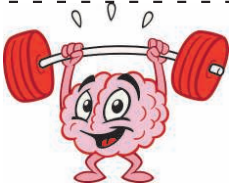


April 2017

Red Wing, Minnesota • Vol. 59, No. 4



### Brain Health Teleconferences

How We Can Protect and Preserve the Health of Our Brains

Tuesday, April 11 • 1-2 p.m.

Facilitator: Bruce McBeath, Ph.D. adult development and aging

psychologist, Call or stop in to register.

As we age, we know that the threats of dementia lurk in the background. Can we do anything to prevent or delay dementia and worse?

\*\*\*\*\*

“One of the greatest moments in life is realizing that two weeks ago, your body couldn’t do what it just did.”--Anonymous

### Annadee’s Thrift Shop

Guests are enjoying Annadee’s new shopping carts displayed by manager Sheryl Boldt.



### Parkinson’s Support Group Thursday, April 27 • 2 p.m.

An expert on the liquid Rx suspension Duopa will explain how advanced Parkinson’s patients with motor fluctuations might benefit from levodopa/carbidopa through an intestinal stoma via a pump. No cost and no registration.

### “Unbroken” Shows April 13

12:30 p.m.

with popcorn!

After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends 47 days in a raft with 2 crew before he’s caught by the Japanese. No cost, call to register



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### Would You Borrow a Bike Free at Pier 55?

Spring means bikes. Buy your pass for Cannon Valley Bike Trail at Pier 55, which is only 3 blocks from the trail. Call for pass info. **Borrow a bike free at Pier 55?** We are working with Goodhue County Health and Human Services’ statewide health improvement partnership to offer bikes -- free to our members and minimum rental for non-members. To make this a reality, we need you to complete the online or **enclosed survey**. We need 150 surveys back, with positive interest in using bikes . Call us for more bike program info or the survey. [www.surveymonkey.com/r/SKTJHG8](http://www.surveymonkey.com/r/SKTJHG8)





## Senior Forum

### Thursday, April 20

10 -11 a.m. • No cost

### Palliative Care

*Come and listen to Kelli Ray and Deb Bradley provide information about St. Crispin's Palliative Care Pilot Project.*

Kelli Ray, director of Social Work, and Debby Bradley, chaplain, will discuss the 2-year palliative pilot program that was conducted from 2012 to 2014 within 440 facilities within the Benedictine Health System (BHS). Out of this learning, the BHS has designed a more focused approach to supportive and palliative care, defined as the comforting and much needed cares for its residents and tenants in elder care.

Palliative care (pronounced pal-lee-uh-tiv) is specialized medical care for people with a serious illness. This type of care is focused on providing relief from the symptoms and stress of the serious illness. The goal is to improve quality of life for both the patient and the family.

Palliative care is provided by a specially-trained team of doctors, nurses and other specialists who work together with a patient's other doctors to provide an extra layer of support. It is appropriate at any age and at any stage in a serious illness, and it can be provided along with curative treatment.

\*\*\*\*\*

## May Forum

Thursday, May 18 • 10 a.m.  
Robert "Bob" L. Karol, Ph.D., L.P.,  
ABPP-RP, CBIST

### How To Prevent Falls

Dr. Karol is vice president of Brain Injury Services, responsible for its programmatic leadership, marketing, and admissions for Welcov Healthcare. Welcov offers long-term care, assisted living facilities, and other services through specialty programs including brain injury treatment, memory care, and ventilator care with about 50 programs across multiple states.

Dr. Karol is board certified by the American Board of Professional Psychology (ABPP) as a rehabilitation psychologist and is certified by the Academy of Certified Brain Injury Specialists (ACBIS) as a specialist trainer (CBIST). He received the American Psychological Association Rehabilitation Division Lifetime Practice Excellence Award in 2015 for contributions to the field of rehabilitation psychology. He is a member of the Minnesota Academy of Medicine.

## SHOP OUR BEAUTIFUL CABINETS!



We send a huge thank you to Beverly Wegner and Cheryl Larson for volunteering to decorate our Pier 55 atrium display cabinets each holiday season with durable items. These can be purchased at the front desk. We think our "Display Dolls" are the among the best in the business.

## Comfy Seating in the Atrium

Have you noticed folks enjoying the comfortable seating in the atrium at Pier 55? (That's where the coffee pot is located, too.) Please take special notice of the wonderful new seat cushion on the wooden window bench in the atrium. Now more than two people can enjoy coffee, a chat and co-raderie in comfort, thanks to talented Bonnie Stank!



UMC instructors will come to Pier 55 to teach you to play the instrument of your choice in a setting familiar, friendly, comfortable and convenient for you.

These 30-minute private lessons will be offered every other week. Talk to Kim or Stef and sign up today.

**To learn more or schedule a lesson call UMC folks at 651-301-9223.**

*Enjoy a higher quality of life with music...*

**Reduces stress. Improves memory. Strengthens social networks. Keeps your ears young.**

**AND IT'S FUN!**



### Technology Lab

**Mondays • 1-2 p.m. • No cost**

Tom and Judy Walsh will be in the Cyber Center to help answer your questions about computers, iPhones, iPads and digital cameras. If there's an application you want to try or are having some difficulty with, come talk to them.

### Laptop Checkout

**No cost**

Need to use a computer? Members can check out lap tops to use on site. Sign out at the front desk.

### Google Class

**April 19 • 1 p.m.  
Judy and Tom Walsh  
No cost**

Still struggling with all things Google? Google Drive, Google Sheets, Google Calendar, Google Docs, and Google Maps? Have a sit-down with the Walshes for instruction.

### Naturalist Programs with Bruce Ause

We are fortunate to have the services of Bruce Ause, former director of Red Wing Environmental Learning Center, to lead Master Naturalist Programs.

#### Birding Hike at Frontenac State Park

**Wednesday, May 17**

**Cost: \$4 members; \$6/non-members**

**Register by May 10. Limited to 15 persons**

**Meet at rest stop at 9 a.m.**



Come by yourself or carpool, and park at the wayside rest stop at the junction of County Road 2 and Highway 61. This trip filled up fast last year.

#### Carly State Park in Plainview, Minnesota

**Thursday, May 4**

**Cost: \$4 members; \$6/non-members**

**Register by May 1 • Limited to 20**

**Leave Pier 55 in car pools at 8 a.m.; drivers need a park pass.**

We will have a guided hike from 9:30-10:30 to look at blue bells, followed by a picnic. There are nice, perfectly level trails along a creek.

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## “Food With Friends”

**Thursday, April 27**

12:15 - 1:30 p.m.

Cost \$7.25 **Preregister by April 24**

Join us for a MEMBERS ONLY monthly

lunch. Gather with old friends or make some new ones.

Are you a new member or have you been a member forever? It doesn't matter. Everyone -- *gals and guys* -- is welcome (everyone who's a member, that is!).

Our regular “lunch date” will be the **FOURTH** Thursday 12:15-1:30 p.m. in our Community Room.



## Who Should Inherit Your Money? Roundtable Discussion

**Thursday, April • 11 a.m. - Noon**

Most people want to leave “their mark on the world” in some way. If you are interested in learning more about legacy and other gifts, join this roundtable discussion with financial advisor John Lang, AAMS®, of Edward Jones in Lake City, and Kim Wojcik, executive director of Red Wing Area Seniors. Many people ask: At the end of my life, where are my assets going? Are the decisions I made or will make accomplishing my dreams and goals? How can I bequeath monetary gifts in a way that is fiscally responsible, so that all parties involved receive the most gain with the least tax penalty?

This hour-long discussion can answer tough questions: What is an annuity? Why would I want one and who would benefit? What are different tax rules and laws for leaving a legacy or annuity? What is a legacy gift?

### Parking at Pier 55

If you are attending an event at Pier 55, please park on our assigned side and not on the Pottery Museum section. Park in front of Pier 55 if possible. Stop in at the front desk if you need clarification.



## Annadee's April, 2017 Calendar



**Annadee's Closet**  
321 Potter St, Red Wing  
651-388-7031

Tuesday 10-5  
Wednesday 10-5  
Thursday 10-5  
Friday 10-5  
Saturday 9-2

S	Tue	Wed	Thu	Fri	Sat
					1 <b>GO GREEN!</b> 50% OFF WITH YOUR ANNADEE'S TOTE
	4 Clothing Pound Sale Excludes Outerwear And Formal Wear	5 <b>Seniors Save 25%</b>	6 Furniture With a Yellow Tag 50% Off	7 <i>Wheel Of Deals</i>	8 25% Off Storewide Excludes Blue Tagged Items
	11 Items with a Yellow Sticker 30% Off	12	13 Clothing with Purple Tags	14	15 25% Off
	18 <i>Toys &amp; Games 1/2 Price</i>	19 <b>GO GREEN!</b> 50% OFF WITH YOUR ANNADEE'S TOTE	20	21	22 Clothing with Purple Tags 50% Off
	25 Items with a Yellow Sticker 60% Off	26	27	28	29 Clothing with Purple Tags 75% Off

**Attention, Chess Players**



The Chess Club has renewed interest and is looking for a few more players. The club meets every Wednesday at 12:30 p.m. at Caribou Coffee. Call Program Coordinator Stef Braun at RWAS for more information.

**Book Club for Women**

**First Friday • 10:30 a.m.**

**Facilitator: Jane Whiteside**

**April 7: Miller Valley** by Anna Quindlen

**May 5: The Wednesday Sisters** by Meg Waite Clayton

**June 2: Brooklyn** by Colin Tobin

**July 7: Marjorie Morningstar** by Herman Wouk

**Writer's Workshop**

**4th Thursday of each month**

**April 27 • 10 a.m.** All are welcome. You could be a published writer! See story on Page 11 of this issue.



**Chinese Mahjong.....Mondays, 1 p.m.**  
**American Mahjong.....Tuesdays, 1 p.m.**  
**Euchre.....1st & 3rd Mondays, 12:30 p.m.**  
**500.....2nd & 4th Mondays, 12:30 p.m.**  
**Scrabble.....Wednesdays, 11 a.m.**  
**Puzzle Club.....Wednesdays, 11 a.m.**

**“Wild Woman” Cards**

**Friday, April 1 • Noon-2**

**Thursdays, April 13 & 27 • 9:30 a.m.**

Remember canasta and “Hand and Foot”? Then you can learn this game. Guys are welcome. We’ve added a third game day: first Friday 12-2 p.m. for March, April and May in the Community Room; then for June-Dec., first Friday at 9:30-11:30 a.m. in the Cyber Center. For information, contact Clare Cox, 763-420-5333, wildsplash@charter.net.



**Duplicate Bridge**

**Thursdays, April 7 & 20 • 11:15 a.m.**

Looking for something fun and challenging for your mind? Bridge is a great game!

**Dominoes, Anyone? -- Clare, 763-420-5333**

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Financial Advisor  
525 Bush Street  
Red Wing, MN 55066  
651-388-8895

**Mike Dube, AAMS®**  
Financial Advisor  
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Red Wing, MN 55066  
651-385-7681

**Conor J Smyth, CFP®**  
Financial Advisor  
205 East Avenue  
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**John L Lang, AAMS®**  
Financial Advisor  
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Call or visit any of our financial advisors in the Red Wing and Lake City area. [www.edwardjones.com](http://www.edwardjones.com).



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**COMING SOON: NEW "Body Bar" Classes**

We will offer short classes using weighted bars. Watch for flyers and class information in the May newsletter.

Classes will be provided thanks to **grant funding from a Live Healthy Red Wing mini grant.**

**Stretching for Range of Motion**

**Thursdays 8:30 - 9:10 a.m.**

**Instructor: Kim Wojcik**

AOA punch card and Silver&Fit can be used for this class.



Range of motion determines many of the activities of daily living we are able to do. We begin with walking and other movements to warm the body, then we move into flowing movements and follow with some balance and held stretches. Feel good all over!

This class is \$5 for drop-in's or a 10-class punch card is available for \$20.

**Active Older Adults Fitness (AOA)**

**Mondays, Wednesdays, Fridays**

**9 a.m. • Cost: \$25/10 classes**

**Instructor: Jessie Grider**



Enjoy a complete workout with cardio-respiratory, strengthening, balance and stretching components, mixed with variety and fun!

**Get Fit With Emily and Sarah**

**Tuesdays • 8:30 - 9:10 a.m.**

**Cost \$25/10 classes**

**Instructors: Sarah Fox and Emily Hadler**

Join us for this upbeat circuit class. Call or stop in for more details. AOA punch card and Silver&Fit can be used for this class.

**Pilates**

**Instructor: Kim Wojcik**

**Fridays: 11-11:40 a.m.**

Cost: \$4 per class; \$6 non-members.  
10-class punch cards are available.

**Try Tai Chi**

If you are interested in Tai Chi, stop or call for more information. Instructor: Patty Svien, RPT

**\*New\* Zumba**

Owner Jennifer Weyer started her group fitness journey in 2011 when she attended her first Zumba Class and she hasn't stopped since. In the beginning, she couldn't believe that an intense workout could be so much fun yet provide great results.

**Jennifer's Classes**

**Pound Fit - Mondays 4:30 p.m. and Thursday 6 p.m.**

POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out!

**Zumba Fitness**

**Mondays 6 p.m. and Thursdays 4:30 p.m.**

Zumba Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation! Zumba exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography. This is a total-body workout that feels like a celebration.

**Fees for Jennifer's Classes****Pay per class**

\$10 per any class

\$7 student and Sr. Discount

**Punch Card**

4 Classes \$35; buy 4 ,  
get 1 class FREE

8 Classes \$60; buy 8,  
get 2 classes FREE

16 classes/\$100 - buy  
16, get 4 FREE

For student and senior discount punch cards and info, visit <http://jenniferwellnessstudio.com/pricing>

**Let's Go for a Walk *Inside!***

Want to count your steps but don't have a "fitbit"?! Our own Doug Blakesley has done the counting for you. If you need to walk inside, stop at Pier 55. If you walk from end to end of our hallway (Fiesta Cancun to Pottery Museum) going one way, it is 89 steps for men and 101 steps for women. Make 8-10 trips back and forth for approximately **1,000 extra steps** a day. Keep moving! No sign up, fee or membership. Just your walking shoes.

**RETURN BIKE SURVEY!**

**Please fill out and return the bike survey included in this newsletter! We hope to get back 150 surveys to move forward with our plan to offer bikes to check out from Pier 55!**



### Yoga Expert's Instruction Can Benefit Seniors

Michele Hoffman has been teaching therapeutic yoga to seniors for 20 years. An R-RYT, a certified yoga therapist, she is experienced in using the tools of yoga to help reduce or eliminate pain, prepare or recuperate from joint replacement

surgery and improve quality of life for those living. Six sessions are \$45 for a 6-class punch card to be used within 3 months. Yoga poses will be done standing, in a chair or on the floor. Mats and blankets will be provided.

#### Yoga for Healing

Tuesdays • 9:30 – 10:45 a.m.

#### Therapeutic Chair Yoga

Wednesdays • 2 – 3 p.m.

Yoga poses will be done standing or in a chair.

\*\*\*\*\*



#### Parkinson Wellness Recovery (PWR)

Tuesdays • 2:30 - 3:30 p.m.

Instructor: **Patty Svien, physical therapist**

Cost: **\$35, limited to 8 participants**

PWR is an evidence-based exercise program to assist people with mild to moderate Parkinson's disease to improve their posture, mobility, ability, endurance, strength and function. Participants must be independently able to get up and down from the floor. Bring a Yoga mat to class. Register at 651-380-8752.



*Your regular or supplemental health insurance company may cover your cost of attending one or more of our fitness programs. Contact Pier 55 to check.*

#### Doo Wop Musical Ticket Discount

**Friday, April 7 • 1:30 p.m. and 7:30 p.m.**

Red Wing Area Seniors get a 15% discount off the regular adult price at the Sheldon Theatre for the musical "The Doo Wop Project." Use the coupon code RWAS when you purchase a ticket from the box office. Tickets: SheldonTheatre.org/651-388-8700

"The Doo Wop Project" traces the evolution of Doo Wop from the classic sound of five guys singing tight harmonies on a street corner to the biggest hits on the radio today. Hear foundational tunes from groups like the Crests, Belmonts and Flamingos all the way to Michael Jackson, Jason Mraz and Amy Winehouse.

#### Jin Shin Jyutsu (JSJ) treatments at Pier 55

Christina Burawa offers Jin Shin Jyutsu (JSJ) which is an ancient healing are similar to acupressure. It may be helpful to people who:

- are recovering from an illness, injury, surgery, or cancer treatment;
- have neck and back pain, arthritis pain, migraines or fibromyalgia;
- have issues with balance and mobility;
- have issues with respiratory function;
- experience depression and anxiety;
- or have stress and fatigue.



The cost for a 25-minute mini-treatment is \$15 or for 2 mini-treatments, \$25.

For appointments, call 651-327-2255. See [www.christinajinshin.com](http://www.christinajinshin.com) for information.



#### Advanced Yoga

**Wednesdays 3:30 - 4:30 p.m.**

Cost: \$4 per class for members, \$6 per class non-members. 10-class punch cards are available

**Instructor:** Jessica Richmond

Jessica Richmond offers a new yoga program Wednesdays at 3:05 p.m. Stop in for one free class to see if this is something for you.



#### **5K Training Starts This Week**

Red Wing Area Seniors again will offer a 12-week, learn-to-run-a-5k training program. At the end of this training the group will participate the July 2017 "Color Run" in St. Paul.

Training starts the week of April 3. Dates are Wednesdays at 9 a.m. and/or Saturdays at 9 a.m. All levels of experience and skill, and all age persons are welcome!

Register by Monday, April 3. The fee is \$25 for members and \$30 for non-members. Don't let cost be a barrier; scholarships to cover the cost are available. Contact Executive Director Kim Wojcik at 651-327-2255 or [rwasdirector@gmail.com](mailto:rwasdirector@gmail.com).



## Fantastic 4 in Faribault

Thursday, April 20

Cost: \$30 members;  
\$40 non-members

Leave: 8 a.m.

Start this wonderful day in Faribault with a tour of the Faribault Woolen Mills and some shopping time. After the Mills, it's on to Donahue's Clematis Nursery. Lunch will be on your own; there's a 2-3 block shopping and dining area with lots of fun and options including the Cheese Caves and much more. After lunch we will tour the Minnesota State Academies Museums for the deaf and blind.

- Faribault Woolen Mills
- Donahue's Clematis Nursery
- Lunch, Cheese Caves and Shopping
- Minnesota State Academies Museum for the Deaf and Blind



## Capitol Curiosity

Wednesday, May 10

Leave: 7:30 a.m. -  
5 p.m.

Cost: \$50 members;  
\$58 non-members



The bus will park close to the capitol building and there are no steps to climb to enter. There will be a lot of walking the whole day. Two tours will be offered AT THE CAPITOL: one for less abled persons accessing elevators.

\*\*\*

See our newly remodeled capitol before its formal grand opening and enjoy lunch at the Minnesota Science Museum's Argon Room with a view of the Mississippi River. There will be time to enjoy the Science Museum followed by a guided tour at the St. Paul History Center with a special tour of the Munsingwear Collection. You can also visit the Genealogy Research floor.



**\*NEW\* Trip Refund Policy.**

A 20% administration fee will be charged to anyone who cancels a day trip within 5 business days of the trip departure date.

## BELLA ITALIA

Nov. 2-14

Florence \* Rome \* Pompeii  
Tour price: \$3,739



Join us this fall for a beautiful tour of Italy. Italy has so much interesting culture and history, including great culinary delights and unique scenery.

This tour will include the sites that everyone dreams of seeing when they think of Italy.

A \$500 payment is due with the application; final payment is due by Aug. 1.

For more information go to [www.cetatours.com](http://www.cetatours.com)

## Experience Spring In Branson, Missouri

Sunday-Friday, April 30 - May 5

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Deluxe Motor coach Transportation

- 3 Nights at Grand Oaks Hotel
- 2 Nights at Drury Inn
- 5 Breakfasts
- 1 Lunch
- 3 Evening Dinners
- 5 Nights Lodging
- 7 Shows

### Show Admissions Listed

- Conway Remembered
- The Urban Cowboy Reunion
- College of the Ozarks Guided Tour
- #1 Hits of The 60's and 50's too
- The Haygoods
- The Hughes Brothers and Family
- Broadway's Greatest Hits
- Doug Gabriel's #1 Hits Tribute Show
- Plus Area Tours and Shopping

### Cost of Tour

Single \$849

Double \$679,

Triple \$669

Quad \$659

For more information call Ken at Sugar Loaf,  
507-202-5630 or [kcrameyer@gmail.com](mailto:kcrameyer@gmail.com)

### Vikings/USBank Stadium Trip

Enjoy a tour of the USBank Stadium with lunch and more. For more information contact Ken at Sugar Loaf Tours, 507-202-5630 or [kcrameyer@gmail.com](mailto:kcrameyer@gmail.com)





## Rose Parade & New Year's

Dec. 30, 2017 –  
Jan. 4, 2018

*This is the BIG one!*  
Everyone loves a  
parade, especially the  
Rose Parade in

Southern California! You don't want to miss this colorful adventure. Join us on this wonderful trip for 5 nights in Southern California! Stop at Pier 55 to pick up more trip information.



### Highlights include:

- New Year's Eve dinner party
- Tournament of Roses parade
- Rose parade floats on display
- Reagan Library and Museum
- Hollywood and Walk of Fame
- Beverly Hills and Rodeo Drive
- The Grove and LA Farmer's Market
- 5 Nights at one hotel

### Inclusions

Roundtrip Airfare – MSP  
Roundtrip Transfers – MSP  
9 Meals  
5-Breakfasts, 1 lunch and 3 dinners  
Professional tour director



Motor coach transportation  
Admissions per Itinerary  
Sightseeing per itinerary  
Baggage handling

### Tour Rates

Booking Discount: \$2,799 pp double  
Regular rate: \$2,899 pp double  
Single Supplement: + \$600

## Rose Bowl Parade Trip Informational Meeting

Tuesday, April 18th 2 p.m.

Come to RWAS Travel Club which meets the 3rd Tuesday every month at 2 pm. Join friends for trips -- or be inspired to ditch that recliner. Information: Phyllis, 651-212-6539



## 3 Days on the Range

The Hibbing Iron Range  
Tuesday, June 13-16

Single \$399  
Double \$340  
Triple \$299

Price includes 8 Meals, admission to all attractions, bus ride, hotel stay and tour guiding.

### Day 1

Lunch at Sammy's Pizza  
Hibbing Historical  
Society Museum  
Hibbing High School  
Greyhound Bus Museum  
Hull Rust Mine  
Hotel welcome reception  
and buffet



### Day 2

Breakfast at hotel  
Forest History Center  
Lunch -- 17th St. Grill  
Judy Garland or Paper Mill Tour  
Minnesota Discovery Center tour/  
trolley ride  
Cooking demonstration and dinner

### Day 3

Breakfast at hotel  
North American Bear Center  
International Wolf Center  
Lunch and shopping in Ely  
Soudan Underground Mine  
Buffet Supper at hotel



Call or stop in to register. Half of the fee is due when you register with the final payment due by May 18. For more information call Kim W. at 651-327-2255.



## RETURN BIKE SURVEY!

Please fill out and return the bike survey included in this newsletter! We hope to get back 150 surveys to move forward with our plan to offer bikes to check out from Pier 55!



### **Egg-travaganza with Avis**

**Monday, April 3 • 10 a.m.**

**Limited to 6 participants**

**Cost: \$10/members; \$15/non-members**

“Dying” to have some Easter fun? Come make silk-wrapped eggs. Whether you are familiar with this craft or not, you will enjoy this two hour activity. When you are done, you will have two of your own eggs to display for the holiday or give away as a gift.

### **Beginning in April; ON-SITE MUSIC LESSONS**

Universal Music Center (UMC) instructors will come to Pier 55 for pre-registered, individually-paid 30-minute lessons every other week. A variety of instruments are available. Offering this opportunity at Pier 55 will depend on registration levels. If you have an interest in music lessons, sign up and give it a try. Contact Mike at 651-301-9223 for details on specific instruments and costs.



### **Free Movin' Pictures**

**“Laurel and Hardy”**

**Tuesday, April 4 • 2 - 3:30 p.m.**

Hal Roach's All-Talking Comedies are now ready! Stop in and watch Our Gang, Laurel Hardy, All-Stars, Charlie Chase and more. Bring your own popcorn and beverages -- but you'll have to clean up any spills.

### **Senior Homework**

Call if you or a senior you know needs assistance with small repairs in the home. Our volunteers may be able to assist at no labor charge. Talk with Program Coordinator Stef Braun, 651-327-2255.

### **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**

Randi Callahan, licensed Social Worker 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 Randi at 507-732-8512.

### **NAPS: Nutrition Assistance Program for Seniors**

**Tuesday, April 18 • 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**

**4th Thursday • 2 p.m.**

**Facilitated by Pat Kernan & Patrice O'Reilly**

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

### **Stroke Support Group**

**2nd Wednesday • 2-4 p.m.**

**Facilitated by Deb Howard, speech therapist**

Stroke survivors and family members receive support and share information on stroke resources, caregiving, treatment advances, strategies and coping skills.

### **Men Only Group (Men as Caregivers)**

**2nd Thursday • 9 a.m.**

**Facilitated by Nick Even**

This support and information group is for men who have the role of being the long-term care provider for a spouse or other person. All related topics are open for discussion.

### **Grief Support: Coffee & Good Company**

**2nd & 4th Tuesdays • 10 a.m.**

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.

### **Hearing Screening Tests and Service Center**

**2nd Wednesday - April 12 • 9 - noon**

Terry Carlson, a hearing consultant with Better Hearing Aid Centers, will be at Pier 55 to conduct free hearing screening tests, and free cleaning and tune-up of all makes and models of hearing aids.

### **Notary Public - Shirley Perkins**

Shirley can notarize your important papers including wills and health care directives. Donations for this complimentary service are gratefully accepted. Talk to Shirley to schedule an appointment.

### **Lifeline Drop-Off Site**

If you no longer need your **Lifeline Medical Alert equipment**, we'll get it back to Lifeline for you. Free service activation coupons are also available.



## Student Sparked Medical Equipment Lending Service

By a member in the RWAS Writer's Workshop

To paraphrase anthropologist Margaret Mead, Never doubt that a small group of thoughtful, dedicated people can change the world. One of Red Wing Area Seniors (RWAS) most successful programs that's changed the world of hundreds of local people was the result of cooperation of several people, including physical therapists (PT), RWAS staff, and countless volunteers.

Patti Svien, a PT doing graduate study, came up with the idea as a class project. She saw first-hand the need for an equipment loan program for her patients. She and her study partner researched a similar service in Rochester. They not only identified cost savings for individuals and a way to reuse expensive equipment rather dumping it in landfills or storage, but also a group to facilitate distribution. While the class project didn't demand project implementation, Patti and the PT department at then-Fairview Hospital asked RWAS to bring her ideas to reality.

RWAS and Robin Kaizer publicized the need for equipment donations, had the space to store it, and the knowledge to keep it sanitary and in good shape. RWAS moved the service when it relocated from the Red Wing Professional and Community Center to its new Pier 55 home at Pottery Place Annex. In the last two years alone RWAS has loaned equipment to more than 300 people. In return, users' donations have earned RWAS much needed income, said Executive Director Kim Wojcik, while saving clients a lot of money. They can borrow equipment when they need it -- rather than buy it new.

Clients have found the service invaluable. Teri said, "I found it more than helpful, and a generous gift to me and the community. I liked the donation aspect of the program. We have a wonderful senior center here." Linda appreciated the ease of getting the equipment and not having to buy or store something she needed for a short time. "Wonderful," was a word she used.

**Better Hearing Aid Centers**  
 Over 25 Years Experience  
**Terry Carlson (800) 348-4471**  
 2nd Wednesday of the Month 9am-Noon  
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# Casino Trips

## Meskwaki Casino - Tama, Iowa

Thursday - Friday, April 20-21

Leave: 7 a.m.

Cost: \$65 pp (transportation, room, \$40 free play and two \$5 food coupons)

**Registration due by April 5**

## Diamond Jo - Northwood, Iowa

Tuesday, May 9

Leave: 7:30 a.m.

Cost: \$20 pp (transportation, \$10 free play, buffet).

**Registration due by May 2**

## Jackpot Junction - Morton, Minn.,

Tuesday-Wednesday, May 16-17

Cost: \$65 pp (transportation, room, \$50 free play)

**Registration due by May 1.**

## Grand Casino - Hinckley, Minn.,

Thursday, May 25

Leave: 7:30 a.m.

Cost: \$20 pp (transportation, \$10 free play).

**Registration due by May 18.**

## Diamond Jo - Northwood, Iowa

Tuesday, June 6

Leave: 7:30 a.m.

Cost: \$20 pp (transportation, \$10 free play, buffet)

**Registration due by May 30**

## 2017 Sugarloaf Motor Coach Tours

Full details available at Pier 55.

April 30-May 5 -- Spring Time in Branson, MO

April 25 -- Vikings/US Bank Stadium Tour w/lunch at stadium

## Information by Request from Sugarloaf:

(Ken at Sugar Loaf Tours, 507-202-5630 or kcrameyer@gmail.com)

Sept. 27-30 -- Host Fest, Minot, N.D.

Oct. 5-7 -- Fall Along the Mississippi: Galena and Dubuque, Iowa

## Try the Basics of Tatting

Instructor: Bethany Szymanski

Tuesdays, April 18 & 25 • 1-2:30 p.m.

Register by April 6 with Red Wing Comm. Educ.

651-385-4565 or rwps.org.

Cost: \$29

Location: Pier 55

Discover a technique for handcrafting lace that has been passed down for generations. Needle tatting is a method used to create particularly durable lace from a series of knots and loops. Tatting can be used to make lace edging for table runners and pillowcases, as well as doilies, collars and other decorative pieces.

All supplies are included. This is co-sponsored by Red Wing Community Education and Red Wing Area Seniors.



## All Levels -- Wood Carving

Instructor: Dennis Koenig

Thursdays, March 30 – April 20

10 a.m. - Noon

Cost: \$8/members; \$13/non-mem.

Class limit: 8 participants



"Wood" you be interested in a carving

class? Woodcarving enthusiast Dennis Koenig will teach a four-week series entitled "Woodcarvers for Beginners."

There is a chance that this will be a progressive series and continue, based on interest!



## Spanish Conversation Group

Facilitator – LaVoie House

Mondays and Fridays—10:30 a.m.

Interested in brushing up on your Spanish or improving your speaking skills? Join this group at any time. Native speakers frequently attend as well.



## **Pier 55: BAD WEATHER CLOSING**

When the Red Wing School District is closed, Pier 55 will be closed. If the Red Wing School District is delayed 2 hours, we will open at 11 a.m. If the district closes early, we will close at 1 p.m.

# WEEKLY EVENTS

## Granny Blankets/Needlework

**Every Wednesday • 1:30 p.m.**

The Granny Blanket Group makes tied fleece blankets and knitted items that are donated to children and adults in need. We generate dollars to do this work by selling handmade items in the gift shop.

**We welcome all.**

## Genealogy

Was your great-great grandpa a cattle thief? Was your fourth cousin removed a princess in Poland? Find out who your relatives were. For more information call Phyllis at 651-212-6539.

**Gandy Dancers**— Come see the trains! The club meets at 1:30 p.m. the first Wednesday for business. All other Wednesdays someone is around at the old Red Wing Hospital 1-4 p.m. All are welcome to stop in!

The club can always use more model trains, tracks, engines and cars to add to its working train displays. For more information call Jerry Dooley at 651-385-7965.

# BOARD AND STAFF

## Officers

President. . . . . Tom Walsh  
 Vice-President. . . . . Jan Wall  
 Secretary . . . . . Doug Blakesley  
 Treasurer . . . . . Gary Johnson

## Directors

Dan Mjolsness	Pastor Karl Rydholm
Marm Nihart	Jessica Wheeler
Doug Blakesley	Ralph Ryan

## Staff

Kim Wojcik.....Executive Director  
 Stef Braun..... Program Coordinator  
 Shirley Perkins.....Administrative Asst.  
 Sheryle Boldt.....Annadee’s Manager  
 John Simanski.....Annadee’s Janitor

## Email addresses

Kim Wojcik.....RWASdirector@gmail.com  
 Stef Braun.....RWAS program@gmail.com  
 Shirley Perkins... .RWASassistant@gmail.com  
 Linda DeWeese....reception.pier55@gmail.com  
 Sheryle Boldt Annadeesmanager@gmail.com

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*Thank  
You!!!*

**Thank you to the following for renewing  
their memberships:**

Bonnie Voth	Norm & Deanna Westby
Dee Wilson	Judy Adamson
Forest & Lois Wipperling	Phyllis Althoff
Kathy Ause	Fred & Jane Baker
Margaret Banks	Dave Birkenmayer
Randy & Kay Carlson	Robert Erredge
Marilyn & Rolland Conklin	Barbara Goggin
Carol L. Hansen	Phyllis Johnson
Francis & Kathleen Jonas	Judy Kanter
Marne Kenitz	Thomas Kosec
Algene Larson	Dyanne Michaelis
David & Gladys Lohman	Susan Prescher
Gary & Beatrice Ottman	Ada Seeker
Greg & Linda Schoener	Peg Sutherland
Jane Donkers	Jim Isensee
Barb Ekstrand & Hank Brummer	Beverly Solheim
Anita & Roger Knudtsen	Barbara Tittle
Mary & John Litsenberger	James & Jackie Luetke
	James Stafford



**Welcome to the following new members of  
Red Wing Area Seniors, Inc.**

Marvis Birkenmayer	Nancy & Harris Waller
Donna Kreye	Judith Stegen



Like us on Facebook. We have changed our page. You may have to 'like' us again.

## ABOUT US

**Red Wing Area Seniors at Pier 55 is open to all. The facility is handicapped accessible. No one shall be refused access to programs because of race, religion, sex, color, economic status or disability.**

## **Red Wing Area Seniors, Inc. Membership!**

Your membership will provide you with:

- ◆ Discounts on trips and programs
- ◆ Discounts with select local businesses
- ◆ Monthly informative newsletter *Senior News*
- ◆ Opportunities for service
- ◆ Educational & recreational opportunities

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_

Email Address \_\_\_\_\_

Birthday(s) \_\_\_\_\_

New Member \_\_\_\_\_ Renewal \_\_\_\_\_

**Please check your level of support:**

\_\_\_\_\_ **Individual Membership:** \$37

\_\_\_\_\_ **Household Membership:** \$62

(2 people to a Household)

*Additional donations greatly appreciated.*

**Send to:**

**Red Wing Area Seniors, Inc.  
240 Harrison St, Suite 2  
Red Wing, MN 55066**

## MISSION

*Empowering active living  
and lifelong learning!*

## CONTACT US

Phone: 651-327-2255  
Hours: Mon-Fri, 9 a.m. - 4 p.m.  
Website: [www.redwingareaseniors.org](http://www.redwingareaseniors.org)  
Facebook: "Like" us on Facebook!

# CALENDAR OF ACTIVITIES

## April- 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
			<p><b>Return survey supporting Pier 55 lending bikes to ride!</b></p> <p><b>Registration Deadlines:</b>                      April 3 - Color Run training                      April 5 - Meskwaki Casino Bus Trip                      April 6 - Tatting class                      April 24 - Lunch with Friends                      May 1 - Jackpot Junction Casino bus trip                      May 2 - Diamond Jo Casino bus trip                      May 18 - Hibbing 3-day bus trip</p> <p><i>Join RWAS Team for the Mayor's Walking Challenge April 1-30 (Walk our corridor)</i></p>			<b>1</b>
<b>2</b> <b>WALK All Week</b>	<b>3</b> 9 AOA 9:30 Pottery Coffee 10 Silk Eggs 10:30 Span Conve 12:15 Euchre 1 Chinese Mahjong 1 Tech Lab 4:30 Pound Fit 6 Zumba	<b>4</b> 8:30 Sarah/Emily 9:30 Yoga 11 Matter of Balance 1 Am. Mahjong 2 Silver Tones 2 Laurel/Hardy movie 2:30 Parkinson's Exerc 3:30 Tai Chi	<b>5</b> 9 AOA 9:30 Pottery Coffee 11 Scrabble 12:30 Chess 1:30 Granny Blankets 2 Chair Yoga 3:30 Advanced Yoga	<b>6</b> 8:30 Stretching 10 Memoirs 11 puzzle club 11:15 Duplicate Bridge  3:30 Tai Chi 4:30 Zumba 6 Pound Fit	<b>7</b> 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 10:30 Book Club for Women 11 Pilates	<b>8</b>
<b>9</b> <b>WALK All Week</b>	<b>10</b> 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 12:15 500 1 Chinese Mahjong 1 Technology Lab 4:30 Pound Fit 6 Zumba	<b>11</b> 8:30 Sarah/Emily 9:30 Yoga 10 - Grief Support 11 Matter of Balance 1 - Brain Health 1 Am. Mahjong 2 Silver Tones 2:30 Parkinson's Exercise 3:30 Tai Chi	<b>12</b> 9 AOA 9-12 Hearing Service 9:30 Pottery Coffee 11 Scrabble 12:30 Chess 1:30 Granny Blankets 2 Chair Yoga 2 Stroke Support 3:30 Advanced Yoga	<b>13</b> 8:30 Stretching 9 Men Only Group 9:30 Wild Woman Cards 10:30 Puzzle Club 12:30 Movie: "Unbroken" 3:30 Tai Chi 4:30 Zumba 6 Pound Fit	<b>14</b> <b>Good Friday Closed</b> 	<b>15</b>
<b>16</b> <b>WALK All Week</b>	<b>17</b> 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 12:15 Euchre 1 Chinese Mahjong 1 Technology Lab 4:30 Pound Fit 6 Zumba	<b>18</b> 8:30 Sarah/Emily 9:30 Yoga 11 Matter of Balance 1 Silver Tones 1 Am Mahjong 2 Travel Club 2:30 Parkinson's Exercise 3:30 Tai Chi	<b>19</b> 9 AOA 9:30 Pottery Coffee 11 Scrabble 12:30 Chess 1 Google Help 1:30 Granny Blankets 2 Chair Yoga 3:30 Advanced Yoga	<b>20</b> 8:30 Stretching 10 Senior Forum: Palliative Care 10:30 Puzzle club 11:15 Duplicate Bridge 12 Legacy Round Tbl 3:30 Tai Chi 4:30 Zumba 6 Pound Fit	<b>21</b> 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 11 Pilates	<b>22</b>
<b>23</b> <b>WALK All Week</b>	<b>24</b> 9 AOA 9:30 Pottery Coffee 12:15 500 1 Chinese Mahjong 1 Technology Lab 4:30 Pound Fit 6 Zumba	<b>25</b> 8:30 Sarah/Emily 9:30 Yoga 11 Matter of Balance 1 Silver Tones 1 Am Mahjong 2:30 Parkinson's Exercise 3:30 Tai Chi	<b>26</b> 9 AOA 9:30 Pottery Coffee 11 Scrabble 12:30 Chess 1:30 Granny Blankets 2 Chair Yoga 3:30 Advanced Yoga	<b>27</b> 8:30 Stretching 9:30 Wild Woman Cards 10 Writer's Workshop 10:15 Swiss Bridge 10:30 Puzzle Club 12:15 Lunch w/Friends 2 Parkinson Support: Speaker 3:30 Tai Chi 4:30 Zumba 6 Pound Fit	<b>28</b> 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 11 Pilates	<b>29</b>



**Published monthly by  
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**Pier 55  
will be closed  
Good Friday, April 14**

### **Each of Your Steps Counts in Mayor's Walking Challenge April 1-30!**

**Be a member of Red Wing Area Seniors team "Pier 55" for the Mayor's "Step into Spring" Walking Challenge April 1-30. It's easy and healthy to do, and easy to join; call or stop at the front desk. For more information: [www.livewellgoodhuecounty.org](http://www.livewellgoodhuecounty.org).**

#### **We Shopped But Didn't Drop!**

The bus trip to Southdale Mall was a blast! We didn't drop but we did shop it up! Watch the May newsletter for our **June shopping trip to the Eagan Outlet Mall**. The Southdale trip was a good day to be inside: it was too cold to make everyone stand outside for one big group picture. (Yes, Kim and Stef are in all the photos!)



**I ♥  
SHOPPING**



**FUN!!!!**