Senior Hi-Lites

December 2026

James River Senior Center & Public Transit
1009 13th St NE
701-252-2882
We're On Facebook Too!

Published Monthly

DON'T MISS THE DECEMBER FUN AT THE SENIOR CENTER

What a Fun December We Have Planned!

Along with our daily exercise, pinochle, dominoes, mahjong, informative meetings, and weekly activities, we have a special month of Christmas fun planned!

We'll wrap up November with AAUW Christmas Book Bingo on November 30 (page 6), followed by Supper Night on December 7 (page 6). Eichler Hearing is treating us to lunch and providing hearing services on December 9 (page 4), and SMP Health Ave Maria will be here with bingo and treats on December 10 (page 2).

We also have three evenings of Christmas Lights Tours planned this year (page 14)! And what would Christmas be without music? Don and Sharon Caine will lead a Christmas Sing-Along on December 14 at 12:30 p.m. We'll wrap up the festivities with Sugar & Spice Bingo with Mr. & Mrs. Claus on December 21 (page 15).

Come join us, bring a friend, and enjoy the Christmas season with us!



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The Medicine Shoppe® 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 - 10:00 am

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
Wednesdays - Foot Care Clinic 9:00 a.m.
2nd Thursdays - Master Gardener Class - 12:30 p.m.(Not Dec)
2nd Thursdays - JACAI - 11:30
3rd Thursdays - Memory Café 1:00 p.m.
4th Thursdays- Movie - 1:00 p.m.
2nd Fridays - Craft Day - 1:30 p.m.

THURSDAYS ARE FREE POPCORN DAY!

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

For Our December 2026 Activities & Menus 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.**



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.?

December Craft

December 11th, 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 suplies.

Hear the Joy of the Season

December is filled with sounds that make the season special—the laughter of loved ones, familiar Christmas songs, and conversations around the dinner table. At Eichler Hearing Center, we want you to enjoy every moment and feel connected to the people who matter most.

During holiday gatherings, you may notice that conversations are harder to follow, especially when several people are talking at once. Perhaps you find yourself asking others to repeat themselves or missing a grandchild's softly spoken words. If this sounds familiar, make time for a hearing evaluation.

Let a hearing check be a gift to yourself this season. Understanding your hearing is the first step toward finding support that fits your needs. You deserve to join the conversation, share the laughter, and enjoy the traditions you love.

A few thoughtful touches can also make holiday gatherings more enjoyable:

- Turn down background music during meals and conversations.
- Face one another when speaking.
- Choose a quieter spot to catch up with family and friends.

As we celebrate this season of giving, we're thankful for the patients and families who trust us with their hearing care. It is a pleasure to serve you and help you stay connected throughout the year.

Don't let another holiday pass with words left unheard. Call Eichler Hearing Center to schedule your hearing evaluation.

Wishing you a Merry Christmas and a New Year filled with joyful sounds, meaningful conversations, and wonderful memories!

Warm wishes,
Your friends at Eichler Hearing Center

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

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

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.

Transit Tickets

Bundle of 10 and one free (11) = $25.00 Bundle of 10 orange tickets = $5.00

Orange tickets are .50 cent a ride from **Home to Meal Site and Meal Site to Home ONLY, and ONLY** if you have lunch at one of our Meal Sites. Purchase from your driver, at the Senior Center, or our website: www.jamesriverseniors.com

United Way

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.

Supper Night

December 7th
5:00 p.m.
1009 13th St NE
(James River Senior Center)



Lasagna, Salad,
Green Beans,
Garlic Bread and
Gourmet Bars for Dessert.

Must RSVP – call 252-2882.

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

Beauty Salon Service!



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

Call Missy for an apponitment. 701-320-7959

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

November Donations

Dian Anderson
Clayton Bertsch
Diane Dillman
Laurie Erickson
Tom & Mary Geffre
Curtis Hanson
Melanie Headland
Alvin & Jean Humes
Virgil Kuhn
Gail Marsolek
Jon Liechty
Kathleen Miller
Leo & Kari Ness
Mike Obenchain
Sue Parries
Noel Schmoker
Shirley Seher
Terry & Marna Schulz
Vets Club
Paul Weber
XI Alpha Beta



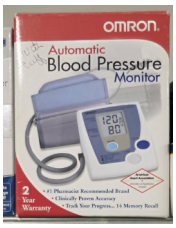
Roger & Susan Vandenberg In Memory of
Bill Rath

Marla Wagenman
In Memory of
Bill Rath

Rod & Ruth Monson
In Memory of
Bill Rath

LOAN CLOSET ITEMS

We have the following items available for loan or purchase:



* Adult Pads (Free)
* Back Braces/Supports
* Magnifyers
* Walkers
* Canes
* Shower Chairs
* Wrist/Elbow Braces



For Sale: Tub Grab Bars
16" $5.00
19" $10.00 24" $12.50

MASTER GARDENER CLASSES BACK IN JANUARY



Laurie will be back in January! Stand by for some fun new things!



SMP Senior Medicare Patrol

Preventing Medicare Fraud

ND SMP Scam of the Month – December 2026

Is That Really the Medicare Website?

Be careful! Scammers are making fake Medicare websites and ads to steal your personal information. A website may look like Medicare, but it could be a trick to get your Medicare number, Social Security number, or bank information.

How Does This Scam Work?
Scammers make websites that look like real Medicare or government websites. They may also pay to have their fake websites show up at the top of online search results. These websites may say they can help you choose a Medicare plan, but they are really trying to steal your personal information.

Scammers may also call you and pretend to work for Medicare. They may say they can help you sign up for a plan or update your coverage. They may ask you for:

- Your Medicare number or Social Security number.
- Your date of birth
- Your bank account or credit card number

Scammers can use this information to steal your identity, bill Medicare for services you never received, or steal your money.

Watch Out for These Warning Signs!

- A website looks like Medicare.gov, but the web address is different.
- An online ad promises special Medicare benefits or helps you sign up for a plan.
- Someone pressures you to give them your personal information right away.
- A website or caller asks for your Medicare number or bank information.

Protect Yourself!

- **Go to Medicare.gov.** Type www.Medicare.gov into your internet browser. Don't click on links from people you don't know.
- **Don't trust the first search result.** Fake websites can pay to show up at the top of search.
- **Be careful with links.** Don't share your Medicare or personal information through links in unexpected emails or text messages.
- **Don't let anyone rush you.** Take your time before making changes to your Medicare coverage. Hang up if someone pressures you.

Reporting Medicare fraud: If you suspect fraud, contact the ND SMP at **ndsmp@minotstateu.edu** or call 833-818-0029. For non-Medicare fraud issues, contact the ND Attorney General's Office at 800-472-2600.

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

Like us on: facebook

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)

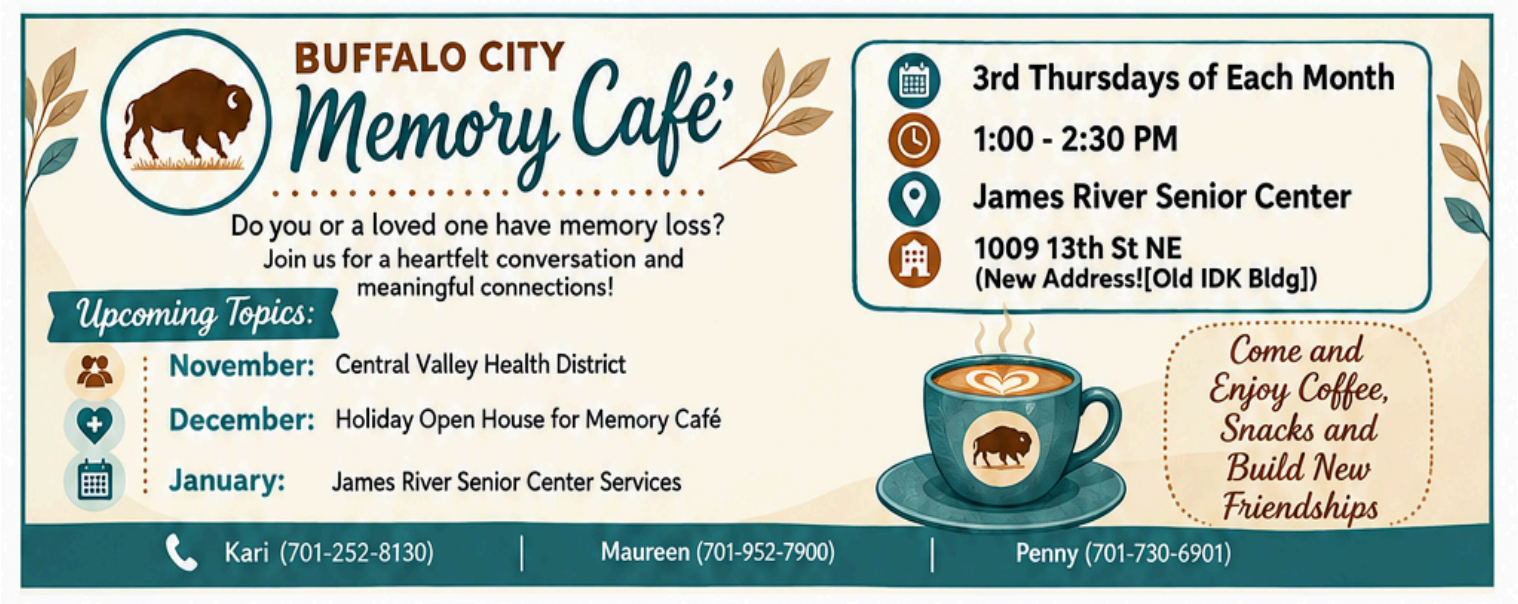
_____As Needed

Donor Information: Name_____

Address:_____
City State Zip

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

Or donate online at: wwwjamesriverseniors.com





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

Delivering smiles one meal at a time.



252-2882





Classic Catering is available to cater any size event in-house or we can deliver to your locaÇon.

Brunches, Lunches, Dinners
Family reunions
Birthday celebrations
Weddings
Holiday events
Anniversaries
GraduaÉon parÉes
Business meeÉngs & 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



PayPal

Christmas is Magic!

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

Jesus
Santa
Holly
Mistletoe
Presents
Family
Lights
Elves
Snow
Bows
Snowman
Reindeer
Eggnog
Wreaths
Grinch
Gifts
Angels
Stars
Garland



Eating Well as You Age: A Quick Nutrition Guide

As you get older, your body often needs fewer calories but more key nutrients to stay strong and support daily energy. Small, steady changes to your daily meals can help protect your muscles, bones, heart, and overall independence.

Focus on Key Nutrients

- **Protein:** Supports muscle strength and maintenance. Include lean meats, poultry, seafood, eggs, beans, nuts, seeds, or dairy each day.
- **Calcium and Vitamin D:** Help keep bones strong. Good sources include milk, yogurt, cheese, calcium-fortified juices or plant milks, and leafy greens like kale or collard greens.
- **Vitamin B12 and Fiber:** Vitamin B12 supports nerve and blood health and is found in fish, meat, poultry, eggs, dairy, and fortified cereals. Fiber—from vegetables, fruits, beans, and whole grains—supports digestion and heart health.
- **Fluids:** Drink water consistently throughout the day, even if you do not feel thirsty.
-

Smart Everyday Habits

- **Build a colorful plate:** Fill meals with a variety of vegetables and fruits, whole grains, and quality proteins. Frozen or low-sodium canned produce can make prep quick and affordable.
- **Watch sodium and added sugar:** Compare food labels and limit heavily processed items high in salt or added sugars.
- **Make meals easier and more social:** If cooking feels like a chore or appetite dips, try smaller nutrient-dense snacks, use a slow cooker or microwave, or share meals with friends or at a community dining program.
-

For meal planning tips, sample menus, and food group guides, explore resources from the National Institute on Aging or check in with a doctor or registered dietitian about personal needs.



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*

Public Health
Prevent. Promote. Protect.
Central Valley Health District

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 youself while using our items. Rental within Jamestown area only.***



A huge thank you to all of our sponsors that made our dance a success! If you see them thank them...we can't thank them enough. We will do this again soon!

The Medicine Shoppe
Jonny B's
Triumph Inc.
Country Gardens Floral
Mitch Ostlie Agency
Scott's Electric
Dominos
Jamestown Livestock Auction
Bottles & Jugs
Heavenly Hideaway (Airbnb)
Jamestown Communication



Senior Companions Program Needs You!

Home visits for lonely, homebound seniors in Stutsman Co.

Volunteers Needed

* Bring smiles & laughter
* Help to relieve loneliness & encourage activity
* Empower seniors to remain living independently
* Provide respite for family caregivers

Contact Kathy (252-2882) to learn more about this free program.

4th Annual Christmas Lights Tour

Sponsored by

James River Senior Center & Public Transit

Tour #1	Tour #2	Tour #3
December 15	December 17	December 22



We will begin picking people up at about

5:30 p.m.

(We will call anyone that signs up with a pickup time the day before.)

We will all meet at the James River Senior Center at **6:30** for cider and treats and begin the tour at **7 p.m.**

Limited Seating. RSVP by calling 252-2882.

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



For donating in our name at Bufftown Bargins.

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 Ouside 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







Did You Know?

You can read the temperature right off a cricket. Count his chirps for fourteen seconds. Add forty. This should be close to the temperature.

Theaters wanted nothing to do with popcorn - too messy, too noisy and it ground into the carpet. Vendors sold it outside and the people brought it in anyway. The theatres totaled up their losses and wheeled the popcorn machine into the lobby.

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: Open

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 Vl 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: 2466
Congregate: 886
Transit Rides: 3,754
Transit Miles: 13,562

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 Tom Gefffre, 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