 am



Cost is \$2. All supplies will be provided. Limited spots available.
Call Ranea at 701-757-4866 to reserve your spot.

Tech Support

Wednesday, December 7
(Afternoon)

Need help with your cell phone, kindle, tablet, kindle, or Laptop?
Call 701-757-4866 to schedule an appointment.



Coffee and Pie with a Cop

Tuesday, Dec 20 at 1 pm

Join Sargeant Kris Brown for coffee, pie and conversation. Pecan pie and ice cream will be available for \$2.



Christmas BINGO

Thursday, Dec 22, 2022
\$100 Must-go jackpot
Holiday Attire Encouraged
Prizes





December 2022 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:30 am Men's Coffee 10:00 am Crochet Class 10:30 am Tech Talk 1:00 pm Bingo (\$2/card) 1:00 pm Bunco 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	9:00 am Healthy Bones 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee
5	6	7	8	9
9:30 am Men's Coffee 12:45 pm Wii Bowling League 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Music Monday The Odds & Ends 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	9:00 am Healthy Bones AM 9:00 am Tour 9:30 am Men's Coffee 10:00 am Women's Coffee 10:00 am Weight Management Support Group 1:00 pm Farkle 3:00 pm Dementia Conversations "Holiday Caregiving Tips" 3:30 pm Healthy Bones (Hope Church)	9:30 am Men's Coffee 9:30 am Game Group 12:00 pm AARP Driver's Safety Class 1:00 pm Bingo (\$2 per card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment	9:00 am - 3:30 pm Christmas Flea Market 9:30 am Men's Coffee 1:00 pm Bingo 3:30 pm Healthy Bones (Hope Church)	9:00 am Gift Shop Crafters 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee
12	13	14	15	16
9:30 am Men's Coffee 10:30 am Book Club 12:45 pm Wii Bowling League 1:00 pm Pinochle 1:00 pm Dominoes 1:00 pm Harmony Christmas Concert 2:30 pm Ready, Set, Stretch (Hope Church) 3:00 pm Silvertones Practice 3:30 pm Chair Yoga (Hope Church)	9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee 11:30 am Drive-Thru Christmas Feast 1:00 pm Vision Support Group 1:00 pm Farkle 2:00 pm Hospice Presentation 3:30 pm Healthy Bones (Hope Church)	9:30 am Men's Coffee 9:30 am Game Group 10:00 am Monthly Creations Decorating 8" Evergreen Trees 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	9:30 am Men's Coffee 10:00 am Crochet Class 1:00 pm Bingo (\$2/card) 1:00 pm Bunco (\$2) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	9:00 am Healthy Bones AM 9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19</p> <p>9:30 am Men's Coffee 12:45 pm Wii Bowling League 1:00 pm Silvertone's Christmas Sing-a-long with Holiday Cookies. 1:00 pm Dominoes 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>20</p> <p>9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 1:00 pm Coffee & Pie with a Cop (\$2 for Pecan Pie) 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 Church)</p>	<p>21</p> <p>9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p>22</p> <p>9:30 am Men's Coffee 1:00 pm Christmas Bingo \$100 Giveaway 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>23</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>26</p> <p>GFSC CLOSED</p>	<p>27</p> <p>9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 1:00 pm Trivia 2:00 pm Farkle</p>	<p>28</p> <p>9:30 am Men's Coffee 9:30 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle</p>	<p>29</p> <p>9:30 am Men's Coffee 1:00 pm Bingo</p>	<p>30</p> <p>9:00 am Gift Shop Crafters 9:30 am Men's Coffee 10:00 am Women's Coffee</p>

No Exercise Classes December 26 - December 30, 2022

Share the Love with Subaru & Meals on Wheels



For the 15th 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 17, 2022, through January 3, 2023, 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.

LIHEAP - Fuel Assistance Program

The Low Income Home Energy Assistance Program (LIHEAP), also known as Fuel Assistance, helps eligible North Dakotans pay their heating costs. If you qualify, LIHEAP will pay a portion of your fuel cost to heat your home. This program can also assist with weatherization services, furnace and chimney cleaning, furnace repair and replacement, and emergency assistance. Applications are accepted October 1, 2022 – May 31, 2023 (or until program funds are used up) and you must reapply each year.

To apply for LIHEAP online go to www.applyforhelp.nd.gov. If you need more information or assistance in completing and submitting the LIHEAP application, please **contact Community Options at 800-823-2417 ext: 140.**

Meal Delivery Volunteers Needed

Home Delivered Meals, located in Altru Hospital, needs volunteers weekdays, from 11 am – 12:30 pm.

Meals on Wheels, located in the GF Senior Center, needs volunteers weekdays, from 10:30 am - Noon.



Both meal delivery programs are in need of substitutes as well!

Please contact Home Delivered Meals (701-780-5169, HDMeals@midconetwork.com) or Meals on Wheels (701-757-2006, mow@gfseniorcenter.org) if you'd like to volunteer. Thank you for helping keep our older adults fed & safe!

Paid Advertisement



Maple View
MEMORY CARE COMMUNITY

Providing you and your family
with peace of mind

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- Respite
- Adult day services

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

ND SMP Scam of the Month

DME and Telemedicine Fraud Schemes

Scammers continue to target seniors in complex telemedicine and durable medical equipment (DME) fraud schemes. As a result, beneficiaries may end up with back braces, pain creams and other devices and medications that may make their conditions worse.

While these scams are not new, the pandemic and the increased use of telemedicine have widened the victim pool. Medical providers often enter into arrangements with alleged telemedicine companies but are misled into this business model, and are swayed into writing prescriptions which the telemarketers sell and disseminate to DME suppliers and pharmacies.

It usually begins with a phone call. A telemarketing company will ‘cold call’ individuals, often seniors. The scammers are savvy. The caller usually has some personal information about the victim, thanks to the internet or by looking through records made available on the dark web through data breaches. They may have the victim’s Medicare ID or some other identifying information that makes the call sound legitimate.

Scammers often target individuals who have issues with pain, had a recent surgery or fall, and call them and tell them that they qualify for a free product. The victim may or may not talk to a physician on the call, and it certainly would not be the victim’s own care provider. It would be someone who the caller adds to the conversation, stating a physician is on the line and will write a prescription for the service. These callers are very talented and often the victim’s think the call is actually coming from their own doctor’s office.

These scammers are preying on seniors for monetary gain only, often times jeopardizing patient safety in the process. To put a stop to this kind of fraud, providers, payers and Medicare beneficiaries must all play a role in educating themselves, their patient’s and clients on fraud prevention. The more providers, payers and patients learn about the schemes, the less lucrative it will become for the fraudsters.

FALL ANNUAL OPEN ENROLLMENT: October 15-December 7, 2022

- It’s time to compare plans to make sure you have the right health and prescription drug plan for you for 2023. Contact ND SMP or ND SHIC at 800-575-6111 for assistance.

Reporting Medicare fraud: If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at ndsmp@minotstateu.edu or call 1-833-818-0029 or 701-858-3580. For non-Medicare fraud issues, contact the ND Attorney General’s Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: Health ITSecurity (14 Sept. 22). Xtelligent HEALTHCARE MEDIA. How BCBS MA combats DME, telemedicine fraud schemes.

North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

This project was supported, in part, by grant number 90MPPG0021, from the Administration for Community Living, Department of Health and Human Services. Points of view or opinions do not necessarily represent official Administration for Community Living policy.



Like us on Facebook: North Dakota Senior Medicare Patrol

GFSC Resources

Falls & Fractures in Older Adults: Causes and Prevention from the NIH - National Institute on Aging



If you or an older adult in your life has fallen, you're not alone. More than one in four people age 65 years or older fall each year. The risk of falling — and fall-related problems — rises with age.

Many older adults fear falling, even if they haven't fallen before. This fear may lead them to avoid activities such as walking, shopping, or taking part in social activities. But staying active is important to keeping your body healthy and actually helps to prevent falls. So don't let a fear of falling keep you from being active! Learn about what causes falls and how to lower your risk of falling so you can feel more comfortable with staying active.

What causes falls in older adults?

Many things can cause a fall.

- Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger.
- Certain conditions, such as diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance and lead to a fall.
- Conditions that cause rushed movement to the bathroom, such as incontinence, may also increase the chance of falling.
- Older adults with mild cognitive impairment or certain types of dementia are at higher risk of falling.
- Age-related loss of muscle mass (known as sarcopenia), problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension) are all risk factors for falling.
- Foot problems that cause pain, and unsafe footwear such as backless shoes or high heels, can also increase your risk of falling.
- Some medications can increase a person's risk of falling because they cause side effects such as dizziness or confusion. The more medications you take, the more likely you are to fall.
- Safety hazards in the home or community environment can also cause falls.

All information in this article obtained from: Falls and Fractures in Older Adults: Causes and Prevention. (n.d.). National Institute on Aging. https://www.nia.nih.gov/health/falls-and-fractures-older-adults-causes-and-prevention?utm_source=nia-eblast

Grand Forks Senior Center Membership will be required to attend exercise classes starting in 2023.

2023 Memberships will be available starting Tuesday, January 3, 2023. You will receive your membership form in the mail the very beginning of January. Please fill it out completely and return it to the Senior Center, along with payment. Thank you for supporting the Grand Forks Senior Center. Membership for 2023 will be \$20 for a single or \$30 for a couple for the calendar year.

GF SENIOR CENTER EXERCISE CLASSES

No
Exercise
Classes
Dec 26
through
Jan 2

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

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

Healthy Bones AM: T & w 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 will either be held at the GFSC in the lower level activity room or, for the larger classes, at Hope Church in their commons area. Hope Church is located inside Grand Cities Mall. Class location is in parentheses in the list above.

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.



*Thank you to our generous donors who have been supporting the Senior Center's annual Silver Campaign. All donations received from October 21, 2022, to the end of the year will be counted as Silver Campaign gifts. The gifts below were received from Oct. 21 to Nov. 4, 2022. The donors are listed in their cumulative giving categories for this period. (Brighter Side Society Members are designated by the * symbol.) Thank you for your generous gifts! Silver Campaign gifts are accepted through Dec. 31 at the GFSC, by mail, or online at www.gfseniorcenter.org/donate.*

\$75,052 on our way to a goal of \$125,000

Shooting Stars (\$10,000 and up)

Anonymous

Radiant Stars (\$5,000-\$9,999)

Empower Retirement
Match gift in memory of
Beverly Skelly

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

Lehn, Rich and Faye

Luminous Stars (\$500-\$999)

Crown Motors
Farder, Terry and Charleen
Hanson, Sharon
Helmoski, Marty and Garlynn
In memory of Fred and Shirley
Maides
Sandberg, Curt and Ione
Schumacher, Matt and Jami
In honor of GFSC staff and
seniors
Swanson, Steve and Diane
Ternquist, Evelyn
In memory of Clayton
Ternquist
Triangle Coach
Vaaler, Bruce and Renee
Valley Senior Living

Dazzling Stars (\$250-\$499)

All Seasons Garden Center
Altendorf, Diane
In honor of GFSC staff
Anonymous
Bremer Bank
Bundlie, Margaret
Depue, Ronald
Ellertson, Paul and Larenda
Hagstrom, Agnes
In memory of Bud, Dale and
Merilyn Hagstrom
Herrmann, Karen
Jones, Roger and Cathy
Maddock, Patrick
In memory of Susan G
Maddock
Mikkelson, Dan and Jolene
Randall, Harold and Diana
Sanford, Mark and Gloria
Tonder, Marsha and Richard
Tupa, Brad and Cheryl
Vasek, Joanne
In memory of Harold
Gangelhoff
Vollrath, Rob and Joann
Westacott, Richard
In memory of Romo K. Landis
Westrum, Brad and Yvonne
Woodrow, Jim and Marge
Ye Ol Painters

Glowing Stars (\$100-\$249)

Akset, Orlin and Colleen
In honor of the wonderful
Senior Center staff
Ames, Vince and Valerie
Anonymous (11)
Anonymous
In honor of Bev O'Shea
Anonymous
In memory of Earl Strinden
Anonymous
In memory of Christopher
Hjeldness
Anonymous
In honor of Gerald Lizakowski
Anonymous
In memory of UND professor
Arthur Miles
Aubol, Linda
Bank, Beth
Beal, Earl and Donna
Benson, Ray and Mary
Bethke, Glenn and Sandra
Bollman, Ginny
In memory of Jim Bollman
Bott, Al and Donna
Bring, Derril and Doris
Bures, Frank and Judy
C&R Cleaners & Laundry
Christ, Ed and Kelly
Clemens, Beverly

Connell, JoAnn
Dalglish, Jim and Joanne
 In memory of our parents
DeHaan, Steve and Dorrie
Denney, Duane
 In memory of Lil Denney
Dunham, Ray and Anita
Egstad, Elsie
 In memory of Louie Egstad
Engen, Dennis and Rosie
Erdmann, Rod and Michelle
 In memory of Robert Cournia
Erickson, Dennis and Cheryl*
Fischer, Donald and Debra
Fladeland, Ardell and Connie
Foss, Virgil
German Law Group
Granger, Marvin
Grimes, Bonnie
 In memory of Harriet Naas
Grove, Ruby
 In memory of Douglas Grove
Gustafson, Ione
Hafner, Duane
Hastings, Bill and Linda
Heidmann, Ron and Joyce
Helgerson, Donna
 In memory of my husband,
 Arral (AJ)
Helgeson, Diane
Hergert, Mike and Linda
Herz, John and Mary
Hilde, Wayne
 In memory of Melanie Hilde
Hoffart, Larry and Mary
Hoffert, Rodger and Alice
Hoffmann, Mark and Jan
Holm, Jane
 In honor of Larry Holm
Holman, Alice
Hove, Dean and Gail
Hoverson, Jean
Iseminger, Jacob
Forseth, Bonnie
Jarombek, Raymond and Joyce
Jehlicka, Rita
 In memory of Paul Jehlicka
Johnson, Merritt

Johnson, Gary and Ranea
Johnson, Gerald
Johnson, Bob and Sandra
Johnson, Bob and Carol
Jore, Thelmer and Belle
Keenan, Gerry
Klemisch, Mike and Kathy
 In memory of Nadine Pistner
Kleven, Archie and Marlene
Knudson, John and Jackie
 In honor of the GFSC Staff
Kobe, Mark
 In memory of deceased Kobe
 and Miller families
Korfhage, Mary Lou
 In memory of Donald D.
 Korfhage
Lamb, Betty
 In memory of Bill Lamb
LaMoine, Connie
Langer, Al and Barbara
 In memory of Leo and
 Margaret Jensen, Josephine
 and Olivia Langer
Larson, Glenn and Jessie
Lieberg, Alden and Orpha
Lundberg, Marilyn
Manley, Judy
 In honor of my sister, Lois
 Reardon
Marvin, Judi and Bill
Mattern, Alice
McKenna, Terry and Mary Ann
Meagher, Albert and Shirley
 In honor of all seniors
Medalen, Rodney and Joyce
 In honor of our parents
Melicher, Barbara
 In memory of Reed Melicher
Miller, Richard and Bertha
Mittelsteadt, Rod
 In memory of Alice
 Mittelsteadt
Moe, Patricia
Moen, Alice
 In memory of Andy and Cathy
Mork, James and Irene
 In honor of loved ones

Murphy, William 'Spud'
Myerchin, Gordon
 In memory of Karen Lea
 Myerchin
Nadeau, RaeNett
 In memory of Clem and
 Danette
Nelson, Jerome and Cathy
 In memory of Hiro and Evelyn
 French
Nelson, Kenneth 'Kenny'
Nelson, Duane and Lila Jane
Nielsen, Forrest and Emily
Norby, Doug and Sandy
Norgard, Phyllis
Novacek, Alta
Nyberg, John
Olson, Ervin
 In memory of Mylah Olson
Olson, Darell
 In memory of Loraine Olson
Omdahl, Treasure
Palmiscno, Donald and Linda
Parton, Rich and Diana
Patridge, Michael and Marci
Paukert, David
 In memory of Georgia and Ed
 Paukert
Peters, William
Pilon, Daniel
Pokrzywinski, Clayton and Lillian
Qualheim, Adeline
Rand, Tom and Alice Jean
Sanborn, Arthur and Mary Ann
Sather, Arthur (Gordon)
Schiele, Kathy
 In memory of Don Schiele
Schmisek, Gail
 In memory of Bill Schmisek
Schuster, Ken and Judy
Schweitzer, Kathleen
 In memory of Ashley
Sem, Stacey and Brenda
Shilman, Nate and Angie
 In honor of Kevin and Joyce
 Austin

Sieg, Wanda
 In memory of Karen Bullert
 Snyder, Bev
 Speare, Dave and Elaine
 For Meals on Wheels, In
 memory of Joy Bossert
 Staveteig, Robert
 In memory of Mary Ann
 Staveteig
 Stiles, Marlene and Rob
 Sundby, Robert and Virginia
 Tanke, Harold and Jeannette
 Thompson, Cliff
 Thorson, Ruth
 In memory of Paul Thorson
 Tweten, John and Mary
 Vein, Jerry and Mary
 Walior, Mary
 Warcup, Devera
 In memory of Alan Bruce
 Warcup
 Williamson, Gary and Linda
 Willprecht, Dave and Laurie
 Zirnhelt, Clair and Ronda

Shining Stars (up to \$99)

Aamold, Lorna
 Anonymous (8)
 Bondy, Pauline
 In memory of Gordon Bondy
 Burckhard, Bob
 Burris, Donna
 In memory of Herb Helgeson
 and Marlene Kuntz
 Capouch, Lorraine
 In memory of Mary Sears

Carlson, Judy
 Confer, Gail
 In memory of Ted and Rose
 Paur
 Deery, Chuck and Dee
 Dvorak, Marlene
 In memory of Willard Ganyo,
 Ray Ganyo and Philip Ganyo
 Engelmann, Judith
 In memory of Joan Showalter
 Falck, Tom and Susan
 Fillion, Roy and Linda
 In memory of Elsie Fillion
 First Lutheran Church
 For Home Delivered Meals
 Glimsdahl, Jon
 In honor of Anthony Glimsdahl
 Greenwood, Helen
 Gulson, Orris
 In memory of Ann Gulson
 Gunderson, Helen and Russell
 Heffern, Hank and Sandy
 Herrmann, Karen
 In memory of Larry and
 Sharon St. Germain
 Hodny, Dee
 In memory of Paul Hodny
 Hughes, Maurine
 Hughes, Chuck and Jean
 In memory of Don and Mary
 Herbeck
 Hurley, Louise
 Kaste, Ryan
 In memory of Norman and
 Linda Kaste
 Kastner, Elda

Laager, Bernice
 Litzinger, Robert and Janet
 McCormick, Wayne
 Meuwissen, Robert and Debbie
 Middleton, Nancy
 Newhouse, Verna
 In memory of family and
 friends
 Novacek, Alta
 In memory of Rudy Kuchar
 Olson, Terry and Diane
 Otremba, Sheryl
 In memory of Clarence and
 Beatrice Geir
 Pedersen, Melvin
 Phalen, Ruth
 In honor of my children
 Rebsch, Al and Connie
 Reuter, Neil and Colleen
 In memory of Elizabeth Reuter
 Samuelson, Juanita
 Sanderson, John and Rita
 Sanford, Beverly
 Schmidt, Joe and Becky
 Schuh, Janice
 Soeby, Mark and Molly
 Stanlake, Arlette
 Svoboda, John and Susan
 In memory of Laverne, Stanley
 and Florence Svoboda
 Winger, Steve and Annella
 In honor of Don Swartz



Assistive Equipment

Available to borrow (for up to three months)

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



Donations & Memorials

Thank you for these donations received Oct 11, 2022 to Oct 20, 2022.

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

- Community Foundation of GF, EGF & Region
Grant for Transportation Fare Assistance program

Donations of \$100 - \$249

- Lofberg, Janice
- McMahon, Jacqueline
- Sieg, Ruby
In memory of Norman Sieg

Donations of \$99 and Under

- Belobraydic, Matt and Rochelle*

- Broadwell, Ray and Becky*
In memory of Harold Gangelhoff
- Buckley, Ann*
- Dvorak, Marlene*
- Helgerson, Donna*
In memory of my husband, Arral (AJ)
- Hermann, Karen*
- Hogan, Shirley
- Iseminger, Carl and Colette*
In memory of Harold Gangelhoff
- Lunde, Beverly
In memory of Harold Gangelhoff

- Mattern, Alice*
- Ness, Ron and Darlyne
In memory of Harold Gangelhoff
- Pedersen, Melvin
- Sandberg, Curt and Ione*
For Meals on Wheels
- Schiele, Kathy*
In memory of Don Schiele
- Schumacher, Matt and Jami*
- Sulland, Steve and Linda*
- Venaccio, Michael and Vicki*
- Westrum, Brad and Yvonne*
Zirnhelt, Clair and Ronda*

Need Gift Ideas?

You are in luck! The Grand Forks Senior Center has unique gift ideas for older adults. Visit the front desk to purchase any of the following items:

- 10-punch meal tickets (Breakfast \$20, Lunch \$42.50)
- Senior Rider bus cards (\$30) for 10 one-way trips
- Footcare certificate (\$25)
- Gift Shop Crafts



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 - Tufto Manor

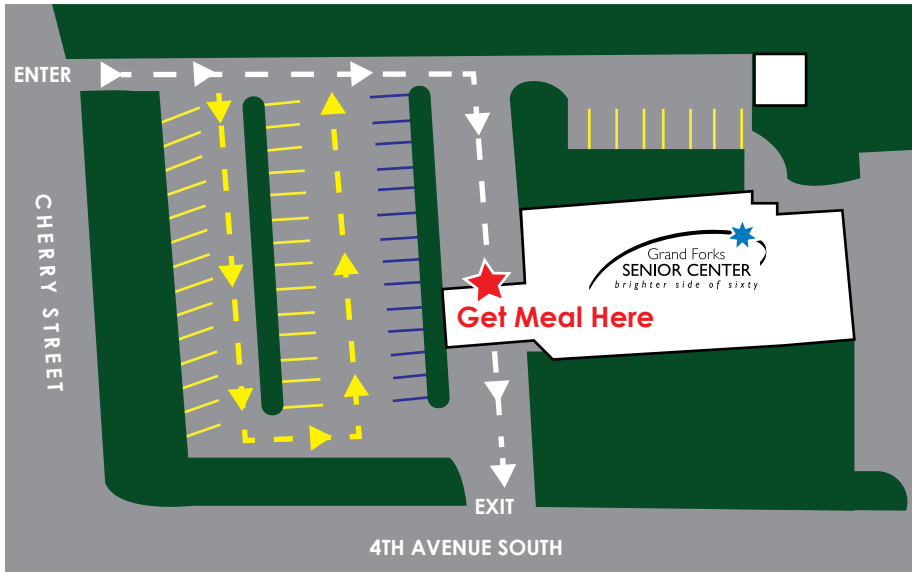
- Single and 2-room suites (Medicaid approved)
- Meals, transportation, personal care included

valleyseniorliving.org
701.787.7563



Drive-Thru Lunch Route Map

Monday - Friday | 11:30 am to Noon



Please use **EXTREME CAUTION** while in the Senior Center Parking Lot!

Enter lot from **Cherry Street**

Do not come into lot before 11:25 am.

You may choose between sit-down or drive-thru meals. If you are using our drive-thru, please follow the route shown.

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

Key tags are now required for the drive-thru.
Fill out a form and get your key tag at the front desk



Looking for the easiest and best way to pick up your meals in the drive-thru? We suggest attaching your key tags to a box or tub and keeping it in your car like the individuals pictured to the left. This will make it so you don't lose your key tag and will provide a nice bin to carry your meals in!

Christmas Trivia: Answers on page 23

1. If Elvis isn't going to have a white Christmas, what type of Christmas is he going to have?
2. Which fairy tale served as an inspiration for the first gingerbread houses?
3. Which drinks manufacturer is said to have popularized Santa's red and white costume?
4. When was the first Christmas tree lit up in the Rockefeller Center?
5. Which country started the tradition of putting up a Christmas tree first?
6. Which reindeer is named after thunder?
7. Which department store is said to have created Rudolph the Red-Nosed Reindeer?
8. In 1979, women's groups, politician's and seniors' organizations protested which Christmas song?
9. How many times does Santa check his list before making deliveries?
10. What's the highest grossing Christmas movie of all time?



1



2



3



4

Halloween Fun in the Center

- 1-3 Halloween Bingo fun.
- 4 GFSC Staff got dressed up!
- 6-9 Halloween pumpkin contest entrants.



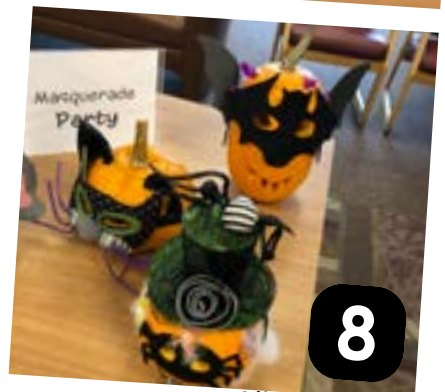
5



6



7



8

Is it difficult to take care of your toenails? Is your vision failing or do you have arthritis, which can make this task difficult? Whatever the reason, if you are 60 or over, you can have your foot care done by nurses at the Grand Forks Senior Center. Call today for an appointment. Suggested donation of \$25 for foot care.

Foot Care Appointments

APPOINTMENTS AVAILABLE Please call 701-757-4878 to make a foot care appointment at the GF Senior Center (Open Monday-Friday during regular business hours) or at one of the satellite foot care clinics listed here (by appointment only).

Grand Forks - Available most weekdays

Home visit care is available for homebound seniors.

Dec 1	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
Dec 7	McVille Fire Hall, 203 Baldwin Street, McVille	9:30 am - Finish

Guidelines to keep clients and staff safe:

- Nurses are equipped with proper equipment. **Clients will wear a mask correctly during the entire foot care appointment.**
- You must call and reschedule your appointment if you are not feeling well in any way. **If you are unvaccinated, you will need to reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 within two weeks prior to your appointment or you test positive within 10 days prior to your appointment.**

Paid Advertisement

Aspen Park	Briarwood	Parkview Terrace
		
<p>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!</p>		
		
<p>www.immapartments.com • 701-780-8162</p>		

December 2022 - Grand Forks Title III Older Americans Act Food Program

Suggested contribution for seniors is \$2 for Breakfast; \$4.25 for Lunch. 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 for Breakfast; \$11 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:
Omelet (.5cs) Fried Potatoes (1cs) 1 WW Toast (1cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Sausage Egg WW Muffin (2 cs) 3/4 oz Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrowns (1 cs) 1 Slice WW Toast (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Small Pancakes (3 cs) Scrambled Egg 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Slices Cinn French Toast with Syrup (2 cs) Scrambled Egg 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)
			Thursday Lunch: Dec 1	Friday Lunch: Dec 2
MENU SUBJECT TO CHANGE WITHOUT NOTICE			1 c Chix Wild Rice Cass (2cs) 1 c Romaine Salad w/ dressing (.5cs) OR Taco Salad (2cs) 1/2 c Peach Sauce (1cs) Sm Rice Krispy Bar (1cs)	3 oz Cranberry Glazed Chicken (1cs) OR Sweet & Sour Pork (.5cs) 1/2 c. Rice (1cs) 1/2 c Beets (.5cs) 1/2 c. Peach Crisp w/top (2cs)
Monday Lunch: Dec 5	Tuesday Lunch: Dec 6	Wednesday Lunch: Dec 7	Thursday Lunch: Dec 8	Friday Lunch: Dec 9
3 oz Salmonloaf (.5cs) 1/2 c. Mashed Potato (1cs) OR Tator Tot Hotdish (1.5cs) 1/2 c Creamed Peas (1cs) 1/2 c Peach Sauce (1cs)	8 oz Hungarian Goulash (1cs) OR 8 oz Tuna Noodle Hotdish (1cs) 1/2 c. Coleslaw 1/10 Pumpkin Pie w/top (2cs)	3 oz Meatballs in brown gravy (.5cs) OR BBQ Chicken (.5cs) 1/2 c Mashed Potato w/gravy (1cs) 1/2 c Carrots (.5cs) 1/2 c Tropical Fruit (1cs)	2 oz Hot Beef Sandwich (2cs) OR Hot Pork Sandwich (2cs) 1/2 c M. Potato w/ gravy (1cs) 1/2 c California Blend Veg 1/2 c Blueberry Crisp w/top (2cs)	Applesauce Ribs OR 3 oz Pork Roast 1/2 c. Bk Sweet Potato (2cs) 1/2 c Peas (1cs) Angel Food Cake 1/2c Berries (1cs)
Monday Lunch: Dec 12	Tuesday Lunch: Dec 13**	Wednesday Lunch: Dec 14	Thursday Lunch: Dec 15	Friday Lunch: Dec 16
Tuna Melt on Bun (2cs) OR 2 oz BBQ Chicken on WW Bun (2cs) 1 c Vegetable Soup (.5cs) w/ 2 soda crackers (.5cs) 1/2 c Fruit Cocktail (1cs) 1x2" Bitsy Brownie (2cs)	3 oz Swedish Meatballs (.5cs) 1/2 c Mashed Potato (1cs) 1/2 c Glazed Baby Carrots (.5cs) Tossed Salad w/dressing (.5cs) Lemon Meringue Pie (2 cs) Dinner Roll (1 cs) ** See Note on back page	8 oz Chili (1cs) OR 3 oz Liver with onions (.5cs) Sm Baked Potato (1cs) 1/2 c Fruit for Salad (1cs) Sm Peanut Butter Cookie (2cs)	3 oz Ginger Pork Chop OR Baked Fish (.5cs) 1/2 c Boiled Potato (1cs) 1/2 c Harvard Beets (2cs) 1/2 c Bread Pudding w/Raisins (1cs)	3 oz Beef Tips in Gravy OR Chicken in Gravy 1/2 c Buttered Egg Noodles (1cs) 1/2 c Green Beans 1/2 c Apple Crisp w/top (2cs)

Drive-Thru at Alerus. See front cover!

Monday Lunch: Dec 19	Tuesday Lunch: Dec 20	Wednesday Lunch: Dec 21	Thursday Lunch: Dec 22	Friday Lunch: Dec 23
Spag Noodles w/meat sauce (2cs) OR Pork Tidbits over noodles (2cs) 1/2 c Carrot Raisin Salad (1cs) 1 Garlic Bread (1cs) 1/2 c Apricots (1cs)	Chicken Parmesan OR 3 oz Meatloaf (1cs) Sm Baked Potato w/sr crm (2cs) 1/2 Stewed Tomato (.5cs) 1/2 c Tapioca Pudding (1cs)	8 oz Beef Stew (1cs) OR Lasagna (2cs) 1 c Romaine Salad w/dressing (.5cs) 1/2 c Pear Sc (1cs) Garlic toast (1cs)	3 oz Ham OR Salmon 1/2 c Boiled Potato (1cs) with cream gravy 1/2 c Peas (1cs) Christmas Cookies (3cs)	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)

Monday Lunch: Dec 26	Tuesday Lunch: Dec 27	Wednesday Lunch: Dec 28	Thursday Lunch: Dec 29	Friday Lunch: Dec 30
CLOSED CHRISTMAS HOLIDAY	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 Mand orange sauce (1cs)	2 oz Hot Dog on Bun (2cs) OR Philly Steak Sandwich w/peppers & onions (2cs) 1 c. Vegetable Soup (.5cs) w/ 2 soda crackers (.5cs) 1/10 Apple Pie w/top (2cs)	3oz Baked Chicken OR Roast Beef 1/2 c Mashed Potato w/gravy (1cs) 1/2 c. Mixed Vegetables (1cs) 1/2 c Peach Crisp w/top (2cs)	3 oz Meatloaf (.5cs) OR 3 oz Baked Fish Sm Baked Potato w/sr crm (2cs) 1/2 c Capri Vegetable (.5cs) 1/2 c Cherry Sc (1cs)

<p>**Note: Dec 13th: No drive thru or sit down lunch that day at the GF Senior Center. Holiday Christmas meal drive thru at the Alerus Center parking lot 11:30-12:30. TICKETS REQUIRED- Call for yours today</p>	<p>Sit-Down Breakfast - Served 8:30 am - 9 am Drive-Thru Lunch - Served 11:30 am - Noon Sit-Down Lunch - Served Noon - 12:15 pm</p>
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<p>Check other sites for their serving times. Entree choices at the Gand Forks Senior Center only.</p>	<p>Menu meets the required <u>average</u> 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</p> <p>Attn: Diabetics-These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts</p>	<p>No reservations required at the Grand Forks Senior Center (620 4th Ave S) unless it is for a holiday meal or other special meal.</p> <p>Reservations required at the satellite sites listed below. Visit your site by the day before to make your reservation. Homestead-1639 24th Ave. South 11:45-12:15 The Link-300 Cherry Street 11:15-11:30</p>
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1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (1cs); and margarine are available with each lunch.

Date: 10/25/2022 Licensed Registered Dietitian #13899 Colette Iseninger Colette Iseninger, MS, RD, LRD

Frozen meals

Are available for pick-up anytime we are open. Call 701-757-4869 to place an order. Frozen meals are a suggested contribution of \$3.50 each. A list of current frozen meals can be found at gfseniorcenter.org/frozenmeals. This list is updated daily.

Cities Area Transit offers
SENIOR RIDER

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



Call **787-9120** weekdays before 5:30 pm. Before using this service, you must complete an application with Cities

Area Transit (**allow one week for processing**). If you call this number in the evening or on the weekends, you will need to leave a message. Call one business day in advance of when you need your ride after your application has been approved. **Masks and social distancing are encouraged.** Rides within GF and EGF city limits only.

Paid Advertisement



**Do you have difficulty leaving home?
Our doctor and nurse practitioners
come to you.**

**Contact us
today!**



(800) 929-8891 | CareThatComesToYou.org

Paid Advertisement

**Thank you for
trusting us with
life's most
tender moments.**

hrrv.org | (800) 237-4629



Celebrating **40** Years

ND Aging & Disability Resource Link

for information on senior services in ND
Phone: 1-855-462-5465
Website: carechoice.nd.assistguide.net



Check out our library!
We have a large selection of David Baldacci books available in both hard cover and soft cover! These and many others available to borrow for free.

**Christmas
Trivia Answers**
(From pg. 18)

1. Blue Christmas
2. Hansel and Gretel
3. Coca-Cola
4. 1933
5. Germany
6. Donner (the German word for "thunder")
7. Rudolph was created in 1939 Montgomery Ward.
8. "Grandma got ran over by a reindeer"
9. Twice
10. The Grinch Who Stole Christmas.

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.



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

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www.facebook.com/gfseniors

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Grand Forks, ND



Grand Forks Senior Center
December 2022
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

We will be CLOSED
Monday, December 26
and Monday, January 2

Supporting Older Adults through the Silver Campaign

Ensuring the health and safety of older adults is our main priority. While we cannot change an older adult's life circumstances, you have the power to offer them relief.



Seniors rely on the programs offered at the Senior Center. Whether it's a nutritious meal to keep them healthy, care for their feet, services that help them stay at home, or an opportunity to socialize with friends who have similar life experiences.

Great programs like these can only be sustained through the loyal backing of generous donors like you.

Please mail a check, call us (701-772-7245) to donate with a credit card, or go to www.gfseniorcenter.org/donate. Silver Campaign gifts must be received by noon on Friday, December 30, 2022 (December 31 at midnight for online gifts).

Please donate today! Thank you!