


2025



<https://www.eldercircle.org/events/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Sr. Billiards 9am-12pm Auction: On The Water Timberlake, 5:30pm
2	3 Sr. Billiards 9am-12pm SAIL 9-10:30am, Hill City Fire Hall SAIL 10:30-12:00pm, Zoom, In Person Deer River & Jacobson in person Cribbage 1pm-3:30pm	4 Sr. Billiards 9am-12pm SAIL 9-10:30am, Zoom SAIL 10-11:30am, In Person Wabana I. Falls & Bowstring SAIL 9-10:30am, Grand Rapids Rummikub 12pm-2pm Bridge 12pm-3pm Hooks & Needles 12-4pm, ALC Parkinson's Support Group; Mall 1-2pm	5 Sr. Billiards 9am-12pm SAIL 9 -10:30am, Hill City Fire Hall Bunco 10am-2pm Monthly Birthdays 10am SAIL 10:30-12pm, Zoom, in person Jacobson 500 Cards 1pm-3pm	6Sr. Billiards 9am-12pm SAIL 9-10:30am, Zoom Blood Drive: 9am-5pm YMCA Parking Lot Bingo 10am-11am, ALC Bible Study 10am-11am, Class. A SAIL 10-11:30am, Bowstring/I. Falls SAIL 9-10:30am, Grand Rapids SAIL 10:30-12pm, Deer River Caregiver Support Group 1pm-2pm, The Pillars	7 Sr. Billiards 9am-12pm SAIL 10-11:30am, In Person Wabana Town Hall Cribbage 1pm-3:30pm	8 Snowflake Bazaar: 8:00am-3:00pm Sr. Billiards 9am-12pm
9	10 Sr. Billiards 9am-12pm SAIL 9-10:30am, Hill City Fire Hall SAIL 10:30-12:00pm, Zoom, In Per- son Deer River & Jacobson Cribbage 1pm-3:30	11 Sr. Billiards 9am-12pm SAIL 9-10:30am, Zoom SAIL 10-11:30am, In Person Wabana I. Falls & Bowstring SAIL 9-10:30am, Grand Rapids Rummikub 12pm-2pm Bridge 12pm-3pm Hooks & Needles 12-4pm, ALC	12 Sr. Billiards 9am-12pm SAIL 9 -10:30am, Hill City Fire Hall SAIL 10:30-12pm, Zoom, in person Jacobson Bunco 10am-2pm 500 Cards 1pm-3pm	13 Sr. Billiards 9am-12pm SAIL 9am-10:30am, Zoom Bingo 10am-11am, ALC Bible Study 10am-11am, Class. A SAIL 10-11:30am, Bowstring/I. Falls SAIL 9-10:30am, Grand Rapids SAIL 10:30-12pm, Deer River Book Club, 12:30-2pm, ALC Classroom Memory Support Group 1pm-2pm, Majestic Pines	14 Sr. Billiards 9am-12pm SAIL 10-11:30am, In Person Wabana Town Hall Cribbage 1pm-3:30pm	15 Sr. Billiards 9am-12pm
16	17 Sr. Billiards 9am-12pm SAIL 9-10:30am, Hill City Fire Hall SAIL 10:30-12:00pm, Zoom, in Person, Deer River & Jacobson Cribbage 1pm-3:30pm NL Coins & Currency 6:30pm	18 Sr. Billiards 9am-12pm SAIL 9-10:30am, zoom SAIL 10-11:30am, In Person Wabana I. Falls & Bowstring SAIL 9-10:30am, Grand Rapids Rummikub 12pm-2pm Bridge 12pm-3pm Hooks & Needles 12-4pm, ALC	19 Sr. Billiards 9am-12pm SAIL 9 -10:30am, Hill City Fire Hall SAIL 10:30-12pm, Zoom, in person Jacobson 500 Cards 1pm-3pm	20 Sr. Billiards 9am-12pm SAIL 9am-10:30am, Zoom Bingo 10am-11am, ALC Bible Study 10am-11am, Class. A SAIL 10-11:30am, Bowstring/I. Falls SAIL 9-10:30am, Grand Rapids SAIL 10:30-12pm, Deer River	21 Sr. Billiards 9am-12pm Bunco 10am-2pm SAIL 10-11:30am, In Person Wabana Town Hall Cribbage 1pm-3:30pm	22 Sr. Billiards 9am-12pm
23 30	24 Sr. Billiards 9am-12pm SAIL 9-10:30am, Hill City Fire Hall SAIL 10:30-12:00pm, Zoom, In Person Deer River & Jacobson Health Fair: 2:00pm-5:00pm	25 Sr. Billiards 9am-12pm SAIL 9-10:30am, Zoom SAIL 10-11:30am, In Person Wabana I. Falls & Bowstring SAIL 9-10:30am, Grand Rapids Rummikub 12pm-2pm Hooks & Needles 12-4pm, ALC Bridge 12pm-3pm	26 Sr. Billiards 9am-12pm SAIL 9 -10:30am, Hill City Fire Hall SAIL 10:30-12pm, Zoom, in person Jacobson 500 Cards 1pm-3pm	27 CLOSED 	28 Sr. Billiards 9am-12pm SAIL 10-11:30am, In Person Wabana Town Hall Cribbage 1pm-3:30pm ElderCircle office closed	29 Sr. Billiards 9am-12pm



all about
aging!

Free Health Fair

Monday, November 24th | 2:00pm-5:00pm

Make your health a priority! Stop by our Free Health Fair for an assessment of your current state of health. Plus talk to local health partners for tips on staying well or getting the help you need to be well.

Where? Active Living Center

Who? Anyone!

How? Just show up! No pre registration required

Questions? Contact Grand Itasca Clinic & Hospital at 218-999-1440

Parkinson's Support Group

If you or someone you know is living with Parkinson's Disease, we invite you to join our Support Group.

Together, we can share experiences, offer support, and build a strong community.

1st Tuesday of each month

1:00-2:00pm

Central Square Mall #124
201 NW 4th Street
Grand Rapids, MN 55744



For any questions, contact Danielle at 218-999-9233 ext. 282 or danielle@eldercircle.org

Monthly Birthday Celebrations!

Join us on the second Wednesday of each month at 10:00am to celebrate all of the birthdays for that month. We will provide treats to enjoy and help celebrate!



Stay Active and Independent for Life (SAIL)



SAIL is a low-impact fitness program designed specifically for adults to build muscle strength, improve balance and increase flexibility to maintain or regain an active lifestyle.

This is an on-going fitness session. You can join at any time.

Live, in-person sessions:

- **Bigfork**

Tuesdays & Thursdays
9:00-10:30am

- **Bowstring**

Tuesdays & Thursdays
10:00-11:30am

- **Deer River**

Mondays & Thursdays
10:30-12:00pm

- **Grand Rapids**

Central Square Mall, Suite 124
Tuesdays & Thursdays
9:00-10:30am

- **Hill City**

Mondays & Wednesdays
9:00-10:30am

- **International Falls**

Tuesdays & Thursdays
10:00-11:30am

- **Jacobson**

Mondays Wednesdays, & Fridays
10:30-12:00pm

- **Wabana**

Tuesdays & Fridays,
10:00-11:30am

Online via Zoom video conference:

- Tuesdays & Thursdays
9:00-10:30 am

Registration required

To register, call ElderCircle at 218-999-9233, ext. 278 or Email lori@eldercircle.org

Caregiver & Memory Support Groups

For caregivers of any age who is caring for an ailing parent, child, spouse, or other individuals of any age, near or far.

Faced with a variety of responsibilities, many of which are unfamiliar or intimidating, caregivers can easily become overwhelmed and alone.

This group is a safe place to discuss issues, concerns, success stories and answer questions.

- **Caregiver Support, Hibbing**

Second Monday of each month
12:30-1:30pm
Hibbing Christian Assembly
2201 2nd Ave. W

- **Memory Support, Grand Rapids**

Second Thursday of each month
1:00-2:00pm
Majestic Pines Senior Living, Private Dining Room, 1614 Golf Course Rd

- **Caregiver Support, Hibbing**

Second Thursday of each month
12:30-1:30pm
Sportsman's Restaurant
509 E Howard St, Hibbing, MN 55746

- **Caregiver Support, Grand Rapids**

First Thursday of each month
1:00pm-2:00pm
The Pillars of Grand Rapids, 2060 SW 8th St, Grand Rapids, MN 55744

For questions or registration, call Danielle at 218-999-9233, ext. 282 danielle@eldercircle.org

Snowflake BAZAAR

Saturday, November 8th

8:00am-3:00pm
Over 50 Vendors this year!
Itasca County Family YMCA



Every Thursday

10:00-11:00am

Active Living Center

Please arrive prior to 10am to receive your bingo card

-Regular Bingo is vertical, horizontal and diagonal.

-Each game plays one card per person at a time.

-Regular bingo for games 1-6
Last game played is cover all.

Living Well with Diabetes

If you live with diabetes and would like to improve your health and sense of well-being, this is the class for you.

Virtual

Workshop on Wednesdays
November 12, 19, 26,
December 3, 10, 17

For questions or registration, call Danielle at 218-999-9233, ext. 282 danielle@eldercircle.org