

Calendar of Events

- July 21, 2018
- July 25, 2018
- Make It Mega, Colossal, Gigantic, & Huge Class**
ArtHaus
508 W Water St
Decorah, IA 52101
9:00 AM - 3:00 PM
Don't let art be confined to an 8.5 x 11 sheet of paper, let's make it colossal! Start your day at the Clay Studio building huge clay sculptures. Finish your day at the ArtHaus Studio and out in nature making gigantic creations in nature. Bring a sack lunch.
- July 23, 2018
- July 26, 2018
- You Had Me at Lefse at ArtHaus**
ArtHaus
508 W Water St
Decorah, IA 52101
9:00 AM - 3:00 PM
Rachelle Reis Branum, 563-382-5440
*A camp combining Nordic culture with culinary arts. Start your day creating clay sculpture and glazing tableware. Finish your day exploring the art of eating at Vesterheim and cooking Norwegian style. Bring a sack lunch.
For ages 6-9.*
- July 24, 2018
- Alzheimer's Association--Education Series**
- July 24, 2018
- ISU Extension and Outreach webinar examines making dairy production decisions**
Noon
ISU Extension and Outreach dairy specialists Larry, 563-583-6496
tranel@iastate.edu
Maximizing production while tightening your belt during periods of low milk prices can be challenging. Iowa State University Extension and Outreach will offer a webinar at 12 p.m. on July 24 to discuss tips for maximizing profitability, nutrition management, and what FINBIN has to say about production costs and capital efficiency.
- July 25, 2018
- Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program**
Donlon Pharmacy & Toy Jungle
201 West Water Street
Decorah, IA 52101
5:00 - 5:30 PM
Donlon Pharmacy, 563-382-2626
Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.
- No need to RSVP. Just ask for Kevin at the Pharmacy.*
- We are an authorized Ideal Protein Clinic.*

July 25, 2018

Learning to Eat with IBD
Oneota Food Co-op Classroom Kitchen
312 West Water Street
Decorah, IA 52101

5:30-7:30 PM

Join Registered Nurse, Kathy Goettl, on a tangled journey to teach those affected by Inflammatory Bowel Disease, and those who care for them, ways in which they can learn to enjoy food again. Topics include tips, tricks, and helpful ideas for working through the dark days of IBD, best practices for handling flare-ups, and a few tasty snacks to boot!

This is a lecture and demonstration-style class with a limit of 20 participants. Cost is \$5 for Co-op Member/Owners, \$7 for community members.

July 26, 2018

Lawn Chair Night
Winneshiek County Courthouse

7:00 PM

Lissa Blake, 563-387-7021

2018 Lawn Chair Night Schedule

June 7 Uptown Jazz

June 14 Squirrel Tail

June 21 Decorah Municipal Band

June 28 Michael McElrath

July 5 Root River Jam

July 12 Winneshiek County Fair, no performance

July 19 Nordic Dancers

July 26 Nordic Fest Opening Ceremonies

Aug 2 Mark Armstrong

Aug 9 Guttenberg German Band

Aug 16 Ben Hippen

Aug 23 Tom Schramm and the LPs

Aug 30 Kindred Minds

July 26, 2018

NAMI Connection Recovery Support Group

St. Benedict's Catholic Church

307 West Main Street

Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

July 26, 2018
- July 28, 2018

Nordic Fest
Water Street
Decorah, IA 52101

Velkommen to Nordic Fest! Some events persist from year to year—and shape the tradition of Nordic Fest. From the Opening Ceremonies and the Arts & Crafts Center to the Grand Parade and Fireworks, there is so much to experience at Nordic Fest!

More information to come!

July 26, 2018

Explore Luther College during Summer Preview Day
Luther College
700 College Drive
Decorah, IA 52101

9:30 AM - 2:30 PM

The Luther College Admissions Office is hosting three Summer Preview Days.

This visit provides prospective students with a total immersive visit to the campus, as well as the Decorah community.

Advance registration is required.

July 27, 2018

Haymarket Spring/Summer Concert
9:30 PM

Come down to the Haymarket to enjoy good tunes and dance the night away.

July 27, 2018
- July 28, 2018

Nordic Fest Art Fair
ArtHaus Studio
508 West Water Street
Decorah, IA 52101

Take home unique handmade pottery, jewelry, photography, paintings and prints while supporting local talent and supporting the livelihoods of your creative neighbors!

Friday, July 27 @ 10:00 am – 5:00 pm

Saturday, July 28 @ 9:00 am – 3:00 pm

July 27, 2018
- July 28, 2018

Yard & Garden Tours

Friday 9-Noon, Saturday 1-4 p.m.

Roger Buhr,
rbuhr@mchsi.com

Yard & Garden Tours are sponsored by the Decorah Town & Country Garden Club. There are three gardens on the tour this year.

Ruth Lynch

2975 South Old Mill Road

Nestled in the hills northeast of Decorah, the gardens wrap around the house and blend into the woods. From downtown go west on College Drive to Casey's corner. Turn right on Locust Road (W-38) and go 4 miles. Turn right on Canoe Ridge Road and go .1 mile. Turn left on South Old Mill Road. Go 1.1 mile.

Turn left at the drive way for #2975 which has a Tree Farm sign. Follow the lane down to the house.

Rachel Martyn & Shane Melcher

409 Center Street

This stately mansion was the home of Dr. Christian Hoeg, a physician born in Norway. With his neighbor Kristian Prestgard he hybridized gladiolus and grew them here in the "Decorah Gladiolus Garden", a commercial garden much admired by everyone.

Directions: From downtown go east on Water Street. Turn left on Riverside Ave. and go 2 blocks. Turn right on Center Ave. and go 2 blocks.

Erich and Mary Weiss

2806 Spruce Ridge Road

This couple has been working on their extensive yard for 50 years growing heritage trees and landscaping with a variety of plants and antiques.

Directions: From downtown go west on College Drive to Casey's corner. Turn right on Locust Road (W-38) and go 3.9 miles. Turn right on Spruce Ridge Road and go 7 miles.

July 28, 2018

Haymarket Spring/Summer Concert

9:30 PM

Come down to the Haymarket to enjoy good tunes and dance the night away.

July 28, 2018

2nd Annual Car/Motorcycle Show

Cedar Valley Auctions

1668 Jordan West Road

Decorah, IA

Cedar Valley Iowa Realty & Auction Company , 563-382-2273

July 28, 2018
- July 31, 2018

You Had Me at Lefse at ArtHaus

ArtHaus

508 W Water St

Decorah, IA 52101

9:00 AM - 3:00 PM

Rachelle Reis Branum, 563-382-5440

A camp combining Nordic culture with culinary arts. Start your day creating clay sculpture and glazing tableware. Finish your day exploring the art of eating at Vesterheim and cooking Norwegian style. Bring a sack lunch.

For ages 6-9.

July 30, 2018
- August 3, 2018

Art, Wind and Fire Class

ArtHaus
508 W Water Street
Decorah, IA
12:00 - 3:00 PM

Master the four elements while making art outdoors using earth (clay), fire (sun), water, and air. Participants will make new projects each day exploring nature and renewable energy sources.

July 31, 2018

Amish Experience: Pie Making Demonstration

Eagle Bluff Environmental Learning Center
28097 Goodview Dr
Lanesboro, MN 55949

12:30pm - 4pm
Jennie Dieterman, 5074672437
skillsschool@eagle-bluff.org

Are you a pie lover? If so, then join us and learn the 'how to's' from an experienced Amish baker. Your Amish instructor will expertly whip up several types of pies from scratch. Learn about using a wood stove and sample the results with coffee. Not only will you gain insight into the Amish lifestyle, you'll create a warm and tasty memory. The class meets at Eagle Bluff and travels via Eagle Bluff van to the Amish home.

Note: The Amish do not allow photos to be taken or names to be published. Travel time is included at beginning and end of class.

Preregistration required

July 31, 2018

Amish Experience: Bread Making Demonstration

Eagle Bluff Environmental Learning Center
28097 Goodview Dr
Lanesboro, MN 55949

8:30am - 12pm
Jennie Dieterman, 5074672437
skillsschool@eagle-bluff.org

Ever wondered what it would be like to live without electricity and modern appliances? This is an opportunity to visit an Amish home, get to know your hostess and learn how to bake bread in a wood fired stove. After the bread is baked and the butter made, you will enjoy the freshly made bread and butter with a warm beverage. Take home a loaf of fresh baked bread and get to know our local Amish community. The class meets at Eagle Bluff and travels via Eagle Bluff van to the Amish home.

Note: The Amish do not allow photos to be taken or names to be published. Travel time is included at beginning and end of class.

Preregistration required

August 1, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

August 2, 2018

Decorah Community Meal

First Lutheran Church

604 W Broadway Street

Decorah, IA 52101

5:00 - 6:30 PM

First Lutheran Church, 563-382-2638

Everyone in the community is invited to enjoy an evening meal at no charge. This is a time for fellowship with old friends and a chance to meet new ones. Delicious entrees are furnished by Sodexo (Luther College food service) and McCaffrey's Dolce Vita. Local churches and organizations provide salads, desserts, and volunteers.

August 2, 2018

Lawn Chair Night

Winneshiek County Courthouse

7:00 PM

Lissa Blake, 563-387-7021

2018 Lawn Chair Night Schedule

June 7 Uptown Jazz

June 14 Squirrel Tail

June 21 Decorah Municipal Band

June 28 Michael McElrath

July 5 Root River Jam

July 12 Winneshiek County Fair, no performance

July 19 Nordic Dancers

July 26 Nordic Fest Opening Ceremonies

Aug 2 Mark Armstrong

Aug 9 Guttenberg German Band

Aug 16 Ben Hippen

Aug 23 Tom Schramm and the LPs

Aug 30 Kindred Minds

August 2, 2018

NAMI Connection Recovery Support Group

St. Benedict's Catholic Church

307 West Main Street

Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

August 2, 2018

Winneshiek County Habitat for Humanity Annual Golf Outing

Oneota Golf and Country Club

1714 Golf Road

Decorah, Io 52101

12:00 PM

Gus Johnson, 563-382-1802

wchfh1@gmail.com

Winneshiek County Habitat for Humanity (WCHFH) will sponsor the Fifth Annual Don Kemp Memorial Golf Tournament on Thursday, August 2, 2018, at Oneota Golf and Country Club in Decorah, Iowa. The 18-hole event will raise funds to build the organization's next home, located in Ridgeway, Iowa; Rachel Blake and her three young children have been chosen as the partner family for the home.

The tournament—one of the organization's primary fund raisers—is named for the late Don Kemp, longtime WCHFH volunteer executive director. Interested persons can sign up for the event—slated for shotgun start at 12:30 p.m.—as an individual for \$70 or recruit a four-person team for \$280. Those unable golf on August 2 but interested in supporting a great cause can sponsor a hole or green for \$125 or make a donation directly to Winneshiek County Habitat for Humanity. The tournament entry fee includes green fees, cart, and meal. Non-golfers can purchase a meal, to be served following the tournament, for \$20.

For a printable registration form, visit www.winneshiekhabitat.org. Interested individuals can also call Gus Johnson, WCHFH executive director, at 382-1802 or 380-6023 or send registration information to Winneshiek County Habitat for Humanity, Box 457, Decorah, Iowa. Checks should be made payable to Winneshiek County Habitat for Humanity.

Since its 1992 founding, WCHFH has built 30 homes for low-income families in Burr Oak, Calmar, Castalia, Decorah, Freeport, Hesper, Ossian, Ridgeway, and Spillville. WCHFH is one of 1,500 Habitat for Humanity affiliates in the United States and the only one in Northeast Iowa. WCHFH serves low-income families who have sufficient income to pay a 25-year interest-free mortgage and give 150 hours of "sweat-equity" labor to the project per adult family member.

August 2, 2018

Author Talk with Mike Mullin: Surface Tension

Dragonfly Books

112 W. Water St.

Decorah, IA 52101

7:00 pm

Dragonfly Books, 563-382-4275

events@dragonflybooks.com

Young adult author of the Ashfall series, Mike Mullin, returns to Decorah for an event featuring his new fast-paced thriller Surface Tension. Mike will share his stories, talk about Surface Tension, and sign copies on Thursday, August 2 at 7:00 pm.

Known for his eclectic work history, humorous insights, and awesome Taekwondo skills, Mike Mullin likes to write books that teens like to read. Everyone is invited to join Dragonfly Books for this free author talk.

If you find that you can't make it to the event but would still like to purchase one of Mike's books, just give Dragonfly Books a call at 563-382-4275. One of their staff will be glad to reserve a book and have it autographed for you.

August 3, 2018

Winneshiek Co. Farm Bureau Centennial Celebration

Inwood Ballroom

6:00 - 7:30 PM

Winn. Co. Farm Bureau, 563-382-8713

August 7, 2018

FARMLAND LEASING AND LAND VALUES Informational Workshop

Bank of the West

120 W Water St

Decorah, IA 52101

Melissa O'Rourke, 563-382-2949

morourke@iastate.edu

More than half of Iowa farmland is rented. In some Iowa locations, as much as 70 percent of the land is farmed by farmers who don't own the land.

In Northeast Iowa, the result is many conversations and negotiations between farmland owners and producer-tenants to determine what makes sense for farmland leases and cash rental rates – both fixed rent and flexible arrangements. Strong landlord/tenant relationships are important for the long-term viability of Iowa's farming communities.

These are just a few reasons why Iowa State University Extension and Outreach offers workshops designed to answer questions that land owners and tenants have about farmland leasing and land values.

These workshops will be held across northeast Iowa counties starting August 6 through August 21.

Melissa O'Rourke, ISU Extension Farm & Agribusiness Management Specialist will present a wide range of topics related to farmland values and leasing.

O'Rourke is a licensed attorney with extensive experience in working with farm, ranch and agribusiness interests.

August 8, 2018

**Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program
Donlon Pharmacy & Toy Jungle
201 West Water Street
Decorah, IA 52101**

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

August 9, 2018

**Lawn Chair Night
Winneshiek County Courthouse**

7:00 PM

Lissa Blake, 563-387-7021

2018 Lawn Chair Night Schedule

June 7 Uptown Jazz

June 14 Squirrel Tail

June 21 Decorah Municipal Band

June 28 Michael McElrath

July 5 Root River Jam

July 12 Winneshiek County Fair, no performance

July 19 Nordic Dancers

July 26 Nordic Fest Opening Ceremonies

Aug 2 Mark Armstrong

Aug 9 Guttenberg German Band

Aug 16 Ben Hippen

Aug 23 Tom Schramm and the LPs

Aug 30 Kindred Minds

August 9, 2018

NAMI Connection Recovery Support Group

St. Benedict's Catholic Church

307 West Main Street

Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

August 9, 2018

Fun, Flavor, and Fizz! (CSA)
Oneota Food Co-op Classroom Kitchen
312 West Water Street
Decorah, IA 52101

6:00 - 8:00 PM

In this class, learn how you can make delicious, refreshing, and probiotic sodas at home using fermentation. We'll go over equipment, ingredients, variables to play with, and the different advantages of brewing with kombucha, ginger bugs, and other fun things. There will also be different sodas to taste and time to start your own!

Lead by Peter Kraus, this is a demonstration-style class with hands-on elements, and is vegan friendly and gluten-free with a limit of 16 participants. Cost is \$12 for Co-op Members, \$15 for community members, and is eligible for CSA voucher redemption.

August 9, 2018
- August 10, 2018

Explore Luther College during Summer Preview Day
Luther College
700 College Drive
Decorah, IA 52101

9:30 AM - 2:30 PM

The Luther College Admissions Office is hosting three Summer Preview Days.

This visit provides prospective students with a total immersive visit to the campus, as well as the Decorah community.

Advance registration is required.

August 10, 2018
- August 12, 2018

Lime Springs 150th Celebration Rendezvous
West Main St
Lime Springs, IA 52155

Lime Springs is celebrating Sweet Corn Days with a Rendezvous for their 150th anniversary.

Call for additional info

August 11, 2018

The Point Eco-Adventure
Eagle Bluff Environmental Learning Center
28097 Goodview Dr
Lanesboro, MN 55949

12:30pm - 4:30pm

Jennie Dieterman, 5074672437

skillsschool@eagle-bluff.org

Come experience a culinary, service learning, eco-adventure! Begin your adventure with Mary Bell, as you learn and help prepare seasonal, Native America, pre-contact foods. Next, explore "The Point", one of the most biodiverse places left on the Root River. Learn about the education demonstrations that take place here and give something back by participating in a service learning project such as invasive control, prairie restoration, wildlife habitat improvement, or trail maintenance, to name a few. Finish up the adventure with great conversation over a light seasonal meal savoring some of the items prepared earlier. This class may be cancelled due to weather conditions.

Preregistration required

August 13, 2018

NAMI Family Support Group

The Spectrum Network

607 Washington Street

Decorah, IA 52101

5:30-6:45 PM

namineiowa@gmail.com

NAMI Northeast Iowa will be holding its monthly family support group, led by trained family members of people with mental health conditions for family members, caregivers, and loved ones of individuals living with a mental health condition.

August 15, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

August 16, 2018

Decorah Community Meal

First Lutheran Church

604 W Broadway Street

Decorah, IA 52101

5:00 - 6:30 PM

First Lutheran Church, 563-382-2638

Everyone in the community is invited to enjoy an evening meal at no charge. This is a time for fellowship with old friends and a chance to meet new ones. Delicious entrees are furnished by Sodexo (Luther College food service) and McCaffrey's Dolce Vita. Local churches and organizations provide salads, desserts, and volunteers.

August 16, 2018

Lawn Chair Night
Winneshiek County Courthouse
7:00 PM
Lissa Blake, 563-387-7021
2018 Lawn Chair Night Schedule

June 7 Uptown Jazz
June 14 Squirrel Tail
June 21 Decorah Municipal Band
June 28 Michael McElrath

July 5 Root River Jam
July 12 Winneshiek County Fair, no performance
July 19 Nordic Dancers
July 26 Nordic Fest Opening Ceremonies

Aug 2 Mark Armstrong
Aug 9 Guttenberg German Band
Aug 16 Ben Hippen
Aug 23 Tom Schramm and the LPs
Aug 30 Kindred Minds

August 16, 2018

United Way Winneshiek County Family Fun Night
Decorah Public Library Parking Lot
202 Winnebago Street
Decorah, IA 52101
5:00 - 6:45 PM
Denise Duffy ,
duffs1723@hotmail.com
This event is free and open to public, includes children's activities and food is available for purchase.

August 16, 2018

Ada's Amish Chicken Dinner
Winneshiek Wildberry Winery
1966 337th Street
Decorah, IA 52101
4:00 - 7:00 PM
Beth, Yvonne, Cassie, 563-735-5809
sales@wwwinery.com
Join us for a fun evening with lots of friends and laughs and of course food. Enjoy Amish baked chicken, mashed potatoes and gravy, green beans, salad, bread and butter, and peanut butter pie.

August 16, 2018

NAMI Connection Recovery Support Group

St. Benedict's Catholic Church

307 West Main Street

Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

August 16, 2018

Bake Outside the Box

Oneota Food Co-op Classroom Kitchen

312 West Water Street

Decorah, IA 52101

5:30-7:30 PM

With any of these dead-easy cake recipes, you'll never reach for a box again. A seasonal fruit breakfast cake (yes!) gorgeous enough for after dinner; a handy lemon cake you can't believe is gluten-free; and a scrumptious chocolate number, ideal for a picnic or to layer up for the perfect birthday treat. Includes loads of ideas for making flavor, shape, or dietary alterations. Participants will have some hands-on opportunities and so much cake to sample!

Lead by Sarah Frydenlund, this is a demonstration-style class with hands-on elements that is vegetarian friendly with a limit of 20 participants. Cost is \$12 for Co-op Members and \$15 for community members.

August 17, 2018

Pinter's Pizza on the Farm

Pinter's Gardens & Pumpkins

2475 State Hwy 9

Decorah, IA 52101

5-8 p.m.

Pinter's Gardens & Pumpkins, 563-382-0010

Celebrate summer with the Pinter's family at Pizza on the Farm.

Spend a beautiful Iowa evening with your family or friends at Pinter's Gardens and Pumpkins Playland while enjoying homemade pizza baked in an outdoor brick oven.

Cost: Pinter's Playland - \$6 admission for children, youth, and adults over 3. Toddlers 3 and under are free.

Homemade pizzas are \$10 each. Beverages extra.

August 17, 2018
- August 19, 2018

Seed School
Seed Savers Exchange
3074 North Winn Rd
Decorah, IA 52101

Join gardeners from all over the country for a weekend of seeds, stories, and great food.

Students will graduate from the three-day seed school with the confidence to grow, harvest, store, and save seeds, engage with their communities through seed libraries, seed swaps, and gardens, and discuss the importance of preserving crop diversity.

*This annual event draws seed savers, gardeners, orchardists, and scholars from all around the country. The workshop is full of practical knowledge, hands-on activities, and plenty of time in the garden. All students will receive a copy of *The Seed Garden: The Art and Practice of Seed Saving*.*

August 20, 2018

Caregiver Support Group
Aase Haugen Nursing Home
4 Ohio Street
Decorah, IA 52101

10:00 AM

LifeLong Links, 866-468-7887

This Caregiver Support Group is a free resource for individuals caring for an elderly spouse, grandparent, mother, father, relative, non-relative, or neighbor.

Group members receive education on caregiving, share success stories and coping strategies, and discuss useful resources through the caregiver journey.

Held on the 3rd Monday of every month.

August 21, 2018

August YP Event
Pulpit Rock Brewing Co.
207 College Drive
Decorah, IA 52101

5:15 pm

Rachel Huisman, 563-382-3990

rachel@decorahareachamber.com

Mark your calendars now for our August session! Attendees will have the opportunity to hear from Pete Espinosa of Pulpit Rock Brewing Co. on his career and leadership journey. You won't want to miss this session!

Everyone is welcome!

August 22, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program
Donlon Pharmacy & Toy Jungle
201 West Water Street
Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

August 22, 2018

Medicine in your Cupboard
Oneota Food Co-op Classroom Kitchen
312 West Water Street
Decorah, IA 52101

6:00 - 7:30 PM

Now that we have learned to identify many backyard herbs, how do we go about properly harvesting them? What part of the plant do we use? In this session with Clinical Herbalist, Bonnie Kreckow, we'll learn how to dry and properly store your herbs. Some herbs can last up to 10 years if prepared properly! Bonnie will also cover the medicinal values of culinary herbs. Come discover new reasons to rekindle your love for Rosemary, Sage, and many more!

This is a lecture and demonstration-style class. Cost is \$15 for Co-op Member/Owners, \$18 for community members.

August 23, 2018

Lawn Chair Night
Winneshiek County Courthouse

7:00 PM

Lissa Blake, 563-387-7021

2018 Lawn Chair Night Schedule

June 7 Uptown Jazz

June 14 Squirrel Tail

June 21 Decorah Municipal Band

June 28 Michael McElrath

July 5 Root River Jam

July 12 Winneshiek County Fair, no performance

July 19 Nordic Dancers

July 26 Nordic Fest Opening Ceremonies

Aug 2 Mark Armstrong

Aug 9 Guttenberg German Band

Aug 16 Ben Hippen

Aug 23 Tom Schramm and the LPs

Aug 30 Kindred Minds

August 23, 2018

NAMI Connection Recovery Support Group
St. Benedict's Catholic Church
307 West Main Street
Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

August 24, 2018
- August 25, 2018

Toppling Goliath Mornin' Delight bottle release

Mornin' Delight 2018 will be held on Saturday, August 25th at the TG brewery on Prosperity Road. The brewery will be open 8:00 a.m.-11:00 p.m. There will also be a Mornin' Delight Eve at a number of local business where MD will be served on tap on Friday, August 24th.

August 29, 2018

**Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program
Donlon Pharmacy & Toy Jungle**

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

August 30, 2018

Lawn Chair Night

Winneshiek County Courthouse

7:00 PM

Lissa Blake, 563-387-7021

2018 Lawn Chair Night Schedule

June 7 Uptown Jazz

June 14 Squirrel Tail

June 21 Decorah Municipal Band

June 28 Michael McElrath

July 5 Root River Jam

July 12 Winneshiek County Fair, no performance

July 19 Nordic Dancers

July 26 Nordic Fest Opening Ceremonies

Aug 2 Mark Armstrong

Aug 9 Guttenberg German Band

Aug 16 Ben Hippen

Aug 23 Tom Schramm and the LPs

Aug 30 Kindred Minds

August 30, 2018

Grand Community Picnic

Winneshiek Medical Center

901 Montgomery St

Decorah, IA 52101

4-7 pm

Mary Marx,

Come and celebrate and Winneshiek Medical Centers grand community picnic

August 30, 2018

NAMI Connection Recovery Support Group

St. Benedict's Catholic Church

307 West Main Street

Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

September 5, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

September 6, 2018

Decorah Community Meal

First Lutheran Church

604 W Broadway Street

Decorah, IA 52101

5:00 - 6:30 PM

First Lutheran Church, 563-382-2638

Everyone in the community is invited to enjoy an evening meal at no charge. This is a time for fellowship with old friends and a chance to meet new ones. Delicious entrees are furnished by Sodexo (Luther College food service) and McCaffrey's Dolce Vita. Local churches and organizations provide salads, desserts, and volunteers.

September 6, 2018

NAMI Connection Recovery Support Group

St. Benedict's Catholic Church

307 West Main Street

Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

September 8, 2018

The Point Eco-Adventure

Eagle Bluff Environmental Learning Center

28097 Goodview Dr

Lanesboro, MN 55949

12:30pm - 4:30pm

Jennie Dieterman, 5074672437

skillsschool@eagle-bluff.org

Come experience a culinary, service learning, eco-adventure! Begin your adventure with Mary Bell, as you learn and help prepare seasonal, Native America, pre-contact foods. Next, explore "The Point", one of the most biodiverse places left on the Root River. Learn about the education demonstrations that take place here and give something back by participating in a service learning project such as invasive control, prairie restoration, wildlife habitat improvement, or trail maintenance, to name a few. Finish up the adventure with great conversation over a light seasonal meal savoring some of the items prepared earlier. This class may be cancelled due to weather conditions.

Preregistration required

September 8, 2018

Luna Valley Farm Concert

Luna Valley Farm

3012 Middle Sattre Road

Decorah, IA

Farm Gates open at 5:45; Show at 7:00 PM

Join us for an evening of music and community as we celebrate our one year anniversary of opening for wood-fired pizza! This is a Boats and Bluegrass Pre Show.

September 10, 2018

NAMI Family Support Group

The Spectrum Network

607 Washington Street

Decorah, IA 52101

5:30-6:45 PM

namineiowa@gmail.com

NAMI Northeast Iowa will be holding its monthly family support group, led by trained family members of people with mental health conditions for family members, caregivers, and loved ones of individuals living with a mental health condition.

September 12, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

September 13, 2018

NAMI Connection Recovery Support Group

St. Benedict's Catholic Church

307 West Main Street

Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

September 17, 2018

Caregiver Support Group

Aase Haugen Nursing Home

4 Ohio Street

Decorah, IA 52101

10:00 AM

LifeLong Links, 866-468-7887

This Caregiver Support Group is a free resource for individuals caring for an elderly spouse, grandparent, mother, father, relative, non-relative, or neighbor.

Group members receive education on caregiving, share success stories and coping strategies, and discuss useful resources through the caregiver journey.

Held on the 3rd Monday of every month.

September 19, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

September 20, 2018

Decorah Community Meal

First Lutheran Church

604 W Broadway Street

Decorah, IA 52101

5:00 - 6:30 PM

First Lutheran Church, 563-382-2638

Everyone in the community is invited to enjoy an evening meal at no charge. This is a time for fellowship with old friends and a chance to meet new ones. Delicious entrees are furnished by Sodexo (Luther College food service) and McCaffrey's Dolce Vita. Local churches and organizations provide salads, desserts, and volunteers.

September 20, 2018

NAMI Connection Recovery Support Group

St. Benedict's Catholic Church

307 West Main Street

Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

September 20, 2018

NAMI Connection Recovery Support Group

St. Benedict's Catholic Church

307 West Main Street

Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

September 23, 2018

The Cemetery Walk

Phelps Cemetery

2:00 - 4:00 PM (tours leave every 15 minutes)

Upstart Crow Theatreworks presents a moving and fascinating look at Decorah's history in beautiful Phelps Cemetery. Audience members take a guided tour among costumed performers of all ages, located throughout the cemetery, bringing to life a wide variety of characters from Decorah's past. Tours leave every 15 minutes. Tickets available at the gate, with proceeds to benefit the Porter House Museum.

September 26, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

September 27, 2018

NAMI Connection Recovery Support Group

St. Benedict's Catholic Church

307 West Main Street

Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

September 29, 2018

Decorah Rotary Club's 7th Annual Loop de Loop Race

7:00 AM - Noon

The Loop de Loop 5K, 10K and half-marathon will be held Saturday September 29, 2018.

The races will begin at 8:00 am with staggered start times for each race.

8:00am – half-marathon

8:15am – 10K

8:30am – 5K

October 3, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

October 4, 2018

Decorah Community Meal

First Lutheran Church

604 W Broadway Street

Decorah, IA 52101

5:00 - 6:30 PM

First Lutheran Church, 563-382-2638

Everyone in the community is invited to enjoy an evening meal at no charge. This is a time for fellowship with old friends and a chance to meet new ones. Delicious entrees are furnished by Sodexo (Luther College food service) and McCaffrey's Dolce Vita. Local churches and organizations provide salads, desserts, and volunteers.

October 4, 2018

NAMI Connection Recovery Support Group

St. Benedict's Catholic Church

307 West Main Street

Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

October 8, 2018

NAMI Family Support Group

The Spectrum Network

607 Washington Street

Decorah, IA 52101

5:30-6:45 PM

namineiowa@gmail.com

NAMI Northeast Iowa will be holding its monthly family support group, led by trained family members of people with mental health conditions for family members, caregivers, and loved ones of individuals living with a mental health condition.

October 11, 2018

NAMI Connection Recovery Support Group

St. Benedict's Catholic Church

307 West Main Street

Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

October 12, 2018
- October 15, 2018

Northeast Iowa Artist Studio Tour

10:00 AM - 5:00 PM
Darla Ellickson, 563-382-2295
darla@earloops.com

Attention art enthusiasts! The Northeast Iowa Artists' Studio Tour takes place each October. This year the tour will take place October 12th through the 14th. The self-guided driving tour includes over 50 artisans at approximately 38 locations who will demonstrate, describe, and sell their art directly to guests inside their private art studios.

Tour participants can set their own pace while driving from studio to studio. The full-color brochure features a map with GPS and lodging and dining along the route. The tour is free of charge and sites are all within 40 miles of Decorah. Workspaces are open from 10 a.m.- 5 p.m. all three days

October 15, 2018

Caregiver Support Group

Aase Haugen Nursing Home
4 Ohio Street
Decorah, IA 52101

10:00 AM
LifeLong Links, 866-468-7887

This Caregiver Support Group is a free resource for individuals caring for an elderly spouse, grandparent, mother, father, relative, non-relative, or neighbor.

Group members receive education on caregiving, share success stories and coping strategies, and discuss useful resources through the caregiver journey.

Held on the 3rd Monday of every month.

October 17, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle
201 West Water Street
Decorah, IA 52101

5:00 - 5:30 PM
Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

October 18, 2018

Decorah Community Meal

First Lutheran Church
604 W Broadway Street
Decorah, IA 52101

5:00 - 6:30 PM
First Lutheran Church, 563-382-2638

Everyone in the community is invited to enjoy an evening meal at no charge. This is a time for fellowship with old friends and a chance to meet new ones. Delicious entrees are furnished by Sodexo (Luther College food service) and McCaffrey's Dolce Vita. Local churches and organizations provide salads, desserts, and volunteers.

October 18, 2018

NAMI Connection Recovery Support Group

St. Benedict's Catholic Church

307 West Main Street

Decorah, IA 52101

6:30 - 8:00 PM

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who've been there.

NAMI's Support Groups are unique because they follow a structured model to ensure you and others in the group have an opportunity to be heard and to get what you need.

By sharing your experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussion and a sense of community.

October 20, 2018

National Eating Disorder Awareness Walk

9:30 AM - 12:00 PM

This NEDA walk is for Luther students/ faculty and the Decorah area to raise awareness and de-stigmatize eating disorders.

October 24, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

October 31, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

November 1, 2018

Decorah Community Meal

First Lutheran Church

604 W Broadway Street

Decorah, IA 52101

5:00 - 6:30 PM

First Lutheran Church, 563-382-2638

Everyone in the community is invited to enjoy an evening meal at no charge. This is a time for fellowship with old friends and a chance to meet new ones. Delicious entrees are furnished by Sodexo (Luther College food service) and McCaffrey's Dolce Vita. Local churches and organizations provide salads, desserts, and volunteers.

November 7, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

November 12, 2018

NAMI Family Support Group

The Spectrum Network

607 Washington Street

Decorah, IA 52101

5:30-6:45 PM

namineiowa@gmail.com

NAMI Northeast Iowa will be holding its monthly family support group, led by trained family members of people with mental health conditions for family members, caregivers, and loved ones of individuals living with a mental health condition.

November 14, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

November 15, 2018

Decorah Community Meal

First Lutheran Church

604 W Broadway Street

Decorah, IA 52101

5:00 - 6:30 PM

First Lutheran Church, 563-382-2638

Everyone in the community is invited to enjoy an evening meal at no charge. This is a time for fellowship with old friends and a chance to meet new ones. Delicious entrees are furnished by Sodexo (Luther College food service) and McCaffrey's Dolce Vita. Local churches and organizations provide salads, desserts, and volunteers.

November 19, 2018

Caregiver Support Group

Aase Haugen Nursing Home

4 Ohio Street

Decorah, IA 52101

10:00 AM

LifeLong Links, 866-468-7887

This Caregiver Support Group is a free resource for individuals caring for an elderly spouse, grandparent, mother, father, relative, non-relative, or neighbor.

Group members receive education on caregiving, share success stories and coping strategies, and discuss useful resources through the caregiver journey.

Held on the 3rd Monday of every month.

November 21, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

November 28, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

December 5, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

December 6, 2018

Decorah Community Meal

First Lutheran Church

604 W Broadway Street

Decorah, IA 52101

5:00 - 6:30 PM

First Lutheran Church, 563-382-2638

Everyone in the community is invited to enjoy an evening meal at no charge. This is a time for fellowship with old friends and a chance to meet new ones. Delicious entrees are furnished by Sodexo (Luther College food service) and McCaffrey's Dolce Vita. Local churches and organizations provide salads, desserts, and volunteers.

December 10, 2018

NAMI Family Support Group

The Spectrum Network

607 Washington Street

Decorah, IA 52101

5:30-6:45 PM

namineiowa@gmail.com

NAMI Northeast Iowa will be holding its monthly family support group, led by trained family members of people with mental health conditions for family members, caregivers, and loved ones of individuals living with a mental health condition.

December 12, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program

Donlon Pharmacy & Toy Jungle

201 West Water Street

Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

December 17, 2018

Caregiver Support Group
Aase Haugen Nursing Home
4 Ohio Street
Decorah, IA 52101

10:00 AM

LifeLong Links, 866-468-7887

This Caregiver Support Group is a free resource for individuals caring for an elderly spouse, grandparent, mother, father, relative, non-relative, or neighbor.

Group members receive education on caregiving, share success stories and coping strategies, and discuss useful resources through the caregiver journey.

Held on the 3rd Monday of every month.

December 19, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program
Donlon Pharmacy & Toy Jungle
201 West Water Street
Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.

December 20, 2018

Decorah Community Meal
First Lutheran Church
604 W Broadway Street
Decorah, IA 52101

5:00 - 6:30 PM

First Lutheran Church, 563-382-2638

Everyone in the community is invited to enjoy an evening meal at no charge. This is a time for fellowship with old friends and a chance to meet new ones. Delicious entrees are furnished by Sodexo (Luther College food service) and McCaffrey's Dolce Vita. Local churches and organizations provide salads, desserts, and volunteers.

December 26, 2018

Free Walk-In Informational Sessions about Donlon Pharmacy Weight Loss Program
Donlon Pharmacy & Toy Jungle
201 West Water Street
Decorah, IA 52101

5:00 - 5:30 PM

Donlon Pharmacy, 563-382-2626

Our Weight Loss Coach, Kevin, R.N., will share why the program works, success stories, recipes, and answer any questions.

No need to RSVP. Just ask for Kevin at the Pharmacy.

We are an authorized Ideal Protein Clinic.