



# VIRTUAL RESPITE MEETINGS FOR CAREGIVERS & CARE RECEIVER

- ❖ Weekly Virtual Meetings
- ❖ Safe Socialization
- ❖ Gentle chair exercise
- ❖ Brain-stimulating activities and crafts
- ❖ Conversations and Friendships
- ❖ Local Resource sharing
- ❖ Crafts and brain stimulating worksheets via mail

If you live in Chisago, Isanti, Kanabec, Mille Lacs or Pine, Join Kelly G with Lakes & Pines for online activities, laughs, and socialization with peers.

These services are funded in part under contract with the Central Minnesota Council on Aging as part of The Older Americans Act Program.



Caregivers need a break!

A great way to meet while distancing

Fun activities

Resources for more supports

Call today to get registered!

LAKES AND PINES CAC  
1700 E Maple Ave Mora  
MN 55051

1 (800) 832-6082 x1902

[LakesAndPines.org](http://LakesAndPines.org)

Virtual meetings are Tuesdays or Thursdays depending on your county.