

### Hello!

Please allow me to take a moment to introduce myself. My name is Liz Magill. I am the new Executive Director at Pier 55. Or as I've been saying the past few weeks "the new Kim"! I am so excited to be in this new role and build upon the amazing work Kim did these past 10 years. I have known Kim since our kids were tiny and being they are college juniors now, and they tower over us at 6'5", that's been awhile! I truly am blessed that I was able to step into this position at a time Kim decided she was ready for a change. Kim will be missed in so many ways!

I'll share a bit about myself as you may recognize my name. My family has been in Red Wing for 23 years. We have 3 ALMOST grown and flown children as our last child graduates in 6 days! My husband Brooke teaches in St Paul. Our oldest Gabby, is 25. She and her wife, Debbi, live here in Red Wing. As a wonderful bonus we have Kai, who is Debbi's 4 yr old nephew, but to us he's our grandson so I get to be Mimi Liz! Best role ever! Our son Greyson is 21 and starting his junior year as a marketing major at Augustana Univ in Sioux Falls. Yes, if that sounds familiar it's because Kim's son went there as well! Our youngest, Gavin, is 18 and will graduate on 5/31. He will be heading to Winona this fall to pursue nursing with an interest in trauma nursing and hopes to become a travel nurse for a few years. So, we will officially be "empty nesters". I am not ready for that but have lots of plans to spoil Kai now that I'll have time for that!

Some of you may recognize my name if you have volunteered for Hope and Harbor. Yes, I am THAT Liz Magill. I established Hope and Harbor in 2019 and left the end of Dec. 2024. What an incredible experience that was for not only myself, but my entire family, who were my #1 support team all those years.

In addition to Hope and Harbor I spent the last  $5 \ 1/2$  years at Hiawatha Valley Mental Health as a mental health practitioner working with adults in Goodhue County who have a mental health diagnosis living independently in the community. I was truly blessed to walk alongside with those I worked with these past years.

I am very interested in exploring new programming, getting interest in where you want to go regarding our trips, both extended trips and day trips, what you would like to see offered at Pier 55, etc. You will notice an insert in this newsletter regarding a survey. Please take a moment to complete it and return to Pier 55. I would appreciate the survey's returned by June 30th, 2025.

Also, if you get a chance please stop by and check out the new office and introduce yourself! I am absolutely horrible with names, but I will try my best to remember! With gratitude—-Liz



### WE NEED YOUR VOTES!

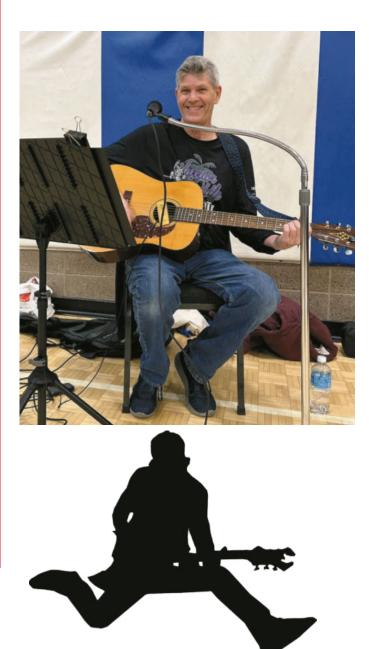
Do you or anyone you know have the Target Circle App? Pier 55 has been designated to be a non profit able to receive community votes through June 30, 2025 Call Stef Braun, Program Coordinator for more information 651-327-2255.



# MUSIC LISTENING HOUR WITH GREG TAYLOR

June 17th 11:30-12:30

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 Saturday's 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.



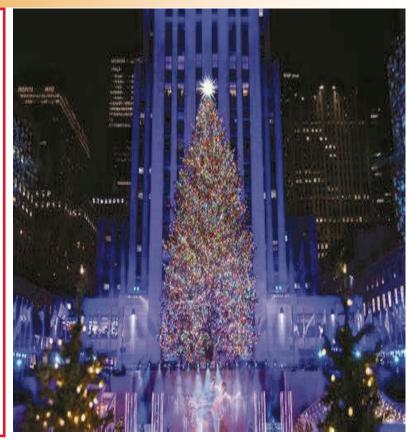
June 2025

### **CHRISTMAS IN THE CITY!**

Join Pier 55 for a fabulous 4 night 5 day holiday extravaganza in NYC and enjoy all the magical holiday magic!

Travel stress free with all the details taken care of by Premier World Discovery so all you need to do is bring your smile!

Please stop by Pier 55 for a brochure as reservations are needed by August 31st, 2025







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 6/14 6/28 10AM-2PM

Pier 55 Member Discount Day 50% off storewide with card. 6/26 DONATION HOURS: Tuesdays 10am-1:00pm Wednesdays 10am-1:00pm Fridays 10am-1:00pm

> Open the following Saturdays 6/14 6/28 10AM-1PM

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





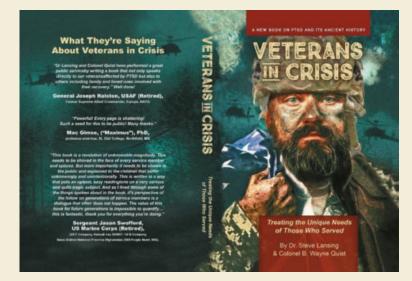
### **BOOK PRESENTATION BY LOCAL AUTHOR WAYNE QUIST**

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: www.vetsempowered.org

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 June 6th Winter Garden By Kristin Hannah

### **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

6/3 6/17 6/24 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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(507) 263-3600 900 Main St. W, Cannon Falls, MN 55009 www.CannonRivers.com



318 Bush St 651-388-0333 www.simpleabundanceredwing.com Your Locally Owned Health Food Store

### 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

# **Delicious Day Trip**

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, WIPLast 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"

through time beginning when Arcadia was first settled in 1854. Please call Rose with any questions! 651-301-0700

# 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



### Garden Needs

The Red Wing Accessible Garden is looking for a few sponsors for the following:

2 16" x 36" Raised Garden Beds Purchase the plants and plant the beds Financial support for the above \$25 per container will cover the cost

In addition the following donations of new or used items would be appreciated:

Patio Style Umbrella 6ft or larger Garden Cart Deck box or large weatherproof tote 80 quart or larger Weed burning torch 5 gallon buckets (can use covers also) 4' wood lath strips Remnants of landscape fabric



June 2025

### **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: 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 June 10th 3:30pm to 4:30pm Please call the Pier 55 office to register. Space is limited.



# 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.

#### June 2025

## 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.

6/10 9-1pm

6/26 1-5pm

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 June!

Join us at Arby's 1st Friday of each month (June 6th) 1:00 PM

Dues are \$20 annually If you are interested in checking out the organization, contact:

# **MUFFINS WITH THE MAYOR!**

Come join us for muffins & conversation with Red Wing Mayor Gary locco Weds June 11th 9:30 AM

Bring your questions, concerns, interests and join Mayor locco to learn more about our great city!



9		June 2025		
PIER 55 MEMBERSHIP				
1	Check out what your Pier 55 m	embership does for you		
Name(s) Address	<ul> <li>A monthly edition of this fantastic newsletter will be mailed and/or emailed directly to you!</li> <li>Of course, our members pay less to go on our trips with</li> </ul>			
City Zip Code	<ul> <li>priority sign up for trips.</li> <li>Programs are less expensive for members and some pro-</li> </ul>			
Telephone	<ul> <li>grams may be members only</li> <li>Members can shred their do</li> </ul>			
Would you like to receive your newsletter by Mail Email	<ul> <li>during business hours.</li> <li>VIP Pier 55 members only 59 Annadee's Thrift Store. You card for this monumental me</li> </ul>	must show your membership		
Email Address	<ul> <li>Members get a sizable disco</li> </ul>	-		
Birthday(s)	<ul><li>at Pier 55 for any reason.</li><li>Educational &amp; recreational of</li></ul>	opportunities available to all		
New Member Renewal	<ul> <li>members.</li> <li>No cost outdoor recreation c</li> <li>With each annual renewal y</li> </ul>	ou will receive welcome let-		
Individual Membership: \$37	<ul> <li>ter and a membership card from Shirls Perkins.</li> <li>Part of a great organization that provides a lot of ser-</li> </ul>			
Household Membership: \$62 (2 people to a Household)	vices and goods to the community!			
Are you a veteran?	<ul> <li>Support low and no cost pro equipment lending and Park</li> </ul>			
ACCE Hardware 1264 Old West Main St. Red Wing, MN 55066 (651) 388-6060	"A Good Place to Live, NOW ACCEPT Please conta Red Wing Housing &	AN TOWERS A Great Place to Call Home" ING APPLICATIONS act 651.388.7571 Redevelopment Authority ng, MN • www.redwinghra.org		
LET'S GROW YOUR BUSINESS	Potter	Ridge 1971 Neal St.		
Advertise in our Newsletter!	Senior Living Assiste	R LIVING ed Living Care Suites Life Together Red Wing, MN 651.388.1546		
CONTACT ME Nick Palasini npalasini@lpicommunities.com • (800) 950-9952 x2162				
Gaadhue Living 108 County 9 Blvd., Goodhue, MN Independent, Assisted Living and Memory Care		651-212-1454 315 EAST AVE - SUITE 2 - RED WING		
Trusted by local seniors, our senior living community offers exceptional care and a true place to call home. Contact us to schedule a tour!	D012   www.GoodhueLiving.com	ONE FOLLICLE AT A TIME		
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For ad info. call 1-800-950-9952 • www.lpicommunities.com Red Wing Area Seniors Inc., Red Wing, MN C 4C 02-1019

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# COFFEE AND TREAT HOUR

May 19th 9:30am to 11:00am Sponsored by **Deer Crest Senior** Living Pier 55 Atrium

Come join the coffee and Conversation!



**Red Wing Arts Summer Concert Series Central Park Bandshell** Weds Evening 7:00 PM

6/4 Ryan Sullivan 6/11 Sawyer's Dream 6/18 Reiki 6/25 The Sheldon Theater Brass Band

Food trucks will be on site starting at 6:00 PM!



# **IT'S RAFFLE TIME!**

It is time to raffle off another amazing **Trex** bench! Stop on down to Pier 55 and purchase a ticket or tickets! Tickets on sale June 1st-July 31st. Tickets are 1 for \$5 5 for \$20 Drawing will be on Aug 1st!

Need not to be present to win



Salute to Veterans 28th Annual Father's Day Car Show June 15th, 2025





Registration begins at 8:30 AM Car show opens at 3:00 PM **Rain or shine!** 



### Golden K invites you to join us.

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

Meetings are the 2nd and 4th Thursdays each month 9:30am Pier 55 in the Community Room. Dates may vary during the holiday season. All are welcome!

June speakers: 6/12 Grace Daiker Hope Coalition Update 6/26 Deputy Sheriff Jordan Markengard Training and Handling of RICO

# **MISSION**

# Empowering active living and lifelong learning.

What is our Legacy Giving Campaign?
Call or email - Executive Director Liz
Magill to schedule a coffee meeting with
Liz to learn more about including us in
your planned giving.
651-327-2255 • rwasdirector@gmail.com



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# THANK YOU ADAM! THANK YOU XCEL ENERGY!

For the past 6 years Adam has donated his time and talent through a volunteer program sponsored by Xcel Energy. Through the generosity of Xcel Adam is able to donate time to putting his incredible carpentry talents use at Annadee's. Adam can build or repair ANYTHING we need. We truly appreciate you Adam and the partnership with Xcel Energy.

NEED HELP WITH YARD WORK OR ORGANIZING?



# CONTACT: mamabearontheland@gmail.com Lenore will be happy to help with your projects!



### BOARD OF DIRECTORS & STAFF

### **Directors**

President
Vice-President Jeff Marcus
SecretaryNancy Paasch
Treasurer
Char Rogness, Ben Stephani
Doug B , Todd A , Ken D

### <u>Staff</u>

Liz Magill	Executive Director
Stef Braun	. Program Coordinator
Shirley Perkins	Administrative Asst.
Jolene King	Annadee's Manager
Mary Machnik	Gift Shop Display
Doug Blakesley	Volunteer Coordinator

### Email addresses

Liz Magill	.RWASdirector@gmail.com
Stef Braun	.RWASprogram@gmail.com
Shirley Perkins	.RWASassistant@gmail.com
Jolene King	RWASstore@gmail.com

### SHOUT OUT TO ALL PIER 55 CONSIGNORS!

I wanted to take a moment to touch base on a few things regarding the gift shop consignment.

1) Please note that the items you leave for consignment are not covered under Pier 55's insurance. In the event of something happening such as a fire, flood, tornado, etc if your product in damaged, it will not be covered. It would be up to you to cover your items on consignment if you so choose.

2) We have a new pricing plan to help with the sales tax collection/reporting. Starting June 1st, 2025 any items brought in for consignment will be prices at \$.50 increments starting at \$1.00. So all items will be \$1.00, \$1.50, \$2.00, \$2.50, etc. This will simplify our vendor payouts. You may notice a slight change also as we discovered an error in how we were paying our vendors Previously we included 80% of the sales tax in your portion returned. We have corrected that and you will now received solely the 80% commission as agreed.

3). We will be creating a "Consignment Agreement" with these items and a few more stated in the agreement. Please stop down at your convenience to sign a new agreement. Agreements will be ready after June 15th, 2025.

### THANK YOU FOR SHARING YOUR CREATIVITY AND TALENTS WITH ALL OF US AT PIER 55!



### **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 healthyfeetredwing@gmail.com. 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 **DEMENTIA CARE GIVERS** 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 CEN-

### TER RED WING DROP-IN CENTER

Thursday's 10am 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, June 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

# 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

# CALENDAR OF ACTIVITIES JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
1	2 9 am AOA 9:30 am Pottery Coffee 10:30Spanish conv 12:30 Sound Heal ing 1 pm Mahjong 1 pm 500 cards	<b>3</b> 9:30am YOGA w/ 9:30 Mex Train 11am Balance Class 1 pm Tai Chi 2 pm Parkinson Wellness	4 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	5 9:30 am Hand and Foot 11am Balance Class1 10:30 Spanish conv	6 9 am AOA 9:30 am Pottery Coffee	7
8	9	10	11	12	13	14
	9 am AOA 9:30 am Pottery Coffee 10:30Spanish conv 12:30 Sound Heal ing 1 pm Mahjong 1 pm 500 cards	9:30am YOGA w/ 9:30 Mex Train 11am Balance Class 1 pm Tai Chi 2 pm Parkinson Wellness	9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	9:30 am Hand and Foot 9:30am Golden K 10:30 Spanish conv 11am Balance Class	9 am AOA 9:30 am Pottery Coffee	THRIFT STORE OPEN
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22	23	24	25	26	27	28
	9 am AOA 9:30 am Pottery 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	9:00 Cribbage 9:30am YOGA w/ 9:30 Mex Train 11am Balance Class 1 pm Tai Chi 2 pm Parkinson Wellness	9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	9:30 am Hand and Foot 9:30am Golden K 10:30am Spanish Conv 11am Balance Class	9 am AOA 9:30 am Pottery Coffee	THRIFT STORE OPEN
29	<b>30</b> 9 am AOA 9:30 am Pottery 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	31 9:00 Cribbage 9:30am YOGA w/ 9:30 Mex Train 11am Balance Class 1 pm Tai Chi 2 pm Parkinson Wellness		Annadee's Thrift Store, Pier 55 Member Discount Day, 50% off Storewide on 6-26	Monday's Tuesday's Wednesday' Thursday's	Operation 9am to 4 pm 9am to 2 pm s 9am to 4 pm 9am to 2 pm am to 12 pm



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.



Call or visit any of our financial advisors in Red Wing.



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**RETURN SERVICE REQUESTED** 

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