

**P55 AT THE PARK**

Join us Wednesday's (beginning June 9<sup>th</sup>)  
from 1:30pm-2:30pm at  
Bay Point Park for just a casual outside  
opportunity to socialize and see a  
Pier 55/Red Wing Area Seniors staff,  
volunteer, or board member.

All are welcome.  
No cost. No registration.  
*Will be cancelled in the event of inclement  
weather.*



**PARKINSON SUPPORT GROUP**

Parkinson's Support Group will have a meeting on Thursday, June 10, 2021 at 2 PM to help restart and reorganize the group. All former participants and other interested people with Parkinson's Disease are welcome to attend. We also welcome family members and caregivers. The main focus of the group is to provide an opportunity to exchange thoughts, ideas, and experiences with others living with Parkinson's Disease along with Parkinson news and education.



Pat Kernan, Facilitator

See page 2 for June's contest.

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July trip to the  
Landscape Arboretum  
See page 12



August trip to the Saints Game  
See page 12

## AT THE BEACH WORD SEARCH PUZZLE



BEACH BALL  
BOARDWALK  
BOOGIE BOARD  
CORAL REEF  
DOLPHIN

HIGH TIDE  
JELLY FISH  
LIFEGUARD  
LIGHTHOUSE  
PALM TREES

PELICAN  
SAND CASTLE  
SAND DUNES  
SEA SHELL  
STARFISH

SUNBATHERS  
SURFBOARD  
SWIMSUIT  
UMBRELLA  
WHITE CAPS

Send or drop off your completed word find to Pier 55: 240 Harrison Street, Red Wing, MN 55066

By Tuesday, June 22nd to be placed in a random prize drawing. There will be 5 winners drawn and names will be announced in the July newsletter.

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address \_\_\_\_\_



We would like to thank the following volunteers, business, and organizations for the continued success of the Field of Honor.



City of Red Wing  
Modern Woodmen  
Civil Air Patrol  
Elks Club

#### FIELD OF HONOR COMMITTEE MEMBERS 2021

Don Mikkita, Event Chairperson

Daryl Duden

Lottie Aslakson

Sharon Marty

Tom Walsh

Kim Wojcik

Avis Lind

Joann

Pat Rahmaker

Bill Nesseth





321 Potter St. Red Wing  
651-388-7031

### STORE HOURS:

Tuesday's 10-5pm  
Wednesday's 10-5pm  
Thursday's 10-2pm  
Friday's 10-2pm  
Saturday's 10-2pm

(Note: store hours and donation hours vary)



## JUNE SALES&CALENDAR

1 KIDS DAY	Clothing and Toys 50% off
10 LINEN	25% off
15 LIGHTENING	50% off
18 WOMENS SHORTS/CAPRI	50% off
22 LINEN	50% off
25 PIER 55 MEMBERS	50% off (present membership card)



### DONATION HOURS:

Tuesday's 10-1:00pm  
Wednesday's 10-1:00pm  
Friday's 10-1:00pm  
Saturday's 10-1:00pm



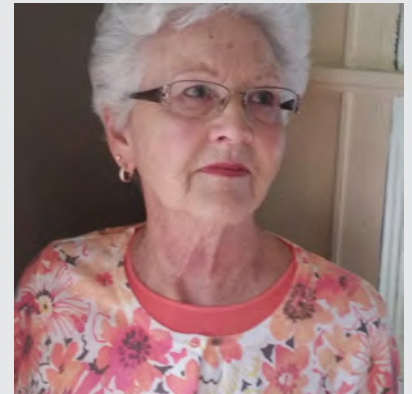
We accept gently used furniture donations.  
Call if you have any questions.

In 1925 Helen Keller challenged Lion's Clubs to be "Knight's for the Blind." One way the Lions have met this challenge over the years has been by collecting used eyeglasses for recycling to people in need. The Red Wing Lion's Club has eyeglass drop boxes at several local business locations in addition to the **drop box here at the Red Wing Area Senior Center or drop off at Annadee's Thrift Store.**

Lion's Clubs in SE Minnesota collect about 14,000 to 20,000 pairs of glasses every year that are picked up at the annual Lion's Club District Convention in Rochester by the Lions Eyeglass Recycling Center (LERC) from Sauk Rapids, Minnesota. They collect over 70,000 pairs of glasses from a larger multi-district area that includes all of Minnesota and part of Canada. The Sauk Rapids LERC ships the collected glasses to a regional processing center in Rosholt, Wisconsin where they are cleaned, repaired and classified by prescription.

Finally, the rehabed eyeglasses are given (not sold) to charitable organizations that send volunteers on missions to developing countries. The volunteers donate their time, talents and travel expenses to professionally dispense the eyeglasses free of charge. Donations and volunteer efforts enable the Lion's Club to provide eyeglasses to people in need at a minimal organization cost of only 8 cents per pair!

*Ralph Wells*



**Yoga with Jessica**

Wednesday's at 10am

**Active Older Adults****Fitness (AOA) S&F**Monday's,  
Wednesday's 9am**FITNESS TIP:**

If you are outside gardening or doing yardwork make sure to stay hydrated by drinking lots of water before during and after your activity.

- Kim Wojcik

**BLOOD PRESSURE CHECKS** BY BRANDI

SPONSORED BY ACCRA

Wednesday, June 9th

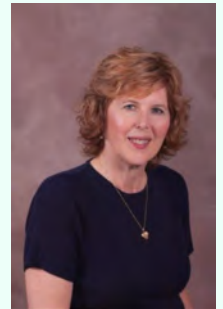
10:15am to 11:15am

No cost, no registration, no membership required, all are welcome!

**Senior Yoga for Healing Classes:****Mat Class: Tuesdays 9:30 a.m. – 10:45 a.m.****Chair Class: Wednesdays 2:00 p.m. – 3:00 p.m****Instructor: Michele Hoffman, C-IAYT Certified Yoga Therapist****Cost is \$50 for a punch-card of 6 classes**

For more than 20 years Michele Hoffman has been working with seniors to help them stay healthy, flexible and strong in order to live their best lives. Michele is a yoga therapist at Mayo Clinic Health System in the Integrative Medicine and Hospice departments where she has practiced yoga therapy for the past ten years.

Classes are taught on-line via Zoom. To register: Call or email Michele at 651-301-1781 Hoffman.michele@mayo.edu

**Parkinson Wellness Recovery**

Tuesday's at 2pm

Patty Svien, registered  
physical therapist

Cost: \$35, limited to 8 participants

Call Patti for class dates and  
to register.651 380 8752, email [svien65@hbc.com](mailto:svien65@hbc.com)**Tai Chi**

Tuesday's at 1pm

Patty Svien, registered  
physical therapist

Cost: \$35, limited to 8 participants

Call Patti for class dates and  
to register.651 380 8752, email [svien65@hbc.com](mailto:svien65@hbc.com)



**Just for you in 2022!**



**Wednesday, May 25, 2022**

Depart approximately 9am and return 5pm

Lunch at 11am/Show at 1pm

Members \$89 and Non Members \$99

**This trip will fill up fast!**



FOOTLOOSE REGISTRATION

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone with area code \_\_\_\_\_

Members \$89, Non Members \$99  
Cost includes bus, show and lunch.

Enclose entire payment with this form to:

Cash is accepted (do not mail) OR mail in check, money order or pay by Visa, Mastercard or Discover Card  
----- exp. date ---- 3 digit code ----

Red Wing Area Seniors 240 Harrison St. Suite 2 Red Wing, MN 55066



Payment in full needs to be received by May 1, 2022 cancellation after this date will result in a 15% cancellation fee.



### *Look What I Found*

If you have not been to Pier 55 lately, you are missing out! Located in our hallway we have a large variety of items for sale. These are both new and gently used with all the proceeds going to Red Wing Area Seniors. Items range from jewelry, clothing, gifts and décor to wooden crafts, cards, books and so much more. Please

stop in and see what there is for sale and find yourself or someone else a magnificent treasure!



## Get “Perky” at the Pier

Tuesday’s (beginning June 8th) join us at Pier 55 from 9:30am-10:30am for a non-structured, lighthearted coffee and chat hour. All are welcome. Your free will donation for coffee is appreciated.



### BAG COLLECTION FOR THE LIONS CLUB!!

“Our objective is to collect 500 lbs. of plastic bags and send them to a facility that will build us an attractive plastic park bench. (The construction of the free bench requires 500 lbs. of bags.) There's also a collection box at Annadee's Closet and we collect bags from several area businesses. The Lions completed a collection effort last year, had a bench built, contributed it to the City of Red Wing and will have it placed at Colvill Park this summer.” - Ralph Wells

Plastic bag collection bins are located at Pier 55 and Annadee’s Thrift Store!

**Technology Lab****By Appointment • 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.

**Toenail Troubles?**

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

**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.**

**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 17- 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****Watch for information****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. CANCELLED**

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.

**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.

**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. Call now to set up appointments for spring repairs.

**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.

**Medical Equipment Lending Program**

Pier 55 is 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 for an appointment. 651-327-2255

**Technology Assistance**

Email Tom Walsh to set up an appointment for assistance with google, zoom, etc. No cost. tw.2522@gmail.com

Many of you have heard about people using "ZOOM." ZOOM is a video webinar/a way to stay connected. If you would like assistance learning more about how to use this, contact Tom Walsh for assistance. No cost.

Or leave a message at 651-327-2255 and we will get back to you to schedule an appointment.

**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, treatment advances, strategies and coping skills.

**Notary Public - Shirley Perkins**

Shirley can notarize your important papers including wills and health care directives. Donations for this complimentary service are gratefully accepted for members. There is a \$25 fee for non members. Talk to Shirley to schedule an appointment.

**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**

Facilitator: Pat Kernan

The Women's Book Group Meeting is scheduled for June 4 The Book Woman of Troublesome Creek by Kim Michelle Richardson

July 16 The Badass Librarians of Timbuktu, By Joshua Hammer

**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 651-983-2382

**Mexican Train Dominoes**-2nd and 4th Tuesday's of the month from 2:00 - 3:30pm All are welcome!

**ALL GAMES AND CLUBS**

**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, July 11 and 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 • 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**

## Something Sure Smells Sweet



Join us for breathtaking views as you stroll through the Landscape Arboretum viewing some 5,000 plant species. Cost includes coach bus, entrance into arboretum, tram, lunch at PF Chang.

Tuesday, July 20th

Leave at 7:30am

Members \$76.50

Non Members \$85.00

## Minnesota Landscape Arboretum



*Voted Best Botanical Garden in 2019*

Call or stop in to register. 651.327.2255



## St. Paul Saints Game Wednesday, August 4<sup>th</sup>

Game starts at 1pm  
Return time depends on the  
length of the game.

\$ 57.00 members  
\$65.00NON members  
\$25 people under 18 years  
old.

Cost includes coach bus and  
admittance to the game.  
Register at Pier 55 front desk  
or by calling 651.327.2255

### TRAVEL SHOW

Thursday, June 10, 10am  
United Lutheran Church  
5th and Dakota St.  
No refreshments, there will be  
door prizes!

Rose Propst @ 651.301.0700  
[prp22134@yahoo.com](mailto:prp22134@yahoo.com).



## NIAGARA FALLS AND HERITAGE HIGHLIGHTS TRIP OCTOBER 2021

See Niagara Falls, Gettysburg,  
and Philadelphia,  
Washington D.C., and  
Williamsburg, VA.





## Sorting Fact from Fiction Online

**Thursday, June 10th at 11:00am  
Virtual Presentation, No Cost**

Do you believe everything you see online? There are plenty of sensationalized headlines, misleading stories and even complete falsehoods circulating on the Internet, making it hard for even the most discerning reader to sort fact from fiction. This presentation will equip you with valuable tools and resources to help you stay safe online. Take this chance to learn how to protect yourself. Call or stop by Pier 55 to register.

## BOARD AND STAFF

### Directors

President. . . . . Tom Walsh  
 Vice-President. . . . . Jeff Marcus  
 Secretary . . . . . Julie Birk-Betcher  
 Treasurer . . . . . Rose Burke  
     Dennis Koenig              Char Rogness  
     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  
 Doug Blakesly.....Talent Acquisition Volun.

### Email addresses

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

Check out what your Pier 55 membership does for you...



- ◆ A monthly edition of this fantastic newsletter will be mailed and/or emailed directly to you!
- ◆ Of course, our members pay less to go on our trips.
- ◆ Members get priority sign up on all trips.
- ◆ Programs are less expensive for members and some programs may be members only.
- ◆ Members can shred documents at no cost any time during business hours.
- ◆ Each month there is a VIP Pier 55 members only 50% discount day. You must show your membership card for this monumental members only sale.  
**Friday, June 25**
- ◆ Members get a sizable discount when they rent a room for any reason.
- ◆ Educational & recreational opportunities available to all members.
- ◆ No cost outdoor recreation available to all members.
- ◆ With each annual renewal you will receive welcome letter and membership card from Shirls Perkins.

We appreciate our member renewals and look forward to new members joining our wonderful center! Kim Wojcik, Executive Director

## Pier 55 Membership

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_

Would you like to receive your newsletter by  
Mail \_\_\_\_\_ Email \_\_\_\_\_

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**

### Hours of Operation June

Monday's 9am - 4 pm

Tuesday's 9am - 4 pm

Wednesday's 9am - 4 pm

Thursday 9am - 4 pm

Friday's 9am - Noon



Like us on Facebook.

*Red Wing Area Seniors.*

*We have three pages.*

*Pier 55, Thrifty Dee's, Field of Honor*

### MISSION

**Empowering active living  
and lifelong learning.**

# CALENDAR OF ACTIVITIES

## JUNE 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	9am AOA 9am Pottery Coffee 10:30am Spanish Conversation	<b>1</b> 9:30am YOGA w/ Michele 1pm Parkinson Wellness 2pm Tai Chi	<b>2</b> 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 2pm Chair Yoga	<b>3</b> 1pm Stepping On	<b>4</b> 9am Pottery Coffee 10:30am Spanish Conversation	<b>5</b>
<b>6</b>	<b>7</b> 9am AOA 9am Pottery Coffee 10:30am Spanish Conversation	<b>8</b> 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Parkinson Wellness 2pm Tai Chi	<b>9</b> 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 10:15am Blood Pressure Checks- ACCRA 1:30 P55 Park 2pm Chair Yoga	<b>10</b> 9am Golden K 1pm Stepping On Virtual Presentation	<b>11</b> 9am Pottery Coffee 10:30 Book Club 10:30am Spanish Conversation	<b>12</b>
<b>13</b>	<b>14</b> 9am AOA 9am Pottery Coffee 10:30am Spanish Conversation	<b>15</b> 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Parkinson Wellness 2pm Tai Chi	<b>16</b> 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 9:30 Coffee Atrium 2pm Chair Yoga	<b>17</b> 1pm Stepping On	<b>18</b> 9am Pottery Coffee 10:30am Spanish Conversation	<b>19</b>
<b>20</b>	<b>21</b> 9am AOA 9am Pottery Coffee 10:30am Spanish Conversation	<b>22</b> 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Parkinson Wellness 2pm Tai Chi	<b>23</b> 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 9:30 Coffee Atrium 2pm Chair Yoga	<b>24</b> 9am Golden K	<b>25</b> 9am Pottery Coffee 10:30am Spanish Conversation  PIER 55 MEMBER DISCOUNT DAY	<b>26</b>
<b>27</b>	<b>28</b> 9am AOA 9am Pottery Coffee 10:30am Spanish Conversation	<b>29</b> 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Parkinson Wellness 2pm Tai Chi	<b>30</b> 9am AOA 9am Pottery Coffee 10am Yoga W/Jess 9:30 Coffee Atrium 2pm Chair Yoga			



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