



# EGF SENIOR CENTER NEWS

## OCTOBER

### BOARD OF

#### COMMISSIONER

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V. Pres-  
Mike Grembowski  
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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 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.

Thank You Thank you to all the generous people that have been sharing their gardens with us this fall. We have been seeing a lot of cucumbers, green peppers, tomatoes, apples, zucchini and all kinds of goodies. Some days

I look out there and think Wow what are we going to do with all of that and then the next thing I know it is all gone. Thank you everyone for sharing your bounty with those that do not have the green thumb for the garden or just can not do the gardening any more. Your Generosity is Greatly Appreciated.

#### CARDS

If you come in looking for greeting cards you will notice that they are no longer in the dining room. We have moved them to the computer room. We once again have Sympathy cards in stock. They are \$1.00 each all the other cards are 10 for \$1.00. Christmas cards will be coming out soon and they will be very cheap

#### 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  
Dementia Education  
Please join us.

Wednesday, October 10

#### Breakfast and Bingo

Saturday,  
October 6  
8:00—10:00  
Breakfast— Eggs to order, Sausage, Fried Potatoes, Toast or Muffins and Fruit.  
10:00 Bingo

20/\$1.00, so please remember us when you are buying your Cards.

## COORDINATOR'S

### CORNER

What do we want to talk about this month. Hmm there is so much going on around here lately I am having a hard time keeping up. We have been doing a Matter of Balance Class on Monday and Wednesdays and on Wednesdays we have beginners line dancing, Smear, Mah Jong, Movie or Presentations from Altru or Edgewood all happening at the same time. I have people in every corner of the building and have had to double up with different groups in the same room. Man can they get loud sometimes when playing the games. I have to have lots of coffee and ice water for those days. We had 20 people in the library playing Bingo the other day. The tables were pretty full, but it was fun. You can always hear plenty of laughter. Stop in and just see what we are up to. Never know what all is happening. Well I am out of room so I guess that is my hint to finish up until next time.

*Judy*

### Seniors Inc

Do you have any idea what happens to your money when you send in a

Memorial to Seniors Inc? Well this month we took some of those funds and bought a couple more tables and 30 more chairs. We split the cost of the tables and chairs with the Senior Center so we could get more of them. We are also updating the front entrance. We are trying to be good stewards with your money.

### Line Dancing

Monday 10:00/Thursday 9:30

### Beginners Line Dancing

Wednesdays 2-3

### 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

### Wizard/Crowns

Thursday 12:30

### Sewing Mittens

October 31

1:00

### Fun Times

Everyday, all day long.

## **Smear**

September 19—Patty, Dave, Caryl  
August 29—Joanne and Ken  
August 22—Arlis and Joanne  
August 15—1st Ken and 2nd Arlis  
August 8— 1st Ken and 2nd John  
August 1— Caryl, Leland and Ken  
July 18—Ken, John and Arlis  
July 11— Leland, Joanne, Arlis  
June 27—Patty, Leland, Caryl  
June 20—1st Joanne and 2nd Patty  
June 13— 1st Audrey, 2nd Joanne and Arlis

Baked Potato and all the  
fixings

\$5.00 per person

Music by Chuck Gust

Wednesday, October 10th  
5-7

All welcome to attend.

See you there

## **October 31**

**10:45**

Come to our Halloween Bingo in costume and see who is the scariest or cutest in costume. Beware there could be lots of goblins and goodies floating around the library.

## **Monthly Breakfast and Bingo**

Saturday, October 6

8:00 –10:00 Breakfast \$5.00

10:00 Bingo \$1.00 per card

Volunteers always needed and appreciated.

## **Edgewood Presentation**

Wednesday, October 10 @ 12:30

## **Altru Presentation**

AED Training October 17 @ 12:30

## **North County Fiddler's Dance**

October 27 @ 7:30

All welcome to attend

We will have a concession stand—need volunteers.

## **AARP DEFENSIVE DRIVING CLASS**

### **NOTE DATE CHANGE**

We will be offering the AARP Defensive Driving Class again this fall. October 17 10-2:30 here at the Senior Center. Please call Judy at 773-0821 to get signed up.

## **Parking Lot Update**

We have a new parking lot and it is all striped and looks pretty darn good. So it looks like our next project is getting the new windows installed. We have heard that the windows are here in storage someplace and we are just waiting for the contractor to get us on their agenda. End of the month or 1st week on October. Which means really any day now. Wow, we are going to be looking good when we get done with all of this.

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

Address Correction Requested

## Fundraising

We have been busy trying different fundraisers here at the center and have a couple of new ones going on. We have started to do a concession stand when the North County Fiddlers are here once a month. We will make some baked items and sell them along with beverages. You might have noticed that we will be sewing mittens. This will be another little fundraiser that we will try. So if you have some old wool sweaters just laying around we would gladly use them to transform them into mittens. If you like to sew come on over , we will need a few to sew them. And then of course you will notice we are still doing our monthly breakfast and bingo. With the Holidays fast approaching I am in the beginning stages of planning a Thanksgiving Supper and Christmas Supper.