

**A SAFE SPACE FOR ALL CURVY
WOMEN TO CREATE A CUSTOM
LOOK WITH AFFORDABLE
FASHION!**

**BRING IN ITEMS TO THE EVENT TO
BE CONSIGNED!**

**GET A SNEAK PEEK ON OUR FACE-
BOOK PAGE!**

**CONTACT US ON FACEBOOK AT:
KELLY'S CURVY KLOSET
Event Location:**

PIER 55
240 Harrison Street #2
Red Wing, MN

Saturday, May 18, 9AM-5pm
Sunday, May 19, 10AM-4PM

May 18 & 19 Pop-up Shop

It's the premier of

Kelly's Curvy Kloset, pop-up style!



Kelly's Curvy Kloset invites all curvaceous ladies to come and explore their dream wardrobe at our first ever pop-up event this spring! Our mission is to make high quality plus size women's fashion accessible to everyone without breaking the bank. Visit us on May 18 & 19 and discover endless possibilities to upgrade your style quotient while staying within your budget. No membership or registration is required.



**Celebrate Older
Americans Month!**

**Stop in to Pier 55 and pick up a free snack sack provided
and sponsored by **Marla Valentino-Wiste from UCARE!****

**Wednesday, May 15th
9AM-10:30AM
Pier 55**





SOUND HEALING CLASS PIER 55

May 6, June 3, July 1, August 5

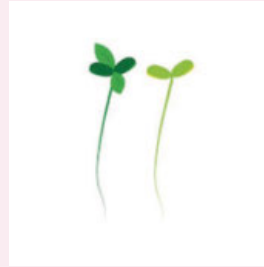
12:30 PM-1:30 PM

\$20 per class, per person for Pier 55 Members

\$30 per class, 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

Join us-----



SOMETHING TO SPROUT ABOUT

We are excited to announce the date for our RED WING Accessible Community Garden Kick Off Event!

Wednesday, June 5th 10:00am

Rain day option June 7th 10:00 am

The Featherstone Park Accessible garden can be accessed off of West Maple Avenue.

IF YOU OR SOMEONE YOU KNOW
WOULD LIKE TO HAVE A RAISED BED
ACCESSIBLE PLOT IN OUR GARDEN
PLEASE HAVE THEM STOP IN
AT PIER 55 OR CALL

651-800-1825 Marti Pierce



Join Us for Our SPAGHETTI DINNER & MEAT RAFFEL FUNDRAISER

Sat., May 18 at the American Legion from 5-7PM

OUR MISSION:

To enrich area residents' lives through faith-based volunteer efforts.

We provide volunteer assistance to the elderly and others who are in need in Red Wing. We offer 3 free services.

TRANSPORTION
FRIENDLY VISITING
BOOK HOUSE CALLS

VOLUNTEERS NEEDED!

To volunteer or arrange for services call
651-327-2400

Monday – Friday 8AM-3:30PM





SWEET EM'S COTTAGE BAKERY (Order Mother's Day Treats)

1dz. Mini Cupcakes-\$15 per pack, Chocolate or Vanilla, Topped with vanilla Buttercream
 Raspberry Strudel Cookies-\$3.50 ea, Cookie Bouquet-\$55.00, Each bouquet comes with 18 hand decorated sugar cookies in a variety of sizes. Made with our vanilla sugar cookies and our delicious vanilla buttercream. They will also be packaged in a window box wrapped with a bow and a Happy Mother's Day tag. (cookie shapes, icing colors and sprinkles may vary)

Floral Cupcakes-\$25 per 6 pack, each 6 pack comes with 3 chocolate and 3 vanilla cupcakes. Each cupcake is decorated with hand piped buttercream flowers in a variety of colors.

Name _____ Phone # _____

_____ dz of vanilla OR chocolate cake (circle one) ALL with vanilla btrcrm. frost \$15 per dz.

Please note if buying multiple dozens*** _____ =\$_____

_____ Raspberry Strudel Cookies (\$3.50 ea) =\$_____

_____ Cookie Bouquet =\$_____

_____ Floral Cupcakes 6 per pack/\$25 =\$_____

Total Amount Due: _____ PAYMENT IS TO RWAS AND DUE UPON ORDERING
 ORDERS DUE BY MAY 7TH PICK UP AT PIER 55 FRIDAY, MAY 10TH BETWEEN 9A-12N

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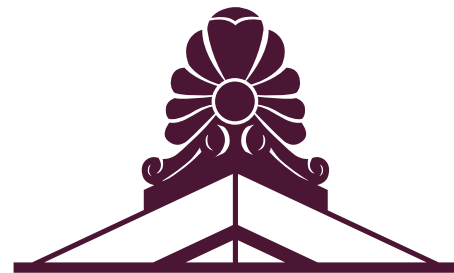
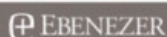
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 A R T S

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 651-388-8700

443 W. 3rd Street in Red Wing

SHOPPING HOURS:

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

Open the following
 Saturdays 10am-2pm
 5/4 and 5/18
 6/1 and 6/15

Pier 55 Member Discount Day
 50% off storewide with card.
 5/9
 6/27

DONATION HOURS:

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

Open the following
 Saturdays
 10am-1pm
 5/4 and 5/18
 6/1 and 6/15

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

Thank you to Adam and Xcel Energy for selecting Pier 55 and Annadee's Thrift Store again this year to provide a week of volunteer service. We appreciate you donating your time and talent to complete our huge project list! Adam has been volunteering with us via this initiative since 2018.



MAHJONG.....Mondays, 1:00 PM

SCRABBLE.....Wednesdays, 11:00 AM

PUZZLE CLUBWednesdays, 1:00 PM

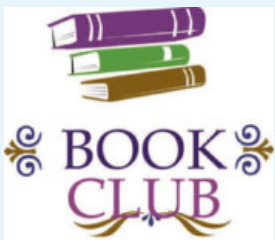
Also, check out the puzzle exchange area in the hallway.

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

June 7: Bakery in Paris
by Aimie Runyan Marcy

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 May!

We meet the first Friday of the month

Fiesta Mexicana 1pm

Dues are \$20 annually

If you are interested in checking out the organi-
zation, contact:

Dorothy 651-353-3850

FMS INSURANCE ADVISORS

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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

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

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

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.

Senior Yoga for Healing Classes

Mat Class:

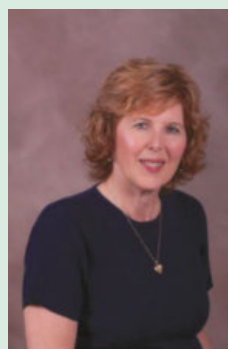
Tuesdays 9:30 am – 10:45 am

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

4 Hour Refresher

5/14 9-1pm

5/23 1-5pm

6/11 9-1pm

6/20 1-5pm

8 Hour Full Course:

5/21 & 5/22 9-1pm

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 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.

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.

June 19 at 1:00pm No cost for SMART DRIVER TEK. Call or stop in to register.



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 # _____)



FUN DAY TRIPS!!



LITTLE SHOP OF HORRORS - Guthrie Theatre

Wednesday, July 24th, 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, 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— 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 30th 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

Friday, August 9th

Depart 8:30am Return 5:00pm

\$83 members \$95 non members Register and pay by August 2nd.

This day trip will begin once we are 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.



Much To Do In Minneapolis

Thursday, June 20

Depart 8:00am

Return 5:00pm

\$79 members, \$93
non members

Register and pay by
Monday, June 10th.

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**

Golden K invites you to join us.

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

Thursday, May 9

Speakers Jennifer Olson

Red Wing Visitor & Convention Bureau

Thursday, May 23

Speaker Wendy Behrens, Education Specialist

MN Department of Education Gifted and
Talented Program

Meetings are the second and
fourth Thursdays each month
9:30am at Pier 55



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wing@gmail.com](mailto: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.

**GARDENING/LAWNCARE/WINDOW
WASHING/ODD JOBS**

Contact Amy S. at 651-764-0579 for
more information and pricing details.

TRANSPORTATION:

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

NAPS: NUTRITIONAL ASSISTANCE PROGRAM

Tuesday, May 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 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 Bren-
da.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

17th ANNUAL FIELD OF HONOR



*Ceremony
Friday, May 24th
6:00 pm*



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You can purchase daily or seasonal Cannon Valley Trail Wheel Passes at Pier 55 during business hours.



Season Pass \$30/
person
Daily Pass \$7/person
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Char Rogness, Ben Stephani
Doug Blakesley, Todd Avery

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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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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



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

MAY 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 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 THRIFT STORE OPEN
5	6 9 am AOA 9:30 am Pottery Coffee 10:30Spanish 12:30 Sound Healing 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 Annadee's Thrift Store, Pier 55 Member Discount Day, 50% off Storewide	10 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	11
12	13 9 am AOA 9:30 am Pottery Coffee 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	14 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	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	17 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	18 THRIFT STORE OPEN
19	20 9 am AOA 9:30 am Pottery 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	21 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness 3:15 Parkinson's Support Group	22 9am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	23 9:30 am Hand and Foot 9:30am Golden K	24 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv FIELD OF HONOR EVENT 6PM	25
26	27 CLOSED MEMORIAL DAY	28 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	29 9am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	30 9:30 am Hand and Foot	31 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	

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**Call or visit any of our
financial advisors in Red Wing.**



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