

# SPRING 2025 Wellness Programming

Leelanau County Senior Services & ShareCare of Leelanau

## APRIL

### End of Life Planning Series

#### WEDNESDAY, 9 • Part 3: Dealing with Dementia & Intro to Hospice

12:00pm – 1:30pm

at ShareCare, 99 Fourth St., Suttons Bay

Elizabeth Bradfield, Hospice Care Consultant with Heartland Hospice.

#### WEDNESDAY, 9 • Part 1: Cooking for One

**SOLD OUT** 10:30am – 12:00pm Waiting list available.  
at The Friendship Center, 201 W Broadway, Suttons Bay with Jane Rapin.

A 3 part series in which attendees are encouraged to attend each offering. Registration is required. Join us to learn tips and tricks for making healthy choices and "cooking for one" enjoyable.

#### TUESDAY, 22 • ShareCare Memory Cafe

12:30pm – 2:00pm

at ShareCare, 99 Fourth St., Suttons Bay

Sponsored by grants from Cherryland Cares, The Oleson Foundation, Michigan Health Endowment Fund and Grand Traverse Regional Community Foundation.

Memory Cafe is a welcoming social gathering for individuals with memory loss and a companion who provides regular care and support. Our goal is to create an inviting space for people to connect and enjoy quality time together.

## MAY

#### TUESDAY, 6 • Palliative & Hospice Care, Basics & Benefits

10:30am - 12:00pm

at Leelanau Township Library, 119 E Nagonaba St, Northport

What is the difference between Palliative Care and Hospice? Learn what option may be best for you or your loved one and how these services can provide support. Enjoy the opportunity to ask questions and gain knowledge on your own terms, with Hospice of Michigan Advisor, Nicole Hastings.

#### WEDNESDAY, 14 • Part 2: Cooking for One

10:30am – 12:00pm

at The Friendship Center, 201 W Broadway, Suttons Bay with Jane Rapin.

#### TUESDAY, 27 • ShareCare Memory Cafe

12:30pm – 2:00pm

at ShareCare, 99 Fourth St., Suttons Bay

## JUNE

#### WEDNESDAY, 11 • Part 3: Cooking for One

10:30am – 12:00pm

at The Friendship Center, 201 W Broadway, Suttons Bay with Jane Rapin.

#### TUESDAY, 24 • ShareCare Memory Cafe

12:30pm – 2:00pm

at ShareCare, 99 Fourth St., Suttons Bay

#### WEDNESDAY, 25 • Palliative & Hospice Care, Basics & Benefits

10:30am - 12:00pm

at ShareCare, 99 Fourth St. Suttons Bay, MI

What is the difference between Palliative Care and Hospice? Learn what option may be best for you or your loved one and how these services can provide support. Have the opportunity to ask questions and gain knowledge on your own terms, with Hospice of Michigan Advisor, Nicole Hastings.

## JULY

#### TUESDAY, 22 • ShareCare Memory Cafe

12:30pm – 2:00pm

at ShareCare, 99 Fourth St., Suttons Bay

To sign up, contact Erin, ShareCare of Leelanau  
231-256-0221 ext. 305

All programs are free of charge.  
Call today! Class space is limited.

Leelanau County  
Senior Services

ShareCare  
sharecareleelanau.org