

NOVEMBER 2016

Red Wing, Minnesota • Vol. 58, No. 11

HOLIDAY BAZAAR and BAKE SALE

Thursday and Friday -- Nov. 17 and 18

Stop by our holiday bazaar and bake sale fundraiser
Thursday, Nov. 17, 9 a.m. - 7 p.m., and Friday, Nov. 18, 9 a.m. to
1 p.m., at Pier 55, 240 Harrison, Red Wing, in the Pottery Annex.

The whole building will be **buzzing** and we would love for
you to join the fun. **Members, non-members and friends welcome!**

Join us to enjoy coffee, hot cider and baked goods. Several
area crafters will be at Pier 55 selling their one-of-a-kind handmade
goods. The Pier 55 gift shop will be open as will our neighbor, the
Red Wing Pottery Museum. It offers classic holiday items for gifting.

**Look for our demonstrations: A local potter will be spinning
raw clay into fantastic pottery and a rug-maker will show what is a
somewhat forgotten skill. Look for more fun booths on Thursday.**

Contact Stef at 327-2255 if you would like to consign your
handcrafts at the bazaar. No need to be a member to consign.



**HAPPY BIRTHDAY,
ANDREE!**

The M-W-F exercise class
isn't all stretch and sweat!
Classmates surprised their bashful
buddy with a special cake.
(Suppose it was sugarless and
low-fat?)



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GIVE TO THE MAX DAY EVENTS!

Thursday, Nov. 17

9 a.m. – 7 pm.

This year Red Wing's *Give to the Max Day* Celebration will be
headquartered at our Pottery Annex in conjunction with both the Pottery
Museum's and Red Wing Area Seniors' annual holiday bazaars! Seniors
and friends are invited to come to the Annex Nov. 17 between 9 a.m. and 7
p.m. to donate financially and take part in a fun-filled day of events.

Many local non-profit organizations will join us to share the news about the
great work they do for fellow citizens in Red Wing and Goodhue County.



Viking Stadium Trips

People have been raving about how wonderful the first two stadium trips were! We have two more trips scheduled: Monday, Dec. 5 (**Full**), and Wednesday, Dec. 14. (open). Bus trips depart at noon from Pier 55 and return around 4 p.m. Call or stop in to make sure you get a spot for our upcoming ventures! Trouble walking? Bring your own wheel chair; the stadium does not have loaners. RWAS has a couple of wheel chairs to loan. **REGISTER NOW**



Harland Schultz



Joe Lommel



Mary Roskam



ALL PROGRAMMING IS CANCELLED:

CANCELLED

Thursday, November 17

Friday, November 18

Please join us for the Holiday Bazaar,
Bake Sale and Give to the Max Day!

The Night Before Christmas Tea Party



Lois Burnes is back with another tea party on Thursday, Dec. 8, at 10:30 a.m. The theme is *The Night Before Christmas*, the classic children's story written by Clement Clark Moore. You'll be charmed by the special table place settings, holiday food and a presentation on the history of this enduring book.

We're sorry -- but both tea times are **FULL**.

ENTERTAINMENT



Love to Sing Christmas Carols?

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

The Silver Tones practice • **Tuesdays at 1 p.m.**

Senior Monthly Dances

are back the **2nd Sunday** each month from 4 - 7 p.m. We are looking into a dance floor in the community room and want to know how many people are interested in dances, dance lessons, and a Zumba gold class. Contact Kim if you are interested in attending dances or being part of this exciting project.



How Annadee's Thrift Store

The name Annadee's combines the monikers of Anne Lundvall and Deloris Tubbesing and represents the combined efforts these two have put into the "Clothing Shelf" over the years. Annadee's started as a free clothing shelf in the old Central High School building. In 1996 Dr. Roy Hakall and the Kiwanis Club held a garage sale and their left-over merchandise started wheels turning.

At this time the shop was run by volunteers -- one of whom was Anne -- who operated out of the high school until the shop was required to move. In 1998 the City approved the shop's moving to the old hospital, supervised by Cyndi Smith, head of social services. That's when Dee Tubbesing got involved.

Previously called the "Free Store," the shop's new location required charging small fees to cover overhead. On July 1, 2000, it became the Red Wing Clothing Shelf. To help people without means, it offered a voucher system. Red Wing Area Seniors became coordinator of the Red Wing Clothing Shelf in 2000. Not too long after, the shop was renamed Annadee's to honor the dedication of Anne and Dee.

Estate Planning Clinic-- No Cost Presented by: Southern Minnesota Regional Legal Services

Tuesday, Nov. 15
Noon – 3 p.m.

Attend this clinic and get a FREE will, health care directive and power of attorney (POA).

Low income seniors may be eligible for services from this clinic. An income screening and registration is required. Call for information: 1-888-575-2954, or apply online at www.justice4mn.org through UCARE

Seizure Recognition and Response Training

Presented by: Epilepsy Foundation

Thursday, Nov. 10
9:30 - 10:30 a.m. No cost

Registration is required. Call or stop by the front desk. 651-327-2255

Annadee's November 2016 Sales Calendar



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

S	Tue	Wed	Thu	Fri	Sat
	1 Thanksgiving Items with White Tags 60% Off	2 Seniors Save 25%	3 Craft Supplies 40% Off	4 Buy one Clearance Book— Receive one Clearance book FREE	5 GO GREEN! Bring your Annadee's Tote bag for 50% off
	8 Items with Orange Stickers 30% Off	9	10 We are Thankful for our Customers 20% Off Storewide No exclusion!	11 Coat Sale 30% Off	12 Boot Sale 25% Off
	15 # Pound Sale	16 GO GREEN! Bring your Annadee's Tote bag for 50% off	17 Clothing with Peach Tags —25% Off	18	19
	22 Clothing with Peach Tags —50% Off	23	24 Thanksgiving Day Annadee's Closed	25 Holiday Annadee's Closed	26 Items with Orange Sticker 60% Off
	29 Clothing with Peach Tags —75% Off	30			

ENTERTAINMENT AND GAMES

Book Club for Women

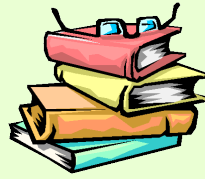
First Friday • 10:30 a.m.

Facilitator: Jane Whiteside

Nov. 4: *Good Night, Mr. Wodehouse* by Faith Sullivan

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 at 10 a.m All are welcome.



Attention Chess

Players *NEW*

We have had talk of bringing back a chess club! We are looking for a few more players. Beginning Wednesday, Nov. 9, we will have matches from 11 a.m. to 1 p.m. to see if there is interest. Dig out your boards and chess pieces!



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 Nov. 10 • 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, Nov. 3 • 11:15 a.m.

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

Advanced Bridge Lessons

Thursdays, Nov. 10, 11 a.m.

Swiss Bridge— Dec. 29 at 11:15 a.m.

For more information, call or stop in.

Join us for a trip! No membership required!

Dinner and "Nuts"

Mantorville
Theatre Company
at the Historic Opera House



Date : Saturday, Nov. 19
Time: 3 p.m.
Cost: \$60 members,
\$70 non-members
Registration deadline: Nov. 16



- * Hubble House
- * Mantorville Theatre "The Nutcracker's Nuts"

Start the holiday season with dinner at the famous Hubbell House Restaurant in Mantorville. The historic building was built in 1856 and renovated in 1963 to look as it did in 1875. We will dine in the private Stagecoach dining room. (4 entrée selections)

HUBBELL HOUSE

Tradition Since 1854



Restaurant & Lounge

After dinner we will cross the street to Mantorville Opera House and enjoy their interpretation of "The Nutcracker's Nuts."

What's this all about? A retirement community in Northern Lower

Peninsula of Michigan decides to perform something new, like THE NUTCRACKER. A wonderful idea! Except no one knows it is a BALLET, and no one can DANCE. Confusion and comedy reign!



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



See the Guv's Digs; Sip Holiday High Tea; Enjoy Great Theatre -

Date: Tuesday, Dec. 6
Time: Leave 9 a.m.; back 5 p.m.

Cost: \$ 75 members,
\$85 non-members

\$6 less if Science Museum member
Registration deadline: Nov. 30

- * Governor's 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? We'll award a prize for "best hat representing our generation"!



"I haven't been everywhere, but it is on my list." - Susan Sontage



Mayo Mansion, Festival of Trees and More!

Date: Saturday, Nov. 26

**Cost: \$35 members,
\$45 non-members**

Time: 8:30 a.m. - 5 p.m.

Registration deadline: November 23

(Grandchildren are welcome)

- Mayo Mansion
- Hy-Vee on Circle Drive
- Rochester Civic Center- "Festival of Trees"
- Rochester Mall (time permitting)

Holiday fun! Take a day off and join your friends for a visit to Rochester. First we will enjoy a tour of Maywood decorated for the holidays. **A MUST SEE!**



Then we'll have lunch at the spiffy new Hy-Vee grocery on Circle Drive. Enjoy the salad bar, a hot meal, or just dessert. (Have three desserts if you want! What happens in Rochester, stays in Rochester!) Take a little time to walk through all 2 acres of groceries and fresh produce. Make a purchase or two.



SPAM I AM

*Hormel Institute,
New Spam Museum,
Old Mill Restaurant,
and Ethanol Plant*

You asked, we answered! We're offering a day trip to the new Spam Museum in Austin.

Tuesday, January 17

7a.m. - 6 p.m.

Cost: \$55 member; \$65 non-members

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

Then we're on to the new SPAM Museum. Audios, videos and displays depict the rich history of Hormel Foods. This tour is interactive, educational and fun for all ages. Our lunch will be at The Old Mill, a former 1850s flour mill on the Cedar River overlooking the Ramsey Dam. It is 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.

Finally, we will drive to Claremont for a one-hour tour of Al-Corn Clean Fuel Ethanol Plant.

NOVA SCOTIA & THE MARITIMES

With Cape Breton & Prince Edward Island

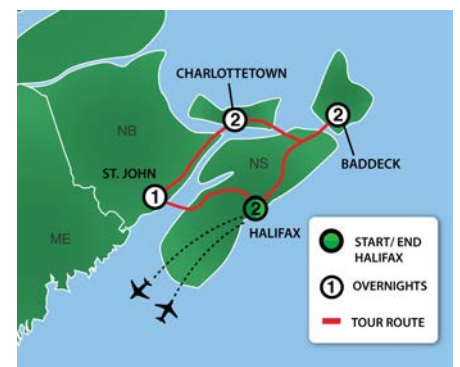
Aug. 26-29, 2017 -- 8 days

Cost: \$3,295 double; add \$500 for a single

Fly to Halifax and take a deluxe motor coach to St. John, Charlottetown, and Baddeck. You'll have a professional tour manager, 7 nights quality accommodations and 13 meals.

*Halifax City Tour
Anne Green Gables Home
Prince Edward Island
Alexander G. Bell Museum
Cape Breton Island

Bay of Fundy National Park
The Cabot Trail
For Anne Historic Site
Peggy's Cove and Lunenburg



Contact Mike at Landmark Tours, 651-490-5408 or 1-888-231-8735.

WEEKLONG 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



Savannah, Charleston, & Asheville

*Treasures of the
Southeast*

April 3 - 9, 2017
7 Days

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

Fly to Atlanta and take deluxe motor coach to Savannah, Charleston and Asheville. You will spend 6 nights in quality accommodations and enjoy 11 meals.

Professional tour manager
Itinerary activity admission
Deluxe motor coach transportation

- Savannah Historic District
- 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/>



CASINO TRIPS

Prairie's Edge Casino -- Granite Falls

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.

WATCH FOR INFORMATION ON FUTURE SUGARLOAF TRIPS . . .

Christmas in Branson, Missouri — Nov. 3-7 (**SOLD OUT**)
Nashville at Christmas -- Nov. 16-21



MONTHLY FORUM

Thursday, Nov. 17

10 – 11 a.m.; no cost

**Our friend Lois Burnes
will present *Golden
Memories*, about the
popular and enduring
Little Golden Books.**

**Do you still have some Golden Books
from your childhood or from your
children? Bring them, or just share
the name of your favorite little book
and learn about the history of this
publishing phenomenon.**



SERVICES

NAPS: Nutrition Assistance Program for Seniors

Tuesday, Nov. 15 • 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 • 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.



Political Candidates

Lisa Bailey Meet and Greet

A candidate running for State Representative District 21 A, Attorney Bailey will speak and answer questions here Thursday, November 3 9:15 – 10 a.m.

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 laptops to use on site. Sign out at the front desk.

Google Class

Judy and Tom Walsh

• November 9, no cost

Learn about Google Drive, Google Sheets, Google Cal-

Quantum Neuro Reset Therapy



Untethered Wellness is a new business focused on enabling people to break free from emotional trauma – no matter the size. Owner Hannah Ricks is a certified Quantum Neuro Reset Therapy (QNRT) practitioner. QNRT is a protocol designed to initiate a quantum shift by resetting the brain from emotional shocks and trauma lodged in the nervous system.

For information visit www.untetheredwellness.com, or email Hannah@untetheredwellness.com, 507-279-2926. Untethered Wellness is located at 1610 W 3rd St., Red Wing, in the Workforce building.

Pier 55 Special: Mention this ad for \$25 off your first session of QNRT.

Introduction to Red Wing Pottery Video Histories

-- *Share Your Stories* --

Date: Wednesday, Nov. 16

Time: 10:30 -11:30 a.m.

Place: Pottery Museum of Red Wing Event Room

Michelle Weisen, archivist from the Pottery Museum, is seeking to videotape former employees and their relatives who have stories about the pottery while it was in operation. Video may now be used in museums to record these oral histories. All video is filed in the archives for historical purposes.



Come to this information session or contact Michelle at 651-327-2220 or mweise01@yahoo.com

Welcome to Our New Volunteers

You may see two people volunteering at the front desk and cleaning. Welcome to Pat B and Linda R! Thank you!

SENIOR HOMEWORK

The Senior Homework program provides volunteers who do 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 costs for the work. You will need to fill out a waiver. ***If you or someone you know needs some minor home repair assistance or if you would like to be a volunteer with this program, please contact Stef at 651-327-2255.***



Where Is That Class?

Unless otherwise specified all classes, activities and events of Red Wing Area Seniors are held at Pier 55.

Registration is always at the Pier 55 front desk, in person or by phone:

**240 Harrison St., Red Wing, MN
651-327-2255. Contact the front desk for
additional information —
reception.pier55@gmail.com**

Holiday Train Show

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.)



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.

AT PIER 55 — IMPORTANT PERSONAL SERVICES

Wednesday, Nov. 9.....9:00.....	Hearing Screening.....	Terry Carlson
Thursday, Nov. 109:00.....	Men Only Group	Men as Caregivers
Tuesday, Nov. 15.....9:45-10:15	NAPS Distribution.....	Call 1-877-500-8699
Cancelled in Nov.....	Parkinson's Support Group	Pat Kernan, Facilitator



FITNESS AND FUN

We accept **SILVER** and **Fit**

Use **YOUR Health Insurance Benefit:**
Silver & Fit Accepted at Pier 55!

Red Wing Area Seniors now offers Silver and Fit reimbursement for our fitness classes. Stop in or call to get more information. See pages 11-12 in this newsletter for details about our class offerings. There's a class for whatever your skill and interest level may be.



For information on Silver and Fit, call your insurance provider or check this website:

<https://www.silverandfit.com/>

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

Sarah and Emily

Tuesdays 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



Emily

Sarah



Try Tai Chi for FREE –

Patty Svien *NEW*

Tuesdays • 4 - 5 p.m.

Class will be Tuesdays through Nov. 22. 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.

Start anytime

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



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. Ralph Ryan
 Secretary Jan Wall
 Treasurer Gary Johnson

Directors

Ben Stephani	Dan Mjolsness
Marm Nihart	Jessica Wheeler
Doug Blakesley	

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



Thank You!

Thank you to the following for renewing
their memberships:

Pat Bushey	Carol Chase
Penny Curtis	Marge Frost
Alice Klevan	Lennis Mayer
Cheri Roberts	Charles Schneider
Robert & Anna Brown	Rose Breuer
JoAnne Burkard	Donna Christiansen
Mike & Linda Gardzinski	Phyllis Hendrickson
Robert & Genene Gordish	Lucia LaRuffa
Carol McNary	Arlis Meincke
Mickey Moore	Dorothy Naseth
Nona Nelson	Delores & Bill Phillips
Chuck & Rose Propst	Janice Quell
Mary Riniker	Gladys Savage
Royce & Cherie Rundquist	Martha Thomas
Roger & Carol Sammon	Arnie & Karen Strusz
Donald Timm	Hazel & Andy Vukmir



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

Charles & Mary Baltos	Arlene Freewalt
August Hohl	Delores Morud
Kay Trainor	Martha English
Susan Ottman	Patty Svien
Judy Hong & Ted Tapanila	

ABOUT US

Red Wing Area Seniors/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.

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

November 2016

SUNDA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
		1 8:30 Get Fit 9:30 Yoga 1 Am. Mahjong 1 Silver Tones 3 Parkinson's Exercise 4 Tai Chi	2 9 AOA 9:30 Pottery Coffee 11 Scrabble 11 Puzzle Club 1:30 Granny Blankets 2 Chair Yoga	3 8:30 Stretching 9:15 Lisa Bailey 9:30 Seizure Training 10 Memoirs 10 Knitting 11:15 Duplicate Bridge	4 9 AOA 9:30 Pottery Coffee 10:30 Book Club for Women 11 Pilates	5
6	7 9 AOA 9:30 Pottery Coffee 10:30 Balance 12:30 Euchre 1 Chinese Mahjong 1 Technology Lab	8 8:30 Get Fit 9:30 Yoga 1 Am. Mahjong 1 Silver Tones 3 Parkinson's Exercise 4 Tai Chi	9 9 AOA 9 Hearing Screening 9:30 Pottery Coffee 11 Scrabble 11 Chess *NEW* 11 Puzzle Club 1 Google Class 1:30 Granny Blankets 2 Chair Yoga 2 Stroke Support	10 8:30 Stretching 9 Men Only Group 9:30 Seizure Training 9:30 Wild Woman Cards 10 Memoirs 10 Knitting 10 Advanced Bridge	11 9 AOA 9:30 Pottery Coffee 11 Pilates	12
4-7 pm Monthly Dance	14 9 AOA 9:30 Pottery Coffee 10 UCare 10:30 Balance 12:30 500 1 Chinese Mahjong 1 Technology Lab	15 8:30 Get Fit 9:30 Yoga 9:45 NAPS 12 Estate Planning 1 Am. Mahjong 1 Silver Tones 2 Travel Club 3 Annual Board Meeting	16 9 AOA 9:30 Pottery Coffee 11 Scrabble 11 Chess 11 Puzzle Club 1:30 Granny Blankets 2 Chair Yoga	17 HOLIDAY BAZAAR 9 - 7 p.m. 10 a.m. Golden Books Presentation Give to the Max Day!	18 HOLIDAY BAZAAR 9 - 1 p.m.	19
20	21 9 AOA 9:30 Pottery Coffee 10:30 Spanish 10:30 Balance 12:30 Euchre 1 Chinese Mahjong 1 Technology Lab	22 8:30 Get Fit 9:30 Yoga 10 Writers Workshop 1 Silver Tones 1 Am Mahjong 2 Genealogy Club 3 Parkinson's Exercise 4 Tai Chi	23 9 AOA 9:30 Pottery Coffee 11 Scrabble 12 Puzzle Club 11 Chess 1:30 Granny Blankets 2 Chair Yoga	24 THANKSGIVING DAY PIER 55 CLOSED	25 PIER 55 CLOSED	26
27	28 9 AOA 9:30 Pottery Coffee 10:30 Spanish 10:30 Balance 12:30 500 1 Mahjong 1 Technology Lab	29 8:30 Get Fit 9:30 Yoga 1 Am Mahjong 1 Silver Tones 3 Parkinson Exercise	30 9 AOA 9:30 Pottery Coffee 11 Scrabble 12 Puzzle Club 11 Chess 1:30 Granny Blankets 2 Chair Yoga			



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Pier 55
Closed
Thursday, Nov. 24
and
Friday, Nov. 25
for Thanksgiving



ANNUAL MEETING Of Red Wing Area Seniors

Join us for our annual meeting

Tuesday, Nov. 15
3 p.m.

All members are welcome and encouraged to attend.

The meeting will include:

- Board business
 - Formal introduction of Executive Director and Program Coordinator
 - Skit and power point
 - Volunteer Recognition
- And

.....following the meeting we will have a taco bar brought in by Fiesta Cancun.



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 _____

Lefse may be picked up beginning Nov. 17.

-Payment is due with order.-