



“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 traces the impact of BETTY CROCKER and examines the lives of women and society throughout the past century.”

****Thursday, November 30th, 2023~Departure 8:30am & return 3:30pm**

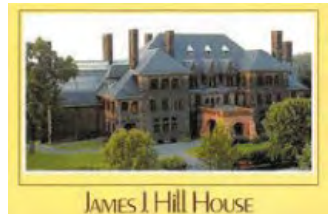
****Members \$86 **Nonmembers \$99**



“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 England’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 9:00am & return 4:30pm**

****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 10:15am & return 4:30pm**

****Members \$75 **Nonmembers \$89**



DONATION HOURS:

Tuesdays 10am-1:00pm
 Wednesdays 10am-1:00pm
 Fridays 10am-1:00pm

Open the following
 Saturdays
 10am-1pm

10/7 & 10/21

321 POTTER STREET,
 RED WING, MN
 651-388-7031

Pier 55 Member Discount Day
 50% off storewide with card.
 Thursday, October 12th

SHOPPING HOURS:

Tuesdays 10am-4pm
 Wednesdays 10am-4pm
 Thursdays 10am-2pm
 Fridays 10am-2pm

Open the following
 Saturdays 10am-2pm

10/7 & 10/21

No longer accepting Green
 Discount Bags. Effective
 9/1/2023



COZY KIDS

Free coats for kids from 0-18 years of age!!!
 Beginning September 19, 2023 -
 while supplies last.....

Annadee's Thrift Store is giving away coats to
 area kids in need while supplies last!

To donate: Please help us by donating any
 gently used or new coats for kids during
 donation hours.

To get a child's/teen's coat- Stop at Annadee's
 Thrift Store during shopping hours. The only
 requirements for a child's/teen to receive coat
 is that they are between 0-18 years of age.
 Limited to 1 coat per kid.

This winter Red Wing Area Seniors feels
 strongly that any child/teen in the Red Wing
 and surrounding area has a warm
 winter coat!!

Thank You!

Jolene King, Store Manager
 651-388-7031



Sound Healing for Seniors

October 18th from 12:30-1:30 pm

Pier 55/Red Wing Area Seniors 240

Harrison St, Ste 2

Red Wing, MN



Join me for a relaxing afternoon of Sound Healing. We start with a short guided meditation, set our intention for the hour and I will play my drum, Crystal and Tibetan singing Bowls, rain stick, ocean drum, chimes and tingsha. No experience is necessary. Just come with an open mind and allow yourself to relax and enjoy the beautiful sound, frequencies and vibrations from all these healing instruments. This event is free of charge, please register by stopping at Pier 55; 240 Harrison Street, Red Wing, or call 651-327-2255. There are no age or membership requirements.

Sound healing is a relaxing and meditative experience where the sound waves, vibrations and frequencies from multiple instruments will bring you into a deep state of rest, relaxation, and self-healing.

MVR Healing 155 Hillwood Dr.
Lake City, MN 55041 (651) 380-8465



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Office: 651.327.2760

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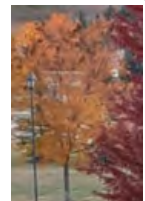


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Have you ever heard of pickleball? Did you know that it is the fastest growing sport in the United States? Did you know that Red Wing has a growing number of pickleball players of all ages and abilities? Are you aware that there is a local group of pickleball players that are trying to raise the funds necessary to build permanent pickleball courts in Red Wing so everyone can enjoy this popular sport? Pickleball is a fast-paced and engaging sport easily enjoyed by people of all ages and skill levels. It provides a good mix of strategy, agility, and hand-eye coordination, making it a popular choice for recreational play. Pickleball is played with a paddle and a plastic ball that resembles a whiffle ball on a court that is less than half the size of a tennis court and is typically played in doubles. So why is pickleball so popular? There are many reasons why people of all ages and abilities play. Pickleball is an extremely healthy activity, Pickleball is easy to learn, Pickleball is social., Playing pickleball doesn't require a lot of space, Pickleball is an enjoyable game for all ages, It is affordable, Pickleball is for people of all skill levels.

So, now that you have a fairly good idea what pickleball is all about, here is what is happening on a local level. There have been people playing pickleball in and around Red Wing for a number of years and we have seen the numbers explode in recent years. The pickleball group that I'm associated with has an email list of 80+ and we know there are other groups that play as well. We also know that there are people who would like to play but because there are not dedicated courts to play on, they cannot. Presently our group plays outside using the Twin Bluff tennis courts when the weather permits. These are still used as tennis courts and we have to provide our own nets that we set up and take down to actually play pickleball. One tennis court is able to accommodate two pickleball courts with a pickleball court on either side of the tennis net. Most of the tennis courts are only lined for tennis play with a few being lined for both tennis and pickleball. Needless to say, it's not the best situation to play pickleball on tennis courts that are still being used for tennis. During inclement weather and winter, we are fortunate enough to be able to play at the YMCA and they have been extremely welcoming and helpful.



During the last few years our group has been advocating for public permanent outdoor pickleball courts so everyone who wishes to play has an opportunity to do so. In the past year we have teamed up with the City of Red Wing to come up with a plan to build the courts. The City of Red Wing has been great to work with and I believe they truly want to see this project completed. The plan agreed upon consists of six ready-to-play courts to be constructed in Colvill Park. They would be built in a largely unused corner of the parking lot of the Aquatic Center, and the cost would be approximately \$350K. It was hoped that funding for these courts would come from a MN DNR Recreational Grant. This is a matching grant where the city would have to come up with approximately \$175K.

Our group agreed to raise the \$175K match so that the city could apply for the grant. We did raise the money through various sources and the city applied for the grant this past March. The city was notified in June that they did not receive the grant because there were more applications than money available.

What is the project status now? Our group continues to be committed to seeing the completion of these courts in Colvill Park and believes that the city will be successful if it applies again, but it is a competitive grant and far from a sure thing. We know there are many people around us who will also agree how important these courts are to Red Wing and will want to help bring this project to completion. Whether it is because you believe we need to provide more healthy activities for adults, particularly seniors, or simply are concerned that our youth need more safe, healthy activities to occupy their time, it's a win-win for our community to complete this project.

If, after reading this, you have any questions about pickleball in general, and/or would like to help out in bringing this project to completion, please feel free to contact me because I believe that together we can get this project done!

Respectfully, Tim Sletten 651-380-2133 timsletten3@me.com

MAHJONG.....Mondays, 1:00 pm

SCRABBLE.....Wednesdays, 11:00 am

PUZZLE CLUBWednesdays, 1:00 pm

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



"WILD WOMEN" CARDS

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

500 CARD CLUB Mondays 1:00pm to 3:00pm 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. Friday, October 6th



**Red Wing Golden
K Kiwanis Club**

Invites you to join us.

Presenter: Ross Lexvold, Excel Energy
Report on Xcel Operations
Thursday, October 12 at 9:30am

Presenter: Marti Pierce
Red Wing Accessible Garden Project
Thursday, October 26 at 9:30am

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.

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GRAB A FRIEND, COME TO A SHOW

Dallas String Quartet ~ Sept 23
C.Willi Myles ~ Sept 30
Native Comedy Night ~ Oct 7
Glenn Miller Orchestra ~ Oct 14
Mollie B & Squeezebox ~ Oct 20

ORDER TICKETS
sheldontheatre.org
651-388-8700



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 6 classes
Additional Class options:

Yoga for Grief Support
Michele Hoffman, C-IAYT & Kathy Bang

This six-week class will be held in person at Pier 55 Red Wing Senior Center. It is open to anyone who is grieving the death of a loved one. The class will be facilitated by Kathy Bang, retired LISW/Hospice social worker and Michele Hoffman, C-IAYT/Integrative Medicine & Health yoga therapist.

Yoga for Grief Support combines the benefits of a grief support group – education, support, connection with others – with yoga practices for self-care – breathing practices, gentle movement, and meditation – to relieve the physical, mental, social, and spiritual symptoms of grief. The emphasis of this class will not be on physical exercise. We will utilize the deeper tools of yoga to help participants create a safe space for their grief and connect with their deepest selves in a compassionate way.

Thursdays 2-3:30 pm

6 weeks 11/2 – 12/14 (no class 11/23)

\$80 for 6 classes/\$70 for seniors age 65 and older
 Pier 55 (Red Wing Senior Center), Community Room, 240 Harrison Street

Yoga for Neck and Shoulder Tension
Michele Hoffman, C-IAYT

Join us for this class and learn yoga techniques to relieve tension in the neck and shoulders, strengthen core muscles, improve posture, and strengthen the upper back to support the neck and low back. Class will be taught by Michele Hoffman, C-IAYT, yoga therapist in the Integrative Medicine and Health department at Mayo Clinic Health System.

Wednesdays 5:30 – 6:30 p.m.

9/27 – 11/15

\$85/ 8 classes

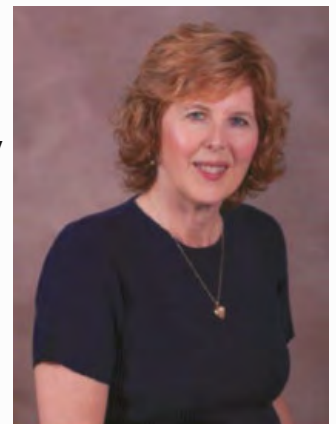
Pier 55 (Red Wing Senior Center), Community Room, 240 Harrison Street

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.

To register: Call or email Michele at

651-301-1781

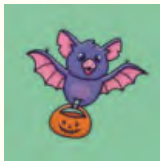
Hoffman.michele@mayo.edu



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 have lots of activities in October!



***We meet the first Friday of the month
Fiesta Mexicana 1pm***

Dues are \$20 annually

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

Dorothy 651-363-3950

Brenda 507-757-3325

GET SMART ABOUT VEHICLE TECHNOLOGY

Tues. Oct 10 9-1pm 4 hour

Sat. Oct 14 9-6pm 8 hour

Wed. Oct 18 1-5 pm 4 hour

Tues, Nov. 14 9-1pm 4 hour

Tues. Nov. 21 1-5pm 4 hour

Smart DriveTEK

Wed. Sept. 27, 2 pm

Wed. Oct. 11, 10 am

Wed. Nov, 1 pm

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!!



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

Parkinson's Support Group

Tuesday at 3:15pm

No cost, No registration

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.

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@hbc.com

Parkinson Wellness Recovery

Tuesdays at 2:00pm

Cost: \$5 per session

Call Patti for class dates and to register.

651 380 8752, email svien65@hbc.com

Join us at Pier 55 for an informative presentation to learn more about the Red Wing Accessible Community Garden Project.



Presenter:

Marti Pierce

October 23rd

1:00pm-2:00pm

Open to the community.

No registration required!

Bill Becker Memorial Cribbage Tournament

Join us on October 21st

Pier 55/Red Wing Area Seniors

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

Registration opens at 9:00am

Play begins at 10:00am

Entry Fees-\$20 advance registration paid and sent to:

Red Wing Framing; 312 West Avenue; Red Wing, MN 55066

\$30 day of tournament (cash or check only)

Checks made payable to RWAS.

Participants are guaranteed at least two games of cribbage.

Bring a cribbage board if you have one, with your name on it.

Contact John Becker with any questions-651.380.1501

Proceeds benefit Red Wing Area Seniors.



Some fun pictures from our recent Pacific Coast Trip!! A good time was had by all!!



TRAVEL PRESENTATION

Wednesday, November 8th

1:00pm at Pier 55

Treats and coffee provided

Call or stop in to register. 651-327-2255

No age or membership requirements.

Join us at the Red Wing Area Seniors Center to learn more about fantastic group travel opportunities with our local partner, Landmark Tours.

Information and literature will be available on site.

If you can't make the show, call for a catalog
n 612-230-2040

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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
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

Stef can notarize your important papers including wills and health care directives on Mondays 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:

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hart@threeriverscap.org

NAPS: NUTRITIONAL ASSISTANCE PROGRAM

Tuesday, October 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

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 CARE GIVERS

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

THREE RIVERS- Dana Bergner. I am a registered nurse. My contact information is 507-421-6067 dbergner@threeriverscap.org.

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A huge thank you to Pier 55 for this opportunity to introduce myself and my new foot care business serving Red Wing Area Seniors.

Hello! I am a Registered Nurse who has been a 15-year resident of Red Wing. My nursing career over the last thirty-five years has been primarily focused on Public Health and preventative health care. During the last several years I have heard many Seniors, and their loved ones, express their wish for a service which provides toe trimming and help with maintaining good feet health in the comfort of THEIR OWN HOME.

Because I am a trained nurse, I am committed to providing care which is confidential, safe, hygienic, and gentle. During your 50-minutes session you will receive the following: physical assessment of your feet, foot bath, removal of corns/calluses, trimming of toenails, foot massage using essential oils, and a referral to your podiatrist when necessary.

Please call or email me for more information and/or to make an appointment. I can be reached at 651-472-4481 or healthyfeetredwing@gmail.com.

Wishing you good health!

Suzanne Grant, RN, MPH

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Red Wing Area Seniors Inc., Red Wing, MN

D 4C 02-1019

ERGO HALLOWEEN SPOT-THE-DIFFERENCE

BY TIM VAN DE VALL

GEORGE, TESSA, AND MCFLUFF ARE RUNNING TO SAVE THEIR HALLOWEEN LOOT FROM ARROWBOT, THE CANDY-CRAZED MUMMY. CAN YOU FIND ALL 30 DIFFERENCES BETWEEN THE 2 SCENES?



Name _____ Phone# _____

Return to Pier 55 by October 31st to be entered in a random prize drawing.

Friends of the Bluffs Fundraiser Bluff Color Fest Trail Run or Hike



Saturday, October 21st

Enjoy a fall morning on the trails on
Sorin's Bluff
and breakfast with your family and
friends.

To register or for more information,
go to www.bluffcolorfest.com
or call 651-380-4296

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Char Rogness, Ben Stephani
Doug Blakesley, Todd Avery

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Stef Braun..... Program Coordinator
Shirley Perkins.....Administrative Asst.
Jolene King.....Annadee's Manager
Mary Machnik... Volunteer Gift Shop Manager
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Kim Wojcik.....RWASdirector@gmail.com
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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!
- ◆ Support low and no 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



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

OCTOBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1	2 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	3 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	4 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	5 9:30 am Wild Women Cards	6 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv 10:30am BOOK CLUB	7
8	9 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	10 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	11 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	12 9:30 am Wild Women Cards 9:30am Golden K	13 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv	14
15	16 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	17 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness 3:15pm Parkinson Support Group	18 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	19 9:30 am Wild Women Cards	20 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	21
22	23 9 am AOA 9:30 am Pottery Coffee 10am S Pilates 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	24 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	25 9am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	26 9:30 am Wild Women Cards 9:30am Golden K	27 9 am AOA 9:30 am Pottery 1030 Spanish conv	28
29	30 9 am AOA 9:30 am Pottery Coffee 10am S Pilates 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	31 9:30 am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	Hours of Operation 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			

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