



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