



RED WING AREA SENIORS HOLIDAY FUNDRAISER

Mark your calendars for *ALL*
of this years festivities!



Silent Auction for holiday items, including~gift baskets, decorative arrangements & centerpieces, unique one-of-a-kind wreaths and trees. Items can be viewed on-line and in person beginning Monday, November 27th and closing at 1:00pm on Saturday, December 2nd.

This year bidding will be in person only at Pier 55.

Pier 55 will again host the ever popular **Cozy Christmas**.

This 2 day event is something you do not want to miss, December 1st and 2nd

P55 Pop Up Coffee & Treat Shop, stop in and enjoy a home-made treat and hot drink as you shop the Cozy Christmas event.

Pop Up hours are December 1st and 2nd from 10am to 5p.

And, of course, our ever popular and much loved **NO BAKE BAKE SALE** that will run the entire month of December. Donation requests cards will be included in our December newsletter.



Here's What We Can Do Now To Reduce Our Risk Of Dementia

Dementia means serious and disabling cognitive loss. It includes dreaded disease labels like "Alzheimer's", among other types of cognitive loss that rob us of our capacity to reason, remember, and communicate. If we simply wait around for dementia to show up, feeling there isn't much we can do about it until a "magic pill" comes to save us, we have every reason to be afraid.

Factors like heredity and genetics have always helped form a picture of dementia as a condition we had little power to change. A family history associated with Alzheimer's disease, for example, meant that we were doomed to show up with it ourselves as we got older.

But ongoing research now demonstrates that there is a whole lot we can do to prevent or postpone the risk of dementia as we age, and that we are not helpless victims to this dreaded and disabling disease of the brain. Even when we have a family history of cognitive disease, simply growing older does not make us "sitting ducks" for dementia.

Today we know more about the importance of lifestyle choices that impact dementia. Factors within our control can reduce our chances of disabling dementia by 60%, or even significantly more than that! Repeated research shows how we can keep our body and brain healthy by daily attention to our need for exercise, a healthy diet, mental stimulation, and maintaining a network of healthy relationships. What's good for our bodies is good for our brains.

Here's how we reduce our risk of dementia

First we need to effectively manage any chronic health conditions we might have, like cardiovascular disease or diabetes. If these are well managed and other lifestyle factors attended to, they are much less likely to erode the health of our brain.

Then we need to build in the "exercise habit."

Just 15-20 minutes of aerobic exercise (like brisk walking) three times a week actually changes the structure of the brain to improve memory. Regular exercise has been associated with as much as a 40% reduction in reducing memory loss, depression, and the risk of dementia. Exercise alone beats drugs for treating either dementia or depression! Regular exercise also contributes to the kind of healthy sleep that cleanses the brain each night, another important preventative measure related to cognitive loss.

We also need to build in a pattern of healthy nutrition.

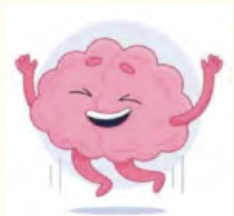
Good nutrition not only nourishes us physically but also protects and preserves our brain. This means committing ourselves to a heart healthy diet. Out with the fast, sugary, high carb foods, and in with locally grown fresh fruits and vegetables. Out with inflammation creating sugary drinks. Out with any overuse of alcohol. And out with smoking, for sure!

A strong social network also helps reduce cognitive loss.

Building strong social connections with friends and family and avoiding social isolation is also key, and because aging means inevitable loss of friends and loved ones, bringing new friendships into our lives is always necessary.

We need to keep our minds active and engaged. Mental stimulation strengthens our "mind muscles." Learning new skills, travel and new adventures all help us build what is known as "cognitive reserve," a critical factor that provides protective insulation against the wear and tear of age.

Bruce McBeath, Ph.D.
Licensed Psychologist





Pier 55
November
HOLIDAY HOURS

**CLOSED FOR BUSINESS
THANKSGIVING HOLIDAY**

**Thursday, November 23rd
and
Friday, November 24th**

**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 November!

We meet the first Friday of the month

Fiesta Mexicana 1pm

Dues are \$20 annually

If you are interested in checking out the
organization, contact: Dorothy 651-363-3950
Or Brenda 507-757-3325



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HOLIDAY CLOSING

Closed 11/23, 11/24

DONATION HOURS:

Tuesdays 10am-1:00pm

Wednesdays 10am-1:00pm

Fridays 10am-1:00pm

Open the following

Saturdays

10am-1pm

11/4, 11/18

12/2, 12/16

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

Pier 55 Member Discount Day
50% off storewide with card.
11/16

SHOPPING HOURS:

Tuesdays 10am-4pm

Wednesdays 10am-4pm

Thursdays 10am-2pm

Fridays 10am-2pm

Open the following

Saturdays 10am-2pm

11/4, 11/18

12/2, 12/16



COZY KIDS

Free coats for kids from 0-18 years of age!!!
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/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
rwasstore@gmail.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.

Hand and Foot

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, Nov 3

November 3, 2023 Just Mercy by Bryan Stevenson Ann Hoffmann

December 1, 2023 Lessons in Chemistry by Bonnie Garmus Catherine Friend



Red Wing Golden K Kiwanis Club

Invites you to join us.

Thursday, November 9th

And

Wednesday, November 23rd

Speakers to be determined.

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

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

**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.

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@hbci.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@hbci.com**

We have a treadmill and elliptical trainer available for member usage. Contact Kim Wojcik if you are interested in learning more about how to utilize this available equipment.

651-327-2255

rwasdirector@gmail.com

How are we doing?

The Red Wing Pickleball Group would like to thank all of you for your interest and support of the Pickleball project mentioned in the September and October "Pier 55 News"... If you missed the article, we explained how the City of Red Wing has approved and supported the building of permanent Pickleball courts at Colvill Park... These permanent courts will provide all interested Red Wing residents access to a new and very popular healthy and fun outdoor sport... The sport of Pickleball is now the fastest growing sport in the U.S.A. The sport is perfect for active seniors and youngsters, as it's easy to learn, and can be played at any pace you wish to play at... The biggest benefit of this sport is the socialization and fun while either playing, or teaching the sport... Many school systems, including ours, are considering teaching Pickleball in their Phy Ed classes... It's a perfect sport for any generation... Our players have been teaching adults and youth all summer long... It's a very rewarding feeling to be part of a project that benefits every generation in our community of Red Wing...

So, "How Are We Doing"? The Pickleball project is raising generous amounts of funding in support of the project... large donors like the Red Wing Area Fund, and Red Wing Shoe Foundation have been very gracious in their contributions... Our own Red Wing Pickleball Group members have donated over \$30,000 of their own funds in support of the project... We wish to thank each and every one of them for their generous support... If any of you reading this are looking to support a wonderful community project that is a healthy and rewarding activity for the Red Wing community, then I urge you to generously consider this project... It's the "Season of Giving" and the Red Wing Pickleball Group graciously appreciates each and every donation- large or small... It all adds up and helps us accomplish our goal of permanent Pickleball courts for the entire community of Red Wing... Thank you so very much for your consideration... If you have any questions, or wish to contribute, please feel free to contact either Tim or myself...

JohnnyO 651-380-1086
JohnnieO@Charter.net

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



Fall/Winter Driver Safety Schedule

Tuesday, November 14th 9-1pm, 4 hour

Tuesday, November 21st 1-5pm, 4 hour

Tuesday and Wednesday,
December 5th&6th
1-5pm, 8 hour

Tuesday, December 12th, 9-1pm, 4 hour

*4 Hour classes are the refresher class if you've already taken the 8 hour class in the past.

- 8 Hour classes are for those who have never taken the course previously. Minnesota residents receive a 10% discount on their auto insurance for 3 years upon completion of the class.

All classes are held at Pier 55/Red Wing Area Seniors, 240 Harrison St. Red Wing

***Registration required.**

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

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





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**

"I AM BETTY"

Minnesota History Theater & lunch at Cosetta's

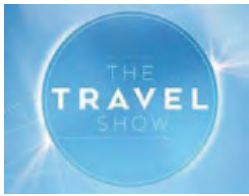
Join us for a trip to the Minnesota History Theater to see the "new musical that traces the impact of BETTY CROCKER and examines the lives of women and society throughout the past century."

****Thursday, November 30th, 2023**

Departure 8:30am & return 3:30pm

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





TRAVEL SHOW!!

Join us to learn more about fantastic group travel opportunities!

Wednesday, November 8th

1:00 pm at Pier 55

Call or stop by to register 651-327-2255

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Suzanne Grant, RN, MPH

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, rwasprom@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, November 20th 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

Dana Bergner, RN 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 Dana at 507-421-6067, dbergner@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.



LEARN HOW AND MAKE LEFSE

Join Marla from UCARE as she walks you through the process of making Lefse at Pier 55!

No cost, members only

Space is limited. Sign up is first come first serve

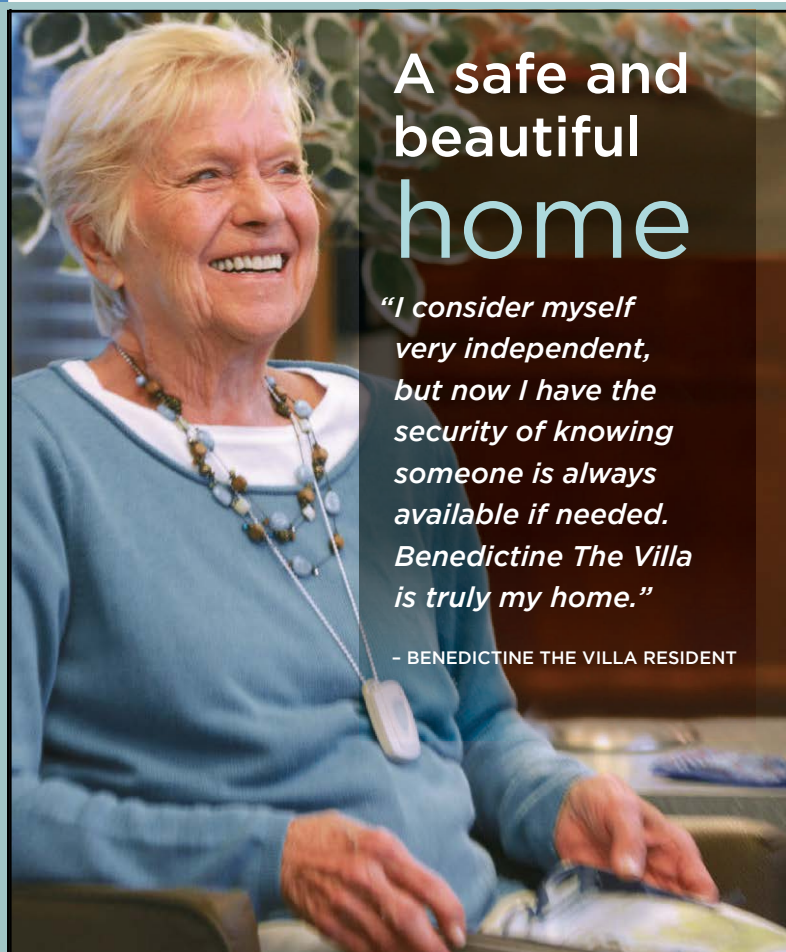
No cost, all materials are provided.

Tuesday, December 19th
(Register by Tuesday, December 12th)

12:30pm
2:00pm

6 spots available
6 spots available

LEFSE class sponsored by UCARE



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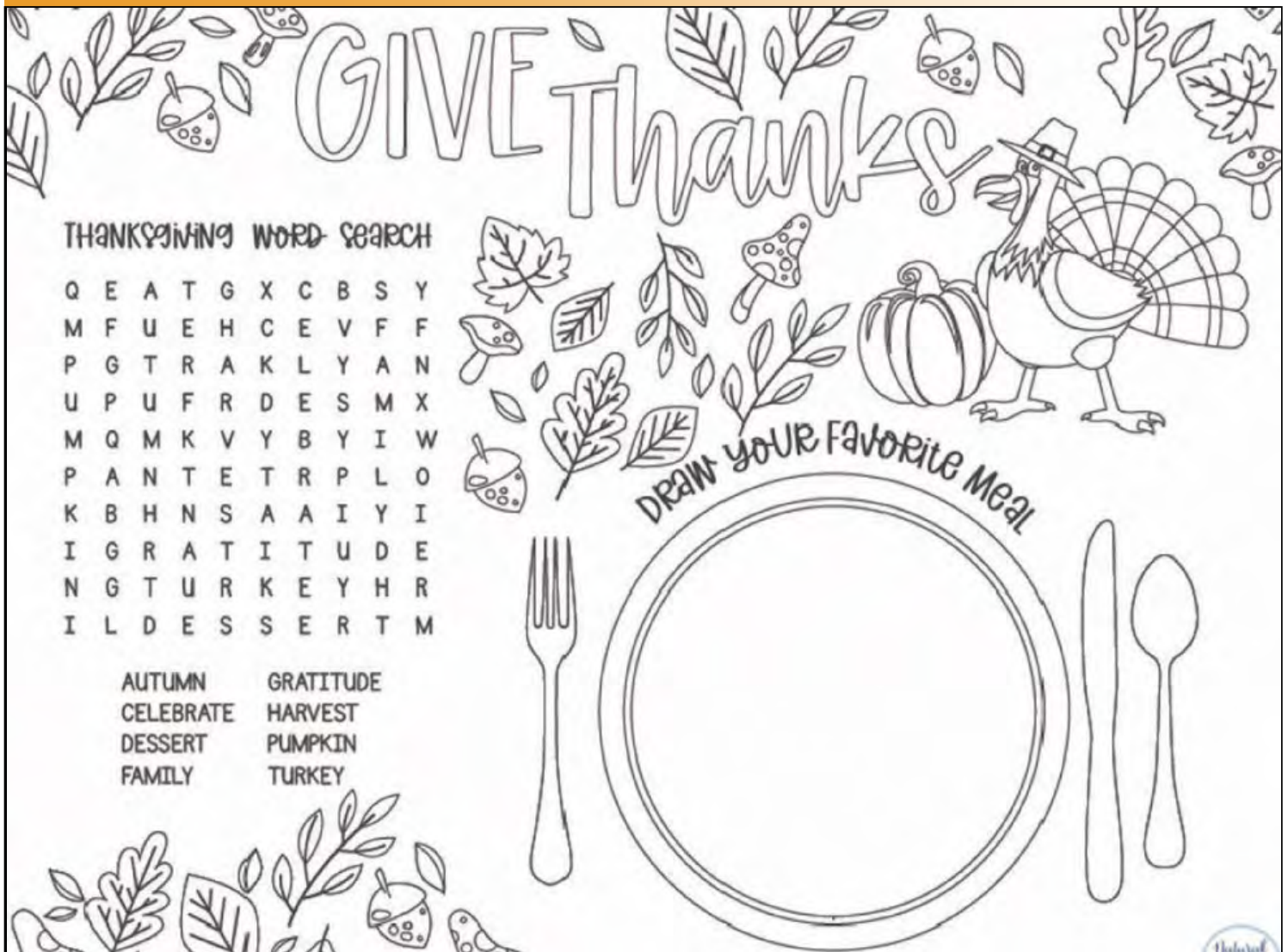
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Complete the word search and drawing of your favorite meal. Turn into Pier 55 by Thursday, November 30 to be entered in a random drawing for a prize.

Name _____

Phone # _____

Celebrate Thanksgiving with a very special pie and help support a very special place – The Pier 55 Senior Center in Red Wing.

Stockholm pie is proud to announce that Pier 55 will be partnering with us in Red Wing for our Thanksgiving pie celebration. You can pre-order your pies from our select list of very special Thanksgiving pies – curated for our guests by our team. Place your order online or via phone to pick up your pies in Stockholm at our Pie Shop or in Red Wing at Pier 55 Senior Center.



A portion of all Red Wing sales goes to Pier 55.

Stockholm pie has long enjoyed a wonderful partnership with Pier 55 with our annual Pie tastings and now our Thanksgiving Event. Stockholm Pie is considered a regional treasure and is renowned as one of the top pie shops in America.



Pies are by special order only, there will not be any available on site for sale, so make sure you place your orders by November 18th online at <https://www.stockholmpie.com/thanksgiving-2023/> or via phone at 715-442-5505.



Annadee's Closet,

Hi,

Thank you for the donations. I have not seen them yet but that doesn't matter to me. The fact that there is something waiting for me at the door from someone I don't know that obviously cares for some reason about me and has hopes that these things will help me moving forward is awesome and I am grateful. So, thank you very much and God bless.

Resident from the MN Correctional Facility,
Red Wing

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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) 11/16
- ◆ 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 and Parkinsons Support 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

NOVEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	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		1 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	2 9:30 am Hand and Foot	3 9 am AOA 9:30 am Pottery Coffee 10:30am BOOK CLUB	4
5	6 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 1 pm Mahjong 1 pm 500 cards	7 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	8 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	9 9:30 am Hand and Foot 9:30am Golden K	10 9 am AOA 9:30 am Pottery Coffee	11
12	13 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 1 pm Mahjong 1 pm 500 cards	14 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness 3:15pm Parkinson Support Group	15 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	16 9:30 am Hand and Foot Annadee's Member Discount Day	17 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	18
19	20 9 am AOA 9:30 am Pottery Coffee 10am S Pilates 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	21 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	22 9am AOA 9:30 am Pottery Coffee 9:30am Golden K 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	23 CLOSED HOLIDAY	24 CLOSED HOLIDAY	25
26	27 9 am AOA 9:30 am Pottery Coffee 10am S Pilates 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	28 9:30 am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	29 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	30 9:30 am Hand and Foot		

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