

Building Bridges for a Bold Dream

28TH ANNUAL *MLK Holiday Breakfast*

MLK Breakfast Celebration

Monday, January 15, 2018
7:00am to 9:30am

Holiday Breakfast Celebration

Pier 55 (240 Harrison Street)

No cost, register by calling Red Wing Community Education

The MLK Breakfast recognizes the significant role the faith community player in Martin Luther King Jr.'s life and in the Civil Rights Movement. This breakfast is an opportunity to celebrate Dr. King's legacy of service and become inspired to carry out his bold dream today in Red Wing, MN. The celebration will include a breakfast, local speaker, performances by local choirs, along with the live stream of the General Mills Foundation Event broadcasted from Minneapolis that features David Oyelowo, lead actor in *Selma (2014)*, an Oscar-nominated film that tells the story of Dr. King's role in the civil rights marches in Selma, Alabama in 1965.

Please join us for this program and complimentary breakfast. There is no cost for this celebration but, registration is requested to accommodate seating. Call to register for this event through Red Wing Community Education (651.385.4565) by January 10.

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See page 8 for more information on these great upcoming trips!

Ol' Blue Eyes



Wednesday, March 14th



Tulip Festival Orange City Iowa

May 17th
One night



Greetings Everyone,

I am happy to report that 2017 was an outstanding year for the Red Wing Area Seniors (RWAS). With all of the uncertainty in the world this past year, it maybe comforting to know that in our little corner of it, we continue to flourish and provide valuable services.

Throughout these last 12 months, we have made new friends, acquired several new members and many of our members renewed their membership (We currently have 826 members).

Not only did we make **new** friends we had a variety of **new** things happen. We had great **new** trips, started fun **new** programs, held **new** events and some new donors provided enough money to continue serving seniors in Red Wing and surrounding area. Not to mention, an exciting **new** partnership with the City of Red Wing as the **new** landlord at our Annadee's Thrift Store building.

Along with new "things" we conquered a big hurdle and updated the "old." With help from 436 members returning their ballots we were able to update all of our organizational By-Laws and Articles of Incorporation. As many of you know this provides a very solid foundation for our organization to move forward into the future.

As I reflect back on 2017; I am extremely proud of the work we have done together and all we have accomplished. I look forward to 2018 with excitement about what the upcoming year will hold for our members, volunteers and staff. In 2018, I will be working to secure funding that will allow us to finish our walls, so that they go to the ceiling and provide noise cancelling upgrades for all of the rooms.

Also, for 2018 we have some exciting trips and events planned. Annadee's Thrift Store and our Pier 55 Gift Shop will continue to be valuable programs that not only generate revenue to RWAS but also provide numerous valuable benefits to members of the community.

Happy New Year to you and yours!

In service,
Kim Wojcik, Executive Director

TOP 10 LIST

Red Wing Area Seniors 2017 Top 10 List

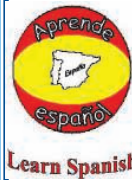
(In no specific order)

- ◆ Held our first annual coloring contest 22 entries and over 200 votes.
- ◆ 42 new people registered for our Silver & Fit program. In December 2016: 23, December 2017: 65
- ◆ Received a \$2,500 matching grant from the Modern Woodsmen to support our Field of Honor event.
- ◆ Had a record month in the Gift Shop in November with \$1,500 in sales.
- ◆ The Silvertones Choral Group hosted their first Christmas Tree Jubilee. Lots of people enjoyed the trees and they raised over \$500.
- ◆ Got a shred bin.
- ◆ Shirly Perkins and her team submitted \$300,000 worth of Econo receipts in 2017.
- ◆ Organizational By Laws and Articles of Incorporation were updated.
- ◆ Received a grant from Live Well Goodhue County and started the Bike Borrow Program.
- ◆ The City of Red Wing purchased the building our Annadee's Thrift Store is located in.

Food With Friends

12:15pm to 1:30
 Thursday, January 25
 Cost: \$7.25
 RSVP by Thursday, January 18

Members only luncheon catered by
 Meatheads.



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.

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 Confirmation
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 Games
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DIVINE INSPIRATIONS
 Books and Gifts

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Greetings from the Red Wing Public Library!

We are thrilled to be contributing to the Pier 55 monthly newsletter, and would like to introduce you to a few things we have to offer at the library.

We have subscriptions to 13 different newspapers and about 200 different magazines. Along with free WI-FI for your own device, we have 17 computers for public use.

Call us at [651-385-3673](tel:651-385-3673) or visit our website at redwing.lib.mn.us. Starting next month, we'll be reviewing books and introducing you to new additions to the library collection.

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.**

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

Tuesday, January 17 • 1 p.m. • No cost

Judy and Tom Walsh

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.

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.



Annadee's January 2018 Sales Calendar



S	Tue	Wed	Thu	Fri	Sat
1	2 <i>Closed For Cleaning</i>	3 <i>Seasons Save 25%</i>	4 <i>Snowbird Luggage Salle All Luggage 60% Off</i>	5 <i>Shake, Rattle & Roll</i>	6 GO GREEN 50% Off with Annadee's Tote
8	9 Items with PINK Price Tag Stickers 30% Off	10 Items with PINK Price Tag Stickers 30% Off	11	12 Clothing with a RED price tag—25%	13
15	16 Skis, Skates & Sleds 40% Off	17 GO GREEN 50% off with Annadee's Tote	18	19 Clothing with RED Tags—50% Off	20
22	23 Items with PINK Price Tag Stickers 60% Off	24 Items with PINK Price Tag Stickers 60% Off	25	26 Clothing with RED Tags—75% Off	27
29	30 Bedding 40% Off	31 SURPRISE			

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

Attention, Chess Players

Regardless of your skill level, you're welcome at the Chess Club's every-Wednesday gatherings at 12:30 p.m. The club meets at Caribou Coffee. No fees, and you can fuel up on "Joe" and treats.

Book Club for Women

First Friday • 10:30 a.m.

Facilitator: Jane Whiteside

Jan. 5: You Don't Have to Say You Love Me by Sherman Alexi

Feb. 2: Still Alice by Lisa Genova

Mar. 2: The Address by Fiona Davis

April 6: The Sun Also Rises by Ernest Hemingway

May 4: The Unlikely Pilgrimage of Harold Fry by Rachel Joyce

June 1: TBD

Writer's Workshop

In 2018– Last Thursday of each month

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

Thursday, Jan. 11 & 25 • 9:30 a.m. Remember canasta and "Hand and Foot"? Then you can learn this easy game. Guys are welcome. For information, contact Clare Cox, 763-420-5333.

Duplicate Bridge

Thursdays, January 4 & 18 • 11:15 a.m. Looking for something fun and challenging for your mind? Bridge is a great game!

All events are at Pier 55.

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TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m.						
8:30 a.m.				Stretching		
9 a.m.	AOA Fitness		AOA Fitness		AOA Fitness	
9:15 a.m.						
9:30 a.m.		Yoga				
11 a.m.					Strength Trng	
12:15		Body Bar				
2:00 p.m.			Yoga			
2:30p.m.						
3:30p.m.			Yoga w Jessica			



"Body Bar" Classes **S&F**

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

Tuesdays • 12:15 p.m.

Cost: \$2 members

Instructor: Kim Wojcik

You can use Silver & Fit through your health insurance or purchase a 10-class punch card.

Stretching for Range of Motion **S&F**



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) **S&F**



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.

Strength Training **S&F**

Friday strength training class

11 - 11:40 a.m.

Instructor: Kim Wojcik

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

Parkinson Wellness Recovery (PWR)

Instructor: Patty Svien, registered physical therapist

Cost: \$35, limited to 8 participants

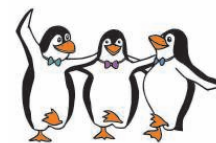
**Call Patti for class dates and to register
651-380-8752**

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.

Try Tai Chi

Instructor: Patty Svien, registered physical therapist

**Call Patti for class dates and to register
651-380-8752**



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 with health issues. 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.

NEW Pier 55 CO-ED SENIOR SOFT BALL TEAM

Starting spring 2018

Must be 55 and over to play. Games will be against other senior centers on Tuesday mornings. Call or stop in to sign up. We also need a team manager. Watch for an informational meeting this winter.



New Sports Teams? VOLLEYBALL? -- Interested in Volleyball? We are looking for energetic, aggressive volleyball players to start some programming during a morning time. If you are interested, call or email Jim 388-7249, or annebingham@comcast.net

Rock Steady Boxing is an exercise program designed to improve the mobility, balance and strength of people fighting Parkinson's.

Location: Underground Boxing and Fitness Club
415 Main Street Lower Level, Red Wing
651-327-2660

Monday and Friday 10:45am to Noon

Yoga with Jessica S&F



Wednesdays • 3:30 - 4:30 p.m.

Cost: \$4 per class for members, \$6 non-members; 10-class punch cards
Classes will continue to be in the park, as weather allows, at which point they will move into Pier 55.

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

NEW in January adding a Friday Yoga class. More info coming in January.

During summer months:

Jessica Richmond will guide students through yoga poses 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.

JESSICA WILL BE TEACHING MORE CLASSES! **S&F**

Starting in January Jessica will be teaching more classes. She is currently is teaching yoga, she will be adding another yoga class - Friday's from 11:45 to 12:45 pm. Class starts January 5th. Also, she will be taking over Tuesday 12:15 and Friday 11:00am strength training classes for Kim Wojcik.



Indoor Walking Option

Start walking inside. If you walk from end to end of our hallway at the Pottery Annex- Rancho Loco to the Pottery

Museum. Going one way it is 89 steps for men and 101 steps for women making 8 to 10 trips back and forth is approximately 1,000 steps.

We currently have people that consistently walk the hall and we love to see their smiling faces!

Ol' Blue Eyes



Wednesday, March 14th

Leaves 10am

Lunch included

\$67 members and \$77 non members

Join us for a walk down memory lane at the Minnesota Heritage Center. The day will include lunch and then we will enjoy 50% live music and 50% play on the life of Frank Sinatra titled From Ava to Eternity.

This trip includes ample opportunity to investigate the Minnesota Masonic Heritage Center.



Tulip Festival Orange City Iowa

May 17

One night

The Red Wing Area Seniors is partnering with the Goodhue County Horticulture Society to bring you this great trip to the Tulip Festival in Orange City Iowa.

Trip includes a coach bus down and back. A one night stay at the Hampton Inn located in Orange City Iowa, entry to all events listed on the itinerary and one complimentary breakfast. We will also be making a stop at the Mankato Gardens on our way back.

We will leave Pier 55 at 6:30 am on Thursday May 17th and return about 5pm on Friday, May 18th.

Cost: Singles \$287 (limited), Doubles \$262, Triples \$247 (limited)

Stop in to Pier 55 to pick up a registration form and a detailed itinerary.

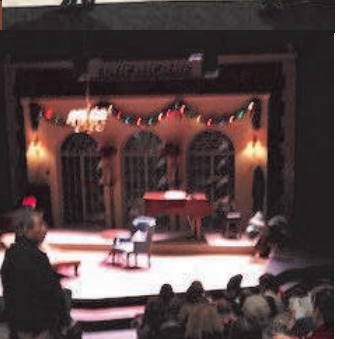




Some pics from our trip to
Moscow on the Hill and the MN
History Theatre

44 travelers

Saturday, December 15th



FUN!



MN History Theatre



Monthly Senior Forum
Minnesota State Capital
Renovations Presentation
Denis Gardner

Thursday, January 18th at 10 am

Denis Gardner, who has documented properties for the National Register of Historic Places and the Historic American Engineering Record, is the author of *Minnesota Treasures: Stories Behind the State's Historic Places*.

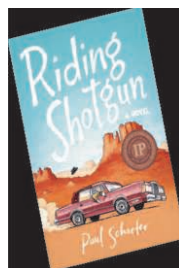
This presentation is open to all! No cost, stop by or call to register by January 15th. Treats and coffee will be provided. Space may be limited.

MOVIE OF THE MONTH

"Power and the Land"
 Movie 45 minutes
 Tuesday, January 24
 11 am.

Goodhue County Cooperative Electric Association (GCCEA) will be providing a brief discussion on GCEA bringing electricity to rural parts of the county. After their presentation, we will have time for Q&A.

No cost, no registration



Riding Shotgun

Award Winning Novel by Paul Schaefer

January 16th, 10am

No cost, no registration, all are welcome! Treats will be provided.

Desperate **for adventure**, and a last chance to see her sister, 80-year-old Mary hits the road for the cross country adventure of a lifetime. Her late husband's beloved Lincoln Town Car carries Mary from California to Minnesota, but also down memory lane and straight into trouble. She might be old, but Mary's no dummy, and while the car's a tank, it can't entirely protect an elderly woman traveling alone. The problem with bringing along a companion is that most people are demanding, and Mary wants some peace and quiet on this last voyage. A shot of inspiration leads her to "Mike," the perfect plus one to ride shotgun as she heads east. He'll never disagree with her choice of music, food or lodging, doesn't need to pee and is guaranteed to let Mary do and say whatever she wants. Once she gets him outfitted in her dead husband's clothes, Mary figures no one will ever know she brought a mannequin along for the ride. In reality, her department store companion fills the passenger seat nicely in a pinch but it turns out he doesn't ward off the worst of what's out there. Who knew a nice little old lady out for a drive could be so dangerous? paulschaeferauthor.com

Embroidery Basics



Instructor: Bethany Szymanski

Tuesday's, April 3, 10, & 17 from 10:30am-12pm
 Cost: \$35 Location: Pier 55 Have you ever wondered how to make a lazy daisy stitch or a French knot? It's all about embroidery in this class where you'll learn the basic embroidery stitches and complete an embroidered tea towel. Bring a few skeins of embroidery floss in colors of your choice and a scissors. All other materials are provided. This class is co-sponsored by Red Wing Community Education and Red Wing Area Seniors and is held at Pier 55. Register through Red Wing Community Education at [651-385-4565](tel:651-385-4565) or online at www.rwps.org. Here's the link to online registration: https://redwing.cr3.rschooltoday.com/public/costoption/class_id/4887/public/1/sp/



Inclement Weather
Information

Pier 55 will be closed when the Red Wing Public Schools (RWPS) are closed. In the event RWPS open late in the morning or close early in the day Pier 55 will do the same. For additional information refer to KWNG or Facebook



FASHION SHOW

Models needed! 5-7 models needed 10% discount

Wednesday, February 21st from 10:30 to 1 pm

Imagine a day at a boutique...right in Pier55! The fashion show runs from 10:30 to 11:30am, 11:30am to 1:00pm will be time for appetizers, visiting, and shopping!

TaylorMarie's a mobile retail clothing store that provides fashionable women's clothing and accessories from respected, high quality brands! Our goal is to recreate the total shopping experience of a department store without the hassle of ever leaving your facility.

A visit from TaylorMarie's creates an experience that goes beyond the clothing - it's a fun, festive event that everyone looks forward to!



Any age, any size, any shape is the perfect model. Models receive a 10% discount on purchases. Contact Stef Braun if you are interested in being a model or would like more information. 651-327-2255 rwasprogram@gami.com



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2nd Wednesday of the Month 9am-Noon

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- Yoga therapy
- Massage therapy
- Healing Touch

Call 651-385-3260



Stroke Support Group

2nd Wednesday • 2-3:30 p.m.

Not meeting in January and February and maybe March

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.

Care Call-In

This service is offered to family for piece of mind and to make sure a loved one is safe. He or she telephones Pier 55 by 9 a.m. or we call to check in. For information call 651-327-2255. No cost and open to any senior.

Senior Linkage Line

1-800-333-2433

A one-stop shop for information for Minnesota

Medical Equipment Lending Program

We are proud to offer this service to anyone in the community in need of medical equipment such as walkers, shower chairs, canes, wheel chairs. Equipment is lent at no charge, with an option for you to donate. Call or stop in.



State Service for the Blind (SSB)

Charlene Guggisberg

SSU Training Coordinator

651-539-2370

1-800-652-9000



Toenail Troubles? Home foot care

Julie Tollison, RNC, C

651-380-1069, julietollison@gmail.com

Alzheimer's and Dementia

Caregiver Support Group

December 11

2nd Monday of Every Month

3:30 to 5:00pm

Private Dining Room. Refreshments will be served.

The Bluffs of Lake City

480 West Grant Street, Lake City

For more info or to RSVP contact group facilitator,

Mariah Shonkwiler at 651-448-8333

Or mshonkwiler@oxfordmgmt.com

NAPS: Nutrition Assistance Program for Seniors

Tuesday, January 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

Thursday, December 28th at 2pm

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 had a role in 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 - January 13 • 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.

Messy Bun Hats are on sale in our gift shop! All items handcrafted by seniors. Open M- F from 9:00 am to 4:00 pm.



BOARD AND STAFF

Directors

President Tom Walsh
 Vice-President Jan Wall
 Secretary Doug Blakesley
 Treasurer Rose Burke
 Pastor Karl Rydholm Jeff Marcus
 Marm Nihart Clare Cox

Staff

Kim Wojcik.....Executive Director
 Stef Braun..... Program Coordinator
 Shirley Perkins.....Administrative Asst.
 Sheryle Boldt.....Annadee's Manager
 John SimanskiAnnadee's Janitor
 Mary Machnik... Volunteer Gift Shop Manager

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 Stef Braun.....RWASprogram@gmail.com
 Shirley Perkins.... RWASassistant@gmail.com
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*Thank
You!!!!!!*

Thank you

to the following for renewing their memberships:

Phyllis Althoff	JoAnne Burkard
Arlene Freewalt	David & Vivian Hoseck
Herb & Kay Meltzer	Nona Nelson
Susan Ottman	Marlys Pfluger
Cheri Roberts	Sharon Schultz
Ardie & Fran Sheplee	Martha Thomas
Royce & Cherie Rundquist	Jane & Harland Schultz
Pat & Tom Thomas	Nancy Falls
Ok Cha Kuhns	Mickey Moore
Michael & Barbara Rankin	Ann & Dale Wells
Arlyn Zimdars	Murph & Lois Berg
Dolores Bruemmer	Dennis & Jean Carlson
Joan Christofferson	Jim & Janice Everman
Ron & Elaine Herbst	Susan Hewitt
Dorothy Kraft	Dawn Larson
Robert Magnuson	Harriet Martin
Karen Meier	Sue Milbright
Laura Miller	Deborah O'Donnell
Mike & Jan Pinsonneault	Elaine Robinson
Ronnelle Schulz	Carmen Seipel
Janis Strawmatt	Ron & Jane Ward
Barbara & George Vogel	Lois Zurawski

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

David & Nancy Jo Nord	Cindi Simonson
Mary Turner	Jeanne Felber
Kathy Johnson	Gayle Siewert



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, age, 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 "Food with Friends"
- ◆ Monthly newsletter *Senior News*
- ◆ Educational & recreational opportunities
- ◆ No cost shredding
- ◆ No cost bike borrowing

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. (except Fridays)

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

January 2018



SUNDA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	1 Pier 55 Closed For New Year Holiday	2 Pier 55 Closed For New Year Holiday	3 9 AOA 9:30 Pottery Coffee 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga 3:30 Advanced Yoga	4 8:30 Stretching 10 Memoir 11:30 Puzzle Club 11:15 Duplicate Bridge	5 9 AOA 9:30 Pottery Coffee 10:30 Book Club 10:30 Spanish Conv 11 Strength Training 11:45 Yoga	6
7	8 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 12:30 500 1 Chinese Mahjong 1 Technology Lab	9 9:30 Yoga 12:15 Body Bar 12:45 Silver Tones 1 Am. Mahjong	10 9 AOA 9 Hearing Screening 9:30 Pottery Coffee 11 Scrabble 1:30 Granny Blankets 1 Google Class 2 Chair Yoga 3:30 Advanced Yoga	11 8:30 Stretching 9 Men As Caregivers 9:30 Texas Wild Women 11 Puzzle Club	12 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 11 Strength Training 11:45 yoga	13
14	15 7MLK 9:30 Pottery 10:30 Spanish Conv 12:30 Euchre 1 Chinese Mahjong 1 Technology Lab	16 10 am Paul Schafer 9:30 yoga 12:15 Body Bar 12:45 Silver Tones 1 Am Mahjong	17 9 AOA 9:30 Pottery Coffee 11 Scrabble 1:30 Granny Blankets 1 Google Class 2 Chair Yoga 3:30 Advanced Yoga	18 8:30 Stretching 9:30 Wild Women 10 Senior Forum 11 Puzzle Club 11:15 Duplicate Bridge	19 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 11 Strength Training 11:45 yoga	20
21	22 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 12:30 500 1 Chinese Mahjong 1 Technology Lab	23 9:30 Yoga 9:45 NAPS 12:15 Body Bar 12:45 Silver Tones 1 Am Mahjong	24 9 AOA 9:30 Pottery Coffee 11 Power and Land 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga 3:30 Advanced Yoga	25 8:30 Stretching 10:30 Puzzle Club 11:15 Duplicate Bridge 12:15 Food W/ Friends 1 Writers Workshop 2 Parkinson's Support	26 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 11 Strength Training 11:45 yoga	27
28	29 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conv 12:30 Euchre 1 Chinese Mahjong 1 Technology Lab	30 9:30 Yoga 12:15 Body Bar 12:45 Silver Tones 1 Am Mahjong	31 9 AOA 9:30 Pottery Coffee 11 Scrabble 1:30 Granny Blankets 2 Chair Yoga 3:30 Advanced Yoga			



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Red Wing, MN 55066

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