



You know us; we are
"suckers"
for a good contest!!

And, we seem to have gotten ourselves in a
"sticky" situation.....We can not
"suck-ceed" without your help. So, please be a **"sweetie"** and join in.
There is a certain number of treats in this jar, and we must make a
"confection." WE ARE A BUNCH OF **"DUM*DUMS"** and misplaced our
tally. So please, it would come in **"candy"** if you could let us know what
your best guess is. Let's **"stick"** together and get this **"licked"**!

Have a LOLLI Day ☺

The sucker jar is available for in-person viewing during business hours at Pier 55 in the gift shop.

To participate, fill out the following information and drop it off or mail it in to Pier 55 by September 26th at 4pm. Submissions with the correct number of suckers will be eligible to win one of two \$50 ALDI GIFT CARDS. If more than 2 people have the correct number there will be a random prize drawing. One entry per person. Lid can not be removed.

Name _____

Phone _____

My sweetest guess is:





PATIO OPENING

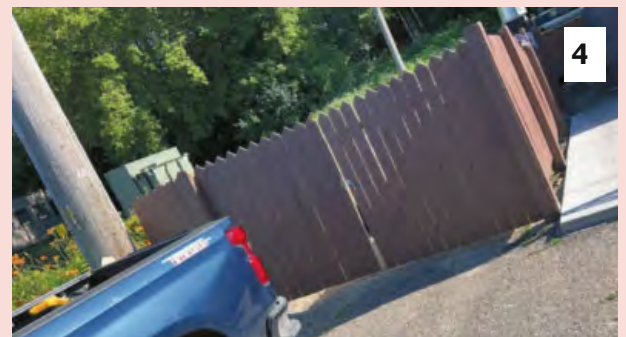
Now, lets talk celebration!
The official patio opening is schedule for Wednesday, September 14th at 10am (ON THE PATIO).

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,

GRAND OPENING



Check out the four stages of progress that has been made on repairing our dumpster area enclosure. Thanks to Dayne W. for all is hard work. Stop by and take a look. It looks great!

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

BOOK CLUB FOR WOMEN

First Friday of the month at 10:30am

Facilitator: Pat Kernan

- 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. No matter your age, gender, or skill level.



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2311 Old West Main St. Red Wing

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
 10am-2pm

DONATION HOURS:

Tuesday's 10-1:00pm
 Wednesday's 10-1:00pm
 Friday's 10-1:00pm
 Open the following Saturday's
 10am-1pm

**SEPTEMBER CALENDAR**

9/2 FIVE BOOK FOR \$1.50
 9/7 MEN'S AND WOMENS SHOES BOGO
 9/13 CLEAR GLASS BUY ONE GET TWO
 9/16 WOMEN'S SPORTS WEAR BOGO
 9/21 MEN'S TSHIRTS AND SOCKS BOGO
 9/23 PIER 55 MEMBERS 50% OFF (W/CARD)
 9/29 WOMEN'S UNDERGARMENTS 50% OFF

OCTOBER CALENDAR

10/4 WOMEN'S TOPS FILL A BAG \$20
 10/7 HALLOWEEN ITEMS 25% OFF
 10/13 BOGO CHILDREN'S TOYS
 10/19 WOMEN'S JEANS 50% OFF
 10/25 HALLOWEEN ITEMS 50% OFF
 10/28 PIER 55 MEMBERS 50% OFF (W/CARD)



I am happy to report that it was a great summer of furniture pick ups for Annadee's thanks to this crew and all of the generous community members who donated! Thank you for all you do Vic V! Good luck as you go off to college Dwight W and Dayne W. We hope to have this gang back together next summer.

"They rock! I have never seen so much furniture go in & out that store in such a short time." - Sherry S.



Blood Drive

Potter Ridge Senior Living

Community Room
1971 Neal Street

Wednesday, September 14th
11:00 am - 5:00 pm



**American
Red Cross**

Potter Ridge

Help save a life.

Schedule your
blood donation
appointment today.



Scan the QR code
above with your phone
or visit redcross.org
to sign up

Pier 55 members
are eligible for a
free tour of the
Potter Ridge
facility at the time
of their donation.



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Senior Yoga for Healing Classes

Mat Class: Tuesdays 9:30 a.m. – 10:45 a.m.

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

Additional Class options:

YOGA FOR CHRONIC BACK PAIN

Tuesday's

September 13th - October 8th

5:30pm to 6:30pm

YOGA FOR HEALING

Wednesday's Sept 14th

5:30pm to 6:30pm

YOGA FOR GRIEF

6 week zoom class

Tuesday's 5:30 to

7pm

Nov 1 to Dec 6

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

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

Deaf and Hard of Hearing

INFORMATION PRESENTATION, TESTING EQUIPMENT AND LEARNING ABOUT SERVICES

Presenter: Calla Kevan, Deaf and Hard of Hearing Specialist, from Minnesota Department of Human Services

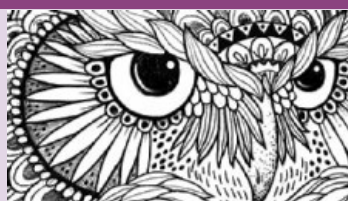
Wednesday, October 26

1pm to 2pm

2pm to 3pm Available for individual questions
Pier 55

Register by Wednesday, October 19th
Call or stop by Pier 55 to register
No cost, no membership required
Coffee and treats

Come join Calla Kevan, Deaf and Hard of Hearing Specialist, from Minnesota Department of Human Services, Deaf and Hard of Hearing Services Division to learn about information and technology that can make life easier if you have hearing loss. Calla will share resources and demonstrate how alerting devices and assistive technology, such as assistive listening devices, work. Calla will also offer practical communication tips and strategies, and provide information on age-related hearing loss and speech-to-text technology/apps. As a Deaf and Hard of Hearing Specialist, Calla provides direct consumer assistance, ensures communication access, information and referral, assistive technology demonstrations, and training and consultation to service providers. Calla's office is located in Rochester and she provides services for the Southern counties.



ZENTANGLE

7 Week Class

Thursday's, Sept 15, 22,
29, Oct 6, 13, 20, 27

10:30am to 11:30am

Register by Thursday, Sept 8

Minimum of 4 and Maximum of

10 Participants (Class filled fast last session)

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.

Through the **Zentangle** Method of drawing, you can relax, focus, expand your imagination, trust your creativity, increase your awareness, respond confidently to the unexpected, discover the fun and healing in creative expression and enter a vibrant and supportive world.

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.

A LITTLE BIT OF EVERYTHING

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



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

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.



SAINTS GAME
AUGUST
2022





CALLING ALL ELVES OF THE PIER 55 GIFT SHOP...

If you are or want to be a consigner and participated in the Pier 55 Gift Shop holiday sale week (Nov. 14– Nov. 18) please have all of your hand crafted items in by **Tuesday, November 1st at noon**. Sales specials will be listed in upcoming newsletters. If you have questions or want more information call or stop in!



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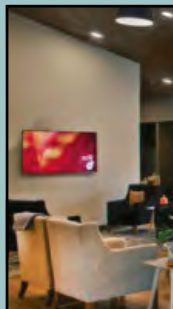
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Senior “Homework” for Minor

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.

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:

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1-866-623-7505

hart@threeriverscap.org

NAPS: Nutrition Assistance Program for Seniors

Tuesday, September 20th

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.

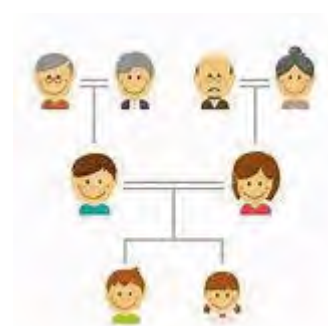


What? Genealogy? Who?

Did you know that there is a genealogy society in this region? People are becoming interested in their ancestry, their DNA and their connection to the rest of the world.

To accommodate the curious and those wishing to leave a tracking mechanism to future generations, the Hiawatha Valley Genealogy Society was formed in 2020. The group meets monthly to listen to speakers who share information about gathering, storing and adding to the information found. Members share knowledge that they have gained through doing their own research, enabling others to continue in their search for ancestors.

If you would more information, please call Janet at 651-388-4556 for a start into an interesting and rewarding quest.



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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 very much for the framed puzzle that was donated to our gift store from the Red Wing Area

Seniors and Annadee's! WE appreciate your thoughtfulness!

-Nancy

Thank you for all the fabric you donated to the DFG Sewing Project!

-June



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

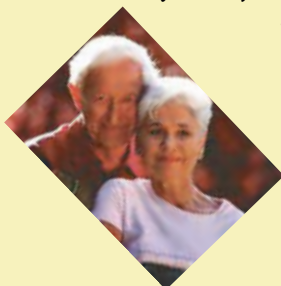
Kim Wojcik.....Executive Director
 Stef Braun..... Program Coordinator
 Shirley Perkins.....Administrative Asst.
 Jolene King.....Annadee's Manager
 Mary Machnik... Volunteer Gift Shop Manager
 Doug Blakesley.....Talent Acquisition Volun.

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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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!

AUGUST CROSSWORD CHALLENGE WINNERS

Barb Betcher and Candace Bean

Please stop at the Pier 55 front desk to pick up your prize. Thanks to all that participated.

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

SEPT 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	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			1 9:30 am Wild Women Cards	2 9:00 am AOA 9:30 am Pottery Coffee 10 am Pets Plz 10:30 am Book Club 10:30 am Spanish	3
4	5 Closed Kim's Birthday	6 9:30 am YOGA w/ Michele 1 pm Parkinson 2 pm Tai Chi	7 9 am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Pier55 In the Park 2 pm Yoga	8 9:30 am Golden K 9:30 am Wild Women Cards	9 9:00 am AOA 9:30 am Pottery Coffee 10 am Pets Plz 10:30 am Spanish 5pm DEERCREST BING EVENT	10
11	12 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	13 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi 5:30 Yoga Back Pain	14 9 am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Pier55 In the Park 2 pm Yoga 5:30 Yoga for Healing	15 9:30 am Wild Women Cards	16 9:00 am AOA 9:30 am Pottery Coffee 10 am Pets Plz 10:30 am Spanish	17
18	19 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	20 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi 5:30 Yoga Back Pain	21 9 am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Pier55 In the Park 2 pm Yoga 5:30 Yoga for Healing	22 9:30 am Golden K 9:30 am Wild Women Cards	23 9:00 am AOA 9:30 am Pottery Coffee 10 am Pets Plz 10:30 am Spanish ANNADEE'S 50% OFF PIER 55 MEMBERS W/CARD	24
25 Stef Bday	26 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	27 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi 5:30 Yoga Back Pain	28 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 5:30 Yoga for Healing	29 9:30 am Wild Women Cards	30 9:00 am AOA 9:30 am Pottery Coffee 10 am Pets Plz 10:30 am Spanish	

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