



May 2023

HELP US REACH OUR GOAL!

We are excited to announce that a generous donor has offered to match donations up to \$5000.00 to The Hub. This means every dollar donated will be doubled turning \$5000.00 into \$10,000.00!

No donation is too small, it all adds up to make a **“HUGE”** difference.

This fundraiser will help with general operating costs that are not typically covered by grants for non-profit organizations.

There will be a donation jar near the graph if you would like to help us reach our goal. Watch for updates on our website & Facebook or stop in The Hub to check-out our progress!

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

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flannelmoosestudio@gmail.com

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gwmlenz@boreal.org

Secretary Audrey Stattelmann
cattale1952@gmail.com

Treasurer Mary Charlier
marc7charlier@gmail.com

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rogerl@boreal.org

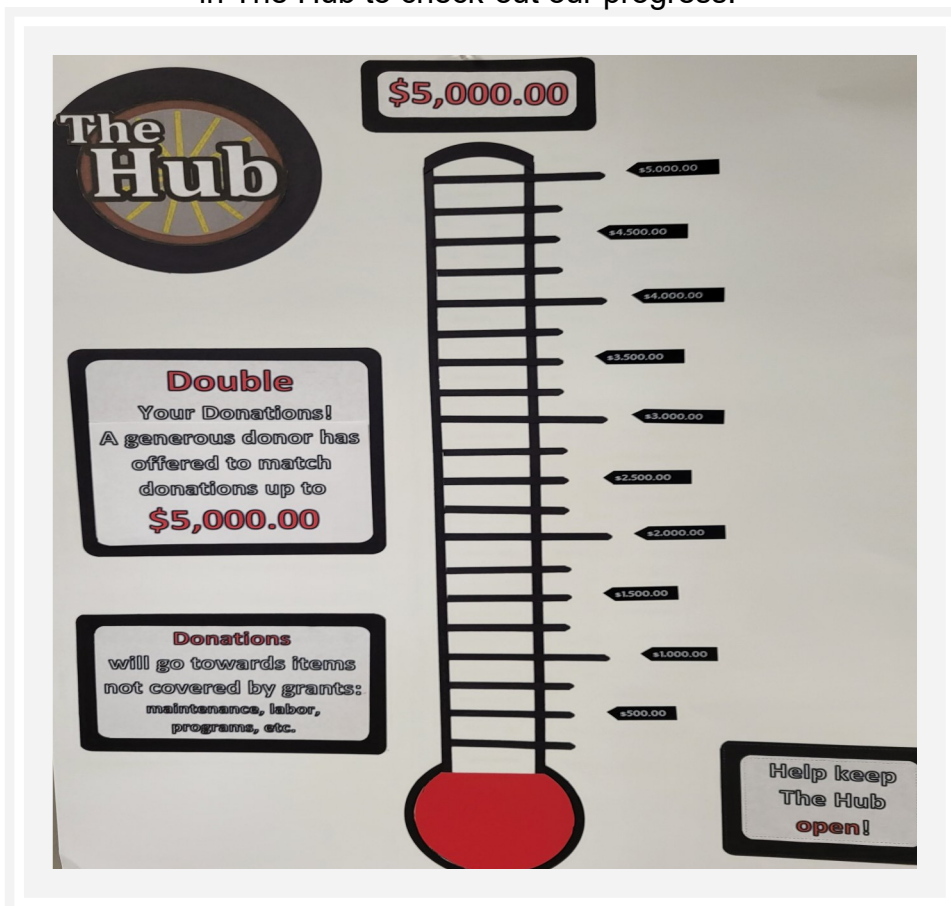
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Debra White
Debra.White@co.cook.mn.us

Staff

Programs & Activities Director
Chris Bautch
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thehubcook@gmail.com



May is Older Americans Month and the purpose is to honor older Americans and celebrate their contributions to our communities and nation. Stop in The Hub on Thursday, May 18th for a complimentary coffee & doughnut! We hope to see you at The Hub!

MARK YOUR CALENDAR: The Senior Center will be closed Monday, May 29 in honor of Memorial Day!

The Hub Blood Pressure + Blood Sugar Screenings

New Program at The Hub!

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: The Blood Pressure Screening - Free
Blood Sugar Screening: \$3.00

The Hub Dates & Times:
May 4th 9:15-10:15
June 1st 9:15-10:15
July 6th 9:15-10:15
August 3rd 9:15-10:15
September 7th 9:15-10:15



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, May 9, 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

Happy Mother's Day!

Sunday, May 14th

Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.

It is celebrated on different days in many parts of the world, most commonly in the months of March or May.

Visit us at grandmaraisub.com



FIBER FRIDAYS 1-3 PM (Friday's at The Hub)

Do you have a favorite "fiber craft" you either do or would like to know more about? Do you Knit? Crochet? Weave? Spin? Felt?

Join us for what we're calling "Fiber Fridays" every Friday from 1-3 PM. Each session will include a demonstration of something, maybe some instruction but mostly fellowship as we enjoy our fiber crafts in community with other fiber enthusiasts.

Our first session (March 3rd) will be a combination of finding out what folks would like to do, and to add a bit of structure to the day, I will offer a demonstration of spinning on a wheel. I will bring some yarns I have spun for folks to see, and I will have some fiber bits so people can try their hand at spinning and maybe even plying.

Spinners: bring your wheel or spindle, some roving and perhaps some yarns you have spun so we can 'ooo' and 'aaahhh' over the wonderful ways that loose, unstructured animal fibers can become durable, stable, usable yarn by merely twisting the fibers together.

Don't spin? Come watch and visit.; bring a project you're working on. Open to all ages!

Ruby's PANTRY

Next Pop-Up Pantry is Tuesday

May 9, 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

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

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

218-387-2113

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!



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

Men's Sober Support Group

Where: The Hub (Senior Center)

When: Every Wednesday 6:30 (Always popcorn, coffee and tea provided)

*Starting March 7th

Are you interested in examining a sober lifestyle (sober curious)? Are you starting to question your relationship with alcohol? Or, do you just need some support to maintain a commitment to sobriety?

What will happen?

Every evening there will be a short presentation, followed by small group discussion. No long lectures, just great discussion and encouragement. The goal is to allow folks to share their personal journey toward sobriety. Successful practices will be discussed that have helped folks in the sober journey. This will be done in a grace filled atmosphere, hopefully with some humor!

Up to date information will be shared on the benefits of sobriety and how to maintain sobriety.

Literature, websites and other resources will be available.

Interested? Call The Hub at 218-387-2660.

Send inquiry emails to: thomas5400@mail.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.

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.



The next Foot Care Clinic is

Tuesday, May 16th, 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.



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, Clay, & 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!

Bridge

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

500 Card Game

Friday afternoons at 12:30!





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.

May 9th & 23rd




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!

MAY 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Biscuits & Sausage Gravy Hashbrown Peas Juice Banana Bread	Sloppy Joes Coleslaw Baked Beans Cookie	Ham & Zucchini Italiano Casserole Dinner Roll Dessert	Taco Salad With sides Cottage Cheese Cake	BLT Wrap Chips Creamy Cuke Salad Jell-o
8	9	10	11	12
BBQ Chicken Cheesy Potatoes Green Beans Pudding	Today's meal provided by: Donna & Orvis Lunke Pork Loin Stuffing Carrots Applesauce	Spaghetti and Meatballs Side Salad Garlic Bread Yogurt	Veggie Lasagna Garlic Bread Salad Cookie	Cheeseburger on Bun Tater tots Pickle Dessert/Fruit
15	16	17	18	19
Tomato Soup Grilled Cheese Sandwich Cottage Cheese Pudding	Chicken Sandwich California Veggies w/Cheese Sauce Coleslaw Fruit	Ham & Cheese Omelet Bake Hashbrown Juice Rice Krispy Bar	Beef Burritos Corn Juice Cobbler	Pizza Salad Yogurt Fruit
22	23	24	25	26
Philly Cheesesteak Chips Cottage Cheese Pickle Dessert	Chicken Alfredo Over Noodles Garlic Bread Peas Pudding Fruit	Chili Dogs Tater Tots Carrots Jell-0	Cuban Sliders Sweet Potato Hash Chips Fruit	Meatloaf Mashed w/Gravy Carrots Bread Cake
29	30	31		
The Hub closed in observance of Memorial Day 	Chef's Salad Dinner Roll Dessert	Chicken Enchiladas Corn Fruit Salad	**MENUS ARE SUBJECT TO CHANGE DUE TO FOOD AND SUPPLY AVAILABILITY**	

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

May Activities & Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
3:00 Fiber Guild	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	9:15-10:15 Blood Pressure/ Blood Sugar Screening 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring	9:30 Free Arrowhead Bus 12:30 Cards - 500 1:00 Tech Support 1:00 Fiber Friday
8	9	10	11	12
1:30 Council on Aging Board Mtg. 3:00 Fiber Guild Paper Group	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 6:30 Men's Sober Support Group	11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring	9:30 Free Arrowhead Bus 12:30 Cards - 500 1:00 Tech Support 1:00 Fiber Friday
15	16	17	18	19
	8:30 Footcare Clinic 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 6:30 Men's Sober Support Group	10:00 Happy Older American Month: complimentary Coffee & doughnuts 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 1:00-2:30 Care Partners' Memory Café'	9:30 Free Arrowhead Bus 12:30 Cards 500 1:00 Tech Support 1:00 Fiber Friday
22	23	24	25	26
3:00 Fiber Guild Paper Group	10:30 DMV 10:30 Tai Chi w/Bruce (Tai Chi resumes) 12:30 Crafts, Cards & Coloring 12:30 Texas Hold Em'	10:30 Chair Yoga w/ Nancy 12:30 Bridge 6:30 Men's Sober Support Group	10:00 Cribbage 11:00 Men's Coffee Group 12:30 Crafts, Cards & Coloring 6:30 Death & Grief Café'	9:30 Free Arrowhead Bus 12:30 Cards 500 1:00 Tech Support 1:00 Fiber Friday
29	30	31		
The Hub will be closed in observance of Memorial Day			<i>Mission Statement</i> 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.	

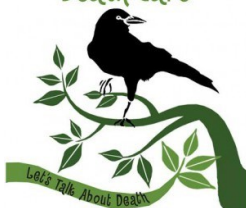


PO Box 282
513 5th Ave W, Ste 106
Grand Marais, MN 55604

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.

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

6:30 - 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

Thursday, April 20th 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