



## Upcoming Classes & Events

Updated 05.27.26

LIVE CONCERT TO BENEFIT



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



**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.

## 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 - June 15th**

June book selection:  
 “The Five Secrets You Must Discover Before You Die”  
 by John Izzo, PhD

# 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 June 15th**



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

## Memory Café - June 18

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 June we will be joined by Gwen Danfelt from Drury Lane Books! Gwen will share a little about her love of reading and help us explore ways to enjoy books all along the journey of aging and memory loss. Join us Thursday, June 18 from 1:00– 2:30pm at The Hub. No preregistration needed, just stop in!



## Lunch & Learn

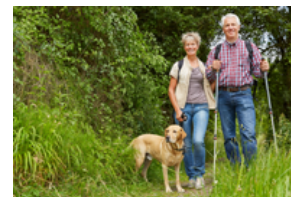
**4th Wednesdays, noon - 1pm**

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!



### 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.



### July 22: Gentle Hikes of Minnesota's North Shore

Just in time to enjoy our area's famous summer weather, we're excited to welcome authors and educators Ladona Tornabene, PhD, MCHES and Lisa Vogelsang, PhD! They are passionate about helping people feel better on the inside by spending more time outside – regardless of age or physical ability level. They along with another co-author have written a wonderful guide to short walks all along the north shore, some familiar, others not so well known. Come and be encouraged to "take a hike" for fun and wellness!