


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



ANNADEE'S THRIFT
STORE CUSTOMER
APPRECIATION DAY!!

See page 4 for details.



TRAVEL TALK WITH
PEGGY & KATE

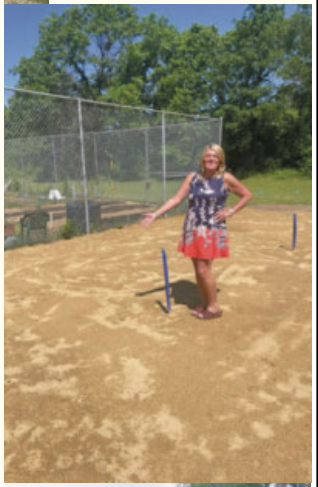
See page 7 for details.




NOW OPEN:
 The Red Wing Accessible Community Garden is now open!!
 Call 1-800-1825 Marti P.
 To reserve a spot for this season.

Thank you to the following for your support to make this dream a reality:

- Live Well Goodhue County– Goodhue County Health and Human Services
- City of Red Wing
- Carl & Verna Schmidt Foundation
- Braun Plumbing
- Ben Stephani
- Sargent's Nursery



The Spring Coloring Contest Winners!!

\$50 Winners



Ken D.



Lynn L.

\$20 Winners



Grace L.



Charlotte Z.

Not pictured: Carol W. & Susan K.

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 Members, \$30.00 for Non AARP Members
All classes are held at Pier 55/Red Wing Area Seniors, 240 Harrison St. Red Wing, No membership is required.
Registration required., Call or stop in to register 651-327-2255

- 8/13 9-1pm
- 8/22 1-5pm
- 9/10 9-1pm
- 10/8 9-1pm
- 10/24 1-5pm
- 11/12 9-1pm
- 11/21 1-5pm

SMART DRIVER TEK CLASSES

Advanced vehicle technology is keeping us safer on the road. Learn about the latest advances in the full length Smart
No cost for SMART DRIVER TEK.
Call or stop in to register.



SOUND HEALING CLASS PIER 55



July 1st & August 5th

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

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, July 11th

Meeting is at the Village Cooperative
2533 Eagle Ride Drive, RW
Program: Tours of the facility

Presenter: Julie Cholesterol

Thursday, July 25th

Program: What is new at the YMCA
Presenter: Bryan Soper, Executive Director

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.

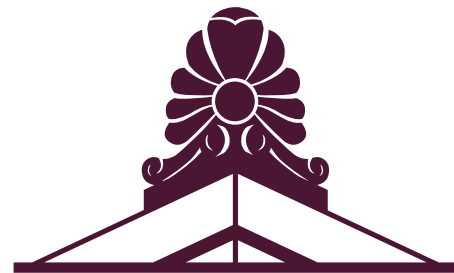


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JULY HOLIDAY HOURS

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
7/20 and 7/27



SHOPPING HOURS:

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

Open the following
7/20 and 7/27

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

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

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

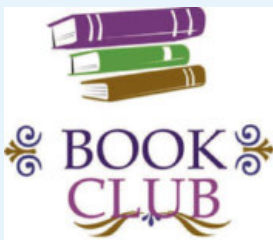


500 CARD CLUB Mondays 1:00pm to 3:00pm all are welcome. No matter your age, gender, or skill level.

BOOK CLUB FOR WOMEN

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

July 12- Desolation Canyon by PJ Tracy Dottie Bartels



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 July!

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:

John 612-322-9943



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900 Main St. W,
Cannon Falls, MN 55009

www.CannonRivers.com

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

2311 Old West Main St. Red Wing

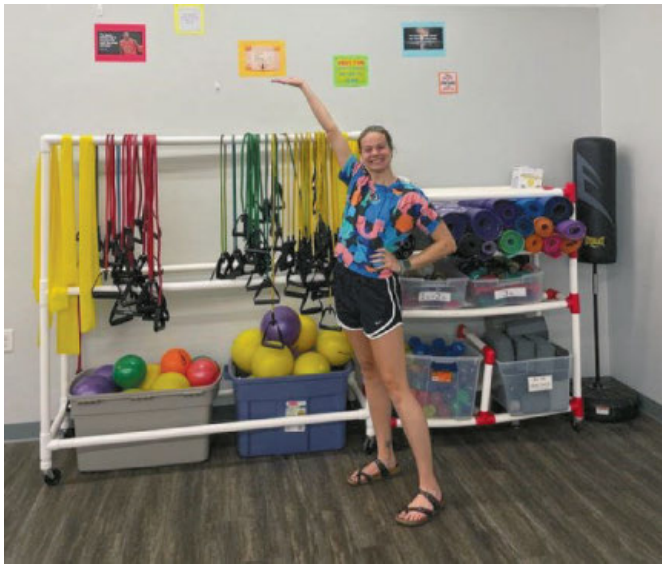
Call Delores for details

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 for more information and to make an impact in your community!!*





Check out our newly organized fitness corner with fun motivational quotes. Carlee Braun is back doing some project and fitness instruction this summer. This is Carlee's 5th year working for Pier 55!! :)

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



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

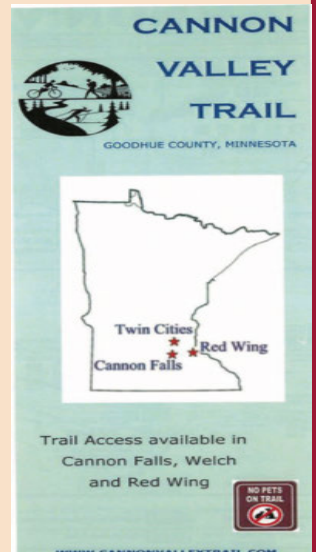
at Pier 55 during business hours.

Season Pass \$30/person

Daily Pass \$7/person

Cash or check only

240 Harrison Street, Suite 2, Red Wing



WWW.CANNONVALLEYTRAIL.COM

INTERESTED IN LEARNING MORE ABOUT TRAVEL?

Date: Wednesday July 31st

Time: 1:00 PM - 2:00 PM

Location: Pier 55

Snacks and drinks

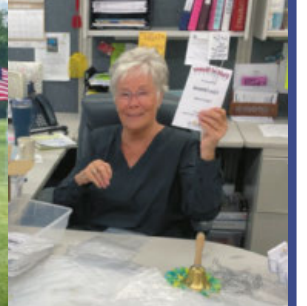
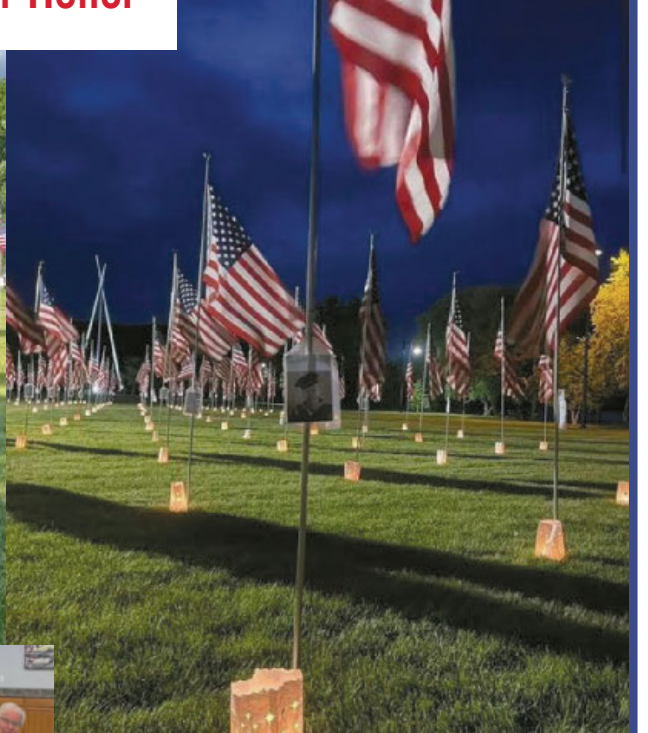
provided!

*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.

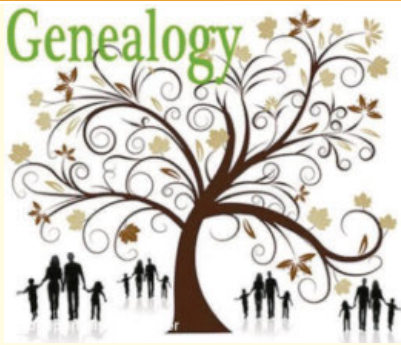


Join Peggy Hinsch and Kate Opsahl with Group Trip Designers to learn about all things travel! Group Trip Designers is a locally owned and operated travel agency that assists travelers with their vacation planning. From a family trip in the Caribbean, to a group of friends on a European river cruise,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



Sooooo many dedicated volunteers make this important event possible each year.





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

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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
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 infor-
mation and pricing details.

TRANSPORTATION:

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

NAPS: NUTRITIONAL ASSISTANCE PROGRAM

Tuesday, July 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, Advocate for older adults and caregivers
with Three Rivers Community Action. 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
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

**MEALS ON WHEELS**

Sarah Jennings 651-385-3477
Sarah.jennings@Benedictineliving.org



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

River Bluff Humane Society Garage Sale

FUNDRAISER!

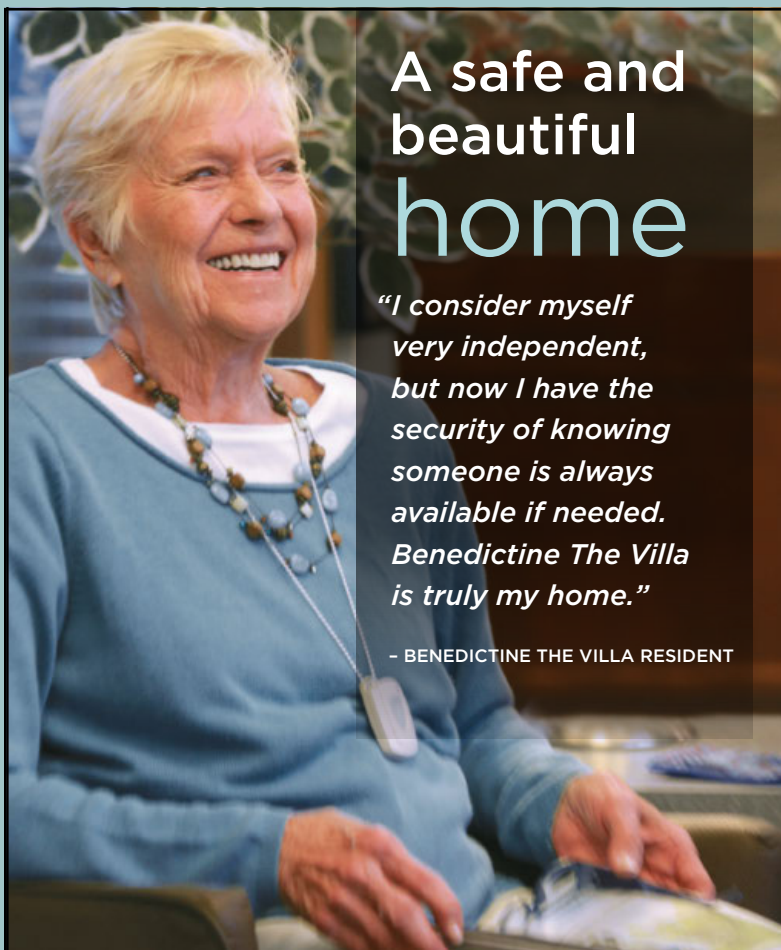
**DONATION DROP OFF on
August 16th from 11-2pm at
Pier 55**

Saturday, August 17th from 9am to 4pm

Sunday, August 18th from 9am to 1pm

Time to clean out your closet for the puuurfect opportunity to help out River Bluff Humane Society and their annual garage sale FUNDRAISER!

See enclosed insert for details.



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For ad info. call 1-800-950-9952 • www.lpicommunities.com

Red Wing Area Seniors Inc., Red Wing, MN

D 4C 02-1019

FUN DAY TRIPS!!

SE MN DAY TRIP

Friday, August 9th

- Crack of Dawn Bakery
- Faribault Woolen Mill
 - Pizza Ranch
- Orphanage Museum

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.

Depart 8:30am Return 4:30pm
 \$83 members \$95 non members
 Register and pay by August 2nd.



ST CROIX HAWAIIAN LUAU LUNCH CRUISE

Monday, September 9th



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.

Departure 10am Location: Hudson, WI
 Cost: \$60 members, \$70 non members

HOLY GHOST BINGO: GOBLINS & GAMES– HEYDE CENTER IN CHIPPEWA FALLS, WI October 30th

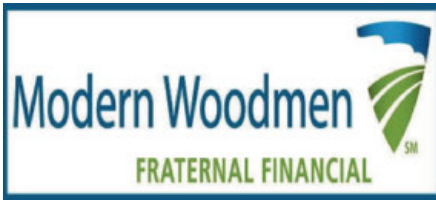
A new comedy centered around Mrs. Mary Margaret O'Brien and her efforts to raise money for her fictional local parish. It is a crazy afternoon of Halloween trivia, wacky prizes, candy, and plenty of audience interaction. Lunch included at the show.

10:00am Departure.

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

Thank you to the **Modern Woodmen of America** and Patsy N. for being our biggest event sponsor and providing all the funding necessary to light the 17th Annual Field of Honor with luminaries placed under each flag on Saturday evening. We are so grateful for all you do to make this event a success and honor and memorialize veterans.

(Contribution of volunteers, luminaries supplies and \$2,500 matching grant again this year in support of the Field of Honor.)



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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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 JULY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	
	1 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish 12:30 Sound Healing 1 pm Mahjong 1 pm 500 cards	2 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	3 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	4 HOLIDAY	5 HOLIDAY	6	
7	8	9	10	11	12	13	
CLOSED FOR PROGRAMMING THIS WEEK. POTTERY CONVENTION.							
14	15 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	16 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	17 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	18 9:30 am Hand and Foot	19 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	20 THRIFT STORE OPEN	
21	22 9 am AOA 9:30 am Pottery 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	23 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness 3:15 Parkinson's Support Group	24 9am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	25 9:30 am Hand and Foot 9:30am Golden K Annadee's Thrift Store, Pier 55 Member Discount Day, 50% off Storewide	26 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	27 THRIFT STORE OPEN	
28	29 9 am AOA 9:30 am Pottery 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	30 9:30am YOGA w/ Michele 1 pm Tai Chi 2 pm Parkinson Wellness	31 9am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	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			

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