



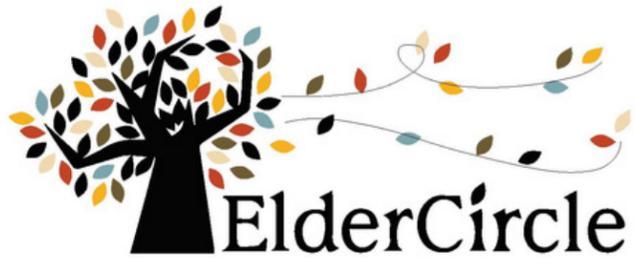
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# March Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for locations</i> <b>Cribbage</b> 1 pm-3:30 pm	3 <b>Sr. Billiards</b> 9 am-12 pm <i>SAIL- see back for locations</i> <b>Rummikub</b> 12 pm -2 pm <b>Bridge</b> 12 pm-3 pm <b>Hooks &amp; Needles</b> 12 pm-4 pm	4 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for location</i> <b>Bunco</b> 10am-2pm <b>500 Cards</b> 1pm-3pm	5 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for location</i> <b>BINGO</b> 10 am-2 pm Bible Study 10am - 11am Classroom <b>500 Cards</b> 1 pm-3 pm	6 <b>Sr. Billiards</b> 9 am-12 pm <i>SAIL- see back for location</i> <b>Cribbage</b> 1 pm-3:30 pm	7 <b>Sr. Billiards</b> 9am-12pm
8	9 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for locations</i> <b>Cribbage</b> 1 pm-3:30 pm	10 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for location</i> <b>Rummikub</b> 12pm -2pm <b>Bridge</b> 12pm-3pm <b>Hooks &amp; Needles</b> 12pm-4pm	11 <b>Sr. Billiards</b> 9am-12pm <b>Monthly Birthday Party</b> 10 am <i>SAIL- see back for location</i> <b>Bunco</b> 10am-2pm * <b>Foreverwell Nutrition</b> 1 pm <b>500 Cards</b> 1pm-3pm	12 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for location</i> <b>BINGO</b> 10 am-2 pm <b>Bible Study</b> 10am - 11am Classroom <b>Book Club</b> 12:30 pm - 2 pm <b>500 Cards</b> 1 pm-3 pm	13 <b>Sr. Billiards</b> 9 am-12 pm <i>SAIL- see back for location</i> <b>Cribbage</b> 1 pm-3:30 pm	14 <b>Sr. Billiards</b> 9am-12pm
15	16 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for locations</i> <b>Cribbage</b> 1 pm-3:30 pm <b>NLCoins &amp; Currency</b> 6:30pm	17 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for location</i> <b>Rummikub</b> 12pm -2pm <b>Bridge</b> 12pm-3pm <b>Hooks &amp; Needles</b> 12pm-4pm	18 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for location</i> <b>500 Cards</b> 1pm-3pm	19 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for location</i> <b>BINGO</b> 10 am-2 pm <b>Bible Study</b> 10am - 11am Classroom <b>500 Cards</b> 1 pm-3 pm	20 <b>Sr. Billiards</b> 9 am-12 pm <b>Bunco</b> 10am-2pm <i>SAIL- see back for location</i> <b>Cribbage</b> 1 pm-3:30 pm	21 <b>Sr. Billiards</b> 9am-12pm  * <b>Puzzle Palooza</b> - 12pm -4pm
22	23 <b>Community Blood Drive-</b> 9am-4pm <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for locations</i> <b>Cribbage</b> 1 pm-3:30 pm	24 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for location</i> <b>Rummikub</b> 12pm -2pm <b>Bridge</b> 12pm-3pm <b>Hooks &amp; Needles</b> 12pm-4pm	25 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for location</i> <b>500 Cards</b> 1pm-3pm	26 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for location</i> <b>BINGO</b> 10 am-2 pm Bible Study 10am - 11am Classroom <b>500 Cards</b> 1 pm-3 pm	27 <b>Sr. Billiards</b> 9 am-12 pm <i>SAIL- see back for location</i> <b>Cribbage</b> 1 pm-3:30 pm	28 <b>Sr. Billiards</b> 9am-12pm
29	30 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for locations</i> <b>Cribbage</b> 1 pm-3:30 pm	31 <b>Sr. Billiards</b> 9am-12pm <i>SAIL- see back for location</i> <b>Rummikub</b> 12pm -2pm <b>Bridge</b> 12pm-3pm <b>Hooks &amp; Needles</b> 12pm-4pm	** <b>Foreverwell Nutrition- 1:00PM in the ALC Classroom 3/11/2026</b> Reservation required and a small fee associated with the class. Sign up at the YMCA Membership Desk		Support Group dates and locations on the back! 	





all about  
**aging!**

## 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](mailto:danielle@eldercircle.org)**

### 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:

- **Calumet Library**  
Tuesdays & Thursdays  
9:00-10:30am
- **Bowstring**  
Tuesdays & Thursdays  
10:00-11:30am
- **Deer River**  
Mondays & Thursdays  
10:30-12:00 pm
- **Grand Rapids**  
Central Square Mall, Suite 123  
Tuesdays & Thursdays  
9:00-10:30 am
- **Hill City**  
Mondays & Wednesdays  
9:00-10:30 am
- **International Falls**  
Tuesdays & Thursdays  
10:00-11:30am
- **Jacobson**  
Mondays & Wednesdays,  
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](mailto:lori@eldercircle.org)

### 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](mailto:danielle@eldercircle.org)

### Community Cafe

Tuesday & Thursday's  
at the YMCA 4:30PM-6PM

All are welcome, no questions asked!



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.



BOOKCLUB

Every 2nd Thursday  
12:30pm—2pm  
Active Living Center

Free of charge & open to anyone!

Itasca County Family YMCA Presents.....

### REVERSE LOTTERY

Last Ticket Standing Wins Big!



When: Friday, March 13  
Drawings begin at 6:30 PM  
Where: Timberlake Lodge  
Tickets: \$100 each  
(CASH or CHECK only)

\$5,000  
GRAND PRIZE!

Plus \$5,000 in smaller cash prizes given throughout the night.

Need not be present to win. Must be 18 years or older to participate. Proceeds benefit the Itasca County Family YMCA.

To purchase tickets visit Itasca County Family YMCA | 400 River Road Grand Rapids, MN 55744 | 218.327.1161

### FOREVERWELL NUTRITION TALK

JOIN US AT THE Y ON WEDNESDAY, MARCH 11<sup>TH</sup> 1:00PM

Registered Dietitian, Kristin Klinefelter, will be leading this nutrition talk geared towards older adults in the YMCA classrooms.

YMCA member cost: \$10

Community Cost: \$15

Pre-registration is required and can be done at the Y Membership Desk.

Light healthy snack will be provided.

