



Connections

STORE & MORE

Indianhead Community Action Agency, Inc.

JUNE 2018

ICAA Washburn County
608 Service Rd.
Spooner, WI.
indianheadcaa.org
(715)635-3975



Store Hours:

Tues-Fri 9am-4pm
Sat 9am-2pm

Pantry Hours:

Tues-Thurs 9am-4pm
(&3rd Sat of the month 9am-2pm)

Donation Hours

Tues-Fri 9am-4pm
Sat 9am-2pm

JUNE SPECIALS

June 5th-9th

\$5 Clothing Bag Sale

June 12th-16th

BOOKS 50% OFF

June 19th-23rd

Linens 50% OFF

June 26th-29th

Books
50% OFF

June 30th

Mystery Sale
9am-2pm

**Be sure to “LIKE” &
check out our facebook**

[https://www.facebook.com/
ICAA-Washburn-County-
Connections-Store-More-
157430897651088/](https://www.facebook.com/ICAA-Washburn-County-Connections-Store-More-157430897651088/)

WEEKEND SPECIALS!!

Be sure to stop in on
Friday & Saturdays to
check out our weekend
only specials. You never
know what kind of
treasures you might find
in our store.

VOLUNTEERS NEEDED

Volunteers needed to help sort clothing donations, food pantry help and
Saturday cashier needed 9am-2pm. See Dawn for more info.

FREE SUMMER FOOD SERVICE PROGRAM

FREE Healthy Breakfast & Lunch for kids. No need to sign up-just show up!
Spooner Elementary School June 11th-28th Monday-Thursday.
Breakfast 7:30am-8am
Lunch 12:15pm-1:00pm

GROW A ROW FOR OUR FOOD PANTRY

Planting time is now upon us. We would greatly appreciate people to grow an extra row or even a few extra plants to donate the bounty to our ICAA Food Pantry. Many of our pantry clients are either physically unable or have no garden space. PLEASE remember us when you have an over abundance of produce so our clients can also enjoy FRESH garden produce. Thank you!

FREE YOGA IN THE PARK

Every Tues through July 10th (no class July 3rd)
5-6 pm at the Memorial Park in Shell Lake.
Calming Yoga for all bodies, abilities and ages.

Learn and practice:

- Yoga postures to shift stress, anxiety an panic
- Quick and easy breathing techniques to use anywhere at any time.

Beginners welcome! Step-by-step guidance will be provided on what to do. Join any or all sessions. Bring a towel, blanket or yoga mat. Comfortable clothes with stretch are recommended. Bottled water and snacks provided. For more info contact Embrace 1-800-924-0556.

FREE FINANCIAL COACHING

Do you have financial goals but trouble sticking to them?? Danette Hopke from Washburn Co UW-Extension would like to help. For more info call 715-635-4444

Rice Lake Area Free Clinic

Healthcare for uninsured or under-insured people. Open every Tues at 5pm.

Services provided to all area counties.

Located at 1035 N Main Street in Rice Lake, lakeside entrance...look for FREE Clinic sign.

For more info or 1st visit call 715-736-3733.

National Park Service Events Sponsored by Lakeland Family Resource Center

River Mucking-Wednesday June 20 5-6:30pm at the Trego Visitors Center. Dinner provided and registration required by June 18. Call LFRC for more info & to register 715-635-4669.

Kayaking 101- Thursday June 28th 5-7pm. The National Park Service will provide kayaks, paddles, life vests and instruction. Must be at least 10 years old and accompanied by an adult. Trego Lake Park Boat Landing. Supper will be served for the FREE event. Reservations required by June 26, call 715-939-1151.

Family Nature Day- Saturday July 14th, 10am-2pm. Earl Landing on the Namekagon River for an afternoon of nature activities. Sack lunch will be served at noon. Reservations required by July 12 for this FREE event, call Lakeland at 715-939-1151.

PANTRY NOTES:

Income Guidelines for the Food Assistance Program

Your family must meet the economic requirements listed to qualify for the Food Assistance Program.

Household Size	Gross Monthly Income
1	\$1,859.00
2	\$2,504.00
3	\$3,148.00
4	\$3,793.00
5	\$4,437.00
6	\$5,081.00
7	\$5,726.00
8	\$6,370.00
9	\$7,659.00

If you know of a veteran who is Homeless or about to become homeless... funding is available with our **Supportive Services For Veteran Families Grant**

We are here to help... call **715-635-3975**

2018 SPOONER RODEO EVENTS

Thurs July 5th: Coca-Cola Family/Youth Night

6:30 pm Exceptional Rodeo

7:30 pm Rodeo

10:00 pm Country Music

Friday July 6th: Wrangler Rodeo Night

6:30 pm Nickel Scramble for Kids

7:30 pm Rodeo

10:00 pm Country Music

Saturday July 7th: Stresau Lab Performance

12 pm rodeo Parade

4:30 pm Lions Club Bar-B-Que

6:30 pm Nickel Scramble for Kids

7:30 pm Rodeo

10:00 pm Country Music

Sunday July 8th

7:00 am Breakfast at Rodeo Grounds

9:00 am Cowboy Church Service at Rodeo Grounds