

James River Senior Citizens Center Inc.

Office: 701-252-2882 or toll free 1-855-252-2882

Transit: 701-252-7888

Fax: 701-252-2529

E-mail: jamesriver@csicable.net

Website: www.jamesriverseniors.com

JRSC STAFF

Receptionists: Judy & Mary
JRSC Site Manager: Nancy
Gardenette Site Manager: Mirt
Jameshouse Site Manager: Carol
Outreach Coordinator: Kerry
Home Delivered Meals: Missy
Transit Billing: Dawn Janitor: Marty
Transit Drivers: Denny, Darrell, Tim, Jeff, Don, Glen,
Les, Larry, Dwight, Dawn, John E, Ron, John F & Jayda
Transit Dispatchers: Missy, Dawn, Judy, Kathy &
Amanda
Kitchen Staff: Rhonda, Nathan & Bonnie
Janitor: Amanda
Office Manager: Rhonda Director: Maureen

DISCRIMINATION POLICY:

James River Senior Citizen Inc. is committed to compliance with Title VI of Civil Rights Act of 1964 the Civil Rights Restoration Act of 1987.
James River Senior Citizens Inc. assures that no person or groups of persons shall, on the grounds of Race, Color, Sex, Age, National Origin, Disability/Handicap, and Income Status, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any and all programs, services, or activities administered by James River Senior Citizens Inc.
Director: Maureen Wegenke
James River Community Center, Inc.
PO Box 1092 Jamestown, ND 58402-1092
(701) 252-2882

ADVERTISE HERE!

Your Information will be Sent Through
Mail, Email and Internet!
Call 701-252-2882 for
More Information

SERVICES PROVIDED IN
STUTSMAN COUNTY

For the Month of March 2019

CONGREGATE: 821
HDM: 1402
TRANSIT RIDES: 4302
TRANSIT MILES: 16923

James River Senior Citizen’s Center, Inc.
Board of Directors hold Board Meetings on the 4th Monday of every other month at 11:00 am. You are welcome to attend these meetings. Please let the receptionist know if you plan to attend, and we will make sure there is a meal available for you and put you on our Agenda. If you have any questions, please contact our Director Maureen Wegenke, or Anne Ede our President of the Board.

2019 Board of Directors

President— Ann Ede
Vice-President— Tom Geffre
Secretary/Treasurer— Dennis Ova,
Yvonne Wegner, Mary Geffre, Jim Boatman
& Dina Laskowski.

JAMES RIVER SENIOR CITIZEN’S CENTER, INC.
PO BOX 1092 JAMESTOWN ND 58402-1092
www.jamesriverseniors.com 701-252-2882

We’re On Facebook Too!

Published
Monthly

Senior Hi-Lites

May 2019

Breakfast is Served

JRSC is now serving breakfast Tuesdays through Fridays, 8 a.m. - 12:00 p.m. Everyone is welcome! Come & start your day with us.

Our menu schedule is as follows for May:

TUESDAYS:

Pancakes
Scrambled Eggs
Bacon
WEDNESDAYS:
Biscuits & Gravy
Omlettes
Sausage Patties

THURSDAYS:

Egg Bake
French Toast Sticks
Oatmeal
FRIDAYS:
Breakfast Pizza



What’s Inside

Ongoing Activity.....pg. 2
Honored Volunteer.....pg. 3
Featured JRSC Service.....pg 4
Transit Information.....pg 5
Birthdays.....pg 6
Anyone Remember?.....pg 7
Hearing Journal.....pg 8
Classic Catering.....pg 9
Health Products Show.....pg 10
Supper Night.....pg 11
Word Search Challenge....pg 12
Services at JRSC.....pg 13
The Magical Fruit!.....pg 15

ROSEADELE

Roseadele provides a caring place for those with Alzheimer’s and other forms of dementia. We are a 20-bed basic care facility providing 24 hour care. Residents have their own private room and are free to move about within the facility to enjoy the beautiful courtyard, dining and sitting areas. Visit us today for a personal tour.

Jordan & Lynn Shipley, Owners
Carol Stahlhut, Business Manager shipleybc@daktel.com

1505 3rd St SE Jamestown, ND 58401
Phone 701-251-1741 Fax 701-252-1207

421 18th St NE,
Jamestown ND 58401
Ph: 701.252.6404
heritageliving.org
sue.purdy@smphs.org



1 and 2
Bedroom
Apartments
with attached
Garages

Meals
Housekeeping
Nursing Services
Free Transportation
Activities
Emergency Response Button

James River Senior Center, Classic Catering, and James River Public Transit

Senior Center Hours: 8:00 am – 4:30 pm Monday thru Friday

OUR NEWSLETTER IS NOW ONLINE AT: www.jamesriverseniors.com

On-Going Activities:

Every Monday & Thursday **Bone Builders** 9 am – 10 am

Every Tuesday and Friday **Pinochle** 1:00 pm

Every Wednesday **Foot Care** 9:30 am – 11:45 am please call 252-8130 to schedule your appointment.

Every Wednesday **Bingo** -1:00 pm - 3:00 pm

For Our May 2019 Activities Please See Insert

*
* Looking for people to pair up
* with the grade school children
* from Lincoln School for reading
* hour. What a great way to spend
* an hour. Please contact Nancy @
* 252-2882
*



NEW SERVICE OFFERED BY JRSC!

Wellness check calls are now being offered by JRSC personnel. If you would like to be set up with calls or have a loved one that you would like contacted (up to twice daily, M-F) Please call our office 701-252-2882 for more information.



Beans: the Magical Fruit

The more beans you eat, the more you can improve your health.

Dry beans are a popular crop to grow in North Dakota. In fact, North Dakota farmers lead the nation in growing all dry beans. Most of North Dakota's dry bean acres are in navy and pinto beans.

Dry beans are related to green beans, which are grown in home gardens. Dry beans are the dried seeds found inside the pod.

Eating beans can provide many health benefits due to their rich nutrient profile.

Beans can be categorized in the vegetable group or the U.S. Department of groups. These nutrients are high in fiber, phosphorus, iron and vitamin B.



Beans are categorized in the vegetable-protein group in the Agriculture's food ent powerhouses are tein, antioxidants,

Eating a serving of beans can help you feel full longer and can slow the rise of blood sugar levels.

Regularly eating beans may decrease the risk of diabetes, heart disease and colorectal cancer, and help with weight management. Remember to drink more water when increasing fiber in your diet.

Bean varieties commonly grown in this area include black, pink, cranberry, dark red kidney, navy, pinto, light red kidney, small red and great northern.

Beans can be purchased dried, then soaked in water and cooked, or purchased as canned goods.

They often are used in soups, stews, salads, casseroles, dips, desserts, side dishes and bean flour.

Dry beans are one of the specialty crops that can be grown in North Dakota. Visit the North Dakota State University Extension Service's Field to Fork website at www.ag.ndsu.edu/fieldtofork for more information about growing and using a variety of specialty crops, including dry beans.



PART TIME JOB OPENING

James River Senior Center has a part-time job opening for a dishwasher. This job would be approximately 4 hours a day, 3 days a week (W-F).

Please contact Rhonda Sahr at 252-2882 ext 1002 or email at jamesriver@csicable.net for more information.

Easy living in a
thriving community

STOP IN FOR A VISIT!
701-252-5881 | eventide.org

EVENTIDE
JAMESTOWN

GREETING CARDS

We now have a Variety of Greeting Cards.

Display is located by the Receptionist's Desk
(Senior Center).

Cards are only .50¢

(We graciously accept greeting card donations)



North Dakota Senior Meals Good Nutrition For Healthy Living

People age 60 or older and their spouses are eligible to eat at Senior Meal Sites (Center I, & Streeter) Others eligible for Senior Meals are individuals with disabilities under age 60 who reside in a housing facility primarily occupied by older individuals where there is a Title III meal site (Gardenette, Jameshouse); individuals under the age of 60 with disabilities residing with an eligible client in a non-institutional household; and volunteers, who are under 60, providing meal services during meal hours. Individuals under age 60 who do not meet this criteria must pay full cost of service. Senior Meals are an affordable way to **help maintain your health**. The full cost to provide a Senior Meal is: \$10.63. A **limited** amount of Older Americans Act and state dollars are available to help cover some of the program costs. **The suggested voluntary donation for a meal is \$4.00. Please contribute what you can. Meal tickets or envelopes will insure your confidential contribution.** Food stamps and Dakota Electronic Benefits Transfer (EBT) cards are accepted. No eligible individual will be denied a meal due to inability or unwillingness to contribute.

Reminder to our Senior Meal Participants

If you receive Home Delivered Meals and this is the month that your 6 month Registration is due, you will receive a phone call from Kerry Larson that it is time for her to come see you in your home and update all of your information. If you are a person that eats at one of our Congregate meal sites such as the Gardenette, Center I, Jameshouse, or Streeter and it's time for your yearly Congregate Meal Registration, you will be contacted by Kerry Larson. She will catch up with you at lunch time or on a supper night. She will stop at your meal site. The meal registration is painless, takes a short amount of your time and it is required under the guidelines of the Older American's Act. Thank you for your cooperation. Nutrition Staff of James River Senior Citizens.

Volunteer Appreciation Night
May 13, 2019 - 5:00 p.m.
Supper Night

We'd like to take every day to recognize how much we appreciate the time and dedication our volunteers put in; but since that isn't possible, we dedicate one night a month to show our appreciation. This month our Volunteer of the Month is Elvera Divers. Let's take this time to thank Elvera for all she does!

WE LOVE OUR VOLUNTEERS

TIRED OF THE PAPER CLUTTER?

You may receive your newsletter by email and/or may view it online. Just give us a call with your preference. 701-252-2882.



MEMORIALS

**Pat Folk In Loving
Memory of Dolly Folk**

**Sharon Waterman in
Memory of Don Warren**

**Don & Melida Schwehr
in Memory of Matt
Bettenhausen**



JRSC LOAN CLOSET

JRSC FEATURED SERVICE

Having surgery and need a walker, crutches, knee scooter, shower chair, etc? Relative traveling to Jamestown and need to borrow a wheelchair? Here at JRSC we have many items to choose from. Below is a list of current items:

Crutches
Walkers (variety)
Canes (variety)
Shower Chairs
Knee Scooters
Bed Rails
Toilet Risers
Toilet Seats
Accu-Check
Tub Shower Attachments
Bath Rails
Ice Machines
Tub Shower Attachments
Accu-Chek
Telephone Amplifier
Guardian Alert

Parts for Walkers
Pedal Exercisers
Oxygen Tank Rollers
**All only \$5.00 - one time fee

Wheel Chairs
**\$10 - one time fee

Pill Boxes
Adult Absorbent Products
(adult diapers)
Sterile Gloves
Face Masks
**Donation



\$5.00 delivery charge within Jamestown city limits.

If you no longer need an item you think we might be able to use in our loan closet, we are always looking for donated items. Please drop your item(s) by or call for a pickup at: 701-252-2882.



Services

Foot Care Clinic

Most Wednesday's of every month Central Valley Health Unit Nursing staff will provide foot care. The exam includes brief foot soak, toenail and fingernail trim and file, and moisturizing.

The

suggested donation is \$30.00 for this service. No one is denied services because of inability to pay.

Every Wednesday

9:30 am—11:45 am

Foot Care

Appointment necessary

To make an appointment for your foot care call

Central Valley Health @ 252-8130



Legal Services



If you are in need of legal services please call 252-2882 to schedule your appointment. Legal Services come from Fargo once a month 4th Wednesday of each month.

Here:

Apr. 24th —1:00 pm—3:00 pm

May 22nd —1:00 pm—3:00 pm



James River Senior Center

LOAN CLOSET – 252-2882

One time rental fee of \$5.00 for walkers, walker trays, rolling walkers, commodes, toilet risers, canes, quad canes.

Bathtub lift chair (\$20.00 rental).

One time rental fee of \$10.00 for wheelchairs.

If you're unable to pick up medical equipment, we can deliver for a fee of \$5.00 within city limits. If you move out of town/state, please return our equipment. When you're done with equipment please Clean Equipment and return it!

We do accept donations of used hearing aids & other loan equipment. **We are not responsible if you injure yourself while using our items. Rentals within Jamestown Area Only.



Senior Companions Program

Home visits for lonely, homebound seniors in Stutsman Co. Provided by senior volunteers.

- * Bringing smiles & laughter
- * Helping to relieve loneliness & encourage activity
- * Empowering seniors to remain living independently
- * Providing respite for family caregivers

Contact Kerry (252-2882) or Andrea (800-450-1510) to learn more about this free program.

Word Search

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

- | | | | |
|----------|----------|----------|----------|
| SUNSHINE | BAREFOOT | CHIRPING | PLANTING |
| BLOSSOMS | PICNICS | FLOWERS | BABIES |
| HAMMOCK | BREEZE | GARDEN | GREEN |
| BIRDS | GRASS | MOWING | APRIL |
| BEACH | RAIN | BEES | WARM |

JAMES RIVER TRANSIT INFORMATION

Rides Available: M-Th 6:15 a.m. - 6:00 p.m. Fri 6:15 a.m. - 7:00 p.m. Sat 8:00 a.m. - 7:00 p.m. Sun 8:00 a.m. - 1:00 p.m.
Dispatch Available : M-Th 7:30 a.m. - 4:45 p.m., Fri 7:30 a.m. - 6:30 p.m., Sat 8:00 a.m. - 5:30 p.m. Sun 8:00 a.m. - 12:00 p.m.



Join us for a warm Meal at any of our Meal Sites.

Jameshouse, Gardenette or the James River Senior Center.

One way Transit Ride will only cost .50 cents when you join us for lunch or a Supper Night. **From Home to Meal Site, Meal Site to Home ONLY.**

JRMC * CLINIC APPOINTMENTS

Monday thru Friday

Leaving City	Loading from JRMC/CLINICS
8:20 am	8:30 am
9:20 am	9:30 am
10:20 am	10:30 am
11:20 am	11:30 am
12:20 pm	12:30 pm
1:20 pm	1:30 pm
2:20 pm	2:30 pm
3:20 pm	3:30 pm

Call 252-7888

Times are Approximate

Walmart Riders

Bus will stop at the Home & Living doors of Walmart to pick up riders.

Watch for the bus at these times.

MONDAY THRU FRIDAY

8:40 am — 9:40 am — 10:40 am—

11:40 am—12:40 pm—1:40 pm —

2:40 pm and 3:50 pm

Be at the HOME & LIVING DOORS

WATCH for the BUS!

Out of Town Services

Every 1st & 3rd Tuesday-**Bismarck**

Every Wednesday-**Fargo**

Please Schedule your Medical appointments between 10:00 —2:00
Charge is 35.00 round trip, escort free
If you are ND Medicaid eligible, you must be pre-approved for out-of town service

Must Schedule Ride 24 hours in Advance
(By 12:00 noon day Prior)

Please call 252-7888 to schedule your ride.

Transit Tickets

Bundle of 10 and one free (11) = \$25.00

Bundle of 10 orange tickets = \$5.00

Orange tickets are .50 cent a ride from **Home to Meal Site and Meal Site to Home ONLY**, and **ONLY** if you have lunch at one of our Meal Sites.

Purchase from your driver, at the Senior Center, or our website: www.jamesriverseniors.com





Gardenette Homes

Independent Living Community

701-251-2516

The Pharmacy That's All About Your Health

John Fugleberg, R.Ph. ~ Karen Sinner, R.Ph. ~
Lori Graves, R.Ph. & Matt Perkins Pharm. D.

Hours: 9:00 am-6:00 pm Mon.-Fri
9:00 am - Noon -Saturday
Phone: 252-3002 or 1-800-279-0120



FREE DELIVERY & MAIL
SERVICE AVAILABLE, DRIVE
THRU SERVICE

703 1st Ave S

HAPPY BIRTHDAY!



If you are 60 or over & you have a birthday this month, join us May 6th at 12:30 for cake & ice cream. Put your name in for a prize.

Our April winner was Meridell Reid! Congrats, Meridell! The rest of you...come this month & try your luck!

"Thank you so much for the wonderful meals. We look forward to seeing these wonderful people each noon. We don't get out much so it is so nice to see them and get to know them. The wonderful young man who brought the Monday Night meal was so, so gentlemanly. He talked like he really cared about us.

Thank you" (Home Delivered Meal Recipient)

Daily Bread Program

Serves People in Need of Food

Locations:

- **Community Options,**
420 20th St. SW
- **St. John's Lutheran Church,**
424 1st Ave South
- **James River Senior Center,**
419 5th St. NE
- **Gardenette**
1321 Gardenette Drive
- **Ave Maria Nursing Home**
801 19th St. NE
- **Most Public Schools**
- **Jameshouse**
715 3rd Ave SE

ANSWERS TO PUZZLE ON PAGE 12:

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



**Only One Supper
Night
For May!**

(Due to Memorial Day)

May 13th

3:00 - Entertainment 4:30 - Bingo

5:00 - Supper Served

BBQ on a Bun
Corn Coleslaw Cinnamon Apple Slices

Please call 252-2882 before Noon to reserve your seat
Come, Have Lunch at Noon and Spend the Day with Us!!

Suggested Donation of \$4.00 per person for age 60 and older. The cost is \$6.75 for those under age 60. Call 252-2882 by 1:00 pm the day of the meal to sign up for supper night.

James River Senior Center Gifts and Tributes to Loved Ones



Enclosed is my gift of \$ _____ to JRSC

In Memory of: _____
(Name of person memorialized or honored)
In Honor of: _____

Please earmark my gift for use: Wherever the need is greatest

For this program _____

Please send an acknowledgement to:

Name _____
Address _____
City _____ State _____ Zip _____

Donor information:

Name _____
Address _____
City _____ State _____ Zip _____

Mail to : James River Senior Center, P.O Box 1092, Jamestown ND 58401 or go to www.jamesriverseniors.com and pay using PayPal (Visa, MasterCard, Discover).



**IN HONOR OF OLDER AMERICANS
MONTH WE WILL HAVE THE
FOLLOWING ACTIVITIES:**

- May 7 - 3:00 - Serving Strawberry Short-
cake
- May 13 - 3:00 - Entertainment - Rodney
Brandt & Yvonne Wegner
- May 15 - 2:45 - Pizza Party
- May 23 - 1:00 - Jamestown P.D. on Scams
And Rootbeer Floats



**Lincoln School
Children to
Sing in May!**



- May 2 - 9:30 - 1st Graders
- May 3 - 9:00 - 1st Graders
- May 6 - 12:30 - 5th Graders
- May 8 - 9:00 - 4th Graders
- May 9 - 10:00 - 2nd Graders
- May 13 - 2:15 - 5th Graders
- May 15 - 12:00 - 3rd Graders
- May 20 - 1:30 - 3rd Graders



Central Auto Repair & Services

123 7th Ave SE
Jamestown, ND 58401
Phone: 701-252-1423
centralautorepair07@gmail.com



**We Do All Auto Repair
Needs, Including:**

**Oil Changes, Radiators,
Tires, Drive Train
Issues, Heater Issues,
No-Start, Etc.**



**Change your percep-
tion about hearing, and
get ready to change
your Life!**

Most people don't know what to expect from hearing aids. Misperception and second-hand experience with bulky, whistling, old fashioned analog devices continue to influence the way people think about all hearing aids.

Hearing aids have changed dramatically from a generation ago- from outward appearance to internal technology -making them vastly more appealing and effective.

ANYONE REMEMBER?



**1. Before inline skates, how did
you keep your roller skates at-
tached to your shoes?**

- a. With clamps, tightened by a skate key
- b. Woven straps that crossed the foot
- c. Long pieces of string or twine

**2. As a kid, what was considered the best way
to reach a decision?**

- a. Consider all the facts
- b. Ask Mom
- c. Eeny-meeny-miney-mo

**3. What was the worst thing you could catch
from the opposite sex?**

- a. A cold
- b. VD
- c. Cooties

**4. "I'll be down to get you in a _____, Hon-
ey?"**

- a. SUV
- b. Taxi
- c. Streetcar

**13. What was the name of Caroline Kennedy's
pet pony?**

- a. Old Blue
- b. Paint
- c. Macaroni

Answers:

1. a 2. c 3. c 4. b 5. c

Qual Hearing Aid Service

805 10th St. S.E. Mon.-Thurs 9:00—Noon
Jamestown ND 58401 & 1:00—4:00
701-252-0706 Fridays & Later by Appointment

HEALTH PRODUCTS SHOW

**May 1, 2019
11:00 - 1:00 p.m.**

James River Senior Center

*Come and See
The Latest in
Health Products*



Assisted Technology

**May 14, 2019
11:00 - 1:00 p.m.**

James River Senior Center

Newest and Latest in Assistive Technology from

I.P.A.T. (Interagency Program for Assistive Technology)



DONATIONS



Annette Haugen

Myron Hoeckle

Dwight Hoffmann

Lorence Holmgren

The Redman Family

Leeann Wegenast

Marlys Weist

Lorraine Zimney



We appreciate the many donations we received and thank each and every one of you for your support. Your donations are greatly appreciated!

Husband's Hearing Loss, Revisited By Annie Lane (Dear Annie)

Dear Readers: Recently, I printed a letter from "Sad and Frustrated beyond Words" who was at her wits end with her husband, who has hearing loss but refuses to get help. I told her that she is right that her husband should get his hearing checked but added that until he is open to seeing a doctor, she should focus on her own mental health. I heard from many readers who have experience with hearing loss. I thought many of these responses contain valuable points, and I'd like to share some of their wisdom.

Dear Annie: Your reply to "Sad and Frustrated" is not helpful. I am a 65 year old woman with hearing loss that began about 7 years ago. Once I realized I had some hearing loss, I ran (I did not walk) to a Hearing Care Professional to seek help and hearing aids. Here's why. Hearing loss does not just affect the person suffering from it. Hearing loss affects everyone with whom that person is in contact with. Your readers husband, who refuses to acknowledge his hearing loss, is essentially saying, "It's not my problem, it's your problem." That approach is simply ludicrous. My mother, who lived with my father's worsening hearing for at least 10 years before he died, used to plead with Dad to get his hearing tested. He refused to do so. This woman is forced to live with someone who stubbornly refuses to take steps to be a good companion. Isn't that a basic responsibility and pact between couples? Aren't we supposed to demonstrate our love and respect for the other person with pleasant, helpful and considerate behavior? Aren't we supposed to take steps to correct bad behaviors and habits that hurt our partners? Would you have the same opinion if this woman wrote to you that her husband refuses to bathe? Not addressing one's hearing loss, is in my view, a form of passive abuse, and it demonstrates the persons unwillingness to be a good partner. The reader's husband is unquestionably wrong in his refusal to acknowledge his hearing loss, and he may very likely lose his spouse as a consequence. No amount of "meditation" will improve your readers life unless her husband takes steps to do something about his hearing. - **Hearing is Everyone's Problem.**

Dear Hearing is Everyone's Problem: You've made me realize that perhaps my response to "Sad and Frustrated Beyond Words" was somewhat flip. Read on for yet another reason people with hearing loss should seek medical help.

Dear Annie: "Sad and Frustrated" might want to tell her husband that it could possibly cause cognitive decline if he can't hear her or anyone else. I believe that years of not hearing anyone is part of the reason my mother developed Alzheimer's disease. If you can't have a conversation, then your brain isn't getting any stimulation and will eventually shut down.-**Been There.**

Dear Been There: You're absolutely right. According to hearing experts at John Hopkins, "older adults with hearing loss are more likely to develop problems thinking and remembering than older adults whose hearing is normal." Thanks for writing.

Qual Hearing
Aid Service 805
10th St. SE
Jamestown ND
58401
252-0706



James River Senior Center Home Delivered Meals

419 5th Street NE
"Legacy Place"

Delivering smiles one meal at a time.

VOLUNTEERS NEEDED
252-2882 ask for Missy

**VOLUNTEERS
NEEDED**

ADVERTISE WITH OUR MOVING BILLBOARDS!

Circulating in the busiest areas of the city, bus advertising offers exposure to local commuters, drivers and pedestrians. These 'moving billboards' are typically displayed on the bus exterior and come in a variety of sizes and high-impact formats to reach your audience. Available in monthly, biannual, & annual time periods.

- Available in various sizes and formats, from side panel displays to window displays to wraps
- Move throughout major and secondary arteries and the busiest streets in Jamestown
- Seen by pedestrians and vehicular traffic from multiple directions, simultaneously
- Variety of formats and embellishments make your ad stand out

Call 701-252-2882 ext
1011, 1002 or email
jrsc@csicable.net for
price listing.



Classic Catering



Classic Catering is available to cater any size event in-house or we can deliver to your location.

- ♦ Brunches, Lunches, Dinners
- ♦ Family reunions
- ♦ Birthday celebrations
- ♦ Weddings
- ♦ Holiday events
- ♦ Anniversaries
- ♦ Graduation parties
- ♦ Business meetings & training sessions

Legacy Place also has Rooms Available Your Occasion; Big or Small. For meetings we can accommodate:

- ♦ LCD projector
- ♦ Overhead projector
- ♦ Large screen

**Classic Catering contact: Rhonda
Party Event Planning contact: Nancy
252-2882**

