



55 show goes loaded the coach bus and had a great time at the Chanhassen Dinner Theatre!



6/12/ 19



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Summer Fun Glamour

Tired of your everyday make up? Looking to maybe try a new look?

Just want something fun to do? Make up isn't your "thing" but you would like to get your nails painted? Call and sign up for 30 to 45 minutes of individualized beauty time with self-taught expert CeCe. She enjoys all forms of product pampering and would love to help you experiment with make up or will paint your nails.

Appointments are limited. 651.327.2255.



Remember to mark your calendars for Thursday, September 12th live music event/dance! The Key Notes will be performing.

\$6 members and \$7 non members. This is open to the community! No partner required!

Coming Soon!!!

2019 Colorado Peaches

We once again will be getting a shipment of Colorado peaches in late August. These delicious peaches are hand picked, hand -packed, and tree ripened shipped directly from the orchard in Colorado. Watch for the order form with time of delivery and prices in next month's Red Wing Area Seniors newsletter. Feel free to contact Kim or Aaron at the Country Stop with any questions you may have. 715-442-2429.



Thank you!



Upcoming Closings

Pier 55 and Annadee's Closet will be closed Thursday, July 4th and Friday, July 5th for the holiday.

The week of July 8th is Pottery Convention Week. As in years past, we will place signage at Pier 55 and Rancho Loco stating parking is for members and restaurant customers only and violators will be towed. Pier 55 IS open for business; HOWEVER, the Community Room and Atrium will be closed for all regular programming and fitness classes. Please watch for signage stating if your class or group has been cancelled for that specific week or if you will be moved to a different room. Thank you for your understanding.



POETRY WORKSHOP

Great group for our recent poetry workshop with Sara Grossman, sarajgrossman.com. A huge thank you to the Andersen Center for collaborating with Pier 55!



2019 Spring Coloring Contest winners
28 entries, 400+ votes

Congrats Susan K.



Congrats Mary M.

Congrats Lynn L.



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Do you know a student that is looking for a place to complete their service hours this summer?

Annadee's Closet runs so well largely in part to our AMAZING team of volunteers. These dedicated individuals come regularly to donate their time so that our store continues to be fantastic. YOU DON'T NEED TO BE A REGULAR VOLUNTEER TO BE A PART OF OUR TEAM. If you know of a student that has service hours to complete this summer for National Honor Society, The Boy Scouts, Girl Scouts, Key Club etc. they can come to Annadee's Closet and we can help them meet that requirement. We have students do things such as: tidy up and arrange our shelves on the sales floor, sort books by category, hang up clothes, help get us ready for upcoming sales events etc. If anyone you know would be interested, have them contact Jolene,

Jolene, Annadee's Manager at rwasstore@gmail.com.

Donation Hours:

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



*Annadee's July 2019
 Sales Calendar*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 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 <u>Donation Hours:</u> Tuesday 10-4:30pm Wednesday 10-4:30pm Thursday 10-4:30pm Friday 10-4:30pm Saturday 10-1:30pm		² Men's Shirts & Shorts BOGO	³ Women's Capris & Shorts BOGO	⁴ CLOSED FOR HOLIDAY	⁵ CLOSED FOR HOLIDAY	⁶
		⁹ KID'S DAY Clothes & Toys 50% Off	¹⁰ Women's Tops Fill A Bag For \$10.00	¹¹ LINEN 25% Off	¹² Students 25% Off With ID	¹³
		¹⁶ BOOKS BOGO	¹⁷ Luggage & Backpacks 50% Off	¹⁸ FURNITURE 25% OFF	¹⁹ Glassware & Dinnerware 25% Off	²⁰
		²³ Students 25% Off With ID	²⁴ LINEN 50% Off	²⁵ 50% OFF With Pier 55 Membership Card	²⁶ 55 PLUS 25% OFF	²⁷
		³⁰ ALL SHOES BOGO	³¹ BOOKS 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 651-983-2382

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, 11 a.m.

Puzzle Club.....Wednesdays, 1:00 p.m.

"Wild Woman" Cards

Thursday, July 11 and 25 • 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, July 18 • 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

**Mark you calendar for our next live music/dance event.
Thursday, September 12th, Music by: Key Notes**

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Meet our newest fitness instructor...

Carlee recently graduated from Lincoln High School. She will be attending Winona State in the Fall for her Master's in Athletic Training. Her interest and completion of several Lifetime Fitness courses allowed her to assist with Physical Education classes, certification to referee sporting events and assist in coaching younger students. She enjoys being active and teaching classes. When being "interviewed" for this, she kept everything pretty darn basic. Her favorite color is close to sky blue. Favorite season is summer. She loves turtles and anything turtle related. Some of her favorite things to eat are: tuna, chicken Caesar salad and popcorn. When I asked if I could add to this article that I will miss her like crazy and think she should stay at home with me, she rolled her eyes and said, "You aren't really going to say that, are you?!"

~by: Stef Braun, first time college student mother 😊

We are happy to announce that



Sonus Hearing Professionals will be working with Pier 55 and will provide free hearing screenings the 3rd Thursday of each month

10:00AM (July 18th) Ryan Hummel, M.A., FAAA, a MN and WI licensed audiologist will provide these services.

Please call Sonus Hearing Care at

651-388-2670 to schedule a time for your free hearing screening.

NO COST Chair Massage

Computerized Nervous System Scan

Tuesday, July 16th

from 11:15 to 12:15pm

Dr. Pick will be at Pier 55 providing no cost chair massages and/or nervous system scans the third Tuesday 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

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.**

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.

If you are interested in borrowing a bike on the weekend please call Dennis Koenig at 651-388-0978.

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.

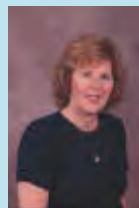
Yoga for Healing

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 entrance
to the game.

MINNESOTA STATE FAIR

Monday, August 26th or Thursday, August 29th
Leave Senior Center 7:30 a.m.

Cost: \$35.00 includes bus and fair admission
Will be at the fairgrounds from approximately
9 am to 3-4 pm (depends on weather)
Stop at Pier 55 to register or contact
Sugar Loaf Tours

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

DULUTH, MN One Night Trip Aug 20th
Depart-7:00am Tues, Aug. 20th
Return-5:00pm Wed, Aug. 21st

****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

**Trip details and registration forms available at
Pier 55 for Hostfest,
Branson and Nashville. Contact Sugar Loaf for full
details on Bayfield
And Door County.**

CASINO INFORMATION FOR NEWSLETTER

Diamond Jo – Northwood, IA

Tuesday, July 30th

\$25.00 per person

Includes transportation and \$20 Free Play

Leave Red Wing 7:30 am Reg due by July 23rd

Cedar Lake Casino – Cass Lake, MN &

Northern Lights Casino – Walker, MN

Wednesday, August 14th & Thursday, August 15th

\$85 per person double occupancy

\$100 per person single occupancy

Includes transportation and \$10 Slot Play and

\$3.00 Food Coupon at Cedar Lake & \$40 slot

Play, \$3.00 Food Coupon and Hotel Room at

Northern Lights.

Leave Red Wing 7:30 am on Wednesday

Register by July 29th or First 50 patrons

Jackpot Junction – Morton, MN

Tuesday, Sept 10th & Wednesday, Sept 11th

\$75 per person double occupancy, \$90 per

person single occupancy

Includes transportation, hotel room &

\$50 Free Play

Leave Red wing 7:30 am Final Reg due Aug 26th

Diamond Jo – Northwood, IA

Tuesday, October 8, 2019

\$25.00 per person

Includes transportation and \$20

Free Play

Leave Red Wing 7:30 am

Registration due by October 1st

Prairie's Edge – Granite Falls

Tuesday, Dec. 3 & Wednesday,

Dec. 4

\$95 per person double occupancy &

\$115 single room

Includes transportation, hotel room,

\$50 Free Play & Appreciation Dinner

Leave Red Wing 7:30 am Reg due by Nov 12th

Sugar Loaf Tours

Bayfield, Wisconsin – August 5 – 7, 2019

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

Door County Including Washington Island – October 21
– 24, 2019

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

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



Let's Get Dirty in St. Paul

We had a great time at the MN History Theatre watching "Dirty Business" followed by a fantastic meal at Moscow on the Hill!



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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

Transportation:

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hart@threeriverscap.org

NAPS: Nutrition Assistance Program for Seniors**Tuesday, July 16th- 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 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.

Faith in Action

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

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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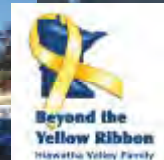
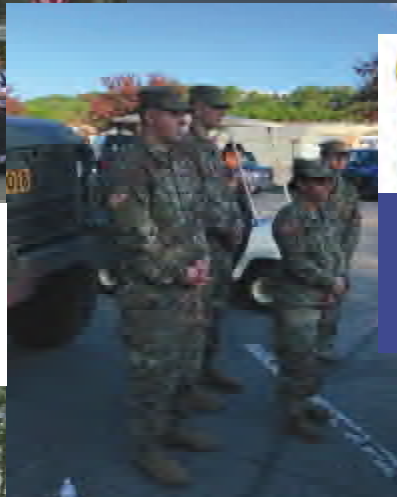


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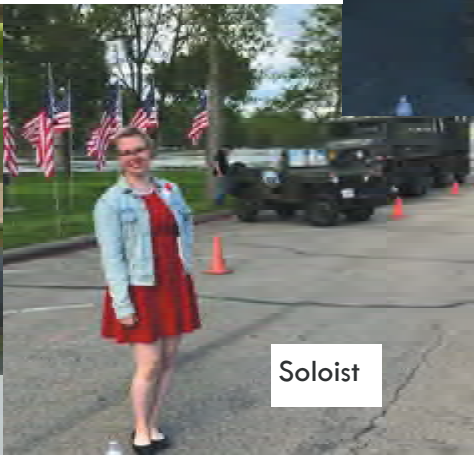
2019 Field of Honor



A huge thank you to all who dedicated flags (320) , attended the ceremony and the wonderful volunteers! Also, thank you to the City of Red Wing and their staff. Without them this event would not be possible.



Valets



Soloist





Senior Center,

Thank you for your donation of several sizes of swimsuits for children and teens who do not have their own suits from Annadee's

Closet. With these swimsuits the children are able to learn to swim or enjoy our pool here at the YMCA in Red Wing, Mn. Your contribution helped us to run the pilot safety around water program for Mrs. Borgen's third grade classroom at Burnside Elementary. We hope to grow our safety around water program to include all of the 3rd graders around Red Wing. Thank you for your support!

Nicole
YMCA Aquatics Director



BOARD AND STAFF

Directors

- President. Tom Walsh
- Vice-President. Jeff Marcus
- Secretary Clare Cox
- Treasurer Rose Burke
- Pastor Karl Rydholm Dennis Koenig
- Marm Nihart Doug Blakesley

Staff

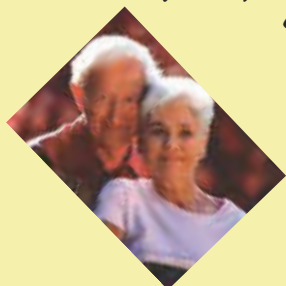
- Kim Wojcik.....Executive Director
- Stef Braun..... Program Coordinator
- Shirley Perkins.....Administrative Asst.
- Jolene King.....Annadee's Manager
- Mary Machnik... Volunteer Gift Shop Manager
- Doug Blakesley.....Talent Acquisition Volunteer

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.



Call Sandy McDonald for your personal tour today!

Office: 651-388-1650

sandy@valentinesllc.com • www.valentinesassistedliving.com

Valentines
2557 Eagle Ridge Dr.
Red Wing, MN 55066

Valentines Loving Residence
1760 Perlich Ave.
Red Wing, MN 55066



1264 Old West Main St.
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*Thank
You!!!!*

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

Gwynn Bentley	Doris Gardas
Ronald & Lynette Hanson	Bruce & Phyllis Klair
Kathy Manfred	Kay McDowell
Dale Mehrkens	Dorothy Westphal
Rey & Bev Zimmermann	Anne Wildenborg
Chuck & Brenda Balzer	Doug Blakesley
Glen & Donna Dummer	Chris & Jacquie Knieval
Dianne Albers	Kathy Daniels
Ken & Sandy Cunningham	Myrna Erickson
Peter & Barbara Griffith	Bonnie Hauschildt
Shirley Hines	Elaine Hoisington
Nancy & Delbert Johnson	Karen Lawson
Guy & Linda Napurski	Joan Odell
Anna Pabst	Elaine Popp
Bill & Coni Rodgers	Marilyn Glander
Tom & Kathryn Rynders	Beverly Odden
Mary & Jim Clark	Shirley Reuter
Janice Birk	Donna Yecke
Linda Meacham	Sara Ousky
Lois Kjos	Janet Fisher
Sam Pearson & Muriel Copp	

**Welcome to the following new
members of**

Red Wing Area Seniors, Inc.

Sherry Schafer	Joan Zemke
Sharon Dale	Sandy O'Neill
Karen & Dave Verbeke	Kenneth Peterson
Ken & Diane Bechel	

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

Business Hours: Mon-Thur, 9am - 4pm, Fri 9am-Noon

Extended Hours: Mon- Sunday 7am - 9pm

Website: www.redwingareaseniors.org

Facebook: "Like" us on Facebook!

CALENDAR OF ACTIVITIES

July, 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	1 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	2 9:30 Yoga 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	3 9 AOA 9:30 Pottery Coffee 10:00 Blood Pressure 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga	4 PIER 55 CLOSED FOR HOLIDAY	5 PIER 55 CLOSED FOR HOLIDAY	6
7	8 9 AOA 9:30 Pottery Coffee 10:00 Body Bar 10:30 Yoga 10:30 Spanish Conversation 12:30 500 1 Technology Lab 1 Mahjong's	9	10 9:30 Pottery Coffee 11 BNI 11 Scrabble 1:30 Granny Blankets	11 9:00 Stretching 9:30 Texas Wild women 10:00 Strength	12 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation	13
Pottery Convention Week Monday, July 8 to Friday, July 12						
14	15 9 AOA 9:30 Pottery Coffee 10 Coffee Convers. 10 Body Bar 10:30 Yoga 10:30 Spanish Conversation 12:30 Euchre 1 Technology Lab 1 Mahjong's	16 9:30 Yoga 10:15 Dr. Pick 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	17 9 AOA 9:30 Pottery Coffee 10 Yoga 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga 2:30 Stroke Support Saints Game Trip!	18 9:00 Stretching 10:00 Strength 10 SONUS 11:15 Duplicate Bridge	19 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation	20
21	22 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	23 9:30 Yoga 9:45 NAPS 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	24 9 AOA 9:30 Pottery Coffee 10 Yoga 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga	25 9:00 Stretching 9:30 Texas Wild Women 10:00 Strength 2:00 Parkinson's Support	26 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation	27
28 30	29 9 AOA 9:30 Pottery Coffee 10:00 Body Bar 10:30 Yoga 10:30 Spanish Conversation 12:30 Euchre 1 Mahjong's	30 9:30 Yoga 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	31 9 AOA 9:30 Pottery Coffee 10 Yoga 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga			



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