

# The Silver Express



**Keep your brain  
happy and  
healthy this year!**

Check out our list of local  
Mental Health Resources on  
page 16 of this newsletter.

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

Dave Willprecht

### Vice President

Alice Hoffert

### Secretary

Alice Mattern

### Treasurer

Brenda Sem

Brenda Jobe

Bobbie Kurtyka

Rich Lehn

Jason McCarthy

Emily Nielsen

Bob Rost

Curt Sandberg

Lisa Sonterre

Michael Venaccio

Brad Westrum

Clair Zirnhelt

## 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.

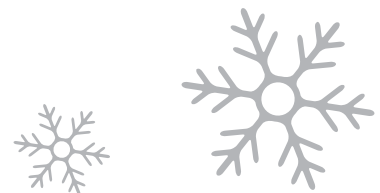
**Meals on Wheels:** For homebound people 60 and older and their spouse or caregiver of any age.

**Home Delivered Meals:** Homebound, people of any age.

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

# Table of Contents

<b><u>04-05</u></b>	From the Director's Chair
<b><u>06-07</u></b>	Activity Info
<b><u>08-09</u></b>	Activity Calendar
<b><u>11</u></b>	SMP Scam of the Month
<b><u>12</u></b>	2023 Membership Info/ Property Tax Credit
<b><u>13</u></b>	Exercise Class Schedule
<b><u>14-15</u></b>	Silver Campaign Donations & Memorials
<b><u>16-17</u></b>	GFSC Resources - Mental Health Resources
<b><u>18-19</u></b>	Fun in the Center
<b><u>19</u></b>	Drive-Thru Map
<b><u>20</u></b>	Foot Care Appointments
<b><u>21-22</u></b>	January Menu
<b><u>BACK</u></b>	Winter Week



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

# From the Director's Chair

by Colette Iseminger



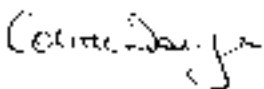
If you get meals from us you probably have gotten a nutrition screening checklist to fill out. This checklist is required by the federal government and is a way for them to determine what nutritional shape clients are in when they start our programs and annually as they continue to receive meals. I am putting on my dietitian hat and wanted to go through each question and make some comments on how you can lessen the number of “YES” answers, thus reducing your nutritional at-risk status.

- 1. I have an illness and/or condition that made me change the kind and/or amount of food I eat?** Most likely this is a chronic health condition such as diabetes or high blood pressure. This question just makes you aware that if you were told to change the way you eat, it is to better control the condition, keeping you healthier.
- 2. I eat less than 2 meals per day?** Unless you are a good snacker and get protein, fat and carbohydrates in each snack, it is difficult to meet all your nutritional needs with just 2 meals.
- 3. The majority of days I eat less than 1.5 to 3 cups of fruits and/or vegetables?** A rainbow of fruits and veggies bring a wide range of nutrients to your body plus are a good fiber source. All of which is needed to stay healthy.
- 4. The majority of days I eat and/or drink less than 3- 8 oz. cups of dairy products (such as milk, yogurt or cheese)?** The calcium and Vitamin D found in these foods help keep your bones and immune system strong. You need both together for maximum absorption. Because we don't spend a lot of time in the sun in the winter and we use sunscreen in the summer, people in ND don't usually get the required amounts of vitamin D. Talk to your doctor about a supplement. If you don't like cow milk, try the plant-based milk products. I can tell you that chocolate almond milk is like having dessert.
- 5. I have 3 or more drinks of alcohol per day?** People who drink alcohol regularly may be taking in excess calories and gaining weight or replacing healthy foods with alcohol. There are no nutrients in alcohol, just calories.
- 6. I have tooth and/or mouth problems that make it hard for me to eat?** Problems with your teeth or mouth can cause pain and then you may avoid eating in order to minimize the pain. Talk with your doctor or dentist about how to correct the problems.

7. **Sometimes I don't have enough money to buy enough food?** With everything going up in cost, your money buys less. Contact our Resources dept. (Call 701-772-7245 and ask for resources or stop by the front desk and they will point you in the right direction.) for information on food pantries, community meals and senior center meal options.
8. **I eat alone most of the time?** This is a tough one because if you live alone, you most likely eat alone. You may not feel like cooking for one or even feel depressed which can affect your appetite. Try a couple of times per week to join us here at the Senior Center, go out to eat, or even have a friend or relative over or on the phone for a video chat while you are both eating.
9. **I take 3 or more different prescribed and/or over-the-counter medications per day?** Many medications have side effects that can affect your appetite, how dry your mouth is and even what and when you can eat. The more medicine you take the more interactions can occur with food and even other medications. Talk to your pharmacist about your medications and interactions.
10. **Without wanting to, I have lost or gained 10 pounds in the past 6 months?** Weight change, without you trying to lose or gain, can be a sign that something is not right. Talk with your doctor about this. Something like a bad knee can reduce how much you move and then you are not using the calories that you used to and are gaining weight.
11. **I am not always physically able to shop, cook, and/or feed myself?** Anytime you have to rely on someone else, you are at risk for not getting what you may need in a timely manner. Try senior center meals. We have delivery, pick up, grab-n-go, sit down at the center, frozen and hot. Usually we can help with at least some of your meals if this is an issue for you. Call our Resources dept. to talk about your individual situation.

Remember that as we age we generally need less calories so we have to make sure what we eat is nutritionally dense in order to meet all our body's needs. Maybe this new year, you can make a resolution to work on one or more of these checklist items in order to be nutritionally healthier. Happy New Year!

'Til next time,



**Colette Iseminger**  
LRD, RD, MS



# TECH **Talk** Class

**Thursday, January 5 at 10:30 am**  
at the Grand Forks Senior Center

In January we will be learning about: Youtube and how to find content. Call 701-757-4866 to register. Class size is limited.



## Coffee and Pie with a Cop

**Tuesday, Jan 17 at 2 pm**  
Join Sergeant Kris Brown for coffee, pie and conversation. Coconut cream pie and ice cream will be available for \$2.



## Music Monday

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

January 9 - Mark Ryan

January 23 - Joe Schmidt

January 30 - Too Old to Die Young



## Driver's Safety Class



**Wednesday, Jan 11**  
**Noon - 4 pm**

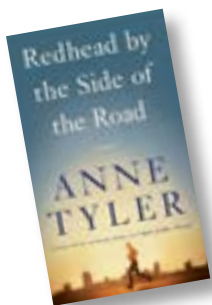
Once a month AARP hosts a course that teaches valuable defensive driving skills and also gives a refresher on the rules of the road. You may also be eligible for a discount on your car insurance by completing this course!

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.

## Tech Support

**Wednesday, Jan 4 & 18**

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



## Constant Reader's Book Club

**Monday, January 9 at 10:30 am** (2nd Monday each month) We will be discussing "Redhead by the Side of the Road" by Anne Tyler. New people welcome! Book for February, " Crazy Rich Asians" by Kevin Kwan will be handed out at the January meeting.

## Monthly Creations

**Circle wall signs with Valentine's sayings** | Wednesday, Jan 11 at 10 am  
Cost is \$2. All supplies will be provided. Limited spots available.  
Call Ranea at 701-757-4866 to reserve your spot.

# Tour the Senior Center

Tuesday, January 3 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:

- Napkins
- Paper Towels
- Size Small Depends
- 1 pound weights for exercise classes
- Wheelchairs & Transport Chairs 19 inches and greater
- A volunteer to lead the Silvertones
- Donations of new (fresh) craft items for gift shop. New ideas appreciated.

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.

**GFSC will be CLOSED  
Jan 2 and Jan 16**

## Visually Impaired Senior Support Group



Tuesday, January 10  
(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.

## January Presentations

### Home Care and In-Home Services

Tuesday, Jan 10 at 1 pm

Presenter: Kate Sapp, RN Comfort Keepers

### Hospice & House Calls

Tuesday, Jan 24 at 1 pm

Presenter: Joan Bengs, Hospice

### OsteoStrong Exercise Presentation

Tuesday, Jan 31 at 1 pm

## 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, January 31 at 1 pm

Join us in the Dining Room!



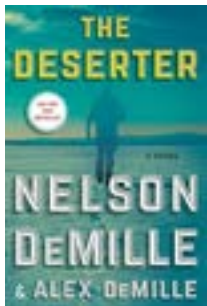


# January 2023 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p><b>GFSC CLOSED</b></p>	<p><b>3</b></p> <p>9:00 am Healthy Bones AM  <b>9:00 am Tour</b>            9:30 am Men's Coffee            10:00 am Women's Coffee            10:00 am Weight Management Support Group            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><b>4</b></p> <p>9:30 am Men's Coffee            9:30 am Game Group            1:00 pm Bingo (\$2/card)            1:00 pm Whist &amp; Pinochle            3:30 pm Chair Yoga (Hope Church)  <b>Tech Support - Call for an appointment</b></p>	<p><b>5</b></p> <p>9:30 am Men's Coffee            10:00 am Crochet Class  <b>10:30 am Tech Talk</b>            1:00 pm Bingo (\$2/card)            1:00 pm Bunco (\$2)            1:30 pm Beginners Tai Chi            2:00 pm Experienced Tai Chi            2:30 pm Qigong            3:30 pm Healthy Bones (Hope Church)</p>	<p><b>6</b></p> <p>9:00 am Healthy Bones            9:00 am Gift Shop Crafters            9:30 am Men's Coffee            10:00 am Women's Coffee</p>
<p><b>9</b></p> <p>9:30 am Men's Coffee  <b>10:30 am Book Club</b>            12:45 pm Wii Bowling League            1:00 pm Pinochle            1:00 pm Dominoes  <b>1:00 pm Music Monday</b>            2:30 pm Ready, Set, Stretch (Hope Church)            3:30 pm Chair Yoga (Hope Church)</p>	<p><b>10</b></p> <p>9:00 am Healthy Bones AM            9:30 am Men's Coffee            10:00 am Women's Coffee            10:00 am Weight Management Support Group  <b>1:00 pm Vision Support Group</b>            1:00 pm Farkle  <b>1:00 pm Home Care and In Home Services Presentation</b>            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><b>11</b></p> <p>9:30 am Men's Coffee            9:30 am Game Group  <b>10:00 am Monthly Creations</b>  <b>12:00 pm AARP Driver's Safety Class (Moved this month)</b>            1:00 pm Bingo (\$2/card)            1:00 pm Whist &amp; Pinochle            3:30 pm Chair Yoga (Hope Church)</p>	<p><b>12</b></p> <p>9:30 am Men's Coffee            1:00 pm Bingo (\$2/card)            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><b>13</b></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><b>16</b></p> <p><b>GFSC CLOSED</b>  <b>MLK DAY</b></p>	<p><b>17</b></p> <p>9:00 am Healthy Bones            9:30 am Men's Coffee            10:00 am Women's Coffee  <b>2:00 pm Coffee &amp; Pie w/ a Cop \$2/Coconut Cream pie with ice cream</b>            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><b>18</b></p> <p>9:30 am Men's Coffee            9:30 am Game Group            12:45 pm Wii Bowling League            1:00 pm Bingo (\$2/card)            1:00 pm Whist &amp; Pinochle            3:30 pm Chair Yoga (Hope Church)  <b>Tech Support - Call for an appointment</b></p>	<p><b>19</b></p> <p>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)</p>	<p><b>20</b></p> <p>9:00 am Healthy Bones AM            9:00 am Gift Shop Crafters            9:30 am Men's Coffee            10:00 am Women's Coffee</p>

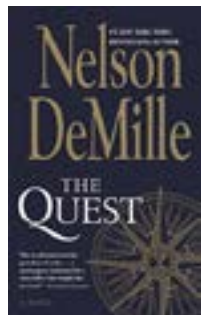


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Winter Week Western Day</b>	<b>Winter Week Black &amp; White Day</b>	<b>Winter Week Crazy Hat Day</b>	<b>Winter Week Sports Team Day</b>	<b>Winter Week American Pride Day</b>
9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle <b>1:00 pm Music Monday</b> 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	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 Farkle 1:00 pm Hospice Presentation 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	9:30 am Men's Coffee 9:30 am Game Group 12:45 pm Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 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 Gift Shop Crafters 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee
<b>30</b>	<b>31</b>			
9:30 am Men's Coffee 1:00 pm Dominoes 1:00 pm Pinochle <b>1:00 pm Music Monday</b> 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee <b>1:00 pm Trivia</b> <b>1:00 pm OsteoStrong            Presentation</b> 1:30 pm Beginner Tai Chi 2:00 pm Farkle 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)			



## Check out our library!

We have a good selection of hard cover books and a few soft cover books by Nelson DeMille. Nelson Richard DeMille is an American author of action, adventure and suspense novels. These and many others available to borrow for free at the Grand Forks Senior Center library, located on the 2nd floor.



*Request Information or Schedule  
your Personal Tour Today!*



*Our Family  
Caring for Yours*

**Senior Independent Living - Country Estates**

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

**Assisted Living - Wheatland Terrace**

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

**Basic Care - Tufte Manor**

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

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

**701.787.7563**



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

## ND SMP Scam of the Month

### Medicare is NOT Issuing New Medicare Cards

**New Medicare card scams continue to be a favorite of fraudsters.** As we approach the end of 2022, beneficiaries may receive calls from scammers stating that they must renew their Medicare card before January 1, 2023 or lose their benefits. This is untrue and a SCAM.

**There are NOT new plastic, microchipped, or gold Medicare cards with a strip that are being issued. And Medicare IS NOT issuing Medicare cards with new enhanced benefits.** Other reasons scammers give when they call beneficiaries to tell them Medicare is issuing new Medicare cards:

- Because of COVID
- Issuing a black and white card
- Issuing a red, white and black card
- Issuing plastic cards with a strip...
- Issuing a new “gold” card....and on and on!

The callers are known to tell the beneficiary that if they don't verify their Medicare number for the new card, they will lose their benefits. This is an untrue statement. **There are two important things to remember when it comes to Medicare:**

- 1. Medicare WILL NEVER issue new cards in mass like in 2018.** This took place only to remove the SSN from Medicare cards and replace it with an 11 alphanumeric digit identifier.
  - a. The only way a new number may be issued is if there has been medical identity theft compromising the beneficiary's Medicare number, and the beneficiary requests a new number.
- 2. And Medicare will NOT call unless you called them first and asked them to call you.** Medicare will never ask you to verify your personal information such as you or a spouse's Medicare number. *They do not cold call beneficiaries.*

**Reporting Medicare fraud:** If you think you have spotted fraud, report it right away. ND SMP helps Medicare beneficiaries prevent Medicare fraud. If you see anything suspicious, contact the ND SMP at [ndsmp@minotstateu.edu](mailto:ndsmp@minotstateu.edu) or call 1-833-818-0029. 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: Senior Medicare Patrol Program. (8 March 2022). People report Medicare card scam. *SMP Resource Center.*

**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



# YOUR MEMBERSHIP MATTERS

We would greatly appreciate your support through the purchase of a 2023 membership to help support the Senior Center. You will receive your membership form in the mail the very beginning of January. Please fill it out completely and return it in the mail, along with a check, or bring it to the GF Senior Center. You can pay with cash, check or debit/credit card at the Senior Center. Membership is \$20 for an individual or \$30 for a couple for the calendar year. Grand Forks Senior Center Membership will be required to attend exercise classes starting in 2023. Membership is also required to go on a trip and is required for those living outside of Grand Forks or Nelson counties who would like to receive the newsletter by mail. We highly encourage memberships to support the center. Thank you for supporting the Grand Forks Senior Center!

---

## 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](mailto:HDMeals@midconetwork.com)) or Meals on Wheels (701-757-2006, [mow@gfseniorcenter.org](mailto:mow@gfseniorcenter.org)) if you'd like to volunteer. Thank you for helping keep our older adults fed & safe!

---

## Property Tax Credit (also known as the Homestead Tax Credit)

1. Are you 65 years of age or older OR permanently and totally disabled?
2. Is your annual income less than \$42,000 after deducting medical expenses?
3. Do you have assets less than \$500,000, including the market value of your home?

If you answered “yes” to all three questions, you may qualify for reduced taxes in the form of a property tax credit, a disabled Veteran's property tax credit, or a Blind Exemption for qualifying individuals. Applications should be filed with your local assessor's office by February 1, 2023 or as soon as possible for the year in which your property is assessed and for which the credit is requested. Grand Forks homeowners, contact the City Assessor's office (701-746-2611) for assistance in completing any of these applications. The Grand Forks Senior Center does not assist with this process.

If taxes are paid in full prior to February 15, 2023, you will qualify for a 5% discount.

# GF SENIOR CENTER EXERCISE CLASSES

No  
Exercise  
Classes  
Jan 2 or  
Jan 16.

**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](http://www.gfseniorcenter.org).

---

## Exercise Classes Online

If you are leaving for the winter or if you are at home and not able to make it to Grand Forks Senior Center's exercise classes, you can find a class on our website!

Go to: [www.gfseniorcenter.org](http://www.gfseniorcenter.org)

Click: "Activities" in the top black bar

Click: the green and black "Physical Activities" square

Scroll down to find: "Grand Forks Senior Center Exercise Videos"

as well as other videos.



*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 Nov. 5, 2022 to Dec 1, 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](http://www.gfseniorcenter.org/donate).*

## \$108,840 on our way to a goal of \$125,000

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

Altru Alliance  
Grant for Home Delivered Meals  
Gate City Bank  
Gransberg, Janice  
Midco Foundation  
Grant to purchase a staff computer

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

Alerus  
Anonymous  
Hawthorne, David and Sandra  
Helgeson, Diane  
Jensen, Mark and Kristi

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

American Legion Post #6  
Bateman, Beau and Kris  
Britton, David and Denise  
Devig, Patrick and Mary Ann  
In honor of Gordon Sather  
Ideal Aerosmith  
Iseminger, Carl and Colette\*

Johnson, Tim and Mary  
In memory of Lee, Rose and Henry Archibald and Joseph Johnson  
Meta Payments  
In honor of Daniel's 70th birthday fundraiser  
Narlock, Joe and Stacy  
Robinson Excavating  
Sansburn, Charles  
In memory of Meridith Sansburn  
Swanson, Andy and Gail  
Westacott, Richard  
In memory of Herb Swift  
Yagla, Phil and Judy

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

American Legion Auxiliary Unit #6  
For activities and Home Delivered Meals  
American Legion Post #157  
Anonymous  
In honor of Jim Laternus  
Anonymous  
Anonymous  
In honor of volunteers  
Arnold, David and LaVonne  
Berglund, Wayne

Brady Martz & Associates  
Broadwell, Ray and Becky\*  
Brueckner, Gene and Kaye  
Budge, Pat  
In memory of Gayle Budge  
Burkholder, Frank  
In memory of Verona Burkholder  
Bye, Don and Elaine  
In memory of Clarence, Donna, Doug & Laurie Bye  
Dolan, Barbara  
In memory of Frank Dolan  
Dunphy, Terry and Jolene  
Elbert, Dennis and Dora  
Erickson, Marlys  
Ericson, Jerry and Cherylyn  
Harvey, Michael and Margo  
Hastings, Bill and Linda  
In memory of Bill and Lillian Hertel, Mel and Kathleen  
Hoiberg, Donna  
Horge, Jim and Karen  
Jeska, JoAnn  
Johnson, Gary and Beverly  
Joyce, Gerry and Mary  
Kiefat, Mark  
King, Patrick  
Koppy, John and Roseann  
Kramer, Don and Carla  
Kuhn, Peter and Eunice

Kuzel, Susan  
Lill, Dave and Shirley  
Lofberg, Janice  
Lunde, Beverly  
Madson, Avis  
    In memory of my husband,  
    Ronni  
McGrath, Thomas and Lynne  
    In memory of Ed and Dolores  
    McIntyre  
Mikkelsen, Merle and Kaye  
Mills, Faye  
Ness, Ron and Darlyne  
    In honor of Tamra Stan Hope  
    and in memory of Ernest and  
    Gladis Liska and Florinda and  
    Helmer Ness  
Nowacki, Loren and Sheryl  
O'Brien, Marie  
    In honor of Louis O'Brien  
O'Keefe, Michael  
Olien, Nancy  
Oversen, Kylie  
    In memory of Clarence Olson  
Pedersen, Melvin  
    In memory of Lila Pedersen  
Peterson, Joni  
    In memory of Doris and  
    Harold Sabo  
ReMax Grand LLC  
Rengstorf, Luke and Amanda  
Rike, Else  
Samson, Dan and Sandy  
Segovia, Moises 'Chico'  
St Germain, Bob and Sharon  
Steinke, John and Susan  
Tack, Ralph and Lou  
    In memory of Harold and Mary  
    Ann Gangelhoff  
Tupa, Connie  
Twedell, Ray and Pat  
Wakefield, Richard and Aida  
Welsh, Lloyd and Shirley  
Weston, Donnabelle  
Wilson, Rod and Arlene

**Shining Stars  
(up to \$100)**  
AmazonSmile disbursement  
Anderson, Dan and Deb  
Anonymous (4)  
Ashe, Kathy  
    In memory of Ginny Lynch  
Belobraydic, Matt and Rochelle\*  
Bergstrom, Gary  
Brueske, Jane  
Buckley, Ann\*  
Dudgeon, Gary  
Dvorak, Marlene\*  
Erickson, Dennis and Cheryl  
Gillespie, Paul and Lois  
Haynes, Judy  
Helgerson, Donna\*  
    In memory of my husband,  
    Arral (AJ)  
Herrmann, Karen\*  
Hinschberger, Kevin  
Hogan, Shirley  
Johnson, Steve and Brenda  
Juntunen, James and Linda  
    In memory of Alfred and Hazel  
    Juntunen  
Kaml, Judy  
    In memory of Larry Storo  
Keller, Edna-Mae  
    In memory of Marlene Kuntz  
Kitko, Bailey  
Kulbacki, Joseph and Jan  
Legg, Elaine  
Lysne, David and Aida  
    In memory of Magnus Lysne  
Mattern, Alice\*  
Middleton, Jean  
    In memory of Lolly Wohlfeil  
    and Phyllis Ekelund  
Mohn, Gordon and Deb  
Nelson, Dennis and Pamela  
Pederson, LeRoy and Louise  
Sandberg, Curt and Ione\*  
    For Meals on Wheels

Schiele, Kathy\*  
    In memory of Don Schiele  
Schill, Ken and Mary Jo  
Schumacher, Matt and Jami\*  
Solberg, Gail  
Staveteig, Robert  
Steidl, Suzanne  
Stephan, Jeff and Rhonda  
Stultz, Kenneth and Darlene  
Sulland, Steve and Linda\*  
Sundby, Maureen  
Thrivent Choice dollars from  
    Kevin & Joyce Austin  
Torgerson, Theodora  
    In memory of Mary Gagnon  
Venaccio, Michael and Vicki\*  
Vonasek, Wayne and Toni  
    In memory of Engelhardt and  
    Vonasek families  
Westrum, Brad and Yvonne\*  
Wilson, Neil and Ann  
Wood, Allen and Wendy  
    In memory of Joyce Stocker  
Zeman, Sherry  
    In memory of Peggy Freitag  
Zirnhelt, 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.**

**This document will  
include all of your gifts  
made to the Grand  
Forks Senior Center in  
2022.**

# GFSC Resources

## Mental Health Resources In the Area

---

### **Anew Grand Forks (Private Practice)**

117 North Washington St. Suite C, GF  
Julie Riddle LICSW 218-791-0401  
Angie Muhs LICSW 701-248-6050

### **Alluma**

1422 Central Ave NE, EGF, Minnesota  
218-773-6102

- Counseling (group, individual, community-based, substance use, domestic abuse treatment, and peer support)

### **Altru Behavioral Health**

860 S. Columbia Road, GF  
701-780-6697

### **Assessments and Therapy Associates of Grand Forks**

3535 S. 31st, Suite 201, GF  
701-780-6821

### **Community Violence Intervention Center (CVIC)**

211 S 4th Street, GF  
701-746-0405

- Counseling (domestic violence, dating violence, sexual assault, human trafficking, stalking, elder abuse, and child abuse)

### **Grand Forks Veteran Affairs**

3221 32nd Ave. South, Suite 700, GF  
701-335-4380

- Care for Veterans

### **Infinity Health**

1521B 24th Ave South Suite 203, GF  
Cathie Campbell 701-885-7920

### **Mountainbrooke Recovery Center**

112 N 3rd Street, GF  
701-746-4530

- Center provides stability to individuals who experience symptoms of mental health. (Have meals with others, activities, support in a social setting and peer support.)

### **Northeast Human Service Center**

151 S 4th Street Suite 401, GF  
701-795-3000

- Walk in behavioral health assessments (No Appointment Needed)

### **Northern Prairie Community Clinic**

501 N Columbia Road, GF  
701-777-3745.

- Psychodiagnostics (personality assessments, depression, anxiety, and ADHD)
- Mental Health Intervention (individual psychotherapy, family counseling, couples counseling, group therapy, play therapy, career counseling, telehealth, support groups)

### **Northland Christian Counseling**

2315 Library Circle, GF

Located on the North side of the Grand Cities Mall (street entrance only).

701-795-8550

- Counseling for (individual, marital, family, life changes, group support)

### **Options Resource Center**

318 3rd St NW, EGF, MN  
218-773-6100

- Support groups



### **River View Health**

1428 Central Ave NW, East Grand Forks  
218-773-1390

- Chemical Dependency

### **Rural Psychiatry Associates**

4700 S. Washington Street, Suite G  
855-905-7875

Fax: 701-732-2501

- Has staff that are specialized in psychiatry for older adults

### **Spectra Health - GF & Larimore**

212 S 4th St, GF

701-757-2100

607 Towner Ave, Larimore

701-343-6418

- Therapy for abuse, divorce, PTSD, grief and loss, life changes, depression, anxiety and more.

- Medical Assisted Treatment (MAT)

- Treatment for opioids or alcohol

No referrals needed, payment options available, integrated behavioral health required

### **TEARS (Together we Educate About the Realities of Suicide)**

Support Group for coping with suicide loss

701-780-1828

Email: [tears@altru.org](mailto:tears@altru.org)

Call or email for more information.

### **The Practice Place**

2534 17th Ave S Suite E, GF

701-885-4551

Email: [office@thepracticeplace.us](mailto:office@thepracticeplace.us)

### **The Village Counseling Center**

1726 S Washington St. Suite 33A, GF

(Enter door 1 on the southeast side)

- Services for depression, anxiety, anger management, grief and loss, relationship conflicts, trauma, PTSD, and addiction

### **Wellness in the Woods**

Based out of Eagle Bend, MN

**Only for Minnesota residents.**

- Warmline: 1-844-739-6369  
Available from 9 am to 5 pm, free, confidential, anonymous
- One on one peer support or video (Zoom) options available
- Senior sessions available

## **Need Help Now? These Hotlines are available 24/7.**

### **Alcohol Hotline**

1-800-331-2900

### **Drug Hotline**

1-800-662-HELP (4357)

### **Firstlink - Suicide Helpline**

Dial 211

All across the state of North Dakota

Free and confidential

### **National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

### **Northeast Human Service Center**

### **Emergency Crisis Line Number**

701-775-0525

Severe mental illness (SMI), inpatient procedures, crisis intervention

### **Suicide and Crisis Support**

Call 988

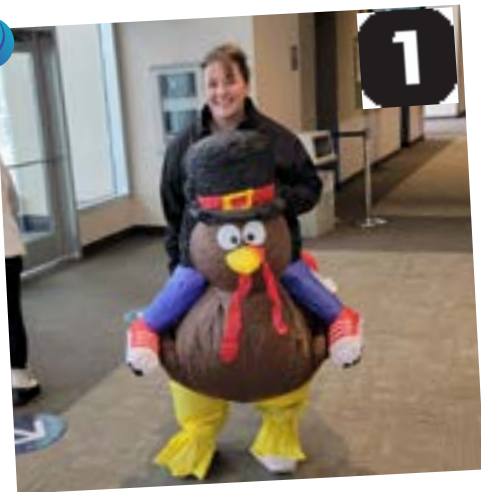
Text "Talk" to 741-741

- Article by GFSC Resources Intern



# Fun in the Center

- 1-8 Thanksgiving Feast
- 9-11 Snowman Paint Party
- 12 Farkle Ladies



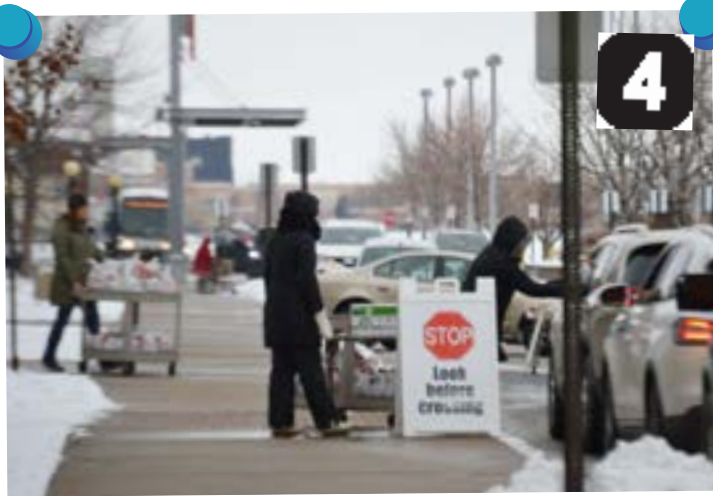
1



2



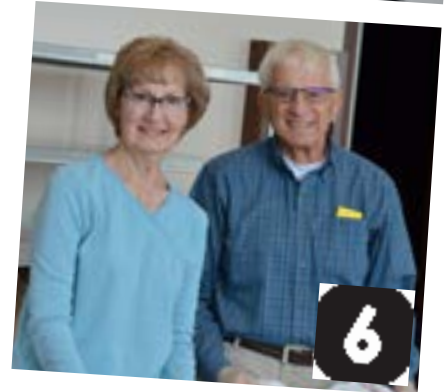
3



4



5



6



7

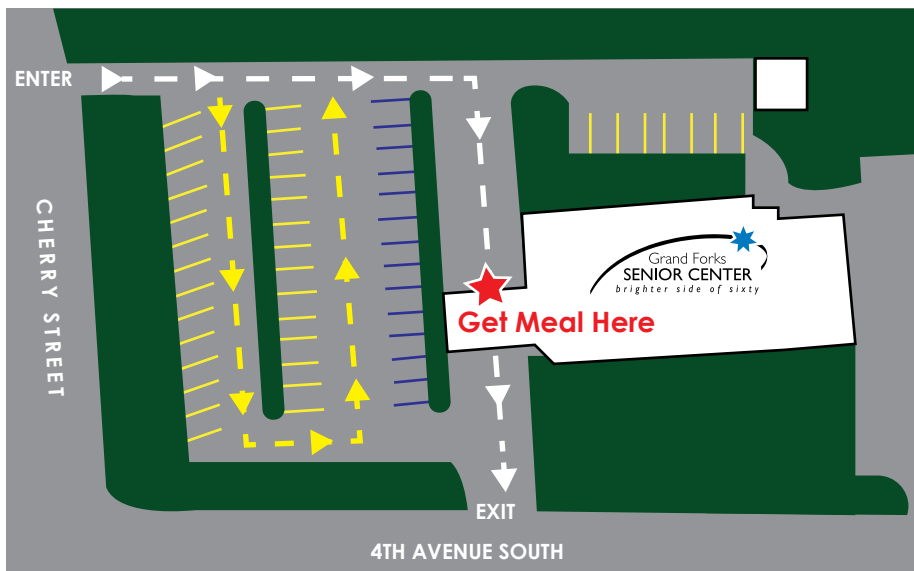


8



# 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.

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 \$30 for foot care at the Grand Forks Senior Center and \$35 for home visits or visits in rural communities.

## 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.

<b>Jan 3</b>	Aneta Community Center, 219 Main Avenue, Aneta	9:00 am - Finish
<b>Jan 11</b>	Tolna Lutheran Church, 220 Main Street, Tolna	9:30 am - Finish
<b>Jan 25</b>	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 am - Finish
<b>Jan 26</b>	Nelson Co. Courthouse, 210 B Avenue West, Lakota	9:00 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



*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)

## January 2023 - 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: \$6.50 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:
4 oz Oatmeal w/Raisins (1.5 cs) 1 HB Egg; 1 Bran Muffin (1cs) 1 T. Peanut Butter (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Slices French Toast with Syrup (2 cs) 2 Scrambled Eggs 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 WW Toast (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Small 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)
Monday Lunch: Jan 2	Tuesday Lunch: Jan 3	Wednesday Lunch: Jan 4	Thursday Lunch: Jan 5	Friday Lunch: Jan 6
<b>CLOSED</b> <b>HAPPY NEW YEAR</b>	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)	1 c Chix Noodle Casserole (1cs) OR Beef Stroganoff (1cs) 1/2 c Broccoli 1/2 c. Mandarin oranges (1cs) Sm Molasses Cookie (1cs)	3 oz Roast Beef OR Roast Turkey 1/2 c Mashed Potato w/gravy (1cs) 1/2 c. Squash (1cs) 1/10 Pumpkin Pie/topping (2cs)	3 oz Salmon OR Salisbury Steak 1/2c. Whipped Potato w/gravy (1cs) 1/2 c. Scand Vegetables (1cs) 1/2 c Peach Sauce (1cs)
Monday Lunch: Jan 9	Tuesday Lunch: Jan 10	Wednesday Lunch: Jan 11	Thursday Lunch: Jan 14	Friday Lunch: Jan 15
3oz Chicken Fried Steak-Gravy (1cs) OR Fish Amondine 1/2 c. Mashed Potato w/gravy (1cs) 1/2 c Stewed Tomato (1cs) 1/2 c Apricots (1cs)	2oz Hamburger on WW Bun (2cs) OR BBQ Pork on WW Bun (2cs) 1 c Vegetable Soup (.5cs) w/ 2 Soda Crackers (1cs) Rice Krispie Bar (2cs) 1/2 c Fruit Cocktail (1cs)	Baked Chicken (.5cs) OR 3 oz Liver with Onions (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Yams (1cs) 1/2 c Cherry Cobbler w/top (2cs)	3 oz Swiss Steak (.5cs) OR Herb Chicken 1 sm Baked Poato w/ sr crm (2cs) 1/2 c Broccoli 1/2 c Blushing Pear (1cs)	3 oz Baked Tilapia with 1 T Mango Salsa (1cs) OR 3oz Porcupine Meatballs(.5cs) 1/2 c Parslied Potato (1cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Peach Sc (1cs)
Monday Lunch: Jan 16	Tuesday Lunch: Jan 17	Wednesday Lunch: Jan 18	Thursday Lunch: Jan 19	Friday Lunch: Jan 20
<b>CLOSED</b> <b>Martin Luther King</b> <b>Day</b>	3 oz Pork Roast OR Chicken Strips (.5cs) 1/2 c. M. Potato with crm gravy (1cs) 1/2 c Green Beans 1/2 c Applesauce w/cinn (1cs)	2oz Sloppy Joe on WW Bun (2cs) OR Tuna Melt on WW Bun (2cs) 1 c Potato & Corn Chowder (1cs) w/2 soda crackers (1cs) 1/10 Dutch Apple Pie w/top (2cs)	1 c Chix Wild Rice Cass (2cs) OR 1 c Tuna Noodle Hotdish (1cs) 1/2 c Coleslaw 1/2 c Peach Sauce (1cs) Sm Rice Krispy Bar (1cs)	3 oz Applesauce Ribs OR Sweet & Sour Chicken (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Pears (1cs)



# HAPPY NEW YEAR



Monday Lunch: Jan 23	Tuesday Lunch: Jan 24	Wednesday Lunch: Jan 25	Thursday Lunch: Jan 26	Friday Lunch: Jan 27
<b>Lasagna (2cs)</b> OR 3 oz P/A glazed Pork Chop (.5cs) 1/2 c Boiled Potato (1cs) <b>1/2 Capri Vegetables (.5cs)</b> <b>1/2c Pears (1cs)</b>	<b>3oz Chickenburger on WW Bun (2cs)</b> OR Riblet on WW Bun (2cs) <b>1 c. Cream of Broccoli Soup (1cs)</b> <b>w/2 soda crackers (1cs)</b> <b>1/2 c Pineapple Chunks (1cs)</b> <b>Sm Oatmeal Raisin Cookie (1cs)</b>	<b>3 oz Swedish Meatballs (.5cs)</b> OR Crispy Chicken <b>1/2 c Mashed Potato/Gravy</b> <b>1/2 c. Carrots (.5cs)</b> <b>1/2 c Choc Pudding w/top (2cs)</b>	<b>Meatloaf (1cs)</b> OR Cranberry Glazed Chicken (1cs) <b>Sm. Baked Potato/ Sr. Crm (1cs)</b> <b>1/2 c Corn (.5cs)</b> <b>1/10 Pumpkin Pie w/top (2cs)</b>	<b>3 oz Salmonloaf (.5cs)</b> <b>1/2 c. Mashed Potato (1cs)</b> OR Tator Tot Hotdish (1.5cs) <b>1/2 c Creamed Peas (1cs)</b> <b>1/2 c Tropical Fruit Salad (1cs)</b>

Monday Lunch: Jan 30	Tuesday Lunch: Jan 31			
<b>Hungarian Goulash (1cs)</b> OR 3 oz Pork Chop in Gravy 1/2 c Mashed Potato/gravy (1cs) <b>1/2 c Mixed Vegetables (1cs)</b> <b>Tapioca Pudding (2cs)</b>	<b>Pork tidbits in gvy/noodles (1cs)</b> OR Spaghetti Bake (2cs) <b>1/2 c Broccoli</b> <b>1/2c Peach Crisp w/top (2cs)</b>	<b>Each Lunch includes:</b> <b>1 WW Bread (1cs)</b> <b>8 oz 1% Milk (1 cs)</b> <b>1 tsp butter or margarine</b> <b>Unless Noted</b>		<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>

Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g

**Attn: Diabetics**-These menus have the carbohydrate servings (CS) marked by each item. Most diabetics need 5-6 CS per meal to keep their blood sugar stable. You are free to make your own choices. 1 CS= 1 serving of potato, vegetable, fruit, milk or bread; 2 CS = Most sweet desserts

Serving Breakfast (8:30am-9), Lunch (12-12:15pm) at the GF Senior Center. Entree choice at the GF Senior Center only. 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: 11/16/2022 Licensed Registered Dietitian #13899 Colette Iseminger Colette Iseminger, MS, RD, LRD

**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**

## 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](http://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](http://carechoice.nd.assistguide.net)

**With the recent increase in rent  
from Grand Forks Housing,  
please do not hesitate to reach  
out to the resources department  
if you are in need of additional  
financial assistance.**

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.



620 4th Ave. S.  
Grand Forks, ND 58201  
701-772-7245  
[www.gfseniorcenter.org](http://www.gfseniorcenter.org)

Like us on Facebook!  
[www.facebook.com/gfseniors](https://www.facebook.com/gfseniors)

Non-Profit Organization  
Permit #20  
U.S. Postage Paid  
Grand Forks, ND



Grand Forks Senior Center  
January 2023  
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

We will be CLOSED  
Monday, January 2  
and Monday, January 16

# WINTER WEEK

Winter Week is back! Let's add some fun back into winter.

Monday	Jan 23	<b>Western Day</b> Wear cowboy attire, flannel, jeans, etc. Join us for Music Monday with Joe Schmidt.
Tuesday	Jan 24	<b>Black &amp; White Day</b> Dress in black & white.
Wednesday	Jan 25	<b>Crazy Hat Day</b> Wear your favorite hat or headband.
Thursday	Jan 26	<b>Sports Team Day</b> Show your pride! Wear clothing from your favorite sports team. Can be a school, pro team or any other.
Friday	Jan 27	<b>American Pride Day</b> Dress in red, white & blue, or stars and stripes.

