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December at the Clair Nelson Center

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Soma Yoga with Kim Returns: Mondays and Wednesdays, 10:30am-11:30am
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Winter Farmers Markets at the Clair Nelson Center are Back!

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Finland
Farmer's Market

WINTER Markets

SUNDAY

DEC 17th	JAN 21st	FEB 18th
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**12:30-2:00
PM**

CANNED & BAKED GOODS
HANDMADE ITEMS
FOOD DEMO & LIVE MUSIC

CLAIR NELSON CENTER | 6866 CRAMER RD.

**Come to the INDOOR Winter Finland
Farmers Market for "A DAY OF 1,000
TAMALES"!**

12+ LOCAL VENDORS & CRAFTERS!
LIVE MUSIC by H (Mike) Casper!

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go around! There will be tamale take-home kits, as well as warm and cold tamales (heat up at home) available for purchase!

DAY OF 1,000 TAMALES AT THE DECEMBER WINTER MARKET



TAMALE DEMO BY DAN + KITS TO TAKE HOME
WARM & COLD TAMALES TO PURCHASE



Soma Yoga with Kim is Back!



Kim is back to leading Soma Yoga at the Clair Nelson Center on **Mondays and Wednesdays 10:30am-11:30am**! Soma Yoga is a gentle type of yoga that uses small gentle movements combined with mindfulness to create an intuitive and accessible method of healing that is ideal for chronic pain. Soma Yoga is not difficult to do, and literally anyone who is interested in reducing chronic pain and increasing their mobility could benefit from these free classes.

Interested in learning more? Join the in-person class at the Clair Nelson Center on Mondays and Wednesdays 10:30am-11:30am (right after BoneBuilders) every week. Or join virtually by signing up to connect via zoom.

[Sign Up Here to Get Access to the Class via Zoom](#)

FMNHS Pikku Joulu “Little Christmas” - Thursday December 7th, 5pm-8pm

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THE FINLAND MN HISTORICAL SOCIETY PRESENTS

PIKKU JOULU

**THURSDAY,
DECEMBER 7**

5PM SOCIAL HOUR & APPETIZERS
6PM LAKE TROUT & POTLUCK DINNER
7PM FINNISH SANTA & LIVE MUSIC

**WELCOME
TO ALL**

CLAIR NELSON CENTER
6866 CRAMER RD
FINLAND, MN



Support Friends of Finland

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Our staff has been working hard to build programming and a gathering space that creates unity and fills the needs of our community. If you can, please consider making a contribution to support our organization and enable us to continue to grow programs like this.

[Donate Here](#)

NSAP Care Connections Group: Wednesday, December 13th, 10am-11am

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Care Connections

2nd Wednesdays
10 – 11 am
Clair Nelson Center in Finland

Please contact NSAP's Care Navigator
if you are interested in learning more.
ericka@nsapartners.org | 218-353-1464



NSAP Senior Lunch: Wednesday, December 13th, 11:30am-1pm

FINLAND COMMUNITY SENIOR MEALS

Second Wednesdays

·>> 11:30 am – 1 pm <<·

Clair Nelson Center, Finland



Senior Nutrition Services is sponsored by AEOA and funded under contract
with the Area Agency on Aging as part of the Older Americans Act Program.



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Regular Township Board Meeting

Tuesday, December 19th, 7pm



Come to a township meeting! Crystal Bay Township holds regular meetings on the ***third Tuesday of every month at 7pm*** at the Clair Nelson Center, 6866 Cramer Road, Finland, MN, 55603.

[Learn More About Crystal Bay Township](#)

Urho Update:

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It's never too early to start thinking about St. Urho's Day!

St Urho's Celebration will be March 15th, 16th, and 17th 2024 in Finland MN.

This year's theme will be: St. Urho Travels the World.

Community Potluck - Sunday, December 31st

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Come to the

FINLAND COMMUNITY POTLUCK

AT THE CLAIR NELSON COMMUNITY CENTER

EVERYONE IS WELCOME • SOCIAL HOUR AT 5PM

DINNER AT 6PM • BRING A DISH TO SHARE

Yes, we are having a potluck on New Years Eve!

Join us on the last Sunday of every month at the Clair Nelson Center for a community potluck! Invite your friends and bring a dish to share. The December Potluck will be Sunday, December 31st. Social hour at 5pm, dinner at 6pm. The December potluck will be hosted by the [Finland Flow Dojo](#)! ***If you are interested in hosting a potluck, or helping with community potlucks in general, please call 218-353-0300 or sign up on the poster at the Clair Nelson Center.***

Facility Schedule

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Weekly Activities At the Clair Nelson Center

Mondays:

- 9:15am Bonebuilders Exercise Class
- 10:30a-11:30a Soma Yoga Group
- 7:30pm Alcoholics Anonymous

Tuesdays:

- 8:30am - 4pm Tuesday Talents Craft Group

Wednesdays:

- 9:15am Bonebuilders Exercise Class
- 10:30a-11:30a Soma Yoga Group

Thursdays:

- 6pm - 9pm Youth Night

Fridays:

- 7pm Magic Cards



For a listing of regular weekly activities and other updates, see our [Facebook page](#).

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If you like what we do, please donate! You can make an online gift here, or mail a

check to:

Friends of the Finland Community

6866 Cramer Road

PO Box 582

Finland, MN 55603

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