



Jan 2021

# The Silver Express

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

701-772-7245



# Happy New Year!

# Grand Forks Senior Center (GFSC) Phone Numbers

GFSC is an United Way Partner Agency



<b>GFSC General Number</b> .....	<b>701-772-7245</b>
Executive Director, <b>Colette Iseminger, MS, RD, LRD</b> ....	701-772-7245
Ass't 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 or Rhonda</b> .....	701-780-5169
Resources Manager & Nelson Co, <b>Joyce Austin</b> .....	701-757-4881
Activity Manager, <b>Ranea Johnson</b> .....	701-757-4866
Public Relations Manager, <b>Jami Schumacher</b> .....	701-757-4863
Kitchen Supervisor/Head Cook, <b>Gerri Davis</b> .....	701-757-4871
Health (Foot Care) Appointments .....	701-757-4878
Health Manager, <b>Shirley Lill, RN</b> .....	701-757-4868

## GFSC Board of Directors

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Alice Mattern

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## 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 Currently CLOSED

**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 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](mailto:jamis@gfseniorcenter.org). We currently print 2,200 Silver Express newsletters each month and mail about 2,000 of them. Another 400 people receive the newsletter by email. If you would like to switch to receive the newsletter by email and save on resources, email [jamis@gfseniorcenter.org](mailto:jamis@gfseniorcenter.org) and let Jami know.



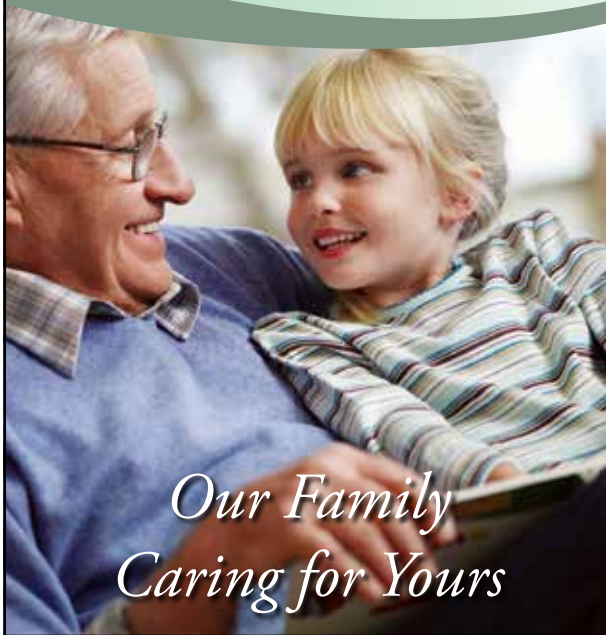
# The Silver Express<sup>©</sup>

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**Request information today  
by calling 701-787-7563**



*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  
701.787.7563**



# From the Director's Chair

by Colette Iseminger



## Choosing to Become Stronger and Better

It's time for New Year's resolutions! There is a quote I like, "*We all choose whether this crisis will make us stronger or not.*" Our resolution to you is that the Grand Forks Senior Center will come back even better and stronger than before the pandemic. Our staff members are busy reinventing, revamping, and developing a new, and even better, senior center. And while we can't be together for a while yet, we hope you will join us when this pandemic is over and we reopen our building. Until then, please continue to

utilize and enjoy the services we are offering: foot care by appointment, Resources Department assistance by phone, meal delivery programs (Meals on Wheels & Home Delivered Meals), frozen meals, and our weekday drive-thru meal program, where you can pick up a hot meal or an order of frozen meals.

Did you know that January is one of our sunniest months? Find a sunny window and soak up the sunshine. I know it always makes me feel better in the long, cold winter of North Dakota.



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

P.S. Thank you for all your kind words, cards, and memorials as our family grieves the loss of my dad, Robert Iverson. He passed away in November. My dad was quite a character and we miss him terribly.

# Board Report

The Board held a special meeting on November 19 to discuss two items:

1. A Shared Leave policy was approved and it is effective immediately. This policy allows staff to donate vacation and sick time to other employees who have a need.
2. Lifting the cap of the sick leave that an employee can accumulate. This was tabled for the December meeting.

The next regular Board meeting will be March 18, 2021 at 2:00 pm.

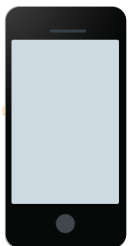


## GFSC Exercise Classes

Grand Forks Senior Center exercise classes that were being held indoors at Hope Church **are tentatively scheduled to resume on Monday, January 4**. We will keep a watch on Grand Forks County COVID numbers, but that is the plan at the time the newsletter went to the press. To find out for sure if classes are starting up again on January 4, call us at 701-772-7245 or contact Ranea at [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org) or 701-757-4866. You can also check out our website at [www.gfseniorcenter.org/physicalactivities](http://www.gfseniorcenter.org/physicalactivities).

## Signs Requested for Meal Drive-Thru

Winter is here and the person who checks you in at the meal drive-thru will be inside the building with the window only partially open. **We would like to ask each person to make a sign with large, clear and bold printing that says the name of each person receiving a meal. If you are coming for the first time, add your birthdate and year.** Even if the regular person who does the check-in knows who you are, still make a sign because sometimes other people fill in for this position. Hold up this sign once you get near the canopy and stop your vehicle. It will be much more difficult to hear each other from a distance, so this will keep the line moving well. THANK YOU!



## Do Not Call Timeframe

Please do not call the Grand Forks Senior Center between 11:15 am - 1:00 pm each weekday. Staff members are busy with the drive-thru and then are having lunch. If you do call, you may need to leave a message.



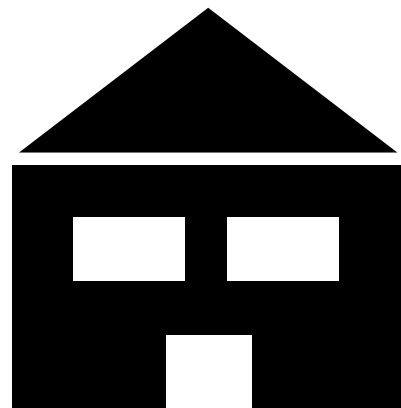
# GFSC Resources

## HOMEOWNERS

### 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, 2021** 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 no longer assists with this process.

If taxes are paid in full prior to February 15, 2021, you will qualify for a 5% discount.

*Happy New Year from the Grand Forks Senior Center Resources Team. Office hours are Monday through Thursday from 8:00 a.m. - 4:30 p.m.; Friday from 8:00 am - 1:30 pm. Call 701-772-7245 for information assistance. — Joyce, Lynn, & Nina*

## Snowbirds: Change of Address

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 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!



# Meal Options During the Pandemic

We are working to keep older adults as healthy as possible. We offer three meal options:

1. A weekday **meal drive-thru** from 11:30 am - 12:15 pm (no reservations necessary)
2. **Frozen meals** which can be picked up during the drive-thru (call 701-772-7245 ahead of time to place order) or delivery arrangements made if necessary. Orders must be placed by 10:30 am if you would like to pick them up in that day's drive-thru.
3. **Meals on Wheels** (701-757-2006) and **Home Delivered Meals** (701-780-5169) programs
4. Questions? Call 701-772-7245.

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## Foot Care Appointments Available

Guidelines to keep clients and staff safe:

- Clients will **wear a mask** while in the building and while interacting with staff. The **mask needs to be worn correctly** (over the nose). We know you are tired of doing this and of the pandemic, but these precautions are important.
- Clients will need to **call the Foot Care department at 701-757-4878 and let them know they are waiting outside OR ring the doorbell near the front door.**
- Before entering the building, nurses will ask the client a few assessment **questions** and take the client's **temperature**.
- Upon entry to the building, clients will use **hand sanitizer**.
- **Clients will be escorted to and from the appointment.** No stops along the way will be allowed. **Please only bring what you absolutely need to the appointment. No extra bags or other items allowed.**

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

Jan 5	Aneta Community Center 219 Main Ave., Aneta	9:00 am - Finish
Jan 13	Tolna Lutheran Church 220 Main St., Tolna	9:30 am - Finish
Jan 27	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Jan 28	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish



**IMPORTANT:** We are doing everything we can to keep you safe, but please only come if you are comfortable. Nurses are equipped with proper equipment.

You must call and reschedule your appointment if you are not feeling well in any way. Also reschedule your appointment if you have come into contact with someone who has tested positive for COVID-19 in the two weeks before your appointment.

# Fun around Grand Forks



All photos on this page are from the drive-thru Thanksgiving Feast at the Alerus Center, where 822 meals were served in a little over an hour.



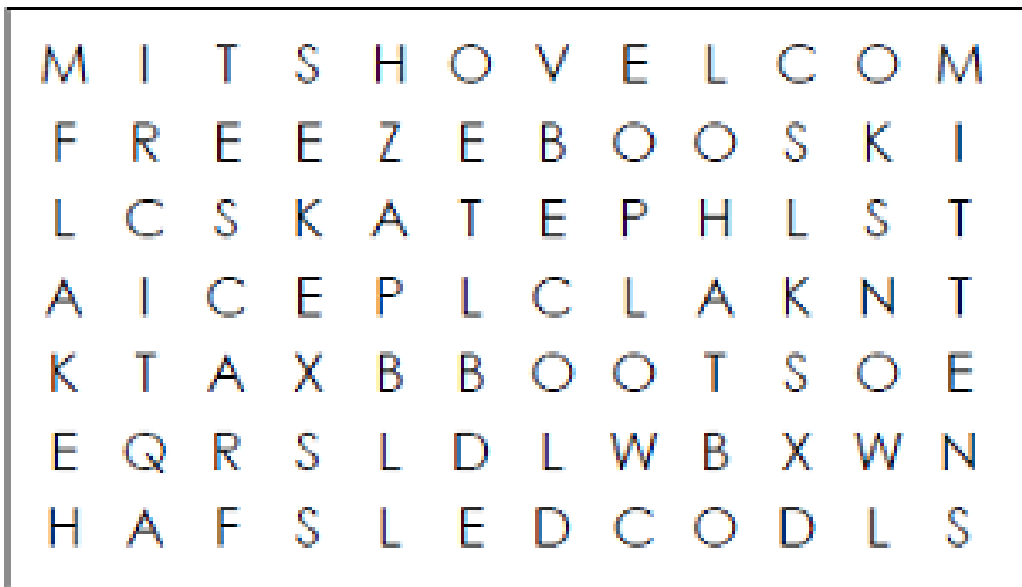




A HUGE thank you to Yvonne Welsh and her family for putting together and decorating holiday treat bags for all of the clients of our meal delivery programs (Meals on Wheels & Home Delivered Meals). Yvonne secured Thrivent Action Team funds to assist with this project.



# Winter Time Word Search



BOOTS  
COLD  
FLAKE  
FREEZE  
HAT

ICE  
MITTENS  
PLOW  
SCARF  
SHOVEL

SKATE  
SKI  
SLED  
SNOW

# Silver Campaign 2020

In the last few days of 2020, you can make a difference in the life of an older adult! Just like for you and me, Coronavirus has turned the lives of seniors upside down.

Keeping older adults healthy and safe is our top priority. You can make sure it happens. With a donation to the Silver Campaign, you will provide meals, emotional support, and make a meaningful difference for an older adult.

Our budget was not prepared for the increased costs and needs that COVID-19 created. As this pandemic continues, your support is essential for these meals to continue.

Please mail a check, call us to donate on a credit card, or go to [www.gfseniorcenter.org/donate](http://www.gfseniorcenter.org/donate). Your donation is needed by December 31, 2020. Please donate today. Thank you in advance for your generosity.



*Thank you to our generous donors who have been supporting the Senior Center's Silver Campaign. All donations received from October 23, 2020, to the end of the year will be counted as Silver Campaign gifts. **The gifts below were received from Nov. 10 to Dec. 8, 2020.** The donors are listed in their **cumulative giving** categories for this period. 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).*

## \$70,538 on our way to a goal of \$100,000

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

Gransberg, Janice

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

Reed, Mary

In memory of Truman P Reed, Jr

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

Evers, Marilyn

In memory of my parents Mr & Mrs Lawrence Evers

Hoffmann, Mark and Jan

Kvidt, Dave and Pam

Lange, Kevin

In memory of Ken Towers

Rene, A Duane

Sandberg, Curt and Ione

For Meals on Wheels

Sundby, Robert

Valley Senior Living

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

American Legion Post #6

Anonymous

Austin, Kevin and Joyce

In memory of Robert (Bob)

Iverson

Broadwell, Ray and Becky

EAPC

Iseminger, Carl and Colette

In memory of Helen Loeffler,

Punky Hanson, Gayle

Jacobson, Don Iverson. In

honor and in memory of our

Marine veteran, Robert

Iverson.

Iverson, Jack and Carol

In memory of Muriel Iverson,

Don Iverson, Robert (Bob)

Iverson

Robinson Excavating

Sondrol, Ron and Melissa

In memory of Nancy Sondrol

Swanson, Karen

Wall's Medicine

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

American Legion Post #157

Anonymous

In honor of Vidette Knain and

in memory of Eugene Knain

Anonymous

In memory of Lance McFarland

Anonymous (5X)

Augustana Lutheran Church Ext

Ministries

## 10 Silver Express

Beal, Earl and Donna  
Bender, Myron and Betty  
Berg, Betty  
Berry, Arlene  
Bjornstad, Mark and Sue  
Bott, Al and Donna  
C & R Cleaners & Laundry  
Camburn, Neal and Joan  
Corbit, James  
Denault, Mary  
    In memory of Douglas Umphrey  
Dickson, Ellen  
Drees, Ken and Maureen  
    For Meals on Wheels  
Drees, Myrna  
    In memory of Nancy Sondrol  
Erickson, Dennis and Cheryl  
Finneseth, Robert  
Frandsen Bank & Trust  
Fraternal Order of Eagles Aerie 350  
Gangelhoff, Harold  
Garver, Bob and Veriena  
    For meals and in memory of  
    Robert (Bob) Iverson  
Gaulke, Ken and Pam  
Gladys Ring Family  
    In honor of Wally Ring, Cindy  
    Stoller, Bob Christopher,  
    Aaron Christopher  
Glover, Ruth  
Gregory, Michael  
Hager, Del and Jean  
Hanson, Larry and Renee  
    In honor of our grandchildren  
Hastings, Bill and Linda  
Haux, Norman and Betty  
Hellyer, Henry and Linda  
Herbst, Jami  
    In memory of Laura Jane  
    Paulson  
Hoeger, Gordon and Dorothy  
Horner, Richard and Dixie  
Hoselton, George and Altendorf,  
    Diane  
Irving, Cindy and Skelly, Bev  
Jacobson, Marlin and Sally

James & Carol Novacek family  
Jensen, Marlys  
Jeska, JoAnn  
    In memory of Robert Jeska  
Jobe, Brenda  
Johnston, Doug and Beth  
Jonson, Marion  
Kerns, Carlene  
    In honor of my amazing sister  
    Jami!  
Kiefat, Mark  
    In memory of Deloy & Eileen  
    Kiefat  
Kirchoffner, Rob and Michelle  
Kirkeby, Dean  
Kroetsch, Wayne and Wagner, Lou  
Krueger, Loren and Laurie  
Kurtyka, Bobbie  
    In honor of Billy Volker  
Kuzel, Susan  
Kvasager, Kay  
    In memory of my parents,  
    Roger & Ida Bakke  
LaMoine, Connie  
Letvin, Marian  
Lill, Dave and Shirley  
Lopez, Evonne  
Marvin, Judi  
McGurrán, Mike and Elizabeth  
Mikkelsen, Merle and Kaye  
Nadeau, Raenett  
    In memory of Clem and  
    Danette Nadeau  
Nelson, Duane and Lila Jane  
Ness, Paul  
Nord, James and Melody  
    In memory of Mark Siegel,  
    Ruth Bustin  
Petsinger, Gayle  
Porter, Mike and Ann  
Pribula, Peggy  
    In memory of Howard Pribula  
Quanrud, Steve and Suzy  
    In honor of my siblings: Helen  
    Potier, Ken & Jennie Quanrud,  
    Robert Quanrud

Reis, Sharon  
Reuter, Neil and Colleen  
    In memory of Ed and  
    Elizabeth Reuter  
Riley, James and Sondra  
    In honor of James Riley family  
Royal Neighbors of America  
    Chapter 138  
Ryan, Jerry  
    In memory of Ruth Hewitt  
    Bustin  
Sanborn, Arthur and Mary Ann  
Sanders, Jack and Leona  
Santangelo, Paul and Dawn  
Schiele, Kathy  
    In memory of Don Schiele  
Schultz, Kenneth and Patricia  
Sem, Stacey and Brenda  
Slominski, Julian and Pecka, Gladys  
    In memory of deceased family  
    members  
St Germain, Bob and Sharon  
    In memory of Nancy Sondrol,  
    Robert (Bob) Iverson, Glenn  
    Peterson  
Steenerson, Gary and Georgia  
    In memory of Lillian Kuster  
Swenson, Ruth  
    In memory of Dona and Ruth  
    Bustin  
Thomas and Lynne McGrath  
    Charitable Fund  
    For Meals on Wheels  
Thompson, Mark and June  
Thorson, Ruth  
Timpe, Ron and Marie  
Tingelstad, Inez  
    In memory of Maynard  
    Tingelstad  
Tupa, Brad and Cheryl  
Tupa, John and Connie  
UND Student Occupational  
    Therapy Association

*(cont. on next page)*

(cont. from previous page)

Walski, Johanna

In memory of Clarence Walski

Walz, Larry

Watland, Diana

Watt, Jim

Welsh, Daniel and Yvonne

In memory of Veraine Surface,  
BJ Shaw

Westrum, Brad

In memory of Lawrence &  
Blanche Westrum

Wingler, Elizabeth

Zick, Charles and Colleen

Zirnhelt, Clair and Ronda

In honor of Jim Laturnus

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

Aamot, Leonard and Avis

Adams, Mary

Akset, Orlin and Colleen

In memory of Robert Huebner,  
Robert (Bob) Iverson

AmazonSmile

Anonymous (3X)

Ashe, Kathy

In memory of Ruth Bustin

Bethke, Gary and Gloria

Boyd, Bob and Dawn

In memory of Paul Middleton

Bures, Frank and Judy

Carlson, Judy

In memory of Juliet Peden

Christianson, Ruth

In memory of Howard Wiegandt

Connell, JoAnn

In memory of Nancy Sondrol

Cox, Don and Lori

Cummings, Judy

In memory of June Loeffler

Feist, Gloria

Grand Forks Senior Center staff

In memory of Robert (Bob)  
Iverson

Gustafson, Bonnie

In memory of Charles Barkie

Hale, Richard and Sarah

In honor of Grace Hale

Hallgrimson, Ken and Barbara

In memory of our parents

Hanson, Carrie

In memory of Robert (Bob)

Iverson, Nancy Sondrol

Hastings, Donna

Hebert, Robert

Herrmann, Karen

In memory of Bob Huebner,

Larry Wheeler, Nancy

Sondrol, Robert (Bob) Iverson,

Gene Hayes

Hoffert, Rodger and Alice

In memory of Robert (Bob)

Iverson

John, Sharon

In memory of LT and Palma

John

Johnson, Laurel and Barbara

In memory of our parents, the

Johnsons & the Torbensons

Johnson, Gary and Ranea

In memory of Nancy Sondrol,

Robert (Bob) Iverson, Bob

Huebner, Larry Wheeler

Kaml, Judy

Kastner, Elda

In memory of Nancy Sondrol

Kjono, Pamela

Knain, Vidette

In honor of my grandchildren

and great grandchildren

Knapp, Jeanne

In memory of June Loeffler

Knudsvig, Craig and Renae

In memory of Robert (Bob)

Iverson

Krogstad, Jeanette

Lehn, Rich and Faye

In memory of Nancy Sondrol,

Larry Wheeler

Litzinger, Robert and Janet

Loiland, Sharon

In memory of Robert (Bob)

Iverson

Lunde, Beverly

In memory of Ken Towers,

Robert (Bob) Iverson, Dale

Andrews

Lutheran Women's Missionary

League

For Home Delivered Meals

Lysne, David and Aida

In memory of Magnus Lysne

Mahnke, Vickie

In memory of Doris Skavhaug,

Richard A Anderson, Larry

Wheeler, Bob Huebner

Majkrzak, Walter

In honor of Avis Majkrzak

Manley, Judy

In memory of Nancy Sondrol

Mattern, Roger and Alice

Mayhair, Roland and Carol

For all of our Senior Center

friends & Robert (Bob) Iverson

McGarry, Dennis and Lynn

Medd, Joel and Amy

Miller, Joe and Kristin

Newhouse, Verna

In memory of my husband

Harold and son Randy

Pampered Paws by Renee

In honor of my dad Warren K

Volker

Parton, Tonya

In memory of Robert (Bob)

Iverson

Paulson, Pauline

In memory of my husband

Hardean L Paulson

Pedersen, Melvin

Randall, Harold and Diana

In memory of Robert (Bob)

Iverson

Renalls, Brenda

In memory of Mary Herbeck

Roberts, Don and Betty

In memory of June (Bug)

Loeffler

Robinette, Paul and Mary

Robinson, Doris

Ryan, Barbara

In honor of Jami Schumacher

Schmidt, Joe and Becky

In memory of Robert (Bob)

Iverson

Schoenrock, Dave and Patty

In memory of Robert (Bob)

Iverson

Schumacher, Matt and Jami

Sears, Mary

In memory of Tracey Cardwell

Shimpa, Traci and Lauri

In memory of Robert (Bob)

Iverson

Sieg, Ruby

In memory of Nancy Sondrol

Smart, Judy

In memory of Robert (Bob)

Iverson, Larry Wheeler

Smith, Bonnie

In memory of Nancy Sondrol

Sondrol, Richard

In memory of Nancy Sondrol

Sondrol, Merlin and Karen

In memory of Nancy Sondrol

Tack, Ralph and Lou

In memory of Robert (Bob)

Iverson

Torrey, Dianne

In memory of Punky Hanson

Trelfa, Phyllis

Twedell, Ray and Pat

In memory of Nancy Sondrol

VFW Ladies Auxiliary Post 1874

Wixo, Jean

Thank you to all who have given so generously to help older adults in our community during this pandemic. We are grateful.

## A Couple More Thank You's

Thank you to Mel & Kathleen Hertel for their \$2,000 gift to the Senior Center's endowment at the Community Foundation.

Thank you also to the UND Jeans Give Back fund for their \$305 grant for Meals on Wheels & Home Delivered Meals.

## 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 2020.

## A Sudoku for You

A sudoku puzzle consists of a 9 by 9 grid. This grid is subdivided into nine 3 x 3 boxes. Some of the cells in the grid are pre-filled with a number between 1 and 9, while many other cells are blank. Your job is to determine the correct number to be entered in each of the empty cells. To figure out which number between 1 and 9 belongs in a particular cell, you need to adhere to the following rules: the numbers 1 through 9 must appear exactly once in each row, once in each column, AND once in each 3x3 box.

		9			1			
	8	1			7			5
					2		6	7
						8	5	
					7	5		
	6			3	9			
	1			5				8
		4						7
							1	3

## JANUARY 2021 - Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$9.75 Please contribute what you can. Suggested donation is \$4.25. EBT/SNAP is accepted

This is the Senior Center's January menu for the meal drive-thru. Menu is subject to change based on availability of food and supplies.

Monday Lunch: Jan 4	Tuesday Lunch: Jan 5	Wednesday Lunch: Jan 6	Thursday Lunch: Jan 7	Friday Lunch: Jan 8
3 oz Lemon Pepper Fish 1/2 c. M. Potato w/ crm gvy (1cs) 1/2 c Green Beans 1/2 c Pears (1cs)	1 c Chix Noodle Casserole (1cs) 1/2 c Broccoli Cookie (2cs) 1/2 c. Mandarin oranges (1cs)	3 oz Roast Beef 1/2 c Mashed Potato w/gravy (1cs) 1/2 c. Squash (1cs) 2" sq Fruited Gelatin (2cs)	2 oz Fishwich on WW Bun (2.5cs) 1 c. Vegetable Soup (.5cs) 1/10 Pumpkin Pie w/top (2cs)	3 oz Baked Chicken 1/2 c Mashed Potato/gravy (1cs) 1/2 c Mixed Vegetables (1cs) Tapioca Pudding w/ 1/2 c fruit (2cs)
Monday Lunch: Jan 11	Tuesday Lunch: Jan 12	Wednesday Lunch: Jan 13	Thursday Lunch: Jan 14	Friday Lunch: Jan 15
3oz Chix Fried Steak-Gvy (1cs) 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) 1 c Vegetable Soup (.5cs) 1/2 c Cherry Cobbler w/top (2cs) No extra Bread	3 oz Swiss Steak (.5cs) 1 sm Baked Poato (2cs) 1/2 c Broccoli 1/2 c Blushing Pear (1cs)	3 oz Liver with Onions (.5cs) Sm Baked Potato (2cs) 1/2 c Yams (1cs) 1/2 c Fruit Cocktail (1cs)	3 oz Baked Tilapia 1/2 c Parslied Potato (1cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Peach Sc (1cs)
Monday Lunch: Jan 18	Tuesday Lunch: Jan 19	Wednesday Lunch: Jan 20	Thursday Lunch: Jan 21	Friday Lunch: Jan 22
CLOSED Martin Luther King Day	6 oz Tuna Noodle Hotdish (1cs) 1 c Romaine Salad Cookie (2cs) Small Orange (1cs)	3 oz Turkey w/1/4c Stuffing (.5cs) 1/2 c M. Potato w/ gravy (1cs) 1/2 c California Blend Veg 1/2 c Apple Crisp w/top (2cs)	3 oz Meatballs in brown gravy (.5cs) 1/2 c Mashed Potato w/gravy (1cs) 1/2 c Carrots (.5cs) 1/2 c Tropical Fruit (1cs)	3 oz Salisbury Steak 1/2c. Whipped Potato w/gravy (1cs) 1/2 c. Scand Vegetables (1cs) 1/2 c Peach Sauce (1cs)
Monday Lunch: Jan 25	Tuesday Lunch: Jan 26	Wednesday Lunch: Jan 27	Thursday Lunch: Jan 28	Friday Lunch: Jan 29
3 oz P/A glazed Pork Chop (.5cs) 1/2 c Boiled Potato (1cs) 1/2 Capri Vegetables (.5cs) 1/2 c Choc Pudding w/top (2cs)	3oz Chickenburger on WW Bun (2cs) 1 c. Cream of Broccoli Soup (1cs) 1/2 c Pineapple Chunks (1cs) Sm Oatmeal Raisin Cookie (1cs)	3 oz Swedish Meatballs (.5cs) 1/2 c Mashed Potato 1/2 c. Carrots (.5cs) 1/2 c Fruit Cocktail (1cs)	3 oz BBQ Ribs Sm Baked Potato w/ sr crm (2cs) 1/2 c Mixed Vegetables (1cs) 1/10 Dutch Apple Pie w/top (2cs)	3 oz Salmonloaf (.5cs) 1/2 c. Mashed Potato (1cs) 1/2 c Creamed Peas (1cs) 1/2 c Peach Sc (1cs)
<b>DRIVE THRU MEAL PICK UP AT THE GRAND FORKS SENIOR CENTER FROM 11:30AM-12:15PM; DINING ROOM IS CLOSED UNTIL FURTHER NOTICE</b>				
Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31 g; 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

1% Milk (1cs); 1 Whole Wheat Bread (unless noted) (2cs); and margarine are available with each meal

Date: \_\_12/9/2020\_ Licensed Registered Dietitian #13899 Colette Sawyer, RRD Colette Iseninger, MS, RD, LRD

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## Bad Weather Info

During bad weather to find out if we are having exercise classes, our meal drive-thru, or if we are delivering meals, call the Sr Center at 701-772-7245, check [www.gfseniorcenter.org](http://www.gfseniorcenter.org), [valleynewslive.com](http://valleynewslive.com), or [www.facebook.com/gfseniors](http://www.facebook.com/gfseniors).

## Wish List

A year of peace and good health for each of you.



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.

Silver Express 15



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**The Grand Forks Senior Center's JANUARY 2021 Silver Express newsletter**  
**Holiday CLOSINGS: Closing at 1 pm on December 31, Closed January 1 and January 18**



# YOUR MEMBERSHIP MATTERS

While we know the Grand Forks Senior Center won't be opened in the first part of 2021, we would appreciate your support through the purchase of a 2021 membership. 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. Thank you in advance for supporting older adults and the Grand Forks Senior Center.