

save the date



**Giving Hearts Day  
is just about here!**

A Day of Generosity,  
A Lifetime of Support for Seniors

Scan to donate  
starting January 13



Valley  
**Senior Services**  
*helping seniors maintain independence*



Valley Senior Services  
520 3rd Avenue South  
Wahpeton, ND 58075  
(701)642-3033 or (701)642-5746

Fax:

701-642-5009

\*\*\*\*\*

Rural Program Manager  
Shelley Tollefson

County Program Supervisor  
Amy Laney

RESOURCE SPECIALIST  
Sarah Omodt

Administrative Specialist  
Deanna

COUNTY ASSISTANT  
Sharilynne

KITCHEN STAFF  
Carol-Abercrombie  
Sarah—Hankinson  
Sandra—Lidgerwood  
Sharron-Wahpeton  
Tanya—Wahpeton  
Cathy-Wyndmere

FILL-IN KITCHEN STAFF  
Joanne  
Karen  
Dorothy

TRANSPORTATION  
Christine  
Dawn  
Uri

INVENTORY & TRANSPORTATION  
Shanel  
Keith

\*\*\*\*\*

If you are qualified, your rights to receive the services provided by this organization without regard to race, color, religion, sex, national origin, age or handicap are protected by Federal Law. If you believe you have been discriminated against

Paul Grindeland  
Valley Senior Services  
2801 32nd Avenue South  
Fargo, ND 58103

## Foot Care Clinics For Richland County

Foot care will be done by appointment at the following  
Senior Centers in Richland County:

**Wahpeton Senior Center**  
**520 3rd Ave South**

11:00am to 3:00pm on January 7 & 21 and February 4 & 18  
9:00am to 12:00pm January 2 and February 6

**Lidgerwood Senior Center**  
**117 4th Street Southwest**  
January 2 and February 6

**Hankinson Senior Center**  
**111 3rd Street Southwest**  
9:00am to 1:00pm on  
January 9 and February 13

**Wyndmere Senior Center**  
**466 4th Street**  
10:00am to 1:00pm on  
January 16 and February 20

To schedule an appointment call  
Richland County Health Department at  
**642-7735**

**Cost: \$25.00**

**\*For an additional \$5, fingernail care can also be provided at your footcare appointment.**

- \* Foot care is provided to clients who are not able to trim their own toenails due to physical limitations.
- \* Foot care does not include any treatment for ingrown nails, calluses, and/or infection.

### Richland County Council on Aging Board of Directors

Don Krassin

Pinky Rubish

Robert Wurl

Liz Mumm

Alisa Mitskog

Rich Hills

## **Rent Refunds and Property Tax Credits Available**

If you are 65 years old, or totally and permanently disabled, you may be eligible for a rent refund or property tax credit.

### **Rent Refunds**

You may be eligible to receive a rent refund if 20% of your annual rent exceeds 4% of your annual income. Your income cannot exceed \$70,000 for the year 2024. A refund cannot exceed \$400. For a husband and wife living together, only one can apply for the refund. Only the spouse applying for the refund needs to be 65 years of age.

### **Property Tax Credit**

The property tax credit will reduce the homeowner's taxable value according to your income. In order to qualify for a property tax credit, your income must not exceed \$70,000.

If you believe you are eligible for a property tax credit, you can file an application with your local assessor by March 31st in the year your property is assessed and for which you request a property tax credit.

When considering income for both rent refunds and property tax credits, all sources must be considered including, but not limited to, Social Security benefits, pensions, salaries, unemployment benefits, dividends, interest, profits, etc. Life insurance proceeds paid to a surviving spouse or dependent are not included in this act. Medical expenses are deductible from income if not compensated by insurance or other forms of compensation.

**Applications are available the end of January and must be filed with the  
State Tax Commissioner by June 1st, 2025.**

**For more information, or if you are interested in applying,  
please call our office at 701-642-3033 or the State  
Tax Commissioner at 1-877-328-7088 option 5 or visit [www.gov/tax/renter](http://www.gov/tax/renter)**

## Daily Fiber Recommendations

By Lane Lipetzky Swenson—RD, LD, CGN

Adequate daily fiber intake has been shown to lower the risk of chronic diseases like heart disease, coronary artery disease, obesity, diabetes and colorectal cancer. In fact, the American Institute of Cancer Research reports that for each 10-gram increase in daily fiber, your risk for colorectal cancer decreases by 7%. Research has shown a similar risk reduction in other chronic diseases, the more fiber you eat, the lower your risk for disease.

Fiber is likely lowering these risks by relieving constipation, benefiting intestinal bacteria, lowering cholesterol, controlling blood sugar levels and reducing inflammation. Fiber containing foods are also generally high in vitamins, minerals, phytonutrients and antioxidants which all support health. Despite the positive research surrounding fiber, the Dietary Guidelines for Americans estimates more than 90% of men and women fall short of the recommendations. So, how do we reach our fiber goals?

### Fiber Recommendations

Women over the age of 50	21 grams of fiber per day
Men over the age of 50	30 grams of fiber per day

### Fiber Intake Examples

Foods containing fiber include fruits, vegetables, legumes, nuts, seeds and whole grains. Each table below is an example of which foods to include in your daily diet to help meet your fiber needs. The fiber content and serving size of the foods below are taken directly from the USDA website. For the most accurate grams of fiber, read the food label of the product you're using. A word of caution, increase your fiber intake slowly. Adding too much right away can cause negative side effects such as gas and bloating.

#### Above 20 Grams of Fiber

Rolled Oats, cooked	1/2 cup	4 grams
Chia Seeds	1 Tbsp	3 grams
Blueberries	1 cup	3.6 grams
Almonds	1 oz	3.5 grams
Corn, cooked	1 cup	4 grams
Lettuce, chopped	2 cups	1 gram
Tomato	1 medium	1 gram
Cucumber, sliced	1/2 medium	.5 grams

Orange	1 medium	3.7 grams
Pumpkin seeds, whole	1 oz	5.2 grams
Split Peas, cooked	1/2 cup	8.2 grams
Mushrooms, cooked	1/2 cup	1.7 grams
Onions, cooked	1/2 cup	1.5 grams
Peppers, raw	1/2 cup	1.6 grams

#### 25-30 Grams of Fiber

Avocado	1/2 cup	5 grams
Whole Grain Toast	1 slice	2 grams
Grapefruit	1 fruit	5 grams
Flaxseed, ground	1 Tbsp	2.8 grams
Hummus	1/4 cup	3.7 grams
Celery, raw	1 cup	2.8 grams
Carrots, raw	1 cup	3.6 grams

Pear	1 medium	5.5 grams
Pistachios	1 oz	2.9 grams
Wild Rice, cooked	1 cup	3 grams
Kale, cooked	1/2 cup	2.4 grams
Turnip, cooked	1 cup	3.1 grams
Lentils, cooked	1/2 cup	8 grams

Continued on Page 5

### Above 30 Grams of Fiber

Kiwi	1 cup	5.4 grams
Strawberries	1 cup	3 grams
Barley, cooked	1/2 cup	3 grams
Red Beans, cooked	1/2 cup	6.5 grams
Brussels Sprouts, cooked	1 cup	6.4 grams
Carrots, cooked	1 cup	4.8 grams
Peas, cooked	1/2 cup	4 grams
Walnuts	1 oz	1.9 grams

Shredded Wheat Cereal	1 cup	6.2 grams
Banana	1 whole fruit	3 grams
Broccoli, cooked	1 cup	5.2 grams
Sweet Potato, cooked	1 cup	6.3 grams
Beets, cooked	1 cup	2.8 grams
Blackberries	1 cup	7.6 grams

Although there is no upper limit for fiber intake, some research suggests to not exceed 50 grams of fiber a day. Additionally, if you have narrowed intestines, gastroparesis, are undergoing radiation therapy, preparing for a colonoscopy or have been told to follow a low fiber diet, consult with your healthcare provider before increasing your intake.

### Fluid Recommendations

In addition to meeting fiber recommendations, it is important to meet your fluid needs. Fluid recommendations vary for each individual; however, The National Academy of Medicine suggests 9 cups of fluids a day for women and 13 cups for men over the age of 50. You can meet your fluid needs through beverages like water and you can eat hydrating foods like fruits, vegetables, soups and other foods that contain liquids

### **Weather Related Closures for Abercrombie, Hankinson, Lidgerwood, Wahpeton & Wyndmere Meal Sites**

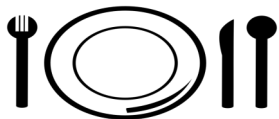


**Weather related closures will be announced on the following media outlets:**

- **Valley News Live / KVLV Channel 11**
- **KBMW Radio**
- **Facebook: "Wahpeton Senior Center"**  
**"Valley Senior Services"**

**When we are closed, there will be no Carry Out, Congregate, Home Delivered Meals, Transportation or Activities that day.**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>CLOSED</b>  <b>If you would like to receive a frozen meal, please call the office 642-3033.</b>	<b>2</b> Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	<b>3</b> Meatball Sub Sandwich Potato Wedges Tomato & Cucumber Salad Applesauce
<b>6</b> Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	<b>7</b> Broccoli Cheese Soup Coleslaw Cottage Cheese & Fruit Banana Bran Muffin LS Crackers	<b>8</b> <b>Birthday Dinner</b> BBQ Chicken Breast Au Gratin Potatoes Harvard Beets Strawberries Bread x2 Carrot Cake	<b>9</b> Shepherd's Pie Brussels Sprouts Peaches in Orange Sauce Bread x2	<b>10</b> Cheese Calzone Caesar Salad/Dressing Creamed Veggies Raspberries Breadstick
<b>13</b> Peach French Toast Bake Scrambled Eggs Glazed Sweet Potatoes LoCal Syrup Banana	<b>14</b> Hawaiian Turkey Burger/Bun Tater Tots Country Blend Veggies Tropical Fruit	<b>15</b> Parmesan Chicken Angel Hair Pasta Marinara Sauce Italian Blend Veggies Garlic Bread Fruit Salad	<b>16</b> Salisbury Steak Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	<b>17</b> Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges Breadstick
<b>20</b> <b>CLOSED</b>  <b>If you would like to receive a frozen meal, please call the office 642-3033.</b>	<b>21</b> Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	<b>22</b> Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2	<b>23</b> Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Fruit Cocktail	<b>24</b> Oven Fried Chicken Mashed Potatoes/Gravy Glazed Baby Carrots Peach Bread x2
<b>27</b> Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange Wheat Dinner Roll	<b>28</b> Orange Chicken White & Wild Rice Blend House Salad/Dressing Oriental Blend Veggies Pineapple Angel Cake Breadstick	<b>29</b> Ham & Bean Soup Winter Blend Veggies Apple Crisp Cornbread	<b>30</b> Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Apple Dinner Roll	<b>31</b> BBQ Pork/Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash



All of our meal sites provide congregate, carry out, and home delivered meals. **Please call your meal site by 9am on the day you would like to eat.** All meals include 1% milk. If you live in Richland County but do not have a meal site near you, frozen meals are available.

**Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age. Under the age of 60 is a charge of \$11.75 per meal.**

**January 2025****Abercrombie Senior Center****553-8759**

	<b>1</b>	<b>2</b>
	<b>CLOSED</b>	Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll
<b>6</b>	<b>7</b>	<b>8</b>
Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	Broccoli Cheese Soup Coleslaw Cottage Cheese & Fruit Banana Bran Muffin Crackers	BBQ Chicken Breast Au Gratin Potatoes Harvard Beets Strawberries Bread x2 Carrot Cake
<b>13</b>	<b>14</b>	<b>15</b>
Salisbury Steak/Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	Hawaiian Turkey Burger/Bun Tater Tots Country Blend Veggies Tropical Fruit	Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies Garlic Bread Fruit Salad
<b>21</b>	<b>22</b>	<b>23</b>
Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2	Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Fruit Cocktail	Oven Fried Chicken Mashed Potatoes/Gravy Glazed Baby Carrots Peach Bread x2
<b>27</b>	<b>28</b>	<b>29</b>
Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange Wheat Dinner Roll	Orange Chicken White & Wild Rice Blend House Salad/Dressing Oriental Blend Veggies Pineapple Angel Cake Breadstick	Ham & Bean Soup Winter Blend Veggies Apple Crisp Cornbread

**January 2025****Hankinson Senior Center****242-7742**

<b>1</b>	<b>2</b>	<b>3</b>
<b>CLOSED</b>	Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	Meatball Sub Sandwich Potato Wedges Tomato & Cucumber Salad Applesauce
<b>7</b>	<b>8</b>	<b>10</b>
Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	Broccoli Cheese Soup/Crackers Coleslaw Cottage Cheese & Fruit Banana Bran Muffin	Shepherd's Pie Brussels Sprouts Peaches in Orange Sauce Bread x2
<b>14</b>	<b>15</b>	<b>17</b>
Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies Garlic Bread Fruit Salad	Salisbury Steak/Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges Breadstick
<b>21</b>	<b>22</b>	<b>24</b>
Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	Oven Fried Chicken Mashed Potatoes/Gravy Glazed Baby Carrots Peach Bread x2	Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2
<b>28</b>	<b>29</b>	<b>31</b>
BBQ Pork/Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange Wheat Dinner Roll	Ham & Bean Soup Winter Blend Veggies Apple Crisp Cornbread



**January 2025****Lidgerwood Senior Center****538-4602**

		Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	<b>2</b>
<b>6</b> Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	<b>7</b> Broccoli Cheese Soup/Crackers Coleslaw Cottage Cheese & Fruit Banana Bran Muffin	<b>9</b> Shepherd's Pie Brussels Sprouts Peaches in Orange Sauce Bread x2	
<b>13</b> Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges Breadstick	<b>14</b> Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies Garlic Bread Fruit Salad	<b>16</b> Salisbury Steak/Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	
<b>21</b> Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	<b>22</b> Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2	<b>23</b> Oven Fried Chicken Mashed Potatoes/Gravy Glazed Baby Carrots Peach Bread x2	
<b>27</b> Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange Wheat Dinner Roll	<b>28</b> Orange Chicken White & Wild Rice Blend House Salad/Dressing Oriental Blend Veggies Pineapple Angel Cake Breadstick	<b>30</b> BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	

**January 2025****Wyndmere Senior Center****439-2907**

		Beef & Cabbage Bake Peas & Carrots Fruity Tapioca Pudding Dinner Roll	<b>2</b>
<b>6</b> Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	<b>7</b> Broccoli Cheese Soup/Crackers Coleslaw Cottage Cheese & Fruit Banana Bran Muffin	<b>9</b> Shepherd's Pie Brussels Sprouts Peaches in Orange Sauce Bread x2	
<b>13</b> Peach French Toast Bake Scrambled Eggs Glazed Sweet Potatoes LoCal Syrup Banana	<b>14</b> Hawaiian Turkey Burger/Bun Tater Tots Country Blend Veggies Tropical Fruit	<b>16</b> Salisbury Steak/Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	
<b>21</b> Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	<b>22</b> Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2	<b>23</b> Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Fruit Cocktail	
<b>27</b> Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini Whole Orange Wheat Dinner Roll	<b>28</b> Orange Chicken White & Wild Rice Blend House Salad/Dressing Oriental Blend Veggies Pineapple Angel Cake Breadstick	<b>30</b> Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Apple Dinner Roll	





## ND SMP Scam of the Month – January 2025

### **Scam Alert: “Neuro” Testing**

**Watch out for calls, texts, emails or social media messages offering genetic testing for your brain or nerves.** Scammers are contacting people on Medicare, saying these tests are “free” or that Medicare covers them. If you hear this, report it right away—**it’s a scam!**

The scammers want your Medicare number. Once they have it, they charge Medicare thousands of dollars for fake tests and services you never got. Never accept any genetic test kits that your doctor did not order for you.

#### **Look for these warning signs:**

- A company offers you “free” testing without your doctor’s approval.
- A company wants to set up testing over the phone with a doctor you don’t know.
- Always check your Medicare Summary Notice if you have Original Medicare or your Explanation of Benefits if you have a Medicare Advantage plan, to make sure there aren’t any strange charges.
- Someone asks for your Medicare number at a health fair, senior center, or other wellness event.

Medicare only covers certain genetic tests, like those for cancer risks or genetic conditions, if a doctor says they are necessary. Always make sure any test is ordered by your healthcare provider. **And remember, only share your Medicare number with people you trust in healthcare.**

**Reporting Medicare fraud:** If you think you have spotted fraud, report it right away. ND SMP will help seniors prevent, detect and report Medicare fraud. If you see anything suspicious, contact the ND SMP at [ndsmp@minotstateu.edu](mailto:ndsmp@minotstateu.edu) or call 1-833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General’s Office at 1-800-472-2600.

The information provided is intended to be a general summary only. Source of information: Medicare Rights Center. November 2024 Medicare Minute, and the SMP National Resource Center. (2024 October 28). Scam Alert! Be on the lookout for calls, texts, emails, and social media messages offering you or your loved ones. Facebook. URL: [https://www.facebook.com/SMPNationalResourceCenter/photos/scam-alert-be-on-the-lookout-for-calls-texts-emails-and-social-media-messages-of/944079411092738/?\\_rdr](https://www.facebook.com/SMPNationalResourceCenter/photos/scam-alert-be-on-the-lookout-for-calls-texts-emails-and-social-media-messages-of/944079411092738/?_rdr)

**North Dakota Senior Medicare Patrol Phone: 833-818-0029 or (701) 858-3580**

For more information or to locate your SMP, visit <https://ndcpd.org/smp/>

This project was supported, in part, by grant number 90MPPG0021, from the Administration for Community Living, Department of Health and Human Services. Points of view or opinions do not necessarily represent official Administration for Community Living policy.

Like us on Facebook: North Dakota Senior Medicare Patrol

# Richland County Public Transit Schedules

January 2025 — March 2025

Valley Senior Services Richland County Public Transportation can accommodate medical, dental and eye appointments, shopping, visiting and other personal needs on a first-call, first-serve basis. Please call us at 701-642-5746 at least 2 days in advance to ensure your ride reservation. Vehicles are equipped to accommodate accessibility needs. Our transportation is open to the public and is available to anyone of any age. We look forward to your call.

## TRANSIT RIDES WITHIN WAHPETON/BRECKENRIDGE

We provide transportation in the Wahpeton/Breckenridge area Monday through Friday. The first ride is given at 8:15am and the last ride is given at 3:45pm. The cost for these rides is **\$1 per one way ride**. We ask that you limit your shopping bags to 6 or less, and you should be able to carry your own bags.

## TRANSIT RIDES TO WAHPETON

We offer rides from surrounding towns in Richland County into Wahpeton monthly. **To schedule a ride call 642-5746 at least 2 days in advance.** Hours spent in Wahpeton will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10:00am and 2:00pm if possible. The cost for these rides is **\$5.00 per person**.

## FAIRMOUNT/HANKINSON/LIDGERWOOD WYNDMERE/MOORETON

January 13 & 27      February 10 & 24      March 10 & 24

## TRANSIT RIDES TO FARGO

We provide transportation to Fargo on Tuesdays and Thursdays. **To schedule a ride, call 642-5746 at least 2 days in advance.** Hours spent in Fargo will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10:00am and 2:00pm. The cost for these rides is **\$8.00 per person**.

**Please note: we will no longer have set routes to Fargo. Anyone in Richland County can ride our transportation on any Fargo date.**

January: 2, 7, 9, 14, 16, 21, 23, 28, & 30

February: 4, 6, 11, 13, 18, 20, 25, & 27

March: 4, 6, 11, 13, 18, 20, 25, & 27

# Activities

All activities are held at the Senior Center in your community unless otherwise noted.  
Coffee & dessert following all activities in Lidgerwood, Wahpeton, and Wyndmere.

## Bingo

**Wahpeton**—Tuesday at 12:30pm

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## Coffee & Toast Social

**Abercrombie**—Monday, Tuesday, and Wednesday  
from 8am-10am

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## Exercise

**Lidgerwood**—Exercise equipment available to use

**Wahpeton—Bone Builders**—Tuesday & Thursday  
at 9am at the Wahpeton Community Center

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## Pot Luck

**Fairmount**—2nd & 4th Wednesday of the month at  
12pm

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## Free For All Fridays!

Grab your friends and come on down to the  
Wahpeton Senior Center From 12:30pm – 4pm for  
any or all of the following games:

**Cribbage**      **Dice**      **Mexican Train**

**Wii Games**      **Yahtzee**      **Phase 10**

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**“Roll” into the weekend with us at the  
Wahpeton Senior Center! Give us a call at  
642-5746 before noon on Thursday and let us  
know that you will be joining us for rolls  
on Friday.**

**This ensures we will have  
enough rolls for everyone! Then join us on  
Friday between 8:30am—9:30am for a roll  
and all you can drink coffee!  
Suggested \$1.00 donation!**

## Bridge

**Wahpeton**—Thursday at 12:30pm

## Hand and Foot

**Abercrombie**—Wednesday at 1pm

**Lidgerwood**—Tuesday at 1pm

**Wahpeton**—Wednesday at 12:15pm

**Hankinson**—Tuesday, Wednesday &  
Friday at 12:00pm

## Other Card Games & Dominoes

**Wyndmere**—Monday—Friday at 3pm

**Hankinson**—Tuesday, Wednesday &  
Friday at 12:00pm

## Pinochle

**Wahpeton**—Wednesday at 12:30pm

**Wyndmere**—Monday at 1pm

## Puzzles

**Wahpeton**—Monday — Friday  
9am—3pm

**Wyndmere**—Monday—Friday  
10am—6pm

**Hankinson**—Tuesday, Wednesday &  
Friday at 12:00pm

## Social Hour

**Abercrombie**—Monday, Tuesday &  
Wednesday at 1pm

**Wyndmere**—Monday—Friday at 3pm

## Whist

**Wahpeton**—Monday at 12:30pm

**Wyndmere**— Thursday at 1pm

**Hankinson**—Tuesday, Wednesday &  
Friday at 12:00pm

Wahpeton Harmony Senior Citizens Club, Inc  
520 3<sup>rd</sup> Avenue South  
Wahpeton, ND 58075

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
WAHPETON, ND 58075  
PERMIT NO. 10

"Return Service Requested"

Cut along the dotted line above and mail your donation to the Richland County Valley Senior Services office.

## Giving Hearts Day is just about here!

Join us from January 13 - February 13 in supporting the services  
that keep seniors in their homes and independent.

To donate to Valley Senior Services - Meals On Wheels program on Giving Hearts Day, visit [GivingHeartsDay.org](http://GivingHeartsDay.org) to make your online donation or mail/drop off your donation at the Wahpeton Senior Center.

A great way to donate to the Meals On Wheels program is by sponsoring a certain number of meals! To do so, follow the simple equation below:

\_\_\_\_\_ Number of meals to sponsor  
x \$11.75 Cost per meal  
\$ \_\_\_\_\_ Your total donation for Giving Hearts Day



**Giving Hearts Day**

Checks can be made out to Valley Senior Services and mailed to 520 3rd Ave S, Wahpeton, ND 58075  
Checks must have "Giving Hearts Day" in the memo line or be dated February 13, 2025.