

The Silver Express

Lane Lindseth
performing at
12:45 pm
(Updated
after print.)

Party in the Park

**June 27, 2022
in Lincoln Park**

Lunch Served: 11:45 am - 12:30 pm
Tickets are required for lunch.

MENU

Hamburger
Potato Salad
Chips
Fresh Fruit
Water

.....
From the
Ground Round
Food Truck

No sit-down lunch at the Senior Center this day.

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.

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

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

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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 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.

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



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

Discrimination is Prohibited

If you are otherwise qualified, your rights to receive the services or benefits provided at this facility without regard to your race, color, religion, sex, national origin, age, or handicap are protected by Federal Law. If you believe you are have been discriminated against, contact Colette Iseminger at 620 4th Ave S, Grand Forks, ND 58201, 701-772-7245, or contact one of our Board of Directors listed on page 2.



From the Director's Chair

by Colette Iseminger



“Lions and Tigers and Bears, OH MY!”

If we could sum up this quote from the *Wizard of Oz* into today's world, it would be **“Supply Shortages, Bird Flu and Price Inflation, OH MY!”** What a time we live in. I wanted to take this time to say a few words about what our kitchen is going thru with all of the above.

Supply Shortages - Every week when we order food and paper products, we have many items that we are not able to get. Because of this, we are having to order items we have never used before. We have no idea what the quality will be like, and they usually charge way more than we have ever paid before. We are just starting to see the effects of bird flu as most of the chicken products we have ordered before are no longer available. I know some of you are not happy as you have sent in notes. All I can say is we are doing the best we can with what we can get.

Bird Flu - This issue will most likely be with us for the next year. Once a flock is culled, it takes a year to disinfect to the point that a new flock can be started. If chicken and turkey become scarce or too expensive, we will be forced to make substitutions that will not be part of the poultry family.

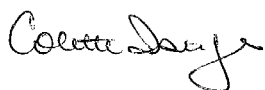
Price Inflation - Everything is up in price. If you haven't been to the grocery store lately, you should go just to see the prices. Eggs have doubled or tripled in price. Our trays that the meals are served in are double what we used to pay pre-pandemic, and the company has to ration them, so at this point we are just grateful that we can still get them.

What one person likes, another person doesn't. Food likes and dislikes are very individual. So, for those of you who send me notes saying you want more of something and less of something else, here is my answer. I try to make our menus with a variety of food, so that everyone gets their favorites at some time or another. We have nutritional requirements that we have to follow which means a lot of fruit and vegetables, and not so many baked items. Put baked goods on your grocery list if that is something you must have. Some things, like iceberg lettuce, don't even count as a vegetable as it has no

nutrients in it, so you will see more of romaine, spring mix and spinach. We try to do more fresh fruits, vegetables and salads in the summer when the availability, quality and price make it more feasible. Soups and hot dishes are served more in the winter when we need a “warm-me-up meal”. Most items used need to freeze and reheat well, so we can use the extras for our frozen meal program.

Hats off to our cooks and kitchen workers who are some of the best around. They are here day in and day out, preparing hundreds of meals per day in a very small space. The number of meals we are serving is up 33% over pre-pandemic. It might not be perfect, but as I said before, they are doing the best they can with what they are getting. **Stop by and tell them “THANKS”**.

‘Til next time,



Colette Iseminger
MS, RD, LRD
Executive Director

Wish List

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

- **4'x 6' Outdoor USA Flag with grommets**
- **Chucks Pads**
- **Incontinence Pads (Also known as Depends)**

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.

Paid Advertisement



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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



TECH **Talk** Class

**Thursday, June 2
at 10:30 am**

Class will be held at All
Season's Garden Center*
5101 S Washington St

TECH Talk Classes are a time to learn about tech issues important to you! Amanda will be teaching a class each month on a different tech topic. June's topic will be "**Photography using your Tablet or Phone**" Bring your device to the class. Call 701-757-4866 to register. Class size is limited.

***Note: Change in location for this class.**

Medication Take Back Event



June 23, 11:00 am - Noon in the Drive-Thru

Unused medications kept at your home can pose a danger, especially if young children visit. In partnership with the Grand Forks Sheriff's Department, Safe Kids Grand Forks will be hosting a Medication Drop Off event at the Grand Forks Senior Center. You can bring any outdated or unused over-the-counter or prescription medications for disposal to this event. Bring them in their original containers and someone from the Sheriff's office will be there to collect them in the drive through lunch line.

Monthly Creations Patriotic Pint Jars

June 8 at 10 am

Each person will make two jars.

Cost is \$2 You must make a reservation.
Call 701-757-4866 to reserve your spot.
Class size is limited to 10 participants.

Thank you with great appreciation to those who donated salt and pepper shakers, buttons and pint jars for our crafts!





Silvertones

The Grand Forks Senior Center Choir will be performing for Music Monday on June 13 at 1 pm. If you like to sing and are interested in joining the choir, join us for practice.

We practice Friday mornings twice a month. See calendar on page 10 for dates.



Looking For:

A volunteer to teach crochet classes 1 or 2 times a month. If interested, call Ranea at 701-757-4866.

July 18 - Party in the Park

Tickets go on sale June 28

July 26 - Flower Show

Carrie Knutson from NDSU Extension will be judging the following categories:

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



Aug 16 - Purse Party

PURSE DONATIONS NEEDED!

We need donations of gently-used purses, wallets, and totes for our annual Purse Sale (no jewelry please). We will start accepting donations immediately and the deadline for purse donations is Monday, August 1. Bring to the GFSC front desk.



Music Monday

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

June 6
June 13
June 20
June 27

Carol & Cleo
GFSC Silvertones
Barb Graf
Too Old to Die Young performing for Party in the Park at Lincoln Park at 12:45 pm at Shelter # 3

Tech Support

June 8 & 15
(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, June 21
2 pm - 3 pm

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



Express Your-Selfie

Tuesday, June 7
11 am -12:30 pm

GFSC Lobby

Brooke will be at the Grand Forks Senior Center to teach you how to take a selfie photo using your camera on your phone or tablet.

AARPSM



Driver's Safety

AARP June Driver's Safety Class

Wednesday, July 6 from Noon - 4 pm

Call Ranea at 701-757-4866 to register.

Class size is limited. (June's class is full.)

Constant Reader's Book Club

Monday, June 13 at 10:30 am (2nd Monday each month)

Will be discussing "Lillian Boxfish Takes a Walk" by Kathleen Rooney

New people welcome! Book for July, "Invention of Wings" by Sue Monk Kiddwill, will be handed out at this gathering.



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, June 16 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.



GFSC 2022 TRIPS

July 13 | “The Sound of Music” at Frost Fire Theatre in Walhalla

Featuring many cherished songs, including “Climb Ev’ry Mountain,” “My Favorite Things,” and more!

Cost - \$91 per person (Deadline to register is June 24)



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

Cost - \$72 per person



Aug 23-24 | Medora Musical

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

Cost - \$410 per person (double occupancy)



Sept 19-23 | Mackinac Island/Duluth

Professionally escorted tour includes: 4 nights lodging, 7 meals, Mackinac Island guided carriage tour, Lake Michigan ferry, Church Basement Ladies “Plowin’ Thru” production, Leinenkugel Brewery, Cady Cheese Plant, Gooseberry Falls, Split Rock Lighthouse and more!

Cost - \$1115 per person (double occupancy)



*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.



**BINGO at 1 pm every Wed & Thurs
at the Grand Forks Senior Center**

\$2 a card

Please do not bring large bills such as \$100 or \$50's.



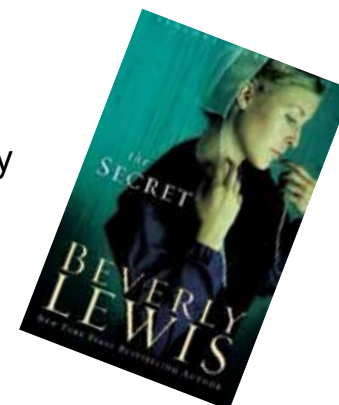
June 2022 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>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)</p>	<p>2</p> <p>9:30 am Men's Coffee 10:30 am Tech Talk (All Season's Garden Center) 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>3</p> <p>9:00 am Gift Shop Crafters 9:00 am Healthy Bones 9:30 am Men's Coffee 10:00 am Women's Coffee</p>
<p>6</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>7</p> <p>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 11:00 am Express Your-Selfie 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Exploring Alzheimers 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>8</p> <p>9:30 am Men's Coffee 10:00 am Game Group 10:00 am Monthly Creations Patriotic Mason Jars (\$2) See page 6 for details 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>9</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>10</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>13</p> <p>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</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>No exercise classes at Hope Church June 13 - 17</p> </div>	<p>14</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 Dementia Conversation 1:00 pm Farkle 1:30 pm Beginner Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong</p>	<p>15</p> <p>9:30 am Men's Coffee 10:00 am Game Group 1:00 pm Bingo (\$2/card) 1:00 pm Whist & Pinochle Tech Support - Call for an appointment</p>	<p>16</p> <p>9:30 am Legal Services 9:30 am Men's Coffee 11:00 am Board Meeting 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</p>	<p>17</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>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20</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>21</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) 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p>22</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>23</p> <p>9:30 am Men's Coffee 11:00 am - Noon Drive-Thru Medication Take Back 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>24</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>27</p> <p>9:30 am Men's Coffee 12:45 pm Open Wii Bowling 1:00 pm Dominoes 11:30 am Party in the Park (Lincoln Park) 1:00 pm Pinochle 2:15 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p>28</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 12:45 pm Trivia 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>29</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>30</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>	

Check Out Our Library!

We have received a donation of paperback and **large print** books by Beverly Lewis. Come check them out! Visit the Grand Forks Senior Center Library, located on the 2nd floor! No fees, or due dates.



Thank You

Thank you so much to these individuals for your in-kind donations! We greatly appreciate it!



- Thank you to Vernon Gornowicz of Vern's Rental who donated 100 lbs of ground beef to our meal program.

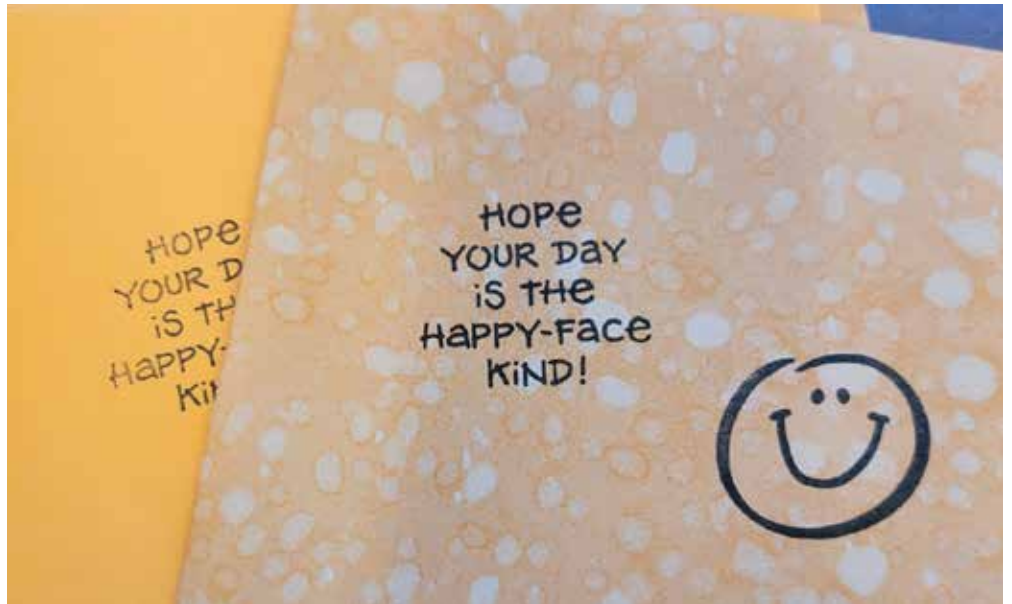
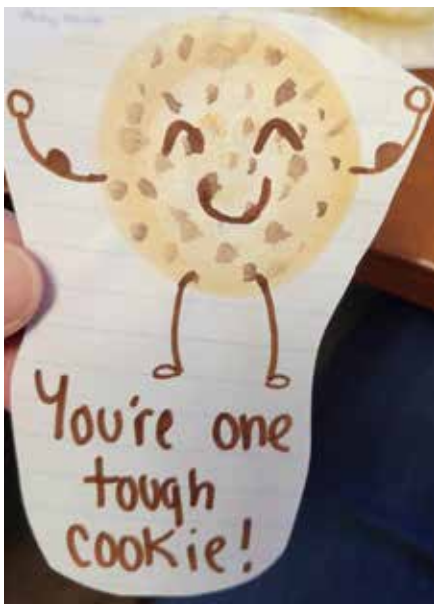


- Thank you to the Grand Forks Girl Scouts for 180 boxes of cookies for Meals on Wheels and Home Delivered Meals clients.

- Thank you to the East Grand Forks Girl Scouts for an additional 215 boxes of cookies for Party in the Park and other activities.



- Thank you to AARP for donating a DVD player for our Driver's Safety Course videos.



The Difference One Letter Can Make: Letters Against Isolation

The Grand Forks Senior Center has partnered with a program called “Letters Against Isolation”. It was started early in the pandemic by two teenage sisters who recognized how lonely their grandparents got during quarantine. The program has many volunteers across the country who agree to write and mail notes to seniors to help brighten their day. We have sent letters to our Meals on Wheels and Home Delivered Meals clients and have had a positive response. Several clients called the same day they got a letter. One client told us “It made my whole month!” 😊

How to play:

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares” (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square.

Sudoku Puzzles

Solutions on page 17

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

Puzzle # 1

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

Puzzle # 2

Donations & Memorials

Thank you for these donations received April 11, 2022 to May 5, 2022.

A donor's cumulative giving from this period is listed, including Brighter Side Society Members.

Thank you all for your generosity!

Donations of \$10,000 & Up

- Grand Forks Housing Authority
- 60 Meals at the Link Homestead

Donations of \$100 - \$249

- Anonymous
- Carroll, Bonnie
- Erickson, Dennis and Cheri
- Gray, Irene
In memory of Paulette Hogan
- Lofberg, Janice
- Red River Lions Club
For delivered meals
- RETRAX
In memory of Peggy Pruet

Donations of \$99 and Under

- Anonymous
- Belobraydic, Matt and Rochelle
- Broadwell, Ray and Becky
In memory of Marilee Koopman
- Gulson, Orris
In memory of Ann Gulson
- Herrmann, Karen
- Hogan, Shirley
- Iseminger, Carl and Colette
- Lunde, Beverly
In memory of Clara Laughlin
- Mahnke, Vickie
In memory of Marilee Koopman

- Mattern, Alice
- Pedersen, Melvin
In memory of Lila Pedersen
- Roberts, Don and Betty
In memory of Joanne Sjol, Vilma Thompson
- Sandberg, Curt and Ione
For Meals on Wheels
- Schiele, Kathy
In memory of Don Schiele
- Schumacher, Matt and Jami
- Sonterre, Lisa
- Sulland, Steve and Linda
- Venaccio, Michael and Vicki
- Wilson, Neil and Ann
- Zirnhelt, Clair and Ronda



Tour the Senior Center

Tuesday, June 7 at 9 am

Meet in the lobby. All are welcome.
No RSVP needed.

Tours are given the first Tuesday of each month. Plan for an hour. You will be seated most of the time.



Word Search

Solution on page 23



BIRDS
CHIPS
FRUIT
GROUND ROUND
JUNE
LUNCH
PARTY
SQUIRREL
TREES

CENTER
FOOD TRUCK
GRAND
GUITAR
LAWN
MUSIC
SALAD
SUNSHINE
TREES

CHAIR
FORKS
GRASS
HAMBURGERS
LINCOLN
PARK
SENIOR
TICKET

GFSC Resources

Scootin' Around Just Got Easier!

Did you know the Senior Center has an assistive safety equipment loan program?

The Grand Forks Senior Center Resources team offer short-term rentals to individuals who are recovering from a fall or surgery, or those wanting to see which items will best suit their needs before investing into a potentially significant purchase.

Items for short-term rental include, but are not limited to: walkers, canes, rollators, knee scooters, grabbers, bed rails, shower stools/chairs/benches, portable bath rails, toilet risers, commodes, bed rails, sock aids, tennis balls for walkers, and trays for walkers. All of these items can be loaned for up to three months. Wheelchairs/transport chairs are also available to loan for a maximum of one month.

All equipment has been graciously donated or purchased with grant funds for this program. If you are interested in loaning any of these items or if you have equipment you would like to donate, please call our main line at 701-772-7245 and ask to speak to the resources department. Contributions are greatly appreciated for short-term use!





Friday Meal Delivery Volunteers Needed

Home Delivered Meals, located in Altru Hospital, needs volunteers on 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 deliver programs are in need of substitutes as well.

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

Sudoku Puzzle Solutions

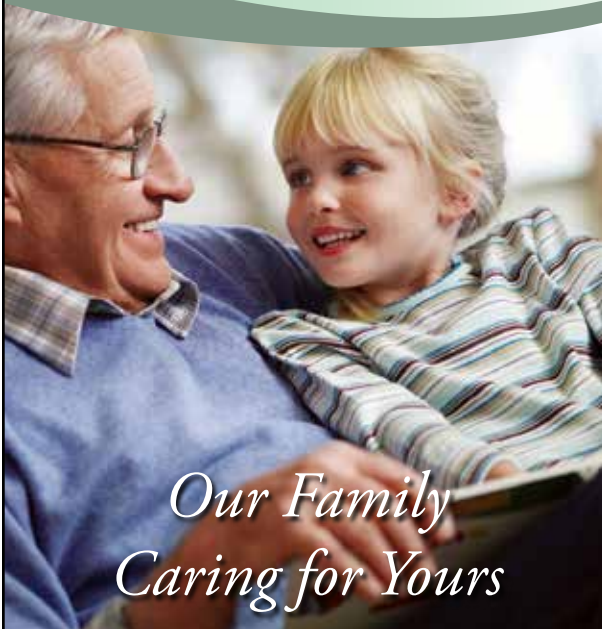
Puzzle # 1

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

Puzzle # 2

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

*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



FUN AROUND THE CENTER

- 1 Creating button bouquets for Monthly Creations.
- 2 Alice and Colleen serving popcorn on May 4th for Senior Citizen's Day
- 3 AARP's Driver's Safety class.
- 4 Mark Ryan performing for Music Monday on May 2nd.
- 5-7 Card players having fun.
- 8 BINGO time!
- 9-11 Enjoying exercise classes at Hope Church.





5



6



7



8



9



10



11

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.

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).

June 1	Tolna Lutheran Church 220 Main Street, Tolna	9:30 am - Finish
June 15	Nelson Co. Courthouse 210 B Ave. West, Lakota	9:00 am - Finish
June 16	Nelson Co. Courthouse 210 B Ave. West, Lakota	9:00 am - Finish
June 22	McVille Fire Hall 203 Baldwin Street, McVille	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.

June 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:
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)	Ham & Egg WW Muffin (2cs) 3/4 oz Cold Cereal (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 (1 cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrowns (1 cs) 1 Slice WW Toast (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Small 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)
Tuesday Lunch: May 31		Wednesday Lunch: June 1	Thursday Lunch: June 2	Friday Lunch: June 3
Entrée Salads must be pre-ordered with your meal reservation for the Sr Center meal site (except Taco Salad)	Hot Dog on Bun (2cs) or 3 oz Polish Sausage & Saurkraut on Bun (2 cs) 1/2 c Potato Salad (1 cs) 1/2 c. Buttered Carrots (.5 cs) 1/2 c Fruit Cocktail (1 cs)	3 oz Swiss Steak or Baked Chicken (.5 cs) 1/2 c Boiled Potatoes (1 cs) 1/2 c Broccoli Cuts 15 Grapes (1 cs)	3 oz Meatballs in Gravy (1 cs) 1/2 c Mashed Potato (1 cs) 1/2 c Oriental Blend (.5 cs) or Turkey & Melon Salad (3 cs) 1/2 c Strawberries (1 cs)	3 oz Salmon Loaf (.5 cs) or Baked Chicken Fried Steak (.5 cs) 1/2 c Mashed Potatoes (1 cs) 1/2 c Creamed Peas (1 cs) 1/2 c Cherry Crisp with Topping (2 cs)
Monday Lunch: June 6	Tuesday Lunch: June 7	Wednesday Lunch: June 8	Thursday Lunch: June 9	Friday Lunch: June 10
3 oz Baked Cod or 8 oz Chili (.5cs) Sm Baked Potatoe (1 cs) 1/2 c Green Peas (1 cs) 1/2 c Mandarin Oranges (1 cs)	8oz Tuna Noodle Cass (2 cs) 1/2 c Mixed Vegetables (.5cs) 1/2c Coleslaw or Chicken Caesar Salad* (3cs) 1/2 c Fresh fruit cup (2 cs)	3 oz Swedish Meatballs (1 cs) or Pork Chop in gravy 1/2 c Mashed Potatoes (1 cs) 1/2 c Cooked Carrots (.5 cs) 1/2 c Peach Crisp with Topping (2 cs)	2 oz Sloppy Joes on WW Bun (3 cs) or Chickenburger on WW Bun (2 cs) 1/2 c Pea-Cheese Salad (1 cs) 1/2 c Corn (1 cs) 1/2 c Strawberries (1 cs)	3 oz Cranberry Glazed Chicken (1 cs) or 4 oz Beef Stroganoff Small Baked Potato (1 cs) 1/2 c Green Beans 1/2 c Cantaloupe Cuts (1 cs)
Monday Lunch: June 13	Tuesday Lunch: June 14	Wed Lunch: June 15	Thursday Lunch: June 16	Friday Lunch: June 17
3 oz Pineapple Pork Chop (1 cs) or 3 oz Salmon Small Baked Potato (1 cs) 1/2 c Beets (1 cs) 1/2 c Mandarin Oranges (1 cs)	Stuffed Cabbage Roll (1 cs) 1/2 c Baby Red Potatoes (1 cs) 1/2 c Baked Squash (1 cs) or Seafood Supreme Salad* (3 cs) 1/2 c Blueberry Crisp with Topping (2 cs)	Taco Salad (2-3 cs) or Turkey Pot Pie (2cs) 1/2 c Mixed Veg (.5cs) 1 small orange (1 cs) 1" x 2" Special K Bar (3 cs)	3 oz Hot Roast Beef Sand (2 cs) or Hot Turkey Sandwich (2 cs) 1/2 c Whipped Potatoes with Gravy (1 cs) 1/2 c Yams (1cs) 1/2 c Cantaloupe Cuts (1 cs)	Applesauce Ribs (.5 cs) or Stuffed Pepper (.5cs) 1/2 c Mashed Potatoes with Cream Gravy (1 cs) 1/2 c Broccoli Cuts 15 Fresh Grapes (1 cs)

Monday Lunch: June 20	Tuesday Lunch: June 21	Wed Lunch: June 22	Thursday Lunch: June 23	Friday Lunch: June 24
3 oz. Sweet & Sour Chicken (1cs) or BBQ Riblet 1/2 c Macaroni Salad with Veggies (1cs) 1/2 c Green Peas (.5 cs) 1/2 c Cherry Sauce (1 cs)	3 oz BBQ Meatballs (.5 cs) 1/2 c Potatoes Au gratin (3 cs) 1/2 c Stewed Tomatoes (1 cs) or Grilled Chicken Salad* (3 cs) 1/2 c Strawberries(1 cs)	3 oz Pork Roast with Gravy or Chicken Wild Rice Cass (2 cs) 1/2 c Boiled Potatoes (1 cs) 1/2 c Green Beans 1/2 c Cantaloupe Cuts (1 cs)	3 oz Herb Chicken 1/2 c Buttered Noodles (1cs) or Spaghetti w/Meat Sauce (2 cs) 1/2 c Carrot Krinkles (.5 cs) 1/2 c Apple Crisp with Topping (2 cs)	3 oz Cracker Crumb Fish (.5 cs) or 3 oz Meatballs in Gravy 1/2 c Mashed Potatoes with Cream Gravy (1 cs) 1/2 c Peas (1 cs) 1/2 c Fresh Fruit Cup (1 cs)
Monday Lunch: June 27	Tuesday Lunch: June 28	Wed Lunch: June 29	Thursday Lunch: June 30	Friday Lunch:
3 oz BBQ Chicken (1 cs) or Tilapia 1/2 c Creamed Potatoes (2 cs) 1/2 c Beets (.5 cs) 1/2c Peach Sauce (1 cs) (See starburst below*)	2 oz California Burger on WW Bun (2 cs) 1/2 c Potato Salad (1 cs) 1/2 c Baked Beans (2 cs) or Chef's Salad* (2-3 cs) 1/2 c Cantaloupe (1 cs)	3 oz Pork Chop in Mushroom Gravy or Meatloaf (.5cs) 1/2 c Buttered Egg Noodles (1 cs) 1/2 c Mixed Vegetables (.5 cs) 1/2 c Strawberries (1 cs)	3 oz Polish Sausage & Saurkraut or Parmesan Chicken 1/2 c Carrots Sm Baked Potato(2 cs) Small Watermelon Wedge Small Cookie (2 cs)	MENU SUBJECT TO CHANGE WITHOUT NOTICE
Check other sites for their serving times. Entree 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 31.24 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 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.

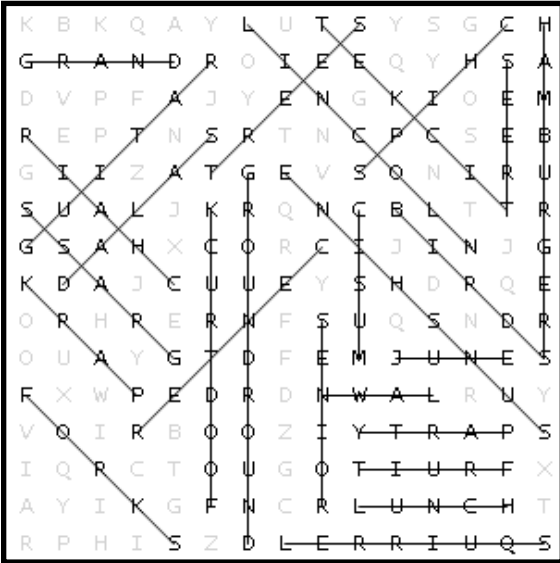
Date: 4/21/2022 Licensed Registered Dietitian #13899 Colette Iseminger Colette Iseminger, MS, RD, LRD

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 **June 27th** due to Party in the Park. Drive-thru will be available.

Word Search Solution from page 15



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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.

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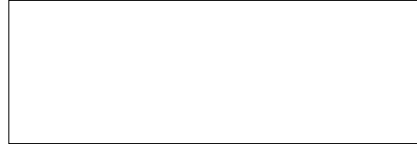
If you would like to receive this newsletter (either in the mail or by email), you no longer wish to receive this newsletter, or your address is changing, please contact the GF Senior Center at 701-772-7245 or pr@gfseniorcenter.org. If you live outside of Grand Forks or Nelson county, you will need to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



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The Grand Forks Senior Center Silver Express - June 2022

ALZHEIMER'S AWARENESS MONTH

— JUNE —



Join us at the Grand Forks Senior Center for two presentations this June for Alzheimer's Awareness Month. Attendance is open to seniors, staff and Grand Forks senior providers.

Exploring Alzheimer's - Tuesday, June 7, 2:30 pm

Ashley Magner from Edgewood Healthcare

Dementia Conversations: Driving, Doctor Visits, Legal, & Financial Planning Tuesday, June 14, 1:00 pm

Mary Ann David from the Alzheimer's Association