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 seniors@boreal.org
 grandmaraishub.com

Cook County Council on Aging

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Mission Statement: The mission of the Cook County Council on Aging is to enhance the quality of life for all, through programs, resources and services and to support health, economic, social and cultural needs.

SEPTEMBER

2023

Walk to End Alzheimer's Comes to Cook County



Alzheimer's isn't waiting — and neither are we! This year, there are two Cook County teams participating in the Alzheimer's Association Walk to End Alzheimer's® to raise funds and awareness for Alzheimer's care, support, and research.

Grand Portage Team

Saturday, September 9

Elderly Nutrition Grand Portage

Grand Marais Team

Saturday, September 23 – 2:30pm

The Hub/Senior Center

There are lots of ways to be part of Team Grand Marais! Register as a team member and **walk with us** on September 23rd in memory or honor of a loved one with dementia, as an advocate for a dementia-friendly community, or to show your support for a dementia-free world!

Our Walk will take place on Saturday, September 23. We'll start at the Hub (10 Broadway, Grand Marais) - registration begins at 2:30pm.

Volunteer to help on Walk Day!

Reach out to Care Partners at 218.387.3788 www.carepartnersofcookcounty.org

Or The Hub at 218-387-2660 grandmaraishub.com



The senior center will be closed on September 4th in observance of Labor Day.

Coming up in October at The Hub!



Jewelry & Purse Sale!

We Need Your Jewels!



(and bags & purses)

Almost everyone has a bunch of old/used jewelry they just don't wear anymore or you only have one earring from a set. Why not donate to THE HUB for our Fall Fundraiser!

We are accepting all kinds of jewelry, handbags, wallets, backpacks, & purses
(including children's)

When: During **"MOOSE MADNESS"** Weekend (MEA break)

Friday, October 20th from 9:00 - 3:00

Saturday, October 21st from 9:00 - 2:00

Sale will be at The Hub

10 North Broadway, Grand Marais

218-387-2660



How to donate: Just drop off your items at The Hub during business hours
Monday-Friday 8:00-4:00. **Thank you for Supporting THE HUB!**





Aging with GUSTO

Having a positive view of aging and living our lives "with gusto" make it a lot easier to have healthier, happier years ahead. Let's talk together about which values and key contributors we want to draw on to lead the most meaningful, satisfying lives we can. We'll also look at how ageism impacts us - sometimes in surprising ways - and how we can respond smartly. Trained facilitators will guide the discussion, offering thought-provoking ideas and questions to stimulate personal discoveries and small-group conversations.



September 2023

Aging with Gusto Series

Three Mondays:

September 11, 18, and 25

1:00—2:30 PM

*Presented through a partnership between
the Arrowhead Area Agency on Aging
and Care Partners of Cook County*



- **Free and open to all**
- **Pre-registration required**

Register via phone at (218) 387-3788

Or online:



bit.ly/agingwithgustograndmarais

Classes will be held in person at
Grand Marais Hub/Senior Ctr
10 Broadway, Grand Marais





The Hub Blood Pressure + Blood Sugar Screenings

The Sawtooth Mountain Clinic will be offering monthly blood pressure and blood sugar screenings beginning in May at The Hub.

No registration necessary, provided on a first come first serve basis.

Cost for the services: Blood Pressure Screening - Free
Blood Sugar Screening: \$3.00

The Hub Dates & Times:

September 7th 9:15-10:15

HEALTHCARE LOAN CLOSET

Check with The Hub/Senior Center next time you are in need of durable medical supplies. Lots of great supplies have been donated to The Hub! We, in turn, loan items out to those who need them. You may keep the item as long as you need it and return it to us when you are done. Items typically on hand are: Walkers, Canes, Commodes, Shower Chairs, Wheelchairs & other miscellaneous supplies.

Call 218-387-2660, we'll be glad to help!

No charge, donations welcome!



SUPPORT SERVICE AT THE HUB!

If you need assistance filling out paperwork, applications, legal forms, etc.

Donna Lunke will be at The Hub on the second Tuesday of each month to assist with any of these tasks.

Tuesday, September 12, 2023

Place: The Hub – 10 Broadway, Grand Marais, MN

Dates: Second Tuesday of each month

Time: 11:00 a.m. until 2:00 p.m.

Questions call The Hub at (218) 387-2660.

September 10th Happy Grandparents day to all of our grandparents. Enjoy your day!



Aging Well Resources

COOK COUNTY MN

<https://agingwellresources.org/>



The next Foot Care Clinic is

Tuesday, September 19, 2023

Place: The Hub – 10 Broadway, Grand Marais, MN

Dates: Third Tuesday of
every month

Time: 8:30 a.m. until finished

Details:

**Schedule an appointment by calling the Hub at
(218) 387-2660.**

First come, first served starting at 8:30 am.

Patients must remain masked at all times.

Patients need to bring their own:

- Foot basin
- Towel
- \$10 cash

**Clinic staff will be using the same infection control
protocols that are in place at the clinic.**



Need a Greeting Card?

Stop down and check out the beautiful
handmade cards our Hub crafters have
created.

These are one of a kind with a great price!

Cost \$1.00 ea. / 6 for \$5.00



On September 11, Patriot Day gives all of us time
to reflect on the devastating terror attacks that took
nearly 3,000 lives. We commemorate those who
we lost and give thanks to the brave first
responders who put their lives on the line. Take a
moment today to consider what we stand for as a
nation and how we can work together to make the
world a better place for all.

Rhubarb Cookies

- 3 cups brown sugar
- 1.5 cups butter
- 3 eggs
- 5 1/4 cups flour
- 3 tsp. cinnamon
- 1.5 tsp salt
- 1.5 tsp baking soda
- 1.5 tsp baking powder
- 3 cups rhubarb finely diced



Preheat oven to 375* In a large bowl beat
brown sugar, butter and egg together. Add
flour, cinnamon, salt, baking soda and powder.
Beat well until dough forms. Add rhubarb and
beat again. Using a 1-inch cookie dough
scoop, form balls of dough and place them on a
greased cookie sheet. These cookies will
spread. Bake cookies for 12-14 minutes or until
baked through. Cool on cookie sheet for 5
minutes, then place on a rack to cool
completely. Makes 72



Ruby's PANTRY

Next Pop-Up Pantry is Tuesday
September 12, 2023

317 West 5th Street Grand Marais, MN 55604
DAYS AND HOURS 2nd Tuesday of the Month

Registration begins at 4:30 PM

Food bundles available 4:30-6:00 PM

Hosted by: Spirit of the Wilderness Church



Grand Marais/Cook County Food Shelf

- Fresh and shelf-stable food, plus two vouchers for dried goods and produce redeemable in Grand Marais grocery stores
 - For those in crisis or within income guidelines
- Open every Monday 3-5pm and 1st Wednesday of the month 5-7pm
- Register on site during distribution hours
Location: First Congregational Church

MEALS ON WHEELS

- Lunches delivered from the Hub/Senior Center to Cook County adults 60+ or homebound
 - Fresh meals delivered Monday-Friday; frozen meals available for weekends
 - Delivery within 5-mile radius of Grand Marais
 - \$4.50 suggested donation per meal
- To register or for more information, contact the
Arrowhead Economic Opportunity Agency
at
1-800-662-5711



Mobile Food Pantry Program

Our Mobile Food Pantry Program provides a monthly supply of supplemental nutritious food to those who meet our income qualifications or are in crisis. Our availability varies but you may receive shelf-stable, fresh or frozen protein, grains, fruits, vegetables, and dairy. Items like cereal, pasta, brown or white rice; protein like beef, chicken, tuna, or peanut butter; dairy like milk or cheese; fruits, vegetables and more.

Distribution Information:

The 4th Wednesday of Every Month in 2023 (rain or shine)

- Grand Portage Community Center, 11:30am-Noon
73 Upper Road, Grand Portage, MN
- Cook County Community Center, 1:30-2:00pm
317 W. 5th Street, Grand Marais, MN

Additional Information:

- Distributions are a low-contact, safe, drive-through format
- Please be ready to provide basic information like name, address, number of people in your household and household income
- Please make sure your vehicle has capacity for 1-2 boxes of food (limit 4 households per vehicle)



second harvest northern lakes food bank
4503 Airport Boulevard, Duluth MN 55811 | 218-336-2312 | info@northernlakesfoodbank.org



2023-2024 BACK-TO-SCHOOL SUPPLY DRIVE!

The first day of school is quickly approaching! Help support local students as they return to the classroom by ensuring they have the necessary tools for successful year of learning. This year, The Hub is collaborating with Bethlehem Lutheran Church to help Cook County students start the year off on the right track. Please consider helping ensure all kids have what they need to learn and succeed this school year and to reach their full potential. Donations will benefit students in all Cook County schools.

Team up with co-workers, your neighborhood, faith community and share with others to help make this a success!

Thank you for supporting our local students in achieving academic success!

Questions call: 218-387-2660 or cccoa@boreal.org

Supplies can be dropped off at :

**The Hub
10 North Broadway
Grand Marais**



School Supply List

- Backpacks
- Erasers
- Spiral Notebooks
- Composition Notebooks
- Folders
- Pencil box
- 24 Count Crayons
- Colored Pencils
- Markers
- Glue sticks
- Bottled Glue
- Scissors
- Ruler
- Pencil sharpener
- Loose-leaf paper
- Hand sanitizer
- Folders
- 3 Binders
- Highlighters
(pink, yellow, green, & blue)

Optional & Appreciated

- Back Pack
- Kleenex
- Disinfecting Wipes
- Gallon & quart size Ziploc Bags
- Dry Erase Markers
- Sticky notes (High School)
- Index Cards
- Band Aids
- Hand Sanitizer
- Cups, plates, napkins, forks, spoons
- Decks of cards
- Dice
- Scientific Calculator
(High School)
- Head Phones
- Ear Buds

Wednesday Night Book Group

We were all created for continuous growth! Most people are looking for ways to determine personal goals, pursue lifestyle changes and create a healthy lifestyle. Sometimes we feel stuck in a rut of sameness and we want a "re-set." Perhaps you have goals but always get tripped up by busyness or seem to lack the discipline to move forward.

If this describes you, YOU are welcome to join this group.

The goal is to meet once a month after reading an encouraging article, book or podcast that focuses on personal growth. Goal: To encourage your personal life goals.

First Meeting: Wednesday, September 20th 7:00 pm (Then every 3rd Wednesday of the month).

Where: The Hub (Sr. Center) 10 N. Broadway Grand Marais

First Topic: Read, Atomic Habits by: James Clear (try to get through at least half the book).

This is a self-led group focusing on defining how various authors/speakers have given you insights into pursuing your best life. Everyone will be encouraged to share their goals for personal growth and hurdles they want to overcome.

The purpose of the group will be to listen and encourage you in your journey to a more fulfilling life.

NOTE: This is not a therapy group and significant life challenges should be dealt with in a therapeutic setting.

Contact: Larry Dean 218-370-9517 or

larythomasdean309@gmail.com



Tai Chi

*Instructor: Bruce R. Tyler;
Board-Certified Instructor*

Having discovered the benefits of Tai Chi in his sixties, Bruce is particularly interested in working with older adults to maintain and improve their functional movement and balance, help prevent falls, and provide opportunities for social interaction.

Why do people practice Tai chi?

- Reactivates mindful body connection
- Improves balance & helps prevent falls
- Pain reduction (gentle, slow movement lubricates joints)
 - Improves mood
 - Fosters social interaction

Tuesdays at 10:30 –11:30

Walk-ins welcome!

Comfortable clothing and shoes are suggested

Please call The Hub if you have any questions call us at 387-2660.



Guys Coffee & Conversation!

Join others for coffee & conversation on Thursdays at the Hub starting at 11:00!

Stop down and start your Thursday mornings off with a great cup of coffee & conversation!

The focus of the group is purely social based on coffee, conversation, & friendship!

"Boundary Waters Coffee" provided by:

*Tyler & Jess Dean
Owners of Ben Franklin,
Grand Marais
(Complimentary coffee/tea)*



Chair Yoga for Strength & Ease of Movement

Instructor: Nancy Giguere, Registered Yoga Instructor
Nancy began her study of Yoga in her 50s and is especially interested in working with older & "non-typical" students. **Her classes emphasize the development of mindful awareness through explorations of range of motion, alignment, strengthening, function, breathing, and relaxation.**

Chair Yoga for Strength & Ease of Movement

Sitting in a chair or standing using the chair for support, you'll explore the mind-body connection through yoga postures and other forms of movement.

Wednesdays at 10:30 -11:30

No charge for class & open to all - Walk-ins welcome

Comfortable clothing are suggested

Call The Hub 218-387-2660 if you have any questions.

Visit us at grandmaraishub.com



Tech Support at The Hub

John Jacobsen from *Jake's Computer & Technology Services* will be offering free tech support on Fridays from 1:00-3:00.

Bring your devices and your questions!

This is on a first come first basis

There is no charge for this service.



MN Drivers Written Test & Exams

MN Drivers Test & Written exams monthly at The Hub on the second and fourth

Tuesday of each month

10:30 a.m.– 1:30 p.m.

September 12 & 26

CREATIVE

Creative Crafting

Paper Crafts, Card Making, Coloring,
Rock Painting, Clay and More!

Open House crafting on Tuesdays & Thursdays
10:30-3:30

Everyone welcome and open to all!

Supplies provided. Come learn some fun crafting techniques

Open to ideas and projects ideas!



Never played?
Join us on any of
the scheduled card
playing days and
learn a new card
game the game!

Cribbage

Join us on Thursdays at 10:00 a.m.

Bridge

Interested in playing or learning how to play
Bridge? Join us on Wednesdays
at 12:30 play or learn! play!

500 Card Game

Friday afternoons at 12:30!



Texas Hold Em'

Join us on Tuesdays at 12:30 to play or
learn the game of Texas Hold Em'.

Weekly Bus trip to Duluth returns!



We have some exciting news for residents and visitors of Grand Marais and Duluth! Arrowhead Transit is thrilled to announce the return of its most requested bus route from Grand Marais to Duluth. After careful consideration and community feedback, this convenient and comfortable transportation option will be available every Tuesday starting from July 11th. Whether you're planning a day trip, a medical appointment, or exploring the vibrant city of Duluth, Arrowhead Transit has got you covered!

Schedule:

The new bus route schedule ensures a smooth and efficient journey for passengers. Here are the departure and arrival times:

Departure Times:

- 7:40 am: Depart from Grand Marais
- 9:00 am: Depart from Silver Bay
- 9:45 am: Depart from Two Harbors

Arrival Time:

- 10:15 am: Arrive at Medical Facilities in Duluth

Return Departure Times:

- 3:35 pm: Depart from Duluth
- 4:05 pm: Depart from Two Harbors
- 4:50 pm: Depart from Silver Bay

Return Arrival Time:

- 5:50 pm: Arrive back in Grand Marais

****Reservations:**

To ensure a spot on the Grand Marais to Duluth bus route, reservations are required. Please make your reservation before noon the Monday prior to your desired travel date. Contact our friendly team at 1-800-862-0175 to secure your reservation and receive additional information.

Convenience at Your Fingertips:

Arrowhead Transit understands the importance of providing convenient and reliable transportation options for the community. By reintroducing this highly requested bus route, they aim to make travel between Grand Marais and Duluth hassle-free and enjoyable. Whether you're commuting for work, attending medical appointments, or exploring the attractions and amenities in Duluth, the Arrowhead Transit bus route is designed to cater to your needs.

Conclusion:

Arrowhead Transit's decision to bring back the Grand Marais to Duluth bus route demonstrates their commitment to serving the transportation needs of the community. Starting on July 11th, passengers can once again take advantage of this convenient and comfortable travel option every Tuesday. Remember to make your reservations before noon the Monday prior to secure your spot. Don't miss out on this fantastic opportunity to explore Duluth or fulfill your transportation needs. Get ready to embark on a pleasant journey with Arrowhead Transit!

For more information and updates, visit arrowheadtransit.com or contact them directly at 1-800-862-0175.

You may be eligible for SNAP Benefits

Do you



Receive Supplemental Security Income (SSI), General Assistance (GA), or Minnesota Supplemental Aid (MSA)



Or is your



Monthly income lower than the amounts listed below (asset limits do not apply)



Household Size	Gross Monthly Income
1	\$2,265
2	\$3,052
3	\$3,838
4	\$4,625
5	\$5,412
6	\$6,198

Contact AEOA

for
eligibility screening & application assistance

 218-749-2912

 snap@aeoa.org



AEOA



Water + Health

1. Water consumption leads to optimal hydration

Drinking ample water daily ensures adequate fluid balance in the body to maintain cellular homeostasis.

2. Water improves metabolic regulation

"Hydration supports vital metabolic processes by facilitating nutrient absorption, circulation, and transportation," says the expert.

3. Water supports digestive system

Drinking enough water aids in the breakdown and absorption of food, preventing constipation and promoting a healthy digestive tract.

3. Water consumption leads to cognitive enhancement

Proper hydration supports brain function, reducing the risk of cognitive impairment and enhancing focus and clarity.

4. Adequate water intake regulated body temperature

"Essential fluids like water assist in maintaining body temperature, particularly vital in tropical climates, through processes like sweating," says the expert.

5. Water leads to detoxification

Enables the kidneys to filter waste products efficiently, thus aiding in detoxification.

6. Water helps to increase physical performance

"Drinking water regularly helps maintain muscle function and keeps the joints lubricated while reducing the risk of cramps and strains," says the expert.

7. Water boosts skin health

Water provides skin cells with essential hydration, making skin appear more resilient and less prone to dryness and wrinkles.

8. Water reduces risk of dehydration-related ailments

The expert says, "Hydration lowers the risk of conditions like kidney stones, urinary tract infections, and certain types of headaches"

9. Water helps in maintenance of electrolyte balance

Having regular water intake prevents the loss of essential minerals like sodium, potassium, and chloride, which are crucial for many physiological processes.

How much water should a person drink daily?

You lose water while you breathe, perspire, urinate and also while bowel movements. So, it's essential that you replenish the water in your body by consumption of foods and beverages that contain water. For an average man or woman, it is advisable to consume between 2.5 to 3.5 liters of water daily, depending on their physical activity and climatic conditions. **What happens when you start drinking enough water?**

Drinking a sufficient amount of water does the following to your body: • Supports vital metabolic processes; • Aids in the digestion of food; • Enhances cognitive functions; • Ensures optimal physical output.



mn MINNESOTA
SENIOR LINKAGE LINE

Medicare and prescription drugs can be expensive. But help is available to cover some of these costs for those who qualify.

Call the Senior LinkAge Line® at 800-333-2433 to find out if you can get help paying for Medicare.

800-333-2433
mn.gov/senior-linkage-line

The Senior LinkAge Line is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging.

This project was supported, in part by grant #90SAPG0092, from the U.S. Administration for Community Living (ACL). Grantees can freely express findings and conclusions. Points of view or opinions do not represent ACL policy.

JOIN US FOR



Join us with your favorite morning beverage to start your day. We guarantee good company and engaging conversation!

Give us a call, or tell a friend.

It's FREE and confidential.

Monday - Friday 8 am - Noon.

Coffee Talk is a free drop-in chat line for older adults, from Friends & Co
©2022 Friends & Co All rights reserved.



Support and Companionship on the Journey of Aging and Serious Illness

Care Partners of Cook County provides vital support and services to help clients and their families address the transitions of aging, serious illness and end of life with safety, dignity, and confidence.

Education and Conversation about Death and Dying

Through Death Cafés, seminars, and workshops Doulas endeavor to destigmatize death and help people have a greater understanding and more conscious relationship to mortality both for others and for themselves.

Death Café is an open and non-directed friendly conversation on the topic of death, typically over tea and cake or other refreshments.

Fourth Thursday of each month

6:30 - 7:30pm

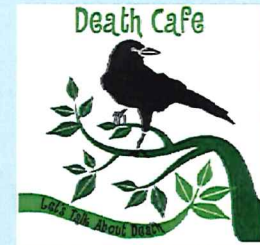
In person @ The Hub/Grand Marais Senior Center

OR online via Zoom

Email Pat Campanaro at pcampanaro@gmail.com

Call Pat at (651) 336-2964

(<https://us02web.zoom.us/j/87031418892>)



Memory Care Café

3rd Thursday of Each Month

From 1:00 – 2:30pm at the Hub/Senior Center

10 North Broadway Ave. in Grand Marais

A Memory Café is a free, casual gathering where people with memory loss and the family or friends who care for them can come together in a safe, supportive, relaxed environment. Guests share conversations over a cup of coffee and games, crafts, music or other simple activities. Memory Cafés are not a form of respite care. Instead, they offer a place where both caregiver and care recipient can enjoy one another's company and interact with others who share similar experiences.

The Cook County Memory Café will meet on the third Thursday of each month through the support of the Lloyd K. Johnson Foundation, Live Well at Home and the Grand Marais Hub/Senior Center.

For more information, call Care Partners at 387-3788

SEPTEMBER 2023 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Cheeseburger On Bun Creamy Cuke & Tomato Salad Pickle Pudding
4	5	6	7	8
CLOSED FOR LABOR DAY	Egg Bake Sausage Fresh Fruit Juice	Salisbury Steak Mashed w/Gravy Corn Dinner Roll Cookie	Philly Cheesesteak Sandwich Cottage Cheese Celery & Carrot Sticks Dessert	Hot Dogs On a Bun w/Sauerkraut Mac & Cheese Jell-o w/fruit
11		13	14	15
Sausage, Peppers And Onions Baked Potato Peas Carrot Cake	Taco Salad w/Fixins Cottage Cheese Tortilla Chips Dessert	Bratwurst on Bun Baked Beans Pickle Pudding	Biscuits & Gravy Hashbrown Peas Juice Cinnamon Roll	Ravioli W/ Meat Sauce Side Salad Bread Jell-0
18	19	20	21	22
Reuben Casserole Corn Dessert	Sub Sandwich Chips Cottage Cheese Pickle Dessert	BBQ Pork on Bun Coleslaw Baked Beans Dessert Bar	Chef Salad Dinner Roll Dessert	BLT Wrap Cottage Cheese Pickle Chips Fresh Fruit
25	26	27	28	29
Tater Tot Casserole Coleslaw Jell-0	Sweet & Sour Chicken Egg Roll Rice Fruit	Meatloaf Mashed w/Gravy Carrots Dinner Roll Pudding	Potato Soup Ham Salad Sandwich w/Lettuce Deviled Eggs Dessert	Loaded Baked Potato Side Salad Pudding

Must be pre-registered and approved for Meals on Wheels

Call AEOA at 1-800-662-5711 ext. 7323 to register and call the Center at 387-2660 by 9:30am
on day service is desired, or on Monday's to register for the week.

Lunch served Monday - Friday 12:00 pm

*** Seniors over 60 yrs.: \$4.50 ***Regular Price: \$8.00

ACTIVITIES & PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				9:30 Free Arrowhead Bus 12:30 Cards - 500 1:00 Tech Support
4	5	6	7	8
Closed Labor Day	10:30 Tai Chi w/Bruce 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em	10:30 Chair Yoga w/ Nancy (No Yoga in Sept. will resume in October) 12:30 Bridge	9:15 BLOOD Pressure & Blood Sugar Screenings 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 12:45 Care Partners – Volunteer Trng. 2:00 Fiber Guild	9:30 Free Arrowhead Bus 12:30 Cards - 500 1:00 Tech Support
11	12	13	14	15
1:00 Aging with Gusto Series 1:30 Council on Aging Board Mtg. 3:00 Fiber Guild Paper Group	10:30 DMV 10:30 Tai Chi w/Bruce (No Tai Chi in Sept. will resume in October) 10:30 Crafts, Cards & Coloring 11:00 Support Services 12:30 Texas Hold Em	10:30 Chair Yoga w/ Nancy (No Yoga in Sept. will resume in October) 12:30 Bridge 12:45 Care Partners Volunteer Mtg. & Lunch	11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 2:00 Fiber Guild	9:30 Free Arrowhead Bus 12:30 Cards 500 1:00 Tech Support
18	19	20	21	22
1:00 Aging with Gusto Series 3:00 Fiber Guild Paper Group	8:30 Footcare Clinic 10:30 Tai Chi w/Bruce (No Tai Chi in Sept. will resume in October) 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em'	10:30 Chair Yoga w/ Nancy (No Yoga in Sept. will resume in October) 12:30 Bridge	10:00 Cribbage 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 12:00 Fiber Guild 1:00-2:30 Care Partners' Memory Café'	9:30 Free Arrowhead Bus 12:30 Cards 500 1:00 Tech Support
25	26	27	28	29
1:00 Aging with Gusto Series 10:30 Medicare Presentation	10:30 DMV 10:30 Tai Chi w/Bruce (No Tai Chi in Sept. will resume in October) 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em'	10:30 Chair Yoga w/Nancy (No Yoga in Sept. will resume in October) 12:30 Bridge 1:30 Food Distribution Community Center	10:00 Cribbage 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 6:30 Death & Grief Café'	

September Word Search Worksheet

W E B K U F U A Y Q L O R C H A R D T W P N Y H I
F I A I V O A B V W D Y U Q Y A F Y N L K J P M S
X C W P B T P O S D H F V L U E S P I G B P A S S
F S I V M H A C D B M X W B I G C J F F J B T G K
J F E J Y H W J E U R O I B M W H O M E W O R K P
W L I A S C L Y E T E T R V B Q O H C Q N I I Y A
M H U E B X A L R F O Q N V G B O G O U R D O J T
U O D B D Y B E F T M K U W C E L B P I G H T R E
Y Y V E C C O A N J L B L M Y R D W T N W U D I A
F Q G H H A R V E S T D K L M K E J H O P O A G C
C G N K R A D E T C G N D K X M W C U X A S Y R H
D H S Y I C A S J O N B W Z U A W Q S A P F I U E
T N U C S O Y E V T N R Z J H B W A B B P H Q Y R
U D N B T R A P A E U G M O R N I N G G L O R Y N
A I F Q I N U T Q F C G M I G R A T E E E Q M J C
F A L L A S T E R P N E U M U F J O V L P J I B I
Z O O X N J U M C F V U K I O I V Y K E I M U D A
O Q W I I H M B M M U Q B Y S I M E B M E T R K S
D G E J T U N E K H G I U L G R H R O X I N L V L
V E R D Y U E R N U U Z E X N M W Y U D P A O E E

Labor Day

Homework

Patriot Day

Harvest

Migrate

Gourd

School

Leaves

Autumn

Orchard

Acorns

Teacher

Sunflower

Christianity

Aster

Morning Glory

Equinox

September

Apple Pie

Fall

