

The Silver Express *Flower Show*

Tuesday, July 26, 2022

Flower show entries due
by 12:00 pm!

Carrie Knutson from
NDSU Extension will
be presenting at 1 pm.

Judging for the following
categories:

- Best Individual Flower
- Most Unique Flower Display
- House Plant
- Best Bouquet/Arrangement
- Best Blooming Potted Plant
- People's Choice



Grand Forks Senior Center (GFSC) Phone Numbers

GFSC General Number	701-772-7245
Executive Director, Colette Iseminger, MS, RD, LRD	701-772-7245
Assistant Director/Development Officer, Becky Broadwell	701-757-4864
Meals on Wheels (MOW) Coordinator, Grace Hale	701-757-2006
Home Delivered Meals (HDM) Paula Altepeter, Rhonda Stephan	701-780-5169
Resources Manager Stacy Narlock, BSW	701-757-4874
Grand Forks Resources, Bailey Kitko, LBSW	701-757-4883
Rural (GF & Nelson) Resources, Joyce Austin	701-757-4881
Activity Manager, Ranea Johnson	701-757-4866
Gaming Supervisor, Dennis Nelson	701-757-4873
Public Relations Manager, Amanda Rengstorf	701-757-4863
Kitchen Supervisor/Head Cook, Gerri Davis	701-757-4871
Sit-Down Meal Information & Frozen Meals, Mary Johnson	701-757-4869
Health (Foot Care) Appointments	701-757-4878
Health Manager, Shirley Lill, RN, BSN	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 Zirnheld

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: 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.

Table of Contents

04-05	From the Director's Chair
06-09	Activity Info
10-11	Activity Calendar
12	GFSC Resources: Medicare Assistance (SHIC)
13	Summer Safety Tips for Seniors
14	Donations & Memorials
15	Additional Activity Info
16	Summer Word Search
17	Volunteers/ Summer Salad Info
18-19	Fun Around the Center
20	Foot Care Appointments
21-22	July Menu
23	Senior Rider Info
BACK	BINGO at the Senior Center

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.

MEMBERSHIP NOTE!

GFSC memberships are now half-price for the remainder of the year. \$10 for an individual and \$15 for a couple. You can either print and mail a form from www.gfseniorcenter.org

membership or call 701-772-7245. Support the GFSC with a membership.

Paid Advertisement

We specialize in keeping older adults and their caregivers **ACTIVE** and **INDEPENDENT!**

Therapy in the home = Better Outcomes!

Reduce Falls

Increase Independence

Reduce Stress

Increase Function

Reduce Pain

Increase Safety



Call: 218-230-2171

www.hometherapysolutionsnd.com

From the Director's Chair

by Colette Iseminger



Vitamin B-12

Lindsey English, UND Student Dietitian



What is it and why does it concern me?

Vitamins play important roles in our body's functions. There is one that should be of extra interest to older adults: Vitamin B-12. This is because as one gets older, it is less easily taken up by the body. Certain medications commonly used by older adults also limit absorption of this vitamin. Because of this, 5% to 40% of adults ages 65 or older are low in Vitamin B-12.

Signs of B-12 Deficiency

- Anemia
- Weakness
- Tiredness
- Heart Palpitations
- Shortness of Breath
- Constipation
- Diarrhea
- Memory Troubles



Medications Affecting B-12

- Heartburn medications
 - Prilosec OTC
 - Nexium
 - Prevacid
- H2 blockers for acid reflux
 - Tagamet
 - Pepcid AC
 - Zantac

How do I meet the recommendations?

Meat and animal products are high in Vitamin B-12, so eat meat or dairy a few times a week. If you do not wish to eat meat, soy products and fortified cereals also contain Vitamin B-12. If you are concerned you are not getting enough, talk to your doctor about taking a supplement! Try this easy slow-cooker beef stroganoff for two for a boost of B-12!

Slow Cooker Beef Stroganoff (2 servings)

- ½ pound chuck meat, cubed in ½ to ¾ inch cuts
- ¼ cup chopped onions
- 2 cloves of garlic
- 1 can reduced sodium cream of mushroom soup
- 1 4oz can of sliced, no salt added mushrooms, drained
- ¼ teaspoon pepper
- ⅔ cup plain whole milk Greek yogurt
- 1 ½ cup cooked egg noodles



Slow Cooker Beef Stroganoff (2 servings) - Continued from page 4

Steps:

1. In 2 ½ - to 3 ½ - quart slow cooker, mix beef, onion, soup, mushrooms, and pepper.
2. Cover and cook on low heat setting 8 to 10 hours or until beef is very tender.
3. Stir sour cream into beef mixture.
4. Cook noodles according to package directions. Serve meat mixture over noodles.

Nutrition Facts

Calories: 565	
Calories from Fat: 180	DV
Total Fat: 20g	26%
Cholesterol: 180mcg	60%
Sodium: 790mg	34%
Total Carbohydrates: 57g	21%
Fiber: 6g	21%
Protein: 51g	
Vitamin B12: 3.8mcg	158%



References: Wong, C. W. (2015). Vitamin B12 deficiency in the elderly: Is it worth screening? Hong Kong Medical Journal, 21(2), 155-164
<https://doi.org/10.12809/hkmj1443883>

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

Too Old To
Die Young
performing at
12:45 pm



To reserve tickets, call 701-772-7245 with the full name and birthdate of each person who would like a meal. **Limited tickets available. You cannot get a ticket at the park.** Pick up your tickets at the Grand Forks Senior Center ahead of time. If needed, we can also mail them out.

Suggested contribution of \$5 for people 60+ and their spouses. \$12 for those under 60, to be paid when tickets are picked up. A contribution envelope will be given with your tickets. To make a contribution, put your cash or check in the envelope. Bring your contribution and tickets to the food line at the park. No sit-down lunch at the Senior Center this day.

Bring your own lawn chair. Limited seating will be available at shelter #3.

PURSE DONATIONS NEEDED!

We are seeking donations of gently-used purses, wallets, and totes, especially colorful items for our annual Purse Sale (no jewelry please). **We are currently accepting donations and the deadline for purse donations is Monday, August 1.** Bring to the GFSC front desk.

Purse Sale

Aug 16, 12:30 pm - 4:00 pm



GFSC 2022 TRIPS



Aug 4 | "Twist & Shout" at the Jasper Theater in Park Rapids

Cost - \$72 per person



Aug 23-24 | Medora, ND

Cost includes transportation, one night lodging, Medora Musical ticket, Pitchfork Fondue, Gospel Brunch, & Teddy Roosevelt Show ticket.

Cost - \$410 per person (double occupancy)

July 13 | "The Sound of Music" at Frost Fire Theatre in Walhalla - FULL

Bus will leave for Frost Fire at 10 am from Hugos (off of Gateway) 1925 13th Ave N.

Sept 19-23 | Mackinac Island/Duluth - FULL

*Must be a GFSC member to attend any GFSC trip. Proof of vaccination is required for 2022 trips. Check or cash only. (If we have to cancel, it will be easier to refund.) Trip sheets with detailed info are at the GFSC front desk or you can find info online at

gfseniorcenter.org/trips.

Questions? Contact Ranea Johnson at 757-4866 or activity@gfseniorcenter.org.



Tech Support
 July 6 & 20
 (Afternoons)

Need help with your Cell phone, Tablet, Kindle, or Lap Top?

Call 701-757-4866 to schedule an appointment.



Coffee & Pie with a Cop

Tuesday, July 19
 2 pm - 3 pm

Come have coffee and pie with Sergeant Kris Brown. Peach Pie & Ice Cream will be available for \$2



AARP Driver's Safety Class
 Wednesday, August 3 from Noon - 4 pm
 Call Ranea at 701-757-4866 to register.
 Class size is limited.
 (July 6 class is full.)

Driver's Safety

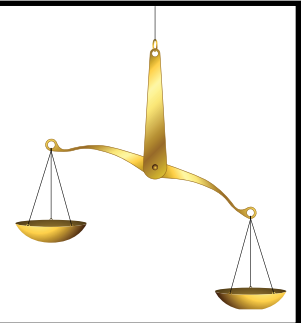
TECH **Talk** Class

Thursday, July 7
at 10:30 am
 at the Grand Forks
 Senior Center

July's topic will be "What do they do?! Apps on your phone and how to use them" We will show you how to set reminders, take notes with the note pad, use the calculator and more. Bring your device to the class. Call 701-757-4866 to register. Class size is limited.

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, July 21 from 9:30 am - 11:30 am. Call 701-852-4369 ext 331 to make an appointment ahead of time. Walk-ins accepted as time allows.



Crochet Class/Gathering Group

For those who want to learn the basics, to seasoned crocheters who would like a refresher or helpful tips, all are welcome. We will have a volunteer teaching crochet classes starting on **Thursday, July 21 at 10 am** and twice a month on the 1st and 3rd Thursdays starting in August.

This class will meet on the Lower Level in Meeting Room A.

If you are just starting out, bring a skein of light colored worsted weight yarn, and a size "H" or "I" crochet hook. We also have a few extra hooks and yarn if needed.

Class size is limited. Call Ranea at 701-757-4866 to register.



Wish List

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

- **1lb. and 2lb. hand weights for exercise classes**
- **Small, Medium and XL Incontinence Pads (Also known as Depends)**
- **Electric Fans (New or gently used)**

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.



Check Out Our Library!

Large selection of books by New York Times bestselling author, Jennifer Chiaverini just came in. No library card needed – no checkout needed-- just take, read and return to the bin in the corner of the library.



Music Monday

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

July 4

July 11

July 18

July 25

CLOSED FOR INDEPENDENCE DAY

Peat Moss (Greg Norman)

Too Old to Die Young performing for Party in the Park at Lincoln Park at 12:45 pm at Shelter # 3

The Odds & Ends



July 2022 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No Monthly Creations this month.				1 9:00 am Gift Shop Crafters 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee
4 CLOSED FOR INDEPENDENCE DAY 	5 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 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	6 9:30 am Men's Coffee 10:00 am Game Group 12:00 pm AARP Driver's Safety Class 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment	7 9:30 am Men's Coffee 10:30 am Tech Talk 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)	8 9:00 am Gift Shop Crafters 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee 10:30 am Silvertones Practice
11 9:30 am Men's Coffee 10:30 am Book Club 12:45 pm Open Wii Bowling 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:15 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)	12 9:00 am Tour 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 Safety & Fall Prevention Presentation 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)	13 9:30 am Men's Coffee 10:00 am Frost Fire Trip (Departure from Hugos at 1925 13th Ave N.) 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)	14 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)	15 9:00 am Gift Shop Crafters 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">18</p> <p>9:30 am Men's Coffee 11:30 am Party in the Park (Lincoln Park) 1:00 pm Dominoes 1:00 pm Pinochle 2:15 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p align="center">19</p> <p>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 1:30 pm Beginner Tai Chi 2:00 pm Coffee & Pie w/ a Cop (\$2 for pie & ice cream) 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p align="center">20</p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church) Tech Support - Call for an appointment</p>	<p align="center">21</p> <p>9:30 am Legal Services 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 align="center">22</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 10:30 am Silvertones Practice</p>
<p align="center">25</p> <p>9:30 am Men's Coffee 12:45 pm Open Wii Bowling 1:00 pm Dominoes 1:00 pm Music Monday 1:00 pm Pinochle 2:15 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p align="center">26</p> <p>9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Weight Management Support Group 10:00 am Women's Coffee 12:00 pm Flower Show 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 align="center">27</p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p align="center">28</p> <p>9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) 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 align="center">29</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>

Building Updates

- As it gets warmer outside, we want to encourage you to dress in layers when you come to the Grand Forks Senior Center. We try to keep it a comfortable temperature, but it is better to be prepared than to be too hot or too cold.
- The city of Grand Forks has started construction on 4th Street which will remain in effect until mid July-August. We recommend taking alternative routes to get here and we will do our best to keep you updated on our Facebook page at www.facebook.com/gfseniors and in this newsletter if anything changes.

GFSC Resources

Medicare Assistance



Medicare Assistance that is **Free & Unbiased**

Navigating the complex world of Medicare can be challenging. The North Dakota Insurance Department offers the State Health Insurance Counseling (SHIP) program.

Our team of trained counselors can offer assistance in all areas of Medicare insurance issues, including Original Medicare, Medicare Part D, Medicare Advantage plans and long-term care insurance.

All of this is available to North Dakota residents at no-cost. Since our counselors are not affiliated with any companies, our assistance is unbiased and puts your interests first.

When it comes to Medicare, you are not alone.

**State Health
Insurance
Counseling**
North Dakota Insurance Department

How we can help.

- » **Paperwork, bills & statements**
Let's work together to understand all the paperwork and statements you received after a hospital stay, doctor visit or any other medical experience.
- » **Claims & appeals**
We'll help with issues that arise when filing a claim, plus assist you with submitting any necessary appeals.
- » **Options for coverage**
Finding the right coverage for you can be tough. We'll help you find the best plan for you, along with any optional coverage.
- » **Plan ahead**
We can help with any issues with long-term care insurance and help understand what it is.



(888)575-6611

TTY Line: (800)366-6888



NDSHIC@nd.gov



insurance.nd.gov

Interested in volunteering?

If you're looking for opportunities to help others in your community, we're looking for you! You'll help fellow North Dakotans navigate Medicare. Contact us today for details!



SHIP

State Health Insurance
Assistance Program



**North Dakota
Insurance
Department**

Safeguarding Promises. Fostering Fairness.

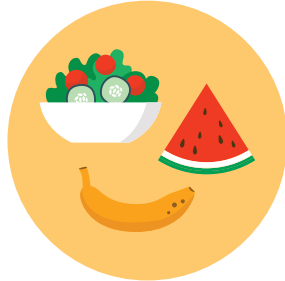
The State Health Insurance Counseling (SHIC) program is affiliated with the North Dakota Insurance Department. This publication has been created or produced by the Department with financial assistance, in whole or in part, through a grant from the Administration for Community Living.



SUMMER SAFETY TIPS FOR SENIORS



DRINK
PLENTY OF WATER



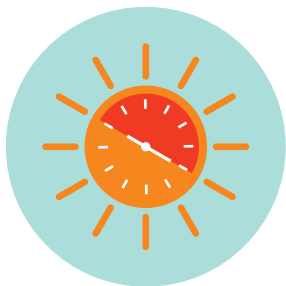
EAT FRESH FOOD



AVOID ALCOHOL
AND CAFFEINE



AVOID USING STOVE
AND OVEN



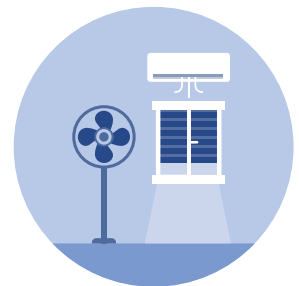
STAY AWAY FROM DIRECT
SUN EXPOSURE FROM
ABOUT 10 AM TO 4 PM



USE SUNSCREEN
TO AVOID SUNBURN



AVOID
STRENUOUS ACTIVITIES,
GET RESTED



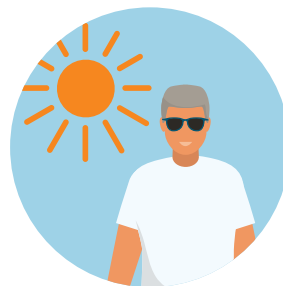
KEEP YOUR HOUSE COOL,
OR SPEND TIME
IN PLACES WITH
AIR CONDITIONING



TAKE COOL SHOWERS
AND BATHS



PLACE A COOL
WASHCLOTH ON THE
BACK OF YOUR NECK



WEAR SUNGLASSES
OUTDOORS



WEAR LIGHT-COLORED
LOOSE CLOTHING

Safety & Fall Prevention Presentation - Tuesday, July 12 at 1 pm

Kara Welke from Home Therapy Solutions will be at the Grand Forks Senior Center to talk about home safety and fall prevention.

Donations & Memorials

Thank you for these donations received May 6, 2022 to June 6, 2022.

A donor's cumulative giving from this period is listed, including Brighter Side Society Members. (Brighter Side Society Members are designated by the * symbol.) Thank you all for your generosity!

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

- Target Circle 2022

Donations of \$500 - \$999

- Martin, Janell

Donations of \$250 - \$499

- Anonymous

Donations of \$100 - \$249

- American Legion Post #157
- Connell, JoAnn
- Erickson, Dennis and Cheri*
- Haas, Gary
- Skavlem, Allan
- St. Paul's Lutheran Church of Honeyford
- Westacott, Richard
In memory of Del Westacott

Donations of \$99 and Under

- AmazonSmile
- Anonymous*
- Asche, Tim and Pat
In memory of Elsie Asche
- Austin, Kevin and Joyce
- Belobraydic, Matt and Rochelle*
- Broadwell, Ray and Becky*
- Bubb, Mike and Cathy
In memory of Elsie Asche
- Burris, Donna
In memory of Herb Helgeson, Marlene Kuntz, Mary Herbeck, Paulette Hogan
- Einarson, Einar and Elaine
In memory of Elsie Asche
- Ellingson, Curtis
In memory of Donald 'Skip' Hodge

- Hanson Carrie
In honor of Richard Westacott, Evelyn Landis, Mary Beth Kalenze
- Herrmann, Karen*
- Iseminger, Carl and Colette*
- Iverson, Avis
In memory of Clarice Kennedy
- Lunde, Beverly
In memory of Dallas Kopp
- Mattern, Alice*
- Novak, Wayne and Joan
In memory of Terry Aafedt
- Pedersen, Melvin
- Sandberg, Curt and Ione*
For Meals on Wheels
- Sanderson, John and Rita
In memory of Elsie Asche
- Schiele, Kathy*
In memory of Don Schiele
- Schumacher, Matt and Jami*
- Sulland, Steve and Linda*
- Zirnhelt, Clair and Ronda*

* Brighter Side Society

If you would like to become an automatic monthly donor, contact Becky at 701-757-4864.



Transportation to FARGO

The Walsh County Transportation Program takes a bus to Fargo the second Monday of each month for \$15 round trip. The bus departs at 9:00 am from the I-29 South Truck Stop (Flying J) in GF and leaves Fargo at 3:00 pm to come back. Call 701-284-7980 by 3:00 pm the Friday before for reservations.



Join us for Game Group!

Do you love games?! We have a group that gets together every Wednesday at 10 am to play games. Rack-o is a popular game they like to play.

Tour the Senior Center

Tuesday, July 12 at 9 am

Meet in the lobby. All are welcome.

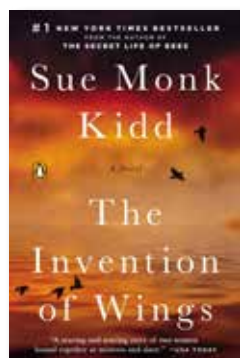
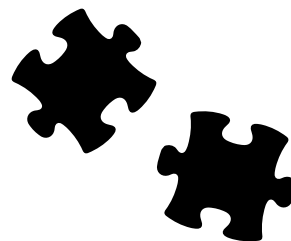
No RSVP needed.

Tours are given the first Tuesday of each month. (July's date changed due to holiday) Plan for an hour. You will be seated most of the time.



Jigsaw Puzzles for Loan

We have a variety of jigsaw puzzles for loan at the Grand Forks Senior Center! Borrow one today!



Constant Reader's Book Club

Monday, July 11 at 10:30 am (2nd Monday each month)
Will be discussing "Invention of Wings" by Sue Monk Kidd
New people welcome! Book for August, "The Storied Life of A.J. Fikry" by Gabrielle Zevin will be handed out at this gathering.



Summer

Word Search

Y G A T M W S H E L L R D E
C R P S T A F Z J R I V R T
W A E S M S W S R S D E O R
Y S I C E C R E A M M I H A
C S C Q I P L A Y M V Q A V
W K H P D V K C U I P F B E
K V M U I F E S C A M P E L
S E T H U N D E R S T O R M
M B N R S U N F L O W E R V
K U X S S A N D A L S W I R
J D F U S T B J O U R N E Y
X Y T N E V S A P W W N S Z
O O G W F R I E N D S S M S
H Z O K P R W A T E R T W S



SUN
TRAVEL
ICE CREAM
THUNDERSTORM

JOURNEY
SHELL
BERRIES
SANDALS

SUMMER
PLAY
FRIENDS
CAMP

WATER
GRASS
SUNFLOWER
HOT



Meal Delivery Volunteers Needed

Home Delivered Meals, located in Altru Hospital, needs volunteers on Wednesdays and Fridays from 11:00 am – 12:30 pm.

Meals on Wheels, located in the Grand Forks Senior Center, needs volunteers on Fridays, from 10:30 am - Noon.

Both meal delivery programs are in need of substitutes!

Please contact Home Delivered Meals (701-780-5169, HDMeals@midconetwork.com) or Meals on Wheels (701-757-2006, mow@gfseniorcenter.org) if you'd like to volunteer. Thank you for helping keep our older adults fed & safe!

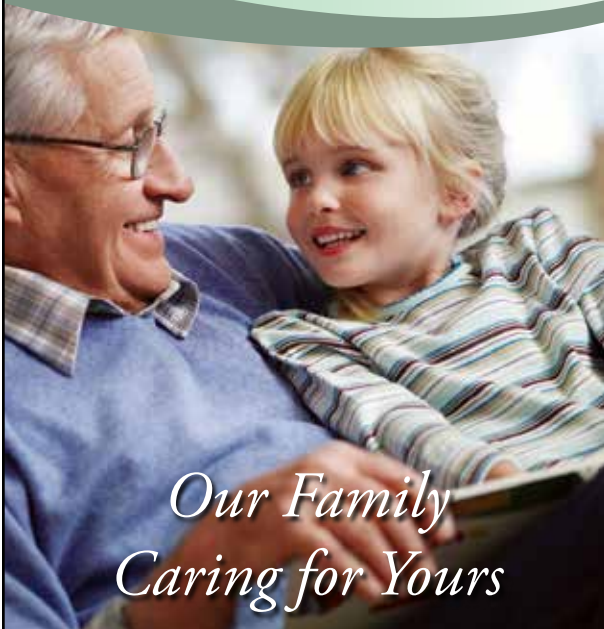
Paid Advertisement



Entree Salads (Reservations Required for Meals on Wheels and sit-down meals at the Senior Center.)

If you look at the menu (pg 21-22), you will see we are offering entrée salad plates again. For these salads, **YOU NEED TO MAKE RESERVATIONS** as we are only making as many salads for which we have reservations. For a noon meal, reservations need to be made by 4 pm the day before. If you are at the Senior Center, make your reservations with your key tag (ask at the front desk). If you are at home, call 772-7245 to make your reservation. A sheet with a picture of each salad and a list of ingredients is found at the GFSC front desk. You do not need to make a reservation for taco salad.

*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

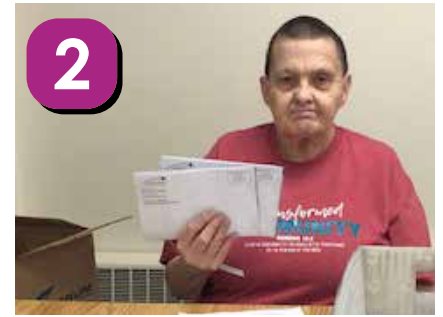
valleyseniorliving.org
701.787.7563



FUN AROUND THE CENTER

- 1-3 Newsletter mailing volunteers
- 4 Ashley Magner presenting for Alzheimer's Awareness Month
- 5-7 Monthly Creations Class - Button Flowers
- 8 Taking photos at the June Tech Talk Class at All Season's Garden Center
- 9 Domino fun!
- 10 Silvertones performing for Music Monday
- 11-15 Enjoying Music Monday
- 16-17 "BINGO!" Nicolas, pictured in #17 was the winner of our \$520 jackpot!

Join us on Thursday, July 7 for a \$100 Bingo Giveaway!





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 \$25 for foot care.

Foot Care Appointments

APPOINTMENTS AVAILABLE

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 here
(by appointment only).

July 19	Aneta Community Center 219 Main Avenue, Aneta	9:00 am - Finish
July 27	Tolna Lutheran Church 220 Main Street, Tolna	9:30 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.



July 2022 - Grand Forks Title III Older Americans Act Food Program

The full cost of the meal is: \$6 Breakfast; \$11 Lunch. Suggested donation is \$2.00 for Breakfast; \$4.25 for Lunch. EBT/SNAP and Credit Cards are accepted at GFSC only. You may call 701-772-7245 to run your card. Those under 60 years are required to pay the full cost of the meal. 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:
Ham & Egg on WW Muffin (2 cs) 3/4 oz Cold Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	2 Small Blueberry Pancakes (3 cs) 2 oz Turkey Sausage 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Small Denver 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)	Sausage Egg WW Muffin (2 cs) 3/4 oz Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1cs) 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)
Monday Lunch:	Tuesday Lunch:	Wednesday Lunch:	Thursday Lunch:	Friday Lunch: July 1
*Entrée Salads must be pre-ordered with your meal reservation (except Taco Salad)		MENU SUBJECT TO CHANGE WITHOUT NOTICE		6 oz Roast Beef in Gravy or Chicken in Gravy 1/2 c Egg Noodles (1 cs) 1/2 c Mixed Vegetables (1 cs) Sm Grape Bunch (1 cs)
Monday Lunch: July 4	Tuesday Lunch: July 5	Wednesday Lunch: July 6	Thursday Lunch: July 7	Friday Lunch: July 8
CLOSED FOR INDEPENDENCE DAY	No Breakfast Today 3 oz Stuffed Pepper (.5 cs) or Baked Chicken (1cs) Sm Baked Potato (2 cs) 1/2 c Broccoli Cuts 1/2 c Pear Sauce (.5 cs)	3 oz Meatloaf (.5 cs) or BBQ Pork Chop (.5cs) 1/2 c Potato Salad (1 cs) 1/2 c Buttered Carrots (2 cs) 1/2 c Fruited Gelatin (2 cs)	Salmon Loaf (.5 cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) or Southwestern Caesar Salad* (3 cs) 1/2 c Strawberries (1 cs)	3 oz Chicken Supreme or 6 oz Chili (1 cs) Baked Potato (2 cs) 1/2 c Green Beans 1/2 c Fresh Fruit (1 cs) Small Cookie (2 cs)
Monday Lunch: July 11	Tuesday Lunch: July 12	Wednesday Lunch: July 13	Thursday Lunch: July 14	Friday Lunch: July 15
Philly Sandwich (2 cs) or Hot Dog on WW Bun (2 cs) 1/2 c Macaroni Salad (2 cs) 1/2 c Baked Beans (2 cs) 1/2 c Mandarin Oranges (1 cs)	Tuna Salad on Bun (2 cs) 1/2 c Potato Salad (2 cs) 1/2 c Coleslaw(1 cs) or Mediterranean Chicken Salad* (3 cs) 1/10 Cherry Pie w/Topping (2 cs)	3 oz Swedish Meatballs (1 cs) or Turkey in gravy 1/2 c Mashed Potatoes (1 cs) 1/2 c Cooked Carrots (.5 cs) 1/2 c Peach Crisp/Topping (2 cs)	3 oz Cranberry Glazed Chicken (1 cs) or 4 oz Beef Stroganoff Small Baked Potato (1 cs) 1/2 c Beets (.5 cs) 1/2 c Cantaloupe Cuts (1 cs)	3 oz Swiss Steak or Baked Chicken (.5 cs) 1/2 c Boiled Potatoes (1 cs) 1/2 c Broccoli Cuts Sm Grape Bunch (1 cs)

Happy 4th of July and Happy Summer!

Monday Lunch: July 18	Tuesday Lunch: July 19	Wednesday Lunch: July 20	Thursday Lunch: July 21	Friday Lunch: July 22
3 oz Salmon or 3 oz Pineapple Pork Chop (1 cs) Small Baked Potato (1 cs) 1/2 c Beets (1 cs) 1/2 c Mandarin Oranges (1 cs) No Sit down Lunch @ Sr Center (See starburst below*)	Taco Salad (2-3 cs) or 8 oz Tuna Casserole (2 cs) 1/2 c Spinach Salad with Tomato 1/2 c Fruit Cup (1 cs)	BBQ Chicken on WW Bun (2 cs) or 2 oz Fishwich on WW Bun (2.5cs) 1/2 c Potato Salad (1 cs) 1/2 c Carrots (.5 cs) 1/2 c Blueberry Crisp with Topping (2 cs)	Applesauce Ribs (.5 cs) 1/2 c M. Pot w/ Cream gravy (1cs) 1/2 c Broccoli Cuts or Seafood Supreme Salad * (3 cs) 15 Fresh Grapes (1 cs) 1" x 2" Special K Bar (3 cs)	Spaghetti w/Meat Sauce (2 cs) or 3 oz Herb Chicken 1/2 c Mashed Potatoes with Gravy (1 cs) 1 c Romaine Salad/dressing (.5 cs) 1/2 c Ambrosia Cup (1 cs)
Monday Lunch: July 25	Tuesday Lunch: July 26	Wednesday Lunch: July 27	Thursday Lunch: July 28	Friday Lunch: July 29
1 c. Chicken Wild Rice Casserole (2 cs) or 3 oz Crax Crumb Fish (.5 cs) 1/2 c Potatoes Au gratin (3 cs) 1/2 c Stewed Tomatoes (1 cs) 1/2 c Peach Sauce (1 cs)	3 oz Fish Almondine (.5cs) or Sweet/Sour Meatballs (1cs) 1/2 Sweet Potato (1 cs) 1/2 c Oriental Blend (.5 cs) 1/2 c Watermelon	3/4 c Turkey Tidbits w/Gravy (.5 cs) 1/2 c Whipped Potatoes (1 cs) 1/2 c Mixed Vegetables (.5 cs) or Cheeseburger Pie (2 cs) Angel Food Cake w/1/2 c Berries & Topping (1 cs)	8 oz Hung. Goulash (2cs) 1/2 c Broccoli or Turkey Melon Salad (3cs) 1/10 Fruit of Forest Pie w/Topp (2 cs)	3 oz Pork Roast with Gravy or Cabbage Roll (1cs) 1/2 c Boiled Potatoes (1 cs) 1/2 c Green Beans 1/2 c Cantaloupe Cuts (1 cs) Small Cookie (2 cs)
Check other sites for their serving times. Entree choices at the Gand Forks Senior Center only.	Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 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		No reservations required at the Grand Forks Senior Center (620 4th Ave South). Reservations required at these sites: Homestead-1639 24th Ave South from 11:45-12:15 The Link-300 Cherry Street from 11:15-11:30. Visit your site by the day before to make your reservations.	

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

Date: 5/12/2022 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 available for pick-up anytime we are open. Call 701-757-4869 to place an order. Frozen meals are \$3.50 each. A list of current frozen meals can be found at gfseniorcenter.org/frozenmeals. This list is updated daily.

***No sit down lunch at the Senior Center on July 18 due to Party in the Park. Drive-thru will be available.**

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

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 • 701-780-8162

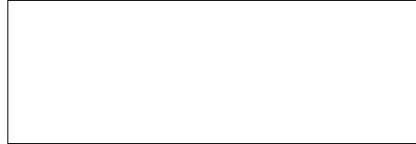
If you would like to receive this newsletter (either in the mail or by email), you no longer wish to receive this newsletter, or your address is changing, please contact the GF Senior Center at 701-772-7245 or pr@gfseniorcenter.org. If you live outside of Grand Forks or Nelson county, you will need to 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

Like us on Facebook!
www.facebook.com/gfseniors

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



The Grand Forks Senior Center will be closed July 4th, 2022



BINGO

Wednesdays at 1 pm
Thursdays at 1 pm

The price of a bingo card is \$2.
There are 15 games and two jackpots.
(It is just \$2 total to play ALL games.
You do not pay for each game.)

There are four additional games with
80% payout after the main session.
The additional games are also \$2 per card.

July 7 - \$100 Bingo Giveaway