

Calendar

DINING ~ EXERCISE ~ SOCIAL ENGAGEMENT ~ FOR ELY AREA OLDER ADULTS

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Fried Chicken Macaroni & Cheese Green Beans Dinner Roll Fruit Pudding Parfait</p> <p>Smear 6pm</p>	<p>2</p> <p>Beef Pot Roast Parsley Buttered Potatoes Honey Glazed Carrots Dinner Roll Fruit Apple Turnover</p>	<p>3</p> <p>Baked Cod, Au Gratin Potatoes, Broccoli & Cauliflower, Dinner Roll, Fruit, Dessert</p> <p>Memories & Movement 10:30 – 11:30am</p> <p>Wednesday Wellness Clinic 10:30 – 12pm</p>	<p>4</p> <p>Chicken Cacciatore over Rotini, Vegetable, Garlic Bread, Salad, Fruit, Pineapple Upside Down</p> <p>Tops 8:15 – 9:30am</p> <p>Community Exercise Group 10:30 – 11:30am</p> <p>Ely Community Health Center 5:30 – 7pm</p>	<p>At this time there is NO In-Person Senior Dining Call 218-365-8774 by 6pm to reserve a to-go meal for the following day.</p> <p>Tuna Noodle Hot Dish Mixed Vegetables Roll, Pickled Beets, Pie</p>
<p>8</p> <p>Stuffed Peppers Mashed Potatoes Mixed Vegetables Dinner Roll Tossed Salad Lemon Cake</p> <p>Smear 6pm</p>	<p>9</p> <p>Chicken Kiev, Rice Pilaf, Buttered Corn, Dinner Roll, Fruit, Pudding Parfait</p> <p>Happy Toes</p> <p>Grief Support Group 6:30pm</p>	<p>10</p> <p>Beef Stroganoff over Egg Noodles, Green Beans, Dinner Roll, Fruit, Pie</p> <p>Memories & Movement 10:30 – 11:30am</p> <p>Bingo 1pm</p> <p>Cancer Support Group 6pm</p>	<p>11</p> <p>Glazed Ham, Scalloped Potatoes, Carrots, Dinner Roll, Fruit, Chocolate Cherry Cake</p> <p>Tops 8:15 – 9:30am</p> <p>Community Exercise Group 10:30 – 11:30am</p> <p>Ely Community Health Center 5:30 – 7pm</p>	<p>12</p> <p>Citrus Pepper Salmon Parsley Potatoes Garden Blend Veg Dinner Roll Fruit Dessert Bar</p>
<p>15</p> <p>Swiss Steak, Garden Blend Wild Rice, Squash, Fruit, Dinner Roll, Brownie</p> <p>Smear 6pm</p>	<p>16</p> <p>Spaghetti & Meatballs, Garlic Bread, Fruit, Tossed Salad, Italian Cream Cake</p> <p>Tasty Tuesday 2-3:30pm</p> <p>Tower Area Food Shelf 2:30pm – 5:30pm</p>	<p>17</p> <p>Beef Pot Roast w/gravy, Mashed Potatoes, Baby Carrots, Roll, Ambrosia</p> <p>M & M 10:30 – 11:30am</p> <p>Wednesday Wellness Clinic 10:30 – 12pm</p> <p>Ely Area Food Shelf 11am – 5pm</p> <p>Bingo 1pm</p>	<p>18</p> <p>Fried Chicken, Macaroni & Cheese, Corn, Dinner Roll, 3-Bean Salad, Pie</p> <p>Tops 8:15 – 9:30am</p> <p>Community Exercise Group 10:30 – 11:30am</p> <p>Ely Community Health Center 5:30 – 7pm</p>	<p>19</p> <p>Breaded Cod Roasted Red Potatoes Vegetable Blend Fruit Dinner Roll Cake</p>
<p>22</p> <p>Salisbury Steak Baby Bakers Italian Blend Vegetable Dinner Roll Fruit Lemon Meringue Pie</p> <p>FREE Healthy Aging Expo @ Grand Ely Lodge 9 – 3:30pm</p>	<p>23</p> <p>Ground Beef Fajita w/ Peppers & Onions, Spanish Rice, Mexican Corn w/ Black Beans, Sour Cream, and Tortilla Strips, Fruit, Pudding w/topping</p> <p>Happy Toes</p>	<p>24</p> <p>Pork Choppette w/gravy, Dressing, Buttered Green Beans, Dinner Roll, Fruit, Peanut Butter Chocolate Dessert</p> <p>Memories & Movement 10:30 – 11:30am</p> <p>Bingo 1pm</p>	<p>25</p> <p>Apricot Polish Sausage, Seasoned Rice, Brussel Sprouts, Roll, Lettuce Salad, Jell-O Poke Cake</p> <p>Tops 8:15 – 9:30am</p> <p>Caregiver Support Group 10 – 11:30am</p> <p>Exercise Group 10:30am</p> <p>ECHC 5:30 – 7pm</p>	<p>26</p> <p>Dill Glazed Salmon Buttered Potatoes Vegetable Blend Dinner Roll, Fruit Chocolate Cup Cake</p>
<p>29</p> <p>Meatloaf, Mashed Potatoes w/gravy Vegetable Blend Dinner Roll Fruit, Pumpkin Cake</p> <p>Smear 6pm</p>	<p>30</p> <p>Sliced Roast Pork w/gravy, Sweet Potatoes, Buttered Peas Dinner Roll Fruit Strawberry Jell-O Dessert</p>	<p>31</p> <p>Ham, Mashed Potatoes, Buttered Corn, Dinner Roll, Fruit, Pudding w/topping</p> <p>Memories & Movement 10:30 – 11:30am</p> <p>Bingo 1pm</p>	<p>Ely Senior Center 27 S 1st Ave E 218-365-4139 Bingo, Cancer Support Group, Caregiver Support Group, Happy Toes, Memories & Movement, Smear, Tops, Wednesday Wellness Clinic</p>	

This monthly Calendar is a collaborative effort of:





NORTHWOODS PARTNERS HEALTHY AGING EXPO

For the Health of it...

An event dedicated to Senior Adults' Healthy Lifestyles, Education and Caregiver Support.

9:00 am to 3:30 pm

MONDAY, MAY 22ND

Grand Ely Lodge

FREE

Tentative Presenters and Topics:

- Dr. Crystal Chopp, You've Got Something to Smile About •
 - Mayo Clinic, Your Aging Brain; What is "Normal" •
 - Dr. Erin Bremner, Age-Proof Your Vision •
 - Lighthouse for Vital Living, Tech for Older Adults •
- Dr. Joseph Schwinghamer, Getting your Affairs in Order •
 - Range Mental Health, Mental Health as We Age •
 - EBCH, Transitional Care •



Sponsored in part by: Ely-Bloomenson Community Hospital

Grief Support Group May 10, 6:30-8pm.

Call Cheryl for more information 218-235-8357



NORTHWOODS PARTNERS

- caring connections -

Tasty Tuesday

Learn to prepare tasty meals on a budget. Our chef will demonstrate how to cook dishes and provide samples. **Third Tuesday of the Month 2-3:30pm at Ely Folk School.** Call Kathleen at 218-302-1778 for more information and to register.

Caregiver Support Group

Caregiving is a tough and isolating experience. You are not alone! **Support Group meets May 25th, 10 - 11:30am at the Ely Area Senior Center.**

Community Exercise Group

Exercise Group meets Thursdays from 10:30 - 11:30am in the basement of First Lutheran Church.

Memories & Movement Men's Group

Meets every Wednesday from 10:30 - 11:30am at the Ely Area Senior Citizen's Center.

Tai Ji Quan: Moving for Better Balance

Mark your calendar to join us for the Summer Session starting June 6th. We meet Tuesdays and Thursdays from 10-11am at the Ely Rec Center.

NORTHWOODS PARTNERS

328 WEST CONAN STREET • 218-365-8019

NORTHWOODSPARTNERS.ORG



Happy Toes provides exceptional professional nursing foot care. Address problems such as nail fungus, ingrown toenails, callouses, corns, and the unique conditions related to diabetes. Home visit appointments are also available for shut-ins and the seriously ill. You and your feet deserve the best! Call DeAnn @ 218-290-1986



ely area food shelf

15 West Conan Street
218-235-8527

Ely Area Food Shelf is open from 11am – 5pm Wednesday, May 17th and Saturday, May 20th from 8 – 11am. Home delivery is available for people who are homebound and have no other options for receiving food. Registration required.



Ely Community Health Center

To Deliver Affordable Health Care Services to Advance Individual and Community Health

33 E Chapman St • Ely, MN 55731

218-365-5678 • elycommunityhealth.org

Wednesday Wellness Clinics

Get your blood pressure and vitals checked. **First and Third Wednesdays from 10:30am – noon at the Ely Area Senior Center.**

Dental Care

Free fluoride varnish treatments are available without an appointment on **Thursdays from 5:30 – 7pm.** Teeth cleaning is available by appointment only. Call 218-365-5678 to schedule an appointment.

Medical Care

Our medical staff volunteer their time outside of their regular practice to provide free, non-emergency healthcare **every Thursday evening from 5:30 – 7pm.** Services offered include:

- Basic, non-emergency medical care and referrals
- Referrals for lab and X-ray services
- Insurance Navigation Services



AEOA

ARROWHEAD ECONOMIC OPPORTUNITY AGENCY

Call 218-735-6899 for info and to register for the Meals on Wheels Program or for Senior Lunch-to-Go.

AEOA Senior Nutrition Services offers services that support older adults (60 and over) to live healthier, more active and independent lives, and make eating healthy and easy. Our meals are developed and approved by a licensed, registered dietitian to ensure that they are healthy and nutritious.

We offer hot meals, Monday thru Friday prepared by the exceptional dietary services staff at the Boundary Waters Care Center Kitchen. To-go meals are ready at 11:45am and may be picked up in the vestibule of Boundary Waters Care Center. Meals on Wheels are delivered to those unable to pick up their meals. Call 218-365-8774 by 6pm to reserve a meal for the following day.

Registered customers are offered the meal service for a \$4.50 contribution. Menus are subject to change without notice, due to product availability.