

15th Annual Field of Honor
350 flags dedicated in memory and honor of veterans!



@ Tim Alms Photography

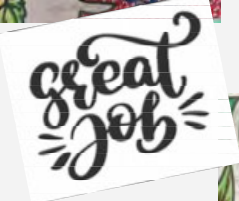
2022 SPRING COLORING CONTEST WINNERS



Lynn L.



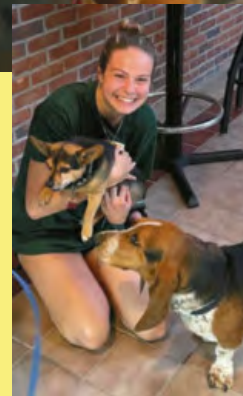
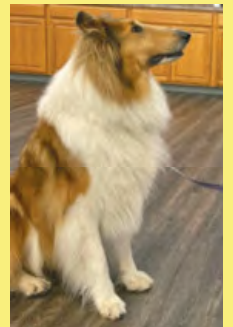
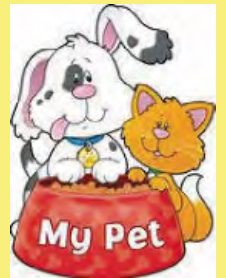
Sherry S.



Shirley H.

PIER55 PETS PLEASE!

Friday's at 10am, Pier 55 will offer you a weekly 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.



Pier55 Pets Please first day was a huge success!



Intro Classes (First 8 hour class)
 September 19 and 20th, 9am to 1pm

Refresher Classes (4 Hour class)

July 20th 9am to 1pm

July 26th 1pm to 5pm

\$25 AARP Members

\$30 Non AARP Members

(Cost is the same for the refresher or the 8 hour)

651-327-2255 to register

All classes will be held at Pier 55

240 Harrison St. Red Wing

Call for more information and future dates.
 Meets requirement for MN insurance discount

BOOK CLUB FOR WOMEN

First Friday of the month at 10:30am

Facilitator: Pat Kernan

- July– Lightning Strike
 By William Kent Kruger
- August– A Woman’s War Too
 By Virginia Wright-Peterson

Mahjong.....Mondays, 1pm

Scrabble.....Wednesdays, 11am

Puzzle Club.....Wednesdays, 1pm

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

“WILD WOMEN’S CARDS”

Thursday’s • 9:30 a.m. Remember canasta and “Hand and Foot”? Then you can learn this easy game.

SING ALONG WITH CHAR

Paused for summer.



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 651.388.9733





SHOPPING HOURS:

Tuesday's 10-4pm
 Wednesday's 10-4pm
 Thursday's 10-2pm
 Friday's 10-2pm
 Open the following Saturday's
 7/30, 8/13, 8/27
 10am-2pm

JULY CALENDAR

7/1 BOOKS 5 FOR \$1.50
 7/5 WOMEN'S CAPRIS AND SHORTS BOGO
 7/8 FURNITURE 50% OFF
 7/19 WOMEN'S TOPS FILL A BAG \$20
 7/21 KITCHEN COOKWARE AND COFFEE MAKERS 50% OFF
 7/27 KIDS CLOTHING FILL A BAG \$10
 7/29 PIER 55 MEMBERS 50% STOREWIDE



DONATION HOURS:

Tuesday's 10-1:00pm
 Wednesday's 10-1:00pm
 Friday's 10-1:00pm
 Open the following Saturday's
 7/30, 8/13, 8/27
 10am-1pm

AUGUST CALENDAR

8/2 ALL CLEAR GLASS 50% OFF
 8/5 ALL CANDLES AND CANDLE HOLDERS 50% OFF
 8/10 PILLOWS BOGO
 8//16 MEN'S CLOTHING 50% OFF
 8/19 ALL CD'S AND DVD'S 50% OFF
 8/26 PIER 55 MEMBERS 50% OFF



Annadee's Thrift Store is closed the following dates for employee and volunteer respite.

We will see you on Tuesday, July 19th

CLOSED THE WEEK OF SUNDAY, JULY 10 THRU MONDAY, JULY 18TH



COLLEGE Scholarships

Red Wing Area Seniors first scholarship awards to local high school seniors that will pursue an education and/or a career in the health care field and/or working with the aging population went to Amira, Cheyenne and Makayla.

Thank you to everyone that donated to the Red Wing Area Senior scholarship fund! Next fall we will have an opportunity to donate again for the coming school year.

(L to R) Amira Ramstad, Cheyenne Verdugo, and Makayla Becker

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1264 Old West Main St.
Red Wing, MN 55066
(651) 388-6060



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

Class meets
Monday's
10-10:45am
Thursday's
2:30pm– 3:15pm
\$2.50 per class
Punch cards available
Call or stop in to register
651-327-2255

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

If you are interested in learning more about any of the fitness classes offered at Pier 55 contact Kim W. at 651-327-2255 or rwasdirector@gmail.com

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

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.



START YOUR MONTH WITH SOME SINGING....

Paused until fall.

No cost

No registration



It's 4th of July! Let's have a picnic!

1 [Down] 2 [Down] 3 [Across] 4 [Across] 5 [Down] 6 [Across] 7 [Across] 8 [Across] 9 [Across] 10 [Across] 11 [Across] 12 [Across] 13 [Across] 14 [Across] 15 [Across] 16 [Across] 17 [Across] 18 [Across] 19 [Across] 20 [Across] 21 [Across] 22 [Across] 23 [Across] 24 [Across] 25 [Across] 26 [Across] 27 [Across]

Name _____
 Phone Number _____ Mail or drop off your completed puzzle to Pier 55 to be in the prize drawing!! 240 Harrison Street, Red Wing. Deadline to turn in forms is August 5th.

CONSTRUCTION UPDATE



Hello Everyone,
 Construction on the Pier 55 Proud Project is in full swing and we are getting very close to crossing the finish line on our fundraising goal. Our goal is to cover all of the project cost which will be \$70,000 we have currently raised \$53,000! The next phase of the project will include more landscaping, fencing, and wall mounted lighting.
Thank you, thank you, thank you to those individuals and organizations that have already donated. If you have not donated yet, please consider a donation to the Pier 55 Proud Project. Donation forms are available at the front desk. Sincerely, Kim Wojcik

THIRD SECTION OF CONCRETE BEING POURED!



TREES AND FLOWERS HAVE ARRIVED!



St. Paul Saints Game Wednesday, August 10th

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



SUMMER AND BASEBALL!

CHURCH BASEMENT LADIES

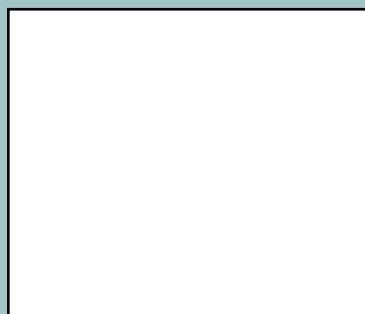
Thursday, September 8
Depart 10am Return 5pm
Members \$95.00
Non Members \$105.00



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.



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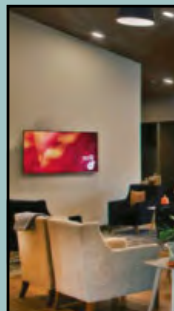
Join our 60 plus Club. Get \$4 Off with fully punched card.
Double Punches on Wednesday!



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Golden K meets the 2nd and 4th Thursday of each month at Pier 55.
No admission fee, just come and join our friendly folks!
240 Harrison Street, Red Wing

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.

Dementia Care Givers Blog Resource

Dementia Careblazers

#careblaxer #dementia #dementiacaregiver

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, Certified Foot Care Nurse 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
hart- Miles and Miles of Positive Impact
1-866-623-7505

hart@threeriverscap.org

NAPS: Nutrition Assistance Program for Seniors

Tuesday, July 19th

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.



This years Field of Honor was a huge success. This was the first year that all 350 flags were dedicated in honor and/or memory of veterans the day before the event. Thank you all that dedicated flags and donated. We are proud to report that this year's event raised \$11,250.

We had beautiful weather Friday evening and all who attended were able to take part in a wonderful ceremony. We were all grateful to have this event in person and share the time together in community honoring those who have sacrificed and those who continue to sacrifice for our County.

Also, we are so glad that so many people were able to take in the breathtaking site of the field over the weekend and over the holiday.

Thank you to the countless people that make this event possible each year. A special thank you to the City of Red Wing for all of their support!



Patsy N. and Shirls P.
\$2,500 donation from
the Modern Woodmen

Flag dedications for the 2023 Field of Honor can be made starting April 3, 2023.



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Pacific Coast Adventure



AUGUST 13, 2023– 8 Days

Also, for more information contact Rose Propst.

See below for contact information or stop at Pier 55 to pick up a color flyer from the travel brochure area in the hallway.

HIGHLIGHTS

Seattle City Tour & Space Needle • Pike Place Market • Mt. St. Helens Visitor Center • Portland City Tour • International Rose Test Garden • Oregon's Pacific Coast • Oregon Dunes National Recreation Area • Rogue River Jetboat Trip • Redwood National Park • Sonoma Valley Winery Tour & Tasting • Golden Gate Bridge • San Francisco City Tour • Fisherman's Wharf Dinner

Booking Discount: Cost \$3,795 pp double. Regular Price: \$3,895

INCLUDES

7 Nights Hotel Accommodations, 11 Meals, Tour Director, Motorcoach Transportation, Sightseeing per Itinerary, Baggage Handling



TRAVEL SHOWS PIER 55

October 13th at 10am
January 26th at 10am
No registration required



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

prp22134@yahoo.com.



Thank you for awarding me this scholarship. I am looking forward to attending the University of Minnesota this Fall and pursuing a career in the medical field. Your financial contribution will be

put toward achieving this goal!

All the best,
Amira R.

Dear Annadee's Closet,

Thank you so much for your kind generosity on the clothing request I made for my release from prison. It means so much to me to be receiving these items as I am starting out with basically nothing upon my release.

Thank you, God Bless!! Sincerely, CW

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

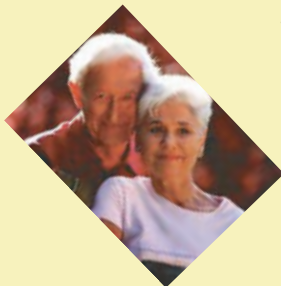
- Kim Wojcik..... Executive Director
- Stef Braun..... Program Coordinator
- Shirley Perkins..... Administrative Asst.
- Jolene King..... Annadee's Manager
- Mary Machnik... Volunteer Gift Shop Manager
- Doug Blakesley..... Talent Acquisition Volun.

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...

- ◆ 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 drop off shred documents at no cost any time during business hours.
- ◆ 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.
- ◆ 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

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. 651-327-2255 • 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

JULY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	Hours of Operation July Monday's 9am to 4 pm Tuesday's 9am to 2 pm Wednesday's 9am to 4 pm Thursday's 9am to 2 pm Friday's 9am to 12 pm		1 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club 1pm Scrabble 2pm Pier55 In the Park 2pm Yoga	2 9:30 Wild Women Cards 2:30 pm Standing Pilates	3 9:00 AOA 9:30am Pottery Coffee 10am Pets Plz	4
5	6 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	7 9:30am YOGA w/ Michele 2pm Parkinson 3:15 Tai Chi	8 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club 1pm Scrabble 2pm Pier55 In the Park 2pm Yoga	9 9:30 Golden K 9:30 Wild Women Cards 2:30 pm Standing Pilates	10 9:00 AOA 9:30am Pottery Coffee 10am Pets Plz	11
12	13	14	15	16	17	18
CLOSED Pier 55 is closed for Pottery Convention week. Annadee's Thrift Store is closed for employee and volunteer respite. We will see you on the respective opening dates. :)						
19	20 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	21 9:30am YOGA w/ Michele 2pm Parkinson Wellness 3:15 Tai Chi	22 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club 1pm Scrabble 2pm Pier55 In the Park 2pm Yoga	23 9:30 Golden K 9:30 Wild Women Cards 2:30 pm Standing Pilates	24 9:00am AOA 9:30am Pottery Coffee 10am Pets Plz	25
26	27 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	28 9:30am YOGA w/ Michele 2pm Parkinson Wellness 3:15 Tai Chi	29 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club 1pm Scrabble 2pm Pier55 In the Park 2pm Yoga	30 9:30 Wild Women Cards 2:30 pm Standing Pilates		

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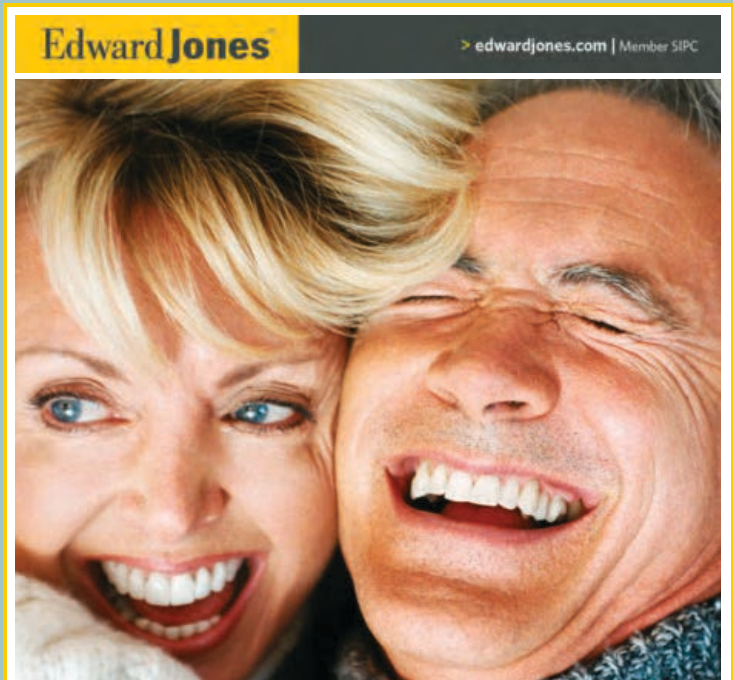
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