



## Upcoming Classes & Events

Updated 04.01.26

### Grief Group

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

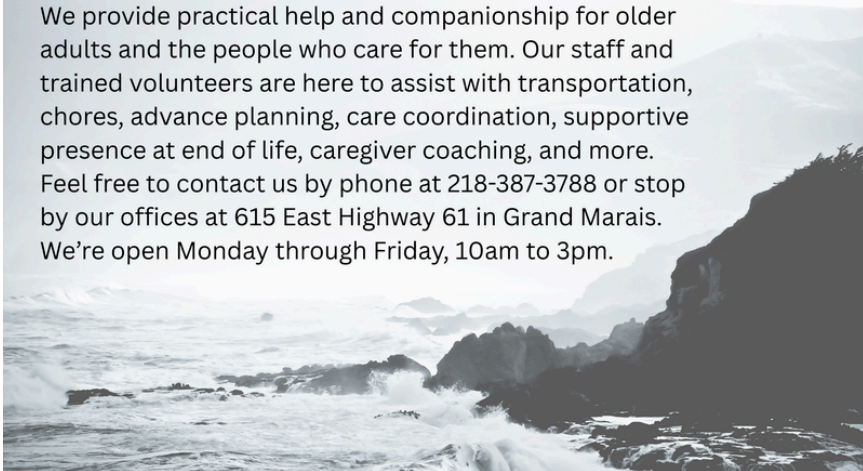


**2nd & 4th Monday of each month | 6:30-8:00pm**  
**Johnson Heritage Post | 115 W Wisconsin St, Grand Marais**

**Meeting April 13th & 27th**

***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.



## Memory Café Reopens April 16th!

Memory Café is a free monthly gathering for people who are living with memory loss and those who are caring for them. The Café offers a safe, supportive, relaxed environment to enjoy light



refreshments, casual conversation and friendly connections with others who know the memory loss journey first-hand. Each month we are also joined by a special guest who will share stories, offer their talents, or perhaps encourage us to try our hand at a fun, easy activity! Join us the third Thursday of the month from April through October, 1:00- 2:30pm at The Hub. No preregistration needed, just stop in!

## 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*

**Next gathering - April 20**

April book selection:

**“No Time To Spare: Thinking About What Really Matters”**  
A selection of essays by Ursula Le Guin

## 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 local and area organizations. . 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, April 22 Mining Memory Lane: Exploring Your Stories

Our lives are made of stories, from childhood games to holiday traditions, to grand adventures. Writer and storyteller Rose Arrowsmith will use prompts, guided visualization, and paired sharing techniques to help you tap into and start crafting your memories. This short workshop is a great way to kickstart recording family history or writing memoir, all while connecting with others through thoughtful conversation.



### Wednesday, May 27 The Gift of Sight

For Healthy Vision Month we are pleased to be joined by Patty Stockdale from the UMD Department of Ophthalmology & Visual Neurosciences. Patty will help us learn about the Lion's Gift of Sight Program and provide a glimpse into current vision-related research. Cathy

Everett from the Grand Marais Lion's Club will also share her own special experience with the Gift of Sight Program.



## Connecting Caregivers 1st Wednesdays, 1pm The Hub Next gathering: May 6th

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.



**Aging Well Resources**

COOK COUNTY MN

Easy access to aging services, information, & events

[www.agingwellresources.org](http://www.agingwellresources.org)



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