



SENIOR HI-LITES



September 2026

JAMES RIVER SENIOR CITIZEN'S CENTER, INC.
1009 13TH ST NE, JAMESTOWN ND 58401
www.jamesriverseniors.com 701-252-2882
We're On Facebook Too!

**Published
Monthly**



SENIOR NEWS



- **AI Scams Surge:** The Internal Revenue Service (IRS) is warning families about artificial intelligence tools enabling criminals to craft convincing deepfake video and audio cons targeting retirement saving in under two minutes.
- **Medicare Changes:** Administration officials announced plans to phase out specific Medicare Part D low-income extra-help or direct subsidy structures heading into 2027, which may impact out-of-pocket prescription drug plan premiums.
- **National Senior Citizens Day:** Media outlets are highlighting extraordinary older adults defying age expectations, from record-breaking 97-year-old wing walkers to competitive senior gamers.

***More information on YouTube Senior News*

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The **Medicine
Shophe®**
PHARMACY

703 1st Ave S IN STORE CURBSIDE
701-252-3002 DRIVE UP FREE DELIVERY

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 - 12:15

3rd Mondays - Technology with Mary Reed—12:30

4th Wednesdays- Legal Aid - 1:00 p.m.

2nd Thursdays - Master Gardener Class - 2 p.m.

3rd Thursdays - Memory Café 1:00 p.m.

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

2nd Fridays - Craft Day - 1:30 p.m.

**THURSDAYS ARE
FREE POPCORN
DAY!**

**Soft Serve Ice Cream
the First and Last
Weeks of Each Month
- While it Lasts!**

For Our September 2026 Activities & Menus Please See Insert



Thursday September 3rd.

Sponsored by

S.M.P Health Ave Maria.

Treats at 12:30

Bingo at 1:00

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.



Are You Lost With Today's Technology & Scams?

Answers by Mary

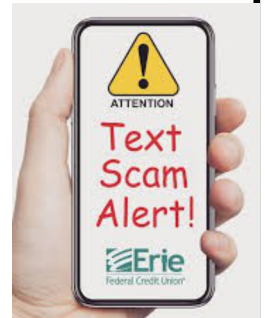
Brought to You by AARP

- 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 3rd Monday of the month at 12:30 in the Café at 1009 13th St NE

RSVP not required but appreciated.

Call 701-252-2882



September Craft



FALL WREATH



September 11, 2026 1:30 p.m.

(2nd Friday of Each Month)

Call to reserve your spot- limited seating & materials

701-252-2882

Summer Wind Down Reminder!

Don't Forget About Your Hearing Health.



As summer begins to wind down, it's a wonderful time to enjoy the final warm days while looking ahead to the changing season. Whether you've been traveling, spending time outdoors, or simply enjoying a slower pace, the transition into fall is the perfect opportunity to refresh your routines and make time for the things that help you feel your best.

Late summer often inspires fresh starts. It's a great time to organize your schedule, revisit personal goals, and focus on everyday habits that support your overall well-being. Small changes—like taking a daily walk, staying hydrated, eating seasonal fruits and vegetables, or spending more time outdoors—can make a meaningful difference as the seasons change.

This time of year is also a good reminder to pay attention to your hearing health. Hearing changes can happen gradually, making them easy to overlook. If you've noticed that conversations seem harder to follow, you're turning the television up more often, or family members have commented on your hearing, it may be time for a professional hearing evaluation. A simple hearing test can provide valuable information about your hearing and help you stay connected to the people and activities you enjoy.

Even if you haven't noticed any changes, routine hearing screenings are an important part of healthy aging, especially for adults over 50 or anyone who has been exposed to loud noise through work, hobbies, or recreation. Early identification of hearing loss can lead to more options and better outcomes, making it easier to continue participating fully in everyday life.

As cooler weather approaches, it's also a great time to get outside and enjoy everything the season has to offer. Take a walk through a local park, visit a farmers market, explore a new trail, or gather with family and friends to enjoy the beauty of late summer and early fall. Moments spent connecting with others and staying active contribute to both physical and emotional well-being.

The changing seasons remind us that even small steps can have a lasting impact. Whether you're creating healthier habits, trying something new, or scheduling a hearing test you've been putting off, now is the perfect time to invest in yourself.

Here's to making the most of the final days of summer and welcoming fall with renewed energy, healthy habits, and the confidence that comes from hearing—and living—life to the fullest.

Eichler
HEARING CENTER

**Call today to schedule your
Appointment!
800-441-1431**

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

<u>Leaving City</u>	<u>Loading from</u> <u>JRMC/CLINICS</u>
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

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.**





APPLE PICKING MADE EASY!

Fall is just around the corner - and that means apple season! But with so many varieties to choose from, how do you know which apple is best for your needs?

Which apples make the best pie? Which are perfect for caramel apples, baked apples, dehydrating or salads? And which are sweet, tart crisp, tangy or downright sour?

Our Master Gardener, Laurie, will help you learn how to pick the perfect apple for your favorite recipes and snacks. You may even get to sample a few varieties and put your taste buds to the test!

Come learn something new, have some fun and discover which apple is your perfect match! Bring your apple questions -and your appetite!

When: September 10th Time: 2:00 p.m.
Where: 1009 13th St NE - Board Room

PLEASE RSVP AT 701-252-2882



HAPPY BIRTHDAY!

If you are 60 or over & you have a birthday this month, join us the 1st Monday of each month at 12:15 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,**
1009 13th St NE
- **Gardenette**
1321 Gardenette Drive
- **Most Public Schools**
- **First United Methodist**
115 3rd St SE
- **St Paul's Methodist Church**
1000 5th Ave NE

DONATIONS

Mona Bird

Ted Cowardin

Penny Dockter

Joanne Etter

Jess Fabian

First Community Credit Union

FM Area Foundation

Betty Gardner

Curtiss & Darlene Goehner

Adeline Grenz

Betty Hjelmhaug

Alvin & Jean Humes

Vickie Klein

LaVonne Kolberg

Bill Lipetzky

Bethyl Lueck

Gail Marsolek

Steven Mennis

Cecelia Newton Estate

Pershing/Northwestern Mutual
Investment Service

Janice Olson

Qual Family

Ronald Schauer

Looking for Something New?

Are you a young-at-heart senior looking for something new and fun to do? Grab a friend and give our new **Jazzminton** game a try! Jazzminton combines elements of badminton, tennis, and pickleball for a fun and easy-to-learn activity that is gentle on the joints.

Research shows that racket sports such as jazzminton are especially well suited to older adults because they combine multi-directional movement, coordination, and decision-making while providing a low risk of injury. They also help promote healthy bones, joints, and muscles.



**Call 252-2882 to reserve a time and see what
all the excitement is about!**

MEMORIALS & HONORARIUMS:

Clarice Liechty

In Honor of

Larry & Shiela Moser

Tena Lawrence

In Memory of

Grace Ottmar



BENEFITS OF EXERCISE FOR ADULTS OVER 65

Health Benefits of Physical Activity

FOR ADULTS 65 AND OLDER



IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Sleep
Improves sleep quality



Less Anxiety
Reduces feelings of anxiety



Blood Pressure
Reduces blood pressure



Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201–217.
Jones, "Exercise, Immunity, and Illness," 317–344.



Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes



Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



Healthy Weight

Reduces risk of weight gain



Independent Living

Helps people live independently longer



Bone Strength

Improves bone health



Balance and Coordination

Reduces risks of falls



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: https://www.cdc.gov/physical-activity-basics/media/Health_Benefits_PA_Adults_65_Over_June2023_H.pdf

June 2023

JAMES RIVER SENIOR CENTER & PUBLIC TRANSIT

DONATION FORM

Enclosed is my gift of: _____

In Memory of: _____ (Name)

In Honor of: _____ (Name)

Specific Purpose: _____ Building Fund _____ Meal Program _____ Transit

_____ Wish List Item _____

(Name of item(s))

Donor Information: Name: _____

Address: _____

Street

City

State/Zip

Mail To: JRSC & PT, PO Box 1092, Jamestown, ND 58402 or donate online:

www.jamesriverseniors.com

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

1009 13th St NE

For More Info Contact:

Nicole (701-253 - 6396)

Maureen (701-952-7900)





**HELP
WANTED**

Flexible, Full & Part Time Transit Drivers

Retired? We have a great set up for you. Pick your days - earn some extra cash.

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 1009 13th St NE NEW LOCATION

Delivering smiles one meal at a time.

VOLUNTEERS NEEDED
252-2882



**VOLUNTEERS
NEEDED**

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**





Post Summer Pre Fall

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

APPLES
BUMBLEBEES
FROST
HUNTING
MOONLIGHT
SWEETCORN

BONFIRES
CANNING
HARVEST
JACKETS
SCHOOL
WALKING

BRISK
FOOTBALL
HAYRIDES
LEAVES
SUNSETS



New Service

Beauty Salon



**JAMES RIVER SENIOR
CENTER IS ACQUIRING AN
IN HOUSE BEAUTICIAN**

**MONDAYS 9-4
THURSDAYS 9-4**

**CALL MISSY FOR AN
APPOINTMENT
701-320-7959**

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 \$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.**

HEALTHY TIPS FOR OLDER ADULTS

Core Lifestyle Habits

Exercise regularly: Aim for a mix of aerobic, strength, and balance movements to protect your heart, muscles, and bones.

Eat a balanced diet: Focus on colorful fruits, vegetables, whole grains, and lean proteins while limiting processed foods.

Prioritize sleep: Get seven to nine hours of quality rest each night to support brain and heart health.

Stay hydrated: Drink plenty of water throughout the day to keep your body functioning well.

Quit smoking: Stop using tobacco products to lower your risk of serious age-related diseases.

HealthInAging.org

Mental and Social Well-being

Stay social: Maintain strong ties with friends, family, and your community to boost emotional health.

Keep your mind sharp: Read, learn new skills, or take up hobbies to stimulate brain function.

Manage stress: Use mindfulness, deep breathing, or meditation to lower daily tension.

Waterbury Hospital

Preventive Care

See your doctor: Keep up with regular health screenings, vaccinations, and checkups.

Protect your skin: Use sunscreen and wear protective clothing to prevent skin damage and cancer.

KelseyCare Advantage

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.

Medicare Open Enrollment: Know your Options

Medicare Open Enrollment is a time when scammers may try to steal your Medicare number or personal information. Stay alert, ask questions, and protect your information.

Medicare Open Enrollment is coming soon. It runs from October 15 through December 7 each year. Changes you make during this time start January 1. During OEP people with Medicare can:

- Change coverage: Move from Original Medicare to a Medicare Advantage plan or switch back to Original Medicare.
- Change Medicare Advantage plans: Switch from one Medicare Advantage plan to another.
- Change drug plans: Join, switch, or drop a Medicare Part D prescription plan.

Medicare Advantage Plans

Medicare Advantage (MA) plans are health plans offered by private insurance companies and approved by Medicare. They cover the same Part A and Part B services as Original Medicare.

If you have Original Medicare and are thinking about joining an MA plan, it is important to understand:

- The MA plan will be your main health coverage instead of Original Medicare.
- Original Medicare will no longer pay for your health care once you are enrolled in the MA plan.
- You will get a new plan card to use for your health care.
- You will still pay your Medicare Part B premium when you join a MA plan.
- A Medicare Advantage plan is not the same as a Medicare Supplement plan (Medigap).
- You may have to pay copays or other costs for health care services.

Prescription Drug Plans (Part D)

Standalone Prescription Drug Plans (PDPs) add prescription drug coverage to Original Medicare. Each year, review your plan to make sure it still meets your needs and covers your medicines at a cost you can afford. If you want to keep your current plan, read all notices you receive. Make sure the plan is still offered and that your premium payments are set up so your coverage does not end.

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/>

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Like us on Facebook: North Dakota Senior Medicare Patrol

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

Receptionist: Dennette

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, Roger, Luciana, Jeffery, Gerald, Jake, James, Mike

Transit Dispatchers: Luciana, Kathy, Kelley, Dave

Fleet Manager/Sales: Glen

Kitchen Staff: Rhonda, Nathan, Paulette

Gardenette Site Manager: Paulette

James House Site Manager: Carol

Housekeeping: Ryan, Blaine **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 July 2026

Home delivered Meals: 2230

Congregate: 757

Transit Rides: 3216

Transit Miles: 11,972

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