

FRONT DESK VOLUNTEER TEAM



Front row, L to R- Linda R. Grace H. Shirley S. Back row,  
L to R-Char R. Darlene H. Lynn L. Barb L. Marian F.  
Harriet M. Linda M. Clarice V.  
Not pictured: Bev O. Barbara Y. Murial D.



Thank you to Patsy Nesteby of the Modern Woodmen for their second annual support of the Field of Honor with a \$2,500 matching fund donation.



Front row, L to R- Stef, Jaquie, Patsy  
Back Row, L to R- Dave, Kim



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WE LOVE SUMMER!



Minnesota Landscape  
**ARBORETUM**



JOIN US for a trip to this magnificent Arboretum  
 Monday, August 20<sup>th</sup> 8:30am-5pm  
 \$30 Members-\$37 NON Members & \$10 children 18 and  
 under\*\*must be accompanied by an adult  
 Price includes coach bus, admission and tram-Lunch is on your  
 own at the Arboretum

**NEW to us this year-Tashjian Bee and Discovery Center**



## MONTHLY FORUM

Biking 101  
David Anderson

Monday, July 23rd  
10:00am to 11:00am

No cost, register by Thursday, July 19th

Bike Basics for Boomers teaches the basic skills so boomers get back on their bikes and be comfortable. It includes: basic rules of the road and best practices to be safe and comfortable on the road and trail, potential barriers to riding and a discussion of strategies to overcome these barriers. Basic Maintenance is also part of this and include how to fix-a-flat.

### 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 Trail passes with us. We are selling seasonal (\$25) and day passes (\$4). Stop at the desk to purchase.

"Nothing compares to the simple pleasure of a bike ride."  
- John F. Kennedy



### Food With Friends

12:15 pm to 1:15 pm  
Thursday, July 26th

Cost: \$7.25

RSVP by Thursday, July  
23rd

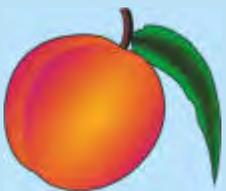
**JULY IS A GRILL OUT!**

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.

### 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.



## Coming Soon!!!

### 2018 Colorado Peaches

We once again will be getting a shipment of Colorado peaches in late August. These delicious peaches are hand picked, hand -packed, and tree ripened and shipped directly from the orchard in Colorado. Watch for the order form with time of delivery and prices in next month's Red Wing Area Seniors newsletter.

Feel free to contact Kim or Aaron at the Country Stop with any questions you may have. 715-442-2429.



Shirley H.



Doug B.



Linda R.



Mary M.

This years spring coloring contest winners! Mary M. was a repeat winner from last from last year. Watch for the coloring contest again next spring. Thanks to Braun Plumbing we will always have 3- \$50 cash prizes.

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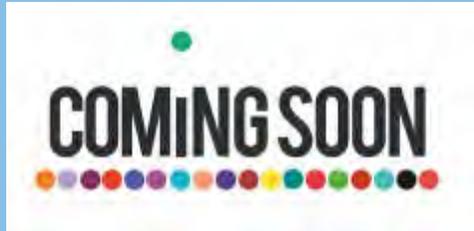
First Communion  
Devotional Aids  
Confirmation  
Wedding  
Baptism

Seasonal Gifts  
Fontanini  
Collectibles  
Games  
Movies  
Books

**DIVINE INSPIRATIONS**

Books and Gifts

St. Augustine Church: 408 3rd St. N. • St. St. Paul, MN  
**651-470-3958**



# STORE UPGRADES

Annadee's Closet will be closed July 10<sup>th</sup>-July 24<sup>th</sup>. Opening with our NEW look on July 25<sup>th</sup>. We look forward to seeing you in our newly expanded space!!

Volunteers are needed to help with the remodeling process. Remodeling volunteers can be skilled or general labor support. If you are interested in offering your time and talent please call or stop by Pier 55 and talk with Stef. 651-327-225



## Annadee's July 2018 Sales Calendar



	3 <i>"Surprise"</i>	4 CLOSED FOR THE HOLIDAY	5 CLOSED FOR THE HOLIDAY	6 Items with Orange Price Stickers 30% Off	7 GO GREEN 50% Off with Annadee's Tote
	10 CLOSED FOR REMODELING	11 CLOSED FOR REMODELING	12 CLOSED FOR REMODELING	13 CLOSED FOR REMODELING	14 CLOSED FOR REMODELING
	17 CLOSED FOR REMODELING	18 CLOSED FOR REMODELING	19 CLOSED FOR REMODELING	20 CLOSED FOR REMODELING	21 CLOSED FOR REMODELING
<b>Annadee's Closet</b> 321 Potter St, Red Wing 651-388-7031  Tuesday 10-5 Wednesday 10-5 Thursday 10-5 Friday 10-5 Saturday 9-2	24 Items with Orange Stickers 60% Off	25 Items with Orange Stickers 60% Off	27 Clothing with RED Tags	28 75% Off	
	31 All Swimwear, beach towels, flotations & beach toys 40% Off			HAPPY 4 <sup>th</sup> of July	

**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

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

**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.**

- 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.....Wednesday's, 1:00 p.m.

**"Wild Woman" Cards**

Thursday, July 12th & 26th • 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, July 19th 11:15 a.m.

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



**Puzzle Club**

Wednesday's at 1:00pm

Also, check out the puzzle exchange area

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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**

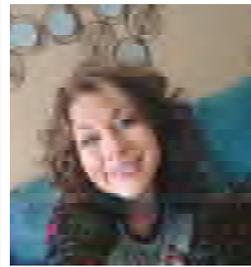
**Instructor: Patty Svien, registered physical therapist**

**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



### **EVENING AND WEEKEND FITNESS CLASSES**

\$4 per class members,  
\$6 non members,  
\$40 or \$60 punch card

### **POUND® Fit (6:30 pm Thursday) S&F**

### **Toning (8:00 am Saturday) S&F**

#### **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/>



### **Fun Healthy Snacks Class**

**Wednesday, August 29<sup>th</sup>**

**12:30-1:30**

**Cost \$5**

Healthy Snacks are easy to make and good to eat.  
Come and learn about  
protein balls, protein shakes and much more!

**Cooking demonstrations, eating, and recipes given  
at the end of class.**

Call Pier 55 to reserve your spot today for this class.  
651.327.2255 **Space is limited!**

Jessica Richmond, Owner of Rivers Edge Wellness is a  
Holistic Nutrition Coach and Yoga and Fitness  
Instructor at Pier 55

Diggin' Old W Main Street (5:00pm to 9:00pm)  
3rd Thursdays, May through September  
Oldwest main from Highway 61 to wither harbor drive  
Brenda Stelter 651-385-7777 or Brenda@AnchorPromotions.com or Kim at DTMS office  
Info@DowntownRedWing.org



Our Get Ready to Ramble program dates are set! Stop by the YMCA or you can also register by visiting their website at [www.redwingymca.org](http://www.redwingymca.org). You have to create an account under "sign in" on the top right corner of the homepage. It will walk you thru the steps to register.

Just a note when you sign up for the Get Ready to Ramble, it doesn't sign you up for the Mayo Clinic River City Ramble. This can be done on the link below, or the paper copy of this registration form (attached) can be turned into the YMCA.

[www.signmeup.com/rivercityramble](http://www.signmeup.com/rivercityramble)



### Watch the August newsletter for:

Detailed information on a day trip to Stillwater in September to ride the Trolley, see the sites and have lunch!

October Mystery Trip information and hints.

Dates and information on a September Fashion Show at Pier 55.

### **Men's Coffee Group, Bill Ness Story Board**



## CASINO

### Prairie's Edge—Granite Falls, MN

Tuesday & Wednesday, July 17th & 18th  
Leave Red Wing 7:30 am

Cost: \$70.00 per person, double occupancy,  
Includes transportation, and \$50.00 in cash.  
Final Registration July 2, 2018



### Palace Casino in Cass Lake, MN & Northern Lights Casino in Walker, MN

Thursday & Friday, August 9th & 10th

Leave Red Wing 7:00 am

Cost: \$85.00 based on Double occupancy, includes Transportation,  
Palace Casino—\$20.00 Slot Play ad \$3.00 Food Coupon  
Northern Lights \$40.00 Slot Play, \$3.00 Food coupon and Hotel Room  
Final Registration by July 24th—Bus limited to 50 Patron's

### 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 27 and 30th— MN State Fair \$35 per person**

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



## The Church Basement Ladies

**WEDNESDAY, SEPTEMBER 12, 2018**

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

**Full— call to be added to the waiting list.**

We will be enjoying lunch at the show  
Ames Center Burnsville

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

Call or stop in to Pier 55 to register 651.327.2255

# 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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**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, July 17th- 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, July 26th at 2pm**

**Facilitated by Pat Kernan & Patrice O'Reilly**

The group welcomes family, caregivers or anyone who has Parkinson's. Join us.

**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

**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, July 18 • 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.*

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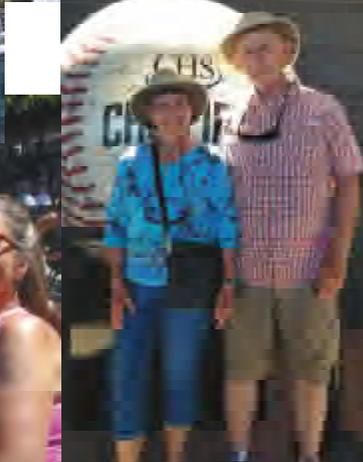
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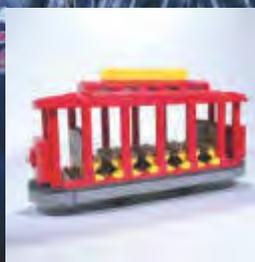
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Stef and Linda R. had one job, bring everybody home that they took up with them. MISSION ACCOMPLISHED. A good time was had by all so yes we will have a Saints Game trip next summer!





**BEAT THE HEAT AT THE  
RED WING PUBLIC LIBRARY**

Hot? Come into the library, check out a book. You'll still be hot, but you'll have a book! And hopefully find an air conditioned spot to read it. We have air conditioning, and we do have comfy chairs. We have local and national newspapers, and a variety of magazines if you want to just rest your feet for a few minutes in the middle of a hot day. This month's challenge is to "read around the library", reading a book from different zones of the library, possibly introducing you to a section you've never been to before. On Saturday, July 21 at 10 AM, we welcome Matt Goldman, author of *Gone to Dust*, which introduces private detective, Nils Shapiro. The book has been nominated for a Shamus Award, was named to the Texas Library Association's Lariat List, and has become a New York Times Best Seller. Also a television writer, Matt has been nominated for a Writers Guild Award and has won an Emmy Award. His credits include *Seinfeld*, *Ellen*, *The New Adventures of Old Christine*, and *Dirk Gently's Holistic Detective Agency*. And the last day for the summer reading program is July 31, so get all your slips filled out and handed in to be in the drawing for awesome prizes from local merchants.

**BOARD AND STAFF**

**Directors**

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

**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

*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:**

Gloria Brodd	Janice French
Ronald & Lynette Hanson	Suzu Jagusch
Jim & Mary Machnik	Sue Mahn
Leonard Miller	Kae Marie Roberts
Richard & Jackie Solheim	Janet Streff
Robert & Jeanette Stroupe	Carolyn Anderson
Chuck & Brenda Balzer	Gwynn Bentley
Suzanne Blue	Jane Donkers
Glen & Donna Dummer	Joyce Erz
Myra & Dave Haase	Barb Hanson
James & Shirley Halverson	Joan Helmer
Elaine Hoisington	Gary & Judy Lohmeyer
LaRose Priess	Jane Whiteside
Ann Wildenborg	Susan Crocker
Norm & Ruth Grunklee	Bruce & Phyllis Klair
Chris Knivel	Connie Minnick
Bruce & Jody Ohlhaber	Bill & Mickey Peterson
Sharon Schroeder	Suzanne Simonson
Barbara Toomey Yara	Karen Tushaus
Julie & Larry Von Bargaen	Karen & Rich Chalmers
Peter & Barbara von Haaren	Lena Kishaba
Kathy Manfred	Dorothy Westphal
Kathy Ause	Doug Blakesley
Elaine Popp	Janice Birk

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

Carolyn Brodigan	Dan Erz
Susan Kolberg	Jim & Karen Key
Barbara Roe	Ione McClelland
June Freiberg	Vic & Sheryl Voth
Peter & Barbara Griffith	Shirley Hines



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**

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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](http://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](mailto:rwasdirector@gmail.com)

# CALENDAR OF ACTIVITIES

## July 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
<b>1</b>	<b>2</b> 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 12:30 Euchre 1 Technology Lab	<b>3</b> 9:30 Yoga 12: Strength Train 1 Am. Mahjong	<b>4</b> <b>PIER 55 CLOSED FOR THE HOLIDAY</b>	<b>5</b> <b>PIER 55 CLOSED FOR THE HOLIDAY</b>	<b>6</b> 9 AOA 9:30 Pottery Coffee 10:30 Book Club 10:30 Spanish Conversation 11 Strength Training 11:45 Yoga  CLOSE AT NOON	<b>7</b> <b>8am Toning</b>
<b>8</b>	<b>9</b> 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 12:30 500 1 Technology Lab	<b>10</b> 9Am. Mahjong	<b>11</b> 9:30 Pottery Coffee 11 Scrabble 1:30 Granny Blankets 1 Puzzle Club	<b>12</b> 8:30 Stretching 9:30 Texas Wild Women 6:30 Pound Fit	<b>13</b> 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 11 Strength Training 11:45 Yoga  CLOSE AT 12 NOON	<b>14</b> <b>8am Toning</b>
<b>15</b>	<b>16</b> 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 12:30 Euchre 1 Technology Lab	<b>17</b> 9:30 Yoga 9:45 NAPS 12 Strength Train 12:45 Silver Tones 1 Am Mahjong 2:30 Parkinsons 3:30 Tai chi	<b>18</b> 9 AOA 9:30 Pottery Coffee 11 Scrabble 11 Yoga 1 Puzzle Club 1:30 Granny Blankets 2 Chair Yoga	<b>19</b> 8:30 Stretching 11:15 Duplicate Bridge 6:30 Pound Fit 12:30 Travel Show	<b>20</b> 9 5 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 11 Strength Training 11:45 Yoga  CLOSE AT 12 NOON	<b>21</b> <b>8am Toning</b>
<b>22</b>	<b>23</b> 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 12:30 500 1 Technology Lab	<b>24</b> 9:30 Yoga 9:45 NAPS 12 Strength Train 12:45 Silver Tones 1 Am Mahjong 2:30 Parkinsons 3:30 Tai chi	<b>25</b> 9 AOA 9:30 Pottery Coffee 11 Scrabble 11 Yoga 1 Google Class 1 Puzzle Club 1:30 Granny Blankets 2 Chair Yoga	<b>26</b> 8:30 Stretching 9:30 Texas Wild Women 12:15 Food w/Friends 6:30 Pound Fit	<b>27</b> 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 11 Strength Training 11:45 Yoga  CLOSE AT 12 NOON	<b>28</b> <b>8am Toning</b>
<b>29</b>	<b>30</b> 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 12:30 Euchre 1 Technology Lab	<b>31</b> 9:30 Yoga 12 Strength Train 12:45 Silver Tones 1 Am Mahjong 2:30 Parkinsons 3:30 Tai chi	<b>Remember the Pier 55 Gift Shop if you are in need of any gifts this summer.</b>			



**Published monthly by  
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