Pier 55 News
RED WING AREA SENIORS
May 2017
Red Wing, Minnesota • Vol. 59, No. 5

Let's Go for an Nice, Easy Hike!

Carly State Park in Plainview, Minnesota

Thursday, May 4
Cost: $4 members; $6/non-members
Register by May 1 • Limit - 20

Leave Pier 55 in car pools at 8 a.m. Drivers need a park pass. The guided hike is from 9:30 -10:30 to look at lovely blue bells, followed by a picnic. Nice level trails run along a creek.

Birding Hike at Frontenac State Park

- Camera
- Sunglasses
- Hat • Bug spray
- Sun lotion

Wednesday, May 17, Cost: $4 members; $6/non-members
Register by May 10. Limit - 15

Meet at rest stop at 9 a.m. Come by yourself, bring a friend or carpool, and park at the wayside rest stop at the junction of County Road 2 and Highway 61. This trip filled up fast last year.

We are fortunate to have the services of **Bruce Ause**, former director of Red Wing Environmental Learning Center, to lead Master Naturalist Programs, including the Birding Hike and at Carly State Park.

Stephani Pine Forest Hike-

Tuesday, June 6 • No cost • Pre-registration needed. Limited number.

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.

All four outdoor activities are

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Volunteer Appreciation Luncheon May 15

We are bloomin' with appreciation for our talented, dedicated volunteers at Red Wing Area Seniors. Please come at noon Monday, May 15, to partake in a free lunch catered by Fiesta Cancun. It's our way of saying thank you! Who should come? If you help us in any way with your time or

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

May Forum

Thursday, May18 • 10 a.m.

Robert "Bob" L. Karol, Ph.D., L.P., ABPP-RP, CBIST

How To Prevent Falls

Do you have a physical condition or prescription side effect that makes you unsteady on your feet? Dr. Karol will share his expertise to help you cope -- or perhaps improve -- your ability to walk steadily.

As the vice president of Brain Injury Services, Dr. Karol is responsible for programmatic leadership, marketing, and admissions for Welcov Healthcare. Welcov offers long-term care, assisted living facilities, and other services through specialty programs including brain injury treatment, memory care, and ventilator care with about 50 programs across multiple states. Dr. Karol is board certified by the American Board of Professional Psychology (ABPP) as a rehabilitation psychologist and is certified by the Academy of Certified Brain Injury Specialists (ACBIS) as a specialist trainer (CBIST). He received the American Psychological Association Rehabilitation Division Lifetime Practice Excellence Award in 2015 for contributions to the field of rehabilitation psychology. He is a member of the Minnesota Academy of Medicine.

How to Identify Strokes F-A-S-T; National Stroke Awareness Month

Could you tell if a spouse or friend were having a stroke? Here's a fast technique using letters:

F= FACE -- Ask the person to smile. Does one side of the face droop?

A=ARMS - Ask the person raise both arms. Does one arm drift down?

S= SPEECH - Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?

T= TIME - If you observe any of these signs (independently or together), call 9-1-1 immediately.

Stroke Support Group

2nd Wednesday • 2-4 p.m.

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.

"Food With Friends"

May 25th

12:15 - 1:30 p.m.

Cost $7.25 Preregister by May 22

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" will be the FOURTH Thursday 12:15-1:30 p.m. in our Community Room.

Monthly Movie "Last Vegas"

Thursday, May 11
12:30 p.m.
No Cost Length: 1:45

Movie will start on time!!

Let these four major hunks entertain you . Popcorn is provided.
Membership not required
See you at the movies!

Red Wing Shoe Foundation Awards Matching Gift

Marian Fitschen and Carmen Seipel, retired Red Wing Shoe employees, each have volunteered 20 hours at RWSC. For their volunteer service, "The Shoe" foundation has donated $500 to us through the ***Partners in Sharing Program.*** Past and current employees can have a gift matched or do what these two super women did -- provide volunteer service. Contact Executive Director Kim Wojcik for more information.

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.

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, May 2 • 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.

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

May 17 • 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 Walshes for instruction.

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Meet Our Board Members

Pastor Karl Rydholm

Pastor Karl Rydholm, associate pastor at United Lutheran Church, 5th and Dakota in Red Wing, has been selected as a member of the board of Red Wing Area Seniors, according to President Tom Walsh.

Passionate about caring particularly for people who have experienced many years of life, he treasures their wisdom, insight and faith stories they have to share. While he grew up in Easton, Mass., he attended college at Gustavus Adolphus in St. Peter, Minn. Pastor Rydholm then worked as a respiratory therapist at a local hospital in St. Peter after his graduation. There he met a nurse, Laura, who became his wife. The couple have two adult children, Siri and Anders. He graduated from the Lutheran School of Theology at Gettysburg, Pa., and has been a parish pastor and chaplain in hospital and long-term care settings. He enjoys golf, softball, cooking, reading and walks.

Shop at Pier 55 Gift Shop
For Mother's Day, Sunday, May 14

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

Hand-crafted lap throws, jewelry, scarves, wood carvings, kitchen towels, beauty products and soaps are among the many "finds". There are also the special memory stuffed bears and pillows made from treasured fabrics of clothing worn by Mom's late spouse or relatives.

Mother's Day was first celebrated in 1908 when Anna Jarvis held a memorial for her mother, Ann Reeves Jarvis, at St Andrew's Methodist Church in Grafton, W.V. Ann Jarvis was a peace activist who cared for both Union and Southern wounded soldiers. She created Mother's Day Work Clubs to address public health issues. In 1914, President Woodrow Wilson proclaimed Mother's Day to be the second Sunday in May.

Annadee's May, 2017 Calendar

S	Tue	Wed	Thu	Fri	Sat
	2 Surprise!	3 Seniors Save 25%	4 Here comes the sun! All Shorts $1.00	5 Shake Rattle & Roll	6 GO GREEN! 50% OFF WITH YOUR ANNADEE'S TOTE
	9 Items with Pink Stickers 30% Off	10	11 Clothing with Peach Tags—25% Off	12	13
	16 All Sporting 40% Off	17 GO GREEN! 50% OFF WITH YOUR ANNADEE'S TOTE	18 Clothing with Peach Tags—50% Off	19	20
	23 Items with Pink Stickers 60% Off	24	25 Clothing with Peach Tags—75% Off	26	27 Annadee's Closed for Memorial Day
	30 Double Punch Tuesday—Spend $10 get 2 punches on Card!	31 Clothing with Peach Tags 75% Off			

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

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
May 5: ***The Wednesday Sisters*** by Meg Waite Clayton
June 2: ***Brooklyn*** by Colin Tobin
July 7: ***Marjorie Morningstar*** by Herman Wouk

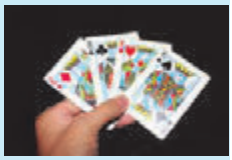
Writer's Workshop

4th Thursday of each month
May 25 • 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, • Noon-2
Thursdays, May 12 & 26 • 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, May 4 & 18 • 11:15 a.m.
Looking for something fun and challenging for your mind? Bridge is a great game!

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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!

Get Fit With Emily and Sarah

Tuesdays • 8:30 - 9:10 a.m.
Cost $25/10 classes
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
Cost: $4 per class; $6 non-members.
10-class punch cards are available.

Try Tai Chi

If you are interested in Tai Chi, stop or call for more information. Instructor: Patty Svien, RPT

COLORING CONTEST

Adult coloring books are all the fad these days . . . So Red Wing Area Seniors thought we'd join the fun and have a coloring contest. See Page 10.

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 4:30 p.m. and Thursday 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

Pay per class	Punch Card
$10 per any class	4 Classes $35; buy 4 , get 1 class FREE
$7 student and Sr. Discount	8 Classes $60; buy 8, get 2 classes FREE
	16 classes/$100 - buy 16, get 4 FREE

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

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.

Silver&Fit Exercise & Healthy Aging Program

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

BIKE SURVEYS RETURNED!

Thank you for the great response to our survey. We had more than 60 completed surveys returned to Pier 55. Stay tuned for more info on the potential of bikes being loaned from Pier 55.

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.

Yoga poses will be done standing or in a chair.

* *

Parkinson Wellness Recovery (PWR)

Tuesdays • 2:30 - 3:30 p.m.
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.

Advanced Yoga

Wednesdays 3:30 - 4:30 p.m.
Cost: $4 per class for members, $6 per class non-members. 10-class punch cards are available
Instructor: Jessica Richmond

Jessica Richmond offers this new yoga program.

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.

NAPS: Nutrition Assistance Program for Seniors

Tuesday, May 16 • 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.

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.

ROSE PARADE TRIP INFO

You are invited:

Tuesday, May 16, at 2 p.m.
Join us for coffee and donuts to get all the information from Kelsey at Premier Travel about the Rose Parade trip.

Ask about handicap accessability.

Shop 'Til you Drop #2

Eagan Outlet Mall
Tuesday, June 8
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.

See June Newsletter for These Trips

August - We are planning a trip on the Stillwater River Boats with a first-class buffet and music on the boat by "The Emperors of Jazz." More details coming in June.

September – It's baseball time again! We are getting the final details on a trip to cheer for the Saint Paul Saints. Another day, we will go to the Day Tripper Theatre (Cedar Ave. north of Minnesota River).

Capitol Curiosity

Wednesday, May 10
Leave: 7:30 a.m. - 5 p.m.
Cost: $50 members; $58 non-members
This trip is full but we are taking names on a waiting list. If there is enough interest we will book a second trip.
The bus will park close to the capitol building; there are no steps to climb to enter. There will be a lot of walking the whole day. Two tours will be offered AT THE CAPTOL: one for less abled persons accessing elevators.

Rose Parade & New Year's

Dec. 30, 2017 – Jan. 4, 2018

This is the BIG one! Everyone loves a parade, especially the Rose Parade in Southern California! You don't want to miss this colorful adventure. Join us on this wonderful trip for 5 nights in Southern California! 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

BELLA ITALIA

Nov. 2-14
Florence * Rome * Pompeii
Tour price: $3,739 pp

Join us this fall for a beautiful tour of Italy. Italy has so much interesting culture and history, including great culinary delights and unique scenery.
This tour will include the sites that everyone dreams of seeing when they think of Italy.

A $500 payment is due with the application; final payment is due by Aug. 1.

For more information go to www.cetatours.com

Important

NEW **Trip Refund Policy**.
A 20% administration fee will be charged to anyone who cancels a day trip within 5 business days of the trip departure date.

4 Days and 3 Nights on the Range

The Hibbing Iron Range
Tuesday, June 13-16
Single $399
Double $340
Triple $299

Join us on the great summer trip! Price includes 8 Meals, admission to all attractions, bus ride, hotel stay and tour guiding.
We will stay at the Holiday Inn in Mountain Iron. Trip will include:

Lunch at Sammy's Pizza
Hibbing Historical Society Museum
Hibbing High School
Greyhound Bus Museum
Hull Rust Mine
Hotel welcome reception and buffet

Forest History Center
Lunch -- 17th St. Grill
Judy Garland or Paper Mill Tour
Minnesota Discovery Center tour/trolley ride

North American Bear Center
International Wolf Center
Lunch and shopping in Ely
Soudan Underground Mine
Buffet Supper at hotel
Red Willow

Accessibility may be limited in some areas. Ask before you book.

Half of the fee is due when you register with the ***final payment due by May 18***.
Return to RWAS/Pier 55 -- 240 Harrison St., Suite 2 -- Red Wing, MN 55066

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4 Days and 3 Nights on the Range

Name/s_____

Address _____

Email _____

Phone Number _____

Single $399 _____ Double $340 _____ Triple $299 _____

Roommate/s names

_____

_____

Name:_____Phone:_____Age:_____

You must be 48 years of age or older to submit your picture for a prize. THREE grand prizes (each $50 value) will be awarded. Entries are due by **4 p.m. Thursday, May 13.** Pictures will be assigned a number for anonymous voting. Entries will be hung at Pier 55 where voting will take place May 20 - May 24.

Drop off or mail to Pier 55, 240 Harrison St., Suite 2, Red Wing, MN 55066.

(For office use only: Entry #_____)

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Mike Murphy, 612-500-2888 or email Michael.Murphy@nationalcremationsociety.com
www.nationalcremation.com

Casino Trips

Grand Casino - Hinckley, Minn,

Thursday, May 25
Leave: 7:30 a.m.
Cost: $20 pp (transportation, $10 free play).
Registration due by May 18.

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

2017 Sugarloaf Motor Coach Tours

Full details available at Pier 55.
April 30-May 5 -- Spring Time in Branson, MO
April 25 – Vikings/US Bank Stadium Tour w/lunch at stadium

Information by Request from Sugarloaf:

Contact Ken at Sugar Loaf Tours, 507-202-5630 or kcrameyer@gmail.com).
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

Member Sends Thanks for Technology Help

A thank you letter from a member who used the free Monday technology support with Tom and Judy Walsh.

* * *

I want to say thank you for the technology support you offer! To say the least, it is crazy making, to not be able to navigate a phone or computer when it is such a huge part of our daily lives. I came needing help with a new phone and had been at an impasse for many weeks. Your kindness, patience and skill level were very welcoming and very needed. With some practice, I may be successful with the beginning basics on my phone! Thank you for making yourselves available and sharing your skill set with those of us in need.
Blessings,
Member RWAS

You Could Reduce Your Car Insurance through the AARP Smart Driver Program

8 Hours over 2 days
Monday & Tuesday, May 15 &16
Time: 5-9 p.m. each day
Cost $24
Location: Red Wing High School; enter door #10 on right side of building. Park in front of Door #10.

In this 8 hour course, you'll learn new traffic laws and rules of the road, defensive driving techniques, and proven safety strategies for operating your vehicle in today's increasingly challenging driving environment. There is no driving or graded testing involved. Class completion may qualify drivers age50+ for a 10% multi-year discount on car insurance. A certificate of completion is provided for persons to follow up with personal insurance agent.
Participants must have their driver's license number available at class. AARP members must bring membership card or number to class.
Register through Red Wing Community Education at 651-385-4565 or online at www.rwps.org.

Gandy Dancers Historical Display

Gandy Dancers model railroaders display miniature Caterpillar equipment at Pier 55. Right: original CAT ID card, caps and work log from a member .

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.

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.

Board and Staff

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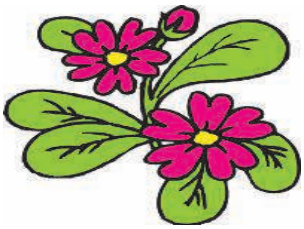

Thank You!!!

Thank you to the following for renewing their memberships:

Sandra & Lawrence Carrington
Rich & Karen Chalmers
Keith & Joan Larson
Deb Rindels
Janice French
Richard & Laura Johnson
Norman & Adaline Sampson
Mady Usem
Mary Pat Cole
Janet Erickson
Carol Gustafson
Lois Hotchkiss
Mary & Gene Kennedy
Leon & Johnni Mullenbach
Marian D. Nelson
Bunny Petersen
Lyle & Peggy Scherff
Terry & Marlene Shelstad
Barbara Toomey-Yara
Jane Falls
Marilyn Claussen
Jim Lyons
Jane Whiteside
Pam Hallahan
Ardis Kyker
David & Avis Sucher
Marlys Alms
Ken & Sheila Dicke
Bob & Susan Goetz
Joan Heineman
Suellen Karow
Lois Klindworth
Cheryl Larson
Jack & LuAnn Olson
Kae Marie Roberts
Meredith Severson
Joyce & Jay Smith
Janet Streff

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

Bonnie Luhmann
Steven & Rose Voigt
Susan Crocker
Ben & BJ Norman

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

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
- Discounts with select local businesses
- 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

May 2017

Deadlines

May 10- Birding
May 18 - Hibbing & Hinckley
May 22 - Friends Lunch
May 30 - Diamond Jo

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	1 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	**2** 8:30 Sarah/Emily 9:30 Yoga 12:15 Body Bar 1 Am. Mahjong 2 Silver Tones 2 Laurel & Hardy 2:30 Parkinson's Exercise	**3** 9 AOA 9:30 Pottery Coffee 11 Scrabble :30 Chess 1:30 Granny Blankets 2 Chair Yoga 3:30 Advanced Yoga	**4** 8:30 Stretching 10 Memoirs 10:30 Puzzle Club 11:15 Duplicate Bridge 4:30 Zumba Finess 6:30 Zumba Pound	**5** 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 10:30 Book Club for Women 11 Pilates 12 -Wild Woman	**6**
7	**8** 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 12:30 500 1 Chinese Mahjong 1 Tech Lab 4:30 Zumba Pound 6 :30 Zumba Pound	**9** 8:30 Sarah/Emily 9:30 Yoga 12:15 Body Bar 1 Am. Mahjong 1 Silver Tones 2:30 Parkinson's Exercise	**10** 9 AOA 9 Hearing Screening 9:30 Pottery Coffee 11 Scrabble 12 :30 - Chess 1:30 Granny Blankets 2 Chair Yoga 2 Stroke Support 3:30 Advanced Yoga	**11** 8:30 Stretching 9 Men Only Group 9:30 Wild Woman Cards 10:30 Puzzle Club 12:30 Movie 4:30 Zumba Fitness 6:30 Zumba Pound	**12** 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv. 11 Pilates	**13**
14	**15** 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 12:30 Euchre 12 Volunt Apprec. 1 Chinese Mahjong 1 Technology Lab 4:30 Zumba Pound 6:30 Zumba Pound	**16** 8:30 Sarah/Emily 9:30 Yoga 12:15 Body Bar 1 Am. Mahjong 1 Silver Tones 2 Travel Club 2:30 Parkinson's Exercise	**17** 9 AOA 9:30 Pottery Coffee 11 Scrabble 12:30 Chess 1 Google Class 1:30 Granny Blankets 2 Chair Yoga 3:30 Advanced Yoga	**18** 8:30 Stretching 10 Senior Forum 10:30 Puzzle Club 11:15 Duplicate Bridge 4:30 Zumba Fitness 6:30 Zumba Pound	**19** 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 11 Pilates	**20**
21	**22** 9 AOA 9:30 Pottery Coffee 12:30 500 1 Chinese Mahjong 1 Technology Lab 4:30 Zumba Pound 6:30 Zumba Pound	**23** 8:30 Sarah/Emily 9:30 Yoga 12:15 Body Bar 1 Silver Tones 1 Am Mahjong 2:30 Parkinson's Exercise	**24** 9 AOA 9:30 Pottery Coffee 11 Scrabble 12:30 Chess 1:30 Granny Blankets 2 Chair Yoga 3:30 Advanced Yoga	**25** 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 Zmba Pound	**26** 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 11 Pilates **6 p.m. - Field Of Honor Bay Point**	**27**
28 **Field Of Honor**	**29** **Memorial Day** * * * **Field of Honor** * * * **Pier 55 Closed**	**30** 8:30 Sarah/Emily 9:30 Yoga 12:15 Body Bar 1 Silver Tones 1 Am Mahjong 2:30 Parkinson's Exercise 3:30 Tai Chi	**31** 9 AOA 9:30 Pottery Coffee 11 Scrabble 12:30 Chess 1:30 Granny Blankets 2 Chair Yoga 3:30 Advanced Yoga			

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