



Your local VOICE for Aging & Volunteer Services



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Redwood County Newsletter

Creating strong, involved communities focusing on volunteerism and active living programs for adults 55 & above, and care partners of all ages.

PLEASE SHARE THIS NEWSLETTER AND OUR PROGRAMS WITH YOUR VOLUNTEERS.

We Have Moved!

It's official. My new office location is at 302 3rd Street East. (directly across from the old courthouse). My mailing address has not changed at this time.

UPCOMING CLASSES

A Matter of Balance (In Person)



A Matter of Balance helps you build practical strategies to reduce fear of falling and increase activity levels. You'll learn to view falls and fear of falling as controllable, set realistic goals to increase activity and change your environment to reduce fall risk factors.

September 27 & 29. October 4, 6, 11, 13, 18 & 20.

Monday's and Wednesday's

1:00 - 3:00 pm

Redwood Falls Public Library

SPACE IS LIMITED. TO REGISTER PLEASE CALL ANN LEBRUN AT 507-627-1016. THERE IS NO COST TO ATTEND THIS CLASS, HOWEVER DONATIONS ARE WELCOMED.

Other registration options:

Call 1-855-215-2174 and ask to register for class #2542

Register online at: <https://yourjuniper.org/Classes/Register/2542>

UPCOMING CLASSES (continued)



Planning and Paying for Long Term Care Presentation

Tuesday, September 21

FREE Virtual Online Class

1:00 pm

Where and how you live is very important to all of us. This becomes even more important as we age. To make sure you're in the driver's seat for your future, you need to develop a plan – your plan! Attend this presentation hosted by A.C.E. of SW Minnesota and presented by the Senior Linkage Line® to learn how to plan and pay for your long-term care needs. We can help you get started!

To attend this class virtually via Zoom, please pre-register at <https://www.eventbrite.com/e/166517974745>

Please contact your Redwood County A.C.E. Coordinator Ann LeBrun at (507) 627-1016 with any questions or for assistance in pre-registering for this presentation.

Upcoming Bloodmobiles: 10/18 and 10/19
Redwood Falls Community Center

Volunteer Opportunity. We NEED you!

Do you have an hour or two to spare 1 day a week? We are looking for TWO “Good Morning” telephone callers.

Are you interested in helping to assure the well being of others? If you are willing to commit to making telephone calls from your home, have a good phone presence, then “Good Morning” is looking for you. Volunteers needed to make calls on Mondays and Saturdays. Calls are made between 8 - 10 am.

For more information, please contact Ann LeBrun at 507-627-1016.

Redwood County Volunteer Appreciation Event



You should have received a postcard in the mail in April about postponing the Volunteer Appreciation Event. At this time, the event is still postponed. Thank you for your understanding.