



November 2019

# The Silver Express



**SPECIAL NOTE**  
The Senior Center now will be closed on Veterans Day each year. This is a new holiday closing for us.

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

**701-772-7245**



## Tues, Nov 19, 2019

GF Senior Center's Thanksgiving meal is at the Alerus Center on Tues, Nov 19.

**Doors open 10 am, meal 11 am, The Diers performing at 12:30 pm.**

Suggested contribution of \$5.00 for people 60+. \$10 for all others. **Reservations required. Call 701-772-7245 by Fri., Nov. 8 at 3 pm (if tickets still remaining)! Please**

provide the full name and birthdate of each person for whom you are making reservations.

Thank you to our sponsors!



Grand Forks Senior Center's Vendor Fair

## Friday, Nov 22 from 9 am - 2 pm

GF Senior Center's Lower Level

**FREE and open to the public!** Available at this fair: wellness products, Christmas decor, handmade jewelry, pottery, aprons, Norwex items, bags for walkers, Pampered Chef, and much more!

The following activities are cancelled this day: Bone Builders, crafts, Silvertones Chorus, and cards.

# Grand Forks Senior Center (GFSC) Phone Numbers

GFSC is an United Way 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, LSW</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

Jeff Peterson

### Secretary

Alice Mattern

### Treasurer

Brenda Sem

Jerry Ditullio

Karen Herrmann

Dean Kirkeby

Craig Knudsvig

Emily Nielsen

Robert Rost

Curt Sandberg

Mary Sears

Michael Venaccio

John Warcup

Clair Zirnhelt

## 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.

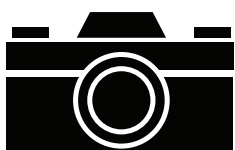
**Bingo:** People 18 and older, according to state gaming laws.

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>

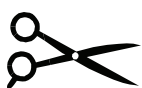
October 2019



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.

4	From the Director's Chair
6-11	Activities, Special Events, & Ongoing Activities
12-13	Fun Around the Center
14	GFSC Resources: LIHEAP & Med Part D Enrollment
15	Hidden Word Puzzle
17	Frozen Meals & Volunteer Opportunities
18	Donations & Memorials
19	Texas Roadhouse Flyer
20	Foot Care Schedule
21-22	November Menu
Back	Silver Campaign

**THANK YOU** to Wall's Medicine Center for providing the magazines in our lobby. They have done this for many years and we are extremely grateful! Thank you also to Quality Lawn Care for our fall application weed control and fertilizer. Finally, thank you to All Seasons for the donation of 16 beautiful mums.



## Senior HAIR Services

Senior Haircuts	\$12
Shampoo/Sets	\$13
Color	\$35 and up
Perms w/style	\$35 and up

### Tammy Erickson

Superior Styles  
510 N Washington St., GF  
701.741.2013

Call for appointments.

**IN-HOME** services available. Travel fee.



## Advice for Living a Good Life

"Even though you may already be fit, do the exercises at the Senior Center to remain fit."

— Evelyn Albrecht



## Mentors Needed for Local Robotics Team

Put your talents to use! Seeking experience in engineering, teaching, electronics, programming, mechanics, speech, or organization.



Volunteers needed to help eager high school students build a 150 lb competitive robot. Choose when you help from Jan 4 - Feb 26, 2020 (M-F, 4 pm - 8:30 pm, Sat 9 am - 3 pm).

**Contacts:** Nathan Moe (nmoe1999@gmail.com) or Mike Voglewede (mvogord@gmail.com, 218-779-1712)

# From the Director's Chair by Colette Iseminger



## Why Do We Have the Silver Campaign?

November we kick off our annual Silver Campaign. The main purpose of this campaign is to raise funds to support the areas of greatest need within our organization. It is a way for you to assist us in helping older adults navigate through life's challenges.

Meals on Wheels, Home Delivered Meals, frozen meals, and Senior Dining programs provide the vital nutrition our seniors need to stay healthy. We continue to see food, labor, and benefit costs, such as health insurance, go up AND we are also serving more meals. Our meals are up 23% as of the end of August over last year. *Will you partner with us to feed older adults who need meals to stay healthy as they age?*

The Resource coordinators assist older adults by working one on one with them, in assessing their needs and goals, providing information about available services, and helping with referrals and applications. Meals, adaptive equipment, transportation fare assistance, Senior Health Insurance

Counseling, and other services can really help take the burden off as older adults choose to age in their home setting. *Will you*

*partner with us to provide these visits to all older adults who need assistance navigating life's challenges?*

Living life on the "Brighter Side of Sixty" is living life to the fullest. It is meeting new people. It is going new places. It is trying new things. It is helping others. It is making the most of your time. It is successfully navigating through life's challenges. The Silver Campaign will help a large number of older adults. Our mission is to provide opportunities for older adults to live to their full potential.

I would like to personally invite you to consider how you feel about our organization, what we have to offer, and let your heart lead you in making a personally-meaningful

donation. Whatever the size of the gift, we will be good stewards of your investment.

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

**Grand Forks  
SENIOR CENTER**  
*brighter side of sixty*

**If you think what we do  
is important, consider  
partnering with us.**

**If you enjoy coming  
here, consider  
partnering with us.**

**If you think one day you  
or a loved one may  
need our services,  
consider partnering  
with us.**

**Together, living life on  
the "Brighter Side of  
Sixty" can become a  
reality for all the older  
adults of our area!**

# Christmas

## FEAST

### for Seniors



**Tues, Dec 17, 2019**  
**11 a.m. at the Alerus Center**

The Grand Forks Senior Center will be hosting their annual Christmas meal at the Alerus Center this year! Suggested dinner contribution of \$5 for people 60+ and their spouses. For all others, meal cost is \$10.

**WILL START TAKING RESERVATIONS on NOVEMBER 21. Must call 701-772-7245 for reservations (do not call before Nov 21).**

### Board of Directors Report

The Board of Directors met September 19, 2019.

- The 2018 financial audit was approved as presented.
- The Board approved the hiring of a full-time Resource coordinator, funded by the 2-year Otto Bremer Trust grant.
- There was a motion to approve the executive director's performance appraisal template. Motion was passed.
- The Board gave Colette the authority to discontinue serving home delivered meals in East Grand Forks if the EGF Senior Center proposal was acceptable.

The next meeting will be Dec 19, 2019 at 11 a.m. in the lower level of the Senior Center. All members are invited to attend.

### Shopping for holiday gifts?

Look our way!



We've got unique gifts that are not only great for older adults, but also benefit the programs at the Grand Forks Senior Center:

- 10-punch meal tickets (Breakfast \$20, Dinner/Supper \$42.50)
- Senior Rider bus cards (\$30) for 10 one-way trips
- 10-session punch cards (\$20) for Chair Yoga or Ready, Set, Stretch
- Foot care gift certificate (\$25)
- Ticket to the March 11 "The Buddy Holly Story" production at the Chester Fritz (\$53.50)
- Gift Shop crafts

**Visit the Front Desk to purchase any of these items.**

### Tour of the Grand Forks Senior Center

**Tues, Nov 5, 2019**  
**10:30 am**

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



# November 2019 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>9:00 am Men's Coffee            9:15 am Qigong            10:30 am Chair Yoga (\$2)            12:45 pm Trivia            1:00 pm Pinochle            2:00 pm Dominoes            2:00 pm Farkle            3:00 pm Line Dancing (\$2)  <b>5:00 pm Senior Supper</b>  <b>Outing. Texas Roadhouse.</b>  <b>Must RSVP to Amber at</b>  <b>701-757-4873.</b>  <b>4-10 pm Eat at Texas</b>  <b>Roadhouse &amp; bring p. 19</b>  <b>flyer so Sr Center gets 10%.</b></p>	<p><b>5</b></p> <p>9:00 am Men's Coffee            9:00 am Bone Builders            10:00 am Coffee &amp; Coloring            10:00 am Computer Help            10:00 am Weight Mgmt  <b>10:30 am Monthly Tour</b>            12:30 pm Wii Bowling League            1:00 pm Bingo            1:00 pm Crochet Class (\$3)            3:30 pm Bone Builders  <b>5:50 pm 'The Path</b>  <b>to Auschwitz' by C</b>  <b>Hannesson</b></p>	<p><b>6</b></p> <p>9:00 am Men's Coffee  <b>9:00 am Newsletter Labeling</b>            9:00 am Walking Group            (Grand Cities Mall)  <b>10:00 am AARP Driver's</b>  <b>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>7</b></p> <p>9:00 am Men's Coffee            9:30 am Qigong            9:30 am Wii Bowling League            10:30 am Chair Yoga (\$2)            1:00 pm Bingo            1:00 pm Bunco (\$2)            3:30 pm Bone Builders</p>	<p><b>1</b></p> <p>9:00 am Men's Coffee            9:00 am Bone Builders            9:00 am Crafts            10:00 am Women's Coffee  <b>1:00 pm "Christian &amp; 70s</b>  <b>music" Carol</b>  <b>Weschenfelder performing</b>            1:00 pm Pinochle  <b>2:30 pm Bowling at Red</b>  <b>Ray Lanes (\$3)</b></p>
<p><b>8</b></p> <p>9:00 am Men's Coffee            9:00 am Bone Builders            9:00 am Crafts            10:00 am Women's Coffee            10:30 am Silvertones            Chorus            12:30 pm Balance Class  <b>1:00 pm Paul Beland,</b>  <b>Larry Wheeler, &amp; Doris</b>  <b>McMillan performing</b>            1:00 pm Pinochle</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>11</b> GFSC CLOSED	<b>12</b> 9:00 am Men's Coffee 9:00 am Bone Builders 10:00 am Coffee & Coloring 10:00 am Computer Help <b>10:15 am 'Equipment Loan' L McGarry</b> 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 Bone Builders <b>5:50 pm Joe Schmidt performing</b>	<b>13</b> 9:00 am Men's Coffee 9:00 am Walking Group (Grand Cities Mall) <b>9:30 am Caramel Rolls!</b> 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>14</b> 9:00 am Men's Coffee 9:30 am Qigong 9:30 am Wii Bowling League 10:00 am Hearing Aid Cleaning & Ear Inspection 10:30 am Chair Yoga (\$2) 1:00 pm Bingo 3:30 pm Bone Builders <b>TBD Senior Movie Outing. Contact Amber at 701-757-4873 beg. Nov 12 for movie info and time</b>	<b>15</b> 9:00 am Men's Coffee 9:00 am Bone Builders 9:00 am Crafts 10:00 am Women's Coffee 12:30 pm Balance Class <b>1:00 pm "Too Old to Die Young" performing</b> 1:00 pm Pinochle
<b>18</b> 9:00 am Men's Coffee 9:15 am Qigong <b>10:00 am Book Club "5 People"</b> <b>10:00 am Senior Med Patrol</b> 10:30 am Chair Yoga (\$2) 12:30 pm Balance Class 12:45 pm Trivia 1:00 pm Pinochle 2:00 pm Dominoes 2:00 pm Farkle 3:00 pm Line Dancing (\$2)	<b>19</b> <b>See cancellations on p. 9</b> 9:00 am Men's Coffee <b>11:00 am Thanksgiving FEAST at the Alerus</b> <b>2:00 pm SPECIAL Bingo (notice time change)</b> 3:30 pm Bone Builders	<b>20</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) 1:00 pm Bingo 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (\$2)	<b>21</b> 9:00 am Men's Coffee 9:30 am Legal Aid of ND 9:30 am Qigong 9:30 am Wii Bowling League 10:00 am Caregiver Support 10:30 am Chair Yoga (\$2) 1:00 pm Bingo 1:00 pm Bunco (\$2) 3:30 pm Bone Builders	<b>22</b> <b>9:00 am SENIOR MARKET (until 2 pm)</b> 9:00 am Men's Coffee 10:00 am Women's Coffee <b>1:00 pm "Theresa &amp; the Plow Boys" performing</b> <b>CANCELLED: Bone Builder, Crafts, Silvertones, Cards</b>
<b>25</b> 9:00 am Men's Coffee <b>9:00 am Newsletter Labeling</b> 9:15 am Qigong 10:30 am Chair Yoga (\$2) 12:45 pm Trivia 1:00 pm Pinochle 2:00 pm Dominoes 2:00 pm Farkle 3:00 pm Line Dancing (\$2)	<b>26</b> 9:00 am Men's Coffee 9:00 am Bone Builders 10:00 Coffee & Coloring 10:00 am Computer Help 10:00 am Weight Mgmt 12:30 pm Wii Bowling League 1:00 pm Bingo 1:00 pm Crochet Class (\$3) 3:30 pm Bone Builders <b>5 pm PIZZA PARTY</b> <b>5:50 pm B Graf &amp; M Knupp performing</b>	<b>27</b> 9:00 am Men's Coffee 9:00 am Walking Group (Grand Cities Mall) <b>9:30 am Caramel Rolls!</b> 10:00 am Game Group 10:00 am Ready, Set, Stretch (\$2) 12:30 pm Balance Class 1:00 pm Bingo <b>1:00 pm Monthly Creations</b> 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (\$2)	<b>28</b> GFSC CLOSED	<b>29</b> GFSC CLOSED

# Activities & Special Events



**NEEDED**  
Mailing Volunteers

**Wednesday, November 6 at 9 am**  
*The Illuminator donor newsletter*

**Monday, November 25 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

## 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 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 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 795-2720

# 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 September was **\$4,599.**

### Special November 19 BINGO!!!

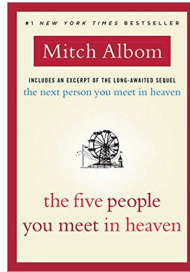
The day of the Thanksgiving Feast at the Alerus, we will have bingo at 2 pm at the Senior Center. There will be 10 games with a \$100 must-go jackpot. No snacks and no additional games this day.





## Senior Center Constant Readers Book Club

Mon, Nov 18 at 10 am  
GFSC Library  
"The Five People You Meet in Heaven"  
by Mitch Albom



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 701-757-4866.

## Assistive Equipment Loan Program

Tuesday, November 12 at 10:15 am  
GFSC Lower Level



Grand Forks Senior Center's Resource Coordinator Lynn McGarry and Resources Intern Sophia Volk will be presenting about the GFSC's assistive equipment loan program.

## Pizza Party

Tuesday, November 26  
5 pm Pizza (reservations required!)  
5:50 pm Barb Graf & Michelle Knupp performing

### GFSC Dining Room

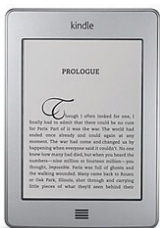
Ooooh, pizza. In addition to pizza, you will have a side salad, and a build-your-own fruit and ice cream sundae bar.



Changes on Nov 19 because of the Thanksgiving Feast at the Alerus Center

- No weight management group
- No Wii bowling, morning Bone Builders, or Coffee & Coloring
- No Crochet class
- Bingo at 2 pm. Read box on page 8 for other changes to bingo this day.
- **We will still have the 5 pm supper.**

## Tech Support at the Grand Forks Senior Center



Tuesday, November 26

5 pm - 7 pm in the GFSC Library  
2nd floor of the Senior Center

Please stop by Ranea's office or call 701-757-4866 to set up your appointment ahead of time. Remember to bring your device with you.

*Tech support is for assistance with smart phones, tablets, readers such as Kindles. Do you need help installing an app or learning about it? Maybe how to set up your Kindle? Our volunteers can assist with these kinds of things and more.*

## Special in November

Friday, Nov 1 at 1:00 pm

“Christian & 70s Music” by Carol Weschenfelder

Tuesday, Nov 5 at 5:50 pm

“The Path to Auschwitz” by Connie Hannesson

Friday, Nov 8 at 1:00 pm

Paul Beland, Larry Wheeler, & Doris McMillan performing

Tuesday, Nov 12 at 5:50 pm

Joe Schmidt performing

Friday, Nov 15 at 1:00 pm

“Too Old to Die Young” performing

Friday, Nov 22 at 1:00 pm

“Theresa & the Plow Boys” performing

Tuesday, Nov 26 at 5:50 pm

Barb Graf and Michelle Knupp performing.

## Monthly Creations: Angel Ornaments

Wed, Nov 27 - 1:15 pm

Bring \$2 for supplies, as well as your own sharp pair of scissors and craft glue. RSVP by 11-22-19 to Ranea at 757-4866.



# 2020 TRIPS

March 11, 2020: **Buddy Holly Story - Chester Fritz** - \$53.50

Park at the GF Senior Center and leave on a bus at 6:30 pm for the Chester Fritz. **Deadline to sign up: February 26.**

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.**

\*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 or [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org).

## Senior SUPPER OUTING

10 Silver Express

RSVPs now required. Either sign up on a clipboard by the elevator or contact Amber (701-757-4873; [gaming@gfseniorcenter.org](mailto:gaming@gfseniorcenter.org)).

**Texas Roadhouse (3200 32nd Ave S)**

**MONDAY, November 4 - 5:00 pm**

*Find Activity Assistant Amber at the restaurant. Although it is normally on the first Thursday, this time it is November 4 because the Grand Forks Senior Center will receive 10% of all food proceeds on Nov 4 from 4-10 pm IF YOU BRING IN THE FLYER from PAGE 19. Thank you!*

## Questions from the Q and A Box in the Lobby

A person inquired about why we don't serve ham at lunch. We follow dietary guidelines and ham is high in sodium, so we only serve it occasionally.

Another person inquired about having brussel sprouts or creamed cabbage. Too many people dislike brussel sprouts and we don't have enough space in the steamer table for two vegetables. Cabbage has few nutrients and creaming it increases the fat. Once in a while we will cream carrots, but carrots have a lot of nutrients.



### **Chair Yoga Exercise Class**

***\$2/person for each class***

**Mondays at 10:30 am**

**Wednesdays at 3:30 pm**

**Thursdays at 10:30 am**

### **Ready, Set, Stretch Class**

***\$2/person for each class***

**Wednesdays at 10 am**

**(one time fee of \$5 for therabands or bring your own)**

### **Line Dancing**

***\$2/person for each class***

**Mondays at 3:00 pm**

**Qigong** (no charge)

**Mondays at 9:15 am**

**Thursdays at 9:30 am**

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

## 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)**

## FREE Building Better Balance Classes at the Senior Center



**12:30 - 1:00 pm**

### **GFSC Back Half Garden Room**

Have you had a recent fall or do you have a fear of falling? Falls are not a normal part of aging. Renew your confidence by joining us to learn simple exercises designed to improve balance. You can come to the 30 minute class just one time or repeat as often as you would like. No RSVP required.

**Friday, November 8**

**Wednesday, November 13**

**Friday, November 15**

**Monday, November 18**

**Wednesday, November 27**

# Fun around the Center





- 1-4 Discover the World event
- 5-6 Wine Bottle Scarecrow craft
- 7 Chanhassen trip group
- 8-10 Pizza Ranch Sr Supper outing
- 11 Pie & Coffee with a Cop



# GFSC Resources

## LIHEAP - Fuel Assistance

The Low Income Home Energy Assistance Program (LIHEAP), also known as Fuel Assistance, helps eligible North Dakotans pay their heating costs. If you qualify, LIHEAP will pay a portion of your fuel cost to heat your home. Applications are accepted October 1, 2019 – May 31, 2020 and you must reapply each year. **Assets are no longer considered in determining eligibility for this program.** The adjusted gross income of all members of an eligible household must be less than:

Household Size	Annual Income	Monthly Income
1	\$30,346	\$2,529
2	\$39,683	\$3,307

For more information or for assistance in completing and submitting the LIHEAP application, please **contact Holly at 701-412-1922 (cell) or Rochelle at 701-620-1029 (cell).** Both are employed by **Community Options.** The GF Senior Center will no longer be assisting with this application since Community Options is available to assist.

## Medicare Part D Open Enrollment



The North Dakota Insurance Department encourages you to review your prescription drug plan each year from October 15 - December 7. This

open enrollment period gives you a chance to change plans as needed to best meet your needs.

**To schedule a Medicare Part D appointment at the Grand Forks Senior Center stop by the front desk or call 701-772-7245.**

For your appointment, please bring: 1) your Medicare card, 2) your current prescription drug plan, 3) the name of your pharmacy, 4) a list of your current medications with dosages, 5) how often you take each medication, and 6) your login information if you have an online 'My Medicare' account set up.

Please come to your appointment prepared to make a decision for enrollment in the plan of your choice. There will be no follow up appointments because of the volume of individuals who must be served in a limited period of time.

**Grand Forks Senior Center Resource Team hours are Monday-Friday, 8:00 am-4:30 pm. For local info, call 701-772-7245.**

14 Silver Express



# Thanksgiving Word Search

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

Carve	Holiday
Celebrate	November
Colonist	Platter
Cornucopia	Pumpkin
Cranberry	Thanksgiving
Dessert	Tradition
Farmer	Turkey
Feast	Vegetable
Gather	Worship
Harvest	



# 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)

**SNOWBIRD ADDRESSES:** If you will be going away this winter and you have a different address for the winter, **PLEASE** contact the Grand Forks Senior Center and let us know. It is especially important to change the address for our monthly *Silver Express* newsletter or to remove you from that list for the winter. You will then need to contact us in the spring to change the address back to your local one or add you back on the mailing list. Thank you!

16 Silver Express



# Frozen Meals

The Grand Forks Senior Center sells frozen meals, which have been prepared on site and then blast frozen in a special freezer to retain food quality. **If you would like to order frozen meals, the best way to do this, if you have a computer, is to view the current frozen meal inventory list at [www.gfseniorcenter.org/frozenmeals](http://www.gfseniorcenter.org/frozenmeals).** Once you have decided which meals you would like, call the main Senior Center number at 701-772-7245 and place your order for pick-up.

If you do not have a computer, you can either come in and look at the frozen meal inventory at the front desk and make your selections (although you may need to wait a bit for your meals to be gathered) or you can call and they will let you know over the phone what is available. You can then let them know when you will come in to pick up the meals. You can also have a family member or friend pick them up for you.

Frozen meals are a set price of \$3.50/each, unless you have been qualified to pay on a suggested donation basis.

## New in the Library

The GF Public Library donated many large print books and audio books to the GF Senior Center's library. Come take a look at what we have for YOU!



# Volunteer Opportunities

## Bingo Caller Volunteers

We need bingo caller volunteers on Tuesday, Wednesday, and Thursday afternoons. Pick the day you would like to volunteer! We will train you until fully comfortable. Volunteer as much or as little as you like. Very flexible. Contact: Amber at 701-757-4873 or [gaming@gfseniorcenter.org](mailto:gaming@gfseniorcenter.org).

## Home Delivered Meals Volunteers

The Home Delivered Meals program (operated by the GF Sr Center, run out of the Altru kitchen) is in need of volunteers to deliver hot, weekday noon meals. Also need substitutes. Contact: Rhonda or Paula at 701-780-5169 or [hdmeals@midconetwork.com](mailto:hdmeals@midconetwork.com).

## Meals on Wheels Volunteers

The GF Sr Center Meals on Wheels program (run out of the Senior Center) is in need of volunteer drivers and runners to deliver hot, weekday noon meals. Also need substitutes. Contact: Sue at 701-757-2006 or [MOW@gfseniorcenter.org](mailto:MOW@gfseniorcenter.org).

**During BAD WEATHER to find out if we are open, call the Sr Center at 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 Sept 16, 2019 to Oct 13, 2019

## Donations of \$500 or more

- Grand Forks Housing Authority - \$10,000 for meals at The Link
- Hoeger, Gordon and Dorothy

## Donations of \$100 or more

- Evenson, Donald - In memory of Ida Mae Evenson
- Hackenberg, Delores

## Donations

- Anonymous (2X)
- Broadwell, Ray and Becky
- Eelkema, Robert and Virginia - For Health
- Grand Forks Public Health - Fridays Care Casual Wear
- Herrmann, Karen
- Iseminger, Carl and Colette
- Kirkeby, Dean
- Lange, Evelyn
- Mattern, Roger and Alice
- McGarry, Dennis and Lynn
- Murphy, Spud
- Robinette, Paul and Mary
- Mardani, Elkhas and Salimi, Akram
- Sandberg, Curt and Lone - For Meals on Wheels
- Schumacher, Matt and Jami

## Memorials

In memory of Curt Johnson  
Knain, Vidette  
Swanson, Andy and Gail

In memory of Don Schiele  
Schiele, Kathy

In memory of Elizabeth 'Betty' Sheppard  
Knain, Vidette

In memory of Hazel Holter  
Knain, Vidette

In memory of Lone Kjelaas  
Knain, Vidette

In memory of Mardelle Bartholomew  
Lunde, Beverly

## Grants

- Altru Health Foundation - \$1,937 for the nutrition pilot program
- Community Foundation of GF, EGF & Region - \$3,000 for the Transportation Fare Assistance program
- Otto Bremer Trust - \$55,000 for Resources
- United Way - \$3,050 for Resources and Meal Delivery programs

## 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 Lone
- Schiele, Kathy
- Schumacher, Matt and Jami
- Venaccio, Michael and Vicki

MUST BRING THIS AD WITH YOU in order for the Senior Center to receive 10%!!!



# FUNDRAISING

»» *Support* ««

**GRAND FORKS SENIOR CENTER**

**MONDAY, NOVEMBER 4**

**4PM-10PM**



# 10%

**DONATION NIGHT**

for **Grand Forks Senior Center**.

Present this flyer at the Grand Forks location and Texas Roadhouse will donate **10%** of your total food purchases to **Grand Forks Senior Center!**

**701-746-7427**

**3200 32ND AVENUE SOUTH  
GRAND FORKS, ND**

The Grand Forks Senior Center's Senior Supper group is meeting at 5 pm. Bring this entire page!

Silver Express 19

# 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.

Nov 6	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Nov 7	Nelson Co. Courthouse 210 B Ave West, Lakota	9:00 am - Finish
Nov 13	Parkview Terrace 2396 27th Ave S, GF	1:00 pm - Finish
Nov 14	Lutheran Church of McVile 112 W Vail Ave, McVile	9:30 am - Finish
Nov 20	Edgewood Parkwood Place 749 S 30th St, GF	9:00 am - Finish
Nov 21	Edgewood Parkwood Place 749 S 30th St, GF	9:00 am - Finish

## ITEMS on the GF Senior Center WISH LIST

- Leftover **Halloween candy** (for Santa bags)
- **Gently-used Christmas decorations** for our Christmas Flea Market (Dec 6). Items must be in good condition without mold or dust and cannot smell musty or like cigarette smoke.
- **Napkins and paper towels** (greatest need right now)
- **Marble-size wooden beads** to Activity Manager Ranea for a craft

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, November 21, 2019, 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, Nov 14  
10 am - Noon  
GFSC Lobby**



## NOVEMBER 2019 - Grand Forks Title III Older Americans Act Food Program

The Full Cost of the meal is: \$5.50 Breakfast; \$9 Lunch & Supper. Please contribute what you can.

Suggested Donation is \$2.00 for Breakfast; \$4.25 for Dinner & Supper. EBT/SNAP and Credit Cards are accepted at GFSC only. You may call in to run your card. Those under 60 years of age are required to pay the full cost of the meal unless your spouse is over 60.

Monday Breakfast:	Tuesday Breakfast:	Wednesday Breakfast:	Thursday Breakfast:	Friday Breakfast:
1-2 Slices WW French Toast with Syrup (1-2 cs) 2 Scrambled Eggs 1/2 c Fruit Sauce Choice (1 cs) 8 oz Orange Juice (2 cs) 8 oz 1% Milk (1 cs)	Sausage Egg WW Muffin (2 cs) 3/4 oz Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz Orange Juice (2 cs) 8 oz 1% Milk (1 cs)	Small Denver Omelet (.5cs) Fried Potatoes (1cs) 1-2 WW Toast (1-2cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (2 cs) 8 oz 1% Milk (1 cs)	2 Eggs Made to Order Hashbrowns (1 cs) 1-2 Slices WW Toast (1-2 cs) 1/2 c Fruit Sauce Choice (1 cs) 4 oz Orange Juice (1 cs) 8 oz 1% Milk (1 cs)	Ham & Egg on WW Muffin (2 cs) 3/4 oz Cold Cereal (1 cs) 1/2 c Fruit Sauce Choice (1 cs) 8 oz Orange Juice (2 cs) 8 oz 1% Milk (1 cs)
Monday Lunch:	Tuesday Lunch:	Wednesday Lunch:	Thursday Lunch:	Friday Lunch:
<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	Nov 19 Noon meal is served at the Alerus Center at 11:30am. Tickets available thru Nov 12th or until sold out. Please call early as this event will sell out!			3 oz Meatballs in brown gravy (.5cs) OR Pork Roast 1/2 c Mashed Potato w/gravy (1cs) 1/2 c Carrots (.5cs) 1/2 c Tropical Fruit (1cs)
Monday Lunch: Nov 4	Tuesday Lunch: Nov 5	Wednesday Lunch: Nov 6	Thursday Lunch: Nov 7	Friday Lunch: Nov 8
Stuffed Pepper (.5cs) OR Polynesian Meatballs (.5cs) 1/2 c Parslled Buttered Potato (1cs) 1/2 c Peas (1cs) 1/2 c Mandarin Orange Sc (1cs)	2 oz BBQ Chicken on WW Bun (2cs) OR Tuna Melt (2cs) 1 c Vegetable Soup (.5cs) w/ 2 soda crackers (.5cs) 1/2 c Fruit Cocktail (1cs) 1x2" Bitsy Brownie (2cs)	3 oz Ginger Pork Chop OR Baked Fish (.5cs) 1/2 c Boiled Potato (1cs) 1/2 c Harvard Beets (2cs) 1/2 c Bread Pudding w/Raisins (1cs) Orange Wedge (.5cs)	3 oz Cracker Crumb Fish/lemon (.5cs) OR Tangy Baked Chicken 1/2 c Escalloped Potato (2cs) 1/2 c Carrot Kinkles (.5cs) 1/2 c Peach Crisp w/top (2cs)	3 oz Meatloaf (1cs) OR Chicken Parmesan Sm Baked Potato w/sr crm (2cs) 1/2 Stewed Tomato (.5cs) 1/2 c Fruit in 1/4c Tapioca Pudding (2cs)
Monday Lunch: Nov 11	Tuesday Lunch: Nov 12	Wednesday Lunch: Nov 13	Thursday Lunch: Nov 14	Friday Lunch: Nov 15
<b>CLOSED FOR VETERAN'S DAY HOLIDAY</b>	2oz Sloppy Joe on WW Bun (2cs) OR Tuna Salad on WW Bun (2cs) 1 c Potato & Corn Chowder (1cs) w/2 soda crackers (1cs) 1/2 c Peach Sauce (1cs)	1 c Chix Noodle Casserole (1cs) OR Beef Stroganoff (1cs) 1/2 c Broccoli 1 c. Romaine Salad/dressing (.5cs) 1/2 c. Mandarin oranges (1cs) Sm Molasses Cookie (1cs)	3 oz Roast Beef OR Orange Chicken 1/2 c Mashed Potato w/gravy (1cs) 1/2 c. Squash (1cs) 2" sq Fruited Gelatin (2cs)	3 oz Salisbury Steak OR Salmon 1/2c. Whipped Potato w/gravy (1cs) 1/2 c. Scand Vegetables (1cs) 1/10 Dutch Apple Pie w/top (2cs)

Monday Lunch: Nov 18	Tuesday Lunch: Nov 19	Wednesday Lunch: Nov 20	Thursday Lunch: Nov 21	Friday Lunch: Nov 22
3 oz Lemon Pepper Fish OR Chicken Strips (.5cs) 1/2 c. M. Potato with crm gravy (1cs) 1/2 c Green Beans 1/2 c Pears (1cs)	*THANKSGIVING DINNER* 3 oz Roast Turkey 1/4 c Mashed Potatoes (.5 cs) 2 oz Gravy/1/4 c Dressing (.5 cs) 1/2 c Yams (1.5 cs) 2 oz Cranberries (.5 cs) WW Dinner Roll (1 cs) 1/10 Pumpkin Pie W/Topping (2 cs)	3 oz BBQ Ribs OR Sweet & Sour Chicken (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Applesauce w/cinn (1cs)	Cabbage Rolls (1cs) OR 3/4 c Turkey Pot Pie (1cs) 1/2 c Peas (.5cs) 1/4 c Cranberry Sc 2" Pumpkin Crunch Dessert (2cs)	3 oz P/A glazed Pork Chop (.5cs) OR Lasagna (2cs) 1/2 c Boiled Potato (1cs) 1/2 Capri Vegetables (.5cs) 1/2c Pears in gelatin (2cs)
Monday Lunch: Nov 25	Tuesday Lunch: Nov 26	Wednesday Lunch: Nov 27	Thursday Lunch: Nov 28	Friday Lunch: Nov 29
2oz Hamburger on WW Bun (2cs) OR BBQ Pork on WW Bun (2cs) 1 c Beef Vegetable Soup (.5cs) w/ 2 Soda Crackers (1cs) 1 c. Romaine Salad/dressing (.5cs) 1/2 c Fruit Cocktail (1cs) No Bread	3 oz Liver with Onions (.5cs) OR Baked Chicken (.5cs) Sm Baked Potato w/ sr crm (2cs) 1/2 c Yams (1cs) 1 slice pineapple (.5cs) 1/2 c Cherry Cobbler w/top (2cs)	3oz Chicken Fried Steak-Gravy (1cs) OR Fish Almondine 1/2 c. Mashed Potato w/gravy (1cs) 1/2 c Stewed Tomato (1cs) 1/2 c Apricots (1cs)	CLOSED  THANKSGIVING  HOLIDAY	CLOSED  THANKSGIVING  HOLIDAY
Tuesday Supper: Nov 5	Tuesday Supper: Nov 12	Tuesday Supper: Nov 19	Tuesday Supper: Nov 26	
3 oz Pork Chop in MR gravy OR Beef Pattie in Gravy 1/2 c Boiled Potato (1cs) 1/2 c Peas & Carrots (.5cs) 1/2 c Tropical Fruit (1cs) 1x2" Bitzy Brownie frosted (2cs)	3 oz Swiss Steak (.5cs) OR Herb Chicken 1 sm Baked Poato w/ sr crm (2cs) 1/2 c Broccoli 1/2 c Blushing Pear (1cs)	3 oz Baked Tilapia w/ lemon (.5cs) OR 3oz Porcupine Meatballs(.5cs) 1/2 c Parslled Potato (1cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Peach Sc (1cs)	PIZZA PARTY RESERVATIONS REQUIRED Choice of Pizza (2-4cs) 1 c. Romaine Salad/dressing (.5cs) Build your own Fruit and Ice Cream Sundaes (2-4cs) RESERVATIONS REQUIRED	
Breakfast (8:30-9:30am), Lunch (11:30-12:15) and Tuesday Supper (5:00 pm) 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 S ) unless it is for a holiday meal or other special meal where noted.  Reservations required at the satellite sites listed below. Visit your site by noon the day before to make your reservation. Homestead-1639 24th Ave. South The Link-300 Cherry Street		

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

Date: \_\_9/17/2019\_\_ Licensed Registered Dietitian #13899  Collette Isleminger, MS, RD, LRD

*Request Information or Schedule  
your Personal Tour Today!*



*Our Family  
Caring for Yours*

### Senior Independent Living - Country Estates

- A variety of elegant apartments
- Café, hair salon, exercise room, transportation

### Assisted Living - Wheatland Terrace

- Spacious apartments with 24/7 personal care
- Meals, transportation to medical included

### Basic Care - Tufto Manor

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

[valleyseniorliving.org](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. November is different because of Veterans Day: **November 18**



## 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:

**Nov 6, Dec 4**



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

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Grand Forks, ND



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

**CLOSED for Veterans Day on Monday, November 11 and for Thanksgiving on Thursday, November 28 and Friday, November 29.**



# The Silver Campaign

## Grand Forks Senior Center Annual Appeal

The Grand Forks Senior Center (GFSC) exists to help older adults be as healthy and independent as possible, but we can't do it without you! The Silver Campaign raises funds to support seniors in our area.

- All donations go directly to GFSC programs and services, including meals,

foot care, activities, Resources, Meals on Wheels, and more.

- All services are greatly appreciated by those served!
- With a growing, aging population, your support is essential for this work to continue.

### **You can help by making a donation!**

Mail a check, stop in to the Senior Center, or go to [www.gfseniorcenter.org/donate](http://www.gfseniorcenter.org/donate)

Gifts must be received by 4:00 pm on Tuesday, December 31, 2019 (midnight for online gifts). Will you make a gift today to support older adults? Thank you in advance for your generosity!