

Pier 55

RED WING AREA SENIORS

June 2017

News



Our Annual Volunteer Appreciation Luncheon where 53 volunteers attended



Blooming with appreciation!

Red Wing, Minnesota • Vol. 57, No. 6

Enjoy Yoga in the Park with Jessica

Wednesdays 3:30 - 4:30 p.m.

Cost: \$4 per class for members, \$6 non members; 10-class punch cards

Jessica Richmond will guide students through yoga poses on Wednesday, June 7, at Levee Park, across the train tracks from Train Depot (weather permitting). Call Pier 55 if the weather is questionable or with questions on where to meet. [651-327-2255](tel:651-327-2255)



This class is for any "body." Jessica has modifications for postures so come try it and enjoy the outdoors. Try your first class for free to see if this gentle exercise is something for you!

Woodcarving

Intermediate and beginner woodcarving with Dennis Koenig is back by popular demand, starting in July. No membership is required.

"Food with Friends"

Thursday, June 22

Meatheads Grill

Out

12:15 - 1:30 p.m.

Cost \$7.25 • Pre-register by June 19



Join us for a MEMBERS ONLY monthly lunch. Gather with old friends or make some new ones.

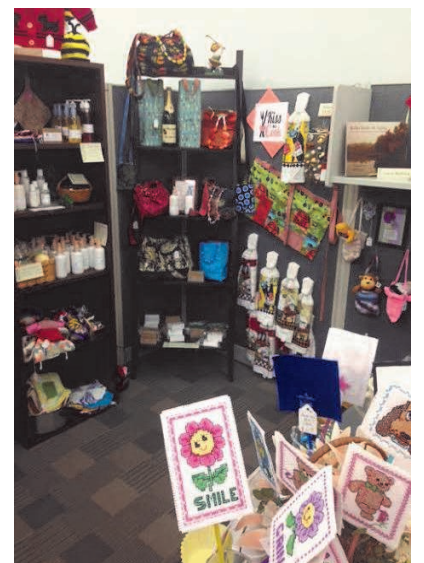
Are you a new member or have you been a member forever? It doesn't matter. Everyone -- gals and guys -- is welcome (everyone who's a member, that is!).

Our regular "lunch date" is the fourth Thursday from 12:15-1:30 p.m. in our Community Room.

The desserts are yummy, too!

Contents

Senior Forum, Let's Talk About Sex!.....	2
Computers/Technology.....	3
Meet New Board Member.....	4
Books/Games.....	5
Fitness Calendar.....	6
We Saw the Blue Bells	7
Vikes, River Boat, Rose Parade.....	8
Hibbing/Iron Range Bus registration....	9
Lots of Casino Trips.....	10
Touring the State Capitol.....	11
Support Groups.....	12
Staff and Board Members.....	3
Thank You /Membership.....	14
Calendar.....	15



Our Pier 55 Gift Shop features handmade items for every occasion. We also have clearance corner, come check it out.

Let's Talk About Sex

10 a.m. • Thursday, June 15

Dr. LuAnn Klindworth and Dr. Bruce McBeath

Sexuality and Emotional Intimacy in Our Older Years: We face the challenge of finding, sustaining, and deepening emotional and sexual intimacy amidst the experience of frailty, vulnerability, and significant loss.

Let's take these delicate and complex older life concerns out of the shadows and look at them with the care and attention they deserve. Please join clinical psychologists Dr. LuAnn Klindworth and Dr. Bruce McBeath in exploring this important topic.

Sex and Intimacy After 60?

Only our youth oriented culture could raise any question here. As though vitality and aliveness, the very stuff of sexuality, had a shelf life with a mid-life expiration date!

From a cultural perspective, we *focus little on the sexual lives or the underlying need for intimacy of older people*; not like the salacious gossip adorning celebrity lives, or the worried tones carried by parents regarding adolescent experimentation. With we elderly, sex is more likely in the shadows, yet stubbornly and awkwardly always on the scene.

Note, for instance, how the stirrings of oldster romance has shaken up nursing care culture. Those elderly couple pairings spring up with embarrassing regularity, sometimes publicly displayed outside the privacy of a closed door.

Note, too, how the term "shacking up" -- the now antiquated cultural label for people who choose a live-in relationship -- is today equally applied to committed older couples who eschew formal marriage but retain relational fidelity. *The taste of romance and some form of sexual union is as real* for them as it is for their adult children who are perhaps now also cohabitating.

Clearly, our need for physical and emotional intimacy doesn't disappear with passing years. Yet in older life, these forms are manifested in ways as individual and nuanced as are each one of us older people. Some struggles associated with sexuality at older ages reflect being stuck in an adoles-

cent time warp, attempting to separate sexual expression from our growing underlying human need for emotional intimacy. Forgetting that sexuality is the gateway to intimacy creates problems whenever emotional intimacy takes a back seat to physical expression, adding frustration and disappointment into their experience of aging.

Humans of any age are poorly shaped for isolated living. We require human touch, warmth and nurturing care to continue to thrive, even into the oldest of ages. *Physical challenges* associated with aging and the loss of life partners confront us and *threaten the possibility of on-going intimacy* in our lives. Such profound losses test our willingness to seek out new sources of emotional intimacy so necessary to thriving beyond merely living.



There is also freedom with age. We benefit from releasing any social pressures specifying a "right way" to develop intimacy, whether in time-worn marriages or in the uncharted waters of new relationships. Healthy aging includes a hard-won capacity for intimacy and emotional depth. These lie beyond the boundaries of any purely physical sexuality.

Bruce McBeath, Ph.D.
Licensed Psychologist

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.



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 Picassa Class

**June 21 • 1 p.m.
Judy and Tom Walsh
No cost**

Still struggling with all things Google? Google Drive, Google Sheets, Google Calendar, Google Docs, and Google Maps? Have a sit-down with the Walsh's for instruction.

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.

Senior Homework for Minor Home Repairs

If you or a senior you know needs assistance with small repairs in the home, call Red Wing Area Seniors. Our volunteers may be able to assist at no labor charge. Talk with Program Coordinator Stef Braun, 651-327-2255.

Movin' Pictures



"Laurel and Hardy"

Tuesday, June 6 • 2 - 3:30 p.m.

Hal Roach's All-Talking Comedies are now ready! Stop in and watch Our Gang, Laurel Hardy, All-Stars, Charlie Chase and more. Bring your own popcorn and beverages.

**LOCAL BUILDERS AND REAL ESTATE PROFESSIONALS
SPECIALIZING IN TOWNHOUSE CONSTRUCTION.**



CALL **651-388-4711**
910 MAIN STREET, SUITE 201
RED WING, MINNESOTA 55066



We Work Hard to Make Hearing Easy.SM

- Complimentary hearing screening*
- 75-day trial period**
- Top manufacturers
- Personalized & dedicated service

SONUS hearing care professionals


207 Plum Street
Red Wing, MN 55066
(651) 388-2670
www.sonushearingprofessionals.com

*Hearing screenings are always free. This is not a medical exam. **Hearing aids must be returned within 75-day period to qualify for refund. In some locations a full deposit is required & a re-stocking fee may apply.

Helping you live safely at home

Home Care and Hospice provide services to help patients live each day to the fullest with comfort and dignity.

Call 651-385-3410 or 888-485-3410.




Over 90 Local Companies

- Organic Meats & Dairy
- Bulk Foods
- Supplements
- Health & Beauty

EBT  **Open Mon-Sat**

318 Bush St • Red Wing, MN
www.simpleabundanceredwing.com
651-388-0333

Locally owned since 2000

Homes for adults 55+

Convenient access to downtown amenities in Red Wing.



651-385-3400
downtownplaza.org



First Communion
Devotional Aids
Confirmation
Wedding
Baptism

Seasonal Gifts
Fontanini
Collectibles
Games
Movies
Books

DIVINE INSPIRATIONS

Books and Gifts
651-437-9169
114 E. Second St. • Hastings, MN 55033

Thank You to . . .

Joyce, the newest member of our team. She volunteers a few days a week helping out with cleaning. What a huge difference.



Our most recent Life Time members, Dennis and Mary Koenig. If you are interested in learning more about how you can become a Life Time member, stop in or call 327-2255 to speak with Executive Director Kim Wojcik, rwasdirector@gmail.com.

Meet New Board Member Clare Cox

During their 50 year marriage, Clare and husband Dennis have lived in six states so jokingly call themselves “foreigners” since they don’t have a family history in Red Wing. All the more reason to join the Red Wing Seniors!

Clare has been editing the RWAS newsletter for nearly a year, and initiated the “Wild Women” card group. A journalist and editor, she began her journalism journey in high school and parlayed writing and photography skills into career positions with newspapers, hospitals, health care organizations, medical equipment device manufacturers and the State of Minnesota’s Department of Administration.

She started a chapter of Women in Communications in Pennsylvania, a women’s club in Missouri, and a Red Hat group in Maple Grove. A retired member of several public relations and media/writing groups, she’s enjoyed serving as an elected school board member, on United Way and YWCA committees as well as an election judge in Red Wing and Maple Grove. A “Leo,” she’s retired from a clown club (alley) that she organized at Allina Health System. Clare is the secretary-treasurer for the Kingswood A Townhouse Association of Red Wing.

The Coxes have two adult children with spouses and one granddaughter who live in the western suburbs.



Monthly Movie

Hidden Figures




Wednesday, June 28
11 a.m.

No Cost, membership not required Length: 127 min

2016 American biographical drama film about female mathematicians who worked at the National Aeronautics and Space Administration (NASA) during the space race. Popcorn provided!



Annadee's June, 2017 Calendar

S	Tue	Wed	Thu	Fri	Sat
 <p>Annadee's Closet 321 Potter St, Red Wing 651-388-7031</p> <p>Tuesday 10-5 Wednesday 10-5 Thursday 10-5 Friday 10-5 Saturday 9-2</p>			1	2 Items with Green stickers 30% Off	3 GO GREEN! 50% OFF WITH YOUR ANNADEE'S TOTE
	6 Items with Green stickers 30% Off	7 Seniors Save 25%	8 All Jeans \$1.00	9  Fish Bowl Savings	10 All Purses And Shoes 1/2 Price
	13 All Summer Swimwear 40% Off	14 GO GREEN! 50% OFF WITH YOUR ANNADEE'S TOTE	15 Clothing with Gray Tags—25% Off	16	17
	20 Items with Green stickers 60% Off	21 Items with Green stickers 60% Off	22 Clothing with Gray Tags—50% Off	23	24
	27 All Furniture 1/2 Price	28	29 Clothing with Gray Tags—75% Off	30	

Dominoes, Anyone?

It's an old game, a simple one, that can include singles and couples together. Call Program Coordinator Stef Braun at RWAS for information, 651-327-2255.



Attention, Chess Players

The Chess Club has renewed interest and is looking for a few more players. The club meets every Wednesday at 12:30 p.m. at Caribou Coffee.

Book Club for Women

First Friday • 10:30 a.m.

Facilitator: Jane Whiteside

June 2: *Brooklyn* by Colin Tobin

July 7: *Marjorie Morningstar* by Herman Wouk

Writer's Workshop

4th Thursday of each month

June 22 • 10 a.m. All are welcome.

You could be a published writer!



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, 11a.m.
Puzzle Club.....Thursdays, 10:30 a.m.

“Wild Woman” Cards

Friday, June 2 • Noon-2

Thursday, June 1, 8 & 22 • 9:30 a.m.

Remember canasta and “Hand and Foot”? Then you can learn this game. Guys are welcome. We’ve added a third game day: first Friday 12-2 p.m. for March, April and May in the Community Room; then for June-Dec., first Friday at 9:30-11:30 a.m. in the Cyber Center. For information, contact Clare Cox, 763-420-5333, wildsplash@charter.net.



Duplicate Bridge

Thursdays, June 1 & 15 • 11:15 a.m.

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

Swiss Bridge

Thursday, June 29, 11 a.m.

We Understand Commitment.

For decades, Edward Jones has been committed to providing financial solution and personalized service to individual investors.

You can rely on us for:

- **Convenience**
Locations in the community and face-to-face meetings at your convenience
- **A Quality-focused Investment Philosophy**
A long-term approach that focuses on quality investments and diversification
- **Highly Personal Service**
Investment guidance tailored to your individual needs

Call or visit today.



Paul M Reding, AAMS®
Financial Advisor
910 Main Street
Suite 105
Red Wing, MN 55066
651-388-1762



Steven P Beech, AAMS®
Financial Advisor
525 Bush Street
Red Wing, MN 55066
651-388-8895



Mike Dube, AAMS®
Financial Advisor
139 Tyler Rd South
Red Wing, MN 55066
651-385-7681



Conor J Smyth, CFP®
Financial Advisor
205 East Avenue
Red Wing, MN 55066
651-388-6286



John L Lang, AAMS®
Financial Advisor
1215 North 7th Street
Suite 100
Lake City, MN 55041
651-345-2525

Call or visit any of our financial advisors in the Red Wing and Lake City area. www.edwardjones.com.



JORDAN TOWERS

“A Good Place to Live, A Great Place to Call Home”
 NOW ACCEPTING APPLICATIONS
 Contact Regan at 651-301-7012
Red Wing Housing & Redevelopment Authority
 428 W. 5th Street, Red Wing MN 55066
www.redwinghra.org



Care Center | Short-Term Rehab | Villa

651-385-3434 | www.stcrispinlivingcommunity.org

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m.						Toning
8:30 a.m.				Stretching		
9 a.m.	AOA Fitness		AOA Fitness		AOA Fitness	
9:15 a.m.						Pound
9:30 a.m.		Yoga				
11 a.m.					Pilates	
12:15		Body Bar				
2:00 p.m.			Yoga			
2:30pm		Parkinson's Wellness	Yoga in Park			
3:30pm		Tai Chi				
4:30pm	Pound			Pound		
6:30 pm	Pound			Pound		



NEW "Body Bar" Classes

These new classes are only 15 minutes long, using weighted bars.

Tuesdays • 12:15p.m.

Cost: \$2 members

Instructor: Kim Wojcik

You can use Silver & Fit insurance or purchase a 10 class punch card.

Stretching for Range of Motion



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

Instructor: Kim Wojcik

AOA punch card and Silver & Fit can be used for this class.

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 (AOA)



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!

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

***New* Zumba**

Owner Jennifer Weyer started her group fitness journey in 2011 when she attended her first Zumba Class and she hasn't stopped since.



Pound Fit - Mondays and Thursday 4:30 pm Jenny, 6:30 p.m. (Sue)

POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out!

Zumba – Saturday

Toning: 8 a.m. (Jennifer)

Pound 9:15 a.m. (Sue)

Fees for Jennifer's Classes

For student and senior discount punch cards and info, visit <http://jenniferwellnessstudio.com/pricing>

Get Fit With Emily and Sarah

Tuesdays • 8:30 - 9:10 a.m.

Cost \$25/10 classes (no class June, July, August)

Instructors: Sarah Fox and Emily Hadler

Join us for this upbeat circuit class. Call or stop in for more details. AOA punch card and Silver & Fit can be used for this class.

Pilates

Fridays: 11-11:40 a.m.

Instructor: Kim Wojcik



Make sure to stay hydrated as the temperature rises.



Some of the Red Wing Cluckers

Pier 55's 5k, 12-week training group

This fun group meets Wednesdays and Saturdays at 9 a.m. Currently in Week 7 of their training, five members ran a 5K Saturday, May 13, in Lake City.

Parkinson Wellness Recovery (PWR)

Tuesdays • 2:30 - 3:30 p.m.

(Starting again Tuesday, June 20)

Instructor: Patty Svien, physical therapist

Cost: \$35, limited to 8 participants

PWR is an evidence-based exercise program 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. Register at 651-380-8752.

Tai Chi for Arthritis with Patty Svien, RPT

Starting Tuesday, June 20th for 6 weeks

3:30pm, \$5 per class with first class free



Yoga Expert's Instruction

Can Benefit Seniors

Michele Hoffman has been teaching therapeutic yoga to seniors for 20 years. An R-RYT, a certified yoga therapist, she is experienced in using the tools of yoga to help reduce or eliminate pain, prepare or recuperate from joint replacement surgery and improve quality of life for those living. Six sessions are \$45 for a 6-class punch card to be used within 3 months. Yoga poses will be done standing, in a chair or on the floor. Mats and blankets will be provided.

Yoga for Healing

Tuesdays • 9:30 – 10:45 a.m.

Therapeutic Chair Yoga

Wednesdays • 2 – 3 p.m.



Let's Go for a Walk *Inside!*

Want to count your steps but don't have a "Fitbit"? Our own Doug Blakesley has done the counting for you. If you need to walk inside, stop at Pier 55. If you walk from end to end of our hallway (Fiesta Cancun to Pottery Museum) going one way, it is 89 steps for men and 101 steps for women. Make 8-10 trips back and forth for approximately **1,000 extra steps** a day. Keep moving! No sign up, fee or membership. Just your walking shoes.



You can use your Silver & Fit for most of our fitness classes. You can use them an unlimited amount of time each month

Carly State Park



Bruce Ause guided RWAS members on a blue bell hike at Carly State Park on May 4.



This and all other trips do not require you to bring a partner!

Shop 'Til you Drop #2

Eagan Outlet Mall

Thursday, June 8

We need 8 more to make this a go.

8:30 a.m. - 3:30 p.m.

Cost: \$20 members; \$25 non-members

This is a beautiful new mall with lots and lots of great shops. Lunch will be on your own. The mall is an outdoor mall so we will not go if it is raining.



Giddy Up Let's Go to Lanesboro

Amish Tour

Wednesday, July 26

Lv 8 a.m.; return 4 p.m.

Cost: \$35 members, \$40 non members

Guides: Stef and Kim

Shops and farms

Lunch and dessert will be included. More details on the restaurant will be coming .

USBank Viking Stadium

Monday, June 26

Lv 12: 30 p.m. and return 4:30 p.m.

Cost: \$30 members, \$35 non members

No lunch included. This is an up and back tour of the US Bank Stadium.

Capitol Trip (up and back, no lunch included)

Wednesday, July 12th

Lv 8:30 a.m. return by noon

Cost: \$20 members, \$25 non members



Rose Parade & New Year's

Dec. 30, 2017 – Jan. 4, 2018

(We have 6 signed up and more are coming in!)

This is the BIG one! You don't want to miss this colorful adventure. Stop at Pier 55 to pick up more trip information.

Highlights include:

- New Year's Eve dinner party
- Tournament of Roses parade
- Rose parade floats on display
- Reagan Library and Museum
- Hollywood and Walk of Fame
- Beverly Hills and Rodeo Drive
- The Grove and LA Farmer's Market
- 5 Nights at one hotel

Tour Rates

Booking Discount: \$2,799 pp double

Regular rate: \$2,899 pp double

Single Supplement: + \$600

Call Phyllis for more information: 520-603-2779

You can fly from your winter home and join us.

Up-coming trips. . .

September - One night trip to Oshkosh, air museum

October – New Ulm for October Fest

November – American Swedish Institute

December – Mantorville theatre for "The Rented Christmas" and dinner at the Hubble House

Jazz River Boat Cruise and Buffet

Saturday, Aug. 12

Lv 4 p.m. -- Return 9:30 p.m.

Register by Aug. 4

Cost: \$50 members; \$55 non-members

Limited to 50 participants

Stillwater River Boats offers a first-class buffet on its charming paddle boat, with dinner highlighted by

the music of "The Emperors of Jazz." More details are coming in June.

More images available <http://www.stillwaterriverboats.com/public-cruises/>





Diamond Jo - Northwood, Iowa

Tuesday, June 6-Leave: 7:30 a.m.

Cost: \$20 pp (transportation, \$10 free play, buffet) Registration due by May 30

Grand Casino Hinckley

Monday, June 26 – Leave RW 7:30 a.m.

Cost: \$20; \$10 Free Play. Final registration: June 20

Royal River Casino Hotel -Flandreau, S.D.

Thur-Fri., June 29-30 – Leave RW -7:30 a.m.

\$65 per person, includes transportation, hotel, \$25 Free Play, Complimentary evening buffet & breakfast.

Final registration by June 15

Diamond Jo – Northwood, Iowa

Monday, July 3 – Leave RW -7:30 a.m.

Cost: \$20; \$10 Free Play & free buffet

Final registration by June 27

Prairies Edge Casino - Granite Falls

Tues- Wed., July 18 - 19

Leave Red Wing 7:30 a.m.

\$70 – Includes \$50 Free Play

Final registration by July 6

Grand Casino Hinckley

Thursday, July 27– Leave RW -7:30 a.m.

Cost: \$20; \$10 Free Play. Final registration by July 20

Palace Casino – Cass Lake & Northern Lights Casino-Walker, Minn.

Tues.-Wed., Aug. 8-Aug. 9

Cost: \$80 – Leave RW 7 a.m.

Palace Casino includes \$20 slot play, \$3 food coupon.

Northern Lights includes \$40 slot play, \$3 food coupon and hotel room. Final registration July 21.

Bus limited to 52 patrons.



Diamond Jo – Northwood, Iowa

Monday, Aug. 14 – Leave RW -7:30 a.m.

Cost: \$20; \$10 Free Play & free buffet

Final Registration by Aug. 7

Diamond Jo – Northwood, Iowa

Tuesday, Sept. 5 – Leave RW -7:30 a.m.

Cost: \$20; \$10 Free Play & free buffet

Final Registration by Aug. 31

Jackpot Junction – Morton, Minn.

Wed.-Thur., Sept. 13-14

Leave Red Wing 7:30 a.m.

Cost: \$70; includes \$50 Free Play

Final registration due by Aug. 30

Diamond Jo – Northwood, Iowa

Tuesday, Oct. 10. Leave RW -7:30 a.m.

Cost: \$20; \$10 Free Play & free buffet

Final registration by Oct. 5

Meskwaki Bingo – Tama, Iowa

Thurs.-Fri., Oct. 26-27

Leave Red Wing 7 a.m.

Cost: \$70; includes \$40 Free Play

Final registration due by Oct. 13

**For casino trips, contact Ken at Sugar Loaf Tours,
507-202-5630 or kcrameyer@gmail.com.**

Fall Trips

Sept. 27-30 -- Host Fest, Minot, N.D.

Oct. 5-7 -- Fall Along the Mississippi: Galena and Dubuque, Iowa

Nov. 2-6 --Christmas in Branson, Mo.

Nov. 15-20 -- Nashville at Christmas



Red Wing Area Seniors had a fabulous time on the Fantastic Four in Faribault



Capitol Curiosity Trip



Minnesota's beautifully renovated Capitol building was the main attraction. A private lunch at the Science Museum was beautifully served and the exhibits fascinating. The Minnesota Historical Society excursion included the W.W. II exhibit, the genealogy area and the Musingware collection.

Better Hearing Aid Centers

Over 25 Years Experience

Terry Carlson (800) 348-4471

2nd Wednesday of the Month 9am-Noon

Hearing Screening Tests, Cleaning & Tune Ups offered at Pier 55.

• Free Hearing Evaluation • Free House Calls and Sales • Service of Hearing Aids



Potter Ridge

Assisted Living Community

(651) 388-1546

1971 Neal Street • Red Wing, MN

www.wtohdevelopment.com



Personalized Gifts, Red Wing Shirts / Souvenirs, Art Supplies, Unique One of a Kind Things, Custom Picture Framing, & Local Artwork
405 West 3rd Street
Downtown Red Wing, MN
www.BACKWOODSfe.COM PHONE: (651) 388-1059

"Enjoy Your Lighting at Pier 55 Senior Center"
Commercial-Residential-Industrial
HART'S ELECTRIC
Jason Hart, Owner
651-380-3735
hartselectricrw@gmail.com

Mahn Family

Funeral and Cremation Services

(651) 388-3343
Bodelson-Mahn Chapel
602 Plum St., Red Wing, MN 55066
www.mahnfamilyfuneralhome.com

- Traditional Services
- Memorial Services
- Pre-arrangements
- Cremations (on-site crematory)

RED WING LAW, LLC

Catherine G. Johnson
ATTORNEY-AT-LAW
434 W 4th St., Ste. 100 Red Wing, MN 55066 Ph: (651) 212-6512 Fax: (651) 212-6513
cgjohnson@redwinglaw.com
Admitted in Minnesota & Wisconsin MSBA Board Certified Real Property Specialist

JOSEPHSON'S

ESTABLISHED 1878
Unique Men's Specialty Store Including Big and Tall Men's Old Fashioned Service & Ambiance
388-4261
215 Bush • Red Wing, MN
Monday-Saturday 9-5 • Thursday 9-8

Healing Arts Therapies

- Yoga therapy
- Massage therapy
- Healing Touch

Call 651-385-3260



Join in the Stephanis' Pine Forest Hike-

Tuesday, June 6

No cost

Pre-registration needed.

Limited number. ONE SPOT LEFT!

10:30 a.m. - 1 p.m. Join a fun day at the home of Ben and Karen Stephani. A DNR guide will lead a tour of the pine forest. Lunch, compliments of the Stephanis, on the deck. Those not interested in hiking but want to attend are encouraged to come and stay on the deck.

Want to Go Fishing?

Has it been in long time since you drowned a few worms? Red Wing's Environmental Learning Center will provide equipment for you to fish at Bay Point Park.

Wednesdays, June 21 & 28

Cost: free/members; \$4 non-mem

Limit: 10-12 people

Deadline: June 15; call 651-327-2255

Meet at Pier 55 at 10:30 a.m.

No fishing license is required, must pre register by June 15th.

Did You Always Want to Play a ?

UMC instructors will come to Pier 55 to teach you to play the instrument of your choice in a setting familiar, friendly, comfortable and convenient for you.

These 30-minute private lessons will be offered every other week. Talk to Kim or Stef and sign up today.

To learn more or schedule a lesson call UMC folks at 651-301-9223.



NAPS: Nutrition Assistance Program for Seniors

Tuesday, June 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.

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

2nd & 4th Tuesdays • 10 a.m.

Casual, drop-in support for those who have lost a loved one. We're on the third floor of the Mayo Clinic Health System/Red Wing Professional and Community Center, 1407 W. 4th St. For information, call Kathy Bang at 651-385-3412.

Hearing Screening Tests and Service Center

2nd Wednesday - May 10 • 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.

Problems? 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.

Stroke Support Group

2nd Wednesday 2-4 pm

Facilitated by Deb Howard, Speech Therapist

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

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. **If you are a new user stop in for a \$ 50 coupon.**

WEEKLY EVENTS

BOARD AND STAFF

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.

Genealogy

Was your great-great grandpa a cattle thief? Was your fourth cousin removed a princess in Poland? Find out who your relatives were. For more information call Phyllis at 651-212-6539.

Gandy Dancers— Come see the trains! The club meets at 1:30 p.m. the first Wednesday for business. All other Wednesdays someone is around at the old Red Wing Hospital 1-4 p.m. All are welcome to stop in!

The club can always use more model trains, tracks, engines and cars to add to its working train displays. For more information call Jerry Dooley at 651-385-7965.

Officers

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

Directors

Pastor Karl Rydholm
 Marm Nihart
 Clare Cox
 Jeff Marcus
 Jessica Wheeler
 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.....RWAS program@gmail.com
 Shirley Perkins... . RWASassistant@gmail.com
 Linda DeWeese....reception.pier55@gmail.com
 Sheryle Boldt Annadeesmanager@gmail.com



Get the area's most reliable Video, Internet and Phone service.

Call (888) 474-9995 to sign up today!

www.hbci.com



THE BLUFFS OF LAKE CITY
Rethinking Senior Living

SENIOR LIVING / ASSISTED LIVING / MEMORY CARE / RESPITE CARE

Have Lunch on Us! - Mention this ad when scheduling a tour and we will provide lunch for you and a guest.

480 West Grant Street, Lake City, MN 55041
651-448-8333 / TheBluffsOfLakeCity.com




VOGEL & GORMAN, PLC
 ATTORNEYS AT LAW
 CONTINUING A TRADITION SINCE 1935

GEORGE F. VOGEL
 RICHARD D. GORMAN
 ADAM J. LODERMEIER
 MARGARET M. NOVACK

MASONIC BUILDING
 454 W. FOURTH STREET
 RED WING, MN 55066
 (651) 388-2833 • (651) 388-1511
 www.vogelgormanplc.com

The Bluffs Pet Clinic

2518 Old West Main,
 Red Wing, MN 55066
 651-388-1103
 Bluffspetclinic.com

Is your home too LARGE? READY TO DOWNSIZE?

Whether you are ready to sell right away or planning for the future, contact me for a free evaluation.



EXIT REALTY RIVERTOWN

We Can Discuss:
 Pricing • Decluttering • Staging • Home Repairs
TO GET THE BEST PRICE FOR YOUR HOME.

Lori Simonson Broker/Owner/Realtor
 651.380.1886 Licensed in MN & WI
 lori@exitrealtorivertown.com | www.exitwithlori.com



VILLAGE COOPERATIVE
 OF RED WING

Cooperative Housing for Quality Living

Community of Friends and Neighbors

FEWER HASSLES. MORE FUN.

651-388-2029

www.villagecooperative.com



*Thank
You!!!*

Thank you to the following for renewing their memberships:

Janet Fisher	Ann Seymour
Judy Betcher	Marcine Boldt
JoAnn Carlson	Margaret Ekdahl
Gretchen & Adolph Dahling	Don Felmlee
Dennis & Mary Koenig	Bert Madtson
Sharon Sandstrom	Richard Sattre
Dianne Schliep	Deedra Vokes
Robert & Jeanette Stroupe	Jane Wedrickas
Eileen Welsh	Carolyn Anderson
Kay Beckman	Sharon Camburn
Dorothy Crane	Joan Helmer
James & Shirley Halverson	Jim & Mary Machnik
Sue Mahn	Judy Meyer
Leonard Miller	Bonnie Muus
Guy & Linda Napurski	Inge Nemcek
Bruce & Judy Ohlhaber	Bill & Mickey Peterson
Sharon Schroeder	Dick & Jackie Solheim
Peter & Barbara von Haaren	La Rose Priess
Rey & Bev Zimmerman	Anne Wildenborg
Chris & Jacquie Knievel	

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

Myra & Dave Haase	Bruce & Phyllis Klair
Becky Waldvogel	Roxann & Richard Bonde
Carol Lampman	Marlys Long
Jeff Marcus	Elizabeth Skaar
Evy Wedde	Frances Worden
LeRon & Cathie Hohn	



Like us on Facebook. We have changed our page. You may have to 'like' us again.

[Red Wing Area Seniors](#)

ABOUT US

Red Wing Area Seniors at Pier 55 is open to all. The facility is handicapped accessible. No one shall be refused access to programs because of race, religion, sex, color, economic status or disability.

MISSION

*Empowering active living
and lifelong learning*

Red Wing Area Seniors, Inc. Membership!

Your membership will provide you with:

- ◆ Discounts on trips and programs
- ◆ Access to monthly members only luncheon
- ◆ Monthly newsletter *Senior News*
- ◆ Opportunities for service
- ◆ Educational & recreational opportunities

Name(s) _____

Address _____

City _____

State _____ Zip Code _____

Telephone _____

Email Address _____

Birthday(s) _____

New Member _____ Renewal _____

_____ **Individual Membership: \$37**

_____ **Household Membership: \$62**

(2 people to a Household)

Additional donations greatly appreciated.

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

CONTACT US

Phone: 651-327-2255

Hours: Mon-Fri, 9 a.m. - 4 p.m.

Website: www.redwingareaseniors.org

Facebook: "Like" us on Facebook!

Gratitude

What is our **Legacy Giving Campaign?** Call or email Executive Director Kim Wojcik to learn more about including us in your planned giving.
651-327-2255 • rwasdirector@gmail.com

CALENDAR OF ACTIVITIES

June 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
				1 8:30 Stretching 9:30 Wild Women 10 Memoirs 10:30 Puzzle Club 11:15 Duplicate Bridge 4:30 Zumba Fitness 6:30 Zumba Pound	2 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 10:30 Book Club for Women 11 Pilates SENIOR CENTER CLOSSES AT NOON	3
4	5 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 12:30 Euchre 1 Chinese Mahjong 1 Tech Lab 4:30 Zumba Pound 6 :30 Zumba Pound	6 9:30 Yoga 12:15 Body Bar 12:45 Silver Tones 1 Am. Mahjong 2 Laurel & Hardy	7 9 AOA 9:30 Pottery Coffee 11 Scrabble 12 :30 - Chess 1:30 Granny Blankets 2 Chair Yoga 2 Stroke Support 3:30 Advanced Yoga-in the Park	8 8:30 Stretching 9 Men Only Group 9:30 Wild Woman Cards 10:30 Puzzle Club 4:30 Zumba Fitness 6:30 Zumba Pound	9 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv. 11 Pilates SENIOR CENTER CLOSSES AT NOON	10
11	12 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 12:30 500 1 Chinese Mahjong 1 Technology Lab 4:30 Zumba Pound 6:30 Zumba Pound	13 9:30 Yoga 12:15 Body Bar 12:45 Silver Tones 1 Am. Mahjong	14 9 AOA 9 Hearing Screening 9:30 Pottery Coffee 11 Scrabble 12:30 Chess 1 Google Class 1:30 Granny Blankets 2 Chair Yoga 3:30 Advanced Yoga 4 Stroke Support	15 8:30 Stretching 10 Senior Forum "Let's Talk About Sex" 10:30 Puzzle Club 11:15 Duplicate Bridge 4:30 Zumba Fitness 6:30 Zumba Pound	16 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 11 Pilates SENIOR CENTER CLOSSES AT NOON	17
18	19 9 AOA 9:30 Pottery Coffee 12:30 Euchre 1 Chinese Mahjong 1 Technology Lab 4:30 Zumba Pound 6:30 Zumba Pound	20 9:30 Yoga 12:15 Body Bar 12:45 Silver Tones 1 Am Mahjong 2 Travel Club 2:30 Parkinson's Exercise 3:30 Tai Chi	21 9 AOA 9:30 Pottery Coffee 11 Scrabble 12:30 Chess 1:30 Granny Blankets 2 Chair Yoga 3:30 Advanced Yoga-in the park	22 8:30 Stretching 9:30 Wild Woman Cards 10 Writer's Workshop 10:30 Puzzle Club 12:15 Food w/Friends 2:00 Parkinson's Support Group 4:30 Zumba Fitness 6:30 Zumba Pound	23 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 11 Pilates SENIOR CENTER CLOSSES AT NOON	24
25	26 9 AOA 9:30 Pottery Coffee 12:30 500 1 Chinese Mahjong 1 Technology Lab 4:30 Zumba Pound 6:30 Zumba Pound	27 9:30 Yoga 12:15 Body Bar 12:45 SilverTones 1 Am Mahjong 2:30 Parkinson's Exercise 3:30 Tai Chi	28 9 AOA 9:30 Pottery Coffee 11 Hidden Figures Movie 11 Scrabble 12:30 Chess 1:30 Granny Blankets 2 Chair Yoga 3:30 Advanced Yoga-in the park	29 8:30 Stretching 10 Writer's Workshop 10:15 Swiss Bridge 10:30 Puzzle Club 4:30 Zumba Fitness 6:30 Zumba Pound	30 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 11 Pilates SENIOR CENTER CLOSSES AT NOON	



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

NON PROFIT ORGAN.
U.S. POSTAGE
PAID
Permit #134
Red Wing MN

ADDRESS SERVICE REQUESTED

**SENIOR CENTER
CLOSES AT NOON
ON FRIDAY DURING
JUNE, JULY & AUGUST**

**HELP PROTECT
YOUR FAMILY & HOME**
CALL NOW! 1-888-891-6806




► Reach the Senior Market
ADVERTISE HERE

CONTACT

Michael Hartig to place an ad today!
mhartig@4LPi.com or (800) 950-9952 x2614

Valentines
The heart of the home

Both of our homes are small, Valentines is home to 15 seniors and at Loving Residence, 10 seniors call it home. When you enter Valentines or Loving Residence you will understand why we call it home. You won't be greeted by massive staircases, large meeting areas or dining rooms that can accommodate a hundred or more diners. Instead you will find and feel a sense of home. Our locations are staffed 24 hours a day with trained/qualified caregivers under the supervision of an RN.



Call Sandy McDonald for your personal tour today!
Office: 651-388-1650
sandy@valentinesllc.com • www.valentinesassistedliving.com

Valentines **Valentines Loving Residence**
2557 Eagle Ridge Dr. 1760 Perlich Ave.
Red Wing, MN 55066 Red Wing, MN 55066




Untethered Wellness
Untethered Wellness | Brain Based Health
Neuro Therapy for improved:
Cognitive Function & Memory
Stress & Trauma Release

507-279-2926 Hannah Ricks, RN
www.untetheredwellness.com