



Holiday Bazaar

Where: Pier 55

When: Thursday, Nov. 7th 9am-4pm

Friday, Nov. 8th 9am-12pm

Saturday, Nov. 9th Gift Shop 10am-2pm

Annual Bazaar & Bake Sale Fundraiser

It's time to get started on your
holiday shopping list!

Pop-Up Coffee &
Treat Shop!

Gift Ideas & booths of handcrafters! Our Super-duper Bake Sale!



Contents

Events and Updates.....	2
Spectacular Sponsors.....	3
Annadee's Closet /Lefse.....	4
Books/Games.....	5
Wellness.....	6
Fitness Calendar.....	7
Upcoming Trips.....	8
Coffee Cruise Pictures.....	9
Support and Services.....	10
Programs.....	11
Finding Gratitude/Dance/Lefse.....	12
Recognize LaVoie House!, Board.....	13
Thank You /Membership.....	14
Calendar.....	15



20% off coupon

For Use only on Nov. 9th

Bring this coupon with you
to shop the **Pier 55 Gift Shop**
Saturday, Nov. 9, 2019
10 am to 2 pm



Pier 55 will be closed for programming due to the Holiday Bazaar
 Thursday, November 7th
 Friday, November 8th

Closed for business
THANKSGIVING HOLIDAY
 Thursday, November 28th
 Friday, November 29th

PIER 55 Inclement Weather Information



Pier 55 and Annadee's Closet will be closed when the Red Wing Public Schools (RWPS) are closed. In the event RWPS opens late in the morning or closes early in the day Pier 55 will do the same. For additional information refer to KWNG or RWAS Facebook page.

POTTERY COFFEE CLUB



GIVE TO THE MAX DAY!

Thursday, Nov. 14th

Red Wing Area Seniors will recognize Give to the Max Day with our large green decorated box located near the front desk. Donate on line a www.givemn.org or drop off a donations at Pier 55.

3rd Annual Christmas Tree Jubilee



Open for viewing and bidding: Monday - Friday, Dec. 2nd- Dec. 13th 9 am - 3 pm

This year the Silver Tones Choral Group will host its 3rd Annual Christmas Tree Jubilee fundraiser to benefit its musical program. Christmas trees will be decorated for sale through a silent auction which begins Nov 29. Auction winners will be announced at 3pm December 13th. Stop in to enjoy the beautiful tree display, bid on a tree for yourself or to donate to a family in need.

Items and trees are needed to help make this a huge success: Christmas tree ornaments, lights and other holiday décor. Please bring your donations to Pier 55.



Flu Vaccine Clinic

Tuesday, November 19th 10 am – 2pm

Red Wing Corner Drug (a Walgreen pharmacy) will have a pharmacist at Pier 55 to administer flu shots. **Call to register** for your time slot, and pick up your "Vaccination Administration" form. Bring your Medicare and insurance cards. Medicare may cover the cost of the vaccine; co-pays will vary. Cost will be around \$30 for those without insurance coverage.





A huge thank you to UCARE for sponsoring the Fall Fashion Show!!



Also, thank you to our wonderful models, our swag bag greeter (Judy W) and all who attended this fun event.



Potter Ridge

Senior Living Community

Thank you to Potter Ridge for sponsoring this years coffee mugs!

**LOCAL BUILDERS AND REAL ESTATE PROFESSIONALS
SPECIALIZING IN TOWNHOUSE CONSTRUCTION.**



CALL **651-388-4711**
910 MAIN STREET, SUITE 201
RED WING, MINNESOTA 55066



**INTEGRATIVE
MEDICINE AND
HEALTH PROGRAM**

651-267-3506



Kiki's Simple Abundance
Red Wing, MN

To nourish the mind, body & spirit

- Organic Meats & Dairy
- Extensive Gluten Free Options
- Bulk Foods
- Supplements
- Health & Beauty

EBT  

318 Bush St • Red Wing, MN
www.simpleabundanceredwing.com
651-388-0333

Locally owned since 2000

We Work Hard to Make Hearing Easy.™

- Complimentary hearing screening*
- 75-day trial period**
- Top manufacturers
- Personalized & dedicated service

SONUS hearing care professionals

207 Plum Street
Red Wing, MN 55066
(651) 388-2670
www.sonushearingprofessionals.com

*hearing screenings are always free. This is not a medical exam. **Hearing aids must be returned within 75-day period to qualify for refund. In some locations a full deposit is required & a restocking fee may apply.



Live life simplified
In the heart of downtown Red Wing



Homes for adults 55+
651-385-3400 • downtownplaza.org



My first day at Annadee's Closet was October 15th, 2018. I can't believe it's already been a year!! My first year I focused on learning the ins and outs of thrift. As well as how everything functions, the store, the customers the volunteers etc. The flow of the goods and the entire process from start to finish; donations coming in, sorted, priced, put on sales floor and being sold. This upcoming year, I will still be learning retail, and will have the prior year of experience to use as a comparison, and I would like to make the store more user friendly, making it easier for customers to find what they are looking for. My favorite duties of managing Annadee's are all of the customers I come in contact with. They are so friendly and thankful that Annadee's is here and for all of the good work we do in the community. Also, the staff and volunteers. They are amazing. I have an incredible team. I am thankful for them everyday. Annadee's or I would not be so successful without the support of our valued customers and staff and volunteers. I WANT TO THANK YOU ALL FOR A GREAT YEAR!

Jolene King, Store Manager



**Pre-order your
homemade
lefse today!**

(Made from a special Walsh Family recipe!)

Name _____

Telephone _____

Lefse is sold in packages of 4 for \$5.00

How many packages would you like?

_____ x \$5 = Total Cost _____

(Pick-up date yet to be determined)
It will be available before Thanksgiving.

**Pay at the Reception Desk or mail to Pier 55;
payment is due with order.**



Annadee's November 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		NOTE: We will be open on Monday, November 25th for Thanksgiving Specials with Drawings for Extra Savings.			1 All Lighting 50% Off	2
		5 Kids Day Clothing & Toys 50% Off	6 LINEN 25% OFF	7 BOOKS 5 FOR \$1.50	8 Students 25% OFF With I.D	9
Tuesday 10-5 Wednesday 10-5 Thursday 10-5 Friday 10-5 <u>Donation Hours:</u> 18 Tuesday 10-4:30pm Wednesday 10-4:30pm Thursday 10-4:30pm Friday 10-4:30pm Saturday 10-1:30pm		12 Wicker Baskets 50% Off	13 Luggage & Duffle Bags 50% OFF	14 Comforters & Blankets 50% Off	15 Men's Winter Coats 50% Off	16
		19 BOOKS BOGO	20 LINEN 50% OFF	21 Women's Winter Coats	22 PIER 55 MEMBERS 50% OFF	23
		26 Pictures 50% OFF	27 Students 25% OFF With I.D	28 HAPPY THANKSGIVING CLOSED	29 CLOSED	30 CLOSED
		25 Thanksgiving Special Draw for Extra Savings				

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. **Expanded programming Monday's at 1pm at Pier 55.**

BOOK CLUB FOR WOMEN

First Friday • 10:30 a.m.

Facilitator: Jane Whiteside

Nov. 1: The Haunting of Hill House by Shirley Jackson

Dec. 6: Tip of the Iceberg by Mark Adams

Jan. 3: Warlight by Michael Ondaatje

Feb. 7: The Library Book by Susan Orlean

Mar. 6: Future Home of the Living God

By Louise Erdrich

Apr. 3: The Clockmaker's Daughter by Kate Morton

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



Mexican Train Dominoes

2nd and 4th Tuesday's of the month from 2:00 - 3:30pm. All are welcome!

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, November 7 and 14 • 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,

November 7 and 21 • 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

We Understand Commitment.

You can rely on Edward Jones for one-on-one attention, our quality-focused investment philosophy and straight talk about your financial needs.

Contact an Edward Jones financial advisor today.



Paul M Reding, AAMS®

Financial Advisor

910 Main Street
Suite 105
Red Wing, MN 55066
651-388-1762



Conor J Smyth, CFP®

Financial Advisor

205 East Avenue
Red Wing, MN 55066
651-388-6286



Mike Dube, AAMS®

Financial Advisor

139 Tyler Rd South
Red Wing, MN 55066
651-385-7681



Michael Hosfeld

Financial Advisor

910 Main Street, Ste. 203
Red Wing, MN 55066
651-800-2032



John L Lang, AAMS®

Financial Advisor

1215 North 7th Street
Suite 100
Lake City, MN 55041
651-345-2525



Matthew Theis

Financial Advisor

211 Bush Street
Red Wing, MN 55066
651-212-6682



Steven P Beech, AAMS®

Financial Advisor

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



JORDAN TOWERS

"A Good Place to Live, A Great Place to Call Home"
NOW ACCEPTING APPLICATIONS

Please contact 651.388.7571

Red Wing Housing & Redevelopment Authority

428 W. 5th Street, Red Wing MN 55066

www.redwinghra.org



ST. CRISPIN
LIVING COMMUNITY
Benedictine Health System

651-388-1234 | www.stcrispinlivingcommunity.org

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/Michelle				
10:30am	Yoga/Jess		Yoga/Jess			
11:45am	Food/Fitness					
2:00 p.m.			Yoga/Michelle			
2:30pm		Parkinsons Wellness				
3:30pm		Tai Chi				
4:30pm						



Jessica Richmond's Yoga Classes

Monday's and Wednesday's 10:30am

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!

****NEW CLASS OFFERING**** S&F

Jessica Richmond's FITNESS AND FOOD FACTS

MONDAYS at 11:45am - 12:30pm. . The class will consist of a 30 minute fitness class that rotates weekly between kickboxing, cardio circuit, core work and strength exercises. The last 15 minutes of class will include healthy recipes, discussions on food and an occasional sampling of new foods. Cost \$2.50 per class or 10-class punch cards are available.



RESTORATIVE YOGA - Jessica Richmond
Thursday, November 14th at 10:00am

De stress before the holidays with restorative yoga.

An hour of rest full yoga followed with tea. Space is limited-call or stop in pier 55 to sign up.
\$20 per person

BLOOD PRESSURE CHECKS



Wednesday, November 6

The first Wednesday of each month from 10:15am to

11:15am at Pier 55

No cost, no registration



Lindsay Johnson, RN



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 \$50 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.

NO COST Chair Massage Computerized Nervous System Scan

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 schedule an appointment.

Dr. Hannah Pick, 651-769-7385
HannahPickDC@gmail.com ,
River Valley Chiropractic



Free Hearing Screenings

3rd Thursday of each month

10:00AM (Nov. 21) 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.

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

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: \$5.00 per session

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



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



November Shopping Trip

Southdale Mall, Bloomington
Thursday, Nov. 21
Leave Pier 55: 9 a.m.

Members \$20, Non-members \$25

Register by November 14

Bring friends and teenage grandchildren and enjoy a wonderful holiday trip to the mall. We must have 20 participants for this trip to go. You do not need to bring a partner. Feel free to shop on your own.

GET YOUR HOLIDAY SHOPPING DONE!

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

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 for Hostfest.

Branson and Nashville. Contact Sugar Loaf for full
details on Bayfield
And Door County.

TRAVEL SHOW NIAGARA FALLS AND HERITAGE HIGHLIGHTS TRIP IN OCTOBER 2020

Tuesday, October 29th
10:00am to 11:00am



Come and listen to
Kelsey and Rose
Propst talk about
this 9 day
adventure.

See Niagara Falls,

Gettysburg, and Philadelphia,
Washington D.C., and
Williamsburg, VA.

No cost, no registration, open to the community

**REFRESHMENTS AND
DOOR PRIZES!!!**



Hubbell House and Mantorville Theatre

Sunday, December 8th

Leave 10am and return by 5pm

Cost: \$62 members, \$72 non members

Show: *A Charlie Brown Christmas!*

Lunch choices:

- BBQ Pork Ribs
- Broiled Walleye
- 8 oz. Choice Sirloin Steak
- Raspberry Chicken Breast

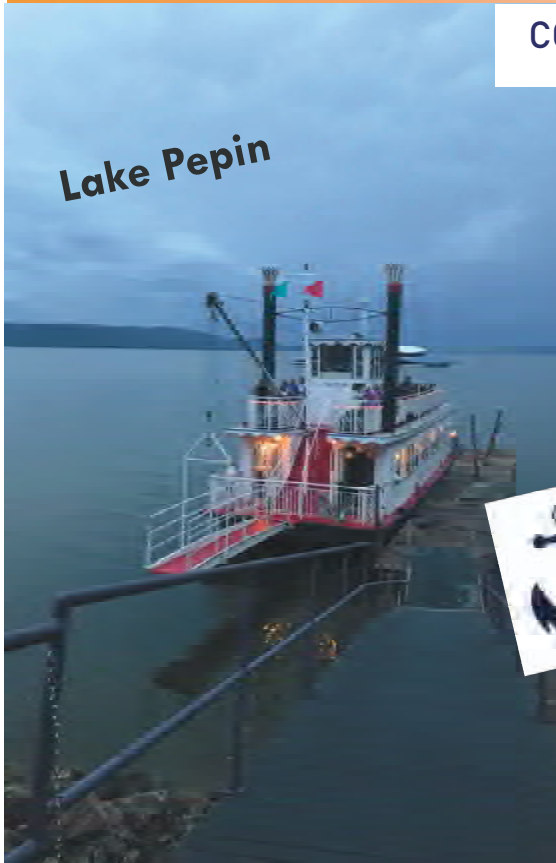
Call or stop by to
register 651-327-2255

**There may be a
sweet surprise
again this year!**



COFFEE CRUISE SEPTEMBER 2019

Lake Pepin



We had such a great time that we are doing it again next year.

So, mark your calendar for September 2020!



➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Contact Chris Blocher to place an ad today!
 cblocher@4LPi.com or (800) 950-9952 x5822

Potter Ridge
 Assisted Living Community
(651) 388-1546
 1971 Neal Street • Red Wing, MN
www.wtohddevelopment.com

MPS DEVELOPMENT MANAGEMENT

Randys

Join our 60 plus Club. Get \$4 Off with fully punched card.
 Double Punches on Wednesday!

Mahn Family
 Funeral and Cremation Services
(651) 388-3343
 Bodelson-Mahn Chapel
 602 Plum St., Red Wing, MN 55066
www.mahnfamilyfuneralhome.com

- Traditional Services
- Memorial Services
- Pre-arrangements
- Cremations (on-site crematory)

Collins
 Wealth Management
"Building and Protecting Your Wealth"

2000 Old West Main
 Suite 324
 Red Wing, MN 55066

(651) 705-6998
 (888) 385-2209

Registered Representatives offering securities through American Portfolios Financial Services, Inc. (APFS) Member FINRA/SIPC. Advisory services through American Portfolios Advisors, Inc. (APA), an SEC Registered Investment Advisor. Collins Wealth Management is not affiliated with APFS and APA.

Lawrence REALTY

TOM BROWN
SELLS HOMES.

Lawrence Realty, Inc.
 610 Main St. | Red Wing, MN
 651.385.5687
www.redwing.realestate

INTEGRATIVE MEDICINE AND HEALTH PROGRAM
651-267-3506

MAYO CLINIC
 HEALTH SYSTEM

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:

Safe and affordable rides

hart- Miles and Miles of Positive Impact

1-866-623-7505

hart@threeriverscap.org

NAPS: Nutrition Assistance Program for Seniors

Tuesday, November 19th- 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

No November or December group meeting

Facilitated by Pat Kernan & Patrice O'Reilly

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

Grief Support: Coffee & Good Company

2nd & 4th Tuesday • 10—11:30 a.m.

Casual, drop-in support for those who have lost a loved one. We're meeting at the First Lutheran Church, 615 West 5th Street. 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

Nicole Pelzi, 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 Nicole at 507-322-4262.

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.

No group until November 15th

Interested in brushing up on your Spanish or improving your speaking skills? Join this group at any time. Native speakers frequentlattend 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 (No November 11th lab)

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



Ukulele Class Every other Thursday.

No class November 28th. Thursday's, 2:30pm - 3:30pm for a Ukulele Class/ Workshop with Matthew Rivera. Cost \$2 per class, no registration. Ukulele not required.

WELCOME TO THE CONNECTED GOLDEN AGE

Enhance your GigaHome. Internet speeds up to 1 Gigabit, local service, and 24/7 support.



- Restrictions may apply.

SilverSneakers Coverage Available

Women's Fitness Center

2311 Old West Main St. Red Wing

Call Delores: 651.388.9733 for details

BAY VIEW
NURSING & REHABILITATION CENTER

Care you can believe in!

For information call us at... (651) 380-4047

1412 W 4th St Red Wing MN, 55066

VOGEL GORMAN & LODERMEIER, PLC
ATTORNEYS AT LAW Since 1935

George F. Vogel
Richard D. Gorman
Adam J. Lodermeier
Allen J. Peterson

454 W. Fourth St. • (651) 388-2833
vogelgormanplc.com

ALBERS
AUTO BODY

Scott King
Body Shop Manager
Family Owned

FREE ESTIMATES!

2398 Old Zumbrota St
Red Wing, MN
651.3884674
C: 651.380.7305
AlbersAutoBodyRW.com

VILLAGE COOPERATIVE
OF RED WING

Cooperative Housing for Quality Living

Community of Friends and Neighbors

FEWER HASSLES. MORE FUN.

651-388-2029

www.villagecooperative.com

Is your home too LARGE? READY TO DOWNSIZE?

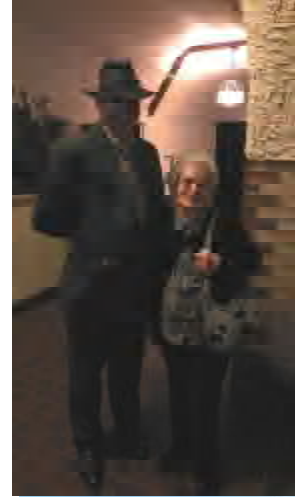
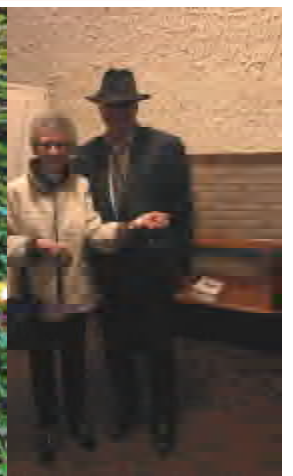
Whether you are ready to sell right away or planning for the future, contact me for a free evaluation.

We Can Discuss:

Pricing • Decluttering • Staging • Home Repairs
TO GET THE BEST PRICE FOR YOU HOME.

Lori Simonson Broker/Owner/Realtor
651.380.1886 Licensed in MN & WI
lori@exitrealtorivertown.com | www.exitwithlori.com





Our October Mystery Trip was a St Paul Gangster tour, lunch in the Wabasha Street Caves, tour of the caves, and of course candy from Knoke's Chocolate in Hudson.



Shirls





Congratulations to LaVoie House, winner of the 2019 Amos Owen Human Rights Award. LaVoie is a member of the Red Wing Area Seniors, he also

volunteers his time facilitating two Spanish clubs a week. LaVoie is a talented artist and consigns his cards in our Pier 55 Gift Shop.



Thank you, LaVoie, from all of us for all that you do!



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

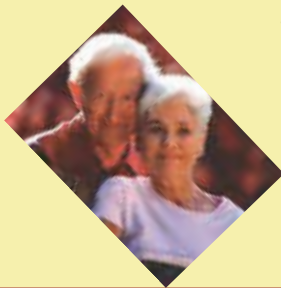
Kim Wojcik.....Executive Director
 Stef Braun..... Program Coordinator
 Shirley Perkins.....Administrative Asst.
 Jolene King.....Annadee's Manager
 Mary Machnik... Volunteer Gift Shop Manager
 Doug Blakesley.....Talent Acquisition Volunteer

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.
Red Wing, MN 55066
(651) 388-6060



- SANDWICHES
- SOUPS
- PIE
- COFFEE

IN THE HISTORIC POTTERY PLACE
 2000 OLD WEST MAIN
 BRING IN THIS AD FOR A FREE COFFEE
 WITH SANDWICH, POT PIE
 OR QUICHE LUNCH PURCHASE!



Tom Heffernan Ford

See our New & Used Inventory online at
www.TomHeffernanFord.com

"Great Deals Since the 70's"

651-345-5313

Senior Citizens Spoken Here!

Call today to connect with a SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.



◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

There's no cost to you!

(888) 672-0689

We're paid by our partner communities





*Thank
You!!!!*

Thank you
to the following for renewing their
memberships:

Suzanne Simonson	Sharon Bryan
Lenore & Robert Tingerthal	Joyce Burow
James Bingham & Helen Beard	Marge Frost
Carol Jensen	Betty Guse
Judy A. Johnson	Gary & Susan Johnson
Lucia LaRuffa	Marris Jung
Gladys Savage	Judy Mann
Marcy Underwood	Ron & Shirley Thomley
Charles & Mary Baltos	Karen Anderson
Judy Burow	Audrey Bodin
Burnetta Dicke	Glen & Kathy Carlson
Rita Fox	Dave Erickson
LuRene Groth	Arlene Freewalt
Linda Lynner	Lois Hotchkiss
Nona Nelson	Nancy Nadeau
Chuck & Rose Propst	Mark & Nancy Pettman
Sarah Taipale	Arnie & Karen Strusz
Beverly Warwick	Andrij & Hazel Vukmir
Ron Tlougan & Wanda Rehder	Cloette Wronski

Welcome to the following new
members of

Red Wing Area Seniors, Inc.

Kathy & Dennis Cordes, Jr.	Gertrude Germain
Bob Nelson	Wendy Thomforde
Brenda Alms	Terry & Cindy Lohman

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 "Food with Friends" Luncheon
- ◆ 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

November, 2019



SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
					1 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 10:30 Book Club for Women	2
<p>Pier 55 Gift Shop is open Saturday, November 9th! Stop in for some holiday fun and 20% off storewide, no exceptions. A once a year event!!</p>						
3	4 9 AOA 9:30 Pottery Coffee 10:30 Yoga 11:45 Fitness/food 12:30 Euchre 1 Mahjong's 1 Tech Lab	5 9:30 Yoga 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	6 9:00 AOA 9:30 Pottery Coffee 10:30 Yoga/Jess 11 Scrabble 11:15 Blood Pressure chk 1:30 Granny Blankets	7 9-4 Bake Sale & Bazaar 9:30 Texas Wild Women	8 9-Noon Bake Sale & Bazaar 9:30 Pottery Coffee	9 10-2 GIFT SHOP OPEN
10	11 9 AOA 9:30 Pottery Coffee 10:30 Yoga 11:45 Fitness/Food 12:30 500 1 Mahjong's	12 9:30 Yoga 12:45 Silver Tones 2 Mexican Train Dom 2:30 Parkinson's 3:30 Tai chi	13 9 AOA 9:30 Pottery Coffee 10:30 Yoga 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga 2:30 Stroke Support	14 9:00 Stretching 9:30 Texas Wild woman GIVE TO THE MAX DAY!!	15 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation	16
17	18 9 AOA 9:30 Pottery Coffee 10:30 Yoga 10:30 Spanish 11:45 Fitness/Food 12:30 Euchre 1 Mahjong's 1 Tech Lab	19 9:30 Yoga 9:45 NAPS 10 Flu Shot 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	20 9 AOA 9:30 Pottery Coffee 10:30 Yoga 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga	21 9:00 Stretching 10 SONUS 11:15 Duplicate Bridge	22 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation	23
24	25 9 AOA 9:30 Pottery Coffee 10:30 Yoga 10:30 Spanish 11:45 Fitness/Food 12:30 500 1 Mahjong's 1 Tech Lab	26 9:30 Yoga 12:45 Silver Tones 2 Mexican Train Dom 2:30 Parkinson's 3:30 Tai chi	27 9 AOA 9:30 Pottery Coffee 10:30 Yoga 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga	28 	29	30 PIER 55 CLOSED



Published monthly by
Red Wing Area Seniors, Inc.
 240 Harrison Street, Suite 2
 Red Wing, MN 55066

ADDRESS SERVICE REQUESTED

NON PROFIT ORGAN.
 U.S. POSTAGE
 PAID
 Permit #134
 Red Wing MN

<p>Give your loved one the gift of quality care in familiar surroundings. Give them the gift of Vintage Home Care.</p>  <p style="text-align: center;">Serving Red Wing, Lake City, Northfield, Hastings and the surrounding areas</p>  <p>Companionship • Transportation • Personal Care • Meal Prep • Light Housecleaning • Bathing and Toileting Assistance • Medication Reminders and Administration • Post Hospital Care</p> <p style="text-align: center;">2000 Old West Main St. Suite 328, Red Wing, MN 866-713-0287</p>	<div style="background-color: #ffff00; padding: 5px;"> <p style="text-align: center;"><i>American Standard</i> Walk-In Tubs</p> <p style="text-align: center;">WALK-IN BATHTUB SALE! SAVE \$1,500</p> </div> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%; padding: 5px;"> <p>FREE! Savings Include an American Standard Right-Height Toilet FREE! (\$500 Value)</p>  </div> <div style="width: 50%; padding: 5px;"> <ul style="list-style-type: none"> ✓ Backed by American Standard's 140 years of experience ✓ Ultra low entry for easy entering & exiting ✓ Patented Quick Drain® Technology ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard ✓ 44 Hydrotherapy jets for an invigorating massage <p style="text-align: center;">Limited Time Offer! Call Today! 844-889-2321 Or visit: www.walkintubinfo.com/safety</p> </div> </div> <div style="display: flex; justify-content: space-between; padding: 5px;"> <div style="width: 45%; padding: 5px;"> <p>AS SEEN ON </p>  <p style="font-size: small;">MADE IN USA GREEN ENERGY STAR CERTIFIED</p> </div> <div style="width: 50%;"></div> </div>
<div style="background-color: #004a99; color: white; padding: 10px; text-align: center;"> <p>SPREAD THE WORD A Thriving, Vibrant Community Matters</p>  <p style="text-align: center; color: red; font-weight: bold;">SUPPORT OUR ADVERTISERS</p> </div>	<div style="text-align: center;"> <p>LIBERTY'S RESTAURANT & LOUNGE</p> <p style="font-size: small;">In historic Downtown Red Wing, MN</p> <hr/> <p style="font-size: small;">serving breakfast, lunch, & dinner since 1975</p> <p style="font-size: small;">Lounge ~ Catering Pizza ~ Prime Rib Steaks ~ Seafood ~ Ribs</p> <div style="background-color: #333; color: white; padding: 5px; text-align: center; font-weight: bold;"> FULL MENU DELIVERY </div> <p style="font-size: 2em; color: #004a99; font-weight: bold;">☎ 651-388-8877</p> <p style="font-size: small;">303 West 3rd Street, Red Wing, MN 55066 libertysrestaurant.com</p> <div style="display: flex; align-items: center;"> <div style="background-color: #004a99; color: white; padding: 5px; text-align: center; font-weight: bold; writing-mode: vertical-rl; transform: rotate(180deg);"> OPEN 8AM DAILY </div>  </div> </div>

