

# The Silver Express



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

701-772-7245

## *Easter* **FEAST** for Seniors

**NOTE:** There will be no evening meal at the Grand Forks Senior Center on Tuesday, March 31. We will be closing at 4:30 pm.

celebrating EARLY on  
**Tues, March 31, 2020**  
at the Alerus Center

**Alerus Center (enter doors 4 and 5)**

10:30 am Doors open  
11:30 am Meal, then Cathy  
Erickson Band

The GF Senior Center will be hosting their annual Easter meal at the Alerus Center again! Suggested dinner contribution of \$5 for people 60+ and their spouses. For all others, meal cost is \$10. **Reservations required! Must call 701-772-7245 by Fri., March 20 at 3 pm (if tickets are still remaining) for reservations.** You can call after this date and see if there have been any cancellations. **Please provide the FULL NAME and BIRTHDATE for each person for whom you are making reservations.** Chicken with a lemon butter and caper sauce will be served. If you would like the gluten-free or vegetarian option, you must indicate that when making your reservation. Please pick up tickets ahead of time at the GF Senior Center (620 4th Ave S) if possible.



### **Transportation**

Consider carpooling with others or be dropped off if mobility is an issue. Enter through doors 4 or 5. If making Senior Rider reservations, do so early.

# 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.....	701-757-2006
Home Delivered Meals (HDM) <b>Paula or Rhonda</b> .....	701-780-5169
MOW/HDM Service Coordinator, <b>Sue Quirk</b> .....	701-757-4874
Resources Manager & Nelson Co, <b>Joyce Austin</b> .....	701-757-4881
Resources Coordinator, <b>Libby Kathman</b> .....	701-772-7245
Resources Coordinator, <b>Lynn McGarry, MSW, LCSW</b> ...	701-757-4877
Resources Coordinator, <b>Nina Lovell, LSW</b> .....	701-772-7245
Activity Manager, <b>Ranea Johnson</b> .....	701-757-4866
Activity Assistant/Gaming, <b>Amber Hahn</b> .....	701-757-4873
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

### President

Rich Lehn

### Vice President

Bob Rost

### Secretary

Alice Mattern

### Treasurer

Brenda Sem

Jerry Ditullio

Karen Herrmann

Dean Kirkeby

Craig Knudsvig

Emily Nielsen

Curt Sandberg

Mary Sears

Michael Venaccio

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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:** Only people 60 and older.

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

**Home Delivered Meals:** Any age.

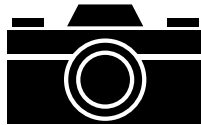
**Bingo:** People 18 and older, according to state gaming laws.

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



# The Silver Express<sup>®</sup>

March 2020



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

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Back	Style Show & Tea

THANK YOU to the Midco Foundation for the \$1,000 grant to purchase the large TV and the DVD player for the Garden Room. Now our speakers can present high quality visuals during their presentations. Thank you also to Altru Health System for the installation of railings in the back half of the Garden Room to be used for various exercise and balance classes. *Picture to the right: a health coach from Natural Grocers using the TV, but you can also see the new railings.*



**Tour** of the Grand Forks Senior Center

**Tues, Mar 3, 2020**  
**10:30 am**

Gather in the lobby

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

# From the Director's Chair by Colette Iseminger



## Critical: Complete Your Census Form

The 2020 Census is starting this month. You might think you don't matter, but **YOU DO COUNT!** Filling out your census form and getting counted means money for the state, county, city, and for the Grand Forks Senior Center. Did you know that our federal contract (the money we receive from the federal government for partial funding of meals and foot care) is based on census data? It is. So that is why it is so important for you to fill out your census form.

Plus, completing your census form is easy! **All you need is the following for each person living at your residence on April 1, 2020:**

- name
- gender
- date of birth
- age
- race (like White)
- origin (like Norwegian)
- telephone number
- whether the residence is owned (with or without a

loan) or rented (payment or rent free)

That's it.

This census is different from previous ones in how you will fill it out. For this census, you will receive a letter in the mail in March with three options on how to proceed with filling out your census form:

- **OPTION #1** - Fill out your form **online** at [www.census2020.gov](http://www.census2020.gov), using a special code or link that will be in this letter
- **OPTION #2** - Request a **paper form be mailed** to you for you to complete
- **OPTION #3** - Call a phone number and complete the census **over the phone**

The Senior Center knows many seniors do not have computers and/or internet, so we are here to help. From April 1-3 and then again from April 6-7, we will have volunteers in our lobby to help you complete your

census form online. The *April Silver Express* newsletter will have the complete details.

People who are required to do the in-depth census form have already received it. If you got that large paper census, you are required by law to complete it. If you need assistance, please call 701-772-7245 and ask for 'Resources' and someone will be glad to assist you.

It is also important you complete your census form before May. If your census is not done by May, a census worker will come to your door to get it completed. Let's make their job easier and get our census forms done before May 1. Thank you!

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

*The confidentiality policy for the census is found on pages 18-19.*



# AARP Tax Aide

EGF Campbell Library - 422 4th St NW

Offered February 1, 2020 through April 11, 2020

First-come, first-serve times

Wednesdays: 9:00 am to 3:00 pm

Fridays: 9:00 am to 3:00 pm

(closed on Good Friday, April 10)

Saturdays: 10:00 am to 1:00 pm

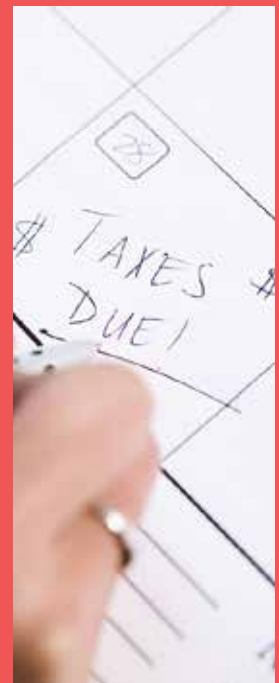
Please do not call the EGF Library. When you go for an appointment, be prepared to wait.

This program is for seniors AND low-income individuals. NOTE: If the library is closed, there will be no AARP tax aide that day.

## IMPORTANT

Bring

- current photo ID
- Social Security cards for everyone on tax return
- tax information
- last year's tax return
- Bank acct routing # and acct # (if direct deposit for refund)



## Would you consider switching to receive your *Silver Express* newsletter by email?

The Grand Forks Senior Center currently prints over 2,300 *Silver Express* newsletters each month and mails about 2,000 of them. Another 400 people receive the newsletter by email. In an effort to save on resources, would you consider switching to email? If so, you are emailed the link to the newsletter each month and it is ALWAYS available on our website, so you can have it with you wherever you go (and it is in full color). If you would like to switch to receive the newsletter by email, either stop by the front desk and provide your email address or email Jami at [jamis@gfseniorcenter.org](mailto:jamis@gfseniorcenter.org) and let her know.

## HOMETOWN HEARING SOLUTIONS



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

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

Call 701-738-8028 or 866-738-8028  
or check out [www.trfhearing.com](http://www.trfhearing.com)

## Widow/Widower Support Group

8 Mondays beginning **March 16, 2020**

**7:00 pm - 9:00 pm**

**Calvary Lutheran Church**

1405 South 9th Street

Grand Forks, ND

Contact: Phyllis at 775-7444

This group is a spiritually-centered, interdenominational group led by clergy and lay leaders. It is open to anyone, of any age, who has experienced the death of a spouse. The purpose of the group is to help with grief and to help make changes and adjustments. Registration is not required. Attend as often as you can - no fee.



# March 2020 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>9:00 am Men's Coffee                      10:30 am Chair Yoga (\$2)                      12:30 pm Balance Class                      12:45 pm Trivia                      1:00 pm Pinochle  <b>NO WEIGHT TO CHANGE</b>                      2:00 pm Dominoes                      2:00 pm Sip 'n Spell                      2:30 pm Farkle                      3:00 pm Line Dancing (\$2)</p>	<p><b>3</b></p> <p>9:00 am Men's Coffee                      9:00 am Healthy Bones                      10:00 am Coffee &amp; Coloring                      10:00 am Computer Help                      10:00 am Weight Mgmt  <b>10:30 am Monthly Tour</b>                      11:00 am Qigong                      12:30 pm Wii Bowling League                      1:00 pm Bingo                      1:00 pm Crochet Class (\$3)                      3:30 pm Healthy Bones</p>	<p><b>4</b></p> <p>9:00 am Men's Coffee                      9:00 am Walking Group (Grand Cities Mall)  <b>9:30 am Caramel Rolls!</b>  <b>10:00 am AARP Driver's Safety</b>                      10:00 am Game Group                      10:00 am Ready, Set, Stretch (\$2)                      1:00 pm Bingo                      1:00 pm Whist &amp; Pinochle                      3:30 pm Chair Yoga (\$2)</p>	<p><b>5</b></p> <p>9:00 am Men's Coffee                      10:30 am Chair Yoga (\$2)                      11:30 am Qigong                      1:00 pm Bingo                      1:00 pm Bunco (\$2)                      3:30 pm Healthy Bones  <b>5:00 pm Sr Supper Outing. Olive Garden. Must RSVP with Amber 701-757-4873.</b></p>	<p><b>6</b></p> <p>9:00 am Men's Coffee                      9:00 am Healthy Bones                      9:00 am Crafts                      10:00 LCR (\$.75/game)                      10:00 am Women's Coffee  <b>1:00 pm Larry Wheeler performing</b>                      1:00 pm Pinochle</p>
<p><b>9</b></p> <p>9:00 am Men's Coffee  <b>10:00 am Senior Med Patrol</b>                      10:30 am Chair Yoga (\$2)                      12:45 pm Trivia                      1:00 pm Pinochle                      1:00 pm Weigh 2 Change                      2:00 pm Dominoes  <b>2:00 pm Pie &amp; Coffee w/ a Cop - Fruits of the Forest (\$2)</b>                      2:30 pm Farkle                      3:00 pm Line Dancing (\$2)</p>	<p><b>10</b></p> <p>9:00 am Men's Coffee                      9:00 am Healthy Bones                      10:00 am Coffee &amp; Coloring                      10:00 am Computer Help  <b>10:15 am 'My Aching Hip' by Achieve Therapy</b>                      11:00 am Qigong                      12:30 pm Wii Bowling League                      1:00 pm Bingo                      1:00 pm Crochet Class (\$3)                      1:00 pm Vision Support Group                      3:30 pm Healthy Bones  <b>5:50 pm 'Community Care' by Altru Home Health</b></p>	<p><b>11</b></p> <p>9:00 am Men's Coffee                      9:00 am Walking Group (Grand Cities Mall)                      10:00 am Game Group                      10:00 am Ready, Set, Stretch (\$2)                      1:00 pm Bingo                      1:00 pm Whist &amp; Pinochle                      3:30 pm Chair Yoga (\$2)                      Chester Fritz: <i>Buddy Holly</i> show trip</p>	<p><b>12</b></p> <p>9:00 am Men's Coffee                      10:00 am Hearing Aid Cleaning &amp; Ear Inspection                      10:30 am Chair Yoga (\$2)                      11:30 am Qigong                      1:00 pm Bingo                      3:30 pm Healthy Bones  <b>TBD Senior Movie Outing. Contact Amber at 701-757-4873 beg. March 9 for movie info and time</b></p>	<p><b>13</b></p> <p>9:00 am Men's Coffee                      9:00 am Healthy Bones                      9:00 am Crafts                      10:00 LCR (\$.75/game)                      10:00 am Women's Coffee                      10:30 am Silvertones Chorus                      12:30 pm Balance Class                      1:00 pm Pinochle  <b>1:30 pm STYLE SHOW (Tickets required. See back cover)</b></p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16</b> 9:00 am Men's Coffee <b>10:00 am Book Club</b> 10:30 am Chair Yoga (\$2) <b>10:30 am Hearing Support</b> 12:30 pm Balance Class 12:45 pm Trivia 1:00 pm Pinochle 1:00 pm Weigh 2 Change 2:00 pm Dominoes 2:00 pm Sip 'n Spell 2:30 pm Farkle 3:00 pm Line Dancing (\$2)	<b>17</b> 9:00 am Men's Coffee 9:00 am Healthy Bones 10:00 am Coffee & Coloring 10:00 am Computer Help 10:00 am Weight Mgmt 11:00 am Qigong 12:30 pm Wii Bowling League 1:00 pm Bingo 1:00 pm Crochet Class (\$3) 3:30 pm Healthy Bones <b>5:50 pm St Patrick's FUN</b>	<b>18</b> 9:00 am Men's Coffee 9:00 am Walking Group (Grand Cities Mall) 10:00 am Game Group 10:00 am Ready, Set, Stretch (\$2) 12:30 pm Balance Class 1:00 pm Bingo 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (\$2)	<b>19</b> 9:00 am Men's Coffee 9:30 am Legal Aid of ND 10:00 am Caregiver Support <b>10:00 am Finance Committee</b> 10:30 am Chair Yoga (\$2) <b>11:00 am Board Meeting</b> 11:30 am Qigong 1:00 pm Bingo 1:00 pm Bunco (\$2) 3:30 pm Healthy Bones	<b>20</b> 9:00 am Men's Coffee 9:00 am Healthy Bones 9:00 am Crafts 10:00 LCR (\$.75/game) 10:00 am Women's Coffee 12:30 pm Balance Class <b>1:00 pm Baby Boomers Entertainment</b> 1:00 pm Pinochle
<b>23</b> 9:00 am Men's Coffee 10:30 am Chair Yoga (\$2) 12:30 pm Balance Class 12:45 pm Trivia 1:00 pm Pinochle 1:00 pm Weigh 2 Change 2:00 pm Dominoes 2:00 pm Sip 'n Spell 2:30 pm Farkle 3:00 pm Line Dancing (\$2)	<b>24</b> 9:00 am Men's Coffee 9:00 am Healthy Bones 10:00 Coffee & Coloring 10:00 am Computer Help 10:00 am Weight Mgmt 11:00 am Qigong 12:30 pm Wii Bowling League 1:00 pm Bingo 1:00 pm Crochet Class (\$3) 3:30 pm Healthy Bones <b>5:50 pm 'Hero of Warsaw Ghetto' by C Hannesson</b>	<b>25</b> 9:00 am Men's Coffee 9:00 am Walking Group (Grand Cities Mall) 10:00 am Game Group 10:00 am Ready, Set, Stretch (\$2) 12:30 pm Balance Class 1:00 pm Bingo 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (\$2)	<b>26</b> 9:00 am Men's Coffee <b>9:00 am Newsletter Labeling</b> 10:30 am Chair Yoga (\$2) 11:30 am Qigong 1:00 pm Bingo <b>1:00 pm Monthly Creations 'Clay Pot Bunny.' Must RSVP to Ranea by 3-24-20</b> 3:30 pm Healthy Bones	<b>27</b> 9:00 am Men's Coffee 9:00 am Healthy Bones 9:00 am Crafts 10:00 LCR (\$.75/game) 10:00 am Women's Coffee 10:30 am Silvertones Chorus <b>1:00 pm Dan Lee performing</b> 1:00 pm Pinochle
<b>30</b> 9:00 am Men's Coffee 10:30 am Chair Yoga (\$2) 12:30 pm Balance Class 12:45 pm Trivia 1:00 pm Pinochle 1:00 pm Weigh 2 Change 2:00 pm Dominoes 2:00 pm Sip 'n Spell 2:30 pm Farkle 3:00 pm Line Dancing (\$2)	<b>31</b> 9:00 am Men's Coffee NO A.M. HEALTHY BONES NO COFFEE & COLORING NO COMPUTER HELP NO WEIGHT MGMT NO QIGONG <b>11:30 am Easter FEAST at the Alerus</b> NO WII BOWLING NO CROCHET <b>2:00 pm SPECIAL Bingo</b> 3:30 pm Healthy Bones <b>CLOSING AT 4:30 PM</b>			

# Activities & Special Events



**NEEDED**

**Mailing Volunteers**

**Thursday, March 26 at 9 am**

*The Silver Express newsletter*

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



Support Groups at the Grand Forks Senior Center

## BINGO



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

The price of a bingo card is \$1.75. There are 15 games and two jackpots, followed by four additional games. The total in bingo prizes given out during the month of January was **\$5,177.**

**Special March 31 BINGO!!!** The day of the Easter Feast, we will have bingo at 2 pm at the Sr Center. There will be 10 games with a \$100 must-go jackpot. No snacks and no additional games this day.

### **PURSE DONATIONS NEEDED!**

We need donations of gently-used purses, wallets, and totes for our annual Purse Party (no jewelry please). We will **start accepting donations on Monday, March 2.** Bring to the GFSC front desk.

#### **Alzheimer's/Dementia Caregiver Support Group**

Where: GFSC Library (2nd floor)

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

Contact: Lynn in Resources at 757-4877

#### **Diabetes/Pre-Diabetes Support Group**

Where: GFSC Garden Room

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

Contact: Ranea Johnson at 701-757-4866 or [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org)

#### **Weight Management Support Group**

Where: GFSC Garden Room

When: Tuesdays, 10:00 a.m.

Contact: Ranea Johnson at 701-757-4866 or [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org)

#### **Visually Impaired Seniors Support Group**

Where: GFSC Library

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

Contact: Tracy Wicken at 701-795-2720

#### **NOTE! Quarterly Hearing Support Group**

Where: GFSC Lower Level Meeting Room

**When: Monday, March 16 at 10:30 a.m.**

**"LIP READING"**

Contact: Kristen Vetter at 701-230-8701 or [Kristen.Vetter@k12.nd.us](mailto:Kristen.Vetter@k12.nd.us)





# Women's History Month: Presentation on Irena Sendler - Hero of the Warsaw Ghetto

**Tuesday, March 24  
5:50 pm in the GFSC Auditorium**

Connie Hannesson will be presenting on Irena Sendler. Sendler participated, with dozens of others, in smuggling Jewish children out of the Warsaw Ghetto and providing them with false identity documents and shelter, saving these children from the Holocaust. Come for the 5 pm dinner and then stay for Connie's presentation.



## Monthly Creations: **Clay Pot Bunny**

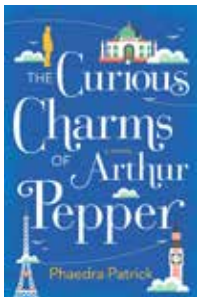
**Thursday, March 26  
1:00 pm in the Garden Room**

Bring \$4 to cover supplies. Also bring scissors and craft glue. RSVP by 3-24-20 to Ranea at 757-4866 or [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org).

### Senior Center Constant Readers Book Club

**Mon, March 16  
10:00 am  
GFSC Library**

*Discussing  
"The Curious  
Charms of  
Arthur  
Pepper" by  
Phaedra  
Patrick*



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

### My Aching Hip by Achieve Therapy

**Tues, March 10  
10:15 am  
GFSC Lower Level**



Achieve Therapy will be here to talk about why hip pain occurs and what options are available for hip pain. Everyone welcome.

### Pie & Coffee with a Cop

**Mon, March 9  
2:00 pm  
GFSC Auditorium**



**\$2.00/person.** Includes **Fruits of the Forest pie**, coffee, and ice cream. Buy a ticket at the front desk beginning at 1:30 pm. Pie being served until 2:30 pm.

# St Patrick's FUN

with Lane Lindseth and  
Dave Jeffrey performing



**Tuesday, March 17 at 5:50 pm**  
**GFSC Dining Room**

Come for the 5 pm meal and then  
enjoy the awesome accordion and  
drum music, as well as FUN GAMES!

# SELF DEFENSE

Class for Seniors

**Mondays in April at 3:00 pm**  
**(April 6, 13, 20, 27)**

Back Half of the Garden Room

This self defense class, taught by an instructor from the Wu Chi School of Self Defense, is geared toward older adults. The four classes will build on one another, so participants need to plan to attend all sessions. Class size is limited to 12 participants. Register as soon as possible to ensure the class will happen. Final deadline to sign up is **Friday, March 27**. Questions? Contact Ranea at 757-4866 or [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org). **Total cost of class: \$25. Must pay when registering at the GF Senior Center.**

FREE Building Better  
Balance Classes at the  
Senior Center

Hosted by



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

**Monday, March 2**

**Friday, March 13**

**Monday, March 16**

**Wednesday, March 18**

**Friday, March 20**

**Monday, March 23**

**Wednesday, March 25**

**Monday, March 30**

## Healthy Bones Exercise Class

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

### BEGINNER CLASSES

Are you new? Must train in the Beginner  
classes first, then move to Advanced.  
Call Ranea at 757-4866 to sign up.

### ADVANCED CLASSES

GRAND FORKS SENIOR CENTER  
(620 4TH AVE S)

Tuesdays & Fridays - 9:00 am  
Tuesdays & Thursdays - 3:30 pm

PARKVIEW (2396 27th Ave S)  
Mondays & Wednesdays & Fridays -  
8:40 am

BRIARWOOD (2650 26th Ave S)  
Mondays & Thursdays - 10:00 am

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

# Opportunity: Donating Easter basket items for CVIC

Just as the Grand Forks Senior Center is the beneficiary of many acts of kindness in our community, we want to extend acts of kindness toward others. We are hoping to put together 15 baskets, for kids who are 12 years and younger, that CVIC (Community Violence Intervention Center) would distribute. The Grand Forks Senior Center is accepting donations of NEW items for these baskets. Feel free to put together an entire basket if you like. You can either make it gender specific or gender neutral. No religious items can be included. Please bring to the GFSC front desk **no later than Friday, April 3.**

## Suggested Easter basket items

(no religious items):

- small balls
- fidget spinners
- water bottles
- chalk
- jump rope
- coloring book
- Legos
- small games, playing cards
- sunglasses
- bubbles
- Easter candy, small snacks
- nail polish
- small toy cars
- books
- small stuffed bunnies



## From the Q and A Box in the Lobby

In last month's newsletter we said we would remove the Denver omelet from the breakfast menu after people expressed dislike for it; however, others do enjoy the omelet, so we will occasionally include it on the monthly breakfast menu - just not every month.

Someone wrote in asking "Would it be possible to have pictures of fish embossed on the new flooring? Perhaps a dozen or so - each 24 inches wide." We will be installing new flooring in the dining room, but it will be a commercial wood pattern vinyl.



## Volunteer Opportunities

### Bingo Caller & Floor Walker Volunteers

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



# Fun around the Center



1



2



3



4



5



6

- 1 Coffee & Coloring
- 2 Second Act Singers performing
- 3 Enjoying the pool room
- 4 Winter Week Black & White Day
- 5 LCR winnings!
- 6 Senior Supper Outing at Red Lobster

# 2020 TRIPS

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

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

**NEWLY ADDED!!** June 17-25, 2020: **Washington DC Trip** - \*\$1,210 (this amount does not include driver gratuity). See MANY memorials and museums, including Arlington National Cemetery, the Washington Manument, Air & Space Museum. **Deadline to sign up: April 15.**

Aug 18-19, 2020: **Medora** - \*\$315. Includes the Medora Musical, Pitchfork Fondue dinner, and a Gospel Brunch. **Deadline to sign up: July 17.**

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

Washington DC Trip  
June 17 - 25, 2020  
\*\$1,210/person

**This trip requires a lot of walking. You need to be comfortable walking 2-3 blocks to get to a location, and then there is a lot of walking at the various memorials or museums.**



- Day 1: Travel day. Overnight in Deforest, WI
- Day 2: Travel day. Overnight in Cranberry Township, PA
- Day 3: Flight 93 Memorial. Arrive in Herndon, VA (stay four nights)
- Day 4: Mount Vernon, Arlington National Cemetery, and Memorials: Lincoln, Vietnam Wall, Korean War, WWII, Jefferson, FDR, & MLK
- Day 5: Washington Monument and National Archives. Photo opportunities at the National Cathedral, The Basilica of the National Shrine of the Immaculate Conception, and the White House. Lunch at the Kennedy Center.
- Day 6: The Bible Museum, Capitol tour, and Smithsonians: Natural History, American History, Air & Space, Native American
- Day 7: Patsy Cline's Home & Grave Site. Stay overnight in Lordstown, OH
- Day 8: Travel Day. Overnight in Deforest, WI
- Day 9: Return to Grand Forks

All transportation and accommodations included. Admission to sightseeing/attractions included. Breakfasts included.  
**FINAL deadline to sign up: WEDNESDAY, APRIL 15.**



# Preparing for Spring Flooding

## Are You Homebound?

The GF Senior Center is working to compile a list of all homebound seniors in Grand Forks County. If you receive Meals on Wheels or Home Delivered Meals from us, you are already on the list. Also, if Nurse Carol does your foot care in your home, you are on the list. To be considered homebound means you would be physically unable to leave your home on your own in case of an emergency. If you are homebound, please call us at 701-772-7245 and provide us with your basic contact information in case of an emergency.

## Inquire about Flood Insurance

This could be a difficult year in terms of flooding. Talk to your insurance provider as soon as possible to learn about what a flood insurance policy covers (it does not cover everything), what your homeowners policy may cover, and the benefits of purchasing additional coverage. **You have to purchase flood insurance 30 days ahead of time** for it to be effective (and it is a year long policy), so don't wait!

## Don't Wait to Move Things out of your Basement

If you have family and friends coming to visit (or ask them to visit), get their assistance now in moving valuables out of your basement, as well as any other items you deem necessary. Too often people wait until the last minute and then there is not time nor people available to assist.

## Are You Signed Up to Receive CodeRed Alerts on Your Phone?

The CodeRed system delivers emergency alerts to your phone(s). We are encouraging EVERY SENIOR to SIGN UP TO RECEIVE THESE ALERTS. Three ways to get this done.

- If you have a computer, go to <https://public.coderedweb.com/CNE/en-US/BA6ACAD5A180> and submit your information (no account needed)
- Have a family member or friend sign you up ASAP using the link above. Have them register all of your phone numbers.
- If you are unable to sign up using the two suggestions above, then call the GF Senior Center at 701-772-7245 and we will get your information and sign you up to receive emergency alerts.

# Preparing for Spring Flooding

## Start Gathering Information

Make copies of important documents, such as driver's licenses, passports, contracts, deeds, banking info, medical info, current list of your prescription drugs (get from your pharmacist), etc. Collect for all family members. For pets, gather vaccination records and photos of each animal to prove ownership if lost. Keep these items in a water proof container you can easily bring with you.

## Additional Flood Resources

<https://www.grandforksgov.com/government/city-departments/emergency-management/emergency-preparedness>

<https://www.ready.gov/floods>

<https://www.fema.gov/national-flood-insurance-program>

<https://redrover.org/news/flood-disaster-tips/>



The Big Event is a one-day community service event when UND students, staff, and faculty volunteer their time to complete service projects. This year it is Sat., May 2, 2020.

The volunteers are able to do many tasks, **but none inside a person's home.** Some of these tasks include raking, painting, picking up garbage, washing windows, trimming trees, taking items to the curb for spring cleanup week (these items can be in the garage, but not in the

house), and many more! If you have other projects that are not listed here, there is a good chance the volunteers may be able to complete your project.

Please submit job requests online at <https://tinyurl.com/wczam88> or by contacting Kristi at UND at 701-777-6468. You may also contact Lynn in the GF Senior Center Resources Department at 701-757-4877. **The deadline for job request submittal is early April.**

## Wheelchair Footrests

The GF Senior Center Resource Equipment Loan Program is short on wheelchair footrests. If you have extras taking up space in your home, we would gladly accept the donation of them. If you have some on loan from the Senior Center that you are no longer using, we would appreciate the return of them. Thank you!

# Apartment Living for Seniors



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

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

For more information, call 701-780-8162.



*Maple View*  
MEMORY CARE COMMUNITY

Providing you and your family  
with peace of mind

- Full time residency
- Respite
- Adult day services

4650 S Washington St  
Grand Forks, ND 58201  
(701) 772-3400  
[www.lifeatmapleview.com](http://www.lifeatmapleview.com)

During BAD WEATHER to find out if we are open, 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).



# Donations & Memorials

Thank you for these donations received Jan 9, 2020 to Feb 10, 2020

## Donations of \$1,000 or more

- Calvary Lutheran Church - For Home Delivered Meals

## Donations of \$500 or more

- Hayes, Philip
- United Lutheran Church - For Home Delivered Meals

## Donations of \$100 or more

- Lofberg, Janice - For Activities
- Nelson, David - In memory of Eliot Glassheim
- Xcel Energy Foundation

## Donations

- Anonymous
- Broadwell, Ray and Becky
- Deery, Chuck and Dee
- Dillenburg, Norma and Dillenburg, Stephanie
- Eelkema, Robert and Virginia
- Herrmann, Karen
- Hogan, Shirley
- Kirkeby, Dean
- Mattern, Roger and Alice
- McGarry, Dennis and Lynn
- Murphy, Spud
- Pedersen, Melvin
- Robinette, Paul and Mary
- Sandberg, Curt and Ione - For Meals on Wheels
- Schumacher, Matt and Jami
- Staveteig, Robert
- Zirnheld, Clair and Ronda

## Memorials

- In memory of Artha Travers Knain, Vidette
- In memory of Brian Gilbertson Knain, Vidette
- In memory of Don Schiele Schiele, Kathy
- In memory of Donald Rud Knain, Vidette
- In memory of Eileen Pietron Herrmann, Karen
- In memory of Idella 'Del' Westacott Brandner, Bonnie Broadwell, Ray and Becky Rossow, Margaret Swanson, Andy and Gail
- In memory of Joyce Northagen Iverson, Bob and Avis
- In memory of Laurette Zettel Austin, Kevin and Joyce Knain, Vidette
- In memory of Leatrice Erlander Herrmann, Karen
- In memory of Manfred Larson Knain, Vidette
- In memory of Mayaelda Smith Knain, Vidette
- In memory of Maynard Tingelstad Christopher, Shari Iseminger, Carl and Colette Lunde, Beverly Ness, Ron and Darlyne Ring, Gladys Roch, Larry and Kay
- In memory of Wallace Ruud Knain, Vidette

## Grants

- Altru Health Foundation - \$811 for the Nutrition Pilot Program
- Medica Foundation - \$5,000 for Senior Dining

## Brighter Side Society

*If you would like to become an automatic monthly donor, contact Becky at [beckyb@gfseniorcenter.org](mailto:beckyb@gfseniorcenter.org) or 701-757-4864.*

*Thank you to the following:*

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

**If you were unable to make a gift on Giving Hearts Day, just know we accept gifts any day of the year!**

# The 2020 Census and Confidentiality

*Your responses to the 2020 Census are safe, secure, and protected by federal law. Your answers can only be used to produce statistics—they cannot be used against you in any way. By law, all responses to U.S. Census Bureau household and business surveys are kept completely confidential.*

## Respond to the 2020 Census to shape the future.

Responding to the census helps communities get the funding they need and helps businesses make data-driven decisions that grow the economy. Census data impact our daily lives, informing important decisions about funding for services and infrastructure in your community, including health care, senior centers, jobs, political representation, roads, schools, and businesses. More than \$675 billion in federal funding flows back to states and local communities each year based on census data.



## Your census responses are safe and secure.

The Census Bureau is required by law to protect any personal information we collect and keep it strictly confidential. The Census Bureau can only use your answers to produce statistics. In fact, every Census Bureau employee takes an oath to protect your personal information for life. Your answers cannot be used for law enforcement purposes or to determine your personal eligibility for government benefits.

## By law, your responses cannot be used against you.

By law, your census responses cannot be used against you by any government agency or court in any way—not by the Federal Bureau of Investigation (FBI), not by the Central Intelligence Agency (CIA), not by the Department of Homeland Security (DHS), and not by U.S. Immigration and Customs Enforcement (ICE). The law requires the Census Bureau to keep your information confidential and use your responses only to produce statistics.



## The law is clear—no personal information can be shared.

Under Title 13 of the U.S. Code, the Census Bureau cannot release any identifiable information about individuals, households, or businesses, even to law enforcement agencies.

The law states that the information collected may only be used for statistical purposes and no other purpose.

To support historical research, Title 44 of the U.S. Code allows the National Archives and Records Administration to release census records only after 72 years.

All Census Bureau staff take a lifetime oath to protect your personal information, and any violation comes with a penalty of up to \$250,000 and/or up to 5 years in prison.

2020CENSUS.GOV

D-1254

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2020



### There are no exceptions.

The law requires the Census Bureau to keep everyone's information confidential. By law, your responses cannot be used against you by any government agency or court in any way. The Census Bureau will not share an individual's responses with immigration enforcement agencies, law enforcement agencies, or allow that information to be used to determine eligibility for government benefits. Title 13 makes it very clear that the data we collect can only be used for statistical purposes—we cannot allow it to be used for anything else, including law enforcement.

### It's your choice: you can respond securely online, by mail, or by phone.

You will have the option of responding online, by mail, or by phone. Households that don't respond in one of these ways will be visited by a census taker to collect the information in person. Regardless of how you respond, your personal information is protected by law.

### Your online responses are safe from hacking and other cyberthreats.

The Census Bureau takes strong precautions to keep online responses secure. All data submitted online are encrypted to protect personal privacy, and our cybersecurity program meets the highest and most recent standards for protecting personal information. Once the data are received, they are no longer online. From the moment the Census Bureau collects responses, our focus and legal obligation is to keep them safe.

### We are committed to confidentiality.

At the U.S. Census Bureau, we are absolutely committed to keeping your responses confidential. This commitment means it is safe to provide your answers and know that they will only be used to paint a statistical portrait of our nation and communities.

Learn more about the Census Bureau's data protection and privacy program at [www.census.gov/privacy](http://www.census.gov/privacy).



### Laws protecting personal census information have withstood challenges.

In 1982, the U.S. Supreme Court confirmed that even addresses are confidential and cannot be disclosed through legal discovery or the Freedom of Information Act (FOIA). In 2010, the U.S. Justice Department determined that the Patriot Act does not override the law that protects the confidentiality of individual census responses. No court of law can subpoena census responses.

2020CENSUS.GOV

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Census  
2020

# Foot Care Options

## Appointments at the GF Senior Center

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



## Satellite Foot Care Clinics

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

Mar 4	Parkview Terrace 2396 27th Ave S, GF	1:00 pm - Finish
Mar 5	Lutheran Church of McVile 112 W Vail Ave, McVile	9:30 am - Finish
Mar 17	Edgewood Parkwood Place 749 S 30th St, GF	9:00 am - Finish
Mar 18	Edgewood Parkwood Place 749 S 30th St, GF	9:00 am - Finish
Mar 24	Manvel Senior Center Main St., Manvel	9:00 am - Finish
Mar 25	Thompson Comm. Center 306 Pacific Ave, Thompson	8:30 am - Finish

Men's Coffee Group  
Each weekday at 9:00 am  
GFSC Dining Room



New people welcome.  
Come each time or  
come when you can.

20 Silver Express

## 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, March 19, 2020, from 9:30 am - 11:30 am.** Call 701.852.4369 ext 334 to make an appointment ahead of time. Walk-ins accepted as time allows.

## FREE Hearing Aid Cleaning and Ear Inspection

Thurs, March 12  
10 am - Noon  
GFSC Lobby



## MARCH 2020 - Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$9. Please contribute what you can.

Suggested Donation is \$4.25. EBT/SNAP is accepted.

Those under 60 years of age are required to pay the full cost of the meal.

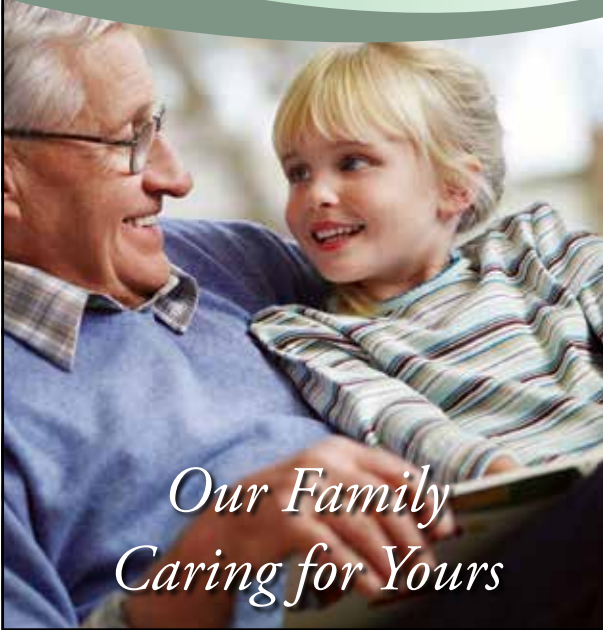
Monday Lunch: March 2	Tuesday Lunch: March 3	Wednesday Lunch: March 4	Thursday Lunch: March 5	Friday Lunch: March 6
3oz Crispy Chicken (1cs)	1 c Chicken Noodle Casserole (1cs) 1/2 c. Green Peas (1cs)	3oz Baked Fish	3oz Liver & Onions	2 oz Hot Beef on 2WW bread (2cs)
Sm Baked Potato (1cs) w/ Sr Crm	1 c. Romaine Salad/dressing (.5cs)	1/2 c. Parslled Buttered Potato (1cs)	1/2 c. M. Potato/cream gvy (1cs)	1/2c Mashed Potato/Gravy (1cs)
1/2c Creamed Peas (1cs)		1/2 c Creamed Carrots (.5cs)	1/2 c. Winter Mix Vegetables (.5cs)	1/2 c Mixed Vegetables (.5cs)
1/2 c Plum Sc (1cs)	1/2 c Peach Sc (1cs)	1/2 c. Pineapple Chunks (1cs)	Orange Wedge (.5cs)	Small orange (1 cs)
	Sm Cookie (2cs)		1/10 Fruit Pie w/top (2cs)	
Monday Lunch: March 9	Tuesday Lunch: March 10	Wednesday Lunch: March 11	Thursday Lunch: March 12	Friday Lunch: March 13
3oz BBQ Chicken (.5cs)	Riblet on WW Bun (2cs)	1 c Hamburger Tator Tot Cass (2cs)	3oz Porcupine Meatballs in Gvy (.5cs)	3 oz Salmonloaf (.5cs)
1/2 c Augratin Potato (1cs)	8 oz Vegetable Soup (1cs)	1/2 c. Carrots (.5cs)	1/2 c. Mashed Potato/gravy (1cs)	1/2 c. Boiled Potato (1cs)
1/2 c. Harvard Beets (1cs)	1/2 c Coleslaw (.5cs)	1c. Romaine Spinach Salad	1/2 c Corn (1.5cs)	1/2 c. Creamed Peas (1cs)
1/2 c Mandarin Oranges (1cs)	Angel Food Cake with 1/2c Berries w/top(1cs)	1/2 c Apricot Halves (1cs)	1/2 c Tropical Fruit Salad (1cs)	1/2 c Stewed Apples (1cs)
Monday Lunch: March 16	Tuesday Lunch: March 17	Wednesday Lunch: March 18	Thursday Lunch: March 19	Friday Lunch: March 20
3oz Cabbage Roll (.5cs)	2oz BBQ Pork on WW Bun (2cs)	3oz Turkey w/Gravy	3oz Swedish Meatballs (.5cs)	3oz Baked Tiapia
1/2 c Boiled Potato (1cs)	8 oz Cream of Broccoli Soup	1/2c Mashed Potato (1cs)	1/2 c. Mashed Potato (1cs)	Sm Baked Potato (1cs) w/Sr Crm
1/2 c Beets (.5cs)	1/2 c. Fruit (1cs)	1/2 c. Yams (1cs)	1/2 c. Carrots (.5cs)	1/2 c. Squash (1cs)
1/2 c. Mand. Orange Sc (1cs)	Bitzy Frosted Brownie (2cs)	2T. Cranberry Sc (1cs)	1/2 c. Tropical Fruit Sc (1cs)	1/2 c. Fruited Red Gelatin (2cs)
		2"sq Pumpkin Crunch Dessert (2cs)		

Monday Lunch: March 23	Tuesday Lunch: March 24	Wednesday Lunch: March 25	Thursday Lunch: March 26	Friday Lunch: March 27
8oz Chili (1cs)	3/4c. Italian Meat Sc	3oz BBQ Ribs	8oz Turkey & Veggie Pot Pie (2cs)	Fish Amondine
Sm Baked Potato (1cs) w/Sr Crm	1c Spaghetti Noodles (1cs)	1/2 c. Boiled Potato (1cs)	1/2 c. Corn (1cs)	1/2 c. Creamed Potato (1cs)
1/2c Creamed Corn (1cs)	1/2 c French Green Beans	1/2 c Broccoli	1/2 Orange (.5cs)	1/2 c. Carrots (.5cs)
1/2 c. Mandarin Oranges (1cs)	1 Garlic Toast (1cs)	1/2 c Cherry Sc (1cs)	1/2 c Fruit Crisp w/top (2cs)	Asst Dessert items (2-3cs)
	1c Romaine Salad/dressing (.5cs)			
	1/10 Peach Pie w/top (2cs)			
Monday Lunch: March 30	Tuesday Lunch: March 31			Friday Lunch:
3oz. Hot Turkey Sand on on 2 WW bread (2cs)	Chicken Cordon Bleu (.5cs)			
1/2 c M Potato/Gravy (1cs)	Sm. Baked Potato w/SC (1cs)			
1/2 c Sweet Potato (1cs)	1/2 c Green Bean Almondine			
1/2 c Cherry Sc (1sc)	1/2 c. Coleslaw			
	WW Bun (1cs)			
	1/10 Lemon Merginue Pie (2cs)			
Check your site for their serving times.	<b>Attn: Diabetics</b> -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			Drive Thru Meal Pick Up at the Grand Forks Senior Center starting 3/17/20 from 11:30am-12:15; Dining Room is closed until further notice
				<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>

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

Date: 1/29/2020 Licensed Registered Dietitian #13899 Colette Iseninger, MS, RD, LRD

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your Personal Tour Today!*



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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](http://valleyseniorliving.org)  
701.787.7563



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

**March 9**



## Cities Area Transit offers **SENIOR RIDER**

**Monday - Friday:**

6:00 am - 10:00 pm

**Saturdays:**

8:00 am - 10:00 pm



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

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

**AARP**



**Driver's Safety  
Program**

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

**March 4, April 1**





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

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

Grand Forks Senior Center's Annual

# Style Show & Tea

**Friday, March 13, 2020**

1:30 pm - 3:00 pm, GFSC Auditorium  
\$5/person - Tickets Required

Enjoy a delicious dessert and tea with beautiful teacups and saucers, while appreciating the spring fashions of Christopher & Banks. Buy your ticket soon at the GFSC front desk as this event will likely sell out! You can mail in your payment for the ticket ahead of time, but no unpaid tickets will be held for people. No walk-ins are accepted for this event.

Christopher  
& Banks

