



SOUND HEALING CLASS

Join Maria for Sound Healing
January 8th, February 5th, March 4th, April 1st
& May 6th from 12:30-1:30 pm
\$20 per person for Pier 55 Members
\$30 per person non members
Call or stop in to register.
Registration deadline December 15th.

Sound Healing is a gentle relaxing & meditative experience where the sound waves, vibrations & frequencies from multiple instruments will bring you into a deep state of rest, relaxation & self healing. Sound Healing benefits: decreases mood swings, lowers blood pressure & cholesterol, reduces pain, & improves sleep.

Sound Healing has been around for over 40,000 years dating back to the indigenous Australians who used instruments in healing rituals. Ancient Egyptians also used sound healing with the pyramid's design to create sound chambers for healing.



Instructor: Maria Voorhees-Reinke, an Intuitive Energy & Sound Healer from Lake City, Mn. I have been doing Energy Healing for 7 years & Sound Healing for over 4 years. To find out more on what I do check out my website at MVRhealing.com MVR Healing 155 Hillwood Dr.
Lake City, MN 55041 (651) 380-8465



COFFEE AT PIER 55!



DECEMBER HOLIDAY HOURS PIER 55 CLOSED FOR BUSINESS

Friday, December 22
Monday, December 25
Tuesday, December 26
Thursday, December 28
Friday, December 29

TOYS FOR TOTS

Please donate your new, unwrapped toys at Pier 55 in the Toys for Tots collection bin!!! Toys are collected through December. Thank you.

240 Harrison Street

Red Wing, MN



SPONSORSHIP OPPORTUNITY

We are looking for one or more generous individual, organization or business that are willing to sponsor our wonderful holiday planters. There will be two, 40" Planters to be placed in front of Pier 55 as we have done in past years. Project Total: Cost \$501. If you are interested in sponsoring these beautiful planters this season please contact Kim Wojcik, Executive Director 651-327-2255, rwasdirector@gmail.com



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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 December!

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 651-353-3850

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651-388-4711
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RED WING, MN
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HOLIDAY CLOSING
 Friday, December 22nd
 Tuesday, December 26th

DONATION HOURS:

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

Open the following
 Saturdays
 10am-1pm
 12/2, 12/16

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

Pier 55 Member Discount Day
 50% off storewide with card.
 12/14

SHOPPING HOURS:

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

Open the following
 Saturdays 10am-2pm
 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 be-
 tween 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



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

December 1
Lessons in Chemistry
by Bonnie Garmus



Red Wing Golden K Kiwanis Club

Invites you to join us.

Thursday, December 14th

And

Thursday, December 21st

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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651.388.9733



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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
sheldonthatre.org
651-388-8700

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 (not all participants pictured here)



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.

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

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

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.



BUCKET LIST TRIP OFFERING!!

2024 CAPE COD & THE ISLANDS

Open to the community

- 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



“Here for the Tea”

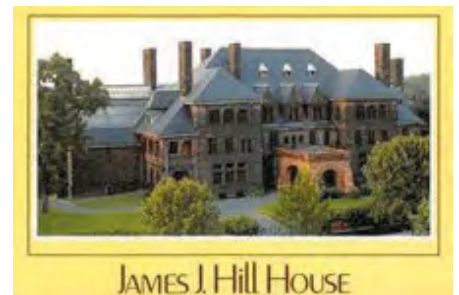
Holiday Afternoon Tea at the St. Paul Hotel & JJ Hill Mansion Tour

“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~waitlist**



JAMES J. HILL HOUSE



A sincerely thank you to the Meredith Severson Trust/Estate for their recent extremely generous donation to the Red Wing Area Seniors.

Bill Becker Memorial Cribbage Tournament would like to thank the following businesses for supporting this year's event:

Red Wing Shoes
St. James Hotel
Family Fare Grocery
Hanisch Bakery
Red Wing YMCA
Kelly's Bar and Grill
Sheldon Theatre
Weiderholt's



Thank you to Stockholm Pie and everyone that participate in the pre order

Thanksgiving Pie Pick up at Pier 55!

**VOLUNTEERS
NEEDED!**

VOLUNTEERS NEEDED!

We are looking for volunteers at Pier 55 and Annadee's Thrift Store. We have a variety of different opportunities available and could use your help. Please call or email if you are interested in meeting with Kim to learn more about how you can be part of our wonderful volunteer team!!

Kim Wojcik, Executive Director

651-327-2255

rwasdirector@gmail.com

Winter Driver Safety Schedule

1/9	9-1pm	The 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.
1/18	1-5pm	
2/13	1-5pm	
2/22	9-1pm	
3/12	9-1pm	
3/21	1-5pm	Minnesota residents receive a 10% discount on their auto insurance for 3 years upon completion of the class.
4/9	9-1pm	
4/18	1-5pm	

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

5/14	9-1pm	Full Course: 1/16 & 1/17 9-1pm 3/19 & 3/20 9-1pm 5/21 & 5/22 9-1pm
5/23	1-5pm	
6/11	9-1pm	
6/20	1-5pm	

ISO - a good quality pool table to be donated to Pier 55 for seniors to utilize. Please contact Kim Wojcik if you have a pool table that you would be willing to donate. 651-327-2255, rwasdirector@gmail.com.

BRAIN HEALTH!!!

Stop in during business hours to check out our puzzle and game stations. Take one or leave one! Also, if you want to purchase a puzzle or game simply put \$1.00 in the donation can. These stations are available to the community.

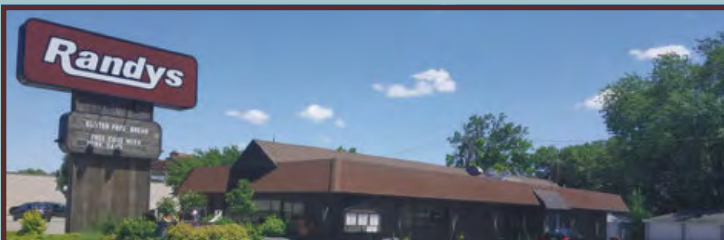


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reached at 651-472-4481 or healthyfeetred-wing@gmail.com. Wishing you good health!
Suzanne Grant, RN, MPH

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.

TRANSPORTATION:

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

NAPS: NUTRITIONAL ASSISTANCE PROGRAM

Tuesday, December 19 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

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.

We have a treadmill and elliptical trainer available for member usage at Pier55. Contact Kim Wojcik if you are interested in learning more about how to utilize this available equipment. 651-327-2255



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 19
(Register by Tuesday, December 12th)

12:30pm 6 spots available
2:00pm 6 spots available

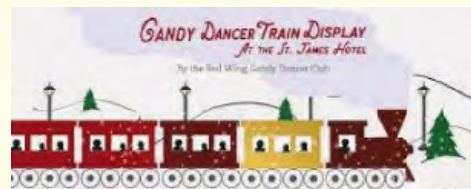
LEFSE class sponsored by UCARE

RED WING GANDY DANCERS MODEL RAILROAD CLUB HOLIDAY DISPLAY 2023

St. James Hotel, Red Wing

Friday, November 24th 4-8pm

Weekends 12-3pm
November 25th & 26th
December 2nd & 3rd
December 9th & 10th
December 16th & 17th



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FLAT STANLEY

In grade school, there is a project called Flat Stanley. The object of this project was to allow students to gain exposure to a wide variety of different places without leaving the classroom. Each student was asked to send a Flat Stanley doll to someone they know that lives out of their immediate area. Pier 55 is going to

have their own version of the Flat Stanley project. This time of year, many of us see friends and family that have traveled to be able to be together. We would like you to have your Flat Stanley with you the entire month of December. When you are around individuals you don't see on a regular basis, ask them to sign this and tell us where they are from. It doesn't matter if you have one person or 20 people on your page. Simply return this to Pier 55 by December 31st, 2023, to be entered in a random drawing for a prize. Let's see how many people you encounter this holiday season!!

Name of individual you are encountered. Where do they live?

Person Completing the Flat Stanley Project _____

Phone # _____

Return to Pier 55 by 12/31/2023 to be entered into a random prize drawing!



Thanks for picking my
name in Septembers game
challenge drawing.

I have looked through the
shop local book and found a number of
coupons that I can use.

Thank you,
Dale L.

Enclosed is our membership renewal.
We appreciate the many programs.

Thanks,
LaVonne L.

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 KingRWASstore@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) 12/14
- ◆ 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 Shiris 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

DECEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
		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 10:30am BOOK CLUB	2
3	4 9 am AOA 9:30 am Pottery Coffee 1 pm Mahjong 1 pm 500 cards	5 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	6 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	7 9:30 am Hand and Foot 9:30am Golden K	8 9 am AOA 9:30 am Pottery Coffee	9
10	11 9 am AOA 9:30 am Pottery Coffee 1 pm Mahjong 1 pm 500 cards	12 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness 3:15pm Parkinson Support Group	13 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	14 9:30 am Hand and Foot Annadee's Member Discount Day	15 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	16
17	18 9 am AOA 9:30 am Pottery 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	19 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	20 9am AOA 9:30 am Pottery Coffee 9:30am Golden K 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	21 CLOSED	22 CLOSED	23
24	25 CLOSED	26 CLOSED	27 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	28 CLOSED	29 CLOSED	30/31

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2023-2024

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