Greetings,

Save the date—Saturday, October 24th we're throwing a 20th Annviversary Party for CORE! The event will be at the Bayfield Pavillion and open to all. We'll be doing outreach these next couple of months to invite all the people who have contributed to CORE through the years—past staff, volunteers, supports, and participants—and it'll be so fun to have us all together to celebrate!

We're still working on collecting stories and memories that people have of CORE through the years. Submit your story through ***CORE's 20th Anniversary page on the website*** or by emailing community@corecr.org.

Also, a **huge thank you to all who have dropped off fresh veggies from their gardens for the Food Pantry!** These past few weeks we've received donations of **beautiful tomatoes, beans, lettuce, and chard!** If you would like to Share the Harvest from your garden too, drop off produce 10am, - 1pm the Wednesday before the Food Pantry, or contact 715-779-3457 or food@corecr.org.

With that, we hope everyone is having a great summer and enjoys these gorgeous September days!

CORE Spotlight

CORE's Wellness Programming

As part of CORE's 20th Anniversary this year, we are featuring CORE's programs and services in our newletters. This month we are highlighting ***CORE's Wellness Programming Committee****.*

Photo: Leisha Kramolis, Tamarack PTA, with S.O. facilitators Jen Maytum and Jenny Tumas, and Stepping On series participants.

Written by Jenny Tumas

Wellness at CORE includes the body, mind and spirit—anything from walking to chair yoga to meditation, to name a few of the modalities CORE has offered in the past two years. Guest presenters and teachers offer series and events designed to support CORE's 55+ community, though programming is also open to all. Programming is offered by donation to cover the costs of space use, with any remaining funds going to support CORE's mission, as instructors volunteer their time and skills. "Pay what is generous and affordable for you" is a phrase we often use to describe our payment philosophy. This means that some attend for free, some donate the suggested amount, and some donate more.

The Stepping On class provided a multifaceted approach to navigating the sometimes challenging landscape of age-

CORE's renewed focus on Wellness began in September 2024 with Jenny Tumas having been asked to join the board and lead a newly forming Wellness Committee. With her background as a long-time

related changes that affect our bodies, mind, and independence. I enjoyed listening to experts from several professions give advice to address these changes in a positive, self-empowering way. l highly recommend this class to elders who are trying to advocate for their own safety and well-being.

~ Diana Lind

Yoga teacher, and having led several Chair Yoga series as a volunteer for CORE in past years, this was an exciting project for her. A handful of people joined Jenny on the Wellness Committee in Fall of 2024—some with experience leading wellness classes, and some with an equally valuable contribution of interest in and perspective on what could be offered and how they could help. Wellness classes started up right away, led by a roster of experienced instructors.

In recent months, as a part of its Wellness focus, CORE has returned to offering Stepping On, an evidence-based program to build confidence and reduce falls among older adults. In early 2026, CORE sponsored Jennifer Maytum and Jenny Tumas to receive training to become Stepping On facilitators, and CORE hosted a successful Stepping On program for 15 participants that began in May 2026. Read more about the success of this series below!

To see upcoming Wellness Programming events and to see a list of all the events & classes held since 2024, visit: www.corecr.org/wellness

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The Wellness Committee would love to have you join them! If you are interested contact CORE at (715) 779-3457 or email info@corecr.org.

Stepping On Falls Reduction Program

CORE's 2026 Stepping On Falls Reduction Program has been a success!

The 7-week series had its last class on July 9, and in the weeks that followed there were home visits or calls with participants and facilitators. The series will finish with a 3-month booster session on October 1. Facilitators Jenny Tumas and Jen Maytum couldn't be happier with the participation and engagement of all 15 who joined in the program.

CORE thanks Bethesda Lutheran Church in Bayfield for generously providing class space for this series, two hours a week for seven weeks, and the booster session to come.

CORE also extends immense gratitude to the guest experts who were an essential part of this series, making it a truly collaborative community effort:

- **Leisha Kramolis, PTA:** Tamarack Rehab, Tamarack Health, Ashland Medical Center
- **Delora Pufall-Porter, Pharmacist:** Brownstone Rx Pharmacy, Washburn
- **Craig W Florine, MD:** Tamarack Health Ophthalmology
- **Dustin Thompson, EMT:** Bayfield Ambulance
- **Donna Kramolis,** past participant

"Stepping On taught me balance and strength exercises that I intend to continue practicing for the rest of my life. My awareness and balance has definitely improved."

– Karen Crowell

Jenny and Jen extend special thanks to the volunteers who supported this series by providing healthy snacks and helping with set up and take down: **Lois Albrecht, Sandy Brue, Joyce Kiel, Kathy Thomson, and Mary Beth**

Tichawa-McCarthy. Also a big thank you to **Eric Thomson** for photography and **Kathy Thomson** for tech support.

A 2027 session of Stepping On will be planned. Please contact info@corecr.org if you are interested in attending next year's series.

September is Falls Prevention Month!

The **Wisconsin Institute for Healthy Aging** is offering an online version of Stepping On. The class will be held virtually on Zoom Mondays from 9 - 11am, September 28 through November 16th. The cost is $25 for the series. To register or for more information contact:

Suzanneat 608-852-0813 or falls@wihealthyaging.org

Upcoming CORE Events

20th Anniversary Party!

- **CORE's 20th Anniversary Party - 5pm - 8pm, Sat, Oct 24th** - Save the date to help us celebrate CORE and all the people who have been involved through the years! The celebration will take place at the Bayfield Pavillion. More details coming soon!

Bayfield Poetry Trail

- **September 1 - 30 -** Encore & Core are participating in the 6th annual Bayfield Poetry Trail, a self-guided literary event featuring poems displayed in the windows and outdoor spaces of participating local businesses. To participate, pick up an entry form at the Bayfield Chamber of Commerce and use the map and to find and enjoy 25 poems throughout the area. Write the poem title on the line corresponding to the map order. Drop off completed entries (at least 21 poem titles) at the Bayfield Chamber by 5pm,September 30.

Arts & Education Programming

- **Botanical Eco Dyes Classes -** Create prints on silk scarves using botanicals. This beginner class will use basic techniques to bring the colors from, flowers, leaves and veggies with rich tannins into silk scarves using the steam process. Led by Marielena Acorda Shaner. $35 for materials, limit 8 people.
    - 12am - 3pm, Sun, Sept 13 - Register HERE
    - 12pm - 3pm, Sun, Sept 20 - Register HERE
- **Mosaic Stepping Stones Class** - Materials will be provided, but participants are encouraged to bring additonal flat items to use for their mosaics and share with the class such as old plates to break, buttons, sea glass, stones, beads, and small tiles. This class will be led by Lynne Dominy. $10 for materials, limit 12 people.
    - 1-3pm, Mon, Sept 21 - Register HERE
- **Dried Flower Weaving Art Class** - Join Marielena Shaner of Boda Bayfield for an afternoon of relaxation and fun decorating an 8" ring by weaving dried flowers. $18 for materials, limit 12 people.
    - 12 - 2pm, Mon, Sept 28 - Register HERE

If you are interested in hosting a class, workshop, lecture, or other activity with the A&E Committee, fill out the Arts & Education Proposal Form.

Social Programming

- **Friday Friends - Fri, Sept 18th 11:30 - 1pm,** - September kicks off the new season of Friday Friends with ***Pie for All***, a luncheon featuring pies from the area! All are welcome to attend. To volunteer for the event or bring a pie sign up HERE.

Wellness Programming

- **Chair Yoga -** For increased strength, mobility, better balance, and less stress. For 55+ and all are welcome. $10 suggested donation per class, but pay what is generous and affordable for you. Classes will be held in the sanctuary of the Bayfield Presbyterian Church, 306 Washington Ave, Bayfield. Registering is encouraged, but drop-ins are welcome. Register HERE.
    - **Thurs, Sept 3, 10, 17, 24 - 11am - 12pm - Led by Sandy Brue & Jenny Tumas**
    - **Wed, Oct 7, 14, 21 - 10am - 11am - Led by Tracy Chipman.**

- **Ballroom Basics for Balance Instructor Training -** On Saturday, Oct 17th CORE is hosting a full-day instructor training for the Ballroom Basics for Balance program in Washburn. The training will be led by Susan Frikken the founder of Ballroom Basics for Balance and physical therapist based in Madison, WI. If you are interested in attending the training, please contact Susan Frikken: susan@yaharatherapy.com.

CORE Services

CORE Community Resources operates a Food Pantry, Medical Equipment Lending Closet, and Senior Connections program as part of the core services offered by CORE. Additionally, ENCORE Resale Store is also run by CORE volunteers with 100% of profits supporting CORE.

CORE Food Pantry

Upcoming food pantry dates are: **September 10 & September 24.**

Share the Harvest is a wonderful way to support the Food Pantry by sharing extra produce from your gardens! Donations should be brought to CORE between 10am - 1pm on Wednesday before the Food Panty. With questions contact: food@corecr.org.

Medical Equipment Lending Closet

CORE's Lending Closet provides no cost rentals of durable medical equipment such as walkers, wheelchairs, electric beds, and more! To inquire about or schedule an equipment loan or to donate equipment, please call (715) 779-3457 x3.

Senior Connections

CORE's Senior Connections program connects seniors with a friendly, trained volunteer who will stop by for regular social visits. You might share a cup of coffee or tea, play a game, take a short walk, or simply enjoy good conversation. If you'd like to learn more, please contact CORE at (715) 779-3457, info@corecr.org, or fill out the form on our website here.

Encore Resale Store

Encore is an integral part of CORE Community Resources and is 100% volunteer run with every dollar going to support CORE's mission! CORE's summer hours are 10 - 4pm Thursday through Saturday.

Get Involved!

Volunteering

CORE Community Resources relies on volunteers and below are just a few of the many volunteer opportunities available. Reach out if you're interested in getting involved: info@corecr.org

- **Teach a class, workshop, or give a lecture**
- **Offer social support through our Senior Connections program**
- **Volunteer with Encore Resale Store**
- **Join the Wellness, Social Programs, or Arts & Education committees**

Donations

All gifts are welcomed and appreciated. These funds enable us to continue offering valuable services and programs across northern Bayfield County.

Donate to CORE

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