



It's tea time!

HOLIDAY TEA

Thursday, December 9th

2:00pm at Pier 55

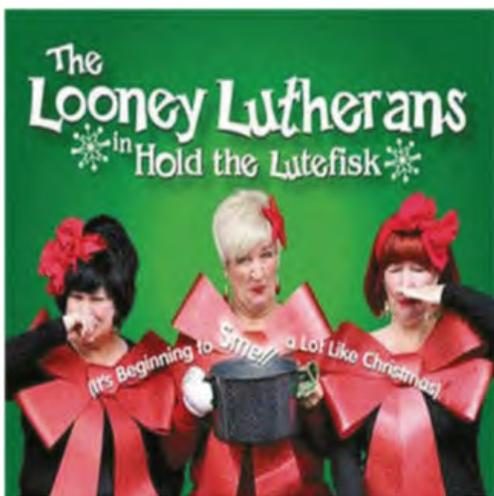
\$11.50 per person

Reservations are required

Register by Thursday, December 6th

MENU

- * Hot Ham and Cheese Sandwich on Hawaiian Bun
- * Grapes
- * Themed Chocolate Candies
- * Mini Cheeseballs with Pretzels
- * Crackers
- * Themed Cup Cake
- * Various Teas and Coffee



The Looney Lutherans Day Trip

Friday, December 17th, 2021

Departing Pier 55 at 10:00am and

Returning Approx. 5:00pm

Cost \$67.00 members and

\$75.00 non-members

Cost includes bus, show, and lunch

Register and pay by December 7th

Location: Ames Theatre, Burnsville MN



Hours of Operation December

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.

HOLIDAY SEASON CLOSED FOR BUSINESS

*Thursday, Dec. 23

*Friday, Dec. 24

*Monday, Dec. 27

*Thursday, Dec. 30

*Friday, Dec. 31

*Monday, Jan. 3

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?

Due to COVID-19 precautions,

our hours and operations may vary;

call if you have questions.

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

BE PREPARED FOR MOTHER NATURE!

The safety of our members, guest, volunteers and staff is a priority both at Pier 55 and Annadee's Closet. When the weather is inclement and RWAS determines they will be closed for business it will be announced via KCUE and on the Red Wing Area Seniors Facebook page.



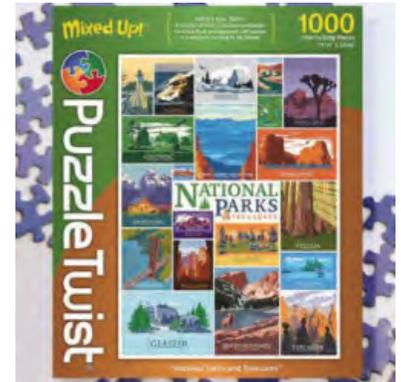
PUZZLE TWIST

Calling all puzzlers...

Have you heard of Puzzle Twist? We have SEVEN new Puzzle Twists that are first come first serve. Call or stop by to reserve one of these puzzles. No cost, members only.

- ◆ Cattitude
- ◆ Fresh Fruit
- ◆ Holiday Cookies from Minnesota
- ◆ National Parks and Treasures
- ◆ Space Travel
- ◆ Travel the World
- ◆ The Legacy of Nebraska

Also, the
puzzle club
meets on
Wednesday's
at 1pm



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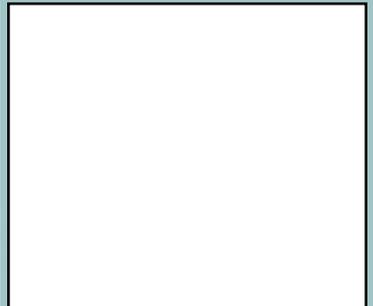
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DECEMBER SALES & CALENDAR

Tuesday, 12/14	75% OFF	Christmas Items
Thursday, 12/16	50% OFF	Pier 55 Members Day (Card required)
Thursday, 12/30	50% OFF	Pier 55 Members Day (Card required)

HOLIDAY SEASON
CLOSED FOR BUSINESS

- *Friday, Dec. 24
- *Saturday, Dec. 25
- *Friday, Dec. 31
- *Saturday, Jan. 1

DONATION HOURS:

Tuesday's 10-1:00pm
 Wednesday's 10-1:00pm
 Friday's 10-1:00pm
 Saturday 12/4 OPEN
 10-1:00pm
 Saturday 12/11 OPEN
 10-1:00pm



Jolene and staff have been busy sprucing up Annadee's Thrift Store! Stop in and see the freshly painted walls and shelves, as well as, some minor organizational changes.

IT LOOKS GREAT!

WE DID IT! GOAL 2021 MET!

Thank you to the following generous donors who helped us reach our goal of \$3,000 raised to provide 3 scholarships this year!! I am happy to report that scholarship applications have started to come in for review. For more information visit www.redwinareaseniors.org or email Avis L at amtrl49@gmail.com

Suellen Karow

Nancy & Harris Waller

Carolyn Anderson

Rich & Ben Dietrick

Grace Hendrickson

Linda Meachom

Judy Hunstad

Bob & Susan Goetz

Arnie & Karen Strusz

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Helen Beard & Jim Bingham

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Avis Lind

Ben Stephani

Lavoie House

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EVENING YOGA AT PIER 55

-With Michele Hoffman

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

HALLWAY WALKING– feel free to use
our hallways for walking during
building hours!!

**Active Older Adults
Fitness (AOA) S&F**
Monday's,

Yoga with Jessica
Monday's at 10am

BLOOD PRESSURE CHECKS BY BRANDI

SPONSORED BY ACCRA

Wednesday, December 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



TINY TREE JUBILEE

Come and enjoy this magnificent display, bid on a tree, buy holiday décor, and get in the Christmas spirit at our 5th Annual Tiny Tree Jubilee!

You will be able to enjoy and bid on these trees either **online or in person** this year! All of the trees will be on display and ready for bidding beginning Monday, November 30th.

Bidding closes at 2pm on December 16th.

All trees will be on line and available for bidding on November 30th at www.32auctions.com/JubileeofTrees

This years event will feature 40 TINY trees, each one uniquely decorated with a theme. All trees are under 20 inches, perfect for tabletop décor or to be given as a gift.



**17 DAYS OF
BIDDING!**

MYSTERY TREE!!

This year will we have one tree in the auction that will not be revealed until it is won. The mystery tree is be under 20" tall.



All proceeds benefit Red Wing Area Seniors



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



Wednesday, May 25, 2022

Depart approximately 9am and return 5pm

Lunch at 11am/Show at 1pm

Members \$89 and Non Members \$99

AMERICA'S CANYONLANDS TRIP

September 15, 2022

8 Days

Join us for a ***travel show*** to learn more!!

January 18th

Pier 55

10:00am

No cost, no registration, no membership required!

- Day 1: Arrive Phoenix– Scottsdale
- Day 2: Scottsdale– Sedona– Grand Canyon
- Day 3: Grand Canyon Sightseeing
- Day 4: Grand Canyon– Lake Powell
- Day 5: Monument Valley
- Day 6: Lake Powell– Bryce Canyon– Zion
- Day 7: Zion National Park– Las Vegas
- Day 8: Las Vegas– Home



Tour guide Rose Propst would be happy to
answer any questions about our trips: @

651.301.0700 prp22134@yahoo.com.



Pier 55 Presents Sing-A-Long with Tom Tuesday, December 14th 11a-12p

No cost, no registration, social distancing will be practiced.

Tom Sather has been playing guitar and singing for many years. Over the years he has enjoyed learning different styles such a rock, country, blues, Irish and folk. His latest pursuit has been playing singalongs at Senior Centers. You can expect to hear some classic campfire numbers like Old Susanna, Home on the Range, Red River and lots of other songs as well. He looks forward to playing for you and hearing you sing-a-long!



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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. 507-319-5632

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, December 7th

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

Nicole Pelzi, 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 Pelzi 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 507-319-5632 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

First Friday of the month at 10:30am
Facilitator: Pat Kernan
Dec . **The Children’s Blizzard** by Melanie Benjamin
Jan. **Reader’s Choice** Each member will have an opportunity to give a 5 minute report on a favorite book they have read.

Mahjong.....Mondays, 1pm
Scrabble.....Wednesdays, 11am
Puzzle Club.....Wednesdays, 1:00 pm

“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

PHOTOGRAPHY (paused)

Exploring Photography
First and third Thursday monthly
1:30pm to 3:30pm
Club meets at Pier 55
No cost to Pier 55 members
Non members are welcome
500 (paused)
Second and Fourth Monday monthly.
No cost, no registration and all are welcome

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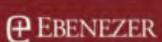
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RECIPE IDEA

French Toast Bake

- ½ a loaf of French bread, (about 8 oz) cut into cubes
- ½ cup butter
- 1 cup packed brown sugar
- 6 eggs
- 2 cups milk
- 2 teaspoons vanilla extract
- 2 teaspoons cinnamon, divided
- 1 Tablespoon brown sugar, for topping
- powdered sugar for topping, optional

Instructions

Preheat oven to 425 degrees. Butter a 13x9 inch baking pan and set aside.

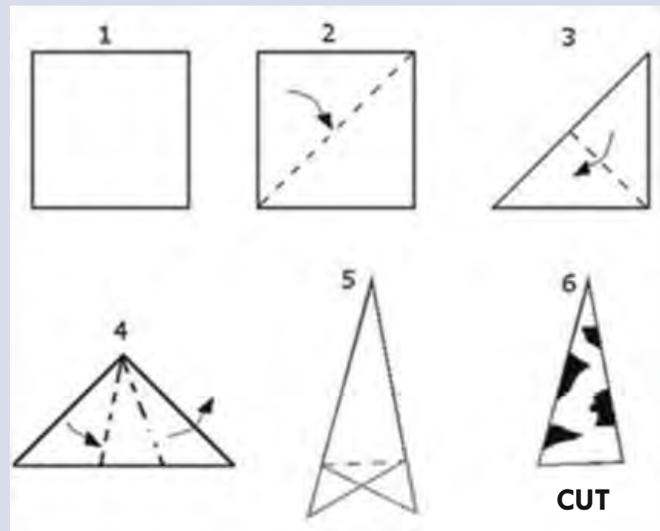
In a small sauce pan, melt butter over medium heat. Once butter has melted, stir in brown sugar until dissolved and mixture is smooth. Pour mixture into the bottom of a 9x13 pan and spread evenly.



Add bread cubes to the pan, spreading over the top of the brown sugar/butter mixture.

In a medium sized bowl, whisk together the eggs, milk, vanilla, and 1 tsp of cinnamon. Pour egg mixture over the top of bread cubes, insuring that all pieces of bread are saturated. Sprinkle with remaining 1 teaspoon of cinnamon and 1 tablespoon of brown sugar.

Bake in preheated oven for 25-30 minutes until top is golden brown. Remove from oven and sprinkle with powdered sugar if desired. Enjoy!



Who remembers cutting out their own snowflakes for classroom, house, window or any other type of decoration??!! Maybe it is still fresh in your mind, or maybe you need to refer to the 6 “How To” steps above. This winter season we need you to BE A CUT ABOVE store bought decorations (do you get what we did there) and show us your best work. Please grab a piece of any kind of paper, and cut us up a snowflake or as many as you would like to make for us to use for decorating Pier 55. Simply mail in or drop off your snowflake(s) by Wednesday, December 29th and we will use them for fun décor. If you want, you can put your name on them.



Thank you to the following individuals that have agreed to be part of our new volunteer baking crew! If you interested in being part of this fun group contact Kim Wojcik, rwasdirector@gmail.com, 651-327-2255.

- Susan Nelson
- Cindy Lohman
- Char Rogness
- Judi Mickelson
- Linda Meacham



BOARD AND STAFF

Directors

- President..... Tom Walsh
- Vice-President..... Jeff Marcus
- SecretaryJulie Birk-Betcher
- TreasurerRose 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 KingRWASstore@gmail.com



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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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sandy@valentinesllc.com • www.valentinesassistedliving.com

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

- ◆ Complimentary entry into the Photography Group
- ◆ 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.
**Thursday, December 16th and
Thursday, December 30th**
- ◆ 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.
- ◆ Part of a great organization that provides a lot of services and goods to the community!

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

LET US KNOW.....

- If you are moving to a different address, PLEASE notify us. Bulk mail cannot be forwarded.
- If you would rather receive the newsletter via email.

Contact: Shirley Perkins

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

MISSION

**Empowering active living
and lifelong learning.**

CALENDAR OF ACTIVITIES

DECEMBER 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
28	29 9am AOA 9:30am Pottery Coffee 10am Yoga Welln 1pm Mahjong	30 9:30am YOGA w/ Michele 9:30 Coffee Atrium 2pm Parkinson Wellness 3:15 Tai Chi	1 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club 2pm Chair Yoga	2 9:30 Wild Women Cards	3 9:00 AOA 9:30am Pottery Coffee 10:30am Spanish	4
5	6 9am AOA 9:30am Pottery Coffee 10am Yoga Welln 1pm Mahjong	7 9:30am YOGA w/ Michele 9:30 Coffee Atrium 2pm Parkinson 3:15 Tai Chi	8 9am AOA 9:30am Pottery Coffee 10:15am Blood Pressure 1pm Puzzle Club 2pm Chair Yoga	9 9:30 Wild Women Cards 2pm Holiday Tea	10 9:00 AOA 9:30am Pottery Coffee	11
12	13 9am AOA 9:30am Pottery Coffee 10am Yoga Welln 1pm Mahjong	14 9:30am YOGA w/ Michele 9:30 Coffee Atrium 2pm Parkinson Wellness 3:15 Tai Chi	15 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club 2pm Chair Yoga	16 9:30 Wild Women Cards 2pm Parkinson Support Group	17 9:00 AOA 9:30am Pottery Coffee	18
19	20 9am AOA 9:30am Pottery Coffee 10am Yoga Welln 1pm Mahjong	21 9:30am YOGA w/ Michele 9:30 Coffee Atrium 2pm Parkinson Wellness 3:15 Tai Chi	22 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club 2pm Chair Yoga	23 CLOSED 	24 CLOSED	25
26	27 CLOSED	28 9:30am YOGA w/ Michele 9:30 Coffee Atrium 2pm Parkinson Wellness 3:15 Tai Chi	29 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club 2pm Chair Yoga	30 CLOSED	31 CLOSED	NEW YEAR 1 JANUARY 



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