



Pier 55 High Tea at Wisteria Monday, February 24th at Noon \$50 Pier 55 members \$59 non members Space limited to the first 35 people! Includes a presentation by Rita, Wisteria Owner, on the history of high tea.

January 2025

Call or stop in to Pier 55 to register by Friday, February 14th 651-327-2255



TRAVEL SHOW

New York City Holiday Trip in 2025

February 11, 10:00am Pier 55 Stop in or register by Monday, February 3rd All are welcome to attend and learn more about this fun bucket list trip! Please call Rose Propst with any questions! 651-301-0700

BALLOON FESTIVAL TRIP

We will be traveling to the Albuquerque Balloon Festival and to Santa FE. This six-day trip departs October 3, 2025.

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



2

UNDERSTANDING CAREGIVER STRESS EDUCATION

This free educational session offers and overview of changes and challenges that cause caregiver stress, and offers some healthy coping mechanisms. Presenter: Penny Thomsen, CTC Monday, January 27th 10:30 to 11:30am Pier 55 Register by Monday, January 20th Call or stop in to register 651-327-2255 No cost and all are welcome to attend!



DELIRIUM, DEMENTIA & DEPRESSION EDUCATION

Monday, February 24th 10:30am to 11:30am, Pier 55 Register by Monday, February 17th No cost and all are welcome to attend! Presented by: Wendy Halverson, RN Clincal Mngr & Penny Thomsen, CTC This free education offers and overview of the symptoms of delirium, dementia and depression including how to distinguish between the conditions. Snacks will be provided. If you are a nurse or a social worker attending. You will be provided with a CEC Credit.

Abukar HHC

LEARN ABOUT ABUKAR HOME HEALTH CARE AND SERVICES

Join us, February 28th at 11 a.m. for an informative presentation to learn more about Abukar Home Health Care and the services we offer. No cost. Register by February 21st. Abukar Home Health Care was founded with a single mission: to enhance the quality of life for every client we serve. As a licensed 245D provider, we specialize in exceptional non-medical care that is thoughtfully tailored to the meet the unique needs, preferences, and desires of each client. We are committed to delivering care that helps our clients achieve optimal health and independence, all within the comfort and privacy of their own homes.



Parkinson's Disease Symptoms and How To Care For Someone Living

With the Disease

Monday, February 17th 10:30am at Pier 55 Presenter: Karen Hanson, Home Care Consultant, Home Instead Registration required. Call or stop in to register by Monday, February 10th 651-327-2255 No cost and all are welcome to attend. Beverages and treats will be provided!





3

LEGACY GIVING

 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 this coming year.
 651-327-2255 • rwasdirector@gmail.com



MARK YOUR CALENDAR

FOR THESE FUN DAY TRIPS COMING IN MARCH AND APRIL!

- Thursday, March 20th Science Museum, MN History Center, Lunch on your own at Cosettas.

- Thursday, April 10th MN History Theatre "Secret Warriors", lunch on your own at Cracker Barrel.

Watch for trip details and registration information in the February newsletter.



SHOPPING HOURS:

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

> Open the following Saturdays 1/4 & 1/18 2/1, 2/8, 2/22

Pier 55 Member Discount Day 50% off storewide with card. 1/23



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

> > 1/4 & 1/18 2/1, 2/8, 2/22



January and February are typically slow for donations. If you do not already have plans to, PLEASE CONSIDER donating gently used or new items this winter!!

COZY KIDS

75 coats given to date this season.

Please consider donating!

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!

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

<u>To get a child's/teen's coat</u>- 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

MAHJONG.....Mondays, 1:00 PM

SCRABBLE.....Wednesdays, 11:00 AM

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 1/7, 1/21, 1/28

2/4, 2/18, 2/25 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 Located in the St. James Hotel

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CANNON RIVERS

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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!!





B 4C 02-1019

For ad info. call 1-800-950-9952 • www.lpicommunities.com Red Wing Area Seniors Inc., Red Wing, MN

AARP

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

TBD

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.



INSIDE WALKING During the winter months even though it is challenging, it is important



to stay active. The Minnesota winter weather can be unpredictable leaving you wondering how you will be able to get your steps in. Problem solved...

Come to Pier 55 and walk the halls or make laps in the Community Room if it is available. Walking available during regularly business hours.

Also, Red Wing Area Senior has a treadmill which is available to use after completion of an orientation session. Call or email Kim for more information. 651-327-2255

rwasdirector@gmail.com

Híawatha Valley Genealogy Socíety

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



BENCH RAFFLE

Only a few days left to get your tickets!!

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) thru January 6 (Bench retails for over \$400.00) \$5.00 per ticket OR 5 tickets for \$20

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 by January 10th. No cost and open to the community!

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.

SOUND HEALING CLASS PIER 55 February 3rd

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-ReinckeTo find out more MVRhealing.com , Lake City, MN 55041 (651) 380-8465

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



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

****NEW** MENDING SERVICE**

Chris Riegelman, local seamstress, will meet you at Pier 55, (Appointments are necessary!) to meet all of your mending needs. You will contact her directly and pay her directly.



Hardware

1264 Old West Main St.

Red Wing, MN 55066

(651) 388-6060

For questions, please contact

Chris 651-301-1348

Or riege35@hotmail.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 February! 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

JORDAN TOWERS

'A Good Place to Live, A Great Place to Call Home" NOW ACCEPTING APPLICATIONS Please contact 651.388.7571

Red Wing Housing & Redevelopment Authority 428 W. 5th Street, Red Wing, MN • www.redwinghra.org

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For ad info. call 1-800-950-9952 • www.lpicommunities.com Red Wing Area Seniors Inc., Red Wing, MN

SUPPORT SERVICES

January 2025

TOE NAILS

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



HEALTHY FEET,LLC

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 <u>healthyfeetredwing@gmail.com</u>. 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 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 <u>NOTARY PUBLIC</u>

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

HIAWATHA VALLEY MENTAL HEALTH CEN-TER 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

harT- Miles and Miles of Positive Impact 1-866-623-7505 hart@threeriverscap.org NAPS: NUTRITIONAL ASSISTANCE PROGRAM

Tuesday, January 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

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 Gunderson St. Elizabeth 1200 Grant Blvd Wabasha, M 507-285-272 Class size is limited

GIFT SHOP

Thank you to all of the consigners that have come into Pier 55 to pick up their designated items. If you have Christmas items in the Gift Shop please stop and pick those up by Friday, January 10th.

Also, a reminder to consigners to start bringing in your Valentine, Easter and all things spring items soon.

Please help us promote our Gift Shop as much as you can and thank you again for all of your time and talents!!





Golden K invites you to join us.

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

Thursday, January 9th Presenter: Kyle Klatt Red Wing Downtown Housing Project

> Thursday, January 23rd Presenter: Kay Kuhlmann The State of Civility

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!

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JANUARY CHALLENGE

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8	3	4	5					1
1			4	2	9		3	
		8	6		7		4	
	4						5	2



Complete this puzzle and return to Pier 55 by January 31st, to be entered in a random prize drawing.

Name_____

Phone #____

Did you know that Pier 55/Red Wing Area Seniors provides no cost clothing to inmates departing the Red Wing Correctional Facility!! See below for a thank you letter from a recipient of this wonderful program. Your support of Pier 55 makes this possible!!

"I wanted to write and express how appreciative I am for the love and support you have shown me with the donation of the clothes. This is the first time in almost 3 decades that my cry for help was heard. So, again I thank you and your organization for everything. Now *free*, if there is every anything that I can do to support your organization please feel free to contact me." - Blessings to you all :)

BOARD AND STAFF

Directors

President	Tom Walsh
Vice-President	Jeff Marcus
Secretary	Nancy Paasch
Treasurer	Rose Burke
Char	Rogness, Ben Stephani
Doug	g B , Todd A , Ken D

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<u></u>
Kim WojcikExecutive Director
Stef Braun Program Coordinator
Shirley PerkinsAdministrative Asst.
Jolene King Annadee's Manager
Mary Machnik Volunteer Gift Shop Manage
Doug BlakesleyTalent Acquisition Volun.
Email addresses
Kim WojcikRWASdirector@gmail.com
Stef BraunRWASprogram@gmail.com
Shirley Perkins RWASassistant@gmail.com
Jolene KingRWASstore@gmail.com



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14 MEMBERSHIP NEWS.	January 2025
Check out what your Pier 55 membership does for you	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.
 A monthly edition of this fantastic newsletter will be mailed and/or emailed directly to you! 	651-327-2255 • rwasdirector@gmail.com
 Of course, our members pay less to go on our trips. 	<i>Gratitude</i> I PIER 55 MEMBERSHIP
 Members get priority sign up on all trips. 	Name(s)
 Programs are less expensive for members and some programs may be members only. 	Address City
 Members can shred their documents at no cost any time during business hours. 	State Zip Code Telephone
 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) 	Would you like to receive your newsletter by Mail Email Email Address
 Members get a sizable discount when they rent a room at Pier 55 for any reason. 	Birthday(s) New Member Renewal
 Educational & recreational opportunities available to all members. 	Individual Membership: \$37 Household Membership: \$62
 No cost outdoor recreation available to all members. 	(2 people to a Household) Are you a veteran? Additional donations greatly appreciated.
 With each annual renewal you will receive welcome letter and a membership card from Shirls Perkins. 	Red Wing Area Seniors, Inc. 240 Harrison St, Suite 2, Red Wing, MN 55066
 Part of a great organization that provides a lot of services and goods to the community! 	Like us on Facebook. We have changed our page. You may have to 'like' us again. Red Wing Area Seniors
 Support low and no cost programming like medical equipment lending and Parkinsons Support for the entire community. 	Mission
	Empowering active living and lifelong learning.

CALENDAR OF ACTIVITIES JANUARY 2025

Roff of

SUNE	DAY	MONDAY	TUESD	AY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
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5		6 9 am AOA 9:30 am Pottery Coffee 10:30Spanish conv 12:30 Sound Heal ing 1 pm Mahjong 1 pm 500 cards	7 9:00 Cribbag 9:30am YOG 9:30 Mex Tra 1 pm Tai Chi 2 pm Parkins Wellness	iin	8 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	9 9:30 am Hand and Foot 9:30am Golden k	10 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv	11
12		13 9 am AOA 9:30 am Pottery Coffee 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards 10am HOW TO AVOID SCAMS PRESENTATION	14 9:30am YOGA w/ Michelle 9:30am MexTrain 1 pm Tai Chi 2 pm Parkinson Wellness		15 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	16 9:30 am Hand and Foot	9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv	18 THRIFT STORE OPEN
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26		9 am AOA 9:30 am Pottery 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	28 9:00 Cribbag 9:30am YOG 9:30 Mex Tra 1 pm Tai Chi 2 pm Parkins Wellness	A w/ iin	29 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	30 9:30 am Hand and Foot	30 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv	31



MEM VARE APARTMENTS AVAILABLE

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