



March 2024

# The Silver Express

## Join us for a meal at the Grand Forks Senior Center!

**Sit-Down Breakfast** - Served 8:30 am - 9 am  
Suggested contribution is \$2.00.

**Drive-Thru Lunch** - Served 11:30 am - Noon  
Quicker than most fast-food drive-thru options in town...and healthier!  
Get a hot meal to bring home. Suggested contribution is \$4.25.

**Sit-Down Lunch** - Served 11:45 am - 12:15 pm  
Choose from two entrees to eat in the Senior Center dining room.  
Suggested contribution is \$4.25.

**Frozen Meals To-Go** - Enjoy anytime! Call ahead or stop by to pick up frozen meals. Suggested contribution is \$3.50 or \$4.25 with extras.

All meals above are served at 620 4th Ave S, Grand Forks, ND

**Meals on Wheels and Home Delivered Meals** - Hot meals delivered to homebound individuals within GF city limits on weekdays. Frozen meals available for rural GF and Nelson county individuals.

For detailed information on meal programs and an updated frozen meal list visit:  
<https://www.gfseniorcenter.org/nutrition>

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

701-772-7245

# Grand Forks Senior Center (GFSC) Phone Numbers

<b>GFSC General Number</b> .....	<b>701-772-7245</b>
Executive Director, <b>Colette Iseminger, MS, RD, LRD</b> .....	701-772-7245
Assistant Director/Development Officer, <b>Becky Broadwell</b> .....	701-757-4864
Meals on Wheels (MOW) Coordinator, <b>Roxie Honkola</b> .....	701-757-2006
Home Delivered Meals (HDM), <b>Paula Altepeter, Rhonda Stephan</b> .....	701-780-5169
Resources Manager, <b>Stacy Narlock, BSW</b> .....	701-757-4874
Grand Forks Resources, <b>Josee Locken, BSW</b> .....	701-757-4883
Rural (GF & Nelson) Resources, <b>Bethany Markwardt, LBSW</b> .....	701-757-4872
Activity & Public Relations Manager, <b>Amanda Rengstorf</b> .....	701-757-4863
Activity Coordinator, <b>Kari Situm</b> .....	701-757-4866
Bingo Coordinator, <b>Cheryl Ramberg</b> .....	701-757-4873
Food Services Manager, <b>John Ferguson</b> .....	701-757-4871
Sit-Down Meal Information & Frozen Meals, <b>Mary Johnson</b> .....	701-757-4869
Health (Foot Care) Appointments .....	701-757-4878
Health Manager, <b>Shirley Lill, RN, BSN</b> .....	701-757-4868

## GFSC Board of Directors

### President

Alice Hoffert

### Vice President

Brad Westrum

### Secretary

Alice Mattern

### Treasurer

Brenda Jobe

Amy Enget

Bobbie Kurtyka

Dave Willprecht

Jason McCarthy

Kari Goelz

Emily Nielsen

Bob Rost

Curt Sandberg

Kathy Snider

Michael Venaccio

Clair Zirnhelt

## Mission Statement

The mission of the Greater Grand Forks Senior Citizens Association, Inc. is to provide 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+. Younger guests may accompany seniors occasionally.
- **Senior Dining/Meals:** For people 60+ and their spouses of any age. Younger guests may accompany seniors occasionally and will pay full price for the meal.
- **Foot Care:** For people 60+.
- **Meals on Wheels:** For homebound people 60+ and their spouse or caregiver of any age.
- **Home Delivered Meals:** For homebound, people of any age.
- **Bingo:** For people 18 and older, according to state gaming laws.

# Table of Contents

<b>04</b>	From the Director's Chair
<b>05</b>	Annual Meeting Info   AARP Tax Aide
<b>06-07</b>	Activity Info
<b>08-09</b>	Activity Calendar
<b>10</b>	Foot Care Appointments
<b>11</b>	Discover Wellness Together
<b>12</b>	Understanding the Nutrition Facts Label
<b>13</b>	National Nutrition Month Word Search
<b>14-17</b>	Giving Hearts Day Campaign Donations
<b>17</b>	Donations and Memorials
<b>18</b>	Fun In The Center
<b>19</b>	Meet Maleah   Drive Thru Route Map
<b>20</b>	2024 Trip Info   Now Accepting Jewelry Donations
<b>21-22</b>	March Menu
<b>23</b>	Senior Rider Info   ND Aging & Disability Resource Link
<b>Back</b>	Monthly Webinar Info by Dietary Solutions

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.

**PLEASE stay home if you are at all sick.**

We cannot emphasize this enough. There are many illnesses circulating and the population we serve has a decreased immune system. Also, if too many staff get sick, we will be unable to serve you at full capacity. If you are at the Grand Forks Senior Center and staff sees that you are under the weather, we will ask you to leave. Our main priority is to keep everyone healthy!



## From the Director's Chair by Colette Iseminger

It's National Nutrition Month® (NNM) and this year's theme is "Beyond The Table". NNM nutrition education and information is a campaign sponsored by the Academy of Nutrition and Dietetics. National Nutrition Month®, held annually in March, focuses on the importance of making informed food choices while developing quality eating habits and establishing physical activity routines.

With that in mind, the North Dakota Dept of Health and Human Services - Adult & Aging Services division is excited to introduce the **Older Adult Nutrition Program Hub** at [NDnutrition.com](http://NDnutrition.com). The first phase of the site is now live and ready to use. The following tabs are available:

- **Menus:** This is where you will find all the menus that are used in our senior nutrition program. These are good for planning your own healthy meals if you are still cooking. All the recipes and nutritional information for each menu item are included.
  - Right now, it is not easy to search for specific food items unless you look through all the menus and find the one you want. Only then will you find the recipes and nutritional information for each item.
  - They are working on developing a searchable database of menu items so those who want to know the specific nutritional content will be able to search quickly.
- **Resources:**
  - Educational Materials/Flyers on a wide variety of nutritional topics. Download and/or print these flyers. Most are just one page. New topics are added on a regular basis.
  - Watch videos on a variety of topics dealing with older adult health and wellness. New videos will be added every month.
  - External Resources/Links with additional information to support your healthy lifestyle such as:
    - ND Department of Health & Human Services website
    - Senior Nutrition, ACL Administration for Community Living
    - 2020-2025 Dietary Guidelines for Americans

**Happy National Nutrition Month!**

'Til Next Time-

Colette Iseminger,  
Executive Director and Licensed Registered Dietitian

4 Silver Express







# Annual Meeting

The 2023 annual meeting of the Greater Grand Forks Seniors Citizens Association will be held **Thursday, March 21st at 10:15 am** in the Grand Forks Senior Center's lower level activity room. Limited seating will be available. Annual reports will be mailed at the end of March to all 2023 & 2024 members and donors.

**AARP**<sup>SM</sup>  
**Tax Aide**

**By Appointment only  
at the EGF Campbell  
Library  
701-850-5174**

AARP Foundation Tax-Aide provides tax preparation help to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate incomes.

Appointments are required and can be made by calling **701-850-5174** between 9 am and 5 pm on Mondays, Tuesdays and Thursdays. Packets can be picked up at the Grand Forks Senior Center front desk during our regular business hours.

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](http://www.lifeatmapleview.com)



## Activity Info

### Music Mondays

#### Mondays at 1 pm

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

- Mar 4** Tamara Bertram
- Mar 11** Peat Moss
- Mar 18** Theresa & the Plow Boys
- Mar 25** Too Old to Die Young

### Monthly GFSC Tour

#### Tuesday, March 5 at 9 am

Discover what the Senior Center has to offer! Join our monthly tour. Plan for an hour. You will be seated most of the time. Everyone is welcome!



### Monthly Creations

#### Wednesday, March 6 at 10 am

Make this cute bunny flower arrangement (flowers included)! Cost is \$4. Call 701-757-4866 to register! Limited seats available.

6 Silver Express

### AARP Driver's Safety

#### Wednesday, March 6 from Noon - 4 pm

The AARP Driver's Safety course teaches valuable driving skills and gives a refresher on the rules of the road. You may also qualify for a discount on your car insurance by completing this course! Call your insurance agent to see if you qualify!

#### Cost:

\$20 for AARP members  
\$25 for non-AARP members (cash/check only)

Call the GFSC front desk at 701-772-7245 to register. Class size is limited.

### Red Hat Society Meeting

#### Monday, March 11 at 10 am

The Red Hats will be meeting at their regular time at Widmans Candy Shop (106 S 3rd St, Grand Forks, ND) for a tour.

### Constant Reader's Book Club

#### Monday, March 11 at 10:30 am

They will be discussing **What We Leave Behind** by Barb Solberg. Book for April should be available to borrow at the March meeting.

### Visually Impaired Senior Support Group

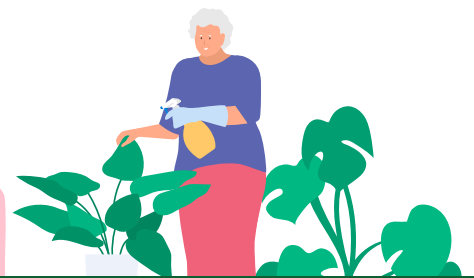
#### Tuesday, March 12 from 1 pm - 3 pm

Contact Pam with any questions at 701-795-2719. New people welcome!

### Dominoes

#### Mondays at 1 pm

The Monday dominoes group is looking to add more players! Join them in the Library on Monday afternoons at 1 pm. They will teach you how to play. New members are always welcome!



## FREE Legal Services for Seniors

**Thursday, March 14 from 9 am - 11 am**

**Thursday, March 28 from 2 pm - 4 pm**

Legal Services of North Dakota (LSND) provides free legal assistance at the GF Senior Center. Call **701-222-2110** to make an appointment. Dial "330" when the recording starts. (The recording will not give Grand Forks (GF) as an option. The Fargo office makes appointments for GF.)

**Topics Legal Services can seniors help with:** Health Care Directives, Durable Power of Attorney, Basic Wills, and more!

## Trivia

**Thursday, March 14 & Thursday, March 28 at 1 pm**

Do you have a knack for knowing fun, interesting facts? Join our trivia group!

## Good2Know: Get the Scoop on the City!

**Tuesday, March 19 at 1 pm**

Join city representatives as they inform you on important city topics. **Ice cream sundaes** will be available to purchase for \$1 per scoop.

## Coffee & Pie with the County

**Tuesday, March 26 at 1 pm**

Severe weather can happen anytime and in ND includes hazardous conditions produced by thunderstorms, damaging winds, tornadoes, large hail, flooding/flash flooding, and/or winter storms associated with freezing rain, sleet, snow and strong winds. Understanding weather risks and making an emergency plan based on local weather forecasts can go a long way in keeping you safe.

Forecasting the weather has been around as long as people have lived outside!

Modern day forecasting grows as our understanding of the atmosphere improves.

Please join the City/County Emergency Manager, in partnership with Home on the Prairie Weather, as they discuss our local flood risk, severe weather, and our ongoing drought. **Fruits of the Forest pie and ice cream** will be available to purchase for \$2.

## Easter Bingo Giveaway



**Thursday, March 28 at 1 pm**

Happy Easter! Join us for a chance to win our \$100 must-go jackpot on the first blackout game. There will also be prize drawings for this bingo session.

## GFSC CLOSED

Friday, March 29 in observance of Good Friday.

## Save the Date: Tea & Style Show

Tuesday, April 30 at 1:30pm (Tickets not available until 4/1)



# March 2024 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Library, computers and billiards room available for individuals 55+ to use anytime GFSC is open!</b></p>				<p><b>1</b> 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee <b>10:00 am Diabetes Prevention Class</b> 10:00 am Ladies Coffee</p>
<p><b>4</b> 9:30 am Men's Coffee 1:00 pm Dominoes <b>1:00 pm Music Monday</b> 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>5</b> 9:00 am Healthy Bones AM <b>9:00 am Monthly GFSC Tour</b> 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 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) 4:30 pm Blue Zones Walking Moai (Grand Cities Mall)</p>	<p><b>6</b> 9:30 am Game Group 9:30 am Men's Coffee <b>10:00 am Monthly Creations</b> <b>12:00 pm AARP Driver's Safety Class</b> 1:00 pm Bingo (\$2/card) 1:00 pm Whist &amp; Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>7</b> 9:30 am Men's Coffee <b>10:00 am Crochet Group</b> 1:00 pm Bingo (\$2/card) <b>1:00 pm Bunco (\$2)</b> 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>8</b> 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee <b>10:00 am Diabetes Prevention Class</b> 10:00 am Ladies Coffee</p>
<p><b>11</b> 9:30 am Men's Coffee <b>10:00 am Red Hats Meeting (Widmans)</b> <b>10:30 am Book Club</b> 1:00 pm Dominoes <b>1:00 pm Music Monday</b> 1:00 pm Pinochle 2:30 pm Ready, Set, Stretch (Hope Church) 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>12</b> 9:00 am Healthy Bones AM 9:30 am Men's Coffee 10:00 am Ladies Coffee 10:00 am Weight Management 1:00 pm Farkle <b>1:00 pm Vision Support Group</b> 3:30 pm Healthy Bones (Hope Church) 4:30 pm Blue Zones Walking Moai (Grand Cities Mall)</p>	<p><b>13</b> 9:30 am Game Group 9:30 am Men's Coffee 9:30 am Wii Bowling League 1:00 pm Bingo (\$2/card) 1:00 pm Whist &amp; Pinochle 3:30 pm Chair Yoga (Hope Church)</p>	<p><b>14</b> <b>9:00 am - 11:00 am Free Legal Services</b> 9:30 am Men's Coffee 1:00 pm Bingo (\$2/card) <b>1:00 pm Trivia</b> 1:30 pm Beginners Tai Chi 2:00 pm Experienced Tai Chi 2:30 pm Qigong 3:30 pm Healthy Bones (Hope Church)</p>	<p><b>15</b> 9:00 am Gift Shop Crafters 9:00 am Healthy Bones AM 9:30 am Men's Coffee <b>10:00 am Diabetes Prevention Class</b> 10:00 am Ladies Coffee</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>18</b></p> <p>9:30 am Men's Coffee  1:00 pm Dominoes  <b>1:00 pm Music Monday</b>  1:00 pm Pinochle  2:30 pm Ready, Set, Stretch  (Hope Church)  3:30 pm Chair Yoga  (Hope Church)</p>	<p><b>19</b></p> <p>9:00 am Healthy Bones AM  9:30 am Men's Coffee  10:00 am Ladies Coffee  10:00 am Weight Management  1:00 pm Farkle  1:30 pm Beginner Tai Chi  <b>1:00 pm Good2Know: Get the scoop on the city (See pg 7)</b>  2:00 pm Experienced Tai Chi  2:30 pm Qigong  3:30 pm Healthy Bones  (Hope Church)  4:30 pm Blue Zones Walking  Moai (Grand Cities Mall)</p>	<p><b>20</b></p> <p>9:30 am Game Group  9:30 am Men's Coffee  9:30 am Wii Bowling League  1:00 pm Bingo (\$2/card)  1:00 pm Whist &amp; Pinochle  3:30 pm Chair Yoga  (Hope Church)</p>	<p><b>21</b></p> <p>9:30 am Men's Coffee  <b>10:00 am Crochet Group</b>  <b>10:15 am Annual Meeting</b>  1:00 pm Bingo (\$2/card)  <b>1:00 pm Bunco (\$2)</b>  1:30 pm Beginners Tai Chi  2:00 pm Experienced Tai Chi  2:30 pm Qigong  3:30 pm Healthy Bones  (Hope Church)</p>	<p><b>21</b></p> <p>9:00 am Gift Shop Crafters  9:00 am Healthy Bones AM  9:30 am Men's Coffee  <b>10:00 am Diabetes Prevention Class</b>  10:00 am Ladies Coffee</p>
<p><b>25</b></p> <p>9:30 am Men's Coffee  1:00 pm Dominoes  <b>1:00 pm Music Monday</b>  1:00 pm Pinochle  2:30 pm Ready, Set, Stretch  (Hope Church)  3:30 pm Chair Yoga  (Hope Church)</p>	<p><b>26</b></p> <p>9:00 am Healthy Bones AM  9:30 am Men's Coffee  10:00 am Ladies Coffee  10:00 am Weight Management  <b>1:00 pm Coffee &amp; Pie with GF County (See pg 7)</b>  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)  4:30 pm Blue Zones Walking  Moai (Grand Cities Mall)</p>	<p><b>27</b></p> <p>9:30 am Game Group  9:30 am Men's Coffee  9:30 am Wii Bowling League  1:00 pm Bingo (\$2/card)  1:00 pm Whist &amp; Pinochle  3:30 pm Chair Yoga  (Hope Church)</p>	<p><b>28</b></p> <p>9:30 am Men's Coffee  <b>1:00 pm Easter Bingo (\$2/card) \$100 Must-go Jackpot</b>  <b>1:00 pm Trivia</b>  1:30 pm Beginners Tai Chi  2:00 pm Experienced Tai Chi  <b>2:00 pm - 4:00 pm Free Legal Services</b>  2:30 pm Qigong  3:30 pm Healthy Bones  (Hope Church)</p>	<p><b>29</b></p> <p><b>GFSC CLOSED</b></p> <p><b>GOOD FRIDAY</b></p> 

#1 New York Times bestselling author, John Ray Grisham Jr. is an American novelist, lawyer, and former member of the Mississippi House of Representatives. He is known for his best-selling legal thrillers, and our library has a bunch to choose from including Camino Island, The Boys from Biloxi, and The Racketeer.

Find books by John Grisham and many others in the GF Senior Center Library located on the 2nd floor. Simply sign in on the sheet, pick your books, and bring them home. When you finish, return the books to the bin in the library, and our volunteers will take care of the rest!

# Foot Care Appointments

Is it difficult to take care of your toenails? If you are 60 or older, you can have your foot care done by nurses at the GF Senior Center. Call today for an appointment. Suggested contribution is \$30 for foot care at the GF Senior Center and \$35 for all other visits when the nurses need to travel.

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

**Grand Forks - Appointments are available most weekdays**

Home visit care is available for homebound seniors within the city of Grand Forks.

<b>March 26</b>	Aneta Community Center, 219 Main Avenue, Aneta	9:00 am - Finish
<b>April 3</b>	Tolna Lutheran Church, 220 Main Street, Tolna	9:30 am - Finish

Guidelines to keep clients and staff safe:

- Client masks are optional. Please bring one with you if you want to wear a mask.
- You must call and reschedule your appointment if you are not feeling well!

**Please help to keep our nurses healthy to serve you!**

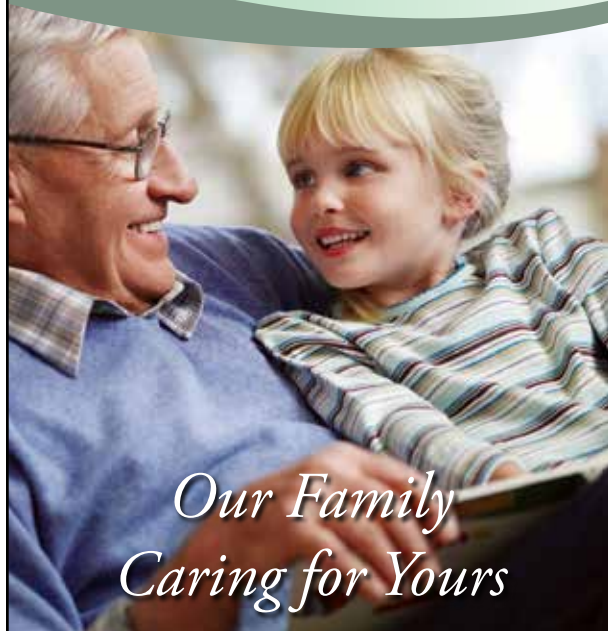
- *If you have a procedure or surgery scheduled, please check with your doctor to see when you are safe to receive foot care services (both before and after).*

**Bad Weather:** During bad weather, call the GF Senior Center at: 701-772-7245 to find out if we are open. Notice will also be posted on: [www.gfseniorcenter.org](http://www.gfseniorcenter.org), [valleynewslive.com](http://valleynewslive.com) and [facebook.com/gfseniors](https://facebook.com/gfseniors).



Paid Advertisement

*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 - Tuft Manor**

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

[valleyseniorliving.org](http://valleyseniorliving.org)  
**701.787.7563**



# Discover Wellness Together

## Join Simply Nutritious Conversations Through Text Messaging

Receive text messages about health, activity and tasty recipes sent straight to your phone from the Simply Nutritious Conversations program.

Join our next conversation, **Enhancing Your Well-Being Through Balanced Nutrition and Healthy Lifestyle Choices** by signing up for the program's text messaging option today!

### Why Join the Conversation?

- Receive information on nutrition topics that are important for older adult health
- Receive tips for maintaining a healthy lifestyle
- Get expert advice from a registered dietitian

### Sign Up Using an Option Below

- Scan the QR code with your phone's camera
- Go to [bit.ly/ND\\_SignUp](https://bit.ly/ND_SignUp)
- Text SIMPLY to (701) 291-4933



### Continue the Conversation

North Dakota Health and Human Services Adult and Aging Services will provide monthly Simply Nutritious Conversations. These conversations are a friendly way to learn from a dietitian at no cost to you.

A variety of general nutrition and wellness topics affecting many older adults will be covered during the conversations.

Every Simply Nutritious Conversation will include a planned topic followed by an open discussion among the group.

For more information about Simply Nutritious Conversations email [ndsupport@dietarysolutions.net](mailto:ndsupport@dietarysolutions.net) or call 1 (888) 960-2180.

# Understanding the Nutrition Facts Label

The Nutrition Facts label on food can help us make healthy choices. Choosing healthier foods and drinks will help you meet the Dietary Guidelines for Americans. It can also help lower the risk of health problems like high blood pressure, heart disease and diabetes.

## Reading the label:

1. Serving Size: All nutrient amounts listed on the label are for one serving. Make sure to read the serving size on the package and compare it to how much you eat. For some foods, the amount you eat may be more than one serving size.
2. Calories: The calories are in bold, large print. They tell you how much energy is in one serving of this food.
3. Nutrients: You can use the label information to get more of the nutrients you want to increase and less of the nutrients you may want to limit.
  - Limit these Nutrients: Saturated-fat, Sodium, and added Sugars.
  - Increase these Nutrients: Dietary fiber, Vitamin D, Calcium, Iron and Potassium.
4. Percent Daily Value (% DV): Can help you know if a serving of food is high or low in a nutrient
  - 5% DV or less of a nutrient is considered low
  - 20% or more of a nutrient is considered high

Nutrition Facts	
4 servings per container	
<b>Serving size 1 cup (227g)</b>	
Amount per serving	
<b>Calories 280</b>	
% Daily Value*	
<b>Total Fat</b> 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 850mg	37%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredient List:** Tells you what the food is made of and if there are any common food allergens in it. Ingredients are listed in order of quantity. The first ingredient is what the product contains the most of. Try to pick foods with ingredients you are familiar with and words that are easy to read.

The nutrition label can be a useful tool for choosing healthy foods. We all have different dietary needs, and food nutrition labels can help us pick foods that support our individual health goals.





2024 NATIONAL NUTRITION MONTH®

# WORD SEARCH

*Beyond the Table: At the Farmers Market*

Words may be horizontal, vertical, diagonal, or backwards

<b>Apples</b>	S	L	Y	O	H	C	K	O	B	L	I	N	A	I
<b>Bok Choy</b>	E	C	Y	R	P	A	E	S	Q	C	M	V	Y	S
<b>Blueberries</b>	I	U	I	H	E	G	G	P	L	A	N	T	B	A
<b>Carrots</b>	R	A	D	S	N	G	C	I	L	R	G	R	D	E
<b>Cauliflower</b>	R	I	B	L	U	E	B	E	R	R	I	E	S	W
<b>Eggplant</b>	E	W	S	H	N	M	T	G	C	O	N	G	E	N
<b>Green beans</b>	B	O	O	K	E	S	L	S	A	T	S	W	O	A
<b>Kale</b>	P	R	R	I	A	T	E	R	U	S	N	I	T	T
<b>Mushrooms</b>	S	E	S	W	N	L	A	N	L	D	A	N	A	N
<b>Nectarine</b>	A	B	P	A	P	O	E	I	I	A	E	L	T	E
<b>Okra</b>	R	K	C	P	S	U	K	M	F	C	B	M	O	C
<b>Onion</b>	L	W	A	T	E	R	M	E	L	O	N	E	P	T
<b>Potatoes</b>	O	B	L	I	V	R	U	L	O	V	E	D	N	A
<b>Peppers</b>	R	E	N	D	M	U	S	O	W	Y	E	R	A	R
<b>Raspberries</b>	S	I	E	Y	L	O	H	A	E	E	R	I	M	I
<b>Swiss Chard</b>	C	T	H	C	N	G	R	I	R	G	G	N	E	N
<b>Tomatoes</b>	A	K	O	O	L	E	O	T	B	L	L	O	C	E
<b>Watermelon</b>	R	P	I	R	S	E	O	T	A	M	O	T	E	C
	K	N	P	A	U	C	M	Y	U	I	P	G	B	O
	O	M	U	S	W	I	S	S	C	H	A	R	D	R

# Giving Hearts Day 2024

## Provide a Plate for a Senior



Thank you to the **426** Giving Hearts Day donors for your generosity! **YOU** provided **\$54,986.25** towards the purchase of new kitchen equipment. You are all **amazing!**

### \$5,000-\$9,999

Nelson, Duane

Westacott, Richard

Wetsch, Rochelle

### \$1,000-\$4,999

South Forks Lions Club

Radi, Marjorie

Martin, Janell

In honor of Meals on Wheels volunteers

Linda Cournia Estate

Gilmour, Edna

Drees, Ken and Maureen

For Meals on Wheels

Barta, Katie

In memory of Karen Herrmann

### \$250-\$499

Albrecht, Evelyn

In honor of niece Doris and son

Michael

Anonymous (2)

Birkmaier, Skip and Nancy

Broadwell, Ray and Becky

Brummond, Brenda and Richard

Buettner, Kevin

Flynn, Jayne

Hagstrom, Agnes

Ideal Aerosmith

Iseminger, Carl and Colette

Narlock, Joe and Stacy

Norgard, Phyllis

In memory of Dale and Douglas

Randall, Harold

Soli, Edith and Patricia

Tonder, Marsha and Richard

### \$100-\$249

Aafedt, Brad and Gayle

Acme Tools

Adams, John

Adams, Tina

Akset, Orlin and Colleen

Anderson, Julie

Anonymous (4)

Asche Insurance Agency

Beland, Paul and Becky

Benson, Ray and Mary

Berg, Betty

Berggren, Arden and Patricia

Blair, Stephanie and Reichert, Alex

Blomquist, Phyllis

Bruhn, Val and Sheila

In honor of GFSC Staff

Burkholder, Frank

Bushaw, Jeffrey

Byzewski, Leah and Jeff

Christ, Ed and Kelly

Clemetson, Arlene

Cockerham, Dianna

Collings, John and Sherri

In memory of Ray Tandeski

Construction Engineers, Inc.

Cox, Diane

Cox, Dione

Cronquist, Yvonne

DeHaan, Steve and Dorrie

Deitz, Marijo

Demmers, Deb

In memory of Bob Demmers

Denney, Duane

In memory of Lil Denney

Derouin, Dolores

Devig, Mary Ann

In honor of Gordon Sather

Dunham, Ray and Anita

Dvorak, Jacob

Egstad, Elsie

Elbert, Dennis and Dora

Erdmann, Ashleigh

In memory of Robert and Linda

Cournia

Erdmann, Rod and Michelle

In memory of Robert and Linda

Cournia

Erickson, Dennis and Cheri

Evanson, Daniel and Sharon

Fagerholt, James

Feilen, Mary

Feist, Dennis

Foss, Virgil

Garske, John

GFSC Chair Yoga and Healthy Bones

PM Classes

Greendahl, Kim

Gregory, Michael

Grimes, Ed and Bonnie

Hansen, James

Hartsough, Ross and Brenda

Hass, Brad

Hegg, Kelly  
In memory of Earl and Shirley Hegg  
Heidmann, Ron and Joyce  
Helgerson, Donna  
Herbst, Jami  
In memory of Laura Jane Paulson  
Hilde, Wayne  
In honor of the Big Event girls, In  
memory of Melanie  
Hoeger, Gordon and Dorothy  
Hoffert, Rodger and Alice  
Holm, Jane  
Horner, Herb and Judy  
Hursh, Ken and Walton, Karin  
Huss, Rex  
Iverson, Avis  
In honor of Colette Iseminger  
Jablon, Michael  
Jacobi, Ellen  
Jacobson, Corinne  
Jarombek, Raymond and Joyce  
Johnson, Robert and Judy  
Johnson, Tim and Mary  
Joyce, Gerry and Mary  
Just, Melvin and Mary  
Kaml, Judy  
Kiefat, Mark  
In memory of Deloy and Eileen  
Kiefat  
Kjellberg, Rodney and Marlys  
Knupp, Michele  
In memory of Larry Wheeler  
Korfhage, Mary Lou  
In memory of Donald Korfhage  
Krom, Sandy  
In memory of Ken Krom  
Kuhn, Peter and Eunice  
Kvidt, Dave and Pam  
Laager, Bernice  
Lambeth, David and Cecilia  
LaMoine, Connie  
Larson, Mark and Nina  
LeClerc, Judy  
Lehn, Rich and Faye  
Lopez, Evonne  
Lundberg, Marilyn  
MacGregor, Fred and Lois  
Mattern, Alice  
McKenna, Mary Ann  
Medd, Joel and Amy  
In memory of AC Bakken  
Melicher, Barbara  
Mills, Faye  
Monsebroten, Margaret  
Murdock, Lee and June

Murphy, Spud  
Nielsen, Forrest and Emily  
Olson, Ervin  
Olson, Robert  
Panico, Kristy  
In memory of Clarence and Mildred  
Romfo  
Pariseau, Pamela  
Peters, William  
Peterson, Joni  
Petsinger, Gayl  
Phalen, Ruth  
Pokrzywinski, Clayton and Lillian  
Randall, Harold  
Relling, Laura  
Robinson Excavating  
Rost, Bob and Donna  
Rowan, Dolly  
Rowley, Bill  
Saddler, Tom and Jackie  
Samson, Dan and Sandy  
Sanford, Beverly  
Schiele, Kathy  
Schmisek, Gail  
In memory of Bill Schmisek  
Schommer, Darlene  
Schroeder, William and Theresa  
Schumacher, Warren and Susan  
In memory of Stan and Dorothy  
Hoistad  
Shelton, Joe and Deborah  
Shilman, Nate and Angie  
In honor of Joyce and Kevin Austin  
Sieg, Peggy  
In memory of Norman Sieg  
Sieg, Ruby  
In memory of Norman Sieg  
Skavlem, Allan  
Snyder, Bev  
Sondrol, Leroy and Judy  
Sorlie, Richard  
Spicer, Gary and Lona  
Staples, Terri  
Steenerson, Gary and Georgia  
In memory of Lillian Kuster  
Steffen, Raymond and Sharon  
Swanson, Andy  
Swanson, Steve and Diane  
Sweet, Jack and Helen  
In memory of Ray and Mary Siver  
Sweet-Tufano, Shelley  
In memory of Ray and Mary Siver  
Thompson, Rod and Bonnie  
Tupa, Connie  
Twedell, Ray and Pat

Tweton, Phyllis  
Walior, Mary  
Walz, Larry and Genevieve  
Ward, Jim and Cheryl  
Watland, Diana  
Welsh, Daniel and Yvonne  
Welsh, Lloyd and Shirley  
Weston, Donnabelle  
Westrum, Brad and Yvonne  
Wilkening, Betty  
In memory of Ella Binder  
Williamson, Gary and Linda  
Ye Ol Painters  
Youshefski, Jean  
Zick, Roberta

**Up to \$100**  
Aamold, Lorna  
Alphson, Colleen  
Anderson, Kristi  
Anderson, Marlene  
Anderson, Sharon  
Anonymous (9)  
Anthony, Michael and Haynes, Joy  
In honor of Freya  
Argall, Chester  
Armbrust, Elaine and Heistand, Leland  
In memory of Carissa  
Austin, Kevin and Joyce  
Baessler, Marilyn  
Bakes, Dottie  
Bang, Cindy  
Barrett, Mary  
Bauste, Robert and Ange  
Beach, Barb  
Belcher, Ida  
Belobraydic, Matt and Rochelle  
Bethke, Glenn and Sandra  
Bjornstad, Carl  
Bjornstad, Mark and Sue  
Blilie, Holly  
In honor of Sally Boyle  
Boettner, Scott and Jodi  
Bohm, Lisa  
Bollman, Ginny  
In memory of Jim Bollman  
Bossart, Stacy  
Boyd, Bob and Dawn  
Brueske, Jane  
Bryan, Rebecca and Joe  
Buckley, Ann

Continued on page 16

Silver Express 15

Burckhard, Bob  
Bures, Frank and Judy  
Carlson, Bruce and Judy  
Clemens, Beverly  
Clemens, John and Lorraine  
Cole, Marie  
Connell, Jennifer  
    In honor of JoAnn Connell  
Connell, JoAnn  
Crotty, Bradley and Nancy  
Danks, Meridee  
    In memory of Thorey Green  
Davis, Gerri and Rygg, Rick  
DeBeltz, Marian  
DeMontigny, Charlette  
Dennison, Colleen and Scott  
    In memory of David Dennison  
Diseth, David  
Ditullio, Jerry and Kjemhus, Barb  
Dutot, Norm and Nancy  
Dvorak, Marlene  
Dybwad, Irene  
    In memory of Kathy Midgarden  
Elgin, Shari  
    In honor of Pauline Kvamme  
Ericson, Jerry and Cherylyn  
Feist, Gloria  
Ferguson, John and Maura  
Finck, James and Rosemary  
Finney, Jane  
Flannery, Kathy  
Fredrickson, Mercy  
Garman, Kim  
    In honor of George Hoselton and  
    Diane Altendorf  
Geiszler, Carol  
Gillespie, Paul and Lois  
Glessner, Mary  
Goeke, Jennifer  
Gonzales, Nicolas and Stevens,  
    Darlene  
Graham, Katie  
    In memory of MaryEllen  
Groseth, Joyce  
Haas, Gary  
Hadlich, Carole  
Hanson, Carrie  
Hanson, Dennis and Barbara  
Hanson, Jeanne  
Hastings, Donna  
Haugen, Richard and Deborah  
Heffern, Hank and Sandy  
Heher, Matt and Lisa

Heier, Judy  
Hermans, David and Vicki  
Hills, Helen  
Hogan, Shirley  
Holweger, Marilyn  
Holweger, Marjorie  
Homstad, Richard and Jan  
Honda, Ralph  
Honkola, Roxie  
Hoselton, George  
Hughes, Chuck and Jean  
Hulett, Becky  
Humble, Mark  
Infeld, Greg and Cathy  
Jacobson, Jake and Sally  
Jehlicka, Rita  
Johnson, Charles "Bud" and Claudia  
    In memory of Gordon 'Bud'  
    Johnson  
Johnson, Gerald  
Johnson, Jennifer  
Johnson, Ken and Kathy  
Johnson, Peter  
Julson, Claire  
Jurgens, Richard and Sharon  
Kays, David  
Keenan, Gerry  
Kenyon, Kathy  
Kieffer, Ben  
Kilbride, Penelope  
    In memory of Robert Staveteig  
Knudsvig, Craig and Renae  
Kobe, Mark  
Kotrba, Joe and Carol  
Kraemer, Diane  
Kraft, Sherene  
Kramer, Don and Carla  
Krese, James and Mary  
    In memory of Jimbo  
Krueger, Loren and Laurie  
Kulbacki, Joseph and Jan  
Kurtyka, Bobbie  
Kuzel, Susan  
LaBree, Heidi  
    In memory of Edith Aasen  
Landa, Jon and Lori  
Larson, Jeff and Kristi  
Legg, Elaine  
Lileng, Pauline  
Lill, Dave and Shirley  
Lindquist, Liz  
Locken, Josee  
Loff, Carmen  
Loken, Wanda  
Lundby, Larry

Lunde, Beverly  
Lysne, David and Aida  
    In memory of Magnus Lysne  
Mahnke, Vickie  
Marcotte, Rosemary  
Markwardt, Bethany  
Marto, Priscilla  
Martsolf, John and Cathy  
Marvin, Judi and Bill  
McMahon, Greg and Joan  
    In memory of Betty Anderson  
McNamee, Judy  
Meuwissen, Robert and Debbie  
Middagh, Roberta  
Miller, Joe and Kristin  
Miller, Maureen and Caren  
Mitchell, Bill and Mary  
Moe, Ronald and Patricia  
Moen, Marlys  
Moen, Noel  
Myers, Sandy  
Nadeau, RaeNett  
    In memory of Clem and Danette  
Narlock, Robbie  
Nelson, Elaine  
    In honor of John M Nelson  
Nelson, Jerry and Marsha  
Nelson, Marian  
Ness, Ken and Mavis  
Ness, Ron and Darlyne  
Nordling, Lee and Sheila  
Nygord, Fred and Mary  
Nyhlen, Bruce and Cheryl  
Oehlke, Jason and Amy  
Oertwich, Mark and Janeen  
O'Keefe, Michael  
    In honor of GFSC  
Olson, Bev  
Olson, Janelle  
Paukert, David  
Peterson, Kris and Allison  
Powell, Douglas and Renee  
Prochko, Russ and Thana  
Quern, Vaughn and Linda  
Ramberg, Cheryl  
    In memory of Arlene Knutson  
Ray, Daniel  
Rengstorf, Lucas and Amanda  
Rieger, Nicole  
Robertson, Dave and Gayle  
Robinson, Rose  
Roehrick, Gary and Shelly  
Roos, Ruth  
Roth, Allen and Linda



Samuelson, Juanita  
In memory of Bob, Kim and  
Margaret Samuelson  
Sandberg, Curt and Ione  
Schall, David and Heather  
Schill, James and Judy  
Schill, Ken and Mary Jo  
Schmidt, Joe and Becky  
Schuh, Janice  
Severson, Lois  
Shaon, Lil  
Sherwood, Connie  
Shjerve, Shoni  
Soeby, Mark and Molly  
St Germain, Bob and Sharon  
Stam, Bob and Dianne

Staveteig, Elizabeth  
Stocker, Robert and Marjorie  
Swangler, Frank  
Swanson, Del  
Sweetland, Mary and Tibbitts, Sheila  
In memory of Jeffery Allan  
Sweetland  
Swenson, Ann  
Tangen, Joel and Carolyn  
Taylor, Patricia  
In memory of Bill and Bernice  
Hollarn  
Thielman, Gail  
Thompson, Mark and Sharla  
Thompson, Pat  
Thorson, Kyle

Torblaa-Multhaupt, Randy and Laurel  
Verke, Karen  
Vonasek, Wayne and Toni  
Waale, Steve and Linda  
Wakefield, Richard and Aida  
Weiland, Anita  
Whitney, Lori  
Widmer Roel PC  
Willprecht, Dave and Laurie  
Wilson, Amanda  
Wilson, Neil and Ann  
Wischer, Agnes  
Wixo, Jean  
Wolf, Christopher  
Yoshida, Glen  
Young, Patty  
Zirnhelt, Clair and Ronda

## Donations and Memorials

Thank you so much to our generous donors who support older adults! Brighter Side Society Members are designated by the \* symbol. The gifts below were received from January 8, 2024 to February 7, 2024, and were not designated as part of Giving Hearts.

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

Alvis Amble Charitable Trust  
Calvary Lutheran Church  
For Home Delivered Meals

### Donations of \$500-\$999

Family of Robert Staveteig  
In memory of Robert Staveteig  
Meals on Wheels America  
Jiffy Lube Drive to Do More  
fundraising campaign  
University Lutheran Church WELCA  
For Home Delivered Meals

### Donations of \$250-\$499

Stiles, Marlene and Robert  
For Meals on Wheels

### Donations of \$100-\$249

Beland, Paul and Becky  
In memory of Napoleon and Mary  
Beland  
Benson, Ray and Mary  
Brown, Martin  
Deitz, Marijo  
Erickson, Dennis and Cheri  
Fraternal Order of Eagles Aerie 350  
For Meals on Wheels  
Konze, Warren and Gerri  
Landis, Evelyn  
In memory of Judy Cummings

Lofberg, Janice  
Peterson Farms  
In memory of Elsie Peterson  
Schubert, George  
In memory of Arline Schubert  
Spong, Dale and Susan  
Thompson, Barb  
In memory of Bob Thompson  
Wagner, Lou  
In memory of Wayne Kroetsch

### Donations up to \$100

Bakke, Marilyn  
Broadwell, Ray and Becky\*  
In memory of Robert Staveteig  
Buckley, Ann\*  
Cox, Roberta  
Deraney, Pat  
In memory of Judy Cummings  
Dvorak, Marlene\*  
Feist, Dennis  
Hammerstrom, Tooker\*  
Harkness, Shirley  
In memory of Judy Cummings  
Heffern, Hank and Sandy  
In memory of Robert Staveteig  
Helgerson, Donna\*  
In memory of my husband, Arral  
(AJ)  
Horner, Richard and Lillian "Dixie"

Iseminger, Carl and Colette\*  
In memory of Deb Nelson, Robert  
Staveteig  
Martin, Tom and Laurel  
Mattern, Alice\*  
Mills, Faye  
In memory of Judy Cummings  
Mutcher, Katherine  
In memory of Ray Mutcher  
Oversen, Kylie  
Puffe, Lyle and Jeanne  
In memory of Richard Hannah  
Sandberg, Curt and Ione\*  
For Meals on Wheels  
Schiele, Kathy\*  
In memory of Don Schiele  
Schnell, Ellie  
Schumacher, Matt and Jami\*  
Sondrol, Leroy and Judy  
St Germain, Bob and Sharon  
Sulland, Steve and Linda\*  
Thrivent Choice  
From John Halstenson, Joseph  
Narlock, Kristina Schafer  
Torrey, Dianne  
In memory of Janice McGoven  
Vein, Jerry and Mary\*  
Ward, Jim and Cheryl  
Westrum, Brad and Yvonne\*  
Zirnhelt, Clair and Ronda\*

# Fun in the Center

- 1-2 Joe entertained the crowd with his up-close magic show!
- 3 Thank you to all who participated during Winter Week! Here is a couple who dressed up for Hat Day!
- 4 Chuck Gust entertaining the crowd
- 5-6 Photos from Giving Hearts Day 2024
- 7 Stage construction is complete!





# Meet Maleah



Maleah started as the Resources intern in January, but has been volunteering for the Grand Forks Senior Center for the last two years! As a social work student at the University of North Dakota (UND), Maleah first heard about the Grand Forks Senior Center while searching for volunteer opportunities in Grand Forks for one of her classes, and she has been delivering monthly food packs for us ever since!

Maleah is a Senior this year. After she graduates in May, she plans to continue her education at UND by pursuing her Master's Degree in Social Work. Maleah said she chose Social Work because she was the friend that all of her friends would come to for advice and she loves helping people.

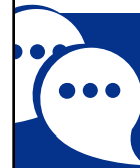
In her free time, Maleah enjoys reading, and hanging out at local coffee shops with friends while sipping on an iced vanilla latte. In the summertime she enjoys going to her family's lake place on Lake Sakakawea and going for walks.

**Fun Fact:** Maleah grew up making Kuchen with her grandma!

Paid Advertisement



Grand Forks Good2Know is a campaign aimed to bring residents important information about Public Works, Water Works, and Greenway topics.



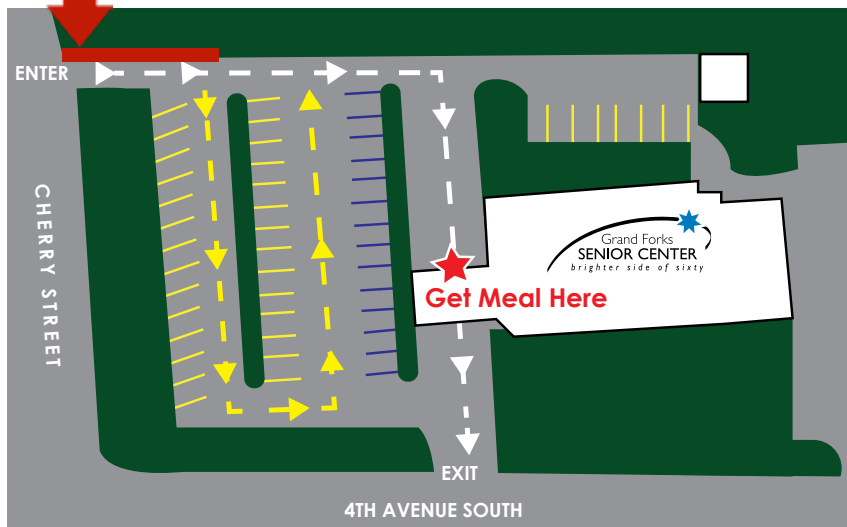
Keep a lookout for future information!

[www.grandforksgov.com](http://www.grandforksgov.com)

# Drive-Thru Lunch Route Map

Monday - Friday | 11:30 am to Noon

No parking or waiting in this area



All Drivers: Please use **EXTREME CAUTION** while in the GF Senior Center Parking Lot!

You may choose between sit-down or drive-thru meals. If you choose to use our lunchtime drive-thru service please follow the route shown.

Follow the **white** arrows on this map if the line is short. Follow the **yellow** arrows if the line gets long.

For the Drive Thru:

- Enter lot from **Cherry Street**
- Do not drive into the fire lane in front of the building before 11:30 am.

# 2024 Trips

Join us for a day trip to Jasper's Theater in Park Rapids, MN or you can join the 8-day trip to Nashville in October!

- Thursday, June 27 - **Legends of Country Music with the Dan Brekke Band** in Park Rapids, MN - \$80
- Wednesday, August 21 - **Rockin' 50's Show** in Park Rapids, MN - \$80
- October 13 - 20, 2024 - **Discover Nashville**, Tennessee - \$3,799 per person for double occupancy. Details on the Nashville Trip can be found at [holidayvacations.com](http://holidayvacations.com). Local station keyword: **Grand Forks** or you can pick up a brochure at the GF Senior Center.

Detailed trip sheets and itinerary can be picked up at the GFSC front desk. Contact our activities department at 701-757-4866 or email [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org) if you have any questions.

## Donations of Jewelry Needed

The **Jewelry Flea Market** will be **Thursday, May 9th from 9 am to 3 pm**. We're now accepting donations of gently-used jewelry (earrings, bracelets, necklaces, pins, rings - no watches). You can bring these items to the GFSC front desk. No returns.

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](http://www.immapartments.com) • 701-780-8162



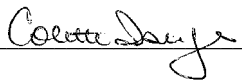
# March 2024 - Grand Forks Title III Older Americans Act Food Program

Suggested contribution for seniors is \$2 for Breakfast; \$4.25 for Lunch. Please contribute what you can. Cash, Check, EBT/SNAP and Credit Cards are accepted at the GFSC. You may call 701-772-7245 to pay with your card. Those under 60 years are required to pay the actual cost of the meal unless your spouse is over 60. The actual cost of the meals are: \$6.50 for Breakfast; \$11.75 for Lunch. 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:
1/2 c Fruit Sauce (1cs) Sausage Egg Muffin (2cs) Whole Grain Cereal (1cs) 4oz Orange Juice (1cs) 8 oz 1% milk (1cs)	Baked Egg (1cs) Fried Potatoes (1cs) 1 WW Toast (1cs) 1/2 c Fruit Sauce (1 cs) 4oz Orange Juice (1cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrown Patty (1 cs) 2 WW Toast (2 cs) 1/2 c Fruit Sauce (1 cs) 4oz Orange Juice (1cs) 8 oz 1% Milk (1 cs)	2 Slices WW Cinn French Toast 2 Bacon 1/2 c Fruit Sauce (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Omelet (.5cs) 2 WW Toast (2cs) 1/2 c Fruit Sauce (1 cs) 4oz Orange Juice (1cs) 8 oz 1% Milk (1 cs)
Monday Lunch:	Tuesday Lunch:	Wednesday Lunch:	Thursday Lunch:	Friday Lunch: March 1
MENU SUBJECT TO CHANGE WITHOUT NOTICE				3oz Salmonloaf (.5cs) or Pork Tidbits in Gravy 1/2c M. Potato (1cs) 1/2c Creamed Peas (.5cs) 1/2c. Tropical Fruit (1cs)
Monday Lunch: March 4	Tuesday Lunch: March 5	Wednesday Lunch: March 6	Thursday Lunch: March 7	Friday Lunch: March 8
8 oz Hung Goulash (1cs) or Chix Wild Rice Cass (1cs) 1/2 c Green Beans 1/2 c. Coleslaw 1/2 c Mandarin Oranges.(1cs) 1 WW Bread (1cs)	8 oz Chili (1cs) or Crax Crumb Fish (.5cs) 1/2c Mixed Veggies (.5cs) Sm Baked Potato (1cs) 1/2 c Jello w/Pears w/Top(1cs)	3oz Meatloaf (.5cs) or Pork Roast 1/2 c M. Potato/gravy (1cs) 1/2 c Brussel Sprouts 1/2 c. Fruit Cocktail (1cs)	3 oz Bk Chix Fried Steak (.5cs) or S&S Meatballs (.5cs) 1/2 c M. Potato/gravy (1cs) 1/2 c Glazed Baby Carrots (.5cs) Small Orange (1cs)	Salmon or 3oz Swedish Meatballs (1cs) 1/2 c. Boiled Potatoes (1cs) 1/2c Multicolor Carrots 1/2c Apple Crisp/Topping (2cs) 1 WW Bread (1cs)
Monday Lunch: March 11	Tuesday Lunch: March 12	Wednesday Lunch: March 13	Thursday Lunch: March 14	Friday Lunch: March 15
3oz Herbed Chicken or Liver/Onions 1/2c Scalloped Potatoes (1cs) 1/2c Multicolored Carrots 1/2c Applesauce w/Cinn (1cs)	2x3"Lasagna (2cs) 8oz Chix Noodle Casserole(2cs) 1/2c Wax Beans 1c. Romaine Salad/dressing (.5cs) 1 WW Bread (1cs) 1/2c Peach Crisp/Topping (2cs)	Swiss Steak or 3 oz Baked Salmon Baked Potato (1cs) 1/2c Mixed Veg (.5cs) 1/2 c. Tropical Fruit (1cs)	3 oz Roast Turkey 1/2 c M Pot/Gravy (.5 cs) 1/4 c Dressing (.5 cs) or Cheese Ravioli w/Sc (1cs) 1/2 c Yams (1.5 cs) 1/2c Pears (1cs)/1 WW Bread (1cs)	3oz Porcupine Meatballs (.5cs) or Fish Almondine 1/2c M. Potato/Gravy (1cs) 1/2c Green Beans 1/2c Fruit Cocktail (1cs)

Monday Lunch: March 18	Tuesday Lunch: March 19	Wednesday Lunch: March 20	Thursday Lunch: March 21	Friday Lunch: March 22
3oz Crispy Chicken (1cs) or Stuffed Pepper(.5cs) 1/2c Baked Potato (1cs) 1/2 c Creamed Corn (1cs) 1/2c Peach Sc (1cs)	Sloppy Joe on WW Bun (2cs) or Tunamelt (2cs) 8 oz Tomato Soup (.5cs) 1/2 c. Steamed Broccoli 1/2 c Cherry Sc. (1cs) No bread	Pork Chop in gravy or 3 oz Roast Beef w/gravy 1/2c M. Potato/Gravy (1cs) 1/2c Sweet Potato(1cs) 1/2 c Peach Crisp/Topping (2cs)	BBQ Ribs or Turkey Tidbits/gravy 1/2c M Potato/Gravy (1cs) 1/2 c Peas (1cs) Fresh Fruit (1cs)	3oz Ham or Lemon Pepper Tilipia 1/2 c Scalloped Potato (1cs) 1/2 Roasted Brussel Sprouts 1/2c Tropical Fruit (1cs)
Monday Lunch: March 25	Tuesday Lunch: March 26	Wednesday Lunch: March 27	Thursday Lunch: March 28	Friday Lunch: March 29
3 oz. Chicken in gravy (1cs) or Sausage w/Kraut Sm Baked Potato (1cs)/Sr Cream 1/2 c. Buttered Beets 1/2 c Mandarin Oranges (1cs)	8 oz Beef Stew (1cs) or Chicken Enchilada (2cs) 1/2 c. Green Peas (1cs) 1/2 c Pears (1cs)	3oz Salisbury Steak/MR gravy or Chicken Royale (.5cs) 1/2 c M. Pot/Gravy (1cs) 1/2 c Parslied Carrots 1/2 c Fruit Cocktail (1cs)	3 oz Roast Pork w/gravy or Chix Kiev (1cs) 1/2 c Au gratin Potatoes (1cs) 1/2 c Roasted Brussel Sprouts 1/2 c Peach Crisp/topping (2cs)	CLOSED FOR GOOD FRIDAY
Breakfast (8:30-9:00am), Lunch (11:45-12:15)served at the Grand Forks Senior Center. Check other sites for their serving times. Entrée Choices at the Senior Center only.	Menu meets the required average Title III nutrient goals under Older Americans Act: Calories 735; Sodium 800-1000 mg/daily; Protein 31.24 g; Net Carbs 87.11 g; Fat 24.5 g <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		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; The Link-300 Cherry Street from 11:15-11:30. Visit your site by the day before to make your reservations.	

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

Date: 1/29/2024 Licensed Registered Dietitian #13899  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 11:45 am - 12:15 pm  
**Don't be late, or you won't get a plate!**  
 Please be considerate of serving times!

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.

# 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. Rides within GF and EGF city limits only. This services is for people 62+.

# **SERENITY CORNER**

"Senior Living at its Best"



**Cost Effective  
Private Residential Elderly Care Home**

701-220-3871  
2367 38th St. S  
Grand Forks, ND 58201

## **ND Aging & Disability Resource Link**

For information on senior services in North Dakota, you may contact the following:

Phone: **1-855-462-5465**

Website: [carechoicend.assistguide.net](http://carechoicend.assistguide.net)

## **Volunteers Needed!**

- **Home Delivered Meals**, located in Altru Hospital, has two volunteer openings on Fridays from 11 am to 12:30 pm. To help, call Paula at: 701-780-5169, or email [HDMeals@midconetwork.com](mailto:HDMeals@midconetwork.com).
- **Meals on Wheels**, located in the GF Senior Center has open routes Wednesday - Friday, and two openings on Mondays from 10:30 am to Noon. Call Roxie at 701-757-2006, or email [mow@gfseniorcenter.org](mailto:mow@gfseniorcenter.org) to help.

## **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 am from the I-29 South Truck Stop (Flying J) in Grand Forks and leaves Fargo at 3 pm to come back. Call 701-284-7980 by Noon the Friday before for reservations.





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



Grand Forks Senior Center  
March 2024  
M-Th: 8 am-4:30 pm; F: 8 am-1:30 pm

Closed  
Friday, March 29  
for Good Friday

## Monthly Webinar by Dietary Solutions:

The monthly nutrition and wellness webinar series continues to help support the nutritional health of older adults. These FREE webinars can be joined live or can be viewed as a recording at the site below.



March 21st, 10:30am  
Modified Food Textures at Home  
<https://bit.ly/NDTexture>  
US: +1 929 205 6099  
Webinar ID: 965 3385 8293  
Passcode: 181878

*All webinars will be recorded and available at <https://bit.ly/NDRecordings>*

