





February 2024



Every Week

Mondays	Tuesdays	Wednesdays	Thursdays
<ul style="list-style-type: none"> • 8:30 – 9:30 am Tai Ji Quan • 9 am – 1 pm Drop-in Pool & Puzzle Time • 9 am Silver Bay Walking Club <i>Mary Mac Building – Wildly Organic doors</i> 	<ul style="list-style-type: none"> • 9:30 – 10:30 am Bone Builders  • 9:30 am – 12 pm Coffee Connection • 11 am – 2 pm Tech Tuesday 	<ul style="list-style-type: none"> • 8:30 – 9:30 am Tai Ji Quan 	<ul style="list-style-type: none"> • 9:30 – 10:30 am Bone Builders  • 9:30 am – 12 pm Coffee Connection

Special Events

- **Thursday 2/1 | 1 – 3:30 pm, Cribbage**
- **Tuesday 2/6 | 1 – 3:30 pm, Cribbage**
- **Wednesday, 2/7 | 1:30 – 3 pm, Card Making**
- **Thursday, 2/8 | 2 – 2:30 pm, Reading Pals**
- **Friday, 2/9 | 6 – 8 pm, Meat Raffle @ the Silver Bay Lounge**
- **Monday 2/12 | 8:30 am, Foot Care Clinic (Call for appointment)**
- **Wednesday 2/14 | 10 am, Valentine's Day Treats and Coffee**
- **Tuesday, 2/20 | 12 – 3 pm, Volunteer Lunch and Training**
- **Thursday, 2/22 | 2 – 2:30 pm, Reading Pals**
- **Wednesday, 2/28 | 1:30 – 3 pm, Card Making**

OFFICE CLOSURES & ACTIVITY CANCELLATIONS

Monday, 2/19/24
Closed for Presidents Day

Tuesday, 2/13/24
No Tech Tuesday



Monthly

- **1st Thursdays (2/1) | 1 – 2 pm, Grief Support Group**
- **1st Wednesdays (2/7)**
 - **10:30 – 11:30 am, Parkinson's Support Group**
 - **7 – 8 pm, In-Person/Virtual Caregiver Support Group**
- **2nd Thursdays (2/8) | 1 – 2:30 pm, Caregiver Support Group**
- **2nd Wednesdays (2/14)**
 - **10 – 11 am, Care Connections @ Clair Nelson Center in Finland**
 - **11:30 am – 1 pm, Finland Community Senior Meal & Presentation @ Clair Nelson Center in Finland**
 - **1 – 2 pm, In-Person/Virtual Caregiver Support Group @ Baptism River Community Church**
- **3rd Thursdays (2/15) | 9 am – 3 pm, Nail Care & Blood Pressure Clinic**
- **Last Thursday of the month (2/29) | 11:45 am, Lunch with the Veterans**

218-226-3635 | www.nsapartners.org | 36 Shopping Center, Silver Bay, MN 55614
Open 8:30 am – 4 pm Monday – Thursday