



EGF SENIOR CENTER NEWS

February 2018

BOARD OF COMMISSIONERS...

President-Ann Pederson
V. Pres- Mike Grebowski
Members—Linda Larson,
Bill Cummings, Jim
McCauley, Dee Currie
Council Rep-Tim
Riopelle,
Parks/Rec Dir-Reid
Huttunen,
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

Senior Center Hours

8- 4:30 Monday—Friday
Lunch Served Daily 12:00
\$4.25 seniors over 60 under 60 \$7.25 all welcome.

Members

Have you paid your 2018 Dues? Don't remember if you have paid? Did you notice a little X on your address label? The X means you have paid your dues for 2018. No X you still owe for 2018 dues. Are we sending you a newsletter and you don't really care to receive it? Call (773-0821) and we can remove you from the list. Would you like to get your newsletter emailed to you?

Bring me your email address. Don't need a paper copy? You can find a copy of the Newsletter on line at EGF.MN Senior center.

Special Thank you goes out Opp Construction. They will be coming into the Senior Center the 1st week of February painting the Main Entry and the Library. Every year Opp Construction takes 4 to 5 weeks and does volunteer work in the community. This year we were selected. Thank you Opp Construction.

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 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.

Altru Speakers are back on our calendar.

We just had Emily from Choice fitness here speaking about Mediatation. February 21 we will have a speaker on Heart Health. Please join us for these wonderful speakers. 12:30—1:30

Senior's Inc.

Senior's Inc paid for us to have the Honky Tonk Troubadours come and play on December 28. It was a very cold evening, but those that braved the cold had a wonderful time listening to the music and then enjoyed Pizza and Pop.

Thank you to those that have donated to Senior's Inc and Senior's Inc for paying for our Band. We appreciate all that you do

COORDINATOR'S

CORNER

Some of you are pretty sharp and did the math last month and figured out that if I celebrated my 28th anniversary and my kids are in their 30's something doesn't add up. Yep you discovered something about me. I have been married twice. Both times to the same man and on the same date.

I mentioned that I have 10 Grandkids. My daughter Tamara has the most of them. David 17, Mya 16, Aidan 14, Hannah 13. She also has 4 step children from her 2nd marriage. Madison 16, McKenzie 14 (they spend the school year in California and the day school is out they fly back here, the day before school starts they fly back). Then there is Parker 8 and Bennie 7 and they are with them 50% of the time. Tamara works at the Warren Nursing home, her husband Lyle works for Economy Plumbing here in town. They also have 2 dogs (Maggie and Oliver) and a Bearded Dragon (Charlie). It is a very busy house. They live in Alvarado.

See you next month.

Judy

Line Dancing

Mondays @ 9:30 and Thursday @10:00 , we offer Line Dancing. We have lots of laughs while dancing.

Bone Builders

Every Tuesday and Friday morning at 10:00. All are welcome to join. Not sure you want to join. Come watch

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

Tuesday & Thursday

@ 12:45

Wednesday and Friday @ 10:45

.50 per card.

Friday morning Bingo is new. Come join us.

Dance to the Oldies

Wednesday at 9:30 .

Dec 5, 2017

Whist— 1st John S. , 2nd Joann N

Dec. 7, 2017

Whist -1st Tracy W., 2nd Greg Z.

Pinochle – Larry R. and Leland

Dec 12, 2017

Whist -1st Janet, 2nd Tracy W.

Dec 14, 2017

Whist—Greg Z, 2nd JoAnne N

Pinochle —Kenny S

Dec 18, 2017

Whist—1st Leland, 2nd Janet, tied 3rd
JoAnne N and Dee C

Pinochle—Kenny S

December 21, 2017

Whist—1st Greg, 2nd Tracy W

Pinochle—1st Larry R, 2nd Kenny S, 3rd
Cheryl.

December 26, 2017

Whist—1st JoAnne N, 2nd Dee C

Pinochle—1st Kenny S, 2nd Leland

December 28, 2017

Pinochle—1st Greg Z, 2nd John S

January 2, 2018

Whist—1st JoAnne N, 2nd Tracy W

Pinochle—1st Leland, 2nd Kenny S

January 4, 2018

Whist—1st Tracy , 2nd Greg Z, 3rd Janis

January 9, 2018

Whist—1st Greg Z, 2nd Dee C

January 18, 2018

Whist—1st Greg Z, 2nd Leland

Pinochle—1st Larry R, 2nd John S

MEALS

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. 773-0821

Volunteer Needed

Deliver meals to Sunshine Terrace and Town Square. Pick up the meals here at the center at 11:30 and deliver them. We have 2 gentlemen that are delivering twice a week. One of these gentlemen really only wants to deliver once a week or just be a back up driver. Delivering 2 times a week is just to much for him to be doing. We really need somebody to take over on Wednesdays or Fridays. If you could help just 30 minutes once a week it really would be appreciated. Thank you.

Need to get our of the house

Join us Wednesdays for lunch (12:00), stay for a Movie, Speaker, or just a good conversation Session(12:30) and then Coffee and Dessert with Judy(2:30). Just a good fun afternoon.

Please Join us.

SMEAR

January 3, 2018

1st Place—John, Ken and JoAnne

January 6, 2018

1st Place Tied between John and Leland

January 10, 2018

1st Place—Leland, Marlyn and Erica

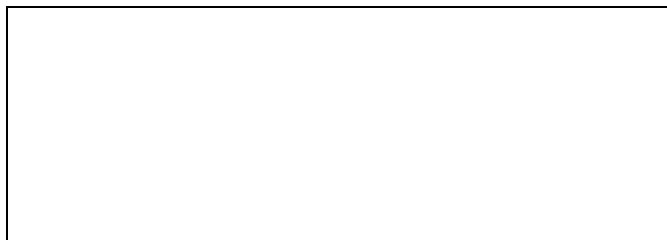
January 17, 2018

1st Place—John , 2nd Place Marlyn

East Grand Forks Senior Center
538 Rhinehart Dr SE
East Grand Forks, MN 56721
218-773-0821

PRSRT STD
U.S Postage Paid
East Grand Forks, Mn
56721
Permit 70

Address Correction Requested



President's Day Trivia

James A. Garfield could write with both hands at the same time in different languages.

George Washington's false teeth were made from elephant and walrus tusks, gold, and ivory not wood.

Theodore Roosevelt was shot while giving a speech and finished his speech with the bullet in his chest.

John F. Kennedy was awarded a Purple Heart, which he received for his service in WWII.

George W. Bush was the head cheerleader at his high school.

Barack Obama collects comic books.

Richard Nixon partly funded his first political campaign with money he won playing poker while in the Navy.

John Tyler had 15 children