



**THC INFORMATIONAL PRESENTATION**

With an opportunity for Q&A

Monday, February 27th

12:30pm to 2:00pm

Ted Galaty, Owner/Operator of Willow's Keep Farm/Hemp Maze  
Minnesota



Come learn more about the many health and medicinal benefits of hemp and learn how using the plant may help you. If you are unable to attend the February session we will be hosting the same presentation in March and April. Watch next month's newsletter for additional dates.

Hemp comes from the family of plants called cannabis sativa. The plants grown on the Willow's Keep Farm are low in THC and high in CBD and other non-intoxicating cannabinoids. Cannabis has over 500 compounds present in the plant and many of these compounds are therapeutic and have healing properties. We will explain what the endocannabinoid system is and how cannabinoids interact with the body. Using cannabis products can help regulate the body's immune system.

Willow's Keep Farm was established in 2018 to educate and inform the public about the benefits of the vibrant industrial hemp industry in Minnesota. We have a CBD Store and a Gift Shop that is open 7 days a week located on our farm on highway 52 just south of Zumbrota.

Registration is required. Call or stop in to register by Thursday, February 23rd at 2pm. 651-327-2255  
This presentation is no cost, open to the community so no membership or age requirements apply.



**Anyone else have the winter blues???????**

This time of year can be NO fun, to say the least! At Pier 55, we want that winter weather frown turned upside down



On Friday, February 24<sup>th</sup> from 10:00am-12noon, stop into Pier 55 wearing your best summer swag and get a treat. Be creative and have fun, think Hawaiian shirt, bright orange top, yellow shoes, floral shirt. Hope to see you in your summer best!!!!





## February FUN

On Monday, February 13<sup>th</sup>

Stef will be available to paint finger nails by appointment only. This is NO COST TO PIER 55 MEMBERS. \*\*\*\*\*Regular fingernail polish only, you can bring yours or there will be a limited selection here. You will have to have bare nails. There will not be any polish removal provided.

APPOINTMENTS ARE LIMITED. Call or email Stef to check availability!

651-327-2145

[rwasprogram@gmail.com](mailto:rwasprogram@gmail.com)

## WINTER WALKING



During the winter months even though it is challenging, it is important to stay active. The Minnesota winter weather can be

unpredictable leaving you wondering how you will be able to get your steps in. Problem solved...

Come to Pier 55 and walk the halls or make laps in the Community Room if it is available. Walking available during regularly business hours.

Also, new for 2023, Red Wing Area Seniors purchased a treadmill which is available to use once they have completed an orientation session.

Call or email Kim for more information.

[rwasdirector@gmail.com](mailto:rwasdirector@gmail.com)

651327-2255



## Red Wing Senior Center Women's Book Group 2023

Date	Book and Author Chosen by:
February 3	<b>Pachinko</b> by Min Jin Lee Marcy Underwood
March 3	The <b>Guncle</b> by Steven Rowley Lonnie Drahos
April 7	<b>Demon Copperfield</b> by Barbara Kingsolver, Shirley Jarmuz
May 5	<b>Wish You Were Here</b> by Jodi Picoult Jane Lindell
June 2	<b>Kitchen Front</b> by Jennifer Ryan Susan Johnson
July 7	<b>Summer Island</b> by Kristin Hannah Joy Krajna
August 4	<b>The Women of Copper County</b> Sandy Grzywinski By Mary Doria Russell
September 1	<b>The Diamond Eye</b> by Kate Quinn Judy Kanter
October 6	<b>Whatever book is chosen as the City Read by the Red Wing Library</b>
November 3	<b>Just Mercy</b> by Bryan Stevenson Ann Hoffmann
Dec 1	<b>Lessons in Chemistry</b> by Bonnie Garmus Catherine Friend

Meets first Friday of the month at 10:30am at Pier 55/Red Wing Area Senior Center.

## DEMENTIA CAREGIVER SUPPORT GROUP

Do you have a loved one with memory loss? Join our supportive, informative and comfortable group. We will share caregiving stories, good and bad, happy or heart wrenching. Group attendee's have similar experiences, but everyone has their own story and journey. The group is also a source of education whether the knowledge is anecdotal or scientific from presentation or news article, it is helpful to stay informed.

The last Thursday of the month  
3:30pm

Deer Crest Community Room  
651-267-5441, [Brenda.Rofick@fairview.org](mailto:Brenda.Rofick@fairview.org)  
470 Hewitt Blvd. Red Wing

## HOSPICE ADULT GRIEF SUPPORT GROUPS

Available for either in-person or online Zoom attendance.

If a significant person in your life has died within the past three years, please consider being apart of an upcoming six week in-person or on-line zoom grief group. These groups provide a safe way to connect with other people who are grieving, to be understood and to share needs, concerns and feelings. Grief Group participants should be at least three months into their journey with grief after the death of their loved one.

First Lutheran Church  
1000 Peace Ridge, Lake City  
Monday's, 5:30pm to 7:00pm

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RED WING, MN  
55066

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**Megan Simonson**  
Simonson Agency  
Office: 651.327.2760  
Cell: 651.380.0909  
Fax: 763.398.4080  
2966 N Service Dr • Red Wing, MN  
[MyNationalBroker.com](http://MyNationalBroker.com)  
[M.Simonson@mynationalbroker.com](mailto:M.Simonson@mynationalbroker.com)



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The Village Cooperative is a member-owned community that offers a comfortable and affordable lifestyle for independent seniors age 62 and older

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651-385-3400 • [downtownplaza.org](http://downtownplaza.org)





See page 7 for information about Monday donation days!!



### DONATION HOURS:

Monday's 10-1:00pm  
Tuesday's 10-1:00pm  
Wednesday's 10-1:00pm  
Friday's 10-1:00pm  
Open the following  
Saturday's  
10am-1pm  
February 11, 25

### SHOPPING HOURS:

Tuesday's 10-4pm  
Wednesday's 10-4pm  
Thursday's 10-2pm  
Friday's 10-2pm  
Open the following  
Saturday's  
10am-2pm  
February 11, 25

## FEBRUARY CALENDAR

- 2/1 CHILDRENS WINTER CLOTHING 75% OFF
- 2/3 ALL GAMES 50% OFF
- 2/7 VALENTINE ITEMS 50% OFF
- 2/8 WOMEN'S ACTIVE WEAR 50% OFF
- 2/10 MENS AND WOMENS WINTER COATS 75% OFF
- 2/14 CLEAR GLASS 70% OFF
- 2/17 WOMENS TOPS FILL A BAG FOR \$20
- 2/21 LUGGAGE AND BACK PACKS 50% OFF
- 2/24 PIER 55 MEMBER DAY 50% STOREWIDE OFF WITH CARD



Thank you to Xcel Energy and a BIG thank you to Adam Johnson!

Through an Xcel Energy Program Adam is able to volunteer his time for a non profit 40 hours a week annually and we are lucky to have him pick us each year.

At Annadee's Thrift Store he removed a large wall, created shelving and built two new donation area tables for sorting. Also, we were lucky enough to have him help a Pier 55 hanging wall shelving units in Linda Rehders "workshop."



**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 am** Remember Canasta and “Hand and Foot”? Then you can learn this easy game.

**500 CARD CLUB** Monday's 1pm to 3pm all are welcome. No matter your age, gender, or skill level.

**PETZ PLEASE - Paused until spring/summer. First Friday** each month 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. Registration required.

**BOOK CLUB FOR WOMEN** First Friday of the month at 10:30am Facilitator: Pat Kernan



Red Wing Golden  
K Kiwanis Club  
Invites you to join us.

Thursday, February 9th  
9:30am  
Pier 55 Community Room

Or

Thursday, February 23rd  
9:30am  
Pier 55 Community Room

No admission fee, just come and join our friendly folks.

# FMS INSURANCE ADVISORS

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www.fmsinsuranceadvisors.com

# ACE Hardware

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(651) 388-6060

## Women's Fitness Center

*WE want to be your LIFESAVER!*

**Join Us!**  
2311 Old West Main St. Red Wing  
**Call Delores for details:**  
**651.388.9733**



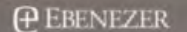
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C: 651.380.7305  
AlbersAutoBodyRW.com





**Senior Yoga for Healing Classes**  
**Mat Class: Tuesdays 9:30 a.m. – 10:45 a.m.**  
**Chair Class: Wednesdays 2:00 pm – 3:00 pm**  
**Instructor: Michele Hoffman, C-IAYT Certified Yoga Therapist**

**Cost is \$55 for a punch-card of 6 classes**

**Additional Class options:**

**YOGA FOR HEALING**

**Wednesday's  
5:30pm to 6:30pm**

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

## 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



### 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](mailto:svien65@hbc.com)





## AARP Safe Driving Classes at Pier 55

Minnesota residents save 10% on their current auto insurance for 3 years by taking the class. There are no tests to take. Everyone attending passes. If you've never taken the class before, you will need to sign up for the 8-hour first timer class. It's 4 hours per day over two days. If you've taken the class before, you just need the 4 hour refresher class

- February 7th 1 pm-5pm refresher
- February 23rd 9am -1pm refresher
- March 23rd 9am-1pm refresher
- March 25th 9am-6pm first time
- April 20th 9am-1pm refresher
- April 25th 9am-1pm first time (2days)
- April 26th 9am-1pm first time (2days)
- May 23rd 1pm-5pm first time (2days)
- May 24th 1pm-5pm first time (2day)
- May 25th 9am-1pm refresher

The cost is the same for either class. \$25 for AARP members, and \$30 for non-members. Space is limited to 17 attendees per class, So sign up today by calling the senior center at 651-327-2255

ANNADEE'S THRIFT STORE is now open on Monday's!! This new addition includes DONATIONS ONLY from 10:00am to 1:00pm. We appreciate your donations of new and gently used items. If you have any questions please contact Jolene King, Store Manager at 651-388-7031.

16th Annual



This years **Field of Honor** will be May 26-30. Stop in for a flag dedication form, or visit [www.redwinareaseniors.org](http://www.redwinareaseniors.org)  
We are now accepting dedications forms!!

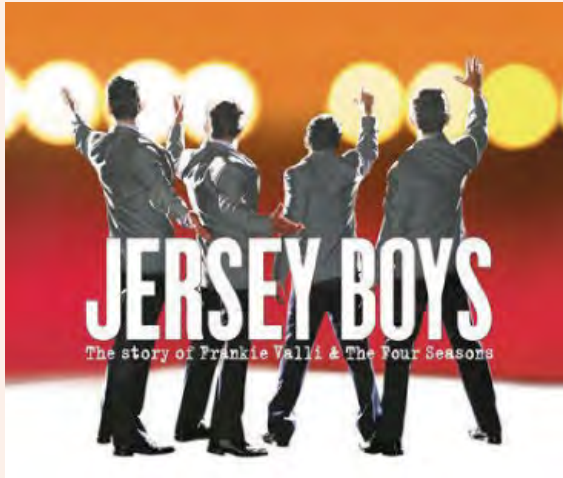


### **BE PREPARED FOR MOTHER NATURE!**

The safety of our members, guests, volunteers and staff members is a priority both at Pier 55 and Annadee's Thrift Store. When the weather is inclement and RWAS determines they will be closed for business it will be announced via KCUE and on the Red Wing Area Seniors Facebook page.



Keep bringing in your Family Fare Receipts! \$150,000 in receipt totals earns Red Wing Area Seniors \$1,000!  
Accepted at Pier 55 and Annadee's!



### CHANHASSEN DINNER THEATRE EXPERIENCE

September 20, 2023

Departs : Pier 55 at 10am

Limited seats available.

**Register and pay by date is August 22**

**Members \$95 and Nonmembers \$105**

**Lunch is included**

With phenomenal music, memorable characters and great storytelling, *Jersey Boys* follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history. Winner of Best Musical at both the Tony Awards® and Olivier Awards®, *Jersey Boys* takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Experience electrifying performances of chart-topping hits including "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn" and "My Eyes Adored You" which brought The Four Seasons the highest honor: induction into the Rock 'n' Roll Hall of Fame.



### OLD LOG THEATRE

Thursday June 15, 2023

Departs: Pier 55 at 9:15am

Returns: Approximately 5pm

Registration and pay date is May 15

Members \$95 and non members \$105

Lunch is included

Tony Award Winning Musical 21 HIT SONGS by 4 LEGENDS A Tony Award musical inspired by the true story set on December 4, 1956, when an extraordinary twist of fate brought ELVIS PRESLEY, JOHNNY CASH, JERRY LEE LEWIS and CARL PERKINS together at Sun Records for one the of the greatest jam sessions ever. MILLION DOLLAR QUARTET brings that legendary night to life, featuring a score of rock hits including "Blue Suede Shoes", "Fever," "That's All Right," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Who Do you Love?" "Sixteen Tons." "Folsom Prison Blues," "Hound Dog" and more. "



Pier 55 Pacific Coast Adventure  
August 13, 2023 - 8 Days

Airfare Included

Booking Discount :

Cost \$3,795 PP Double  
\$3,895 Regular Price

### INCLUDES

Airfare, 7 Nights Hotel Accommodations, 11 Meals, Tour Director, Motorcoach Transportation, Sightseeing Itinerary, Baggage Handling

Rose Propst would be happy to answer any questions about our trips:  
651-301-0700 [prp22134@yahoo.com](mailto:prp22134@yahoo.com)





# ZENTANGLE

8 Week Class

Thursday, March 30th

10:30am to 11:30am

Register by Thursday, March 23rd

Minimum of 4 and Maximum of 10 Participants (Class filled fast last session)

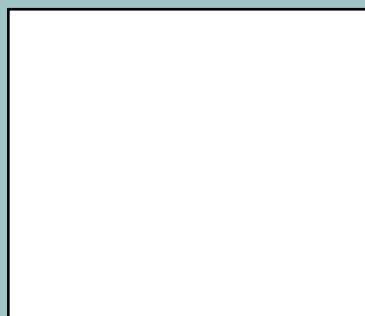
Facilitated by Dick Luhman, Self Taught

Call or stop in at Pier 55 to register

\$15 members, \$20 non members

All materials will be provided. Participants need to bring 2 black extra fine sharpies or pigma micron01 and those can be purchased at Walmart or craft stores.

Through the **Zentangle** Method of drawing, you can relax, focus, expand your imagination, trust your creativity, increase your awareness, respond confidently to the unexpected, discover the fun and healing in creative expression and enter a vibrant and supportive world.



## JORDAN TOWERS

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Double Punches on Wednesday!



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## Senior "Homework" 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 repairs.

## Spanish Conversation Group

Facilitator: LaVoie House (Paused)

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

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](mailto: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 appt

## Notary Public - Shirley Perkins

Stef can notarize your important papers including wills and health care directives on Monday's by appointment only for a minimum of \$5.

## SPACE RENTAL

Rental space is available for groups, clubs, parties, etc. Call or email Stef Braun for details. 651-327-2255, [rwasprogram@gmail.com](mailto:rwasprogram@gmail.com)

## IPAD CHECK OUT

No cost- Need to use an iPad? Members can check out an I pad to use on site. Sign out at the front desk. We have Wi-Fi available too.

## Toenail Troubles?

Home foot care; Julie Tollison, RNC, Certified Foot Care Nurse 651-380-1069, [julietollison@gmail.com](mailto: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 and 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](mailto:hart@threeriverscap.org)

## NAPS: Nutrition Assistance Program for Seniors

*Tuesday, February 14th*

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.

## 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.

## SCAM ALERT BOARD

Check out our monthly scam alert information at Pier 55 in the hallway.

## KOPLINS GROCERY

Delivers on Wednesday's

388-4701

## DEMENTIA SUPPORT GROUP

The last Thursday of the month at 3:30pm

Deer Crest Senior Living

651-267-5441

[Brenda.Rofick@fairview.org](mailto:Brenda.Rofick@fairview.org)



## RED WING SOCIAL SINGLES

*Bridging Friendships*

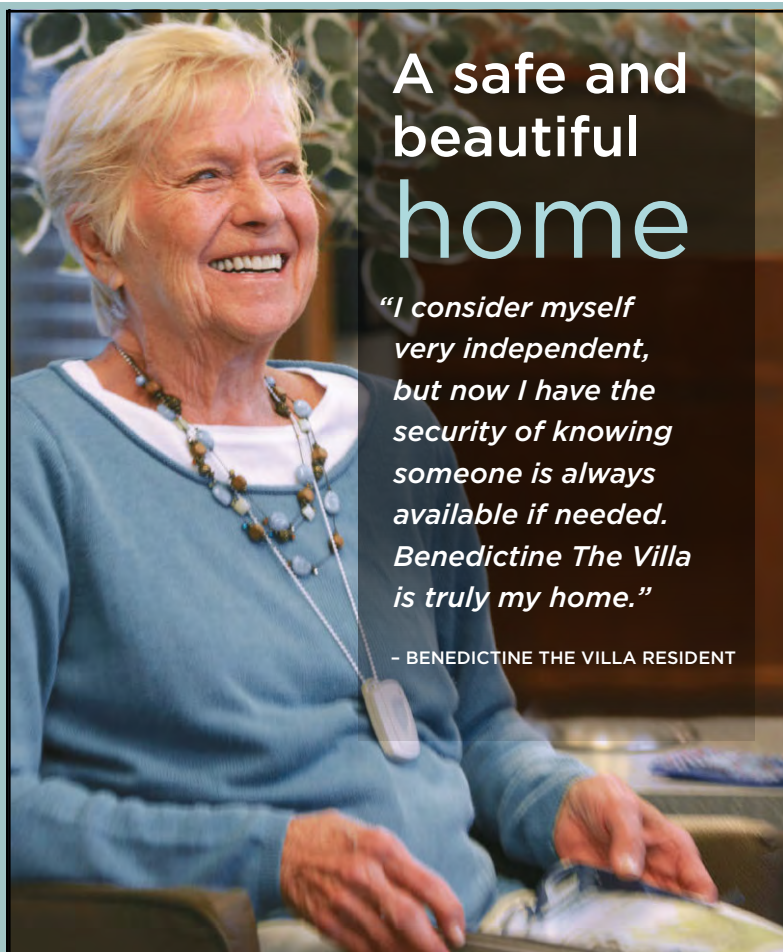
Are you looking for activities and/or interested in meeting new people and having fun... If so, consider checking out this local singles club.

***We meet the first Friday of the month  
Fiesta Mexicana 1pm  
(come see us)***

If you are interested in checking out the organization, please contact:

Sherry  
651-212-6021

In the month of February some festivities will include: 2 dances, 2 in-home parties, 2 gatherings at restaurants.



A safe and  
beautiful  
home

*"I consider myself  
very independent,  
but now I have the  
security of knowing  
someone is always  
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Benedictine The Villa  
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- BENEDICTINE THE VILLA RESIDENT

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# Valentine's Day Word Search



XPQHUUUAUYTPSNPGHJCPZNCIVSQQXAR  
 QMWIHUVRGTCSSQIRCUJEFEBRUARYXR  
 KJEYVFUORSQGUKIJBWMFFZQAYVUSUU  
 ANTXPCDWWOYSENIEMBSHEIPXUTEOHX  
 DERIWEVSMWWRSTPKCHSCSLODALMAZE  
 JHSOTWKTUGFEKCBPGLIXUVSVSNEDZT  
 PLJGKSXTGHAWQJLRDMKPZPXMMYOLYV  
 EGSDAEHQXVJOMXIWEPRHWCIDWVPQYV  
 RKSUXSCZAHLLKXPWDYUMIDPDEBYPBH  
 IXEIOOPKFLSFBAYMIGUYCIAEMDPPKK  
 RZKNQRJNOYPRBTYUOKKVYBVKOQYNIJ  
 ADNEIRFVTPOFSJQKNTVGGWYESUSTFS  
 LXDYTMEBMCHCHOCOLATEIYXVFKUDIO  
 IJDHSLWKLIFGQBBUDVZAEVLKSSYZUC  
 CQSJSCCCSFFETSKNIPCQFGMSQEWIVF  
 AFHEVIFJIIQKMUVALENTINELHGKGLNB  
 NREFZBAFOTBBHSXPCQOXLKMNTYYORT  
 DTJZLWQPEALUHUDHMWLLCZLFXCFMRU  
 YGQZTETZNUAWOIGUPOHKHINGWVJPPW  
 FUQHRGXRWDZGGBRFPFSLBKMWHGPWX  
 NHUZAULGJOQGNMABZORSMVANUTLKIM  
 JFFHEVHDJVHVDPFGIFTTHPIANQIDOD  
 RYBWHLNJHWDAAOCBAXLSVRWBVFEBDYT  
 PBSNTCXKFANJJHZTCERAUZXAZROMQS  
 COSOEDGVMAILBOXALIOBRZUARQBDGA  
 LBWFEMXOAYMEPXRWECTCHPVEEHDESTO  
 CHWGWBWNGNCSVDCKWLGCVYZPQVYGHK  
 TWTWSWLKRHUYSQYADILOHUORAAECUO  
 UNIYBNUODZJDYTSDDTDTHAVVNKIGXLJ  
 HVEDAJNOBXXNZWK BROZACYGHDGEUXH



- |           |             |
|-----------|-------------|
| Arrow     | Holiday     |
| Be Mine   | Hug         |
| Candy     | Kiss        |
| Cards     | Love        |
| Chocolate | Mail box    |
| Cupid     | Pink        |
| February  | Red         |
| Flowers   | Roses       |
| Friend    | Sweet Heart |
| Gift      | Valentine   |



Complete this Valentines Day word search and return it to Pier 55 by Feb. 28th to be placed into a random prize drawing! 240 Harrison Street, Red Wing, MN 55066

Name \_\_\_\_\_ Phone Number \_\_\_\_\_



How about a "round of applause" for Carmen S. and Julie B-B. for once again donating their time and talents to

Red Wing Area Seniors this year. Not only are we grateful for their volunteer service, they are both retired employees of the Red Wing Shoe which allows us to receive a matching monetary donation from the Red Wing Shoe Foundation because of their service. THANK YOU BOTH!

Also, keep in mind that we are always looking for past Red Wing Shoe employees that want to participate in this fantastic program.

Contact Kim Wojcik  
For more info. 651-327-2255,  
rwasdirector@gmail.com



# 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 King .....RWASstore@gmail.com

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**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)

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**CONTACT ME  
Ben Allrich**

[ballrich@lpicommunities.com](mailto:ballrich@lpicommunities.com)

**(800) 950-9952 x2757**

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Senior Living

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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 shred their documents at no cost any time during business hours.
- ◆ 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. (see page 15)
- ◆ 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 a membership card from Shirls Perkins.
- ◆ Part of a great organization that provides a lot of services and goods to the community!
- ◆ Support low and not cost programming like medical equipment lending for the entire community.

**BECOME A**

**MEMBER**

**JOIN TODAY!**

## 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](mailto:rwasdirector@gmail.com)



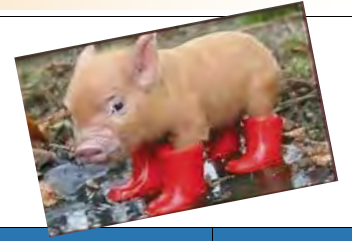
Like us on Facebook. We have changed our page. You may have to 'like' us again.  
*Red Wing Area Seniors*

## MISSION

**Empowering active living  
and lifelong learning.**



# CALENDAR OF ACTIVITIES FEBRUARY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	
			<b>1</b> 9am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club	<b>2</b> 9:30 am Wild Women Cards	<b>3</b> 9:00 am AOA 9:30 am Pottery Coffee 10:30 Book Club	<b>4</b>	
<b>5</b>	<b>6</b> 9am AOA 9:30 am Pottery Coffee 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	<b>7</b> 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 1-5 AARP DRIVING 2 pm Tai Chi	<b>8</b> 9am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club	<b>9</b> 9:30 am Wild Women Cards 9:30am Golden K	<b>10</b> 9am AOA 9:30 am Pottery Coffee	<b>11</b> Annadees Open	
<b>12</b>	<b>13</b> 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards FEBRUARY FUN DAY See pg 2	<b>14</b> 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	<b>15</b> 9 am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Yoga 5:30 Yoga for Healing	<b>16</b> 9:30 am Wild Women Cards	<b>17</b> 9:00 am AOA 9:30 am Pottery Coffee	<b>18</b>	
<b>19</b>	<b>20</b> 9 am AOA 9:30 am Pottery Coffee 10am S Pilates 10:30 am Spanish 1 pm Mahjong 1 pm 500 cards	<b>21</b> 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	<b>22</b> 9am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Yoga 5:30 Yoga for Healing	<b>23</b> 9:30 am Wild Women Cards 9:30am Golden K 9-1pm AARP DRIVING	<b>24</b> WINTER BLUES 9:00 am AOA 9:30 am Pottery Coffee Pier 55 member discount day at Annadee's	<b>25</b> Annadees Open	
<b>26</b>	<b>27</b> 9 am AOA 9:30 am Pottery C 10am S Pilates 10:30 am Spanish 12:30 THC PRES 1 pm Mahjong 1 pm 500 cards	<b>28</b> 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	<b>Hours of Operation February</b> 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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