

## SOUTHERN VALLEY AGING EXPO

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**Thursday, May 9th, 2024**  
**11:00am — 3:00pm**

Wahpeton Community Center  
304 5th Street South  
Wahpeton, ND 58075

- 11:00am — 12:30pm Visit Booths**  
**Balance and Falls Screening by CHI St. Francis**
- 12:00pm — 12:30pm Hot Lunch — Free Will Offering**
- 12:30pm — 1:15pm Stroke Recognition & Prevention**  
**Molly Murch, MSN, RN-BC, SCRN —Essentia Health**
- 1:15pm — 1:30pm Fit & Strong**  
**Ronda Gripentrog—NDSU Extension**
- 1:30pm — 1:45pm Break / Door Prizes**
- 1:45pm — 2:30pm Laughing Yoga**  
**Jennifer Thul**
- 2:30pm — 3:00pm Door Prizes & Visit Booths**

**Come visit with a variety of area Service Providers to learn more about the services available to you.**

**Please note: There will be a number of door prizes and other things to sign up for, so you may want to bring address labels.**

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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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Rural Program Manager  
Shelley Tollefson

County Program Supervisor  
Amy Laney

RESOURCE SPECIALIST  
Sarah Omodt

OFFICE ASSISTANT  
Deanna

SITE & TRANSPORTATION ASSISTANT  
Sharilynne

KITCHEN STAFF  
Carol-Abercrombie  
Rita-Hankinson  
Sandra—Lidgerwood  
Sharron-Wahpeton  
Viola—Wahpeton  
Cathy-Wyndmere

FILL-IN KITCHEN STAFF  
Joanne  
Karen  
Dorothy

TRANSPORTATION  
Christine  
Dawn

INVENTORY & TRANSPORTATION  
Shanel  
Keith  
David

\*\*\*\*\*

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 Grindelund  
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**  
11:00 am to 3:00 pm on  
April 2 & 16 and May 7 & 21

**Lidgerwood Senior Center**  
**117 4th Street Southwest**  
9:00 am to 1:00 pm on  
April 4 and May 2

**Hankinson Senior Center**  
**111 3rd Street Southwest**  
9:00 am to 1:00 pm on  
April 11 and May 9

**Wyndmere Senior Center**  
**466 4th Street**  
10:00 am to 1:00 pm on  
April 18 and May 16

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

## Valley Senior Services -Helping Seniors Maintain Independence-

Community Dining, Carry Out, and Meals on Wheels are offered in the towns of Abercrombie, Hankinson, Lidgerwood, Wahpeton, and Wyndmere. Don't live in one of these towns? Frozen meals are available to you!

Transportation is provided within the Wahpeton/Breckenridge area, to Fargo, and from the outlying communities into Wahpeton. These rides are open to all Richland County residents regardless of age.

Our Resource Services are designed to assist individuals 60 and older. Resource Specialists help connect you to the services and supports you need in your home today, and to plan ahead for the future.

Valley Senior Services is here to help you. Visit with us today!  
701-642-3033



### Commodity Supplemental Food Program (CFSP)

SENDCAA's Commodity Food Program serves qualifying low-income seniors in Region 5 of North Dakota with a food box every other month.

**To qualify:** You must be age 60 or older and meet income requirements.  
For one person household: \$1,632 monthly income or less  
For two person household: \$2,214 monthly income or less

Within your commodities box, you will receive non-perishable items such as canned vegetables, canned meat, canned fruit, juice, shelf-stable milk, powdered milk, cereal, pasta, rice, and beans. You will also receive cheese, which is **not** shelf stable.

Once enrolled in the program, you will receive a postcard informing you of the next distribution. For Richland County, pickup is located in the parking lot of the Wahpeton Senior Center.

Please Contact Cate or Channon at 701-232-2452 for an application.

# The Mediterranean Diet

## Lane Lipetzky, RDN—Valley Senior Services

Eating a balanced diet is essential for healthy aging. However, making the right food choices isn't always as straight forward as it should be. Luckily, following nutritious diets like the Mediterranean diet has been shown to decrease risk for chronic disease and support healthy aging. In this month's article we will cover the nutrition components of the Mediterranean diet and tips on how to follow it.

### What is the Mediterranean Diet?

The Mediterranean diet is a diet based on the traditional food choices of people living around the Mediterranean Sea. There is not one standard diet as there are 22 countries bordering the Mediterranean Sea, however, it generally emphasizes eating vegetables, fruits, whole grains, legumes, nuts & seeds, seafood, dairy, poultry and eggs. Additionally, the food is typically minimally processed and low in added sugars and excess saturated fat.

Because of the focus on plant-based foods like fruits, vegetables and legumes the diet is naturally rich in vitamins, minerals, fiber, antioxidants and phytochemicals. The protein sources recommended on the diet also offer a lot of nutrition. For example, fish is rich in omega 3 fatty acids which help lower inflammation and are great for brain health while eggs are a great source of choline which can help slow cognitive decline. In fact, each dietary component of the Mediterranean diet offers nutrition to support healthy aging!

### Components of the Mediterranean Diet

If you're interested in following the Mediterranean diet you may be wondering, what should I eat? Below is a table of nutritious foods along with daily and weekly recommended intakes. Focusing on eating the recommended servings of these healthy foods will not only increase your overall nutrition, but it will also naturally help decrease the room in your diet for processed foods and added sugars.

<b>Food Group</b>	<b>Recommended Intake</b>	<b>Serving Size</b>
Vegetables	4 or more servings daily	1 cup raw and ½ cup cooked
Fruits	3 servings a day	1 medium fruit or ½ cup of fresh, frozen or canned cut fruit
Grains	4 or more servings of whole grains daily	1 slice of whole wheat bread, ½ cup cooked oatmeal, ½ cup pasta or rice
Fats/Oils	4 Tablespoons of olive oil daily	Olive oil, avocados or nut butters all contain healthy fats
Dried beans, nuts and seeds	3 or more servings of nuts/seeds a week and 3 or more servings of beans	1 serving of beans = ½ cup 1 serving of nuts or seeds = 1 oz. about 23 almonds or 14 walnut halves
Fish and seafood	2-3 times a week	3 oz. of fish or 8-9 large shrimp
Dairy	2-3 servings a day	1 cup yogurt, 1.5 oz cheese, 1 cup milk
Poultry & Eggs	Choose daily to weekly	3 oz of poultry 1 egg

Continued on Page 5

### **Tips for Following the Mediterranean Diet**

- To help meet your vegetable needs, make half your plate non-starchy vegetables.
- Choose to cook with olive oil or avocado oil instead of butter.
- Work on making at least half your grains whole grains, more is better!
- Try foods like hummus, lentil soup, or chili to help increase your intake of legumes.
- Eat fruit, nuts, seeds, hard boiled eggs and dairy for snacks.
- Replace sugary desserts with foods that are naturally sweet like fruit or yogurt.
- Try the salmon recipe below for an easy way to include more seafood in your diet!

### **Easy Poached Salmon**

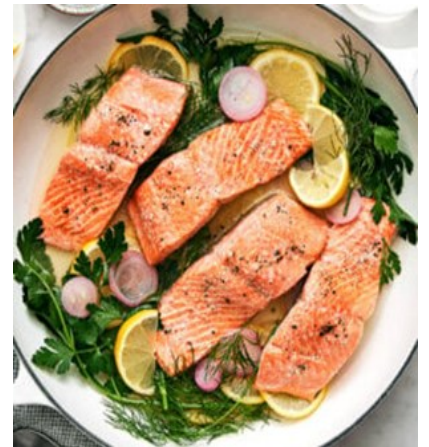
Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 4 servings

#### **Ingredients**

- 2 lemons—one thinly sliced for poaching and the other quartered for squeezing on top
- 1 small shallot thinly sliced
- 3 to 4 sprigs fresh herbs (dill, parsley, cilantro, etc)
- ½ cup white wine
- ½ cup water
- 4 (6-ounce) salmon filets
- kosher salt and freshly ground black pepper to taste



#### **Instructions**

1. **Prepare the poaching liquid.** In a large skillet add the sliced lemon, shallot, fresh herbs, wine, and water. Bring to a simmer over medium heat.
2. **Add the salmon.** Place the salmon filets (skin side down) in the pan, season with salt and pepper, cover the pan, and poach for 5 to 7 minutes, depending on the thickness of the salmon.
3. **Garnish and serve.** Garnish the poached salmon with fresh herbs and a squeeze of lemon!

Monday

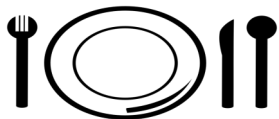
Tuesday

Wednesday

Thursday

Friday

		1 Taco Casserole Spanish Rice Refried Beans Corn Rosy Applesauce	2 Chili Baked Potato Fresh Plums Bread x2	3 Tuna Salad on Wheat Cabbage / Apple Slaw Potato Salad Orange
6 Honey Chicken Glazed Sweet Potatoes Beets Pear Dessert Bake Bread x2	7 Herb & Mustard Crusted Pork Loin Potatoes & Onions Brussels Sprouts / Bacon Blueberries Bread x2	8 Roast Turkey/Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple Bread x2	9 <b>Southern Valley Aging Expo</b>  <b>No Congregate Meals</b> Sloppy Joe on a Bun Baked Beans Oven Baked Fries Tropical Fruit	10 Chicken Lasagna Zucchini Parmesan Scalloped Apples Breadstick
13 Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Apricots Bread x2	14 Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	15 <b>Birthday Dinner</b> Stuffed Shells / Sauce House Salad Italian Blend Veggies Grapes Birthday Cake Breadstick	16 Sweet & Sour Chicken White & Wild Rice Japanese Stir Fry Marinated Veggie Salad Strawberries Bread	17 Cheeseburger Pie Seasoned Green Peas House Salad Peaches/Orange Sauce Bread
20 Beef Steak / Gravy Mashed Potatoes Green Beans / Thyme Mandarin Oranges Bread x2	21 Caprese Chicken Carrot Pineapple Salad Sicilian Blend Veggies Watermelon Bread x2	22 BBQ Pork Ribs Baked Sweet Potato Mixed Veggies Apple Brown Betty Bread x2	23 Tangy Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail Bread x2	24 Southwest Chicken Cesar Salad Peach Crisp Breadstick
27 <b>CLOSED</b>	28 Pork Chop / Mushroom Sauce Egg Noodles Lemon Asparagus Marinated Cucumbers Kiwi Bread	29 Scrambled Eggs Seasoned Steak Hash Browns Orange Vinaigrette Veggies Banana Bread x2 Jelly	30 Parmesan Baked Cod Sweet Potato Hash Summer Slaw Garlic Toast Cantaloupe	31 Grilled Chicken / Bun French Fries Lettuce, Tomato, Onion Peas & Carrots Fresh Fruit Salad



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 \$9.00 per meal.

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

		Tuna Salad on Wheat Cabbage / Apple Slaw Potato Salad Orange	<b>1</b>
<b>6</b>	Sloppy Joe on a Bun Baked Beans Oven Baked Fries Tropical Fruit	<b>7</b>	Herb & Mustard Crusted Pork Loin Potatoes & Onions Brussels Sprouts / Bacon Bread x2
		<b>8</b>	Roast Turkey / Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple Bread x2
<b>13</b>	Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	<b>14</b>	Stuffed Shells/Sauce House Salad Italian Blend Veggies Grapes/ Breadstick Birthday Cake
		<b>15</b>	Sweet and Sour Chicken White & Wild Rice Japanese Stir Fry Marinated Vegetable Salad Strawberries
<b>20</b>	Beef Steak & Gravy Mashed Potatoes Green Beans/Thyme Mandarin Oranges Bread x2	<b>21</b>	Tangy Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail Bread x2
		<b>22</b>	Southwest Chicken Cesar Salad Peach Crisp Breadstick
<b>28</b>	Pork Chop/Mushroom Sauce Seasoned Egg Noodles Lemon Asparagus Marinated Cucumbers Kiwi / Bread	<b>29</b>	Parmesan Baked Cod Sweet Potato Hash Summer Slaw Cantaloupe Garlic Toast
		<b>30</b>	Grilled Chicken on a Bun French Fries Lettuce Tomato Onion Peas & Carrots Fresh Fruit Salad

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

		<b>1</b>	Chili Baked Potato Fresh Plums Bread x2	<b>3</b>	Tuna Salad on Wheat Cabbage / Apple Slaw Potato Salad Orange
<b>7</b>	Sloppy Joe on a Bun Baked Beans Oven Baked Fries Tropical Fruit	<b>8</b>	Chicken Lasagna Zucchini Parmesan Scalloped Apples Breadstick	<b>10</b>	Roast Turkey / Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple Bread x2
<b>14</b>	Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Apricots Bread x2	<b>15</b>	Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	<b>17</b>	Cheeseburger Pie Seasoned Green Peas House Salad Peaches in Orange Sauce Bread
<b>21</b>	Beef Steak & Gravy Mashed Potatoes Green Beans/Thyme Mandarin Oranges Bread x2	<b>22</b>	BBQ Pork Ribs Baked Sweet Potatoes Mixed Veggies Apple Brown Betty Bread x2	<b>23</b>	Southwest Chicken Cesar Salad Peach Crisp Breadstick
<b>28</b>	Parmesan Baked Cod Sweet Potato Hash Summer Slaw Cantaloupe Garlic Toast	<b>29</b>	Pork Chop/ Mushroom Sauce Seasoned Egg Noodles Lemon Asparagus Marinated Cucumbers Kiwi / Bread	<b>30</b>	Grilled Chicken on a Bun French Fries Lettuce Tomato Onion Peas & Carrots Fresh Fruit Salad

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

		Taco Casserole Spanish Rice Refried Beans Corn Rosy Applesauce	<b>2</b>
Honey Chicken Glazed Sweet Potatoes Beets Pear Dessert Bake Bread x2	<b>6</b>	Roast Turkey / Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple Bread x2	<b>7</b>
		Sloppy Joe on a Bun Baked Beans Oven Baked Fries Tropical Fruit	<b>9</b>
Stuffed Shells / Sauce House Salad Italian Blend Veggies Grapes / Dessert Breadstick	<b>13</b>	Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	<b>14</b>
		Sweet and Sour Chicken White & Wild Rice Blend Japanese Stir Fry Marinated Vegetable Salad Strawberries / Bread	<b>16</b>
Beef Steak & Gravy Mashed Potatoes Green Beans / Thyme Mandarin Oranges Bread x2	<b>20</b>	BBQ Pork Ribs Baked Sweet Potatoes Mixed Veggies Apple Brown Betty Bread x2	<b>21</b>
		Tangy Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail Bread x2	<b>23</b>
Pork Chop / Mushroom Sauce Seasoned Egg Noodles Lemon Asparagus Marinated Cucumbers Kiwi / Bread	<b>28</b>	Grilled Chicken on a Bun French Fries Lettuce Tomato Onion Peas & Carrots Fresh Fruit Salad	<b>29</b>
		Parmesan Baked Cod Sweet Potato Hash Summer Slaw Cantaloupe Garlic Toast	<b>30</b>

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

		Chili Baked Potato Fresh Plums Bread x2	<b>2</b>
Honey Chicken Glazed Sweet Potatoes Beets Pear Dessert Bake Bread x2	<b>6</b>	Herb & Mustard Crusted Pork Loin Potatoes & Onions Brussels Sprouts / Bacon Blueberries Bread x2	<b>7</b>
		Roast Turkey / Gravy Mashed Potatoes Parslied Carrots Blushing Pineapple Bread x2	<b>8</b>
Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Apricots Bread x2	<b>13</b>	Porcupine Meatballs Mashed Potatoes Prince Edward Veggies Heavenly Hash Bread x2	<b>14</b>
		Sweet & Sour Chicken White & Wild Rice Japanese Stir Fry Marinated Veggie Salad Strawberries / Bread	<b>16</b>
Beef Steak / Gravy Mashed Potatoes Green Beans / Thyme Mandarin Oranges Bread x2	<b>20</b>	Caprese Chicken Carrot Pineapple Salad Sicilian Blend Veggies Watermelon Bread x2	<b>21</b>
		Tangy Meatloaf Parslied Potatoes Country Blend Veggies Fruit Cocktail Bread x2	<b>23</b>
Pork Chop / Mushroom Sauce Egg Noodles Marinated Cucumbers Kiwi Bread	<b>28</b>	Scrambled Eggs Seasoned Steak Hash Browns Orange Vinaigrette Veggies Banana / Bread	<b>29</b>
		Parmesan Baked Cod Sweet Potato Hash Summer Slaw Garlic Toast Cantaloupe	<b>30</b>



## ND SMP Scam of the Month – May 2024

### Are You Being Billed for Unneeded Urinary Catheters?



Some people on Medicare are getting bills for urinary catheters they never ordered or received. Scammers are taking advantage of Medicare by charging for things people don't need or didn't order, and it's causing problems.

Nicole Liebau, director of the Senior Medicare Patrol (SMP) Resource Center, said they became aware of the false billing in May 2023, and complaints went up a lot by August. SMPs continue to get a staggering number of complaints from Medicare beneficiaries.

How do scammers get away with this? SMP warns that scammers hope Medicare won't notice these fake charges among the millions of claims they process daily. They also hope people on Medicare won't check their statements to see these false claims.

To stay safe, SMP advises checking your Medicare statements often. If you see charges for supplies or services you didn't ask for, contact ND SMP. They can help you get a new Medicare number and report the fake charges.

**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: SMP National Resource Center (27 Feb 24). PR Newswire: *Scam Alert: Scammers are billing for unneeded urinary catheters.*

**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.

**Richland County Public Transit Schedules for  
May 2024— July 2024**

**TRANSIT RIDES TO WAHPETON**

Valley Senior Services offers rides from surrounding towns 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**

May: 6 & 20      June: 10 & 24      July: 8 & 22

**TRANSIT RIDES TO FARGO**

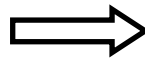
Valley Senior Services provides transportation to Fargo on the 1st, 2nd, 3rd and 4th Tuesdays and Thursdays of each month **To schedule a ride, call 642-5746 at least 2 days in advance.** Hours spent in Fargo will be between 10:00am to 3:00pm unless all riders are done earlier. It is best if you schedule any medical appointments between the hours of 10:00am and 2:00pm. The cost for these rides is **\$8.00 per person.**

**NEW: Beginning June 1st, we will no longer have set routes to Fargo. Anyone in Richland County can ride our transportation on any Fargo date. The dates for June are: June 4, 6, 11, 13, 18, 20, 25, and 27. The dates for July are: July 2, 9, 11, 16, 18, 23, and 25.**

**Fargo North Run**

Wahpeton, Abercrombie,  
Mooreton, Christine,  
Walcott, Galchutt

Will run on  
these dates.

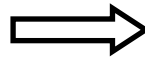


May: 2, 7, 14, 23

**Fargo South Run**

Wahpeton, Fairmount,  
Hankinson, Lidgerwood,  
Wyndmere, Colfax

Will run on  
these dates.

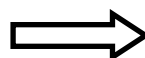


May: 21, 28

**Fargo Run**

Wahpeton, Fairmount,  
Hankinson, Lidgerwood,  
Wyndmere, Mooreton,  
Abercrombie, Colfax,  
Christine, Walcott, Galchutt

Will run on  
these dates.



May: 16

# 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:

<b>Cribbage</b>	<b>Dice</b>	<b>Mexican Train</b>
<b>Wii Games</b>	<b>Yahtzee</b>	<b>Phase 10</b>

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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"