

RAISED BED GARDENING!

Spots are available now!

Garden Spaces Available to Rent
Red Wing Accessible Community Garden
Do you want to garden and use a wheelchair or walker?

Do you need a raised bed at waist height to garden?



Do you need to sit while you garden?

There is a space just for you!
Want a small garden space?
We have that!

Want a large garden space?
We have that too!

Spaces range from \$5 to \$30* for the year

* Sliding scale fees available
For more information contact Kim Wojcik,
Executive Director
651-327-2255
rwasdirector@gmail.com



MUSIC LISTENING HOUR WITH GREG TAYLOR

March 17th
2:00pm to 3:00pm

Percussive acoustic rock, both originals and cover songs by artists like the Beatles, Tom Petty, Eagles, & Bob Dylan. Greg has recorded several CD's, has played the past two summers on Saturdays from Red Wing Downtown Mainstreet's outside music in front of Howe's Jewelry, performed for Sheldon Theatre's Music on the Mex, as well as repeat performances at the Rochester-KTTC-Eagles Cancer Telethon.





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.*

*Call or stop in to Pier 55 to register by
Friday, February 14th*

651-327-2255



RED WING TAE KWON DO



Each student progresses at their own pace through the ranks of traditional Kang Moo Kwan Tae Kwon Do to attain a Black Belt. Each class includes a warm-up and stretching, followed by training in basic movements (hand and foot blocks and attacks), forms, fist-free sparring, self-defense, and free sparring (for Green Belts and above). Uniforms are required and can be purchased in class for \$34-\$38. Classes are held year-round. Students should bring a filled water bottle.

CLASS TIMES

BEGINNER: 6:00PM-6:45PM

ADVANCED: 7:00PM-8:30PM

\$50.00 per 6 weeks/12 classes

Classes are held every Tuesday and Thursday.

CONTACT

JIM BUSHEY, DIRECTOR

4th Dan Korean SimMiDo Association

4th Dan Korea Kang Moo Kwon



651-239-6150



bushejames@yahoo.com

Red Wing Senior Center
Pier 55
240 Harrison Street #2
Red Wing, MN 55066

TRAVEL SHOW at Pier 55



First a presentation about the New York City Holiday Trip in 2025, following this we will

have a presentation about the Albuquerque Santa Fe Balloon Festival Trip in 2025

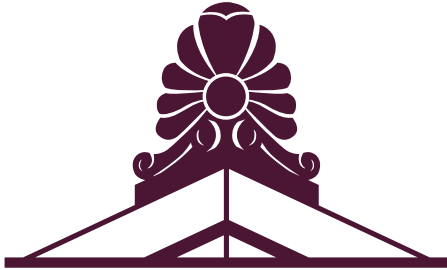


February 11, 10:00am

If you are interested in one or both of these trips please join us for this fun travel show!

Stop in or register by Monday, February 3rd

All are welcome to attend and learn more about these bucket list trips!



<p>SUPPORT OUR ADVERTISERS!</p>		 <p>SHELDON THEATRE</p> <p>of</p> <p>PERFORMING ARTS</p> <p>ORDER TICKETS sheldontheatre.org 651-388-8700</p> <p>443 W. 3rd Street in Red Wing</p>
<p>HEALTH HOME AUTO RV BUSINESS</p>		
	<p>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</p> 	
 <p>24240 130th Ave, Welch, MN Single Level Apartment Homes for ALL</p>	<p>SENIOR LIVING tintawitaelderliving.com 651-385-3535 EBENEZER</p>	



SHOPPING HOURS:

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

Open the following
 Saturdays
 2/1, 2/8, 2/22
 3/1, 3/15, 3/29

**DONATION HOURS:**

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

Open the following
 Saturdays
 2/1, 2/8, 2/22
 3/1, 3/15, 3/29



Pier 55 Member Discount Day
 50% off storewide with card.
 2/20, 3/13

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



FAITH
 IN ACTION

**CALLING ALL MOBILE NEIGHBORS! HELP US CULTIVATE
 INDEPENDENCE AND BUILD FRIENDSHIPS IN THE RED WING
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 COUNTS!**

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OUR MISSION:

**TO ENRICH THE LIVES OF AREA RESIDENTS
 THROUGH FAITH-BASED VOLUNTEER EFFORTS.
 WE ASSIST ELDERLY INDIVIDUALS AND OTHERS IN
 NEED IN THE RED WING AREA BY OFFERING**

THREE FREE SERVICES:

- 1. TRANSPORTATION**
- 2. FRIENDLY VISITING**
- 3. BOOK HOUSE CALLS**

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 OR VISITOR (OR BOTH!) IN A WAY THAT WORKS WITH YOUR
 BUSY SCHEDULE! OUR STATE-OF-THE-ART PROGRAM PUTS
 YOU IN THE DRIVER'S SEAT FOR HOW MANY RIDES AND HOW
 OFTEN YOUR SCHEDULE ALLOWS-WHETHER MANY OR FEW.**

**TO VOLUNTEER, BOOK TRAININGS, OR REQUEST SERVICES, CALL US AT:
 651-327-2400 MONDAY – FRIDAY | 8:00 AM – 3:30 PM.**

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

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

PUZZLE CLUBWednesdays, 1:00 PM
Also, check out the puzzle exchange area in the hallway.

HAND AND FOOT Thursdays 9:30 AM

500 CARD CLUB Mondays 1:00pm to 3:00pm all are welcome. No matter your age, gender, or skill level.

BOOK CLUB FOR WOMEN

First Friday of the month at 10:30 AM, Pier 55 Feb– Read any banned book.

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
2/4, 2/18, 2/25

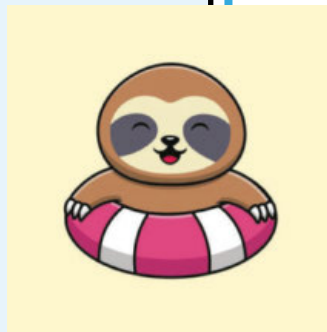
This is open to Pier 55 and community members. No membership required.

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

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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!!*



COFFEE AND CHAT with BENEDICTINE

February 17th, 9:30am to 10:45am
Pier 55

Join us at Red Wing Area Seniors/ Pier 55 to enjoy complimentary coffee, treats, and conversation. Learn about senior living from Maddy Kimmes and attend to receive an exclusive gift offer
Madeline.kimmes@benedictinling.org
651-385-5476



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

- 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



THURSDAY, APRIL 17th 8:30am-3:00pm

(Lunch on your own at Cosetta's)
Members \$55 NON members \$64
HISTORY THEATRE PRESENTS:
They are the warriors you don't know. Inspired by the stories of the Japanese Americans who served as translators and interrogators for the U.S. Armed Forces, Secret Warriors features two men, Koji Kimura and Tamio Takahashi, who took extraordinary risks to save their fellow soldiers in the Pacific Theater during World War II. As the eyes and ears of General MacArthur, they saved countless Allied lives and shortened the war by two years.

Discover their compelling personal journeys and heartfelt love stories set against the backdrop of the war and the incarceration of their families.



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

At 1pm Please call or text for the location.

Dues are \$20 annually

If you are interested in checking out the organization, contact:

John 612-322-9943, Dorothy 651-353-3850

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!

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.

Maids in Minnesota can help create a safe, clean, and comfortable living environment so you or your loved one can stay at home, living independently with a greater sense of confidence and security – and with greater peace of mind for you.

Services we offer include:

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 - Ironing
- Grocery shopping
- Meal preparation
 - Cleaning
 - Dusting
- Vacuuming and sweeping
- Cleaning and putting away dishes
 - Cleaning Refrigerator
- Ensuring food is not out of date and safe to eat
 - Organize and de-clutter your home
 - Rectifying hoarding situations
- Replacing batteries in smoke detectors and other household safety features
 - Basic electronic help
 - Running errands
 - Simple household chores
- Eliminating tripping hazards and safe-proofing the home
 - Help with mail

Checking in on your loved ones to ensure they are safe. Website: maidsinminnesota.com

Phone: 1-855-886-2437 (1-855-88MAIDS)

Call today for a free in home consultation.

Service options can be weekly, biweekly, monthly or as needed. One hour minimum.

pricing is \$43 per hour, monthly billed

We do work with Goodhue County and other counties and some insurances, if a client has a case manager, services may be covered or may be covered by insurance if qualified.

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 Clinical 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.

****NEW BALANCE CLASS****

Tuesday's and Thursday's
11:00am

Instructor: Delores M.

(former owner of Women's Fitness Center)

This class is covered by a variety of insurance wellness reimbursement programs. Stop in for more information.



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

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, February 11

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-Reincke

To 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

SECRETS OF THE SEA & DAY OF TOURING FUN

Thursday, March 20th

9:00am-5:00pm

Members \$74.00 Non-Members \$85.00



A

Join us for this fun-filled day trip. We will enjoy the Science Museum with all of its exhibits, Plus the Omni Theater presentation of Secrets of the Sea, then lunch on your own at Cosetta's followed by touring the Minnesota History Museum with a special exhibit of "How Girls Have Affected History."

Secrets of the Sea~ Dive deep beneath the ocean's surface for a fish-eye look at pygmy seahorses, opalescent squid, manta rays, tiger sharks, barnacle blennies, coconut octopus, and much more. *Secrets of the Sea* takes you fin-to-fin with an astonishing array of marine critters, their environments, and the ways they interact with each other. Directed by filmmakers Jonathan Bird and Howard Hall; narrated by actress Joelle Carter. 40 Minutes.

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TOE NAILS

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

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Please call or email me for more information
and/or to make an appointment. I can
be reached at 651-472-4481 or healthyfeetred-wing@gmail.com. Wishing you good health!
Suzanne Grant, RN, MPH

SPANISH CONVERSATIONS

Facilitator: LaVoie House
Mondays and Fridays - 10:30 am *PAUSED*
Interested in brushing up on your Spanish or
improving your speaking skills? Join this group
at any time. Native speakers frequently attend
as well.

MEDICAL EQUIPMENT LENDING

Pier 55 is proud to offer this service to anyone
in the community in need of medical
equipment such as walkers, shower chairs,
canes, wheel chairs. Equipment is lent at no
charge, with an option for you to donate. Call
for an appointment. 651-327-2255

TECHNOLOGY ASSISTANCE

Email Tom Walsh to set up an appointment for
assistance with Google, Zoom, etc. No cost.
tw.2522@gmail.com
Many of you have heard about people using
"ZOOM." ZOOM is a video webinar/a way to stay
connected. If you would like assistance
learning more about how to use this, contact
Tom Walsh for assistance. No cost.
Or leave a message at 507-319-5632 and we
will get back to you to schedule an appt

NOTARY PUBLIC

Stef can notarize your important papers
including wills and health care directives on
Mondays by appointment only for a minimum of
\$5. Call 651-327-2255 or email
rwasprogram@gmail.com

HIAWATHA VALLEY MENTAL HEALTH CENTER RED WING DROP-IN CENTER

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

www.HVMHC.org

TRANSPORTATION:

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

NAPS: NUTRITIONAL ASSISTANCE PROGRAM

Tuesday, February 17 9:45AM

Women and men 60 years or older, who live in
Minnesota and meet income guidelines, may be
eligible to receive a monthly food package. Pier 55
is a distribution site. For more information and to
see if you qualify, contact Channel One Food Bank
toll-free at 1-877-500-8699, ext. 104.

ADVOCACY SERVICES

Dana Bergner, Advocate for older adults and caregivers
with Three Rivers Community Action. 507-421-6067,
dbergner@threeriverscap.org

DEMENTIA CARE GIVERS**SUPPORT GROUP**

The last Thursday at 3:30pm
Deer Crest Senior Living
651-267-5441

Brenda.Rofick@fairview.org

HOSPICE ADULT GRIEF SUPPORT GROUPS

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

MEALS ON WHEELS

Sarah Jennings 651-385-3477

Sarah.jennings@Benedictineliving.org

POWERFUL TOOLS FOR CAREGIVERS

Wednesday's 3-4:30pm starting

Gunderson St. Elizabeth

1200 Grant Blvd

Wabasha, M 507-285-272

Class size is limited



GIFT SHOP CONSIGNERS CORNER

Spring is in the air for the Pier 55 Gift Shop! Please make sure that you have picked up all of your



Christmas Holiday items that did not sell and bring in lots of springs crafts to get things going for the new season!!



Golden K invites you to join us.

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

Thursday, February 13

Robin Wipperling, Executive Director
What's New at the Goodhue Historical Society

Thursday, February 27

Liz Zolondek, River Bluff Humane Society
Humane Society Information

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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- BENEDICTINE THE VILLA RESIDENT

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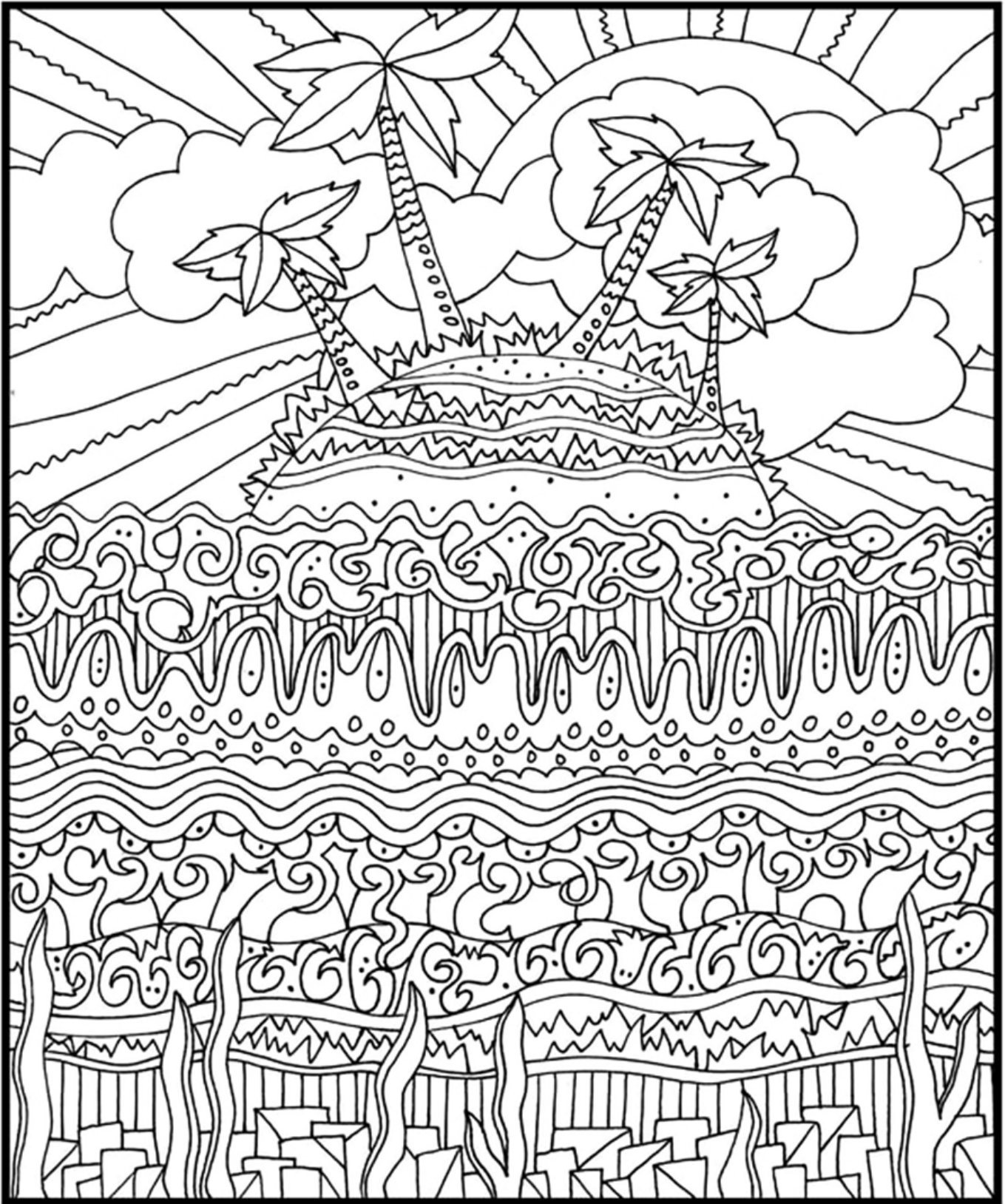
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Discovery Pictures™
Doodle Art Alley ©

Complete and return to Pier 55 to be entered to win a random drawing.

Name _____ # _____

Did you know that Pier 55/Red Wing Area Seniors offers a no cost medical equipment lending to anyone in need of an assistive device. This is an extremely valuable program and is used by over 500 people a year! This no cost program is made possible because of our membership and generous donations!

Items available to borrow include:

- Wheel Chairs
- Transfer Chairs
- Shower Chairs
- Knee Scooters
 - Walkers
 - Crutches
- Commodes
 - Etc.



BOARD AND STAFF

Directors

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

Staff

Kim Wojcik.....Executive Director
 Stef Braun..... Program Coordinator
 Shirley Perkins.....Administrative Asst.
 Jolene King.....Annadee’s Manager
 Mary Machnik... Volunteer Gift Shop Manager
 Doug Blakesley.....Talent Acquisition Volun.

Email addresses

Kim Wojcik.....RWASdirector@gmail.com
 Stef Braun.....RWASprogram@gmail.com
 Shirley Perkins.... RWASassistant@gmail.com
 Jolene KingRWASstore@gmail.com

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Check out what your Pier 55 membership does for you...

- ◆ A monthly edition of this fantastic newsletter will be mailed and/or emailed directly to you!
- ◆ Of course, our members pay less to go on our trips.
- ◆ Members get priority sign up on all trips.
- ◆ Programs are less expensive for members and some programs may be members only.
- ◆ Members can shred their documents at no cost any time during business hours.
- ◆ VIP Pier 55 members only 50% discount day at Annadee's Thrift Store. You must show your membership card for this monumental members only sale. (see page 15)
- ◆ Members get a sizable discount when they rent a room at Pier 55 for any reason.
- ◆ Educational & recreational opportunities available to all members.
- ◆ No cost outdoor recreation available to all members.
- ◆ With each annual renewal you will receive welcome letter and a membership card from Shirls Perkins.
- ◆ Part of a great organization that provides a lot of services and goods to the community!
- ◆ Support low and no cost programming like medical equipment lending and Parkinsons Support for the entire community.

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

Gratitude

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



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

FEBRUARY 2025



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

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