



Thank you to the following wonderful local merchants. You can now view our “TREE-mendous Auction” at the locations listed below.

- Mandy's Coffee Shop
- Merchants Bank of Red Wing
- Stockholm Pie Plate Café & General Store
- Everyday Pilates
- Lora & Isaac
- St. James Hotel
- Annadee's Thrift Store
- Pier 55

***TREE-mendous***  
**6th Annual Holiday**  
**Fundraiser**  
**Bidding Closes December 2nd**



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



## **BE PREPARED FOR MOTHER NATURE!**

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

## **DECEMBER HOLIDAY HOURS CLOSED FOR BUSINESS**

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

### **PIER 55 CLOSED**

December 22nd  
December 23rd  
December 26th  
December 29th  
December 30th



As many of you may have heard, the Cozy Christmas Event is being held at Pier 55 this year.

During this 18th Annual event our Pier 55 Gift Shop will be open extended hours. Call or stop in for more information We hope to see you all!







### NEW PUZZLE ALERT!

6 new "Puzzle With a Twist" are available for check out. Stop at the front desk for more information.

Back in my day: We played outside, not online. Parents called your name, not your cellphone. And if you didn't eat what Mum cooked, you didn't eat. Yes, I know I am old!



### BOOK CLUB FOR WOMEN

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

**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.

### LOCAL BUILDERS AND REAL ESTATE PROFESSIONALS SPECIALIZING IN TOWNHOUSE CONSTRUCTION.



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RED WING, MN  
55066

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Simonson Agency

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Cell: 651.380.0909  
Fax: 763.398.4080

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[M.Simonson@mynationalbroker.com](mailto:M.Simonson@mynationalbroker.com)



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- One space per unit
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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  
 12/3, 12/10, 12/17

**DONATION HOURS:**

Tuesday's 10-1:00pm  
 Wednesday's 10-1:00pm  
 Friday's 10-1:00pm  
 Open the following  
 Saturday's  
 10am-1pm  
 12/3, 12/10, 12/17

**DECEMBER CALENDAR**

**HOLIDAY SEASON**  
**CLOSED FOR BUSINESS**

**\*Friday, Dec. 23**

**\*Friday, Dec. 30**

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





## PIER 55 PRESENTS MUSIC by TOM SATHER

**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.

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

The Rules of Soccer  
Bill Foot

Thursday, December 8th at 9:30am

Why Do We Celebrate  
Christmas on December 25th

Pastor Tyge Zucker

Thursday, December 22nd at 9:30am

(Both sessions in the Pier 55  
Meeting Room,  
Red Wing Area Seniors)  
No admission fee, just come and  
join our friendly folks.



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**651.388.9733**

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**C: 651.380.7305**

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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 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](mailto: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](mailto:svien65@hbc.com)

# Winter Word Search

S K I I N G S N O W B O O T  
 S F I R E P L A C E I N G E O  
 L I E A R M U F F S C N Y T S  
 E W S B C O L T R A E S T A C  
 D I M L R O W S N O U G H E A  
 D N U I A U L O W P S H T O R  
 I T F Z E S A D E H A T A O F  
 N R B Z B A E R O W P L Y I I  
 G C O A T O T L Y D M W L C R  
 I T O R H A F R O T A S U I E  
 P O T D E C E M B E R I L C L  
 L A S N C R O V I N C L O L R  
 O A D H J K T C E S H O V E L  
 W J A N U A R Y O E S A H S T  
 M I T T E N S W E A T E R E L

BLIZZARD	FIREPLACE	PLOW
BOOTS	FROSTY	SCARF
COAT	HAT	SHOVEL
COCOA	ICE	SKIING
COLD	ICICLES	SLEDDING
DECEMBER	JANUARY	SNOW
EARMUFFS	MARCH	SWEATER
FEBRUARY	MITTENS	WINTER



Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Complete and turn in your Winter Word Search to Pier 55 by December 31st to be placed in a random prize drawing!!

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 Wilderness 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 baked Italian bread, and a yummy dessert bar with unbelievable choices.



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.







### 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

- December 10th 9am— 6pm first time
- December 13th 9am-1pm refresher
- January 10th 1pm-4pm refresher
- January 21st 9am- 6pm first time
- January 26th 9am-1pm refresher
- February 7th 1 pm-5pm refresher
- February 14th 9am-6pm first time
- February 23rd 9am -1pm refresher
- March 7th 1pm-5pm refresher
- March 23rd 9am-1pm refresher
- April 4th 1pm-5pm refresher
- April 20th 9am-1pm refresher
- April 25th 9am-1pm first time (2days)
- April 26th 9am-1pm first time (2days)
- May 9th 1pm-5pm refresher
- May 23rd 1pm-5pm first time (2days)
- May 24th 1pm-5pm first time (2day)
- May 25th 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



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Red Wing Area Seniors Inc., Red Wing, MN

C 4C 02-1019

## **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](mailto: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, [rwasprougram@gmail.com](mailto:rwasprougram@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](mailto: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](mailto:hart@threeriverscap.org)

## **NAPS: Nutrition Assistance Program for Seniors**

***Tuesday, December 13***

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

## 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.



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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**

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](mailto:prp22134@yahoo.com).



A recent first time donor/  
shopper at our Annadee's  
Thrift Store said,

*"The donation door here  
was a super easy process and I was  
amazed at how clean, organized and well  
priced everything is!"*

It is true, we do try to make the donation  
process at Annadee's Thrift Store as easy  
as possible. If you have any question  
about donating gently used  
items please call or stop in  
and talk to Jolene King,  
Store Manager.  
651-388-7031



## 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

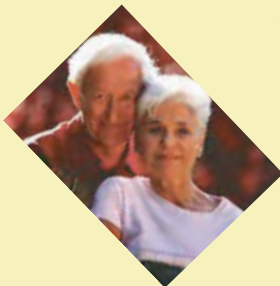
Kim Wojcik.....Executive Director  
Stef Braun..... Program Coordinator  
Shirley Perkins.....Administrative Asst.  
Jolene King.....Annadee's Manager  
Mary Machnik... Volunteer Gift Shop Manager  
Doug Blakesley.....Talent Acquisition Volun.

### Email addresses

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



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

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.**

**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](mailto: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

## DECEMBER 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	<b>Hours of Operation December</b> <b>Monday's 9am to 4 pm</b> <b>Tuesday's 9am to 2 pm</b> <b>Wednesday's 9am to 4 pm</b> <b>Thursday's 9am to 2 pm</b> <b>Friday's 9am to 12 pm</b>			<b>1</b> 9:30 am Wild Women Cards	<b>2</b> 9:00 am AOA 9:30 am Pottery Coffee <b>10 am Pets Plz</b> 10:30 am Spanish	<b>3</b>
<b>4</b>	<b>5</b> 9:30 am Pottery Coffee 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	<b>6</b>	<b>7</b> 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club	<b>8</b> 9:30 am Wild Women Cards	<b>9</b> 9:30 am Pottery Coffee 10:30 am Spanish	<b>10</b> 9-6 aarp
<b>COMMUNITY ROOM CLOSED THIS WEEK</b>						
<b>11</b>	<b>12</b> 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	<b>13</b> 9-1pm aarp 9:30 am YOGA w/ Michele <b>11a MUSIC HOUR TOM SATHER</b> 1 pm Parkinson Wellness 2 pm Tai Chi	<b>14</b> 9 am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Yoga 5:30 Yoga for Healing	<b>15</b> 9:30 am Wild Women Cards	<b>16</b> 9:00 am AOA 9:30 am Pottery Coffee 10:30 am Spanish	<b>17</b>
<b>18</b>	<b>19</b> 9 am AOA 9:30 am Pottery Coffee 10am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	<b>20</b> 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	<b>21</b> 9am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Yoga 5:30 Yoga for Healing	<b>22</b> <b>CLOSED</b> 9:30am Golden K	<b>23</b> <b>CLOSED</b>	<b>24</b>
<b>25</b>	<b>26</b> <b>CLOSED</b>	<b>27</b> 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	<b>28</b> 9am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Yoga 5:30 Yoga for Healing	<b>29</b> <b>CLOSED</b>	<b>30</b> <b>CLOSED</b>	<b>31</b>

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