



DayTrippers Dinner Theatre

Thursday, Sept 16th

Register by Sept 9th

Depart approximately 11:00am

Return approximately 4:45pm

\$79.00 member

\$89.00 non-member

Call 327.2255 or stop in to register.

**See page 2
for
July's contest.**

4TH ANNUAL SPRING COLORING CONTEST WINNERS

LYNN L.
SHERRY S.
JULIE B.
ROSE B.

JUNE CONTEST RANDOM DRAWING WINNERS

ANDREE D.
MARY ANN Q.
KAY B.
CARMEN S.
HARRIET M.

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NIAGARA FALLS AND HERITAGE HIGHLIGHTS TRIP OCTOBER 2021



Your tour guide Rose Propst would be happy
to answer any questions: @ 651.301.0700



prp22134@yahoo.com.

Picture Puzzler

If you find the correct letter for each clue, you'll spell a word that should make you happy!

1. Find a letter that is in  but not in  _____

2. Find a letter that is in  but not in  _____

3. Find a letter that is in  but not in  _____

4. Find the letter that is in  but not in  _____

5. Find a letter that is in  but not in  _____

Write your letters again here to spell a happy word: _____

Send or drop off your completed word find to Pier 55: 240 Harrison Street, Red Wing, MN 55066

By Tuesday, July 20th to be placed in a random prize drawing. There will be 5 winners drawn and names will be announced in the August newsletter.

Name: _____

Phone Number: _____

Email Address: _____

Get "Perky" at the Pier

Tuesday's join us from 9:30am-10:30am for a non-structured, lighthearted coffee and chat hour. All are welcome. Your free will donation for coffee is appreciated.

Location: Pier 55 Atrium

P55 at the Park

Join us Wednesday's from 1:30pm-2:30pm at Bay Point Park for a casual outside opportunity to socialize and see a Pier 55/Red Wing Area Seniors staff, volunteer, or board member.

All are welcome.

No cost. No registration.

Coming Soon!!! Colorado Peaches

We once again will be getting a shipment of Colorado peaches in late August. These delicious peaches are hand-picked,



hand-packed, and tree ripened shipped directly from the orchard in Colorado. Watch for the order form with time of delivery and prices in next month's newsletter. Feel free to contact Kim or Aaron at the Country Stop with any questions you may have. 715-442-2429.

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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

CLOSED JULY 6 - 11

(Note: store hours and donation hours vary)

JULY SALES & CALENDAR



2	FILL A BAG OF WOMEN'S TOPS	\$15.00
13	MEN'S TSHIRTS AND SOCKS	BUY ONE GET ONE
16	WOMEN'S TANK TOPS	BUY ONE GET ONE
20	LINEN	20% OFF
28	CLEAR GLASS ITEMS	50% OFF
30	PIER 55 MEMBERS	50% OFF STORE WIDE

GOODHUE CLASS OF 2021

Congrats to Dwight who has been working and volunteering at Annadee's on and off for the past three years. Most recently working at the donations door and as clean up crew.

Dwight will be attending the University of Nebraska— Lincoln this fall! He will be leaving mid August and we will miss him! We hope that on his school breaks he will be able to pick up some shifts.

AUGUST SALES & CALENDAR

3	KIDS CLOTHING AND TOYS	50% OFF
6	MEN'S SHIRTS	BUY ONE GET ONE
12	LINEN	25% OFF
17	ALL SHOES AND SANDALS	BUY ONE GET ONE
20	PUZZLES AND GAMES	50% OFF
25	ALL BOOKS	6 FOR \$1.50
27	PIER 55 MEMBERS DAY	50% OFF STORE WIDE
	(present membership card)	

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.

ZENTANGLE

8 Week Class

Starts Thursday, September 9th

10:30am to 11:30am

Minimum of 4 and Maximum of 10 Participants

Facilitated by Dick Luhman, Self Taught

Call or stop in at Pier 55 to register by August 31st.

\$15 members, \$20 non members

All materials will be provided. Participants need to bring 2 black extra fine sharpies or pigma micron01 and those can be purchased at Walmart or craft stores.

Week # 1 The Zentangle method was developed by Rick Roberts and Maria Thomas. It can be done anywhere and no artistic ability is needed. The ritual helps anyone get in touch with life, solve problems, turn mistakes into positives, be innovative, and become more creative. It helps reduce stress and improve focus. Pass out basic tangle sheets be used to create designs. Also, discuss supplies and pens. Week #2 Review what students did during that last class and at home. Continue working on creating more advance designs. Week #3 Start using designs to create pictures. Or fill in an outline with tangles and designs. Week #4 Introduce Dangle Designs. This will also include Monogram Dangles. This is nothing more than dressing up a single letter or monogram. Week # 5 This class (or classes) is not structured. Week #6 Introducing tangling on glass. Any form of glass works – bottles, jars, vases or anything you can draw or write on. Week #7 Introducing tangles on greeting cards, Christmas cards, etc. Some students convert designs in rubber stamps. This method will not be used in this class. Week # 8 Work on final projects and display your talent among other students



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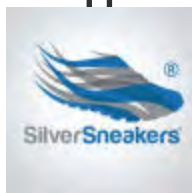
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Yoga with Jessica**Wednesday's at 10am****Active Older Adults
Fitness (AOA) S&F****Monday's,
Wednesday's 9am****FITNESS TIP:**

Avoid the summer heat and still enjoy being active outside by going out during the morning and evening hours.

- Kim Wojcik

**BLOOD PRESSURE CHECKS** BY BRANDI

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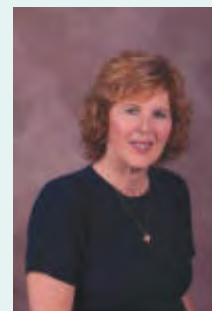
Wednesday, August 11th**10:15am to 11:15am**

No cost, no registration, no membership required, all are welcome!

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.

Classes are taught on-line via Zoom. To register: Call or email Michele at 651-301-1781 Hoffman.michele@mayo.edu

**Parkinson Wellness Recovery****Tuesday's at 2pm****Patty Svien, registered
physical therapist****Cost: \$35, limited to 8 participants****Call Patti for class dates and
to register.**

651 380 8752, email svien65@hbc.com

Tai Chi**Tuesday's at 1pm****Patty Svien, registered
physical therapist****Cost: \$35, limited to 8 participants****Call Patti for class dates and
to register.**

651 380 8752, email svien65@hbc.com



Just for you in 2022!



Wednesday, May 25, 2022

Depart approximately 9am and return 5pm

Lunch at 11am/Show at 1pm

Members \$89 and Non Members \$99

This trip will fill up fast!



FOOTLOOSE REGISTRATION

Name(s) _____

Address _____

City _____ State _____ Zip _____

Telephone with area code _____

Members \$89, Non Members \$99
Cost includes bus, show and lunch.

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 May 1, 2022 cancellation after this date will result in a 15% cancellation fee.



HUBBELL HOUSE & MANTORVILLE THEATRE

Show: *A Shelf Full of Elves!*

Sunday, December 5th

Leave 10am and return by 5pm

Cost: \$62 members, \$72 non members

Call or stop by to register 651-327-2255

There may be a sweet surprise again this year!



Something Sure Smells Sweet

Join us for breathtaking views as you stroll through the Landscape Arboretum viewing some 5,000 plant species. Cost includes coach bus, entrance into arboretum, tram, lunch and more ??

*****You can eat at PF Chang or the Cheese Cake Factory*****

Tuesday, July 20th

Leave at 7:30am

Members \$76.50

Non Members \$85.00

If it fits in the small overhead you can bring small cooler for leftovers.



Minnesota Landscape Arboretum

*Voted Best Botanical
Garden in 2019*

Call or stop in to register. 651.327.2255
If you have questions call your tour guide

St. Paul Saints Game

Wednesday, August 4th

Game starts at 1pm

Return time depends on the



length of the
game.

\$ 57.00 members

\$65.00 NON members

\$25 people under 18 years old.

Cost includes coach bus and admittance to the game.

Register at Pier 55 front desk or by calling 651.327.2255

At this time the State Fair and Casino Trips are TBD. We are waiting to hear from the company that usually handles these trips.

Do you have an interest in participating in bean bag toss or shuffle board leagues/competition during the fall and/or winter months at Pier 55? If so, please fill out and return the this form to Pier 55.

Name _____

Phone Number _____

Shuffle Board YES MAYBE

Bean Bag Toss YES MAYBE

Other game ideas:




Randys

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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. 651-327-2255

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:

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

NAPS: Nutrition Assistance Program for Seniors**Tuesday, July 12**

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**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 Nicole Pelzl at 507-421-6067.

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**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.

BOOK CLUB FOR WOMEN

Facilitator: Pat Kernan

The Women's Book Group Meeting is scheduled for June 4 The Book Woman of Troublesome Creek by Kim Michelle Richardson. July 16 The Badass Librarians of Timbuktu, By Joshua Hammer

Chinese Mahjong.....Mondays, 1 p.m.**American Mahjong****Scrabble.....Wednesdays, 11 a.m.****Puzzle Club.....Wednesdays, 1:00 p.m.****"Wild Woman" Cards****Thursday's • 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.

PUZZLE CLUB

Wednesday's at 1:00 pm

Also, check out the puzzle exchange area

Questions about if a group is or is not meeting can be directed to your groups facilitator.

**PARKINSON SUPPORT GROUP**

Parkinson's Support Group meets the 3rd Thursday each month at 2 pm

All former participants and other interested people with Parkinson's Disease are welcome to attend. We also welcome family members and caregivers. The main focus of the group is to provide an opportunity to exchange thoughts, ideas, and experiences with others living with Parkinson's Disease along with Parkinson news and education.

Pat Kernan, Facilitator



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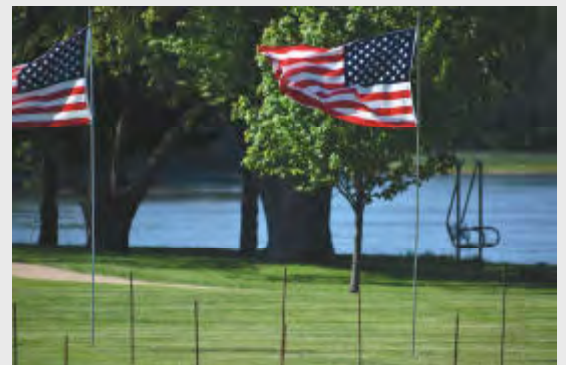
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EBENEZER

Red Wing Area Senior's 14th Annual Field of Honor Event



THANK YOU VETERANS!



Dear Annadee's,

Our quilting group recently received a donation from a volunteer named Sherry S. Thank you for being so generous and not charging her for any of the items used for care kits for Lutheran World Relief. Our group is excited and blessed to have people like Sherry and you helping us.

Sincerely,
St. Paul Quilters

BOARD AND STAFF

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President..... Tom Walsh
Vice-President..... Jeff Marcus
Secretary..... Julie Birk-Betcher
Treasurer..... Rose Burke
Char Rogness
Doug Blakesley

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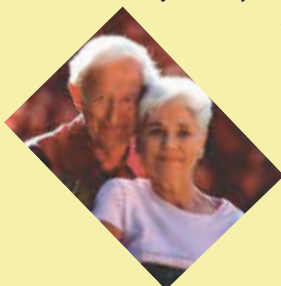
Kim Wojcik..... Executive Director
Stef Braun..... Program Coordinator
Shirley Perkins..... Administrative Asst.
Jolene King..... Annadee's Manager
Mary Machnik... Volunteer Gift Shop Manager
Doug Blakesley..... Talent Acquisition Volun.

Email addresses

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



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.



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Red Wing Area Seniors Inc., Red Wing, MN

E 4C 02-1019

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 at Annadee's Thrift Store. You must show your membership card for this monumental members only sale.
Friday, July 30
Friday, August 27
- ◆ 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

Hours of Operation June

Monday's 9am - 4 pm

Tuesday's 9am - 4 pm

Wednesday's 9am - 4 pm

Thursday 9am - 4 pm

Friday's 9am - Noon



Like us on Facebook.

Red Wing Area Seniors.

We have three pages.

Pier 55, Thrifty Dee's, Field of Honor

MISSION

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

CALENDAR OF ACTIVITIES

JULY 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
				1 9:30am Wild Women Cards	2 9am Pottery Coffee 10:30am Spanish Conversation	3
4	5	6	7	8	9	10
<p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Pier 55 is closed for Pottery Convention Week. Annadee's Closet is closed for employee and volunteer respite. We will see you on the respective opening dates:-)</p>						
11	12 9am AOA 9am Pottery Coffee 10:30am Spanish Conversation	13 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Tai Chi 2pm Parkinson Wellness	14 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 1pm Puzzle club 1:30 P55 Park 2pm Chair Yoga	15 9:30am Wild Women Cards	16 9am Pottery Coffee 10:30am Spanish Conversation	17
18	19 9am AOA 9am Pottery Coffee 10:30am Spanish Conversation	20 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Tai chi 2pm Parkinson Wellness i	21 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 1pm Puzzle Club 1:30 P55 Park 2pm Chair Yoga	22 9am Golden K 9:30am Wild Women Cards	23 9am Pottery Coffee 10:30am Spanish Conversation	24
25	26 9am AOA 9am Pottery Coffee 10:30am Spanish Conversation	27 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Tai Chi 2pm Parkinson Wellness	28 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 1pm Puzzle club 1:30 P55 Park 2pm Chair Yoga	29 9:30am Wild Women Cards	30 9am Pottery Coffee 10:30am Spanish Conversation MEMBER DISCOUNT DAY ANNADEES	31



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