

### WE NEED YOUR VOTES!



Do you or anyone you know have the Target Circle App? Pier 55 has been designated to be a non profit able to receive community votes through June 30, 2025 Call Stef Braun, Program Coordinator for more information 651-327-2255.

Are you looking for a space to hold your next event, meeting, or club activity?

Pier 55 has three rooms of different sizes available for you to meet your rental needs. We offer easy access parking, restaurant located in the building, hourly, half day and full day rentals.

THIS SPACE FOR RENT Call, email or stop by for more information or to book your space usage. 651-327-2255, rwasprogam@gmail.com



## Shop at Pier 55 Gift Shop For Mother's Day, Sunday, May 11

Mother's Day honors all women because they nurture others. What can you give that special woman? The best would be a hand-written note saying why she is special. Perhaps the next best is something from Pier 55's Gift Shop!

ZN



Hi All,

This will be my last newsletter as Executive Director. As many of you know, I resigned my position, and my last day at Pier 55/Red Wing Area Seniors is May 1<sup>st</sup>.

I have enjoyed the last (almost) ten years here immensely! From the bottom of my heart; Pier 55/ Red Wing Area Seniors has been so much more to me than a job. My decision to leave was more of a "calling" to move forward and in no way a reflection of a desire to leave this organization.

So, many have asked where I am going and what I am going to do next. At this time, I am not sure and have no concrete plans other than to say I am manifesting "living somewhere warm all year, that is awesome and employment doing something I love and that utilizes all of my skills."

Finally, I can't say enough about the following people and what they meant to me during my time here, even at the risk of offending those not mentioned, yet realizing in my ten years here, there is no way to mention all of the memorable relationships. Please bear with me as I touch on a few of my daily encounters, interactions and relationships that deeply impacted me as an employee, mentor and friend.

Thank you Stef (Stef Braun, Program Coordinator) for all of your dedication and willingness to fill in all the gaps for me, doing the things I wasn't skilled at, and also making every day at Pier 55 and/or Annadee's one filled with your hard work, service and unfiltered FUN!

Thank you Shirls (Shirls Perkins, Administrative Assistant) I can't imagine life moving forward without you and all of your wisdom, consistency, high character and experience available to me on a daily basis. I feel blessed to have worked beside you.

Thank you Rehder (Linda Rehder, Pier 55 Staff) for your creativity, hard work, decorating talents and always picking up the slack, a lot of slack!

Thank you, Jolene (Jolene King, Store Manager), for working hard and having fun while doing an extremely difficult job! And being an amazing supporter in everything you do. RWAS is so lucky to have you managing the store!

Thank you, Mary (Mary Machinack, Vol. Gift Shop Manager), for all of your knowledge, kindness, love and dedication. I am grateful for all the time we have spent together doing great work. valuable time and talent to our mission. I am blessed to have teamed up with you on some fun and impactful initiatives.

Thank you, Sue (Sue Grueber, volunteer), for teaching me so much, dedicating so much of your valuable time and talent to our mission. I am blessed to have teamed up with you on some fun and impactful initiatives.

Thank you, AOA Fitness Class participants, (all of you over the years) I will remember you as individuals and collectively. It may have appeared that I was just teaching and entertaining you for this past decade, in reality, I was learning and growing so much too!! Keep moving!!

I will end my FAREWELL with a blanket THANK YOU, THANK YOU, THANK YOU from the bottom of my heart!! This is for so many other volunteers, from the Board of Directors to the dedicated Annadees Volunteer crew, a virtual army of wonderful people that do so much in so many ways for this valuable organization. You never ceased to amaze me with your spirits, knowledge and generosity!!

In Service, Kim





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, selfdefense, 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.

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

#### CONTACT

JIM BUSHEY, DIRECTOR 4th Dan Korean SimMiDo Association 4th Dan Korea Kang Moo Kwon 651-239-6150 50 bushejames@yahoo.com assistance to the elderly and others who are in need in Red Wing. They offer 3 free services.

Faith in Action provides volunteer

- TRANSPORTION
- FRIENDLY VISITING
- BOOK HOUSE CALLS



MISSION:

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

#### VOLUNTEERS NEEDED!

To volunteer or arrange for services call 651-327-2400





For ad info. call 1-800-950-9952 • www.lpicommunities.com Red Wing Area Seniors Inc., Red Wing, MN A 4C 02-1019

#### **SHOPPING HOURS:**

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

> Open the following Saturdays 5/17 5/31

Pier 55 Member Discount Day 50% off storewide with card. 5/15 DONATION HOURS: Tuesdays 10am-1:00pm Wednesdays 10am-1:00pm Fridays 10am-1:00pm

> Open the following Saturdays 5/17 5/31

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





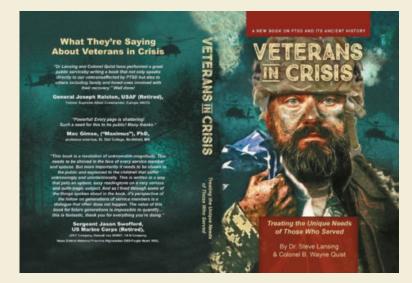
### **BOOK PRESENTATION BY LOCAL AUTHOR**

June 16th, 10:30am to 11:45am

Pier 55

No cost

Call or stop in to register by Wed. June 11, 651-327-2255



"Veterans in Crisis," was released on Memorial Day 2024. Volume Two, "Joe's Story," was released on Veterans Day, November 11, 2024; Volume Three in the series, "PTSD and the Northfield Bank Robbery," is to be released in the summer of 2025. – Website: <u>www.vetsempowered.org</u>

Veterans Empowered Inc. is a 501(c)3 Rochester-based nonprofit. Books are free to disabled veterans, first responders, and their families. They are also available on Amazon and our website. Free PTSD therapy and counseling for veterans, first responders, and their families is provided in our Rochester clinical office.

#### 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 May 2 The Extraordinary Life of Sam Hell by Robert Dugoni

#### MEXICAN TRAIN

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

### COFFEE, CRIBBAGE & CONVERSATION

Tuesdays 9:00AM-11:00AM 5/6, 5/20, 5/27 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

Health Care • Medicare Plans • Retirement Planning

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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

651-388-2743 • 1-866-571-2206 www.fmsinsuranceadvisors.com



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#### Volunteer In Your Community

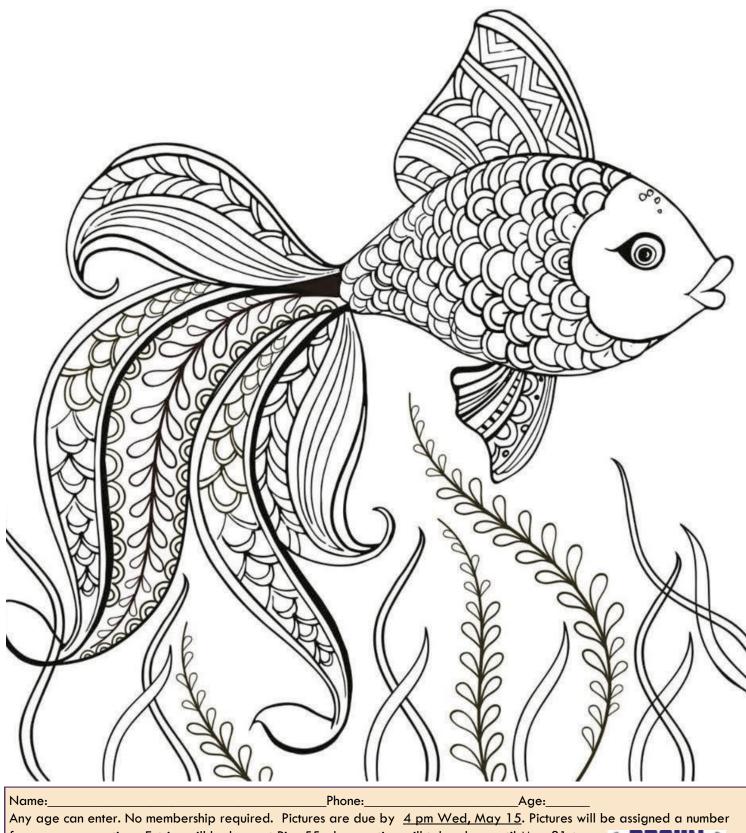
Lutheran Social Service of MN is seeking volunteers, age 55 or older, in your area to provide companionship to older adults or mentor school age children. Volunteers serve 10 or more hours per week for a tax free stipend and mileage reimbursement. *Please* contact us at 888.205.3770 or AmericorpsSeniors@lssmn.org for more information and to make an impact in your community!!





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

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Any age can enter. No membership required. Pictures are due by <u>4 pm vved, May 15</u>. Pictures will be as for anonymous voting. Entries will be hung at Pier 55 where voting will take place until May 31st. Drop off or mail to Pier 55, 240 Harrison St., Suite 2, Red Wing, MN 55066. Age & Prize categories: (12 under \$20, 13yr to 50 yr \$20, 50 years and older 3 prizes \$50 each) All entries into a random drawing \$20. All prizes are cash prizes donated by our sponsor Braun Plumbing! (For office use only: Entry #\_\_\_\_\_ and Age Category #\_\_\_\_\_)

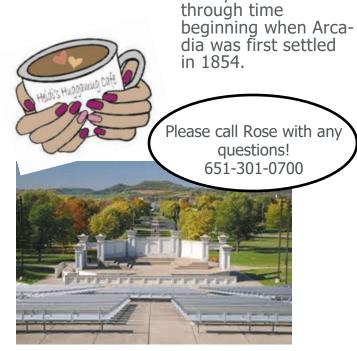
# **Delicious Day Trip**

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Thursday, June 5<sup>th</sup> 7:30am-3:00pm With Wine Tasting: Members \$68 Non-Members \$80 Without Wine Tasting: Member \$58 Non-Members \$70

This trip is mostly about spoiling yourself! The day starts at Heidi's Huggamug Café in Lake City. You can choose a cinnamon OR caramel roll to have with your coffee. Then we will head to the 2<sup>nd</sup> largest war memorial park (after Washington, DC) in Acadia, WI. Last stop, Villa Bellezza Winery. Once at the winery, we will indulge in pizza, salad, beverages and dessert. Please note: you can chose to participate or not in the wine tasting portion of the trip.

Memorial Park is a 51-acre park that has some very awesome features including a one -third mile walk from the entrance to the rear of the 2000-seat Millennium Amphitheater. This walk is also referred to as Avenue of Heroes, which is a unique tribute to the veterans of various wars and conflicts. More than 20 monuments are stationed along this walk ranging from the Revolutionary War through the General's Overlook. It features a 500-year "walk"



# COFFEE AND TREAT HOUR

May 19th

9:30am to 11:00am

sponsored by Deer Crest Senior Living Pier 55 Atrium





### RAISED BED GARDENING! Spots are available now!



Want to learn more about gardening or suggest class topics? Let me know! Marti Pierce at 651 - 800 - 1825 rwacg2@protonmail.com

### **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 reimburse-ment 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: Deloris and Amy



### 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, May 13th 3:30pm to 4:30pm Please call the Pier 55 office to register. Space is limited.



### SOUND HEALING CLASS PIER 55 May 6th

12:00 pm-1:00 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)

# 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

### 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.

5/13 9-1pm 5/22 1-5pm 6/10 9-1pm 6/26 1-5pm

Hardware

1264 Old West Main St.

Red Wing, MN 55066

(651) 388-6060

Registration required., Call or stop in to register 651-327-2255

### 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 May!

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: 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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CONTACT ME Nick Palasini

npalasini@lpicommunities.com • (800) 950-9952 x2162

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- Cremations (on-site crematory) 602 Plu
- Bodelson-Mahn Chapel 602 Plum St., Red Wing, MN 55066

www.mahnfamilyfuneralhome.com



### **SUPPORT SERVICES**

May 2025

#### TOE NAILS

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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 *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 <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 220 507-470-3866

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, April 15 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

### AARP TAX VOLUNTEERS



Successful tax season filing 500 tax retuns for area residents at the Red Wing Library. Doug S, Marc V, Carol K, Dennis C, Jeannie A, Daryl F, Ron H, Harvey S, Brian P, Gregg F, Kent S. Missing; Joan O., 20+ year veteran of free AARP TaxAide tax preparation. Thanks to Red Wing and Cannon Valley



**Golden K invites you to join us.** No admission fee. Just come and join our friendly folks.

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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### SUPPORT AREA VETERANS Field of Honor-Flag Dedication Bay Point Park, Red Wing

The flags will be put on display 24 hours a day — rain or shine 5/23—5/26 To designate a flag return the form below and payment to Pier 55



Pier 55– Red Wing Area Seniors 240 Harrison Street, Suite 2 Red Wing, Mn 55066 651-327-2255 I (we) wish to dedicate a flag(s):

Pier 55 RED WING AREA SENIORS	ber Each flag dedication is \$25.00 • Additional donations are greatly appreciated.		
	Email address		
Mailing address			
Dedicated by		(please print your name(s)	
Or give in hon	or or memory of all veterans		
In <u>memory</u> of (if	veteran is deceased)		
In <u>memory</u> of (if	veteran is deceased)		
In <u>honor</u> of (if ve	teran is still living)		
In <u>honor</u> of (if ve	eteran is still living)		



(651) 388–2029 2533 Eagle Ridge Drive Red Wing, Minnesota

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Homes for adults 55+

651-385-3400 · downtownplaza.org

DOWNTOWN PLAZA

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

May 20	)25	5
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# CALENDAR OF ACTIVITIES MAY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	Monda Tuesda Wedneso Thursda	s of Operation y's 9am to 4 pm y's 9am to 2 pm day's 9am to 4 pr ay's 9am to 2 pm 's 9am to 12 pm		<b>1</b> 9:30 am Hand and Foot 11am Balance Class	<b>4</b> 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv	5
6	<b>7</b> 9 am AOA 9:30 am Pottery Coffee 10:30Spanish conv 12:30 Sound Heal ing 1 pm Mahjong 1 pm 500 cards	8 9:30am YOGA w/ 9:30 Mex Train 11am Balance Class 1 pm Tai Chi 2 pm Parkinson Wellness	9 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>10</b> 9:30 am Hand and Foot 9:30am Golden k 11am Balance Class	<b>11</b> 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv	<b>12</b> THRIFT STORE OPEN
13	<b>14</b> 9 am AOA 9:30 am Pottery Coffee 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>15</b> 9:30am YOGA w/ Michelle 9:30am MexTrain 11am Balance Class 1 pm Tai Chi 2 pm Parkinson Wellness	<b>16</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>17</b> 9:30 am Hand and Foot 11am Balance Class	18	19
20	21 9 am AOA 9:30 am Pottery 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>22</b> 9:00 Cribbage 9:30am YOGA w/ 9:30 Mex Train 11am Balance Class 1 pm Tai Chi 2 pm Parkinson Wellness	23 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	24 9:30 am Hand and Foot 9:30am Golden k 11am Balance Class Annadee's Thrift Store, Pier 55 Member Discount Day, 50% off Storewide	<b>25</b> 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv	26 THRIFT STORE OPEN
27	<b>28</b> 9 am AOA 9:30 am Pottery 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	29	30			



MEMVRY CARE APARTMENTS AVAILABLE

# Edward Jones

> edwardjones.com Member SIPC

### We Understand Commitment

At Edward Jones, we deliver candid guidance and personalized investment strategies to help you plan for and realize the possibilities of your future – for you, your family and generations to follow.



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