

Neighbor to Neighbor

July 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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3	4 **Foot Clinic	5	6 Balance Exercise Class Harvest Fellowship Church 10:30-11:30	7	8	9
10 Walk with a Purpose! 10:00am	11 **Foot clinic Caregiver Respite Program	12 Becker County Master Gardener Program 1:30pm-2:30pm	13 Balance Exercise Class Harvest Fellowship Church 10:30-11:30 Blood Pressure Clinic 1:30-3:00	14 Nat'l Mac & Cheese 🏠 Day! Mac & Cheese Bake and BINGO 4:00pm-5:00pm	15	16
17 Men's Club 10-12noon Lunch Provided	18 **Foot Clinic	19	20 Balance Exercise Class Harvest Fellowship Church 10:30-11:30	21	22	23
24	25 Caregiver Respite Program ** Please note - Foot 🦶 Clinic Requires an appointment	26	27 Balance Exercise Class Harvest Fellowship Church 10:30-11:30	28	29	30
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N2nlah.org Neighbor to Neighbor ~ A Living at Home Program 405 W. Maple Ave. Suite C Frazee 218.334.3559

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<p>Balance/ Exercise Class 10:30-11:30am Harvest Fellowship Church Open to all levels ~ a fun class for all!</p>	<p>Blood Pressure Clinic 1:30-3:00pm N2N Stop by and get your Blood Pressure checked by Christine Hall, RN. Refreshments will be served.</p>	<p>Walking 🚶 with a Purpose 10am N2N Parking Lot Weather permitting. If there is rain, there will not be a walk. Start your week off well by adding intentional steps into your day! We will walk a neighborhood loop that is almost a mile in distance. If there is interest, we can do more than one loop. Water is provided.</p> <div data-bbox="619 860 1039 1242" data-label="Image"> <p>Neighbor to Neighbor</p> <p>A Living at Home/ Block Nurse Program for Frazee & Vergas Elders</p> </div>	<p>Men's Club 3rd Monday of the month. 10am-12noon N2N office A guest speaker will present a topic of interest followed by an open discussion. Lunch will be provided. RSVP appreciated.</p>	<p>Caregiver Respite Program 2nd & 4th Tuesdays 1:30-3:30pm N2N office Are you providing care for a loved one? If so, this is the program for you. Drop off your loved one at the N2N office for a safe, friendly and engaging program. Give yourself 2 hours off ~ to do shopping, errands or just relax! No cost, but RSVP is required along with health information and emergency contacts. Call Julie Howard for more information.</p>	<p>Mac & Cheese Bake and Bingo! N2N office 4:00-5:00pm Join us for a fun afternoon game of Bingo and enjoy some Mac & Cheese in celebration of National Mac & Cheese Day! If you have a favorite recipe for Mac & Cheese and want to share ~ please bring it to swap with others. Beverages provided!</p>	<p>Becker County Master Gardner Presentation N2N Office 1:30-2:30pm Join us for an educational and informative presentation from Master Gardener, Catherine Weisenburger. She will be giving an overview of the program and answering your questions. Refreshments provided.</p>
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