# *Serving Our Community with Care*

Kenmare Wheels & Meals

221 North Central

Kenmare, ND 58746

**Office Hours:** 9:00 AM – 2:00 PM

**Office Phone:** 701-385-4364 | **Toll-Free:** 1-877-385-4364

**Transit Phone:**701-217-0028  
**Email:** [kwheelsmeals@outlook.com](mailto:kwheelsmeals@outlook.com)

**Upcoming Events & Important Dates**

🚍 **Ride to Minot – Every Tuesday!**  
Need to get to Minot? Hop on our bus for just **$12.00** per trip! Open to the public.

**Kenmare Transit is offering Complementary rides 9/29 -**To and From the Flu Shot/Vaccination Clinic call 385-4364 to schedule the ride

📌**September 1st Labor Day -** Labor Day is observed on the 1st Monday of September. The day recognizes and celebrates the American labor movement as well marks the end of the summer season.

**Office Closed**

**No Transit**

**Meal Sites Closed**

📌**September 7th Grandparents Day** - Do Something Grand and celebrate Grandparents Day (Sunday, September 7, 2025) throughout the month of September! This year’s theme, **“Stories from the Table,”** is a celebration of food, family, and the wisdom passed down through generations.

**📌September 22nd Autumn Begins -** For some people — mainly kids and their parents — summer ends on the first day of school. Other people feel like summer ends on Labor Day weekend. Scientifically, however, summer ends and autumn begins each year on September 22.

📌 **Kenmare W & M Board Meeting** – September 24, 2025  
Held at the Kenmare Wheels & Meals Office 1:00 PM

🍨 **National CHOC MILKSHAKE DAY SEPTEMBER 12TH**  
Join us on **Friday September 12th** at the Senior Center for a delicious **Choc Milkshake** with your noon meal. A sweet way to celebrate the day!

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**Flu Shot / Vaccination Clinic**

Memorial Hall / September 29th

Open to the Public

9:00 am – 12:00 (NOON)

1:00 PM – 2:30 PM

Remember to bring your Ins/Medicare cards

**HOME MAINTENANCE SEPTEMBER TO DO LIST**

**SERVICE AND INSPECT**

✅ Heating and Cooling system serviced

✅ Inspect roof and repair damaged roofing or leaks

✅ Have the fireplace and chimney inspected and cleaned.

✅ Seal the windows

**OUTDOORS**

✅ Trim tree limbs away from fireplace chimney and roof

✅ Cut and stack firewood

✅ Clean and repair rain gutters and down spouts

✅Check leaky outside faucets

**MAINTAIN**

**✅** Check fire extinguishers

**✅** Test smoke and carbon monoxide detectors

✅ Clean and lubricate garage door and opener

✅ Clean dryer vents

✅ Service yard equipment

**Stay Connected with Us!**

💻 **Check Out Our Website** – Visit [**www.wheelsandmeals.org**](http://www.wheelsandmeals.org) for details on all programs, services, and menus!

📱 **Find Us on Facebook** – Stay updated with upcoming events, meal schedules, and community happenings.

📣 **Wishing you all a joyful September filled with good food, great company, and warm memories! Stay safe and enjoy every moment!**

