



FIND THE HIDDEN HEARTS CHALLENGE

Everyone had so much fun with the I SPY CHALLENGE, this month edition has a find the hidden item challenge. We have hidden over 55 hearts throughout this newsletter. Find and count all the hearts. Enter the number you believe to be the total. Fill out the entry form on page 14 to have your name placed in a drawing. The



hearts will be in all shapes colors and sizes. Count every heart you see including this one. Happy hunting!



PUT YOUR BOOTS ON AND MAKE A STOP AT PIER 55

To pick up a Valentine!

Thursday, February 11th or Friday, February 12th from 10:30am to 12:30am No cost, no registration required, no membership required, all are welcome.



Once you have picked up your Valentine you will have an opportunity to leave a Valentine wish for all who stop in on our large Valentine Wall!

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If you love Annadee's Thrift Store or if you have never shopped Annadee's Thrift Store now is your chance to shop from the comfort of your home from our new online thrift store THRIFTY DEE's. When shopping our on line thrift store you can expect high end thrift items at discounted price. To see all the daily deals and

items posted 'like' us on Facebook at Thrifty Dee's Facebook page. For help with finding the page or other questions call or email. Kim Wojcik, 651-327-2255, rwasdirector@gmail.com

240 Harrison St., Suite 2 * 651-327-2255 *

www.redwingareaseniors.org



Pier 55 is opening with limited hours of operation following COVID19 guidelines. Effective Monday, February 22nd groups of 3 or less will be allowed to meet at Pier 55 with reservation and masks are required. Contact Stef Braun, Program Coordinator 651-327-2255, rwasprogram@gmail.com for scheduling. All other current COVID19 restriction will remain in place.

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

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?
- Have you, or anyone you have been in close contact with been diagnosed with COVID-19, or been placed on quarantine for possible contact with COVID-19?
- ⇒ Your temperature may be taken. Wearing a mask is required
- ⇒ Only groups of 3 or less that are able to maintain social distancing 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.
- ⇒ Medical equipment lending is available during business hours.
- ⇒ 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.









ANNUAL FINANCIAL REPORT

Balance Sheet 12-31-2020

Total Checking/Savings \$40,468

Total Assets \$612,833

Total Liabilities \$110,689

Total Equity \$502,143



Thanks to the continued support of our members, generosity of our donors and dedication of our staff at Pier 55 and Annadee's Thrift Store, Goodhue County and Federal government covid assistance grants I can report that we were able to reduce expenses, adapt and generate enough revenue to end the year in a solid financial position. We look forward to 2021 knowing we will face continued challenges which we plan to overcome with hard work and some innovative new ways to generate revenue.



ANNADEE'S/THRIFTY DEE'S



If you love Annadee's Thrift Store or if you have never shopped Annadee's Thrift Store now is your chance to shop from the comfort of your home from our new online thrift store THRIFTY DEE's. When shopping our on line thrift store you can expect high end thrift items at discounted price. To see all the daily deals and items posted 'like' us on Facebook at Thrifty Dee's

Facebook page.

All items sold were donated to Annadee's Thrift Store and all proceeds benefit area senior citizens. Items need to be paid for and picked up at Pier 55, 240 Harrison Street, Red Wing. 65-327-2255. If you committed to purchase and item it needs to be paid for and picked up the same day. Items not picked up that day will be reposted.





Annadee's February 2021 Sales Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1/2	2 KID'S DAY CLOTHING & TOYS 50% OFF	3 Women's Scarves & Winter Gloves 50% OFF	*	All Pictures 50% Off	OPEN 10—2:00
Annadee's Close RED WING AREA SENIOR 321 Potter St, Red Wing	EA SENIORS t, Red Wing	Carrie Same	LINEN 25% OFF	и *	WEAR A RED SHIRT, PANTS, HAT OR SHOES GET 15% OFF YOUR PURCHASE	OPEN 10—2:00
Tuesday 10-5 Wednesday 10-5 Thursday CLOSED Friday 10-2 Saturday 10-2 Donation Hours: Tuesday 10-1:00pm Wednesday 10-1:00pm Thursday CLOSED Friday 10-1:00pm Saturday 10-1:00pm Saturday 10-1:00pm		In All Clear Glass Items 50% OFF	ALL SHOES BOGO Of Equal Value	*	ALL BOOKS 5 FOR \$1.50	OPEN 10—2:00
		Furniture 50% OFF	LINEN 50% OFF	25	PIER 55 MEMBERS 50% OFF	OPEN 10—2:00
		6	9	show your the designa 50% off yo this and are	member of Piet 55? current membership sted day each month our purchase. If you a hot a member, while help you with the d	eard on and receive are reading y not join?

Red Wing Senior Center staff WILL BE assisting AARP Taxaide this tax season by taking calls from taxpayers desiring to have AARP Taxaide prepare their tax returns. Taxpayers may call the Senior Center (651-327-2255) and leave their contact information with the receptionist (Name, phone number, and e-mail). AARP counselors will subsequently call the taxpayer to discuss the tax preparation and review process being used this season and then schedule an appointment. All appointments this season will be at the Cornerstone Community Church (240 W 3 rd St; the previous Farmers Store building) Tax preparation this season is virtual, meaning the taxpayer will come to the Cornerstone Church at their scheduled appointment time, complete the intake form, and sign a consent form to have their ID and tax documents scanned to a secure location. If the taxpayer does not want their tax documents scanned, then AARP Taxaide will not be able to prepare their tax return. The taxpayer will then be given all of their documents. The taxpayer's tax return will be prepared and reviewed remotely using the scanned documents with the AARP Taxaide Counselors calling the taxpayer to discuss the intake forms and any questions regarding the return. Caller IDs will not be displayed when AARP Taxaide Counselors call the taxpayer so it is important during the few days of tax return preparation for the taxpayer to answer calls with UNKNOWN or BLOCKED caller IDs. When the return is complete, another appointment will be scheduled with the taxpayer to return to the Cornerstone Church to review the return and sign the filing authorization form. All scanned documents are deleted shortly after the tax return is accepted by the IRS and Minnesota. No scanned documents are retained longer than 14 days.

Call Pier 55 to get on the list for a return call from AARP staff. If you have called and had your name placed on the list there is no need to call again.

651-327-2255

You're Retired. Your Money Isn't.

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







651-388-1234 www.stcrispinlivingcommunity.org

FITNESS AND FUN



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



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!



YOGA- Chair Zoom

Monday's and Wednesday's
8:00am to 9:00am
Sponsored by the YMCA
Open to Pier 55 members and YMCA
members
Class opens at 8:45am for visiting
Email to register or get more information:

sheilabeckner@yahoo.com

Active Older Adults
Fitness (AOA) S&F
Mondays, Wednesdays
CANCELLED



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 (ZOOM only)

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. To register: Call or email Michele at

651-301-1781 Hoffman.michele@mayo.edu

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 CANCELLED

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.

We are excited to present a new opportunity, the Walking with Ease Program brought to you by the Arthritis Foundation.



This is a 6 week long walking program. Anyone can participate in this program, although it is specifically geared towards easing arthritis pain.

Each week there will be a different topic related to benefits of walking and a continued commitment program (topics delivered via email).

Participants will receive 3 emails a week from the program facilitator that focus on that weeks topic.

The Walking With Ease Program is done on your own and at your own pace, with group and facilitator accountability.

There will be no in person meeting or gathering, however, EVERYONE WILL HAVE THE SAME KICK OFF DAY!

If you are interested in participating, there is no cost and membership is not required, limit 10 people per session (we will be offering 4 sessions). Call or email Pier 55 to register, you register for one of the sessions listed below. 651-327-2255, rwasdirector@gmail.com.



SESSION 1: Monday, February 22– Monday, March 29 SESSION 2: Monday, March 29– Monday, May 3 SESSION 3: Monday, May 3– Monday, June 14 SESSION 4: Monday, June 14– Monday, July 19

All sessions will be facilitated by Kim Wojcik, ACE Certified Trainer

BLOOD PRESSURE CHECKS BY BRANDI
SPONSORED BY ACCRA
Wednesday, February 4th
10:15am to 11:15am
Pier 55
No cost, no registration, no membership
required available



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





** Rescheduled date**
Thursday, May 20, 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

This event includes a lunch buffet prior to the performance.

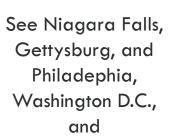


"Mrs. Stancliffe's Rose
Cottage Bed &
Breakfast has been
successful for many
years. Her guests
(nearly all women)
return year after year.

Her next-door neighbor, the elderly, silvertongued 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



Williamsburg, VA.



For more information contact your guide, Rose Propst @ 651.301.0700

prp22134@yahoo.com



IOWA OVERNIGHT

WILLKOMMEN

Depart June 14 and return June 15



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



14th Annual Field of Honor May 28-30th

To follow best safety practices this years event will mimic last years; no ceremony, everyone will be able to dedicate a flag (last years honor flag dedication went well) and flags will again be posted in alphabetical order.

Pick up flag dedication forms: Pier 55

240 Harrison Street, Red Wing Monday's 9am to 4pm Wednesday's 9am to 4pm Friday's 9am to 2pm

Annadee's Thrift Store

321 Potter Street Tuesday's 10am to 5 pm Wednesday's 10am to 5 pm Friday's 10am to 2pm Saturday's 10am to 2pm





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



Potter Ridge

(651) 388-1546

1971 Neal Street • Red Wing, MN www.wtohdevelopment.com

Management 3





lahn Fami

Funeral and Cremation Services

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Traditional Services

Memorial Services

Bodelson-Mahn Chapel

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602 Plum St., Red Wing, MN 55066

Cremations

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Technology Lab

By Appointment • 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



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.

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, Feb. 16th - 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.

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.

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.

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

Spanish Conversation Group

Facilitator: LaVoie House

Braun, 651-327-2255.

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.

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.

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

CANCELLED

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



Mexican Train Dominoes

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

ALL GAMES AND CLUBS CANCELLED

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 CANCELLED

Thursday, July 11 and 25 • 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 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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Red Wing Housing & Redevelopment Authority 428 W. 5th Street, Red Wing, MN • www.redwinghra.org







Women's Fitness Center

Safety Protocols in Place to Protect You when You Join.

Call Delores: 651.388.9733 for details



BEING A SENIOR IN A CORONA VIRUS ERA

Creating a Retirement that has Meaning and Purpose for you Wednesday, February 24th at 11:00am Pier 55 Zoom Presentation

Table of Contents

1. Introduction

Effect of the coronavirus seniors

- a) Increased anxiety because of uncertainty
- b) Need for improved critical thinking skills
- c) Maintaining social contact with basic technology
- e) Travel making sure it is safe

2. Major areas of concern

- a) Depression
- b) Loss of identity
- c) Loneliness

3. The numbers tell the story:

- a) 99% of all retirement information is financial.
- b) 62 is the average age of retirement.
- c) 18 years is the average length of retirement.
- d) 200 hours a month need to be filled.
- e) 31.5% of all people over 65 have been treated for depression.
- f) 45% of all seniors have reported to be lonely.
- 4. What I have heard.
- 5. Advertising's perception of the good life.

Henry M. Quinlan

No cost, register by February 22 to receive the zoom link. Call, email or stop by to register. 651-327-2255, rwasdirector@gmail.com





WELCOME TO OUR NEWEST VOLUNTEER BOARD MEMBER JULIE BERK-BETCHER

I was born and raised along with my three sisters on a diary farm outside of Red Wing. My husband. Mark, and I have three grown children and five grandchildren (who all live in the area) ranging in ages 1 to 9. It is rather

lively when they are all at our house!

I recently retired from S. B. Foot Tanning Company/Red Wing Shoe Company. What started as a temporary job for someone on maternity leave morphed into a career of over 37 years. I worked a variety of different jobs over the years most recently in HR and Payroll.

I have held several different board and committee positions among 4-H, FFA, Soccer and church and school besides being a volunteer, also.

Besides having fun with family and friends, other hobbies include sewing/quilting, reading, scrapbooking, being outdoors (especially walking) and enjoying our beautiful city.

I am looking forward to learning more of how the Red Wing Area Seniors work!





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 KN.

Call Sandy McDonald for your personal tour today!

Office: 651-388-1650

sandy@valentinesllc.com • www.valentinesassistedliving.com

Valentines Valentines Loving Residence

2557 Eagle Ridge Dr. Red Wing, MN 55066 Valentines Loving Residence 1760 Perlich Ave. Red Wing, MN 55066

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George F. Vogel Richard D. Gorman Adam J. Lodermeier Kaylynn A. Johnson

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contact me for a free evaluation.

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FIND THE HIDDEN HEARTS CHALLENGE

Send or drop this completed to Pier 55/RWAS 240 Harrison Street, Suite 2 on or before Wednesday, March 10th to be entered in a surprise drawing!!

Remember any and every heart throughout this entire issue, cover to cover, counts! For example, there are 7 hearts on page 14 alone.

I FOUND

#____o hearts



Name				

Phone #

We value your opinion-feel free to leave your comments about this challenge.

Overall comments/suggestions:





Thank you to the following for renewing their memberships:

Ronald & Dorothy Bartels
Joan Christofferson
Rita Fox
Jon & Gloria Wiech
Kathleen Kenyon
David & Carol Baringer
Mike & Joy Krajna
Ronnell Schulz
Chesnia & Neva Burdick
Charles & Carol Charbonneau
Pat Kernan
John & Mary Litsenberger
Fay Peterson
Gerald Whipple

Diane Baumgartner Kathy & Dennis Cordes Mary Turner Donald & Mary Jo Nord Sandra Kaveney Roger & Judy Kjome Sue Milbright Carol Baumgartner LaVoie House Nancy Juenemann Bea Kizer Sue Mahn Coreene Ruby Mary Pat Cole Neil & Wendy Hanson Jeanne Reuter

Welcome to the following <u>new</u> members of Red Wing Area Seniors, Inc.

Barb Johnson

Marian J. Fitschen

Diane Lunder

Gene Hasselquist



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.

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.

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

Red Wing Area Seniors, Inc.

240 Harrison St, Suite 2, Red Wing, MN 55066



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

Red Wing Area Seniors



Published monthly by Red Wing Area Seniors, Inc.

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