

January 2020

The Silver Express



www.gfseniorcenter.org

701-772-7245

Winter Week

Jan 27 - Jan 31, 2020



Let's put a little fun into winter
with a fun-filled Winter Week

- Monday, January 27 — BLACK & WHITE DAY**
- Tuesday, January 28 — HOT & TROPICAL DAY**
- Wednesday, January 29 — AMERICAN PRIDE DAY**
- Thursday, January 30 — SCHOOL SPIRIT DAY**
- Friday, January 31 — WESTERN DAY**

Turn to page 11 for Winter Week details

Grand Forks Senior Center (GFSC) Phone Numbers

GFSC is an United Way Partner Agency



GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Ass't Director/Development Officer, Becky Broadwell ...	701-757-4864
Meals on Wheels (MOW) Coordinator.....	701-757-2006
Home Delivered Meals (HDM) Paula or Rhonda	701-780-5169
MOW/HDM Service Coordinator, Sue Quirk	701-757-4874
Resources Manager & Nelson Co, Joyce Austin	701-757-4881
Resources Coordinator, Libby Kathman, LSW	701-772-7245
Resources Coordinator, Lynn McGarry, MSW, LCSW ...	701-757-4877
Resources Coordinator, Nina Lovell, LSW	701-772-7245
Activity Manager, Ranea Johnson	701-757-4866
Activity Assistant/Gaming, Amber Hahn	701-757-4873
Public Relations Manager, Jami Schumacher	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	701-757-4871
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN	701-757-4868

GFSC Board of Directors

President

Rich Lehn

Vice President

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Alice Mattern

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Clair Zirnhelt

Mission Statement

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

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

Building & Program Usage Guidelines

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

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

Foot Care: Only people 60 and older.

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

Home Delivered Meals: Any age.

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

If you would like to receive this newsletter (either in the mail or by email), you no longer wish to receive this newsletter, or your address is changing, please contact the GF Senior Center at 701-772-7245 or jamis@gfseniorcenter.org.

The Silver Express[©]

January 2020



While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed. Your presence at the GFSC constitutes your permission for us to use your likeness.

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



Senior HAIR Services

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

Tammy Erickson
 Shears Salon
 2005 Gateway Dr, GF
 701.741.2013

Call for appointments.

IN-HOME services available. Travel fee.



Tour of the Grand Forks Senior Center **Tues, Jan 7, 2020 10:30 am**

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

From the
Director's Chair
by Colette Iseminger



Wishing you
health &
happiness
in 2020
from all of us at the
Grand Forks Senior Center

2020 Membership Drive

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

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

Spotlight on GFSC Staff: Cooks - Gerri, Julie, Liz, & Mary



From left: Julie Kamrowski, Mary Krese, Gerri Davis, Liz Lindquist

HEAD COOK GERRI DAVIS

How long have you been working at the Grand Forks Senior Center?

I've been here for 18.5 years.

What is your favorite part of your job?

It's just such an easy environment to work in. The people I work with are great and I enjoy the early morning hours.

What is one fun fact about you?

I really enjoy spending time with my granddaughter.

What is something you want people to know about the Senior Center?

A lot of people don't realize how much this

place offers. Come out for good food and meet new people!

COOK JULIE KAMROWSKI

How long have you been working at the Grand Forks Senior Center?

I've been here for 5 years.

What is your favorite part of your job?

Talking to the seniors and hearing their stories. Last week I was blessed!

What is one fun fact about you?

I love to garden, both flowers and vegetables. My backyard is full of flowers!

What is something you want people to know

about the Senior Center?

It is such a great place to meet people. I have lived across the street for many years and I had no clue what this place offered before I started working here. Come check it out.

COOK'S ASSISTANT LIZ LINDQUIST

How long have you been working at the Senior Center?

I've been here for 3.5 years

What is your favorite part of your job?

I like seeing people come for the first time. They have such a good time it isn't long before we see them come back again to eat with new friends. I also really appreciate the volunteers and how much they give back.

What is one fun fact about you?

I am a recovering dumpster diver! Sometimes I have a few relapses, but I usually keep myself in check.

What is something you want people to know about the Sr Center?

It really is a great place to meet people. There are so many activities to try. One day I will check out chair yoga.

COOK'S ASSISTANT MARY KRESE

How long have you been working at the Grand Forks Senior Center?

I've been here for 18.5 years.

What is your favorite part of your job?

I like talking and getting to know the seniors, but I'm not always great at remembering names.

What is one fun fact about you?

I believe that I am a trustworthy person.

What is something you want people to know about the Senior Center?

It's a great place to get together and maybe discover hidden talents. I look forward to coming here one day as well, and not just to work!



January 2020 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 GFSC CLOSED	2 9:00 am Men's Coffee 9:30 am Qigong 9:30 am Open Wii Bowling 10:30 am Chair Yoga (\$2) 1:00 pm Bingo 1:00 pm Bunco (\$2) 3:30 pm Healthy Bones 5:00 pm Sr Supper Outing. Mexican Village. Must RSVP with Amber 701-757-4873.	3 9:00 am Men's Coffee 9:00 am Healthy Bones 9:00 am Crafts 10:00 am Women's Coffee 1:00 pm "Polkas and Old Time Music" by DJ Ryan Kaste 1:00 pm Pinochle
6 9:00 am Men's Coffee 9:15 am Qigong 10:30 am Chair Yoga (\$2) 12:30 pm Balance Class 12:45 pm Trivia 1:00 pm Pinochle 1:00 pm Weigh 2 Change 2:00 pm Dominoes 2:00 pm Sip 'n Spell 2:30 pm Farkle 3:00 pm Line Dancing (\$2)	7 9:00 am Men's Coffee 9:00 am Healthy Bones 10:00 am Coffee & Coloring 10:00 am Computer Help 10:00 am Weight Mgmt 10:30 am Monthly Tour 12:30 pm Wii Bowling League 1:00 pm Bingo 1:00 pm Crochet Class (\$3) 3:30 pm Healthy Bones	8 9:00 am Men's Coffee 9:00 am Walking Group (Grand Cities Mall) 9:30 am Caramel Rolls! 10:00 am AARP Driver's Safety 10:00 am Game Group 10:00 am Ready, Set, Stretch (\$2) 1:00 pm Bingo 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (\$2)	9 9:00 am Men's Coffee 9:30 am Qigong 9:30 am Open Wii Bowling 10:00 am Hearing Aid Cleaning & Ear Inspection 10:30 am Chair Yoga (\$2) 1:00 pm Bingo 3:30 pm Healthy Bones TBD Senior Movie Outing. Contact Amber at 701-757-4873 beg. Jan. 6 for movie info and time	10 9:00 am Men's Coffee 9:00 am Healthy Bones 9:00 am Crafts 10:00 am Women's Coffee 10:30 am Silvertones Chorus 12:30 pm Balance Class 1:00 pm Baby Boomers Karaoke 1:00 pm Pinochle

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 9:00 am Men's Coffee 9:15 am Qigong 10:00 am Book Club 10:00 am Senior Med Patrol 10:30 am Chair Yoga (\$2) 12:45 pm Trivia 1:00 pm Pinochle 1:00 pm Weigh 2 Change 2:00 pm Dominoes 2:00 pm Pie & Coffee w/ a Cop - Peach (\$2) - Juvenile Crimes & Juvenile Court' 2:30 pm Farkle 3:00 pm Line Dancing (\$2)	14 9:00 am Men's Coffee 9:00 am Healthy Bones 10:00 am Coffee & Coloring 10:00 am Computer Help 10:15 am 'Shoulder Pain' by Achieve Therapy 12:30 pm Wii Bowling League 1:00 pm Bingo 1:00 pm Crochet Class (\$3) 1:00 pm Vision Support Group 3:30 pm Healthy Bones 5:50 pm "Too Old to Die Young" performing	15 9:00 am Men's Coffee 9:00 am Walking Group (Grand Cities Mall) 10:00 am Game Group 10:00 am Ready, Set, Stretch (\$2) 12:30 pm Balance Class 1:00 pm Bingo 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (\$2)	16 9:00 am Men's Coffee 9:30 am Legal Aid of ND 9:30 am Qigong 9:30 am Open Wii Bowling 10:00 am Caregiver Support 10:30 am Chair Yoga (\$2) 1:00 pm Bingo 1:00 pm Bunco (\$2) 3:30 pm Healthy Bones	17 9:00 am Men's Coffee 9:00 am Healthy Bones 9:00 am Crafts 10:00 am Women's Coffee 12:30 pm Balance Class 1:00 pm Larry Wheeler and Paul Beland performing 1:00 pm Pinochle
20 GFSC CLOSED	21 9:00 am Men's Coffee 9:00 am Healthy Bones 10:00 am Coffee & Coloring 10:00 am Computer Help 10:00 am Weight Mgmt 12:30 pm Wii Bowling League 1:00 pm Bingo 1:00 pm Crochet Class (\$3) 3:30 pm Healthy Bones 5:50 pm "Uncovered Drugs" by L Kathman	22 9:00 am Men's Coffee 9:00 am Walking Group (Grand Cities Mall) 9:30 am Caramel Rolls! 10:00 am Game Group 10:00 am Ready, Set, Stretch (\$2) 1:00 pm Bingo 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (\$2)	23 9:00 am Men's Coffee 9:30 am Legal Aid of ND 9:30 am Qigong 9:30 am Open Wii Bowling 10:30 am Chair Yoga (\$2) 1:00 pm Bingo 1:00 pm Monthly Creations Ranea. Must RSVP to performing 3:30 pm Healthy Bones	24 9:00 am Men's Coffee 9:00 am Healthy Bones 9:00 am Crafts 10:00 am Women's Coffee 10:30 am Silvertones Chorus 12:30 pm Balance Class 1:00 pm 2nd Act Singers performing 1:00 pm Pinochle
27 BLACK & WHITE DAY 9:00 am Men's Coffee 9:00 am Newsletter Labeling 9:15 am Qigong 10:30 am Chair Yoga (\$2) 12:45 pm Trivia 1:00 pm Pinochle 1:00 pm Weigh 2 Change 2:00 pm Dominoes 2:00 pm Oreo Snack 2:00 pm Sip 'n Spell 2:30 pm Farkle 3:00 pm Line Dancing (\$2)	28 HOT & TROPICAL DAY 9:00 am Men's Coffee 9:00 am Healthy Bones 10:00 Coffee & Coloring 10:00 am Computer Help 10:00 am Weight Mgmt 12:30 pm Wii Bowling League 1:00 pm Bingo 1:00 pm Crochet Class (\$3) 3:30 pm Healthy Bones 3:30 pm Tech Support 4:30 pm Mocktails (\$1) 5:50 pm Ron's Hawaiian Music	29 AMERICAN PRIDE DAY 9:00 am Men's Coffee 9:00 am Walking Group (Grand Cities Mall) 10:00 am Game Group 10:00 am Ready, Set, Stretch (\$2) 12:30 pm Balance Class 1:00 pm Bingo 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (\$2)	30 SCHOOL SPIRIT DAY 9:00 am Men's Coffee 9:30 am Qigong 9:30 am Open Wii Bowling 10:30 am Chair Yoga (\$2) 11 am Picture Display 11 am State Quiz 1:00 pm Bingo 2:00 pm Graham Crackers 3:30 pm Healthy Bones	31 WESTERN DAY 9:00 am Men's Coffee 9:00 am Healthy Bones 9:00 am Crafts 10:00 am Women's Coffee 12:30 pm Balance Class 1:00 pm Eldon Tuffe performing 1:00 pm Pinochle 2:00 pm Trail Mix Snack

Activities & Special Events



NEEDED Mailing Volunteers

Monday, January 27 at 9 am
The Silver Express newsletter

Monday, February 3 at 9 am
The Illuminator donor newsletter

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



Support Groups at the Grand Forks Senior Center

Alzheimer's/Dementia Caregiver Support Group

Where: GFSC Library (2nd floor)

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

Contact: Lynn in Resources at 757-4877

Diabetes/Pre-Diabetes Support Group

Where: GFSC Garden Room

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

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

Weight Management Support Group

Where: GFSC Garden Room

When: Tuesdays, 10:00 a.m.

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

Visually Impaired Seniors Support Group

Where: GFSC Library

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

Contact: Tracy Wicken at 701-795-2720

BINGO



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

The price of a bingo card is \$1.75. There are 15 games and two jackpots, followed by four additional games. The total in bingo prizes given out during the month of November was **\$3,984.**

Diabetes Support Group: Shoulder Pain



Tuesday, Jan 14 at 10:15 am
GFSC Lower Level

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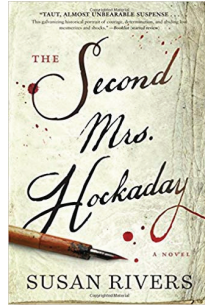
Weigh 2 Change

For Type II diabetes prevention or management. Meeting weekly on Mondays at 1 pm, beginning Jan 6. Class meets weekly for 16 weeks, then twice a month for two months, and then once a month for the remainder of the year. 2020 GFSC membership + \$25 fee. Still a few spots remaining. Contact Activity Manager Ranea at 701-757-4866 or activity@gfseniorcenter.org.

Senior Center Constant Readers Book Club

Mon, Jan 13 at 10:00 am
GFSC Library

Discussing "The Second Mrs Hockaday" by Susan Rivers



Join the GF Senior Center's book club, led by the GF Public Library. For info regarding the book club, see GFSC Activity Manager Ranea Johnson or call her at 701-757-4866.

PIE & COFFEE with a COP: **Juvenile Crimes & Juvenile Court**



Mon, Jan 13
2:00 pm
Auditorium

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

What to Do if a New Prescription Isn't Covered by Your Drug Plan?

Tues, Jan 21 at 5:50 pm
GFSC Auditorium



Libby Kathman, a senior health insurance counselor (SHIC) and member of the GFSC Resources team, will be presenting.

Entertainment

Fri, Jan 3 at 1:00 pm: DJ Ryan Kaste with polka and old time music

Fri, Jan 10 at 1:00 pm: Baby Boomers Karaoke

Tues, Jan 14 at 5:50 pm: Too Old to Die Young

Fri, Jan 17 at 1:00 pm: Larry Wheeler & Paul Beland

Fri, Jan 24 at 1:00 pm: 2nd Act Singers

Fri, Jan 31 at 1:00 pm: Eldon Tufte

Tech Support at the Grand Forks Senior Center

Tues, Jan 28 from 3:15 pm - 5:30 pm in the GFSC Library



Call Ranea at 701-757-4866 or stop by her office to set up your appointment ahead of time. Tech support is for assistance with smart phones, tablets, readers such as Kindles. Remember to bring your device with you.

Monthly Creations: **DIY Gnome**

Thurs, Jan 23 - 1:00 pm

Bring \$4 for supplies, as well as your own sharp pair of scissors and a sewing needle. RSVP by 1-21-20 to Ranea at 757-4866.

**THANK
YOU**

Thank you to all of our volunteers who helped so much in December with a variety of activities: the Christmas Flea Market, Tea Cup Christmas, the Christmas Feast, our Christmas Party, and much more!

Name: _____ Date: _____

Spelling Test

1. _____	11. _____
2. _____	12. _____
3. _____	13. _____
4. _____	14. _____
5. _____	15. _____
6. _____	16. _____
7. _____	17. _____
8. _____	18. _____
9. _____	19. _____
10. _____	20. _____

NEW! Sip 'n Spell **NEW!**
Weekly Coffee and Spelling time



Mondays at 2:00 pm
(except for the 2nd Monday of the month)

Beginning Monday, January 6, join us for this new activity as we work our brains in yet another way. No-pressure spelling tests - just fun!

Farkle will be moved to Mondays at 2:30 pm.

FREE Building Better Balance Classes at the Senior Center

Hosted by



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

Monday, January 6
Friday, January 10
Wednesday, January 15
Friday, January 17
Friday, January 24
Wednesday, January 29
Friday, January 31

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**Healthy Bones
Exercise Class**

FREE and Open to 55+.
**A great way to strengthen
your muscles and bones!**

BEGINNER CLASSES

Are you new? Must train in the Beginner classes first, then move to Advanced.

Call Ranea at 757-4866 to sign up.

ADVANCED CLASSES

GRAND FORKS SENIOR CENTER
(620 4TH AVE S)

Tuesdays & Fridays - 9:00 am

Tuesdays & Thursdays - 3:30 pm

PARKVIEW (2396 27th Ave S)

Mondays & Wednesdays & Fridays -
8:40 am

BRIARWOOD (2650 26th Ave S)

Mondays & Thursdays - 10:00 am

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

Winter Week

Jan 27 - Jan 31, 2020



Monday, January 27 — BLACK & WHITE DAY

Dress in black & white. Enjoy chocolate pudding with whipped topping as dessert for lunch and then Oreos for a 2 pm snack. Join in on a black & white-themed spelling test at Sip 'n Spell at 2 pm or play dominoes at 2 pm. Then at 2:30 pm, join us for Farkle (a fun, dice game).

Tuesday, January 28 — HOT & TROPICAL DAY

Wear Hawaiian or appropriate beach clothing. Beach-themed coloring sheets for Coffee & Coloring at 10 am. Beach music playing in the dining room at 11 am. Lunch options: taco salad and tropical fruit sauce. At 4:30 pm, come enjoy mocktails for \$1/each. Tuesday supper at 5 pm, and then Hawaiian music with Ron at 5:50 pm.

Wednesday, January 29 — AMERICAN PRIDE DAY

Dress in red, white, and blue or stars and stripes (or both!). Hotdogs for lunch, of course, and dutch apple pie for dessert. American history trivia at 11 am.

Thursday, January 30 — SCHOOL SPIRIT DAY

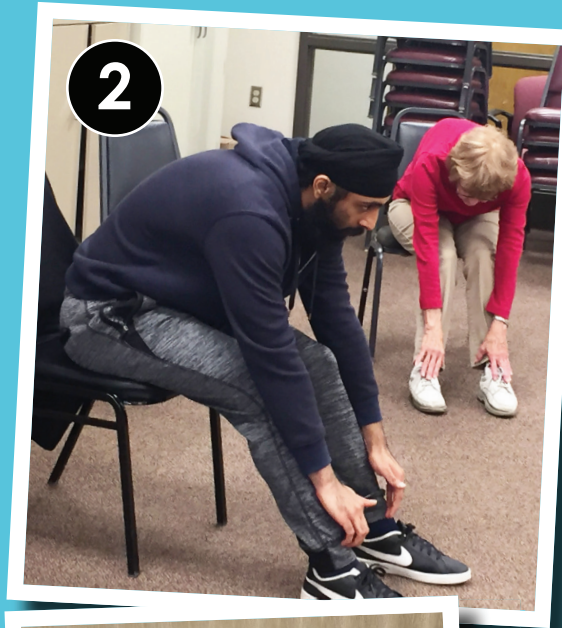
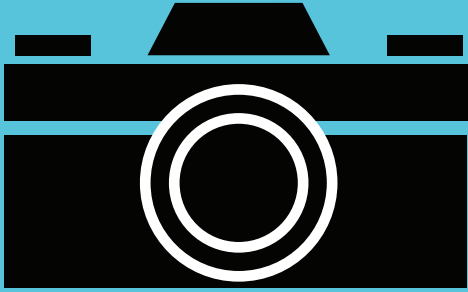
Show school pride by wearing school clothing, either from a high school or college you attended or a favorite school (a lot of us show pride for UND even if we didn't attend there). Bring in your high school graduation pictures for a display at 11 am. US state geography quiz at 11 am. 12:45 pm - 1:15 pm FREE popcorn in the dining room.

Friday, January 31 — WESTERN DAY

Wear cowboy attire, flannel, jeans, etc. BBQ ribs for lunch. Eldon Tufte performing country music at 1 pm for Fantastic Friday. 2 pm snack of trail mix.

Let's Make Winter go FAST by
HAVING FUN during Winter Week.

Fun around the Center





7



8



9



10



11

- 1 Chair yoga class
- 2 Qigong class instructor & student
- 3 Showing off their bingo shirts!
- 4 Ready, Set, Stretch participant
- 5 Wii bowling participant
- 6 Monthly Creations angel ornaments
- 7-8 Thanksgiving Feast at the Alerus Center
- 9 Vendor Fair exhibitors
- 10-11 Senior Supper Outing at Mama Maria's

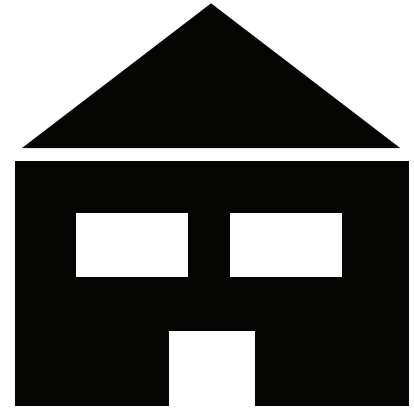


GFSC Resources

HOMEOWNERS

Property 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, also known as the Homestead Tax Credit.

Applications should be filed with your local assessor’s office **by March 1, 2020** 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 this application.** The Grand Forks Senior Center no longer assists with this process.

If taxes are paid in full prior to February 15, 2020, you will qualify for a 5% discount.



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



Introducing . . . Amy Hillebrand



Hello! My name is **Amy Hillebrand** and I am the new Resources social work intern beginning mid-January. I am married and have three kids: a 5-year old, a 4 year-old, and a 1 year-old. Yes, they keep me VERY busy and I love it! I am excited to be doing my field work for UND at the GF Senior Center. Summer of 2020 I will graduate with a degree in social work and a minor in gerontology. I am passionate about connecting people with resources, and the GFSC is simply phenomenal in this area. This is the perfect place for me to gain experience learning from all of you. Can’t wait to meet you!

HOMETOWN HEARING
SOLUTIONS



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

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

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



Volunteer Opportunities

Bingo Caller Volunteers

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

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



2020 TRIPS

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

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

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

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

Silver Express 15

Apartment Living for Seniors



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

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

For more information, call 701-780-8162.



Maple View
MEMORY CARE COMMUNITY

Providing you and your family
with peace of mind

- Full time residency
- Respite
- Adult day services

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

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

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The
Silver Campaign
Grand Forks Senior Center
Annual Appeal

The GF Senior Center's annual Silver Campaign is now underway to provide general operating support to the Center. All donations received from October 24, 2019 to the end of the year will be counted as Silver Campaign gifts. **Below is a list of a donor's cumulative giving from Nov. 14 to Dec. 8, 2019.** Thank you for your generous gifts! As of Dec. 9, \$44,634 has been donated to the Silver Campaign, with a goal of \$90,000. Silver Campaign gifts are accepted through Dec. 31 at the GFSC, by mail, or online at www.gfseniorcenter.org/donate.

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

Anonymous
Crary, Tim and Sandy
GF Kiwanis
 For the GFSC Health
 department
Iverson, Bob and Avis
 In honor of Colette Iseminger
 In memory of Orma
 Gulbranson
Smart, Judy
 In memory of Paul Smart
Sowokinos, Joe and Janice

Luminous Stars
(\$500-\$999)

Gransberg, Janice
Kvidt, Dave and Pam
RETRAX Holdings, LLC
Swanson, Andy and Gail

Dazzling Stars
(\$250-\$499)

Altru Health System
Anonymous (2X)
Broadwell, Ray and Becky
Herrmann, Karen
 In memory of husband Norbert
Jones, Roger and Cathy
Leech, Jerry and Capouch, Lorraine
 In memory of Eunice 'Micky'
 Paulson
National Association of Retired
 Federal Employees
Rasmussen, Maxine
Rath, Brian and Emilie

Glowing Stars
(\$100-\$249)

American Legion Post #157
Anonymous (2X)
Anonymous
 For activities
Arnold, Alberta 'Dolly'
 In memory of Robert & Edna
 Mund
Aubol, Linda
 In memory of Eunice 'Micky'
 Paulson
Beal, Earl and Donna
Blackmore, Mae Marie
Dunham, Ray and Anita
Eagleson, Nancy
Hagler, Margaret
 In honor of the morning Bone
 Builders group
Halvorson, Brenda
Heier, Don and Judy
 In memory of our parents
Herz, John and Mary
Hilde, Wayne
 In memory of Melanie Hilde
Hillebrand, Vicky
 In memory of Wilford
 Hillebrand
Iverson, Jack and Carol
Iverson, Muriel
 In memory of Dennis Iverson
Jehlicka, Paul and Rita
Joyce, Gerry and Mary
Kadlec, Maynard and Phyllis
Koppy, John and Roseann
Kuchera, Joan
Lill, Dave and Shirley

Lopez, Evonne
 In memory of our parents
Manley, Judy
McGarry, Dennis and Lynn
Miller, Geraldine
Miller, Al
 In memory of Jeff Noel
Nadeau, Raenett
 In memory of Clem Nadeau,
 Danette Nadeau
Nelson, Duane and Lila Jane
Ness, Ron and Darlyne
 In memory of Helmer &
 Florinda Ness, Ernest &
 Gladis Liska
Ochs, Kasey
O'Keefe, Michael
Palmiscno, Donald and Linda
Reynolds Lutheran Church
 WELCA
Segovia, Chico
 In memory of Clem Nadeau
Smith, Kirk and Joan
Snyder, Bev
 In memory of Gladys Snyder
Sondrol, Leroy and Judy
Sorensen, Al
 In memory of John
 Hendrickson
Steffen, Raymond and Sharon
 In honor of the friendly staff at
 the Senior Center
Stoltman, Greg and Winnie

(continued on next page)

(continued from previous page)

Sulland, Steve and Linda
Texas Roadhouse

Dine to Donate dollars

Twedell, Ray and Pat
Vreeland, Lynn and Virginia
Walski, Johanna

In memory of Clarence Walski

Westacott, Richard and Idella
Wilson, Rodney and Arlene

Shining Stars (up to \$99)

AmazonSmile

Anderson, Carol

Anonymous (4X)

Anonymous

In memory of Jose Perez

Anonymous

In memory of Mrs Dale West

Ashe, Kathy

In memory of Ginny Lynch

Berg, Betty

Berg, Cheryl

In memory of June Benson

Bures, Frank and Judy

Business Wire

Collings, Sherri

Cox, Don and Lori

Drees, Myrna

Hahn, Jeff and Debbie

Hahn, Amber

Hanley, Yvonne

Hanson, Thomas and Kathleen

Horner, Richard and Dixie

Horner, Clifford and Ramona

Iseminger, Carl and Colette

Jerome, Jerome

Johnson, Diane

In memory of Geneva

Anderson

Kaml, Judy

Kirkeby, Dean

Knain, Vidette

In memory of Ervin Stigen

Koopman, Marilee

Krueger, Laurie

Kuznia, Dee

Lindquist, Michael and Paulette

Lutheran Women's Missonary

League

For Home Delivered Meals

Madson, Avis

In memory of Margaret Behm,

Daniel Shirek

Martin, Tom and Laurel

Mattern, Roger and Alice

McCoy, William and Brenda

McMahon, Jacqueline

In memory of Jayleen Rheault

McNamee, Mike and Judy

Mork, James and Irene

Murphy, Spud

Nerby, Mae

Novacek, Carol

Nowacki, Loren and Sheryl

Olson, Gary and Genevieve

Olson, Pam

Pavelich, JoAnn

Pedersen, Melvin

In memory of Lila Pedersen

Pederson, Ann

Peterson, Marlene

In memory of Fred Peterson

Pokrzywinski, Darline

Quirk, Bev and Sue

In memory of Casey & Sylvia

Quirk

Robinette, Paul and Mary

Roos, Ruth

Rossow, Margaret

In memory of June Benson

Sandberg, Curt and Ione

For Meals on Wheels

Sanderson, John and Rita

Schiele, Kathy

In memory of Don Schiele

Schumacher, Matt and Jami

Sieg, Norman and Ruby

In memory of Jeff Sieg

Stark, Irv and Sandy

Steenerson, Gary and Georgia

Swen, Olive

In memory of family members

Thrivent Financial

Thrivent Choice allocation

from Kathy Schiele

Tupa, Cheryl

Watt, Jim

Ziegelmann, Clyde and June

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

2019.

Grants

(not a part of the Silver Campaign)

- Altru Health Foundation -
\$1,573 grant for the Nutrition
Pilot program

GF Senior Center Legacy Society

The Grand Forks Senior Center (GFSC) Legacy Society is comprised of **individuals who have provided for the Senior Center (GFSC) in their wills or estates**. Members of the Legacy Society are forward-thinking individuals who are dedicated to helping older adults in our community remain healthy and independent in their homes for years to come. Regardless of the size of gift, these special contributions truly make a lasting impact. Would you consider adding the Senior Center to your estate planning?

Any individual or couple who includes the Greater Grand Forks Senior Citizens Association, Inc. or the Greater Grand Forks Senior Citizens Foundation in their will/estate plan will qualify for membership in the Legacy Society.

There are different ways to become a Legacy Society member:

- By making a bequest, revising an existing will, or making a new one and directing a percentage, fixed amount, or contingency statement which will direct an eventual gift to the Association or Foundation.
- By naming the Association or Foundation as a primary or secondary beneficiary of a new or existing insurance policy.
- Designating the donation of stock or appreciated assets to the Association or Foundation
- By naming the Association or Foundation as beneficiary of your IRA.

Once you complete your will/estate plans, please contact Becky Broadwell (701-757-4864 or beckyb@gfseniorcenter.org) at the GFSC to let her know the type of gift you have chosen to provide us with in the future (cash, securities, life insurance, IRA, memorials, or other bequests). This will give

the GFSC an opportunity to say “thank you” today for a gift that will benefit the Senior Center tomorrow.

Legacy Society Members

- * Lavernia Jorgenson
- * Norbert & Mary Daly
- * Don Amundson
- * Lila Loun
- * Alvis Amble Trust
Gladys Amundson
Denby J. DeVries
- * Esther Grabanski
Carl & Colette Iseminger
- * Olga Neal
- * Ray & Mary Siver
Jeff & Jeanne Peterson

** Indicates their estate gift has already been received.*

Brighter Side Society

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

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

Foot Care Options

Appointments at the GF Senior Center

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



Satellite Foot Care Clinics

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

Jan 2	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Jan 3	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Jan 8	Parkview Terrace 2396 27th Ave S, GF	1:00 pm - Finish
Jan 9	Lutheran Church of McVile 112 W Vail Ave, McVile	9:30 am - Finish
Jan 21	Edgewood Parkwood Place 749 S 30th St, GF	9:00 am - Finish
Jan 22	Edgewood Parkwood Place 749 S 30th St, GF	9:00 am - Finish
Jan 28	Manvel Senior Center Main St., Manvel	9:00 am - Finish
Jan 29	Thompson Comm. Center 306 Pacific Ave, Thompson	8:30 am - Finish

FREE Legal Services for Seniors



The GF Senior Center hosts Legal Services the third Thursday of each month from **9:30 am – 11:30 am**. The next time they will be here is **Thursday, January 16, 2020, from 9:30 am - 11:30 am**. Call 701.852.4369 ext 334 to make an appointment ahead of time. Walk-ins accepted as time allows.

FREE Hearing Aid Cleaning and Ear Inspection

**Thurs, Jan 9
10 am - Noon
GFSC Lobby**



JANUARY 2020 Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$5.50 Breakfast; \$9 Lunch & Supper. Please contribute what you can.

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

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
4 oz Oatmeal w/Raisins (1.5 cs) 1 Hard Boiled Egg 1 Bran Muffin (1 cs) 1 T. Peanut Butter (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz Orange Juice (2 cs) 8 oz 1% Milk (1 cs)	2 Slices WW French Toast with Syrup (2 cs) 2 Scrambled Eggs 1/2 c Fruit Sauce Choice (1 cs) 8 oz Orange Juice (2 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) 8 oz Orange Juice (2 cs) 8 oz 1% Milk (1 cs)	Small Denver Omelet (.5cs) Fried Potatoes (1cs) 2 WW Toast (2cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (2 cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrowns (1 cs) 2 Slices WW Toast (2 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)
Monday Lunch: Jan 6				
3oz Chicken Fried Steak-Gravy (1cs) OR Fish Amontine 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) 1 c. Romaine Salad/dressing (.5cs) 1/2 c Fruit Cocktail (1cs) No Bread	3 oz Liver with Onions (.5cs) OR Baked Chicken (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Yams (1cs) 1 slice pineapple (.5cs) 1/2 c Cherry Cobbler w/top (2cs)	1 c Chix Noodle Casserole (1cs) OR Beef Stroganoff (1cs) 1/2 c Broccoli 1 c. Romaine Salad/dressing (.5cs) 1/2 c. Mandarin oranges (1cs) Sm Molasses Cookie (1cs)	3 oz Roast Beef OR Orange Chicken 1/2 c Mashed Potato w/gravy (1cs) 1/2 c. Squash (1cs) 2" sq Fruited Gelatin (2cs)
MENU SUBJECT TO CHANGE WITHOUT NOTICE				
Monday Lunch: Jan 6				
CLOSED HAPPY NEW YEAR				
Tuesday Lunch: Jan 7				
Wednesday Lunch: Jan 8				
Thursday Lunch: Jan 9				
Friday Lunch: Jan 10				
Monday Lunch: Jan 13				
3 oz Baked Chicken 1/2 c Mashed Potato/gravy (1cs) OR Hungarian Goulash (1cs) 1/2 c Mixed Vegetables (1cs) Tapioca Pudding w/ 1/2 c fruit (2cs) Orange Wedge (.5cs)	6 oz Tuna Noodle Hotdish (1cs) OR 2oz Egg Salad on WW Bread (2cs) 1 c Tomato Soup (1.5cs) w/ 2 soda crackers (.5cs) 1 c Romaine Salad w/dressing (.5cs) 1/2 c Fresh Fruit (1cs) No extra Bread	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) Small Cookie (1cs)	2 oz Hot Turkey Sandwich (2cs) OR Hot Beef Sandwich (2cs) 1/2 c M. Potato w/ gravy (1cs) 1/2 c California Blend Veg 1/2 c Apple Cran Crisp w/top (2cs) 2 Pepper Strips	3 oz Salisbury Steak OR Salmon 1/2c. Whipped Potato w/gravy (1cs) 1/2 c. Scand Vegetables (1cs) 1/2 c Peach Sauce (1cs)
Tuesday Lunch: Jan 14				
Wednesday Lunch: Jan 15				
Thursday Lunch: Jan 16				
Friday Lunch: Jan 17				

Monday Lunch: Jan 20	Tuesday Lunch: Jan 21	Wednesday Lunch: Jan 23	Thursday Lunch: Jan 23	Friday Lunch: Jan 24
CLOSED	3oz Chickenburger on WW Bun (2cs) OR Riblet on WW Bun (2cs)	3 oz Swedish Meatballs (.5cs) OR Crispy Chicken	2 oz Fishwich on WW Bun (2.5cs) OR 2 oz Sloppy Joe on Bun (2cs)	3 oz Salmonloaf (.5cs)
Martin Luther King	1 c. Cream of Broccoli Soup (1cs) w/2 soda crackers (1cs)	1/2 c Mashed Potato 1/2 c. Carrots (.5cs)	1 c. Vegetable Soup (.5cs) w/ 2 soda crackers (.5cs)	1/2 c. Mashed Potato (1cs) OR Tator Tot Hotdish (1.5cs)
Day	1/2 c Pineapple Chunks (1cs) Sm Oatmeal Raisin Cookie (1cs)	small Banana (1cs) 1/2 c Butterscotch Pudding w/top (2cs)	1/10 Pumpkin Pie w/top (2cs) Orange wedge (.5cs)	1/2 c Creamed Peas (1cs) 1/2 c Peach Sc (1cs)
Monday Lunch: Jan 27	Tuesday Lunch: Jan 28	Wednesday Lunch: Jan 29	Thursday Lunch: Jan 30	Friday Lunch: Jan 31
3 oz P/A glazed Pork Chop (.5cs) OR Lasagna (2cs)	Taco Salad (2cs) OR 1 c Chix Wild Rice Cass (2cs)	2oz Hot Dog on Bun (2cs) OR Tuna Salad on WW Bun (2cs)	3 oz Lemon Pepper Fish OR Chicken Strips (.5cs)	3 oz BBQ Ribs OR Sweet & Sour Chicken (.5cs)
1/2 c Boiled Potato (1cs)	1 c Romaine Salad w/ dressing (.5cs)	1 c Potato & Corn Chowder (1cs) w/2 soda crackers (1cs)	1/2 c. M. Potato with crm gravy (1cs) 1/2 c Green Beans	Sm Baked Potato w/ sr crm (2cs) 1/2 c Mixed Vegetables (1cs)
1/2 Capri Vegetables (.5cs)	1/2 c Tropical Fruit Sauce (1cs)	1 Peach half (.5cs)	1/2 c Pears (1cs)	1/2 c Applesauce w/cinn (1cs)
Orange Wedge (.5cs)	Sm Rice Krispy Bar (1cs)	1/10 Dutch Apple Pie w/top (2cs)		
1/2 c Choc Pudding w/top (2cs)				
Tuesday Supper: Jan 7	Tuesday Supper: Jan 14	Tuesday Supper: Jan 21	Tuesday Supper: Jan 28	Tuesday Supper:
Cabbage Rolls (1cs) OR 3/4 c Turkey Pot Pie (1cs)	Applesauce Ribs OR 8 oz Chili (1cs)	3 oz Cranberry Glazed Chicken (1cs) OR Sweet & Sour Pork (5cs)	3 oz Pork Roast OR 3oz Meatloaf (1cs)	
1/2 c Peas (.5cs)	1/2 c Baked Potato (1cs)	1/2 c. Rice (1cs)	1/2 c. Bk Sweet Potato (2cs)	
1/4 c Cranberry Sc	1/2 c Carrots (.5cs)	1/2 c Beets (.5cs)	1/2 c Peas (1cs)	
2" Pumpkin Crunch Dessert (2cs)	1/2 c Fruit for Salad (1cs)	1/2 c. Peach Crisp w/top (2cs)	Angel Food Cake with 1/2 c Fruit and topping (1cs)	
	1x2" Bitzy Brownie (2cs)	Orange wedge (.5cs) 1 bread (1cs)		
Breakfast (8:30-9:30am), Lunch (11:30-12:15) and Tuesday Supper (5:00) Served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center only.	Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31 g; Net Carbs 87 g; Fat 24.5 g	No reservations required at the Grand Forks Senior Center (620 4th Ave S) unless it is for a holiday meal or other special meal.		
	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	Reservations required at the satellite sites listed below. Visit your site by noon the day before to make your reservation. Homestead-1639 24th Ave. South The Link-300 Cherry Street		

1% Milk (1cs); 1Whole Wheat Bread (unless noted) (2cs); and margarine are available with each dinner & supper.

Date: 12/2/2019 _____ Licensed Registered Dietitian #13899

Collette Day
Collette Day, RD, LRD

*Request Information or Schedule
your Personal Tour Today!*



*Our Family
Caring for Yours*

Senior Independent Living - Country Estates

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

Assisted Living - Wheatland Terrace

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

Basic Care - Tufto Manor

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

valleyseniorliving.org
701.787.7563



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

January 13



Cities Area Transit offers **SENIOR RIDER**

Monday - Friday:

6:00 am - 10:00 pm

Saturdays:

8:00 am - 10:00 pm



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

application with Cities Area Transit (**allow one week for processing**). If you call this number in the evening or on the weekends, you will need to leave a message. Call one business day in advance of when you need your ride after your application has been approved. Transportation Fare Assistance tickets available for qualifying individuals at the Grand Forks Senior Center front desk. Rides within GF and EGF city limits only.

AARP



Driver's Safety
Program

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

Jan 8, Feb 5



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

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

CLOSED on Wednesday, January 1 for New Year's Day and Monday, January 20 in observance of Martin Luther King, Jr Day.

The Senior Center's Bone Builders classes have changed their name to

Healthy Bones

Bone Builders was first started by a program called RSVP (Retired Senior Volunteer Program). RSVP does not presently exist in Grand Forks, so we have decided to rename the exercise class. Same class, but with a new name. Please consider joining us at any of the following times:

Tuesdays at 9:00 am
Tuesdays at 3:30 pm
Thursdays at 3:30 pm
Fridays at 9:00 am

See our calendar on pages 6-7 for a list of ALL of our current exercise classes. Be good to yourself in 2020 and join in on the health and the fun!