



COZY KIDS

Free coats for kids from 0-18 years of age!!!

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. www.redwingareaseniors.org

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 coat.

Book Club List for 2024

First Friday of the month at 10:30 am, Pier 55

Date

February 2
March 1
April 5
May 3
June 7
July 12
August 2
September 6
October 4
November 1
December 6

Book Suggested by:

Horse by Geraldine Brooks
Vanished in Vermillion by Lou Ragouse
Fuzz by Mary Roach
Heartland- Memoir by Sara Smarsh
Bakery in Paris by Aimie Runyan
Desolation Canyon by PJ Tracy
The Paris Daughter by Kristen Harmel
Any book by Willa Cather. She wrote 60
The Island of Sea Women by Lisa See
How to Say Babylon by Safiya Sinclair
Holly by Stephen King





Thank you to the following individuals who generously donated to our **No Bake Bake Sale** this holiday season! All of these funds will be used in support of our medical equipment lending program and other no cost services.

Sharon Bargrain
Marlene Lampman
Joan Kovacs
Char Rogness
Lena Kishaba
Alice Kleven
Jane Ward
Bev Odden
Judith Hunstad
Darlene Hudson
June Freiberg
Eileen Pick
Jane Quinn
Jan Pinsonneault
Marge Frost
Barb Siewert
Georgia Gielau
Jim & Jackie Luetke

Audrey Carlson
Bonnie Voth
Connie Price
Marilyn Claussen
Jack & LuAnn Olson
Ann Whipple
Rita Zignego
Mary Baltos
Julie Birk Betcher
Joyce Leyh
Teri Clynn
Karen Meier
Leonard Miller
Marlene Nihart
Kathy Manfred
Beverly Solheim
Nancy Mason-Johnson
Clare Cox

Shirley Sigler
Alberta Evans
Cindy Lohman
Edith Williams
Pat Kernan
Roberta Jacobson
John & Monji Ostberg
Rita Knopick
Linda Meacham
Harland & Jane Schultz
Ann Guggenberger
Sue Karow
Carol Sammon
Thomas Kosec
Sandy Kaveney
Judy A. Johnson
Cheryl Larson

Laura Johnson
Bonnie Stang
Nancy Jo Nord
Bertha Tiedeman
Marlys Pfluger
Mary Pat Cole
Lonnie Drahos
Marlene Shelstad
Pauline Jagusch
Rose Boland
Leonilla Gernentz
Fay Peterson
Bunny Peterson
Sandra Carrington
Andree Dodson
Nancy Johnson
Ken & Sheila Dicke



Get your CAR WASH CARD at Pier 55!!

Ultimate Kwik Trip Car Wash Card = \$36 for 5 washes
(\$50 value)

Golden K Kiwanis receives a portion of each sale!

Pier 55 will be offering the following gift cards for sale:

Family Fare cards: \$100, \$50 and \$25

Kwik Trip Gas cards : \$100, \$50, \$25

Kwik Trip Food (No alcohol or tobacco):
\$100, \$50, \$25

To purchase gift cards please stop at the front desk
during business hours

(cash or check only). Anyone can purchase gift cards,
no age or membership requirements.

We need your ideas for a “cleaner” Red Wing!

Thursday, February 15th

12:00-1:00 pm

Red Wing Community Development
Building, 419 Bush Street

Roundtable Event....Resilient Red Wing, a grassroots action team working to improve the environment in and around Red Wing, would like to invite all Pier 55 members to help us develop an action plan that will improve our air, land and water quality, and combat climate change. Participants will learn what is currently happening and will be able to share their ideas. Refreshments will be provided. For more information contact:



David Anderson

resilientredwing@gmail.com

2024 CAPE COD & THE ISLANDS OCTOBER 5TH

Brochures are available at Pier 55

For more information

Rose Propst would be happy to answer any questions about this fun trip:

651-301-0700

prp22134@yahoo.com



Invites you to join us.

Thursday, February 8

Presenter: Cathryn Bonine, Director of Faith in Action
FIA Update

Thursday, February 22

Presenter: Jim Schafer, Asst. Warden at Red Wing Correctional Facility
Key Club is Returning

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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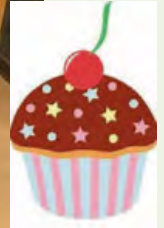
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Red Wing, Minnesota

www.villagecooperative.com/Red-Wing-MN



Pictured; Most of our volunteers and staff were able to attend our annual holiday party. A huge THANK YOU to the entire team for all that they do!

SHOPPING HOURS:

Tuesdays 10am-4pm
 Wednesdays 10am-4pm
 Thursdays 10am-2pm
 Fridays 10am-2pm
 Open the following
 Saturdays 10am-2pm

2/3, 2/17

DONATION HOURS:

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

Open the following
 Saturdays
 10am-1pm

2/3, 2/17



DONATION DOOR IS OPEN NO MATTER THE TEMP!

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



Pier 55 Member Discount Day
 50% off storewide with card.
 Thursday, February 15th

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

Thursdays • 9:30 am



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

See front cover for full list of 2024 books!



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 February!

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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INSIDE WALKING

Come to Pier 55 and walk the halls or make laps in the Community Room if it is available. Walking available during regularly business hours. Also, Red Wing Area Senior has a treadmill which is available to use after completion of an orientation session. Call or email Kim for more information.
rwasdirector@gmail.com 651327-2255

TAI CHI

Patty Svien,
registered physical therapist
Cost: \$5 per session
Call Patti for class dates and to register.
651 380 8752, email svien65@hbc.com

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 Wellness Recovery

Tuesdays

Cost: \$5 per session
Call Patti for class dates and to register.
651 380 8752, email svien65@hbc.com

Parkinson's Support Group

The 3rd Tuesday at 3:15pm, No cost,
No registration

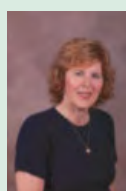
Parkinson Disease Support group meets monthly. You do not need to be a Pier 55 member to attend. If you have questions or you plan to attend, please call Pier 55 at 651-327-2255.

SOUND HEALING CLASS

Join Maria for Sound Healing
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.

Instructor: Maria Voorhees-Reincke, 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.



Senior Yoga for Healing Classes

Mat Class:

Tuesdays 9:30 am – 10:45 am
No Class 1/9, 1/16

Chair Class: Wednesdays 2:00 pm – 3:00 pm

Evening Yoga: Wednesday 5:30pm – 6:30pm
1/24 – 3/27

Instructor: Michele Hoffman, C-IAYT Certified
Yoga Therapist

Cost is \$55 for 6 classes Additional
Class options:

Michele Hoffman, C-IAYT & Kathy Bang
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



Como Zoo and Conservatory & the U of M Raptor Center~

Come with and enjoy a walk-through Como Park Zoo and Conservatory to enjoy the amazing animals and stunning flowers. (you can rent your own wheelchair or scooter if needed) Of course we will then head to the U of M raptor center. Everything you have ever heard regarding the magnificence of this center true. This extension of the U of M, which is a project of the School of Veterinary Medicine, has been copied throughout the world. When injured raptors are found, they are brought to the Center so that veterinary students can practice mending their broken bones and nursing them back to health. While this is happening, the raptors are available to be seen by the public. Once the bird is healthy, they are released back into the wild, you may have seen these releases documented on T.V. We will have a personal 45-minute group program that will feature specific raptors. Part of this visit will be outdoors so dress appropriately. Last, a late lunch, on your own, at Caffe Latte on Grand Avenue. April 17th, Departure time 9:00 am. Cost: \$60 members, \$70 non members



THE FABULOUS LIPITONES

A New Comedy by John Markus and Mark St. Germain. What happens when an a cappella quartet loses a key member to a heart-stopping high "B flat?" The three surviving members suddenly find themselves scrambling to find a tenor before the national competition. When the golden tones of "Bob" are heard through the phone the Lipitones are all ears... but when they meet him in person, he's not quite what they expected. An uproarious comedy of misunderstanding, stereotypes and the path to perfect harmony. *"A rollicking good time from the opening scene to the final curtain call."* - Broadway World

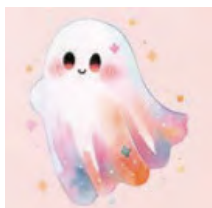
Location: Sidekick Theatre Bloomington. Wednesday, May 1st. Depart 9:45am and Return Approximately 4:30pm. Cost: \$75 Members, \$90 Non Members

Space is limited. Lunch is Creamy Chicken Breast, served with Roasted Red Potatoes, Glazed Carrots, Coleslaw, Dinner Rolls, Assorted Dessert— Chef's Choice, Coffee, Decaffeinated Coffee and Hot tea.



St. Croix HAWAIIAN LUAU LUNCH CRUISE~

Enjoy a 2-hour cruise. A Hawaiian Lei will be given to each guest as they board. We encourage guests to dress in Hawaiian attire. Menu is: fresh fruit, braised island pork, teriyaki chicken, scallion fried rice, seasonal vegetable and Hawaiian dessert. September 9th, Departure 10am Location: Hudson, WI Cost: \$60 members, \$70 non members



Holy Ghost Bingo: Goblins & Games~

A new comedy centered around Mrs. Mary Margaret O'Brien and her efforts to raise money for her fictional local parish. It is a crazy afternoon of Halloween trivia, wacky prizes, candy, and plenty of audience interaction. Thursday, October 30th with lunch included at the show.

8:30am Departure. Location: Heyde Center in Chippewa Falls, WI. Cost: \$60 members, \$70 non members

RETURN TO PIER 55 BY FEBRUARY 9, 2024

Valentine's Day Word Search



Circle each word in the Valentine's Day word search puzzle below.

X	P	I	N	K	N	H	S	N	U	O	T	G	N	L	T
E	O	I	G	Y	T	E	E	Y	V	N	C	C	U	I	C
G	E	N	I	T	N	E	L	A	V	U	E	O	E	H	G
N	M	F	F	O	N	B	T	O	R	D	R	R	O	F	K
E	Y	N	T	P	M	S	E	C	K	T	X	C	R	N	S
V	E	N	S	P	N	M	U	O	E	M	O	E	S	M	R
O	O	X	K	S	N	P	W	C	O	L	I	R	O	S	E
L	A	E	A	B	I	D	N	U	A	D	C	S	N	E	W
I	C	A	R	D	T	K	U	T	K	N	Y	T	E	F	O
E	N	E	U	Z	A	I	E	H	U	N	D	Z	H	U	L
M	V	B	L	E	M	N	O	L	G	M	V	Y	O	N	F
K	S	W	E	E	T	H	E	A	R	T	A	F	S	I	R

- | | | |
|--------------|--------------|----------------|
| 1: HEART | 6: POEM | 11: FLOWERS |
| 2. CUPID | 7. CHOCOLATE | 12. PINK |
| 3. CARD | 8. CANDY | 13. SWEETHEART |
| 4. VALENTINE | 9. KISS | 14. GIFT |
| 5. LOVE | 10. ROSE | 15. HUG |

Name _____ Phone# _____

Address _____

Return to Pier 55 by February 9, 2024 to be entered in a random prize drawing sponsored by UCARE for a **basket of chocolates & goodies valued at \$50 or more. (Same as January edition)**

WINTER DRIVERS SAFETY SCHEDULE

Below are 4 hour refresher class options; 8 hour full course class options. 8 Hour classes are for those who have never taken the course previously. The 4 hour refresher courses are for those who have already completed the 8 hour course in the past. Minnesota residents may receive a 10% discount on their auto insurance for 3 years upon completion of the class.

4 Hour Refresher

2/13 1-5pm
2/22 9-1pm
3/12 9-1pm
3/21 1-5pm

4 Hour Refresher

4/9 9-1pm
4/18 1-5pm
5/14 9-1pm
5/23 1-5pm
6/11 9-1pm
6/20 1-5pm

8 Hour Full Course:

3/19 & 3/20 9-1pm
5/21 & 5/22 9-1pm



SMART DRIVER TEK

Advanced vehicle technology is keeping us safer on the road. Learn about the latest advances in the full length Smart DriverTEK online workshop.

February 15 at 1:30pm

April 23 at 10:00am

June 19 at 1:00pm

No cost. Call or stop in to register.

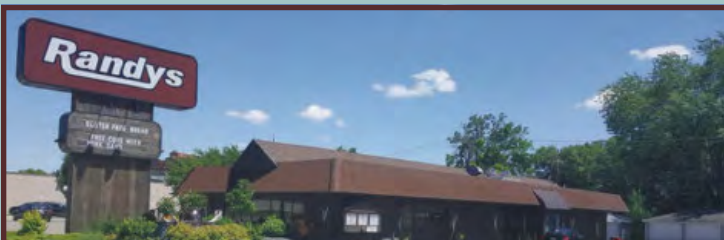


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and/or to make an appointment. I can be
reached at 651-472-4481 or healthyfeetred-wing@gmail.com. Wishing you good health!
Suzanne Grant, RN, MPH

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
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1-866-623-7505
hart@threeriverscap.org

NAPS: NUTRITIONAL ASSISTANCE PROGRAM

Tuesday, February 13 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 independ-
ent. Have a question? Call Dana at 507-421-6067,
dbergner@threeriverscap.org

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

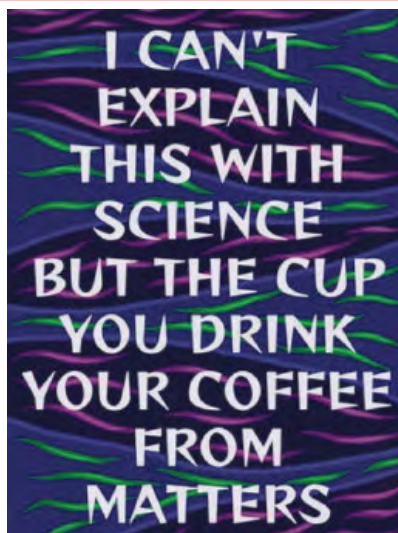
Either in-person or Zoom. Group participants must be at least
three months into their journey with grief after the death of a
loved one. Monday's, 5:30pm to 7:30pm, First Lutheran Church
1000 Peace Ridge, Lake City

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

*In case of
Inclement
Weather*



In past years Pier 55 and Annadee's
Thrift Store followed the lead of the
Red Wing School District as it
related to closing during inclement
weather. For this winter we will **NOT** be taking the lead
of the Red Wing School District. Pier 55 and Annadee's
Thrift Store will make their own decision regarding any
type of closures. Closures will be posted on the Red
Wing Area Seniors Facebook page and also sent to the
KCUE radio station. The safety of our members,
volunteers, shoppers and staff is always our main
priority!!



Coffee cup options for 2024....

Pier 55 wants to celebrate your coffee cup originality!!

For those who choose to use something other than the disposable cups provided, you can do one of the following:

- ◆ Bring your own clean coffee cup/mug from home to use while you are here and take it with you when you leave.
- ◆ Bring your own clean coffee cup/mug from home to use, once you have finished your coffee, you are able to clean it and store it here. New coffee mug designated storage area is located in the back kitchen.
- ◆ Ask office staff for a complimentary Pier 55 mug that you can keep, mark with your initials, and store it at Pier 55.



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17th Annual

2024 Field of Honor

**SUPPORT AREA VETERANS****Field of Honor-Flag Dedication****Bay Point Park, Red Wing**

*The flags will be put on display 24 hours a day — rain or shine 5/24– 5/27
To designate a flag return the form below and payment to Pier 55*

Pier 55– Red Wing Area Seniors
240 Harrison Street, Suite 2
Red Wing, Mn 55066
651-327-2255

I (we) wish to dedicate a flag(s):

In honor of (if veteran is still living) _____

In honor of (if veteran is still living) _____

In memory of (if veteran is deceased) _____

In memory of (if veteran is deceased) _____

Or give in honor or memory of all veterans _____

Dedicated by _____ (please print your name(s))

Mailing address _____

Email address _____ Phone number _____

Each flag dedication is \$25.00 • Additional donations are greatly appreciated.

All proceeds go to Red Wing Area Seniors.

Forms and payment can be mailed or dropped off at Pier 55.





PIER 55

Thank you very much for letting us rent the Community Room for our family gathering. We wish you a Happy New Year. B. & Family

Dear Pier 55 Members,

A big thank you for the two winter coats donated from your Annadee's Thrift Store. The Red Wing Lions Club collected warm winter clothing for those who are homeless in our community. Your contribution will help keep people warm. May the New Year find you all with smiles and good health.

Mary W.

Red Wing Lions Club

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)
- ♦ 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)

Are you a veteran? _____

Additional donations greatly appreciated.

Red Wing Area Seniors, Inc.

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

Gratitude

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MISSION

**Empowering active living
and lifelong learning.**

CALENDAR OF ACTIVITIES

FEBRUARY 2024



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 9:30 am Hand and Foot	2 9 am AOA 9:30 am Pottery Coffee 10:30am BOOK CLUB	3
4	5 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	6 9:30am YOGA w/ Michele 2 pm Parkinson Wellness	7 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	8 9:30 am Hand and Foot 9:30am Golden K	9 9 am AOA 9:30 am Pottery Coffee	10
11	12 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	13 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	14 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	15 9:30 am Hand and Foot Annadee's Thrift Store, Pier 55 Member Discount Day, 50% off Storewide	16 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv	17
18	19 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	20 9:30am YOGA w/ Michele 2 pm Parkinson Wellness	21 9am AOA 9:30 am Pottery Coffee 9:30am Golden K 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	22 9:30 am Hand and Foot 9:30am Golden K	23 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conversation	24
25	26 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	27 9:30am YOGA w/ Michele 2 pm Parkinson Wellness	28 9am AOA 9:30 am Pottery Coffee 9:30am Golden K 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	29 9:30 am Hand and Foot		

ALIVEO MILITARY MUSEUM



FREE ADMISSION

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