

November, 2020

Saturday, November 7th from 10am to 2pm

Pier 55 will hold its annual holiday shopping event.
Pier 55 Gift Shop is only open ONE Saturday per year, you do not want to miss this occasion. Shop local and support area seniors!
Every person making a purchase will receive an Annadee's Thrift
Shop green tote bag. This tote bag is good for a 10% discount each

time at Annadee's and a 50% discount on **GOGreen** Days!!!!!! For every \$30 spent you will receive a \$5.00 coupon to be used at Annadee's Thrift Store.

JUBILEE of TREES



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4th Annual Jubilee of Trees

Thursday, Dec 3rd-Monday, Dec 14th Come and enjoy this magnificent display, bid on a tree, buy holiday décor and get in the holiday spirit! Due to COVID19 precautions, our hours and operations have changed; however WE ARE OPEN!

Pier 55 is opening with limited hours of operation following COVID19 guidelines

Hours of Operation November Monday's 9am to 4 pm Wednesday's 9am to 4 pm Friday's 9am to 2 pm

⇒ Your temperature may be taken. Wearing a mask is required (Other than AOA class).

 \Rightarrow Only groups that are able to maintain social distancing

Have you been asked to self-isolate or

guarantine by a medical professional or a

local public health official? If yes, stay

home!

can meet. No cards, no games, no puzzle exchange at this time. The Cyber Room and Board Room are closed. For this phase in reopening, the large community room will be the only room in operation.

- \Rightarrow Our gift shop will return to normal operation and is open during scheduled business hours.
- \Rightarrow Medical equipment lending is available during business hours.
- \Rightarrow There will be time allotted between room usage to allow for cleaning and sanitizing rooms.

If you have additional questions about a certain class, group or club that you normally attend please see that specific section in the newsletter for more guidance.

Please use the following self-checklist before you visit Pier 55 and if you reply **YES** to any of the questions in the checklist, stay home!

- Do you have a **Fever** (temperature over 100.30F) without having taken any fever reducing medications?
- Do you have a Loss of Smell or Taste?
- Do you have a **Cough**?
- Do you have **Muscle Aches**?
- Do you have a **Sore Throat**?
- Do you have Shortness of Breath?
- Do you have **Chills**?
- Do you have a Headache?
- Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite?

BE PREPARED FOR MOTHER NATURE!

The safety of our members, guest, volunteers and staff is a priority both at Pier 55 and Annadee's Closet. When the weather is inclement and RWAS determines they will be closed for business it will be announced via KCUE and on the Red Wing Area Seniors Facebook.



DECADENT DECEMBER Wednesday, December 16th Order your individually wrapped goodie(s) from Jenny Lind Bakery to be picked up at Pier 55 or delivered to your home. Pre order and payment is required by Friday, December 11th.					
 Icelandic Almond Pastry 	\$3.00 each x =				
o Brownie	\$3.00 each x =				
 Chocolate Bar 	\$3.00 each x =				
 Frosted Scone 	\$3.00 each x =				
	Total cost=				
Name					
Phone Number					
I will pick up my treat between 10:00am and Noon					
I would like my treat delivered to my home address					
LOCAL BUILDERS AND REAL ESTATE PROFESSIONALS					

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November 2020



<u>GIVE TO THE</u> <u>MAX DAY!</u> Thursday, Nov. 19th 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.

This years GIVE TO THE MAX DAY donations will go towards monies owed on the roof replacement that was completed in October 2020. Thank you in advance for any donations!



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

Annadee's November 2020 Sales Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Annadee's Closet RED WING AREA SENIORS Appadee's Closet 321 Potter St, Red Wing 651-388-7031 Tuesday 10-4		3 Kids Day Clothing & Toys 50% Off	✓ ALL PICTURES S0%	*	⁶ All Lighting 50% Off	OPEN 10—2:00
		LINEN 25% OFF	 Wicker Baskets 50% Off 	12	13 Women's Winter Coats 50% Off	¹⁴ OPEN 10—2:00
Wednesday Thursday Friday Saturday	10-4 CLOSED 10-2 10-2	17 Mens Winter Coats 50% Off	LINEN 50% OFF	¹⁹ *	22 Pier 55 Members 50% Off	OPEN 10—2:00
22	23 <u>OPEN MONDAY</u> 10 AM TO 3 PM All Books 5 for \$1.50	GO GREEN	All Luggage 50% Off	CLOSED	CLOSED	CLOSED
29 Donation Tuesday 10-3:3 Wednesday 10- Thursday CLC Friday 10-1:30 Saturday 10:00-	0pm 3:30pm DSED pm		Happy	Thank	sgiving	



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



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Mike Dube, AAMS® Financial Advisor 139 Tyler Rd South Red Wing, MN 55066 651-385-7681

John L Lang, AAMS®

1215 North 7th Street

Lake City, MN 55041

Financial Advisor

Suite 100



651-345-2525 Steven P Beech, AAMS® Financial Advisor 525 Bush Street Red Wing, MN 55066 651-388-8895

651-388-6286 Michael Hosfeld Financial Advisor 910 Main Street, Ste. 203 Red Wing, MN 55066 651-800-2032



Conor J Smyth, CFP®

Financial Advisor

205 East Avenue

Red Wing, MN 55066





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651-388-1234 www.stcrispinlivingcommunity.org

FITNESS AND FUN

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				
10:30am						
11:00am			YOGA			
2:00 p.m.			Yoga/Michelle			
2:30pm		Parkinsons Wellness				
3:30pm						



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!

Senior Yoga for Healing Classes: Mat Class: Tuesdays 9:30 a.m. – 10:45 a.m. Chair Class: Wednesdays 2:00 p.m. – 3:00 p.m.

Instructor: Michele Hoffman, C-IAYT Certified Yoga Therapist Cost is \$50 for a punch-card of 6 classes



For more than 20 years Michele Hoffman has been working with seniors to help them stay healthy, flexible and strong in order to live their best lives. Michele is a yoga therapist at Mayo Clinic Health System in the Integrative Medicine and Hospice departments where she has practiced yoga therapy for the past ten years.

Michele's classes are therapeutic in nature and focus on personalized yoga instruction, geared to seniors. Michele checks in with each student to find out how they are feeling and designs a class that meets the needs of the students on that particular day. Classes will also focus on decreasing stress, elevating mood, and increasing immune function and breathing capacity.

Classes are taught on-line via Zoom and in-person in the Community room at the senior center. In-person classes will observe Mayo Clinic Health System guidelines for COVID-19 safety: limiting participation to 10 people to observe 8-10 feet social distancing and masks will be required.

> To register: Call or email Michele at 651-301-1781 Hoffman.michele@mayo.edu

Virtual Fitness Classes

There are a lot of quality no cost fitness options being offered virtually. For more information about what is available and help to access it please visit our Red Wing Area Seniors Facebook page or contact Kim for more information.





FITNESS AND FUN

<u>Active Older Adults Fitness (AOA)</u> S&F Mondays, Wednesdays 9 a.m. • Cost: \$25/10 classes Instructor: Kim Wojcik

COVID19 guidelines will be adhered to during class and within the facility. Participants will be spaced 6ft apart and all equipment will be wiped prior to and after usage. Masks are recommended entering the room but are not required. Kim will take attendance no sign in required.

Enjoy a complete workout with cardio-respiratory, strengthening, balance and stretching components, mixed with variety and fun! Cost: \$2.50 per class; \$5 non-members





<u>YOGA WITH</u> <u>SHEILA AND JESSICA</u> Wednesday's 11am , Yoga

with Jessica/ Sheila Open to YMCA members or Pier 55 Punch Card Holders

\$4 per class for members, \$6 non-members; 10-class punch cards Purchase your punch card at Pier 55

Parkinson Wellness Recovery (PWR) Patty Svien, registered physical therapist Cost: \$35, limited to 8 participants Call Patti for class dates and to register 651-380-8752

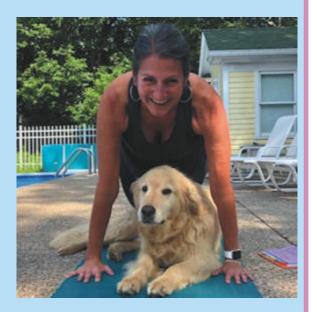
PWR is an evidence-based exercise program to assist people with mild to moderate Parkinson's disease to improve their posture,

mobility, ability, endurance, strength and function. Participants must be independently able to get up and down from the floor. Bring a Yoga mat to class.

YOGA- CHAIR ZOOM

Monday's and Wednesday's 8:00am to 9:00am Sponsored by the YMCA Open to Pier 55 members & YMCA members Class opens at 8:45am for visiting Email to register or get more information: sheilabeckner@yahoo.com "Thank you for sharing your time with me.

Be safe, be well, be you!"- Namaste Sheila



November 2020

HAPPY TO ANNOUNCE....



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Thursday, March 11th, 2021 DayTrippers Dinner Theatre Depart approx. 11:00a Return approx. 4:45p \$79.00 member \$89.00 non-member Call 327.2255 or stop in to register **NO payments will be accepted until February 15th. All payments will be due March 1st.**

This event includes a lunch buffet prior to the performance.



"Mrs. Stancliffe's Rose Cottage Bed & Breakfast has been successful for many years. Her guests (nearly all women) return year after year. Her next-door neighbor, the elder-

ly, silver-tongued Bud "the Stud", believes they come to spend time with him in romantic liaisons. When he gets his hands on

a new experimental pill "Venusia", to increase the libido of menopausal women, comedy follows. But what would happen if Bud's Viagra pills got switched with the Venusia pills and what effect would it have on him? Pure comedy gold!"

NIAGARA FALLS AND HERITAGE HIGHLIGHTS TRIP OCTOBER 2021

See Niagara Falls, Gettysburg, and Philadephia, Washington D.C., and Williamsburg, VA.



For more information contact your guide, Rose Propst @ 651.301.0700 prp22134@yahoo.com

AMANA COLONIES

IOWA OVERNIGHT WILLKOMMEN

Depart June 14 and return June 15



For more information contact your guide, Rose Propst @ 651.301.0700 prp22134@vahoo.com



FAMILY OR BUSINESS ROOM RENTALS

November 2020

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



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Red Wing Area Seniors Inc., Red Wing, MN C 4C 02-1019

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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.

Toenail Troubles?

Home foot care Julie Tollison, RNC, C 651-380-1069, julietollison@gmail.com

Memory Bears

You can still order memory bears. Call 651-327-2255 to leave a message and someone will get back to you.

Lifeline Drop-Off Site

If you no longer need your Lifeline Medical Alert equipment, we'll get it back to Lifeline for you. Free service activation coupons are also available. If you are a new user, stop in for a \$50 coupon.

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.



NATIONAL ELDER FRAUD HOTLINE Call 833-FRAUD-11 833-372-8311

Call if you have been a victim of fraud and need support.



BLOOD PRESSURE CHECKS BY BRANDI SPONSORED BY ACCRA Wednesday, November 4th 10:15am to 11:15am

<u>Senior "Homework" for Minor</u> 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

No class until November 30th Facilitator: LaVoie House Mondays and Fridays • 10:30 a.m. Interested in brushing up on your Spanish or improving your speaking skills? Join this group at any time. Native speakers frequently attend as well.

Medical Equipment Lending Program

Pier 55 is 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 for an appointment. 651-327-2255

Technology Assistance

Email Tom Walsh to set up an appointment for assistance with google, zoom, etc. No cost. rwaspresident@gmail.com Many of you have heard about people using "ZOOM." ZOOM is a video webinar/a way to stay connected. If you would like assistance learning more about how to use this, contact Tom Walsh for assistance. No cost. rwaspresident@gmail.com Or leave a message at 651-327-2255 and we will get back to you to schedule an appointment.

Stroke Support Group CANCELLED

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, treatment advances, strategies and coping skills.

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ENTERTAINMENT AND GAMES

ATTENTION, CHESS PLAYERS

Regardless of your skill level, you're welcome at the Chess Club's every-Wednesday gatherings at 12:30 p.m. The club meets at Mandy's Cafe. No fees, and you can fuel up on "Joe" and treats.

BOOK CLUB FOR WOMEN

First Friday • 10:30 a.m. Facilitator: Pat Kernan Nov. 6: The Death and Life of the Great Lakes by Dan Egan Dec. 4: News of the World by PauletteJiles Jan. 8: Reader's Choice—Members will each state the title Thursday, July 11 and 25 • 9:30 a.m. and give a short description of a favorite book.

CLUB CHAMPIONSHIP BRIDGE CANCELLED

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

ALL GAMES AND CLUBS CANCELLED

Chinese Mahjong American Mahjong	Mondays, 1 p.m.
Euchre1st	& 3rd Mondays, 12:30 p.m.
5002nd	& 4th Mondays, 12:30 p.m.
Scrabble	Wednesdays, 11a.m.
Puzzle Club	Wednesdays, 1:00 p.m.

"Wild Woman" Cards CANCELLED

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 BRIDGECANCELLED

Thursdays, July 18 • 11:15 a.m. Looking for something fun and challenging for your mind? Bridge is a great game!

PUZZLE CLUB CANCELLED

Wednesday's at 1:00 pm Also, check out the puzzle exchange area



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November 2020





Pier 55 is making special order themed mugs. These mugs are \$6.00 each and are good for any gift giving occasion!

Consider this option when you are looking for the perfect gift with a personal touch!

Feel free to custom order your own personal touch mug (s) or shop Pier 55 Gift Shop or Annadee's Closet for pre made mugs that we are offering as last minute gift ideas!

Name	
Address	
 Phone Number	
Quantity	Available at the
Theme (s) of Each Mug:	SUPER SATURDAY EVENT Nov 7th

Gift Tag Text:

Payment is due with order. We accept cash, check, credit card. Pier 55, 240 Harrison Street, Red Wing MN, 55066, 651-327-2255

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, Nov. 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 CANCELLED

Watch for information about December meeting Facilitated by Pat Kernan & Patrice O'Reilly The group welcomes family, caregivers or anyone who has Parkinson's. Join us.

perfect gift with a Grief Support: Coffee & Good Company

2nd & 4th Tuesdays • 10 a.m. CANCELLED

Casual, drop-in support for those who have lost a loved one. We're on the third floor of the Mayo Clinic Health System/Red Wing Professional and Community Center, 1407 W. 4th St. For information, call Kathy Bang at 651-385-3412.

Notary Public - Shirley Perkins

Shirley can notarize your important papers including wills and health care directives. Donations for this complimentary service are gratefully accepted for members. There is a \$25 fee for non members. Talk to Shirley to schedule an appointment.

Problems? Talk to Bruce McBeath, Ph.D.

Dr. McBeath is a clinical psychologist working with Goodhue County Social Services. His special interest is helping seniors deal with emotional stresses. Initial consultations are free. Call to schedule an appointment: 651-380-5042.

Advocacy Services

Carla Pearson, licensed Social Worker and Advocate for Older adults and Caregivers with Three Rivers Community Action, can assist those 60 and older and their families with information, referrals, and resources to keep independent. Have a question? Call Carla at 507-732-8528.



To the group of volunteers at the front desk we have missed you and we are so glad that you are back on the job!



"Kim and Red Wing Seniors. Thank you so much for donating clothing for our

schools. All of our elementary schools greatly appreciate it and any future donations. Times are crazy but it is nice to know Red Wing is so supportive." Best Wishes,

Brianna Smith, RN Twin Bluff Nurse

Thanks to Moni for pick up and delivery of these much needed items!

BOARD AND STAFF

Directors

<u>Staff</u>

	Kim Wojcik Executive Director
	Stef Braun Program Coordinator
	Shirley Perkins Administrative Asst.
	Jolene King Annadee's Manager
	Mary Machnik Volunteer Gift Shop Manager
	Doug BlakeslyTalent Acquisition Volun.
<u>Em</u>	ail addresses
	Kim WojcikRWASdirector@gmail.com
	Stef BraunRWASprogram@gmail.com
	Shirley Perkins RWASassistant@gmail.com
	Jolene KingRWASstore@gmail.com

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We Can Discuss:

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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 <u>renewing</u> their memberships:

Nancy Alms Len & Ann Guggenberger Anna Pabst Lois Theis James Bingham & Helen Beard Betty Borseth Marjorie Frost Karol & Roy Harley Judith Johnson Linda Lynner Lynn Milbert June Olson Charlotte Rogness Ronald & Shirley Thomley Marcy Underwood Karen D. Anderson Roxann & Richard Bonde Dave Erickson Marybess & John Goeppinger Bill & Marge Hoyt Diane Lohmann Nancy Nadeau Marilvn Potswald Jane Quinn Arnie & Karen Strusz Andrija & Hazel Vukmir

Sharon Brvan Lori Johnson Kae M. Roberts Betty Anderson Audrey Bodin Judy Burow Betty Guse Carol Jensen Morris Juna Carol McNary Inge Nemcek Mary Quiding Sarah Taipale Lenore & Bob Tingerthal Mary Williams **Charles & Mary Baltos** Penny Curtis Gertrude Germain Lois Hotchkiss Terry & Cindy Lohman Judy Mann Joan Norgaard **Chuck & Rose Propst** Karen Quist Deedra Vokes

Welcome to the following <u>new</u> members

of Red Wing Area Seniors, Inc.

Jane Calabough

Sharon Ness

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/Walking Poles 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



Like us on Facebook. We have changed our page. You may have to 'like' us again. Red Wing Area Seniors



Calendar of Activities November, 2020

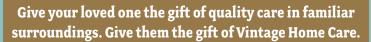
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9am P Coffee 9am AOA 10:30am Spanish Conv 12:30 Crafts 1pm Tech Lab	CLOSED 9:30am Yoga w/Michele	9am P Coffee 9am AOA 11am Yoga 2pm Chair Yoga	CLOSED	9am P Coffee 9am AOA 10:30am Spanish Conv
9	10	11	12	13
9am P Coffee 9am AOA 10:30sm Spanish Con 12:30 Crafts 1pm Tech Lab	CLOSED 9:30am Yoga w/Michele	9am P Coffee 9am AOA 11am Yoga 2pm Chair Yoga	CLOSED	9am P Coffee 9am AOA 10:30am Spanish Conv
16	17	18	19	20
9am P Coffee 9am AOA 10:30am Spanish Con 12:30 Crafts 1pm Tech Lab	CLOSED 9:30am Yoga w/Michele	9am P Coffee 9am AOA 11am Yoga 2pm Chair Yoga	CLOSED GIVE TO THE MAX DAY!!	9am P Coffee 9am AOA 10:30am Spanish Conv
23	24	25	26	27
9am P Coffee 9am AOA 10:30am Spanish Conv 12:30 Crafts 1pm Tech Lab	CLOSED 9:30am Yoga w/Michele	9am P Coffee 9am AOA 11am Yoga 2pm Chair Yoga	Thanksgiving Day CLOSED	CLOSED
30			A	
9am P Coffee 9am AOA 10:30am Spanish Conv 12:30 Crafts 1pm Tech Lab		Hay	py Thanks	giving



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

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