

## BENCH RAFFLE

### PIER 55 BENCH RAFFLE

Don't miss this great opportunity to win a quality bench and support the Red Wing Area Seniors! We are raffling off a Trex bench! The bench was produced from all the plastic bags/materials that was donated over the past 6 months to the Red Wing Plastic Recycling Program.

Purchase your raffle ticket(s) at Pier 55  
November 11 thru January 6  
**(Bench retails for over \$400.00)**  
**\$5.00 per ticket OR 5 tickets for \$20**



## COZY CHRISTMAS-2024



HOLIDAY BOUTIQUE  
AT PIER 55

FRIDAY, DECEMBER 6th  
9:00AM to 4:00PM

SATURDAY, DECEMBER 7th

9:00AM to 4:00PM (Pier 55 Gift Shop will  
be open to meet you holiday needs!)

Enjoy shopping for upscale handcrafted  
holiday items and unique gifts made by  
local crafters.

## Sweet Em's Cookies and Cakes

Will have goodies for sale!



THANKSGIVING PIE PRE-ORDER SEE PAGE 7!



## 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)



## COGNITIVE WELLNESS ESSENTIALS

Monday, November 18th

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.



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.

Thursday, November 14th  
Bob Jaszczak, Red Wing School Superintendent

Wednesday, November 27  
Pastor Quinlan Koch  
First Lutheran Church  
Thanksgiving Message

Meetings are the second and fourth Thursdays each month 9:30am at Pier 55 in the Community Room. Dates may vary during the holiday season. 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  
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MyNationalBroker.com  
M.Simonson@mynationalbroker.com

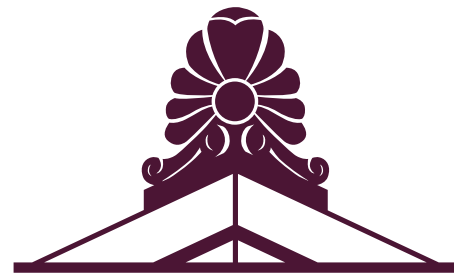


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of  
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A R T S

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



**SHOPPING HOURS:**

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

Open the following  
 Saturdays  
 11/9 & 11/23

Pier 55 Member Discount Day  
 50% off storewide with card.  
 11/21



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  
 11/9 & 11/23

**CLOSED****11/28 & 11/29****COZY KIDS**

Free coats for kids from 0-18 years of age!!!  
 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!!

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

**CHECK OUT**

Stop in and check out the new signage above the donation area at our Annadees Thrift Store! We appreciate all of the donations we receive!

**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

In November , bring your book suggestions for 2025. We will begin putting together a list that day. One thing we hope to do in 2025 is have one day when we all read a banned book like we did a few years ago and perhaps one meeting when we all read a book by a certain author like we did in September. Hope to see you Friday so you all can weigh in on these suggestions. Pat Kernan

**MEXICAN TRAIN** Tuesday's 9:30 – 11:30 AM

For info call Jeannie Anderson at 928-776-0906

**COFFEE, CRIBBAGE & CONVERSATION**

Tuesdays 9:00AM-11:00AM

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

**CRIBBAGE LESSONS**

We do have a volunteer that will provide individual instruction to learn cribbage. Call and leave your contact information for more information.

651-327-2255

**FMS INSURANCE ADVISORS**

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**MONTHLY MEDICARE SEMINARS**  
 Listed on Our Website

406 Main Street - Suite B • Red Wing, MN 55066  
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[www.fmsinsuranceadvisors.com](http://www.fmsinsuranceadvisors.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](mailto: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

11/12 9-1pm  
11/21 1-5pm  
1/14 9-1pm  
1/23 1-5 pm  
2/11 9-1pm  
2/27 1-5pm  
3/11 9-1pm  
3/27 1-5pm  
4/8 9-1pm  
4/24 1-5pm  
5/13 9-1pm  
5/22 1-5pm  
6/10 9-1pm  
6/26 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.

**December 4th , 1pm**

### 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

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 ,  
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)



# THANKSGIVING PIE PRE-ORDERS!!

Celebrate Thanksgiving with a very special pie and help support a very special place. Stockholm Pie in Stockholm WI and the Pier 55 Senior Center in Red Wing join together to bring your family a beautiful tradition, pie from Stockholm Pie and a way to show your thankfulness for Pier 55 and all who they serve.

You can pre order a pie from our select list of very special Thanksgiving pies – curated for our guests by our team. Place your order online or via phone to pick up your pies in Stockholm at our Pie Shop or in Red Wing at Pier 55 Senior Center. A portion of all Red Wing sales goes to Pier 55.

Stockholm pie has long enjoyed a wonderful partnership with Pier 55 with our annual Pie tastings and now our Thanksgiving Event. Stockholm Pie is considered a regional treasure and was named the Best Pie Shop in America by USA Today!

The curated list of hand-crafted pies will include

- Bumble Berry
- Bumble Berry Take & Bake
- Cherry
- Cherry Take & Bake
- Classic Apple
- Classic Apple Take & Bake
- Classic Pecan
- Lingonberry Lemon
- Gluten free versions of all pies are available!



- Double Lemon
- Pumpkin
- Pumpkin Pecan
- Homemade Whipped Cream

And New This Year

- White Chocolate Macadamia
- Cranberry Brown Sugar Custard
- Chocolate Truffle
- Butterscotch Pecan

Pies are by special order only, there will not be any available on site for sale, so make sure you place your orders by 11/20 online at <https://stockholmpie.getbento.com/catering-store-v2/specials/menu> or via phone at 715-442-5505.

## RED WING AREA SENIORS HOLIDAY FUNDRAISER

Mark your calendars for ALL of this years festivities!



**Silent Auction for holiday items**, including gift baskets, decorative arrangements & centerpieces, unique one-of-a-kind wreaths and trees. Monday, December 2 and closing at 1:00pm on Saturday, December 7.

This year bidding will be in person only at Pier 55.

\*\*\*\*\*

And, of course, our ever popular and much loved **NO BAKE BAKE SALE** that will run the entire month of December. Invitations will be mailed to all Pier 55 members.





## 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



**VOLUNTEERS NEEDED AT**

**FAITH IN ACTION**

**MISSION STATEMENT:**

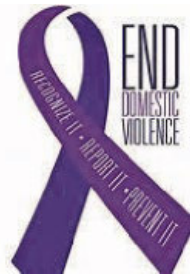
*To enrich area residents' lives through faith-based volunteer efforts.*

320 West Ave. Red Wing

Located in St. Paul's Lutheran Church

### **HOPE Coalition Connections Minnesota Elder Justice Center**

The MN Elder Justice Center provides support, information and resources to older and vulnerable adults and their loved ones around issues of abuse, neglect and financial exploitation. For more in-depth information on Elder Justice initiatives and legislative updates, visit: <https://elderjusticemn.org/resources/video-library/>



#### **DV Homicide Display**

The traveling display for victims of domestic violence homicide will be Friday October 25 – Friday November 1, along the Lake Walk on Highway 61 in Lake City, MN between Gold Star Park and Great River Flats.

CLASSES Being held at Benedictine-The Villa in the lobby

Advanced Care Planning– November 5th at 2pm RSVP

<https://www.facebook.com/share/mmaW6tdyvBoKd6a3/>

Fall Prevention– December 3rd at 2pm RSVP

<https://www.facebook.com/share/jLEgXD6dWiQiaa62/>

Understanding Caregiver Stress– January 7th at 2pm RSVP

<https://www.facebook.com/share/o1HUSiw7TkqsETSW/>

**Madeline Kimmes | Sales and Marketing Manager  
Benedictine Living Community-Red Wing**

**213 Pioneer Road | Red Wing, MN 55066**

Work: (651) 385-5476 Cell: (507) 470-6813

[madeline.kimmes@benedictineliving.org](mailto:madeline.kimmes@benedictineliving.org)  
[BenedictineRedWing.org](http://BenedictineRedWing.org)



# 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



Waitlist Available

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 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 November!

**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



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



## JORDAN TOWERS

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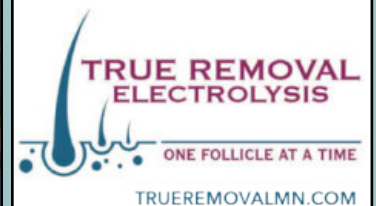
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**TOE NAILS**

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651-380-1069  
julietollison@gmail.com

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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)

**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  
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1-866-623-7505 [hart@threeriverscap.org](mailto:hart@threeriverscap.org)

**NAPS: NUTRITIONAL ASSISTANCE PROGRAM**

*Tuesday, November 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](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



## FREE SOUND HEALING FOR SENIORS

Why Sound Healing is Perfect for Seniors:

Deep relaxation, pain relief, improved sleep, boosted mood, enhanced mental clarity, social connection.

January 6, 2025

Pier 55

12:30pm

Space is limited

Registration is required. Call or stop in to reserve your spot 651-327-2255

Whether you're looking to alleviate aches and pains, improve your mood, or simply enjoy a peaceful and relaxing experience, Sound Healing offers numerous benefits that cater specifically to the needs of seniors.

## \*NEW\* FREE BALANCE SCREENING

If you have concerns about your balance a free screening will be available once a month. Patty Svien, retired physical therapist, will perform a brief balance screening and make recommendations for further assessment or treatment if needed. Screening is free.

The first screening will be  
Thursday November 14  
12:00 to 1:30 pm.

Please call the Pier 55 office to register.  
Space is limited.



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# CAPE COD OCTOBER 2024





Thank you Julie Birk-Betcher for your service on the Red Wing Area Seniors Board of Directors!!

# 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,
- Nancy Paasch

## 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

## NOVEMBER 2024



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

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 SENIOR LIVING



MEMORY CARE APARTMENTS AVAILABLE



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