

Diabetes Awareness

Diabetes within the Aging Population

Approximately 33% of the adult aging population, 65 years older and above, have been diagnosed with diabetes. Older adults are also more likely to develop complications related to diabetes, compared to younger adults. Complications can include low blood sugar (hypoglycemia), kidney failure, and heart disease. It is important to note that there are specific guidelines and considerations for the aging population, due to other preexisting conditions that are more common in older adults.

Here are a few tips on treatments and tools older adults can use to help manage or prevent diabetic complications.

- **Health Assessments** – Regular and routine diabetes health assessments should be conducted by your Physician. These diabetic-specific tests include Hemoglobin A1C tests, eye exams (for Retinopathy), Kidney exams (for Nephropathy), Nerve exams (for Neuropathy), medical nutrition therapy, and diabetes management training.
- **Lifestyle Considerations** – It is vital for your healthcare team to take into consideration an inactive lifestyle, as well as hereditary factors and overweight status, when it comes to diabetes treatments and prevention. Exercise is an important tool in managing and preventing diabetes and must be tailored to your activity level.
- **Collaborative Care** – It is important to use a team approach when managing or preventing diabetes. This may include care from your PCP (Primary Care Physician), diabetes educators, endocrinologists, nutritionists/dietitians and social workers on a regular basis. Having a broad team of support is critical!
- **Nutritional Aspects** – Having a solid nutrition foundation is a vital piece to a successful diabetes management plan in older adults. By focusing on adding a variety of fruits and vegetables to your meals, including more lean meats and fish high in omega-3's, adding more whole-grains, and limiting the amount of added sugar in foods and drinks, you will be taking important nutritional steps to managing your blood sugar.
- **Take Medications as Prescribed** – Ensure that you are taking all medications as prescribed by your healthcare team and follow dosage instructions correctly.
- **Communicate with Your Doctor** – Your doctor is a great resource to ask any questions about your care. They are also there to listen to any concerns you may have, such as, worries about your memory, experiences with depression, or further education on medications and diabetes management.

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

Fax:

701-642-5009

RURAL PROGRAM MANAGER

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COUNTY PROGRAM SUPERVISOR

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RESOURCE SPECIALIST

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ADMINISTRATIVE SPECIALIST

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FILL-IN KITCHEN STAFF

Kathy

Karen

Dorothy

Julie

Colleen

TRANSPORTATION

Uri

Liz

INVENTORY & TRANSPORTATION

Shanel

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

701-293-1440

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 April 7 & 21 & May 5 & 19

9:00am to 12:00pm on April 2 & May 7

Lidgerwood Senior Center

117 4th Street Southwest

9:00am to 1:00pm on

April 2 & May 7

Hankinson Senior Center

111 3rd Street Southwest

9:00am to 1:00pm on

April 9 & May 14

Wyndmere Senior Center

466 4th Street

10:00am to 1:00pm on

April 16 & May 21

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

Cost: \$30.00

***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

Diabetes Awareness

Superfoods

Making healthy food choices is important in diabetes prevention and control. Not all foods are created equal. The superfoods listed below are rich in vitamins, mineral, and antioxidants to help improve overall health. They are also great for diabetes prevention and won't make blood sugar go up.



BEANS

High in protein while also containing nutrients like fiber, magnesium and potassium.



WHOLE GRAINS

High in fiber making them less likely to cause spikes in blood sugar levels.



WALNUTS

Great source of protein, fiber and omega-3 fatty acids. Because of their protein and fat content, a small portion goes a long way to preventing hunger.



FISH

"Fatty" fish like salmon, tuna, mackerel and trout are high in omega-3 fatty acids which may help reduce the risk of heart disease and inflammation.



BERRIES

Jam-packed with vitamins, antioxidants and fiber. Blackberries, raspberries and strawberries help control blood sugar.



NON-STARCHY VEGETABLES

Non-starchy vegetables such as artichokes, asparagus, brussel sprouts and beets are generally low in carbohydrates per serving.



DARK LEAFY GREENS

You can find vitamins A, C, E and K, and minerals like iron, calcium, and potassium in these greens.



CITRUS FRUIT

These foods are high in vitamins A and C, folate, potassium and fiber.



SPRING



CAN YOU FIND THE SPRING-RELATED WORDS HIDDEN IN THE PUZZLE?

C	S	N	U	R	A	I	N	B	O	W	D
F	N	L	P	M	H	K	O	R	T	U	P
L	A	D	Y	B	U	G	O	E	I	R	I
O	W	E	O	L	A	R	B	E	E	I	C
W	B	Y	M	O	S	F	N	Z	D	C	N
E	E	G	U	S	F	O	C	E	I	K	I
R	L	B	R	S	T	T	R	U	S	O	C
S	L	D	B	O	K	I	I	A	G	S	A
R	R	P	R	M	W	E	C	T	I	U	N
S	P	R	O	U	T	S	T	O	R	N	S
D	F	C	O	N	F	O	V	L	U	N	N
A	S	B	U	T	T	E	R	F	L	Y	E

FLOWERS
 BLOSSOM
 BUTTERFLY
 SUNNY

BREEZE
 PICNIC
 RAINBOW
 BEE

LADYBUG
 SPROUTS
 RAIN
 GROW



SEASONEDTIMES.COM

2026

SOUTHERN VALLEY AGING EXPO

THURSDAY, MAY 14 | WAHPETON COMMUNITY CENTER | 11:00 AM - 2:30 PM

Vendors, Free-Will Lunch, Speakers, Giveaways & MORE



THURSDAY, MAY 14
11:00 AM - 2:30 PM



WAHPETON COMMUNITY CENTER
304 5TH ST S, WAHPETON, ND



Join us for a gathering of experience and support, plus a homecooked lunch!

EMPOWERING SENIORS, CONNECTING COMMUNITIES

Retired? Now What? Tips from Happy Retirees



You've been looking forward to retirement over all the decades you've dedicated to working for a living. Now it's here... retirement. Your time will now be your own. Your days will be filled however you decide to fill them. The question is... what do you want to do with your hard earned free time? The answer isn't always as simple as you might think.

Retirement isn't a one-size-fits-all endeavor. For a happy, satisfying retirement, it helps to know yourself well and to understand your own personal makeup... your likes and dislikes... your dreams and desires... our talents and abilities... as well as your moods, behaviors, general outlook, and spirit.

If you're the type of person who enjoys spending time alone, you will probably want to fill your days very differently than someone who prefers being surrounded by people. If you have some physical limitations, you may not be able to tackle the activities that might be included in a more active individual's typical retirement day. So the goal is to put together the right unique ingredients to create a happy, healthy retirement that's right for you.

Here are some ideas from a few people who are currently enjoying their own uniquely crafted retirements.

- **Complete tasks you've put off.** Put together a list of all the things that need doing or you've wanted to do, but have never had the time to complete. Then set out to tackle them. It might be a few odd jobs around the house. It may be finally finishing the complicated blanket you started crocheting way back when. Or what about that broken piece of pottery you've been meaning to glue back together?
- **Learn something new.** Now is the time to expand your interests, knowledge, and talents. Start a new hobby. Master a new language. Get in touch with your inner artist and start painting, crafting, or woodworking. Ignite your inner thespian by taking an acting or singing class, and then go try out for a local theater production or participate in an "open mic" night.
- **Spend time with family and friends.** Fill your calendar with opportunities to hang out with people you really care about and enjoy. Cultivate the relationships that matter most to you. Reconnect with those you haven't seen in recent years. Perhaps you would enjoy getting together for a movie, a walk, a drive, a game night, a favorite television show, a shopping spree, a round of golf, a card game, or simply a chat over a cup of coffee.
- **Meet new people.** Get to know some of the other retirees living in your area. There are lots of ways to find people with interests similar to your own. Head down to the local senior center. Join some golfers on a favorite course. Find a nearby book club. Get a membership at a gym with programs for people in your age group. Join a walking club, gardening club, or any other club you might enjoy.
- **Go to school.** There's always more to learn scholastically. Why not take a college course or even set your sights on completing a degree? It's never too late. Many colleges offer programs that allow retirees to attend classes at no cost. And being a student is NOT the only way to get back in the classroom. Plenty of public schools need volunteers or paid teacher's aides.

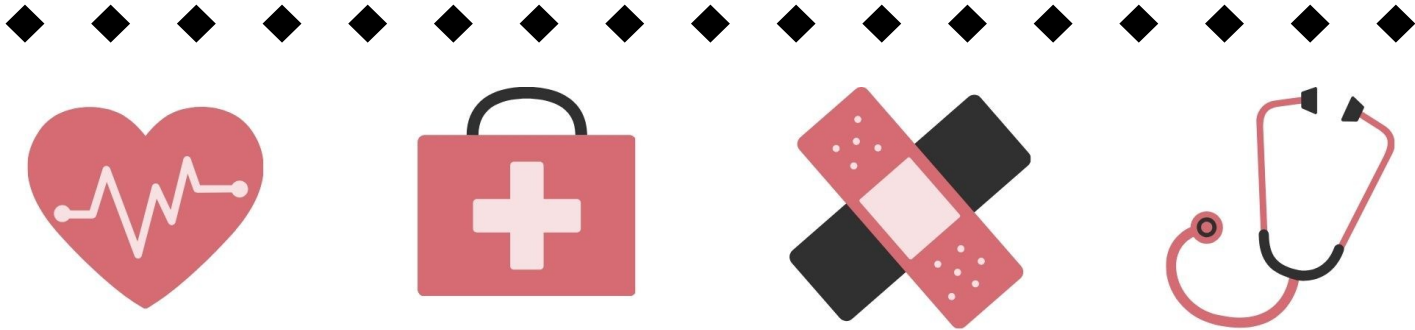
- **Mentor others.** If you enjoy sharing your knowledge and skills, becoming a mentor might be something you would find rewarding. There are many mentoring programs that match young people just starting their careers with older people with the experience and expertise to help them learn, grow, and advance in their professions. Ask your local librarian about mentoring programs in your area.
- **Write.** Collecting and writing your thoughts can be entertaining and fulfilling. Once you start writing, you may find it difficult to stop. Journal writing is very popular with people of all ages. When it comes to a private journal, you get to decide who reads what you have written. If you want to share your writing with other people, you may want to start a blog. Blogs is sort of like writing an online journal that other people read. A blog can be about just about anything, because there will always an audience for just about anything. Who knows... if you really get into the writing experience, you even contemplate the idea of writing a book, perhaps a novel with characters and places you make up, a non-fiction book on a subject that interests you, or a how-to-book that shares tips on a hobby or skill you've mastered.
- **Find yourself the perfect part-time job.** Some retirees like the idea of still having a foothold in the workplace. Some folks like to have some place where they have to be and that keeps them busy. A part-time job also provides an opportunity to socialize with others. Of course, a little extra money coming in on a regular basis can be very helpful when on a fixed income. There are some great part-time jobs out there tailor-made for retirees. A position as an usher at a local theater or concert hall offers some great perks, like free admission. A museum or zoo can be another fun place to work.
- **Adopt a pet.** If you are an animal lover, there are countless ownerless, homeless pets just waiting for someone to give them a loving home. The unconditional love of a pet can add a spark that may be missing from your retirement experience. Caring for a pet provides companionship. It gives you a routine to follow. It fills up your time and your heart. To find a pet that's the right match for you, contact your local animal shelter or veterinarian. You can also do some research online. Make sure the pet is friendly and gentle.
- **See the world or at least some of it.** Now that you're retired, you don't have to worry about time limitations when it comes to taking a vacation. Visit a distant place you've always wondered about or hoped to see and experience. Of course, travel can be expensive, but there are plenty of deals available for seniors. If you have physical limitations, always make sure your vacation destinations are well suited to your abilities. And, remember, a long weekend getaway offers a great change of pace too.
- **Do nothing... that's right... do nothing.** You have worked long and hard to earn the right to spend some time doing absolutely nothing. You might not want to make a habit of it, but putting your feet up and relaxing is perfectly okay. In fact, it should be mandatory. Kick back and enjoy a few minutes of not having to accomplish anything. Because, the truth is, you will actually be accomplishing something... you will be rejuvenating your body, mind, and spirit.





Thank you to our dining center, activities, and Meals on Wheels volunteers!

Thank you for your commitment to help pack and deliver hot nutritious meals, provide activities, and support dining center staff - all to benefit the seniors in our community. We are grateful for your support in helping seniors maintain their independence. This program would not be possible without you!




RICHLAND COUNTY HOME HEALTH

Looking for care right in the comfort of your own home? Richland County has you covered! We offer a variety of home health care including:

- HEALTH ASSESSMENTS
- MEDICATION SET-UP
- INR MONITORING
- TEACHING OF CHRONIC DISEASE MANAGEMENT
- WOUND CARE
- BLOOD DRAWS
- INJECTIONS
- BATHING ASSISTANCE/PERSONAL CARES
- FOOTCARE

TO REQUEST YOUR FREE EVALUATION CONTACT RICHLAND COUNTY HEALTH DEPARTMENT TODAY AT 701-642-7735.



Vertin-Munson Funeral Home

Donuts and Decisions

Please join us for donuts and an advance funeral planning seminar. We will be discussing the steps involved in getting a funeral plan in place, how that plan will affect your loved ones, and answering your questions on funeral services.

Location:

Dining Room
Wahpeton Senior Center
520 3rd Ave. S
Wahpeton, ND 58075

Date and Time:

Thursday, April 9th at 10:30AM

Advance Funeral Planner:
Megan Barton



Topics Discussed

- Advance funeral planning
- Types of services
- Death away from home
- Planning financially for services
- After the funeral service

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Caprese Chicken Lemon Dill Orzo Green & Gold Beans Mixed Berries Wheat Bread	Easter Dinner Country Ham Scalloped Potatoes Glazed Carrots Strawberries Cheesecake Dinner Roll	Closed If you would like to receive a frozen meal, please call the office at 701-642-3033.
6	7	8	9	10
Cheese & Veggie Pizza Herbed Green Beans PC Granola Yogurt & Peaches	Mongolian Beef Brown Rice 4 Way Veggies Vegetable Egg Roll Apple	Birthday Dinner BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Banana Cake Wheat Bread x2	Manhattan Meatballs Wild Rice Pilaf Seasoned Broccoli House Salad Fruit Cocktail Wheat Bread x 1	Chicken Dijon Summer Corn Pilaf Stewed Summer Squash Mango Dinner Roll
13	14	15	16	17
Sloppy Joe on a Bun Potato Wedges Baked Beans Orange	Teriyaki Salmon Wild Rice Pilaf Seasoned Snow Peas Cantaloupe Spoonbread	Eggs Benedict Casserole Hollandaise Sauce Rosemary Potatoes Lemon Garlic Asparagus Strawberries & Yogurt	Italian Turkey Meatloaf Boiled Potatoes Roasted Brussels Sprouts Berry Crisp Wheat Roll	Tortellini w/ Meat Sauce Capri Blend Veggies Broccoli & Cauliflower Salad Cherries Breadstick
20	21	22	23	24
Roast Beef & Gravy Dijon Red Potatoes Corn Peaches Wheat Bread x 2	Garlic Oregano Chicken Company Potatoes Herbed Zucchini Grapes Wheat Bread x 2	Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew Hawaiian Roll	Potato Chive Crusted Cod Cheesy Hashbrowns Wax Beans Tropical Fruit Wheat Bread x 2	Southwest Veggie Pasta Italian Blend Veggies Pears Dinner Roll
27	28	29	30	
Lemon Pepper Fish Whipped Sweet Potato Brussels Sprouts Applesauce Wheat Bread x 2	Taco Stuffed Potato Red Beans & Rice Chilled Pineapple Breadstick	Garlic Steak Bites Baby Red Potatoes Asparagus Almondine Cranberry Velvet Dinner Roll	Crispy Pork Loin White & Wild Rice Pilaf Sicilian Blend Veggies Marinated Cucumbers Mandarin Oranges Bread	



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.

April 2026**Abercrombie Senior Center****553-8759**

		Easter Dinner 1 Country Ham Scalloped Potatoes Glazed Carrots Strawberries Cheesecake Dinner Roll
6 Cheese & Veggie Pizza Herbed Green Beans PC Granola Yogurt & Peaches	7 Chicken Fried Steak & Cream Gravy Potatoes & Onions Lemon Butter Broccoli Ambrosia Wheat Bread x 1	8 BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Banana Cake Wheat Bread x 2
13 Sloppy Joe on a Bun Potato Wedges Baked Beans Orange	14 Teriyaki Salmon Wild Rice Pilaf Seasoned Snow Peas Cantaloupe Spoonbread	15 Eggs Benedict Casserole Hollandaise Sauce Rosemary Potatoes Lemon Garlic Asparagus Strawberries & Yogurt
20 Garlic Oregano Chicken Company Potatoes Herbed Zucchini Grapes Wheat Bread x 2	21 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew Hawaiian Roll	22 Potato Chive Crusted Cod Cheesy Hashbrowns Wax Beans Tropical Fruit Wheat Bread x 2
27 Lemon Pepper Fish Whipped Sweet Potato Brussels Sprouts Applesauce Wheat Bread x 2	28 Taco Stuffed Potato Red Beans & Rice Chilled Pineapple Breadstick	9 Crispy Pork Loin White & Wild Rice Pilaf Sicilian Blend Veggies Marinated Cucumbers Mandarin Oranges Bread

April 2026**Hankinson Senior Center****242-7742**

	1 Turkey a la King Fluffy Rice Pacific Blend Veggies Fresh Grapes Biscuit	Easter Dinner 2 Country Ham Scalloped Potatoes Glazed Carrots Strawberries Cheesecake Dinner Roll
7 Mongolian Beef Brown Rice 4 Way Veggies Vegetable Egg Roll Apple	8 BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Banana Cake Wheat Bread x 2	10 Teriyaki Salmon Wild Rice Pilaf Seasoned Peas Cantaloupe Spoonbread
14 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches Wheat Bread x 2	15 Crispy Pork Loin White & Wild Rice Blend Sicilian Blend Veggies Marinated Cucumbers Mandarin Oranges Bread	17 Tortellini w/ Meat Sauce Capri Blend Veggies Broccoli & Cauliflower Salad Cherries Breadstick
21 Garlic Steak Bites Roasted Red Potatoes Asparagus Almondine Cranberry Velvet Dinner Roll	22 Garlic Oregano Chicken Company Potatoes Herbed Zucchini Grapes Wheat Bread x 2	24 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew Hawaiian Roll
28 Manhattan Meatballs Wild Rice Pilaf Garden Blend Veggies House Salad Fruit Cocktail Wheat Bread x 1	29 Lemon Pepper Fish Whipped Sweet Potato Brussels Sprouts Applesauce Wheat Bread x 2	

April 2026**Lidgerwood Senior Center****538-4602**

		Easter Dinner	2
		Country Ham Scalloped Potatoes Glazed Carrots Strawberries Cheesecake Dinner Roll	
6 Chicken Dijon Summer Corn Pilaf Seasoned Zucchini Mango Dinner Roll	7 BBQ Pork Ribs Au Gratin Potatoes Marinated Tomato Salad Banana Cake Wheat Bread x 2	9 Manhattan Meatballs Wild Rice Pilaf Seasoned Broccoli House Salad Fruit Cocktail Wheat Bread x 1	
13 Sloppy Joe on a Bun Potato Wedges Baked Beans Orange	14 Teriyaki Salmon Wild Rice Pilaf Prince Edward Veggies Cantaloupe Spoonbread	16 Chicken Kiev O'Brien Potatoes Green Bean Oregano Ginger Baked Pears Wheat Bread x 2	
20 Chicken Fried Steak & Cream Gravy Potatoes & Onions Lemon Butter Broccoli Ambrosia Wheat Bread	21 Honey Roast Pork Chop Coconut Rice Mixed Veggies Honeydew Hawaiian Roll	23 Potato Chive Crusted Cod Cheesy Hashbrowns Wax Beans Tropical Fruit Wheat Bread x 2	
27 Lemon Pepper Fish Whipped Sweet Potato Brussels Sprouts Applesauce Wheat Bread x 2	28 Garlic Steak Bites Roasted Red Potatoes Asparagus Almondine Cranberry Velvet Dinner Roll	30 Crispy Pork Loin White & Wild Rice Pilaf Sicilian Blend Veggies Marinated Cucumbers Mandarin Oranges Bread	

April 2026**Wyndmere Senior Center****439-2907**

		Easter Dinner	2
		Country Ham Scalloped Potatoes Glazed Carrots Strawberries Cheesecake Dinner Roll	
6 Cheese & Veggie Pizza Herbed Green Beans PC Granola Yogurt & Peaches	7 Mongolian Beef Brown Rice 4 Way Veggies Vegetable Egg Roll Apple	9 Manhattan Meatballs Wild Rice Pilaf Seasoned Broccoli House Salad Fruit Cocktail Wheat Bread x 1	
13 Sloppy Joe on a Bun Potato Wedges Baked Beans Orange	14 Teriyaki Salmon Wild Rice Pilaf Seasoned Snow Peas Cantaloupe Spoonbread	16 Italian Turkey Meatloaf Boiled Potatoes Roasted Brussels Sprouts Berry Crisp Wheat Roll	
20 Roast Beef & Gravy Dijon Red Potatoes Corn Peaches Wheat Bread x 2	21 Garlic Oregano Chicken Company Potatoes Herbed Zucchini Grapes Wheat Bread x 2	23 Potato Chive Crusted Cod Cheesy Hashbrowns Wax Beans Tropical Fruit Wheat Bread x 2	
27 Lemon Pepper Fish Whipped Sweet Potato Brussels Sprouts Applesauce Wheat Bread x 2	28 Taco Stuffed Potato Red Beans & Rice Chilled Pineapple Breadstick	30 Crispy Pork Loin Rice Pilaf Sicilian Blend Veggies Marinated Cucumbers Mandarin Oranges Bread	12



ND SMP Scam of the Month – April 2026

Scams Targeting Medicare Beneficiaries

Scammers are targeting Medicare members with tricks tied to coverage updates in 2026! Scammers are talking about the new \$2,100 limit on Part D drug costs and using AI to pretend to be real officials. They try to steal personal information by promising lower costs or saying they need to “check” your enrollment. Scammers use this information to commit fraud or take money from Medicare.

Medicare Scams to Watch For

- **Prescription Drug Cap Scams:** Scammers say they can help with the new \$2,100 drug cost limit and ask for a fake “processing” fee.
- **AI Voice Scams:** Scammers use computers to copy the voices of doctors or family members to trick people into sharing Medicare numbers.
- **“2026 Enrollment Check” Calls:** Calls or messages saying you must confirm your personal information to keep your Medicare coverage next year.
- **Hospice Enrollment Scams:** Offers of free groceries or medical equipment that secretly sign someone up for hospice care without their knowledge.
- **Fake Medicare Chip Cards:** Scammers claim Medicare is sending new cards with a chip and asking for personal information to replace your card.
- **Medical Equipment Scams:** Bills or deliveries for braces or other equipment that were never ordered or never received.

Tips to Stay Safe

- **Never Pay Upfront:** Real Medicare programs do not charge fees to get benefits.
- **Hang Up on Urgent Calls:** Medicare will not call to scare you or ask for your Medicare number or any personal information.
- **Check Your Statements:** Look at your Medicare Summary Notices or Explanation of Benefit statements for charges you don’t recognize.
- **Report Anything Suspicious:** Call ND Senior Medicare Patrol or 1-800-MEDICARE if something seems wrong.

Time is running short: From January 1 to March 31, 2026, Medicare Advantage members can change plans or return to Original Medicare. **Act now!**

Reporting Medicare fraud:

If you suspect fraud, contact the ND Senior Medicare Patrol (ND SMP) at ndsmp@minotstateu.edu or call 833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General’s Office at 800-472-2600.

The information provided is intended to be a general summary only. Source of information: Lankford, K. (2025, October 3). *New Medicare card scams*. AARP. <https://www.aarp.org/money/scams-fraud/new-medicare-card/>

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/>

Like us on Facebook: North Dakota Senior Medicare Patrol

Richland County Public Transit Schedules

April 2026 to June 2026

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 701-642-3033 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 bi-monthly. **To schedule a ride call 642-3033 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

April 6 & 20

May 4 & 18

June 1 & 15

TRANSIT RIDES TO FARGO

We provide transportation to Fargo on Tuesdays and Thursdays. **To schedule a ride, call 642-3033 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**.



April: 2, 7, 9, 14, 16, 21, 23, 28, 30

May: 5, 7, 12, 19, 21, 26, 28

June: 2, 4, 9, 11, 16, 18, 23, 25, 30



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

Wyndmere—Bone Builders—Monday & Thursday
at 10am at the Wyndmere Senior 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 – 3:30pm for
any or all of the following games:

Cribbage **Dice** **Mexican Train**
Yahtzee **Phase 10**

**“Roll” into the weekend with us at the
Wahpeton Senior Center! Give us a call at
642-3033 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 \$2.00 donation.**

Hand and Foot—Sign Up

Lidgerwood—Tuesday at 1pm

Wahpeton—Wednesday at 12:15pm

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

Other Card Games & Dominoes

Wyndmere— Tuesday & Friday at 3pm

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

Pinochle—Sign Up

Wahpeton—Wednesday at 12:30pm

Wyndmere—Monday at 1pm

Puzzles

Wahpeton—Monday — Friday
9am—3pm

Wyndmere— Tuesday & Friday at 3pm

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

Social Hour

Wyndmere—Tuesday & Friday at 3pm

Whist—Sign Up

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"



Valley
Senior Services

helping seniors maintain independence

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.