



February 2024



GIVING HEARTS DAY

# The Silver Express

## Provide a Plate for a Senior

A balanced meal provides important vitamins and nutrients that keep us healthy. But access to nutritious meals isn't always that easy for older adults on a fixed income. One in two seniors who live alone lack enough income to meet their basic needs. **Will you donate on Giving Hearts Day to support meals for older adults?**

Please consider making a gift on Feb. 8, to help purchase additional foodservice equipment. This will allow us to serve nutritious meals to even more seniors for many years to come.

Our goal is to raise \$50,000 during this 24-hour online fundraiser!

Donations matched up to \$3,000 by the estate of Linda Cournia.

**Please see page 12 for donation information.**



# Grand Forks Senior Center (GFSC) Phone Numbers

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

## GFSC Board of Directors

### President

Alice Hoffert

### Vice President

Brad Westrum

### Secretary

Alice Mattern

### Treasurer

Brenda Jobe

Amy Enget

Bobbie Kurtyka

Dave Willprecht

Jason McCarthy

Kari Goelz

Emily Nielsen

Bob Rost

Curt Sandberg

Kathy Snider

Michael Venaccio

Clair Zirnheld

## Mission Statement

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

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

## Building & Program Usage Guidelines

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

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



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

**PLEASE stay home if you are at all sick.**

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



## From the Director's Chair by Colette Iseminger

Happy February! Our kitchen addition project is moving forward with a contract bid issued for a Spring 2024 start date. This project was in the works before the pandemic hit in 2020 and we are so happy to finally be moving forward with this much needed space. This project will more than double the size of our kitchen and will include a drive-up window in the kitchen and a dedicated drive up lane on the north side of the building. This will take the drive-up meal traffic off the front of the building and allow meals to be loaded from inside our kitchen, instead of volunteers standing outside and lots of traffic in our parking lot. We will not lose any parking spots, but that side of the building will be closed during construction. This also means we will reopen the front half our lobby that we currently use for the drive thru and will move some of the work from our attached garage area back into the kitchen. We will also be getting another walk-in freezer and cooler that will actually be in the kitchen (currently ours are in the attached garage area). Look for more information to come in future newsletters.

For those who don't know, our building is owned by the city. The City of Grand Forks is putting \$2.35 million toward the construction of this addition and additional building updates such as reroofing the older part of the building. The GF Senior Center will have to purchase all the foodservice equipment that will be needed. That cost is roughly \$350,000. We are starting to raise the funds to purchase this equipment with our Giving Hearts Day campaign on February 8th. Our goal for Giving Hearts Day is \$50,000 which will jump start our grant writing process for this project. I hope you will consider a gift to this project which will help us continue to serve senior meals for many years to come.

'Til Next Time-

Colette Iseminger,  
Executive Director



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](mailto: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.



## Board of Director's Report

The Board of Directors met on December 21st, 2023. Here are the highlights:

- Motion approved to award staff end of the year bonuses.
- 2024 Budget for \$3,387,583 was approved and with that a 3.2% cost of living increase for the staff.
- Executive Director Performance Evaluation was presented and approved.
- A slate of candidates for the Association board and Foundation board were approved to move forward to the Annual Meeting in March.
- Motion approved to accept the Association and Foundation 2022, 990-tax forms.
- Motion approved to provide a letter of approval and recommendation to the City of Grand Forks that the board approves of the kitchen addition project and the city recommendation for contractors as bid.
- Motion approved to have the Finance Committee serve as the Building Committee during the construction of the kitchen addition.
- Clair Zirnhelt and Emily Nielsen were thanked for their years of service on the board. This was their last board meeting.

The Annual Meeting of the Association will be March 21st, 2024 at 10:15 am in the lower level of the GF Senior Center. A Board of Director's meeting will follow immediately after the Annual Meeting.

## Monthly Webinar by Dietary Solutions:

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



**February 22nd, 10:30am CST -  
Nutrition for Heart Health**

<https://bit.ly/NDHeartNutrition>

US: +1 929 205 6099

Webinar ID: 925 2337 1644

Passcode: 198215

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



## Activity Info

### Rollin' with Resources

**Monday, Feb 5  
at 2:15 pm**

What does the GFSC Resources team do and how can they help you? Join us for sweets and conversation! **Caramel Rolls** available to purchase for \$1.50. Info on page 20.

### FREE Strength & Balance Screens

**Select Monday and Wednesday Mornings in February**

UND PT students will be here to offer free strength and balance screens. Info on page 19.

### Music Mondays

**Mondays at 1 pm**

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

**Feb 5** Chuck Gust

**Feb 12** Barb Graf

**Feb 19** **GFSC Closed**

**Feb 26** Fallcreek Quartet

6 Silver Express

### Monthly GFSC Tour

**Tuesday, Feb 6  
at 9 am**

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

### AARP Driver's Safety

**Wednesday, Feb 7  
from Noon - 4 pm**

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

**Cost:**

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

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

### FREE Legal Services for Seniors

**Wednesday, Feb 7  
from 9 am - 11 am**

**Thursday, Feb 22  
from 2 pm - 4 pm**

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

### Trivia

**Thursday, Feb 8 &  
Thursday, Feb 29  
at 1 pm**

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

### Red Hat Society Meeting

**Monday, Feb 12  
at 10 am**

New members welcome!



## Constant Reader's Book Club

**Monday, Feb 12 at 10:30 am**

They will be discussing **What Alice Forgot** by Laine Moriarty. Book for March should be available to borrow at the Feb meeting.

## Visually Impaired Senior Support Group

**Tuesday, Feb 13 from 1 pm - 3 pm**

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

## Get Help with your Property Tax Credit App!

**Wednesday, Feb 14 & Thursday, Feb 15 from 10 am to 1 pm**

The GF Senior Center Resources Team will be in the lobby to help you apply for your \$500 ND Primary Residence Property Tax Credit. Info on page 20.

## Monthly Creations

**Wednesday, Feb 14 at 10 am**

Coffee and coloring is back this month. Since this class is on Valentine's Day, we wanted to host a special mingle and color event. This will be a stress-free time to color on your own while enjoying the company of others. Bring your own picture and coloring utensils of choice or you can use our supplies! No cost. No registration required.

## Valentine's Day Bingo Giveaway

**Wednesday, Feb 14 at 1 pm**

Happy Valentine's Day! Join us for a chance to win our \$100 must-go jackpot on the first blackout game. There will also be prize drawings throughout the day!

## GFSC CLOSED

**Monday, February 19 in observance of President's Day.**

## Intro to Pickleball Class

**Tuesday, Feb 20 at 9:30 am**

Pickleball is a fun mash-up between tennis and ping pong and has been on the rise the last couple of years. We teamed up with PlayIt! Multi-Sport Complex to offer an intro to Pickleball class! We will meet at PlayIt! (2767 32nd Ave S.) next to Aldi. This class is \$4. Registration required. Call 701-772-7245 to register. Limited spots available.

## Coffee & Pie with a Cop

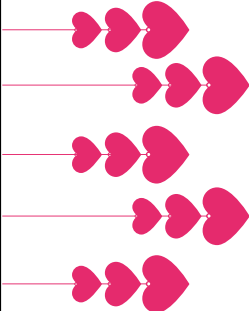

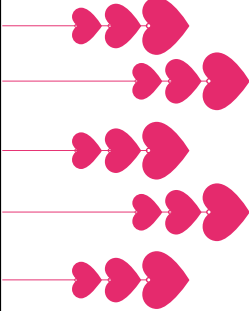

**Tuesday, Feb 20 at 1:30 pm**

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

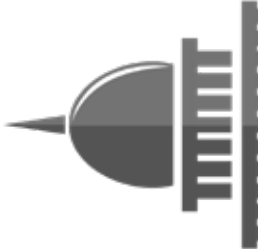
## Bunco

**1st & 3rd Thursdays at 1 pm**

# February 2024 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> 9:30 am Men's Coffee <b>10:00 am Crochet Group</b> 1:00 pm Bingo (\$2/card) <b>1:00 pm Bunco (\$2)</b> 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	<b>2</b> 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee <b>10:00 am Diabetes Prevention Class</b> 10:00 am Ladies Coffee
<b>5</b> <b>9:00 am UND PT Strength &amp; Balance Screens</b> 9:30 am Men's Coffee 1:00 pm Dominoes <b>1:00 pm Music Monday</b> 1:00 pm Pinochle <b>2:15 pm Rollin' With Resources</b> 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	<b>6</b> 9:00 am Healthy Bones AM <b>9:00 am Monthly GFSC Tour</b> 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 3:30 pm Healthy Bones (Hope Church)	<b>7</b> <b>9:00 am - 11:00 am Free Legal Services</b> <b>9:00 am UND PT Strength &amp; Balance Screens</b> 9:30 am Game Group 9:30 am Men's Coffee <b>12:00 pm AARP Driver's Safety Class</b> 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	<b>8</b> 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) <b>1:00 pm Trivia</b> 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (GFSC) 	<b>9</b> 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee <b>10:00 am Diabetes Prevention Class</b> 10:00 am Ladies Coffee
<b>12</b> 9:30 am Men's Coffee <b>10:00 am Red Hats Meeting</b> <b>10:30 am Book Club</b> 1:00 pm Dominoes <b>1:00 pm Music Monday</b> 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	<b>13</b> 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle <b>1:00 pm Vision Support Group</b> 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 3:30 pm Healthy Bones (Hope Church)	<b>14</b> 9:30 am Game Group 9:30 am Men's Coffee 9:30 am Wii Bowling League <b>10:00 am Monthly Creations</b> <b>10:00 am - 1:00 pm Get help with your ND Property Tax Credit application</b> <b>1:00 pm \$100 Valentine's Day Bingo Giveaway (\$2/card)</b> 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (GFSC)	<b>15</b> 9:30 am Men's Coffee <b>10:00 am Crochet Group</b> <b>10:00 am - 1:00 pm Get help with your ND Property Tax Credit application</b> 1:00 pm Bingo (\$2/card) <b>1:00 pm Bunco (\$2)</b> 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	<b>16</b> 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee <b>10:00 am Diabetes Prevention Class</b> 10:00 am Ladies Coffee



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>19</b> <b>GFSC Closed</b> <b>in observance of</b> <b>President's Day</b> 	<b>20</b> 9:00 am Healthy Bones AM <b>9:30 am Intro to Pickleball</b> <b>(Play It) See page 7.</b> 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Beginner Tai Chi <b>1:30 pm Coffee &amp; Pie w/ a Cop</b> 2:00 pm Experienced Tai Chi 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	<b>21</b> <b>9:00 am UND PT Strength &amp; Balance Screens</b> 9:30 am Game Group 9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	<b>22</b> 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi <b>2:00 pm - 4:00 pm</b> <b>Free Legal Services</b> 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	<b>23</b> 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee <b>10:00 am Diabetes Prevention Class</b> 10:00 am Ladies Coffee
<b>26</b> <b>9:00 am UND PT Strength &amp; Balance Screens</b> 9:30 am Men's Coffee 1:00 pm Dominoes <b>1:00 pm Music Monday</b> 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	<b>27</b> 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Blue Zones Walking Moai (Grand Cities Mall) 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	<b>28</b> <b>9:00 am UND PT Strength &amp; Balance Screens</b> 9:30 am Game Group 9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	<b>29</b> 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) <b>1:00 pm Trivia</b> 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	<b>Library, computers and billiards room available for individuals 55+ to use anytime</b> <b>GFSC is open!</b>

# GFSC Library

Louis Dearborn L'Amour was an American novelist born in Jamestown, ND. His books consisted primarily of Western novels, though he called his work "frontier stories". His most widely known Western fiction works include Last of the Breed, The Walking Drum, Hondo, Shalako, and the Sackett series.

Find a variety of Western books by Louis and many others in the GF Senior Center Library located on the 2nd floor. Simply sign in on the sheet, pick your books, and bring them home. When you finish, return the books to the bin in the library, and our volunteers will take care of the rest!



## GFSC Resources - Renter's Refunds for Older Adults

- Are you 65 years of age or older OR permanently and totally disabled (and at least 60 years old)?
- Is your annual income less than \$70,000 after deducting medical expenses?
- Are you a renter?
- Do you live in North Dakota?

**If you answered “yes” to the questions above**, you may qualify for a Renter’s Refund. Completed applications are due to the ND State Tax Commissioner’s office by May 31, 2024.

### To complete the Renter's Refund application yourself:

- If you received a 2022 renter's refund last year, you should have received a 2023 renter's refund application in the mail in January, 2024 with your personal account identifying bar code in the upper right corner.
- If you did not receive a renter's refund last year, you can get an application by calling 701-328-3127 (ext. 6) or going online to [www.nd.gov/tax](http://www.nd.gov/tax) and typing 'Renter's Refund' in the search box in the upper right corner.
- We strongly recommend you complete the 'Renter's Refund Worksheet' on page 11 so you have the information needed to help you complete the full application.
- Once your application is completed (both sides), mail it to the ND State Tax Commissioner. The address can be found on your application. It must be post marked by May 31, 2024.

### To complete the Renter's Refund application with a GFSC Resources Coordinator's assistance:

- Complete the 'Renter's Refund Worksheet' on page 11.
- Call the GF Senior Center at **701-772-7245** and ask to speak with Resources. An appointment will be scheduled to complete your application at the GF Senior Center or over the phone.
- The suggested cost for Resource's services is \$25/half hour. Contributions to Resources are greatly appreciated to help cover costs and keep these services available for all!

**Grand Forks Senior Center Resources Team**  
*Stacy, Josee, and Bethany*

### Mobile Home Owners

A qualifying owner of a mobile home located on a rented lot may apply for the Homeowner’s Property Tax Credit (See information on page 20) on the mobile home AND a Renter’s Refund of part of the lot rent paid.

### Assistive Equipment

Available to borrow (for up to 3 months). We have canes, walkers, rollators, knee scooters, transport chairs, reachers, bed rails, shower stools, toilet risers, and more! Call 701-772-7245 and ask for Resources. Deposit required for some items. Contributions are appreciated for the short-term use of these items.

## Renter's Refund Worksheet

If completing the application yourself, you do not need to fill in the first two lines.

Appt date & time \_\_\_\_\_

Resources Coordinator \_\_\_\_\_

Rent you paid in 2023 \_\_\_\_\_

Does your **landlord pay** for any of the following:

heat  water  garbage  electrical

### 2023 Income

Social Security \_\_\_\_\_  
(Excluding Medicare)

Salary/wages \_\_\_\_\_

Interest \_\_\_\_\_

Income from other sources \_\_\_\_\_

### Medical expenses YOU paid in 2023

Medical insurance premiums \_\_\_\_\_

Medicare Part D premiums \_\_\_\_\_

Prescription medicine and drugs (*order printout from pharmacy*) \_\_\_\_\_

Doctor \_\_\_\_\_

Dentist \_\_\_\_\_

Hospital \_\_\_\_\_

Eyeglasses \_\_\_\_\_

Dentures \_\_\_\_\_

Hearing aids & batteries \_\_\_\_\_

Assistive equipment purchased (*lift chair, compression hose, etc.*) \_\_\_\_\_

Home nursing care \_\_\_\_\_

Nursing home \_\_\_\_\_

Nursing home insurance premiums \_\_\_\_\_

Transportation costs for medical care  
(total miles X .650) \_\_\_\_\_

# Wish List

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

- Napkins
- Hot Chocolate  
(individual cocoa packets preferred)
- XXL Depends
- Wheelchairs & Transport Chairs  
(19 inches and greater)

If you are able to contribute, please drop off needed items at the GFSC front desk.

**Check out the GFSC Amazon wish list!** Type <https://rb.gy/bm4xs>

in your internet search bar  
**or hold your smart phone camera over this QR code**  
to see needed items.



## 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](http://www.gfseniorcenter.org), [valleynewslive.com](http://valleynewslive.com) and [facebook.com/gfseniors](https://facebook.com/gfseniors).

## Transportation to FARGO

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



# Giving Hearts Day | Feb 8, 2024

## How to Donate **AHEAD** of Giving Hearts Day

- You can now DONATE EARLY! Simply go to [givingheartsday.org](http://givingheartsday.org), and select 'Grand Forks Senior Center.'
- **OR** if you would like to MAIL A CHECK, we must receive it no later than Feb. 8 and you must make the check out to "GF Senior Center" and indicate 'Giving Hearts Day' in the memo line. If we receive it after February 8, it is still a donation to the GF Senior Center, but it won't be counted in our Giving Hearts Day total.

## How to Donate **ON** Giving Hearts Day

- To DONATE ONLINE, simply go to [givingheartsday.org](http://givingheartsday.org) anytime on **Thurs, Feb. 8** and select 'Grand Forks Senior Center.'
- **OR BRING IN YOUR GIFT** (cash or check) on **Thurs, Feb. 8, from 8 am – 4 pm.**
- **OR** if you would like to DONATE WITH A CREDIT CARD, but do not want to donate online by yourself, you can stop into the GF Senior Center or call us at 701-772-7245 anytime on **Thurs, Feb. 8 from 8 am - 4 pm** and a member of the staff will take your information and make the gift online for you.

Thank you to the Linda Cournia Estate who is providing a \$3,000 match!  
Help us meet this match and more!

## Brenda McCoy is Retiring!



Brenda has worked at the Grand Forks Senior Center in the Health Department taking care of clients feet for over seven years! If you would like to congratulate or show your appreciation for Brenda, you may send her a card. No gifts please. Send cards to the following address:

Grand Forks Senior Center  
Att'n: Brenda McCoy  
620 4th Ave S.  
Grand Forks, ND 58201

*Happy Retirement Brenda!*

## Volunteers Needed!

- **Home Delivered Meals**, located in Altru Hospital, needs delivery volunteers weekdays, from 11 am to 12:30 pm. Call 701-780-5169, or email [HDMeals@midconetwork.com](mailto:HDMeals@midconetwork.com) to help.
- **Meals on Wheels**, located in the GF Senior Center needs delivery volunteers weekdays, from 10:30 am to Noon. Call Roxie at 701-757-2006, or email [mow@gfseniorcenter.org](mailto:mow@gfseniorcenter.org) to help.
- **Bingo Volunteers** needed Wed and Thurs from Noon to 3:30 pm
- **Tech Support Volunteers**
- **Dining Room Volunteers**  
To help with Bingo, Tech Support or Dining call 701-757-4866

# Donations of Jewelry Needed

The Jewelry Flea Market is back! We're now accepting donations of gently-used jewelry (earrings, bracelets, necklaces, pins, rings - no watches). You can bring these items to the GFSC front desk beginning February 1st. No returns. The sale will take place in May. Further details about the sale will be in an upcoming issue of the Silver Express!

## 2024 GFSC Day Trips



### Legends of Country Music with the Dan Brekke Band

Bus trip to Jasper's Theater in  
Park Rapids, MN

**COST: \$80**

#### **THURSDAY, JUNE 27, 2024**

The Dan Brekke Band including Nashville artist Rob Muzick will be pickin' and fiddlin' to the music of country legends such as Charlie Daniels, Johnny Cash, Alabama, Waylon Jennings, Willie Nelson, Roger Miller and more! What a great show! Dress up in your best country duds and you might win a prize! The deadline to register for this trip is Thursday, June 6, 2024.



### Rockin' 50's Show

Bus trip to Jasper's Theater in  
Park Rapids, MN

**COST: \$80**

#### **WEDNESDAY, AUGUST 21, 2024**

Elvis Presley, Buddy Holly, Johnny Cash, The Big Bopper, Judy Garland, Auntie Kremsaugen and MORE will take you on a rockin' trip down memory lane that will keep your hands clappin' and your toes tappin'! Dress up in your favorite 50's attire to win a prize! The deadline to register for this trip is Wednesday, July 31, 2024

Must pay in full for day trips and have a current membership when registering. Price includes motorcoach transportation and a ticket to the show. Trip information sheets and registration packets are available at the GFSC front desk.



**THANK YOU!**

**2023 Silver Campaign  
You donated \$148,714!**

Thank you so much to our generous donors who support older adults! A donor's cumulative giving for the year will be in the 2023 annual report. Brighter Side Society Members are designated by the \* symbol. The gifts below were received from Dec. 11, 2023 to Dec. 31, 2023.

**Shooting Stars  
(\$10,000 and up)**

Myra Foundation  
Grant for senior meals,  
Meals on Wheels and  
Home Delivered Meals

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

Scheels

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

Anonymous  
Dakota Sales Co  
For Home Delivered Meals  
Family of Linda Cournia  
Jensen, Heidi and Jason  
In memory of Laura Jane  
Paulson  
McIntyre Family Foundation  
Midco Foundation  
Grant for Resources  
Olson, Ed and Bette  
Ryan, Jerry

**Luminous Stars (\$500-\$999)**

Altendorf, Diane  
Anonymous  
For Meals on Wheels  
Anonymous  
In memory of Richard Taylor  
for Meals on Wheels  
EAPC  
Hanson, Karen  
Hoeger, Gordon and Dorothy

Nord, Ruth  
Schumacher, Matt and Jami  
In memory of Bob and Linda  
Cournia

**Dazzling Stars (\$250-\$499)**

Anonymous (3)  
Bremer Bank  
Enget, Torrie and Amy  
In memory of Dale and Jan  
Enget  
Garske, John  
Miller, Albert  
In memory of Gordie Fuller,  
Al Reed, Earl Mallinger  
Pecka, Gladys  
Roos, Leslie and Patricia  
Rydland, Garth and Christine  
Thompson, Rod and Bonnie  
In memory of Gerri  
Thompson, Don & Aggie  
Behm  
Westacott, Richard  
In memory of Jordan Kramer

**Glowing Stars (\$100-\$249)**

Aamot, Rick and Bonnie  
Abrams, Annette  
Anonymous (3)  
Benson, Ray and Mary  
Bergeron, Robert and Denise  
Bostrom, Joy  
Brickzin, June  
In memory of Jack Brickzin  
Bruhn, Val and Sheila  
In honor of GFSC staff

Bunker, Russ and Vicki  
In memory of Berniece  
Fordyce  
Camburn, Neal and Joan  
Drees, Ken and Maureen  
For Meals on Wheels  
Drees, Myrna  
Everson, David and Leslie  
Griggs, Patricia  
In memory of Maxine  
Erickstad  
Haas, Gary  
Heher, Matt and Lisa  
Heier, Judy  
In memory of Donald Heier  
Horge, Jim and Karen  
Infeld, Greg and Cathy  
Johnson, Charles "Bud" and  
Claudia  
In memory of Gordon 'Bud'  
Johnson  
Knudsvig, Craig and Renae  
Kohoutek, Linda  
Kresel, Marney  
Kurtyka, Bobbie  
Larson, Glenn and Jessie  
Legacy Dental  
Lopez, Evonne  
Lundberg, Marilyn  
McGrath, Thomas and Lynne  
Neumann, Marie  
O'Keefe, Michael  
Olson, Bev  
Our Saviors WELCA  
For Home Delivered Meals  
Palmiscno, Donald and Linda  
Qualheim, Adeline

Savageau, Julie  
 Sellheim, Donavon and Jean  
 Sharon Lutheran Church WELCA  
 For Home Delivered Meals  
 Solseng, Mark and Jane  
 In honor of Jan Noblin  
 St Paul's Lutheran Church of  
 Honeyford  
 Stiles, Marlene and Robert  
 Wakefield, Richard and Aida  
 In honor of Mona Badran  
 Watling, Pauline  
 In memory of Louis Belisle  
 Watt, Jim

**Shining Stars (up to \$99)**

Anonymous  
 Broadwell, Ray and Becky\*  
 Buckley, Ann\*  
 Dvorak, Marlene\*  
 Feltman, Laurie  
 In memory of Evelyn Feltman  
 Guntzburger, Marshal and Carol  
 In memory of our parents

Gustafson, Roger and Sharon  
 Halle, Scott and Brenda  
 Hammerstrom, Tooker\*  
 Helgerson, Donna\*  
 In memory of my husband,  
 Arral (AJ)  
 Hogan, Shirley  
 Hughes, Maurine  
 In memory of Fern Bunde  
 Iseminger, Carl and Colette\*  
 Kaml, Judy  
 Krese, James and Mary  
 In memory of Jimbo  
 Kuzel, Susan  
 Kuznia, Dee  
 Lemieux, Gary and Cheryl  
 Lindquist, Liz  
 Mattern, Alice\*  
 McCoy, Bill and Brenda  
 Nelson, Jerry and Marsha  
 Nelson, Marian  
 In memory of Lowell Nelson  
 Nybo, Patricia  
 Robison, Nancy

Sandberg, Curt and Ione\*  
 For Meals on Wheels  
 Schiele, Kathy\*  
 In memory of Don Schiele  
 Schnell, Ellie  
 In honor of Meals on Wheels  
 volunteers  
 Sommer, Curtis and Pamela  
 In memory of Donna Peterson  
 Speare, Dave and Elaine  
 Sulland, Steve and Linda\*  
 Tangen, Joel and Carolyn  
 In memory of loved ones  
 Thompson, Pat  
 Torrey, Dianne  
 In memory of Evelyn Feltman  
 Vein, Jerry and Mary\*  
 Venaccio, Michael and Vicki  
 VFW Ladies Auxiliary Post 1874  
 Walski, Johanna  
 In memory of Clarence Walski  
 Westrum, Brad and Yvonne\*  
 Wilson, Neil and Ann  
 Zirnheld, Clair and Ronda\*

# End-of-Year Donation Receipt

If you would like an end-of-year donation receipt for tax purposes, please contact Becky Broadwell at 701-757-4864 or [beckyb@gfseniorcenter.org](mailto:beckyb@gfseniorcenter.org). This document will include all of your gifts made to the Grand Forks Senior Center in 2023.

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 - Tuft Manor**

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

[valleyseniorliving.org](http://valleyseniorliving.org)  
**701.787.7563**



# Donations and Memorials

Thank you so much to our generous donors who support older adults! Brighter Side Society Members are designated by the \* symbol. The gifts below were received from January 1, 2024 to January 7, 2024.

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

ICS, Inc  
For Meals on Wheels

## Donations of \$100-\$249

Kvistad, Bob and Marietta  
Meester, Deborah and Derry  
In memory of Evelyn Newark  
Smith, Becky and Rengstorf,  
Amanda  
In memory of Robert Staveteig

Triangle Coach  
For senior meals  
Youshefski, Jean

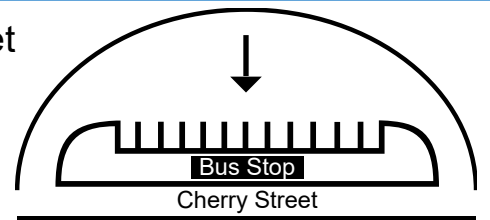
## Donations up to \$100

Anonymous (2)  
Belobraydic, Matt and Rochelle\*  
Dybwad, Irene\*  
In memory of Kathy Midgarden  
Emery, Helen  
In memory of Dale Emery  
Hefta, Ardella

Hogan, Shirley  
Johnson, Brenda  
For Meals on Wheels  
Kuzel, Susan  
In memory of Judy Cummings  
Lindeman, Maureen  
Ness, Ron and Darlyne  
In memory of Robert Staveteig  
Rakowski, John and Lucille  
Roos, Ruth  
In memory of Robert Staveteig  
Srur, George

## Parking Info: For Mondays, Tuesdays, and busy days

No street parking on Cherry St. on Mondays and no street parking on 4th Avenue S. on Tuesdays. Extra parking is available at the Link, across Cherry St. Park in the spots closest to the street. Please also consider carpooling!



Paid Advertisement

Aspen Park

Briarwood

Parkview Terrace



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



[www.immapartments.com](http://www.immapartments.com) • 701-780-8162



# Foot Care Appointments

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 older, you can have your foot care done by nurses at the GF Senior Center. Call today for an appointment. Suggested contribution is \$30 for foot care at the GF Senior Center and \$35 for all other visits when the nurses need to travel.

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

**Grand Forks - Appointments are available most weekdays**

Home visit care is available for homebound seniors within the city of Grand Forks.

<b>Feb 7</b>	Tolna Lutheran Church, 220 Main Street, Tolna	9:30 am - Finish
<b>Feb 21</b>	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
<b>Feb 22</b>	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
<b>Feb 28</b>	McVile Fire Hall, 203 Baldwin Street, McVile	9:30 am - Finish

Guidelines to keep clients and staff safe:

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

Paid Advertisement



*Maple View*  
MEMORY CARE COMMUNITY

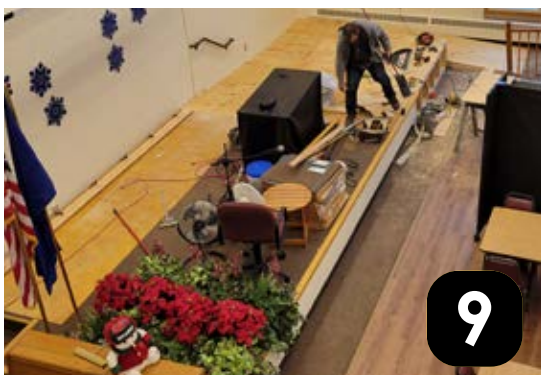
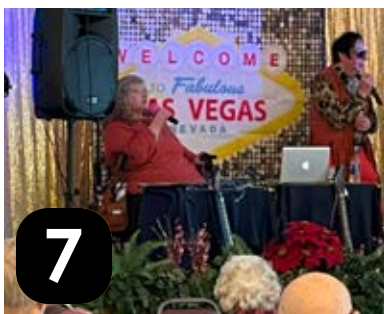
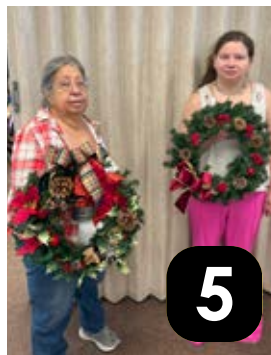
Providing you and your family  
with peace of mind

- Full time residency
- Respite
- Adult day services

4650 S Washington St  
Grand Forks, ND 58201  
(701) 772-3400  
[www.lifeatmapleview.com](http://www.lifeatmapleview.com)

# Fun in the Center

- 1 Card players showed up in matching outfits!
- 2 Our Drive Thru volunteers dressed up to hand out meals before Christmas.
- 3-6 Dec Monthly Creations Class
- 7-8 Elvis rocked the stage for over 80 people on Jan 8th!
- 9 We revamped our stage! We made the stage all one level and put in a new ramp.
- 10 The Red Hat Society joined us for breakfast in Jan!
- 11 **Thank you to everyone who donated to our December Reverse Advent Calendar Food Drive!** The food collected for the drive was donated to the Hope Food Pantry.



## WEDNESDAYS

Feb. 7, 21, and 28

9 – 10:30 a.m.

## MONDAYS

Feb. 5 and 26

9 – 10:30 a.m.



# STRENGTH AND BALANCE SCREENS

The University of North Dakota Department of Physical Therapy faculty and students, will be coming to the Grand Forks Senior Center to complete strength and balance screens. Maintaining and improving your strength and balance is an important part of staying healthy, so you can keep doing the things you love! We want to assist you along your journey, by providing screening and educational information from the CDC through the STEADI program.

Go to [www.cdc.gov/steady](http://www.cdc.gov/steady) for more information  
Amanda Wilson, P.T., D.P.T.  
[amanda.k.wilson@UND.edu](mailto:amanda.k.wilson@UND.edu)

Strength and Balance Screens will be at the Grand Forks Senior Center. These are FREE! No registration required.





ATTENTION NORTH DAKOTA HOMEOWNERS

# PRIMARY RESIDENCE

## PROPERTY TAX CREDIT

As a North Dakota Homeowner,  
You May Qualify for a New Property Tax Credit.

NORTH DAKOTA HOMEOWNERS MAY RECEIVE UP TO A \$500 TAX CREDIT!

- CREDIT REFLECTED ON NEXT YEAR'S PROPERTY TAX STATEMENT
- NO AGE OR INCOME RESTRICTIONS
- PROPERTY MUST BE RESIDENT'S PRIMARY HOME

ONLY ONE CREDIT AVAILABLE PER HOUSEHOLD

APPLY JANUARY 1, 2024 - MARCH 31, 2024 AT  
[TAX.ND.GOV/PRC](http://TAX.ND.GOV/PRC)



LEARN MORE AT [TAX.ND.GOV](http://TAX.ND.GOV)



The GFSC Resources Department staff are available to assist with the online application on Wednesday, February 14th and Thursday, February 15th from 10 am to 1 pm in the GF Senior Center Lobby.

- No age requirements to apply for the credit
- No income limits
- House must be in your name

### What to bring with if you'd like assistance on the dates above:

- Your social security number
- It will go faster if you bring your tax statement, with your Parcel # as well.

## Rollin' with Resources



### Monday, Feb 5 at 2:15 pm

The Grand Forks Senior Center Resources Team provides services, addresses questions, shares information with you, and makes referrals as appropriate. You can visit with them by office visit, home visit, phone, email, or regular mail. Join us on February 5th for caramel rolls and conversation. You can learn more about their services and meet the Resources team! **Caramel Rolls** available to purchase for \$1.50. All are welcome!

# February 2024 - Grand Forks Title III Older Americans Act Food Program

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

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
2 Blueberry Pancakes (3cs) 2 oz Turkey Sausage 4 oz Orange Juice (1cs) 1/2 c Fruit Sauce (1cs) 8 oz 1% milk (1cs)	2 Eggs Made to Order Hashbrown Patty (1 cs) 2 WW Toast (2 cs) 1/2 c Fruit Sauce or OJ (1 cs) 8 oz 1% Milk (1 cs)	1/2 c Fruit Sauce (1cs) Sausage Egg Muffin (2 cs) Whole Grain Cereal (1cs) 4 oz Orange Juice (1cs) 8 oz 1% milk (1cs)	Omelet (.5 cs) 2 WW Toast (2 cs) 1/2 c Fruit Sauce (1 cs) 4 oz Orange Juice (1cs) 8 oz 1% Milk (1 cs)	2 Whole Grain Waffles (1.5 cs) 2 Bacon 4 oz Orange Juice (1cs) 1/2 c Fruit Sauce (1cs) 8 oz 1% milk (1cs)
<b>Breakfast: Toast with a meal includes margarine, jelly and peanut butter choices; Syrup, SF syrup and margarine are available with pancake, waffle and french toast meal</b>				
Thursday Lunch: Feb 1				
Each Lunch includes: 2 WW Bread (2cs) 8 oz 1% Milk (1 cs) 1 tsp butter or margarine Unless Noted	<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>			
Friday Lunch: Feb 2				
3 oz BBQ Pork or 3 oz Chicken Burger on WW Bun (2cs)/No Bread 8 oz Pot & Corn Chowder (1cs) 1/2 c Pears in Jello w/top (1.5cs)				
Thursday Lunch: Feb 8				
3 oz Chicken/gravy or Cabbage Roll (1cs) 1/2 c M Potato/gravy (1cs) 1/2 c Green Beans 1 WW Bread (1cs) 1/10 Pumpkin Pie/top (2cs)				
Wednesday Lunch: Feb 7				
3 oz Roast Turkey or 3 oz Beef Roast 1/2 c M Potato/Gravy (1cs) 1/2 c Stuffing/Gravy (1cs) 1/2 c Carrots Small Apple (1cs) 1 Bread (1cs)				
Tuesday Lunch: Feb 6				
8 oz Hung Goulash (1cs) or Chix Wild Rice Cass (1cs) 1/2 c Green Beans 1 c. Tossed Salad/dressing 1/2 c Fruit Sc.(1cs) 1 WW Bread (1cs)				
Monday Lunch: Feb 5				
Chicken Creole or 8 oz Beef Stronganoff over 1/2 c Noodles (1cs) 1 WW Bread (1cs) 1/2 c Buttered Beets 1/2 c Broccoli 1/2 c Peaches (1cs)				
Friday Lunch: Feb 9				
3oz Meatloaf (.5cs) or Pork Chop in gravy over 1/2c Rice Blend (1cs) 1/2 c M Potato/gravy (1cs) 1/2 c Mixed Vegetables (.5cs) 1 WW Bread (1cs) 1/2 c Mandarin Oranges (1cs)				



Sit-Down Breakfast - Served 8:30 am - 9 am  
 Drive-Thru Lunch - Served 11:30 am - Noon  
 Sit-Down Lunch - Served 11:45 am - 12:15 pm  
**Don't be late, or you won't get a plate!**  
 Please be considerate of serving times!

Monday Lunch: Feb 12	Tuesday Lunch: Feb 13	Wednesday Lunch: Feb 14	Thursday Lunch: Feb 15	Friday Lunch: Feb 16
3 oz Salisbury Steak/MR gravy or Chicken Royale (.5cs) 1/2 c M Potato/Gravy (1cs) 1/2 c Parslled Carrots 1/2 c Fruit Cocktail (1cs)	8 oz Beef Stew (1cs) or Chicken Enchilada (2cs) 1/2 c Green Peas (1cs) 1/2 c Pears (1cs)	Ash Wednesday 3 oz Baked Salmon or Swiss Steak 1/2 c M Potato/Gravy (1cs) 1/2 c Green Beans 1/2 c Peaches (1cs)	3 oz Roast Pork w/gravy or Chicken Kiev (1cs) 1/2 c Augratin Potatoes (1cs) 1/2 c Roasted Brussel Sprouts 1/2 c Peach Crisp/topping (2cs)	8 oz Tator Tot Cass (1cs) or 8 oz Tuna Noodle Cass (1cs) 1/2 c Mixed Vegetables (.5cs) 1 WW Bread (1cs) 1/2 c Cherry Sc (1cs)
Monday Lunch: Feb 19	Tuesday Lunch: Feb 20	Wednesday Lunch: Feb 21	Thursday Lunch: Feb 22	Friday Lunch: Feb 23
CLOSED PRESIDENTS DAY	3 oz Cranberry Chicken (1cs) or Stuffed Pepper (1cs) 1/2 c M Potato/Gravy (1cs) 1/2 c Steamed Broccoli 1 WW Bread (1cs) 1/2 c Tropical Fruit (1cs)	3 oz Sloppy Joe or S&S Chicken (1cs) on WW Bun (2cs)/No bread 8 oz Veggie Soup 1/2 c Pear Crisp/Topping (2cs)	3 oz P/A Pork Chop (.5cs) or 8 oz Chili w/Beans (1cs) Sm Baked Potato/Sr Cream (1cs) 1/2c Carrots 1/2c Grapes (1cs)	Applesauce Ribs (.5cs) or Cracker Crumb Fish (.5cs) 1/2 c Sweet Potato (1cs) 1/2 c Roasted Brussel Sprouts 1/2 c Peaches (1cs)
Monday Lunch: Feb 26	Tuesday Lunch: Feb 27	Wednesday Lunch: Feb 28	Thursday Lunch: Feb 29	Friday Lunch: March 1
Apple Spiced Pork Chop (.5cs) or 3 oz Meatloaf Patty in Gravy 1/2 c Squash (1cs) 1/2 c Mixed Veggies (.5cs) 1/2 c Applesauce w/Cinn (1cs)	Beef Enchilada (2cs) or Turkey/Gravy over Rice (1cs) 1/2 c Seasoned Black Beans (1cs) 1/2 c Corn (1cs) 1/2 c Mandarin Oranges (1cs) 1 WW Bread (1cs)	8 oz Spaghettii/Noodles (1cs) or 8 oz Chicken Noodle Cass (1cs) 1/2 c Peas (1cs) 1/2 c Wax Beans 1 WW Bread (1cs) 1/2 c Applesauce (1cs)	3 oz BBQ Chicken(1cs) or Lasagne Rotimi Hotdish (2cs) Sm Baked Potato (1cs) 1/2 c Green Beans 1/10 Pumpkin Pie W/Topping (2 cs) 1 WW Bread (1cs)	3 oz Salmonloaf (.5cs) or Pork Tibbits in Gravy 1/2 c M Potato (1cs) 1/2 c Creamed Peas (.5cs) 1/2 c Tropical Fruit (1cs)
Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g Attr: Diabetics-These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts				
No reservations required at the Grand Forks Senior Center (620 4th Ave South). Reservations required at these sites: Homestead-1639 24th Ave South from 11:45-12; The Link-300 Cherry Street from 11:15-11:30. Visit your site by the day before to make your reservations.				
Date: __ 12/20/2023 _____ Licensed Registered Dietitian #13899 <u>Colette Dwyer</u> _____ Colette Iseninger, MS, RD, LRD				

## Need a gift for your Valentine?

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 (\$30)
- Gift Shop Crafts



# Cities Area Transit offers **SENIOR RIDER**

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



Call **787-9120** weekdays before 5:30 pm. Before using this service, you must complete an application with Cities Area Transit (**allow one week for processing**). If you call this number in the evening or on the weekends, you will need to leave a message. Call one business day in advance of when you need your ride after your application has been approved. Rides within GF and EGF city limits only. This services is for people 62+.

# **SERENITY CORNER**

"Senior Living at its Best"



**Cost Effective  
Private Residential Elderly Care Home**

701-220-3871  
2367 38th St. S  
Grand Forks, ND 58201

## **ND Aging & Disability Resource Link**

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

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

Website: **carechoicend.assistguide.net**



[www.edgewoodcottagehomes.com](http://www.edgewoodcottagehomes.com)

A 55+ community in  
South Grand Forks

# FOR SALE

**MEGGEN SANDE**  
701.330.3638



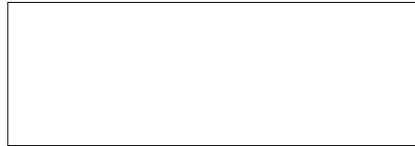
[msande@greenbergrealty.com](mailto:msande@greenbergrealty.com) | [greenbergrealty.com](http://greenbergrealty.com)



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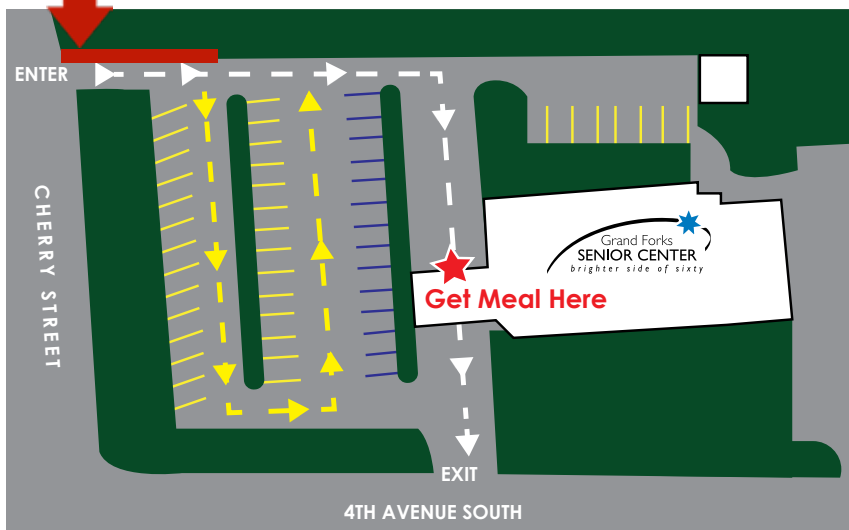
Grand Forks Senior Center  
February 2024  
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

Closed  
Monday, February 19  
for President's Day

# Drive-Thru Lunch Route Map

Monday - Friday | 11:30 am to Noon

No parking or waiting in this area



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

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

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

For the Drive Thru:

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