



October 2019

# The Silver Express



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

701-772-7245



### The Alerus Center (enter doors 4 and 5)

10 am	Doors open
11 am	Meal
12:30 pm	Entertainment to be announced in November newsletter

celebrating **EARLY** on  
**Tuesday,**  
**Nov 19, 2019**  
at the **Alerus Center**

The Grand Forks Senior Center will be hosting their annual Thanksgiving meal at the Alerus Center again this year! **Suggested dinner contribution of \$5 for people 60+ and their spouses. For all others, meal cost is \$10. Traditional turkey meal. A vegetarian option is available.**



### Transportation

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

**Reservations required! DEADLINE! Must call 701-772-7245 by Friday, November 8 at 3 pm (if tickets are still remaining) for reservations. When taking reservations, WE NEED THE FULL NAME AND BIRTHDATE OF EACH PERSON ATTENDING.** You must indicate the vegetarian meal when making your reservation. This year, we will not be taking any table reservation requests. There will be plenty of tables, so if a group wants to sit together, have someone from your group arrive at 10:00 am to hold a table. Please pick up tickets ahead of time at the GF Senior Center (620 4th Ave S) if possible.

**It's a time to give thanks. Come join with hundreds of your peers, for fabulous food, entertainment, and fun!**

# Grand Forks Senior Center (GFSC) Phone Numbers

GFSC is an United Way Agency



<b>GFSC General Number</b> .....	<b>701-772-7245</b>
<b>Senior Center Meal Reservation Number</b> .....	<b>701-757-4869</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, <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, Nelson Co.....	701-270-3010
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.

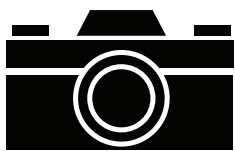
**Bingo:** People 18 and older, according to state gaming laws.

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

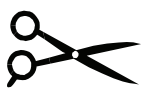


While at the Grand Forks Senior Center (GFSC) or on GFSC trips, you may be recorded or photographed. Your presence at the GFSC constitutes your permission for us to use your likeness.

4	From the Director's Chair
5	Flu Shot Clinics & Pancake Breakfast
6-11	Activities, Special Events, & Ongoing Activities
12-13	Fun Around the Center
14	Medicare Part D Open Enrollment
15	Introducing . . .
16	Donations & Memorials
20	Foot Care Schedule
21-22	October Menu
Back	Halloween Party

### Looking ahead

- **Thanksgiving Feast** on Tuesday, November 19
- **Senior Market** on Friday, November 22
- **Christmas Flea Market** on Friday, December 6
- **Christmas Tea** on Friday, December 13
- **Christmas Feast** on Tuesday, December 17
- **Christmas Party** on Friday, December 20



### 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.*

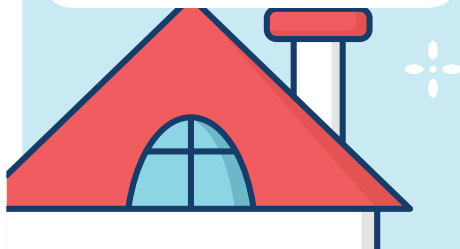
**IN-HOME** services available. Travel fee.



### Advice for Living a Good Life

"Put a smile on your face and think positive."

— Robert Staveteig  
Giving Hearts Day '19



### Tour of the Grand Forks Senior Center

**Tues, Oct 1, 2019**  
**10:30 am**

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

# From the Director's Chair

by Colette Iseminger



## Merging Meals on Wheels and Home Delivered Meals



Currently the Grand Forks Senior Center operates two meal delivery programs in Grand Forks and East Grand Forks: Meals on Wheels operates out of the Senior Center and Home Delivered Meals operates out of Altru Hospital. It is our plan to merge these two programs into one large program by the end of the summer 2020. This merger is a BIG task, but we are excited as it gives us a chance to make things that work well, work even better. We also will be able to address some areas that need improvement. Our end goal is to have one solid meal delivery program, well-positioned to serve even more people in our communities.

Here's what we know right now:

- It is not our intention that any staff members will lose their job or lose hours, but their job responsibilities will likely change.
- It is our hope that all our wonderful volunteers will stick with us through these changes. Routes will be changing as we combine the programs and we reduce duplication in delivery areas.

There will be more to come on this merger as we work through all the plans.

On October 1, 2019, memberships at the Grand Forks Senior Center go to \$7.50 for a couple or \$5 for an individual. Won't you support the GF Senior Center with a membership?

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

# 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!



## Open to the Public Flu Shot Clinics

**Friday, Oct 4**

10:00 am - 1 pm

**Tuesday, Oct 15**

2:30 pm - 5 pm

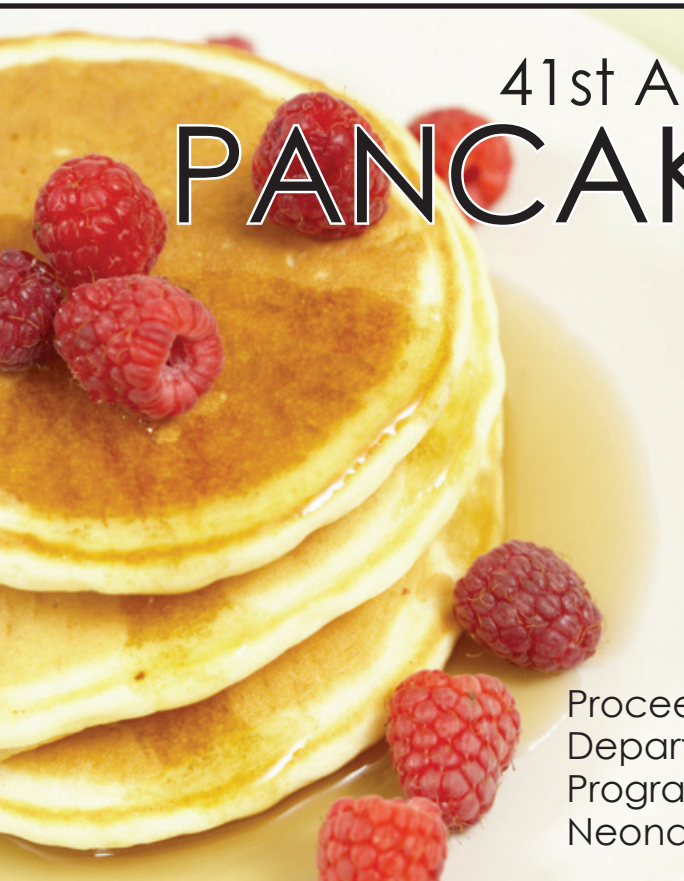
**Wednesday, Oct 16**

1:00 pm - 4 pm

WelCore Health will be at the Grand Forks Senior Center (620 4th Ave S) to administer flu vaccinations. Presently, WelCore Health can take Medicare and no co-pay is necessary. WelCore Health also accepts most insurances (Sanford, Blue Cross Blue Shield, Humana, etc.). **Please be sure to bring your insurance card.** For more information, call 701-330-4216.



All flu shots clinics will take place in the GFSC Health Department



## 41st Annual GF Kiwanis PANCAKE BREAKFAST

Sunday, October 20, 2019

8 am - 1 pm

Grand Forks Senior Center (620 4th Ave S)

**\$5/person**, except children under 6 are FREE.  
Tickets available at the door or at the Grand Forks Senior Center front desk.

Proceeds to Grand Forks Senior Center Health Department, Boy Scout Troop 16, Area Youth Programs, CVIC, Eliminate Worldwide Maternal/ Neonatal Tetanus, and GF Kiwanis Park.



# October 2019 Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</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 'Too Old to Die Young' performing</b></p>	<p><b>2</b></p> <p>9:00 am Men's Coffee  <b>9:00 am Walking Group (Grand Cities Mall)</b>  <b>9:30 am Caramel Rolls!</b>  <b>10:00 am AARP Driver's Safety</b>            10:00 am Game Group            10:00 am Ready, Set, Stretch (\$2)            1:00 pm Bingo            1:00 pm Whist &amp; Pinochle            3:30 pm Chair Yoga (\$2)</p>	<p><b>3</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  <b>5:00 pm Senior Supper Outing. Pizza Ranch. Must RSVP to Amber at 701-757-4873.</b></p>	<p><b>4</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>10:00 am Flu Shot Clinic</b>            12:30 pm Balance Class  <b>1:00 pm "PeatMoss aka Greg Norman" performing</b>            1:00 pm Pinochle  <b>2:30 pm Bowling at Red Ray Lanes (\$3)</b></p>
<p><b>7</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  <b>3:00 pm Line Dancing (\$2)</b></p> <p><i>Deadwood Trip</i></p>	<p><b>8</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  <b>10:15 am 'Weigh 2 Change' program info by R Johnson</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</p> <p><i>Deadwood Trip</i></p>	<p><b>9</b></p> <p>9:00 am Men's Coffee  <b>9:00 am Walking Group (Grand Cities Mall)</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 &amp; Pinochle            3:30 pm Chair Yoga (\$2)</p> <p><i>Deadwood Trip</i></p>	<p><b>10</b></p> <p>9:00 am Men's Coffee            9:30 am Qigong            9:30 am Wii Bowling League            10:00 am Hearing Aid Cleaning &amp; 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. Oct 7 for movie info and time</b></p> <p><i>Deadwood Trip</i></p>	<p><b>11</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 "Old Time Music" by DJ Ryan Kaste</b>            1:00 pm Pinochle  <b>1:00 pm Pumpkin Patch</b></p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>14</b> 9:00 am Men's Coffee 9:15 am Qigong 10:00 am Senior Med Patrol 10:30 am Chair Yoga (\$2) 12:45 pm Trivia 1:00 pm Pinochle 2:00 pm Dominoes 2:00 pm Farkle <b>2:00 pm Pie &amp; Coffee w/ a Cop - Apple Caramel (\$2)</b> <b>'Polygraph Testing'</b> <b>3:00 pm Line Dancing (\$2)</b>	<b>15</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) <b>2:30 pm Flu Shot Clinic</b> 3:30 pm Bone Builders	<b>16</b> 9:00 am Men's Coffee <b>9:00 am Walking Group (Grand Cities Mall)</b> <b>9:30 am Caramel Rolls!</b> 10:00 am Game Group 10:00 am Ready, Set, Stretch (\$2) 1:00 pm Bingo <b>1:00 pm Flu Shot Clinic</b> 1:00 pm Whist & Pinochle 3:30 pm Chair Yoga (\$2)	<b>17</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) <b>1:00 pm Walking Group (Grand Cities Mall)</b> 3:30 pm Bone Builders	<b>18</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 Baby Boomers' Karaoke</b> 1:00 pm Pinochle  <b>REMEMBER: Pancake Breakfast at the GFSC on Sun, Oct 20 from 8 am - 1 pm!</b>
<b>21</b> 9:00 am Men's Coffee 9:15 am Qigong <b>10:00 am Constant Readers Book Club "A Man Called Ove" by Fredrik Backman</b> 10:30 am Chair Yoga (\$2) 12:45 pm Trivia 1:00 pm Pinochle 2:00 pm Dominoes 2:00 pm Farkle <b>3:00 pm Line Dancing (\$2)</b>	<b>22</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>5:50 pm 'GF County Historical Society through the Years'</b>	<b>23</b> 9:00 am Men's Coffee <b>9:00 am Walking Group (Grand Cities Mall)</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>24</b> 9:00 am Men's Coffee <b>9:00 am Newsletter Labeling</b> 9:30 am Qigong 9:30 am Wii Bowling League 10:30 am Chair Yoga (\$2) <b>1:00 pm Monthly Creations 'Witch Parking Sign.'</b> <b>Must RSVP to Ranea by 10-22-19</b> 1:00 pm Bingo 3:30 pm Bone Builders	<b>25</b> 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 Wine Glass Painting Party (must RSVP by Oct 23 - see p. 10)</b> 1:00 pm Pinochle
<b>28</b> 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 <b>3:00 pm Line Dancing (\$2)</b>	<b>29</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>6:00 pm Halloween Party</b> <b>Lindseth &amp; Jeffrey performing</b>	<b>30</b> 9:00 am Men's Coffee <b>9:00 am Walking Group (Grand Cities Mall)</b> <b>9:30 am Caramel Rolls!</b> 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>31</b> 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 3:30 pm Bone Builders	

# Activities & Special Events



**NEEDED**  
Mailing Volunteers

**Thursday, October 24 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 August was **\$5,300.**

# BINGO T-SHIRTS FOR SALE!

The Grand Forks Senior Center is selling some really fun bingo t-shirts. They read 'Happiness is yelling BINGO at the Grand Forks Senior Center.' During bingo on Tuesdays, Wednesdays, and Thursdays, you can purchase a shirt from Activity Assistant Amber. At other times, inquire at the front desk. Great way to advertise bingo and support the GF Senior Center!

**\$12.85 for bright color, looser fit shirts**

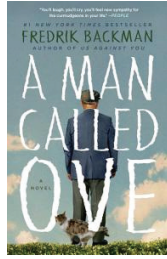
**\$15.00 for the more form-fitting, softer shirts**





## Senior Center Constant Readers Book Club

**Monday, October 21  
10:00 am  
GFSC Library  
"A Man Called Ove"  
by Fredrik Backman**



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.

**Walking Group Resumes!  
Wednesdays at 9:00 am at Grand Cities Mall - meet by Hope Church tables. Resumes Oct 2, 2019.**

**Line Dancing Resumes!  
Mondays at 3:00 pm - GFSC  
Resumes Oct 7, 2019.**



## Monthly Creations: Witch Parking Sign

**Thursday, October 24  
1:00 pm  
Garden Room  
GF Senior Center**

Bring \$4 for supplies. RSVP by Tuesday, October 22 to Ranea at 757-4866 or [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org).



## Washington DC Trip?

If you are interested in possibly attending a Washington DC trip in 2020, please contact Ranea ASAP at 701-757-4866 or [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org)

## PIE & COFFEE with a COP Polygraph Testing

*Lt Zimmel has done polygraphs since 2007*



**Monday, October 14  
2:00 pm  
GFSC Auditorium**

**\$2.00/person.** Includes **Apple Caramel pie**, coffee, and ice cream. Buy a ticket at the front desk beginning at 1:30 pm.

# BOWLING

**Friday, October 4  
2:30 pm at Red Ray Lanes**

Bowl with friends once a month at Red Ray Lanes (2105 S Washington St, GF) at 2:30 pm. Cost is only \$3 for shoe rental and one game. Find Activity Assistant Amber at Red Ray Lanes.

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# Speakers and Special Entertainers in October at the Grand Forks Senior Center

Tuesday, October 1 at 5:50 pm  
“**Too Old to Die Young**” performing.  
Plan on coming for the 5 pm meal first if you can.

Friday, October 4 at 1:00 pm  
“**PeatMoss** (aka Greg Norman)”  
for Fantastic Friday

Tuesday, October 8 at 10:15 am  
*Diabetes/Pre-diabetes Support Group*  
“**Weigh 2 Change program information**”  
by Ranea Johnson, GFSC. Ranea has been trained to lead this program.

Friday, October 11 at 1:00 pm  
“**Old Time Music**” by DJ Ryan Kaste  
for Fantastic Friday

Friday, October 18 at 1:00 pm  
“**Baby Boomers’ Karaoke**”  
for Fantastic Friday

Tuesday, October 29 at 6:00 pm  
**Lane Lindseth and Dave Jeffrey**  
**will be performing at the GFSC Halloween party** (see back cover for more details).



10 Silver Express

# Wine Glass Painting Party with Sandy’s Social Art



**Friday, October 25**  
**1:00 pm**

**Myra Auditorium (dining room)**  
**Grand Forks Senior Center**

Come join in the fun and learn how to paint a set of two wine glasses. You can either paint your own designs or follow the sample designs. **Cost of class is \$12. Deadline to sign up is Wednesday, October 23.** Must pay when you sign up at the GFSC front desk. Class is open to a maximum of 30 people.

Grand Forks  
SENIOR CENTER  
HIGHER SIDE OF LIFE

# Senior SUPPER OUTING



RSVPs now required. Max of 70 people this month. Either sign up near the GFSC bulletin board or contact Amber (701-757-4873; gaming@gfseniorcenter.org).

**Pizza Ranch (3750 32nd Ave S UNIT 100)  
Thursday, October 3 - 5:00 pm**

*Senior Supper Outing is the first Thursday of each month at 5 pm. Find Activity Assistant Amber at the restaurant. Each pays for their own meal.*

## Pumpkin Patch: Patch on the Point



**Friday, October 11 from 1:00 - 3:00 pm**  
**\$3 entry fee (free small pumpkin or gourd with entry)**

Come enjoy the beauty of fall at a pumpkin patch located on the south end of EGF at Point Paradise Stables. Meet at the GF Senior Center at 12:30 pm. We will caravan over together. *Caution: there will a lot of walking on uneven surfaces.*

### Bone Builders Exercise Class

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

#### BEGINNER CLASSES

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

#### ADVANCED CLASSES

GRAND FORKS SENIOR CENTER  
(620 4TH AVE S)

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

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

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

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

FREE Building Better  
Balance Classes at the  
Senior Center

Hosted by



**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, October 4**

**Wednesday, October 9**

**Friday, October 11**

**Friday, October 18**

**Wednesday, October 23**

**Friday, October 25**

# Fun around the Center



1



2



3



4



5



6



7



8



10



9

- 1-2 Medora Trip
- 3 Baby Boomer Karaoke
- 4-5 Molkky at Lincoln Park
- 6-7 Downtown GF Street Fair
- 8-10 Ark Creation & Pigeon Forge Trip



# GFSC Resources

## Medicare Part D Open Enrollment

### MEDICARE PART D

Medicare Part D Annual Open Enrollment for 2019 is scheduled from October 15 - December 7, 2019. *The North Dakota Insurance Department encourages you to review your plan every year to make sure your current plan*

*continues to meet your prescription drug needs.* This open enrollment period also gives you a chance to switch to another prescription drug plan. Your current Prescription Drug Plan will notify you of changes in your plan. By the end of September you should have received the "Medicare and You" handbook, which lists the prescription drug plans available in 2020.

Before you call or schedule an appointment, be sure to have the items available which are listed in the box below.

Pursue one of the following options to help you compare the costs and benefits of your current coverage with other plans:

- **Log on to Medicare's website** at [www.medicare.gov](http://www.medicare.gov)
- **Call Medicare** at 1-800-633-4227
- **Attend the North Dakota Insurance Department Medicare Part D Enrollment Event**  
Tuesday, October 15, 2019  
9:00 am - 4:00 pm at the Canad Inn,  
1000 S 42nd St, Grand Forks
- **For ND RESIDENTS ONLY, schedule an appointment for one-on-one assistance** by calling the Grand Forks Senior Center front desk at 772-7245. *Please come to your appointment prepared to make a decision regarding 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*

## IMPORTANT!!!

### Information needed for Medicare Part D plan comparisons

1. Your Medicare card
2. Your current prescription drug plan card
3. Name of your pharmacy
4. List of current medications with dosages (milligrams or %)
5. How often you take each medication (how many times per day)



**To schedule a Medicare Part D appointment, either stop by the Grand Forks Senior Center front desk or call 772-7245 AFTER October 1. No appointments will be taken before October 1.**

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

# GFSC Resources



## Introducing . . .

Sophia Volk  
Resources Student Intern



Hi everyone! My name is Sophia Volk and I am the new Resources intern here at the Senior Center. I am from the Twin Cities in Minnesota, but moved to Grand Forks about 4 years ago to begin my education at the University of North Dakota in social work.

When I am not here, you can find me working in the Emergency Department at Altru Hospital, where I work as an admitting specialist. I graduate with my bachelors degree in social work in December and am planning on attending graduate school at UND next fall.

In my free time, I enjoy spending time with my friends, my boyfriend, and my two cats: Marshall and Mila. I am so excited to be here for a few months and can not wait to meet many of you. Say hi when you see me around!

## Resources Department

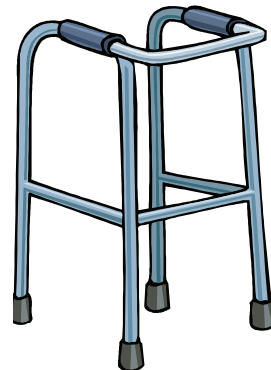
**Lower Level of the  
GF Senior Center  
701-772-7245**

GF Senior Center Resource coordinators can assist people with “How Do I?” questions that are related to aging. They also check out assistive equipment, help with Medicare planning, and can assist with applications. Make an appointment by calling 701-772-7245 and asking for Resources. **For ND residents 60 and older.**

## Assistive Equipment

**available to borrow  
for a short term**

We have canes, walkers, rollators, wheelchairs, reachers, bed rails, shower stools, toilet risers, plus tennis balls for



walkers. Contact Resources to borrow equipment or for additional information. Contributions are appreciated for the short-term use of these items. For ND residents, 60 and older.

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# Donations & Memorials

Thank you for these donations received August 19, 2019 to September 15, 2019

## Donations of \$500 or more

Independent Order of Odd Fellows -  
\$500 donation

## Donations of \$100 or more

- Altendorf, Diane
- Anonymous
- Munksi, Dorothy
- Nelson, David
- Our Saviors WELCA - \$100 for Home Delivered Meals
- Red River Lions Club - \$100 for Meals on Wheels

## Donations

- Radi, Ivan and Marjorie - For Resources
- Staveteig, Robert

## Memorials

In memory of Aaron Christopher Lunde, Beverly

In memory of Agnes Basol Knain, Vidette

In memory of Alicia Osorno for the dining room blinds fund  
Herrmann, Karen

In memory of Gayle Davidson Torrey, Dianne

In memory of Goodwin Helseth Mahnke, Vickie

In memory of Idella Kuchar Novacek, Alta

In memory of Lorraine Lillehaugen Novacek, Alta

In memory of Marvin Moen St Germain, Bob and Sharon

In memory of Meredith Dubuque for the dining room blinds fund  
Herrmann, Karen

In memory of Mildred Leddige Kilbride, Penelope  
Sondrol, Nancy

In memory of Vicky Sauerwein for the GFSC Health Department  
Iverson, Bob and Avis

*Thank you to Quality Lawn Care for their in-kind donation of summer weed control and fertilization application and the good work they do year round for us.*

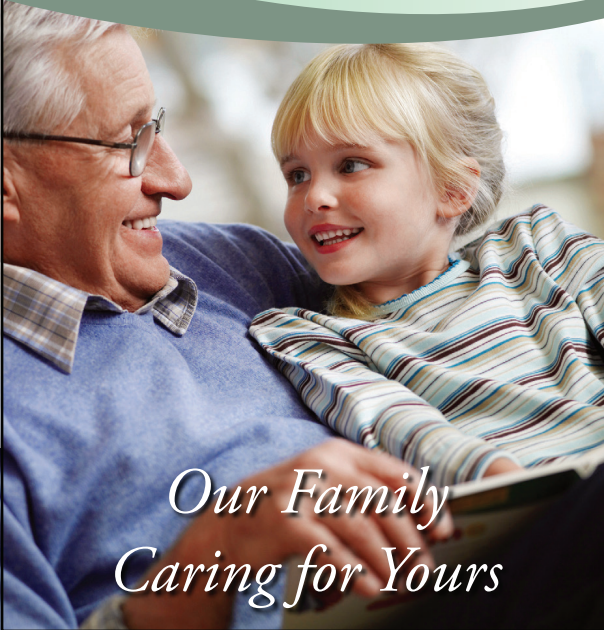
## Brighter Side Society

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

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



*Request Information or Schedule  
your Personal Tour Today!*



*Our Family  
Caring for Yours*

**Senior Independent Living - Country Estates**

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

**Assisted Living - Wheatland Terrace**

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

**Basic Care - Tufte Manor**

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

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



# Apartment Living for Seniors



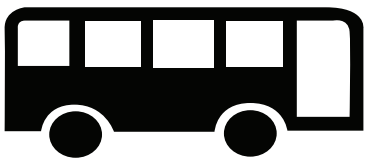
**Parkview Terrace**  
2396 27th Avenue South  
**Aspen Park**  
2450 27th Avenue South  
**Briarwood**  
2650 26th Avenue South

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.

## 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 in GF and leaves Fargo at 3:30 pm to come back. Call 800-845-1715 or 701-284-7980 by 3 pm the previous Friday for reservations.



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# Weigh 2 Change Type II Diabetes Prevention or Management

*For people who are working to prevent or manage Type II diabetes, this class is for you! Pre-registration required.*

*One-year commitment for this program.*

*Class size: 8-16 people.*

**2019 GFSC membership + \$25 FEE**

**Weigh 2 Change will meet weekly on Monday mornings beginning at the end of October.** The class meets weekly for 16 weeks, then twice a month for two months, and then once a month for the remainder of the year.

Working as a class on two primary goals: losing weight and increasing activity. **GOOD NEWS!** Making lifestyle changes, such as moving more and eating healthfully, can reduce your health risks and help you feel better!

Contact today Activity Director Ranea at 701-757-4866 or [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org) to sign up.

**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).**

## 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. *Please bring in beginning Monday, October 21.*
- **Napkins** and **paper towels**

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# 2020 TRIP

**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.

\*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).





## Grand Forks Senior Center's Vendor Fair

The Grand Forks Senior Center (GFSC) is holding its fourth Senior Market on Friday, November 22, 2019. We are looking for vendors age 55 and older, primarily product consultants who sell Tupperware, Avon, Pampered Chef, etc. A few artists may also be selected - you may put in your application. If you would like to sell any food products, you must be a registered business. If selected to be a vendor, you must get a current GFSC membership and pay a \$10 booth fee before the day of the Market. To apply for space at the Senior Market, contact Ranea Johnson at 701-757-4866 or [activity@gfseniorcenter.org](mailto:activity@gfseniorcenter.org). You can also download the form at [www.gfseniorcenter.org/seniormarket](http://www.gfseniorcenter.org/seniormarket).



## Volunteer Opportunities

### 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. Contact: Rhonda or Paula at 701-780-5169 or [hdmeals@midconetwork.com](mailto:hdmeals@midconetwork.com).

### Bingo Payout Volunteers

We need bingo payout volunteers on Tuesday, Wednesday, and Thursday afternoons - pick the day you would like to volunteer! Contact: Amber at 701-757-4873 or [gaming@gfseniorcenter.org](mailto:gaming@gfseniorcenter.org).

### 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)

# 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.

Oct 1	Edgewood Parkwood Place 749 S 30th St, GF	9:00 am - Finish
Oct 2	Edgewood Parkwood Place 749 S 30th St, GF	9:00 am - Finish
Oct 3	Edgewood Parkwood Place 749 S 30th St, GF	9:00 am - Finish
Oct 8	Manvel Senior Center Main St., Manvel	9:00 am - Finish
Oct 9	Thompson Comm. Center 306 Pacific Ave, Thompson	8:30 am - Finish
Oct 15	Aneta Community Center 219 Main Ave., Aneta	9:30 am - Finish
Oct 16	Country Estates (Valley 4000) 4002 24th Ave S, GF	1:00 pm - Finish
Oct 23	Tolna Lutheran Church 220 Main St., Tolna	9:30 am - Finish
Oct 24	Briarwood 2650 26th Ave S., GF	9:00 am - Finish

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## 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, October 17, 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, Oct 10  
10 am - Noon  
GFSC Lobby**



## OCTOBER 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:										
4 oz Oatmeal w/Raisins (1.5 cs)	2 Eggs Made to Order	Sausage Egg WW Muffin (2 cs)	2 Small Blueberry Pancakes (3 cs)	2 Scrambled Eggs	1 Hard Boiled Egg	Hashbrowns (1 cs)	2 oz Turkey Sausage	Fried Potatoes (1cs)	1 Bran Muffin (1 cs)	1-2 Slices WW Toast (1-2 cs)	1/2 c Fruit Sauce Choice (1 cs)	1 T. Peanut Butter (1 cs)	1/2 c Fruit Sauce Choice (1 cs)	4 oz Orange Juice (2 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz Orange Juice (2 cs)	8 oz 1% Milk (1 cs)
1 T. Peanut Butter (1 cs)	1/2 c Fruit Sauce Choice (1 cs)	8 oz Orange Juice (2 cs)	8 oz Orange Juice (2 cs)	4 oz Orange Juice (2 cs)	1/2 c Fruit Sauce Choice (1 cs)	8 oz Orange Juice (2 cs)	8 oz 1% Milk (1 cs)	4 oz Orange Juice (2 cs)	8 oz Orange Juice (2 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)
8 oz Orange Juice (2 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)	8 oz 1% Milk (1 cs)
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Monday Lunch:	Tuesday Lunch: Oct 1	Wednesday Lunch: Oct 2	Thursday Lunch: Oct 3	Friday Lunch: Oct 4	Monday Lunch: Oct 7	Tuesday Lunch: Oct 8	Wednesday Lunch: Oct 9	Thursday Lunch: Oct 10	Friday Lunch: Oct 11	Monday Lunch: Oct 14	Tuesday Lunch: Oct 15	Wednesday Lunch: Oct 16	Thursday Lunch: Oct 17	Friday Lunch: Oct 18				
3oz Chicken Fried Steak-Gravy (1cs) OR Fish Amoundine	2oz Hamburger on WW Bun (2cs) OR BBQ Pork on WW Bun (2cs)	3 oz Baked Tilapia w/ lemon (.5cs) OR 3oz Porcupine Meatballs(.5cs)	3 oz Roast Beef OR Orange Chicken	3 oz Baked Fish OR 3 oz Meatloaf (.5cs)	1/2 c Mashed Potato w/gravy (1cs) 1/2 c Carrots (.5cs) 1/2 Banana (.5cs) 1/2 c Chocolate Pudding w/top (2cs)	1/2 c Mashed Potato w/gravy (1cs) 1/2 c Parslled Potato (1cs) 1/2 c Scand Vegetables (1cs) 1/2 c Peach Sauce (1cs)	1/2 c Parslled Potato (1cs) 1/2 c Mixed Vegetables (1cs) 1/2 c Peach Sc (1cs) Sm Chocolate Chip Cookie (1cs)	1/2 c Mashed Potato w/gravy (1cs) 1/2 c Buttered Egg Noodles (1cs) 1/2 c Green Beans 1 c Romaine Salad/dressing (.5cs) 1/2 c Apple Raisin Crisp w/top (2cs) 1 WW Bread (1cs)	1 sm Parslled Potato (1cs) 1/2 c Capri Vegetable (.5cs) 1/2 c Cherry Sc (1cs)	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 (1cs)	3/4 c Turkey Pot Pie (1cs) OR Cabbage Rolls (1cs) 1/2 c Peas (.5cs) 1/4 c Cranberry Sc (1cs) 2" Pumpkin Crunch Dessert (2cs)	3 oz Lemon Pepper Fish OR Chicken Strips (.5cs) OR Chicken with crm gravy (1cs) 1/2 c. M. Potato with crm gravy (1cs) 1/2 c Green Beans 1/2 c Fruit Cocktail In gelatin (2cs)	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 Peach half (.5cs) 1/10 Dutch Apple Pie w/top (2cs)	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)				

Monday Lunch: Oct 21	Tuesday Lunch: Oct 22	Wednesday Lunch: Oct 23	Thursday Lunch: Oct 24	Friday Lunch: Oct 25
3oz Chickenburger on WW Bun (2cs) OR Riblet on WW Bun (2cs) 1/2 c. Potato Salad (1cs) 1/2 c Corn (1cs) 1/2 c Pineapple Chunks (1cs) Sm Oatmeal Raisin Cookie (1cs)	Philly Steak Sandwich w/peppers & onions (2cs) OR 8 oz Chili (1cs) 1/2 c Baked Sweet Potato (1.5cs) 1/2 c Fruit for Salad (1cs) Sm Spec K Bar- frosted (2cs)	2 oz Fishwich on WW Bun (2.5cs) OR 2 oz Hot Dog on Bun (2cs) 1 c. Vegetable Soup (.5cs) w/ 2 soda crackers (.5cs) 1/10 Pumpkin Pie w/top (2cs) Orange wedge (.5cs)	Taco Salad (2cs) OR 1 c Chix Wild Rice Cass (2cs) 1 c Romaine Salad w/ dressing (.5cs) 1/2 c Peach Sauce (1cs) Sm Rice Krispy Bar (1cs) No bread	3 oz Salmonloaf (.5cs) 1/2 c. Mashed Potato (1cs) OR Tator Tot Hotdish (1.5cs) 1/2 c Creamed Peas (1cs) 1/2 c Tropical Fruit Salad (1cs)
Monday Lunch: Oct 28	Tuesday Lunch: Oct 29	Wednesday Lunch: Oct 30	Thursday Lunch: Oct 31	Friday Lunch:
3oz Baked Chicken 1/2 c Mashed Potato w/gravy (1cs) OR 1 c Hung. Goulash (1cs) 1/2 c. Mixed Vegetables (1cs) 1/4 c Tapioca Pudding mixed w/ 1/2 c mand orange sauce (2cs)	2oz Egg Salad on WW Bread (2cs) OR Tuna Noodle Hotdish (1cs) 1 c Tomato Soup (1.5cs) w/ 2 soda crackers (.5cs) 1 c Romaine Salad w/dressing (.5cs) 1/2 c Fresh Fruit (1cs) No extra Bread	Spag Noodles w/meat sauce (2cs) OR Pork Tidbits over noodles (2cs) 1/2 c Carrot Raisin Salad (1cs) 1 Garlic Bread (1cs) 1/2 c Apricots (1cs) No extra bread	8 oz Beef Stew (1cs) OR Veg. Lasagna (2cs) Orange Wedge (.5cs) 1/2 c. Coleslaw 1/2 c Pear Sc (1cs) Sm Chocolate Chip Cookie (1cs)	MENU SUBJECT TO CHANGE WITHOUT NOTICE
Tuesday Supper: Oct 1	Tuesday Supper: Oct 8	Tuesday Supper: Oct 15	Tuesday Supper: Oct 22	Tuesday Supper: Oct 29
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 Fruits (1cs) 1x2" Bitzy Brownie frosted (2cs)	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)	2 oz Hot Turkey Sandwich (2cs) OR Hot Beef Sandwich (2cs) 1/2 c M. Potato w/ gravy (1cs) 1/2 c California Blend Veg 1/2 c Apple Cran Crisp w/top (2cs) 2 Pepper Strips	3 oz Cranberry Glazed Chicken (1cs) OR Sweet & Sour Pork (.5cs) 1/2 c. Rice (1cs) 1/2 c Beets (.5cs) 1/2 c. Peach Crisp w/top (2cs) Orange wedge (.5cs) No bread	HALLOWEEN PARTY 3 oz Pork Roast OR Applesauce Ribs 1/2 c. Bk Sweet Potato (2cs) 1/2 c Peas (1cs) Angel Food Cake with 1/2 c Fruit and topping (1cs) 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 Choice at the Senior Center only.	<p><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</p> <p>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.</p> <p>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</p>			

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

Date: \_\_ 7/25/2019

Licensed Registered Dietitian #13899

*Colette Iseninger, LRD*

Colette Iseninger, MS, RD, LRD



# 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

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 Grand Forks Senior Center from 10 a.m. until noon the second Monday of each month:



**October 14**

**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:

**Oct 2, Nov 6**

## 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.



620 4th Ave. S.  
Grand Forks, ND 58201  
701-772-7245  
[www.gfseniorcenter.org](http://www.gfseniorcenter.org)

Like us on Facebook!  
[www.facebook.com/gfseniors](http://www.facebook.com/gfseniors)

Non-Profit Organization  
Permit #20  
U.S. Postage Paid  
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)

# HALLOWEEN PARTY

Tuesday, October 29, 2019

5:00 pm: Meal

6:00 pm - 7:30 pm Halloween Party

Reservations  
required for meal!

- **PUMPKIN CONTEST:** Must register your carved or decorated pumpkin by 5 pm. Volunteer judges will declare the winners. Pumpkins judged on originality, creativity, and workmanship.
- Fun games, prizes, treats, and LOTS of laughs!
- Lane Lindseth & Dave Jeffrey performing

## It'll be a Spooktacular Time!