



BENCH RAFFLE

Don't miss this great opportunity
to win a quality bench and
support the Red Wing Area Seniors!

We are raffling off a Trex bench! The bench was produced from all the plastic bags/materials that was donated over the past 6 months to the Red Wing Plastic Recycling Program.

Purchase your raffle ticket(s) at Pier 55 from March 1st to May 15th.
(Bench retails for over \$400.00)

\$5.00 per ticket OR 5 tickets for \$20

- The bench is on displayed at Pier 55.
- You do not need to be present to win.
 - The drawing will be held on Monday, May 15th.
- The prize winner will be contacted via phone.



THC INFORMATIONAL PRESENTATION

With an opportunity for Q&A

Wednesday, March 29th
10:30am to 12:00pm
Or

Wednesday, April 19th
10:30am to 12:00pm

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 months 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 bodies 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



Decluttering and Organizing

With an opportunity for Q & A

Monday, April 17th
Time 11:15am to 12:15pm

Tricia Herron Meyers, Owner of Tidy Solutions
Registration is required. Call 651-327-2255
Professional organizer Tricia Herron Meyers of Tidy Solutions will discuss tips and tricks on how you can declutter and organize everything from your junk drawer to your whole home. Tidy Solutions partners with you to guide you in sorting your items while honoring your memories. Together we will donate as many items as possible in turn helping the local community. Tidy Solutions takes the burden off you by removing the donated items bringing peace, positivity, and good energy to your space. Tricia is from Lake City, MN. She started Tidy Solutions in 2022 out of a passion that she has for helping others. She knows that decluttering and organizing can be overwhelming and it can be hard to know where to start yet she also knows the freedom that comes from a tidy home, and she wants to share that with others. Let Tricia help you find peace in your space.

If you are needing support with organizing, decluttering or downsizing needs, Tricia is available. Please contact her at 651-380-4691 for a free consultation and cost estimate.



LOOK AT THOSE COOKIES

Pier 55 members only, "How To Cookie Class"

Monday, April 24th, 2:00-3:30pm @ Pier 55

\$55.00 per person SPACE IS LIMITED

Register at Pier 55 by Monday, April 17th

Interested in learning more about decorated sugar cookies?! Sweet Em's Cookies and Cakes is here to help! In this 1.5-hour class, we'll cover the basics to sugar cookies (so – yes, it's beginner friendly!), we'll do some piping practice with Royal Icing, talk about how to strategize the best ways to decorate sugar cookies, and cover the general concepts around dough and icing! Everything you'll need is provided at class along with

a live in-person instructor –just bring a smile (and maybe an apron).

We'll be decorating with a spring fun theme – from worms (don't worry – these you'll want to eat) and flowers, birds and rain boots – you're going to love gettin' your feet wet in this sugary garden with me! *(***cookie themes may change*** if so, you will be notified)*

You'll leave class with a great understanding of the basics of sugar cookies plus a few cool techniques we'll cover in class! Sweet Em's Cookies and Cakes is a cottage bakery located in Red Wing. They provide an entire menu of delicious baked goods and simple to extravagant decorated items. Feel free to look them up on Facebook. "[Sweet Em's Cookies and Cakes](#)"



Beginner Friendly!

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
 3/4, 3/18
 4/1, 4/8, 4/22



Annadee's Closet
 RED WING AREA SENIORS

ANNADEE'S THRIFT STORE,
 321 POTTER STREET,
 RED WING, MN
 651-388-7031



Pier 55
 Member Day
 3/24, 4/28

Storewide

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
 3/4, 3/18
 4/1, 4/8, 4/22



Attention all Annadee's Thrift Store shoppers....

Starting March 1st, you will notice that Annadee's Thrift Store will no longer have predetermined sales. Sales will no longer be listed on the newsletter calendars. Moving forward we will emphasize our sales in a random "pop up nature." Sales will be initiated based on the season, inventory and needs of the organization.

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 651-388-7031.

MAHJONG.....Mondays, 1pm

SCRABBLE.....Wednesdays, 11am

PUZZLE CLUBWednesdays, 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.

BOOK CLUB FOR WOMEN

First Friday of the month at 10:30am

March Book: The **Guncle** by Steven Rowley
Lonnie Drahos

April 7 Book: **Demon Copperfield**
By Barbara Kingsolver, Shirley Jarmuz
Pat Kernan



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

Thursday, March 9th, 9:30am

Lucy Richardson

Youth and Family Education Program

Hispanic Outreach of Goodhue County

Or

Thursday, March 23rd

9:30am

Bruce Ause

How Seasonal Changes Impact the Environment of
Red Wing

Pier 55 Community Room

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



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

Instructor: Renae Exner

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.

Instructor: Kim Wojcik

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

FAMILY FARE RECEIPT INFORMATION

We were notified by Family Fare that they are no longer accepting receipts from non profits. Family Fare also stated that they are looking into a new program for non profit to benefit from. We will keep you posted!! Thank you to all that have given receipts over the years!!

**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

- 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

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. 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

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

**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.

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.

The last Thursday of the month at 3:30pm
Deer Crest Community Room
651-267-5441, Brenda.Rofick@fairview.org
470 Hewitt Blvd. Red Wing

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.



CHANHASSEN DINNER THEATRE EXPERIENCE

September 20, 2023

Departs : Pier 55 at 10am

Limited seats available. *10 spots left

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 25

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. "

Spring Exhibit



"Rural Life: The Works of Oscar Thompson"

Goodhue County Historical Society has an exciting exhibit planned for this spring, The exhibit will be featuring the paintings of Oscar Thompson, an area artist whose paintings depict rural scenes from around the county. Many community members own his paintings and have generously loaned their Oscar Thompson paintings to the museum to be featured in this exhibit.

The exhibit will be on display beginning in early March through June.

2023 LANDMARK TRIP CATALOG

Join us for a Travel Presentation on all of the Landmark Trip offerings! Presented by John Lyons

Thursday, March 9th
11:00am @ Pier 55

Registration required. Call 651-327-2255

Can't make the show?

Contact us for a free catalog.

Call 612-230-2040 |

www.GoWithLandmark.com

- Roundtrip Airfare from MSP / Airport Greeting
- Transfer to MSP from Red Wing with code RWAS
- Quality Accommodations in Great Locations
- Professional Tour Manager & Local Guides
 - Deluxe Motorcoach Transportation
- ◆ Must-See Attractions & Delicious Meals

(Insert enclosed)



SAINTS GAME TRIP

Wednesday, July 26th (1:05pm game time)
Leave 11:30am and return time based on game length.

Cost: \$60 senior member, \$68 non member
\$30 anyone under 18 years of age

Cost includes coach bus ride, entrance to the game and \$10 in Saints Bucks!! Payment and registration required by Monday, July 17th. Space is limited.

Seats are all in section 104. Stop in and look at a seat map if you are interested.

PACIFIC COAST TRIP TRAVEL SHOW

Tuesday, March 14th
10:00am
Premier Travel

Pier 55 Pacific Coast Adventure

August 13, 2023 - 8 Days

Airfare Included

Booking Discount :

Cost \$3,795 PP Double

\$3,895 Regular Price

Rose Propst would be happy to answer any questions about our trips:

651-301-0700 prp22134@yahoo.com



COMING IN APRIL's NEWSLETTER

- Color contest entry forms. New this year we are adding more contest entry categories. We look forward to seeing all of your creativity on display. (Sponsored by Braun Plumbing, Lake City, MN)
- Information and registration for a summer trip we have planned to Sky Rock Farms in Madeina. This trip was a big hit last summer and we are excited to offer it again this year.
- Information and registration for a Holiday Afternoon Tea at the St. Paul Hotel.

SENIOR 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 CONVERSATIONS

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

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 REPUBLIC

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

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

LIFELINE DROP OFF

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

NAPS: NUTRITIONAL ASSISTANCE PROGRAM

Tuesday, March 21st 9:45AM

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

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 507-330-7152. cpearson@threeriverscap.org

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





**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

&

Bruce

715-594-3874

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
651327-2255



THE TEN DIFFERENCES CHALLENGE

The 10 differences are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



Name _____

Phone # _____

Submit to Pier 55 by Friday, March 31st to be included in a random prize drawing!



Dear Kim,

Thank you for providing me the opportunity to share the benefits of therapeutic yoga with Red Wing seniors. I love teaching these classes and appreciate your generous support.
Wishing you all a healthy and happy New Year!

Michele

Shout out to all of the enthusiasts that participate in our exciting and different fun newsletter challenges.

We are looking for donations of gently used medical equipment at Pier 55. Please call Kim W if you can help. 651-327-2925

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



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



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

MARCH 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	Hours of Operation March 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		1 9am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club	2 9:30 am Wild Women Cards	3 9:00 am AOA 9:30 am Pottery Coffee 10:30 Book Club	4
5	6 9am AOA 9:30 am Pottery Coffee 1 pm Mahjong 1 pm 500 cards	7 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	8 9am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club	9 9:30 am Wild Women Cards 9:30am Golden K 11am TRAVEL SHOW Landmark Tour	10 9am AOA 9:30 am Pottery Coffee	11
12	13 9 am AOA 9:30 am Pottery Coffee 10 am S Pilates 1 pm Mahjong 1 pm 500 cards	14 9:30 am YOGA w/ Michele 10am TRAVEL SHOW Pacific Coast 1 pm Parkinson Wellness 2 pm Tai Chi	15 9 am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Yoga 5:30 Yoga for Healing	16 9:30 am Wild Women Cards	17 9:00 am AOA 9:30 am Pottery Coffee 11:15am DECLUTTER PRESENTATION	18
19	20 9 am AOA 9:30 am Pottery Coffee 10am S Pilates 1 pm Mahjong 1 pm 500 cards	21 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	22 9am AOA 9:30 am Pottery Coffee 11 am Scrabble 1 pm Puzzle Club 2 pm Yoga 5:30 Yoga for Healing	23 9am AARP 9:30 am Wild Women Cards 9:30am Golden K	24 9:00 am AOA 9:30 am Pottery	25 AARP First Timer
26	27 9 am AOA 9:30 am Pottery C 10am S Pilates 1 pm Mahjong 1 pm 500 cards	28 9:30 am YOGA w/ Michele 1 pm Parkinson Wellness 2 pm Tai Chi	29 9am AOA 9:30 am Pottery Coffee 10:30 THP PRESENT 11 am Scrabble 1 pm Puzzle Club 2 pm Yoga 5:30 Yoga for Healing	30 9:30 am Wild Women Cards	31 9:00 am AOA 9:30 am Pottery Coffee	



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