

## WE WOULD BE TOTALLY NUTS

### IF WE DIDN'T THANK OUR WONDERFUL VOLUNTEERS!!

National Volunteer Appreciation Week is April 17–23. During this week as our way of saying “Thank you” we would like anyone that volunteered for Red Wing Area Seniors (Pier 55, Annadee’s Thrift Store, specific events like Field of Honor) during 2021 to stop into Pier 55 on **Wednesday, April 20<sup>th</sup>** from 10am to 3pm and pick up a token of our gratitude. We have over 70 registered volunteers! (Can you guess what the appreciation gift is???)



### START YOUR MONTH WITH SOME SINGING....

Starts Monday, April 4th

Gathers the first Monday each month 1:00pm— 2:00pm

Pier 55 Community Room

All are welcome

No cost

No registration

All levels welcome, music provided or bring your favorites!

Hello Everyone~

To date \$17,000 has been raised towards the Pier 55 Proud Project. This is exciting progress and we are continuing to work hard to raise all the funds needed. Construction will begin once the fundraising goal of \$70,000 has been met. The target date for things to get rolling is April 15, 2022, weather permitting. Thank you so much to everyone who has already contributed!



When it is completed the outdoor expansion at Pier 55 (Pier 55 Proud Project) will be something to be proud of! The continued growth of Pier 55 will foster positive energy, happiness and connections for area seniors citizens, as well as preparedness for whatever comes in the future.

Red Wing Area Seniors is looking to the future with a positive lens, while at the same time being prepared to best manage any accommodations or modifications that will need to be made in the event of an emergence of a future variant, causing restrictions to indoor gathering. Should this happen, seniors will have a safe usable/accessible outdoor space for programming needs to continue without disruption.

So, please keep those donations coming.... This month there is a pledge form included in the newsletter. If you are interested in contributing to this meaningful project and want to give monthly, or break your giving out over the course of 3 years, this is a great option. Donations can be made online at [www.redwingareasenior.org](http://www.redwingareasenior.org).

*Again, if you have already donated, thank you kindly for your support!*

### EVERY DOLLAR COUNTS!

In Service,

*Kim Wojcik*, Executive Director

If you have any questions, please contact me at 651.327.2255 [rwasdirector@gmail.com](mailto:rwasdirector@gmail.com)



## SHELDON THEATRE OUTREACH OPPORTUNITIES - HOSTED AT PIER 55

[www.SheldonTheatre.org](http://www.SheldonTheatre.org)

### Circus and Dust Lecture and Slideshow, Presented by Seth and Christina of Air Play

Friday, May 6 – 11:00am at Pier 55

No cost, no registration all are welcome!

In 2003, Afghanistan was still mostly rubble from 25 years of war. Seth and Christina met there while working on two different circus/theater projects. Over the next 7 years, they returned yearly and watched a nation change. From girls walking on stilts and street children passing 9 juggling clubs to comedy performances about land-mines and hand-washing seen by 2 million Afghans, meet the Afghanistan that never makes the news. Find out how and why a circus started and why in a post-war country laughter may be as important as rebuilding houses and going back to school.

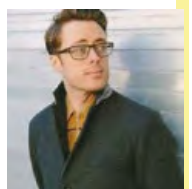
### Jeremy Messersmith

Thursday, May 12– 11:00am

Pier 55, no cost, no registration, all are welcome!

Artist conversation and workshop.

He is an indie pop singer-songwriter and one of Minnesota's most recognized and celebrated artists, praised by The New York Times, NPR, USA Today, Paste Magazine, The Wall Street Journal, Time Magazine, Spin, and Rolling Stone among many others. Jeremy is one of those rare artists who can break your heart one minute, and then put those fragile pieces back together again the next.





## VOLUNTEERS NEEDED....

Volunteers are needed this spring and summer at the

Red Wing Marine Museum. If you are interested in Red Wing history, boat engines, the Mississippi River, and artifacts, this may be the perfect volunteer opportunity for you! Volunteers are needed for shifts from 1-4pm while tourists explore the museum on self-guided tours. Training will be provide. For more information or to sign up contact Tom O, Gander Dancers at 612-747-5640



## PIER55 PETS PLEASE!



Beginning in June, Pier 55 will offer you the opportunity to come and share your human friendly pet with others **OR** just come and enjoy the chance to be around pets. If you have a friendly companion, let others benefit from their love. Think of this as an animal show and share. You can share your pet with others or come and be around others' pets. Most everyone knows the benefits animals can have for people. Watch the May newsletter for details.

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## APRIL SALES

APRIL 1	ALL SHOES BOGO
APRIL 5	MEN'S SHIRTS 50% OFF
APRIL 7	KID'S CLOTHING FILL A BAG FOR \$12.00
APRIL 28	ALL EASTER ITEMS 50% OFF
APRIL 29	PIER 55 MEMBERS 50% OFF (W/CARD)

### SHOPPING HOURS:

Tuesday's 10-4pm  
 Wednesday's 10-4pm  
 Thursday's 10-2pm  
 Friday's 10-2pm  
 Open the following Saturday's  
 4/9, 4/23, 4/30



### DONATION HOURS:

Tuesday's 10-1:00pm  
 Wednesday's 10-1:00pm  
 Friday's 10-1:00pm  
 Open the following Saturday's  
 4/9, 4/23, 4/30

## Red Wing Earth Week 2022: Educate · Advocate · Mitigate April 18<sup>th</sup>-24<sup>th</sup>

*It's time to invest in our planet, together we can all make a difference! What will you do?*

The Earth's climate is changing. Temperatures are rising, snow and rainfall patterns are shifting, and more extreme climate events – like heavy rainstorms and record high temperatures – are already happening. Many of these observed changes are linked to the rising levels of carbon dioxide and other greenhouse gases in our atmosphere, caused by human activities.

Red Wing Earth Week 2022 is focused on accelerating solutions to combat climate change by activating out community. We provide educational information and activities, encourage advocacy for policy and system change, and challenge everyone to adopt sustainable behaviors.

Red Wing Earth Week 2022 is a week full of activities, programs and challenges for residents of all ages. Most are free, however, some required registration. For a complete list, go to [www.red-wing.org/earthweek](http://www.red-wing.org/earthweek)

Action taken today equals a healthy planet for the future. Questions?  
 Contact David Anderson at [redwingbluffs@gmail.com](mailto:redwingbluffs@gmail.com)





"PIE don't mind if I do....."

## PIE SOCIAL(LY)DISTANCED

**Monday, May 16th**

Pick up time 11am to 1pm

You will enjoy a "flight" of pies,  
(4 mini servings)! \$14.00 per person or split the flight and cost with a friend.  
Call or stop in to register and prepare to be delighted. 651-327-2255

- Key Lime
- Peach Blueberry
- Mint Mocha
- Peanut Butter Fudge

Register by Wednesday, May 4th  
Open to the community



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or (800) 950-9952 x5887



## 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, and be aware of your movements.

Class meets  
Monday's  
10-10:45am  
\$2.50 per class  
Punch cards available  
Call or stop in to register  
651-327-2255

OR TRY

## (Small Group/Nights and Weekends)

Small Group Sessions at Pier 55 (Maximum 6 participants).

Tuesday's 5:30pm to 6:15pm

Saturday's 8:30am to 9:15am

Call or stop in to register 651-327-2255



**Sign up now to take advantage of our introductory rate:**

**\$7.50 per session or a punch card of 11 session for \$75.00**

## 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 pm – 3:00 pm**

**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

### Active Older Adults Fitness (AOA)

**Monday's,  
Wednesday's & Friday's 9am**

First class is free! Stop in and try a class or just observe to see if it might be a good fit for you.

### 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@hbci.com](mailto:svien65@hbci.com)





## ZENTANGLE

8 Week Class

Thursday, March 24th  
10:30am to 11:30am

\*you can still register\*

Facilitated by Dick Luhman, Self Taught

Call or stop in at Pier 55 to register

\$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.



## Church Basement Ladies

Thursday, September 8

Depart 10am Return 5pm

Members \$95.00

Non Members \$105.00

Lunch is included. Show is at the Ames Center.

**This is a NEW musical comedy!**

The Church Basement Ladies are at it again. In the 9th installment of the highly successful series. The year is 1975 and all your favorite characters are back! Whether this is your first visit to the basement or you've seen 'em all, you won't want to miss this brand new show. Come along as the ladies don their polyester pantsuits and sing, dance and laugh their way thru this hilarious and touching new musical, PLOWIN' THRU.



AMERICAN CANYON LANDS TRIPS IS FULL, CALL OR STOP BY PIER 55 TO GET PLACED ON A WAITING LIST.

3/31 TRAVEL SHOW HAS BEEN CANCELLED. QUESTIONS?

CALL ROSE PROPST 651-301-0700



## St. Paul Saints Game Wednesday, August 10<sup>th</sup>

Game starts at 1pm

Return time depends on the length of the game

\$ 57.00 members \$65.00 Non members

Cost includes coach bus and admittance to the game. Seating in section 104  
Register at Pier 55 front desk or by calling 651.327.2255

## PIER 55 DAY TRIP INFORMATIONAL MEETING

### In house travel show

Tuesday, April 12<sup>th</sup> at 10am  
 Pier 55~240 Harrison St.  
 Coffee and doughnuts provided  
 !!Door Prizes!!

Come and hear about all the exciting day trips offered through July 2022 from Pier 55. There is something for everyone. Membership is NOT required. All are welcome to attend.

Day Trips to be discussed will be:

- ♦ May 25 Chanhassen Dinner Theatre-Footloose
- ♦ June 21 Skyrocket Farms
- ♦ July 12 New Ulm
- ♦ August 10 St. Paul Saints Game



Tour guide Rose Propst would be happy to answer any questions about our trips: @ 651.301.0700  
[prp22134@yahoo.com](mailto:prp22134@yahoo.com)

## SKYROCKET FARMS FANDANGO

Pier 55 presents this one of a kind day trip experience that is a must see!



**Tuesday, June 21**  
**Depart 8:30am Return 4:30pm**  
 Registration due by Friday, June 10th

**Cost~ \$87 members \$99.00 NON members**  
 Cost includes tour, meal, beverages and an optional train ride. This can be a minimal walking adventure.



The day will be full of excitement. Here is a glimpse of what you can expect:

A guided tour of the carousel and organ exhibit. (The carousel is wood carved and there are over 20 antique organs). You will be told the colorful history of the many carousel animals and the artists that carved them. You will be able to enjoy huge custom murals of artwork painted by local artists. Everyone will love the demonstration of the ornate and gilded organs.

Call or stop in at Pier 55 to register.





## NON-STOP IN NEW ULM

Trip Date: Tuesday, July 12

Depart 7:00am Return 6:00pm

Members \$83.00, NON-Members \$99.00

*Register by Friday, July 1<sup>st</sup>*

Call Pier 55 or stop in to register 651.327.2255

This whirlwind day will keep you busy!! (Much of which can be done seated ☺)

Our day will start at the New Ulm Chamber for coffee, goodies and coupons.

Then off to tour the August Schell Brewing Company, of course including some samples!

Yes, we will be eating lunch too!

Then a stop at the Brown County History Museum and at author Wanda Gag's home.

Ending our day with a step on guided tour of historic New Ulm and narrations of several local attractions.

**Tour guide Rose Propst would be happy to answer any questions about our trips: @ 651.301.0700**

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



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Amy S. (current RWAS employee) will be available for you to hire for minor yard work this Spring. You would want to contact Amy directly. Please note that she may or may not be able to accommodate every request. 651-764-0579



## **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](mailto: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.

## **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](mailto: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](mailto:hart@threeriverscap.org)

## **NAPS: Nutrition Assistance Program for Seniors**

**Tuesday, April 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 (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.



## 15th Annual Field of Honor May 27-31

Flag will be on display rain or shine May 27-May 31.  
Program will be Friday, May 27, 6pm at Bay Point Park,  
Please bring your own chairs

There is still time to dedicate a flag in memory or honor of a veteran or all veterans!  
Stop in to pick up a dedication form or visit [www.redingareaseniors.org](http://www.redingareaseniors.org)



A huge thank you to Patsy Nesteby and the  
Modern Woodmen of America for providing a matching  
grant up to \$2,500 again this year!






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Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

**You must be 48 years of age** or older to submit your picture for a prize. THREE grand prizes (each \$50 value) will be awarded. Entries are due by **4 p.m. Thursday, May 13.** Pictures will be assigned a number for anonymous voting. Entries will be hung at Pier 55 where voting will take place until May 31st.

**Drop off or mail to Pier 55, 240 Harrison St., Suite 2, Red Wing, MN 55066.**

(For office use only: Entry # \_\_\_\_\_ )



**BOOK CLUB FOR WOMEN**

First Friday of the month at 10:30am

Facilitator: Pat Kernan

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

Also, check out the puzzle exchange area in the hallway.

**"Wild Woman" Cards**

Thursday's • 9:30 a.m. Remember canasta and "Hand and Foot"? Then you can learn this easy game. Men are welcome. For information, contact Clare Cox, 763-420-5333.

**THE FUN CHALLENGE FOR MARCH WINNER!****Barb Betcher****HAPPY VALENTINES DAY CHALLENGE WINNER!****Dorothy Bensen****BOARD AND STAFF****Directors**

President. . . . . Tom Walsh

Vice-President. . . . . Jeff Marcus

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Doug Blakesley, Todd Avery

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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

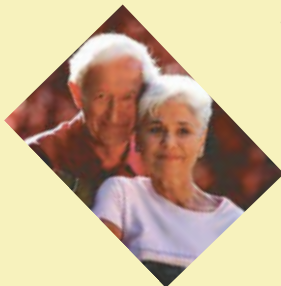
Stef Braun.....RWASprogram@gmail.com

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, April 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.
- ◆ 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 schedule a coffee meeting with Kim to learn more about including us in your planned giving.  
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## MISSION


**Empowering active living  
and lifelong learning.**



# CALENDAR OF ACTIVITIES

## APRIL 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	<b>Hours of Operation April</b> <b>Monday's 9am to 4 pm</b> <b>Tuesday's 9am to 2 pm</b> <b>Wednesday's 9am to 4 pm</b> <b>Thursday's 9am to 2 pm</b> <b>Friday's 9am to 12 pm</b>				<b>1</b> 9:00 AOA 9:30am Pottery Coffee	<b>2</b>
<b>3</b>	<b>4</b> 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong 1pm SING ALONG	<b>5</b> 9:30am YOGA w/ Michele 2pm Parkinson 3:15 Tai Chi 5:30pm Small Group Pilates	<b>6</b> 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club	<b>7</b> 9:30 Wild Women Cards	<b>8</b> 9:00 AOA 9:30am Pottery Coffee	<b>9</b> 8:30a Small Group Pilates
<b>10</b>	<b>11</b> 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	<b>12</b> 9:30am YOGA w/ Michele 2pm Parkinson Wellness 3:15 Tai Chi 5:30pm Small Group Pilates	<b>13</b> 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club	<b>14</b> 9:30 Wild Women Cards	<b>15</b> CLOSED GOOD FRIDAY	<b>16</b> 8:30a Small Group Pilates
<b>17</b>	<b>18</b> 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	<b>19</b> 9:30am YOGA w/ Michele 2pm Parkinson Wellness 3:15 Tai Chi 5:30pm Small Group Pilates	<b>20</b> 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club VOLUNTEER APPRECIATION GIFT PICK UP DAY!! 10am to 3pm	<b>21</b> 9:30 Wild Women Cards	<b>22</b> NO AOA-pottery convention in room 9:30am Pottery Coffee	<b>23</b>
<b>24</b>	<b>25</b> 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	<b>26</b> 9:30am YOGA w/ Michele 2pm Parkinson Wellness 3:15 Tai Chi 5:30pm Small Group Pilates	<b>27</b> 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club	<b>28</b> 9:30 Wild Women Cards	<b>29</b> 9:00 AOA 9:30am Pottery Coffee 50% off Annadee's Pier 55 member Day	<b>30</b> 8:30a Small Group Pilates



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