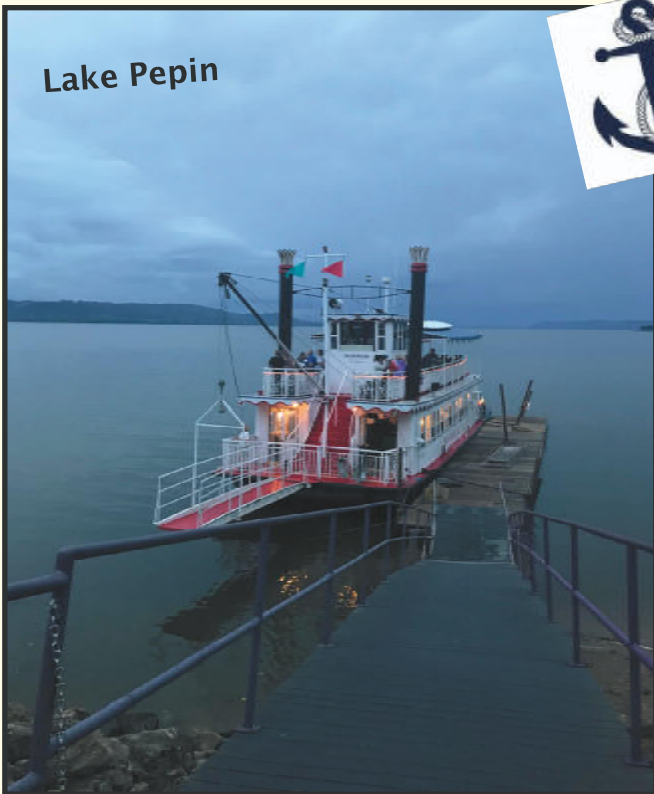


Lake Pepin



COFFEE CRUISE 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.



October Curbside Pick Up Event!
See inside for details and
registration information.



Sack Lunch On The Go!

Pre-registration and
payment required
No membership required

CURBSIDE PICKUP

Due to COVID-19 precautions, our hours and operations may vary; call if you have questions.



Hours of Operation September

Monday's 9am to 4 pm

Tuesday's 9am to 12 pm

Wednesday's 9am to 4 pm

Thursday's 9am to 12 pm

Friday's 9am to 12 pm

- Wearing a mask may be required (At this time it is optional).
- Our gift shop is open, we are limiting it to 4 people in the store at one time.
- There is a 90 minute limit on all common areas of Pier 55.

As the COVID19 conditions increase and or decrease we will be changing our practices. Our primary focus is always the safety of our members, guests, volunteers, staff and the wellbeing of the organization.

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?

Have you been asked to self-isolate or quarantine by a medical professional or a local public health official? If yes, stay home!

AUGUST REBUS CHALLENGE WINNERS

Debra Moritz, Ken Dicke, Ann Marie Duden, Judy Rausch, Linda Meacham

Winners please stop in to the front desk to pick up your prize. Thank you to all that are enjoying our challenges.

See page 9 for the October Disney Movie Challenge.





ZENTANGLE

8 Week Class
Starts Thursday, September 16th

10:30am to 11:30am

Class is full- waiting list available

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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STORE HOURS:

Tuesday's 10-4pm
Wednesday's 10-4pm
Thursday's 10-2pm
Friday's 10-2pm
Saturday's 10-2pm

(Note: store hours and donation hours vary)

SEPTEMBER SALES & CALENDAR

9/3 All books 5 for \$1.50
CLOSED 9/4 LABOR DAY HOLIDAY
9/7 Linen 25% off
9/14 Candles BOGO
9/22 Women's Jackets 50% off
9/24 Pier 55 Members 50% off (must show card)
9/28 Men's Clothing BOGO

NEW WEEKLY SALE!!

**On Thursday's all
children's clothing
will be
"fill a bag for \$2.00"**



DONATION HOURS:

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

OCTOBER SALES & CALENDAR

10/1 All CD's and DVD's Buy One Get Two
10/5 Coffee Mugs Buy One Get Two
10/13 Linen 25% Off
10/19 Clear Glass 25% Off
10/26 Pictures 50% Off
10/29 Pier 55 Members 50% Off (must show card)

**Make sure you shop Annadee's for all of your
Halloween Costume and decoration needs!!**

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



CHICKEN NOODLE CASSEROLE & BROCCOLI/CAULIFLOWER SALAD & FROSTED BROWNIE BY BARB'S CATERING (Barb Gossman)

Curbside pick-up; so, we will be having an "indoor grab and go". Wednesday, October 6 from 11:30am to 1:00pm come to Pier 55, just inside the main entrance and pick up this delicious homemade lunch combo. For \$11.50 you will get a take-out lunch to warm one your own.

Payment is due at registration. Register by Friday, October 1st.

Indoor Grab and Go Registration

Chicken Noodle Casserole, Broccoli and Cauliflower Salad, Frosted Brownie

Qty Ordered: _____

\$11.50 ea. OR say "What the heck, keep the change"=\$12.00

Total enclosed \$ _____

Name _____

Phone # _____

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

Payment due at the time of registration.

Order must be received by Friday, October 1.



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Yoga with Jessica

Monday's at 10am
(start Sept 13)

Active Older Adults
Fitness (AOA) S&F

Monday's,
Wednesday's 9am

FITNESS TIP

**Take advantage of the cooler weather and get
outside safely as much as you can!**

-Kim

BLOOD PRESSURE CHECKS BY BRANDI

SPONSORED BY ACCRA

Wednesday, September 8th

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

PIER 55 SCHOLARSHIP DONATION

Pier 55 is planning to establish a scholarship program so a deserving senior may use the funds to further their education in a career related to working with the senior population. The applicants will complete an application form that will combine informational data along with several essay questions related to their work or volunteer experiences working with the senior population. The applications will be reviewed by a committee of three volunteers who will make the final decision. The winner of the scholarship will be invited to a Pier 55 board meeting where the check will be presented. The winner will be announced in a Pier 55 newsletter.

In today's newsletter, there is a form requesting donations to help fund the first \$1,000 scholarship. Please consider making a donation to this worthy cause. The care of the senior population lies in the hands of our future care givers and it is important that they receive our support and encouragement. Any amount, large or small, will be greatly appreciated. If you have any questions, please email Avis L at amtrl49@gmail.com. Any money raised above \$1,000 will be used to fund next year's scholarship. The goal is to have an annual scholarship program. Your help is greatly appreciated. Thank you for your consideration.

If you are willing to help establish this scholarship by making a monetary donation, please submit your check to **Pier 55 Scholarship Program**. You will receive a receipt for your tax deductible donation. Any amount will be greatly appreciated.

Your help and support of this project are important and it reinforces the need for young people to work in a field related to the senior population. Thank you for considering this opportunity to help one young person pursue their career.

Name: _____

Address: _____

I would like to donate: _____\$10 _____\$25 _____\$50 _____\$100

_____ \$ Other (indicate the amount)

Checks can be made out to the **Pier 55 Scholarship Fund**. Please submit your donations by **September 30, 2021**.

Drop off your donation at the front desk of Pier 55 or mail your donation to Pier 55 Red Wing Senior Center, 240 Harrison St., Red Wing, MN 55066



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!

DayTrippers Dinner Theatre

Thursday, Sept 16

5 spots left

Register by Sept 9

Depart approx. 11:00a

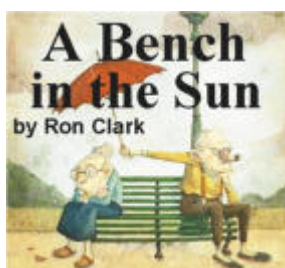
Return approx. 4:45p

\$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.*



HUBBELL HOUSE & MANTORVILLE THEATRE

Show: A Shelf Full of Elves!

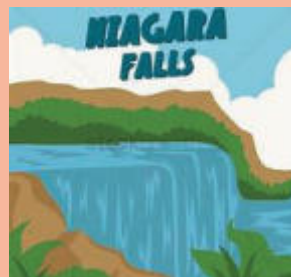
Sunday, December 5th

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!**



Meeting for all those signed
up for the Niagara Falls
Trip

Thursday, September 29
10:00am

United Lutheran Church
5th and Dakota St
Red Wing, MN

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

prp22134@yahoo.com.

- This 16-year-old girl with red hair has a best friend named Flounder. _____
 - Lion Prince Simba and his father are targeted by his bitter uncle, Scar. _____
 - With his trusty side-kick Little John, he would steal from the rich and give to the poor. _____
 - _____
 - Tod and Copper are best friends, but their master's won't let them be. _____
 - A villain steals dogs to make herself a fur coat. _____
 - Born into a circus, he has a rough life until he learns his ears help him fly. _____
 - Every time he tells a lie, his nose grows. _____
 - She lives in the woods with 7 friendly little miners. _____
 - He frees a genie from a lamp and his wishes are granted. _____
 - A young Hawaiian girl adopts a small ugly "dog". _____
 - With his fairy friend, Tinkerbell, he lives in a far off place where children never age. _____
 - She falls down a rabbit hole and enters a magical world. _____
 - She has a wicked stepmother and 2 evil step sisters. _____
- Send or drop off your completed Disney Movie Challenge form to Pier 55: 240 Harrison Street, Red Wing, MN 55066. By Wednesday, September 22 to be placed in a random prize drawing. There will be 5 winners drawn and names will be announced in the _____ October newsletter.

Name: _____

Phone Number: _____




Randys

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Technology Lab

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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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hart@threeriverscap.org

NAPS: Nutrition Assistance Program for Seniors

Tuesday, September 7

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.

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

September 10— Lillian Boxfish Takes a Walk by Kathleen Rooney

Mahjong.....Mondays, 1pm
p.m.Scrabble.....Wednesdays, 11a.m.

Puzzle Club.....Wednesdays, 1:00pmp.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 (**PAUSED**)

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 (**PAUSED**)

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

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"I wanted to make sure you knew that the young female volunteer at the

donation door was so polite and helpful! I wanted to make sure she gets recognized for that."

- Annadee's Customer

"I have never been in your store before.

I found dishes and a desk for my college students aparemtne. Your store is excellent, I will be back, and the person at the cash register was so polite and helpful."

- Kelly

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

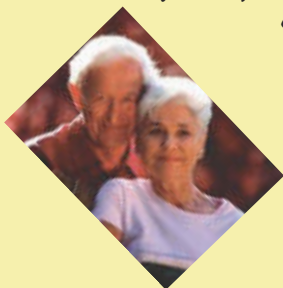
Kim Wojcik..... Executive Director
 Stef Braun..... Program Coordinator
 Shirley Perkins..... Administrative Asst.
 Jolene King..... Annadee's Manager
 Mary Machnik... Volunteer Gift Shop Manager
 Doug Blakesley..... Talent Acquisition Volun.

Email addresses

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



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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Office: 651-388-1650

sandy@valentinesllc.com • www.valentinesassistedliving.com

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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...

- ♦ Complimentary Pearl of the Lake Cruise see the front page!
- ♦ Complimentary entry into the Photo Club which will start meeting in October
- ♦ 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.
Tuesday, September 28
Friday, October 29
- ♦ 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 Shirls Perkins.
- ♦ **\$5 discount for open swim with Community Recreation. Use code TB55 when registering.**

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

Monday's 9am - 4 pm

Tuesday's 9am - 12 pm

Wednesday's 9am - 4 pm

Thursday 9am - 12 pm

Friday's 9am - 12 pm

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

SEPTEMBER 2021



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



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