



# EGF SENIOR CENTER NEWS

January 2018

## BOARD OF COMMISSIONERS...

President-Ann Pederson  
V. Pres- Mike Grebowski  
Linda Larson, Bill Cummings  
Jim McCauley, Dee Currie  
Council Rep-Tim Riopelle,  
Parks/Rec Dir-Reid Hutunen,  
Sect.- Judy DelValle

### Mission Statement

The East Grand Forks Senior Center promotes the physical, emotional and economic well being of older adults in the area and strives to promote their participation in all aspects of community life.

As 2017 is fading away and 2018 is fast approaching I need to take a few minutes to Thank all those that have contributed to the EGF Senior Center.

Those contributions being cash, coffee, paper goods, butter, snacks for bingo, driving and delivering of the meals, giving a friend a ride. Whatever it is we all need to take a moment and say **Thank you**. Without you this would not be the center that it is. We Thank You for your Generous Support and I look forward to working with you in 2018.

### Attention Members

Have you paid your 2018 Dues? Please stop by the office or mail in your \$15.00. Your support of the center is greatly appreciated.

Have you misplaced your newsletter and wondering what is for lunch or what time an activity starts? You can now go to [www.egfsenior.mn](http://www.egfsenior.mn) you will be able to find all the information and updates. Not sure if we are open because of weather? It will be posted on this site. Come check it out.

Let us all express a Warm Welcome to Dee Currie and Bill Cummings for joining the Board of Commissioners for the Senior Center. We look forward to working with you for the next 3 years or so.

## Senior's Inc.

*Senior's Inc. is looking for more members to join them. Please come and see what we are all about. We meet the 2nd Tuesday of every month and our Yearly Dues are \$2.00. We will not be meeting again until March.*

*Seniors Inc is the group that sells the Christmas Cards and all the other cards. We want to Thank everyone who bought cards from us and a special Thank You to Geri Miller for the donation of new cards and to the many others that just drop cards off for us. Thank you.*

*Also need to Thank those that have sent in Memorials for those that have passed.*

## Coordinator's Corner...

Dear Friends,  
I have been hear now for about 2 months and I gotten to know some of you. Let me tell you a little more about me. I have been married to my husband for 28 years and we have 3 children. Tamara 36, Dustin 35 and Katie 30. I have 10 wonderful grandchildren that I Love to spoil. I have a dog named Shadow and all of my kids have 1 or 2 dogs in their household. My children graduated from EGF and my husband and I graduated from Grand Forks. Most of my Grand kids go to school here on the East Side.

Happy New Year  
Judy DelValle

## Line Dancing

Every Monday and Thursday morning at 10:00 AM, we offer Line Dancing, we have lots of laughs while dancing. Sometimes we even bump into each other.

## Bone Builders

Every Tuesday and Friday morning at 10:00. All are welcome to join. **We will be taking a break over Christmas and New Years**

**No Classes December 22—January 1**

## Knitting

Monday @ 12:30 PM

## Dominoes

Tuesday @ 1:00

## Mahjong

Tues/Thursday 12:30

## Ponytail Canasta

Monday/Friday 12:30

## Whist/Pinochle

Tues/Thursday 1:00

## Smear

Wednesday 1:00

## Duplicate Bridge

Friday @ 12:30

## Bingo

Played every Tuesday & Thursday

@ 12:45

Wednesday @ 10:45

## **Dance to the Oldies**

Wednesdays at 9:30 come over and dance around and get your heart rate up a little to the Oldies.

## **Something New for 2018**

Are you bored and getting a little restless? Need something to do? Come to the Senior Center on Wednesday afternoons. We are going to start something new. Coffee and Dessert with Judy. I have been told that I am a pretty good baker. Come see for yourself. Wednesdays at 2:30 in January. All are welcome.

## **Volunteers Needed**

Looking for some help on Fridays to deliver the meals to Sunshine Terrace and Townsquare. Pick up the meals here at the center at 11:30 and deliver them. Takes around 30 minutes. If interested contact Judy, Lynda, or Lori. Thank you

## **HELP**

Looking for suggestions and ideas from you the Seniors on what we can do to get more people to use our Beautiful Facilities. What would you like to see us add for programs/activities? What are we doing wrong? What are we doing right? Come in and talk to me or write me a letter and let me know what your thoughts are. Let's fill this place and make people want to come and spend time here. Thank You

## **MEALS**

Can anyone eat at the Senior Center? Yes.

What do I have to do to eat at the center? Call in by 10:00 on the day you want to eat and let us know you are coming.

What does it cost for a meal? Suggested price of \$4.25 if you are over 60 or \$7.25 if under 60.

What if I live at Sunshine Terrace or Townsquare? I have heard that you deliver to us. Yes, we will deliver to the main location and our volunteers help you. Payment can be made to the volunteer each day or you can purchase a meal ticket. Just let your volunteer in your building know you are eating by 9:00 or call in by 9:30.

## **NOTICE**

We have a limited amount of space available so you will notice that I have not included card winners in the newsletter. I will try my best to rotate the different groups that are listed. Or if room allows I will list all. Thank you for your understanding.

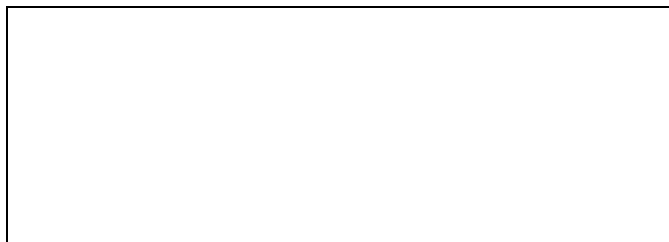
## **AED Machines...**

You have seen them hanging on the walls at the mall, in the churches and in many businesses. Watch our walls, sometime in January you will see ours. We will have it well marked and I am working on getting some training scheduled for us so we are all comfortable using it. If you don't get trained on it you will still be able to use it. The machine will walk you step by step on what you will need to do.

Be prepared. You could save a life.

East Grand Forks Senior Center  
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East Grand Forks, MN 56721  
218-773-0821

Address Correction Requested



## *Happy New Year*

*As the year ends, I reflect on what I am thankful for. My opportunity to serve you is one thing I look forward to. Thank you for the opportunity. I look forward to getting to know all of you and I wish you a joyful holiday season and much happiness in the 2018.*



