



TRAVEL SHOW



Thursday, September 19, 2024
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. No registration required. Treats and coffee provided!

Please call Rose Propst with any questions! 651-301-0700

MARK YOUR CALENDARS!



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

***NEW* MEXICAN TRAIN**

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



BECOME A
Sponsor

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

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!



SOUND HEALING CLASS PIER 55

Monday, Sept 16 (Note date change)

October 7, November 4, December 2

12:30 PM-1:30 PM

Call Pier 55 to register. 651-327-2255

\$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, September 12

Presentation: Environmental Learning

Center Trip To Bahamas

Presenter: Jason Jech, ELC

Thursday, September 26

Installation of Officers

No presentation

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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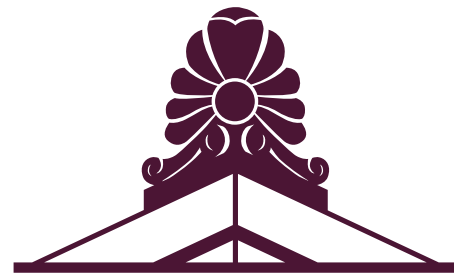


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COZY KIDS



Free coats for kids from 0-18 years of age!!!
Beginning September 24th
while supplies last.....

Annadee's Thrift Store is giving away coats to area kids in need while supplies last!

To donate: Please help us by donating any gently used or new coats for kids during donation hours.

To get a child's/teen's coat- Stop at Annadee's Thrift Store during shopping hours. The only requirements for a child's/teen to receive coat is that they are between 0-18 years of age. Limited to 1 coat per kid.

This winter Red Wing Area Seniors feels strongly that any child/teen in the Red Wing and surrounding area has a warm winter coat!!

DONATION HOURS:

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

Open the following
Saturdays
9/7 & 9/21



SHOPPING HOURS:

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

Open the following
Saturdays
9/7 & 9/21

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

Pier 55 Member Discount Day
50% off storewide with card.
9/26

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

September 6 Any book by Willa Cather.

October 4 The Island of Sea Women
by Lisa See

SMART DRIVER TEK CLASSES

Advanced vehicle technology is keeping us safer on the road. Learn about the latest advances in the technology.

No cost for SMART DRIVER TEK.
Call or stop in to register.

August 27th 1:00pm
October 16th 1:00pm
December 4th 1:00pm



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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



Senior Yoga for Healing Classes

Mat Class:

Tuesdays

9:30 am -10:45 am

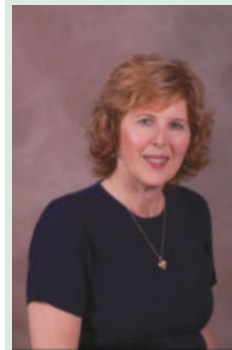
Chair Class: Wednesdays

2:00 pm – 3:00 pm

EVENING YOGA

Wednesday's 5:30pm to 6:30pm

Starting September 11



**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

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

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.

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

Registration required., Call or stop in to register 651-327-2255



#STOPDROPDOODLE

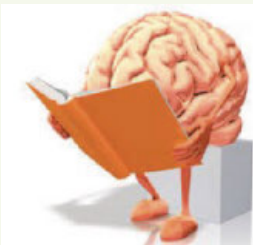
SEPTEMBER 2024 CHALLENGE

- | | |
|-----------------------------|----------------------------|
| 1. SEPTEMBER | 16. CRISP LEAVES CRUNCHING |
| 2. FALLING LEAVES | 17. FALL FASHION |
| 3. PUMPKIN PATCH | 18. PINE TREE FOREST |
| 4. SWEATER WEATHER | 19. HARVEST BASKET |
| 5. ACORNS & PINECONES | 20. AUTUMN PICNIC |
| 6. AUTUMN LANDSCAPE | 21. HAYRIDE |
| 7. CORN MAZE | 22. VINTAGE TRUCK |
| 8. APPLE CIDER | 23. WINDING PATH |
| 9. CRISP MORNING | 24. RUSTIC BARN |
| 10. AROUND THE CAMPFIRE | 25. LEAF PILE JUMPING |
| 11. FALLING APPLES | 26. COZY FIREPLACE |
| 12. SQUIRREL GATHERING NUTS | 27. HARVEST VEGETABLES |
| 13. GOLDEN FIELD | 28. AUTUMN SUNSET |
| 14. AUTUMN BIRDS | 29. SCARECROW |
| 15. MUSHROOM HUNT | 30. WOODLAND ANIMALS |

Above you will see 30 FALL themed items/actions etc. Each day, doodle that item. ALL your doodles can be on ONE sheet of paper. Staple this to your doodle sheet and turn it in for a random prize drawing. We will draw 3 prizes this month of 15\$ RWAS Ca\$h!! Turn in by September 30th 😊

Name _____

Phone # _____



ONE WAY TO IMPROVE BRAIN HEALTH- LEARN

Find something you love, whether traditional or online games, a new hobby or skill, or taking a class. Novel activities help your brain form new cellular connections and strengthen existing ones. Study a new language, learn a musical instrument or try your hand at photography. It's never too late to try something new.

Greetings,

As is proper, I would like to begin by introducing myself. My name is Todd Avery and I am currently the Chairman of the board of directors for the Goodhue County Historical Society. My association with the GCHS began in 2018 with my first seating on the board of directors. With pride, I can report that our work at the museum has continued its long 155 year history of collecting, preserving and presenting the collective histories of our county's residents stories.

I am reaching out to you for assistance in an important project for our museum. In the past year, our curator, Afton Esson, has been working diligently to update and present our display of military history. Thru conversations, it became painfully apparent that we have very few artifacts, stories and history from our Vietnam Nam era veterans. This absence resulted in an absence of this important part of our history from our military history display. We have found this to be unacceptable and seek to fill this void. Our county veterans deserve our diligence in recording and sharing their histories. Our goal is to seek out county Vietnam era veterans that are willing to share part of their history with us. Our plan is do a display on our main floor honoring their service and to have this display ready by Veterans Day, Monday November 11, 2024. We are seeking a photograph of their time of service, including name, year and location. This would be part of large picture board to highlight the display. Any era service member would be welcome to participate regardless of where they served. This outreach is open to family members wishing to honor a veteran as well. Photos can be scanned at the history center or returned if on loan. We are also seeking artifacts that could become part of our permanent display. It is only fitting and right that we respectfully honor the service of our county veterans.

It is our hope that we can reach as many county Veterans as possible and to let them all know we value their service and will work to display their collective histories in a way that is honorable and show the due respect they all deserve. Your assistance will be vital in achieving this goal.

Pictures or artifacts can be dropped of at the Goodhue County Historical Society during business hours located at:

Note: This is open to all area Vietnam era veterans and there families regardless of where they originally called home.

Goodhue County Historical Society
1166 Oak St. Red Wing, Mn
(651) 388-6024 Visit online @ goodhuecountyhistory.org
Or on Facebook. Goodhue County Historical Society

Thank you for helping us with this important work.
Sincerely,

Todd Avery, GCHS Board Chair & RWAS/Pier 55 Board 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



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 September!

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



FAITH IN ACTION

VOLUNTEERS NEEDED AT FAITH IN ACTION

MISSION STATEMENT:

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

320 West Ave. Red Wing

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TOE NAILS

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

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SPANISH CONVERSATIONS

Facilitator: LaVoie House
Mondays and Fridays - 10:30 am
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. Call 651-327-2255 or email rwasprogram@gmail.com

***NEW* HIAWATHA VALLEY MENTAL HEALTH CENTER RED WING DROP-IN CENTER**

Thursday's 12pm to 4pm
217 Plum Street, Suite 220 Red Wing
507-470-3866

www.HVMHC.org

TRANSPORTATION:

Safe and affordable rides
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1-866-623-7505 hart@threeriverscap.org

NAPS: NUTRITIONAL ASSISTANCE PROGRAM

Tuesday, September 17 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 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

POWERFUL TOOLS FOR CAREGIVERS

Wednesday's 3-4:30pm starting 9/11
Gunderson St. Elizabeth
1200 Grant Blvd
Wabasha, M 507-285-272
Class size is limited





Thank you to all of our Red Wing Area Seniors/Pier 55 Lifetime Members

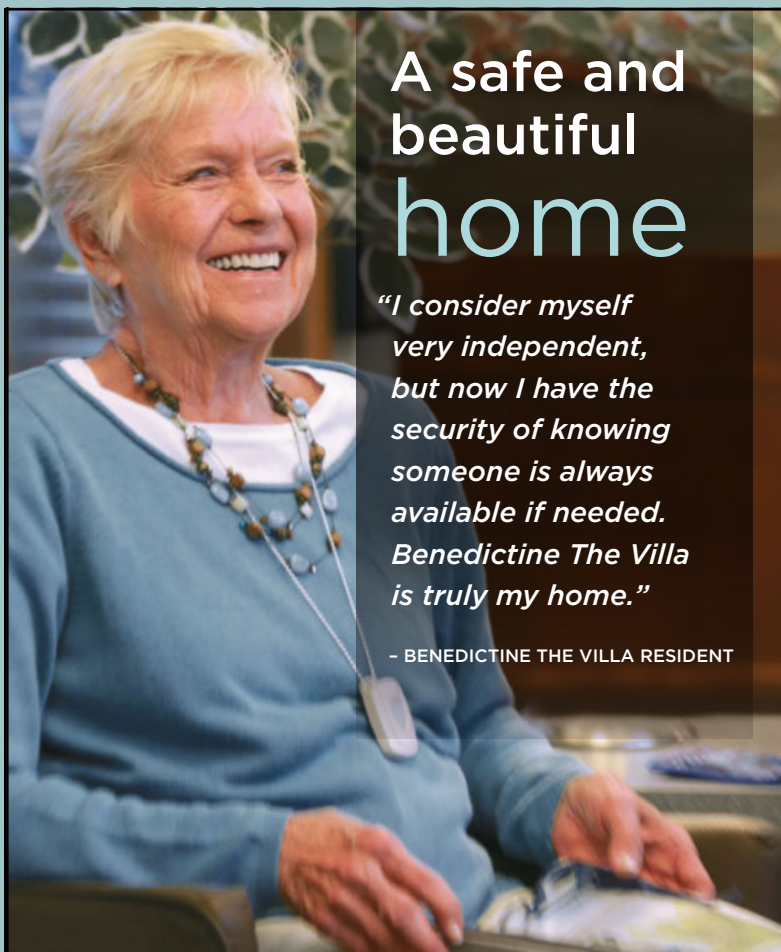
Phyllis Ballard
 Dan Bender
 Dee Bender
 Dorothy Bensen
 Suzanne Blue
 Lorrain M. Bremer
 Tammy Caneff
 Linda Diercks

Carol Duff
 Linda Eaton
 Nicholas E. Even
 Georgia Gielau
 Pat Heath
 Roberta Jacobson
 Pauline Jagusch
 Judy A. Johnson

Dennis Koenig
 Mary Koenig
 Roger Ludwig
 Sandra Luhman
 Valoree Gorden
 Malon Heath
 Shirley Sigler
 Jack Strobel

Kay Strobel
 Mark Swanson
 Nancy Swanson
 Pat Tieskoetter
 Sharleen Williams

If you are interested in learning more about how to become a Lifetime Member please contact Kim Wojcik, Executive Director at 651-327-2255, rwasdirector@gmail.com



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LET'S GET MERRY IN MANTORVILLE

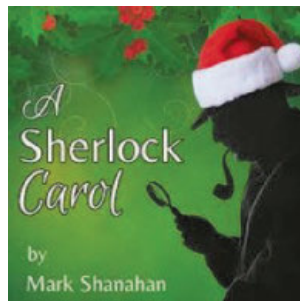


Sunday, November 24th
 Depart 10:30am Return 4:00pm
 Members \$ 87.00
 NON Members \$ 99.00



THE HUBBELL HOUSE 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 re-mixes 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.**



Join us
 Sunday,
 November
 24th for
 lunch at the

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

We have 4 spots available for this fun trip!!



TO A GREAT TEAM!!

YEARS OF SERVICE

Shirls	22 Years in September
Kim	9 Years in November
Stef	8 Years in September
Jolene	6 years in September
Linda	6 Years in September

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

SEPTEMBER 2024



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

ALIVEO MILITARY MUSEUM



FREE ADMISSION

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> edwardjones.com
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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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