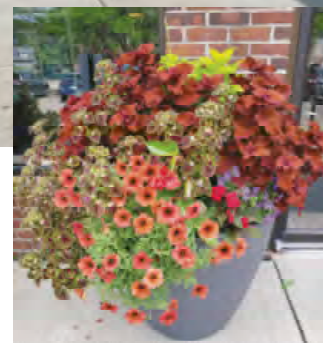


What everyone needs to know about the new patio.....

The construction phase of the project has been completed, we are nearing the finish line for fundraising (currently we have \$8,000 left to raise). In the coming weeks our furniture should arrive and the patio will be open for use!!

When the patio is open, the following guidelines will need to be followed: If 1-3 individuals want to use the patio they are welcome to do so during business hours and furniture will be available. If a group of 3 or more would like to utilize the patio they can contact Stef Braun, Program Coordinator for more information rwasprogram@gmail.com. Because the patio is a common area there is no smoking allowed, you are responsible for cleaning up after yourself and all are asked to be respectful of the patio and others utilizing the space.

We may or may not have umbrella's available at the table depending on the sun, time of day and need. Please request an umbrella at the front desk if you feel that one is needed. The Rancho Loco is responsible for the portion of the new patio in their area. Their hours of operation and rules will vary from Pier 55. Please call, stop in or email if you have any other questions.



OFFICIAL PATIO OPENING



Now, lets talk celebration! The official patio opening is schedule for Wednesday, September 14th at 10am (ON THE PATIO). Join us for the official opening brought to you by Shirley Perkins. At this time Shirls will enjoy the honor of having the first official coffee and pastry on the patio!! Also, we will take this opportunity to say thank you to all of the wonderful individuals and organizations that made this fantastic expanded space a reality. Thanks to their generosity senior citizens in Red Wing will soon have a safe, easily accessible, familiar, beautiful place to enjoy gathering outdoors.

Kim Wojcik, Executive Director

SAINTS GAME TRIP

See page 9 for details.

**"STEP BACK IN TIME"**

See page 8 for details.

RED WING SOCIAL SINGLES

Bridging Friendships

Are you looking for activities and/or interested in meeting new people and having fun... If so, consider checking out this local singles club.

**We meet the first Friday of the month
Fiesta Mexicana 5pm
(come see us)**

If you are interested in checking out the organization, please contact:

Bruce

715-594-3874

Or

Sherry

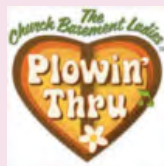
651-212-6021

**'A LITTLE BIT OF
EVERYTHING'**

See page 8 for details.

PLOWIN' THRU

FULL- At this time we are accepting waitlist

**CALLING ALL "500"
CARD PLAYERS**

Monday's

1:00pm to 3:00pm

No matter your age, gender, or skill level you are invited to play 500 at Pier 55.

Other monthly activities may include:

- Community events
- Card/game parties
 - Potlucks
- Walks in the park
 - Bonfires
 - Movies
 - Bowling
 - Theatre
 - Concerts
- Dinner/dancing
- Day trip adventures

New ideas are always welcome. Participate in all planned activities or just those of special interest to you.

Red Wing Social Singles is a non-profit organization for the purpose of bridging social connections for single people. Begun in 1993, we welcome all singles to our group for fellowship, camaraderie and fun social interactions.

FAMILY FARE RECEIPTS

We still need your receipts. Please drop them at Pier 55 or Anndee's Thrift Store.

Intro Classes (First 8 hour class)

Sept 19 and 20th, 9am to 1pm

Refresher Classes (4 Hour class)

August 11, 1-5pm

August 16, 9-1p, August 31, 2-6

September 29, 9-1 pm

\$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

- August– A Woman's War Too
By Virginia Wright-Peterson
- September– A Woman's War too
By Virginia Wright-Peterson
- October– One Two Three
By Laurie Frankl

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.

500 CARD CLUB– Monday's 1:00pm to 3:00pm all are welcome.

SING ALONG WITH CHAR Paused for summer

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Fitness Center***A safe, supportive, welcoming environment*

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Call Delores for details:
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
 8/13, 8/27 10am-2pm

DONATION HOURS:

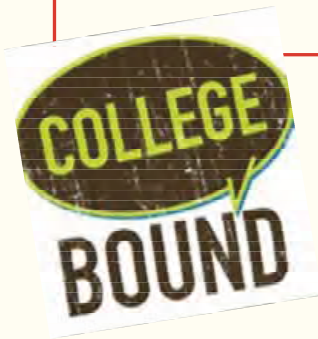
Tuesday's 10-1:00pm
 Wednesday's 10-1:00pm
 Friday's 10-1:00pm
 Open the following Saturday's
 8/13, 8/27
 10am-1pm

AUGUST CALENDAR

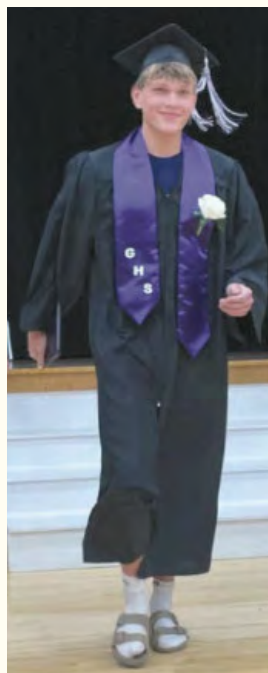
8/2 ALL CLEAR GLASS 50% OFF
 8/5 ALL CANDLES AND CANDLE HOLDERS 50% OFF
 8/10 PILLOWS BOGO
 8/16 MEN'S CLOTHING 50% OFF
 8/19 ALL CD'S AND DVD'S 50% OFF
 8/26 PIER 55 MEMBERS 50% OFF

BACK TO SCHOOL

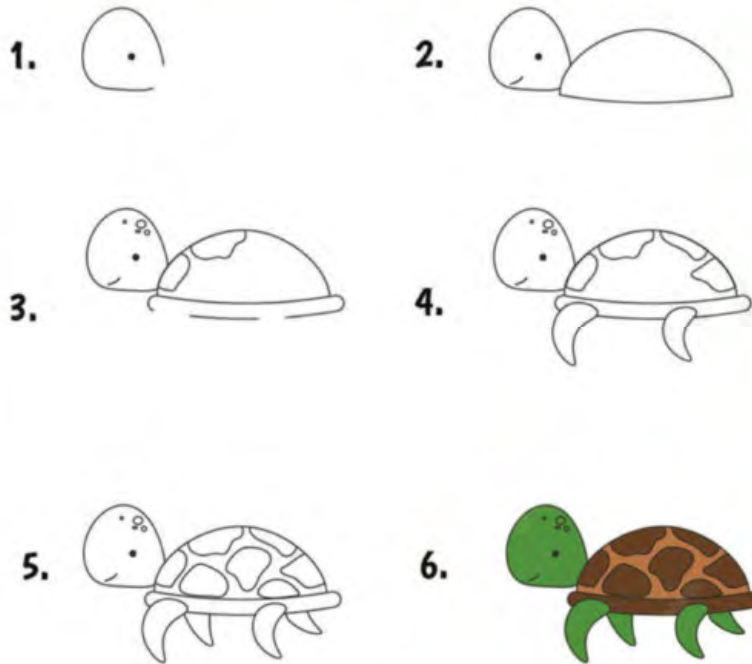
If you are looking for back to school or college dorm items remember to shop Annadee's Thrift Store. We have new inventory daily!



Dayne will be attending Augustana University in Rock Island Ill. Playing basketball for the Vikings.



Congrats and farewell to Dayne W. Best of luck at College and we hope to see during breaks to move furniture, help at the donation door and minor maintenance at Pier 55!



DRAWING CHALLENGE Step by Step Turtle

See illustration 1 – 6 and follow the steps on your own piece of paper, turn in your completed turtle to Pier 55 with your name and phone number on the back to be entered into a random drawing. (any size)

Deadline to submit pictures is Friday, August 19th.
One entry per person.

.....

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ballrich@lpicommunities.com
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651-388-2029

villagecooperative.com/red-wing-mn

ACE Hardware

1264 Old West Main St.

Red Wing, MN 55066

(651) 388-6060

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 \$55 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

YOGA FOR CHRONIC BACK PAIN– Michele Hoffman

September 13th—October 8th

5:30pm to 6:30pm

To register: Call or email Michele at 651-301-1781,
Hoffman.michele@mayo.edu

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

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@hbc.com



Red Wing Golden K
Kiwanis Club
Invites you to join us to
hear:

Thursday, August 11 at 9:30am

Dave Conrad, Interim Executive Director Creek-
stone Montessori Charter
Schools Opening

Thursday, August 25 at 9:30am

Red Wing Public Works Staff
Keeping Red Wing Pretty

Both sessions are in the Pier 55 Meeting Room
No admission fee, just come and join our friendly
folks.

Are you looking for a space to hold your next
event, meeting,
or club activity?

Pier 55 has three rooms of different sizes
available for you to meet your rental needs.

We offer easy access parking, restaurant
located in the building, hourly, half day and
full day rentals.

Call, email or stop by for
more
information or to book
your space usage.
651-327-2255,
rwasdirector@gmail.com



EISENHOWER BRIDGE OF VALOR

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those who displayed
extreme courage in the
face of great danger with
little regard for self.

Dedication

August 7, 2022

10:00am

Bay Point Park

Red Wing, MN

www.eisenhowerbridgeofvalor.com

Rain or Shine

For more information or to
volunteer at the event
email:

Janedraz@gmail.com

A LITTLE BIT OF EVERYTHING

Välkommen! Join us at the Swedish Institute for lunch and a tour, Mall of America Sea Life Aquarium and Holiday Shopping time!

When: November 10th

Bus Leaves at 8:15 a.m.

Bus Returns at 5:00 p.m.

Members: \$95

Non-Members: \$105

(Bus, Swedish Institute tour, lunch, and aquarium cost included in Fee)

Register and pay by 10/26 (no refunds after this date)

Lunch: Smorgasbord!!!

Drinks: Coffee, decaffeinated coffee, and Ice Water

Salads/ Bread: Beet salad or Cucumber Dill salad, Rye Bread, and Butter

Entrée: Lingonberries, Mashed Potatoes, Swedish Meatballs

Dessert: Chefs Choice of Swedish Dessert



Swedish Institute

STEP BACK IN TIME



Sign up NOW! 30 tickets available for this exclusive event will go fast.

When: Thursday December 8th

Register and pay by November 20th, no refunds after this date.

Bus Leaves at 11:00

Bus Returns at 4:30

Members: \$105.00

Non-Members: \$118.00



It's A Wonderful Life A Live Radio Play

Reconnect with the magic of the holiday season and step back in time with *It's A Wonderful Life-A Live Radio Play*. The Saint Paul Hotel's holiday classic is celebrating its 15th year. This classic comes to life as a live 1940's WCCO radio drama. Don't miss your chance to experience the magic of this timeless tale with your family and friends.

Example Lunch Menu: Soup Cream of Smoked Mushrooms, Parsley & Pickled Shallots

Entrée: Red Wine Glazed Chicken with a Stoneground Mustard Sauce, Herb Roasted Fingerlings Potatoes, French Beans, Baby Carrots and a Red Wine Reduction

Dessert: Chocolate Cherry Tart with Cherry Compote, Chocolate Ganache, Lemon Chantilly Cream and Seasonal Garnish

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.

Full with wait list spots available

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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NATIONAL ELDER FRAUD HOTLINE

Call 833-FRAUD-11

833-372-8311

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 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

#careblazer #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 and 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@threeiverscap.org

NAPS: Nutrition Assistance Program for Seniors

Tuesday, August 16

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.

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.

Please Notice This



**NEW- Beginning
November 1, 2022**

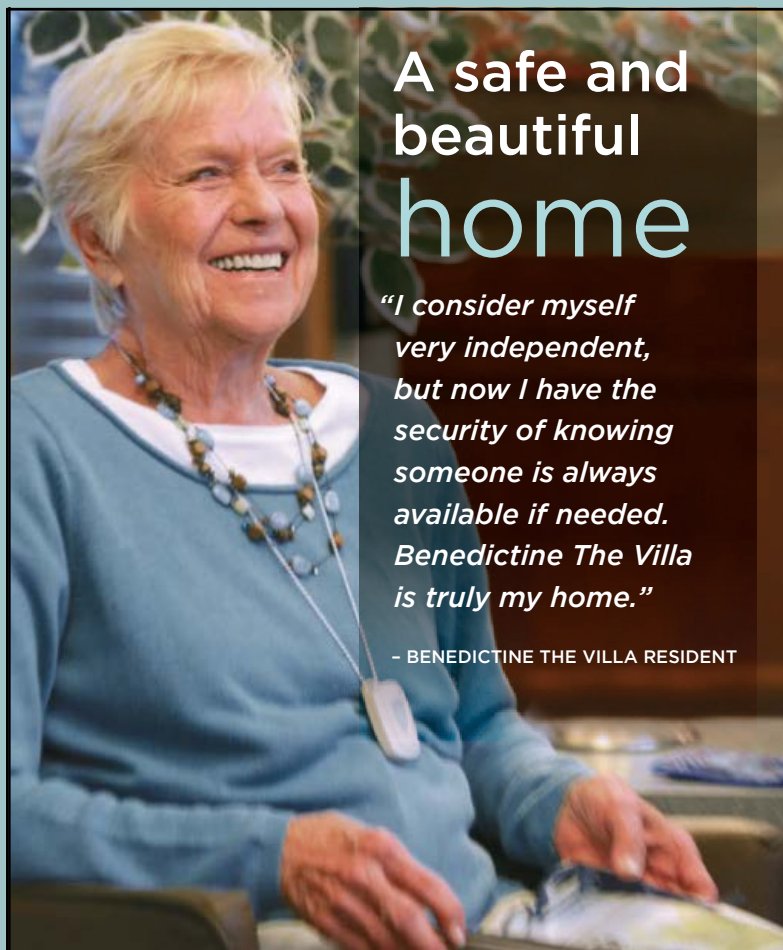
TRIP PAYMENT AND REFUND INFORMATION

- Each trip will have a payment and registration deadline, as well as, a no refund after date. If you cancel after this date you will not receive a refund for any circumstance.
- Participants will NOT receive a refund on any trip after the no refund date listed.
- Participants can NOT transfer this trip fee on to another trip. The fee will be used for this trip or forfeited.
- Participants CAN transfer this trip fee
 - to another person.



PIER 55 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.



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Red Wing Area Seniors Inc., Red Wing, MN

D 4C 02-1019

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.



You may have seen this fun hardworking couple (Sue and Ray) volunteering at Pier 55 and Annadee's Thrift Store. They are tasked with the medical equipment program and cardboard recycling at Annadee's. We don't know what we did before they were here and we are so grateful for all that they do!

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

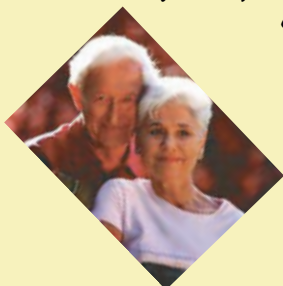
Kim Wojcik.....Executive Director
 Stef Braun..... Program Coordinator
 Shirley Perkins.....Administrative Asst.
 Jolene King.....Annadee's Manager
 Mary Machnik... Volunteer Gift Shop Manager
 Doug Blakesley.....Talent Acquisition Volun.

Email addresses

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

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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 their 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. (see page 15)
- ♦ 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 a membership card from Shirls Perkins.
- ♦ 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

AUGUST 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	1 9am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	2 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	3 9 am AOA 9:30 am Pottery Coffee 11 am scrabble 1 pm Puzzle Club 2 pm Pier 55 In the Park 2 pm Yoga	4 9:30 am Wild Women Cards	5 9:00 am AOA 9:30 am Pottery Coffee 10 am Pets Plz 10:30 am Book Club 10:30 am Spanish	6
7	8 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	9 9:30 am YOGA w/ Michele 1 pm Parkinson 2 pm Tai Chi	10 9 am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Pier 55 In the Park 2 pm Yoga	11 9:30 am Golden K 9:30 am Wild Women Cards	12 9:00 am AOA 9:30 am Pottery Coffee 10 am Pets Plz 10:30 am Spanish	13
14	15 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	16 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	17 9 am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Pier 55 In the Park 2 pm Yoga	18 9:30 am Wild Women Cards	19 9:00 am AOA 9:30 am Pottery Coffee 10 am Pets Plz 10:30 am Spanish	20
21	22 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	23 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	24 9 am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Pier 55 In the Park 2 pm Yoga	25 9:30 am Golden K 9:30 am Wild Women Cards	26 9:00 am AOA 9:30 am Pottery Coffee 10 am Pets Plz 10:30 am Spanish 50% OFF Annadee's Member Discount	27
28	29 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	30 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	31 9 am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Pier 55 In the Park 2 pm Yoga	Hours of Operation August 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		

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