



PIER 55 DANCES

Community Room
Thursday, May 9th
2pm to 5pm

Cost: \$6.00 per person member
\$7.00 per person non member

Dance to the music of a live band. Enjoy dancing, music, and refreshments. We are hoping to make dances a regular event at the Senior Center! So, grab your dancing shoes and enjoy the live music!

Music provided by: "Key Notes"

All are welcome— you do not need a partner.



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SAINTS GAME TRIP



See page 8

POP-UP UKULELE WORKSHOP

Thursday, May 9
1pm-2pm at Pier 55



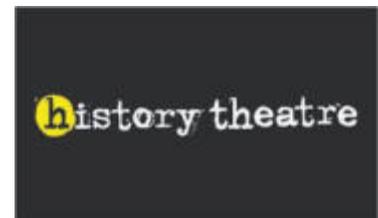
The Sheldon is excited to partner with musician Jeremy Messersmith to present a Pop-Up Ukulele Workshop. Messersmith will be talking about his career and playing songs from

his ukulele songbook and then will teach some basic ukulele skills to those interested. No experience necessary. All ages welcome. A very limited number of ukuleles will be available for use during the workshop part of the program, so feel free to bring your own ukulele if you have one!



No cost, registration required
jstaley@sheldontheatre.org

Let's get **DIRTY** in St. Paul
*Deception, Desire
Delicious.*
Dinner & a Show



See page 8

“Let’s Take A Fresh Look At The Health of Our Brain”



Brought to you by:
Bruce McBeath, Ph.D.
 Licensed Psychologist

Thursday, May 16th
 (Register by Friday, May 10th)
 10:00am - 11:00am

To learn that we have more power to help our brain as we age is quite a hopeful, positive development. In this seminar we’ll explore some “how to” specifics, so we can bring new knowledge about brain health into our lives in practical and helpful ways. Please join us.

* A full article is available. If you would like to receive this information in advance email rwasdirector@gmail.com or visit the front desk at Pier55. “Keeping Our Brain Healthy: An Update”

May is BETTER HEARING MONTH!

We are happy to announce that Sonus Hearing Professionals will be working with Pier 55 and will provide free hearing

screenings the 3rd

Thursday of each month
 starting at 10:00AM
 (May 16th)

Ryan Hummel, M.A.,
 FAAA, a MN and WI
 licensed audiologist will



provide these services.

To register call 388-2670

Do you wish you could hear better in worship?

Red Wing United Methodist Church is reaching out to those with hearing loss through the installation of a T-Loop. This technology works through a signal in a person's hearing aid to receive everything that passes through the microphone at the right level for the individual's unique hearing amplification needs. Members of the church who have experienced this in worship are amazed at how clear the sound of worship has become.

In order to experience the T-Loop technology, a person must first visit their audiologist to have their hearing aids adjusted for T-Loop technology. The church has also purchased several headsets that use the same technology for people without hearing aids to use during worship. Worship is at 9:30am on Sunday mornings. We invite you to come and hear the difference! Thank you to Jane Baker for sharing this great resource with us!



FREE Chair Massage and Computerized Nervous System Scan

Stop in : Tuesday, May 21st
 from 11:15 to 12:15pm

Dr. Pick will be at Pier 55 providing no cost

chair massages and/or nervous system scans.

651-769-7385 HannahPickDC@gmail.com

River Valley Chiropractic

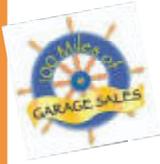


FREE BLOOD PRESSURE CHECKS

The first Wednesday of every month. Thanks to ACCRA, Judy will be here monthly.

10:00am to 11:00am

Welcome Dennis,
our newest
addition to the
Annadee's Closet
volunteer team.



This year, make Annadee's Closet one of your stops during the 100 Miles of Garage Sales. Weather permitting we will have a sidewalk sale.

VETERANS

Anyone with a valid military ID will receive 15% off of your Annadee's Closet purchases. This discount is not valid with other offers.



*Annadee's May 2019
Sales Calendar*

"GET YOUR GREEN ON"

ONE DAY ONLY, GO GREEN BAG SALE!

**Thursday, May 23rd
10am to 5pm**

Next stop? Thrift Shop!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Annadee's Closet RED WING AREA SENIORS</p> <p>Annadee's Closet 321 Potter St, Red Wing 651-388-7031</p> <p>Tuesday 10-5 Wednesday 10-5 Thursday 10-5 Friday 10-5 Saturday 10-2</p>			1 SHOES 3 Pair \$5.00 Tax Included	2	3 THREE DAY SALE Books- \$5.00 a Bag Purses-BOGO Capri's & Shorts-BOGO Women's Tanks-BOGO Men's Shirts & Shorts BOGO	4
		7 LINEN 25% OFF	8	9 WOMEN'S JEANS 1/2 OFF	10 55+ 25% OFF	11
		14 KIDS DAY Clothes & Toys 50% Off	15 Books BOGO	16	17 Students With ID 25% OFF	18
		21 Women's Tops Buy 2 Get 1 Free	22	23 LINEN 50% OFF	24 Summer Hats & Scarves 50% OFF	25
		28 Women's Sportswear 50% OFF	29 PIER 55 MEMBERS 25% OFF With Membership Card	30 GO GREEN 50% Off With Annadee's Green Bag	31	

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 Mandy's Cafe. No fees, and you can fuel up on "Joe" and treats.

BOOK CLUB FOR WOMEN

First Friday • 10:30 a.m.

Facilitator: Jane Whiteside

May 3: Ordinary Grace by William Kent Kruger

June 7: Reading Lolita in Tehran by Azar Nafisi

July 5: Rebecca by Daphne Du Maurier

August 2: The Lace Reader by Brunonia Barry

Sept. 6: The Distance Between Us by Reyna Grande

Oct. 4: The Girl With Seven Names; Escape from North Korea
By Hyeonseo Lee

CLUB CHAMPIONSHIP BRIDGE

This will meet on the 5th Thursday of every month at 11:15am. Stop in or call for more information.

GANDY DANCERS TRAIN CLUB

The club can always use more model trains, tracks, engines and cars to add to its working train displays. For more information or to donate trains call William 651-983-2383

Chinese Mahjong.....Mondays, 1 p.m.
American Mahjong
Euchre.....1st & 3rd Mondays, 12:30 p.m.
500.....2nd & 4th Mondays, 12:30 p.m.
Scrabble.....Wednesdays, 11 a.m.
Puzzle Club.....Wednesdays, 1:00 p.m.
"Wild Woman" Cards

Thursday, May 2, 9 and 23 • 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, May 2 and 16 • 11:15 a.m.
 Looking for something fun and challenging for your mind? Bridge is a great game!

PUZZLE CLUB

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

Everyone is welcome for Mahjong on Monday's at 1:00pm. Don't know how to play? We will teach you. Stop or call in for more information.

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Mike Dube, AAMS®
 Financial Advisor
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 651-385-7681



Michael Hosfeld
 Financial Advisor
 525 Bush Street
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www.stcrispinlivingcommunity.org



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/Michele				
10 a.m.	Yoga W/Jess		Yoga/w Jess			
11:30am	Strength		Strength			
2:00 p.m.			Yoga/Michele			
2:30pm		Parkinsons Wellness				
3:30pm		Tai Chi				
6:30pm						

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.

Jessica Richmond's Yoga Classes **S&F**

Monday's 10am

Wednesday's 10am

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!

Strength Class Cost: (Monday's and Wednesday's 11:30am)

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

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: Kim Wojcik and 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



Name: _____ Phone: _____ Age: _____

You must be 48 years of age or older to submit your picture for a prize. THREE grand prizes (each \$50 value) will be awarded. Entries are due by **4 p.m. Thursday, May 13.** Pictures will be assigned a number for anonymous voting. Entries will be hung at Pier 55 where voting will take place until May 31st.

Destination.....DULUTH (46.7867° N, 92.1005° W)

DULUTH, MN One Night Trip August 20th, 2019



Depart-7:00am Tues, Aug. 20th Return-5:00pm Wed, Aug. 21st
 The Comfort Suites in Canal Park. Our hotel is centrally located to a variety of shops and restaurants. The boardwalk to the lake is right out our hotel. There is a free shuttle that will take you throughout Canal Park and downtown Duluth.

****Registration forms available at Pier 55****

Trip Includes: Two breakfasts, 2 lunches, coach bus ride, one-night hotel stay, admittance to Goosberry Falls and Glen Sheen.

Member Single \$336 Double \$229 Non Members Single \$351 Double \$245

Payment in full due by Tuesday, July 23rd



JUNE SHOPPING TRIP - Eagan Outlet Mall

Tuesday, June 18th, 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.

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

Register at front desk or call 651-327-2255

SAINTS GAME TRIP

Wednesday, July 17th (1:05pm game time)

Leave 11:30am and return time based on game length

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

\$30 anyone under 18 years of age

Cost includes coach bus ride and entrance to the game.



Wednesday, June 12th

Members \$83 Non members \$89

1 pm Show Time

Trip full. You can get on waiting list

CHANHASSEN DINNER THEATRE



Diamond Jo – Northwood, IA

Tuesday, June 4, 2019

Leave Red Wing 7:30 am

\$25.00 per person, includes Transportation,

\$20.00 Free Play

Final Registration by May 28, 2019

Jackpot Junction, Morton, MN

Tuesday, May 28 & Wednesday, May 29

Leave Red Wing 7:30 am

Cost: \$75.00 per person double occupancy,

includes room, transportation, \$50.00 in Free Play

Final registration due by May 14, 2019



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Dinner & a Show

The History Theatre's show Dirty Business is an epic tale of deception and desire. "1939. It was said that no man could resist the charm and appeal of secret agent Betty Pack." "A passionate new musical that is filled with intrigue, deception and intelligence not to be missed." Join us for the 10am matinee which is sure to create an appetite. Then we will go to Moscow On The Hill (again) for a tasty family-style lunch.

Thursday, May 23rd. Depart 8:30am Return by 4pm. Call or stop in to register before Tuesday, May 14th.

\$68 Members/ \$78 NON-Members



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 dpage@lpiseniors.com or (800) 950-9952 x5875

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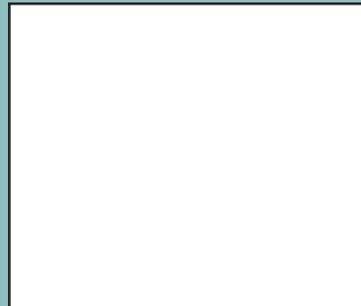
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RESOURCES FOR AGING WELL



Healing Arts Therapies

- Yoga therapy
- Massage therapy
- Healing Touch

Call 651-385-3260

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.

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.



Toenail Troubles? Home foot care
Julie Tollison, RNC, C
651-380-1069, julietollison@gmail.com

Alzheimer's and Dementia Support Group— Presented by: Alzheimer's Association
1st Monday of the month .
St. Crispin Living Community— The Villa
Private Dining Room, 2nd Floor 135 Pioneer Rd. Sarah Fox 651-385-5422 alz.org

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,

Vicky Heitman at 651-448-8333 or

vheitman@oxfordmgmt.com

Transportation:

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1-866-623-7505

hart@threeriverscap.org

NAPS: Nutrition Assistance Program for Seniors

Tuesday, May 21st- 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 23rd 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

New location: St. Paul's Lutheran Church, 320 West Avenue. Use the lower side door entrance.

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.

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.

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.**

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.

State Service for the Blind (SSB)

Charlene Guggisberg
SSU Training Coordinator 651-539-2370

The Mesothelioma Center

asbestos.com/mesothelioma/prognosis/

David Sides

Public Outreach Coordinator Public Outreach
Coordinator dsides@asbestos.com

407-734-1225



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Thank you to the following individuals that dedicated flags by the April 15th deadline. Flag dedication forms are still available at Pier 55, Elks Club or visit our website at www.redwingareaseniors.org . We have a total of 350 flags!

Norma Swingdorf	Marilyn Glander	Ernie & Mary Ann Valentine
Col. Steve & Jetty Tomhave	James & Jean Magnusson	Karen & Jim Key
Judy Hunstad	Randy, Linda & Wendy Bluhm	June Freiberg
Edla Bodelson	Janice Kasson Rehder	Tembreall Family & Mary Stensland
Grace Hendrickson	Joyce Wolfgram	Mae Lundberg & Family
Dorothy N. Crane	David Foster	Arnie & Karen Strusz
Jerome T. Johnson	William Benson	Sam Pearson & Muriel Copp
Ed, Tracy & Steven Reitmann	Inez Chicquette	Joan Kovacs & Jim Lally
Audrey Baker	Mary Christensen	Joan Helmer
Janet Sellars	Paul & Lori Reding	Lee Gernentz
Sharon & Patrick Camburn	Siblings of Patricia Rosas	Marian Kolberg
Marlene Shelstad	Marjean Mallan	Betty L. Anderson
Gerry & Linda Holly	Janice French	Greg & Mary Turner
Richard & Laura Johnson	Glee, Mark & DeeAnn Robbins	Joann & David Anderson
Sharon Johnson	Janet Fisher	Dennis & Lynn Vaillant
Robert & Joyce Harlow	Pat Swanson	Clare & Dennis Cox
Ron & Lonnie Drahos	Dan Knott	Don & Nancy Falk
Fay Fanslow	Audrey Voth	Tom Kosec
Mary Nash	Dar, David, Don & Dean Nash	Nash Family
Tim & Susan Nevitt	Elnora Pearson	Marty Family
Lori Remus & Family	Ralph Ryan	Louise Erickson
Betty Guse	Bruce & Nancy Nadeau	John Lindy Family
Yvonne Thimijan	Suzanne Blue	Barb Goggin & Family
Lynn Lund & Family	Doug Blakesley	Bob & Dee Dee Schutz
Judy Dille, Faith & Abbie	Dorothy K. Gentry	Tom & Judy Walsh
Carol Hegseth	Dan & Mary Roper	The Steffenhagen Family
Larry & Deanna Voth	Vicki Weckerling	Reynold & Bev Zimmermann
Alan & Linda Quarnstrom	Randi Bauer	Marilyn, Graham & Kim Ryan
JoAnn Carlson	Daryl Duden Family	Nancy & Robert Enevold
Jon Childs	Baker Family	
Baringer Dave & Carol, Lorraine & Roger		

This years Flag Dedication Ceremony will be held on Friday, May 24 at 6:00pm, Bay Point Park, Red Wing. Flags will be on display 24 hours a day – rain or shine May 24 - May 29. Bring your own chair to the ceremony. If you know a veteran in the Red Wing or surrounding area in need of support please have them contact Pier 55 .

YOU HAVE UNTIL MAY 20TH TO DEDICATE A FLAG



Toot from Potter's Ridge

Pier 55,
Thank you very much for your generous donation to our Dreams Project silent auction! Because of your donation we will be able to make all three resident bucket list items come true. We greatly appreciate your support!
Signed the *Dream Team*

BOARD AND STAFF

Directors

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

Staff

Kim Wojcik.....Executive Director
Stef Braun..... Program Coordinator
Shirley Perkins.....Administrative Asst.
Jolene King.....Annadee's Manager
Mary Machnik... Volunteer Gift Shop Manager

Email addresses

Kim Wojcik.....RWASdirector@gmail.com
Stef Braun.....RWASprogram@gmail.com
Shirley Perkins.... RWASassistant@gmail.com
Jolene KingRWASstore@gmail.com

*Thank
You*

To everyone that
donated in
honor of our good
friend,
Jerry Dooley.



Valentines

The heart of the home

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.



Call Sandy McDonald for your personal tour today!

Office: 651-388-1650

sandy@valentinesllc.com • www.valentinesassistedliving.com

Valentines
2557 Eagle Ridge Dr.
Red Wing, MN 55066

Valentines Loving Residence
1760 Perlich Ave.
Red Wing, MN 55066

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*Thank
You!!!!*

**Thank you
to the following for renewing their
memberships:**

Fred & Jane Baker	Jeanne Duffing
Jeff & Roseanne Grosso	Marne Kenitz
Johnetta Mullenbach	Wayne & Sonja Munson
Marian D. Nelson	Deb Rindels
Beverly Solheim	MarieTipcke
Tom Kosec	Laura Miller
Nancy J. Olson	Wanda Ottoson
Ann Seymour	Carolyn Brodigan
Terry & Marlene Shelstad	Sandra Carrington
Gretchen & Adolph Dahling	Kenneth & Sheila Dicke
Bob & Susan Goetz	Suzy Jagusch
Dick & Laura Johnson	Sue Karow
Mary & Gene Kennedy	Ardis Kyker
Gene Leise	Jay & Joyce Smith
Carole & Darrell Steffenhagen	Carol Warfel
Nancy & Harris Waller	Janet Erickson
Kae Marie Roberts	Lyle & Peggy Scherff
Margaret Ekdahl	Jane Wedrickas
Avis Sucher	Bonnie Voth

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

Debra Jeske	Mary Dooley
Dave & Sandy Grzywinski	Bill Harr &
Jon Parker &	Georgia Smale
Lucinda Ochoada	Sherry & Kathryn Harris

Your Red Wing Area Seniors membership fee supports area seniors in a number of ways. Monies are put towards all of our service programs and help to keep program fees no cost or affordable. Thank you for your membership!

MISSION

**Empowering active living
and lifelong learning**

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.

Pier 55 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

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

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!

CALENDAR OF ACTIVITIES

May, 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
			1 9:30 Pottery Coffee 10 Blood Pressure checks 10 Yoga 10:30 Spanish Conv. 11 Scrabble 11:30 Strength 1:30 Granny Blankets	2 8:30 Stretching 9:30 Texas Wild Women 11:15 Duplicate Bridge 5:15 Move, Move, Move	3 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation 10:30 Book Club for Women	4
5	6 9 AOA 9:30 Pottery Coffee 10 Yoga 10:30 Spanish Conversation 11:30 Body Bar 12:30 Euchre 1 Technology Lab 1 Mahjong's	7 9:30 Yoga 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	8 9:30 Pottery Coffee 10:30 Spanish Conversation 11 Scrabble 1:30 Granny Blankets 2 Stroke Support 2 Chair Yoga	9 8:30 Stretching 9:30 Texas Wild Women 2pm PIER 55 DANCE	10 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation	11
12	13 9 AOA 9:30 Pottery Coffee 10 Coffee Convers. 10 Yoga 10:30 Spanish Conversation 11:30 Body Bar 12:30 500 1 Technology Lab 1 Mahjong's	14 9:30 Yoga 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	15 9 AOA 9:30 Pottery Coffee 10 Yoga 10:30 Spanish Conversation 11 Scrabble 11:30 Strength 1:30 Granny Blankets 2 Chair Yoga	16 8:30 Stretching 10am SONUS 11:15 Duplicate Bridge	17 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation	18
19	20 9 AOA 9:30 Pottery Coffee 10 Yoga 10:30 Spanish Conversation 11:30 Body Bar 12:30 Euchre 1 Mahjong's	21 9:30 Yoga 9:45 NAPS 11:15 Dr. Pick 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	22 9 AOA 9:30 Pottery Coffee 10 Yoga 10:30 Spanish Conversation 11 Scrabble 11:30 Strength 1:30 Granny Blankets 2 Chair Yoga	23 8:30 Stretching 9:30 Texas Wild Women 2:00 Parkinson's Support	24 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation	25
26	27 MEMORIAL DAY PIER 55 CLOSED	28 9:30 Yoga 12:45 Silver Tones 2:30 Parkinson's 3:30 Tai chi	29 9 AOA 9:30 Pottery Coffee 10 Yoga 10:30 Spanish Conversation 11 Scrabble 11:30 Strength 1:30 Granny Blankets 2 Chair Yoga	30 8:30 Stretching 11:15am Championship Bridge	31 9 AOA 9:30 Pottery Coffee 10:30 Spanish Conversation	



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