



## EGG SALAD SANDWICH & CHICKEN WILDRICE SOUP

BY BARB'S CATERING (Barb Gossman)



It's too cold for curbside pick-up; so, we will be having an "indoor grab and go". Monday, January 31st from 11:30am to 1:00pm come to Pier 55, just inside the main entrance and pick up this delicious homemade lunch combo. See Page 5 for details and registration form.

## MARK YOUR CALENDARS~ COMING SPRING 2022!!!! "PIER 55 PROUD PROJECT"



The Pier 55 Proud Project (pictured above) is a planned expansion and upgrade to our existing exterior space. This expansion/upgrade will include adding usable patio space and amenities for Pier 55 and Rancho Loco. You will see the removal of shrubs, rocks and landscaping. Added you will see additional concrete and open space as well as potted plants, barrier fencings and a privacy fence. In addition, there will be seating for 60 individuals (9 tables, 50 chairs, 5 benches). This amazing new space will be available for groups, meetings, classes and gatherings. Fundraising for the Pier 55 Proud Project will take place from February 15, 2022 to April 15, 2022 with a goal of securing \$70,000 to cover all project costs. To learn more about our upgrade and to schedule a detailed presentation for your community group contact Kim Wojcik (651-327-2255, [rwadirector@gmail.com](mailto:rwadirector@gmail.com)). Also, all are welcome to attend an information meeting at Pier 55 on Monday, January 31 at 1pm or Wednesday, February 23rd at 10:30am at Pier 55. Watch upcoming newsletters: February, March and April for more information, opportunities to donate and potential construction updates!!!



- 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 well being of the organization.

**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 Red Wing Area Schools are closed or delayed/early release Pier 55 will follow suit, as well as, when the weather is inclement and RWAS determines they will be closed for business it will be announced on the Red Wing Area Seniors Facebook page.

## **TOP 10 LIST**

### **Red Wing Area Seniors 2021**

(In no specific order)

Not only did RWAS survive the pandemic in 2021, we actually thrived!

- \* We made some huge improvements at Annadee's, which included – reorganization and over 50% of the space freshly painted.
- \* Hosted a week-long sales event in our Pier 55 Gift Shop.
- \* The 5th Annual Tiny Tree Jubilee was scaled down in regards to the size of the trees, but it was our most successful one to date.
- \* We have a total membership of 812!
- \* All 350 flags were dedicated this year for the 14<sup>th</sup> Field of Honor. We added a Field of Honor facebook page and were able to keep the same great volunteer committee.
- \* Not only were we able to retain our staff during Covid, it is also worth mentioning there is a combined total of 36 years on the job (not one staff has been here under 3 years)
- \* After almost 2 years of planning, the Niagara Trip was a huge success and was able to be carried out, thanks Rose!
- \* We received 2 PPP loans and both were forgiven.
- \* At Pier 55 and newly added at Annadee's Closet we are fortunate to have weekly assistance from the Red Wing STEP program through the high school. These individuals are such a hardworking group.
- \* Annadee's Closet had a record setting revenue generating year.



LIVE MUSIC EVENT!

**Pete Hoffman, Guitarist**  
**Friday, February 4<sup>th</sup> at 11am at Pier 55**

*Register by January 31st*  
*Call or stop in to register (651-327-2255)*  
*No cost, no membership required*

Please plan on joining us for this beautiful, intimate, wordless, and moving South African concert repertoire cir. 1920 to today. Pete is a solo guitarist playing music mostly from Brazil, Argentina, Paraguay, Venezuela, and other South American countries. His music is perfect for intimate and acoustic settings. This live music event is sure to be a crowd pleaser.

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### SHOPPING HOURS:

Tuesday's 10-4:00pm  
 Wednesday's 10-4:00pm  
 Friday's 10-2:00pm  
 Saturday JANUARY 15TH  
 OPEN  
 10-2:00pm  
 Saturday JANUARY 29TH  
 OPEN

Lois H. has been a volunteer at Annadee's Closet for so long, that it has been hard for us to pinpoint exactly just how long it has been! Not wanting to underestimate Lois's years of service, but so that everyone can appreciate her dedication, we would like to say, "Thank you Lois for your 20 plus years of service. We appreciate you so much and are extremely grateful for all that you do. Your happiness is contagious, and we can't thank you enough for always being hard working, cheerful and a joy to be around."



### JANUARY SALES

JANUARY 5	50% OFF WOMEN'S WINTER COATS
JANUARY 11	50% OFF ALL GLASSWARE
JANUARY 19	BOGO-MEN'S SHIRTS AND SWEATERS
JANUARY 21	50% OFF WOMEN'S TALL FASHION BOOTS
JANUARY 28	50% PIER 55 MEMBER DAY (MUST HAVE CARD)

### FEBRUARY SALES

FEBRUARY 1	BOOK'S 4 FOR \$1.50
FEBRUARY 4	BOGO- WOMEN'S UNDERGARMENTS AND SOCKS
FEBRUARY 15	BOGO- MEN'S TSHIRTS AND SOCKS
FEBRUARY 24	50% OFF PIER 55 MEMBERS DAY (MUST HAVE CARD)
FEBRUARY 25	BOGO- WOMEN'S TOPS

### DONATION HOURS:

Tuesday's 10-1:00pm  
 Wednesday's 10-1:00pm  
 Friday's 10-1:00pm  
 Saturday JANUARY 15 OPEN  
 10-1:00pm  
 Saturday JANUARY 29 OPEN  
 10-1:00pm





**EGG SALAD SANDWICH & CHICKEN WILDRICE SOUP  
BY BARB'S CATERING (Barb Gossman)**



It's too cold for curbside pick-up; so, we will be having an "indoor grab and go". Monday, January 31st from 11:30am to 1:00pm come to Pier 55, just inside the main entrance and pick up this delicious homemade lunch combo. **\*\*social distancing practices will be followed\*\*** For \$11.50 you will get a take-out lunch of an egg salad sandwich and a pint (16 oz) of her famous chicken wild rice soup, to be warmed up on your own and a seven layer bar.

**Indoor Grab and Go Registration**

Egg Salad Sandwich & Chicken Wild Rice Soup

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 Thursday, January 27th

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**John L Lang, AAMS®**  
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## Try something new this winter.... Standing Pilates

Standing Pilates takes the classic Pilates exercises and brings them vertical. Standing Pilates is a great work out for the whole body. Standing Pilates is slow controlled movements. Focusing on the stabilizer muscles to improve balance and coordination. Standing Pilates exercises are great for joint strength, core strength and increase in mobility. Helps with focus as there is more brain activity because of the balance element. Standing Pilates helps get you in tune with your body, be aware of your movements.

Class meets  
1/10, 1/17, 1/24, 1/31  
10-10:45am  
Members \$10  
Non Members \$15  
Call or stop in to register by  
January 9.  
651-327-2255



BLOOD PRESSURE CHECKS  
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(Paused at this time)

10:15am to 11:15am

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

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

### Senior Yoga for Healing Classes

**Mat Class: Tuesdays 9:30 a.m. – 10:45 a.m. (Classes still being held)**

**Chair Class: Wednesdays 2:00 p.m. – 3:00 p.m (Paused)**

**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: \$5 per session

Call Patti for class dates and  
to register.

651 380 8752, email [svien65@hbc.com](mailto:svien65@hbc.com)



### **EASY TAI CHI**

Come and see what  
Tai Chi has to offer.  
Starting Jan. 11, 2022  
3:15 to 4:00 pm  
Red Wing Senior Center;  
register at office.  
Instructor: Patty Svien  
FREE in January  
\$5 a session after January

# Three Little Pigs Hidden Objects

Can you find the 15 hidden items?



**Three Little Pigs Hidden Objects (Only find 15 objects identified)**

Name \_\_\_\_\_

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

Return completed form to Pier 55 for a chance to win a prize!  
 240 Harrison, Street Red Wing, MN 55066 (Deadline January 31)

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



Wednesday, May 25, 2022  
Depart approximately 9am and return 5pm  
Lunch at 11am/Show at 1pm  
Members \$89 and Non Members \$99  
**\*waiting list\***

## TRIPS WE HOPE WE GET TO DO, IN 2022 !

- \* Chanhassen Footloose
- \* Summer Overnight Trip
- \* Summer Saints Game
- \* State Fair Trips
- \* Grand Canyon "America's Canyonland Trip"
- \* Mystery Trip
- \* Holiday Mantorville Theatre/Hubble House





And just like that it's a "wrap."

34 Tiny trees were decorated for this years Tiny Tree Jubilee and the bidding was the best to date.



A special thanks to Linda R. and Sue G. for sharing their creative magic for this annual event! Linda R. starts prepping this event each year in September, and this year we were fortunate enough to enlist Sue G. to begin helping in November.



Watch the February newsletter for fundraising totals from the Tiny Tree Jubilee and the No Bake, Bake Sale!!


# MLK

DREAM. BELIEVE. UNITE. DO.

January 17, 2022



*"The time is always right to do what is right." - MLK*



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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.**

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hart@threeriverscap.org

**NAPS: Nutrition Assistance Program for Seniors**

**Tuesday, January 11th**

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 (Paused)**

**Facilitated by Pat Kernan & Patrice O'Reilly**

The group welcomes family, caregivers or anyone who has Parkinson's. Join us.

**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.

**Snow Removal**

Call for information on snow removal referrals/resources. Snow removal may be for one time shoveling, plowing or and ongoing plowing situation. 651-327-2255

**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.



**BOOK CLUB FOR WOMEN**

First Friday of the month at 10:30am  
Facilitator: Pat Kernan

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)

**500** (Paused)



**AARP TAX PREPARATION 2022**

Red Wing Senior Center and Cannon Valley Senior Center staff will be assisting AARP Taxaide this tax season by taking calls from taxpayers

desiring to have AARP Taxaide prepare their tax returns. Taxpayers may call either Senior Center (651-327-2255 for Red Wing or 507-263-2136 for Cannon Valley) and leave their contact information with the receptionist (Name, phone number, and e-mail). AARP counselors will subsequently call the taxpayer to discuss the tax preparation and review process being used this season and then schedule an appointment. All appointment this season will be at the Cornerstone Community Church (420 W 3rd St; the previous Farmers Store building) in Red Wing.



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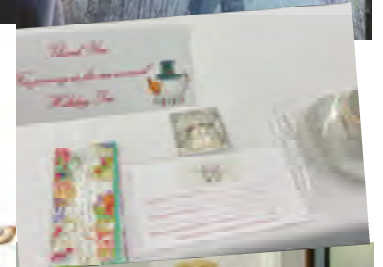




A glimpse of some our November and December activities!



We were grateful to close out 2021 with a variety of fun activities and get togethers. We welcome in a new year with lots of hope for more of the same!





Dear Pier 55 Board & Staff,

You folks do such a fantastic job in meeting the needs of we seniors! My sidewalk connecting to the house (harboring a wasp nest) was beautifully attended to by Vic V. who came out twice to make sure it was fixed to perfection. You also offer so many wonderful opportunities, activities, trips, etc!! Many, many thanks for helping the area seniors– to “grow old gracefully!”

Sincerely,  
D.M.-B

## 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

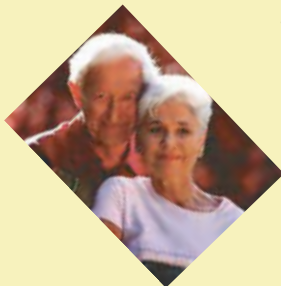
Kim Wojcik..... Executive Director  
 Stef Braun..... Program Coordinator  
 Shirley Perkins..... Administrative Asst.  
 Jolene King..... Annadee’s Manager  
 Mary Machnik... Volunteer Gift Shop Manager  
 Doug Blakesley.....Talent Acquisition Volun.

### 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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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, January 28th**
- ◆ 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!
- ◆ Complimentary entry into the Photography Group

## 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**

## 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](mailto:rwasdirector@gmail.com)




Like us on Facebook. We have changed our page. You may have to 'like' us again.  
[Red Wing Area Seniors](#)

## MISSION

**Empowering active living  
and lifelong learning.**

# CALENDAR OF ACTIVITIES JANUARY 2022

**2022**  
HAPPY NEW YEAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	
<b>2</b>	<b>3</b> 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	<b>4</b> 9:30am YOGA w/ Michele 9:30 Coffee Atrium 2pm Parkinson	<b>5</b> 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club	<b>6</b> 9:30 Wild Women Cards	<b>7</b> 9:00 AOA 9:30am Pottery Coffee	<b>8</b>	
<b>9</b>	<b>10</b> 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	<b>11</b> 9:30am YOGA w/ Michele 9:30 Coffee Atrium 2pm Parkinson 3:15 Tai Chi	<b>12</b> 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club	<b>13</b> 9:30 Wild Women Cards	<b>14</b> 9:00 AOA 9:30am Pottery Coffee	<b>15</b>	
<b>16</b>	<b>17</b> 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	<b>18</b> 9:30am YOGA w/ Michele 9:30 Coffee Atrium 2pm Parkinson Wellness 3:15 Tai Chi	<b>19</b> 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club	<b>20</b> 9:30 Wild Women Cards	<b>21</b> 9:00 AOA 9:30am Pottery Coffee	<b>22</b>	
<b>23</b>	<b>24</b> 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	<b>25</b> 9:30am YOGA w/ Michele 9:30 Coffee Atrium 2pm Parkinson Wellness 3:15 Tai Chi	<b>26</b> 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club	<b>27</b> 9:30 Wild Women Cards	<b>28</b> 9:00 AOA 9:30am Pottery Coffee  <b>PIER 55 members 50% off Annadee's</b>	<b>29</b>	
<b>30</b>	<b>31</b> 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	January 31 1:00pm Pier 55 Proud Project Presentation See front page	<b>Hours of Operation January</b> <b>Monday's 9am to 4 pm</b> <b>Tuesday's 9am to 12 pm</b> <b>Wednesday's 9am to 4 pm</b> <b>Thursday's 9am to 12 pm</b> <b>Friday's 9am to 12 pm</b>				



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