

Fall Soup Recipes

Lane Lipetzky Swenson, RD, LD, CGN—Valley Senior Services

Fall is just around the corner, meaning it will be soup season before we know it! Making a healthy and hearty soup can be a great way to ring in the fall. Whether you are trying to increase your fiber intake, vegetable variety or bump up on protein, there is a soup for you! Below are a few delicious soup recipes to add to your list of favorites.

White Bean, Kale and Sausage Soup

Prep time 30 minutes Cook time 10 minutes Serves 5

Ingredients

8 ounces mild Italian turkey sausage links	2 cups reduced sodium chicken broth
1 medium onion, chopped	1 ½ cups water
2 cloves garlic, minced	1 tsp Italian seasoning
2 cans cannellini beans (white kidney beans), rinsed and drained	¼ tsp ground pepper
1 can, no salt added diced tomatoes (undrained)	4 cups coarsely chopped kale or spinach

Directions

1. Cook sausage, onion and garlic in a large saucepan 5 to 10 minutes or until the sausage is browned and the onion is tender. Drain fat. Stir in beans, tomatoes, broth, water, Italian seasoning and pepper. Bring to a boil; reduce heat. Cover and simmer for 5 minutes.
2. Stir in kale. Simmer, uncovered, 1 to 3 minutes more or until the kale is tender.

Lentil Soup

Prep time 10 minutes Cook time 45 minutes Serves 6

Ingredients

2 Tbsp olive oil	½ tsp cumin
1 onion, chopped	½ tsp coriander powder
2 gloves garlic, minced	1 ½ tsp paprika powder
1 large carrot, chopped	2 bay leaves, dried
2 ribs celery, chopped	1 lemon
2 cups green or brown lentils, rinsed	Salt and pepper to taste
14 oz can crushed tomatoes	Chopped fresh parsley for optional garnish
6 cups vegetable stock, low sodium	

Directions

1. Heat oil in a large pot over medium heat. Add garlic and onion, cook for 2 minutes.
2. Add celery and carrot. Cook for 7 - 10 minutes or until softened and the onion is sweet.
3. Add all remaining ingredients except the lemon and salt. Stir.
4. Increase heat and bring to simmer. Scoop scum on the surface off and discard (do this again during cooking if required). Place lid on and turn heat down to medium low. Simmer for 35 - 40 minutes or until lentils are soft.
5. Remove bay leaves. Season to taste with salt and pepper. Add squeezed lemon juice just before serving. Garnish with parsley if desired.

Continued on page 4

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

Fax:

701-642-5009

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County Program Supervisor
Amy Laney

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COUNTY ASSISTANT
Sharilynne

KITCHEN STAFF
Carol-Abercrombie
Sarah—Hankinson
Sandra—Lidgerwood
Sharron-Wahpeton
Viola—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

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 October 1 & 15 and November 5 & 19
9:00am to 12:00pm on October 3 and November 7

Lidgerwood Senior Center
117 4th Street Southwest
October 3 and November 7

Hankinson Senior Center
111 3rd Street Southwest
9:00am to 1:00pm on
October 10 and November 14

Wyndmere Senior Center
466 4th Street
10:00am to 1:00pm on
October 17 and November 21

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

Fuel Assistance Income And Asset Guidelines

The Low Income Energy Assistance Program (LIHEAP) helps eligible individuals and families pay part of their home heating costs. Applications will be accepted until May 31, 2025.

LIHEAP can help pay for the fuel you use to heat the home you live in from October through May if you buy your heating fuel from a fuel dealer or a utility company (fuel oil, propane, natural gas, electricity, wood coal or kerosene), or if your rent payments include heat and you do not receive a rent subsidy. The amount of benefits you may be eligible for depends on your income, the type and size of your home and the type of fuel used to heat your home.

This program also covers:

- Weatherization Services (insulation, weather stripping around doors and windows, etc.)
- Furnace cleaning, repair and replacement
- Chimney cleaning and inspection
- Emergency assistance

To be eligible, the total income of all persons living in your household must be counted. Total income, after allowable deductions, must be below these limits:

1 person household:

\$2,977 per month/\$35,724 per year

2 person household:

\$3,893 per month/\$46,716 per year

Written proof or verification of your income, your heating bill and medical expenses that can be deducted from your income is needed to be sure your eligibility and benefits are calculated correctly.

Applications are available from Richland County Social Services or our office after October 1, 2024. If you have questions or need assistance, please call us at 642-3033.

Community Options will be at the Wahpeton Senior Center

October 3 from 9:30 a.m. to 3 p.m.
to assist with your LIHEAP application.

Please bring documents with you to submit with the application:

- Proof of income (2 months of pay stubs, SSI letter, unemployment, workers comp, etc)
- Copies of paid deductions back to June 1 (Paid medical, dental, eyeglasses, prescriptions, home insurance, childcare, etc.)
- Copy of the most recent heating bill (receipts from fuel oil or propane if applicable) and/or electric bill
- Copy of lease agreement if renting
- If you would like to make an appointment during this time, make a different appointment or have questions about the application, please call 701-818-5810 or email tamarae@coresinc.org



communityoptionsnd.com
1-800-823-2417
referral@coresinc.org





Medicare Part D Annual Open Enrollment

The prescription drug plans approved by Medicare are approved for one calendar year (January through December). The private companies offering these plans must apply to Medicare to be approved each year, so plans change (cost, coverage, etc) from year to year.

You can select the best plan that is available for you, with a goal of finding one that is the least expensive. These plans are very different for each individual based on your current medications and which pharmacy you use. When comparing plans, it's important to look at the total out of pocket expense, this includes the premium plus the copayments.

Financial help is available if you meet income requirements. The Extra Help program helps pay your monthly Part D premium and copayments. To apply for Extra Help, go to www.ssa.gov or call 1-800-772-1213. You can also stop by our office if you have questions about Extra Help or need assistance.

Options for Help

- ◆ Valley Senior Services Richland County Resource Specialist will be available to assist you with Medicare Part D enrollment **by appointment only** at the Wahpeton location on Wednesdays beginning October 29th to December 6. Schedule your appointment by calling the Wahpeton Senior Center at 642-3033.
- ◆ North Dakota Insurance Department is available by telephone for enrollment assistance. They can be contacted at 1-888-575-6611. You can also compare plans using Medicare's online Drug Plan Finder at: <https://www.medicare.gov>

You Will Need

- ◆ Your Medicare card and current drug plan information.
- ◆ Your login information for your MyMedicare.gov account if you have one.
- ◆ Medications and/or a list of your prescriptions, including dosage and frequency.

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How to Freeze Soup

Soup recipes often make large portions which can be difficult to finish for one or two people. Freezing individual portions can be a great way to save it for later. To freeze soup, cool the soup quickly after cooking by placing it in the refrigerator or dividing it into smaller portions. Use freezer safe bags or freezer safe storage containers to separate soup into individual servings. If using a storage container, leave an inch of room at the top of the container for expansion. If using a freezer safe bag, lay the bags flat to push the air out and store soup flat. Label the individual portions with the name of the soup, the date it was made/stored and the ingredients you still want to add. Soup can be safely stored for up to 3 months in the freezer.

When you are ready to eat the soup, thaw the leftovers in the refrigerator for 24 hours before reheating and serving. Typically, vegetables, meat, whole grains and legumes freeze well. Soups containing milk, cream, pasta, potatoes, fresh herbs, tender greens or lemon juice don't freeze quite as well. Add the ingredients that don't freeze as well after thawing and reheating the soup.



Richland County Health Department

Prevent. Promote. Protect.

Wahpeton Senior Center Flu/Covid Walk-in Vaccine Clinic



Date: October 7, 2024
Time: 10:30 AM - 12:00 PM
Location: 520 3rd Avenue South

For questions, call: 701.642.7735

Accepted Insurance: BCBS, Humana, Medica, ND Medicaid, Medicare, Sanford

Paperwork to be completed onsite

Walk-in Fall Vaccine Clinics 3:00--6:00PM

09/25 - Hankinson Community Center
10/02 - Wyndmere Community Center
10/09 - Lidgerwood KC Hall
10/16 - Hankinson Community Center
10/23 - Colfax Richland Jr/Sr High School



INFLUENZA AND COVID VACCINE AVAILABLE

Accepted Insurance

Blue Cross Blue Shield
Sanford
Medica
Humana
ND Medicaid
Medicare

Paperwork to be completed onsite

Walk-in Flu Shot Fridays

Dates: Sept. 20th through Nov. 22nd
Time: 7:30am -- 4:00pm

Location: Richland County Health Department
413 3rd Ave N.
701.642.7735

Monday

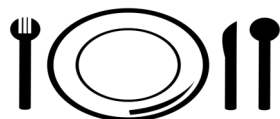
Tuesday

Wednesday

Thursday

Friday

	<p>1</p> <p>Broccoli Cheese Soup Crackers Steak Cobb Salad Apricots Breadstick</p>	<p>2</p> <p>Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Whole Orange Bread x2</p>	<p>3</p> <p>Braised Pork Chop Roasted Potatoes Roasted Brussels Sprouts Peaches Bread x2</p>	<p>4</p> <p>Philly Cheese Chicken Sandwich Tater Tots Beets Fruit Cocktail</p>
<p>7</p> <p>Egg & Sausage Bake Hash Browns Asparagus Almondine Banana Bread x2 Jelly</p>	<p>8</p> <p>Salisbury Steak Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple Bread x2</p>	<p>9</p> <p>BIRTHDAY DINNER</p> <p>Stuffed Shells / Sauce House Salad Malibu Blend Veggies Fresh Fruit Breadstick Chocolate Cake</p>	<p>10</p> <p>Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate</p>	<p>11</p> <p>Beef Fajita Spanish Rice Fajita Blend Veggies Chips & Salsa Caramel Custard Raspberries</p>
<p>14</p> <p>Hot Dog on a Bun French Fries Baked Beans Blushing Pears</p>	<p>15</p> <p>Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin Bread x2</p>	<p>16</p> <p>Chili w/ Beans House Salad Cornbread Wheat Crackers Deluxe Fruit</p>	<p>17</p> <p>Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2</p>	<p>18</p> <p>Pulled BBQ Chicken Ranch Beans Corn Cornbread Fresh Strawberries</p>
<p>21</p> <p>Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce Tartar Sauce</p>	<p>22</p> <p>Italian Turkey Meatloaf Boiled Potatoes Green Beans / Thyme Berry Crisp Bread x2</p>	<p>23</p> <p>Ham Baked Potato Peas & Onions Tropical Fruit Bread x2</p>	<p>24</p> <p>Chicken & Wild Rice Casserole Brussels Sprouts & Tomatoes Whole Pear Breadstick</p>	<p>25</p> <p>Beef & Broccoli Fluffy Rice Japanese Stir Fry Veggies Vegetable Egg Roll Honeydew Melon</p>
<p>28</p> <p>Pork Wings Au Gratin Potatoes Seasoned Snow Peas Ciabatta Roll Cinnamon Bananas</p>	<p>29</p> <p>Pork Loin Roast / Gravy Mashed Potato Lemon Asparagus Mandarin Oranges Bread x2</p>	<p>30</p> <p>Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake Bread x2</p>	<p>31</p> <p>Supreme Pizza Casserole House Salad Green Beans Oregano Breadstick Apple</p>	



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.

October 2024**Abercrombie Senior Center****553-8759**

	1 Broccoli Cheese Soup / Crackers Steak Cobb Salad Apricots Breadstick	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Whole Orange Bread x2
7 Beef Fajita Spanish Rice Fajita Blend Veggies Chips & Salsa Caramel Custard Raspberries	8 Salisbury Steak / Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple Bread x2	9 Stuffed Shells / Sauce House Salad Malibu Blend Veggies Fresh Fruit Breadstick Chocolate Cake
14 Hot Dog on a Bun French Fries Baked Beans Blushing Pears	15 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin Bread x2	16 Chili w/ Beans House Salad Cornbread Wheat Crackers Deluxe Fruit
21 Fish Sandwich / Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce Tartar Sauce	22 Italian Turkey Meatloaf Boiled Potatoes Green Beans/Thyme Berry Crisp Bread x2	23 Chicken & Wild Rice Casserole Brussels Sprouts & Tomatoes Whole Pear Breadstick
28 Supreme Pizza Casserole House Salad Green Beans Oregano Breadstick Apple	29 Pork Loin Roast / Gravy Mashed Potatoes Lemon Asparagus Mandarin Oranges Bread x2	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake Bread x2

October 2024**Hankinson Senior Center****242-7742**

1 Broccoli Cheese Soup & Crackers Steak Cobb Salad Apricots Breadstick	2 Beef Stroganoff Seasoned Egg Noodles Seasoned Broccoli Whole Orange Bread x2	4 Philly Cheese Chicken Sandwich Tater Tots Beets Fruit Cocktail
8 Salisbury Steak / Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple Bread x2	9 Stuffed Shells / Sauce House Salad Malibu Blend Veggies Fresh Fruit Breadstick Chocolate Cake	11 Beef Fajita Spanish Rice Fajita Blend Veggies Chips & Salsa Caramel Custard Raspberries
15 Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin Bread x2	16 Chili w/ Beans House Salad Cornbread Wheat Crackers Deluxe Fruit	18 Pulled BBQ Chicken Ranch Beans Corn Cornbread Fresh Strawberries
22 Italian Turkey Meatloaf Boiled Potatoes Green Beans/Thyme Berry Crisp Bread x2	23 Ham Baked Potato Peas & Onions Tropical Fruit Bread x2	25 Beef & Broccoli Fluffy Rice Japanese Stir Fry Veggies Vegetable Egg Roll Honeydew
29 Pork Loin Roast / Gravy Mashed Potatoes Lemon Asparagus Mandarin Oranges Bread x2	30 Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake Bread x2	

October 2024**Lidgerwood Senior Center****538-4602**

		Broccoli Cheese Soup / Crackers Steak Cobb Salad Whole Orange Breadstick	1	Braised Pork Chop Roasted Potatoes Roasted Brussels Sprouts Peaches Bread x2	3
Egg & Sausage Bake Hash Browns Asparagus Almondine Banana Bread x2 Jelly	7	Salisbury Steak / Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple Bread x2	8	Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate	10
Hot Dog on a Bun French Fries Baked Beans Blushing Pears	14	Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin Bread x2	15	Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	17
Fish Sandwich on a Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce Tarter Sauce	21	Ham Baked Potato Peas & Onions Tropical Fruit Bread x2	22	Chicken & Wild Rice Casserole Brussels Sprouts & Tomatoes Whole Pear Breadstick	24
Honey Chicken Glazed Sweet Potatoes California Blend Veggies Pear Dessert Bake Bread x2	28	Pork Loin Roast / Gravy Mashed Potatoes Lemon Asparagus Mandarin Oranges Bread x2	29	Supreme Pizza Casserole House Salad Green Beans Oregano Breadstick Apple	31

October 2024**Wyndmere Senior Center****439-2907**

		Broccoli Cheese Soup / Crackers Steak Cobb Salad Apricots Breadstick	1	Braised Pork Chop Roasted Potatoes Roasted Brussels Sprouts Peaches Bread x2	3
Egg & Sausage Bake Hash Browns Asparagus Almondine Banana Bread x2 Jelly	7	Salisbury Steak / Mushroom Gravy Twice Baked Potato Capri Blend Veggies Pineapple Bread x2	8	Chicken Pesto Sandwich Garden Rotini Salad Broccoli Salad Berries & White Chocolate	10
Hot Dog on a Bun French Fries Baked Beans Blushing Pears	14	Lemon Pepper Fish Parslied Potatoes Carrots Peachy Gelatin Bread x2	15	Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	17
Fish Sandwich on a Bun Lettuce Tomato Onion Scalloped Potatoes Cinnamon Applesauce Tarter Sauce	21	Italian Turkey Meatloaf Boiled Potatoes Green Beans / Thyme Berry Crisp Bread x2	22	Chicken Wild Rice Casserole Brussels Sprouts & Tomatoes Whole Pear Breadstick	24
Pork Wings Au Gratin Potatoes Seasoned Snow Peas Ciabatta Roll Cinnamon Bananas	28	Pork Loin Roast / Gravy Mashed Potatoes Lemon Asparagus Mandarin Oranges Bread x2	29	Supreme Pizza Casserole House Salad Green Beans Oregano Breadstick Apple	31



ND SMP Scam of the Month – October 2024

Medigap Overview

Medigap plans, also known as supplemental plans, are health insurance policies that offer benefits that work alongside Original Medicare. These plans help pay for costs that Medicare doesn't fully cover, like copayments and deductibles. Medigap plans are sold by private insurance companies, not by the government.

Things to Know Before Buying a Medigap policy:

- 1. Check Your Eligibility:** Make sure you're allowed to buy a Medigap policy. You can only get Medigap if you have Original Medicare.
 - a. If you are enrolled in a Medicare Advantage Plan (Part C), it is against the law for someone to sell you a Medigap policy.
- 2. Know Your Rights:** There are rules that insurance companies must follow, especially for people over 65. It's important to know when you have the right to buy a Medigap policy.
- 3. Compare Different Policies:** Not all Medigap policies are the same. It's a good idea to compare the different types before choosing one. This helps you find that policy that best fits your needs.
- 4. Check Coverage for Pre-Existing:** Some Medigap plans may not cover health problems you had before you bought the plan. Be sure to find out if your plan covers these conditions so you're not surprised by unexpected costs.

Marketing Violations and Scams:

Medigap, Medicare Advantage, and Part D plans are administered, marketed, and sold by private companies. Plan representatives, agents, and brokers must follow federal guidelines when marketing to you. Examples of marketing violations and scams may include:

- A company represents itself as being from Medicare, Social Security or Medicaid.
- You receive an unsolicited call or text from a plan you have asked not to contact you.
- A plan agent comes to your door, uninvited, without scheduling an appointment.
- You were given misinformation about a plan's coverage.

Not following these rules is marketing fraud and should be reported!

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 or call 1-833-818-0029.

The information provided is intended to be a general summary only. Source of information: Medicare Rights Center. (2024, August 8). *Medicare Watch: New rules may curb ongoing discrimination in Medigap plans*. Medicare Rights Center. **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/>

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Richland County Public Transit Schedules

October 2024—December 2024

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 10am and 2:00pm if possible. The cost for these rides is **\$5.00 per person**.

FAIRMOUNT/HANKINSON/LIDGERWOOD WYNDMERE/MOORETON

October: 14 & 28

November: 4 & 18

December 9 & 23

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.

October: 1, 3, 8, 10, 15, 17, 22, 24, 29 & 31

November: 5, 7, 12, 14, 19, 21, & 26

December: 3, 5, 10, 12, 17, 19, 26, & 31

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

Coffee & Toast Social

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

Exercise

Lidgerwood—Exercise equipment available to use

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

Pot Luck

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

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**

**“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 3rd Avenue South
Wahpeton, ND 58075

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

"Return Service Requested"



FOR MORE INFO, CONTACT US AT
INFO@VALLEYSENIORSERVICES.ORG OR
701-642-3033



TRANSPORTATION

Transportation is available in Wahpeton, to Fargo, and from surrounding towns into Wahpeton for all Richland County residents, regardless of age.



NUTRITIOUS MEALS

Community dining, Meals on Wheels, and to-go meals are available in Abercrombie, Hankinson, Lidgerwood, Wahpeton, and Wyndmere. Not in these towns? Frozen meals are available!



RESOURCES SERVICES

Our staff help clients 60+ identify needs and find services to maintain independence.