

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
 Event Coordinator: Open
 Outreach Coordinator: Kathy
 Home Delivered Meals: Missy
 Transit Billing: Dawn
 Transit Drivers: Denny, Darrell, Tim, Jeff, Don, Glen, Les, Larry, Dwight, Dawn, John E, Ron, John F & Jayda
 Transit Dispatchers: Missy, Dawn, Judy, Kathy
 Kitchen Staff: Rhonda, Nathan & Bonnie
 Gardenette Site Manager: Mirt
 Jameshouse Site Manager: Carol
 Janitor: Mercedes Dishwashers: Judie
 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 Sept 2019

CONGREGATE: 971
 HDM: 1346
 TRANSIT RIDES: 5262
 TRANSIT MILES: 13322

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— Jim Boatman
 Directors: Dennis Ova, Yvonne Wegner, Mary Geffre, & 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

November 2019



Daily Soups Beginning at Café Charlotte

Come join us for breakfast Tuesday through Friday, or our daily soups and sandwiches, or pizza for lunch. Unfortunately, we can not offer meals off a menu, but we do have wonderful daily specials (see the following page for our schedule) and as always - free coffee!

All Public Welcome!

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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

Heritage Centre
 OF JAMESTOWN
 ASSISTED LIVING AT ITS FINEST

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

Every Fourth Wednesday **Legal Services** - 1:00 p.m.

For Our November 2019 Activities Please See Insert



TRANSIT HOURS REMINDER:

Rides Available:

Mon - Thurs: 6:15 a.m. -
6:00 p.m.

Friday: 6:15 a.m. - 7:00 p.m.

Saturday: 8:00 a.m. - 6:00 p.m.

Sunday: 8:00 a.m. - 1:00 p.m.

Dispatch Available:

Mon - Thurs: 7:30 a.m. -
4:45 p.m.

Friday: 7:30 a.m.- 6:00 p.m.

Saturday: 8:00 a.m. - 5:00 p.m.

Sunday: 8:00 a.m. - 12:00 p.m.



CAFÉ CHARLOTTE BREAKFAST SCHEDULE:



Tues: Waffles, Eggs, Sausage

Wed: Biscuits & Gravy, Omelettes,
Bacon

Thurs: Egg Biscuits or Eggbake, French
Toast, Ham

Friday: Breakfast Pizza



FREE COFFEE!

**8 a.m. - 4:00 p.m. - Breakfast until 11
419 5th St NE**

Stop and Try the Strawberries



How many pounds of fresh strawberries do Americans consume each year?

1.5 pounds

3.4 pounds

5.2 pounds

According to the U.S. Department of Agriculture, Americans eat an average of 3.4 pounds of fresh strawberries per year.

Strawberries are a popular fruit of choice, with 94% of U.S. household consuming strawberries. The fruit is bright red, juicy and sweet, and it has seeds on the outside.

Strawberries give off a sweet fragrance and they are considered part of the rose family. The plant is a specialty crop that can be grown in North Dakota. Strawberries are categorized as a perennial plant, meaning the crop continues to grow year after year.

Strawberries have two main types of plants: ever-bearing and the June-bearing. The ever-bearing develop best in late June, early July and again in late summer. The June-bearing strawberry flourishes between mid-June and July. Both plants require well-drained soil and full sun for a minimum of six hours per day.

The freezing winter can be harsh on strawberry plants, especially in North Dakota. You can use mulch or hay to cover the strawberry bed. This will serve as a protective layer to ensure the plant does not freeze rapidly, and the plant becomes dormant for the winter. The mulch can be left on the plant until the crop starts to develop again in early spring.

When harvesting or purchasing strawberries, select the ones that are bright red with a fresh green cap. Check for any signs of mold growth, which would appear white and fuzzy.

To maintain the flavor, color and texture, proper storage is important. Strawberries should be stored unwashed and in the refrigerator to prevent browning. When you are ready to eat the berries, rinse them under cold, running water in a colander. The green caps can be removed just before serving.

If the green caps are removed too soon, an enzyme called ascorbic acid oxidase becomes active and destroys the vitamin C. The berries will lose flavor, nutrient composition and overall quality.

The fruit can be enjoyed in a variety of ways, including fresh, frozen, dried or preserved into jams and jellies. Whichever way you choose, a strawberry is nutrient rich in vitamin C, fiber and potassium.

For more information contact the North Dakota State University Extension office in Stutsman County at (701) 252-9030, or visit www.ag.ndsu.edu/food.



James River Senior Center has a part-time volunteer cashier position. This position

would be a flexible, 8 - noon, 1 - 3 days a week. Please contact Rhonda Sahr at 252-2882 ext 1002 or email at jamesriv-er@csicable.net for more information.

Easy living in a thriving community



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



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 1 year Registration is due, you will receive a phone call from Kathy Evenson 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 Kathy Evenson. 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

November 25, 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 Sue Corwin. Let's take this time to thank Sue for all she does!



FUEL ASSISTANCE

If you qualify, this program will pay a portion of the fuel & weatherization cost used to heat your home. This program runs between October 1 - May 31. Income guidelines are as follows:

Household Size	Annual Income
1	\$28,831
2	\$37,702
3	\$46,573
4	\$55,444
5	\$64,315

Contact: Rose Berger
Outreach Spec./Community Options
701-952-0220 ext 3336

Weather Information

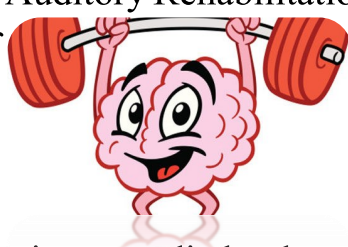
In case of inclement weather please see our website: www.jamesriverseniors.com, Facebook pages or listen to the following Radio Stations AM 600, & AM 1400 for all weather-related closing announcements.



Train your Brain to Listen

By Katherine Bouton (Hearing Health Foundation)

One of the most important things a person with hearing loss can do is to develop listening strategies. Auditory training teaches the brain to listen, to recognize speech and other sounds that may not be as clear as they are with typical hearing. How accurately the brain processes digital signals varies from person to person. It's not the signal itself that determines success but the way the user's brain processes it. Auditory Rehabilitation is a way to train your brain to distinguish the sound of someone banging the lid on a metal trash can from the bark of a dog or a human shout. They actually do sound alike to the untrained brain. Even passively listening to sound changes brain activity, including listening to audio books.



Many studies have shown that aging affects the brain in a way that distorts and disrupts the way sound is encoded in the brain. This is true even when the sound is presented in a quiet environment, and when the hearing test (audiogram) suggests normal hearing. It is more significant when there is background noise. We have learned that as the brain ages, it becomes worse at processing speech sounds when other sounds are present at the same time. Older adults have a harder time understanding speech in noisy environments than younger adults.

So remember, it's not your hearing that changes, it's your brain. With auditory training, the result can be better, faster, and more accurate hearing.

Qual Hearing Aid Service
805 10th St SE
Jamestown, ND 58401
701-252-0706

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 on the 4th Wednesday of each month.

Next Date:

October 23 - 1:00 pm - 3:00

Services



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.

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

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. - 6:00 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. - 6:00 p.m., Sat 8:00 a.m. - 5:00 p.m. Sun 8:00 a.m. - 12:00 p.m.

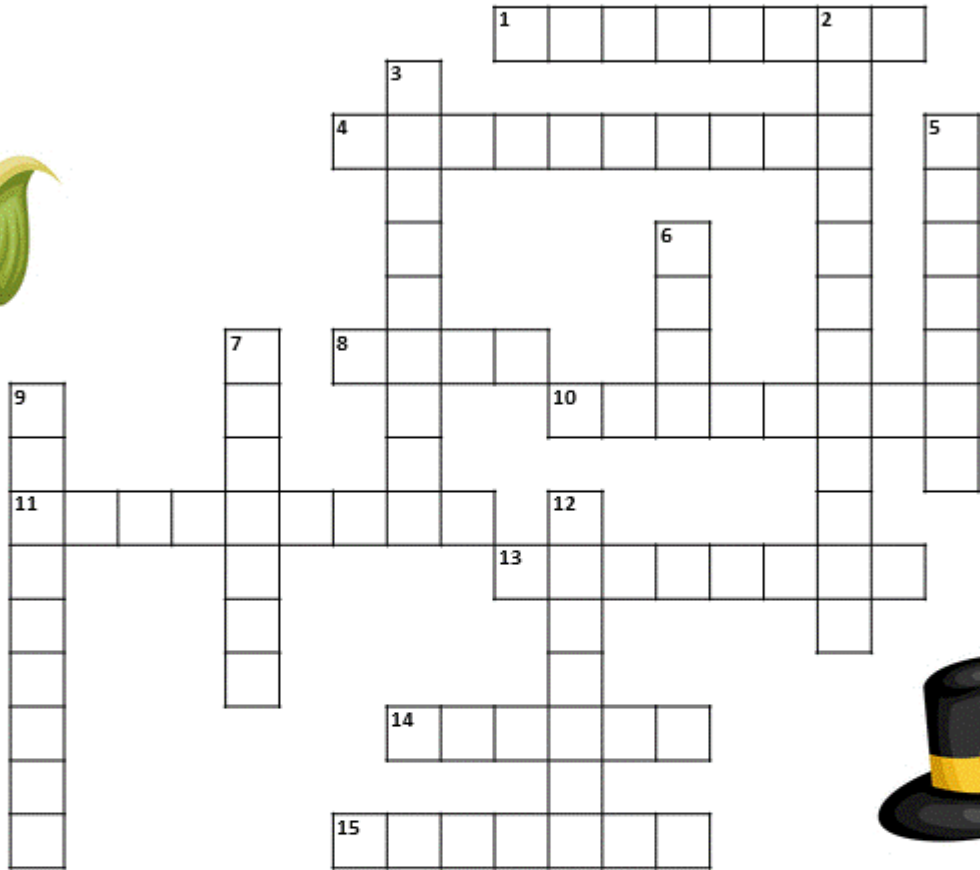


Join us for a warm Meal at any of our Meal Sites.

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.**

Thanksgiving
Crossword



© puzzles-to-print.com

Across

- 1. First village established by the Pilgrims
- 4. Symbol of abundance and nourishment
- 8. An essential grain in the New World diet
- 10. Literally, travelers going to a holy place
- 11. The Pilgrims' boat
- 13. 16th and 17th century English Protestants
- 14. The traditional holiday bird
- 15. Indian who taught the Pilgrims many things

Down

- 2. 4th Thursday of November
- 3. A traditional Indian dwelling
- 5. Gathering of crops
- 6. Season for harvesting
- 7. Country the Pilgrims left behind
- 9. Indian tribe that was present at the first Thanksgiving
- 12. Bright orange squash used to make pie

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.



✓	One bedroom	✓	Utilities paid
	Ground floor	✓	Activities Center
	Walk-in shower	✓	On-site manager
✓	Private entrance	✓	On-site maintenance

Also available in Center:

- Meals program by James River Senior Citizens, Inc.
- Health Services by Central Valley Health

1321 Gardenette Drive, Jamestown 701-251-2516

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

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

**Central
Auto
Repair
Services**

We Do All Auto Repair Needs, Including:

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

Serves People in Need of Food

- **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
- **First United Methodist**
115 3rd St SE

****During November, December, January, February & March
Bingo Winnings will be Increased!!**

Suggested Donation of \$4.00 per person for age 60 and older. The cost is \$7.29 for those under age 60.
Call 252-2882 by 1:00 pm the day of the meal to sign up for supper night.


A detailed illustration of a single red rose. The rose is in full bloom, showing many layers of deep red petals. It is attached to a green stem with several green leaves that have serrated edges. The background is plain white.

Name _____
Address _____
City _____ **State** _____ **Zip** _____

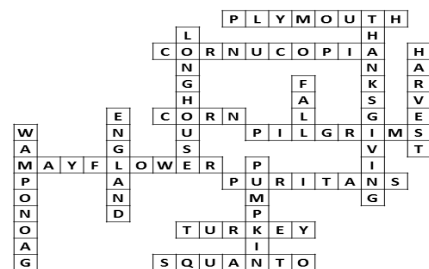
Mail to : James River Senior Center, P.O Box 1092, Jamestown ND 58401 or go to www.jamesriverseniors.com and pay using PayPal (Visa, MasterCard, Discover).



A decorative graphic featuring four balloons in red, yellow, green, and blue, each with a white grid pattern. They are tied with black strings and surrounded by colorful triangular confetti in blue, green, and orange.

 If you are 60 or over & you have a birthday this month, join us the first Monday of the month at 12:30 for cake & ice cream. Put your name in for a prize. Come this month & try your luck!

ANSWERS TO CROSSWORD ON PAGE 12



Upcoming EVENTS

NOVEMBER

4 - 12:30 - Birthday Party

11 - CLOSED FOR VETERANS DAY

21 - 1:00 - Bingorama

3:00 - Walmart Employee Bingo/Prizes/Treats

25 - Bingo and Supper Night

28 - CLOSED FOR THANKSGIVING

A HUGE "THANK YOU" TO CONTRIBUTORS!



To all of you who go to the trouble of contributing any amount to James River Senior Center and Public Transit we want to say a huge "Thank You!" Your thoughtfulness is what keeps us helping others and is so very much appreciated.

Sincerely,

All of Us at

James River Senior Center & Public Transit

THANKSGIVING TRIVIA



1. Who was the chief of the Indian tribe who were invited to the Thanksgiving feast?

A. Geronimo B. Massasoit C. Pontiac D. Tucumseh

2. What was the name of the ship that transported the pilgrims?

A. Santa Marie B. Pinta C. Mayflower D. Nina

3. What is the meaning of cornucopia?

A. God of corn B. Horn of plenty C. Plenty of corn D. Corn Harvest

4. In what year did the first Macy's Thanksgiving parade take place?

A. 1924 B. 1927 C. 1952 D. 1932

5. The first giant balloon to ever take part in the Macy's Day Parade was

_____. A. Mickey Mouse B. Betty Boop C. Felix the Cat D. Spiderman

6. Who was the captain of the pilgrim ship?

A. Christopher Columbus B. William Adams C. Francis Drake D. Christopher Jones

7. The turkey is considered a sacrificial bird in which country?

A. England B. Japan C. India D. Mexico

Answers: 1. B 2. C 3. B 4. A 5. C 6. D 7. D



Change your perception 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.

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

DONATIONS

Arnie Becker
Jenny Korynta
Doris Orr
Trinity Lutheran
Alfred Ziegelman



We appreciate the many donations we received and thank each and every one of you for your support.

Your donations are greatly appreciated!



ND SMP Scam of the Month – November 2019

Identity Theft: A Crime that lasts a Lifetime

Ever wonder what happens when a data breach occurs? In the case of a doctor's office computer that had been hacked, patient names, dates of birth, Social Security numbers (SSN), and insurance information were compromised. Crooks used the information to open credit cards in patient's names and make purchases. The doctor's office was not liable because it had paid for a security system to handle its data, and that was where the breakdown occurred.

The only way to protect yourself after your identity is stolen is to obtain fraud protection through credit monitoring. The information will continually be sold on the black market and even your medical identity will be used. *Protecting medical identity is a burden that falls on the victim.*

Everything a fraudster needs to commit financial identity theft, your personal data such as your SSN and bank account numbers, sells for about \$25.00 on the black market. **But stolen health insurance and patient medical records can fetch about \$1,000 per person.** The greater the potential yield from medical identity theft justifies the higher price. Today's senior population are particularly vulnerable; medical billing scams cost taxpayers over \$60 billion a year.

How to protect medical data:

Monitor bank and credit card accounts and insurance-benefit statements for costs that aren't yours.

Treat insurance numbers as if they are as valuable as your SSN.

Shred any medial paperwork you don't need to keep; **that includes prescription drug labels.**

Avoid sharing information about surgery, medical procedures or visits to specialists on social media.

SMP is Here to Help! ND SMP will help seniors prevent, detect and report Medicare fraud. Things to help you avoid Medicare/healthcare fraud:

Treat your Medicare card like a credit card and don't share it with strangers.

Check your Medicare Summary Notice (MSN) and look for mistakes.

If you need assistance, contact ND SMP. We are here to help you.

For non-Medicare fraud, contact the Consumer Protection Division at the ND Attorney General's Office at 1-800-472-2600 if you think you have been scammed.

The information provided is intended to be a general summary only. Source of information: AARP The Magazine. Real Possibilities. Scam me if you can. August/September 2019.

North Dakota Senior Medicare Patrol Phone: 800-233-1737 or (701) 858-3580
For more information or to locate your SMP, visit www.ndcpd.org/smp

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

Like us on Facebook: North Dakota Senior Medicare Patrol

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 For Occasion; Big or Small. For meetings we can provide:

- ♦ LCD projector
- ♦ Microphone
- ♦ Large screen

**Classic Catering contact: Rhonda
Party Event Planning contact:
Rhonda**

252-2882

