

SWEDISH INSTITUTE LUNCHEON & PAHL'S NUSERY IN APPLE VALLEY

When: November 10th

Bus Leaves at 8:15 am

Bus Returns at 5:00 pm

Members: \$79

Non-Members: \$95

(Bus, Swedish Institute tour, lunch, and Pahl's Nursery)

Register and pay by 11/3 (no refunds after this date) . Call or stop in to register.

Lunch: Smorgasbord!!!

Drinks: Coffee, decaffeinated coffee, and Ice Water

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

**"The best place if you want to get
knowledge about the Americans of
Swedish Heritage."**



Entrée: Lingonberries,
Mashed Potatoes,
Swedish Meatballs

Dessert: Chefs Choice of
Swedish Dessert

Shop explore and admire- Pahl's Nursery in Apple Valley.
Outdoor Nursery and fantastic gift shop with gorgeous
Christmas decorations (Weather permitting).



CREATE YOUR OWN FELTED PUMPKIN

In this beginner level needle-felting class, you will learn several techniques to make a unique decorative pumpkin. All materials are supplied. You just bring your creativity!

Pier 55

Wednesday, October 19

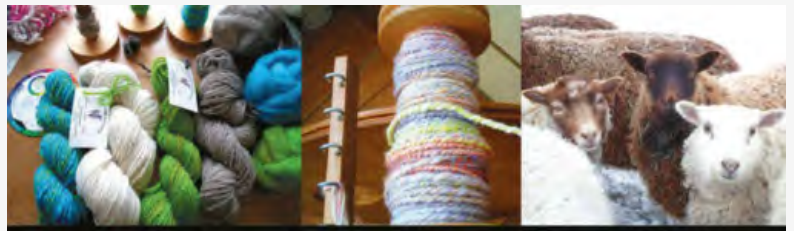
10:00am to Noon

**Call or stop in to register
by October 12th**

\$18/student which includes all materials needed to complete a pumpkin.

Instructor: Cindi Beurskens, Owner and Instructor
(Minimum 5 students and maximum 10 students)

We are a family-owned farm raising Shetland sheep for their beautiful fleeces. Their wool is excellent for spinning and felting. We also sell gifts made of wool at our occasional farm sales. Cindi will answer questions about the wool process and their wonderful farm.



Rush River Fiber
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Limited Edition

Variety Pack of all occasion greeting cards (blank inside) crafted by local artist LaVoie House. Pack includes 8 different drawings made specifically for and sold only at Pier 55/Red Wing Area Seniors.

8 Cards are \$15.00 (tax included). This 2022 Limited Edition pack is available while quantities last. *There are only 50 packs in circulation.*



REVERSE TRICK OR TREATING



A new spin on a classic activity. Stop in at Pier 55 on **Monday,**

October 31st

(Halloween)

From 10am to 11am



To enjoy seeing the Pier 55 staff members dressed in costume handing out Halloween treats!!



ITS TROLLEY TIME!

Did you know that the Red Wing Trolley is back in business? Wouldn't you like to be one of the first people to tour the newly remodeled Trolley? The Red Wing Trolley is only available for private bookings, and as a perk of being a Pier 55 member we are offering all members a chance to look inside. Trolley will be parked at Pier 55 for a morning in November. Date to be posted in the next few weeks. :)



BOOK CLUB FOR WOMEN

First Friday of the month at 10:30am

Facilitator: Pat Kernan

October— One Two Three

By Laurie Frankl

November— This Is Where I Leave You

By Jonathan Tropper

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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651.388.9733



**Make sure you shop
Annadee's for all of your
Halloween Costume and
decoration needs!!**



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
10/8, 10/15, 10/22

DONATION HOURS:

Tuesday's 10-1:00pm
Wednesday's 10-1:00pm
Friday's 10-1:00pm
Open the following
Saturday's
10am-1pm
10/8, 10/15, 10/22

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)

ANNADEE'S CUSTOMER APPRECIATION

This year's Annadee's Customer Appreciation Day was a huge success! Over 70 hot dogs and bags of chips were served. Thank you to all that participated in this event.





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

Frank Norton,
Interim Superintendent
Red Wing Public Schools

School District Update
Thursday, October 13, 9:30am

Reverend Gene Hasselquist
"I Love Life, I love to Live"
Thursday, October 27, 9:30am

(Both sessions in the Pier 55 Meeting Room, Red
Wing Area Seniors)

No admission fee, just come and join
our friendly folks.

PIER 55 PETS PLEASE!

First Friday each month 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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CONTACT ME Ben Allrich

ballrich@lpicommunities.com • (800) 950-9952 x2757



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Red Wing, MN 55066
(651) 388-6060



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:

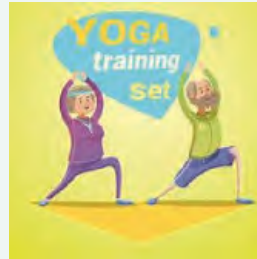
For more than 20 years Michele Hoffman has been working with seniors to help them stay healthy, flexible and strong in order to live their best lives. Michele is a yoga therapist at Mayo Clinic Health System in the Integrative Medicine and Hospice departments where she has practiced yoga therapy for 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 HEALING

Wednesday's

5:30pm to 6:30pm



YOGA FOR GRIEF

6 week zoom class

Tuesday's 5:30 to 7pm

Nov 1 to Dec 6

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

PIER 55 PROUD PROJECT

Our patio grand opening was a huge success!

Thank you to everyone that was able to participate. It was a gorgeous day on the patio.

At this time we were also able to honor Shirls Perkins for her 20 years of services at Red Wing Area Seniors as well as a dedication to her from the Red Wing Area Fund for a lifetime of service by her for the Red Wing Shoe Company. Next time you are at Pier 55 looks for Shirl's reserved parking spot up front.





STEP BACK IN TIME

Sign up NOW! 30 tickets available for this exclusive event. ***At the time of printing there are 7 seats remaining* St Paul Hotel!**

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.

Fall is a great time to be active outdoors. No cost bike and walking stick borrow program for members. Call or stop in for more information.
651-327-2255



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

Register by Wednesday, October 19th
Call or stop by Pier 55 to register



And they're off!! Our 20 travelers left this the Pier on Sept 15 on a spectacular Pier55 Canyon Lands Trip!!

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.

The group meets monthly to listen to speakers who share information about gathering, storing and adding to the information found.

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



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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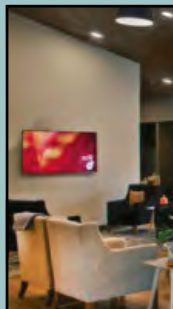
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Senior “Homework” for Minor

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

iPad Checkout

No cost- Need to use an iPad? Members can check out an iPad to use on site. Sign out at the front desk. We have Wi-Fi available too.

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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hart@threeriverscap.org

NAPS: Nutrition Assistance Program for Seniors

Tuesday, October 11

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.

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

We are just a social group, not a hit on... Thus our ages range from 40 yrs to 90 years of age. Our festivities for the month of Oct. include 12 different outings of which some are: An in-home Hot Tub Party bring a dish to pass (if going in?) come in your suit, bring your undies wrapped in your towel. Then we'll be going down to Mantorville to dine at the Hubble House. The Whistle Stop.... The Sheldon Theater.... Falconer Vineyard....and more! For out of town festivities, we carpool from the Studebaker Lot... If interested, come look us over.... Give us a call: either Bruce 715-594-3874 or Sherry 651-212-6021 or Show up at our Monthly Meeting at the Fiesta Mexicana, the first Friday of every month at 1:00 pm in the back room!! Basic Facts about Red Wing Social Singles (RWSS) RWSS is a non-profit organization for the purpose of bridging social connections for people of all ages regardless if widowed, divorced or single by choice. The \$20.00 annual membership is required before a person becomes an official member and is allowed to participate in events held in homes (unless invited by the host) or receive the official newsletter. If you have any other questions, please do not hesitate to call.



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Red Wing Area Seniors Inc., Red Wing, MN

D 4C 02-1019

**SIGN UP
NOW!!**

Pier 55 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.



This month's **toot** is simply all of the compliments and positive feedback we

have been receiving about our new patio. We never get tired of hearing how much people are enjoying the flowers, trees, furniture and the entire usable outdoor space.



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

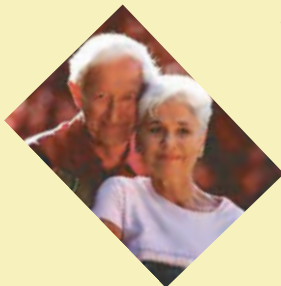
Kim Wojcik.....Executive Director
 Stef Braun..... Program Coordinator
 Shirley Perkins.....Administrative Asst.
 Jolene King.....Annadee's Manager
 Mary Machnik... Volunteer Gift Shop Manager
 Doug Blakesley.....Talent Acquisition Volun.

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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Red Wing Area Seniors Inc., Red Wing, MN

E 4C 02-1019



**JOIN
US!**

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!

**September Challenge Winner
Sucker Count**

Will be announced on Sept 26th via Facebook and posted at Pier 55.

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

OCTOBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
2	3 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	4 9:30 am YOGA w/ Michele 1 pm Parkinson 2 pm Tai Chi	5 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Pier55 In the Park 2 pm Yoga	6 9:30 am Wild Women Cards 1pm Stepping ON Class	7 9:00 am AOA 9:30 am Pottery Coffee 10 am Pets Plz 10:30 am Spanish	8
9	10 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	11 9:30 am YOGA w/ Michele 1 pm Parkinson 2 pm Tai Chi	12 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Pier55 In the Park 2 pm Yoga	13 9:30 am Golden K 9:30 am Wild Women Cards	14 9:00 am AOA 9:30 am Pottery Coffee 10:30 am Spanish	15
16	17 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	18 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	19 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	20 9:30 am Wild Women Cards	21 9:00 am AOA 9:30 am Pottery Coffee 10:30 am Spanish	22
23	24 9 am AOA 9:30 am Pottery Coffee 10am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	25 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	26 9am 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	27 9:30 am Golden K 9:30 am Wild Women Cards	28 9:00 am AOA 9:30am Pottery Coffee 10:30 am Spanish Pier 55 Member Discount Day Annadee's	29
30	31 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	REVERSE TRICK OR TREAT October 31, Pier 55 10:00-11:00am		Hours of Operation October 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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