



**National Volunteer
Appreciation Week
April 18-24**

"MUFFIN" TO DO BUT APPRECIATE YOU!!

For us thankful is... phones answered, light bulbs being changed, landscaping that is completed, clothes hung, donations accepted, floors swept, trip registrations, trips guided, handcrafted items received and displayed, fleece blankets made to donate, numerous groups being facilitated, questions being answered, events planned and hosted, delicious baked goods, opening/closing for events, decorated trees, book and puzzles exchanged, furniture picked up, home repairs finished, cabinets decorated, flags dedicated, resources offered, smiles shared and a listening ear offered!

If you volunteer in anyway to support the mission of the Red Wing Area Seniors at Pier 55, Annadee's Closet or one of our many activities during 2020 we want to show are appreciation! Stop in to Pier 55 on Wednesday, April 21 from 10am to 2pm to pick up your volunteer appreciation gift!

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**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 by veterans last name.

WE ARE LOOKING FOR VOLUNTEERS TO PUT UP FLAGS
* see insert to designate a flag*



Due to COVID19 precautions, our hours and operations have changed; however **WE ARE OPEN!**

Pier 55 is open with limited hours of operation following COVID19 guidelines. Effective April 1 groups of 4 or less can meet in the back rooms. Contact Stef Braun, Program Coordinator 651-327-2255, rwasprogram@gmail.com for scheduling.

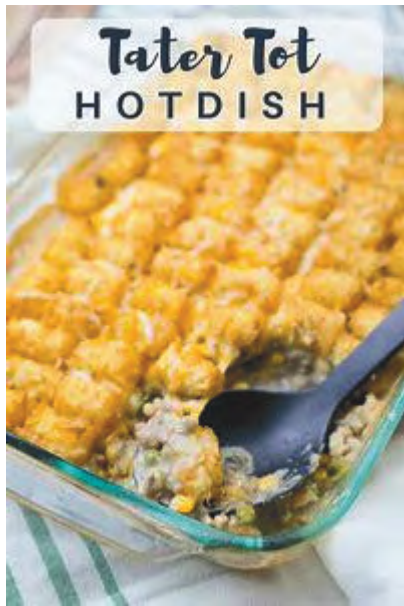
Hours of Operation April
Monday's 9am to 4 pm
Tuesday's 9am to noon
Wednesday's 9am to 4 pm
Thursday 9am to noon
Friday's 9am to 2 pm

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?

Social distancing practices are still required.

- ⇒ Your temperature may be taken. Wearing a mask is required
- ⇒ Only groups of 20 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 Rooms are now open for groups of 4 or less.
- ⇒ Our gift shop will return to normal operation and is open during scheduled business hours.
- ⇒ Medical equipment lending is available during business hours.
- ⇒ Shredding, lending library and puzzle exchange are open during business hours.
- ⇒ Bike borrow 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.



Tater Tot Hotdish
Strawberry Fluff Chocolate Oat Bar

BARB'S CATERING
(Barb Gosman)

It's too cold for curbside pick-up; so, we will be having an "indoor grab and go". Monday, April 19th from 11:30am to 1:00pm stop at Pier 55, just inside the main entrance and pick up this delicious homemade lunch combo. **mask and social distancing practices will be followed** For \$11.50 you will get a take-out lunch.

Indoor Grab and Go Registration

Tater Tot Hotdish, Strawberry Fluff Chocolate Bar
Qty Ordered: _____

\$11.50 each

Total enclosed \$ _____

Name _____

Phone # _____

Mail or drop off to RWAS 240 Harrison St. Suite 2

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Store Hours:

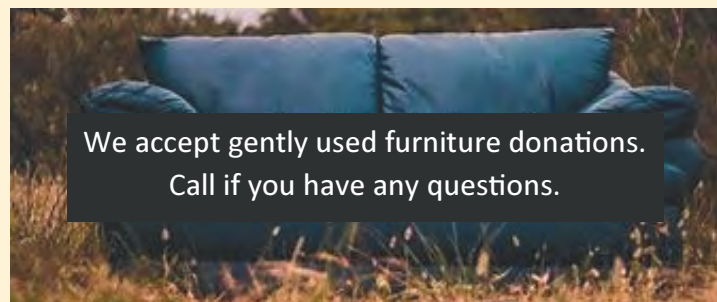
Tuesday's 10-5pm
Wednesday's 10-5pm
Thursday's 10-2pm
Friday's 10-2pm
Saturday's 10-2pm

(Note: store hours and donation hours vary.)

- 1 April Fools Day draw for extra savings
- 6 Kids Day: Clothes and toys 50% off
- 7 Linen 25% Off
- 8 Pillows: Buy two get one free (equal or less value)
- 9 Wicker baskets 50% Off
- 13 Women's dresses and skirts 50% off
- 14 All sandals BOGO
- 15 Women's jeans BOGO
- 16 Women's capri and shorts BOGO
- 20 All clear glass items 50% off
- 21 Linen 50% off
- 22 Women's swimsuits and cover ups 50% off
- 23 Pier 55 members 50% off
- 28 All spring jackets 50% off

Donation Hours:

Tuesday's 10-1:00pm
Wednesday's 10-1:00pm
Friday's 10-1:00pm
Saturday's 10-1:00pm



We accept gently used furniture donations.
Call if you have any questions.

VIRTUAL PRESENTATION

" Fact Tracker: Sorting Fact from Fiction On-Line"



Thursday, April 15th at 11:00am

No cost and all are welcome to attend.
Call, email or stop by to register.
651-327-2255, rwasdirector@gmail.com



BAG COLLECTION FOR THE LIONS CLUB!!

"Our objective is to collect 500 lbs. of plastic bags and send them to a facility that will build us an attractive plastic park bench. (The construction of the free bench requires 500 lbs. of bags.) There's also a collection box at Annadee's Closet and we collect bags from several area businesses. The Lions completed a collection effort last year, had a bench built, contributed it to the City of Red Wing and will have it placed at Colvill Park this summer." - Ralph Wells

Plastic bag collection bins are located at Pier 55 and Annadee's Thrift Store!

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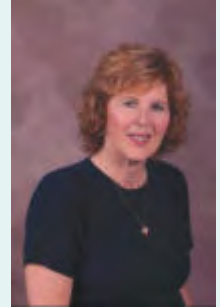
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Yoga with Jessica

Wednesday's at 10am

Active Older Adults
Fitness (AOA) S&FMonday's,
Wednesday's 9am.**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. (ZOOM only)****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. To register: Call or email Michele at 651-301-1781 Hoffman.michele@mayo.edu

YOGA– Chair ZoomMonday'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

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.

rwasdirector@gmail.com or call 651-327-2255

**BLOOD PRESSURE
CHECKS**

BY BRANDI

SPONSORED BY ACCRA

**Wednesday, April 14th
10:15am to 11:15am**

Pier 55

No cost, no registration, no membership
required availableParkinson 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.

IOWA OVERNIGHT

June 14th – June 15th, 2021



Depart-6:00am Monday, June 14th Return-5:00pm Tuesday, June 15th, 2021

Members Single \$336 Double \$256 **NON Members** Single \$378 Double \$298

(Price includes cost of bus, lodging, entry fees, and four meals)

Your Itinerary:

On the road headed to Dyersville, IA

St. Francis Xavier Basilica

Field Of Dreams and Ertl Nat'l. Farm Toy Museum

Amana Colonies

Family Style German Dinner in Amana

Hilton Hotel in Coralville, IA

Kalona, IA

Questions? Contact your guide, Rose Propst @ 651.301.0700 prp22134@yahoo.com.



 Name(s) _____
 Address _____
 City _____ State _____ Zip _____
 Telephone with area code _____
 Traveling Partner _____
Member Single _____ Double _____ **NON-Member** Single _____ Double _____

(Price includes cost of bus, lodging, entry fees, and four meals)

Enclose entire payment with this form to:

Cash is accepted (do not mail) OR mail in check, money order or pay by Visa, Mastercard or Discover Card

----- exp. date ____ - ____ 3 digit code ____

Red Wing Area Seniors 240 Harrison St. Suite 2 Red Wing, MN 55066

Payment in full needs to be received by Friday, May 28th cancellation after this date will result in a 15% cancellation fee.

TRAVEL SHOW

Date: Friday, April 16th

Time: 1:00pm

Location: United Lutheran Church

There will not be refreshments provided. There WILL be door prizes! No cost, no registration, open to the community!



If this is on your bucket list, this is the trip for you!!

NIAGARA FALLS AND HERITAGE HIGHLIGHTS TRIP OCTOBER 2021

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



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



DayTrippers Dinner Theatre

Thursday, May 20, 2021

Depart approx. 11:00am

Return approx. 4:45pm

\$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.

TRAVEL SHOW

Date: Friday, April 23rd

Time: 1:00pm

Location: United Lutheran Church

There will not be refreshments provided. There WILL be door prizes!!

No cost, no registration, open to the community!



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



FIND THE HIDDEN HEARTS CHALLENGE WINNER

Carmen Seipel

Thank you to the almost 60 people that participated!



Marla, from UCare, will be at Pier 55 on May 24th to celebrate Older Americans Month with us be providing "breakfast brown baggies." No cost, no registration, and all are welcome!



Knock, knock.
Who's there?
Wooden shoe.
Wooden shoe who?
Wooden shoe like to hear another joke?


Knock, knock.
Who's there?
Cows go.
Cows go who?
No silly, cows go MOO!

Knock, knock.
Who's there?
Cash.
Cash who?
No thanks, but I'll take a peanut if you have one.

You have until April 14th to submit your entry for the Leprechaun with a twist challenge!



There is no newsletter contest/challenge in April and May as we want to encourage participation in the coloring contest. See page 12



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



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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
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1-866-623-7505
hart@threeiverscap.org

NAPS: Nutrition Assistance Program for Seniors

Tuesday, April 13- 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****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?

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. Call now to set up appointments for spring repairs.

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 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. tw.2522@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.

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



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

Facilitator: Pat Kernan

The Women's Book Group Meeting is scheduled for April 9, 2021 10:AM to noon.

The book for April is: **News of the World** by Paulette Jiles. May 7, 2021 **This Is How It Always Is** by Laurie Frankel

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! **CANCELLED**

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 BRIDGE **CANCELLED**

Thursdays • 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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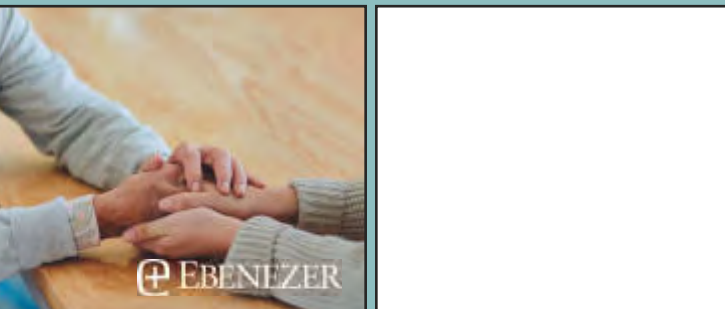
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EBENEZER



Name: _____ Phone: _____ Age: _____

You must be 48 years of age or older to submit your picture for a prize. THREE grand prizes (each \$50 value) will be awarded. Entries are due by **4 p.m. Thursday, May 13.** Pictures will be assigned a number for anonymous voting. Entries will be hung at Pier 55 where voting will take place until May 31st.

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

(For office use only: Entry # _____)



Thank you to all of the advertisers that make this newsletter possible!! We appreciate you!!

- Star Realty
- National Insurance Brokers- Megan Simson
- Downtown Plaza
- Ace Hardware
- Simple Abundance
- Mayo Clinic Health System
- Edward Jones
- St. Crispin Living Community

- Randy's
- Tinta Wita Tipi Senior Living
- Lawrence Realty- Tom Brown
- Potter Ridge Assisted Living Community
- Mahn Family Funeral and Cremation Services
- Albers Auto Body- Scott King
- Jordan Towers
- Clear Wave Hearing Center

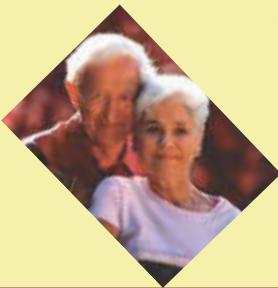
- Women's Fitness Center
- Deer Crest Senior Living
- Bay View Nursing & Rehabilitation Center
- Village Cooperative of Red Wing
- Valentines- the Heart of the Home
- Aliveo Military Museum
- Exit Realty- Lori Simonson
- Vogel Gorman & Lodermeier, PLC
- Tom Heffernan Ford
- Vintage Home Care

If you are reading this newsletter please make an effort to patronize the business listed here (in no particular order) when possible.

Valentines

The heart of the home

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

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Check out what your Pier 55 membership does for you...

- ◆ A monthly edition of this fantastic newsletter will be mailed and/or emailed directly to you!
- ◆ Of course, our members pay less to go on our trips.
- ◆ Members get priority sign up on all trips.
- ◆ Programs are less expensive for members and some programs may be members only.
- ◆ Members can shred documents at no cost any time during business hours.
- ◆ Each month there is a VIP Pier 55 members only 50% discount day. You must show your membership card for this monumental members only sale.

April 23rd

- ◆ Members get a sizable discount when they rent a room for any reason.
- ◆ Educational & recreational opportunities available to all members.
- ◆ No cost outdoor recreation available to all members.
- ◆ With each annual renewal you will receive welcome letter and membership card from Shirls Perkins.

We appreciate our member renewals and look forward to new members joining our wonderful center! Kim Wojcik, Executive Director

Pier 55 Membership

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

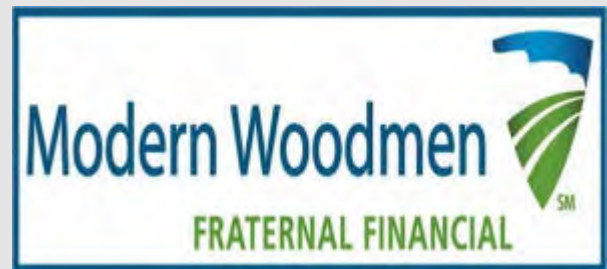
(2 people to a Household)

Additional donations greatly appreciated.

Red Wing Area Seniors, Inc.

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

Thank you to the Modern Woodmen and Patsy Nesteby for their generous \$2,500 matching grant donation to this year Field of Honor.



MISSION

***Empowering active living
and lifelong learning.***

CALENDAR OF ACTIVITIES

APRIL 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	Hours of Operation April Monday's 9am - 4 pm Tuesday's 9am - noon Wednesday's 9am - 4 pm Thursday 9am - noon Friday's 9am - 2 pm			1	2 CLOSED GOOD FRIDAY	3
4	5 9am AOA 9am Pottery Coffee	6 9:30am YOGA w/ Michele	7 9am AOA 9am Pottery Coffee 10am Yoga W/Jess	8 9am Golden K 11am Virtual Presentation	9 9am Pottery Coffee 10:30 Book Club	10
11	12 9am AOA 9am Pottery Coffee	13 9:30am YOGA w/ Michele	14 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 10:15 Blood Pressure Checks-ACCRA	15	16 9am Pottery Coffee	17
18	19 9am AOA 9am Pottery Coffee 11:30am Grab Go Gosman Lunch	20 9:30am YOGA w/ Michele	21 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 10am Volunteer Appreciation Gift Pick Up	22 9am Golden K	23 CLOSED POTTERY EVENT IN BUILDING	24
25	26 9am AOA 9am Pottery Coffee	27 9:30am YOGA w/ Michele	28 9am AOA 9am Pottery Coffee 10am Yoga W/Jess	29	30 9am Pottery Coffee	



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