





Join us for a fantastic holiday shopping week!! Pier 55 Gift Shop will offer specials the week of November 14<sup>th</sup> -18<sup>th</sup>. Here are just a few of the great deals:

Magnificent Monday, November 14<sup>th</sup>-You will receive a \$5.00 coupon to be used at Annadee's Thrift Shop.

Tinsel Tuesday, November 15<sup>th</sup>-Wear something shiny this day to be entered in a holiday prize drawing!

Wacky Wednesday, November 16<sup>th</sup>-Come on in all dressed for the holidays and enter to win a prize. (a pair of holiday socks even count!) Tasty Thursday, November 17<sup>th</sup>-Coffee and treats available for shoppers

Frosty Friday, November 18<sup>th</sup>-Anyone that purchases mittens, blankets, hats, earmuffs, sweaters etc. will get to draw for a random prize.



Watch our website, Facebook and Gift Shop for other great last minute flash sales.

Pier 55 is located at 240 Harrison St. Suite 2

# IT'S TROLLEY TIME!

Tuesday, November 8th 10:30am to 11:30am

You may have heard the Red Wing Trolley has been restored and is back on the road. The trolley is currently only available for private bookings. As a perk for being a Pier 55 member, we booked it so that you could have a sneak peek of the "new" trolley. This is NOT a trolley ride; this is a trolley tour that will take place in the Pier 55 parking lot. This event is limited to Pier 55 members only. Please make sure to plan accordingly as the Red Wing Trolley will be here for one hour.





# TREE-mendous 6th Annual Christmas Fundraiser

#### November 14~December 2

This year Pier 55-Red Wing Area Seniors will have our themed decorated Christmas Trees placed throughout the community.

\*These trees make great gifts\*
You will have the opportunity to come and see the magic our staff and volunteers have crafted for the holiday season. Come and view these displays, bid on a tree, buy holiday décor, and get in the Christmas spirit!

Trees will be on display and ready for bidding beginning Monday, November 14th. Bidding closes at noon on Friday, December 2<sup>nd</sup>.

This year's event again features uniquely decorated trees with a theme and all proceeds from this fundraiser benefit **Red Wing Area**Seniors.



19 DAYS OF BIDDING!

# NOVEMBER HOLIDAY HOURS CLOSED FOR BUSINESS

\*Thursday, Nov. 24 \*Friday, Nov. 25

Community Room will be closed for all activities the week of December 5th.

#### **PIER 55 PRESENTS**

MUSIC by TOM SATHER

Tuesday, November 15th 11:00am-12:00pm and Tuesday, December 13th

11:00am-12:00pm

No cost, register by November 11th
Tom Sather has been playing guitar and singing for many years. Over the years he has enjoyed learning different styles such a rock, country, blues, Irish and folk. You can expect to hear some classic campfire numbers like Old Susanna, Home on the Range, Red River and lots of other songs as well. He looks forward to playing for you.



### THE TONES

Gather and sing with "The Tones", formally known as the Silvertones

Tuesday, November 29

2pm to 3pm

Pier 55 Community Room

All are welcome!



#### Pre-order your homemade lefse today!

(Made from a special Walsh Family recipe!)

Name	_
Telephone	
Lefse is sold in packages of 4 for \$5.00	
How many packages would you like?	
x \$5= Total Cost	

(Pick-up date yet to be determined)

Orders will be available before Thanksgiving. Pay at the Reception Desk or mail to Pier 55 payment is due with order.

#### **BOOK CLUB FOR WOMEN**

First Friday of the month at 10:30am Facilitator: Pat Kernan

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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#### OF RED WING

The Village Cooperative is a member-owned community that offers a comfortable and affordable lifestyle for independent seniors age 62 and older.

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- \* Guaranteed Equity

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#### **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
11/5 and 11/19

#### **DONATION HOURS:**

Tuesday's 10-1:00pm
Wednesday's 10-1:00pm
Friday's 10-1:00pm
Open the following
Saturday's
10am-1pm
11/5 and 11/19

# HOLIDAY SEASON CLOSED FOR BUSINESS

\*Thursday, Nov. 24

\*Friday, Nov. 25

\*Friday, Dec. 23

\*Friday, Dec. 30

#### DECEMBER CALENDAR

12/2 CHRISTMAS ITEMS 25% OFF

12/6 WOMEN'S TOPS FILL A BAG FOR \$20

12/8 CANDLES AND HOLDERS 50% OFF

12/14 GAMES 50% OFF

'12/16 CHRISTMAS ITEMS 50% OFF

12/20 RECORDS, DVD'S, CD'S BUY 1 GET 2

12/22 PIER 55 MEMBERS 50% OFF

STOREWIDE WITH MEMBERSHIP CARD

12/28 PILLOWS 25% OFF

If you are interested in volunteering stop in and get an application from the Jolene King the Store Manager.

#### **NOVEMBER CALENDAR**

11/1 MEN'S SHIRTS BOGO

11/4 FREE WICKER BASKET WITH \$10

**PURCHASE** 

11/8 THANKSGIVINGS ITMES 50% OFF

11/10 CLEAR GLASSWARE BOGO

11/16 WOMEN'S WINTER COATS 50% OFF

11/18 PIER 55 MEMBERS 50% OFF STORE WIDE WITH MEMBERSHIP CARD

#### New Annadee's Thrift Store

#### **Volunteer**

Thank you to Dick Taube for being a weekly volunteer at Pier 55 and also now also helping at Annadee's Thrift Store weekly.

We appreciate all of his support! Not sure if we all appreciate his NFL Jersey choice!



SUCKER COUNT CONTEST





Guess 454

455 SUCKERS!!



JANET Guess 457

Both received a \$50 Aldi Gift Card for their winning guesses.

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

Heather Kahl, Director
Sunshine Corner Update
Thursday, November 10 at 9:30am

Thanksgiving Message
Brian Scott, Director of On-line Worship
United Lutheran Church
Wednesday, November 23rd at 9:30am
Guests encouraged to join us for this
wonderful Thanksgiving message.

(Both sessions in the Pier 55

Meeting Room,

Red Wing Area Seniors)

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



# FMS INSURANCE ADVISORS

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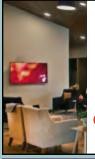
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# MONTHLY MEDICARE SEMINARS Listed on Our Website

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



Body Shop Manager Family Owned

#### **FREE ESTIMATES!**

2398 Old Zumbrota St Red Wing, MN 651.388.4674 C: 651.380.7305

Albers Auto Body RW.com

### FITNESS AND FUN



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 HEALING

Wednesday's 5:30pm to 6:30pm

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@hbci.com



### NOVEMBER NONSENSE

	and Phone Number	
IT'S TOO FAR TO WALK	WINNIE THE BOO	THE OUTSIDE
FALL	THE CROSSING GOURDS	A PUMPKIN PATCH
NOBODY	STRAWBERRIES	BECAUSE HE'S A SUCKER
SQUASH	AUTUMN LEAVES	CORN HAVE EARS
SEP-TIMBER	A BOOK WORM	I'M FALLING FOR YOU
Why shouldn't you tell a secre	et in a cornfield?	
What happens when winter c	rrives?	
Which side of the tree has the	e most leaves?	
What reads and lives in an a	pple?	
Why is Dracula so easy to fo	ol\$	
Why do birds fly south in the	fall?	
What did one leaf say to and	other?	
Who lives in the scary 100-a	cre woods?	
f money really did grow on t	rees, what would be everyone's favorite	season?
Who won the skeleton beauty	contest?	
What do you get when you p	oop a pumpkin?	
Who helps the small pumpkin	's cross the road?	
What is a scarecrow's favorit	e food?	
What is a tree's least favorite	e month?	

Join us for a wonderful day trip which will include entry into the Science Museum and a show at the Omni Theatre with a delicious lunch at spectacular Cosettas Restaurant.

The Omni Theater show will be Backyard Wildness and the exhibit at the Science Museum will be Natures All Around Us.

Thursday, January 19th
Leave at 7:45am
Return at about 4:00pm
Members \$79
Non Members \$95
Register and pay by January 5th

Cosettas is a large restaurant plus a deli with fresh basked Italian bread, and a yummy dessert bar with unbelievable choices.





#### TRIP PAYMENT AND REFUND INFORMATION

- •Each trip will have a payment and registration deadline.

  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 after the payment deadline date
  - •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 on the same trip.



Don't miss this fun day trip to the Minnesota History Center with lunch at Cracker Barrel.

The MN History Center visit will included a guided tour of the Greatest Generation Exhibit and will have access to all of the other exhibits, including a Sherlock Holmes exhibit. Lunch will be at the Cracker Barrel

Wednesday, February 23rd Leave at 8:45am Return at about 4:00pm Members \$59 Non Members \$87

Registration and payment required by Feb 7th.





# STEP BACK IN TIME

Sign up NOW!

30 tickets available for this exclusive event.

\*Trip is full waiting list available\*

When: Thursday December 8<sup>th</sup>
Register and pay by November 20<sup>th</sup> No refunds
after this date.
Bus Leaves at 11:00

**Bus Returns at 4:30** 



AARP Safe Driving Classes at Pier 55

Minnesota residents save 10% on their current auto insurance for 3 years by taking the class. There are no tests to take. Everyone attending passes. If

you've never taken the class before, you will need to sign up for the 8-hour first timer class. It's 4 hours per day over two days. If you've taken the class before, you just need the 4 hour refresher class

November 1st 9am—1pm refresher

November 9th and 10th 9am-1pm First Time

November 14th 1pm –5pm refresher

December 10th 9am— 6pm first time

December 13th 9am-1pm refresher

The cost is the same for either class. \$25 for AARP members, and \$30 for non-members. Space is limited to 17 attendees per class, so sign up today by calling the senior center at 651-327-2255

#### \*Limited Edition\*

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

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

Area Seniors.





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- Pre-arrangements
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www.mahnfamilyfuneralhome.com





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environment.

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### **SUPPORT SERVICES**

#### Senior "Homework" 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

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 appt

#### **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.

#### **Space Rental**

Rental space is available for groups, clubs, parties, etc. Call or email Stef Braun for details. 651-327-2255,

rwasprogram@gmail.com

#### **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 Wifi 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:**

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, November 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 Pelzl at 507-421-6067.

# BE PREPARED FOR MOTHER NATURE! The safety of our members,

The safety of our members, guest, volunteers and staff is a priority both at Pier 55 and Annadee's Closet.

When the weather is inclement and RWAS determines they will be closed for business it will be announced via KCUE and on the Red Wing Area Seniors Facebook page.

#### **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

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

#### **PIER 55 PETS PLEASE!**

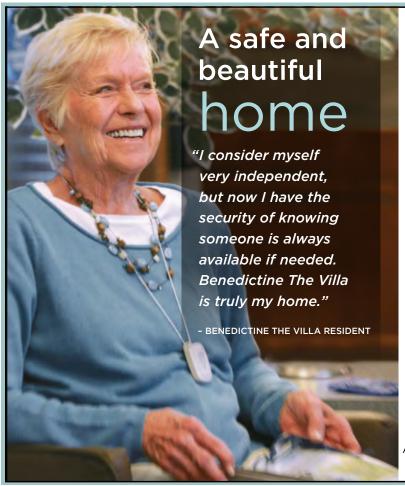
First Friday each month at 10am, Pier 55 will offer you a weekly opportunity to come and share your human friendly pet with others **OR** just come and enjoy the chance to be around pets.

#### 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.



# Call today to schedule your personal tour.

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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.

#### <u>HIGHLIGHTS</u>

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

#### <u>INCLUDES</u>

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



# TRAVEL SHOWS PIER 55 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@vahoo.com.



We are proud of our staff retention!

Shirls Perkins, Admin Asst. 20 years September

Kim Wojcik, Executive Director
7 years November

Stef Braun, Program Director 6 years September

Jolene King, Store Manager 4 years September

Linda Rehder, All Things 3 years August

### **BOARD AND STAFF**

#### **Directors**

#### Staff

#### 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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sandy@valentinesllc.com • www.valentinesassistedliving.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 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!

### NATIONAL ELDER FRAUD HOTLINE Call 833-FRAUD-11 833-372-8311

Call if you have been a victim of fraud and need support.

## 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.

#### **Gratitude**

240 Harrison St, Suite 2, Red Wing, MN 55066

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 NOVEMBER 2022



SUNDA Y	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
		9:00am AARP 9:30 am YOGA w/ Michele 1 pm Parkinson 2 pmTai Chi	9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	9:30 am Wild Women Cards 1pm Steppin On	9:00 am AOA 9:30 am Pottery Coffee 10 am Pets PIz 10:30 am Spanish	5
6	7 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	9:30 am YOGA w/ Michele 10:30 TROLLEY 1 pm Parkinson 2 pmTai Chi	9am AARP 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	9:00am AARP 9:30 am Golden K 9:30 am Wild Women Cards 1pm Steppin On	9:00 am AOA 9:30 am Pottery Coffee 10:30 am Spanish	12
13	9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards 1pm AARP	9:30 am YOGA w/ Michele 11a MUSIC HOUR TOM SATHER 1 pm Parkinson Wellness 2 pm Tai Chi	9 am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Yoga 5:30 Yoga for Healing	9:30 am Wild Women Cards	9:00 am AOA 9:30 am Pottery Coffee 10:30 am Spanish	19
		GIFT	SHOP SALE	WEEK		
20	9 am AOA 9:30 am Pottery Coffee 10am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi PIER 55 MEMBER DISCOUNT DAY ANNADEES	9am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Yoga 5:30 Yoga for Healing	CLOSED THANKSGIVING  Hagay Thanksgiving	CLOSED	26
27	28 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	9am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Yoga 5:30 Yoga for Healing	Mon Tues Wedne Thurs	f Operation Novem day's 9am to 4 pm day's 9am to 2 pm esday's 9am to 4 pm sday's 9am to 2 pm ay's 9am to 12 pm	n





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