

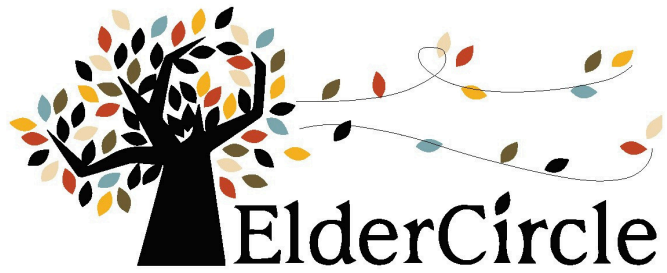


2026



April Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Sr. Billiards 9am-12pm <i>SAIL- see back for location</i> Bunco 10am-2pm 500 Cards 1pm-3pm	2 Sr. Billiards 9am-12pm <i>SAIL- see back for location</i> BINGO 10 am Bible Study 10am - 11am Classroom 500 Cards 1 pm-3 pm	3 Sr. Billiards 9 am-12 pm <i>SAIL- see back for location</i> Cribbage 1 pm-3:30 pm	4 Sr. Billiards 9am-12pm
5 YMCA CLOSED <i>Happy Easter</i> 	6 Sr. Billiards 9am-12pm <i>SAIL- see back for locations</i> Cribbage 1 pm-3:30 pm	7 Sr. Billiards 9am-12pm <i>SAIL- see back for location</i> Rummikub 12pm -2pm Bridge 12pm-3pm Hooks & Needles 12pm-4pm	8 Sr. Billiards 9am-12pm Monthly Birthday Party 10 am <i>SAIL- see back for location</i> Bunco 10am-2pm 500 Cards 1pm-3pm	9 Sr. Billiards 9am-12pm <i>SAIL- see back for location</i> BINGO 10 am Bible Study 10am - 11am Classroom Book Club 12:30 pm - 2 pm 500 Cards 1 pm-3 pm	10 Sr. Billiards 9 am-12 pm <i>SAIL- see back for location</i> Cribbage 1 pm-3:30 pm	11 Sr. Billiards 9am-12pm
12	13 Sr. Billiards 9am-12pm <i>SAIL- see back for locations</i> Cribbage 1 pm-3:30 pm	14 Music with Laurie Shepard- 10AM Sr. Billiards 9am-12pm <i>SAIL- see back for location</i> Rummikub 12pm -2pm Bridge 12pm-3pm Hooks & Needles 12pm-4pm 	15 Sr. Billiards 9am-12pm <i>SAIL- see back for location</i> 500 Cards 1pm-3pm	16 Sr. Billiards 9am-12pm <i>SAIL- see back for location</i> BINGO 10 am Bible Study 10am - 11am Classroom 500 Cards 1 pm-3 pm	17 Sr. Billiards 9 am-12 pm Bunco 10am-2pm <i>SAIL- see back for location</i> Cribbage 1 pm-3:30 pm	18 Sr. Billiards 9am-12pm
19	20 Sr. Billiards 9am-12pm <i>SAIL- see back for locations</i> Cribbage 1 pm-3:30 pm NLCoins & Currency 6:30pm	21 Sr. Billiards 9am-12pm <i>SAIL- see back for location</i> Rummikub 12pm -2pm Bridge 12pm-3pm Hooks & Needles 12pm-4pm	22 Sr. Billiards 9am-12pm <i>SAIL- see back for location</i> 500 Cards 1pm-3pm	23 Sr. Billiards 9am-12pm <i>SAIL- see back for location</i> BINGO 10 am Bible Study 10am - 11am Classroom 500 Cards 1 pm-3 pm	24 Sr. Billiards 9 am-12 pm <i>SAIL- see back for location</i> Cribbage 1 pm-3:30 pm	25 Sr. Billiards 9am-12pm
26	27 Sr. Billiards 9am-12pm <i>SAIL- see back for locations</i> Cribbage 1 pm-3:30 pm	28 Sr. Billiards 9am-12pm <i>SAIL- see back for location</i> Rummikub 12pm -2pm Bridge 12pm-3pm Hooks & Needles 12pm-4pm	29 Sr. Billiards 9am-12pm <i>SAIL- see back for location</i> 500 Cards 1pm-3pm	30 Sr. Billiards 9am-12pm <i>SAIL- see back for location</i> BINGO 10 am Bible Study 10am - 11am Classroom 500 Cards 1 pm-3 pm		



all about
aging!

SAVE THE DATE

Community Brain Train Event



Attend this educational workshop with interactive activities at each station to learn about: **healthy aging, brain health, caregiving and local resources, and opportunities to participate in current and future research projects.**

FREE lunch provided! Prizes given for participation!

CONTACT

Kelsie Larson
Community Researcher and Research and Education Specialist
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Email: lars7232@d.umn.edu



Pre-registration not required, just show up!

WHEN
Thursday, April 16th 2026
10:00am-2:00pm
Open house style to visit stations.
Speakers and Q&A over lunch 12-1pm

WHERE
Cohasset Community Center
305 NW 1st Avenue,
Cohasset, MN

WHO
Itasca County community members of all ages interested in learning more about brain health, healthy aging, and dementia

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

Community Cafe

Tuesday & Thursday's at the YMCA 4:30PM-6PM

All are welcome, no questions asked!



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.



BOOKCLUB

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
10:30-12:00 pm
- **Grand Rapids**
Central Square Mall, Suite 123
Tuesdays & Thursdays
9:00-10:30 am
- **Hill City**
Mondays & Wednesdays
9:00-10:30 am
- **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

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

AGING WELL TOGETHER: Community Health Conversations

Wednesdays in April | 2:30-3:30 PM
Active Living Center Classroom | YMCA

April 8th Boost Your Immune System:
Staying healthy as we age

April 15th How to Talk To Your Doc:
Ask questions with confidence

April 22nd Cancer Prevention & Screening:
Learn risk factors and screenings

April 29th Eat Well & Keep Moving:
Simple habits for big changes

For more info: Jodi Nordlund | 218-327-5958

