



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ElderCircle Offices Closed in observance of Labor Day The YMCA is open 7am-3pm	2 Sr. Billiards 9am-12pm SAIL 9-10:30am, Zoom SAIL 10-11:30am, In Person Wabana I. Falls & Bowstring SAIL 9-10:30am, Grand Rapids Rummikub 12pm-2pm Bridge 12pm-3pm Hooks & Needles 12-4pm, ALC Parkinson’s Support Group; 1pm Central Square Mall	3 Sr. Billiards 9am-12pm SAIL 9 -10:30am, Hill City Fire Hall Bunco 10am-2pm SAIL 10:30-12pm, Zoom, In person Jacobson 500 Cards 1pm-3pm	4 Sr. Billiards 9am-12pm SAIL 9am-10:30am, Zoom Bingo 10am-11am, ALC Bible Study 10am-11am, Class. A SAIL 10-11:30am, Bowstring/I. Falls SAIL 9-10:30am, Grand Rapids SAIL 10:30-12pm, Deer River Caregiver Support Group 1pm-2pm, The Pillars	5 Sr. Billiards 9am-12pm SAIL 10-11:30am, In Person Wabana Town Hall Cribbage 1pm-3:30pm	6 Sr. Billiards 9am-12pm
7	8 Sr. Billiards 9am-12pm SAIL 9-10:30am, Hill City Fire Hall SAIL 10:30-12:00pm, Zoom, In Person Deer River & Jacobson in person Cribbage 1pm-3:30pm	9 Sr. Billiards 9am-12pm SAIL 9-10:30am, Zoom SAIL 10-11:30am, In Person Wabana I. Falls & Bowstring SAIL 9-10:30am, Grand Rapids Rummikub 12pm-2pm Bridge 12pm-3pm Hooks & Needles 12-4pm, ALC	10 Sr. Billiards 9am-12pm SAIL 9 -10:30am, Hill City Fire Hall Bunco 10am-2pm Monthly Birthdays 10am SAIL 10:30-12pm, Zoom, in person Jacobson 500 Cards 1pm-3pm	11 Sr. Billiards 9am-12pm SAIL 9-10:30am, Zoom Bingo 10am-11am, ALC SAIL 10-11:30am, Bowstring/I. Falls SAIL 9-10:30am, Grand Rapids SAIL 10:30-12pm, Deer River Book Club, 12:30-2pm, ALC Classroom Memory Support Group 1pm-2pm, Majestic Pines	12 Sr. Billiards 9am-12pm SAIL 10-11:30am, In Person Wabana Town Hall Cribbage 1pm-3:30pm	13 Sr. Billiards 9am-12pm
14 Cribbage Tournament 12:00pm-3:30pm	15 Sr. Billiards 9am-12pm SAIL 9-10:30am, Hill City Fire Hall SAIL 10:30-12:00pm, Zoom, In Per-son Deer River & Jacobson Cribbage 1pm-3:30	16 Sr. Billiards 9am-12pm SAIL 9-10:30am, Zoom SAIL 10-11:30am, In Person Wabana I. Falls & Bowstring SAIL 9-10:30am, Grand Rapids Rummikub 12pm-2pm Bridge 12pm-3pm Hooks & Needles 12-4pm, ALC	17 Sr. Billiards 9am-12pm SAIL 9 -10:30am, Hill City Fire Hall SAIL 10:30-12pm, Zoom, in person Jacobson 500 Cards 1pm-3pm	18 Sr. Billiards 9am-12pm SAIL 9am-10:30am, Zoom Bingo 10am-11am, ALC Bible Study 10am-11am, Class. A SAIL 10-11:30am, Bowstring/I. Falls SAIL 9-10:30am, Grand Rapids SAIL 10:30-12pm, Deer River North Country Trails 5:00pm-7:30pm	19 Sr. Billiards 9am-12pm Bunco 10am-2pm SAIL 10-11:30am, In Person Wabana Town Hall Cribbage 1pm-3:30pm	20 Sr. Billiards 9am-12pm
21	22 Sr. Billiards 9am-12pm SAIL 9-10:30am, Hill City Fire Hall SAIL 10:30-12:00pm, Zoom, in Person, Deer River & Jacobson Cribbage 1pm-3:30pm NL Coins & Currency 6:30pm	23 Sr. Billiards 9am-12pm SAIL 9-10:30am, zoom SAIL 10-11:30am, In Person Wabana I. Falls & Bowstring SAIL 9-10:30am, Grand Rapids Rummikub 12pm-2pm Bridge 12pm-3pm Hooks & Needles 12-4pm, ALC	24 Sr. Billiards 9am-12pm SAIL 9 -10:30am, Hill City Fire Hall SAIL 10:30-12pm, Zoom, in person Jacobson 500 Cards 1pm-3pm	25 Sr. Billiards 9am-12pm SAIL 9am-10:30am, Zoom Bingo 10am-11am, ALC Bible Study 10am-11am, Class. A SAIL 10-11:30am, Bowstring/I. Falls SAIL 9-10:30am, Grand Rapids SAIL 10:30-12pm, Deer River	26 Sr. Billiards 9am-12pm SAIL 10-11:30am, In Person Wabana Town Hall Cribbage 1pm-3:30pm	27 Sr. Billiards 9am-12pm
28	29 Sr. Billiards 9am-12pm SAIL 9-10:30am, Hill City Fire Hall SAIL 10:30-12:00pm, Zoom, In Person Deer River & Jacobson Cribbage 1pm-3:30pm	30 Sr. Billiards 9am-12pm SAIL 9-10:30am, Zoom SAIL 10-11:30am, In Person Wabana I. Falls & Bowstring SAIL 9-10:30am, Grand Rapids Rummikub 12pm-2pm Hooks & Needles 12-4pm, ALC Bridge 12pm-3pm	September 30th, Wills & Estates Clinic 12:00pm & 1:00pm See reverse for details			



all about
aging!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wills & Estates Clinic

Presented by Jerry Ophoven,
Jeffrey Hakala, & Benjamin Weerts

Tuesday September 30th, Noon & 5 PM

Hors d'oeuvres provided, at the Itasca County Family YMCA.
Kindly RSVP to rmiller@ymcaitasca.org or 218.327.1161

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



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!



Walk With Ease Free Walking Program

Monday, Wednesday and Fridays
September 22nd-October 31st
Central Square Mall

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



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
- **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, & Fridays
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