Upcoming Classes & Events

Updated 10.07.26

Memory Café

The October Memory Café (our final Cafe of the season) has been cancelled. Thank you to all who attended the Cafe in 2026 and to our community friends who generously shared their hobbies, areas of expertise, and stories with us. Thanks also to the Hub for allowing us to use their wonderful space. We're excited to begin planning for next season's Memory Cafe which will open again in April 2027! Keep an eye on the Care Partners website to learn more about next year's location, dates, and special guests.

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.

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 - October 19

October book selection:

Women Rowing North: Navigating Life's Currents and Flourishing as We Age

by Mary Pipher

See details about the Roundtable, including upcoming book selections!

Grief Group

Grief is a journey, and you don't have to walk it alone. Attend when you can for reflection and supportive conversation – no preregistration necessary.

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

Care Partners office | 615 E Hwy 61, Grand Marais

Next meeting October 19

Connecting Caregivers

1st Wednesdays, 1pm

Cook County Community Center - Conference Room

Next Gathering: November 4

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 in the Conference Room of the Cook County Community Center (317 W 5th St, Grand Marais.) 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

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!

October 28: Understanding POLST (Provider Orders for Life-Sustaining Treatment)

In this session, Dr. Kurt Farchmin, geriatrician and former Sawtooth Mountain Clinic provider, will help us understand one of the most frequently misunderstood Advance Planning documents – the POLST form. He'll walk us through the form step by step, explain what it is, why it is important, and how to work with your medical provider to complete it. Dr. Farchmin will also touch on the crucial role of Advance Planning documents from a medical provider's perspective.

November Lunch & Learn will take place on the THIRD Wednesday (November 18) to avoid Thanksgiving Week.

Our previously scheduled November topic has been postponed - watch our website for more info coming soon!