

**Membership Matters!**

**Pier 55 April Membership Drive**

Are you, or is anyone you know interested in learning more about Red Wing Area Seniors? If so, this is the opportunity you have been waiting for! Our membership drive open house will consist of brief tours, answering any questions you may have, a run-through of our newsletter and all the offerings it contains, such as Annadee's, trip, classes, groups etc. Some perks of being a member of Red Wing Area Seniors include:

Monthly editions of our newsletter delivered vis USPS or email, document shredding, paying less to attend trips, priority registration for trips, programs are less expensive for members and some programs are "member only."

VIP Pier 55 members only shopping day once a month at Annadee's Thrift Store (50% off one day only with your membership card)

Sizeable discounts on room rentals at Pier 55.

Outdoor recreational space/patio gathering.

Being part of something great! RWAS is an organization that provides numerous services and goods to the community. And of course, SO MUCH MORE.

Stop in and see for yourself, or bring a friend as a show of your Pier 55 Pride 😊

MONDAY, APRIL 29<sup>TH</sup>, 11am-1pm. Coffee & treats provided.

*Thank you to ALL our current members, we couldn't do this without you.*

*You are all very appreciated ♡*

**We ♡ you to PIECES~  
thank you for all that you do!**



National Volunteer Week is April 21-27<sup>th</sup>. Please join us as we celebrate and acknowledge all who have volunteered for Red Wing Area Seniors in the past 12 months (Pier 55, Annadee's Thrift store, special events we have throughout the year etc) We certainly appreciate every one who has shared their time and/or talents with us. Please stop in at Pier 55 on Wednesday, April 24<sup>th</sup> from 10:00am-3:00pm to pick up our little way of saying "Thank You."



New project!! We have all accomplished many things in life. Some of those accomplishments came easy, others came as the result of plain old hard work. At Pier 55 we are working on a project to capture a bit of the valuable wisdom members of our “senior” generation have learned along the way and share it with our next generation (s). Please join us in reflecting and sharing your responses to the following question.

We look forward to reading all of your advice!

Blank surveys can be found at Pier 55 and Annadee’s Thrift Store.

*\*Note: participation is open to all “seniors”, not exclusively Pier 55 members.*

### SAGE ADVICE FOR OUR NEXT GENERATION

Your name (optional, yet encouraged): \_\_\_\_\_

Your decade of life (optional, yet encouraged; circle as applicable):

55-65      65-75      75-85      85-95      95-105

Reflect/respond in a sentence, or more...

**If you could give one piece of advice to the next generation, what would it be?**

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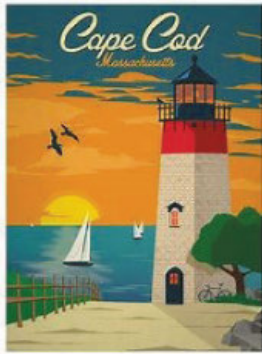
\_\_\_\_\_ (add additional pages, if needed)

Drop off OR mail your reflection to:  
Red Wing Area Seniors 240 Harrison St., Ste. #2  
Red Wing, MN 55066 on or before Monday, April 15<sup>th</sup>, 2024.

For more information, contact Kim Wojcik, Executive Director; [rwasdirector@gmail.com](mailto:rwasdirector@gmail.com)  
OR Clare Larkin, Pier 55 member.

*Our hope is to compile all of your submissions so that we can report our findings in the July 2024 edition of the newsletter.*





### 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](mailto:prp22134@yahoo.com)



### Invites you to join us.

No admission fee. Just come and  
join our friendly folks.

Thursday, April 11th

Speaker: Andy Spelts, Fire Marshall

Topic:

The Fire Marshall's Office Today



Thursday, April 25th

Speaker: TBD

Meetings are the second and fourth  
Thursdays each month at 9:30 AM at Pier 55  
in the Community Room. All are welcome!

Annual Church Rummage Sale, United Methodist Church  
May 2, 3, 4  
9:00am to 5:00pm  
Saturday 9am until 2pm  
403 East Ave, Red Wing, 651-388-3262  
United Women in Faith Sponsored Event.  
Donations to local and global needs for  
women and children.

### LOCAL BUILDERS AND REAL ESTATE PROFESSIONALS SPECIALIZING IN TOWNHOUSE CONSTRUCTION.

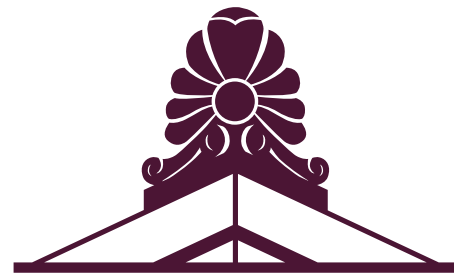


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### SHOPPING HOURS:

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

Open the following  
 Saturdays 10am-2pm

4/6, 4/20

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

Pier 55 Member Discount Day  
 50% off storewide with card.  
 Thursday, March 14  
 Thursday, April 25

### DONATION HOURS:

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

Open the following  
 Saturdays  
 10am-1pm

4/6, 4/20

## COZY KIDS

This year, with the help of our generous donors, Annadee's Thrift Store gave away coats to anyone in need 0-18 years of age. It is our hope to make this an annual event each winter so please consider donating gently used coats throughout the year. Thank you!

# 97

Final count for this year of coats given!



If you are spring cleaning consider donating items to Annadee's Thrift Store.

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

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

**PUZZLE CLUB** .....Wednesdays, 1:00 pm

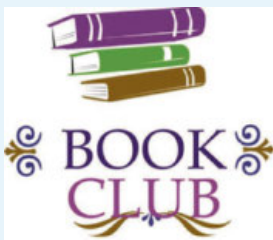
Also, check out the puzzle exchange area in the hallway.

**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

April 5

**FUZZ** by Mary Roach.



**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 April!

**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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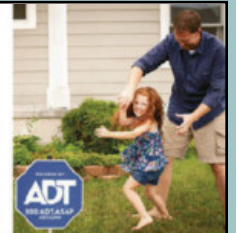
**Call Delores for details**

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**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](mailto: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.  
Instructor: Kim Wojcik

**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](mailto: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.

**AARP 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

<b>4 Hour Refresher</b>	hour refresher courses are
4/9 9-1pm	for those who have already
4/18 1-5pm	completed the 8 hour course
5/14 9-1pm	in the past. Minnesota
5/23 1-5pm	residents may receive a 10%
6/11 9-1pm	discount on their auto
6/20 1-5pm	insurance for 3 years upon
	completion of the class.

**8 Hour Full Course:**  
5/21 & 5/22 9-1pm

**SOUND HEALING CLASS**

Join Maria for Sound Healing  
April 1st & May 6th Pier 55

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](http://MVRhealing.com) MVR

**Senior Yoga for Healing Classes**

**Mat Class:**

**Tuesdays 9:30 am – 10:45 am**

**Chair Class: Wednesdays**

**2:00 pm – 3:00 pm**

**Evening Yoga: Wednesday 5:30pm – 6:30pm**

**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](mailto:Hoffman.michele@mayo.edu)



Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Any age can enter. No membership required. Pictures are due by 4 pm Wed, May 15. Pictures will be assigned a number for anonymous voting. Entries will be hung at Pier 55 where voting will take place until May 31st. Drop off or mail to Pier 55, 240 Harrison St., Suite 2, Red Wing, MN 55066. Age & Prize categories: (12 under \$20, 13yr to 50 yr \$20, 50 years and older 3 prizes \$50 each) All entries into a random drawing \$20. All prizes are cash prizes donated by our sponsor Braun Plumbing!

(For office use only: Entry # \_\_\_\_\_ and Age Category # \_\_\_\_\_)





### COMO ZOO AND CONSERVATOR & U OF M RAPTOR CENTER (BALD EAGLE EXPERIENCE)

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 9:30 am. Cost: \$60 members, \$70 non members (Register and pay by April 2nd)



### THE FABULOUS LIPITONES— SIDE KICK THEATRE IN BLOOMINGTON

**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: \$79 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. (Register and pay by April 27th)



### LITTLE SHOP OF HORRORS - Guthrie Theatre

Wednesday, July 24<sup>th</sup>, Guthrie Theater 1:00pm show time. A hilarious mashup of science fiction, horror and musical theater, this cult classic boasts Motown-inspired hits like “Feed Me (Git It),” “Suddenly, Seymour” and “Little Shop of Horrors.” Randy’s Box Lunch Included. Departure & Return times TBD. Cost is \$60 members and \$80 Nonmembers.



### 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, scalion 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— HEYDE CENTER IN CHIPPEWA FALLS, WI

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 30<sup>th</sup> with lunch included at the show.

8:30am Departure. Location: Heyde Center in Chippewa Falls, WI.

Cost: \$60 members, \$70 non members





**SE MN or Bust**

This day trip will begin once we arrive in Faribault, MN. We will stop and get coffee and sweet treats at Crack of Dawn Bakery, then head to the Faribault Woolen Mill for a tour. Lunch is in Owatonna at the famous Pizza Ranch. After our meal, we head to a tour of the Orphanage Museum.

Thursday, June 20

Depart: 8:30am Return: 4:30pm, Cost: \$83 members \$95 non members



**MUCH TO DO IN MINNEAPOLIS**

Thursday, June 20<sup>th</sup>

Depart: 10:45am Return: 4:30pm

Cost: \$79 members \$93 non members

This fun filled day will include the following tours: Basilica of Saint Mary, Minnesota Sculpture Garden, Lunch at Buca di Beppo(see menu below) and Mill City Museum.

**\*\*salad w/house bread, pasta, chicken parmigiana, chocolate cake, unlimited soft drinks, coffee & tea\*\***

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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.

**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.

April 23 at 10:00am

or

June 19 at 1:00pm

No cost. Call or stop in to register.

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hart@threeriverscap.org

**NAPS: NUTRITIONAL ASSISTANCE PROGRAM**

*Tuesday, April 15 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](mailto: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](mailto:dbergner@threeriverscap.org).

A huge THANK YOU to the following businesses  
for advertising in and making our  
monthly newsletter possible!!

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- Benedictine Living Community Red Wing
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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.**



The Red Wing Marine Museum is seeking volunteers for its summer season. If you are interested please contact Tom O. at 612-747-5640



The Gandy Dancer's Train group in connection with the Red Wing Area Seniors is looking for volunteers for the Museum as a part of assistance with covering their rental expenses for the train program.

# 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

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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

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](mailto: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 APRIL 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> 9 am AOA 9:30 am Pottery Coffee 10:30am BOOK CLUB	<b>6</b>  THRIFT STORE OPEN	
<b>7</b>	<b>8</b> 9 am AOA 9:30 am Pottery Coffee 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>9</b> 9:30am YOGA w/ Michele  2 pm Parkinson Wellness	<b>10</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>11</b> 9:30 am Hand and Foot 9:30am Golden K	<b>12</b> 9 am AOA 9:30 am Pottery Coffee  1030 Spanish conv	<b>13</b>	
<b>14</b>	<b>15</b> 9 am AOA 9:30 am Pottery Coffee 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>16</b> 9:30am YOGA w/ Michele  2 pm Parkinson Wellness	<b>17</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>18</b> 9:30 am Hand and Foot  <b>Annadee's Thrift Store, Pier 55 Member Discount Day, 50% off Storewide</b>	<b>19</b> 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	<b>20</b>  THRIFT STORE OPEN	
<b>21</b>	<b>22</b> 9 am AOA 9:30 am Pottery 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>23</b> 9:30am YOGA w/ Michele 2 pm Parkinson Wellness	<b>24</b> 9am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>25</b> 9:30 am Hand and Foot  9:30am Golden K	<b>26</b> 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	<b>27</b>	
<b>28</b>	<b>29</b> 9 am AOA 9:30 am Pottery 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>30</b> 9:30am YOGA w/ Michele  2 pm Parkinson Wellness	<b>Hours of Operation</b> 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				

**ALIVEO MILITARY MUSEUM**



**FREE ADMISSION**

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Collections of International Military Memorabilia & History on Display

(651) 327-1569 | 321 Bush Street | Red Wing, MN 55066 | [www.AliveoMuseum.org](http://www.AliveoMuseum.org)

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US News & World Report  
2023-2024

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