



JANUARY 2025



10 North Broadway Ave.
P.O Box 67
Grand Marais, MN 55604
218-387-2660
cccoa@boreal.org
grandmaraishub.com
Hours: Monday –Friday
8:00 a.m.- 4:00 p.m.

Happy New Year !

We would like to thank everyone for participating in and supporting the Hub in 2024! It has been exciting to see exercise classes in progress, games being played, crafters crafting, meals being shared, small groups gathering, fundraisers happening and friends enjoying a cup of coffee and each other's company here at The Hub!

Staff

Programs & Activity Director
Chris Bautch cccoa@boreal.org

Bookkeeper
Becky Isbell
mrsisbell@hotmail.com

Kitchen
Carmen Kivi-Grogan
thehubcook@gmail.com

The Hub is fortunate to have all the friendly, caring, and supportive people come through our doors. If you haven't been here in a while, please stop by and visit us again. We encourage you to invite your friends and neighbors as well. We continue to work on ways to offer new programs, activities, and events.

As we begin a New Year, let us remember the new friends we have met in 2024 and the dear people we have lost. We look forward to the new year to bring - new friendships, new programs and new activities. Thank you again for being part of The Hub, you all are what makes this place fun, active, and successful, day in and day out!

Cook County Council on Aging

Chair Todd Smith
twsmithsas.ts@gmail.com

Vice Chair Jes Rodney
jrodney@gmail.com

Secretary Gwen Lenz
gwlenz@boreal.org

Treasurer
Jan Smith
flannelmoosestudio@gmail.com

County Commissioner Representative
Debra White
Debra.White@co.cook.mn.us

At Large Members
Linda Bauer
gmyarnlady@gmail.com

Cindi Shaughnessy
shaughnessycynthia@gmail.com

Dear Friends,

A new year and new opportunities! Wishing everyone health and happiness in the new year ahead. If there is something that brings you happiness we want to hear about it! Whether that be a new game you would like to try, fitness programs, support or resources you want more information on, we would love to hear your ideas. We are so grateful for everyone who continues to support the Hub and the mix of new and familiar faces.

THANK YOU!

Thank you to everyone who provided The Hub with holiday greetings in the form of cards, treats or even just in passing. We are so blessed to have great friends at The Hub!

Hub Holiday Hours

The Hub will be closed January 1st for New Year's Day. Frozen meals are available.

Mission Statement:

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



Adverse Weather

The Safety of our employees and volunteers is a main priority of the Cook County Council on Aging. It is our goal to remain open during most periods of adverse weather. However, where extraordinary circumstances warrant, due to weather, an emergency, or unforeseen business interruption, the CCCoA reserves the right to close the Hub.

If the need for a closure is determined, a decision will be made by 7:30am of the day we intend to close. If possible, this will be communicated to our local radio WTIP and also Boreal.org.





NOTICE

The Cook County Council on Aging offers its facility, The Hub, for use by individuals and community groups regardless of race, color, creed, gender, gender identity, sexual orientation, religion, natural origin, familial status, age, disability, political affiliation, veteran status, or any other status protected by law.

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Simple Poker (Texas Hold Em')

Join John (pictured below) on Thursdays at 1:00 pm at the Hub for poker. New to the game or never played? This is a perfect opportunity to learn. how to play as John will be available to assist and help you learn the game!

Keeping Your Mind Engaged Cognitive training, which is designed to improve specific cognitive skills, appears to have benefits for maintaining cognitive health in older adults. Staying engaged in other meaningful activities as you grow older may also have important cognitive benefits. For example, one study found that older adults who learned quilting or digital photography had more memory improvement than those who only socialized or did less cognitively demanding activities. Research on engagement in activities such as music, theater, dance, and creative writing has shown promise for improving quality of life and well-being, from better memory and self-esteem to reduced stress and increased social interaction, but more research is needed in these areas. Staying connected with your family, friends, and neighbors through social activities and community programs is a great way to ward of isolation and loneliness, but did you know it may also help support your cognitive function?





The next Foot Care Clinic
is
Tuesday, January 21, 2025

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.



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. Questions, call 218-387-2660.

Application & Paperwork Support at The Hub

Donna Lunke will be available
at The Hub on the second Tuesday of
each month to assist people with paperwork,
applications, legal forms, insurance, & etc.

This month: **Tuesday, January 14, 2025**

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.

First come, first served starting at 11:00 am.

Donna is a certified Notary Public

Upcoming Lunch & Learn Classes

Force of Habit

January 22 – 1/22/2025 12:00 PM - 01:00 PM

Cook County Higher Education

Happy New Year! Each January, many people start thinking about breaking and building habits. How can we make our internal autopilot work for us instead of against us? This conversation is an opportunity to begin exploring what you want and developing a plan to get there. Our special guest presenter for this session is Mayo Clinic and National Board Certified Health & Wellness Coach, Hartley Newell-Acero!

Sign up by calling 218-387-3411

SENIOR LINKAGE LINE

Want help on the phone? Call the Senior LinkAge
Line 1-800-333-2433 Your link to senior services and
Health insurance counseling.

www.MinnesotaHelp.info

A service of the Minnesota Board on Aging and Area
Agencies on Aging



Aging Well Resources
COOK COUNTY MN

<https://agingwellresources.org/>

Metabolic Health Classes

Lutsen Townhall
116 Caribou Trail

Learn why metabolic health is so important and how to measure your own metabolic health. Participants will learn ways to improve metabolic health through diet and why some carbs feel so "addicting."

Classes will meet Mondays in the Lutsen Townhall from 11:15-12:00. Classes begin Monday, January 6 and continuing on Mondays until February 3. There is no charge to attend.

Form more information contact Barbara Chiles 512-239-8142.

Barbara will offer a class at the Hub if there is enough interested. Call Barbara at 512-239-8142.



5 Tips to Help You Stay Motivated to Exercise

Be safe! Always consult with your physician prior to starting any exercise regimen. Physical activity is a great way to boost your health and your mood. As you age, staying active can also help you continue doing the things you enjoy. Learn ways to make exercise fun and stay motivated by following these simple steps: 1) Find ways to fit exercise into your day. You are more likely to get moving if exercise is a convenient part of your day. 2) Do activities you enjoy to make it more fun. Be creative and try something new! 3) Make it social. Find a virtual "exercise buddy" to help keep you going and provide emotional support. 4) If there's a break in your routine, get back on track. Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support. 5) Keep track of your progress. Make an exercise plan and don't forget to reward yourself when you reach your goals. Visit www.nia.nih.gov/health/staying-motivated-exercisets-older-adults to learn more.

COLD AND FLU SEASON... Here we are at that time of year again! It's Cold and Flu Season! We want to prevent these illnesses and good hand washing is one of your best weapons! Your hands touch objects all throughout the day. Germs on an object may be the way you pick up the cold or the flu. Viruses, germs, and bacteria need a way to enter your body. As a rule, your skin is a pretty good barrier. Keeping that in mind, it makes sense that it is important to wash your hands before these tasks: " before preparing or eating food " before and after touching a wound on the skin " before touching your eyes, nose or mouth " You also want to protect others by washing your hands: " after using the bathroom " any time your hands are visibly dirty Water and soap are the best way to clean your hands. If they are not available, a waterless alcohol-based hand sanitizer is recommended after blowing your nose, coughing or sneezing or when your hands are not visibly dirty. Good hand hygiene can help prevent a cold or the flu!

FEMA's SAFETY TIPS TO AVOID FALLS IN COLD WEATHER

When entering your home, make sure you: " Dry the wheels or tips of each walking aid before entering your home. " Keep the entryway clear of clutter to avoid slipping or tripping. " Keep a small table or shelf near the entry door to put items while unlocking the door. " Use a different entrance if your home's main entrance is often icy during winter. " If possible, stay inside when the weather is bad. Consider delivery services for prescriptions, groceries and other necessities. When outside your home, make sure you: " Avoid shoveling snow yourself when possible. There is a risk of heart attack for older adults while shoveling snow. " Use railings to help avoid slipping on icy stairs and walkways. " Wear nonskid, rubber-soled, low-heeled footwear. " Ensure outdoor areas are well-lit.



Men's Thursday Coffee & Conversation

Stop down and start your Thursday mornings off with a great cup of coffee & conversation! Thursdays at The Hub at 11:00.

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

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.

January 14 & 28

Tech Support

The Hub will be offering tech support each week on Tuesdays and Fridays from 1:00-3:30.

Bring your devices and your questions!

This is on a first come first serve basis

There is no charge for this service.



Board Game Fridays

Join us on Friday afternoons at 12:45-3:30 and choose from a variety of board games to play.

Crafting Fun at The Hub

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!

Card Games A variety of card games are held at The Hub. If you never have played and would like to learn, stop down and check it out.

Texas Hold 'Em	Thursdays	12:30 pm (Simple Poker)
Bridge	Wednesdays	12:45 pm
Cribbage	Mondays	10:00 am
	Thursdays	10:00 am
500	Fridays	12:30 pm

Get Your Valentine Greeting Cards At The Hub!

Stop down and check out the beautiful variety of 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

Proceeds benefit programs & activities provided at The Hub!

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
300 W. 2nd St. Grand Marais, MN
218-387-2113

Ruby's PANTRY

**Next Pop-Up Pantry is Tuesday
January 14, 2025**

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



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

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

FREE MEDICARE COUNSELING AND PRESENTATIONS PROVIDED BY THE SENIOR LINKAGE LINE

This service provides one-on-one appointments, in-person or by phone appointments, to help older adults navigate the often-complex process of enrolling in Medicare or supplemental health insurance policies. They also offer presentations in-person or virtually. Join a presentation on Medicare 101, Health Care Fraud and Scams, Health Care Directives, or How the Senior LinkAge Line Can Help You. You can register for these presentations at trellisconnects.org/gethelp/upcoming-presentations/. You've got questions. We've got answers. Call the Senior LinkAge Line at 800-333-24



Bone Builders Please join us on Mondays and/or Fridays at 10:00am at The HUB (10 Broadway Ave in Grand Marais) for Bone Builders! Participation is free of charge and open to all!

Bone Builders is a group exercise weight training program that was created for adults that are interested in preventing and reducing osteoporosis. Other benefits include increased energy and well-being, improved balance and increased socialization.

Please join us on Mondays and/or Fridays at 10:00am at The HUB (10 Broadway Ave in Grand Marais) for Bone Builders!

Sharon Hexum-Platzer and Judy Sillman who are two of the leaders for Bone Builders in the West End at Lutsen have agreed to come up to Grand Marais every Friday for eight weeks to co-lead classes and share their knowledge and enthusiasm for the program.

Once you experience the benefits of Bone Builders, perhaps you would like to become a leader for this program.



Come and see what the excitement is about! If you have questions call 218-387-2660.

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.



Chair Yoga for Strength & Ease of Movement

Instructor: Nancy Giguere, Registered Yoga Instructor
Nancy began her study of Yoga in here 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

January 2025 Activities & Programs

January 2025 Activities & Programs				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		10:30 Chair Yoga 12:30 Bridge 7:00 N/A	10:00 Cribbage 1:00 Men's Coffee Group 10:30 Crafts 1:00 Texas Hold Em	9:30 Free Arrowhead Bus 10:00 Bone Builders 12:30 Cards 500 12:30 Drop In Board games & puzzles 1:00 Tech Support
6	7	8	9	10
10:00 Bone Builders 10:30 Crafts 3:00-5:00 Food Shelf (Congregational Church)	7:40 Bus to Duluth 9:00 Knitting Group 10:30 Tai Chi w/Bruce 1:00 Tech Support 3:00 Fiber Guild-Felters 4:30 Ruby's Pantry	10:30 Chair Yoga 12:30 Bridge 1:00-3:30 Fiber Guild-Stitch 7:00 N/A	10:00 Cribbage 1:00 Men's Coffee Group 10:30 Crafts 1:00 Texas Hold Em	9:30 Free Arrowhead Bus 10:00 Bone Builders 12:30 Cards 500 12:30 Drop In Board games & puzzles 1:00 Tech Support
13	14	15	16	17
10:00 Bone Builders 10:30 Crafts 1:00 Fiber Guild (Play Day) 1:30 Council on Aging Board Mtg. 3:00-5:00 Food Shelf (Congregational Church)	7:40 Bus to Duluth 8:30 Foot Care 9:00 Knitting Group 10:30 DMV 10:30 Tai Chi w/Bruce 11:00 Paperwork Assist. w/Donna Lunke 1:00 Tech Support 3:00 Fiber Guild	10:30 Chair Yoga 12:30 Bridge 3:00 Fiber Guild-Quilters 7:00 N/A	10:00 Cribbage 1:00 Men's Coffee Group 10:30 Crafts 11:00 Tech Support 1:00 Texas Hold Em	9:30 Free Arrowhead Bus 10:00 Bone Builders 12:30 Cards 500 12:30 Drop In Board games & puzzles 1:00 Tech Support
20	21	22	23	24
10:00 Bone Builders 10:30 Crafts 3:00-5:00 Food Shelf (Congregational Church)	7:40 Bus to Duluth 8:30 Foot Care 10:30 Tai Chi w/Bruce 1:00 Tech Support 3:00 Fiber Guild-Felters	10:30 Chair Yoga 12:30 Bridge 2:00 Fiber Guild-Knitting Group 7:00 N/A	10:00 Cribbage 11:00 Men's Coffee Group 10:30 Crafts 1:00 Texas Hold Em 6:00 Care Partners Death Café'	9:30 Free Arrowhead Bus 10:00 Bone Builders 12:30 Cards 500 12:30 Drop In Board games & puzzles 1:00 Tech Support
27	28	29	30	31
10:00 Bone Builder 10:30 Crafts 3:00-5:00 Food Shelf (Congregational Church)	7:40 Bus to Duluth 9:00 Knitting Group 10:30 DMV 10:30 Tai Chi w/Bruce 1:00 Tech Support 6:00 Fiber Guild	10:30 Chair Yoga 12:30 Bridge 7:00 N/A	10:00 Cribbage 11:00 Men's Coffee Group 10:30 Crafts 1:00 Texas Hold Em	Arrowhead Bus 10:00 Bone Builders 12:30 Cards 500 12:30 Drop In Board games & puzzles 1:00 Tech Support

January 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		CLOSED FOR NEW YEARS	Sausage w/ pepper & Onions Baked Potato w/sour cream Corn Yogurt/Fruit	Biscuits & Sausage Gravy Peas Juice Rice Krispy Bar
6	7	8	9	10
BBQ Chicken Breast Cheesy Potatoes Green Beans Cookie	Sub Sandwich on a Croissant Cottage Cheese Potato Chips Pudding	Tomato Gouda Soup Grilled Cheese Sandwich Crackers Jell-o/Fruit	Chef's Salad Dinner Roll Strawberry Shortcake	Porkchops Stuffing Candied Carrots Applesauce
13	14	15	16	17
Sweet & Sour Chicken Egg roll Rice Pudding	BLT Wrap Cottage Cheese Potato Chips Pickles Dessert	Cheeseburger w/the works Tater Tots Beet Salad Cookie	Pizza Side Salad Cake	BBQ Pork on a Bun Ramen Slaw Jello/Fruit
20	21	22	23	24
Chicken Alfredo Over Noodles Side Salad Cauliflower Pudding	Meatloaf Mashed/Gravy Peas Cake	Goulash Corn Roll Dessert	Shipwreck Hot Dish Roll Jello Fluff	Salisbury Steak Mashed w/gravy Green Beans Dessert
27	28	29	30	31 31
Tater Tot Casserole Bread Fruit Yogurt	Boiled Dinner Roll Cottage Cheese Peaches	Spaghetti w/meat sauce Garlic Bread Side Salad Cookie	Hot Turkey Sandwich w/mashed potatoes Candied Carrots Fruit Salad	Lasagna Dinner Roll Side Salad Cake

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.**

Dine In Lunch served Monday - Friday 12:00 pm

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

New Year's Word Search

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

BABY

BALL

CALENDAR

CELEBRATION

CLOCK

CONFETTI

COUNTDOWN

EVE

FAMILY

FRIENDS

HAPPY

JANUARY

MIDNIGHT

NEW YEAR

NOISEMAKER

PARTY

RESOLUTION

TOAST



NEW YEAR'S EVE

WORD SCRAMBLE

1. YLFIMA _____
2. AGLRTHEU _____
3. OUETSOLRIN _____
4. DCIGANN _____
5. KOSFREIWR _____
6. RAAUJNY _____
7. CATRIELBOEN _____
8. DNEFRI _____
9. NGNSIIG _____
10. MNHIDTIG _____
11. ERLNACDA _____
12. LBELS _____
13. NGNEGBNII _____
14. NNDWCTUOO _____
15. UCISM _____

NEW YEAR'S EVE

ANSWER KEY

1. YLFIMA FAMILY
2. AGLRTHEU LAUGHTER
3. OUETSOLRIN RESOLUTION
4. DCIGANN DANCING
5. KOSFREIWR FIREWORKS
6. RAAUJNY JANUARY
7. CATRIELBOEN CELEBRATION
8. DNESFRI FRIENDS
9. NGNSIIG SINGING
10. MNHIDTIG MIDNIGHT
11. ERLNACDA CALENDAR
12. LBELS BELLS
13. NGNEGBNII BEGINNING
14. NNDWCTUOO COUNTDOWN
15. UCISM MUSIC

