



SENIOR HI-LITES



November 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 Benefits Update

This Month at a Glance

There are several new or updated benefits that you may want to know about:

Medicare Part B \$90 Payment: Some Medicare beneficiaries received a one-time \$90 payment in October to help offset the cost of their Medicare Part B premium. Eligible recipients did not need to apply for the payment. If you were eligible and have not received yours, you may want to check with Medicare or your Social Security office.

Prescription Drug Costs: Medicare Part D now has a \$2,100 annual out-of-pocket limit for covered prescription drugs in 2026. Once you reach that limit, you pay nothing for covered Part D drugs for the rest of the year.

Extra Help with Prescription Costs: If you have a limited income, you may qualify for Medicare's Extra Help program, which can help pay Part D premiums, deductibles and prescription costs. Don't assume you won't qualify if you didn't qualify in the past—the income and resource limits have changed.

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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

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

2nd Thursdays - Master Gardener Class - 12:30 p.m.

2nd Thursdays - JACAI - 11:30

3rd Thursdays - Memory Café 1:00 p.m.

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

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

**THURSDAYS ARE
FREE POPCORN
DAY!**

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

For Our October 2026 Activities & Menus Please See Insert

Continued from page 1

New Senior Tax Deduction: People age 65 and older may be eligible for an additional \$6,000 federal tax deduction per person for tax years 2025 through 2028. Married couples where both spouses qualify could receive an additional \$12,000 deduction. Income limits apply.

North Dakota SNAP: SNAP income limits and benefit amounts were updated October 1. A one-person household can have gross monthly income of up to \$2,660 under North Dakota's 200% income guideline, and the maximum monthly SNAP benefit for one person is now \$306. Medical expenses and other deductions can affect eligibility, so don't assume you won't qualify.

If you have questions about any of these programs, James River Senior Center & Public Transit is happy to help point you in the right direction.

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.



Answers by Mary

Are You Lost With Today's Technology & Scams?

Send in your questions for Mary. Mary is a University of Jamestown professor teaching computer classes. Mary will begin to have an article in our newsletter in December. You may send any questions you have to: jamesriverseniors@gmail.com and we will pass them on to her to answer.

- 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?
- How safe is A.I.?

November Craft

November 13th, 2026 - 1:30 p.m.

(2nd Friday of Each Month)

Ice Cream Cone Christmas Trees!

1009 13th St NE



Please RSVP 252-2882. Limited seating and supplies.

Do you hear what I hear??



Fall brings colorful leaves, cooler mornings, and more opportunities to gather with family and friends. Whether you are sharing a meal, attending a community event, or enjoying a conversation with your grandchildren, hearing helps you stay connected to the moments that matter. This season, make time for something important: having your hearing checked.

Hearing changes can happen gradually, making them easy to overlook. You may find yourself asking people to repeat themselves, turning up the television, or feeling that others are mumbling. Perhaps you hear someone speaking but struggle to understand the words, especially when several people are talking. These are reasons to pay attention and schedule a hearing evaluation.

It can be tempting to say, “My hearing is fine,” or “I will take care of it later.” But you do not have to wait until conversations become frustrating to ask for help. Getting your hearing tested gives you a clearer understanding of your hearing and an opportunity to discuss the difficulties you have noticed.

Think about the conversations that fill your day. A loved one sharing good news. A friend calling to catch up. A question during an appointment. A story told around the dinner table. When hearing becomes difficult, these everyday exchanges can require more effort, and you may begin stepping back from situations you once enjoyed.

Having your hearing checked is an important step toward understanding what is happening. Rather than wondering whether something has changed, you can talk with a hearing care professional, ask questions, and learn what next steps may be appropriate for you. A hearing evaluation is a starting point for making informed decisions about your care.

If someone close to you has mentioned your hearing, consider their concern an invitation to take a closer look. Family members sometimes notice communication difficulties before we recognize them ourselves. You might bring a spouse, family member, or friend to your appointment to share observations and help you discuss your everyday listening needs. Already wearing hearing aids? If you have noticed changes in how well you understand conversations, a hearing evaluation can help guide a discussion about your current needs. Be sure to mention the settings where you struggle most, whether that is a restaurant, a family gathering, or a telephone conversation.

Your hearing deserves attention. Do not let uncertainty or a busy schedule keep you from taking the first step. Our team is here to listen to your concerns, explain your results, and help you understand your options.

Give our office a call to schedule your hearing evaluation. Make this season a time to reconnect, join the conversation, and give your hearing the attention it deserves.



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.**



Beauty Salon Service!



**Hours 9 - 4 Mondays and
Thursdays at the James
River Senior Center**

*Call Missy for an appointment.
701-320-4959*

BINGO

Sponsored by:

 **SMP Health**
Ave Maria

Thursday, Nov. 5th
Treats 1:30 pm
Bingo: 1 pm
@ the Senior Center

Bingo cards will be free will donation
suggested donation \$.25/card
Money & Thanksgiving-themed Prizes!



**CHRISTMAS
BOOK BINGO**

a kickoff to Christmas reading



Monday, November 30
1:00

\$5.00 for 2 Bingo cards and dessert
Door prizes, book surprises and a
fun afternoon!



Sponsored by Second Chapter AAUW
Used Bookstore

Please call the Senior Center to register
252-2882

DAILY BREAD PROGRAM

Serves People in Need of Food

Food Locations:

St. John's Lutheran Church

424 1st Ave S

James River Senior Center

1009 13th St NE

Riverside Cottages

1321 Gardenette Dr

Most Public Schools

First United Methodist Church

115 3rd St SE

St Paul's Methodist Church

1000 5th Ave NE

October Donations

Deb Clemens
 Eileen Clemens
 Kathy & Bart Davis
 Duane Enzminger
 Joanne Etter
 Alvin & Jean Humes
 Cindy Kutz
 Mahjong Wednesday Ladies
 Gail Marsolek
 Karen Nitschke
 Les & Char Nordgaard
 Patrick Nygaard
 Marty Olson
 Rod & Deb Orr
 Cheryl Peck
 Glen Peterson
 LeAnn Ripplinger
 Bev Schaack
 Noel Schmoker
 Joan Taxis
 Jody Toren
 Paul Trautman
 Christine Witt
 Alyssa Wright
 Robert Baumann
 Dakota Central Comm.
 Don Neumann
 Carla Holzer
 Tracie Potter



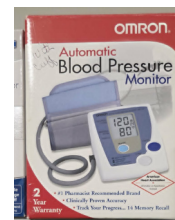
Kim & Paul Smith
In Memory of
 William Rath

Joan & Jean Morris
In Memory of
 Billy Rath

LOAN CLOSET ITEMS

We have the following items available for loan or purchase:

- * Blood Pressure Monitors
- * Adult Pads (Free)
- * Back Braces/Supports
- * Magnifiers
- * Walkers
- * Canes
- * Shower Chairs
- * Wrist/Elbow Braces



For Sale: Tub Grab Bars



16" \$5.00

19" \$10.00

24" \$12.50

JOIN LAURIE TO MAKE Succulants for Christmas Master Gardener

12:30 pm - November 12th
Join us for a fun, h

 **All materials will be provided.**



Please RSVP so we have enough
supplies foreveryone.
Call 701-252-2882 to reserve your
spot!



Medicare Open Enrollment Scams

October 15 to December 7 is Medicare Open Enrollment. During this time, Medicare beneficiaries can review and make changes to their Medicare coverage and Part D prescription drug plans. Unfortunately, scammers also take advantage of this busy enrollment period to target Medicare beneficiaries.

Scammers try to trick people during open enrollment. Be careful with Medicare ads:

During Open Enrollment, you may see many ads for Medicare plans. Some ads may feature celebrities or promise things like:

- “Free” health care
- No copays
- Money added back to your Social Security check

These offers may sound great, but the details are important. Costs, benefits, doctors, and prescription coverage can be different from one plan to another.

Medicare Advantage plans are offered by private insurance companies approved by Medicare. They are different from Original Medicare. Do not sign up for a plan just because you see an ad or receive a phone call. Take time to learn what the plan covers and what it will cost.

Stop. Check. Protect.

If someone contacts you about Medicare and you are not sure if they are a real Medicare representative, do not give them your information.

- Take your time. You do not have to decide right away.
- Check your current Medicare and prescription drug coverage. Compare plans before making a change.
- Use trusted sources to check information.

The **ND State Health Insurance Assistance Program (ND SHIP)** provides **free, unbiased help** to people with Medicare. Contact ND SHIP at 1-888-575-6611.

Report Medicare Marketing Violations.

You can report potential Medicare marketing violations and misleading practices directly to ND SMP at 1-833-818-0029, ND SHIP at 1-888-575-6611 or 1-800-MEDICARE (1-800-633-4227).

For non-Medicare fraud issues, contact the ND Attorney General’s Office at 800-472-2600.

The information provided is intended to be a general summary only. Source of information: National Council on Aging (NCOA). (2025, February 24). *5 warning signs of a Medicare scam—and how to protect yourself.* Medicare.

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/>

Like us on Facebook: North Dakota Senior Medicare Patrol

JAMES RIVER SENIOR CENTER & PUBLIC TRANSIT

DONATION FORM

Enclosed is my gift of: _____

In Memory of: _____
Name

In Honor of: _____
Name

Specific Purpose: _____ Meal Program _____ Transit
_____ Wish List Item _____
(Name of Item)
_____ As Needed

Donor Information: Name _____
Address: _____
City State Zip

Mail to: JRSC & PT, PO Box 1092, Jamestown, ND 58402

Or donate online at: www.jamesriverseniors.com



BUFFALO CITY
Memory Café

Do you or a loved one have memory loss?
Join us for a heartfelt conversation and
meaningful connections!

Upcoming Topics:

- November:** Central Valley Health District
- December:** Holiday Open House for Memory Café
- January:** James River Senior Center Services

3rd Thursdays of Each Month
1:00 - 2:30 PM
James River Senior Center
1009 13th St NE
(New Address![Old IDK Bldg])



*Come and
Enjoy Coffee,
Snacks and
Build New
Friendships*

 Kari (701-252-8130) |  Maureen (701-952-7900) |  Penny (701-730-6901)



**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/>



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:

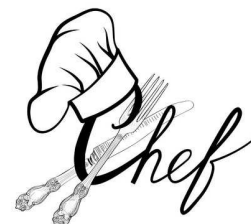
**Rhonda or Maureen
252-2882**

James River Senior Center Home Delivered Meals

1009 13th St NE
Delivering smiles one meal at a time.



252-2882



Give Thanks!

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



acorns

cornucopia

feasts

harvest

migration

pumpkin

Thanksgiving

autumn

crisp

foliage

hunting

pie

stuffing

turkey

colorful

election

gobblers

maples

pilgrims

thanks

veterans



Nutrition Facts and Suggestions.

Top Brain-Boosting Foods

- **Fatty Fish:** Salmon, trout, sardines, and mackerel provide omega-3 fatty acids (like DHA) that build brain cells, reduce inflammation, and lower cognitive decline.
- **Berries:** Blueberries, strawberries, and blackberries contain plant pigments called flavonoids and anthocyanins that improve blood flow, enhance memory, and protect against cellular aging.
- **Leafy Greens & Cruciferous Vegetables:** Spinach, kale, broccoli, and Brussels sprouts are packed with vitamin K, lutein, folate, and beta-carotene, which slow mental decline.
- **Nuts and Seeds:** Walnuts, almonds, and pumpkin seeds deliver alpha-linolenic acid (ALA), vitamin E, and healthy fats that improve cognitive scores and fight brain inflammation.
- **Eggs:** Egg yolks are a rich source of **choline**, a nutrient your body uses to create acetylcholine—a chemical messenger vital for memory and learning.
- **Coffee and Green Tea:** Caffeine blocks sleep-inducing chemicals like adenosine to boost alertness, while green tea adds **L-theanine** for calm, sustained concentration.
- **Dark Chocolate:** Chocolate with at least 70% to 85% cocoa contains flavonoids, caffeine, and antioxidants that enhance focus and memory.
- **Extra Virgin Olive Oil:** High in monounsaturated fats and antioxidants, olive oil helps clear out cellular damage linked to brain aging.

Overall Dietary Patterns

To maximize these benefits, health organizations like [Harvard Health](#) and [Northwestern Medicine](#) recommend the **Mediterranean diet** or the **MIND diet**. These eating plans emphasize whole grains, beans, fish, olive oil, and fresh produce while minimizing red meat, fried foods, and added sugar.



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.

Loan Closet

James River Senior Center

1009 13th St NE

One time rental fee of \$10.00 for walkers, rollators, walker trays, shower seats, toilet risers. \$5.00 one time rental fee for canes, shoe horns.

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

We have several packages of size 10 hearing aid batteries FREE!

***** We are not responsible if you injure yourself while using our items. Rental 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.**



Pictured from left to right: Roxanne, Luciana, Maureen, Rhonda, Dwight, Jerry & Jake

James River Public Transit Drivers Compete in Dakota Transit Roadeo

On September 19, 2026, four of our James River Public Transit drivers participated in the Dakota Transit Association's annual "Roadeo," competing against 32 other drivers from across North and South Dakota.

The Roadeo is more than just a competition. It's an opportunity for drivers to sharpen their skills, connect with fellow transit professionals, and have a little fun along the way! This year's 36 competitors faced a challenging course featuring events such as "Left Hand Reverse," "Right Tire Clearance," "Judgment Stop," and "Pre-Trip Inspection."

We couldn't be prouder of our four drivers for representing James River Public Transit! Thank you to Gerald, Luciana, Jake and Roxanne. A special congratulations goes to Luciana, who earned 5th place among North Dakota drivers! We also had three team members, Rhonda, Dwight & Maureen serve as judges, and Janine at the registration desk helping make the event a success.

We appreciate the hard work, dedication, and enthusiasm each of our team members brought to the event. Great job, everyone! We look forward to seeing you back at the Roadeo next year!



For donating in our name at Bufftown Bargains.

Donations like these help us obtain items(like the ones in our "Wish List"), that will be useful and needed for our new building and complex.

NEW BUILDING WISH LIST:

- * Paving Back Parking Lot
- * 10 x 12 Outside Storage Shed
- * Wireless Speaker System
- * Fence for Patio Area
- * Patio Furniture
- * Room Dividers
- * Electronic Bingo Board
- * Snow Removal Equipment
- * Air Conditioning for back area in kitchen, & bus garage



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, Jim
John E, Ron, John F, Julius, Randy, Roxanne,
Roger, Luciana, Jeffery, Gerald, Jake, 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, Lacey

Maintenance: Jay **Admin Assistant:** Kelley

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 September 2026

Home delivered Meals: 2293

Congregate: 856

Transit Rides: 3,401

Transit Miles: 11,634

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.

2026-27 Board of Directors

President—Tom Geffre

Vice-President—Deb Lee

Secretary/Treasurer—Sue Corwin

Directors: Richard Ovind, Tena Lawrence,
Jim Boatman & Joan Morris