

## 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 &  
DOOR PRIZES!!!**



## PIE SOCIAL

**Wednesday, Feb. 19th  
1:30 -2:30pm  
\$10.00 per person**

**Sign up and be prepared to be delighted.  
You will enjoy a "flight" of pies,  
(4 mini servings) and coffee!  
Register by February 13th. Open to the  
community. Call or stop in to register  
651-327-2255**

"PIE don't mind if I do....."

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## 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.

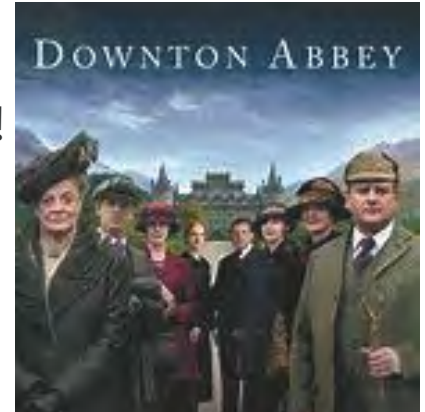
Register through Red Wing Community Recreation at  
651-385-4565 or online at [www.rwps.org](http://www.rwps.org)





## We are buzzing with excitement to invite you to a **Valentine's Day** movie and chocolates!

Join us on Friday, February 14th at 10:00am to watch **Downton Abbey**, enjoy some popcorn, chocolates and other Valentines fun! This movie day is for everyone. Come as a single or a couple. Call or stop by to register by Monday, February 10th. This is holiday fun is at no cost and open to the community. The movie runs 2hr 1 minute and is rated PG.



### Everyday Gratitude

3-Session Workshop

Wednesdays, March 11, 18 & 25th 9:30am – 11am  
Pier 55, \$39 for 3 sessions and the workbook!

Gratitude can help us experience more positive emotions, feel more alive, sleep better, express more kindness and greater compassion, increase resiliency in the face of health or life challenges, and even strengthen our immune systems!

In this 3-week course, you will learn the scientific, spiritual, and cultural implications of gratitude. This sequential course culminates in putting together your own personal gratitude plan.

Register by calling Pier 55 at 651-327-2255.

Please bring a journal/notebook and a pen/pencil to class.

Instructor Information: **Elaine O'Keefe**, LSW is a Mayo Clinic Certified Wellness Coach, and CEO of O'Keefe Solutions Inc in Red Wing, MN.

Since receiving a second chance at life, Elaine experienced the health improvement regularly practicing gratitude brings. She enjoys teaching the 9 ways Gratitude can have profound impacts on our health and helping people discover their own unique gratitude practice. To learn more about the instructor, please visit [www.elaineokeefe.com](http://www.elaineokeefe.com).



### \*\*\*NEW SERVICE\*\*\*

Wednesday's from 1:00pm to 3:00 pm we will have a seamstress available to meet with you and plan to hem, mend, repair etc.

Beginning Wednesday, January 15<sup>th</sup> at 1:00 pm you can bring minor mending and/or items to be repaired to Pier 55. She will let you know that day the cost of the service. If you have any questions, please call Stef at 651.327.2255.

### 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](http://www.rwps.org)



## ANNUAL FINANCIAL REPORT

Balance Sheet 12-31-2019

	<u>2019</u>	<u>2018</u>
Total Checking/Savings	\$6,283	\$5,002
Total Assets	\$639,206	\$613,224
Total Liabilities	\$92,445	\$93,400
Total Equity	\$546,761	\$519,843
Total Liabilities & Equity	\$639,206	\$613,244

Red Wing Area Seniors, is happy to report that our assets and equity increased while our liabilities decreased over the 2019 fiscal year.

## BOARD AND STAFF

### Directors

President. . . . . Tom Walsh  
 Vice-President. . . . . Jeff Marcus  
 Secretary . . . . . Clare Cox  
 Treasurer . . . . . Rose Burke  
     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 Volun.

### Email addresses

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

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**GoGreen**

### Monday, February 10th

10:00am to 5:00pm

50% off everything store wide,  
no exceptions with an Annadee's Closet GoGreen bag.  
Bag must be purchased before Monday, February 10th  
(\$5.00). No vouchers or other offers/sales accepted on  
GoGreen Day.

### WE DID IT!

Annadee's Closet  
generated **\$4,234** more in  
sales in 2019 than in  
2018. Great job team!  
In addition, Annadee's  
Closet provided **\$3,990** in  
vouchers to people and  
organizations in need last  
year!!

### STORE CLOSED

Saturday, February 15th

*Happy  
Valentine's  
Day*

## Annadee's February 2020 Sales Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>Annadee's Closet</b> RED WING AREA SENIORS						1
		4 <b>KID'S DAY</b> Clothing & Toys 50% Off	5 <b>PICTURES</b> 50% OFF	6 <b>LINEN</b> 25% OFF	7 Women's Winter Coats \$2.00	8
	10 <b>Open</b> <b>MONDAY</b> 10:00—5:00 <b>GO GREEN</b>	11 <b>BOOKS</b> 5 for \$1.50	12 Men's Winter Coats 50% Off	13 <b>LIGHTING</b> 50% OFF	14 <b>Valentine's</b> <b>Day</b> Draw for Extra Savings	15 <b>CLOSED</b>
<b>Annadee's Closet</b> 321 Potter St, Red Wing 651-388-7031  Tuesday 10-5 Wednesday 10-5 Thursday 10-5 Friday 10-5 Saturday 10-2		18 Women's Tops Fill a bag for \$10.00	19 <b>Men's</b> <b>T-Shirts &amp;</b> <b>Socks</b> <b>BOGO</b>	20 <b>LINEN</b> 50% OFF	21 <b>STUDENTS</b> 50% OFF WITH I.D.	22
		25 Winter Coats, Scarves, Gloves & Boots 75% Off	26 <b>MEN'S</b> <b>SHIRTS</b> 50% OFF	27 <b>Puzzles &amp;</b> <b>Games</b> 50% Off	28 <b>PIER 55</b> <b>MEMBERS</b> 50% OFF WITH MEMBER CARD	29



Patronizing **Rancho Loco** is one great way to support the Red Wing Area Seniors.

**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

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!

**Genealogy Club**

If interested contact Janey Dailey 651-212-0519 or

Linda Johnson 651-387-6896



Keep bringing in your Family Fare Receipts! \$150,000 in receipt totals earns us \$1,000!

**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, February 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,**

**February 6 and 20 • 11:15 a.m.**

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

**Check out the hallway for our fun puzzle exchange!**

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**Mike Dube, AAMS®**

Financial Advisor

139 Tyler Rd South  
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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

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**Matthew Theis**

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[www.redwinghra.org](http://www.redwinghra.org)



**651-388-1234 | [www.stcrispinlivingcommunity.org](http://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		AOA Fitness	
9:15 a.m.						
9:30 a.m.		Yoga/Michelle				
11:00am		Yoga/ Sheila/ Jess		Yoga S/J		
11:45am						
2:00 p.m.			Yoga/Michelle			
2:30pm		Parkinsons Wellness				
3:30pm		Tai Chi				



### 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 – 10:45am

Therapeutic Chair Yoga Wednesdays • 2 – 3 p.m. Yoga poses will be done standing or in a chair.

### Yoga with Sheila and Jessica

**Tuesday's and Thursday's at 11:00am**

#### **Yoga Class Cost:**

\$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!



## **MONTHLY FITNESS PUNCH CARD DRAWING WINNER**

**Karen Meier**

**Stop at the desk for you prize!**

**We offer group fitness classes that are covered by Silver Sneakers and Silver and Fit!!!**

### SILVER & FIT

- ⇒ Check a box each time you come to class
- ⇒ You can only be registered at one facility
- ⇒ You can attend more than one class a day
- ⇒ You can attend as many classes a month as you want
- ⇒ No minimum amount of classes needed monthly
- ⇒ To find out if you are eligible see Stef Braun
- ⇒ Can attend all classes with the **S&F**

### SILVER SNEAKERS

- ⇒ (First time fill out full information sheet)
- ⇒ Sign your name to the paper each day
- ⇒ You can go to more than one facility
- ⇒ You can attend more than one class a day
- ⇒ You can attend as many classes a month as you want
- ⇒ No minimum amount of classes needed monthly
- ⇒ If you want to know if you are eligible see Stef Braun





If you will be using Silver Sneakers beginning January 2020, please provide Stef with your Silver Sneaker ID number as well as your first, middle and last name and date of birth. If you have questions, please stop in and see Stef. Currently, January 2020, Silver Sneakers is eligible for Monday, Wednesday and Friday AOA class. 9:00am-9:45pm

### **Active Older Adults Fitness (AOA) *S&F***

**Mondays, Wednesdays, Fridays**

**9 a.m. • Cost: \$20/10 classes**

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.

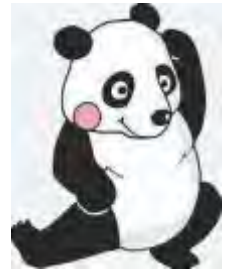
### **Parkinson Wellness Recovery (PWR)**

**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.

### **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! Start walking inside. If you walk from end to end of our hallway at the Pottery Annex- Rancho Loco to the Pottery Museum. Going one way it is 89 steps for men and 101 steps for women making 8 to 10 trips back and forth is approximately 1,000 steps.



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.



## 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**

### M E N U

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.**

## SAINTS GAME TRIP

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

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

Cost: \$38 senior member, \$49 non member

Cost includes coach bus ride and entrance to the game.

Guided by: Stef Braun and Linda Rehder



## AUGUST SHOPPING TRIP

### Eagan Outlet Mall



Thursday, August 6th  
10:00 am to 4:00 pm

\$27 members, \$35 non members,  
\$10 kids 18 and under

**PRIZES & SHOW AND TELL  
ON THE RIDE HOME!**

**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. Register at front desk or call 651-327-2255. This is an unguided trip, cost includes ride up and back. Those 18 and under must be accompanied by an adult.



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

Watch the March newsletter for details on our one night trip to the Amana Colonies coming in July!



### \*DEAF AND HARD OF HEARING PRESENTATION\*

**Monday, April 27th from  
2:00-3:00pm Presentation  
3:00-3:30pm Speak with  
people individually**

No cost, open to the community, Pier 55  
Call or stop by to register 651-327-2255.

Register by Wednesday, April 22nd  
Come join Calla Kevan, Deaf and Hard of  
Hearing Specialist, from Minnesota  
Department of Human Services, Deaf and  
Hard of Hearing Services Division to learn  
about information and technology that can  
make life easier if you have hearing loss.

### TAKING THE STIGMA OUT OF HOSPICE

**Monday, April 13th, 10:00am to 11:00am**  
No cost, open to the community call or  
stop in to register by Wed, April 13th.  
Brooke Olson, Volunteer Coordinator for St  
Croix Hospice based out of Rochester,  
covering an area that includes Red Wing.  
The presentation will include information  
about breaking down the stigma of  
hospice so people can access help when  
they need it most. A wide range of topics  
will be covered; who and how do you  
qualify, what hospice actually does, who is  
on a care team and their roles  
(this includes volunteers) and most  
importantly who pays.



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**INTEGRATIVE  
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**MONTHLY  
BLOOD PRESSURE CHECKS  
SPONSORED by ACCRA**

Wednesday, February 5th  
10:15am to 11:15am at Pier 55 No cost, no  
registration, open to the community.

**MONTHLY HEARING SCREENINGS  
SPONSORED by Sonus**

Free Hearing Screenings 3<sup>rd</sup> 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.

**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  
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

**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, treat-  
ment advances, strategies and coping skills.

**Transportation:**

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hart@threeiverscap.org

**NAPS: Nutrition Assistance Program for Seniors**

**Tuesday, February 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, February 27th—2:00 pm**

**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 Old-  
er adults and Caregivers with Three Rivers Community Ac-  
tion, 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.**

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

No meeting 1/24 to 3/30

## 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 at Pier 55 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

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We have rooms designed to fit your needs, whether it is for 2 people or 100+. There are four different room size spaces to choose from.

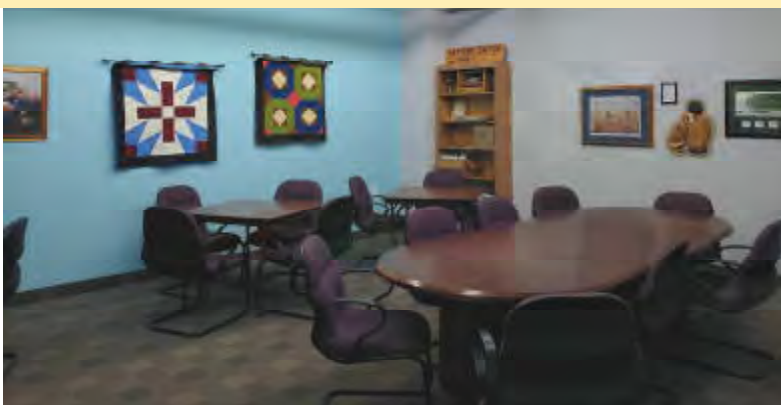
Now is the perfect time to plan your upcoming parties, events, gatherings for the 2020 year. We are a perfect venue for remembrance ceremonies, baby showers, bridal showers, adult and child birthday parties, grad party open houses, fitness class/events and much more. We have rooms available to be contracted weekly, monthly and yearly.

Room tours and more details available if you call or email Stef Braun, Program Coordinator. Discounted rates for Pier 55 members.



## Pier 55 Room Rental Opportunities Include:

- ◆ A full kitchen
- ◆ Various sizes of rooms that hold up to 100+ people
- ◆ Great parking
- ◆ Located on one level
- ◆ We rent rooms outside of our hours of normal operation
- ◆ And much more!



ANYONE CAN BOOK  
AN EVENT AT PIER 55!



Kim & All,

"Thank you so much for your sweet donation of blankets. They provide much needed warmth and smiles!"

Thanks,  
Hope & Harbor

*Fleece blankets made and provided by the Red Wing Area Seniors Granny Blankets group*

This years **Field of Honor** will be May 22-26th. Stop in for a flag dedication form or to register to volunteer.

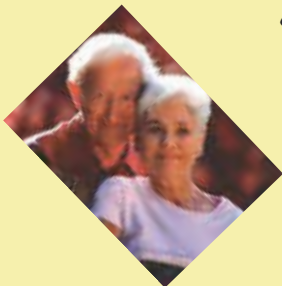


**Red Wing Shoe Foundation Partner in Sharing-** Under the program, qualifying contributions of money and volunteer services by eligible employees of the Company to qualifying nonprofit organizations will be matched with Foundation contributions. Employees, retirees and board members of Red Wing Shoe Company, Inc., Red Wing Brands of America, Inc., S.B. Foot Tanning Company and the St. James Hotel can do qualifying volunteer service that may be matched at a fixed rate of \$25/hour up to \$500. Call or email Kim for more info. 651-327-2255, [rwasdirector@gmail.com](mailto:rwasdirector@gmail.com)

**We currently have two wonderful volunteers that participate in this program Carmen Seip and Marion Fitschen!**



*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](mailto:sandy@valentinesllc.com) • [www.valentinesassistedliving.com](http://www.valentinesassistedliving.com)**

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Red Wing Area Seniors Inc., Red Wing, MN

E 4C 02-1019

Please know that even if you don't take advantage of Pier 55 facility/programming or go on trips your membership is still extremely important to us and the people we serve! Your membership makes a difference and we are grateful that you are part of our organization.



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

Richard & Roxanne Bonde  
Romeo & Mary Ann Cyr  
Judith Hansen  
Sue Milbright  
Jeanne Reuter  
Ronnelle Schulz  
Norm & Deanna Westby  
Kiki Gheen  
Lennis Mayer  
Charles & Carol Charbonneau  
Alberta Evans  
LaVoie House  
Corene Ruby  
Bernardine Diercks

Joan Christofferson  
Ron & Elaine Herbst  
David & Vivian Hoseck  
Diane Lunder  
Cheri Rundquist  
Evy Wedde  
Linda Flander  
Sandra Kavene  
Gisela Witgert  
Marian J. Fitschen  
Jim & Janice Everman  
Bearice Kizer  
Gerald Whipple

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

Chad & Jane Kono  
Roger Ludwig  
Janet May  
Jean Wiederich  
Michelle Wieser

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
- ♦ Discounts at Annadee's Closet
- ♦ 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.  
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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](http://www.redwingareaseniors.org)  
Facebook: "Like" us on Facebook!



# CALENDAR OF ACTIVITIES

## February, 2020

Happy  
Valentine's  
Day

SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
		 <p><b>*SAVE THE DATE*</b> <b>SPRING FASHION SHOW</b> Wednesday, April 22, 2020</p> 				<b>1</b>
<b>2</b>	<b>3</b> 9 AOA 9:30 Pottery Coffee 12:30 500 1 Mahjong's 1 Tech Lab	<b>4</b> 9:30 Yoga Michele 11 Yoga Jessica 12:45 SilverTones 2:30 Parkinson's 3:30 Tai chi	<b>5</b> 9:00 AOA 9:30 Pottery Coffee 10:15 Blood Pressure Chk 11 Scrabble 1 Mending 1:30 Granny Blankets 2:00 Chair Yoga	<b>6</b> 9:30 Texas Wild Women 11 Yoga Sheila 11:15 Duplicate Bridge 12 Organizing Your Legacy Presentation	<b>7</b> 9 AOA 9:30 Pottery Coffee 10:30 Book Club For Women	<b>8</b>
<b>9</b>	<b>10</b> 9 AOA 9:30 Pottery Coffee 12:30 Euchre 1 Mahjong's 1 Tech Lab	<b>11</b> 9:30 Yoga Michele 11am Yoga Jessica 12:45 SilverTones 1:00 Travel Show 2 Mexican Train Dom 2:30 Parkinson's 3:30 Tai chi	<b>12</b> 9 AOA 9:30 Pottery Coffee 11 Scrabble 1:30 Granny Blankets 1 Mending 2 Chair Yoga 2:30 Stroke Group	<b>13</b> 9:30 Texas Wild Women 11 Yoga Sheila 2:30 Uke Class	<b>14</b> 9 AOA 9:30 Pottery Coffee <b>10:00</b> <b>VALENTINE'S DAY MOVIE AND CHOCOLATE!</b> 	<b>15</b>
<b>16</b>	<b>17</b> 9 AOA 9:30 Pottery Coffee 12:30 500 1 Mahjong's 1 Tech Lab	<b>18</b> 9:30 Yoga Michele 9:45 NAPS 11 Yoga Jessica 11:15 Dr. Pick 12:45 SilverTones 2:30 Parkinson's 3:30 Tai chi	<b>19</b> 9 AOA 9:30 Pottery Coffee 11 Scrabble 1 Mending 1:30 Granny Blankets <b>1:30-2:30 PIE SOCIAL</b> 2 Chair Yoga	<b>20</b> 10 SONUS 11 Yoga Sheila 11:15 Duplicate Bridge	<b>21</b> 9 AOA 9:30 Pottery Coffee	<b>22</b>
					50% at Annadee's Closet if you show your Pier 55 membership card. 2/28	
<b>23</b>	<b>24</b> 9 AOA 9:30 Pottery Coffee 12:30 Euchre 1 Mahjong's 1 Tech Lab	<b>25</b> 9:30 Yoga Michele 11 Yoga Jessica 12:45 SilverTones 2 Mexican Train Dom 2:30 Parkinson's 3:30 Tai chi	<b>26</b> 9 AOA 9:30 Pottery Coffee 11 Scrabble 1 Mending 1:30 Granny Blankets 2 Chair Yoga	<b>27</b> 11 Yoga Sheila 9:30 Texas Wild Women 2pm Parkinson Support 2:30 Uke Class	<b>28</b> 9 AOA 9:30 Pottery Coffee	<b>29</b>



**Published monthly by  
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