


March

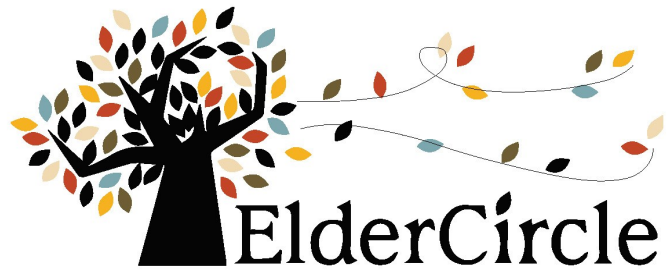
2025



Event Calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Sr. Billiards 9am-12pm
2	3 SAIL 9-10:30am, Hill City Fire Hall Sr. Billiards 9am-12pm SAIL 10:30-12:00pm, Zoom or In Person, Deer River & Jacobson Cribbage 1pm-3:30pm	4 Sr. Billiards 9am-12pm SAIL 9-10:30am, Zoom & Bigfork SAIL 10-11:30am, In Person Wabana I. Falls & Bowstring Rummikub 12pm-2pm Bridge 12pm-3pm Hooks & Needles 12-4pm, ALC Parkinson's Support Group: 1-2pm, Central Square Mall	5 Sr. Billiards 9am-12pm SAIL 9 -10:30am, Hill City Fire Hall Bunco 10am-2pm SAIL 10:30-12pm, Zoom/Jacobson 500 Cards 12pm-3pm	6 SAIL 9-10:30am, Zoom & Bigfork Sr. Billiards 9am-12pm Bingo 10am-11am, ALC Bible Study 10am-11am, Class. A SAIL 10-11:30am, Bowstring/I. Falls SAIL 10:30-12pm, Deer River Caregiver Support Group 1pm-2pm, The Pillars of GR	7 Sr. Billiards 9am-12pm SAIL 10-11:30am, In Person Wabana Town Hall SAIL 10:30-12pm, Jacobson Cribbage 1pm-3:30pm	8 Sr. Billiards 9am-12pm
9	10 SAIL 9-10:30am, Hill City Fire Hall Sr. Billiards 9am-12pm Virtual Dementia Tour 10am-3pm, ALC Classroom SAIL 10:30-12:00pm, Zoom or In Person, Deer River & Jacobson Cribbage 1pm-3:30pm	11 Sr. Billiards 9am-12pm SAIL 9-10:30am, Zoom & Bigfork SAIL 10-11:30am, In Person Wabana I. Falls & Bowstring Rummikub 12pm-2pm Bridge 12pm-3pm Hooks & Needles 12-4pm, ALC	12 SAIL 9 -10:30am, Hill City Fire Hall Sr. Billiards 9am-12pm Bunco 10am-2pm SAIL 10:30-12pm, Zoom/Jacobson 500 Cards 12pm-3pm Committee on Aging: 10am-12pm ALC Classroom	13 SAIL 9am-10:30am, Zoom & Bigfork Sr. Billiards 9am-12pm Bingo 10am-11am, ALC Bible Study 10am-11am, Class. A SAIL 10-11:30am, Bowstring/I. Falls SAIL 10:30-12pm, Deer River Book Club: 12:30-2pm, ALC Classroom Memory Support Group: 1pm-2pm, Majestic Pines	14 Sr. Billiards 9am-12pm SAIL 10-11:30am, In Person Wabana Town Hall SAIL 10:30-12pm, Jacobson Cribbage 1pm-3:30pm	15 Sr. Billiards 9am-12pm
16	17 SAIL 9-10:30am, Hill City Fire Hall Sr. Billiards 9am-12pm SAIL 10:30-12:00pm, Zoom or In Person, Deer River & Jacobson Cribbage 1pm-3:30pm NL Coin & Currency 6:30pm, ALC	18 Coffee Klatch 9am-10am, ALC Sr. Billiards 9am-12pm SAIL 9-10:30am, Zoom & Bigfork SAIL 10-11:30am, In Person Wabana I. Falls & Bowstring Rummikub 12pm-2pm Bridge 12pm-3pm 	19 Sr. Billiards 9am-12pm SAIL 9 -10:30am, Hill City Fire Hall SAIL 10:30-12pm, Zoom/Jacobson 500 Cards 12pm-3pm	20 SAIL 9am-10:30am, Zoom & Bigfork Sr. Billiards 9am-12pm Bingo 10am-11am, ALC Bible Study 10am-11am, Class. A SAIL 10-11:30am, Bowstring/I. Falls SAIL 10:30-12pm, Deer River	21 Sr. Billiards 9am-12pm SAIL 10-11:30am, In Person Wabana Town Hall SAIL 10:30-12pm, Jacobson Cribbage 1pm-3:30pm	22 Sr. Billiards 9am-12pm
23/30	24/31 SAIL 9-10:30am, Hill City Fire Hall Sr. Billiards 9am-12pm SAIL 10:30-12:00pm, Zoom or In Person, Deer River & Jacobson Cribbage 1pm-3:30pm	25 Coffee Klatch 9am-10am, ALC Sr. Billiards 9am-12pm SAIL 9-10:30am, Zoom & Bigfork SAIL 10-11:30am, In Person Wabana I. Falls & Bowstring Rummikub 12pm-2pm Bridge 12pm-3pm	26 Sr. Billiards 9am-12pm SAIL 9 -10:30am, Hill City Fire Hall SAIL 10:30-12pm, Zoom/Jacobson 500 Cards 12pm-3pm	27 SAIL 9am-10:30am, Zoom & Bigfork Sr. Billiards 9am-12pm Bingo 10am-11am, ALC Bible Study 10am-11am, Class. A SAIL 10-11:30am, Bowstring/I. Falls SAIL 10:30-12pm, Deer River	28 Sr. Billiards 9am-12pm SAIL 10-11:30am, In Person Wabana Town Hall SAIL 10:30-12pm, Jacobson Bunco 10am-2pm Cribbage 1pm-3:30pm	29 Sr. Billiards 9am-12pm



all about
aging!



VIRTUAL DEMENTIA TOUR™
YOUR WINDOW INTO THEIR WORLD

Virtual Dementia Tour

Monday, March 10
10:00am-3:00pm
ALC Classroom

Virtual Dementia Tour (VDT) is designed to give the participant an up close, hands on experience that provides critical insight to those caring for people with dementia.

Walk-Ins are not Accepted

Must Register to Participate

To Register, please call
Kasey at
218-999-9233 ext.287



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.

For any Questions, please call Paula at ElderCircle 218-999-9233 ext.275

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!



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:

- **Bigfork**
Tuesdays & Thursdays
9:00-10:30am
- **Bowstring**
Tuesdays & Thursdays
10:00-11:30am
- **Deer River**
Mondays & Thursdays
10:30-12:00pm
- **Hill City**
Mondays & Wednesdays
9:00-10:30am
- **International Falls**
Tuesdays & Thursdays
10:00-11:30am
- **Jacobson**
Mondays Wednesdays, & Fridays
10:30-12:00pm
- **Wabana**
Tuesdays & Fridays,
10:00-11:30am

Online via Zoom video conference:

- Mondays & Wednesdays
10:30 am-12:00 pm
- Tuesdays & Thursdays
9:00-10:30 am

Registration required

To register, call ElderCircle at 218-999-9233, ext. 279 or Email abackes@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
Pizza Ranch
2502 E Beltline, 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