

## 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 small trees. Auction opens on Monday, Dec 2nd and closes at 1:00pm on Saturday, December 7th. 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. (Invitation inside!)



## COZY CHRISTMAS

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 during these times to meet your 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!





## HOLIDAY STORY HOUR

Wednesday,  
December 11th  
10:00am at Pier 55

Please join us for a fun story hour with Lois Burnes reading holiday stories and sharing her impressive collection of the Night Before Christmas books! Delicious treats and beverages provided. Registration is required. No cost. Please call or stop in to sign up. All are welcome to attend.



## FREE SOUND HEALING CLASS FOR SENIORS

Why Sound Healing is Perfect for Seniors:  
Deep relaxation, pain relief, improved sleep, boosted mood, enhanced mental clarity, social connection.

January 6 at 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.



Tuesday, December 10th

3:30pm to 4:30pm

Please call the Pier 55 office to register.

Space is limited.

Keep up  
to date

In our January newsletter we will be recognizing all of our members from 2024 with a membership list!! So, please make sure you are current and update on your membership status. Also, we encourage new members to join our awesome group between now and December 15th to make sure and be recognized!! See page 14 for a membership sign up form.

Romance Scam



# HOW TO AVOID DATING SCAMS PRESENTATION

January 13th  
10am at Pier 55

Please join us to hear a presentation on dating scams

Presenters:

Deputy Jen Jannett and Kathy Saunders. Deputy Jen started her Law Enforcement career in 2012 and has been with the Goodhue County Sheriff's Office since 2015.

Since 2019, Deputy Jen has served as the Community Engagement Coordinator for the Sheriff's Office. Part of this role includes crime prevention and giving presentations on topics such as different kinds of scams and internet safety.

Kathy Saunders has been a resident of Red Wing for over 22 years. She is a proud member of Pier 55. She was a nurse for 36 years. She has 3 adult children who are very supportive of her, especially since the death of her spouse, their stepfather from COVID approximately 3.5 years ago. Kathy works with Deputy Jen on the Dating Scam presentation.

Call or stop in to register. No cost and open to the community!

SUPPORT OUR ADVERTISERS!

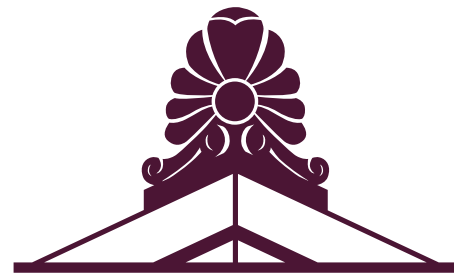
HEALTH HOME AUTO RV BUSINESS



Megan Simonson  
Simonson Agency

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Cell: 651.380.0909  
Fax: 763.398.4080

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651-388-8700

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**SHOPPING HOURS:**

Tuesdays 10am-4pm  
 Wednesdays 10am-4pm  
 Thursdays 10am-2pm  
 Fridays 10am-2pm  
  
 Open the following  
 Saturdays  
 12/14 & 12/28

Pier 55 Member Discount Day  
 50% off storewide with card.  
 12/12



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  
 12/14 & 12/28

**CLOSED FOR THE HOLIDAYS ON  
 12/24 ,12/25,12/31,1/1**



Thank you to Dan & Joyce E. for another summer of dedication and volunteer work! We appreciate you and we will see you again in the spring. Have a wonderful winter down south.



## 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



**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

**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

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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www.fmsinsuranceadvisors.com



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Cannon Falls, MN 55009

www.CannonRivers.com

## Women's Fitness Center

**FOR SALE**

**Call Delores:**

**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

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

December 2nd

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

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)



Please use your creativity to color this cute gingerbread man! This is NOT a coloring contest; it is a fun way to be creative during the holiday season!

There will be 2 random winners selected from pictures received for a 15\$ RWAS Ca\$h certificate. Please have your picture returned by Friday, December 20<sup>th</sup>.

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



## 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



### 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

*WE provide transportation and book house calls!*

### 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/>

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](https://www.benedictineliving.org)  
Work: (651) 385-5476 Cell: (507) 470-6813  
[madeline.kimmes@benedictineliving.org](mailto:madeline.kimmes@benedictineliving.org)  
[BenedictineRedWing.org](https://www.BenedictineRedWing.org)







### TRAVEL SHOW January 16th, 10:00am Pier 55

All are welcome to attend and learn more about this fun bucket list trip!

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



### 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 December!

**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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### LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

CONTACT ME Duane Budelier

dbudelier@lpicommunities.com • (800) 950-9952 x2525



### Mahn Family Funeral and Cremation Services

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- Pre-arrangements
- Cremations (on-site crematory)

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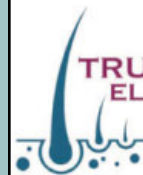


651-923-0012 | www.GoodhueLiving.com

651-212-1454

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**TOE NAILS**

JULIE TOLLISON, RN, C  
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  
hart- Miles and Miles of Positive Impact  
1-866-623-7505 [hart@threeriverscap.org](mailto:hart@threeriverscap.org)

**NAPS: NUTRITIONAL ASSISTANCE PROGRAM**

*Tuesday, December 16 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**

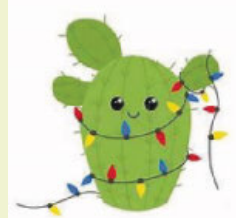
Either in-person or Zoom. Group participants must  
be at least three months into their journey with  
grief after the death of a loved one. First Lutheran  
Church 1000 Peace Ridge, Lake City  
1-800-679-9084

**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





## 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**

## Golden K invites you to join us.

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

Thursday, December 12

Speaker: Kyle Klass

Presentation: Report on the Red Wing  
 Downtown Housing Projects

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!



# A safe and beautiful home

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- BENEDICTINE THE VILLA RESIDENT

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**CANDYLAND**  
Grand Opening at Pier 55  
Friday, December 6th  
10:00am  
All are welcome to  
join us!  
A huge thank you to Bob  
T, Sue G, Peggy S and  
Adam for making this



Thank you Ray & Sue N. for everything you do at Pier 55 and Annadee's Thrift Store! The amount of time you volunteer behind the scenes at the store and with the medical equipment/ Pier 55 is very much appreciated!



# BOARD AND STAFF

## Directors

President. . . . . Tom Walsh  
Vice-President. . . . . Jeff Marcus  
Secretary . . . . . Nancy Paasch  
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

## DECEMBER 2024



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