

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

See inside for spring color contest

Contents

Leprechauns.....	2
March Membership	3
Annadee's Closet	4
Books/Games.....	5
Fitness/Wellness.....	6
Fitness/Wellness.....	7
Upcoming Trips.....	8
Upcoming Trips.....	9
Support Services.....	10
Programs.....	11
Coloring Contest.....	12
Toot!Toot!.....	13
Thank You /Membership.....	14
Calendar.....	15



Ukulele Classes on the 1st and 3rd
Thursday from 2:30pm to 3:30pm.
Cost \$2 per class.



WILLKOMMEN

Iowa Overnight
July 13th-July 14th, 2020

Depart: 6:00am Monday, July 13th

Return: 5:00pm Tuesday, July 14th

Your Itinerary:

Field of Dreams and Ertl National Farm Toy Museum in Dyersville, IA

Soup & Salad buffet lunch

Herbert Hoover Museum & Library

Amana Colonies

Family Style German Dinner

Hilton Hotel in Coralville, IA

Breakfast, depart for Kalona

Tour Amish Stores & Mennonite Museum

and Historical Village

Box lunches on the bus ride home



Members Single \$336 Double \$256

NON Members Single \$378 Double \$298

Trip Includes: All attraction entrance tickets, Hilton Hotel stay & all meals, **EXCEPT** for two rest stop stops; one stop on the way down & one on the way back. **Questions? Contact your guide, Rose Propst @ 651.301.0700**
prp22134@yahoo.com.

TRAVEL SHOW

March 31

10:00am - 11:00am

Pier 55





Find the Leprechauns March 9-13

Leprechauns will be on the loose daily at the Pier 55 from March 9th to March 13th. Why? St. Patrick is having a Leprechaun Treasure Hunt. Simply find the Leprechaun picture (upper left) located some where throughout the **building** (NOT inside Pottery Museum or Rancho Loco) and give it to Program Coordinator Stef Braun for a prize. Leprechauns are tricky, so you may have to search a little bit. Then on Friday, March 13, someone will find **THIS pot of gold!** (Picture right)



TAKING THE STIGMA OUT OF HOSPICE PRESENTATION

Monday, April 13th, 10:00am to 11:00am

No cost, open to the community call or stop in to register by Wed, April 8th.

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.

FREE PRE-DIABETES SCREENING

Wednesday, March 18

1:00-3:00pm at Pier 55

No appointment needed

Livewellgoodhuecounty.org

651-385-6140



DEAF AND HARD OF HEARING PRESENTATION

Monday, April 27th

2:00-3:00pm Presentation

**3:00-3:30pm Speak with
people individually**

No cost, open to the community at 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.

Everyday Gratitude Workshop

3-Session Workshop

Wednesdays, March 11, 18 & 25th

9:30am – 11am Pier 55, \$39 for 3 sessions

and the workbook! Presented by: Elaine O'Keefe,

LSW is a Mayo Clinic Certified Wellness Coach, and

CEO of O'Keefe Solutions Inc in Red Wing, MN.

www.elaineokeefe.com

MARCH IS MEMBERSHIP DRIVE MONTH!!

If you are a member of Pier 55 and you refer someone that joins in March, you will receive \$5.00 in Red Wing Area Senior bucks. RWAS bucks be used on trips, programs and in the gift shop or at Annadee's Closet Store.

Stop in or call for a tour, more information and to learn about the benefits of being a Pier 55 member (651-327-2255).

BECOME A MEMBER!



Mending Available!!

Wednesday's from
1:00pm to 3:00 pm at
Pier 55

We will have a seamstress available to meet with you and plan to hem, mend, repair etc.

Call by Monday at 3pm to schedule and appointment for Wednesday between 1:00 pm and 3:00pm.

She will let you know that day the cost of the service. If you have any questions, please call Stef at 651-327-2255.

LOCAL BUILDERS AND REAL ESTATE PROFESSIONALS SPECIALIZING IN TOWNHOUSE CONSTRUCTION.



CALL **651-388-4711**

910 MAIN STREET, SUITE 201
RED WING, MINNESOTA 55066



Sewert Construction Co., Inc.

INTEGRATIVE MEDICINE AND HEALTH PROGRAM

651-267-3506



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



318 Bush St • Red Wing, MN
www.simpleabundanceredwing.com

651-388-0333

Locally owned since 2000

We Work Hard to Make Hearing Easy.SM

- 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 screening only and a copy of test. This is not a medical exam. **Hearing aids must be returned within 75-day period to qualify for refund. In some situations a full refund is required. See us for more details.

Live life simplified
In the heart of downtown Red Wing



Homes for adults 55+

651-385-3400 • downtownplaza.org



Shop Annadee's Closet if you are in need of items for your spring break trip! Swim suits, shorts, tank tops, flip flops, luggage, etc. Annadee's has all your vacation needs covered!



THANK
YOU!

Adam returned to volunteer at Annadee's Closet again this year for the week of January 13th. Adam was able to do this 30 hours of volunteer service through a program offered by his employer Xcel Energy.



Annadee's March 2020 Sales Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Annadee's Closet RED WING AREA SENIORS		3 KID'S DAY Clothing & Toys 50% OFF	4 Comforters 50% OFF	5 Women's Purses BOGO	6 Furniture 50% OFF	
		10 LINEN 25% OFF	11 Men's Caps Socks & T-shirts BOGO	12 Men's Shirts 50% OFF	13 BOOKS 5 for \$1.50	14
	16 Open MONDAY 10:00—5:00 GO GREEN	17 Picture Frames BOGO	18 All Dresses & Skirts 50% OFF	19 Children's Clothing BOGO	20 STUDENTS 50% OFF WITH I.D.	21 CLOSED
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		24 Wine Glasses Buy One Get One	25 All Cards Buy One Get One	26 LINEN 50% OFF	28 Women's Tops Fill A Bag for \$12.00	28
		31 PIER 55 MEMBERS 50% OFF		PLEASE NOTICE ANNADEE'S WILL BE OPEN MONDAY, MARCH 16TH CLOSED SATURDAY, MARCH		



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. We meet 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

Mar. 6: Future Home of the Living God

By Louise Erdrich

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

CLUB CHAMPIONSHIP BRIDGE

We 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, March 5, 12 and 26 • 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,

March 5 and 19 • 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!

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

Edward Jones®
MAKING SENSE OF INVESTING

**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		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				



Active Older Adults Fitness (AOA)

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.



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!



Yoga Expert's Instruction

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, pre-

pare 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 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.

Why is Respite Care Important?

This time of year is extremely busy for everyone. Trying to balance work, vacations, kids, and errands is difficult enough, but when you add the extra tasks involved with taking care of an aging loved one, it can become overwhelming.

You've probably heard that caring for yourself is one of the most important things you can do as a caregiver, but if you're like most caregivers, you're probably finding that it's almost impossible to take time to relax, get out of the cold weather or just take a break from the exhaustion of being the main caregiver for a loved one. That is why respite care is so important!

Respite care is a service that supports family caregivers by providing temporary or emergency care for a loved one who may require assistance. It relieves the family caregiver of his or her duties so that he or she can either rest or recharge or be assisted with scheduling conflicts. Respite care also provides a positive experience for the person receiving care.

Tinta Wita Tipi offers a fully furnished apartment for respite stays. The respite stay can range from two to thirty days. Things that are included in the respite stay are activities, meals, pendant, housekeeping, outings, and access to care attendants and nurse for personal care needs should they be necessary.

The key is to be proactive not reactive. Don't wait until you're on the verge of burnout before you attempt to plan your loved ones stay. Arrangements should be made with Tinta Wita Tipi at least 1-2 weeks in advance to allow time for communication with providers, completion of assessments and necessary paperwork.

Helpful ways to explain Respite care to a loved one:

1. Discuss the respite arrangements in a positive light, highlighting the benefits your loved one will receive.
2. Try to avoid discussing respite care arrangements too far in advance with them as the anticipation can cause added stress.
3. Present the arrangements in a confident, calm, matter-of-fact way that reassures your loved one that there is nothing to worry about.
4. Reassure your loved one that you are looking forward to hearing about his or her respite experience when you return.

Call us at 651-385-3535 to discuss respite care today!

Mary Peterson
Executive Director



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.

MONTHLY FITNESS PUNCH CARD

DRAWING WINNER

Doug Blakesley

Stop at the desk for your prize!

Try out The Women's Fitness Center between 9 - 4 on Mon. Tues. Thurs. Fri. Celebrate March Madness by joining the Women's Fitness Center with no registration fee. Call Delores at 651.388.9733.

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



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.

JACKPOT JUNCTION – MORTON, MN

Tuesday, March 24th & Wednesday, March 25th
\$80 Double Occupancy, \$95 Single
Includes Transportation, Room, and \$50 Free Play
Leave Red Wing 7:30 am
Final Registration Due by March 9th

DIAMOND JO - NORTHWOOD, IA

Wednesday, April 1st
\$25 per person
Includes Transportation \$20 Free Play
Leave Red Wing 7:30 am
Final Registration Due by March 23rd

PRAIRIE EDGE, GRANITE FALLS, MN

Tuesday, April 14th & Wednesday, April 15th
\$80 Double Occupancy, \$95 Single
Includes Transportation, Room, and \$40 Free Play
on April 14th & \$10 April 15
Leave Red Wing 7:30 am
Final Registration Due by April 1st



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.



TRAVELSHOW

Thursday, May 7th 9:30am to 10:30am

NIAGARA FALLS AND HERITAGE HIGHLIGHTS
TRIP IN OCTOBER 2020

Stop and Smell the Tulips

Join us for breathtaking views as you stroll through the Landscape Arboretum viewing some 5,000 plant species and (hopefully) the blooming of the Spring tulips! Once you have worked up an appetite, we will head to Eden Prairie for a late lunch at Tavern 4&5; a pasta lunch

buffet that is sure to please!

Monday, May 18th, 2020

Depart: 7:30am Return: Appx 5:30pm


Cost: Members \$53, Non members \$65

Call or stop in to register. 651.327.2255

Minnesota Landscape Arboretum
Voted Best Botanical Garden in 2019



Pasta Lunch Buffet: Caesar Salad, Macaroni Noodles with Garlic Cream Sauce and Grilled Chicken, Assorted Vegetable Toppings (sautéed mushrooms, artichoke hearts, asparagus) Garlic Bread, Monster Cookies & Coffee, Tea or Fountain Sodas.



Randys

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



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

LIBERTY'S
RESTAURANT & LOUNGE
In historic Downtown Red Wing, MN

serving breakfast, lunch, & dinner since 1975

Lounge ~ Catering Pizza ~ Prime Rib
Steaks ~ Seafood ~ Ribs

FULL MENU DELIVERY

651-388-8877

303 West 3rd Street, Red Wing, MN 55066
libertysrestaurant.com

OPEN 8AM DAILY



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



0016771651

TOM BROWN SELL'S HOMES.

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



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)

INTEGRATIVE MEDICINE AND HEALTH PROGRAM
651-267-3506



**MONTHLY
BLOOD PRESSURE CHECKS
SPONSORED by ACCRA**

Wednesday, March 4th
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 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.

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:

Safe and affordable rides
hart- Miles and Miles of Positive Impact
1-866-623-7505
hart@threeiverscap.org

NAPS: Nutrition Assistance Program for Seniors

Tuesday, March 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

Thursday, March 26th—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



WELCOME TO THE CONNECTED OUTDOORS

Enhance your GigaHome. Extend your WiFi coverage to new places with Mesh WiFi.

HBC
BECOME A CUSTOMER!
(888) 474-9995

Women's Fitness Center

Partners With
SilverSneakers Silver & Fit

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

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

651.388.4674

C: 651.380.7305

AlbersAutoBodyRW.com



Cooperative Housing for
Quality Living

*Community of Friends
and Neighbors*

FEWER HASSLES. MORE FUN.

651-388-2029

www.villagecooperative.com



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers





Name: _____ Phone: _____ Age: _____

You must be 48 years of age or older to win a prize. THREE grand prizes (each \$50 value) will be awarded. (Any age may enter) Entries are due by **4 p.m. Thursday, May 14.** Pictures will be assigned a number for anonymous voting. Entries will be hung at Pier 55 where voting will take place until May 28th.

Drop off or mail to Pier 55, 240 Harrison St., Suite 2, Red Wing, MN 55066.

(For office use only: Entry # _____)



*"To the thoughtful crew
at Annadee's,*

*A sincere THANK YOU
for donating the paper
bags to us! We try to minimize our use
of bags and impact on the environment;
your generous offer certainly aides in
our venture.*

*With gratitude,
Anna Boelman &
Staff"*



BOARD AND STAFF

Directors

President. Tom Walsh
Vice-President. Jeff Marcus
Secretary
Treasurer Rose Burke
Dennis Koenig Char Rogness
Marm Nihart Doug Blakesley

Staff

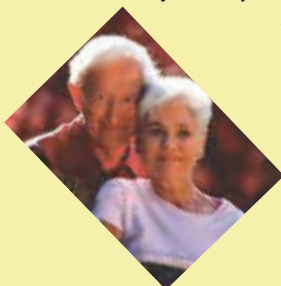
Kim Wojcik Executive Director
Stef Braun..... Program Coordinator
Shirley Perkins..... Administrative Asst.
Jolene King..... Annadee's Manager
Mary Machnik... Volunteer Gift Shop Manager
Doug Blakesley.....Talent Acquisition Volun.

Email addresses

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



Tom Heffernan Ford

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

651-345-5313

310 N Lakeshore Drive • Lake City, MN
Senior Citizens Spoken Here!

ALIVEO MILITARY MUSEUM

FREE ADMISSION

Open Fridays & Saturdays 10 a.m. - 4 p.m.

Collections of International Military Memorabilia & History on Display

(651) 327-1569 | 321 Bush Street | Red Wing, MN 55066 | www.AliveoMuseum.org

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Contact Peter Van Doren to place an ad today!
pvandoren@4LPi.com or (800) 950-9952 x2572



For ad info. call 1-800-950-9952 • www.4lpi.com

Red Wing Area Seniors Inc., Red Wing, MN

E 4C 02-1019

LET US KNOW.....

- If you are moving to a different address, PLEASE notify us. Bulk mail cannot be forwarded.
- If you would rather receive the newsletter via email.

Contact: Shirley Perkins

rwasassistant@gmail.com 651-327-2255



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

Wayne & Candace Bean
Rita Eichten
Genene Gordish
Ann Hoffman
Nancy & Gary Rumler
Larry & Fay Peterson
Chesnia & Neva Burdick
Diana Maurer
Deb & John Althaus
Joy & Mike Krajna
Dorene Orr

Rose Boland
Marge Fagerlund
Neil & Wendy Hanson
Nancy Juenemann
Glenn Earney
Curtis & Darlene Warwick
Nancy Falls
Lynne Tipcke
Marlys Mickelson
Marlene Lampman

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

Kathleen Kenyon
Dave & Dab Swinarski
Martha English
Joyce Henning
Teresa Jeske
Ann & Debra Moritz

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 _____

Would you like to receive your newsletter by
Mail _____ Email _____

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

March, 2020



SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1	2 9 AOA 9:30 Pottery Coffee 12:30 500 1 Mahjong's 1 Tech Lab	3 9:30 Yoga Michele 11 Yoga Jessica 12:45 SilverTones 2:30 Parkinson's 3:30 Tai chi	4 9:00 AOA 9:30 Pottery Coffee 10:15 Blood Pressure Chk 11 Scrabble 1:30 Granny Blankets 2:00 Chair Yoga	5 9:30 Texas Wild Women 11 Yoga Sheila 11:15 Duplicate Bridge 2:30 Uke Class	6 9 AOA 9:30 Pottery Coffee 10:30 Book Club For Women	7
8	9 9 AOA 9:30 Pottery Coffee 12:30 Euchre 1 Mahjong's 1 Tech Lab	10 9:30 Yoga Michele 11 Yoga Jessica 12:45 SilverTones 2 Mexican Train Dom 2:30 Parkinson's 3:30 Tai chi	11 9:00 AOA 9:30 Pottery Coffee 11 Scrabble 12 Every Day Gratitude 1:30 Granny Blankets 2:00 Chair Yoga	12 9:30 Texas Wild Women 11 Yoga Sheila	13 9 AOA 9:30 Pottery Coffee	14
15	16 9 AOA 9:30 Pottery Coffee 12:30 500 1 Mahjong's 1 Tech Lab	17 9:30 Yoga Michele 9:45 NAPS 11am Yoga Jessica 12:45 SilverTones 2:30 Parkinson's 3:30 Tai chi	18 9 AOA 9:30 Pottery Coffee 11 Scrabble 11 Every Day Gratitude 1:30 Granny Blankets 2 Chair Yoga 2:30 Stroke Group	19 10 SONUS 11 Yoga Sheila 11:15 Duplicate Bridge 2:30 Uke Class	20 9 AOA 9:30 Pottery Coffee	21
22	23 9 AOA 9:30 Pottery Coffee 12:30 Euchre 1 Mahjong's 1 Tech Lab	24 9:30 Yoga Michele 11 Yoga Jessica 12:45 SilverTones 2 Mexican Train Dom 2:30 Parkinson's 3:30 Tai chi	25 9 AOA 9:30 Pottery Coffee 11 Scrabble 11 Every Day Gratitude 1:30 Granny Blankets 2 Chair Yoga	26 9:30 Texas Wild Women 11 Yoga Sheila 2 Parkinson Support	27 9 AOA 9:30 Pottery Coffee	28
29	30 9 AOA 9:30 Pottery Coffee 12:30 500 1 Mahjong's 1 Tech Lab 4 ANTIQUE APPR	31 9:30 Yoga Michele 11 Yoga Jessica 12:45 SilverTones 1 TRAVEL SHOW 2:30 Parkinson's 3:30 Tai chi		 <p>*SAVE THE DATE* SPRING FASHION SHOW Wednesday, April 22, 2020</p> 		



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

Give your loved one the gift of quality care in familiar surroundings.
 Give them the gift of Vintage Home Care.



**Serving Red Wing, Lake City, Northfield, Hastings
 and the surrounding areas**



Companionship • Transportation • Personal Care • Meal Prep • Light Housecleaning • Bathing
 and Toileting Assistance • Medication Reminders and Administration • Post Hospital Care

2000 Old West Main St. Suite 328, Red Wing, MN
866-713-0287

Introducing Oticon Opn S.™

More natural hearing your
 whole day through.

Three-hour charging time for a full day
 of power, including streaming*

Quick Recharge 30 minutes for an
 additional six hours of power

Freedom from disposable batteries
 with state-of-the-art lithium-ion
 battery technology

*Lithium-ion battery performance varies depending on
 hearing loss, lifestyle and streaming behavior.



Mark Johnston
 Hearing Instrument
 Specialist



888-826-6447 | www.clearwavehearing.com
 2835 S Service Drive | Red Wing, MN 55066

The purpose of this hearing assessment and/or demonstration is for hearing wellness and to determine if the consumer may benefit from using hearing aids, which may include selling and fitting hearing aids. Products demonstrated may differ from products sold. Assessment conclusion is not a medical diagnosis and further testing may be required to diagnose hearing loss. The use of any hearing aid may not fully restore normal hearing and does not prevent future hearing loss. Hearing instruments may not meet the needs of all hearing-impaired individuals. Information within this offer may vary or be subject to change.

