SENIOR LIVING OPTIONS
PRESENTED BY BOB MISENKO

Determining what you want in senior living takes serious thought. Before you begin to compare your senior living options for the future, it’s important to have a clear picture of the way you want to live.

Tuesday, September 19th at 11:30am
Pier 55, Community Room

- When will you know when it’s time to make a move?
- What’s important to you?
- What do you value most about where you live?
- And what kinds of things do you like to do with your time, energy, and talents?

Senior Living Options is a presentation/discussion about these important questions. In addition, we’ll discuss: Things to consider when choosing a senior living community include: Common signs that may indicate a need for living assistance; What matters most about the community where you live; What you can expect for living expenses; and, Getting to know financial resource options.

Bob Misenko will bring a wealth of knowledge to help guide you through this discussion. Registration is required. No cost for Pier 55 members and a small free will offering for non members. Call or stop in to register.
Exciting news....

Monica Garcia, a new consigner at the Pier 55 Gift Shop is also available to create memory bears for you or your loved ones.

For more information please contact her directly at

Handmade Crafts
TXT 651-347-8484
@monica fabric creations

Watermelon Wednesday 😊
Stop in at Pier 55 on Wednesday, August 23
11a-12p and cool off with a slice of watermelon!!!

TRAVEL SHOW INFO!

2024 CAPE CODE & THE ISLANDS Travel Show
September 12, 2023
10:00am
Pier 55
Open to the community and no age requirements

• 5 Nights– Cape Cod
• 1 Night– Boston
• Boston City Tour
• Martha’s Vineyard Tour
• Faneuil Hall Marketplace
• Nantucket Island Visit
• Plymouth Rock
• Breakers Mansion
• And much much more.

For more information contact:
Rose Propst would be happy to answer any questions about our trips:
651-301-0700
prp22134@yahoo.com

PACIFIC COAST TRAVELER INFO!

Departure meeting scheduled for August 2nd at 10am for all those that are traveling on the Pacific Coast Trip!
Stop in to pick up a catalog! Pier 55 members only get a scheduled pick up at their home if they book a trip with Landmark Tours.
Annadee’s Thrift Store is always in need of newspaper at the check out counter for fragile items purchased. Please drop off any newspaper you are willing donate at the check out counter during normal business hours.

Pier 55 Member Day
50% off store wide
Must present membership card to qualify.
Thurs., Aug. 17

(See page 14 of this newsletter for information on how to become a member.)

Effective Friday, Sept. 1, 2023

WE WILL NO LONGER BE OFFERING GREEN BAG DISCOUNTS.
Red Wing Golden K Kiwanis Club
Invites you to join us.

Thursday, August 10th
Presentation: Where Did You Come From?
Presenter: Dennis Vaillant

Thursday, August 24th
TBD

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.

MAHJONG.................Mondays, 1:00 pm
SCRABBLE.............Wednesdays, 11:00 am
PUZZLE CLUB ..........Wednesdays, 1:00 pm
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 1:00 pm to 3:00 pm all are welcome. No matter your age, gender, or skill level.

BOOK CLUB FOR WOMEN
First Friday of the month at 10:30 am, Pier 55 Community Room. See page 7 for book titles.

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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:

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

AOA
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

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

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

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
BOOK CLUB FOR WOMEN

Meets the first Friday of the month

10:30am at Pier 55

August 4, 2023 The Women of Copper County Sandy Grzywinski

By Mary Doria Russell

Parkinson’s Support Group

Tuesday, August 15th at 3:15pm

No cost
No registration
No membership required

Parkinson Disease Support group meets monthly. You do not need to be a Pier 55 member to attend.
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.

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.

• Tuesday, August 14th  9:00am to 1:00pm
• Thursday, August 24th  1:00pm to 5:00pm
• Tuesday, September 12th  9:00am to 1:00pm
• Thursday, September 21st  1:00pm to 5:00pm
• Tuesday, October 10th  9:00am to 1:00pm
• Thursday, October 26th  1:00pm to 5:00pm
• Tuesday, November 14th  9:00am to 1:00pm
• Thursday, November 30th  1:00pm to 5:00pm
• Tuesday, December 12th  9:00am to 1:00pm
• Thursday, December 21st  1:00pm to 5:00pm

First Time Class Options

• Tuesday and Wednesday, August 22nd and 23rd
  9:00am to 1:00pm
• Saturday, October 14th  9:00am to 5:00pm
• Tuesday and Wednesday, December 5th and 6th  1:00pm to 5:00pm
“I AM BETTY”

Minnesota History Theater & lunch at Cosetta’s

Join us for a trip to the Minnesota History Theater to see the “new musical that trac-es the impact of BETTY CROCKER and examines the lives of women and society throughout the past century.”

**Thursday, November 30th, 2023~Departure & return TBD**
**Members $86  **Nonmembers $99**

“Here for the Tea”

Holiday Afternoon Tea at the St. Paul Hotel & JJ Hill Mansion Tour

“Come experience an exquisite event! This 2 hour afternoon tea is fashioned after Eng-land’s afternoon tea and consists of a variety of tea sandwiches, savory, scone and two tiers of sweets. A pianist entertains you throughout.”

**Thursday, December 7th, 2023~Departure & return TBD**
**Members $99  **Nonmembers $110~space is limited**

The Church Basement Ladies

“‘A Mighty Force Is
In Our Basement’
Show & Lunch at the Ames Center in Burnsville

The Church Basement Ladies never disappoint! “It’s 1960 and Beverly gets her first pair of high heels for confirmation; Pastor announces his impending nuptials; Mrs. Snustad and Mrs. Gilmerson plan a food booth at the County Fair to raise money; and Mrs. Engelson embarks on a spontaneous driving lesson. Through it all these “bulwarks never failing” stand strong in their faith and their friendships.”

**Thursday, January 25th, 2024~Departure & return TBD**
**Members $75  **Nonmembers $89**
RED WING SOCIAL SINGLES
Bridging Friendships

Are you looking for activities and/or interested in meeting new people and having fun... (Just celebrated 30 years)
If so, consider checking out this local singles club. So, if you are widowed or single you don’t have to go it alone.

We meet the first Friday of the month
Fiesta Mexicana 1pm
Dues are $20 annually
We have 9 different outings for August.
If you are interested in checking out the organization, please contact:

Sherry 651-212-6021 or Bruce 715-594-3874

GET SMART ABOUT VEHICLE TECHNOLOGY

Wednesday, September 27th
2:00pm to 3:30pm
Pier 55

Join us for a 90 minute workshop offering an interactive way to stay up to date with technology in your current or future vehicle.

*Registration required.
Call or stop in to register 651-327-2255*

No cost, no age requirement and open to the community!!

JORDAN TOWERS
“A Good Place to Live, A Great Place to Call Home”
NOW ACCEPTING APPLICATIONS
Please contact 651.388.7571
Red Wing Housing & Redevelopment Authority
428 W. 5th Street, Red Wing, MN • www.redwinghra.org

Mahn Family
Funeral and Cremation Services
(651) 388-3343
Bodelson-Mahn Chapel
602 Plum St., Red Wing, MN 55066
www.mahnfamilyfuneralhome.com

Get $4 Off with fully punched card.
Double Punches on Wednesday!

Our newly built senior living community provides residents with the exceptional care they deserve in an extraordinary environment.
Contact us to schedule a tour!

651-448-0434   |   www.GoodhueLiving.com

For ad info. call 1-800-950-9952 • www.lpicommunities.com   Red Wing Area Seniors Inc., Red Wing, MN   C 4C 02-1019
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
Many of you have heard about people using “ZOOM.” ZOOM is a video webinar/a way to stay connected. If you would like assistance learning more about how to use this, contact Tom Walsh for assistance. No cost. Or leave a message at 507-319-5632 and we will get back to you to schedule an appointment

NOTARY PUBLIC
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

TRANSPORTATION:
Safe and affordable rides
harT- Miles and Miles of Positive Impact
1-866-623-7505
hart@threeriverscap.org

NAPS: NUTRITIONAL ASSISTANCE PROGRAM
Tuesday, August 15th  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

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

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
Pier 55 Members Only!

Your Gold Pass to our Highest CD Rate!

Add .25%

to the base rate of our CD Special that best fits your savings goals when you open your new certificate of deposit before 8/31/2023.

Call for current CD Special rates and terms. Offer good at Merchants Bank in Red Wing. Limit one coupon per customer.

A safe and beautiful home

“I consider myself very independent, but now I have the security of knowing someone is always available if needed. Benedictine The Villa is truly my home.”

– BENEDICTINE THE VILLA RESIDENT

Call today to schedule your personal tour.

(651) 385-5476
BenedictineRedWing.org

Benedictine
LIVING COMMUNITY | RED WING

Quality, award-winning care
ASSISTED LIVING | SKILLED NURSING CARE | MEMORY CARE
Benedictine The Villa | 135 Pioneer Road | Red Wing, MN 55066
Turtle Word Search

Return completed form by August 31 to be placed in a random prize drawing
Thank you to everyone that attends fitness classes at Pier 55. We appreciate your loyalty, dedication and often smiling faces.

Thank you to the senior center and volunteer Vic for fixing my fence. It was greatly appreciated.

A.D.

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
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!

♦ Support low and not cost programming like medical equipment lending for the entire community.

MEMBERSHIP NEWS...

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
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**Hours of Operation**
Monday’s 9 am to 4 pm
Tuesday’s 9 am to 2 pm
Wednesday’s 9 am to 4 pm
Thursday’s 9 am to 2 pm
Friday’s 9 am to 12 pm
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240 Harrison Street, Suite 2
Red Wing, MN 55066

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