

SENIOR HI-LITES



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**

The Building is New. The Mission Is Still the Same.

There's a lot that's new at James River Senior Center—a new building, more space, more activities, and plenty of new faces coming through our doors.

But while the building may be new, our mission hasn't changed.

For nearly 60 years, James River Senior Center has been here to help older adults stay independent, connected and active. Whether it's a nutritious meal, a ride to an appointment, a game of Mahjong or cards, help from the Loan Closet, or simply a place to visit with friends, those things are still at the heart of what we do.

The new building simply gives us more room to do it. We can offer more activities, bring more people together, and continue finding new ways to serve our community.

Because a senior center isn't really about the building. It's about the people inside it. It's about having somewhere to go, someone to talk to, something to look forward to and a community that cares.

And remember—this is your Senior Center! We want to hear your ideas, suggestions and thoughts about what you'd like to see happen here. If there's an activity you'd enjoy, a class you'd like to try, or an idea you think would benefit others, let us know. We're here for you, and we want you to be part of shaping what comes next.

This Month at a Glance

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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 - All Things Garden Class - 12:30 p.m.-NEW TIME

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!**

**Ice Cream the 1st and last weeks
of the month - While it Lasts!**

For Our October 2026 Activities & Menus Please See Insert

New Building Wish List

In case you would like to donate but want something specific to donate to, or if you have one of the items that you are willing to donate, here is our list:

- Pave Back Parking Lot
- Air Conditioning in Back Room - Kitchen
- 10 x 12 Storage Shed
- Wireless Speaker System
- Fence For Patio Area
- Patio Furniture
- Room Dividers
- Electronic Bingo Board
- Air Conditioning in Bus Garage for Repairs & Maintenance
- Snow removal equipment

*Wish
*List**

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



October Craft

Fall Wall/Door Decor

October 9th, 2026 1:30 p.m.

(2nd Friday of Each Month)

Call to reserve your spot- limited seating & materials

701-252-2882

FALL INTO BETTER HEARING

As summer winds down and fall approaches, it's the perfect time for a fresh start. Enjoy a walk outdoors, visit a farmers market, spend time with loved ones—and take a moment to check in on your hearing health. Hearing changes often happen gradually. You may notice yourself turning up the television, asking “What?” more often, or having trouble following conversations in busy places. These small signs can make it harder to enjoy the laughter, stories, and everyday moments that keep us connected. The good news is that a hearing evaluation is simple, comfortable, and painless. Today's hearing technology is also smaller, more comfortable, and better at helping you hear conversations clearly—even when background noise is present.

This season, give yourself the confidence to enjoy every conversation, every laugh, and every special moment.

Don't let the sounds of life pass you by Contact Eichler Hearing Center to schedule your hearing evaluation today.

 **Hear well. Stay connected. Live well.**



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.**



SAVING FOR SENIORS!

There are some changes for the 2026 tax filing season that people who are 65 years of age and older should be aware of. The most recent being the enhanced deduction for seniors, which is a provision of the [One, Big, Beautiful Bill](#).

The IRS is sharing what's new, as well as some reminders specifically for seniors.

Enhanced deduction for seniors

A new deduction that is in addition to the current additional standard deduction for seniors under existing law.

- For tax years 2025-2028, taxpayers who are age 65 or older may be eligible to claim an additional \$6,000 deduction per person (\$12,000 if married filing jointly and both spouses are eligible)
- To be eligible, the person must be 65 on or before the last day of the tax year
- It is available to eligible taxpayers who claim the standard deduction or itemize
- The deduction phases out for taxpayers with modified adjusted gross income over \$75,000 (\$150,000 for joint filers)

Earned Income Tax Credit

- EITC helps low to moderate-income workers and families get a tax break
- The maximum income amount for claiming the credit for the 2025 tax year is \$68,675. The amount of the

credit may vary based on income, family size and filing status.

Tax return preparation assistance

There are several resources available that offer help with filing federal tax returns.

- Volunteer Income Tax Assistance and Tax Counseling for the Elderly are free programs that offer help to low- to moderate-income taxpayers and taxpayers 60 or older to prepare and file their returns. For the closest VITA/TCE site, use the [VITA Locator Tool](#) or call [800-906-9887](tel:800-906-9887)
- AARP Foundation Tax-Aide offers free tax preparation and has thousands of locations in neighborhood libraries, malls, banks, community centers, and senior centers annually during the filing season. For more information, go to [AARP.org/TaxAide](https://www.aarp.org/TaxAide) or call 888-AARP-NOW (888-227-7669)

Check withholdings

Any earned wages are subject to withholding for income tax, social security tax, and Medicare tax even if the taxpayer is receiving social security benefits.

Social security benefits information

Social security beneficiaries may quickly and easily obtain various information from the Social Security Administration's website with a "My Social Security" account, including getting a replacement Form SSA-1099 or SSA-1042S. For more

NEW PROGRAM!

AdaptAbility supports North Dakotans in maintaining safety, independence and the ability to live in their homes for as long as possible. The program provides occupational therapy evaluations and other professional services that can result in home modifications and the use of medical equipment and assistive technology. All at no cost to the participant. If you know someone who would benefit from this program, please email otservices@ndassistive.org, call ND Assistive at 1-800-895-4728, or visit ndassistive.org and fill out a "Contact Us" form.



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

September DONATIONS



Mary Albrecht
Pam Burkhardt
Fraternal Order of Eagles
Mishelle Enzminger
Joanne Hellesvig
Alvin & Jean Humes
Roger & Margaret Koenig
Stacey Leslie
Lilas & Delores Lipp
Asian Mahjong Group
Donna Marsolek
Gail Marsolek
Mark Olson
Glen Peterson
Jeanne Rosemore
Ronald Schauer
Mike Sizer
Paul Spitzer
Wayne Tees
Paul Weber



IN MEMORY



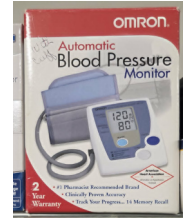
Tish & Larry Johnson
In Memory of
Grace Ottmar

Anonymous
In Memory of
Ray Kleinknecht

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



FALL & PUMPKIN CRAFT & TREAT

**Laurie always has a special activity for
everyone who shows up. Laurie will have
recipes available & treats!**

 **No experience necessary!**
 **All materials will be provided.**

**Please RSVP so we have enough supplies for
everyone.**

Call 701-252-2882 to reserve your spot!

12:30 pm - October 9



Preventing Medicare Fraud

ND SMP Scam of the Month – October 2026

Protect Yourself from Scams During Medicare Open Enrollment

Every year, scammers become more active during the **Medicare Open Enrollment Period**. They may target people with Medicare to steal their money, personal information, or both. Open Enrollment runs from **October 15 through December 7**. As you review your health and prescription plans, learn how to spot and avoid scams.

Watch Out for Medicare Scams

Scammers may pretend to be from Medicare. They may contact you when you are not expecting a call, text, or email. They may:

- Sound professional and know some of your personal information.
- Say you need a “new” or “updated” Medicare card.
- Ask for your Medicare number, bank account number, or credit card number.
- Offer you cash or gifts if you switch to their plan.
- Try to scare you by saying you must join a plan, or you will not have coverage next year.

Remember

- **Medicare cards are free.** Medicare will mail your card to you automatically.
- **Real Medicare representatives will not contact you out of the blue** to ask for your Medicare number, financial information, or payment.

How to Protect Yourself

Follow these tips to help protect yourself from Medicare scams during Open Enrollment:

- **Do not share your information with unexpected callers.** If someone asks for your Medicare, personal, or financial information, hang up.
 - Medicare may ask you to verify information when you **contact Medicare first**.
 - Medicare will not try to sell you a plan or make you pay for a Medicare card.
- **Do not trust your caller ID.**
 - A scammer can make a call look like it is coming from Medicare.
 - If you are not sure, hang up and call 1-800-MEDICARE (1-800-633-4227).
- **Get help comparing Medicare plans.**
 - Your State Health Insurance Assistance Program (SHIP) can help you compare plans.
 - You can also visit Medicare.gov, the official U.S. government website for Medicare.
 - Or call 1-800-MEDICARE (1-800-633-4227).

Reporting Medicare fraud:

Report Medicare impersonators and other Medicare scams at 1-800-MEDICARE (800-633-4227) or to the ND Senior Medicare Patrol at 1-833-818-0029. Then tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud).

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: _____ Building Fund _____ 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

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:
Kari (701-252-8130)
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**



October & Halloween

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



BATS
PUMPKINS
BONFIRES
LEAFS
APPLES
SPOOKS
WITCHES
COSMOS
CORNMAIZE

CANDY
GHOSTS
TRICKORTREAT
HARVEST
GOBBLINS
SPIDERS
FOLIAGE
MERIGOLDS
FIREPLACE
HAYRIDES





Tips for Better Living

As we get older, eating well becomes even more important. Our bodies change with age, and we may need more of certain nutrients—even though we may not need as many calories as we did when we were younger. Good nutrition can help us maintain strength, support our immune system, keep our bones healthy, and give us the energy we need to enjoy the things we love.

Key Nutritional Priorities for Seniors**Protein**

- *Eat high-quality protein like eggs, fish, Greek yogurt, and beans at every meal to fight muscle loss.*
- *Fiber: Consume whole grains, vegetables, and berries to improve digestion and heart health.*
- *Calcium and Vitamin D: Protect bone strength with dairy or fortified alternatives.*
- *Hydration: Drink water regularly throughout the day, since the natural sense of thirst declines with age.*

Smart Daily Habits

- *Build a balanced plate: Focus on produce, lean protein, and healthy fats while limiting added sugars and sodium.*
- *Maintain routines: Eat smaller, regular meals every 3 to 4 hours to keep energy stable.*
- *Review guidelines: Explore the latest advice from the National Council on Aging for practical older adult dietary tips.*

One Last Thought

Healthy eating isn't about giving up everything you enjoy. It's about adding more of the foods that help your body stay strong. Enjoy that piece of pie—just make sure you're getting your vegetables, protein, whole grains, and water, too!

As we get older, taking care of ourselves helps us continue doing the things we enjoy—staying independent, spending time with family and friends, traveling, gardening, dancing, playing cards, or just enjoying another beautiful North Dakota day.

Eat well. Drink up. Stay strong. And enjoy life!



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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.**

BINGO

AT JAMES RIVER
SENIOR CENTER

SPONSORED BY:



SMP Health
Ave Maria

THURSDAY
OCTOBER 8TH
TREATS: 12:30 PM

BINGO: 1 PM
AT THE SENIOR CENTER

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

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**

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, Clinton

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 August 2026

Home delivered Meals: 2189

Congregate: 781

Transit Rides: 3,231

Transit Miles: 10578

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