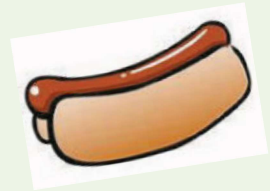


ANNADEE'S THRIFT STORE CUSTOMER APPRECIATION DAY!!



Friday, August 9th
11:00 am to 1:00 pm
321 Potter Street, Red Wing



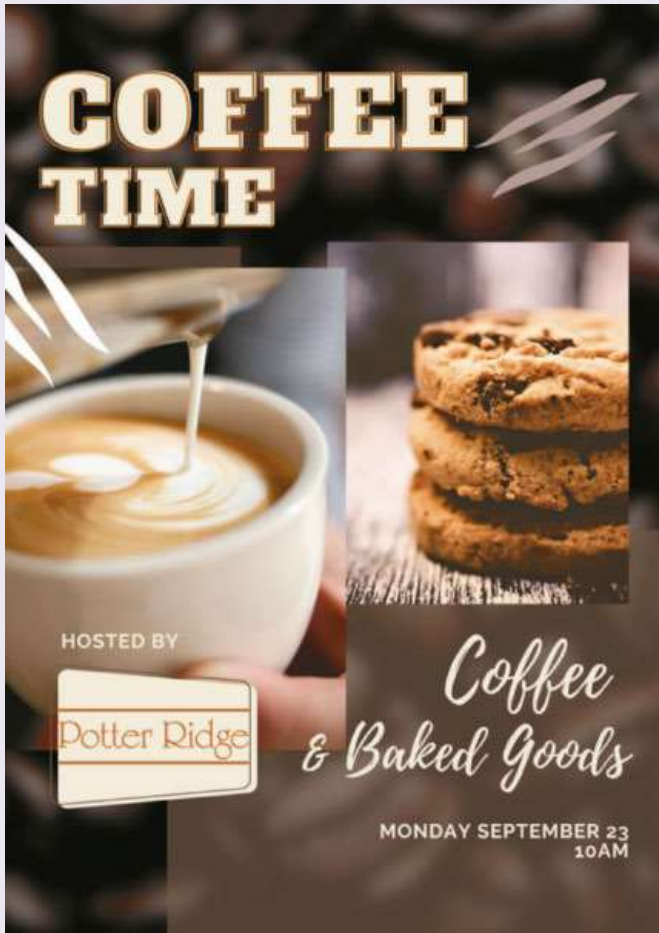
We are looking forward to this opportunity to thank our shoppers and donors! Please stop in and enjoy a complimentary hot dog & chips!

Also, don't forget to take a moment to stop and say hello to our wonderful group of dedicated volunteers:

- Deb R.
- Dan E.
- Joyce E.
- Lois H.
- Linda C.
- Bea K.
- Marm N.
- Ray N

Thank you

- Char S.
- Jordis H.
- Sue H.
- Kathleen V.
- Kathy H.
- Bobbie J.
- Karen V.
- Dick T



Potter Ridge is sponsoring coffee & baked goods at Pier 55!! Mark your calendar and make sure to stop in for a treat!



August 21

In honor of Senior Citizen's Day - Please take a moment on August 21st to call, text, email, or visit a senior citizen that has made a



Pier 55/Red Wing Area Seniors has many sponsorship opportunities available throughout the year!

We appreciate all of our current event and program sponsors and hope to increase our partnerships in the future!

If your organization or business would like to sponsor a coffee time or any other activities at Pier 55, please

call or email

Kim Wojcik, Executive Director

651-327-2255

rwasdirector@gmail.com



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.

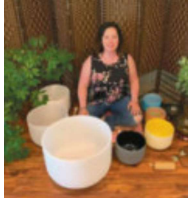
August 27th 1:00pm

October 16th 1:00pm

December 4th 1:00pm



SOUND HEALING CLASS PIER 55



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, August 8

Presenter: Lisa Acker Coordinator, Ikata and Red Wing Exchange Strident participants
Program: Sister Cities Commission Ikata Japan

Thursday, August 22

Presenter: Dan Brower, Director
Program: Red Wing Library

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

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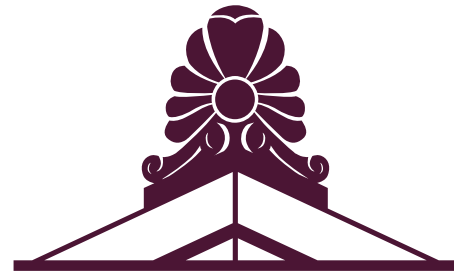


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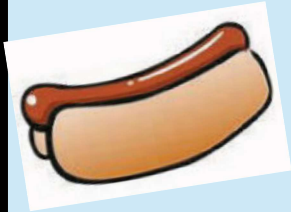
of
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ANNADEE'S THRIFT STORE CUSTOMER APPRECIATION DAY!!



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
8/10 & 8/24



SHOPPING HOURS:

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

Open the following
8/10 & 8/24

321 POTTER STREET,
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651-388-7031

Pier 55 Member Discount Day
50% off storewide with card.
8/15

WE APPRECIATE YOUR DONATIONS!!

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

The Paris Daughter
By: Kristen Harmel



***NEW* MEXICAN TRAIN**

Starting August 13th

Tuesday's 9:30 – 11:30 a.m.

Mexican Train is a game using dominoes. We will be happy to teach new players the game or refresh the rules for people who have not played for a while. Because our goal is to have a fun and relaxing time when we meet, we will not be keeping score.

If you have any questions, please contact:

Jeannie Anderson at 928-776-0906.

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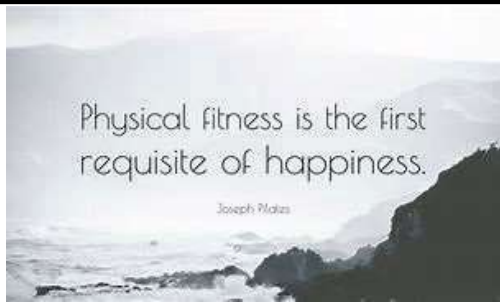
2311 Old West Main St. Red Wing

**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!!*





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

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



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

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



How many words can you make from

Summer Vacation?



1. _____ 14. _____

2. _____ 15. _____

3. _____ 16. _____

4. _____ 17. _____

5. _____ 18. _____

6. _____ 19. _____

7. _____ 20. _____

8. _____ 21. _____

9. _____ 22. _____

10. _____ 23. _____

11. _____ 24. _____

12. _____ 25. _____

13. _____ 26. _____



Complete this challenge and return to Pier 55 by August 31 to be entered into a random prize drawing of \$15.00 in RWAS CA\$H!! **Good at RWAS or Annadee's Thrift Store.

Name _____

Phone # _____



**INTRODUCING:
Austin
Warren Coats**

**Wednesday, August 28th at 10:30 am
Pier 55**

Arts and Movement Workshop

**Call or stop in to register, space is limited.
No Cost**

Austin is at the Anderson Center at Tower View the month of August completing a residency this August. Pier 55 is fortunate enough to have him here doing a dance workshop for seniors and/or people with mobility issues. All artists are welcome, sketch artists, photographers, etc.

A choreographic and movement workshop, exploring the connections between illustrative and choreographic processes, while centered on the idea of identity and self-expression. The workshop may begin with a simple, improvisational warm-up and humbling exercise that welcomes people and artists of all disciplines to join the space. Throughout the workshop participants may be asked to play and experiment with different mediums they may have not had experience with before, such as illustration, photography, dance, and more as we examine the relationship and ways each medium and methodology can be used in dance-making.

Who should attend: “Seniors and/or people with mobility issues.”

Austin Coats (MFA in dance, Tisch 2020): Austin Warren Coats is an interdisciplinary artist with a Bachelor of Arts in dance studies from Kent State University and a Master of Fine Arts From New York University. He has worked with artists such as Silvana Cardell, Angela Luem, Catherine Meredith, Jess Pretty, and Jamal White. Coats also has interests in the arts including writing, illustration, dance, film, and fashion design. His film work has been showcased in the Dance On Camera Film Festival and other institutions.

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



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 August!

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

Dorothy 651-353-3850

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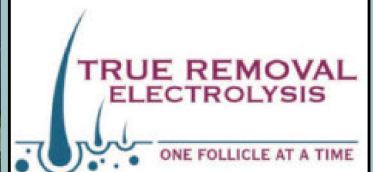
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julietollison@gmail.com

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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.

***NEW* HIAWATHA VALLEY MENTAL HEALTH
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Thursday's 12pm to 4pm
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www.HVMHC.org

**TRANSPORTATION:**

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

NAPS: NUTRITIONAL ASSISTANCE PROGRAM

Tuesday, August 19 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.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. First Lutheran
Church 1000 Peace Ridge, Lake City
1-800-679-9084

MEALS ON WHEELS

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





FAITH
IN ACTION

✿ **Exciting News!** ✿

We have an incredible opportunity ahead of us, thanks to the generosity of an anonymous donor. This kind-hearted individual has pledged to **match donations up to \$10,000!**

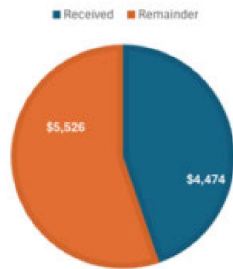
Every dollar you donate will be matched thereby doubling the impact of your contribution. Deadline is December 1st.

MISSION STATEMENT:

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

320 West Ave. Red Wing
Located in St. Paul's Lutheran Church

\$10,000 MATCHING GRANT 2024



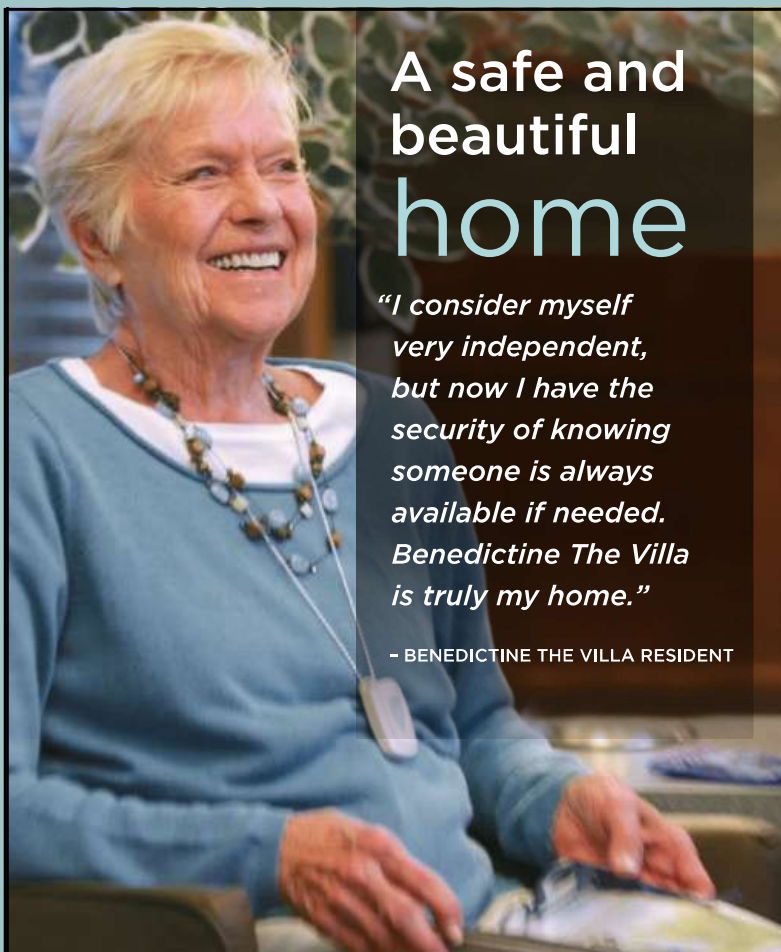
**River Bluff Humane Society
Garage Sale
FUNDRAISER!**



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

Sale dates:

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!



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LET'S GET MERRY IN MANTORVILLE



Sunday, November 24th

Depart 10:30am Return 4:00pm

Members \$ 87.00

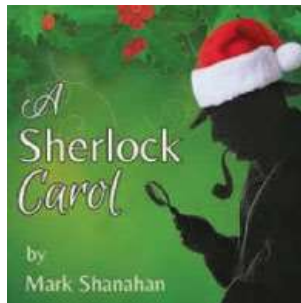
NON Members \$ 99.00



THE HUBBELL HOUSE

Join us Sunday,
November 24th for
lunch at the Hubbell
House and a play at
the Mantorville

Theatre Company. For your dining pleasure, you can select one of the following entrees once we arrive: 8 oz. **Petite Sirloin, BBQ pork ribs, broiled walleye or raspberry chicken breast.** After our delicious meal, we will attend "A Sherlock Carol". "Mark Shanahan remixes Arthur Conan Doyle and Charles Dickens into a clever, crowd-pleasing holiday comedy that happens also to be a murder mystery." *AFTER THE DEATH OF HIS NEMESIS, MORIARTY, SHERLOCK HOLMES HAS GIVEN UP HIS CALLING AS A DETECTIVE, UNTIL HE'S DRAWN BACK IN BY DR. TIMOTHY CRATCHIT, (FORMERLY KNOWN AS TINY TIM) TO INVESTIGATE THE POSSIBLE MURDER OF HIS BENEFACTOR, ONE EBENEZER SCROOGE.*



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



ST CROIX HAWAIIAN LUAU LUNCH CRUISE

Monday, September 9th

Departure 10am Location: Hudson, WI

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

*Call about availability 651-327-2255

Departure meeting for the Cape Cod Trip
Thursday, September 19th
9:15am at Pier 55

TRAVEL SHOW



Thursday, September 19 10:00am at Pier 55

Come and hear about an exciting trip planned for OCTOBER 2025. We will be traveling to the Albuquerque Balloon Fiesta and to Santa Fe. This six-day trip departs October 3, 2025. Please call Rose Propst with any questions! 651.301.0700.

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

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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

AUGUST 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 1030 Spanish conv	3
4	5 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv 12:30 Sound Healing 1 pm Mahjong 1 pm 500 cards	6 9:30am YOGA w/ Michelle 1 pm Tai Chi 2 pm Parkinson Wellness	7 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	8 9:30am Golden K 9:30 am Hand and Foot	9 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	10 THRIFT STORE OPEN
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/ Michelle 9:30am Mexican Train 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 1030 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 9:30am Mexican Train 1 pm Tai Chi 2 pm Parkinson Wellness 3:15 Parkinson's Support Group	21 9am AOA 9:30 am Pottery Coffee 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 1030 Spanish conv	24 THRIFT STORE OPEN
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 9:30am Mexican Train 1 pm Tai Chi 2 pm Parkinson Wellness	28 9am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	29 9:30 am Hand and Foot	30 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	31

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Published monthly by
Red Wing Area Seniors, Inc.
240 Harrison Street, Suite 2
Red Wing, MN 55066

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