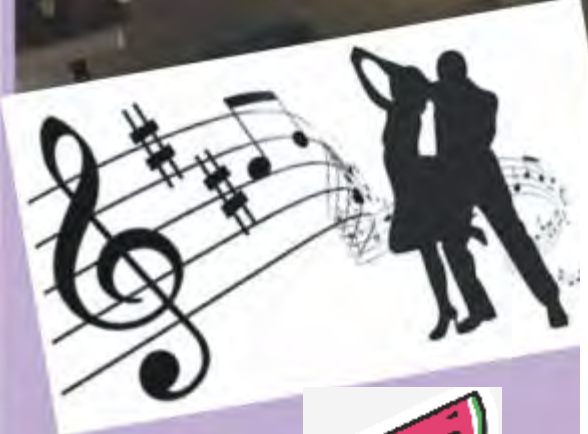




The May 9th Dance/Live Music was well attended!



SAVE THE DATE
 Our next dance/live music event will be Thursday, September 12th 2-5pm.
 \$6 members, \$7 non members



Contents

Thoughts from Kim.....2
 FWF and Poetry Reading.....3
 Annadee's Calendar.....4
 Books/Games.....5
 Wellness.....6
 Fitness Calendar.....7
 Upcoming Trips.....8
 Duluth Trip.....9
 Support and Services.....10
 Programs.....11
 Manny's Trip Pictures.....12
 Toot Toot!, Board.....13
 Thank You /Membership.....14
 Calendar.....15

Destination.....DULUTH

(46.7867° N, 92.1005° W)

*******TRAVEL SHOW*******

Monday, June 17th

If you are curious about the upcoming one night trip to Duluth, join us on at 10am to hear from our Pier 55 Trip Guide, Rose Propst. There will be time to ask questions and meet other travelers. Coffee and treats will be provided. *Open to the community and there is no obligation to sign up.*

THOUGHTS FROM KIM

I like to play the radio and sing a long in my car, I do get caught singing acapella at Pier 55 on occasion, and I do have a strange tendency to sing Christmas songs in the summer, much to the dismay of those in the office. However, I can honestly say that music has never really been “my thing” that is until recently when I realized how much I enjoy live music. Groups, individuals or bands singing or playing in person is so energizes and inspires me.

Whether it is the 9th grade Men’s Chorus at Red Wing High School, the Key Notes playing at a Pier 55 dance, the Silver Tones signing at an event the sound of people and/or instruments playing in person gets me. It is as if the people performing are giving away a gift to all that attend and are open to receiving it. This gift feels can seem like magic to the givers and the receivers.

When the music is performed by a group or a band it has another added element of individuals putting aside their desires or needs to be recognized to become part of a group, art, joy, energy and share a gift with others that they may not even know or might not ever see again. In a given moment they contribute willingly to be part of something much bigger than themselves to contribute to a greater good.

When listening to live music you feel not only connected to the music, performers and the moment you are connected with and sharing the experience with all of the others that are present.

At Pier 55 our goal is to create lots of these in person wonderful connecting moments whether it be through live music opportunities at our dances, with our Silver tones Choral Group, continued partnerships with the Sheldon Theatre, Andersen Center and Doug Blakesley organizing artistic talent for us to share or even simple human interactions such as welcoming and getting to know new members, celebrating with members about things like new cars or homes. These magic connecting moments seems to be ever present not only during live music but also during times of sadness and grief. So, we want to make sure that we are here to support members in times of grief when they lose a love one, lose the ability to perform certain tasks, or are just plain having a tough day. Also, to talk about lives well lived after members die. Like the lost this year of my friend Jerry Dooley. I am grateful for all of the human connecting fun real moments he brought to me and us here at Pier 55.

So to that end, I say.... Let the music play, sign loud, dance it up, and bring on the real-life connections that burn a lasting imprint in our memories of things both big and small.

Have a summer filled with live music!
Kim Wojcik, Executive Director



POP-UP UKELELE EVENT
One of the many live music
opportunities at Pier 55!

Food With Friends Members Luncheon

12:15pm to 1:15pm

Cost: \$7.25

Thursday, June 27th

RSVP by Monday, June 24th



JUNE GRILL OUT

Catered by
Meatheads and
desserts made
by Linda Chester



Poetry Reading

Sara Grossman

Sarajgrossman.com

Thursday, June 13th

10:30am to 11:30am

No Cost, No Registration, Open to the Community

Her first book of poems is forthcoming with New Issues Poetry & Prose in 2018. She is also at work on an academic monograph titled A Natural History of Data, which is a two-century cultural history of weather data collection, computation, and archiving in the United States.

This event is brought to us by the Andersen Center!

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If you were not already aware, Annadee's Closet accepts furniture. Customers often comment that the furniture department looks different each time they come in which is due to a quick turn around from the donation door to the sales floor. If you have furniture and would like to donate please drop it at Annadee's Closet during donation hours (see calendar below).

IT'S NIFTY TO BE THRIFTY!



Annadee's June 2019 Sales Calendar

Donation Hours:
 Tuesday 10-4:30pm
 Wednesday 10-4:30pm
 Thursday 10-4:30pm
 Friday 10-4:30pm
 Saturday 10-1:30pm

Sun	Mon	Tue	Wed	Thu	Fri
 Annadee's Closet RED WING AREA SENIORS Annadee's Closet 321 Potter St, Red Wing 651-388-7031 Tuesday 10-5 Wednesday 10-5 Thursday 10-5 Friday 10-5 Saturday 10-2		4 KID'S DAY Clothes & Toys 50% Off	5	6 BOOKS BOGO	7 55 Plus 25% Off
		11 Students 25% Off With ID	12 LINEN 25% Off	13 Women's Dresses & Skirts 50% Off	14 VASES BOGO
		18 Puzzles \$1.00	19 BOOKS BOGO	20 All Lighting 50% Off	21 Students 25% Off With ID
		25 ALL SHOES BOGO	26 50% OFF With Pier 55 Membership Card	27 Linens 50% Off	28 Pictures BOGO

ATTENTION, CHESS PLAYERS

Regardless of your skill level, you're welcome at the Chess Club's every-Wednesday gatherings at 12:30 p.m. The club meets at Mandy's Cafe. No fees, and you can fuel up on "Joe" and treats.

BOOK CLUB FOR WOMEN

First Friday • 10:30 a.m.
 Facilitator: Jane Whiteside
 June 7: Reading Lolita in Tehran by Azar Nafisi
 July 5: Rebecca by Daphne Du Maurier
 August 2: The Lace Reader by Brunonia Barry
 Sept. 6: The Distance Between Us by Reyna Grande
 Oct. 4: The Girl With Seven Names; Escape from North Korea
 By Hyeonseo Lee
 Nov. 1: The Haunting of Hill House by Shirley Jackson

CLUB CHAMPIONSHIP BRIDGE

This will meet on the 5th Thursday of every month at 11:15am. Stop in or call for more information.

GANDY DANCERS TRAIN CLUB

The club can always use more model trains, tracks, engines and cars to add to its working train displays. For more information or to donate trains call William 651-983-2383

Chinese Mahjong.....Mondays, 1 p.m.
American Mahjong
Euchre.....1st & 3rd Mondays, 12:30 p.m.
500.....2nd & 4th Mondays, 12:30 p.m.
Scrabble.....Wednesdays, 11a.m.
Puzzle Club.....Wednesdays, 1:00 p.m.
"Wild Woman" Cards

Thursday, June 6, 13 and 27 • 9:30 a.m.
 Remember canasta and "Hand and Foot"? Then you can learn this easy game. Guys are welcome. For information, contact Clare Cox, 763-420-5333.

DUPLICATE BRIDGE

Thursdays, June 6 and 20 • 11:15 a.m.
 Looking for something fun and challenging for your mind? Bridge is a great game!

PUZZLE CLUB

Wednesday's at 1:00 pm
Also, check out the puzzle exchange area

Everyone is welcome for Mahjong on Monday's at 1:00pm. Don't know how to play? We will teach you. Stop or call in for more information.

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LUNCH AND LISTEN

FREE LUNCH!!

Tuesday, June 18th 2019

12:00pm to 2:00pm

Be one of the first 12 RSVP.s to reserve your spot by calling our office now at 651-388-2670

P.S. Remember there is absolutely no obligation and you get to experience the newest technology for yourself

We are happy to announce that Sonus Hearing Professionals will be working with Pier 55 and will provide free hearing screenings the 3rd cartoon saiThursday of each month

10:00AM (June 20th) Ryan Hummel, M.A., FAAA, a MN and WI licensed audiologist will provide these services.

To register call 388-2670

HAVE YOU HAD YOUR...

NO COST Chair Massage
NO COST Computerized
Nervous System Scan

Tuesday, June 4th
from 11:15 to 12:15pm

Dr. Pick will be at Pier 55 providing no cost chair massages and/or nervous system each month. Call 651-327-2255 or stop at the front desk to register.

Dr. Hannah Pick
651-769-7385

HannahPickDC@gmail.com
River Valley Chiropractic



Biking season is finally here!



Remember you can purchase your Cannon Valley Trail Pass and/or borrow bikes at Pier 55! Call or stop in for more information.



FREE BLOOD
PRESSURE
CHECKS

The first **Wednesday** of every month. Thanks to ACCRA, Judy will be here monthly from **10:00am to 11:00am**. **No cost, no registration, open to the community.**



Thank you Tom and Judy W. for all of the time and energy you volunteer toward event opening and closings at Pier 55. We couldn't do it without you!

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m.						
8:30 a.m.						
9 a.m.	AOA Fitness		AOA Fitness	Stretching	AOA Fitness	
9:15 a.m.						
9:30 a.m.		Yoga/Michele				
10:00am	Strength		Yoga/w Jess	Strength		
10:30am	Yoga W/Jess					
2:00 p.m.			Yoga/Michele			
2:30pm		Parkinsons Wellness				
3:30pm		Tai Chi				
6:30pm						

Stretching for Range of Motion S&F

Thursdays • 9:00 - 9:40 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) S&F

Mondays, Wednesdays, Fridays

9 a.m. • Cost: \$25/10 classes

Instructor: Kim Wojcik and Jessie Grider

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

Cost: \$4 per class; \$6 non-members.

10-class punch cards are available.

Parkinson Wellness Recovery (PWR)

Instructor: Patty Svien, registered physical therapist

Cost: \$35, limited to 8 participants

Call Patti for class dates and to register

651-380-8752

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.

Call Patti for class dates and to register

651-380-8752

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 with health issues. 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.

Strength Class Cost:

(Monday's and Thursday's 10:00am)

\$2 per class for members, \$4 non members; 10-class punch cards available.

Try Tai Chi Instructor: Patty Svien, registered physical therapist 651-380-8752

Jessica Richmond's Yoga Classes

Monday's 10:30am - Wednesday's 10am

Yoga Class Cost: S&F

\$4 per class for members, \$6 non-members; 10-class punch cards

These classes are for any "body." Jessica has modifications for postures so come try it and enjoy. Try your first class for free to see if this gentle exercise is something for you!



SAINTS GAME TRIP

Wednesday, July 17th
(1:05pm game time)

Leave 11:30am and
return time based on game length

Cost: \$37 member, \$47 no members
\$30 anyone under 18 years of age

Cost includes coach bus ride and en-
trance to the game.

If you can believe it....

Stef and Linda Rehder will be back
as the guides this year!



JUNE SHOPPING TRIP

EAGAN OUTLET MALL

Tuesday, June 18th, 10:00 am to 4:00 pm
\$27 members, \$35 non members
\$10 kids 18 and under

Everyone loved it last year so we are going
back. **Our shopping group will get VIP
treatment. A representative from the mall
will be giving us coupon books/savings
passes upon arrival.** This mall is open to the
outdoors with lots of great seating throughout
the mall and bathrooms that are easily
accessible.

TEENAGERS LOVE THIS TRIP!

This is an unguided trip, cost includes ride up
and back. Those 18 and under must be
accompanied by an adult.

Register at front desk or call 651-327-2255



Wednesday, June 12th

Members \$83 Non members \$89
1 pm Show Time

Trip full. You can get on waiting list
CHANHASSEN DINNER THEATRE



Diamond Jo – Northwood, IA

Tuesday, June 4, 2019

Leave Red Wing 7:30 am

\$25.00 per person, includes Transportation,
\$20.00 Free Play

Final Registration by May 28, 2019

Sugar Loaf Tours

Hostfest—Minot, North Dakota—September 24-27, 2019

Mountain Country Christmas—Branson, MO—Nov. 7-11, 2019

Christmas at Gaylord Opryland—Nashville, TN—Nov. 14-19, 2019

Trip details and registration forms available at Pier 55.



Destination.....DULUTH (46.7867° N, 92.1005° W)

*****TRAVEL SHOW*****

If you are curious about the upcoming one night trip to Duluth, join us on Monday, June 17th at 10am to hear from our Pier 55 Trip Guide, Rose Propst. There will be time to ask questions and meet other travelers. Coffee and treats will be provided. *Open to the community and there is no obligation to sign up.*

**DULUTH, MN One Night Trip
August 20th, 2019**

Depart-7:00am Tues, Aug. 20th Return-5:00pm Wed, Aug. 21st

The Comfort Suites in Canal Park. Our hotel is centrally located to a variety of shops and restaurants. The boardwalk to the lake is right out our hotel. There is a free shuttle that will take you throughout Canal Park and downtown Duluth.

****Registration forms available at Pier 55****

Trip Includes: Two breakfasts, 2 lunches, coach bus ride, one-night hotel stay, admittance to Goosberry Falls and Glen Sheen.

Member Single \$336 Double \$229, Non Members Single \$351 Double \$245

Payment in full due by Tuesday, July 23rd

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Stroke Support Group**2nd Wednesday • 2-3:30 p.m.**

Facilitated by Deb Howard, speech therapist
Stroke survivors and family members receive support and share information on stroke resources, caregiving,

Cancer Support-

Monday's 1:00pm at Mandy's Coffee Shop.

**Care Call-In**

This service is offered to family for piece of mind and to make sure a loved one is safe. He or she telephones Pier 55 by 9 a.m. or we call to check in. For information call 651-327-2255. No cost.

Medical Equipment Lending Program

We are proud to offer this service to anyone in the community in need of medical equipment such as walkers, shower chairs, canes, wheel chairs. Equipment is lent at no charge, with an option for you to donate. Call or stop in.



Toenail Troubles? Home foot care
Julie Tollison, RNC, C
651-380-1069, julietollison@gmail.com

Alzheimer's and Dementia Support Group— Presented by: Alzheimer's Association
1st Monday of the month .
St. Crispin Living Community— The Villa
Private Dining Room, 2nd Floor 135 Pioneer Rd. Sarah Fox 651-385-5422 alz.org

Alzheimer's and Dementia**Caregiver Support Group**

2nd Monday of Every Month

3:30 to 5:00pm

Private Dining Room. Refreshments will be served.

The Bluffs of Lake City

480 West Grant Street, Lake City

For more info or to RSVP contact group facilitator,

Vicky Heitman at 651-448-8333 or

vheitman@oxfordmgmt.com

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NAPS: Nutrition Assistance Program for Seniors

Tuesday, June 18th- 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

Thursday, June 27th at 2pm

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.

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. 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.

Faith in Action

Caregiver Support group

1st Tuesday of the month from 1:30 to 3:00pm

New location: St. Paul's Lutheran Church, 320 West Avenue. Use the lower side door entrance.

Senior “Homework” for Minor Home Repairs

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

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.



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.*

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.

State Service for the Blind (SSB)

Charlene Guggisberg

SSU Training Coordinator 651-539-2370

The Mesothelioma Center

asbestos.com/mesothelioma/prognosis/

David Sides

Public Outreach Coordinator Public Outreach

Coordinator dsides@asbestos.com

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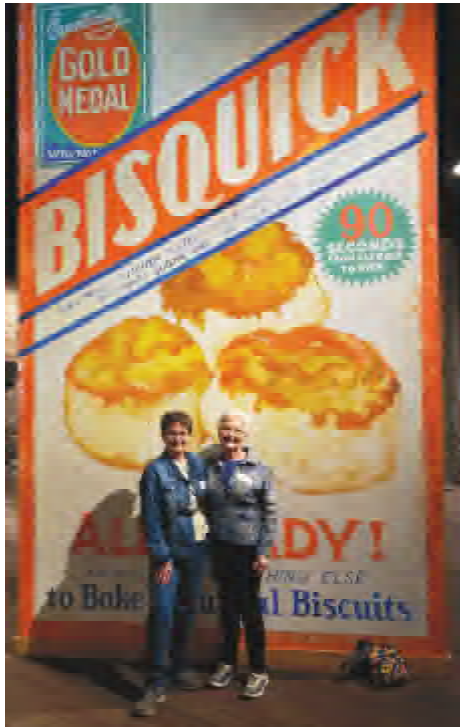
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daytrip



People couldn't stop talking about the loaded potato dish.



MILL CITY MUSEUM



Manny's Steakhouse
Mill City Museum
Galleria Mall

You may have noticed our "Tooting Our Horn" section. This section allows us to share with you news about some of the great work we do to support organizations and individuals in the community and surrounding area.



"Thank you very much for your donation of 10 mugs and 10 bowls to be used in special packets to be given to homeless clients."

Sincerely,
Red Wing Area Food Shelf

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 Vice-President Jeff Marcus
 Secretary Clare Cox
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 Marm Nihart Doug Blakesley

Staff

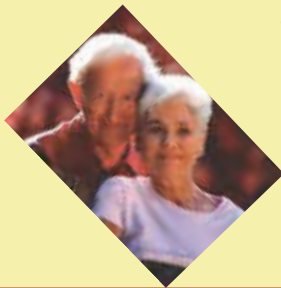
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 Stef Braun..... Program Coordinator
 Shirley Perkins.....Administrative Asst.
 Jolene King.....Annadee's Manager
 Mary Machnik... Volunteer Gift Shop Manager
 Doug Blakesley.....Talent Acquisition Volunteer

Email addresses

Kim Wojcik.....RWASdirector@gmail.com
 Stef Braun.....RWASprogram@gmail.com
 Shirley Perkins.... RWASassistant@gmail.com
 Jolene KingRWASstore@gmail.com



Both of our homes are small, Valentines is home to 16 seniors and at Loving Residence, 10 seniors call it home. When you enter Valentines or Loving Residence you will understand why we call it home. You won't be greeted by massive staircases, large meeting areas or dining rooms that can accommodate a hundred or more diners. Instead you will find and feel a sense of home. Our locations are staffed 24 hours a day with trained/qualified caregivers under the supervision of an RN.



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*Thank
You!!!!*

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

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Marcy Boldt & Ron Sanford	Pamela Hallahan
Jon & Mary Heckman	Lois Klindworth
Virginia Lampman & Roxanne Johnson	Cheryl Larson
Norman & Adaline Sampson	James Halverson
Bethany Szymanski	Dianne Schliep
Eileen Welsch	Mady Usem
Chuck & Lizbeth Butler	Kathryn Zoff-Seivert
Rita Eichten	JoAnn Carlson
Joan Heineman	Donald Felmlee
Gary & Judy Lohmeyer	Meredith Severson
Robert & Jeanette Stroupe	Harvey & Pat Swiggum
Carolyn Anderson	Jane Whiteside
Gloria Brodd	Kay Beckman
Norm & Ruth Grunklee	Jane Donkers
Barbara Hanson	Dave & Myra Haase
Phyllis Jackson	Joan Helmer
Mary Jo LaChance	Lena Kishaba
Sue Mahn	James & Mary Machnik
LaRose Priess	Leonard R. Miller
Randy & Karen Stein	Dick & Jackie Solheim
Rhodes & Bertha Tiedeman	Donald Timm
Barbara & Peter von Haaren	Bill & Mickey Peterson
Dale & Lynn Lund	Ben & BJ Norman
Bruce & Jody Ohlhaber	Janice French
	Connjie Minnick

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

Cheryl Enevold	Rachelle Lampman
Tammy Caneff	Judie Cushing
Kathy Kelly	Dennis & Lynn Vaillant
Stephen & Marilyn Lawrence	Gloria & Jon Wiech
Bonita "Bonnie" Peters	

MISSION

**Empowering active living
and lifelong learning**

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, age, color, economic status or disability.

Pier 55 Membership!

Your membership will provide you with:

- ◆ Discounts on trips and programs
- ◆ Access to monthly "Food with Friends"
- ◆ Monthly newsletter *Senior News*
- ◆ Educational & recreational opportunities
- ◆ No cost shredding
- ◆ No cost bike borrowing

Name(s) _____

Address _____

City _____

State _____ Zip Code _____

Telephone _____

Email Address _____

Birthday(s) _____

New Member _____ Renewal _____

_____ **Individual Membership: \$37**

_____ **Household Membership: \$62**

(2 people to a Household)

Additional donations greatly appreciated.

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

Gratitude

What is our Legacy Giving Campaign? Call or email - Executive Director Kim Wojcik to learn more about including us in your planned giving.
651-327-2255 • rwasdirector@gmail.com

CONTACT US

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

CALENDAR OF ACTIVITIES

June, 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
						1
2	3 9 AOA 9:30 Pottery Coffee 10:00 Body Bar 10:30 Yoga 10:30 Spanish Conversation 12:30 Euchre 1 Technology Lab 1 Mahjong's	4 9:30 Yoga 11:15 Dr. Pick 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	5 9:30 Pottery Coffee 10:00 Blood Pressure 10:30 Spanish Conversation 11 Scrabble 1:30 Granny Blankets 2 Stroke Support 2 Chair Yoga	6 9:00 Stretching 9:30 Texas Wild Women 11:15 Duplicate Bridge	7 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 10:30 Book Club For Women PIER 55 CLOSSES AT NOON	8
9	10 9 AOA 9:30 Pottery Coffee 10 Coffee Convers. 10 Body Bar 10:30 Yoga 10:30 Spanish Conversation 12:30 500 1 Technology Lab 1 Mahjong's	11 9:30 Yoga 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	12 9 AOA 9:30 Pottery Coffee 10 Yoga 10:30 Spanish Conversation 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga 2:30 Stroke Support	13 9:00 Stretching 9:30 Texas Wild Wmn 10:30 POETRY READING	14 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation PIER 55 CLOSSES AT NOON	15
16	17 9 AOA 9:30 Pottery Coffee 10:00 Travel Show 10:00 Body Bar 10:30 Yoga 10:30 Spanish Conversation 12:30 Euchre 1 Mahjong's	18 9:30 Yoga 9:45 NAPS 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	19 9 AOA 9:30 Pottery Coffee 10 Yoga 10:30 Spanish Conversation 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga	20 9:00 Stretching 10 SONUS 11:15 Duplicate Bridge	21 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation PIER 55 CLOSSES AT NOON	22
23 30	24 9 AOA 9:30 Pottery Coffee 10:00 Body Bar 10:30 Yoga 10:30 Spanish Conversation 12:30 Euchre 1 Mahjong's	25 9:30 Yoga 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	26 9 AOA 9:30 Pottery Coffee 10 Yoga 10:30 Spanish Conversation 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga	27 9:00 Stretching 9:30 Texas Wild Women 12:15 FOOD W FRIENDS GRILL OUT 2:00 Parkinsons Support	28 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation PIER 55 CLOSSES AT NOON	29



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