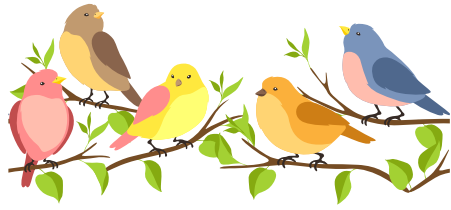




## Upcoming Classes & Events

Updated 05.07.26



# Spring Chore Days May 29-30, 2026

Connecting volunteers with Cook County older adult neighbors to help with spring chores such as raking leaves, planting flowers, and general yard or garage cleanup!

Contact Care Partners by May 15 to:

- Find out how you or your group can volunteer
- Ask about getting help with a spring chore

218.387.3788

[carepartnersofcookcounty.org](http://carepartnersofcookcounty.org)



A HUGE thank you to  
**Cook County Whole Foods Co-op**  
for selecting Care Partners as their  
Round-Up Program recipient for the  
month of May -  
**and to everyone who rounds up their  
purchase this month on our behalf!**

*We are proud of the many ways  
our Cook County community  
supports friends and neighbors  
on the journey of aging and end-  
of-life!*



# 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 - May 18th

May book selection:  
“The Thursday Murder Club: A Novel”  
by Richard Osman

## Grief Group

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

3rd Monday of each month | 5:00-6:30pm  
Care Partners offices

Meeting May 18th



[info@carepartnersofcookcounty.org](mailto:info@carepartnersofcookcounty.org)  
[www.carepartnersofcookcounty.org](http://www.carepartnersofcookcounty.org)

## Memory Café - May 21st

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 also invite a guest from the community to share a talent, hobby, or area of expertise – in May we will be joined by Master Gardener Gine Meissner! Join us Thursday, May 21 from 1:00- 2:30pm at The Hub. No preregistration needed, just stop in!



**Connecting Caregivers**  
**1st Wednesdays, 1pm**  
**The Hub**  
**Next gathering: June 3**



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 volunteer Kay Costello and Care Coordinator Barb Bernardy Rose, 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.

## 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!



### 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.



### June 24: When We're Dreading the Conversation

It's all too easy to put off important conversations with our loved ones – especially when we worry those discussions might result in conflict or misunderstanding. Yet there are moments when we also know that like it or not, it's time to talk. In June we're excited to welcome Licensed Independent Clinical Social Worker Erika Figueira-Basheer as our guest presenter. Erika will give us tips for figuring out why we might be avoiding a conversation, thinking through what we want to say (and how we want to say it), and stepping beyond our fear to invite healthy, honest dialogue with the people we love.



LIVE CONCERT TO BENEFIT

Care Partners  
of Cook County

with

# The Splints!

Thursday, June 4 | 6:30-9:00pm

## Up Yonder

1615 W Highway 61, Grand Marais

**Donations cheerfully accepted  
at the door**

*Thank you for helping us support community  
members on the journey of aging and end of life*

Care Partners of Cook County  
615 E Hwy 61, PO Box 282  
Grand Marais, MN 55604  
218-387-3788