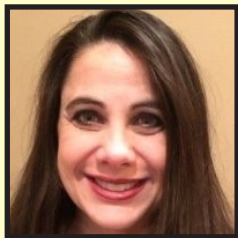


Its that time of year again...

Do you need help with navigating health insurance offerings?



Marla Valentino-Wiste hosts UCare presentations at Pier 55 regularly. For more information contact

Marla at
612-414-2003



Come and enjoy this magnificent display, bid on a tree, buy holiday décor and get in the holiday spirit!

Pier55

Monday-Thursday
9:00am to 4:00pm
& Fridays 9:00am
to 2:00pm

Each tree uniquely decorated for all to see!



JUBILEE of TREES

Pop-Up Coffee & Treat Shop!

Wednesday, December 4th
from 11:00am to 1:00pm

Wednesday, December 11th from 11:00am to 1:00pm

Thank you to the following for sponsoring a tree this year:



Kingswood A Townhouse Association of Red Wing

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MONTHLY BLOOD PRESSURE CHECKS SPONSORED BY



The first Wednesday of each month from 10:15am to 11:15am at Pier 55 No cost, no registration, open to the community.



December 4th

Lindsay Johnson, RN

MONTHLY HEARING SCREENINGS SPONSORED BY



Free Hearing Screenings 3rd Thursday of each month 10:00AM 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.



December 19th

Ryan Hummel, M.A., FAAA

MONTHLY CHAIR MASSAGE Computerized Nervous System Scan

Dr. Pick will be at Pier 55 providing no cost chair massages and/or nervous system monthly.

Tuesday, December 17 at 11:15 am

Call 651-327-2255 or stop at the front desk to schedule an appointment.

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

Dr. Hannah Pick



INSIDE WALKING

Pier 55 is open for inside walking during business hours. No cost, open to the community. Stop in or call for more information. Stay warm and stay safe!



CLOSED FOR BUSINESS**CHRISTMAS HOLIDAYS**

- * **Monday, Dec. 23**
- * **Tuesday, Dec. 24**
- * **Wednesday, Dec. 25**

NEW YEAR'S

- * **Monday, Dec. 30**
- * **Tuesday, Dec. 31**
- * **Wednesday, Jan. 1**



Red Wing Area Seniors PIE SOCIAL FUNDRAISER

Wednesday, Feb. 19 1:30 -2:30pm \$10.00 flight.
Stockholm pies will generously partner with Pier 55 to bring you this pie tasting fundraiser. Sign up as a single or a pair and be prepared to be delighted. You will enjoy a "flight" of pies, (4 mini servings) Register by Feb. 13th.

Exciting Opportunity! -**** If you pre-order a pie OR a pie certificate to use at a later time, a percentage of the proceeds are given to Red Wing Area Seniors. Watch for more details about the event and preorder in the January newsletter. **"PIE don't mind if I do....."**

PIER 55 Inclement Weather Information

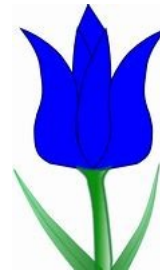
Pier 55 and Annadee's Closet will be closed when the Red Wing Public Schools (RWPS) are closed. In the event RWPS opens late in the morning or closes early in the day Pier 55 will do the same. For additional information refer to KWNG or RWAS Facebook page.

**LOOKING FOR
A ROOM?**

Look no further, Pier 55 has several rooms available to rent this holiday season as well as through out the year. Stop and pick up a room rental brochure for rates and other details or contact Stef for a room tour. 651-327-2255, rwasprogram@gmail.com



Don't forget to shop Annadee's Closet for your last minute gift buying needs!



SAVE THE DATE
SPRING FASHION SHOW
 Wednesday,
 April 22, 2020



DONT WAIT, DONATE!




Keep Annadee's Closet in mind this winter season. Specifically, in the winter months of January and February, we generally receive fewer donations. So don't wait until Spring to bring us any donations you may have! Our donation door has the same hours of operation all year long.



Welcome to Linda C. the newest face at Annadee's Closet. Linda started volunteering in November and we are so very thankful!

OPEN MONDAY 12-16

Annadee's December, 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		3 <i>Kids Day</i> <i>Clothing & Toys</i> 50% Off	4 <i>Linen</i> 25% Off	5 <i>Christmas Items</i> 25% Off	6 <i>Furniture</i> 50% Off	7
		10 BOOKS 3 For \$1.50	11 <i>Luggage</i> 	12 <i>Christmas Items</i> 50% Off	13 <i>Women's Scarves</i> BOGO	14
		17 <i>PICTURES</i> 50% OFF	18 <i>Linen</i> 50% Off	19 GO GREEN	20 <i>Women's Winter Coats</i> 50% OFF	21 CLOSED
		24 CLOSED FOR HOLIDAYS	25 <i>Merry Christmas</i> CLOSED	26 <i>Students</i> 25% Off With I.D.	27 PIER 55 MEMBERS 50% OFF	28
		31 CLOSED FOR HOLIDAYS	Jan 1 CLOSED FOR HOLIDAYS			

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 1 pm at Pier 55.**

BOOK CLUB FOR WOMEN

First Friday • 10:30 a.m.

Facilitator: Jane Whiteside

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, 11 a.m.

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

"Wild Woman" Cards

Thursday, December 5th & 12th • 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,

December 5th & 19th • 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

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						
2:00 p.m.			Yoga/Michelle			
2:30pm		Parkinsons Wellness				
3:30pm		Tai Chi				

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: \$20/10 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.

Individual class cancellation due to low participation. If attendance for a class does not include 3 or more participants that individual class session will be cancelled.



You can use your **Silver & Fit** health insurance benefit for most of our fitness classes. You can use them an unlimited number of times each month. Look for the **S&F** by classes that **are** covered.

COMING IN JANUARY 2020

Over the years we have received numerous requests to offer SilverSneakers at Pier 55 and we have been unsuccessful in being able to meet those requests. It brings us great joy to announce that starting in 2020 we will be able to offer the Silver Sneakers insurance reimbursement benefit!!!! We will still be offering Silver and Fit to those that have been taking advantage of that program. Coming in the January newsletter watch for logistical details on how this program will operate.



Pier 55 **WILL** be
offering SilverSneakers

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.

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!



PETER, PAUL AND MARY TRIBUTE

by Danville Folk

Tuesday, June 16, 2020

Cost: \$65 members, \$80 non member

Leave: 9am Pier 55, Return: TBD

Register deadline: June 1st

Tribute in Chippewa Falls, WI

Cash bar starting 11:30am, Lunch at

12:00pm, Show at 1:00pm

MENU

Fat Boys Catering will provide a meal including baked chicken, creamy mashed potatoes, green beans, a fresh garden salad and a dinner roll with assorted dessert bars, water, milk, coffee and tea are included with the meal. A full cash bar with local beer, wine and mixed drinks will be available.



Heyde Center for the Arts
Chippewa Valley Cultural Association, Inc.



TRAVEL SHOW



NIAGARA FALLS AND HERITAGE HIGHLIGHTS TRIP IN OCTOBER 2020

Tuesday, February 11, 2020
1:00pm to 2:00pm

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!!!



Hubbel House and Mantorville Theatre

Sunday, December 8th
Leave 10am and return by 5pm

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

Show: A Charlie Brown Christmas!

Call or stop by to register 651-327-2255

There may be a sweet surprise again this year!

ORGANIZING YOUR LEGACY- Do you wonder what will become of your beloved family memorabilia? Are you wanting to get your photos organized, but it feels overwhelming? Have your kids already told you that they don't want your stuff, and you are afraid it will all go to strangers or worse, be thrown out? You have a choice. This presentation focuses on moving your past into the present so that your family can cherish the lifetime of memories that you've collected in a way that is meaningful for all of you. Bring your lunch if you'd like. This class is co-sponsored by Red Wing Community Education and Red Wing Area Seniors.

Instructor: Valerie Cady at Pier 55
Thursday, February 6 from 12pm - 1pm
Cost: \$15.00
Location: Pier 55

Register through Red Wing Community Education at 651-385-4565 or online at www.rwps.org



Wednesday, January 15, 2020
Paris to Pittsburgh: The Climate for Change is NOW National Geographic Documentary film to be shown twice in the Foot Room of the Red Wing Public Library on Wed Jan 15, 2020. Times for afternoon and evening shows to be announced later.

ANTIQUES AND COLLECTIBLES APPRAISAL

Monday, March 30
 4 pm to 7pm

Cost \$15, Location: Pier 55

What's it worth? Find out at this event featuring antiques expert and author mark Moran, PBS Antiques Roadshow appraiser.

Register through Red Wing Community Recreation at 651-385-4565 or online at www.rwps.org

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,

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.

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, December 17th- 9:45 - 10:15 a.m.**

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

Parkinson's Support Group**No 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 frequent 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



Toenail Troubles?

Home foot care

Julie Tollison, RNC, C

651-380-1069, julietollison@gmail.com

Quality of Life: Include The Enjoyment Factor

We've seen an enormous increase in information about "healthy" aging now available from some trusted media sources. Just fifteen years ago little attention was given to healthy patterns of nutrition or exercise for all age groups, especially older adults. The importance of good social connection was hardly mentioned as a necessary component of healthy aging. And attention to the elements of brain health like "cognitive exercise" or information about the protective role of cognitive reserve were only in their infancy.

Now barely a day goes by without another health claim by the many explorers of healthy aging. Healthy diets are promoted regularly, as are more impactful exercise possibilities. Computer brain training programs commingle with a variety of life-long learning programs. Organizations promoting social connection possibilities abound as well. Healthy aging isn't just something we simply learn more about; it's also increasingly something we can (and should!) get "better" at doing!

Have we, in our on-going quest for information about "successful" patterns of aging, created one more stress factor: the pressure associated with doing aging "better," "right," or "perfect?" Ouch!

"Successful" aging strategies too often emphasize increasing longevity without an equal attention to quality of living, often adding more stress factors into the equation. Can't we just do "aging" as well as we can or want to, let go of worrying about longevity, and relax? Simply do "good enough," with our nutrition, exercise, social connection, and cognitive engagement?

I'd give a resounding "yes" to that! Isn't our achievement of a deeper and richer experience of living not measured by years lived but by the quality of living those years? To that end, doesn't sometimes opting to miss a gym day for coffee with a friend or a walk in the park a really good idea? Perhaps one glass of wine with a nice meal doesn't fit a nutrition plan but hits high on the "enjoyment of life" scale. How about once in awhile enjoying a trashy detective novel that doesn't feel like new learning but just feels good?

If we believe that "successful aging" is more about the quality of our living than simply about acquiring more years of life (like a "longevity merit badge"), then experiences that entertain and amuse us, that bring laughter and lightness and fun, count high on the list.

Bruce McBeath, Ph.D.
Licensed Psychologist



UPDATE: This years Bake Sale and Bazaar was a huge success! Thank you to everyone that helped, attended, and donated. All of the support is truly humbling. We raised close to \$1,600 to support our mission which is up from \$1,200 raised last year. The Lefse Crew worked diligently at the United Luther Church again this year and we have Lefse available to purchase (\$5 for 4 pieces). In the 4 hours that the Gift Shop was open on Saturday following the Bazaar and Bake Sale our total sales were close to \$800. *THANK YOU!!*



The Lincoln
High School, All School
Play "Cinderella"
thanks Red Wing Area

Seniors/Annadee's Closet for the
generous donation of costumes to help
outfit our cast. -Amy R. Producer



Dear Annadee's,

Thank you for your contribution of infant clothing
for our baby kits for World Relief. You are helping
to make a difference. - Leah Circle, United Church

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 Blakesly.....Talent Acquisition Volunteer

Email addresses

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



*Thank
You!!!!*

Thank you
to the following for renewing their
memberships:

David & Rose Kendall	Harland & Jane Schultz
Don Stechmann	Kay Trainor
Deedra Vokes	Cheri Roberts
Ronald & Darlene Jablonske	Sharon Sandstrom
David & Barbara Grunzke	William & Kate Naseth
Marilyn Potswald	Charles & Bonita Birk
Jolle & Marlene de Boef	Dorothy Gentry
Elaine Jorgensen	Judy & Roger Kjome
Joan Kovaks	Jerry & Jill Nelson
June Olson & Detlef Bordthausen	Sue Ottman
Suzette Patraw	Elnora Pearson
Marlys Pfluger	Eileen Pick
Connie Price	Kenneth & Kathy Huntley
Elaine Scharpen	Joe & LaVonne Lommel
Ernie & Mary Ann Valentine	Joyce E. Johnson

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

Diane Baumgartner	Jeanne Fink
Doris Kohrs	Jackie & Tom Trulsen
Dona Macaulay-Bradt	Deborah Howard
Randy & Judi Mickelson	Julie Neuman
Sara Falls	Dale & Nancy Wagner
Barb Roschen	Judy Carpenter

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

December, 2019



SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1	2 9 AOA 9:30 Pottery Coffee 10:30 Yoga 11:45 Fitness/food 12:30 Euchre 1 Mahjong's 1 Tech Lab	3 9:30 Yoga 1:00 Bridge 2:30 Parkinson's 3:30 Tai chi	4 9:00 AOA 9:30 Pottery Coffee 10:30 Yoga/Jess 11 Scrabble 11:15 Blood Pressure c 1:30 Granny Blankets 2:00 Chair Yoga	5 9:00 Stretching 9:30 Texas Wild Women 11:15 Duplicate Bridge 2:30 Uke Class	6 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 10:30 Book Club for Women	7
8	9 9 AOA 9:30 Pottery Coffee 10:30 Yoga 11:45 Fitness/food 12:30 Euchre 1 Mahjong's 1 Tech Lab	10 9:30 Yoga 1:00 Bridge 2 Mexican Train Dom 2:30 Parkinson's 3:30 Tai chi	11 9:00 AOA 9:30 Pottery Coffee 10:30 Yoga/Jess 11 Scrabble 1:30 Granny Blankets 2:00 Chair Yoga	12 9:00 Stretching 9:30 Texas Wild Women	13 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation	14
15	16 9 AOA 9:30 Pottery Coffee 10:30 Yoga 11:45 Fitness/Food 12:30 500 1 Mahjong's	17 9:30 Yoga 9:45 NAPS 11:15 Dr. Pick 1:00 Bridge 2:30 Parkinson's 3:30 Tai chi	18 9 AOA 9:30 Pottery Coffee 10:30 Yoga 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga 2:30 Stroke Support	19 9:00 Stretching 10 SONUS 11:15 Duplicate Bridge 2:30 Uke Class	20 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation	21
22	23 CLOSED FOR HOLIDAYS	24 CLOSED FOR HOLIDAYS	25 CLOSED FOR HOLIDAYS	26 9:00 Stretching 9:30 Texas Wild Women	27 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation	28
29	30 CLOSED FOR HOLIDAYS	31 CLOSED FOR HOLIDAYS	Jan 1 CLOSED FOR HOLIDAYS			



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