



Upcoming Classes & Events

Updated 02.16.26

Grief Group

Grief is a journey, and you don't have to walk it alone. Drop in any time for reflection and supportive conversation.



2nd & 4th Monday of each month | 6:30-8:00pm
Johnson Heritage Post | 115 W Wisconsin St, Grand Marais

Meeting February 23rd & March 9th

Care Partners envisions a community that is fully supported to navigate our shared journeys of aging and end-of-life.

We provide practical help and companionship for older adults and the people who care for them. Our staff and trained volunteers are here to assist with transportation, chores, advance planning, care coordination, supportive presence at end of life, caregiver coaching, and more. Feel free to contact us by phone at 218-387-3788 or stop by our offices at 615 East Highway 61 in Grand Marais. We're open Monday through Friday, 10am to 3pm.



Care Partners of Cook County

PO Box 282, 615 E Hwy 61
Grand Marais, MN 55604
218-387-3788

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www.carepartnersofcookcounty.org

Lunch & Learn

4th Wednesdays, noon - 1pm

Free classes from Care Partners and Cook County Higher Education designed to support aging well in Cook County, featuring speakers from area organizations like the Arrowhead Area Agency on Aging, Sawtooth Mountain Clinic, Cook County HRA, the Alzheimer's Association, and more. You can join us in person at Cook County Higher Education or online via Zoom. Thanks to our generous donors, those who attend in person can enjoy a free, light lunch!



Wednesday, February 25 The Age Friendly Initiative: Making a Difference in Cook County

Our special guest in February is Julie Wilson, Executive Director of Care Partners and a Project Manager for the Age Friendly Cook County initiative. She'll give us the scoop on what's been happening over the last year with the initiative. We'll also brainstorm together about what's working for older adults in our corner of the world (and where there's room for improvement) with the goal of leaving this session inspired and empowered to advocate for a community that's accessible to people of all ages.



Wednesday, March 25 Making Technology Work for Good

It's true that trying to continually navigate through a world of ever-changing technology can be pretty frustrating. Yet it turns out that some of our modern programs, gadgets and gizmos also have the capacity to dramatically improve quality of life for many, many people - including older adults. Join us in March as Kelly Looby with the Lighthouse Center for Vital Living shows us some wonderful techie-type tools that just might actually make our lives a little better!





Connecting Caregivers
1st Wednesdays, 1pm
The Hub
Next gathering: March 4th

This monthly meeting provides an opportunity for caregivers to gather for casual conversation and mutual encouragement. Connecting Caregivers is open to anyone who is caring for an older friend or family member, near or far, and offers a chance to visit with others who share the caregiving journey. Led by Care Partners volunteers Kathy Reeves and Kay Costello, the gathering takes place at 1pm on the first Wednesday of each month at The Hub. No pre-registration to remember, no books to read, no homework to do - just come when you can for a cup of coffee, a moment of rest, and the gift of connection.

Cook County Potters Annual Seconds Sale



@ The Hub, 10 Broadway
Saturday, March 21st
10am to 2pm
You name the price!

All proceeds to Care Partners of Cook County



Aging Well Resources
 COOK COUNTY MN

www.agingwellresources.org

**Easy access to
aging services,
information &
events**

Reframe Aging

Monthly Roundtable

Third Mondays of the month

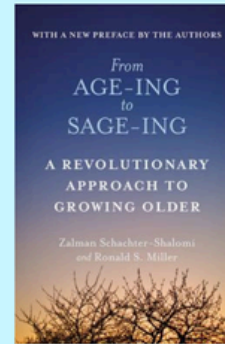
12:15-1:45pm | The Hub, Grand Marais



Drop in any time to discuss the book of the month or simply for lively, thoughtful conversation about aging

March 16, 2026 Book Selection

From Age-ing to Sage-ing
 by Zalman Schachter-Shalomi and
 Ronald S. Miller



First published in the 1990's, this book offers insights into how elders can use their (hard-won) wisdom to positively impact those around them. Our discussion will be informed primarily by Chapters 3-8 and the Appendix.

- Order or purchase the selection from our friends at Drury Lane Books and receive a 15% discount - call us for details
- Or, check out a copy of the book from our friends at the Grand Marais Public Library



For more information including upcoming book selections, call Care Partners or use the QR code at right.



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