



FEBRUARY 2023

10 North Broadway Ave.
P.O Box 67
Grand Marais, MN 55604
218-387-2660
seniors@boreal.org
grandmaraishub.com

**.Cook County
Council on Aging**

Chair Jan Smith
flannelmoosestudio@gmail.com

Vice Chair Gwen Lenz
gwmlenz@boreal.org

Secretary Audrey Stattelman
cattale1952@gmail.com

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marc7charlier@gmail.com

Larry Dean
larrythomasdean309@gmail.com

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Representative**
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Ann.Sullivan@co.cook.mn.us

Staff

Programs & Activities Director
Chris Bautch
cccoa@boreal.org

Kitchen Coordinator
Carmen Kivi-Grogan
thehubcook@gmail.com

Kitchen Assistant
Patsy Smith



“Love The Hub”

Community Breakfast

Fundraiser

***Menu: Pancakes, Sausage,
Yogurt Fruit Parfait***

Saturday, February 25th

9:00 a.m.—12:00 p.m.

The Hub

***10 North Broadway
Grand Marais***

Sponsored by:

The Hub

Staff, Board, & Volunteers

***Proceeds benefit programs &
activities provided by The Hub***

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.



MEALS ON WHEELS

- Lunches delivered from the Hub/Senior Center to Cook County adults 60+
 - 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



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

Food shelf location:
 First Congregational Church
 300 W 2nd St, Grand Marais
 218-387-2113



Next Pop-Up Pantry is Tuesday

February 14, 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



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 Airpark Boulevard, Duluth MN 55811 | 218-336-2312 | info@northernlakesfoodbank.org



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!



Looking for volunteer help!

We have many opportunities available for volunteering at The Hub. If you are interested in helping us out, please call 218-387-2660

- Kitchen Help
- Sub cooks
- Cleaning
- Organizing
- Meals on Wheels
- Painting
- Minor Repairs



Cook County VITA/TCE Tax Assistance

Once again Cook County VITA/TCE tax assistance volunteers are ready to help low and moderate income folks and all folks 60 or over with their individual income tax returns.

In Person Hours are 9:00 AM to 3:00 PM every Tuesday from Feb. 7th through April 18th at the Cook County Community Center main room at 315 West 5th Street in Grand Marais, MN. Assistance is on a first come first served basis - no appointments needed or taken.

We also have two additional sites in Cook County that are available for "drop off & pick up later" tax processing. These are at the Tofte Town Hall from 9:00 AM to Noon on Tuesdays during the tax season starting Feb. 14th through April 18th and at the Grand Portage Post Office starting Feb. 1st through April 14th during regular post office hours there. This option of dropping off your tax documents & picking up the finished returns later will also be available on Tuesdays in Grand Marais at the community center. Interviews will be done by phone for all "dropped off" tax returns.

Bring all your tax documents, social security cards for all in your household to be listed on the tax return and photo IDs for adults. You will be asked to do an intake form and our volunteers will do an interview and review your documents and in most cases we should be able to E-file your Federal and Minnesota tax returns. We also can process and E-file Minnesota homestead property tax refunds and rent refunds for those eligible.

This service is sponsored by the IRS and our volunteers undergo IRS approved tax training. These are members of your community that enjoy using their skills to assist others in our community.

grandmaraishub.com



Check-out our new website!

We are excited to announce the launch of our new website.

As we navigate through this new transition, we will work on updating & improving information on our website.

Visit us at grandmaraishub.com

The next Foot Care Clinic is

Tuesday, February 21, 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.**



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.

WINTER YOGA 10- WEEK SERIES

**Join certified yoga instructor Carly Puch
on Thursdays from 6-7 PM, January 5th -
March 9th at The Hub in Grand Marais.**

This series will be for ten
weeks, every Thursday from
6-7 PM, starting January 5th
and ending March 9th.
Instead of paying for
individual classes, you will
pay for a whole series.

You can sign up for the series
directly from my website!

consciouslycarly.com

[@consciously.carly](https://www.instagram.com/consciously.carly)



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
at 387-2660.



New,

Guys Coffee & Conversation!

Hey Guys, 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

Cards, Crafts, & Coloring

Join us on Tuesdays & Thursdays at 12:30

Everyone welcome and open to all!

Painting on Canvas

Card Making Paper Crafts
DIY Projects Adult Coloring
Clay Projects Rock Painting

Supplies provided. Come learn some fun crafting techniques

Open to ideas and projects ideas!



Texas Hold Em'

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

Monthly prize given to player with highest score!

December's Winner: John Ceres



Tech Support at The Hub

We are happy to announce that John Jacobsen from *Jake's Computer & Technology Services* will be offering free tech support to the public on Fridays from 1:00-3:00. This is in addition to our tech support provided by the Boreal interns.

Anyone from the community is welcome to come in for free one-on-one tech support assistance. No appointments, walk-ins on first come first serve basis.



MN Drivers Test & Exams

MN Drivers Test & Written exams monthly at The Hub on the second and fourth Tuesday 10:30 a.m.- 2:00 p.m.

Cribbage

Join us on Thursday mornings at 10:00 to play or learn. We have participants here to help you learn & play!

Bridge

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

500 Card Game

Friday afternoons at 12:30!

February 2023 Activities & Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
	10:30 Tai Chi w/Bruce 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em	10:30 Chair Yoga w/ Nancy 12:30 Bridge	10:00 Cribbage 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 12:30 Matinee Movie	9:30 Free Arrowhead Bus 12:30 Cards - 500 1:00 Tech Support
6	7	8	9	10
	10:30 DMV 10:30 Tai Chi w/Bruce 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em	10:30 Chair Yoga w/ Nancy 12:30 Bridge	10:00 Cribbage 10:00 Make & Take Project - Paint a Heart Shaped Bowl 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring	9:30 Free Arrowhead Bus 12:30 Cards - 500 1:00 Tech Support
13	14	15	16	17
1:30 Council on Aging Board Mtg	8:30 Footcare Clinic 10:30 Tai Chi w/Bruce 12:30 Valentine's Day Social 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em	10:30 Chair Yoga w/ Nancy 12:30 Bridge	10:00 Cribbage 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 1:00-2:30 Memory Café'	9:30 Free Arrowhead Bus 12:30 Cards 500 1:00 Tech Support
20	21	22	23	24
	10:30 DMV 10:30 Tai Chi w/Bruce 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em	10:30 Chair Yoga w/ Nancy 12:30 Bridge	10:00 Cribbage 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring	9:30 Free Arrowhead Bus 12:30 Cards 500 1:00 Tech Support
	27	28	3/1	3/2
	10:30 Tai Chi w/Bruce 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em	10:30 Chair Yoga w/ Nancy 12:30 Bridge	10:00 Cribbage 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring	9:30 Free Arrowhead Bus 12:30 Cards 500 1:00 Tech Support

February 2023 Lunch

		1	2	3
		Breaded Chicken Patty on Bun Ramen Coleslaw Roasted Potatoes Bars	Shepherds Pie Cuke/Tomato Salad Bread Jell-0	Sub Sandwich Cottage Cheese Chips Pickle Dessert
6	7	8	9	10
BBQ Chicken Potatoes Veggies w/ cheese Sauce Pudding	Lasagna Roll-ups Garlic Bread Salad Strawberry Cobbler	Porkchops w/ Mushroom Gravy Stuffing Carrots Applesauce	Chicken/Bacon Wrap Pickle Cottage Cheese Yogurt/Fruit	Egg Bake Hashbrown Sausage Rice Krispy Bars
13	14	15	16	17
Ham & Broccoli Pasta w/Veggies Dinner Roll Pears	Sloppy Joes Potato Salad Pickle Bars	Sweet & Sour Chicken Egg Roll Rice Yogurt	Pizza Salad Chips Jell-o/Fruit	Bacon Cheeseburger Baked Beans Pickle Coleslaw
20	21	22	23	24
Philly Cheesesteak Tator Tots Fruit Rice Krispy Bars	Boiled Dinner w/ Ham and Vegetables Dinner Roll Fruit Salad	Taco Salad w/ fixin's Tortilla Chips Cottage Cheese Fruit	Spaghetti & Meatballs Side Salad Garlic Bread Dessert	BLT Macaroni Salad Yogurt/Fruit
27	28			
Meatloaf Mashed Potatoes w/Gravy Corn Roll Cookie	Tomato Soup Grilled Cheese Three Bean Salad Blueberry Cobbler			

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

NEW 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, February 14, 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.

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

Donna is a certified Notary Public



Paint a Piece of Pottery

February 9th 10:00-12:00 at The Hub

Come paint one of Mike's handmade pieces of pottery (heart shaped bowl) at The Hub.

You'll use special glazes that go on just like regular paint. Once you have it painted Mike from "Grand Marais Pottery" will fire it in his kiln and have it ready for you to pick up at The Hub for Valentine's Day.

Once it's glazed and fired your hand crafted piece is completely food, dishwasher, microwave and oven safe.

Supplies provided by Grand Marais Pottery



Cards, Crafts, & Coloring

Join us on Tuesdays & Thursdays at 12:30

Everyone welcome and open to all!

Painting on Canvas

Card Making

Paper Crafts

DIY Projects

Adult Coloring

Clay Projects

Rock Painting

Supplies provided.

Come learn some fun crafting techniques

Open to ideas and projects ideas!



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.

PO Box 282
513 5th Ave W, Ste 106
Grand Marais, MN 55604
(218) 387-3788
info@carepartnersofcookcounty.org

The Care Partners office is in the lower level of the Sawtooth Mountain Clinic

Death Cafe



Education and Conversation about Death and

Through Death Cafés, seminars, and workshops Douglas 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 - 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

Thursday, February 16th 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 beginning in November 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