

James River Senior Citizens Center Inc.

Office: 701-252-2882
Transit: 701-252-7888
Fax: 701-252-2529

E-mail: jamesriverseniors@gmail.com
Website: www.jamesriverseniors.com

JRSC STAFF

Receptionists: Open
Event Coordinator: Colten
Outreach Coordinator: Kathy
Transit Billing: Glen - Kathy
Transit Drivers: Jeff, Glen, Les, Larry, Dwight,
John E, Ron, John F, Julius, Randy, Roxanne,
Luciana, Jeffery, Gerald, Jake, Mike, Maria
Transit Dispatchers: Luciana, Kathy, Kelley,
Fleet Manager/Sales: Glen
Kitchen Staff: Rhonda, Nathan, Nancy
Gardenette Site Manager: Nancy
James House Site Manager: Carol
Housekeeping: Ryan Admin Assistant: Kelley
Maintenance: Jay
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 October 2025

HOME DELIVERED MEALS: 2327
CONGREGATE: 683
TRANSIT RIDES: 3684
TRANSIT MILES: 15,169

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 Director Maureen Wegenke, or Rod Olin, President of the Board.

2025-26 Board of Directors

President—Rod Olin
Vice-President—Deb Lee
Secretary/Treasurer—Sue Corwin
Directors: Tom Geffre, Linda Misemer, Jim Boatman & Joan Morris

SENIOR HI-LITES

December 2025

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

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IT'S BACK!

CHRISTMAS TOUR OF LIGHTS



The first and second annual "Christmas Lights Tours" were a success so we are planning the third tour.

Two nights - December 16th and December 18th. Everyone will be picked up beginning at 5:30 p.m. and then meet at the James River Senior Center at 6:30. Cider, water and Christmas treats will be served while we wait to start the tour. The tour lasts approximately one hour. Many Jamestown residents really outdid themselves last year with some beautiful lights, and we hope to see the same or better this year. And, of course, there

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CLASSIC CATERING

JRSC FEATURED SERVICE



We Cater Any Size Event In-House or Deliver to Your Location

- Brunches, Lunches, Dinners
- Family Reunions
- Birthday Celebrations
- Weddings
- Holiday Events
- Anniversaries
- Graduation Parties
- Business Meetings & Training Sessions

Big and Small Room Rentals Available

For More Information Call 701-252-2882
Or Visit Our Website: www.jamesriverseniors.com

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: - Please RSVP @ 701-252-2882

Mondays –Thursdays - Exercise with Colten- 10:00 a.m.

Mondays - Tech Questions with Colten - 1:30 p.m.

Wednesdays - Bingo - 1:00 p.m.

Fridays - Game Day Exercises - 10:00 a.m.

Tuesdays & Fridays - Pinochle - 1:00 p.m.

1st Mondays - Come Celebrate Your Birthday

2nd Mondays - Technology Tidbits with Mary - 12:30 p.m.

2nd Thursdays - Q & A with the Master Gardener- 2:00 p.m.

3rd Thursdays - Memory Café 1:00 p.m.

4th Thursdays - Legal Aid - 1:00 p.m. - Movie - 1:00 p.m.

2nd Fridays - Craft Day - 1:00 p.m.

**THURSDAYS ARE
FREE POPCORN
DAY!**

For Our December 2025 Activities & Menus Please See Insert or Visit our Website

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are the lights on what is now called “Shriner Hill” due to the donation of lights by four Shriner groups. Then add the lights by Newman Signs and you have a spectacular sight.

There will be limited seating so reserve your spot early by calling 701-252-2882. We anticipate the evening to last approximately 2 hours by the time we pick people up, have some cider & treats, tour the lights of the city and drop everyone off.

This event is sponsored by the James River Senior Center and Public Transit in appreciation of all our riders and Center Clients.

We hope you enjoy!



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.

Submitted by Luella Morehouse, Stutsman County EFNEP Nutrition Educator

Have a Safe and Healthy Holiday Season

Do you enjoy sweet foods such as cookies, cakes, pies and candy, especially during the holiday season? Most people do. Eating too many highly sweetened foods and beverages can promote weight gain, cavities and other health issues, according to researchers. The American Heart Association says American adults consume 77 grams of sugar per day, and kids consume 81 grams per day. One teaspoon of sugar is about 5 grams, so this adds up to 15 to 16 teaspoons of sugar daily.

Try the following tips to help temper your sweet tooth this holiday season while still enjoying a moderate amount of the seasonal treats.

Sip on hot tea instead of eggnog or hot chocolate. Tea comes in a variety of festive flavors such as cinnamon, orange spice, chai and peppermint. Add a splash of creamer if desired. Skipping these holiday drinks can save you up to 225 calories. One cup of eggnog can have 20 grams of sugar. Hot chocolate contains 25 grams of sugar.

Choose naturally sweet fresh fruit. Recipe variations can make fruit fun. Try a fruit salad, dip, kabobs or parfait cup. Kiwis, oranges, persimmons, mandarins, apples, pears and grapefruits are some fruits that are in season in the U.S. during December. Many of these are delicious with a yogurt-based dip or make a great winter fruit salad.

Bring a treat such as a festively decorated veggie tray. Arrange veggies in the shape of a snowman with a savory dip.

Eat before you go to the party. Make sure to eat a balanced meal before heading to holiday gatherings. If this is not an option for you, try snacking on the meat, cheese or veggie tray before stopping by the cookie tray.

Use a napkin to gather your goodies instead of a plate.

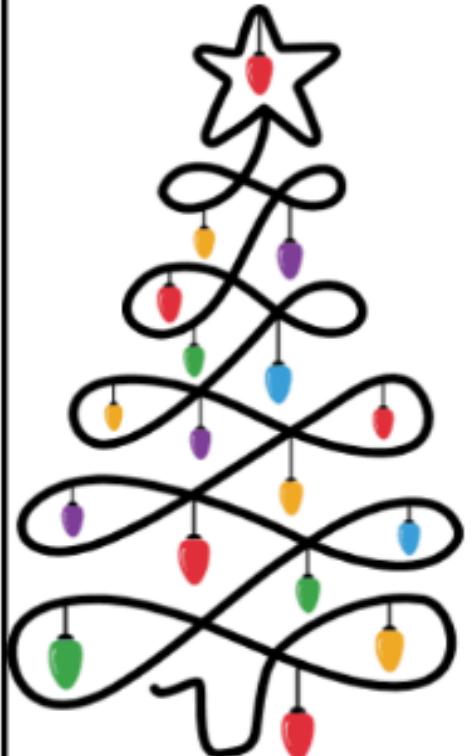
Drink plenty of water with a splash of fruit juice. The Journal of Human Nutrition and Dietetics examined the dietary benefits of consuming plain water. They found that drinking more plain water was associated with reducing calories from sugar-sweetened beverages and foods, such as cookies and candy.

Article used with permission from Julie Garden-Robinson, Food and Nutrition Specialist, NDSU

Extension, NOURISH newsletter, Issue 83. For more information, contact the Stutsman County Extension office at 252-9030 or email luella.morehouse@ndsu.edu.

3RD ANNUAL CHRISTMAS LIGHTS TOUR

Sponsored by James River Senior Center & Public Transit



Join us for our 3rd annual "Christmas Lights Tour", hot cider, treats and fun! We have two tours, December 16th and December 18th.

We will begin picking people up at around 5:30 (we will call with pickup time the day before) and then meet at the James River Senior Center at 6:30 for hot cider and treats. Tour will start at 7:00.

There is limited seating and they are filling up fast so reserve your spot by calling 701-252-2882.

This is a free event in appreciation of our riders, clients and supporters.



If you have an area of town or a certain address that you think should be on our tour, let us know! Call 701-252-2882 or email: jrsc@csicable.net



Are You Lost With Today's Technology & Scams?

Answers by Mary

Brought to You by AARP

- Got a new phone and not sure where to start?
- Kids and grandkids all on Facebook and you want to keep up?
- Want to know how to stop those annoying robocalls?
- Wondering which messages are scams and which are real — and how to tell the difference?
- Is paying bills online really safe?

Bring these and any other questions you have!

Every 2nd Monday of the month at 12:30 in the Café at 419 5th St NE—West Door

RSVP not required but appreciated.

Call 701-252-2882



DECEMBER CRAFT

Christmas Plate

December 12, 2025 1:30 p.m.

(2nd Friday of Each Month)

Call to reserve your spot- limited seating

701-252-2882

Services

Hear the Joy of the New Year!

End-of-Year Hearing Checkup Reminder



As another year comes to a close, it's the perfect time to reflect on your health — and that includes your hearing. Whether you've noticed small changes or simply haven't had your hearing checked in a while, now is a great time to schedule your annual hearing test. Regular hearing checkups are an important part of maintaining your overall well-being. Clear hearing keeps you connected to the people and activities you love — from holiday gatherings to cozy movie nights and every conversation in between. Even mild hearing loss can make it harder to engage fully, but the good news is that early detection can make all the difference.



Book your hearing check today — appointments fill quickly as the year wraps up! We look forward to seeing you soon.



Friendly Reminder for NextBlue Medicare Advantage Members - You may have a **\$2,000 hearing aid benefit** — but it could drop to just **\$600 at the end of this year.**

If you've noticed changes in your hearing, don't wait! Schedule your hearing test today and use your **\$2,000 benefit** while it's still available.

Call now to reserve your appointment in Jamestown and start hearing clearly again!

Eichler
HEARING CENTER

Call 1-800-441-1430 to Schedule an Appointment

Eichler Hearing Center, Proudly serving Jamestown

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 \$40.00 for this service. Services for 60 and older. No one is denied services because of inability to pay.

Every Wednesday (no 5th Wed)

9:00 am—11:00 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.



James River Senior Center

LOAN CLOSET – 252-2882

One time rental fee of \$10.00 for walkers, walker trays, rolling walkers, commodes, toilet risers, canes, quad canes, shower seats.

One time rental fee of \$20.00 for wheelchairs & knee scooters.

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.

In need of 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) 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.**

JRMC * CLINIC APPOINTMENTS

Monday thru Friday

Leaving City

8:20 am
9:20 am
10:20 am
11:20 am
12:20 pm
1:20 pm
2:20 pm
3:20 pm

Loading from
JRMC/CLINICS

8:30 am
9:30 am
10:30 am
11:30 am
12:30 pm
1:30 pm
2:30 pm
3:30 pm

Call 252-7888

Times are Approximate

Walmart 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**

Pickup Locations Change

**Often so Ask Dispatcher and
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 40.00 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.**





FOR SALE:

Scooter: Used - \$100

FREE -

Assorted Readers - 225 - 300 RX -

Hearing Aid Batteries

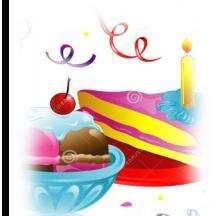
Many other assorted items...come in and take a look.



HAPPY BIRTHDAY!

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, or just enjoy some birthday cake!



WOULD YOU LIKE TO HELP THE SENIORS IN YOUR COMMUNITY BUT CAN'T AFFORD DIRECT DONATIONS?

If you have been wanting to help out the James River Senior Center & Public Transit but just don't have the funds, designate your clothes/items donated to **Bufftown Bargains**, located at the old O'Reilly's - 810 18th St SW, to us and we will receive a percentage. Thank you!

Daily Bread Program

Serves People in Need of Food

Food Locations:

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

Continued from Page 1



Full Time Secretary

Great Benefits, Reliability Bonuses, Fun Co-Workers

For more information and to apply, contact:

James River Senior Center & Public Transit
jamesriverseniors@gmail.com

Or go online at:

<https://jamesriverseniors.com/career-and-volunteer-opportunities/>

James River Senior Center
Home Delivered Meals
419 5th Street NE
"Legacy Place"

Delivering smiles one meal at a time.

VOLUNTEERS NEEDED
252-2882



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

JRSC also has Rooms Available For Your Occasion; Big or Small.

For meetings we can provide:

- ♦ LCD projector
- ♦ Microphone
- ♦ Large screen

Classic Catering and Party Event Planning contact:
Rhonda or Maureen
252-2882





Ask The Master Gardener:

This Month's Topic:

Poinsettia's - How to care for them - how to keep them.

Grab a free coffee, get these questions and more answered by Master Gardener, Laurie Podoll, every 2nd Thursday of the month at 2 p.m.

RSVP preferred but not required.

Call 701-252-2882 for more information.

Memory Cafe'

Do you or a loved one have memory loss? Join us for a heartfelt conversation and meaningful connections at the Buffalo City Memory Cafe! Come and enjoy Coffee, Snacks and Build New Friendships.

3rd Thursday of Each Month

1:00 - 2:30 p.m.

James River Senior Center
419 5th St NE

For More Info Contact:

Nicole (701-253 - 6396)

Maureen (701-952-7900)



SEPTEMBER DONATIONS

*Anchor Bar -
Wade & April Readel
Gannon & Brandi VanGilder*

Robert Baumann

John Bartley Davis

Dwaine Heinrich

Diann Loper

Sig Odegaard

Cecil & Marie Roth

Paulette & James Ritter

Alvin & Jean Hume

Eunice Sahr

Larry Thoreson

Dave Shaloski

Gail Marsolek

Trinity Lutheran Church

Foundation Account

Arlene Zimmerman

Paul & Lynnette Witthauer

Patti Jensen

Vernon Herman

Thomas Ray

*Thank
"You"*

Eichler
HEARING CENTER

Get your hearing tested
in Jamestown!



1008 10th St. SE

Call 1-800-441-1431 to schedule
an appointment

IN MEMORY OF:

Grace Altringer

**In Memory Of
Jerome Block**



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, Center I, 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: \$12.98. 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. 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, Medina 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.

James River Senior Center & Public Transit Building Fund

Enclosed is my gift of \$ _____

In Memory of: _____

In Honor of: _____

(Name of person memorialized or honored)

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).

Easy No-Bake Peanut Butter Balls



Course Dessert

Servings: 36 balls

Easy No-Bake Peanut Butter Balls are a classic holiday dessert recipe that makes a great gift for friends & neighbors. Just like grandma used to make.



Ingredients

1x 2x 3x

- 1 cup peanut butter creamy or crunchy
- 1 cup crushed graham crackers
- 1 cup confectioners sugar
- ¼ cup butter softened
- 8 ounces semi-sweet chocolate chips

Instructions

- 1 Combine peanut butter, graham cracker crumbs, confectioners sugar, and butter in a large bowl. Stir or work together with your hands until well combined.
- 2 Shape into teaspoon-sized balls, rolling between your hands & place on a parchment lined baking sheet. Chill at least 30 minutes in the freezer.
- 3 Melt chocolate in a small bowl at 30 second intervals in the microwave, stir gently until smooth.
- 4 Using a fork, dip peanut butter balls into melted chocolate & transfer to a parchment-lined baking sheet.
- 5 Chill at least 30 minutes to set chocolate.