

**BRAND NEW HALLOWEEN-THEMED PLAY**

*Holy Ghost Bing*

Includes: Play and Lunch



A brand new Halloween-themed comedic play!! This comedy is 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 the funniest costume contest you have ever seen. Lunch is included at the show.



Date: October 30th

Departure: 10:00am from Pier 55

Location: Heyde Center (Theatre) in Chippewa Falls, WI.

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

**RED WING AREA SENIORS  
HOLIDAY SILENT AUCTION  
FUNDRAISER &  
COZY CHRISTMAS EVENT**

Friday, December 6th  
Saturday, December 7th

Watch November newsletter for more details.

**SAVE THE  
DATE**

**HOLIDAY PET PHOTOS**

River Bluff Humane Society  
will be on-site at Pier 55 for  
Holiday Pet Photo  
Fundraiser!!

Sunday, November 24th

Watch November newsletter for more details.

## SAFETY IN THE HOME

Preventing Senior Hospitalizations

Presented By Karen Hanson

Wednesday, November 6th, 10:30am

No cost, call or stop in to register by Friday, November 1st, open to the community, space is limited!

- \* Discover steps for a successful transition to home
- \* Learn the risk factors for hospitalization
- \* Understand five important ways to keep seniors out of the hospital
- \* Share resources that can help keep seniors safe and healthy at home

Karen Hanson, Client Care Coordinator  
Karen has over 25 years of experience in the home care industry. Working closely with health care providers and senior care facilities, she informs and educates on the issues important to seniors. Karen is often found in the local community speaking about the many ways we are able to serve our local seniors. Karen has a contagious laugh, and her love for seniors comes shining through when you speak with her.

### Karen Hanson

Home Care Consultant,  
Home Instead  
304 6th Street SW,  
Rochester, MN 55902  
507-285-1700



[karen@rochesterseniorcare.com](mailto:karen@rochesterseniorcare.com)

## NATURAL APPROACHES TO JOINT HEALTH: REGENERATIVE MEDICINE & BEYOND

Monday, October 28th 11am-12pm

No cost, call or stop in to register by open to the community, space is limited!

Presented by Allie O'Borsky, Naturopath; Certified Natural Health Professional with a degree in biology from Nazareth College in Rochester, NY, and advanced training from Trinity School of Natural Health



Explore the benefits of Regenerative Medicine and its role in preventing and managing joint pain.

We'll dive into how regenerative medicine can promote healing, reduce discomfort, and potentially help avoid surgery, alongside practical strategies for joint health maintenance. Join us to learn how to enhance your joint care with cutting-edge treatments and proactive lifestyle tips.

SAVE THE DATE

Stockholm Pie Pre-Orders Coming Soon!  
Pick-Up will be at Pier 55 on Wednesday, November 27th



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



Golden K invites you to join us.

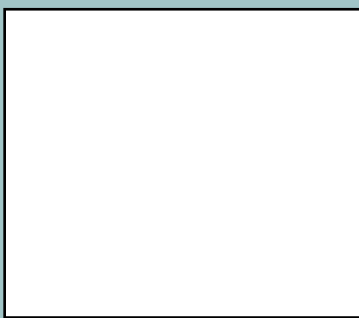
No admission fee. Just come and join our friendly folks.

YMCA Early Childhood Education Center (formerly Sunshine Corner) Heather Kahl and Maria Barrick Thursday, October 10th

Holistic & Preventative Veterinary Medicine Presenter: Dr. Darlene Cook Bluffs Vet Clinic Thursday, October 24th

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

SUPPORT OUR ADVERTISERS!



HEALTH HOME AUTO RV BUSINESS



Megan Simonson Simonson Agency Office: 651.327.2760 Cell: 651.380.0909 Fax: 763.398.4080

2966 N Service Dr · Red Wing, MN MyNationalBroker.com M.Simonson@mynationalbroker.com

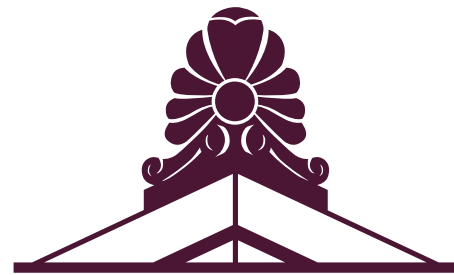


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**SHOPPING HOURS:**

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

Open the following  
 Saturdays  
 10/5 & 10/19

Pier 55 Member Discount Day  
 50% off storewide with card.  
 10/17

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

**DONATION HOURS:**

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

Open the following  
 Saturdays  
 10/5 & 10/19



Make Annadee's  
 Thrift Store your  
 destination for all  
 things Fall!!

Shop Halloween Costumes for the entire  
 family, including pets!!

Also, check out all of  
 our Halloween and  
 Fall décor which  
 changes daily!

**COZY KIDS**

Free coats for kids from 0-18 years of age!!!  
 Beginning September 24th  
 while supplies last..... (Over 100 coats given last year!)

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!!

Thank You!

Jolene King, Store Manager  
 651-388-7031  
 rwasstore@gmail.com

**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  
November 1 How to Say Babylon  
by Safiya Sinclair

**MEXICAN TRAIN** Tuesday's 9:30 – 11:30 AM For info call Jeannie Anderson at 928-776-0906

**NEW!!!! COFFEE, CRIBBAGE & CONVERSATION**



Tuesdays 9AM-11AM  
October 15, 22,29  
November 5, 19, 26  
December 3, 10, 17

This is open to Pier 55 and community members. No membership required. No cost, No registration. Cribbage boards and cards will be provided. Feel free to attend as your schedule permits. Coffee will be available.

If you have any questions, please contact Ken  
651.380.5536 or kld5271@gmail.com

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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!!





## 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\*

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 technology.

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

**October 16th, 1pm & December 4th , 1pm**

### Friends of the Bluffs Fundraiser Bluff Color Fest Trail Run or Hike Saturday, October 19th

Enjoy a fall morning on the trails on Sorin's Bluff and breakfast with your family and friends.

To register or for more information,  
go to [www.bluffcolorfest.com](http://www.bluffcolorfest.com)  
or call 651-380-4296



### 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

### SOUND HEALING CLASS PIER 55

12:30 pm-1:30 pm



**October 7th**

**November 4th**

**December 2nd**

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

To find out more [MVRhealing.com](http://MVRhealing.com) ,  
Lake City, MN 55041 (651) 380-8465



### 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)

*halloween*

## FINISH THE PHRASE

Candy \_\_\_\_\_

Black \_\_\_\_\_

Broom \_\_\_\_\_

Mirror \_\_\_\_\_

Apple \_\_\_\_\_

Pumpkin \_\_\_\_\_

Spider \_\_\_\_\_

Witch \_\_\_\_\_

Monster \_\_\_\_\_

Happy \_\_\_\_\_

Haunted \_\_\_\_\_

Keep \_\_\_\_\_

Halloween \_\_\_\_\_

Bite \_\_\_\_\_

Spooky \_\_\_\_\_

Costume \_\_\_\_\_

Scary \_\_\_\_\_

Trick or \_\_\_\_\_

Bat \_\_\_\_\_

Grim \_\_\_\_\_

Party \_\_\_\_\_

Carving \_\_\_\_\_

Stranger \_\_\_\_\_

Headless \_\_\_\_\_

Spooky \_\_\_\_\_



Complete this challenge and turn it into Pier 55 by October 31 to be entered in a random drawing for  
RWA\$ CA\$H.

Name \_\_\_\_\_ Phone # \_\_\_\_\_

## COGNITIVE WELLNESS ESSENTIALS

Monday, November 18  
11:00am - 12:00pm

No cost, call or stop in to register by  
Friday, November 12th,  
open to the community, space is limited!

Are you dealing with brain fog, forgetfulness,  
mood imbalances, or fatigue?

Join our Cognitive Wellness class to uncover  
natural strategies for addressing these  
common symptoms. While cognitive decline is  
common, it's not normal and often starts in  
your 30s. Learn how lifestyle changes, diet, and  
nutrition can help stop and even reverse  
cognitive decline. Equip yourself with practical  
tips to boost your brain health and maintain  
mental clarity.

Presenter:

Allie O'Borsky

Naturopath & Certified Natural  
Health Professional with a degree in biology  
from Nazareth College in Rochester, NY, and  
advanced training from Trinity School of Natural  
Health, I am deeply committed to helping  
individuals restore balance and harmony within  
their bodies.

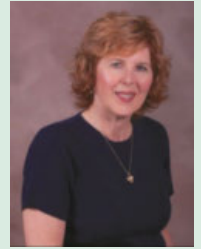


## SENIOR YOGA FOR HEALING CLASSES

**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**

**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

Hman.michele@mayo.edu



# LET'S GET MERRY IN MANTORVILLE

Sunday, November 24<sup>th</sup>  
Depart 10:30am, Return 4:00pm  
Members \$87.00

NON Members \$99.00

**ONLY 6 SPOTS LEFT**



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



# RED WING SOCIAL SINGLES

*Bridging Friendships*

Are you looking for activi-  
ties 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 October!

**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



1264 Old West Main St.  
Red Wing, MN 55066  
(651) 388-6060



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**TOE NAILS**

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

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Promoting good health from the soles up! Please call or email me for more information and/or to make an appointment. I can be reached at 651-472-4481 or [healthyfeetredwing@gmail.com](mailto:healthyfeetredwing@gmail.com). Wishing you good health! Suzanne Grant, RN, MPH

**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](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. Call 651-327-2255 or email [rwasprogram@gmail.com](mailto: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](http://www.HVMHC.org)

**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, October 21 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](mailto: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](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. First Lutheran Church 1000 Peace Ridge, Lake City  
1-800-679-9084

**MEALS ON WHEELS**

Sarah Jennings 651-385-3477  
[Sarah.jennings@Benedictineliving.org](mailto: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

## Friends of the Red Wing Public Library

### Fall 2024 BOOK SALE

#### *In the Community Room*

Thursday, October 24th  
10am -5pm

Friday, October 25th  
10am - 5pm

Saturday, October 26th  
10am -2 pm

## 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



FAITH  
IN ACTION

### VOLUNTEER DRIVERS NEEDED AT FAITH IN ACTION

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

320 West Ave. Red Wing

Located in St. Paul's Lutheran Church



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# A great time was had by all on our recent day trip~ ST. CROIX BOAT CRUISE HAWAIIAN LUAU



# AUGUST CHALLENGE WINNERS

Random drawing winner, Penny Curtis

We would also like to recognize, John and Mary Litsenberger who are winners as they submitted a record 537 words for the August Challenge!



# 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

## OCTOBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
		<b>1</b> 9:30am YOGA w/ Michelle 9:30 Mexican Train 1 pm Tai Chi 2 pm Parkinson Wellness	<b>2</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>3</b> 9:30 am Hand and Foot	<b>4</b> 9 am AOA 9:30 am Pottery Coffee 10:00 Book Club 10:30 Spanish conv	<b>5</b> THRIFT STORE OPEN
	<b>6</b>	<b>7</b> 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv 12:30 Sound Healing 1 pm Mahjong 1 pm 500 cards	<b>8</b> 9:30am YOGA w/ Michelle 9:30 Mex Train 1 pm Tai Chi 2 pm Parkinson Wellness	<b>9</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>10</b> 9:30am Golden K 9:30 am Hand and Foot	<b>11</b> 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv
<b>13</b>	<b>14</b> 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>15</b> 9:30am YOGA w/ Michelle 9:00 am Cribbage 9:30am MexTrain 1 pm Tai Chi 2 pm Parkinson Wellness	<b>16</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>17</b> 9:30 am Hand and Foot Annadee's Thrift Store, Pier 55 Member Discount Day, 50% off Storewide	<b>18</b> 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv	<b>19</b> THRIFT STORE OPEN
<b>20</b>	<b>21</b> 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>22</b> 9:30am YOGA w/ Michele 9:00am Cribbage 9:30am MexTrain 1 pm Tai Chi 2 pm Parkinson Wellness 3:15 Parkinson's Support Group	<b>23</b> 9am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>24</b> 9:30 am Hand and Foot 9:30am Golden K	<b>25</b> 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv	<b>26</b>
<b>27</b>	<b>28</b> 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>29</b> 9:30am YOGA w/ Michele 9:00am Cribbage 9:30am MexTrain 1 pm Tai Chi 2 pm Parkinson Wellness 3:15 Parkinson's Support Group	<b>30</b> 9am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>31</b> 9:30 am Hand and Foot 	<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	

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