

# Senior Center Menu & Events

## February 1

8:00 am - 4:00 pm **AARP Tax Service**  
11:30 am **Lunch:** Cook's Choice, Dessert

## February 2

9:00 am **Council on Aging Meeting**  
11:30 am **Lunch:** Chili, Vanilla Pudding  
with Jerry Lilja from HDC  
12:00 pm **Meet with Jerry Lilja**

## February 3

10:00 am **Exercise Group**  
10:30 am **Blood Pressure Check**  
11:30 am **Lunch:** Breakfast Sandwich, Caramel Roll  
with Ms Livingston's 3rd grade class  
12:15 pm **Bridge**

## February 4

9:45 am **Cribbage**  
11:30 am **Lunch:** Roast Turkey Dinner, Orange Jello  
12:30 pm **Bingo**

## February 5

9:30 am-4:00 pm **Free Arrowhead Bus**  
9:15 am **Sleigh Ride Trip leaves**  
10:00 am **Exercise Group**  
11:30 am **Lunch:** Tuna Pasta Salad, Frosted Brownie

## Brighter Side column in News-Herald

## February 8

8:00 am - 4:00 pm **AARP Tax Service**  
11:30 am **Lunch:** Pork Chop Dinner, Plums  
with Jim Johnson, County Commissioner  
12:00 pm **Meet with Jim Johnson**

## February 9

7:15 am **Arrowhead Bus to Duluth**  
8:00 am-2:00 pm **Driver Exams**  
11:30 am **Lunch:** Hot Beef Sandwich, Peanut Butter Cookie  
1:30 pm **Make BBQ Chicken Soup**

## February 10

10:00 am **Exercise Group**  
11:30 am **Lunch:** Turkey Tetrazzini, Pumpkin Bar  
12:15 pm **Bridge**

## February 11

9:45 am **Cribbage**  
10:00 am - 2:00 pm **Recording oral histories of John Lyght**  
11:30 am **Lunch:** Mardi Gras Party-Louisiana Chicken, Rice Pilaf,  
Vegetable Blend, Pineapple Upside Down Cake

12:30 pm **Bingo**  
4:00 pm **Payment due for Dog Sled Rides**

## February 12

10:00 am **Exercise Group**  
11:30 am **Lunch:** Beef & Rice Hot Dish, Tapioca Pudding

## February 15

8:00 am - 4:00 pm **AARP Tax Service**  
11:30 am **Lunch:** Chicken Strips, Raspberry Strudel Stick  
12:00 pm **AARP Driver Safety Refresher class**  
12:00 pm **Watch Olympic women's XC ski**

## February 16

9:00 - 11:30 am **Foot Care**  
11:30 am **Lunch:** Boiled Dinner, Bread Pudding  
with Teresa Borak, RN  
12:00 pm **Meet with Teresa Borak**  
12:00 pm **Watch Olympic men's curling**  
12:30 pm **Legal Aid**

## February 17

9:00 am - 3:00 pm **Medicare Counseling**  
10:00 am **Exercise Group**  
11:30 am **Lunch:** Roast Beef Dinner Or Fish Alternate, Peach Delight  
with Richard McKenzie, Vets Service Officer

12:00 pm **Meet with Vets Officer**  
12:00 pm **Watch Olympic men's curling**  
12:15 pm **Bridge**

## February 18

9:45 am **Cribbage**  
9:45 am **Dog Sled Trip leaves**  
11:30 am **Lunch:** Sweet & Sour Pork, Snickerdoodle  
12:30 pm **Bingo**

## February 19

9:30 am - 4:00 pm **Free Arrowhead Bus**  
10:00 am **Exercise Group**  
11:30 am **Lunch:** Fish or Cook's Choice, Dessert  
12:00 pm **Watch Olympic men's curling**

## February 22

8:00 am - 4:00 pm **AARP Tax Service**  
9:30 - 11:00 am **Pool Party at GM Pool**  
11:30 am **Lunch:** Salisbury Steak, Sliced Peaches  
12:00 pm **Watch Olympic men's curling**

## February 23

8:00 am - 2:00 pm **Driver Exams**  
9:30 am **Senior News on WTIP 90.7 FM**  
11:30 am **Lunch:** Chicken ala King/Biscuit, Frosted Oatmeal Bar  
12:00 pm **Watch Olympic women's curling**

## February 24

10:00 am **Exercise Group**  
11:30 am **Lunch:** Lasagna, Apricot Halves  
with Sheriff Mark Falk  
12:00 pm **Meet with Mark Falk**  
12:15 pm **Bridge**

## February 25

7:15 am **Arrowhead Bus to Duluth**  
9:45 am **Cribbage**  
11:30 am **Lunch:** Roast Pork Dinner, Boston Cream Pie  
12:30 pm **Bingo**

## February 26

10:00 am **Exercise Group**  
11:30 am **Lunch:** Cabbage Rolls or Fish, Gingerbread w/applesauce  
12:00 pm **Watch Olympic women's curling**

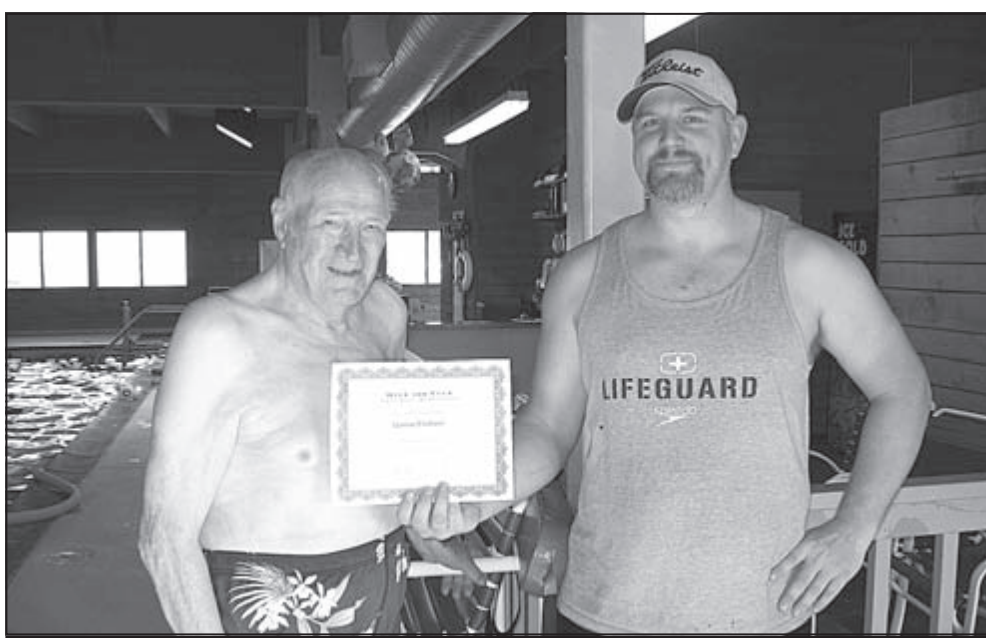


Photo courtesy of Grand Marais Recreation Area  
Upon the recommendation of staff at its Tuesday, February 2, 2010 meeting, the Grand Marais Park Board voted to give free pool memberships to anyone 100 years old or older. The pool has one regular patron who meets the requirement - Gunnar Erickson -- and he has been buying pool passes since the pool opened over three decades ago. Head Lifeguard Charles Christiansen wasted no time presenting Erickson with an "Over 100 Club" certificate authorizing free pool membership for life. Pictured here during the morning adult swim on February 3 are Erickson (left) and Christiansen. Last November Erickson turned 101.

## Warm up with the Senior Center

Thank you to all of you who have helped your less able neighbors with errands and ice removal. It appears that these folks will need your help all winter. Keep up the good work! If you would like to help an older community member, please call the Senior Center.

February is already busy at the Cook County Senior Center. We have hosted at lunch Human Development Center Counselor Jerry Lilja and gone on a sleigh ride. There are many new things happening.

We will be remembering Cook County Sheriff John Lyght on Thursday, February 11. Carrie McHugh from the Cook County Historical Society will be at the Senior Center, 10 a.m. - 2 p.m., to record your story. If you cannot make it on the 11th, you may email your story to history@boreal.org.

There is now a coffee bar at the Senior Center, where you may serve yourself a hot beverage and from 8:30 to 11 a.m. Breakfast pastries and "heart

## BRIGHTER SIDE OF AGING

Pam McDougall

smart" edibles are available; all for a modest donation. Stop in for a snack.

This month some special guests have been invited to share lunch at the Senior Center at 11:30 a.m. and to talk with folks afterward. Our February guests will be: Cook County Commissioner Jim Johnson on Monday, Feb. 8; Teresa Borak, RN, of Sawtooth Mountain Clinic for Heart Health Month on Tuesday, Feb. 16; Veterans Service Officer Richard McKenzie on Wednesday, the 17<sup>th</sup>, and Sheriff Mark Falk on Wednesday, Feb. 24.

Dog sled rides are scheduled with Rita Wehseler, Stoney Creek Kennels, on Thursday,

February 18 for \$31 per person, including bus transportation. These rides are accessible for persons with disabilities. Call the Senior Center at 387-2660 for more information or to register. We will be stopping at Coho Café after our rides.

The AARP Tax Aides are preparing federal and state tax returns at the Senior Center on Mondays. They do returns on a first-come, first-served basis 9:00 a.m. - 4 p.m. Tax Aides are also at the Birch Grove Center in Tofte on Wednesdays and at the Elder Nutrition Program (ENP) in the Grand Portage Community Center on Fridays. The Tax Aides will be following this schedule until April 15.

Are you age 55 plus and want a 10% discount on your auto insurance? An eight-hour Beginning AARP Driver Safety class will be at the Senior Center on Saturday, March 6, 8 a.m. - 5 p.m. By taking the class you will qualify for the discount. On Monday, February 15 there will be an AARP Driver Safety Refresher class at the Senior

Center noon - 4 p.m.

Marjori Bottila, Arrowhead Regional Development Commission (ARDC), will be offering Medicare counseling on a first-come, first-served basis on Tuesday, February 16 at Grand Portage ENP, 9 a.m. - 3 p.m. and on Wednesday, February 17 at the Senior Center. Bottila will help resolve Medicare problems, help select a supplemental or Advantage Plan, and advise people new to Medicare.

To keep warm we will be making a BBQ chicken soup on Tuesday, February 9, 1:30 -4 p.m. Bring a container for your soup at \$4 per pint.

Call the Senior Center at 387-2660 for more information on activities.

News from the "Brighter Side" of aging is provided by Pam McDougall, assistant director of the Grand Marais Senior Center. Pam can be reached at (218) 387-2660 or via e-mail at CCCOA@boreal.org.

## Third graders raise money for Wii sports at Senior Center

Jane Howard

What could Sawtooth Elementary third graders teach people at the Cook County Senior Center that they don't already know? In what kinds of sports could the two groups fairly (and safely) compete against one another? The answers to those questions will be known at the end of a fundraiser this month that calls for reading - lots of reading.

It all starts with Heather Kemp, parent of a student in Lorelei Livingston's third grade class. Kemp is spending this school year serving with Minnesota Reading Corps, a program of AmeriCorps, which is known as the "domestic Peace Corps." For a small stipend and some college tuition funding, Reading Corps members help implement research-based literacy programs that help struggling readers from preschool through third grade.

"As part of my service with the Minnesota Reading Corps," Kemp wrote in a description of this part of her work, "I need to do a service learning project with a group of students. ...A community need is identified and the students will work towards meeting that need while also learning about the need."

That's where the kids teaching the seniors and the sports competitions come in. Upon talking with Senior Center Director Bev Greene, Kemp learned that the center would like funding for Nintendo Wii (pronounced Wee) - an electronic game hooked up to a TV that "reads" the motions of the player and displays them on the TV screen. Someone playing a bowling game, for example, would simulate the motion of throwing a bowling ball and see a computer-generated person on the screen making the same motion. If the ball is "thrown" well, the player gets

a strike. Many different Wii applications have been created, from bowling to golf to tennis to yoga.

"The Wii would not only serve as a way for seniors to get exercise through golfing, tennis, and bowling but also provide a tool for socialization and more intergenerational interactions at the Grand Marais Senior Center," wrote Kemp.

Kemp and Livingston came up with a plan in which the third graders would hold a readathon, soliciting pledges to raise money for the Senior Center to purchase a Wii. Their goal is 10,000 minutes read by the students outside of class during the month of February - a total of 166 hours and 40 minutes, or nine hours and 48 minutes per student. In addition, Livingston challenged her students to read 1,000 minutes each - that's 16 hours and 40 minutes.

If the students surpass their goal of raising \$400 to pay for the Wii and related attachments, the extra money may go toward the purchase of larger

TVs at the Senior Center, allowing a better viewing experience for those with poor eyesight.

The project kicked off with the Senior Center hosting lunch for the kids Wednesday, February 3. Numerous grandparents sat with their grandkids, and Senior Center board members interacted with the students. Bev Greene talked about what people do at or through the Senior Center: play cards, exercise, drink coffee, visit with others, go on trips, take classes, work on puzzles that take weeks to complete, and have fun. "Everybody is welcome down here," Green said. "We love kids!"

Green also talked about how the Center helps connect seniors to services throughout the community: health care, social services, transportation, tax prep, emergency phone devices. Many of their services are offered free or at very low cost, she said.

Why would the seniors need a Wii? Green asked the students. Their answers included for exercising, to help them stay

active, to avoid the ice outside, and to play their favorite sports. Green said she envisions bowling, golf, and tennis tournaments at the Senior Center. She was surprised to learn that a lot of adults have Wiis and enjoy them.

At the end of the project, the students will return to the Center, where they will teach the seniors how to play the Wii games and perhaps challenge them to a tournament. "It's great to intermix the adults with the kids," Green said. "We're looking forward to it!"

Information on the program can be found by accessing the Cook County Schools website, www.cookcountyschools.org, and following these links: Academics, Sawtooth Elementary, Grade 3, and Ms. Livingston.

Checks can be written out to Sawtooth Mountain Elementary School and sent to Heather Kemp, MRC SOS Project, Sawtooth Mountain Elementary School, 101 W. 5th Street, Grand Marais, MN 55604.

Becky Stoner  
(218) 387-9119 • hillhaven@boreal.org  
1681-1683 E Hwy 61, Grand Marais, MN  
www.HillhavenAssisted.com



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