



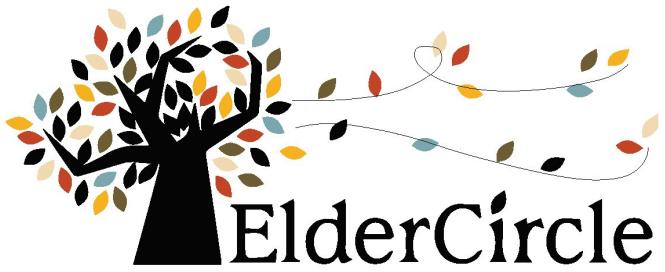
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# Event Calendar

<https://www.eldercircle.org/events/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9-10:30am, Hill City Fire Hall <b>SAIL</b> 10:30-12:00pm, In Person Deer River & Jacobson <b>Cribbage</b> 1pm-3:30pm	3 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9-10:30am, Zoom <b>SAIL</b> 10-11:30am, In Person I. Falls & Bowstring <b>SAIL</b> 9-10:30am, In person, Grand Rapids / Calumet <b>Rummikub</b> 12pm-2pm <b>Bridge</b> 12pm-3pm <b>Hooks &amp; Needles</b> 12-4pm, ALC <b>Parkinson's Support Group</b> —Mall 1pm	4 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9 -10:30am, Hill City Fire Hall <b>Bunco</b> 10am-2pm <b>SAIL</b> 10:30-12pm, In Person Jacobson <b>500 Cards</b> 1pm-3pm	5 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9am-10:30am, Zoom <b>Bingo</b> 10am-11am, ALC <b>Bible Study</b> 10am-11am, Class. A <b>SAIL</b> 10-11:30am, Bowstring/I. Falls <b>SAIL</b> 9-10:30am, In Person, Grand Rapids/ Calumet <b>SAIL</b> 10:30-12pm, Deer River <b>Memory Support Group</b> —The Pillars 1pm	6 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 10-11:30am, In Person Wabana Town Hall <b>Cribbage</b> 1pm-3:30pm	7 <b>Sr. Billiards</b> 9am-12pm
8	9 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9-10:30am, Hill City Fire Hall <b>SAIL</b> 10:30-12:00pm, In Person Deer River & Jacobson <b>Cribbage</b> 1pm-3:30pm	10 <b>Sr. Billiards</b> 9am-12pm <b>Laurie Shepherd Singing 10AM</b> <b>SAIL</b> 9-10:30am, Zoom <b>SAIL</b> 10-11:30am, In Person I. Falls & Bowstring <b>SAIL</b> 9-10:30am, In Person, Grand Rapids/ Calumet <b>Rummikub</b> 12pm-2pm <b>Bridge</b> 12pm-3pm <b>Hooks &amp; Needles</b> 12-4pm, ALC	11 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9 -10:30am, Hill City Fire Hall <b>Bunco</b> 10am-2pm <b>Monthly Birthdays</b> 10am <b>SAIL</b> 10:30-12pm, In Person Jacobson	12 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9am-10:30am, Zoom <b>Bingo</b> 10am-11am, ALC <b>Bible Study</b> 10am-11am, Class. A <b>SAIL</b> 10-11:30am, Bowstring/I. Falls <b>SAIL</b> 9-10:30am, In Person, Grand Rapids/Calumet <b>SAIL</b> 10:30-12pm, Deer River <b>Book Club</b> , 12:30-2pm, ALC Classroom <b>Memory Support Group</b> —Majestic Pines 1pm	13 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 10-11:30am, In Person Wabana Town Hall <b>Cribbage</b> 1pm-3:30pm	14 <b>HAPPY Valentine's DAY</b>
15	16 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9-10:30am, Hill City Fire Hall <b>SAIL</b> 10:30-12:00pm, In Person Deer River & Jacobson <b>Cribbage</b> 1pm-3:30 <b>NL Coins &amp; Currency</b> 6:30pm	17 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9-10:30am, Zoom <b>SAIL</b> 10-11:30am, In Person I. Falls & Bowstring <b>SAIL</b> 9-10:30am, In Person, Grand Rapids /Calumet <b>Rummikub</b> 12pm-2pm <b>Bridge</b> 12pm-3pm <b>Hooks &amp; Needles</b> 12-4pm, ALC	18 <b>Sr. Billiards</b> 9am-12pm <b>Monthly Birthdays</b> 10am <b>Bunco</b> 10am-2pm <b>SAIL</b> 9 -10:30am, Hill City Fire Hall <b>SAIL</b> 10:30-12pm, In person Jacobson <b>500 Cards</b> 1pm-3pm	19 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9am-10:30am, Zoom <b>Bingo</b> 10am-11am, ALC <b>Bible Study</b> 10am-11am, Class. A <b>SAIL</b> 10-11:30am, In Person, Bowstring/I. Falls <b>SAIL</b> 9-10:30am, In Person, Grand Rapids/ Calumet <b>SAIL</b> 10:30-12pm, Deer River	20 <b>Sr. Billiards</b> 9am-12pm <b>Bunco</b> 10am-2pm <b>SAIL</b> 10-11:30am, In Person Wabana Town Hall <b>Cribbage</b> 1pm-3:30pm	21 <b>Sr. Billiards</b> 9am-12pm
18	19 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9-10:30am, Hill City Fire Hall <b>SAIL</b> 10:30-12:00pm, In Person, Deer River & Jacobson <b>Cribbage</b> 1pm-3:30pm	20 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9-10:30am, zoom <b>SAIL</b> 10-11:30am, In Person I. Falls & Bowstring <b>SAIL</b> 9-10:30am, In Person, Grand Rapids /Calumet <b>Rummikub</b> 12pm-2pm <b>Bridge</b> 12pm-3pm <b>Hooks &amp; Needles</b> 12-4pm, ALC	21 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9 -10:30am, Hill City Fire Hall <b>500 Cards</b> 1pm-3pm <b>SAIL</b> 10:30-12pm, in person Jacobson <b>500 Cards</b> 1pm-3pm	22 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9-10:30am, Zoom <b>Bingo</b> 10am-11am, ALC <b>Bible Study</b> 10am-11am, Class. A <b>SAIL</b> 10-11:30am, Bowstring/I. Falls <b>SAIL</b> 9-10:30am, In Person; Grand Rapids/ Calumet <b>SAIL</b> 10:30-12pm, Deer River	23 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 10-11:30am, In Person Wabana Town Hall <b>Cribbage</b> 1pm-3:30pm	24 <b>Sr. Billiards</b> 9am-12pm
25	26 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9-10:30am, Hill City Fire Hall <b>SAIL</b> 10:30-12:00pm, In Person Deer River & Jacobson <b>Cribbage</b> 1pm-3:30	27 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9-10:30am, Zoom <b>SAIL</b> 10-11:30am, In Person I. Falls & Bowstring <b>SAIL</b> 9-10:30am, In Person, Grand Rapids/ Calumet <b>Rummikub</b> 12pm-2pm <b>Bridge</b> 12pm-3pm <b>Hooks &amp; Needles</b> 12-4pm, ALC	28 <b>Sr. Billiards</b> 9am-12pm <b>SAIL</b> 9 -10:30am, In Person Hill City Fire Hall <b>SAIL</b> 10:30-12pm, In Person Jacobson <b>500 Cards</b> 1pm-3pm			



# all about aging!

## Valentine's Day Facts

10 Fun Facts About Valentine's Day

Valentine's Day is a celebration of love and friendship that falls every February 14th.

Valentine's Day is also called St. Valentine's Day or the Feast of St. Valentine.



Originally, the day was celebrated to commemorate Valentinus, who was imprisoned for marrying young couples in love, when weddings were banned by the emperor.



And since the 1300s, Valentine's Day was associated with the idea of love and romance.



That's when couples started to exchange gifts, flowers, cards, and candies to express their love.

The X became a symbol for a kiss in medieval times, because people who couldn't write signed their name as an X, and kissed it to show good faith.

## Parkinson's Support Group

If you or someone you know is living with Parkinson's Disease, we invite you to join our Support Group.

Together, we can share experiences, offer support, and build a strong community.

1st Tuesday of each month

1:00-2:00pm

Central Square Mall #124  
201 NW 4th Street  
Grand Rapids, MN 55744



For any questions, contact Danielle at 218-999-9233 ext. 282 or danielle@eldercircle.org

## BINGO

Every Thursday  
10:00-11:00am

Active Living Center

Please arrive prior to 10am to receive your bingo card

-Regular Bingo is vertical, horizontal and diagonal.

-Each game plays one card per person at a time.

-Regular bingo for games 1-6  
Last game played is cover all.

## Monthly Birthday Celebrations!

Join us on the second Wednesday of each month at 10:00am to celebrate all of the birthdays for that month. We will provide treats to enjoy and help celebrate!



BOOK CLUB  
Every 2nd Thursday  
12:30pm—2pm  
Active Living Center

Free of charge & open to anyone!

## Stay Active and Independent for Life (SAIL)



SAIL is a low-impact fitness program designed specifically for adults to build muscle strength, improve balance and increase flexibility to maintain or regain an active lifestyle.

This is an on-going fitness session. You can join at any time.

*Live, in-person sessions:*

- Calumet Library  
Tuesdays & Thursdays  
9:00-10:30am

- Bowstring  
Tuesdays & Thursdays  
10:00-11:30am

- Deer River  
Mondays & Thursdays  
10:30-12:00pm

- Grand Rapids  
Central Square Mall, Suite 124  
Tuesdays & Thursdays  
9:00-10:30am

- Hill City  
Mondays & Wednesdays  
9:00-10:30am

- International Falls  
Tuesdays & Thursdays  
10:00-11:30am

- Jacobson  
Mondays & Wednesdays,  
10:30-12:00pm

- Wabana  
Tuesdays & Fridays,  
10:00-11:30am

*Online via Zoom video conference:*

- Tuesdays & Thursdays  
9:00-10:30 am

## Registration required

To register, call ElderCircle at 218-999-9233, ext. 278 or Email [lori@eldercircle.org](mailto:lori@eldercircle.org)

## Caregiver & Memory Support Groups

For caregivers of any age who is caring for an ailing parent, child, spouse, or other individuals of any age, near or far.

Faced with a variety of responsibilities, many of which are unfamiliar or intimidating, caregivers can easily become overwhelmed and alone. This group is a safe place to discuss issues, concerns, success stories and answer questions.

- **Caregiver Support, Hibbing**  
Second Monday of each month  
12:30-1:30pm  
Hibbing Christian Assembly  
2201 2nd Ave. W

- **Memory Support, Grand Rapids**  
Second Thursday of each month  
1:00-2:00pm  
Majestic Pines Senior Living, Private Dining Room, 1614 Golf Course Rd

- **Caregiver Support, Hibbing**  
Second Thursday of each month  
12:30-1:30pm  
Sportsman's Restaurant  
509 E Howard St, Hibbing, MN 55746

- **Caregiver Support, Grand Rapids**  
First Thursday of each month  
1:00pm-2:00pm  
The Pillars of Grand Rapids, 2060 SW 8th St, Grand Rapids, MN 55744

**For questions or registration,  
call Danielle at  
218-999-9233, ext. 282  
[danielle@eldercircle.org](mailto:danielle@eldercircle.org)**