



## *16th Annual Field of Honor*



*Ceremony*  
*Friday, May 26th*  
*6:00 pm*

### FIELD OF HONOR COMMONLY ASKED QUESTIONS

1) How long has this Field of Honor been happening?

This is the 16th annual Field of Honor here at Bay Point Park in Red Wing. The event was started and continues to be hosted by the Red Wing Area Seniors.

2) How many flags are there?

There are 375 flags posted in honor and memory of veterans.

3) How much does it cost to donate a flag?

Each flag dedication is \$25.00

4) Do I have to dedicate a flag each year to have a flag up?

Yes, flag dedications need to be renewed each year. Veteran pictures can be kept on file.

5) Who provides the picture and does that cost extra?

Whomever dedicates the flag can provide any picture no larger than 5X7, no additional cost

6) How can I find a specific flag?

Flags are in the field in order by the veterans first initial of their last name

7) What does the money go for?

All of the funds raised at this event go to help senior citizens through the 501 C3 non profit Red Wing Area Seniors.

8) Can businesses and/or organizations sponsor this event?

Yes, for the past 5 years and currently our largest event sponsor is Modern Woodmen Fraternal Financial.

9) Can we donate a flag on Memorial Weekend?

Flag dedications are generally sold out prior to the event date.

10) Who does all the work to make this happen?

This event would not be possible without the support of the City of Red Wing, Red Wing Area Seniors staff members and the dedicated group of volunteers that make up the Field of Honor Committee.

11) How can I get more information or dedicate a flag ?

Visit [www.redwingareaseniors.org](http://www.redwingareaseniors.org), call 651-327-2255 or stop in at Pier 55, 240 Harrison St. Red Wing





As we at Pier 55, "Spring Into Fitness" this May, I had a few things to mention.

Thank you to all of our dedicated instructors for all that they do to make our classes so valuable and enjoyable all year long: Michele, Renae, Carlee and Amy!!

Thank you to all of our class participants! We are grateful to have such a dedicated group.

Thank you to people that have already donated sets of weights recently.

As many of you know our class sizes continue to increase and we are in need of more chairs. These chairs are specialty chairs and cost \$72.00 each. If you're interested in buying a chair or covering the cost of a portion of a chair please see Kim W. (rwasdirector@gmail.com)

Remember during the nice weather we may take advantage of our wonderful outdoor space (patio) and classes may be held outside.

In Service,  
Kim Wojcik, Executive Director



With good weather approaching keep in mind that all members are able to take advantage of our no cost Bike Borrow Program. Call, stop in, or visit our website for more details on how the program works.



"Thank you to Ray, Volunteer that makes sure our bikes are operational all season."

You can purchase your daily or seasonal Cannon Valley Trail Wheel Passes at Pier 55 during business hours.



## May is Older Americans Month

Thursday, May 11<sup>th</sup> 10:30am to 11:30am  
Stop in the Atrium and pick up a free snack sack provided and sponsored by Marla Valentino-Wiste from UCARE!



## AARP TAX VOLUNTEERS FOR 2023



From left to right:

Kent S, Dennis K, Brian P, Harvey S, Daryl F, Dennis C, Ron H, Dave L, Gregg F, Mark V, Doug S, not pictured Joan O and Pat T.

Together this group prepared and filed approximately 400 federal/state tax returns at Corner Stone Community Church FREE OF CHARGE.



### PACIFIC COAST ADVENTURE

August 13, 2023

8 Days

Airfare Included

Booking Discount :

Cost \$3,795 PP Double

\$3,895 Regular Price

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

651-301-0700

[prp22134@yahoo.com](mailto:prp22134@yahoo.com)



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We enjoyed your visit to our Open House last month. It was special for us to share our independent 62+ caring community with you.

2533 Eagle Ridge Drive  
Red Wing, MN

**651-388-2029**  
[villagecooperative.com/red-wing-mn](http://villagecooperative.com/red-wing-mn)

DONATIONHOURS:

Monday's 10-1:00pm  
 Tuesday's 10-1:00pm  
 Wednesday's 10-1:00pm  
 Friday's 10-1:00pm

Open the following  
 Saturday's  
 10am-1pm

5/6, 5/20, 6/10, 6/24



ANNADEE'S THRIFT STORE,  
 321 POTTER STREET,  
 RED WING, MN  
 651-388-7031

Pier 55 Member Day  
 50% off store wide w/card  
 Thursday, May 11th

SHOPPINGHOURS:

Tuesday's 10-4pm  
 Wednesday's 10-4pm  
 Thursday's 10-2pm  
 Friday's 10-2pm

Open the following  
 Saturday's  
 10am-2pm

5/6, 5/20, 6/10, 6/24

**MAGNIFICENT MAY**

Any time in May, during normal donation hours, bring in your slightly used goods, along with this ad and receive a full-size candy bar as our way of saying "Thank you for being so sweet!" As always, we appreciate you thinking of us! This coupon is only good for one candy bar per person, per donation.

Once you have used this, feel free to pass this coupon along to  
**friends and family!!**



**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 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 - Paused until spring/summer.**

### BOOK CLUB FOR WOMEN

First Friday of the month at 10:30am

May 5, 2023 Wish You Were Here by Jodi Picoult  
 Chosen by: Jane Lindell



**Red Wing Golden  
K Kiwanis Club**  
 Invites you to join us.

Thursday, May 11th  
 Buying and Selling Bars and Restaurants  
 Glenn Witham

Thursday, May 25th  
 Cleaning up the Mississippi  
 Linda Flanders

No admission fee, just come and join our friendly folks. Meetings are the second and fourth Thursdays in each month at 9:30 AM at Pier 55 in the Community Room.

## FMS INSURANCE ADVISORS

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Join a healthy community of women at the  
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2311 Old West Main St. Red Wing  
 Call Delores for details:  
 651.388.9733



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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  
YOGA FOR HEALING**

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

**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



### **Active Older Adults Fitness (AOA)**

**Mondays,  
Wednesdays & 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.

Instructor: Kim Wojcik



**TAI CHI  
Tuesdays  
at 1:00pm  
Patty Svien,  
registered  
physical therapist**

**Cost: \$5 per session**

**Call Patti for class dates and  
to register.**

**651 380 8752, email [svien65@hbci.com](mailto:svien65@hbci.com)**

### **Standing Pilates**

**Instructor: Renae Exner**

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 helps get you in tune with your body, improves balance and much more.

**Class meets  
Monday's**

**10-10:45am**

**\$2.50 per class**

**Punch cards available**

**Call or stop in to register**

**651-327-2255**

### **Parkinson Wellness Recovery**

**Tuesdays at 2:00pm  
Patty Svien, registered  
physical therapist  
Cost: \$5 per session**

**Call Patti for class dates and  
to register.**

**651 380 8752,  
email [svien65@hbci.com](mailto:svien65@hbci.com)**

# Pier 55 Gift Shop Freshen-Up

(we sell handmade, uniquely crafted gifts for yourself  
or any gift giving event)

**Stop in any time during business hours in the month of May with this coupon and receive a full-sized candy bar with any purchase of \$5.00 or more. If you are a first-time customer, you are sure to fall in love with our wide variety of handmade goods. If you are a return customer, you will not believe all the fantastic changes that have been made.**

If you haven't seen the dramatic and stunning changes to our Gift Shop, you need to come and look. Our Volunteer Gift Shop Manager, Mary M. has been working tirelessly and creatively to give our Gift Shop a much needed "make-over." A few of the changes you will see is more room to shop, updated display areas, updated display equipment and several other changes that make your shopping experience so pleasurable!

A big thank you to our current consigners for the quality handmade goods you provide our shop with.

\*\*\*A shout out to anyone that has any type of crafting talent and making handmade goods. We are always looking for new consigners! Being a consigner is a fun way for you to make money while enjoying your craft and benefits our shop as well. New merchandise is always appreciated.



## Parkinson's Support Group

Tuesday, May 9th 3:30pm

No cost, no registration,  
No membership required

Prior to 2020, Pier 55 had an active Parkinson Disease Support group that met monthly. On May 9th, the Parkinson Support Group will be re-established with a gathering at 3:30 pm in the Community Room at Pier 55 (Red Wing Senior Center) are invited to attend. You do not need to be a Pier 55 member to attend. This first meeting will focus on getting to know each other, determine day and time for meetings and to find out what type of programs that the group would like to see offered at the meetings. If you have questions or you plan to attend, please call Pier 55 at 651-327-2255.

**This support group follows Parkinson's Wellness which meets weekly.**



## Skyrock Farm Fandango

**Thursday, August 24th**

**Register and pay by August 4th**

**Depart 8:30a Return 4:30p**

Registration due Friday, June 10th

**Cost~ \$87 members \$99.00 NON members**

*Cost includes tour, meal, beverages and an optional train ride. This can be a minimal walking adventure.*

The day will be full of excitement. Here is a glimpse of what you can expect:

A guided tour of the carousel and organ exhibit. (The carousel is wood carved and there are over 20 antique organs) You will be told the colorful history of the many carousel animals and the artists that carved them. You will be able to enjoy huge custom murals of artwork painted by local artists. Everyone will love the demonstration of the ornate and gilded organs.

Lunch is served buffet style in the grand ball room. After lunch you will head to the huge, heated-indoor training arena. **YOU DO NOT WANT TO MISS THIS AMAZING SHOW.** Seated guests will learn about the horses' unique place in history and see up close and personal as the powerful horses jump obstacles.

Rose Propst would be happy to answer any questions about our trips: 651-301-0700

[prp22134@yahoo.com](mailto:prp22134@yahoo.com)

*Time and weather permitting, there are flower gardens to view, a vintage amusement train to ride and so much more.*



## PRESLEY CASH LEWIS PERKINS A MILLION DOLLAR QUARTET

FEATURING 20 GREAT SONGS BY THE ORIGINAL ARTISTS



Thursday  
June 15,  
2023

Old Log  
Theatre

Departs: Pier  
55 at 9:15am

Returns: Ap-  
proximately  
5pm

Registration  
and pay date

is May 25

Members \$95 and non members \$105

Lunch is included

Tony Award Winning Musical 21 HIT SONGS by 4 LEGENDS A Tony Award musical inspired by the true story set on December 4, 1956, when an extraordinary twist of fate brought ELVIS PRESLEY, JOHNNY CASH, JERRY LEE LEWIS and CARL PERKINS together at Sun Records for one of the greatest jam sessions ever. MILLION DOLLAR QUARTET brings that legendary night to life, featuring a score of rock hits including "Blue Suede Shoes," "Fever," "That's All Right," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Who Do you Love?" "Sixteen Tons." "Folsom Prison Blues," "Hound Dog" and more. "

Rose Propst would be happy to answer any questions about our trips: 651-301-0700

[prp22134@yahoo.com](mailto:prp22134@yahoo.com)

## SAVE THE DATES

Christmas Afternoon Tea

Thursday, December 7th

Christmas Tea St. Paul Hotel and more!

Church Basement Ladies

Thursday, January 25th

In a Mighty Fortress is our Basement





## SAINTS GAME TRIP

Wednesday, July 26th (1:05pm game time)  
Leave 11:30am and return time based on  
game length.

Cost: \$60 senior member, \$68 non member  
\$30 anyone under 18 years of age

Cost includes coach bus ride, entrance to  
the game and \$10 in Saints Bucks!! Payment  
and registration required by Monday, July  
17th. Space is limited.

## CHANHASSEN DINNER THEATRE EXPERIENCE

September 20

Departs : Pier 55 at 10am

Limited seats available.

Register and pay by date is August 22

Members \$95 and Nonmembers \$105

Lunch is included



## JORDAN TOWERS

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Double Punches on Wednesday!



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• Pre-arrangements 602 Plum St., Red Wing, MN 55066  
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## SENIOR 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 CONVERSATIONS

Facilitator: LaVoie House (Paused)

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 REPUBLIC

Stef can notarize your important papers including wills and health care directives on Monday's by appointment only for a minimum of \$5.

## SPACE RENTAL

Rental space is available for groups, clubs, parties, etc. Call or email Stef Braun for details. 651-327-2255, [rwasprogram@gmail.com](mailto:rwasprogram@gmail.com)

## IPAD CHECK OUT

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](mailto:julietollison@gmail.com)

## LIFELINE DROP OFF

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](mailto:hart@threeriverscap.org)

## NAPS: NUTRITIONAL ASSISTANCE PROGRAM

*Tuesday, May 16th 9:45AM*

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

Carla Pearson, 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 Carla at 507-330-7152.

[cpearson@threeriverscap.org](mailto:cpearson@threeriverscap.org)

## SCAM ALERT BOARD

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

## KOPLINS GROCERY

Delivers on Wednesday's

388-4701

## DEMENTIA SUPPORT GROUP

The last Thursday of the month at 3:30pm

Deer Crest Senior Living

651-267-5441 [Brenda.Rofick@fairview.org](mailto:Brenda.Rofick@fairview.org)

## HOSPICE ADULT GRIEF SUPPORT GROUPS

Either in-person or zoom. Group participants must be at least three months into their journey with grief after the death of a loved one. Monday's, 5:30pm to 7:30pm, First Lutheran Church 1000 Peace Ridge, Lake City

## 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***

***We have 9 gathers for the month of May!***

***(come see us)*** Dues are \$20 annually



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

**Sherry**  
651-212-6021

&

**Bruce**  
715-594-3874

## AARP Safe Driving Classes

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. 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. Classes at Pier 55.

- May 23rd 1pm-5pm first time (2days)
  - May 24th 1pm-5pm first time (2day)
  - May 25th 9am-1pm refresher
  - June 10th 9am - 5pm (8 hour class)
  - June 13th 9am - 1pm refresher
- Call or stop in future date availability.



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Red Wing Area Seniors Inc., Red Wing, MN

D 4C 02-1019





Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Any age can enter. No membership required. Pictures are due by 4 pm Wed, May 17. Pictures will be assigned a number for anonymous voting. Entries will be hung at Pier 55 where voting will take place until May 31st.

Drop off or mail to Pier 55, 240 Harrison St., Suite 2, Red Wing, MN 55066. Age & Prize categories: (12 under \$20, 13yr to 50 yr \$20, 50 years and older 3 prizes \$50 each) All entries into a random drawing \$20. All prizes are cash prizes donated by our sponsor Braun Plumbing!

(For office use only: Entry # \_\_\_\_\_ and Age Category # \_\_\_\_\_)





## BENCH RAFFLE

Don't miss this great opportunity to win a quality bench and support the Red Wing Area Seniors! We are raffling off a Trex bench! The bench was produced from all the plastic bags/materials that was donated over the past 6 months to the Red Wing Plastic Recycling Program. Purchase your raffle ticket(s) at Pier 55 from March 1<sup>st</sup> to May 15<sup>th</sup>. No membership or age requirements.

**(Bench retails for over \$400.00)**  
**\$5.00 per ticket OR 5 tickets for \$20**

## 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

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For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

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 news-letter 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!
- ♦ Support low and not cost programming like medical equipment lending for the entire 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](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

## MAY 2023



| SUNDAY    | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SAT.      |
|-----------|--|--|---|--|--|-----------|
|           | <b>1</b><br>9am AOA<br>9:30 am Pottery Coffee<br>10am S Pilates<br>1 pm Mahjong<br>1 pm 500 cards    | <b>2</b><br>9:30 am YOGA w/ Michele<br>1 pm Tai Chi<br>2 pm Parkinson Wellness                                   | <b>3</b><br>9am AOA<br>9:30 am Pottery Coffee<br>1 pm Puzzle Club<br>2pm Yoga<br>5:30 Yoga for Healing    | <b>4</b><br>9:30 am Wild Women Cards   | <b>5</b><br>9:00 am AOA<br>9:30 am Pottery Coffee<br>10:30 Book Club             | <b>6</b>  |
| <b>7</b>  | <b>8</b><br>9am AOA<br>9:30 am Pottery Coffee<br>10am S Pilates<br>1 pm Mahjong<br>1 pm 500 cards    | <b>9</b><br>9:30 am YOGA w/ Michele<br>1 pm Tai Chi<br>2 pm Parkinson Wellness<br>3:30pm Parkinson Support Group | <b>10</b><br>9am AOA<br>9:30 am Pottery Coffee<br>1 pm Puzzle Club<br>2pm Yoga<br>5:30 Yoga for Healing   | <b>11</b><br>9:30 am Wild Women Cards<br>9:30am Golden K   | <b>12</b><br>9:00 am AOA<br>9:30 am Pottery Coffee                               | <b>13</b> |
| <b>14</b> | <b>15</b><br>9 am AOA<br>9:30 am Pottery Coffee<br>10 am S Pilates<br>1 pm Mahjong<br>1 pm 500 cards | <b>16</b><br>9:30 am YOGA w/ Michele<br>1 pm Tai Chi<br>2 pm Parkinson Wellness                                  | <b>17</b><br>9 am AOA<br>9:30 am Pottery Coffee<br>1 pm Puzzle Club<br>2 pm Yoga<br>5:30 Yoga for Healing | <b>18</b><br>9:30 am Wild Women Cards  | <b>19</b><br>9:00 am AOA<br>9:30 am Pottery Coffee                               | <b>20</b> |
| <b>21</b> | <b>22</b><br>9 am AOA<br>9:30 am Pottery Coffee<br>10am S Pilates<br>1 pm Mahjong<br>1 pm 500 cards  | <b>23</b><br>9:30 am YOGA w/ Michele<br>1 pm Tai Chi<br>2 pm Parkinson Wellness                                  | <b>24</b><br>9am AOA<br>9:30 am Pottery Coffee<br>1 pm Puzzle Club<br>2 pm Yoga<br>5:30 Yoga for Healing  | <b>25</b><br>9:30 am Wild Women Cards<br>9:30am Golden K   | <b>26</b><br>9:00 am AOA<br>9:30 am Pottery<br>FIELD OF HONOR CEREMONY<br>6:00pm | <b>27</b> |
| <b>28</b> | <b>29</b><br>CLOSED HOLIDAY  | <b>30</b><br>9:30 am YOGA<br>1 pm Tai Chi<br>2 pm Parkinson Wellness   | <b>31</b><br>9am AOA<br>9:30 am Pottery Coffee<br>1 pm Puzzle Club<br>2 pm Yoga<br>5:30 Yoga for Healing  | <b>Hours of Operation</b><br>Monday's 9am to 4 pm<br>Tuesday's 9am to 2 pm<br>Wednesday's 9am to 4 pm<br>Thursday's 9am to 2 pm<br>Friday's 9am to 12 pm |  |           |

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**Published monthly by  
Red Wing Area Seniors, Inc.**

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