

## FUN DAY TRIPS!!



### Much To Do In Minneapolis

Thursday, June 20 Depart 8:30am Return 4:30pm

\$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\*\*

### LITTLE SHOP OF HORRORS - Guthrie Theatre

Wednesday, July 24<sup>th</sup>, Departs 9:45am. 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



### SE MN or Bust

Friday, August 9<sup>th</sup> Depart 8:30am Return 4:30pm

\$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.

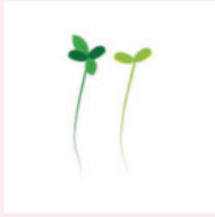
### ST CROIX HAWAIIAN LUAU LUNCH CRUISE

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 9<sup>th</sup>, Departure 10am Location: Hudson, WI

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



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

Volunteers help day at the garden is  
scheduled for June 2nd and 3rd. If you  
are willing to volunteer please contact

Stef Braun at 651-327-2255 or  
rwasprogram@gmail.com

## AARP DRIVERS SAFETY SCHEDULE

Full day and refresher courses are both 4  
hours now. See below for available  
classes dates and times. Minnesota  
residents may receive a 10% discount on  
their auto insurance for 3 years upon  
completion of the class.

\$25.00 for AARP	6/11	9-1pm
Members, \$30.00 for	6/20	1-5pm
Non AARP Members	7/9	9-1pm
All classes are held at	8/13	9-1pm
Pier 55/Red Wing Area	8/22	1-5pm
Seniors, 240 Harrison St.	9/10	9-1pm
Red Wing, No	10/8	9-1pm
membership is required.	10/24	1-5pm
*Registration required.,	11/12	9-1pm
Call or stop in to	11/21	1-5pm
register 651-327-2255*		

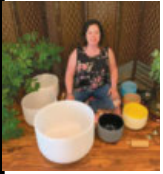
## SMART DRIVER TEK CLASSES

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.



A big thank you to our volunteer  
instructors that make it possible  
for us to offer these important  
classes!!



## SOUND HEALING CLASS PIER 55

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](http://MVRhealing.com) MVR

Lake City, MN 55041 (651) 380-8465

## Golden K invites you to join us.

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



Thursday, June 13

Rachelle Cobb, Dan Massett  
Jones Family Foundation

Thursday, June 27

RW Police Chief Nick Sather  
Update on the Red Wing Police Department

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

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



CALL  
**651-388-4711**  
910 MAIN STREET  
SUITE 201  
RED WING, MN  
55066

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**Megan Simonson**  
Simonson Agency

Office: 651.327.2760

Cell: 651.380.0909

Fax: 763.398.4080

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[MyNationalBroker.com](http://MyNationalBroker.com)

[M.Simonson@mynationalbroker.com](mailto:M.Simonson@mynationalbroker.com)



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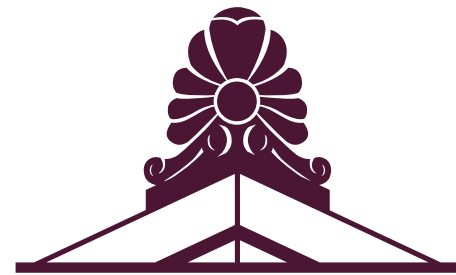
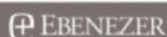
**SENIOR  
LIVING**

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24240 130th Ave, Welch, MN

651-385-3535

Single Level Apartment Homes for ALL



**SHELDON  
THEATRE**

— of —  
P E R F O R M I N G  
A R T S

ORDER TICKETS  
[sheldontheatre.org](http://sheldontheatre.org)  
651-388-8700

**443 W. 3rd Street in Red Wing**



## JULY HOLIDAY HOURS

Open Monday 7/1, Tuesday 7/2, Wednesday 7/3  
(Shopping 10-4pm, Donation 10am -1pm)

Closed Thursday 7/4- 7/15!! For staff and volunteer break.



## ANNADEE'S THRIFT STORE CUSTOMER APPRECIATION DAY!!



Friday, August 9th  
11:00 am to 1:00 pm

We are looking forward to this opportunity to thank our shoppers and donors! Please stop in and enjoy a complimentary hot dog & chips!

### DONATION HOURS:

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

Open the following  
Saturdays  
10am-1pm  
6/1 and 6/15  
7/20 and 7/27



### SHOPPING HOURS:

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

Open the following  
Saturdays 10am-2pm  
6/1 and 6/15  
7/20 and 7/27

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

Pier 55 Member Discount Day  
50% off storewide with card.  
6/27 and 7/25



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

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

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

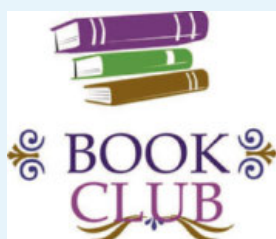
Also, check out the puzzle exchange area in the hallway.

**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

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 June!

***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

## **FMS INSURANCE ADVISORS**

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[www.fmsinsuranceadvisors.com](http://www.fmsinsuranceadvisors.com)



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[www.CannonRivers.com](http://www.CannonRivers.com)

**Join a healthy community  
of women at the  
Women's Fitness Center**

2311 Old West Main St. Red Wing

**Call Delores for details**

**651.388.9733**

### ***Volunteer In Your Community***

Lutheran Social Service of MN is seeking volunteers, age 55 or older, in your area to provide companionship to older adults or mentor school age children. Volunteers serve 10 or more hours per week for a tax free stipend and mileage reimbursement. *Please contact us at 888.205.3770 or [AmeriCorpsSeniors@lssmn.org](mailto:AmeriCorpsSeniors@lssmn.org) for more information and to make an impact in your community!!*



### **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](mailto: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](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.



### **Senior Yoga for Healing Classes**

**Mat Class:**

**Tuesdays**

**9:30 am -10:45 am**

**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:**

**Michele Hoffman, C-IAYT**

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

651-301-1781



## **BIKING SEASON!!**

Daily or seasonal Cannon Valley Trail Wheel Passes are available for purchase

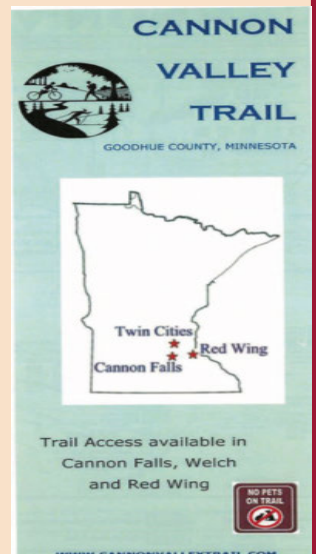
**at Pier 55 during business hours.**

Season Pass \$30/person

Daily Pass \$7/person

Cash or check only

240 Harrison Street, Suite 2, Red Wing



## INTERESTED IN LEARNING MORE ABOUT TRAVEL?

Date: Wednesday July 31st

Time: 1:00 PM - 2:00 PM

Location: Pier 55

*Snacks and drinks  
provided!*

*No cost, call or stop in to  
register. Open to anyone!*

**TOPIC:** This month Peggy and Kate will be highlighting the new REAL ID policies that will go into effect May of 2025. **Learn what a REAL ID is**, when it will be required, and your resources for how to get one.



Join Peggy Hinsch and Kate Opsahl with Group Trip Designers to learn about all things travel! Group Trip Designers is a locally owned and operated travel agency that assists travelers with their vacation planning. From a family trip in the Caribbean, to a group of friends on a European river cruise, Group Trip Designers will take the stress of planning off your hands and ensure you are going on your dream trip!



### Watermelon Wednesday 😊

Stop in at Pier 55 on Wednesday,  
July 24th  
11a-12p and cool off with a slice  
of watermelon!!!

### 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



"Membership  
has its  
privileges."

### Pier 55 Member Day

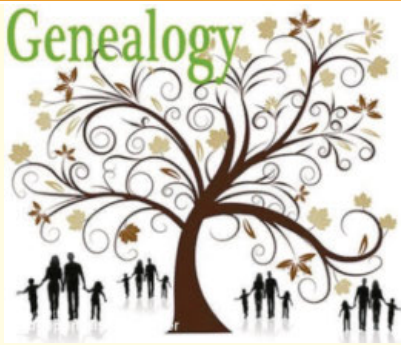
50% off store wide

Must present membership card  
to qualify.

Thursday, June 27th

( See page 14 of this newsletter for information on how to  
become a member.)





## Hiawatha Valley Genealogy Society

A group of genealogy enthusiasts from the surrounding area gathers on the 2nd Tuesday of the month at 10 a.m. at the Goodhue County Historical Society Museum, 1166 Oak Street, Red Wing, MN.

Follow our Facebook page for upcoming programs.

The first meeting is free for new visitors.  
Joyce Peterson [jandbpeterson@gmail.com](mailto:jandbpeterson@gmail.com)

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### Mahn Family Funeral and Cremation Services

- Traditional Services
  - Memorial Services
  - Pre-arrangements
  - Cremations (on-site crematory)
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Bodelson-Mahn Chapel  
602 Plum St., Red Wing, MN 55066

[www.mahnfamilyfuneralhome.com](http://www.mahnfamilyfuneralhome.com)

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**TOE NAILS**

JULIE TOLLISOIN, RN, C  
651-380-1069  
julietollison@gmail.com

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Please call or email me for more information  
and/or to make an appointment. I can be  
reached at 651-472-4481 or [healthyfeetred-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](mailto: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](mailto:hart@threeriverscap.org)

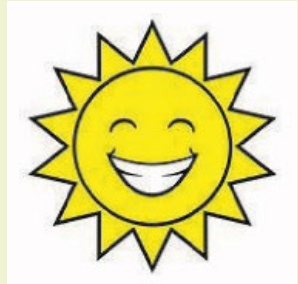
**NAPS: NUTRITIONAL ASSISTANCE PROGRAM**

*Tuesday, June 18th 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](mailto: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



**FAITH**  
IN ACTION

## VOLUNTEERS NEEDED!

### 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



To volunteer or arrange for services call 651-327-2400  
Monday – Friday 8AM-3:30PM

## An important note about Flower Baskets!

A recent notice in this newsletter said that contributions for flower baskets could be sent to the West End District. This is incorrect. The flower basket program was begun 34 years ago by the Red Wing Noontime Kiwanis club, and we remain the exclusive agent for receiving private donations for flower baskets. Private donations pay for almost all the expenses of growing the baskets, hanging them, and watering and fertilizing them during the summer. The participation of the West End district is very welcome, but all donations should be sent to Red Wing Noontime Kiwanis Foundation, P.O. Box 271, Red Wing, MN 55066. Contributions to this address are tax-deductible. We are also working on methods for receiving contributions through Facebook or our website. Stay tuned for that information. Thank you for your continued support of this vital program.

## A safe and beautiful home

*"I consider myself very independent, but now I have the security of knowing someone is always available if needed. Benedictine The Villa is truly my home."*

- BENEDICTINE THE VILLA RESIDENT

## Call today to schedule your personal tour.

(651) 385-5476

BenedictineRedWing.org 



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Red Wing Area Seniors Inc., Red Wing, MN

D 4C 02-1019



## SPOT THE DIFFERENCES CHALLENGE!!



Spot 20 differences. Turn into Pier 55 by June 28<sup>th</sup> to be entered in a random prize drawing for \$15.00 in RWAS CA\$H. (to be used at Pier 55 of Annadee's Thrift Store)

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

The Spring Coloring Contest Winners will be pictured in the July newsletter! Thank you to all that participated!





Red Wing Area Seniors,  
You make affordable  
home ownership  
possible!

On behalf of our board of directors  
spring has sprung committee and  
staff I thank you for your support of  
Goodhue County Habitat for  
Humanities Spring Has Sprung  
Celebration. Your In-Kind donation  
will be used to continue the progress  
we have made in providing and  
maintaining affordable homes for  
families in Goodhue County.

## 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

## JUNE 2024



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

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