

CHANHASSEN DINER THEATRE EXPERIENCE

September 20, 2023

Departs : Pier 55 at 1pm

Limited seats available.

Register and pay by date is August 22

With phenomenal music, memorable characters and great storytelling, *Jersey Boys* follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history. Winner of Best Musical at both the Tony Awards® and Olivier Awards®, *Jersey Boys* takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Experience electrifying performances of chart-topping hits including "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn" and "My Eyes Adored You" which brought The Four Seasons the highest honor: induction into the Rock 'n' Roll Hall of Fame.

IT'S TRAVEL SHOW TIME AT PIER 55

January 26th at 10am

No registration required

Pier 55 Pacific Coast Adventure

August 13, 2023 - 8 Days

Booking Discount :

Cost \$3,795 PP Double

\$3,895 Regular

Price



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

INCLUDES

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

Rose Propst would be happy to answer any questions about our trips:

651-301-0700 prp22134@yahoo.com

Happy New Year!

I hope this finds you well. As we head into 2023, I wanted to share some of my thoughts about what we may expect and how we will address the upcoming 12 months, as well as how the Red Wing Area Seniors organization plans to have another great year! I believe 2023 is going to be a challenging one for nonprofits in many ways; as the Executive Director for Red Wing Area Seniors I am confident that we, as an organization, are ready to meet these challenges. We will handle what comes our way by relying on our strengths, such as dedicated staff, creative thinking, flexibility, a strong membership and donor base, invested community partners, our excellent service driven thrift store and an amazing accessible space at Pier 55.

I am grateful that our team of staff and volunteers is always ready and willing to think creatively, such as the way we have recently made some adjustments to our trip offerings. These adjustments will ensure that we are providing trips, while considering the fact that many travelers' funds are less fluid, an increase in crime rates may impact travel partners and also Covid is an ever-present worry. Thanks to our dedicated volunteer guides Rose and Bea we will be planning an exciting travel year for 2023. Don't miss the travel show January 26th at 10:00am for our September 2023 Pacific Coast Trip. As we work hard and think creatively as a dedicated team, we know that our members, donors, and community partners make all things possible, like our wonderful new patio thanks to 112 individual donors, 6 area business and large donations from the Red Wing Shoe Foundation, Jones Family Foundation, Red Wing Area Fund, and City of Red Wing. We are thrilled about utilizing this outdoor space in fun new ways in the coming year.

In 2023 we look to continue our many community partnerships while building many more. One example of partnering and capitalizing on our existing wonderful accessible space was in December when we rented our space to the Cozy Christmas "group" for their 18th Annual Sale. We were open extended hours in our Gift Shop over the weekend. We sold an astounding amount of handcrafted goods and made countless new friends and connections in the process. So many people commented that they didn't know the senior center was here and were unaware of our quaint little gift shop. In 2023, as the economic challenges continue for families and community members we are always proud to offer low priced quality items at our Annadee's Thrift Store. We are always so grateful for those individuals and businesses that donate gently used items to help the community and provide a much needed revenue stream to the Red Wing Area Seniors.

While we will be busy adding new connections and relying on all of our strengths, we also look to address an area of weakness. We look to the future with plans to finally upgrade our phone system. The hope is that we are able to do this sooner rather than later. Two of our four phones have completely stopped working and the remaining two are rather problematic. So, we will be adding new phones so that we are able to keep providing all of the much needed services and programs that so many enjoy and rely on.

As I wrap this up, I hope that I conveyed my message in a way that you all know I am aware of the potential 2023 has to give us pause, look around, buckle down and be grateful for everything we have. It is so easy to get lost in the day to day or even in big picture thinking that we lose sight of what is important. Speaking for myself, it is important that you all know you are valued, appreciated and resilient and considered friends, member's and visitors a part of the Red Wing Area Senior community. I have the utmost confidence that this community will embrace 2023 and it's possible unknown challenges. I look forward to entering into the New Year with you and am grateful for your positive impact.

Together let's make this a fantastic new year!

In Service,

Kim Wojcik, Executive Director



EVERYBODY CAN BE GREAT ...
BECAUSE ANYBODY CAN SERVE.

Martin Luther King, Jr.

Martin Luther King Jr Day is January 16, 2023



AARP TAX PREPARATION 2023

Red Wing Senior Center staff will be assisting AARP Tax aide this tax season by taking calls from taxpayers desiring to have AARP Tax aide prepare their tax returns. Taxpayers may call either Senior Center 651-327-2255 and leave their contact with the receptionist (Name, phone number, and e-mail). AARP counselors will subsequently call the taxpayer to discuss the tax preparation and review process being used this season and then schedule an appointment.

MAHJONG.....Mondays, 1pm
SCRABBLE.....Wednesdays, 11am
PUZZLE CLUBWednesdays, 1pm

Also, check out the puzzle exchange area in the hallway.

"WILD WOMEN'S CARDS"

Thursday's • 9:30 am Remember Canasta and "Hand and Foot"? Then you can learn this easy game.

500 CARD CLUB Monday's 1pm to 3pm all are welcome. No matter your age, gender, or skill level.

PETZ 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.

BOOK CLUB FOR WOMEN First Friday of the month at 10:30am Facilitator: Pat Kernan
January -Reader's Choice - Each member gives a 5 min review of a favorite book.

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Megan Simonson
Simonson Agency

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Cell: 651.380.0909
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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
 January 14, 28,
 February 11, 25

DONATION HOURS:

Tuesday's 10-1:00pm
 Wednesday's 10-1:00pm
 Friday's 10-1:00pm
 Open the following
 Saturday's
 10am-1pm
 January 14, 28,
 February 11, 25

JANUARY CALENDAR

- 1/3 CHRISTMAS 70%
- 1/6 CHIRSTMAS 70%
- 1/11 MEN'S WINTER COATS 50% OFF
- 1/13 CLEAR GLASS 70% OFF
- 1/17 CLEAR GLASS 70% OFF
- 1/19 ALL CHILDREN'S CLOTHING 50% OFF
- 1/25 BOOKS FIVE FOR \$1.50
- 1/27 PIER 55 MEMBER DAY 50% OFF STORE WIDE WITH CARD
- 1/31 ALL DVD's AND CD's BUY ONE GET TWO

FEBRUARY CALENDAR

- 2/1 CHILDRENS WINTER CLOTHING 75% OFF
- 2/3 ALL GAMES 50% OFF
- 2/7 VALENTINE ITEMS 50% OFF
- 2/8 WOMEN'S ACTIVE WEAR 50% OFF
- 2/10 MENS AND WOMENS WINTER COATS 75% OFF
- 2/14 CLEAR GLASS 70% OFF
- 2/17 WOMENS TOPS FILL A BAG FOR \$20
- 2/21 LUGGAGE AND BACK PACKS 50% OFF
- 2/24 PIER 55 MEMBE DAY 50% STOREWIDE OFF WITH CARD





QUILT SHOW

Hosted by
Red Wing Evening
Star Quilt Guild

Friday, Saturday &
Sunday

January 6, 7 & 8, 2023
9am to 4pm

Sargent's Nursery

\$5 admission

Price of admission enters you to win our
door prize quilt

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

Thursday, January 12 at 9:30am
Jason Jech, Director of the ELC
Update from the ELC

Thursday, January 26 at 9:30am
Peter Hanlan, Assistant Fire Chief
Red Wing Fire Dep. Fall Prevention Program

(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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C: 651.380.7305

AlbersAutoBodyRW.com



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@hbc.com



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

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

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.



**St Paul Hotel
"It's a
Wonderful
Life" Trip!**





TREE-mendous **6th Annual Holiday Fundraiser**



Here are some of the handcrafted items that were featured on this years auction.



This years online Tree-mendous Fundraiser was a huge success!!
Some of the highlights include:

- * \$2,600 raised
- * 45 items listed
- * 88 bidders
- * 188 bids
- * 4,999 views

. The most bid on item was BIRCHY with 12 bids. The highest bid on amount was The Most Wonderful Time of the Year at \$219.00

Many of the items listed had bidding wars which we always welcome as the funds go to a great cause!

A special thank you to Sue Grueber, Linda Rehder, John Howe, Tom Oelkers, Julie Baker, Bob Tingerthal and everyone else who supported this one of a kind event!





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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
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1-866-623-7505
hart@threeriverscap.org

NAPS: Nutrition Assistance Program for Seniors

Tuesday, January 9

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.

Scam Alert Board

Check out our monthly scam alert information at Pier 55 in the hallway.



Koplin's Grocery

Delivers on Wednesday's
388-4701

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 1pm
(come see us)***

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

Bruce
715-594-3874
Or
Sherry

FAITH IN ACTION IN RED WING UPDATE

Services Provided: Transportation, Friendly Visiting, Book House Calls (Get books from the library delivered to your door)
651-327-2400

Hi, I am Katherine Bonine, the new Executive Director for Faith in Action! I thought I would share a little about myself for the inquiring minds. My husband and I and our two children have lived in Red Wing since 2015. I am originally from Southern CA, but I have been assured no one will hold that against me. Here in Red Wing we have found our church family at St. John's and our sons attend school there as well. I am excited to establish new programs for our recipients as well as revitalize some of our previous programs that have fallen to the wayside due to COVID. I am so excited to get to know all of our volunteers, recipients, and supporters. If you are ever near our office stop in and say hi! I would love to chat.



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very independent,
but now I have the
security of knowing
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Winter Emoji Quiz

Guess the winter related word or phrase with the help of these emojis.
The person with most correct answers wins.



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



www.MyPartyGames.com

Complete and turn in to Pier 55 by January 31st to be entered in our random prize drawing!

Name _____ Phone Number _____



We wish to thank the Senior Center for the loaning of medical supplies. Bruce had knee replacement surgery and these supplies were very helpful. Thank you for your continued service to the Red Wing Community.

B & D

Our Medical Equipment Lending Program is open to anyone in the community. Please consider donating your gently used equipment to this essential program.
651-327-2255

BOARD AND STAFF

Directors

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Vice-President. Jeff Marcus
Secretary Julie Birk-Betcher
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Char Rogness, Ben Stephani
Doug Blakesley, Todd Avery

Staff

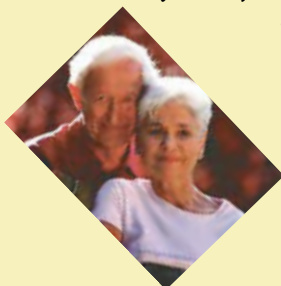
Kim Wojcik.....Executive Director
Stef Braun..... Program Coordinator
Shirley Perkins.....Administrative Asst.
Jolene King.....Annadee's Manager
Mary Machnik... Volunteer Gift Shop Manager
Doug Blakesley.....Talent Acquisition Volun.

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.



Call Sandy McDonald for your personal tour today!

Office: 651-388-1650

sandy@valentinesllc.com • www.valentinesassistedliving.com

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Red Wing Area Seniors Inc., Red Wing, MN

E 4C 02-1019



Gift a MEMBERSHIP

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

JANUARY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1	2 CLOSED	3 9-1pm aarp 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	4 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club	5 9:30 am Wild Women Cards	6 9:00 am AOA 9:30 am Pottery Coffee 10 am Pets Plz 10:30 am Spanish	7
8	9 9:30 am Pottery Coffee 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	10 9-1pm aarp 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	11 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club	12 9:30 am Wild Women Cards 9:30am Golden K	13 9:30 am Pottery Coffee 10:30 am Spanish	14
15	16 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards MLK DAY WE ARE OPEN	17 9-1pm aarp 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	18 9 am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Yoga 5:30 Yoga for Healing	19 9:30 am Wild Women Cards	20 9:00 am AOA 9:30 am Pottery Coffee 10:30 am Spanish	21
22	23 9 am AOA 9:30 am Pottery Coffee 10am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	24 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	25 9am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Yoga 5:30 Yoga for Healing	26 9:30 am Wild Women Cards 9:30am Golden K	27 9:00 am AOA 9:30 am Pottery Coffee 10:30 am Spanish Annadees 50% Pire 55 members day	28
29	30 9 am AOA 9:30 am Pottery Coffee 10am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	31 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi		Hours of Operation January 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		

ALIVEO MILITARY MUSEUM



FREE ADMISSION

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in Red Wing or Lake City.**



Published monthly by
Red Wing Area Seniors, Inc.
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