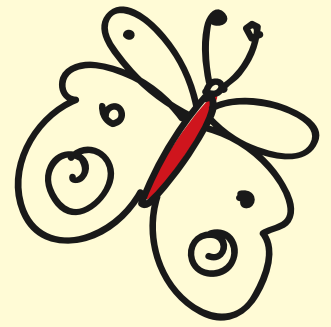




February 2020

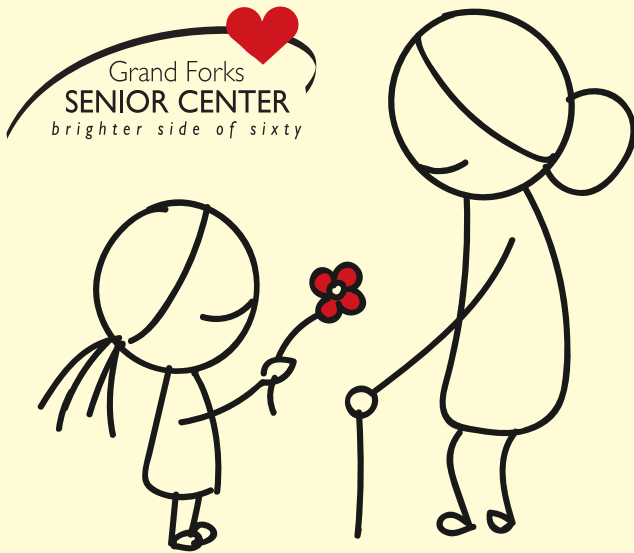


The Silver Express

See page 5 for the Senior Center Giving Hearts Day activity.

www.gfseniorcenter.org

701-772-7245



A Senior Center "Giving Hearts Day" Limerick
"Count Me" say Senior Center donors true
Dining room needs: window blinds, flooring too
Seniors' eyes hurt from the sun
Old flooring can't be re-done
\$24,000 on Giving Hearts Day - to the rescue!

People who come to the Grand Forks Senior Center dining room (also known as our auditorium) often comment on the beautiful floor to ceiling windows. As wonderful as they are, too much bright light is hard on the eyes of older adults, so we are hoping to buy blinds to filter the light. People also notice the original parquet floors; unfortunately we are unable to refinish them anymore and plan on replacing them with a commercial wood-pattern vinyl. In order to accomplish these two upkeep items, we need to raise \$24,000 on Giving Hearts Day - a 24-hour online fundraiser! Simply go to givingheartsday.org anytime on **Thursday, February 13, 2020**, click on the 'Donate' button, and select 'Grand Forks Senior Center.' You can also stop by the Senior Center on Thursday, February 13, from 8 am - 4:30 pm to make a gift. **Thank you to Duane and Lila Nelson for their \$5,500 matching gift!** Help us meet this match and more! Can we count on you?



Giving Hearts Day
#countme

please donate on Thursday, February 13, 2020

www.givingheartsday.org

Select 'Grand Forks Senior Center'

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	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

Rich Lehn

Vice President

Jeff Peterson

Secretary

Alice Mattern

Treasurer

Brenda Sem

Jerry Ditullio

Karen Herrmann

Dean Kirkeby

Craig Knudsvig

Emily Nielsen

Robert Rost

Curt Sandberg

Mary Sears

Michael Venaccio

John Warcup

Clair Zirnhelt

Mission Statement

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

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

Building & Program Usage Guidelines

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[©]

February 2020



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 Giving Hearts Day activity
- 6-10 Activities, Special Events, & Ongoing Activities
- 11 AARP Tax Aide
- 12-13 Fun Around the Center
- 14 GFSC Resources: Rent Rebates & Assistive Equipment
- 15 GFSC 2020 Trips
- 17-18 Silver Campaign Donors
- 19 Donations & Memorials
- 20 Foot Care Schedule
- 21-22 February Menu
- Back Valentine Party

LOOKING AHEAD

Style Show & Tea: Fri, March 13, 2020
(Style Show tickets available Tues, Feb 18, 2020)

Easter Feast: Tues, March 31, 2020
(Easter Feast tickets available Mon, March 2, 2020)

Dropped your landline?

We need to keep our records updated, so if you have dropped your landline, please let us know by either calling us at 701-772-7245 or stopping by the Senior Center. Thank you!



Tour of the Grand Forks Senior Center Tues, Feb 4, 2020 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



Strategic Plan: A Road Map

Another year (and decade) has come and gone. 2019 was an extremely busy year for us. For the Senior Center, this time of year means evaluating what we are doing well and on what we need to work. If you have comments, please let any staff or Board member know.

Members and donors can expect their 2019 annual reports to arrive in the mail toward the end of February. You can also pick it up ahead of time by attending the **Annual Meeting on Thursday, February 20, 2020 at 10:30 am in the**

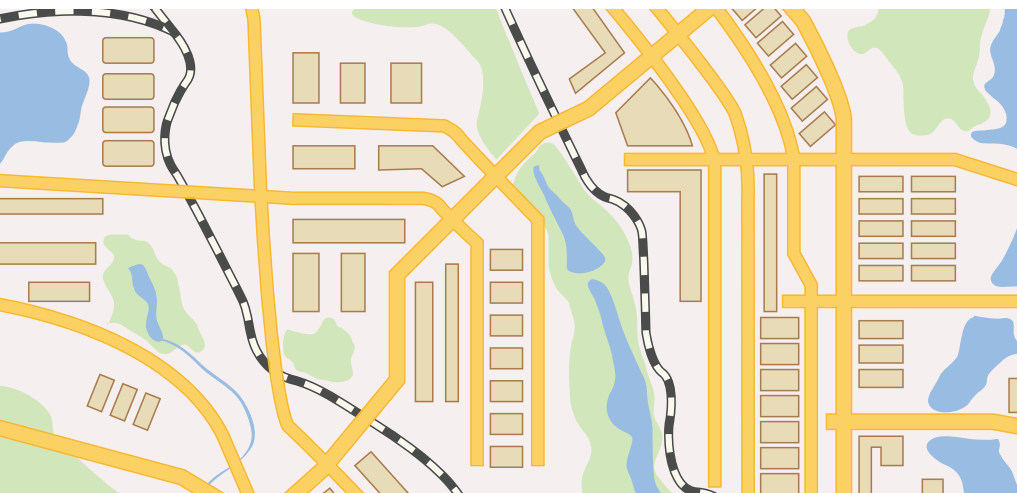
GFSC auditorium. We do encourage members to attend this annual meeting.

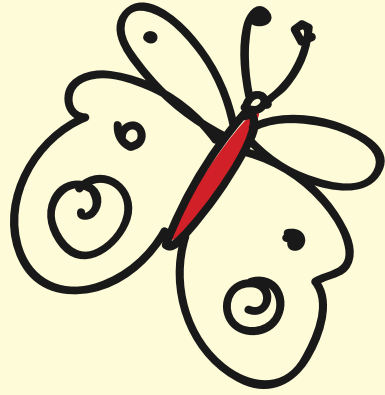
The Board approved a new Strategic Plan in 2019. This will be our road map for the next four years. The strategic plan is available on our website. Go to www.gfseniorcenter.org, scroll down to the secondary toolbar, and click 'About Us.' One of the main items in early 2020 is to merge the Home Delivered Meals program and the Meals on Wheels program into one large program. Clients and volunteers will be notified when we are

ready to move forward with this merger. On the workforce side, staff will experience more retirements in the next few years, so we will take time to reevaluate these positions and revamp, if necessary. Because space is a consideration in whatever we do, we will be looking at even more collaborations in the future, such as the one we have with the Alerus Center for our holiday feasts.

One thing I can say is we continue to look at what and how we are doing everything. The nonprofit world is changing and so are the customers we serve. We will continue to aim high and evolve in directions which meet the needs of our clients, while being good stewards of the funding entrusted to us.

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





Stop by for a treat and **share with us**
a warm childhood memory.



Giving Hearts Day

Thursday, February 13
9 am - 3 pm in the GFSC Lobby

We will be sharing your warm childhood memories (with your permission, of course) in our *Silver Express* newsletter, on our Facebook page, and in other places. We may even take photos of willing participants!

Board of Directors Report

The Board of Directors met on December 19, 2019. Here are the highlights:

- The 2020 budget for \$2,291,564 was approved.
- End-of-year staff bonus checks were approved.
- A fiscal walk-through report was submitted by Brenda Sem, treasurer.
- Craig Knudsvig, Region IV representative, reported on the Governor's Committee on Aging meeting.
- The 2020 nominating slate of candidates was approved to move to the Annual meeting of the Association on Thursday, February 20, 2020.
- The executive director's performance evaluation was reviewed with the Board.
- A staff benefits task force was formed.

The next regular board meeting is March 19, 2020 at 11 am in the lower level of the Senior Center. Members are invited to attend.



Annual Meeting

The 2019 annual meeting of the Greater Grand Forks Seniors Citizens Association will be held **Thursday, February 20 at 10:30 am** in the Grand Forks Senior Center's Myra Auditorium. All members are invited and encouraged to attend.

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.*

February 2020 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 am Men's Coffee 9:00 am Newsletter Labeling 10:30 am Chair Yoga (\$2) 12:45 pm Trivia 1:00 pm Pinochle 1:00 pm Weigh 2 Change 2:00 pm Dominoes 2:00 pm Sip 'n Spell 2:30 pm Farkle 3:00 pm Line Dancing (\$2)</p>	<p>4</p> <p>9:00 am Men's Coffee 9:00 am Healthy Bones 10:00 am Coffee & Coloring 10:00 am Computer Help 10:00 am Weight Mgmt 10:30 am Monthly Tour 11:00 am Qigong 12:30 pm Wii Bowling League 1:00 pm Bingo 1:00 pm Crochet Class (\$3) 3:30 pm Healthy Bones</p>	<p>5</p> <p>9:00 am Men's Coffee 9:00 am Walking Group (Grand Cities Mall) 9:30 am Caramel Rolls! 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>6</p> <p>9:00 am Men's Coffee 9:30 am Open Wii Bowling 10:30 am Chair Yoga (\$2) 11:30 am Qigong 1:00 pm Bingo 1:00 pm Bunco (\$2) 3:30 pm Healthy Bones 5:00 pm Sr Supper Outing. Red Lobster. Must RSVP with Amber 701-757-4873.</p>	<p>7</p> <p>9:00 am Men's Coffee 9:00 am Healthy Bones 9:00 am Crafts 10:00 NEW! LCR (\$.75/game) 10:00 am Women's Coffee 12:30 pm Balance Class 1:00 pm Dan Lee performing 1:00 pm Pinochle</p>
<p>10</p> <p>9:00 am Men's Coffee 10:00 am Book Club 10:00 am Senior Med Patrol 10:30 am Chair Yoga (\$2) 12:45 pm Trivia 1:00 pm Pinochle 1:00 pm Weigh 2 Change 2:00 pm Dominoes 2:00 pm Pie & Coffee w/ a Cop - Cherry (\$2) 2:30 pm Farkle 3:00 pm Line Dancing (\$2)</p>	<p>11</p> <p>9:00 am Men's Coffee 9:00 am Healthy Bones 10:00 am Coffee & Coloring 10:00 am Computer Help 10:15 am 'Assistive Devices for Low Vision' by ND Vision Services 11:00 am Qigong 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 Healthy Bones</p>	<p>12</p> <p>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) 1:00 pm Bingo 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (\$2)</p>	<p>13</p> <p>GIVING HEARTS DAY! 9:00 am Men's Coffee 9:30 am Open Wii Bowling 10:00 am Hearing Aid Cleaning & Ear Inspection 10:30 am Chair Yoga (\$2) 11:30 am Qigong 1:00 pm Bingo 3:30 pm Healthy Bones TBD Senior Movie Outing. Contact Amber at 701-757-4873 beg. Feb 10 for movie info and time</p>	<p>14</p> <p>9:00 am Men's Coffee 9:00 am Healthy Bones 9:00 am Crafts 10:00 NEW! LCR (\$.75/game) 10:00 am Women's Coffee 10:30 am Silvertones Chorus 12:30 pm Balance Class 1:00 pm VALENTINE PARTY (see back cover) 1:00 pm Pinochle</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 GFSC CLOSED	18 9:00 am Men's Coffee 9:00 am Healthy Bones 10:00 am Coffee & Coloring 10:00 am Computer Help 10:00 am Weight Mgmt 11:00 am Qigong 12:30 pm Wii Bowling League 1:00 pm Bingo 1:00 pm Crochet Class (\$3) 3:30 pm Healthy Bones	19 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)	20 9:00 am Men's Coffee 9:30 am Legal Aid of ND 9:30 am Open Wii Bowling 10:00 am Caregiver Support 10:30 am Annual Meeting 10:30 am Chair Yoga (\$2) 11:30 am Qigong 1:00 pm Bingo 1:00 pm Bunco (\$2) 3:30 pm Healthy Bones	21 9:00 am Men's Coffee 9:00 am Healthy Bones 9:00 am Crafts 10:00 NEW! LCR (\$.75/game) 10:00 am Women's Coffee 12:30 pm Balance Class 1:00 pm Teresa & the Plow Boys performing 1:00 pm Pinochle
24 9:00 am Men's Coffee 10:30 am Chair Yoga (\$2) 12:45 pm Trivia 1:00 pm Pinochle 1:00 pm Weigh 2 Change 2:00 pm Dominoes 2:00 pm Sip 'n Spell 2:30 pm Farkle 3:00 pm Line Dancing (\$2)	25 9:00 am Men's Coffee 9:00 am Healthy Bones 9:00 am Newsletter Labeling 10:00 Coffee & Coloring 10:00 am Computer Help 10:00 am Weight Mgmt 11:00 am Qigong 12:30 pm Wii Bowling League 1:00 pm Bingo 1:00 pm Crochet Class (\$3) 3:30 pm Healthy Bones	26 9:00 am Men's Coffee 9:00 am Annual Report Labeling-HELP NEEDED 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)	27 9:00 am Men's Coffee 9:30 am Legal Aid of ND 9:30 am Open Wii Bowling 10:30 am Chair Yoga (\$2) 11:30 am Qigong 1:00 pm Bingo 1:00 pm Monthly Creations 'Wooden Spoon.' Must RSVP to Ranea by 2-25-20 3:30 pm Healthy Bones	28 9:00 am Men's Coffee 9:00 am Healthy Bones 9:00 am Crafts 10:00 NEW! LCR (\$.75/game) 10:00 am Women's Coffee 10:30 am Silvertones Chorus 12:30 pm Balance Class 1:00 pm GFSC TALENT SHOW (sign up by 2-26-20) 1:00 pm Pinochle

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.

Activities & Special Events



NEEDED
Mailing Volunteers

Monday, February 3 at 9 am
The Illuminator donor newsletter

Tuesday, February 25 at 9 am
The Silver Express newsletter

IMPORTANT! HELP NEEDED!
We also need a big group to assist with getting our annual report ready for mailing. Please come if you are willing and able to help.

Wednesday, February 26 at 9 am
GFSC Annual Report

Just come to the Dining Room if you can help out these days.



Support Groups
at the Grand Forks
Senior Center

Alzheimer's/Dementia Caregiver Support Group

Where: GFSC Library (2nd floor)

When: 3rd Thursday, 10:00 a.m.

Contact: Lynn in Resources at 757-4877

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

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 December was **\$4,248.**

Style Show

Models/volunteers needed for this **Friday, March 13** event. All shapes and sizes welcome. These 20 volunteers must be able to make quick changes and walk up and down stairs and ramps. Contact Ranea at 757-4866 or activity@gfseniorcenter.org if interested.

New Game Group: LCR (Left-Center-Right)!

Fridays at 10 am
(beginning Feb 7, 2020)
GFSC Dining Room



Cost is \$.75/game

LCR, which stands for Left-Center-Right, is a fun, fast-paced dice game that is VERY easy to learn and play. Three special dice are rolled to determine where players distribute their quarters as they compete to keep as many of their quarters as they can. The last player with a quarter is the winner and wins the center pot.



Monthly Creations: **Wooden Spoon Craft**

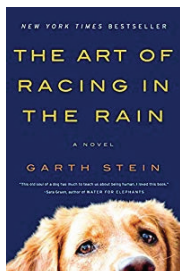
Thursday, February 27
1:00 pm in the Garden Room

Bring \$3 to cover supplies and also bring craft glue and magnifying glasses (readers). RSVP by 2-25-19 to Ranea at 757-4866 or activity@gfseniorcenter.org.

Senior Center Constant Readers Book Club

Mon, Feb 10
10:00 am
GFSC Library

Discussing
"The Art of
Racing in
the Rain"
by Garth
Stein



Join the GF Senior Center's book club, led by the GF Public Library. For info regarding the book club, see GFSC Activity Manager Ranea Johnson or call her at 757-4866.

Assistive Devices for People with Low Vision

Tues, Feb 11
10:15 am
GFSC Lower Level



North Dakota Vision Services will be here to present on what devices are available for people who are struggling with low vision. Everyone welcome.

Pie & Coffee with a Cop: **Topic TBD**

Mon, Feb 10
2:00 pm
GFSC Auditorium



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

Grand Forks Senior Center




Talent Show

Friday, February 28, 2020
1 pm - GFSC Auditorium



We are looking for any and all acts for the GFSC Talent Show. No act or talent is too small! Acts for the Talent Show must sign up by Wednesday, February 26. Contact Ranea at 701-757-4866 or activity@gfseniorcenter.org

Sale: Valentine Items

Tues, Feb 11 
 10:30 am - 1:00 pm
 3:00 pm - 5:00 pm
 Wed, Feb 12 
 10:30 am - 1:00 pm
 Thurs, Feb 13
 10:30 am - 1:00 pm
 Fri, Feb 14 
 10:30 am - 1:00 pm

Valentine flowers, candy, and cards for sale in the GFSC lobby, while supplies last. Great prices!

FREE Building Better Balance Classes at the Senior Center

Hosted by



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

Friday, February 7
Friday, February 14
Friday, February 21
Wednesday, February 26
Friday, February 28



Chair Yoga Exercise Class

\$2/person for each class
Mondays at 10:30 am
Wednesdays at 3:30 pm
Thursdays at 10:30 am

Ready, Set, Stretch Class

\$2/person for each class
Wednesdays at 10 am
(one time fee of \$5 for therabands or bring your own)

Line Dancing

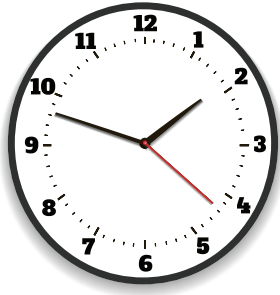
\$2/person for each class
Mondays at 3:00 pm

Qigong (no charge)

Tuesdays at 11:00 am
Thursdays at 11:30 am

Please plan on always arriving 15 minutes early to get ready for class

Qigong Time Change beginning mid-January



New times beginning mid-January 2020

Tuesdays at 11:00 am

Thursdays at 11:30 am

From the Q and A Box in the Lobby

We had a request to remove the Denver omelet from the breakfast menu. It will be removed beginning March 2020. Someone also requested we receive the *Tidbits* publication here. We do receive it when they have extras. They are put on the free cart in the lobby. When they are gone, they won't be replenished until they have extras again.

Thank You to All of Our Medicare Part D Volunteers!

A BIG THANK YOU to all of the wonderful individuals who assisted us during the Medicare Part D Open Enrollment. Whether it was being trained as a Senior Health Insurance Counselor and then helping seniors evaluate their plans or making reminder calls, we couldn't do it without you!

BIG IMPACT! We assisted 546 clients with their 2019 Medicare Part D open enrollment process, saving them \$182,936.67 by getting them on the best plan for them!

AARP Tax Aide

EGF Campbell Library - 422 4th St NW

Offered February 1, 2020 through April 11, 2020

First-come, first-serve times

Wednesdays: 9:00 am to 3:00 pm

Fridays: 9:00 am to 3:00 pm
(closed on Good Friday, April 10)

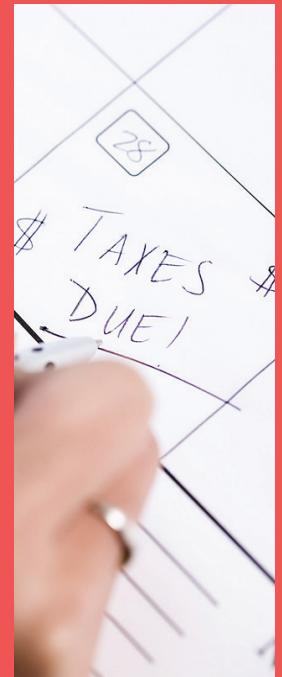
Saturdays: 10:00 am to 1:00 pm

Please do not call the EGF Library. When you go for an appointment, be prepared to wait. This program is for seniors AND low-income individuals. NOTE: If the library is closed, there will be no AARP tax aide that day.

IMPORTANT

Bring

- current photo ID
- Social Security cards for everyone on tax return
- tax information
- last year's tax return
- Bank acct routing # and acct # (if direct deposit for refund)



Fun around the Center





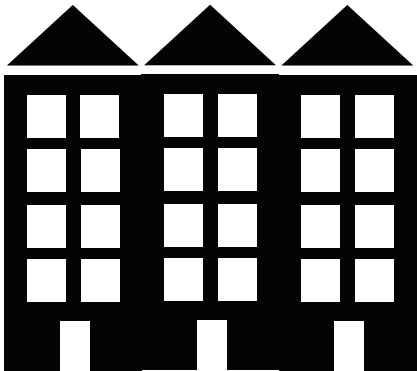
- 1-3 Edible Christmas Tree class
- 4-6 Tea Cup Christmas
- 7 Christmas Feast at the Alerus Center
- 8 Christmas attire winners at the GFSC Christmas party
- 9 Christmas Feast
- 10 Sharing a laugh at the Christmas party



GFSC Resources

Rent Rebates for Older Adults

1. Are you 65 years of age or older OR permanently and totally disabled (and at least 60 years old)?
2. Is your annual income less than \$42,000 after deducting medical expenses?



RENTERS

If you answered “yes” to the questions above, you may qualify for a Renter’s Refund or Rent Rebate. Completed applications are due to the ND State Tax Commissioner’s office before the end of May 2020.

The GFSC Resources Team is willing to assist older adults in completing rent rebate applications **after February 1, 2020**. Please have your 2019 rent, income, and out-of-pocket medical expense verifications in hand before calling for an appointment. If you live in a senior housing building, check your bulletin board for information and sign up sheets to schedule an appointment. The cost to provide this service is \$25.00 for a 30-minute appointment. Donations are appreciated to help cover costs.

MOBILE HOME OWNERS

A qualifying owner of a mobile home located on a rented lot may apply for the homeowner’s property tax credit on the mobile home AND a renter’s refund of part of the lot rent paid.

GF Senior Center Resources Team hours are Monday through Friday, 8:00 a.m. - 4:30 p.m. Walk-ins accepted as time allows, otherwise call 701-772-7245 for an appointment. — Joyce, Lynn, Nina, Libby, & Amy (intern).



Assistive Equipment available to borrow for a short term

We have canes, walkers, rollators, wheelchairs, reachers, bed rails, shower stools, toilet risers, plus tennis balls for walkers. Contact Resources at 701-772-7245 or stop in to see them in the lower level of the Grand Forks Senior Center to borrow equipment or for additional information. Contributions are appreciated for the short-term (under three month) use of these items.

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

Bingo Caller & Floor Walker Volunteers

We need bingo caller and bingo floor walker 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.



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.**

NEWLY ADDED!! Aug 18-19, 2020: **Medora** - *\$315. Includes the Medora Musical, Pitchfork Fondue dinner, and a Gospel Brunch. **Deadline to sign up: July 17.**

**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, activity@gfseniorcenter.org.*



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

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

All donations received from October 24, 2019 to the end of the year are counted as Grand Forks Senior Center Silver Campaign gifts. **Below is a list of a donor's cumulative giving from Dec. 9, 2019 to Dec. 31, 2019.** Thank you for your generous gifts! **The final total for the 2019 Silver Campaign is \$97,455** (our goal was \$90,000). Thank you again! We are grateful for the support you show for older adults.

Radiant Stars
(\$5,000 & up)

Anonymous
Scheels

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

Cournia, Linda
Dakota Sales Co.
 For Home Delivered Meals
Jensen, Heidi
Ryan, Jerry
 For Home Delivered Meals
Schaper, Lewis and Nancy
 For Home Delivered Meals
Weston, Donnabelle

Luminous Stars
(\$500-\$999)

Austin, Kevin and Joyce
Alerus
Bob & Jeanine Peabody Family Fund
 For Meals on Wheels
Devig, Patrick and Mary Ann
Evers, Marilyn
 In memory of Lawrence &
 Evelyn Evers

Dazzling Stars
(\$250-\$499)

Anonymous
Hagstrom, Merilyn
Kinzler, Milt and Marian
Larson, Mark and Nina
Rand, Tom and Alice Jean
Randall, Harold and Diana
Rene, A Duane

Schumacher, Matt and Jami
University Lutheran Church WELCA
 For Home Delivered Meals

Glowing Stars
(\$100-\$249)

Abrams, Annette
American Legion Post 6
Anonymous (2X)
Anonymous
 In honor of the GF Sr Center
Augustana Lutheran Church
 Extended Ministries
Bank, Beth
Berry, Arlene
Bott, Al and Donna
Bruhn, Val and Sheila
 In honor of the GFSC Staff
Burkholder, Frank
Cole, Marie
 In memory of Norman 'Butch'
 Cole
Estill, Barbara
 In memory of Pauline Hewitt
Finneseth, Robert
Frandsen Bank & Trust
GFSC Management Team
 In honor of Colette Iseminger
Gormsen, Dorothy
Grand Forks Duplicate Bridge Club
Hagstrom, Agnes
Hayes, Eugene
Heap, Dennis and Barb
 In memory of Sid Nelsen, Don
 & Helen Heap for Meals on
 Wheels
Hellyer, Henry and Linda
Hoeger, Gordon and Dorothy

Hoeger, Pat
 In memory of Richard Hoeger
Hollifield, Laurie
Hoselton, George and Altendorf,
 Diane
Iseminger, Carl and Colette
 In memory of Orma
 Gulbranson, Irene Iverson
Iverson, Donald
 In memory of Jan, Linda,
 Vicky, Suzanne, Josh
Jarombek, Raymond and Joyce
Jobe, Brenda
Johnson, Betty
Johnson, Mary
 In memory of Lee, Rose &
 Henry Archibald
Just, Melvin and Mary
 In honor of the great work
 being done
Knudsvig, Craig and Renae
Lange, Kevin
Lessard, Larry and JoAnn
 In memory of Eleanor Wosick
Lundberg, Marilyn
Mattern, Roger and Alice
McGrath, Thomas and Lynne
 In memory of Ed & Dolores
 McIntyre
Mittelsteadt, Rod
 In memory of Alice Mittelsteadt
Nelson, Eileen
 In memory of my mother Clara
 Simonson

(continued on next page)

(continued from previous page)

Nelson, Jerry and Marsha
In memory of Mildred Wert
Nelson, Lowell and Marian
Ness, Paul
Neumann, Marie
Nord, Louise
Novacek, Alta
Pariseau, Pamela
In memory of Gary Pariseau
Schroeder, William and Theresa
Schultz, Kenneth and Patricia
Sharon Lutheran Church WELCA
For Home Delivered Meals
Staples, Terri
Stewart, Lee and Annette
In honor of William & Frances
Stewart
Stoltman, Lois
In memory of husband Ernie
United Lutheran Church Women
Vonesh, Ardell
Walker, Mike and Diane
Waller, Betty
Wesley United Methodist Women
For Home Delivered Meals

Shining Stars (up to \$99)

Aamold, Lorna
Anonymous (4X)
Anonymous
In memory of Dorothy Rowe
Augustana Lutheran Church
Men's 70 Club
Berg, Cheryl
Bondy, Pauline
In memory of Gordon Bondy
Broadwell, Ray and Becky
Buethner, Tracee
Buettner, Kevin
Bundlie, Margaret

Bushaw, Lorraine
In honor of Robert Bushaw
Cull, Bob and Edythe
Cummings, William and Marilyn
DeVries, Denby
Ditullio, Jerry and Kjemhus, Barb
In memory of Jim Foy
DuFault, Kim
Harvey, Margo and Michael
Hastings, Donna
Hefta, Allen and Ardella
Helmoski-Maides Family
In memory of Fred Maides
Herrmann, Karen
Hilde, Juel and Jan
Holman, Alice
Hurley, Patrick and Louise
Infeld, Greg and Cathy
Jacobson, Marlin and Sally
Johnson, Gary and Ranea
Johnson, Gerald and JoAnn
Johnson, Steve and Brenda
Johnson, Ken and Kathy
Johnson, Keith and Elizabeth
Kaml, Judy
Kenyon, Kathy
In honor of Lloyd & Adelaide
Kasprick
Kirkeby, Dean
Knain, Vidette
In memory of Mona Brundin,
Orville Ness, Pamela
Perkerewicz
Krogstad, Jeanette
Kvasager, Vicki
Kvitne, Betty
Landis, Evelyn
LeClerc, Ray and Judy
Lee, John and Lynn
In memory of Robert 'BJ' Lee
Lemieux, Gary and Cheryl
Lindquist, Liz
Mayhair, Roland and Carol

McGarry, Dennis and Lynn
McMahon, Jacqueline
In memory of Margaret Behm
Meuwissen, Debbie
Mieke, Dennis
In memory of John Hendrickson
Mills, Faye
Murdock, Lee and June
Paulson, Pauline
Peterson, Joni
In honor of Harold & Doris
Sabo
Phalen, Ruth
Pierce, Jena
Puffe, Lyle and Jeanne
Robinette, Paul and Mary
Salimi, Akram and Mardani,
Elkhas
Sandberg, Curt and Ione
For Meals on Wheels
Schiele, Kathy
In memory of Don Schiele
Sears, Mary
In memory of Mike Fitzhenry
Shores, Arden and Irene
Skramstad, Wayne
Sondrol, Nancy
In memory of Verna Larson
St Germain, Bob and Sharon
In memory of Ione Kjelaas
Stahlberg, Rich and Deb
Staveteig, Robert
Swenson, Ann
Syvertsen, Roger and Florence
Tupa, John and Connie
Venaccio, Michael and Vicki
VFW Ladies Auxiliary Post 1874
Warcup, John and Stacy
Welsh, Daniel and Yvonne
Welsh, Lloyd and Shirley
White, Bob and Barbara
Wilson, Neil and Ann
Winters, Faye
Zirnhelt, Clair and Ronda

Donations & Memorials



Thank you for these donations received Jan 1 to Jan 8, 2020

Donations of \$100 or more

- Alvis Amble Charitable Trust
- Bergeron, Robert and Denise - In memory of Veraine Surface
- Kirkeby, Dean

Donations

- Ames, Vince and Valerie
- Anonymous
- D'Heilly, Cliff and Toni
- Hogan, Shirley
- Murphy, Spud

Memorials

In memory of BJ Shaw
Steinke, Sharon

In memory of Karen Pladson Bakken
McMahon, Jacqueline

In memory of Ralph Kolstoe
Lunde, Beverly

Grants received last half of December 2019

- Myra Foundation - \$15,000 for Home Delivered Meals, Meals on Wheels, Senior Dining
- United Way - \$1,525 for Meal Delivery programs, Resources

Simplify your life: Become a member of the Brighter Side Society.

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

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

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

Brighter Side Society

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
- Zirnheld, Clair and Ronda

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.

Feb 4	Aneta Community Center 219 Main Ave., Aneta	9:30 am - Finish
Feb 5	Country Estates (Valley 4000) 4002 24th Ave S, GF	1:00 pm - Finish
Feb 12	Tolna Lutheran Church 220 Main St., Tolna	9:30 am - Finish
Feb 19	Briarwood 2650 26th Ave S., GF	9:00 am - Finish
Feb 26	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Feb 27	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish

Thank You to All Seasons Garden Center for the donation of two, large and very beautiful poinsettias located in our lobby, brightening the day for many of us.

WISH LIST: **single flower vases (by Feb. 10)**

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, February 20, 2020, 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, Feb 13
10 am - Noon
GFSC Lobby**



February 2020 - Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$5.50 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.

Monday Breakfast:		Tuesday Breakfast:		Wednesday Breakfast:		Thursday Breakfast:		Friday Breakfast:	
2 Biscuits in sausage gravy (3cs)	Ham & Egg on WW Muffin (2 cs)	2 Eggs Made to Order	Sausage Egg WW Muffin (2 cs)	Small Denver Omelet (.5cs)					
1/2 c Fruit Sauce Choice (1 cs)	WW Muffin (2 cs)	Hashbrowns (1 cs)	3/4 oz Cereal (1 cs)	Fried Potatoes (1cs)					
8 oz Orange Juice (2 cs)	3/4 oz Cold Cereal (1 cs)	2 Slices WW Toast (2 cs)	1/2 c Fruit Sauce Choice (1 cs)	2 WW Toast (2cs)					
8 oz 1% Milk (1 cs)	1/2 c Fruit Sauce Choice (1 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)	4 oz Orange Juice (1 cs)	8 oz 1% Milk (1 cs)	4 oz Orange Juice (2 cs)					
	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)		8 oz 1% Milk (1 cs)					
Monday Lunch: Feb 3		Tuesday Lunch: Feb 4		Wednesday Lunch: Feb 5		Thursday Lunch: Feb 6		Friday Lunch: Feb 7	
Spag Noodles w/meat sauce (2cs)	8 oz Beef Stew (1cs)	3 oz Polynesian Meatballs (.5cs)	Chicken Parmesan	3oz Beef Tips in Gravy					
or Pork Tidbits over noodles (2cs)	or Veg Lasagna (2cs)	or Stuffed Pepper (.5cs)	or 3 oz Meatloaf (1cs)	or Chix in Gravy					
1/2 c Carrots (.5cs)	Orange Wedge (.5cs)	1/2 c Parslief Potato (1cs)	Sm Baked Potato w/sr crm (2cs)	1/2 c Buttered Egg Noodles (1cs)					
1/2 c Apricots (1cs)	1/2 c Coleslaw	1/2 c: Green Peas (1cs)	1/2 c Stewed Tomato (.5cs)	1/2 c Green Beans					
1 Garlic Bread (1cs)	1/2 c Pear Halves (1cs)	1/2 c Mandarin Orange Sc (1cs)	1/2 c Fruit in 1/4c Tapioca Pudding (2cs)	1 c Romaine Salad/dressing (.5cs)					
No additional bread	Sm Choc Chip cookie (1cs)			1/2 c Apple Raisin Crisp w/top (2cs)					
				1 WW Bread (1cs)					
Monday Lunch: Feb 10		Tuesday Lunch: Feb 11		Wednesday Lunch: Feb 12		Thursday Lunch: Feb 13		Friday Lunch: Feb 14	
2 oz BBQ Chicken on Bun (2cs)	2oz Fishburger on WW Bun (2cs)	3 oz Chicken Royale (.5cs)	3 oz Salisbury Steak in MFR gravy (.5cs)	3 oz Roast Beef					
or Tuna Melt (2cs)	or Chixburger on WW Bun (2cs)	1/2 c Augratin Potato (2cs)	or Chicken Parmesan	or Pork Roast in gravy					
1 c Tomato Soup (.5cs) w/ 2 soda crackers (.5cs)	with lettuce/tomato	or 1 c Hungarian Goulash (1cs)	1/2 c: Mashed Potato/gravy (1cs)	1/2 c: M. Potato/gravy (1cs)					
1/2 c Fruit Cocktail (1cs)	8oz Vegetable Soup/crackers (.5cs)	1/2c Green Beans	1/2 c Yams (1 cs)	1/2 c Broccoli					
1x2" Bitsy Brownie (2cs)	1/2c Tapioca Pudding with fruit (1cs)	2 T Cranberry Sauce (1cs)	1/2 c Mand Orange Sc (1cs)	1/2 c Pineapple Chunks (1cs)					
	Sm Cookie (2cs)	2" sq Pumpkin Bar w/frost (3cs)							
Monday Lunch: Feb 17		Tuesday Lunch: Feb 18		Wednesday Lunch: Feb 19		Thursday Lunch: Feb 20		Friday Lunch: Feb 21	
CLOSED	2oz Sloppy Joe on WW Bun (2cs)	3 oz Bk. Chicken Fried Steak (1cs)	3 oz Swiss Steak w onions/tom or Orange Chicken (2cs)	3 oz Meatballs in Gravy (1cs)					
PRESIDENTS	8oz Corn and Potato Chowder (1cs)	1/2 c Mashed Potato (1cs)	Sm Baked Potato w/sr crm (1.5cs)	or Pork Chop in gravy					
DAY	2 pkgs crackers (.5cs)	1/2 c Creamed Peas (1cs)	1/2 c Sliced Ck Carrots (.5cs)	1/2 c Buttered Rice (1cs)					
	2 carrot stix	1/2 c Pear Sc (1cs)	1/2 c Strawberry Wp Fruit (1cs)	1/2 c Oriental Blend Veg (.5cs)					
	Angel Food Cake with 1/2 c Berries w/topping (1cs)			Orange Wedge (.5cs)					
				1/2 c Peach Sc (1cs)					
				1 WW Bread (1cs)					

(Remainder of the menu on the other side)

Monday Lunch: Feb 24	Tuesday Lunch: Feb 25	Wednesday Lunch: Feb 26	Thursday Lunch: Feb 27	Friday Lunch: Feb 28
3 oz Stuffed Pepper (.5cs) or Italian Chicken Sm Baked Potato w/sr crm (1.5cs) 1/2 c Peas (1cs) 1/2 c Fruit Sc (1cs)	3"sq Lasagna (2cs) or Tuna Casserole (2cs) 1/2 c Green Beans 1 c Romaine salad/dressing (.5cs) 1 sl garlic bread (1cs) No additional bread 1/2 c Fruit in gelatin (2cs)	3 oz Meatloaf (.5cs) or Fish Almondine 1/2 c Parslited buttered Potato (1cs) 1/2 c Broccoli 1/2 c Applesauce w/cinn (1cs)	3 oz Cranberry Chicken (1cs) 1/2 c Cooked Cabbage or Sausage w/Kraut Sm Baked Potato w/sr crm (1.5cs) 1/2 c Peach Sc (1cs)	3 oz Cracker Crumb Fish (.5cs) or Tangy Baked Chix 1/2 c Escalloped Potato (2cs) 1/2 c Carrot Krinkles (.5cs) 1/2 c. Peach Raisin Crisp w top (2cs) Lemon Wedge
Monday Lunch:	Tuesday Lunch:	Wednesday Lunch:	Thursday Lunch:	Friday Lunch:
MENU SUBJECT TO CHANGE WITHOUT NOTICE				
Tuesday Supper: Feb 4	Tuesday Supper: Feb 11	Tuesday Supper: Feb 18	Tuesday Supper: Feb 25	Tuesday Supper:
3 oz Pork Chop in MR Gravy or Baked Fish (.5cs) 1/2 c Boiled Potato (1cs) 1/2 c Harvard Beets (2cs) 1/2 c Pears (1cs) 2" Bread Pudding (1cs) 1 WW Bread (1cs)	3 oz BBQ Pork Chop or Salmon 1/2 c Parslited Buttered Potato (1cs) 1/2 c Mixed Vegetable (.5cs) Angel Food Cake with 1/2 c Berries w/topping (1cs)	3 oz Beef Stroganoff or Pork Tidbits in gravy 1/2 c Egg Noodles (1cs) 1/2 c Mixed Vegetable (.5cs) Sm Romaine/Spinach Salad w/dressing (.5cs) 1/2 c Apricots (1cs)	3 oz BBQ Chicken Sm Baked Potato w/sr crm (1.5cs) or 8 oz Beef Stew (.5cs) 1/2 c Whole Baby Carrots (.5cs) 1 Biscuit (1cs) 1/2 c Peach Crisp w/top (2cs)	
Breakfast (8:30-9:30 am), 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	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	

Colette Iseninger, MEd

Date: __ 12/2/2019 __ Licensed Registered Dietitian #13899 Colette Iseninger, MS, RD, LRD

*Request Information or Schedule
your Personal Tour Today!*



*Our Family
Caring for Yours*

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- 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.

February 10



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:

Feb 5, March 4

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

CLOSED on Monday, February 17 in
observance of Presidents Day.



Friday, February 14 - 1 pm

Chuck Gust
performing on
accordion.
Room for
dancing.
Fun games and
delicious treats.
No RSVPs
required.