

JUNE SHOPPING TRIP



Eagan Outlet Mall
Tuesday, June 19th
10:00 am to 4:00 pm
\$27 members, \$35 non members
\$10 kids 18 and under

Everyone loved it last year so we are going back. **Our shopping group will get VIP treatment. A representative from the mall will be giving us coupon books/savings passes upon arrival.** This mall is open to the outdoors with lots of great seating throughout the mall and bathrooms that are easily accessible.

Register at front desk or call 651-327-2255

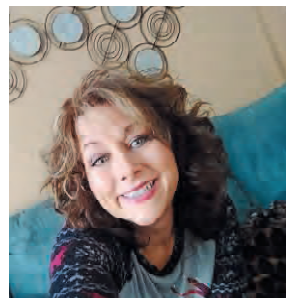
This is an unguided trip, cost includes ride up and back. Those 18 and under must be accompanied by an adult.

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SUMMER



EVENING AND WEEKEND FITNESS CLASSES NOW BEING OFFERED

(Start first week in June)
\$4 per class members, \$6 non members, \$40 or \$60 punch card

POUND® Fit (6:30 pm Thursday) S&F

POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Each Class packs an incredible amount of muscle toning moves to Rockout while you workout. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

Toning (8:00 am Saturday) S&F

This one hour class combines dance moves with a cardio exercise routine. It uses toning sticks to focus on strength training the arms, abs and thighs. This is "fitness-party" that blends upbeat rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.

About Sue:

I have been teaching Pound since May 2017, starting with 2 classes a week and now teaching up to 5 or 6 classes per week, proving that it is never too late to begin your fitness journey. I believe that every body deserves to move with joy. So find what you love to do and keep moving.

<https://www.facebook.com/RWFitnessRocks/>

A Note From Kim:

From time to time, I like to write a personal message in the newsletter. This usually happens when something inspires me, and I am moved to want to share a story with all our members. It just so happens, today is that day. (May 22, 2018)

I had a busy and fantastic day. Working on our weekly radio show, a meeting with all of the dedicated members of the Field of Honor committee, enjoying the sunshine and then, I had to smile to myself as I thought about this past weekend as I watched my boys play basketball and then my mind jumped to the excitement of summer and all of the fun to be had with my family during my favorite season. As if my day wasn't already GREAT, it just kept getting better. While I was waiting in line for my coffee, someone I didn't know approached me and said, "I listen to you on the radio every Saturday." I was so thrilled to know that our new "Alive and Kick-in" radio show is reaching, informing and entertaining people. At 11:00am I subbed for one of our fitness instructors in the Tuesday strength class and couldn't help but feel gratitude for the opportunity to teach at this facility to such amazing people. Doing my usual bossing the class around, challenging and correcting them, I was energized with their willingness to push themselves and keep moving to be healthy. Towards the end of the work day I was covering the front desk and as usual, it was hoppin' at Pier 55. The Silver Tones just wrapped up singing practice and many were in the hall visiting, people stopped to shop in our gift shop, someone was picking up much needed medical equipment, a couple was dedicating a Field of Honor flag in memory of their father for the very first time, the Parkinson's Exercise instructor was in preparing for class and shared news that a grant her and I submitted to Live Well Goodhue County for new Parkinson's Exercise equipment was approved, our amazing volunteer gift shop manager was beautifying the gift shop, a gentleman stopped in to see if we could connect him with someone that he could pay to assist him and his wife as they were packing to move, and to be honest, there was more going on but I can't remember! So, during all this happening at once, (to all of our front desk volunteers, you are appreciated more than you know!!) one of our members stopped up at the desk for something.

I asked, "how can I help you?" and she simply said that she wanted to offer her volunteer time and service to help us, I suddenly realized that this was the third time today someone had approached me and offered to help us. I always have felt that Pier 55 is a place for people to be happy, have fun, learn, get connected and when needed, get support and services. But, today I realized it is even more. It is a place full of kindness, love and support not only from the staff and volunteers to the members, it is a place where people come to give back. Where a lifetime of experience, wisdom and gifts is appreciated, cherished and put to good use. It is my hope that this next month brings everyone at least one opportunity to have one or more days filled with people having fun, laughing, feeling valued and offering their help and support! In Service, Kim



MONTHLY FORUM

**Red Wing Police Department
Scam and Fraud prevention
Officer Scott Kochendorfer,
Training Officer**

Will be with us to talk about current trends and issues on fraud that pertain to seniors

Thursday, June 21
10:00 am

No cost, no registration, all are welcome!

Singers in search of a venue...

The *Silver Tones* a Choral Group, supported by the Red Wing Area Seniors that meets ever Tuesday at 12:45 pm is looking for opportunities to share their gift of song and performance with area groups, clubs, organizations, or parties. They have a variety of songs and only ask for a donation should you book them for a performance.

If you are interested in booking them for any of your upcoming events call or stop by Pier 55 to talk with Stef, 651-327-2255.

Cake Baking Program Update

You may or may not have heard that we recently discontinued our Cake Baking Program. The decision to end this program was not one that was made by the Red Wing Area Seniors, it was a decision from the health department. See the following for a letter from Warden Thieren.

I would like to extend my most sincere appreciation for your many generous birthday cake donations to the youth at MCF-Red Wing over the years. We appreciate all of the hard work that each and everyone of you has put in to make sure that our youth have cakes to celebrate their birthdays. We are very fortunate to have had this program and I am truly sorry that we can no longer continue with this tradition due to restrictions from the health department. Please know that all of your efforts have been greatly appreciated by not only me, but the staff and residents of MCF-Red Wing.

This program has meant a lot to our facility and the MCF-Red Wing Volunteer Board is working closely with our kitchen staff to ensure that every resident will still be able to receive a cake on their birthday.

Sincerely,

Shon Thieren, Warden

Minnesota Correctional Facility– Red Wing
1079 Highway 292, Red Wing, MN 55066



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651-470-3958

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.

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.

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.

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

Wednesday, May 16 • 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.

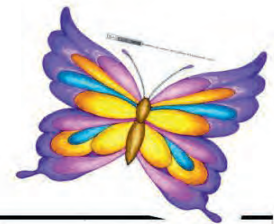
The Granny Blanket Group makes tied fleece blankets and knitted items that are donated to children and adults in need. We generate dollars to do this work by selling handmade items in the gift shop.

We welcome all.

We appreciate donations!



Annadee's June 2018 Sales Calendar



S	Tue	Wed	Thu	Fri	Sat
				1 Items with Green Price Stickers 30% Off	2 GO GREEN 50% Off with Annadee's Tote
	5 Items with Green Price Stickers 30% Off	6 Seniors Save 25%	7 "Surprise"	8 FISH BOWL SAVINGS	9 Purses & Shoes 1/2 PRICE
	12 Swinwear 40% Off	13 GO GREEN 50% Off with Annadee's Tote	14 Clothing with	15 GRAY Tags	16 25% Off
	19 Items with Green Stickers 60% Off	20 Items with Green Stickers 60% Off	21 Clothing with	22 GRAY Tags	23 50% Off
	26 Yellow Tagged Furniture 1/2 Price	27 "Surprise"	28 Clothing with	29 GRAY Tags	30 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

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

- June 1: Pieces of Happiness by Anne Ostby
- July 6: My Own Country by Abraham Verghese
- Aug 3: Snow Blind, by Ragnar Johnson
- Sept.7: The Tea Girl of Hummingbird Lane, by Lisa See
- Oct. 5: Light in August, by William Faulkner
- Nov. 2 The Member of the Wedding by C McCullers

- Chinese Mahjong.....Mondays, 1 p.m.
(No Monday Chinese Mahjong until Sept 10th)
- 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, June 7th, 14th & 28th • 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.

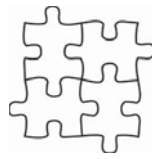
Duplicate Bridge

Thursdays, June 7th & 21st • 11:15 a.m.

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



Our members- Jane and Harland will be performing at the Farmers Market in Red Wing on June 30th from 10:00 to Noon. Stop down for some Old Time Country Music and if want, you can even dance.



Puzzle Club
Wednesday's at 1:00pm
Also, check out the puzzle exchange area

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 <p>John L Lang, AAMS® Financial Advisor 1215 North 7th Street Suite 100 Lake City, MN 55041 651-345-2525</p>	 <p>Matthew Theis Financial Advisor 910 Main Street Suite 105 Red Wing, MN 55066 651-388-1762</p>
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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.						
9:30 a.m.		Yoga/Michele				
11 a.m.			Yoga in Park		Strength	
11:45am					Yoga/Jessica	
12:00		Strength				
2:00 p.m.			Yoga/Michele			
2:30pm		Parkinsons Wellness				
3:30pm		Tai Chi				
6:30pm				Pound		

Updated Schedule

Jessica S&F

Tuesday 12:00 to 12:30pm Strength Class

Wednesdays 11:00am to Noon Yoga Class

Friday 11:00am to 11:30am Strength Class

Friday 11:45am to 12:45pm Yoga Class



Strength Class Cost: \$2 per class for members, \$4 non members; 10-class punch cards available.

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

These classes are 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!

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.

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.

More fitness options: Women's Fitness Center is a wellness place designed for women like you. The equipment is designed to be easy-to-use and effective.

Location: [2311 Old West Main, Red Wing](#), 651.388.9733



You can use your **Silver & Fit** health insurance benefit for most of our fitness classes. You can use them an unlimited number of times each month. Look for the **S&F** by classes that **are** covered.



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.

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

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

Spring Coloring Contest Update

Thank you to all that submitted coloring contest entries. We had 32 creative entries and 347 votes were cast. Watch for the announcement and picture of the winners in our July newsletter. Thank you again to Braun Plumbing for sponsoring this fun event.



Watch for the 2019 coloring contest picture next April.

651.345.4828
Lake City, MN



Food With Friends GRILL OUT

12:15pm to 1:30 pm

Thursday, July 26th

Cost: \$7.25

RSVP by Thursday, July 23rd

(No Food W Friends in June)

Food With Friends is our monthly members only luncheon.

Each month is a different meal catered by Meatheads Meat and Deli. In addition to the delicious meal we always have homemade desserts provided by our fantastic volunteer Linda C. along with coffee and water.

JULY FOOD WITH FRIENDS IS A GRILL OUT!

Bike Borrow Program

You can check out a bike at no cost if you are a member of Pier 55 Red Wing Area Seniors. We have 3, 2 wheel bikes and 2, 3 wheel bikes. We have locks and helmets available. Non members can rent bikes by the hour.



Purchase the Cannon Valley Trial passes with us. We are selling seasonal (\$25) and day passes (\$4). Stop at the desk to purchase.



The Church Basement Ladies

WEDNESDAY, SEPTEMBER 12, 2018

Leave at 10:00 am- Return at 5:00 pm

ONLY 5 SPOTS LEFT!

We will be enjoying lunch at the show
Ames Center Burnsville

Lunch includes: full salad bar, turkey breast with
gravy, mashed potatoes, vegetables, fresh bread,
assorted pie and coffee, water or lemonade.

\$69 members and \$79 for non-members

Call or stop in to Pier 55 to register 651.327.2255



SAINTS GAME TRIP

2 open spots!

Wednesday, June 13th (1:05pm game
time)

Cost: \$37 senior member, \$47 non member

\$30 anyone under 18 years of age

Cost includes coach bus ride and entrance to the
game.

The birding hike at Frontenac State Park guided by
Bruce Ause on Thursday, May 10th was a big success.

Here is a list of birds that were sighted on our May
10th birding hike.



Bald Eagle

White Pelican

Goldfinch

Tree Swallow

Field Sparrow

American Redstart

Black and White Warbler

Red-tailed Hawk

Yellow-rumped Warbler

Blue Jay

Palm Warbler

Red Wing Blackbird

Kingfisher

Canada Geese

Crow

Mallard

Downy Woodpecker

Hairy Woodpecker

House Wren

Turkey Vulture



CASINO

Diamond Jo – Northwood, IA

Tuesday, June 5, 2018

Leave Red Wing 7:30 am

Cost \$25.00 per person, includes
transportation,

\$10.00 Free Play and Free Buffet.

Final registration due by May 29, 2018

Winnavegas Casino Resort & Diamond Jo's

Sloan, IA & Northwood, IA

Tuesday, Wednesday & Thursday, - June 26-28, 2018

Leave Red Wing Tuesday, 9:00 am

Cost: \$125.00 per person based on double occupancy

\$175.00 Single Room - Includes Transportation, Hotel

Accommodations, \$50.00 Free Play and 4 each \$5.00

Food Vouchers at Winnavegas, and \$10.00 Free Play

and Free Buffet at Diamond Jo's.

This is a first time trip for Sugar Loaf. The bus will head
to Winnavegas Casino on Tuesday, stay there Tuesday
and Wednesday night, and Thursday morning will head
for Diamond Jo's some play time and have lunch there
before heading home.

Registration due by June 19, 2018

Prairie's Edge Casino – Granite Falls, MN

Tuesday and Wednesday, July 17-18, 2018

Leave Red Wing Tuesday, July 17th at 7:30 am

Cost: \$70.00 per person, double occupancy

\$85.00 Single

Includes: Transportation, hotel accommodations and
\$50.00 Free Play

Registration due by July 2, 2018

Diamond Jo's – Northwood, IA

Tuesday, July 31, 2018

Leave Red Wing 7:30 am

Cost: \$20.00 includes transportation & \$20 Free Play

Registration due by July 24, 2018

Coming Sugar Loaf Motor Coach Tours:

Aug/Sept– State Fair

Sept. 26-29: Host Fest, Minot ND

Oct. 16-18: Fall Along the Mississippi –
Galena & Dubuque

Nov. 1–5: Christmas in Branson, MO

Nov. 14–19: Nashville at Christmas

Information on trips available on request



COME GET THE "SCOOP"

Landmark Tours will be at Pier 55 for a travel show on July 19th at 12:30. They will spotlight the Fall 2018 New York and January 2019 Hawaii Trips. Come get lots of great information on these trips or any trips in their catalog. And did we mention there will be ice cream involved? Stop down at Pier 55 to learn more or pick up a Landmark Tours Catalog. Every time you enjoy traveling with Landmark Tour it benefits the Red Wing Area Seniors.



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Call 651-385-3260

MAYO CLINIC
 HEALTH SYSTEM

Stroke Support Group**2nd Wednesday • 2-3:30 p.m.**

Facilitated by Deb Howard, speech therapist
Stroke survivors and family members receive support and share information on stroke resources, caregiving,

Cancer Support-

Monday's 1:00pm at Mandy's Coffee Shop.

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**

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

Transportation:

Safe and affordable rides
hart- Miles and Miles of Positive Impact
1-866-623-7505
hart@threeriverscap.org

NAPS: Nutrition Assistance Program for Seniors

Tuesday, June 12- 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, May 24th 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.

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

Carla Pearson, licensed Social Worker and Advocate for Older adults and Caregivers 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 Carla at 507-732-8528.

Faith in Action

Caregiver Support group
1st Tuesday of the month from 1:30 to 3:00pm
Room 147, PCC Building



Sierra Leone, Africa Presentation

Tuesday, June 5th
9:30 am to 10:30 am

Come hear two retired Red Wing educators (Jan and Brenda) share their experience setting up a preschool in Sierra Leone, Africa. There will be a short video and time for questions.

No cost, bring a friend. No registration.

For additional information you can visit: slfnd.org



Pottery Coffee Club welcomes in new member, Dan.

Lifeline Drop-Off Site

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Orange City , Iowa Tulip Festival 2018
23 travelers enjoyed this jammed packed overnight trip.



thank you

Thank you to **Industrial Hardwood Products, Red Wing** for donating all of the wood materials necessary for Bob T. to construct a more functional way to display our World War II Greatest Generation story boards. Not only are they easier to display on our walls they also look more uniform and attractive. Stop down and check out this amazing display anytime during Pier 55 business hours. Also, we are looking for a volunteer to provide assistance with this ongoing Greatest Generation project.

Thank you to Vic Voth and helpers for donating thier time and talent to repair the wood fence that surrounds our dumpster area. This fence was in major disrepair and creating a safety hazard as well as an eye sore.

This past month we again had some fantastic radio show guests. Thank you Lottie Aslakson and Sharon Marty for your guest spot discussing your volunteer service for the Field of Honor. Also, thank you Joyce and Dan Erz for taking the time to stop and talk about your Landmark Tour trip to New York.

Red Wing Public Library

April showers bring May flowers and June brings the adult summer reading program to the library! Sign up for the program before June 9th and you will be in an early bird drawing for prizes from local businesses. After you sign up, you will receive your own reusable cloth library bag. And then, it's just a matter of reading library books throughout the summer! You're going to read anyway, right? For every library book that you read, and then return, you will receive a form to fill out to be put in for prize drawings on the last day of July. If you return a plethora of books, And if that isn't enough, you can use those books you read for the summer reading program to fill out the June bingo challenge. Some of those categories include reading a book about D-Day or WWII, a book set in summer, a book about a dad, you know, all those June things! And the prize for that is a \$25 gift certificate for the St. James. One of the categories for the bingo challenge is to read a book by Sheila O'Connor, who is our visiting author on June 23 at 10 AM. So come see her, read a book by her, fill out a bingo square, fill out a reading challenge form and there you go!



BOARD AND STAFF

Directors

President Tom Walsh
 Vice-President
 Secretary Doug Blakesley
 Treasurer Rose Burke
 Pastor Karl Rydholm Jeff Marcus
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Staff

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

Email addresses

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

Best Wishes

Goodbye and thank you for your service. Best of luck to former Vice President Jan Wall.



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.



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*Thank
You!!!!*

Thank you

to the following for renewing their memberships:

Randy & Kay Carlson	Bob & Susan Goetz
Joan Heineman	Suellen Karow
Joyce & Jay Smith	Kathleen Wendler
Fred & Jane Baker	Jeff & Roseanne Grosso
Pamela Hallahan	Mary Karjala
Carl & Marlys Long	Dianne Schliep
Barbara Tittle	Mady Usem
David & Marvis Birkenmayer	Marcine Boldt
JoAnn Carlson	Carol Gustafson
Bertha Madtson	Beverly Solheim
Deedra Vokes	Orv & Carol Burma
Janet Erickson	Dan & Karen Johnson
Thomas Kosec	Donna Kreye
Virginia Lampman & Roxanne Johnson	Karen Quist
Ava & David Sucher	Ann Seymour
Eileen Welsch	Jane Wedrickas
Meredith Severson	Lois Klindworth
Janet Fisher	Kay Beckman
Hedy Keller	Bonnie Hauschildt
Guy & Linda Napurski	Dale & Lynn Lund
Carole & Darrell Steffenhagen	Rey & Bev Zimmerman

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

Nancy Mason-Johnson	Ron Sanford
Mary & Jon Heckman	Verna Nickel
Randy & Karen Stein	Joe Trost
Mary Jo LaChance	



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
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**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

June 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	
	 <div style="border: 2px solid black; padding: 10px; display: inline-block; margin: 10px;"> SUMMER!! </div>					1 9 AOA 9:30 Pottery Coffee 10:30 Book Club 10:30 Spanish Conversation 11 Strength Training 11:45 Yoga CLOSE AT NOON	2 8am Toning 11:05 Radio Show
3	4 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 12:30 Euchre 1 Technology Lab	5 9:30 Yoga 12: Strength Train 12:45 Silver Tones 1 Am. Mahjong	6 9 AOA 9:30 Pottery Coffee 11 Scrabble 11 Yoga 1:30 Granny Blankets 1 Chair Yoga 1 Puzzle Club 1 Stroke Support	7 8:30 Stretching 9:30 Texas Wild Women 11:15 Duplicate Bridge 6:30 Pound Fit	8 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 11 Strength Training 11:45 Yoga CLOSE AT 12 NOON	9 8am Toning 11:05 Radio Show	
10	11 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 12:30 500 1 Technology Lab	12 9:30 Yoga 12 Strength Train 12:45 Silver Tones 1 Am Mahjong	13 9 AOA 9:30 Pottery Coffee 11 Scrabble 11 Yoga 1 Puzzle Club 1:30 Granny Blankets 2 Chair Yoga	14 8:30 Stretching 9 Men as Caregive 9:30 Texas Wild Women 6:30 Pound Fit	18 9 5 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 11 Strength Training 11:45 Yoga CLOSE AT 12 NOON	16 8am Toning 11:05 Radio Show	
17	18 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 12:30 Euchre 1 Technology Lab	19 9:30 Yoga 9:45 NAPS 12 Strength Train 12:45 Silver Tones 1 Am Mahjong	20 9 AOA 9:30 Pottery Coffee 11 Scrabble 11 Yoga 1 Google Class 1 Puzzle Club 1:30 Granny Blankets 2 Chair Yoga	21 8:30 Stretching 9:30 Texas Wild Women 11:15 Duplicate Bridge 6:30 Pound Fit	22 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 11 Strength Training 11:45 Yoga CLOSE AT 12 NOON	23 8am Toning 11:05 Radio Show	
24	25 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 12:30 500 1 Technology Lab	26 9:30 Yoga 12 Strength Train 12:45 Silver Tones 1 Am Mahjong	27 9 AOA 9:30 Pottery Coffee 11 Scrabble 11 Yoga 1 Puzzle 1:30 Granny Blankets 2 Chair Yoga	28 8:30 Stretching 12:15 Food W/Frie 2 Parkinson's Sup 6:30 Pound Fit	29 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 11 Strength Training 11:45 Yoga CLOSE AT 12 NOON	30 8am Toning 11:05 Radio Show	



**Published monthly by
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