



PIER55 PETS PLEASE!

Beginning Friday, June 17th at 10am, Pier 55 will offer you a weekly opportunity to come and share your human friendly pet with others **OR** just come and enjoy the chance to be around pets. If you have a friendly companion, let others benefit from their love. Think of this as an animal show and share. You can share your pet with others or come and be around others' pets. Most everyone knows the benefits animals can have for people.

Friday's from 10am - 11am



Older Americans Month

May 2022



Friday, May 13

9:15am to 11:15am

Stop in the atrium and pick up a free snack sack sponsored by Marla Valentino-Wiste from UCARE!

All classes will be held at Pier 55/Red Wing Area Seniors

Introductory Classes (First 8 hour class)

Tuesday, May 10th and Wednesday, May 11th 1-5pm

Refresher Classes (4 Hour class)

Thursday, May 19th 5pm - 9pm

Wednesday, May 25th 1pm- 5pm

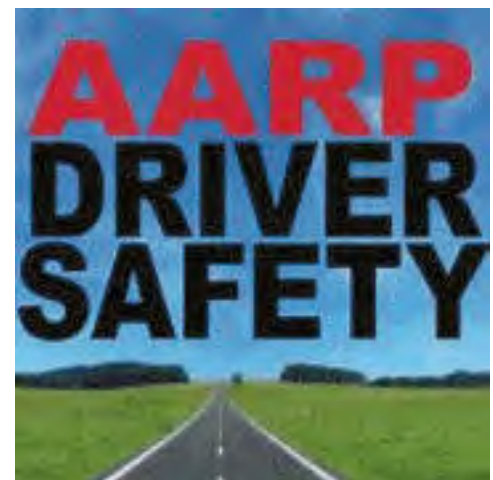
Thursday, June 9th 9am - 1pm

\$25 AARP Members

\$30 Non AARP Members

(cost is the same for the refresher or the 8 hour)

240 Harrison St. Red Wing, 651-327-2255 to register



**Circus and Dust Lecture and Slideshow,
Presented by Seth and Christina of Air Play**

Friday, May 6 – 11:00am at Pier 55

No cost, no registration all are welcome!

In 2003, Afghanistan was still mostly rubble from 25 years of war. Seth and Christina met there while working on two different circus/theater projects. Over the next 7 years, they returned yearly and watched a nation change. From girls walking on stilts and street children passing 9 juggling clubs to comedy performances about land-mines and handwashing seen by 2 million Afghans, meet the Afghanistan that never makes the news. Find out how and why a circus started and why in a post-war country laughter may be as important as rebuilding houses and going back to school.



Jeremy Messersmith

Thursday, May 12– 11:00am

Pier 55, no cost, no registration, all are welcome!

Artist conversation and workshop.

He is an indie pop singer-songwriter and one of Minnesota's most recognized and celebrated artists, praised by The New York Times, NPR, USA Today, Paste Magazine, The Wall Street Journal, Time Magazine, Spin, and Rolling Stone among many others.

Jeremy is one of those rare artists who can break your heart one minute, and then put those fragile pieces back together again the next.

Why ukulele? Because they're cheap, easy to learn & fun to play - a true folk instrument. If you have a ukulele, please bring it to the works

A virtual performance and a LIVE workshop with Ten Thousand Things Theater!

Twin Cities based Ten Thousand Things Theater Company awakens the creative spirit of audiences and artists by bringing essential and exceptional theater to people from all backgrounds and life experiences. TTT last performed at The Sheldon Theater in Red Wing late February of 2020. TTT is offering the Pier 55 community an opportunity for a virtual viewing of our current productions, *Thunder Knocking on the Door* and a free LIVE creative writing workshop!

VIRTUAL performance access for *Thunder Knocking on the Door* by Keith Glover can be accessed at <https://tentousandthings.org/season/thunder-knocking-on-the-door> through May 8th! Access is pay-what-you can! *Thunder Knocking on the Door* is a blues-musical and a mythical tale taking place at the crossroads of "here and there". Marvell Thunder, a mysterious shapeshifter, challenges Glory, a blind songstress, to a magical duel on the Delta Blues guitar.

WORKSHOP: Creative Writing for the Stage

Thursday, June 16th 2022

9:30am to 11:30am

Supplies: Please bring your preferred supplies for some creative writing. Laptop, iPad, A trusty pen & paper, etc.



Using the tools of dramatic writing, we will explore our relationship to water (what it means to us, what it may symbolize, physical bodies of water, etc.) and create theatrical scenes that bring our connection to water alive.

Selected works from the workshop and beyond may be chosen to be featured in the **Ten Thousand Voices: WATER**. A live event featuring select writing from community partners read and performed by some of Minnesota's finest actors taking place in the Twin Cities and at The Sheldon in November!

The workshop will be led by award winning playwright and writer Kira Obolensky. Space is limited to 25 people. Reserve your spot today at contact@tentousandthings.org or at 612-203-9502



VOLUNTEERS NEEDED....

Volunteers are needed this spring and summer at the

Red Wing Marine Museum. If you are interested in Red Wing history, boat engines, the Mississippi River, and artifacts, this may be the perfect volunteer opportunity for you! Volunteers are needed for shifts from 1-4pm while tourists explore the museum on self-guided tours. Training will be provide. For more information or to sign up contact Tom O, Gander Dancers at 612-747-5640

START YOUR MONTH WITH SOME SINGING....

Gathers the first Monday each month
 1:00pm— 2:00pm
 Pier 55 Community Room
 All are welcome
 No cost
 No registration
 All levels welcome, music provided or bring your favorites!

Our pianist will be Char Henn



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MAY CALENDAR

- 5/3 FIVE BOOKS FOR \$1.50
- 5/12 KIDS CLOTHING, FILL A BAG FOR \$12
- 5/17 ALL PICTURES 50% OFF
- 5/27 PIER 55 MEMBERS 50% OFF (MUST HAVE CARD)
- 5/31 WOMEN'S FASHION JACKETS 50% OFF

SHOPPING HOURS:

Tuesday's 10-4pm
 Wednesday's 10-4pm
 Thursday's 10-2pm
 Friday's 10-2pm
 Open the following Saturday's
 5/14, 5/21, 6/4, 6/25



DONATION HOURS:

Tuesday's 10-1:00pm
 Wednesday's 10-1:00pm
 Friday's 10-1:00pm
 Open the following Saturday's
 5/14, 5/21, 6/4, 6/25
 10am-1pm

JUNE CALENDAR

- 6/1 WOMEN'S CAPRIS AND SHORTS BOGO
- 6/3 WOMEN'S AND MENS SANDALS 50% OFF
- 6/7 ALL ADULT SWIMWEAR 50% OFF
- 6/16 KIDS CLOTHING FILL A BAG FOR \$12
- 6/21 WOMEN'S SUMMER DRESS 50% OFF
- 6/30 MEN'S SHORTS 50% OFF



We are so very fortunate to have all of the dedicated volunteers that help with Annadee's Thrift Store's success. We couldn't do it without you! Thank you for everything!



"PIE don't mind if I do....."

PIE SOCIAL(LY)DISTANCED

Monday, May 16th

Pick up time 11am to 1pm

You will enjoy a "flight" of pies,
(4 mini servings)! \$14.00 per person or split the flight and cost with a friend.
Call or stop in to register and prepare to be delighted. 651-327-2255

- **Key Lime**
- **Peach Blueberry**
- **Mint Mocha**
- **Peanut Butter Fudge**

Register by Wednesday, May 11th
Open to the community



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or (800) 950-9952 x5887



Standing Pilates

Standing Pilates takes the classic Pilates exercises and brings them vertical. Standing Pilates is a great work out for the whole body. Standing Pilates is slow controlled movements. Focusing on the stabilizer muscles to improve balance and coordination. Standing Pilates exercises are great for joint strength, core strength and increase in mobility. Helps with focus as there is more brain activity because of the balance element. Standing Pilates helps get you in tune with your body, and be aware of your movements.

Class meets
Monday's
10-10:45am
\$2.50 per class
Punch cards available
Call or stop in to register
651-327-2255

OR TRY

(Small Group/Nights and Weekends)

Small Group Sessions at Pier 55 (Maximum 6 participants).

Tuesday's 5:30pm to 6:15pm

Saturday's 8:30am to 9:15am

Call or stop in to register 651-327-2255

**Sign up now to take advantage of our introductory rate:
\$7.50 per session or a punch card of 11 session for \$75.00**



Senior Yoga for Healing Classes

Mat Class: Tuesdays 9:30 a.m. – 10:45 a.m. (Classes still being held)

Chair Class: Wednesdays 2:00 pm – 3:00 pm

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

Active Older Adults Fitness (AOA)

**Monday's,
Wednesday's & Friday's 9am**

First class is free! Stop in and try a class or just observe to see if it might be a good fit for you.

Parkinson Wellness Recovery

**Tuesday's at 2pm
Patty Svien, registered
physical therapist
Cost: \$5 per session
Call Patti for class dates and
to register.**

651 380 8752, email svien65@hbc.com



NON-STOP IN NEW ULM

Tuesday, July 12th

Depart 7:00am Return 6:00pm

Members \$83.00 NON-Members \$99.00

Register by Friday, July 1st.

Call Pier 55 or stop in to register 651-327-2255

This whirlwind day will keep you busy!! (Much of which can be done seated 😊)

Our day will start at the New Ulm Chamber for coffee, goodies and coupons.

Then off to tour the August Schell Brewing Company, of course including some samples!

Yes, lunch is included! Plus a little time to browse
some of the unique shops.

Ending our day with a step on guided tour of historic New Ulm and narrations of several local attractions such as the Brown County History Museum, Herman German site, author Wanda Gag's home, plus more as time permits!



**Tour guide Rose Propst would be happy to answer
any questions about our trips: @ 651.301.0700**

prp22134@yahoo.com.



Inside the massive heated arena

Skyrock Farm Fandango

A one of a kind day trip experience
that is a must see!

Call or stop in at Pier 55-651.327.2255 to register.

Tuesday, June 21, 2022

Depart 8:30am Return 4:30pm

Registration due Friday, June 10th

Cost~ \$87 members or \$99.00 NON members

Cost includes tour, meal, beverages and an optional train ride.

This can be a minimal walking adventure.

The day will be full of excitement. Here is a glimpse of what you can expect:

A guided tour of the carousel and organ exhibit. (The carousel is wood carved and there are over 20 antique organs) You will be told the colorful history of the many carousel animals and the artists that carved them. You will be able to enjoy huge custom murals of artwork painted by local artists. Everyone will love the demonstration of the ornate and gilded organs.

Lunch is served buffet style in the Grand Ballroom and is a hearty home cooked meal of roast beef, salad, potatoes, carrots, French baguette and dessert.

After lunch you will head to the huge, heated-indoor training arena. **YOU DO NOT WANT TO MISS THIS AMAZING SHOW.** Seated guests will learn about the horses' unique place in history and see up close and personal as the powerful horses jump obstacles.



*Time and weather
permitting, there are flower
gardens to view,
a vintage amusement train
to ride and so much more.*



Inside the massive heated arena

Tour guide Rose Propst would be happy to answer
any questions about our trips: @ 651.301.0700
prp22134@yahoo.com

St. Paul Saints Game Wednesday, August 10th Game starts at 1pm Return time depends on the length of the game \$ 57.00 members \$65.00 Non members

Cost includes coach bus and admittance to the game. Seating in section 104
Register at Pier 55 front desk or by calling
651.327.2255



This trip fills up quickly!

CHURCH BASEMENT LADIES

Thursday, September 8
Depart 10am Return 5pm
Members \$95.00
Non Members \$105.00



Lunch is included. Show is at the Ames Center.


This is a NEW musical comedy!

The Church Basement Ladies are at it again. In the 9th installment of the highly successful series. The year is 1975 and all your favorite characters are back! Whether this is your first visit to the basement or you've seen 'em all, you won't want to miss this brand new show. Come along as the ladies don their polyester pantsuits and sing, dance and laugh their way thru this hilarious and touching new musical, PLOWIN' THRU.



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Amy S. (current RWAS employee) will be available for you to hire for minor yard work this Spring. You would want to contact Amy directly. Please note that she may or may not be able to accommodate every request. 651-764-0579



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.

Dementia Care Givers Blog Resource

Dementia Careblazers

#careblaxer #dementia #dementiacaregiver

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, Certified Foot Care Nurse 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:

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hart@threeriverscap.org

NAPS: Nutrition Assistance Program for Seniors

Tuesday, May 3rd

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 (Paused)

Facilitated by Pat Kernan & Patrice O'Reilly

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

Advocacy Services

Nicole Pelzi, 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 Pelzi at 507-421-6067.



MAY SPEAKERS

Decorating and Staging Your Home

Presenter: Cheryl Mohn

Thursday, May 12th at 9:30am, Pier 55 Community Room

Back Pack Program

Presenters: Joni Gorman and Beth Kelly

From the Red Wing High School Food Pantry

Thursday, May 26th at 9:30am, Pier 55 Community Room

All are welcome to attend the speaker presentations.
(No admission fee, just come and join our friendly folks)



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ANNUAL SPRING COLORING CONTEST

Coloring contest entry forms can be picked up at Pier 55. Deadline to submit entries is May 13th at 4pm. Also, all are welcome to stop down and vote for your 3 favorites between May 14th and May 31st.

SPONSORED BY BRAUN PLUMBING



15th Annual Field of Honor May 27-31

Flag will be on display rain or shine May 27-May 31.
Program will be Friday, May 27, 6pm at Bay Point Park,
Please bring your own chairs

There is still time to dedicate a flag in memory or honor
of a veteran or all veterans!

Stop in to pick up a dedication form or visit
www.redingareaseniors.org

A huge thank you to Patsy Nesteby and the
Modern Woodmen of America for providing a matching
grant up to \$2,500 again this year!



We would like to thank
Doug Smith and all of the
dedicated volunteers that
assisted with the
AARP No Cost Tax Program
this year! This program is
a huge benefit to so many!!

BOOK CLUB FOR WOMEN

First Friday of the month at 10:30am
Facilitator: Pat Kernan

- Mahjong.....Mondays, 1pm**
- Scrabble.....Wednesdays, 11am**
- Puzzle Club.....Wednesdays, 1pm**

Also, check out the puzzle exchange area in the hallway.

“WILD WOMEN”’S CARDS”

Thursday’s • 9:30 a.m. Remember canasta and “Hand and Foot”? Then you can learn this easy game.

PIER 55 PETS PLEASE

Friday’s 10am to 11am . Bring your pet to share or come and enjoy visiting others pets

SING ALONG WITH CHAR

First Monday each month from 1pm—2pm. All are welcome to come and sing along. FUN!!

BOARD AND STAFF

Directors

- President. Tom Walsh
- Vice-President. Jeff Marcus
- Secretary Julie Birk-Betcher
- Treasurer Rose 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...

- ◆ 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 drop off 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, May 27
- ◆ Members get a sizable discount when they rent a room at Pier 55 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.
- ◆ \$5 discount for open swim with Community Recreation. Use code TB55 when registering.
- ◆ Part of a great organization that provides a lot of services and goods to the community!
- ◆ Complimentary entry into the Photography Group

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

Gratitude

What is our **Legacy Giving Campaign?** Call or email - Executive Director Kim Wojcik to schedule a coffee meeting with Kim to learn more about including us in your planned giving.
651-327-2255 • rwasdirector@gmail.com



Like us on Facebook. We have changed our page. You may have to 'like' us again.
[Red Wing Area Seniors](#)

MISSION

**Empowering active living
and lifelong learning.**

CALENDAR OF ACTIVITIES

MAY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	
1	2 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong 1pm SING ALONG	3 9:30am YOGA w/ Michele 2pm Parkinson 3:15 Tai Chi 5:30pm Small Group Pilates	4 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club	5 9:30 Wild Women Cards	6 9:00 AOA 9:30am Pottery Coffee	7 8:30a Small Group Pilates	
8	9 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	10 9:30am YOGA w/ Michele 2pm Parkinson 3:15 Tai Chi 5:30pm Small Group Pilates	11 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club	12 9:30 Wild Women Cards	13 9:00 AOA 9:30am Pottery Coffee	14 8:30a Small Group Pilates	
15	16 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	17 9:30am YOGA w/ Michele 2pm Parkinson Wellness 3:15 Tai Chi 5:30pm Small Group Pilates	18 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club	19 9:30 Wild Women Cards	20 9:00 AOA 9:30am Pottery Coffee	21 8:30a Small Group Pilates	
22	23 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	24 9:30am YOGA w/ Michele 2pm Parkinson Wellness 3:15 Tai Chi 5:30pm Small Group Pilates	25 9am AOA 9:30am Pottery Coffee 1pm Puzzle Club	26 9:30 Wild Women Cards	27 9:00am AOA 9:30am Pottery Coffee Pier 55 member discount at Annadee's 50% off with card	28 8:30a Small Group Pilates	
29	30 9am AOA 9:30am Pottery Coffee 10am Stand Pilates 1pm Mahjong	31 9:30am YOGA w/ Michele 2pm Parkinson Wellness 3:15 Tai Chi 5:30pm Small Group Pilates		Hours of Operation May Monday's 9am to 4 pm Tuesday's 9am to 2 pm Wednesday's 9am to 4 pm Thursday's 9am to 2 pm Friday's 9am to 12 pm			

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Financial Advisor
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651-212-6682



Steven P Beech, AAMS®
Financial Advisor
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Published monthly by
Red Wing Area Seniors, Inc.
240 Harrison Street, Suite 2
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