

CURBSIDE PICKUP

October Curbside
Pick Up Event!
See inside for details and
registration information.

Sack Lunch On The Go!

Pre-registration and
payment required
No membership required



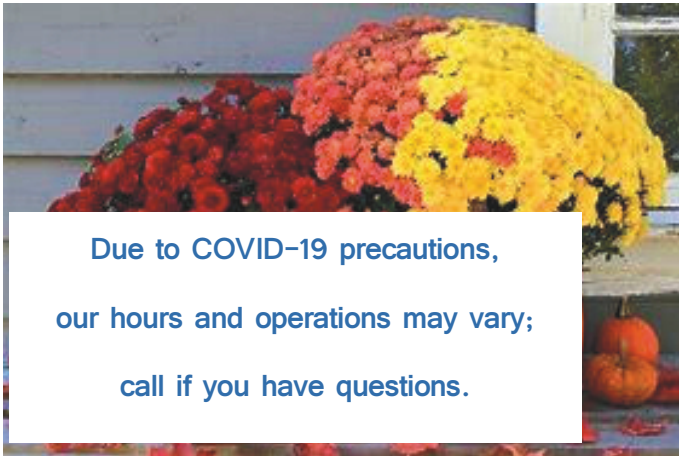
- * **Monday, November 8th-Merry Monday**, any holiday themed item purchased will entitle the shopper to receive one \$5.00 coupon to be used at Annadee's Thrift Store.
- * **Tuesday, November 9th-Tell Me About It Tuesday**, anyone making a purchase this day that says "Jingle All the Way" when they check out will receive a holiday treat.
- * **Wednesday, November 10th-Wear It Wednesday**, After making a Gift Shop purchase anyone wearing green and/or red or holiday themed clothing will be entered in a prize drawing
- * **Thursday, November 11th-Thirsty Thursday**, anyone in shopping in the Gift Shop will be invited to help themselves to complimentary coffee and a holiday treat.
- * **Friday, November 12th-Freezing Friday**, anyone purchasing mittens, blankets, hats, earmuffs etc. will receive a \$5.00 coupon to be used at Annadee's Thrift Store.

PIER 55 GIFT SHOP SALE WEEK

You are invited to experience a
"Taste of Tai Chi"
Come and see what Tai Chi has to offer.
Tuesday; Oct, 5, 12, 19 at 3:15 to 4:00 pm
Red Wing Senior Center; register at office.
Instructor: Patty Svien, 651-380-8752

FREE





Due to COVID-19 precautions,
our hours and operations may vary;
call if you have questions.

Hours of Operation October

Monday's 9am to 4 pm

Tuesday's 9am to 12 pm

Wednesday's 9am to 4 pm

Thursday's 9am to 12 pm

Friday's 9am to 12 pm

- Wearing a mask may be required (At this time it is optional).
- Our gift shop is open, we are limiting it to 4 people in the store at one time.
- There is a 90 minute limit on all common areas of Pier 55.

As the COVID19 conditions increase or decrease we will be changing our practices. Our primary focus is always the safety of our members, guests, volunteers, staff and the wellbeing of the organization.

Please use the following self-checklist before you visit Pier 55 and if you reply **YES to any of the questions in the checklist, stay home!**

- Do you have a **Fever** (temperature over 100.30F) without having taken any fever reducing medications?
- Do you have a **Loss of Smell or Taste?**
- Do you have a **Cough?**
- Do you have **Muscle Aches?**
- Do you have a **Sore Throat?**
- Do you have **Shortness of Breath?**
- Do you have **Chills?**
- Do you have a **Headache?**
- Have you experienced any gastrointestinal symptoms such as **nausea/vomiting, diarrhea, loss of appetite?**
- Have you, or anyone you have been in close contact with been diagnosed with COVID-19, or been placed on quarantine for possible contact with COVID-19?

Have you been asked to self-isolate or quarantine by a medical professional or a local public health official? If yes, stay home!

NAME THE DISNEY MOVIE CHALLENGE

Winners stop at the front desk to pick up your prize!

**Gloria Gustafson, Grace Hendrickson, Sherry Slycord,
Candace Bean, Ann Moritz**



EVENING YOGA AT PIER 55

-With Michele Hoffman

YOGA THERAPY FOR LOW BACK PAIN

Tuesday's, September 21 to October 26
5:30pm to 6:30pm, \$75 for 6 weeks
Contact Michelle for details on cost and registration.

WEDNESDAY EVENING YOGA

Starting Wednesday's, September 8
5:30pm to 6:30pm, \$65 and \$55 for (Seniors age 65 and older)
In person and zoom.



Contact Michelle for details on cost and registration. To register: Call or email Michele at 651-301-1781

Hof-



LANDMARK TRAVEL SHOW

At Pier 55

Tuesday, November 9th
1:00pm to 2:00pm

Join Tony from Landmark Travel to learn about their 2021/2022 travel options.

Enjoy treats and refreshments!
No registration required

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OCTOBER STORE HOURS:

Tuesday's 10-4pm
 Wednesday's 10-4pm
 Thursday's 10-2pm
 Friday's 10-2pm
 Saturday **10/16** OPEN 10-2pm
 Saturday **10/23** OPEN 10-2pm
 (Note: store hours and donation hours vary)

OCTOBER SALES & CALENDAR

- 10/1 All CD's and DVD's Buy One Get Two
- 10/5 Coffee Mugs Buy One Get Two
- 10/13 Linen 25% Off
- 10/19 Clear Glass 25% Off
- 10/26 Pictures 50% Off
- 10/29 Pier 55 Members 50% Off (must show card)



Make sure you shop Annadee's for all of your Halloween Costume and decoration needs!!



DONATION HOURS:

Tuesday's 10-1:00pm
 Wednesday's 10-1:00pm
 Friday's 10-1:00pm
 Saturday **10/16** OPEN 10-1:00pm
 Saturday **10/23** OPEN 10-1:00pm



NEW WEEKLY SALE!!
 On Thursday's all children's clothing will be
"fill a bag for \$2.00"

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



CHICKEN NOODLE CASSEROLE & BROCCOLI/CAULIFLOWER SALAD & FROSTED BROWNIE BY BARB'S CATERING (Barb Gossman)

We will be having an "indoor grab and go" Wednesday, October 6 11:30am to 1:00pm. Come to Pier 55, just inside the main entrance and pick up this delicious homemade lunch combo. (\$11.50) You will get a take-out lunch to warm at your home.

Payment is due at registration by Friday, October 1st.

Indoor Grab and Go Registration

Chicken Noodle Casserole, Broccoli and Cauliflower Salad, Frosted Brownie

Qty Ordered: _____

\$11.50 ea. OR say "What the heck, keep the change"=\$12.00

Total enclosed \$ _____

Name _____

Phone # _____



Mail or drop off to RWAS 240 Harrison St. Suite 2

Payment due at the time of registration.

Order must be received by Friday, October 1.

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Red Wing, MN 55066
651-388-6286



Mike Dube, AAMS®
Financial Advisor
139 Tyler Rd South
Red Wing, MN 55066
651-385-7681



Michael Hosfeld
Financial Advisor
910 Main Street, Ste. 203
Red Wing, MN 55066
651-800-2032



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Matthew Theis
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651-212-6682



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Yoga with Jessica

Monday's at 10am
(start Sept 13)



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

FITNESS TIP:
Colder weather means it is a great time to try
an inside fitness class. You can observe or
participate for one class at no cost.— Kim

BLOOD PRESSURE CHECKS BY BRANDI

SPONSORED BY ACCRA

Wednesday, October 13th

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

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

HALLOWEEN

CANDY BY ANOTHER NAME!

DIRECTIONS: DETERMINE WHICH POPULAR HALLOWEEN CANDY IS BEING DESCRIBED BY AN ALTERNATIVE NAME ON THE LEFT.

<input type="checkbox"/>	SUGAR MAIZE		A		C		D		E				
<input type="checkbox"/>	PACK PUMA'S		B		F		G		H		I		
<input type="checkbox"/>	ALPHABET DEJA VU		J		K		L		M		P		Q
<input type="checkbox"/>	LEGUME OIL MUGS		N		O		P		M		P		Q
<input type="checkbox"/>	SMOOCHES		R		S		T		U		U		U
<input type="checkbox"/>	BRAINIACS		V		W		X		Y		Y		Y
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<input type="checkbox"/>	SOUR BRAINS												
<input type="checkbox"/>	RAINBOW BITES												
<input type="checkbox"/>	DORKS												
<input type="checkbox"/>	TWISTED ROPES												
<input type="checkbox"/>	HAPPY HERDERS												
<input type="checkbox"/>	KLUTZ												
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<input type="checkbox"/>	CHUCKLES												
<input type="checkbox"/>	CELEBRITY SURGE												
<input type="checkbox"/>	BIG LIES												
<input type="checkbox"/>	DENSE FOOLS												
<input type="checkbox"/>	POSITIVE & ABUNDANT												
<input type="checkbox"/>	MOO JUICE FLOPS												
<input type="checkbox"/>	SPECKS												
<input type="checkbox"/>	PLAYFUL CLAYFUL												
<input type="checkbox"/>	AMUSING DUNK												
<input type="checkbox"/>	IMMEDIATELY OR IN A WHILES												
<input type="checkbox"/>	MOUTH CRACKERS												

Name _____

Phone Number _____



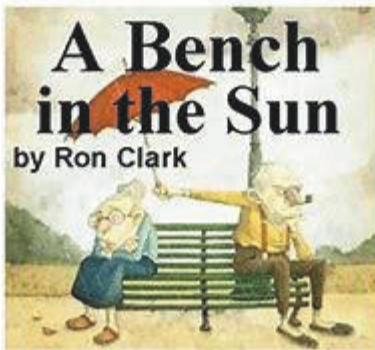


HUBBELL HOUSE & MANTORVILLE THEATRE Show: *A Shelf Full of Elves!*

Sunday, December 5th
Leave 10am and return by 5pm
Cost: \$62 members, \$72 non members

Call or stop by to register 651-327-2255
There may be a sweet surprise again this year!

Your tour guide Rose Propst would be happy to answer any questions: @ 651.301.0700
prp22134@yahoo.com.



Another successful trip guided by Rose Propst and her "team" Bea Kizer!



Wednesday, May 25, 2022
Depart approximately 9am and return 5pm
Lunch at 11am/Show at 1pm
Members \$89 and Non Members \$99



Nothing but compliments from this fun daytrip. Lots of much needed laughter!



PEARL OF THE LAKE

Thank you to all who joined us on this years annual coffee cruise!

PIER 55 SCHOLARSHIP UPDATE

Through the generous donations of Pier 55 members, the scholarship program for 2021 has raised \$1,950 towards the goal of \$3,000. If the goal of \$3,000 is reached, 3 scholarships will be awarded to RW High School seniors. All donations are tax deductible. If you know a Red Wing senior who plans to explore a career working with the senior population, pick up an application from Pier 55. Applicants for the scholarships can be any Red Wing high school senior who plans a career working with the elderly population in any capacity.

Name: _____

Address: _____

I would like to donate: ____\$10 ____\$25 ____\$50 ____\$100 ____\$500
 ____\$ Other (indicate the amount)

Checks can be made out to the Pier 55 Scholarship Fund. Please submit your donations by October 31, 2021. For more information contact **Avis Lind** at **amtrl49@gmail.com**. Drop off you donation at the front desk of Pier 55 or mail your donation to: Pier 55 Red Wing Senior Center, 240 Harrison St., Red Wing, MN 55066

Thank you for your help in helping to support the Pier 55 Scholarship Program.



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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. 507-319-5632

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, October 5th

Seniors 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

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 Nicole Pelzl at 507-421-6067.

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 507-319-5632 and we will get back to you to schedule an appointment.

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.

Parkinson's Support Group

3rd Thursday at 2pm
Facilitated by Pat Kernan

BOOK CLUB FOR WOMEN

Facilitator: Pat Kernan
Oct. Shelter by Sara Stonich
Nov. American Dirt by Jeanine Cummins
Dec TBD

Mahjong.....Mondays, 1pm

Scrabble.....Wednesdays, 11am

Puzzle Club.....Wednesdays, 1:00pm

“Wild Woman” Cards

Thursday’s • 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. Also, check out the puzzle exchange area.

Get “Perky” at the Pier- Tuesday’s join us 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. Location: Pier 55 Atrium

P55 at the Park -Join us Wednesday’s from 1:30pm-2:30pm at Bay Point Park for a casual outside opportunity to socialize and see a Pier 55 staff, volunteer, or board member. All are welcome. No cost. No registration. *Will be cancelled in the event of inclement weather.*

PHOTOGRAPHY (PAUSED)

Exploring Photography
First and third Thursday
monthly

Starting
1:30pm to 3:30pm
Club meets at Pier 55
No cost to Pier 55 members
Non members are welcome



500 (PAUSED)



Second and Fourth Monday
monthly. Starting

No cost, no registration and all
are welcome to attend!



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Come experience a breathtaking display of 5 dioramas presented by **John J. Cain** at the showing of “The Civil War– A Reenactors Perspective.”

WHERE: Pier 55, 240 Harrison Street, Red Wing, MN 55066

WHEN: Friday, November 5th 10-4pm

Saturday, November 6th 10-4pm

Sunday, November 7th 10-2pm

WHO: 2nd Minnesota Battery of Light Artillery

COST: FREE, All are welcome to attend!

WHY: Learning about life during the Civil War

Feel free to explore the following learning stations, where reenactors in character will give you a glimpse into Civil War life.

- Apothecary– medicine and cures
- Bugle Calls
- Delphic Oracle
- Firing A Cannon
- Officer’s– Flags & Artifacts
- Small Arms and Weapons
- Soldiers Aid Society
- Soldier’s Life
- Women’s Roles: Spies, Nurses, Laundresses



2ND MINNESOTA BATTERY OF LIGHT ARTILLERY



Irish Brigade Diorama (John J. Cain)

The Irish Brigade was made up of Irish Descendants as well as newly arrived Irish immigrants. There were four Regiments of approximately 1000 men each per regulation. Three regiments came from New York and the fourth was from Massachusetts. Each Regiment carried the National Colors as well as their Regimental Color. The Brigades Green Regimental flags were well known throughout the Army of the Potomac. The diorama shows the 28th Massachusetts advancing into a cornfield on some generic battlefield with fixed bayonets behind a company of skirmishes firing on Confederate troops. This was an established tactic of the army in that period designed to force the opponent to deploy his troops.



To Pier 55 and the Staff of Annadee's:

My special thanks to you for donating clothing items for one of our United Lutheran Circle Projects to aid young men when they are released from the training school. Also, many thanks to you for your past donations of sheets for our church quilting projects. The quilts we make go to meet needs in our local area, as well as overseas and places which have been devastated by natural disasters.

Your staff is always very pleasant and helpful. It's nice to know that you enjoy helping us help others. Your generosity is sincerely appreciated,
Linda Meacham

BOARD AND STAFF

Directors

President..... Tom Walsh
 Vice-President..... Jeff Marcus
 SecretaryJulie Birk-Betcher
 TreasurerRose Burke
 Char Rogness, Ben Stephani
 Doug Blakesley, Todd Avery

Staff

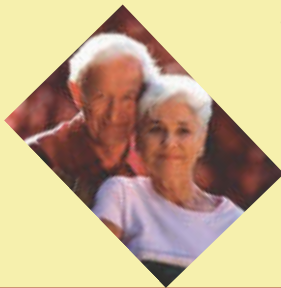
Kim Wojcik.....Executive Director
 Stef Braun..... Program Coordinator
 Shirley Perkins.....Administrative Asst.
 Jolene King.....Annadee's Manager
 Mary Machnik... Volunteer Gift Shop Manager
 Doug Blakesley.....Talent Acquisition Volun.

Email addresses

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



Both of our homes are small, Valentines is home to 16 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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Check out what your Pier 55 membership does for you...

- ◆ Complimentary Pearl of the Lake Cruise see the front page!
- ◆ Complimentary entry into the Photo Club which will start meeting in October
- ◆ 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 for 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 at Annadee's Thrift Store. You must show your membership card for this monumental members only sale.
Friday, October 29
- ◆ Members get a sizable discount when they rent a room at Pier 55.
- ◆ Educational & recreational opportunities available to all members.
- ◆ No cost outdoor recreation available to all members.
- ◆ With each annual renewal you will receive a welcome letter and membership card from Shirls Perkins.
- ◆ \$5 discount for open swim with Community Recreation. Use code TB55 when registering.

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

Monday's 9am - 4 pm

Tuesday's 9am - 12 pm

Wednesday's 9am - 4 pm

Thursday 9am - 12 pm

Friday's 9am - 12 pm

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

MISSION

**Empowering active living
and lifelong learning.**

CALENDAR OF ACTIVITIES OCTOBER 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
					1 CLOSED POTTERY EVENT	2
3	4 9am AOA 9:30am Pottery Coffee 10am Yoga Welln 10:30am Spanish Conversation 1pm Mahjong	5 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Tai Chi 2pm Parkinson Wellness 3:15 Tai Chi	6 9am AOA 9:30am Pottery Coffee 10:15am Blood Pressure 1:30 P55 Park 2pm Chair Yoga	7 9am Golden K 9:30 Wild Women Cards 10:30am Zentangle	8 9:00 AOA Virtual 9:30am Pottery Coffee 10:30am Spanish Conversation	9
10	11 9am AOA 9:30am Pottery Coffee 10am Yoga Welln 10:30am Spanish Conversation 1pm Mahjong	12 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Tai Chi 2pm Parkinson Wellness 3:15 Tai Chi	13 9am AOA 9:30am Pottery Coffee 10:15Checks- ACCRA 1:30 P55 Park 2pm Chair Yoga	14 9:30 Wild Women Cards 10:30am Zentangle 2pm Parkinson Support Group	15 9:00 AOA Virtual 9:30am Pottery Coffee 10:30am Spanish Conversation	16
17	18 9am AOA 9:30am Pottery Coffee 10am Yoga Welln 10:30am Spanish Conversation 1pm Mahjong	19 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Tai Chi 2pm Parkinson Wellness 3:15 Tai Chi	20 9am AOA 9:30am Pottery Coffee 1:30 P55 Park 2pm Chair Yoga	21 9am Golden K 9:30 Wild Women Cards 10:30am Zentangle	22 9:00 AOA Virtual 9:30am Pottery Coffee 10:30am Spanish Conversation	23
24	25 9am AOA 9:30am Pottery Coffee 10am Yoga Welln 10:30am Spanish Conversation 1pm Mahjong	26 9:30am YOGA w/ Michele 9:30 Coffee Atrium 1pm Tai Chi 2pm Parkinson Wellness 3:15 Tai Chi	27 9am AOA 9:30am Pottery Coffee 1:30 P55 Park 2pm Chair Yoga	28 9:30 Wild Women Cards 10:30am Zentangle	29 9:00 AOA Virtual 9:30am Pottery Coffee 10:30am Spanish Conversation	30/31



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