

EGF SENIOR CENTER NEWS

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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.

Senior Center Hours

8- 4:30 Monday—Friday
Lunch Served Daily 12:00
\$4.00 Meals can be taken to go also. Just call in and place your order. 773-0821. Lots of fun activities daily.

Donations Needed

We will be doing Raffle Baskets with our Monthly Breakfasts. Do you have a Gift Card somebody gave you that you will never use? Donate to us to put in a basket. Want to show your support for the center? Help us out with making these baskets fun and interesting. July's Basket will be a summer theme.

Why Drink Water?

Increases Energy & Relieves Fatigue.

Flushes Out Toxins. Gets rid of waste through sweat and urination which reduces the risk of kidney stones and UTI's.

Maintains Regularity, Aids in digestion as water is essential to digest your food and prevents constipation.

Boosts Immune System, A water guzzler is less likely to get sick. And who wouldn't rather feel healthy the majority of the time? So be sure you are getting your water in everyday.

July 2018

Blood Pressure

Blood Pressure Checks held weekly. Tuesdays 1:30—2:00. Firemen will come over and check your blood pressure free of charge to all that wish to have theirs checked. As long as they are not out on a call, they will be here.

Edgewood

Edgewood Presentation
What is Dementia and signs of it.

Please join us.

Wednesday, July 11 @
12:30

Breakfast and Bingo

Saturday, July 28th
8:00—10:00
Breakfast.
10:00 Bingo

Parking Lot

Parking lot work has been started. We will remain open during this time. We will just need to park on the street. Please be patient with this process. Should be completed mid July.

COORDINATOR'S

CORNER

After 8 months of this stuff I am thinking you guys pretty much know everything about me. Or almost. Let's see what else we can talk about. Before I started working here I worked 2 different jobs, full-time as the Activity Director at Good Samaritan and I was a Baker at Bully Brew Coffee House. Well they lost there baker so Sandi called and asked me to train the new baker. Of course I had to say yes, since I do not know the word No. Told her I would do it for 4 to 6 weeks max. Week 2 of training the new baker, the other baker Tracey, that only makes Bagels, fell and cracked 3 ribs. She is a good friend so of course I had to say YES I will help out as long as needed so you can heal. Yep, so this temporary helping out has become, training the new baker a couple nights a week and then doing bagels a couple nights a week. I am tired just writing about this. If any of you have ever worked in a bakery, they tend to be VERY HOT. When making Bagels you boil each bagel for 1 minute on each side. So not only is it hot it is also very humid standing over a kettle of boiling water for an hour or more. Then you are rotating bagels in the oven every 10 minutes. I need to learn how to say NO. It is waaay to hot to work in a back kitchen that does not have air conditioning baking bagels or baking banana bread. But on the good side, bagels are delicious right out of the oven. WAIT Bad Bad I am on a no Carb diet. Anyone want a freshly baked bagel? Did you hear Bully Brew Coffee will be taking over Corner Coffee. Same Great Coffee just new owner.

Talk to you next month.

Line Dancing

Monday 10:00/Thursday 9:30

Bone Builders

Tuesday/Friday 10:00

Knitting

Monday 12:30 PM

Dominoes

Tuesday 1:00

Mahjong

Tues/Thursday 12:30

Wednesday 12:30 Beginners

Ponytail Canasta

Monday/Friday 12:30

Whist/Pinochle

Tues/Thursday 1:00

Smear

Wednesday 12:30

Duplicate Bridge

Friday 12:30

Bingo

Tuesday/Thursday 12:45

Wednesday/Friday 10:45

Dance to the Oldies

Wednesday 9:30

Wizard

Thursday 12:30

Movie

July 18 & 25 12:30

Fun Times

Everyday, all day long.

Bridge

April 20—1st A.J. & Tom Rand, 2nd Harold Opgrand/Dexter Perkins, 3rd John Bremer/Susan Maddock, 4th Nona Wennersten/Janet Olimb

April 27—1st Mark Siegel/Dexter Perkins, 2nd John Bremer/Susan Maddock, 3rd A.J. & Tom Rand, 4th Nona Wennersten/Lois Buran, 5th Bernie Goodman/Martha Klevay.

May 4—1st Steve Phelps/Dexter Perkins, 2nd A..J. & Tom Rand, 3rd Martha Klevay/Bernie Goodman, 4th Dorothy McEnroe/Nancy Anderson, 5th Sharon Gumto/Bonnie Sobolik

May 11—1st John Bremer/Susan Maddock, 2nd Liz Eggers/Jeanette Lindquist, 3rd Mark Siegel/Dexter Perkins.

May 18—1st Harold Opgrand/Dexter Perkins, 2nd A.J. & Tom Rand, 3rd Dan & Dawn Lyste, 4th Carol Larson/Elaine Thompson, 5th Duane Rivard/Greg Zak.

May 25—1st A.J. & Tom Rand, 2nd Dexter Perkins/Harold Opgrand, 3rd Bernie Goodman/Dorothy McEnroe, 4th Carol Larson/Elaine Thompson, 5th Bonnie Sobolik/Sharon Gumto.

June 1—1st Mark Siegel/Dexter Perkins, 2nd A..J. & Tom Rand, 3rd Dan/Dawn Lyste, 4th Chris Letvin/Barb Johnson, 5th Nancy Middleton/Bernie Goodman.

Trivia Answers

1. June, July, and August
2. Dalí. His most notable painting is The Persistence of Memory.
3. Fire. Jerry Lee Lewis recorded this song in 1957. It is one of the best-selling singles of all time.
4. 31. Thirty days hath September, April, June, and November; February has twenty-eight alone. All the rest have thirty-one,
5. Mays. It is not entirely clear how Willie Mays received his nickname. Most sources indicate it was because of his cheerful and outgoing personality.
- 6 Yellow
7. Doris Day. Day, who was also a singer, continued making films through the 1960s.

Monthly Breakfast and Bingo

Saturday, July 28

8:00 –10:00 Breakfast \$5.00

10:00 Bingo \$1.00 per card

100% payout

Volunteers Needed

Edgewood Presentation

Wednesday, July 11 @ 12:30

Movie

Come watch a movie with us on the big screen TV.

Wednesday July 18 & 25

New Game

Have you ever heard of the game called WIZARD? We are learning how to play it and it is a lot of fun. Come over on Thursdays at 12:30 to watch us play or learn how to play Wizard. Have questions call Judy @ 773-0821.

ALL ENCOURAGED TO COME AND PLAY OR WATCH.

International Meal

It was a tough decision, but we have decided to make some changes to the International meal. Instead of concentrating on a specific country to cook a meal from we are going to do a supper each month and we can make some unique foods, but also some normal foods that we are more used to. We will try this and see if we can interest more people into coming.

If you have a meal you would like to see us have please let me know.

Thank you for all your support.

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

Address Correction Requested

Trivia Questions

1. What months fall between May and September?
2. What artist has the first name Salvador: Picasso or Dalí?
3. Finish the song title: “Great Balls of _____.”
4. How many days are in July: 30 or 31?
5. What baseball player named Willie was nicknamed
“The Say Hey Kid” Robinson or Mays?
6. Which color is associated with cowardice: red or yellow?
7. Which is a famous actress of the 1950s:
Farrah Fawcett or Doris Day?

Answer:

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