

The Personal Touch

Pier 55 is making special order themed mugs. These mugs are \$6.00 each and are good for any gift giving occasion!

Consider this option when you are looking for the perfect gift with a *personal touch!*

Feel free to custom order your own personal touch mug (s) or shop Pier 55 Gift Shop or Annadee's Closet for pre made mugs that we are offering as last minute gift ideas!

Name _____

Address _____

Phone Number _____

Quantity _____

Theme (s) of Each Mug:

Gift Tag Text:

Payment is due with order. We accept cash, check, credit card. Pier 55, 240 Harrison Street, Red Wing MN, 55066, 651-327-2255

Available at the
SUPER SATURDAY
EVENT Nov 7th

Transportation:

Safe and affordable rides
 harT- Miles and Miles of Positive Impact
 1-866-623-7505
 hart@threeiverscap.org

NAPS: Nutrition Assistance Program for Seniors

Tuesday, Nov. 17th - 9:45 - 10:15 a.m.

Women and men 60 years or older, who live in Minnesota and meet income guidelines, may be eligible to receive a monthly food package. Pier 55 is a distribution site. For more information and to see if you qualify, contact **Channel One Food Bank** toll-free at 1-877-500-8699, ext. 104.

Parkinson's Support Group CANCELLED

Watch for information about December meeting

Facilitated by Pat Kernan & Patrice O'Reilly

The group welcomes family, caregivers or anyone who has Parkinson's. Join us.

Grief Support: Coffee & Good Company

2nd & 4th Tuesdays • 10 a.m. CANCELLED

Casual, drop-in support for those who have lost a loved one. We're on the third floor of the Mayo Clinic Health System/Red Wing Professional and Community Center, 1407 W. 4th St. For information, call Kathy Bang at 651-385-3412.

Notary Public - Shirley Perkins

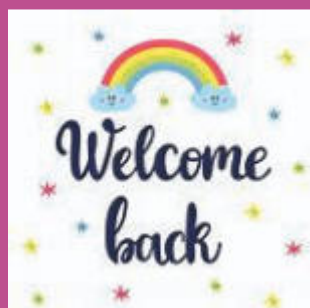
Shirley can notarize your important papers including wills and health care directives. Donations for this complimentary service are gratefully accepted for members. There is a \$25 fee for non members. Talk to Shirley to schedule an appointment.

Problems? Talk to Bruce McBeath, Ph.D.

Dr. McBeath is a clinical psychologist working with Goodhue County Social Services. His special interest is helping seniors deal with emotional stresses. Initial consultations are free. Call to schedule an appointment: 651-380-5042.

Advocacy Services

Carla Pearson, licensed Social Worker and Advocate for Older adults and Caregivers with Three Rivers Community Action, can assist those 60 and older and their families with information, referrals, and resources to keep independent. Have a question? Call Carla at 507-732-8528.



To the group of volunteers at the front desk we have missed you and we are so glad that you are back on the job!