

**SECRET WARRIORS**  
**THURSDAY, APRIL 17<sup>th</sup>**  
**8:30am- 3:00pm**

(Lunch on your own at Cosetta's )  
Members \$55 NON members \$64

**HISTORY THEATRE PRESENTS:**

They are the warriors you don't know. Inspired by the stories of the Japanese Americans who served as translators and interrogators for the U.S. Armed Forces. Secret Warriors features two men, Koji Kimura and Tamio Takahashi, who took extraordinary risks to save their fellow soldiers in the Pacific Theater during World War II. As the eyes and ears of General MacArthur, they saved countless Allied lives and shortened the war by two years. Discover their compelling personal journeys and heartfelt love stories set against the backdrop of the war and the incarceration of their families.

Please call Rose Propst with any questions!  
651-301-0700



**Delicious Day Trip**

**Thursday, June 5<sup>th</sup> 7:30am-3:00pm**  
**With Wine Tasting: Members \$68**  
**Non-Members \$80 Without Wine**  
**Tasting: Member \$58**  
**Non-Members \$70**

This trip is mostly about spoiling yourself! The day starts at Heidi's Huggamug Café in Lake City. You can choose a cinnamon OR caramel roll to have with your coffee. Then we will head to the 2<sup>nd</sup> largest war memorial park (after Washington, DC) in Acadia, WI. Last stop, Villa Bellezza Winery. Once at the winery, we will indulge in pizza, salad, beverages and dessert. Please note: you can chose to participate or not in the wine tasting portion of the trip.



Memorial Park is a 51-acre park that has some very awesome features including a one-third mile walk from the entrance to the rear of the 2000-seat Millennium Amphitheater. This walk is also referred to as Avenue of Heroes, which is a unique tribute to the veterans of various wars and conflicts. More than 20 monuments are stationed along this walk ranging from the Revolutionary War through the General's Overlook. It features a 500-year "walk" through time beginning when Acadia was first settled in 1854.

Please call Rose Propst with any questions!  
651-301-0700

Potter Ridge Senior Living



# Coffee & Conversation

Join us for  
Coffee and Baked goods!

Friday April 25th  
9:30am-11am

Pier 55  
240 Harrison St #2  
Red Wing, MN,



## UPCOMING BUCKET LIST TRIPS

- ♦ **New York City Holiday Trip in 2025**
- ♦ **Albuquerque Santa Fe Balloon Festival Trip in 2025**

Please call Rose Propst with any questions!  
651-301-0700

Or pick up brochures in the hallway at Pier 55!

## Friends of the Red Wing Public Library

### Spring 2025 BOOK SALE



### In the Foot Room

FOL member\* pre-sale

Wednesday April 2nd from 1pm -5pm

\*Memberships available at the door for \$10

### Hours open to the public

Thursday April 3rd from 10am -5pm

Friday, April 4th from 10am – 5pm

Saturday, \$2 Bag Sale

April 5th from 10am – 2 pm

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Cell: 651.380.0909

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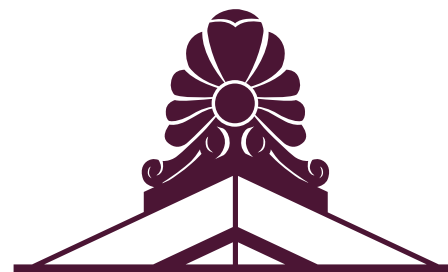
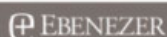
**SENIOR  
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A R T S

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651-388-8700

**443 W. 3rd Street in Red Wing**



**SHOPPING HOURS:**

Tuesdays 10am-4pm  
 Wednesdays 10am-4pm  
 Thursdays 10am-2pm  
 Fridays 10am-2pm  
  
 Open the following  
 Saturdays  
 4/12, 4/26

Pier 55 Member Discount Day  
 50% off storewide with card.  
 4/24

**DONATION HOURS:**

Tuesdays 10am-1:00pm  
 Wednesdays 10am-1:00pm  
 Fridays 10am-1:00pm  
  
 Open the following  
 Saturdays  
 4/12, 4/26

321 POTTER STREET,  
 RED WING, MN  
 651-388-7031

**CLOSED FOR  
 GOOD FRIDAY  
 APRIL 18th**



We have been taking in  
 a lot of great donations  
 from everyone that has  
 been spring cleaning!  
 Thank you and  
 keep  
 it coming in!

**VETERANS**

Anyone with a valid military ID will  
 receive 15% off of your Annadee's  
 Closet purchases. This discount is not  
 valid with other offers.

**MAHJONG.....Mondays, 1:00 PM**

**SCRABBLE.....Wednesdays, 11:00 AM**

**PUZZLE CLUB .....Wednesdays, 1:00 PM**

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

**HAND AND FOOT Thursdays 9:30 AM**

**500 CARD CLUB** Mondays 1:00pm to 3:00pm all are welcome. No matter your age, gender

**BOOK CLUB FOR WOMEN**

First Friday of the month at 10:30 AM,  
Pier 55

April 4, The Lion Women of Tehran  
by Marjan Kamali

**MEXICAN TRAIN**

Tuesday's 9:30 – 11:30 AM

For info call Jeannie Anderson at 928-776-0906



**COFFEE, CRIBBAGE & CONVERSATION**

Tuesdays 9:00AM-11:00AM

4/1,4/15,4/22,4/29

This is open to Pier 55 and community members. No membership required.

No cost, No registration.

Cribbage boards and cards will be provided.

Feel free to attend as your schedule permits. Coffee will be available.

If you have any questions, please contact Ken 651-380-5536 or kld5271@gmail.com

**CRIBBAGE LESSONS**

We do have a volunteer that will provide individual instruction to learn cribbage.

Call and leave your contact information for more information. 651-327-2255

**FMS INSURANCE ADVISORS**

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**MONTHLY MEDICARE SEMINARS**  
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900 Main St. W,  
Cannon Falls, MN 55009

www.CannonRivers.com

**Women's Fitness Center**

**FOR SALE**

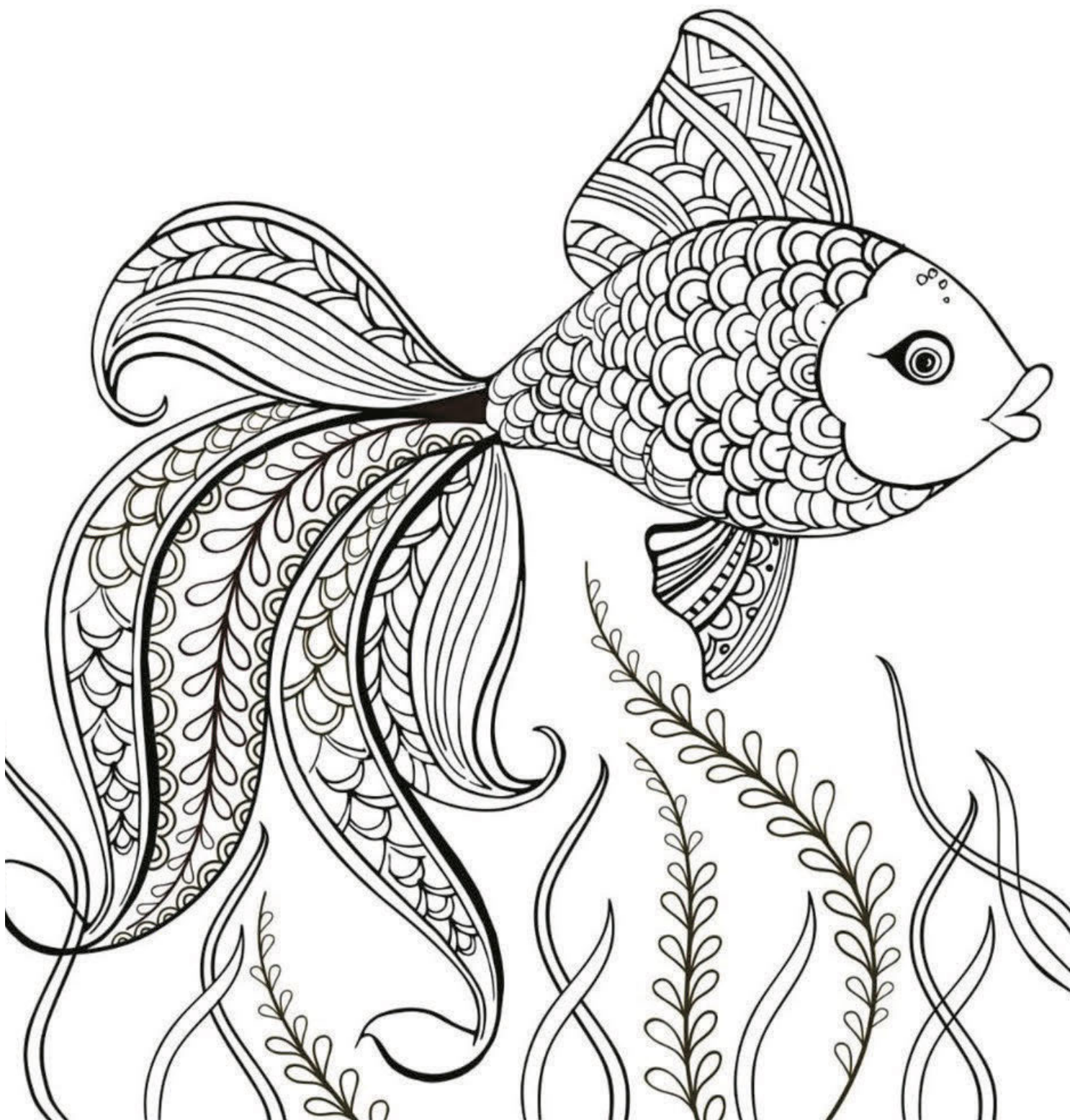
**Call Delores:**

**651.388.9733**

**Volunteer In Your Community**

Lutheran Social Service of MN is seeking volunteers, age 55 or older, in your area to provide companionship to older adults or mentor school age children. Volunteers serve 10 or more hours per week for a tax free stipend and mileage reimbursement. Please contact us at 888.205.3770 or [AmeriCorpsSeniors@lssmn.org](mailto:AmeriCorpsSeniors@lssmn.org) for more information and to make an impact in your community!!





Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Any age can enter. No membership required. Pictures are due by 4 pm May 15. Pictures will be assigned a number for anonymous voting. Entries will be hung at Pier 55. Drop off or mail to Pier 55, 240 Harrison St., Suite 2, Red Wing, MN 55066. Age & Prize categories: (12 under \$20, 13yr to 50 yr \$20, 50 years and older one prize \$50. All entries into a random drawing \$20. All prizes are cash prizes donated by our sponsor Braun Plumbing!

(For office use only: Entry # \_\_\_\_\_ and Age Category # \_\_\_\_\_)







## APRIL IS SEXUAL ASSAULT AWARENESS MONTH

HOPE Coalition is partnering with several coffee shops in our area to raise awareness of our services by attaching stickers to coffee cups with our crisis line and logo on it. Coffee shops that have confirmed participation so far are: The Goodhue Depot in Goodhue, Papa's Roast in Rochester, Rustic Coffeehouse in Lake City, Jazz Shepard Coffee in Elgin, Heidi's Hugamug in Lake City, and Old Legion Coffee in Wabasha.



## RAISED BED GARDENING!

Spots are available now!

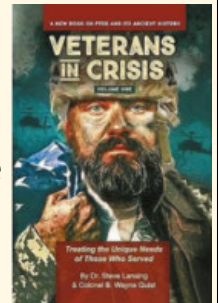


Garden Spaces Available to Rent  
Red Wing Accessible Community Garden  
Do you want to garden and use a wheelchair or walker?

Want to learn more about gardening or suggest class topics? Let me know!  
Marti Pierce at 651 - 800 - 1825  
rwacg2@protonmail.com

In June Colonel B. Wayne Quist will be at Pier 55 to give a presentation on Veterans in Crisis... A history of PTSD from the beginning of time

Date TBD



## **\*\*NEW BALANCE CLASS\*\***

**Tuesday's and Thursday's  
11:00am**

**Instructor: Delores M.**

(former owner of Women's Fitness Center)

This class is covered by a variety of insurance  
wellness

reimbursement  
programs. Stop in for  
more information.



### **Active Older Adults Fitness (AOA)**

**Mondays, Wednesdays & 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

## **FREE BALANCE SCREENING**

If you have concerns about your balance a  
free screening will be available once a  
month. Patty Svien, retired physical therapist,  
will perform a brief balance screening and  
make recommendations for further  
assessment or treatment if  
needed. Screening is free.

**Tuesday,**

**3:30pm to 4:30pm**

Please call the Pier 55 office to register.

Space is limited.



## **SOUND HEALING CLASS**

**PIER 55**

**April 1st**

**12:00 pm-1:00 pm**

Call Pier 55 to register. 651-327-2255

\$20 per class, per person for Pier 55 Members

\$30 per class, per person non members

Instructor: Maria Voorhees-Reincke

To find out more

MVRhealing.com , Lake City, MN 55041 (651)

## **SENIOR YOGA FOR HEALING CLASSES**

**MAT CLASS:**

**Tuesdays**

**9:30 am -10:45 am**

**Chair Class: Wednesdays**

**2:00 pm – 3:00 pm**

**EVENING YOGA**

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

**Instructor: Michele Hoffman,**

**C-IAYT Certified Yoga Therapist**

**Cost is \$55 for 6 classes**

**Additional Class options:**

**Michele Hoffman, C-IAYT**



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 Medi-  
cine and Hospice departments where she has  
practiced yoga therapy for the past ten years.

To register: Call or email Michele

651-301-1781 Hman.michele@mayo.edu



4/8 9-1pm  
 4/24 1-5pm  
 5/13 9-1pm  
 5/22 1-5pm  
 6/10 9-1pm  
 6/26 1-5pm

## AARP DRIVERS SAFETY SCHEDULE

Full day and refresher courses are both 4 hours now.

See below for available classes dates and times.

Minnesota residents may receive a 10% discount on their auto insurance for 3 years upon completion of the class.

\$25.00 for AARP Members, \$30.00 for Non AARP Members

All classes are held at Pier 55/Red Wing Area Seniors,  
 240 Harrison St.

Red Wing, No membership is required.

Registration required., Call or stop in to register  
 651-327-2255



## RED WING SOCIAL SINGLES

*Bridging Friendships*

Are you looking for activities  
 and/or interested in meeting  
 new people and  
 having fun... (Just celebrated 30 years)

If so, consider checking out this local singles club.  
 So, if you are widowed or single you don't have to  
 go it alone. We have lots of

activities in April!

**We meet the first Friday of the month  
 Fiesta Mexicana 1pm**

Dues are \$20 annually

If you are interested in checking out the  
 organization, contact:  
 Dorothy 651-353-3850

**ACE**  
**Hardware**

1264 Old West Main St.  
 Red Wing, MN 55066  
 (651) 388-6060



## JORDAN TOWERS

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Please contact 651.388.7571

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## Mahn Family Funeral and Cremation Services

- Traditional Services
- Memorial Services
- Pre-arrangements
- Cremations  
 (on-site crematory)

**(651) 388-3343**

Bodelson-Mahn Chapel

602 Plum St., Red Wing, MN 55066

[www.mahnfamilyfuneralhome.com](http://www.mahnfamilyfuneralhome.com)

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**TOE NAILS**

JULIE TOLLISOIN, RN, C  
651-380-1069  
julietollison@gmail.com

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Please call or email me for more information  
and/or to make an appointment. I can  
be reached at 651-472-4481 or [healthyfeetred-wing@gmail.com](mailto:healthyfeetred-wing@gmail.com). Wishing you good health!  
Suzanne Grant, RN, MPH

**SPANISH CONVERSATIONS**

Facilitator: LaVoie House  
Mondays and Fridays • 10:30 am *PAUSED*  
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**

Stef can notarize your important papers  
including wills and health care directives on  
Mondays by appointment only for a minimum of  
\$5. Call 651-327-2255 or email  
[rwasprogram@gmail.com](mailto:rwasprogram@gmail.com)

**HIAWATHA VALLEY MENTAL HEALTH CENTER RED WING DROP-IN CENTER**

Thursday's 12pm to 4pm  
217 Plum Street, Suite 220  
507-470-3866

[www.HVMHC.org](http://www.HVMHC.org)

**TRANSPORTATION:**

Safe and affordable rides  
hart- Miles and Miles of Positive Impact  
1-866-623-7505 [hart@threeriverscap.org](mailto:hart@threeriverscap.org)

**NAPS: NUTRITIONAL ASSISTANCE PROGRAM**

*Tuesday, April 15 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**

Dana Bergner, Advocate for older adults and caregivers  
with Three Rivers Community Action. 507-421-6067,  
[dbergner@threeriverscap.org](mailto:dbergner@threeriverscap.org)

**DEMENTIA CARE GIVERS****SUPPORT GROUP**

The last Thursday at 3:30pm  
Deer Crest Senior Living  
651-267-5441

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

**HOSPICE ADULT GRIEF SUPPORT GROUPS**

Either in-person or Zoom. Group participants must  
be at least three months into their journey with  
grief after the death of a loved one. First Lutheran  
Church 1000 Peace Ridge, Lake City  
1-800-679-9084

**MEALS ON WHEELS**

Sarah Jennings 651-385-3477  
[Sarah.jennings@Benedictineliving.org](mailto:Sarah.jennings@Benedictineliving.org)

**POWERFUL TOOLS FOR CAREGIVERS**

Wednesday's 3-4:30pm starting  
Gunderson St. Elizabeth  
1200 Grant Blvd  
Wabasha, M 507-285-272  
Class size is limited





**Shop at Pier 55  
Gift Shop Mother's  
Day,  
Sunday, May 11**

Mother's Day honors all women because they nurture others. What can you give that special woman? The best would be a hand-written note saying why she is special. Perhaps the next best is something handcrafted from Pier 55's Gift Shop!

Hand-crafted lap throws, jewelry, dishtowels

wood carvings, kitchen towels, beauty products and soaps are among the many "finds" at Pier 55.



**Golden K invites you to join us.**

No admission fee. Just come and join our friendly folks.

Thursday, April 10th

Jim Ross

Red Wing Trolley and Stoneware Café

April 24th

To be announced

Meetings are the second and fourth

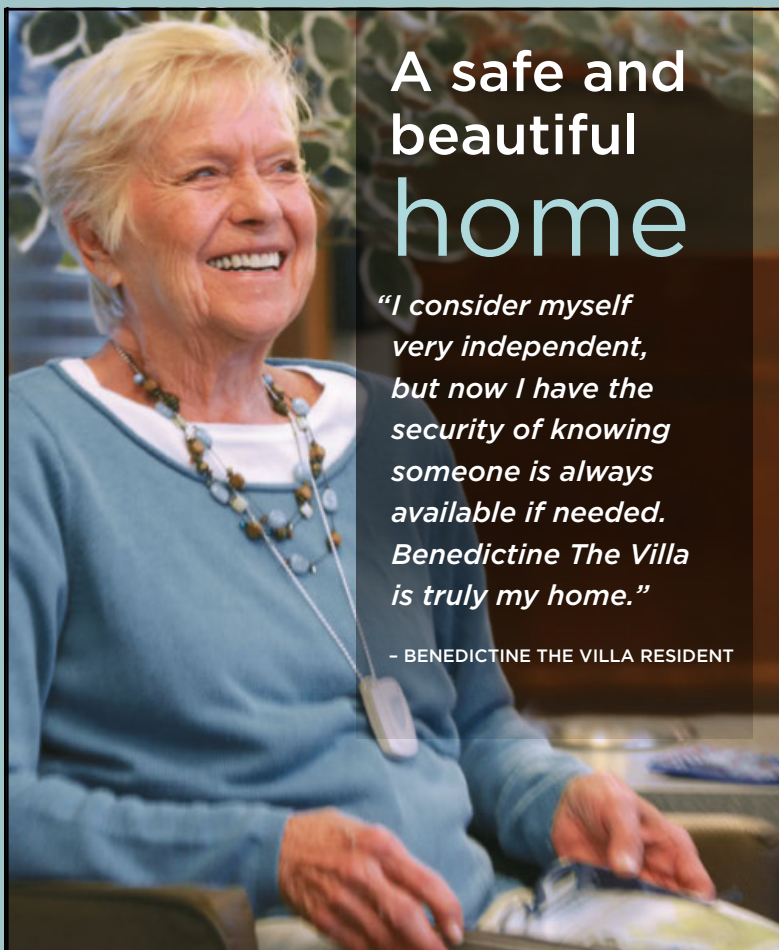
Thursdays each month 9:30am at Pier 55 in the Community Room. Dates may vary during the holiday season. All are welcome!



May 19th

9:30am to 11:00am

Coffee and treat hour sponsored by Deer Crest Senior Living  
Pier 55 Atrium



**A safe and  
beautiful  
home**

*"I consider myself very independent, but now I have the security of knowing someone is always available if needed. Benedictine The Villa is truly my home."*

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# 2025 Field of Honor *18th Annual*



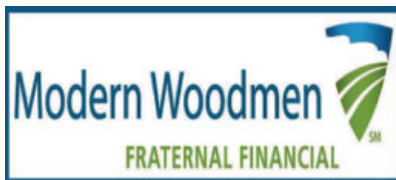
## **SUPPORT AREA VETERANS**

### **Field of Honor-Flag Dedication**

#### **Bay Point Park, Red Wing**

*The flags will be put on display 24 hours a day — rain or shine 5/23—5/26*

*To designate a flag return the form below and payment to Pier 55*



**Pier 55— Red Wing Area Seniors**

**240 Harrison Street, Suite 2**

**Red Wing, Mn 55066**

**651-327-2255**

**I (we) wish to dedicate a flag(s):**

In **honor** of (if veteran is still living) \_\_\_\_\_

In **honor** of (if veteran is still living) \_\_\_\_\_

In **memory** of (if veteran is deceased) \_\_\_\_\_

In **memory** of (if veteran is deceased) \_\_\_\_\_

**Or give in honor or memory of all veterans** \_\_\_\_\_

Dedicated by \_\_\_\_\_ (please print your name(s))

Mailing address \_\_\_\_\_

Email address \_\_\_\_\_ Phone num-  
ber \_\_\_\_\_



**Each flag dedication is \$25.00 • Additional donations are greatly appreciated.**

## Membership Matters!

### Pier 55 April Membership Drive

Are you, or is anyone you know interested in learning more about Red Wing Area Seniors? Some perks of being a member of Red Wing Area Seniors are:

- Monthly editions of our newsletter delivered via USPS or email.

Paying less to attend our trips.

Priority registration for trips.

Programs are less expensive for members and some programs are "member only."

VIP Pier 55 members only shopping day once a month at Annadee's Thrift Store (50% off one day only with your membership card)

And of course, SO MUCH MORE.

Thank you to ALL our current members, we couldn't do this without you.

You are all very appreciated ♥

## BOARD AND STAFF

### Directors


President. . . . . Tom Walsh  
 Vice-President. . . . . Jeff Marcus  
 Secretary . . . . . Nancy Paasch  
 Treasurer . . . . . Rose Burke  
 Char Rogness, Ben Stephani  
 Doug B , Todd A , Ken D

### 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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[www.villagecooperative.com/Red-Wing-MN](http://www.villagecooperative.com/Red-Wing-MN)



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 Years of  
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[DanJohnsonMRWI@gmail.com](mailto:DanJohnsonMRWI@gmail.com)

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 In the heart of downtown Red Wing



*Homes for adults 55+*  
**651-385-3400 • [downtownplaza.org](http://downtownplaza.org)**





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 no cost programming like medical equipment lending and Parkinsons Support for the entire community.

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)

## Gratitude

### 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)

Are you a veteran? \_\_\_\_\_

*Additional donations greatly appreciated.*

**Red Wing Area Seniors, Inc.**

**240 Harrison St, Suite 2, Red Wing, MN 55066**



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

## APRIL 2025



		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
<b>Hours of Operation</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						
		<b>1</b> 9:00 Cribbage 9:30am YOGA w/ Michelle 9:30am MexTrain 11am Balance Class 1 pm Tai Chi 2 pm Parkinson Wellness	<b>2</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>3</b> 9:30 am Hand and Foot 11am Balance Class	<b>4</b> 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv	<b>5</b>
<b>6</b>	<b>7</b> 9 am AOA 9:30 am Pottery Coffee 10:30Spanish conv 12:30 Sound Heal ing 1 pm Mahjong 1 pm 500 cards	<b>8</b> 9:30am YOGA w/ Michelle 9:30 Mex Train 11am Balance Class 1 pm Tai Chi 2 pm Parkinson Wellness	<b>9</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>10</b> 9:30 am Hand and Foot 9:30am Golden k 11am Balance Class	<b>11</b> 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv	<b>12</b> THRIFT STORE OPEN
<b>13</b>	<b>14</b> 9 am AOA 9:30 am Pottery Coffee 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>15</b> 9:30am YOGA w/ Michelle 9:30am MexTrain 11am Balance Class 1 pm Tai Chi 2 pm Parkinson Wellness	<b>16</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>17</b> 9:30 am Hand and Foot 11am Balance Class	<b>18</b> CLOSED	<b>19</b>
<b>20</b>	<b>21</b> 9 am AOA 9:30 am Pottery 10:30Spanish conv 1 pm Mahjong 1 pm500 cards	<b>22</b> 9:00 Cribbage 9:30am YOGA w/ Michelle 9:30 Mex Train 11am Balance Class 1 pm Tai Chi 2 pm Parkinson Wellness	<b>23</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>24</b> 9:30 am Hand and Foot 9:30am Golden k 11am Balance Class Annadee's Thrift Store, Pier 55 Member Discount Day, 50% off Storewide	<b>25</b> 9 am AOA 9:30 am Pottery Coffee 10:30 Spanish conv	<b>26</b> THRIFT STORE OPEN
<b>27</b>	<b>28</b> 9 am AOA 9:30 am Pottery 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>29</b> 9:00 Cribbage 9:30am YOGA w/ Michelle 9:30 Mex Train 11am Balance Class	<b>30</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	Watch the May edition of the newsletter for some exciting Target Circle information! 		

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