

Calendar of Regularly Scheduled Senior Services

3/15/2020

Grand Marais

Blood Pressure & Blood Sugar Screening	Hub/Senior Ctr	1st Tues, 10:30am	\$3.00 Blood sugar
Cook County Memory Café	Hub/Senior Ctr	2nd Thur, 1-2:30pm	Pre-register with Care Partners (218) 387-3788
Foot Care Clinic	Hub/Senior Ctr	3rd Tues, 9-11am	\$10; no pre-registration; bring your own soap, towel and bucket
Healthy Living Group	Hub/Senior Ctr	Mondays, 1:30pm	No pre-registration needed
Lunch at the Hub	Hub/Senior Ctr	Mon-Fri, noon	\$4 for 60+ yrs; call the Hub before 9:30am to reserve a meal (218) 387-2660
Tech Support	Hub/Senior Ctr	4th Mon, 1-3pm (3rd Mon in May)	Call ahead for one on one assistance (218) 387-2660

East End/Grand Portage

Congregate Meal	Grand Portage ENP	Mon-Fri 11:30am-12:30pm	\$3 for 50-64 yrs; \$2 for 63+ Pre-register by 9am to ENP (218) 475-2655
Foot Care Clinic	Grand Portage Health Services	3rd week of the month	Call clinic for weekday and time (218) 475-2235
Water Aerobics	Grand Portage Community Ctr	Every Mon, Wed, & Fri, 10am	Free for Community Center members
Wisdom Steps Walking	Grand Portage Community Ctr	Every Wed, 11am	For more info, call Community Center; (218) 475-2653

West End

Birch Grove Senior Meal	Birch Grove Community Ctr	Every Wed, 11:30am	\$5 suggested donation No pre-registration needed
Bone Builders	Birch Grove Community Ctr	1st, 3rd & 5th Mon 2nd & 4th Thurs, 10am	
Caregiver Coffee	Birch Grove Community Ctr	2nd Fri, 10am	For persons giving care to family, friends or neighbors
Foot Care Clinic	Birch Grove Clinic	3rd Wed, 12:30-1:30pm	\$10; pre-register 387-2330; bring your own soap, towel and bucket

* Please contact Care Partners if you see any errors, or if you know of other regular events important to seniors. We will continue to update this list on our web site.