



# MARINETTE COUNTY ELDERLY SERVICES

515 North Hwy. 141 - P.O. Box 456  
Crivitz, Wisconsin 54114-0456

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## Introducing Helping Hand Networking Group (Previously Caregiver Support Group)

Greetings!

We are happy to announce a new name and structure to our Caregiver Support Group. We have changed the name to Helping Hand Networking Group! We first want to let you know that unfortunately there will no longer be a monthly Caregiver Support Group in Marinette or Peminbe. We will continue to meet in Crivitz on the fourth Tuesday of the Month at 10. We are excited to introducing our new location in Niagara. We will meet the third Tuesday of the month at 10:30 at the Niagara Senior Center. If you were previously attending the meetings in Marinette or Peminbe we hope you will join us at our new locations!

You are welcomed to join us for a fun and friendly monthly meeting dedicated to elders and caregivers. This is an open compassionate and understanding group where you can participate in hands on activities, discuss concerns and stressors, and any other topics.

*We will have coffee, snacks, hands-on activities, conversation and support.*

### SAVE THE DATES FOR 2016

**Niagara Senior Center**  
569 Washington Ave  
Niagara, WI 54151

**2016 Meeting Dates and Times**  
Third Tuesday of the month at 10:30

January 19 - Open Discussion	July 19 - Open Discussion
February 16 - Stress Relief/Yoga	August 16 - Nutrition/Senior Chef
March 15 - 10 Minute Fitness	September 20 - Benefit Checkup
April 19 - Advanced Directives	October 18 - Surviving the Holidays
May 17 - Gardening	November 15 - Alzheimer's
June 21 - Coping with Loss	December 20 - Holiday Party

**Crivitz- Marinette County Elderly Services**  
515 N US HWY 141  
Crivitz, WI 54114

**2016 Meeting Dates and Times**  
Third Tuesday of the month at 10:00

January 26 - Stress Relief/Yoga	July 26 - Nutrition/Senior Chef
February 23 - 10 Minute Fitness	August 23 - Nursing Home Basics
March 23 - Advanced Directives	September 27 - Benefit Checkup
April 26 - Gardening	October 25 - Surviving the Holidays
May 24 - Coping with Loss	November 22 - Alzheimer's
June 28 - Open Discussion	December 27 - Holiday Party

We encourage you to stay for lunch. Lunch is served at noon. There is a suggested donation of \$4. Reservations required call 715-251-1603.

If you have a loved one that cannot be left alone and you would like to attend. Bring them with. We will have unsupervised activities available for them.

If you have a loved one that cannot be left alone and you would like to attend. Bring them with. We will have supervised activities available for them. Please call ahead to reserve them a spot as space is limited.

Transportation maybe available. Call for details!

We look forward to seeing you in 2016. If you have any questions please give us a call 715-854-7453!

Jamie Dudek  
Elder Benefit Specialist

Nikki Mladenik  
MIPPA Consultant