

**COMING  
IN  
SEPTEMBER**



## JOIN OUR “CLICK”

### *Exploring Photography*

If you have ever wanted to learn about photography, discuss images and be around others that have similar interests, now is your chance. Pier 55 will be offering an on-going, educational and hands on group that will meet twice per month.

There is something for everyone- from beginners to expert level photography buffs. We also encourage any type of camera; cell phone, point-and-shoot, bridge, mirrorless, DSLR etc.

We will discuss every aspect of photography. Confused about all the dials the settings? Challenged with getting the composition just right? Do you want to get your camera off the Auto mode? Each time we meet we will have different discussions. Between sessions, members can submit their pics that relate to the previous week's topic. At the beginning of each session we will gently discuss images submitted and get the photographers thoughts and the groups input. Submission of photos is purely optional and is done to encourage and support each other's effort.

If you have any questions, please email the group facilitator, Jeff Marcus, [info@whitelightphoto.com](mailto:info@whitelightphoto.com)

Photography is like the “save button” for life. Photography is a “return ticket” to a moment otherwise gone forever.

**See page 11 for details.**

Greetings!! My name is Julie Roundtree. I am excited to be the new Facilitator for 500 for Pier 55. I attended the University of Wisconsin - River Falls where I majored in French and Elementary Education and minored in Spanish. I taught French and Spanish before I had my children. I stayed home with my kids until they were in school full time. I went back for the Masters program at the University of Minnesota - Mankato in the Special Education program with licensure in Emotional/ Behavioral Disorders and Specific Learning Disabilities. Our children are all grown, Anitra (36), Hans & Elise (34) - yes, they are twins, Kyle (31), and Kevin 26. Elise just got married in June! It was a beautiful wedding. My husband, Michael, and I enjoy boating and playing music together. I retired from teaching this year. I love children and teaching and will continue working as a substitute teacher part time. I have taken on the facilitator position for 500 and I am looking forward to meeting everyone and getting started in September. I would have started sooner, but I am having hip replacement surgery and want to be sure to be fully recovered. I hope to get to know you all soon! ~Julie



*Julie with her husband Michael*

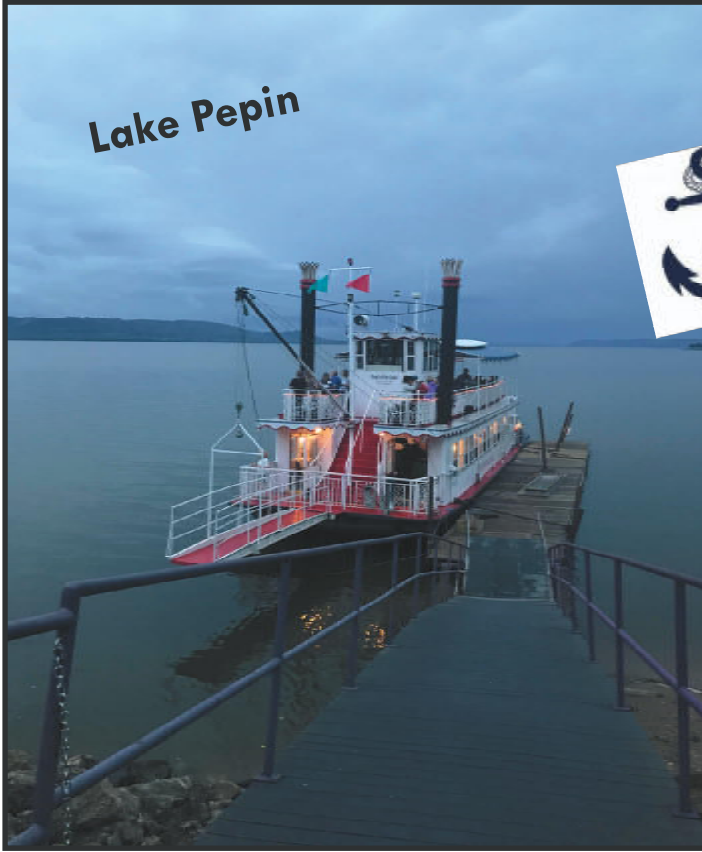
**See page 11 for details.**

1 Parental responsibility	2 STOOD mis	3 SOMEWHERE 	4 history history history	5 million
6 mini bethereute	7 chair	8 in vaders	9 	10 STAND
11 VISION	12 WALKING ICE	13 STORM	14 SPOT	15 ONCE 
16 PROMISE	17 VIOLETS	18 EAT AND PINEAPPLE	19 DOOR	20 GET A WORD IN
21 COUNTRY COUNTRY	22  3.14159	23 GROUND FEET FEET FEET	24 RAKEN	25 BUSINES

See page 7 for answer form!

July Picture Puzzle Challenge Winners

Judi Bowes, DiAnn Johnson, Barb Betcher, Mardell Grider, Evy Wedde



## COFFEE CRUISE ON THE PEARL OF THE LAKE

Thursday, September 23  
6:30am to 8:30am

Join us for an early morning boat cruise! Coffee and baked goods will be provided. All tickets are complimentary and this event is for Pier 55 members ONLY. Space is limited and tickets will be given out on a first come first serve basis. To reserve a spot act quickly by stopping in or call Pier 55.



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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)

## 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 BOOKES	6 FOR \$1.50
27	PIER 55 MEMBERS DAY	50% OFF STORE WIDE

(must present membership card)



**NEW AND GENTLY  
USED BRAND  
NAME CLOTHING  
PUT OUT DAILY!**

### \*STUDENTS\*

Show a student ID during the entire month's of August and September to receive a 25% discount on all of your purchases!

\*\*\*\*\*

### 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 16th  
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.

Through the **Zentangle** Method of drawing, you can relax, focus, expand your imagination, trust your creativity, increase your awareness, respond confidently to the unexpected, discover the fun and healing in creative expression and enter a vibrant and supportive world ...

## EVENING YOGA AT PIER 55

-With Michele Hoffman

### YOGA THERAPY FOR LOW BACK PAIN

Tuesday's, September 21 to October 26  
5:30pm to 6:30pm, \$75 for 6 weeks  
Contact Michelle for details on cost and registration.

### WEDNESDAY EVENING YOGA

Starting Wednesday's, September 8  
5:30pm to 6:30pm, \$65 and \$55 for (Seniors age 65 and older)  
In person and zoom.

Contact Michelle for details on cost and registration.  
To register: Call or email Michele at 651-301-1781

Hofman.michele@mayo.edu



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651-388-6286



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**Michael Hosfeld**  
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Yoga with Jessica

Wednesday's at 10am



Active Older Adults  
Fitness (AOA) S&F  
Monday's,  
Wednesday's 9am

## THREE SIMPLE ACTIVITIES YOU CAN DO DAILY

- 1) Stand with hands on a chair or counter and raise one foot, lift hands and try to balance for 5 seconds.
- 2) Sit with one leg extended and your heel in the floor, with your leg straight reach both hands toward toes, hold for a count of ten. (repeat with other leg)
- 3) Extended one arm straight from your body. Using the other arm, keeping the arm straight pull it across your chest and hold for a count of ten. (repeat with other arm)- Keep Moving, Kim

## BLOOD PRESSURE CHECKS BY BRANDI

SPONSORED BY ACCRA

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](mailto: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](mailto:svien65@hbc.com)

## ANSWER SHEET-REBUS CHALLENGE ON PAGE 2

1) \_\_\_\_\_

14) \_\_\_\_\_

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25) \_\_\_\_\_

13) \_\_\_\_\_

Send or drop off your completed Rebus Challenge form to Pier 55: 240 Harrison Street, Red Wing, MN 55066 By Friday, August 20th to be placed in a random prize drawing. There will be 5 winners drawn and names will be announced in the September newsletter.

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

### EZ PEACH DESSERT

9x13 pan

Graham Cracker Crust

Melt: 1 lb bag marshmallows, 1/2 cup orange juice then cool it

Add: 1 small container of Cool Whip and 5-6 thin sliced ripe peaches and stir to combine and put on top of the crust.

Refrigerate





## 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!**

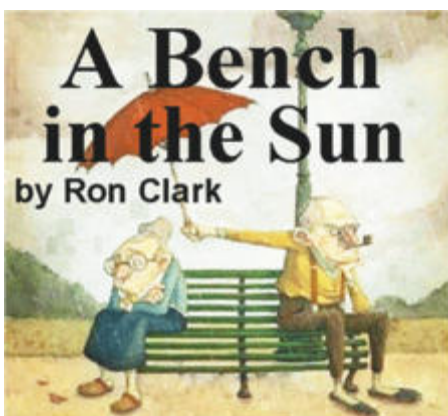
## DayTrippers Dinner Theatre

Thursday, Sept 16

Register by Sept 9  
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.*



## St. Paul Saints Game Wednesday, August 4<sup>th</sup>

Game starts at 1pm

Return time depends on the  
length of the  
game.



\$ 57.00 members  
\$65.00 Non members  
\$25 youth 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

There will be no MN State Fair Trips this year.  
We do expect to have casino trips but they  
are TBD at this time.



# Just for you in



Wednesday, May 25, 2022

Depart approximately 9am and return 5pm

Lunch at 11am/Show at 1pm

Members \$89 and Non Members \$99

Over 30 people already registered!

## 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](mailto:prp22134@yahoo.com).



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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:**

Safe and affordable rides  
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1-866-623-7505  
hart@threeriverscap.org

**NAPS: Nutrition Assistance Program for Seniors*****Tuesday, August 5***

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.

**Parkinson's Support Group****3rd Thursday at 2pm**

Facilitated by Pat Kernan

**BOOK CLUB FOR WOMEN**

Facilitator: Pat Kernan

The Women's Book Group Meeting is scheduled for the first Friday of the month at 10:30am. August 6– Jimmy Bluefeather by Kim Heacox September 10– Lillian Box-fish Takes a Walk by Kathleen Rooney

**American Mahjong.....Mondays, 1 p.m.**  
**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. Also, check out the puzzle exchange area.

**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 staff, volunteer, or board member. All are welcome. No cost. No registration. *Will be cancelled in the event of inclement weather.*

**PHOTO CLUB**

*Exploring Photography*

First and third Thursday monthly

Starting Thursday, September 2

1:30pm to 3:30pm

Club meets at Pier 55

No cost to Pier 55 members

Non members are welcome



**500**

Second and Fourth Monday monthly. Starting Monday,

September 13, 12:30pm to 3:00pm

No cost, no registration and all are welcome to attend!



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[wshelsta@amfam.com](mailto:wshelsta@amfam.com)



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### DAY TRIP!

Our Tuesday, July 20th day trip to the Minnesota Landscape Arboretum was a huge hit!!

29 travelers enjoyed all of the beauty of the arboretum and much more on their adventure!







Thank you Patsy Nesteby from the Modern Woomen for the matching grant funds in the amount of \$2,500 for the Field of Honor. This is the 5th year that we have received this generous donation. We are grateful for the continued support of area veterans and the Red Wing Area Seniors!



## BOARD AND STAFF

### Directors

President..... Tom Walsh  
 Vice-President..... Jeff Marcus  
 Secretary .....Julie Birk-Betcher  
 Treasurer .....Rose Burke  
 Char Rogness, Ben Stephani  
 Doug Blakesley, Todd Avery

### 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.

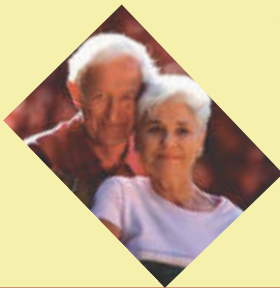
### Email addresses

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

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

- ◆ Complimentary Pearl of the Lake Cruise (see page 3)!
- ◆ Complimentary entry into the Photo Club which will start meeting in September (see front page)!
- ◆ 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, August 27**
- ◆ Members get a sizable discount when they rent a room at Pier 55 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 Shiris Perkins.

## 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**

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

### MISSION

**Empowering active living  
and lifelong learning.**

# CALENDAR OF ACTIVITIES

## AUGUST 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
<b>1</b>	<b>2</b> 9:am AOA 9am Pottery Coffee 10:30am Spanish Conversation 1pm Mahjong	<b>3</b> 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Tai Chi 2pm Parkinson Wellness	<b>4</b> 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 10:15am Blood Pressure 1:30 P55 Park 2pm Chair Yoga	<b>5</b> 9:30 Wild Women Cards	<b>6</b> 9am Pottery Coffee 10:30am Spanish Conversation 10:30am Book Club	<b>7</b>
<b>8</b>	<b>9</b> 9:am AOA 9am Pottery Coffee 10:30am Spanish Conversation 1pm Mahjong	<b>10</b> 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Tai Chi 2pm Parkinson Wellness	<b>11</b> 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 10:15am Blood Pressure Checks- ACCRA 1:30 P55 Park 2pm Chair Yoga	<b>12</b> 9am Golden K 9:30 Wild Women Cards	<b>13</b> 9am Pottery Coffee 10:30 Book Club 10:30am Spanish Conversation	<b>14</b>
<b>15</b>	<b>16</b> 9am AOA 9am Pottery Coffee 10:30am Spanish Conversation 1pm Mahjong	<b>17</b> 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Tai Chi 2pm Parkinson Wellness	<b>18</b> 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 10:15am Blood Pressure 1:30 P55 Park 2pm Chair Yoga	<b>19</b> 9:30 Wild Women Cards 2pm Parkinson Support Group	<b>20</b> 9am Pottery Coffee 10:30am Spanish Conversation	<b>21</b>
<b>22</b>	<b>23</b> 9am AOA 9am Pottery Coffee 10:30am Spanish Conversation 1pm Mahjong	<b>24</b> 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Tai Chi 2pm Parkinson Wellness	<b>25</b> 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 10:15am Blood Pressure 1:30 P55 Park 2pm Chair Yoga	<b>26</b> 9am Golden K 9:30 Wild Women Cards	<b>27</b> 9am Pottery Coffee 10:30am Spanish Conversation  <b>MEMBER DISCOUNT DAY at ANNADEE'S 50% OFF</b>	<b>28</b>
<b>29</b>	<b>30</b> 9am AOA 9am Pottery Coffee 10:30am Spanish Conversation 1pm Mahjong	<b>31</b> 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Tai Chi 2pm Parkinson Wellness	<b>31</b> 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 10:15am Blood Pressure 1:30 P55 Park 2pm Chair Yoga			



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