



The Public Is Invited to the Pier 55 Gift Shop

Make this holiday season special with handmade gifts for any age from our wonderful gift shop. All items are made by local people; a portion of the proceeds benefits our mission to provide life-long learning for seniors in Red Wing and surrounding communities. Hours: M-F, 9 a.m. to 4 p.m..



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'Senior Homework'

Creates a dental space at the Red Wing Free Clinic

Volunteers from Red Wing Area Seniors "Senior Homework" program (Steve Nelson, Linda and Phil McNairy) have created a dental exam/treatment space at the Red Wing Free Clinic, 1407 W. 4th St. "Senior Homework" volunteers perform minor home repair services for **seniors** in the Red Wing area. The program goal is to help people stay safely in their homes and maintain their independence. Although **homeowners** will be asked to help pay for the supplies, if able, there is no labor cost.



Julie Malyon of the Free Clinic and a RWAS volunteer

If you or someone you know needs minor home repair assistance or if you would like to be a volunteer with "Senior Homework," contact Stef at 651-327-2255.



Calling on the Gifts of the Matured Mind: Security, Safety, Peace and Reconciliation

Thursday, December 15

10 – 11 a.m. • no cost

Bruce McBeath & Jack Norgaard

Dr. Bruce McBeath is a clinical psychologist and the Rev. Jack Norgaard a Lutheran clergyman.

Following an arduous and fractious national election, we are left with much to reconcile and repair. How will we call on the strengths of our matured minds as sources of badly needed healing and renewal within ourselves, our families and our community now and in the months to come? Join us with your experience, insights and perspective.

The Gift That Goes On Giving: A Healthy Brain!

Steps to a healthy brain have been described before, but new excitement grows as we find out more about how well these measures actually work!

This is a hopeful change, bringing with it a more optimistic view of aging. Dementia, the primary thief of elderly brains, has until quite recently been seen as a too likely possibility. Scientific exploration (and the drug industry) has poured its resources into finding a “magic bullet” cure for Alzheimers. Meanwhile, almost no attention was paid to efforts preventing or postponing this dreaded disease.

That began to change with some eye-popping surprises from research into dementia. Older people who demonstrated patterns of healthy eating, regular exercise, good social connections and “worked” their brains, were less likely candidates for dementia. These lifestyle factors could effectively build something called “cognitive reserve,” a kind of insulation against cognitive deterioration associated with aging. Some people who even had medical biomarkers for severe dementia failed to show symptoms of that disease; we only learned of their significant dementia upon autopsy following their death.

Unfortunately, this important news has failed to capture the headlines. Rather than relying on the discovery of the right pill, we can begin today to improve the odds of keeping our brain healthy.

This is “preventative medicine” at its finest, something each of us should know about and practice. But new habits are hard to come by at any age, consequently *how* we go about building the practice of healthy eating or physical exercise is critical. We want this to be enjoyable, not more “have to” drudgery. Our brain thrives on curiosity and loves exploring new possibilities. Experimenting with tasty foods and interesting styles of cooking and finding at least modestly pleasurable forms of exercise (and doing so with other people) can turn building new habits into something fun and decidedly less chore-like. That hits a home run for body *and* brain.

Yet to have access to a healthy older brain encourages us to transcend our individual self and reach toward others. Indeed, our healthy brain supports a matured mind that is a gift to all those we know and love. And, because this is the exact pre-requisite for genuine dialogue and communication, the wisdom inherent in our “social brain” is a gift sorely needed at this particular time, in this particular season.

Bruce McBeath,
Ph.D.
Licensed Psychologist

Talk to Bruce McBeath, Ph.D.

Dr. McBeath is a clinical psychologist working with Goodhue County Social Services. His special interest is helping seniors deal with emotional stresses. Initial consultations are free. Call to schedule an appointment: 651-380-5042.

Advocacy Services

Randi Callahan, licensed Social Worker with Three Rivers Community Action, can assist those 60 and older and their families with information, referrals, and resources to keep independent. Have a question? Call Randi at 507-732-8512.



Red Wing Area Seniors, the AARP Foundation and IRS partner each year to provide tax assistance to **low-income residents**.

The AARP Foundation is the **FOURTH** largest tax preparer in the nation!

We have done a lot of good but we would like to do more! To do more, we need **more volunteers to prepare** (906 Federal **AND STATE??** Returns in 2016. The program, "Tax Counseling for the Elderly" Services, is provided FREE. In the commercial market, a low income elderly couple on a limited budget might pay \$75-\$100 -- money they need for daily living. RWAS is looking for people -- not necessarily RWAS members -- who are relatively familiar with computers. They need not be extremely proficient, just an ordinary computer user. Volunteers must commit to spending 40 hours of time from February to mid-April.

The perks: We supply lap tops for training and tax preparation. We provide a week of **local** in-class training as well as access to IRS online training. New recruits always work with a more experienced volunteer, and each tax return is reviewed by two people.

We help: low to moderate income people, with a special emphasis on Goodhue Country seniors 55 and older.

Who can help? We need people from all walks of life.

You do not need any prior accounting experience. Current volunteers come from all trades as well as professionals.

Satisfaction: Our volunteers have the satisfaction of helping deserving people get earned income credit, child credit, and education credits.

Can I be sued? Volunteers have immunity through the "good Samaritan law" but must keep all information confidential as the

"Tax payers data privacy act" is paramount. **We take appointments for tax prep starting Feb. 1.**

Training

The first class for training starts Jan. 9. Call Dick Lindsey, 651-388-5360, or register via aarp.org. We want to stop turning away those people who need this free tax prep.

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Holiday Train Show- BRING THE KIDS!

Friday, Nov. 25 -- 4 to 8 p.m.
Saturdays, Nov. 26, Dec. 3, 10, 17 --
noon to 3 p.m.

Sundays, Nov. 27, Dec. 4, 11, 18 -- noon to 3 p.m.

The Gandy Dancers' annual holiday train show will be in the Hiawatha Room, lower level of the St. James Hotel. This year will feature a new layouts, more rolling stock, and viewing from four sides instead of just one. The show will include popular model scales (G to N) and brand names (Lionel, American Flyer, etc.) Lego Trains, Thomas the Train and much more!

Technology Lab

Mondays • 1-2 p.m. • No cost

Tom and Judy Walsh will be in the Cyber Center to help answer your questions about computers, iPhones, iPads and digital cameras. If there's an application you want to try or are having some difficulty with, come talk to them.

Laptop Checkout

No cost

Need to use a computer? Members can check out lap tops to use on site. Sign out at the front desk.

Google Class

Judy and Tom Walsh

Your New Year's Resolution? To learn about Google Drive, Google Sheets, Google Calendar, Google Docs, and Google Maps! Come do it at the Red Wing Area Senior center/Pier 55.



ANNADEE's Closet

You may have heard that Annadee's is moving but this **not true**. In October 2017 the Annadee's building was purchased by the City of Red Wing. RWAS has partnered with the city in the past and looks forward to working with it far into the future.



ANNADEE'S DECEMBER 2016 SALES CALENDAR

S	Tue	Wed	Thu	Fri	Sat
			1 Snow Toys Skis, Skates & Sleds 30% Off	2 Holiday Items White Tag Non-clothing 30% Off	3 GO GREEN! Bring your Annadee's Tote bag for 50% off
	6 Items with Yellow Stickers 30% Off	7 Seniors Save 25%	8 Toys 60% Off	9 Holiday Greetings Discount	9 All Holiday items Non-Clothing White Tag 60% Off
	13 All Holiday Sweaters White Tag \$2.00 Each	14 GO GREEN! Bring your Annadee's Tote bag for 50% off	15 Clothing with Gray Tags —25% Off	16	17
	20 Holiday Items White Tag 75% Off	21 Clothing with Gray Tags —50% Off	22	23	24 Closed for The Charismas Holiday
	27 Items with Yellow Sticker 60% Off	28	29 Clothing with Gray Tags —75% Off	30	31 Closed for The New Year Holiday

Annadee's Closet
321 Potter St, Red Wing
651-388-7031

Tuesday 10-5
Wednesday 10-5
Thursday 10-5
Friday 10-5
Saturday 9-2

Book Club for Women

First Friday • 10:30 a.m.
Facilitator: Jane Whiteside

Dec. 2: *Tomboy Bride* by Harriet Fish Backus

Jan. 6: *This Quiet Dues: A Chronicle of Old Frontenac* by Ivan Kubista



Writers Workshop-

4th Thursday of each month

Thursday, Dec. 22 at 10 a.m. All are welcome.



Attention, Chess

Players *NEW*

The Chess Club is coming back and we are looking for a few more players. The club meets every Wednesday in December from 11-1 p.m. Call Stef for more information.

Chinese Mahjong

Mondays, 1 p.m.

American Mahjong

Tuesdays, 1 p.m.

Euchre

1st & 3rd Mondays, 12:30 p.m.

500

2nd & 4th Mondays, 12:30 p.m.

Scrabble

Wednesdays, 11 a.m.

Travel Club

3rd Tuesday, 2 p.m.

Puzzle Club

Wednesdays, 11 a.m.

“Wild Woman” Cards Dec. 8 & 22 • 9:30 a.m.

Remember canasta and “Hand and Foot”? Then you can learn this fun game. Guys are welcome, too. For information, contact Clare Cox, 651-212-6178, wildsplash@charter.net.

Duplicate Bridge

Thursdays, Dec. 1 & 15 • 11:15 a.m.

Looking for something fun and challenging for your mind? Bridge is a great game!

Advanced Bridge Lessons

Thursdays, Dec. 8, 11 a.m.

Swiss Bridge— Dec. 29 at 11:15 a.m.

For more information, call or stop in.

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Bluffspetclinic.com

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Red Wing Seniors are going places! Join us for a trip.



Touring . . . Holiday High Tea . . . and Theatre - OH MY!

Registration deadline: Dec. 5

Date: Dec. 6

Time: Leave 9 a.m.; back at 5 p.m.

Cost: \$ 75 members, \$85 non-members (\$6 less if Science Museum member)

If you need a hat for the tea one can be provided for you or stop in and make one. Hats are not required.

- * Governors Mansion
- * St. Paul Hotel "High Tea"
- * Science Museum OMNI Theatre "A Beautiful Planet"

We begin our day with a self-guided tour of our Minnesota Governor's residence. We will have time to enjoy the natural beauty of this lovely home decorated for the season. Built in 1912 in the manner of English Tudor country manor in the Beaux Arts style, it has been home to all governors since Karl Rolvaag in 1966.

Then it's on to the St. Paul Hotel to enjoy a 5-course Holiday High Tea in the elegant James J. Hill private dining room. Menu still being determined; hats optional but would add to the atmosphere.

After lunch, we will settle down in comfy chairs at the Science Museum OMNI Theatre for the new show, "A Beautiful Planet." Enjoy breathtaking footage of our planet Earth from the International Space Station. See the effects humanity has had on Earth over time. Filmed by NASA.



To "top off" the day? There's a prize for "best hat representing our generation"!

TRAVEL CLUB

The Travel Club meets at 2 p.m. the 3rd Tuesday every month. All are encouraged to come and talk travel. Hope to see you there! For more info call Phyllis, 651-212-6539.



'Church Basement Ladies in Rise Up, O Men' Plymouth Playhouse

Date: Thursday, Feb. 23
Time: 10:10 a.m. Coach pick up at Red Wing Library
Cost: \$61

Register through Red Wing Community Education at [651-385-4565](tel:651-385-4565) or online at ww.rwps.org
Registration deadline: Feb. 8

You've met the ladies, now, meet the men! This brand new musical comedy invites the MEN of the church into the kitchen along with your favorite church basement ladies who serve them. As these hard-working farmers discuss their scrap lumber piles and benefits of weld vs solder, they unintentionally disrupt the order of the kitchen. See what happens when you let the rooster in the hen house! Enjoy a down-home church luncheon meal prior to the show.

When registering, indicate with whom you want to be seated in the theater; if registering online, indicate in the notes .



What's 'The Lunch Bunch'?

Starting in February, RWAS will host monthly lunches at Pier 55. Participants will pay about \$7 for lunch to be brought in from a local restaurant or caterer. This will be time for fun, food and friendship. Watch the January newsletter for dates, times, and more details.

Do you love to Christmas Carol?

The **Silver Tones-Choral Group** needs your help! As the holidays get closer and we do our caroling for the season, we realized we seem to be short some singers. If you have an interest in touring Red Wing with us to sing some holiday cheer, please call Stef 651-327-2255 or come on Tuesdays at 1 p.m. All singers are welcome, especially men. The Silver Tones practice •
Tuesdays at 1 p.m.





SPAM I AM

Tuesday, Jan. 17

7 a.m. - 6 p.m.

Cost: \$55 members,
\$65 non-members

Register and pay by Jan 15

- *Spam Museum
- *Old Mill Restaurant
- *Hormel Mansion
- *Nativity Home



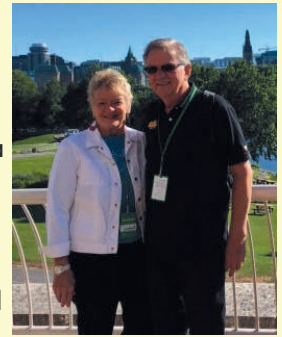
This trips starts at the Hormel Institute: World leader in cancer research through the study of food agents and cell functions.

Then on to the NEW SPAM Museum. Audios, videos and displays depicting the rich history of Hormel Foods. Tour is interactive, educational and fun for all ages. LUNCH at The Old Mill, former 1850s flour mill on the Cedar River overlooking the Ramsey Dam. One of most historic and well-regarded restaurants in southern Minnesota. People can run a tab if they want liquor. All will get a SPAM cookbook.

We will also be touring the Hormel Mansion and the Nativity Home!

Phillipson's Tours

Dale and Andrea Phillipson are both from Whitehall, Wisconsin and came to Pine Island, Minnesota to teach at Pine Island Schools. Andrea taught 5th grade and was later the Community Education Director. Dale taught German and Social Studies until they both re-tired in 2000. They began leading tours to Europe for students 1986 and for adults in 1989. Since that time they have led tours to all of Europe several times a year. Tours to Europe include, Germany Austria, and Switzerland, Italy, Spain, Norway and Sweden, GB and Ireland, France, Benelux Countries as well as all of Eastern Europe. They have also traveled with groups on most of the rivers of Europe on river Cruises from Amsterdam to the Black Sea.



Travel Show: To learn more about the Phillipson's Tours join them at Pier 55 for a travel show on February 9th at 10:00am.

These trips fill up fast...

See Europe without a Passport

5 Exciting Days, May 3-7, 2017

Featuring the Pella Tulip Festival and Amana Colonies European Castle, Danish Village, German Hausbarn, Czech Village, Vesterheim

Single: \$799, Triple/Quad: \$679

\$100 deposit due by April 1, 2017

Bella Italia— November 2– 14, 2017

Deposit due by June 1, 2017

NOVA SCOTIA & THE MARITIMES

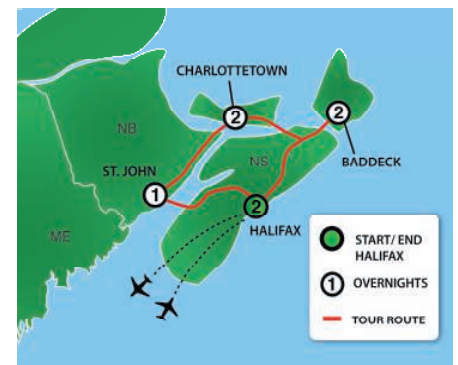
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- 13 meals
- Professional tour manager
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- *Halifax City Tour
- Prince Edward Island
- Cape Breton Island

Anne Green Gables Home
Alexander G. Bell Museum
Bay of Fundy National Park



OVERNIGHT TRIPS

Grand Canyon



Great Trains and Grand Canyon

Feb. 26 - Mar. 3 - 2017
6 days - \$2,255

Highlights:

Two rail journeys
Grand Canyon and Verde Canyon
Grand Canyon National Park
Oak Creek Canyon
Black Bart's Steakhouse
Chapel of the Holy Cross
Sedona Trolley Tour
Tlaquepaque and Uptown Sedona
Montezuma Castle
Jerome

Chuck wagon Supper and Show
Old Town Scottsdale

Inclusions:

Roundtrip Airfare – MSP
Roundtrip Transfers – MSP
5 Nights accommodations
Sightseeing per itinerary
8 Meals (5 breakfasts, 3 dinners)
Hotel transfers
Professional tour director
Motor coach Transportation

Stop in for more information or call Kelsey at
1-877-953-8687



CASINO TRIPS

Prairie's Edge Casino -- Granite Falls*FULL*

7th Annual Christmas Party
Wednesday & Thursday, Dec. 7-8
Leave Pier 55 -- 8:15 a.m.

\$80 per person double occupancy, \$95 Single Room
Includes transportation, hotel, \$50 Free Play and
Christmas Party.

Grand Casino Hinckley

Thursday, Dec. 15
Leave Pier 55 -- 7:30 a.m.

\$20 per person includes transportation and \$10 Free
Play.

Savannah, Charleston & Asheville

Treasures of the Southeast

April 3 - 9, 2017

Cost: Double \$2,695;
for single add \$570



Fly to Atlanta and take
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Savannah, Charleston
and Asheville. Spend 6 nights in quality ac-
commodations. You'll have 11 meals, a pro-
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- Tour of Magnolia Plantation
- Historic Beaufort
- Charleston Historic District
- Charleston Tea Plantation
- Ashley River Dinner Cruise
- Tour of Biltmore Estate

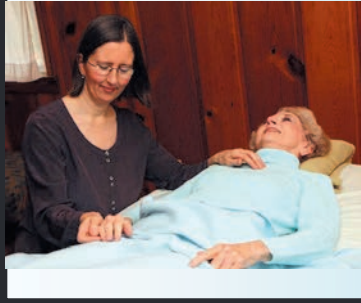
Call Mike at Landmark Tours for more
information 651-490-5408 or
1-888-231-8735 <http://gowithlandmark.com/tours/>

*We travel not to escape life but for
life not to escape us.*

- anonymous

Jin Shin Jyutsu (JSJ) treatments at PIER 55

JSJ is an ancient healing art similar to acupuncture. Recovery from illness, injury, surgery, cancer treatment: Neck and back pain, arthritis pain, migraines, fibromyalgia; Balance and mobility; Respiratory function; depression and anxiety; Stress and fatigue.



25-minutes mini-treatment for \$15
2 mini-treatments for \$25

Www.christinajinshin.com
Christina Burawa

Call 651-327-2255 to schedule an appointment

Try the Basics of Tatting

Instructor: Bethany Szymanski

Tuesdays, April 18 & 25, 1-2:30 p.m.

Register by April 6 through Red Wing Comm. Educ.

Cost: \$29

Location: Pier 55

Discover a technique for handcrafting lace that has been passed down for generations. Needle tatting is a method used to create particularly durable lace from a series of knots and loops. Tatting can be used to make lace edging for table runners and pillowcases, as well as doilies, collars, and other decorative pieces. All supplies are included. Co-sponsored by Red Wing Community Education and Red Wing Area Seniors, the class will be at Pier 55.

Red Wing Community Education, [651-385-4565](tel:651-385-4565) or rwps.org.



Pre-order your homemade lefse today!

(Made from a special Walsh Family recipe!)

Name _____

Telephone _____

Lefse is sold in packages of 4 for \$5.00

How many packages would you like?

_____ x \$5 = Total Cost _____

(Pick up date yet to be determined)

SERVICES

NAPS: Nutrition Assistance Program for Seniors

Tuesday, Dec. 20 • 9:45 - 10:15 a.m.

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.

Parkinson's Support Group

4th Thursday • 2 p.m.

Facilitated by Pat Kernan & Patrice O'Reilly

The group welcomes family, caregivers or anyone who has Parkinson's. Join us.

Stroke Support Group

2nd Wednesday • 2-4 p.m.

Facilitator: Deb Howard, Speech Therapist

Stroke survivors and family members receive support and share information on stroke resources, caregiving, treatment advances, strategies and coping skills.

Men Only Group (Men as Caregivers)

2nd Thursday • 9 a.m.

Facilitated by Nick Even This support and information group is for men who have the role of being the long-term care provider for a spouse or other person. All related topics are open for discussion.

Grief Support: Coffee & Good Company

Casual, drop-in support for those who have lost a loved one. Meets the 2nd & 4th Tuesdays at 10 a.m. on the third floor of the Mayo Clinic Health System- Red Wing Professional and Community Center, 1407 W. 4th St. For more information, call Kathy Bang at 651-385-3412.

Hearing Screening Tests and Service Center

2nd Wednesday of month - Dec. 14 • 9 - noon

Terry Carlson, a hearing consultant with Better Hearing Aid Centers, will be at Pier 55 to conduct free hearing screening tests, and free cleaning and tune-up of all makes and models of hearing aids.

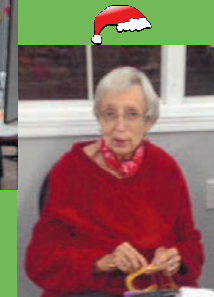
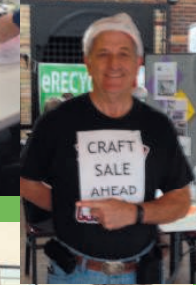
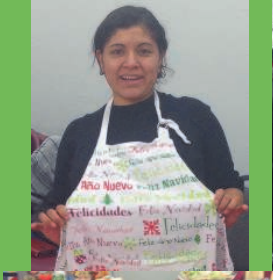
Notary Public - Shirley Perkins

Shirley can notarize your important papers including wills and health care directives. Donations for this complimentary service are gratefully accepted. Talk to Shirley to schedule an appointment.

Lifeline Drop-Off Site

If you no longer need your **Lifeline Medical Alert equipment**, we'll get it back to Lifeline for you. Free service activation coupons are also available.

November was busy and exciting at Pier 55: Annual Meeting with Fiesta Cancun's taco bar Nov. 22, making lefsa, and Holiday Bazaar/Bake Sale Nov. 17-18 AND Give To The Max Day Nov. 17.



Annual Meeting





Come Dabble in Scrabble!

Bingo! Anarchy! Collaboration! Laughter! Not words you normally think of when someone mentions Scrabble? Then you need to experience the fun and wonder of playing with us at Pier 55 on Wednesdays at 11 a.m. While we all strive to make the best words possible and hit as many bonus squares as we can, we play with a spirit of fun rather than competition, and most don't keep score. We have all abilities from tournament-level players to those who are happy to make two-syllable words, and, if necessary, we look up words before we play them. Once in a while we have an anarchy play which suspends a rule or two. We are constantly amazed at the words and ideas we come up with, and would like others to share in the fun. Join us for a relaxing yet invigorating session any Wednesday at 11 a.m. in the Community Room.

AT PIER 55 — IMPORTANT PERSONAL SERVICES

- Thursday, Dec. 8... 9:00.....Men Only Group Men as Caregivers
- Wednesday, Dec. 14.....9:00-12:00.....Hearing Screening.....Terry Carlson
- Tuesday, Dec. 20.....9:45-10:15.....NAPS Distribution..... Call 1-877-500-8699
- Thursday, Dec. 29..... 2:00.....Parkinson's Support Group..... Pat Kernan, Facilitator



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***NEW* Get Fit With Emily and Sarah**

Sarah and Emily

Tuesday's 8:30– 9:10 a.m.

Join us for this upbeat circuit class. Call or stop in for more details.

AOA punch card can be used for this class



Sarah Fox



Emily Hadler

Try Tai Chi for FREE – Patty Svien *NEW*

Tuesdays • 4 - 5 p.m.

Register at the front desk for instruction in Tai Chi for Health Sun Style Form.



Pilates

Instructor: Kim Wojcik

Fridays -- 11-11:40 a.m.

Cost - \$4 per class; \$6 non-members. 10-class punch cards available



New Yoga instructor starting in January

Hi! My name is Jessica Richmond. My formal education includes a B.S. degree in Human Development and Family Studies as well as my current enrollment in the Yoga Teacher Training Program at Saint Paul College. For the past six years I have resided in Lake City with my husband and two young sons. In my free time I enjoy skiing, boating, traveling, baking, crafts and spending time with my family! I have always had a passion for fitness classes and look forward to working with you to achieve your wellness goals!



Stretching for Range of Motion

Thursdays 8:30 - 9:10 a.m.

Instructor: Kim Wojcik

Range of motion determines many of the activities of daily living we are able to do. We begin with walking and other movements to warm the body, then we move into flowing movements and follow with some balance and held stretches. Feel good all over!

This class is \$5 for drop-in's or a 10-class punch card is available for \$20.



Active Older Adults Fitness

Mondays & Wednesdays, Fridays

9 a.m. • Cost: \$25/10 classes

Instructor: Jessie Grider,

Enjoy a complete workout with cardio-respiratory, strengthening, balance and stretching components, mixed with variety and fun!



Gentle Yoga for Seniors

Tuesdays • 9:30-10:45 a.m. • Start any time

6 sessions: \$45 Individuals • \$80 Couples

Instructor: Michele Hoffman, E-RYT, CYT

Learn gentle yoga postures. Yoga can help reduce symptoms of chronic health conditions (cancer, osteoarthritis, diabetes, fibromyalgia, MS, COPD, etc.), improve sleep, increase energy and improve balance.

Therapeutic Chair Yoga

Wednesdays • 2 - 3 p.m. • Start any time

Cost: \$43 for six-class punch card

Instructor: Michele Hoffman, E-RYT, CYT

Research has shown that Yoga can give you the ability to better perform the activities of daily living. The Yoga will be done sitting in a chair and standing using a chair for balance.

Parkinson Wellness Recovery (PWR)

Tuesdays • 3 - 4 p.m.

Instructor: Patty Svien, Physical Therapist

Cost: \$35, limited to 8 participants

PWR is an evidence-based exercise program designed to assist people with mild to moderate Parkinson's disease to improve their posture, mobility, ability, endurance, strength and function. Participants must be independently able to get up and down from the floor. Bring a Yoga mat to class. To register, call Patty at 651-380-8752.

WEEKLY EVENTS

Granny Blankets/Needlework

Every Wednesday • 1:30 p.m.

The Granny Blanket Group makes tied fleece blankets and knitted items that are donated to children and adults in need. We generate dollars to do this work by selling handmade items in the gift shop.

We welcome all.

Spanish Conversation Group

Facilitator – LaVoie House

Mondays and Fridays • 10:30 a.m.

Interested in brushing up on your Spanish or improving your speaking skills? Join this group at any time. Native speakers frequently attend as well.

Genealogy Club

The new Genealogy Club meets the 4th Tuesday of each month at 2 p.m. For more information call Phyllis at 651-212-6539.

Gandy Dancers– Come see the trains! We need model trains, tracks, engines, cars to add to our working train displays. For more information call Jerry Dooley at 651-385-7965

BOARD AND STAFF

Officers

President. Tom Walsh
 Vice-President. Jan Wall
 Secretary Doug Blakesley
 Treasurer Gary Johnson

Directors

Ben Stephani	Dan Mjolsness
Marm Nihart	Jessica Wheeler
Doug Blakesley	Ralph Ryan

Staff

Kim Wojcik.....Executive Director
 Stef Braun.....Program Coordinator
 Shirley Perkins.....Administrative Asst.
 Sheryle Boldt.....Annadee’s Manager
 John Simanski.....Annadee’s Janitor

Email addresses

Kim Wojcik..... RWASdirector@gmail.com
 Stef Braun.....RWASprogram@gmail.com
 Shirley Perkins... ..RWASassistant@gmail.com
 Linda DeWeese....reception.pier55@gmail.com
 Sheryle Boldt Annadeesmanager@gmail.com

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**Thank you to the following for
renewing their memberships:**

Marjorie Deden	Jerry Dooley
Marion Fitschen	Bill & Jan Langhans
Ken Olson	Marilyn Potswald
Jane & Daniel Shaflund	Ardee & Fran Sheplee
Sarah Taipale	Bob & Lenore Tingerthal
Lois Burnes	Charles & Bonita Birk
Mark Vinge & Karen Carlon	Clare & Dennis Cox
Muriel Dodge	Kathy & Ken Huntley
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Grant Larson	Joe & LaVonne Lommel
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Jerry L. Nelson	John & Diane Nordgaard
Suzie Patraw	Marlys Pfluger
Mike & Jan Pinsonneault	Connie Price
Patricia Rapp	Elaine Robinson
Ralph & Cathy Ryan	Margaret Selleseth
Jerry & Mary Weigenant	Dale & Gloria Stucki
Rhodes & Bertha Tiedeman	Ron & Jane Ward
Ernie & Mary Ann Valentine	Don & Jean Stechmann



**Welcome to the following new members of
Red Wing Area Seniors, Inc.**

Eileen Pick	Elaine Scharpen
Stosh Doty	

ABOUT US

**Red Wing Area Seniors/Pier 55 is open to
all. The facility is handicapped accessible.**

**No one shall be refused access to pro-
grams because of race, religion, sex, color,
economic status or disability.**

Red Wing Area Seniors, Inc. Membership!

Your membership will provide you with:

- ◆ Discounts on trips and programs
- ◆ Discounts with select local businesses
- ◆ Monthly informative newsletter *Senior News*
- ◆ Opportunities for service
- ◆ Educational & recreational opportunities

Name(s) _____

Address _____

State _____ Zip Code _____

Telephone _____

Email Address _____

Birthday(s) _____

New Member _____ Renewal _____

Please check your level of support:

_____ **Individual Membership:** \$37

_____ **Household Membership:** \$62

(2 people to a Household)

Additional donations greatly appreciated.

Send to:

**Red Wing Area Seniors, Inc.
240 Harrison St, Suite 2
Red Wing, MN 55066**

MISSION

*Empowering active living
and lifelong learning!*

CONTACTS

Phone	651-327-2255
Hours	Mon-Fri, 9 a.m. - 4 p.m.
Website	www.redwingareaseniors.org
Facebook	"Like" us on Facebook!

CALENDAR OF ACTIVITIES



December 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
				1 8:30 Stretching 10 Memoirs 11:15 Duplicate Bridge	2 9 AOA 9:30 Pottery Coffee 10:30 Book Club for Women 11 Pilates	3
4	5 9 AOA 9:30 Pottery Coffee 10:30 Spanish 10:30 Balance 12:30 Euchre 1 Chinese Mahjong 1 Technology Lab	6 9:30 Yoga 1 Am. Mahjong 1 Silver Tones 3 Parkinson's Exercise	7 9 AOA 9 Hearing Screening 9:30 Pottery Coffee 11 Scrabble 11 Puzzle Club 11-1 Chess 1:30 Granny Blankets 2 Chair Yoga	8 8:30 Stretching 9 Men Only Group 9:30 Wild Woman Cards 10 Memoirs 11 Advanced Bridge	9 9 AOA 9:30 Pottery Coffee 11 Pilates 12 Front desk/Gift Shop volunteer Pot Luck	10
11 4-7 pm Monthly Dance	12 9 AOA 9:30 Pottery Coffee 10:30 Spanish 10:30 Balance 12:30 500 1 Chinese Mahjong 1 Technology Lab	13 9:30 Yoga 1 Am. Mahjong 2 Silver Tones 3 Parkinson's Exercise 3 Exec Comm	14 9 AOA 9:30 Pottery Coffee 11 Scrabble 11-1 Chess 11 Puzzle Club 1 Google Class 1:30 Granny Blankets 2 Chair Yoga 3 Stroke Support	15 8:30 Stretching 10 Memoirs 10 Forum 11:15 Duplicate Bridge	16 9 AOA 9:30 Pottery Coffee 11 Pilates	17
18	19 9 AOA 9:30 Pottery Coffee 10:30 Spanish 12:30 Euchre 1 Chinese Mahjong 1 Technology Lab	20 9:30 Yoga 9:45 NAPS 1 Silver Tones 1 Am Mahjong 2 Travel Club 3 Parkinson's Exercise	21 9 AOA 9:30 Pottery Coffee 11 Scrabble 11 Puzzle Club 11-1 Chess 1:30 Granny Blankets 2 Chair Yoga	22 8:30 Stretching 9:30 Wild Woman Cards 10 Memoirs 2:00 Parkinson's Support Group	23 Senior Center Closed For Christmas	24
25 	26 Senior Center Closed	27 9:30 Yoga 1 Am Mahjong 2 Silver Tones 3 2 Genealogy 3 Parkinson Exercise	28 9 AOA 9:30 Pottery Coffee 11-1 Chess 11 Scrabble 11 Puzzle Club 1:30 Granny Blankets 2 Chair Yoga	29 8:30 Stretching 10 Memoirs 10:15 Swiss Bridge	30 Senior Center Closed For New Years	31 



Published monthly by
Red Wing Area Seniors, Inc.
240 Harrison Street, Suite 2
Red Wing, MN 55066

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**Pier 55/Senior Center
will be closed
Dec. 23, 26 and 30
for the Holidays**



**Veterans Day -- Nov 11, 2016
Senior Center Coffee Club
U.S. Marine Corps 241st Birthday**

