

Winona Friendship Center

251 Main St.

Winona, MN 55987

507-454-5212

Hours: Monday—Friday, 7:30-4 p.m.

Potpourri-May to August

Attention: Registration Required!

It is very important to register for programs. Please don't just "show up". We need to have rooms set up and speakers scheduled. We must cancel programs if we don't know how many people are going to be attending. We are establishing a policy of payment on activities the day of registration. This can be done by cash, check or credit card. This will assist us in our record keeping and discourage people signing up for programs and not attending. Also, refunds will only be given if we have cancelled the event. In an effort to have accurate numbers within our system, it is necessary for you to register ahead of time. If you do show up without prior registration, please check in at the front desk to register with the secretary. Please be conscious of these details and register for programs. Thank you.

NATIONAL SENIOR HEALTH & FITNESS DAY:

On this day, Winona seniors will join with an estimated 100,000 seniors across the country expected to help promote active, healthy lifestyles through physical fitness, good nutrition and preventative care. Topics and scheduled events will take place in collaboration with other community partners to "Think healthy, act healthy, eat healthy, BE HEALTHY". Space is limited, snack provided. **Register by May 24!**

Wed, May 29 9-12 p.m.

Main Room

Members: Free

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**Non-Members pay fee
plus 50% more on
programs.
Non-Member daily
pass is \$2.00.**

**MAY IS OLDER
AMERICAN MONTH:
UNLEASH THE POWER
OF AGE!**

HEALTH & WELLNESS

ACTIVE WELLNESS CENTER: Monday—Friday, 7:30-4 p.m.

Stop in for a tour or ask any questions you may have. To join pick up the forms at the Front Desk. Membership is good for one year from date of purchase! Members: **\$40/year**

JANI'S FITNESS FOR WOMEN: Instructor: Jani Giaquinto

Our workout focuses on cardio exercises, strength training and flexibility exercises. These exercises are presented in 3 levels, giving you the opportunity to choose the level that will make your workout realistic, safe and effective. Our class concludes with the quiet practice of Yin Yoga for calming the mind and body. Offered for women only. *See calendar for specific dates.

Mon/Wed/Fri *May 1-Aug 16 5:15-6:15 p.m. Main Room Members: \$2.00/time or a punch card

T'AI CHI & CHI GONG: Instructor: Bahieh Wilkinson

T'ai Chi is moving meditation for health and vitality and may improve balance, increase flexibility and promote cardiovascular fitness. Learning T'ai Chi can help focus and calm the mind. Certified instructor, Bahieh always encourages and welcomes newcomers!

Tue-Fri May 7-Aug 30 9:30-10:30 a.m. Main Room Members: \$3/time or a punch card

STRENGTH & BALANCE FOR FALL MANAGEMENT: Instructor: Alison Ogren

Join fitness instructor and personal trainer Alison Ogren as she helps you regain and maintain your balance. With a variety of simple functional strength training and coordination based exercises, she will help you to increase confidence, strength and flexibility. Stand tall and feel strong and confident. Especially helpful if recovering from illness or injury. All exercises will be performed with the aid of a chair and/or standing.

Tue May 7-Aug 27 8:30–9:15 a.m. Main Room Members: \$3.50/time or a punch card

MOVIN' TO THE OLDIES: Instructor: Alison Ogren

Have fun listening to some of your favorite tunes while rebuilding strength, flexibility and increasing endurance. You may be tempted to sing along while working with exercise bands in a variety of static and dynamic moves and some easy dance steps. A great cardio conditioner, this class is guaranteed to get you movin'. No coordination is needed, just show up and join Alison for a fun workout. No class on May 29 and Fridays in July & August.

Wed & Fri May 1-June 28 10:30—11:15 a.m. Main Room Members: \$3.50/time or a punch card
Wed July-3-Aug 28

NIA: Instructor: Mary Lee Eischen

Nia is a sensory-based movement practice that leads to health, wellness and fitness. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit through upbeat music. All fitness levels welcome with modifications for all people. Emphasis is on stretching, strengthening the body, increasing flexibility, agility, balance and ease in movement. Wear comfortable clothing for movement. No class on May 27th, class on May 13th will be held in the Masonic Temple. *See calendar for specific month times.

Mon May 6-Aug 26 *4-5 p.m./9-10 a.m. Main Room Members: \$3.00/time or a punch card

CHAIR HATHA YOGA: Instructor: Alison Ogren

Imagine better flexibility, posture, stronger core and greater control in simple movement. Alison, fitness instructor and personal trainer will lead you through a series of easy movements, basic yoga positions, simple stretches and soothing breathing exercises. Hatha Yoga, done regularly will create a feeling of well being, inner strength and increased physical vitality. This class is for any level, positions are done with the help of a chair or free form standing. **No class on May 29th.**

Wed May 1–Aug 28 8:30-9:15 a.m. Main Room Members: \$3.50/time or a punch card

REGISTRATION REQUIRED FOR ALL PROGRAMS: WWW.CITYOFWINONA.COM OR CALL 454-5212!

HEALTH & WELLNESS

FULL BODY MASSAGES: Certified Massage Therapist: Pam Spencer

Pam specializes in Swedish, Deep Tissue and Chair Massage. Total privacy, chair massages-15 minutes, 1/2 hour massages and 1 hour massages available. Appointments required. If first time massage, please come 15 minutes before appointment to complete paperwork. *See Calendar for specific dates.

Thu & Fri *May 2-Aug 30 1-3:30 p.m. Main Room Members: \$14.50, \$25, \$40

YOGA MAT: Instructor: Alison Ogren

Alison Ogren, Certified Yoga Instructor, will guide you through 45 minutes of standing flowing movements, floor stretching, strengthening and relaxation. All are invited no matter your level in yoga. Enjoy the freedom that this class will give you when used in your daily routine. The class is limited to 9 so sign up early! All classes will be performed standing and on a mat on the floor. Mats are provided. No program on July 4th.

Thu May 2- Aug 29 8:30-9:15 a.m. Back Lounge Members: \$3.50/time or a punch card

DIABETIC SHOE WALK IN CLINIC:

Certified Pedorthist, Todd Haglund from Northmark Medical will measure and examine your feet. You pick the style and color of shoe you want. All sizes and widths available. They will do all the paperwork (MN & WI), heat-mold your inserts and fit the shoe to you. This program is covered by Medicare. Be sure to bring: Medicare, Medica, Humana, Medical Assistance or Ucare Card, primary doctor's name, phone number and secondary insurance card. No appointments necessary. **Your shoes will be delivered at the Center for you on May 28, from 9-Noon.**

Mon May 6 9-12 p.m. Main Room Members: Free

BRAIN FITNESS SERIES:

Brain Fitness programs are a great workout for the brain with widespread, clinically proven benefits. Join Tracy, WSU practicum student following a special curriculum in keeping your brain fit. New challenges from previous classes and food samples will be available.

Fri May 24-July 12 11-12 p.m. Craft Room Members: \$5

COMPLIMENTARY ENERGY MEDICINE PRESENTATION:

This program will cover the basic philosophy of complimentary energy medicine focusing on bio-energy fields and how it differs in philosophy from conventional, allopathic medicine. Presentation will include auras, chakras, meridians and acupoints energy systems. Demonstrations on Healing Touch, Spring Forest Gong and Emotional Freedom Techniques. Program participants may sign up for the below free energy healing sessions.

Fri May 24 1-2:30 p.m. Back Lounge Members: Free

ENERGY HEALING SESSIONS: Individual and group healing sessions are 60 minutes per session. Appointments necessary. Donations will be given to the Friendship Center Activity Council for programming needs. *See calendar for specific dates.

Mon/Tue/Wed/Fri *May 31-Aug 30 9-12 p.m. Back Lounge Members: Free

WATER EXERCISE:

This class is led by trained staff with life saving certification. You do not need to know how to swim to attend this class. Make up dates will be Tuesdays or Thursdays. No class on July 19th.

Mon/Wed/Fri June 10-Aug 30 11:30-12:30 p.m. Aquatic Center Members: \$45

BLOOD PRESSURE CHECKS: 2nd Thursday from 12:30-1:30 and 4th Wednesday from 11:30-12:30, Java Hut, Free to Members.

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EDUCATIONAL

TELECONFERENCE: LIVE DIVE-CHANNEL ISLANDS, CA:

The Live Dive is a 30 minute live, interactive program that takes participants on a virtual dive through the kelp forest to learn about this seldom-seen world without even getting wet. Divers reveal the values of this rich marine resource, connect to students' learning objectives, answer student questions and show them marine organisms from lobsters to spiny sea urchins and brightly colored fish.

Fri June 28 1:30-2 p.m. Main Room Members: Free

CREDIT SCORES, HISTORY & CREDIT CARD FRAUD: Sonja Kunce, Vice President, Winona National Bank

You've heard it before-it's important to have a good Credit Score & Credit History. Buy why? What does it affect? We will be breaking down the 5 components that go into your credit reports and what they are used for. Find out preventative measures to minimize credit card fraud.

Wed July 10 1-2 p.m. Main Room Members: Free

SKIN CARE:

Do you have concerns about your skin health? Retired dermatologist, Dr. Frank Bures will discuss topics ranging from skin cancer to sun exposure and preventative measures you can take to protect your skin. Feel free to come with questions!

Fri July 12 11-12 p.m. Main Room Members: Free

TELECONFERENCE-TOPIC TO BE DETERMINED: **July 15**

ORGANIZING YOUR IMPORTANT PAPERS:

Do you know where there's a copy of your birth certificate? Could another family member find it too? Having an organized system for your household papers is important. Cindy M. Petersen, U of MN Extension Educator, will share guidelines for what to keep, where to keep and how long to keep records which will ease stress, save time and money. **Registration ends July 29!**

Wed July 31 11-12 p.m. Main Room Members: Free

TELECONFERENCE: "NATIONAL ARCHIVES"

Why can't I find it?!: Ways to search effectively through online resources, given the vast availability of online resources, the Work Wide Web is a sea of information waiting for you to set sail! Learn how to avoid common pitfalls to ensure that you successfully find sort and evaluate websites for genealogy research. This course will highlight a mix of Federal, State, local and subscription-based websites with unique information.

Mon Aug 19 1-2 p.m. Main Room Members: Free

DEPRESSION & SUICIDE IN OLDER ADULTS:

Sally Poepping, Licensed Social Worker & Elizabeth Kaufman, Recreation Director from St. Anne's Extended Healthcare will discuss causes and symptoms of depression, suicide risks, and ways to combat depression and increase quality of life throughout the aging process.

Fri Aug 23 11-12 p.m. Main Room Members: Free

MOBILITY AND QUALITY OF LIFE:

Join Kathryn Strangstalien, D. C., Great River Chiropractic, to learn how the healing art of chiropractic is specifically designed to restore motion to the spine and other joints so you can move better and without pain. Learn how taking care of the structure of your body and spine can help you heal naturally.

Wed Aug 28 2-3 p.m. Back Lounge Members: Free

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INNOVATION

SPRING IS IN THE WEAR:

Ladies, are you in the need of some inspiration to spruce up your wardrobe? Christopher & Banks from the Winona Mall will present a trunk show of new spring/summer fashions and accessories. They will also demo some scarf tying techniques so you can enjoy this trend. Bring along a scarf to practice if you wish. A drawing for a free scarf will be held. Coy Herr will also join in the fun with a presentation on making the right color choices for your skin tone. Refreshments and a gift bag will round out this lovely afternoon. **Registration ends May 1!**

Wed May 8 1-3 p.m. Main Room Members: \$3.50

WRITING YOUR LIFE: 2nd Monday in May, 4th Monday June-August

This group writes stories and anecdotes from their life experiences. A facilitator is present. Newcomers are always welcome. This class will meet on the second Monday in May then on the 4th Monday in June through August.

Mon May 13-Aug 26 12:30-2 p.m. Back Lounge Members: Free

JEWELRY CLASS-NECKLACE:

This will be all about shell beads. Learn to make a multiple strand necklace utilizing a cone end piece. We will be using a strand separator in the design. All materials provided. **Registration ends May 7!**

Tue May 23 12-4 p.m. Craft Room Members: \$22

"THE FRIENDS" FARMERS MARKET:

This is the time of year for you and your friends to share the bounty of your freshly harvested produce at the "Friendship Center". Sell your flowers, fruits, vegetables, herbs, nuts, and plants (no home canned goods). 6' table or 5' tables available. Vendors must be members. Open to "friends" and the public for purchasing. Refer to calendar for specific Mondays.

Mon June 3-Aug 26 1-3 p.m. Main Room Members: \$5-5' table, \$6-6' ft table

JEWELRY & MORE BOUTIQUE EXCHANGE:

Turn in any costume jewelry (no precious metals or stones) and boutique items that you don't use anymore and get a coupon for every item you bring. Also bring in purses, tote bags, evening bags, wallets, silk scarves, cute and funky hats, headbands, gloves, mittens, umbrellas, shawls, wiglets, hair accessories, sunglasses, eyeglass cases, key rings, etc. Use your coupons on Exchange Day to get "new" things...anything you want. Items must be clean and in good condition. **To drop off your items bring to the Java Hut at these times: Thur., May 23, 10-12:30 p.m., Fri., May 31, 1-3:30 p.m., Tues. June 4, 9:30-11:30 a.m.**

Wed June 5 1-3:30 p.m. Main Room Members: Free

GUY'S GALA:

Come and celebrate the men in your life with some activities geared toward the guys but to be shared with anyone wanting to join in the fun. Enjoy a hot dog lunch and then visit activity stations to include card games, learning Texas Hold 'Em Poker or other poker games, Biking & Walking Club, wood carving and exploring outdoor recreation (DNR) and Greater Winona Area Chapter Let's Go Fishing. You might even be lucky enough to go home with a door prize! Sure beats an afternoon at home. **Registration ends June 5!**

Wed June 12 12:30-2:30 p.m. Main Room Members: \$3

JEWELRY CLASS-BRACELET:

This class will give you the opportunity to design your own memory wire bracelet. You will be selecting from a variety of beads, choosing your own color scheme and design as you go. All materials provided.

Registration ends June 25!

Tue July 16 1-4 p.m. Craft Room Members: \$13

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MAY 2013

Monday

Tuesday

Wednesday

Thursday

Friday

**Please
register for
programs!**

454-5212

Room abbreviations
mean:

AQ = Aquatic Center
BL = Back Lounge
CL= Computer Lab
CR = Craft Room
GR= Game Room
JH = Java Hut
MR = Main Room
MS = Masonic Temple

1

8:30-9:15 Yoga MR
9:30-10:30 Tai Chi MR
10:30-11:15 Oldies MR
12-3:30 Schafskopf BL
5:15-6:15 Jani's Fitn. BL

2

8:30-9:15 Yoga Mat BL
9:30-10:30 Tai Chi MS
1-3:30 Massage BL

**LIBRARY
BOOK SALE**

3

9:30-10:30 Tai Chi MS
10:30-11:15 Oldies MS
10:30-12 Penny Poker JH
5:15-6:15 Jani's Fitn. BL

**LIBRARY
BOOK SALE**

6

9-12 Diabetic Shoe MR
10-2 Stamp & Scrap BL
4-5 Nia MR
5:15-6:15 Jani's Fitn. MR
7-9 Shakespeare BL

7

8:30-9:15 Balance MR
9:30-10:30 Tai Chi MR
1-3:30 500 MR
6-9 500 MR

8

8:30-9:15 Yoga MR
9:30-10:30 Tai Chi MR
10:30-11:15 Oldies MR
1-3 Spring in the Wear MR
1-2 AC Council Mtg BL
5:15-6:15 Jani's Fitn. MR

9

8:30-9:15 Yoga Mat BL
9:30-10:30 Tai Chi MR
10-11 Check Balance BL
12:30-1:30 Blood
Pressures JH
1-3:30 "15" Cards MR
1-3:30 Massages BL

10

9:30-10:30 Tai Chi MR
10-11:30 Knitting JH
10:30-11:15 Oldies MR
1-3:30 Poker MR
5:15-6:15 Jani's Fitn. MR

13

12:30-2 WYL BL
12:30-4:30 AARP 4HR MR
4-5 Nia MS
5:15-6:15 Jani's Fitn. MS
6-10 AARP 4HR MR
7-9 Shakespeare BL

14

8:30-9:15 Balance MR
9:30-10:30 Tai Chi MR
1-3:30 Stamp Coll MS
1-3:30 500 MR
6-9 500 MR

15

8:30-9:15 Yoga MR
9:30-10:30 Tai Chi MR
10:30-11:15 Oldies MR
12-3:30 Schafskopf BL
5:15-6:15 Jani's Fitn. BL

16

8:30-9:15 Yoga Mat BL
9:30-10:30 Tai Chi MR
11-12 Manag Behav MR
1-3:30 "15" Cards MR
1-3:30 Massages BL

17

8-4:30 Lacrosse Trip
9:30-10:30 Tai Chi MR
10:30-11:15 Oldies MR
10:30-12 Penny Poker JH
12-3:30 BOL Group MR
1-3:30 Massages BL
1-3:30 Poker MR
5:15-6:15 Jani's Fitn. MR

20

10-2 Stamp & Scrap BL
11-12:30 Good Eating JH
1-2 Teleconf-TBA MR
4-5 Nia MR
5:15-6:15 Jani's Fitn. MR

21

8:30-9:15 Balance MR
9:30-10:30 Tai Chi MR
1-3:30 500 MR
6-9 500 MR

22

8:30-9:15 Yoga MR
9:30-10:30 Tai Chi MR
10:30-11:15 Oldies MR
11:30-12:30 Blood
Pressures JH
1-3 Jewelry Club CR
5:15-6:15 Jani's Fitn. MR

23

8:30-9:15 Yoga Mat BL
9:30-10:30 Tai Chi MR
10-12:30 Jewelry
Exchange Drop Off JH
12-4 Jewelry Class CR
1-3:30 Bingo MR
1-3:30 Massages BL

24

9:30-10:30 Tai Chi MR
11-12 Brain Fitness CR
10-11:30 Knitting JH
10:30-11:15 Oldies MR
1-2:30 Energy Med. BL
1-3:30 Poker MR
5:15-6:15 Jani's Fitn. MR

27

~CLOSED~

**MEMORIAL
DAY**

28

8:30-9:15 Balance MR
9-12 Diabetic Shoe
Pickup BL
9:30-10:30 Tai Chi MR
12-1 Book Club CR
1-3:30 500 MR
6-9 500 MR

29

9-12 Ntl. Sr. Health &
Fitness Day MR
9:30-10:30 Tai Chi MS
5:15-6:15 Jani's Fitn. MR

30

8:30-9:15 Yoga Mat BL
9:30-10:30 Tai Chi MR
12:30-2 Japan Revisit MR
1-3:30 Massages BL

31

9-12 Energy Healing BL
9:30-10:30 Tai Chi MR
10:30-11:15 Oldies MR
11-12 Brain Fitness CR
1-3:30 Jewelry Exchange
Drop off JH
1-3:30 Massages BL
1-3:30 Poker MR
5:15-6:15 Jani's Fitn. MR

JUNE 2013

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Please register for programs!</p> <p>454-5212</p>		<p><u>Room abbreviations mean:</u> AQ = Aquatic Center BL = Back Lounge CL= Computer Lab CR = Craft Room GR= Game Room JH = Java Hut MR = Main Room MS = Masonic Temple</p>		
<p>3</p> <p>9-10 Nia MR 10-2 Stamp & Scrap BL 1-2:30 Beg. Computer CL 1-3 Farmers Market MR 5:15-6:15 Jani's Fitn. MR</p>	<p>4</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11:30 Jewelry Exchange Drop Off JH 1-3:30 500 MR 6-9 500 MR</p>	<p>5</p> <p>8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-3:30 Schafskopf BL 1-3:30 Jewelry Exchange MR 5:15-6:15 Jani's Fitn. MR</p>	<p>6</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3:30 "15" Card MR 1-3:30 Massage BL</p>	<p>7</p> <p>9-12 Energy Healing BL 9:30-10:30 Tai Chi MR 10:30-12 Penny Poker JH 10:30-11:15 Oldies MR 11-12 Brain Fitness CR 1-3:30 Massage BL 1-3:30 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>10</p> <p>9-10 Nia MR 11:30-12:30 Wtr Aer AQ 12:30-6:30 AARP MR 1-2:30 Beg. Computer CL 5:15-6:15 Jani's Fitn. BL</p>	<p>11</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3:30 500 MR 1-3:30 Stamp Coll MS 6-9 500 MR</p>	<p>12</p> <p>8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 12:30-2:30 Guy's Gala MR 1-2:30 AC Meeting BL 5:15-6:15 Jani's Fitn. MR</p>	<p>13</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 10-11 Check Balance BL 12:30-1:30 Blood Pressures JH 1-3:30 "15" Card MR 1-3:30 Massage BL</p>	<p>14</p> <p>9-12 Energy Healing BL 9:30-10:30 Tai Chi MR 9:30-5:30 Fanny Hill 10-11:30 Knitting JH 10:30-11:15 Oldies MR 11-12 Brain Fitness CR 11:30-12:30 Wtr Aer AQ 1-3:30 Massage BL 1-3:30 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>17</p> <p>9-10 Nia MR 10-2 Stamp & Scrap BL 11:30-12:30 Wtr Aer AQ 1-2:30 Beg. Computer CL 1-3 Farmers Market MR 5:15-6:15 Jani's Fitn. MR</p>	<p>18</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3:30 500 MR 6-9 500 MR</p>	<p>19</p> <p>8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 12-3:30 Schafskopf BL 1-2 Master Gardener MR 5:15-6:15 Jani's Fitn. MR</p>	<p>20</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3:30 "15" Card MR</p>	<p>21</p> <p>9-12 Energy Healing BL 9:30-10:30 Tai Chi MR 11-12 Brain Fitness CR 10:30-11:15 Oldies MR 10:30-12 Penny Poker JH 11:30-12:30 Wtr Aer AQ 12-3:30 BOL Group MR 1-3:30 Massage BL 1-3:30 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>24</p> <p>9-10 Nia MR 11-12:30 Good Eating JH 11:30-12:30 Wtr Aer AQ 12:30-2 WYL BL 1-2:30 Beg. Computer CL 1-3 Farmers Market MR 5:15-6:15 Jani's Fitn. MR</p>	<p>25</p> <p>8:30-9:15 Balance MR 9-12 Energy Healing BL 9:30-10:30 Tai Chi MR 12-1 Book Club CR 1-3:30 500 MR 6-9 500 MR</p>	<p>26</p> <p>8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 11:30-12:30 Blood Pressures JH 1-3 Jewelry Club CR 5:15-6:15 Jani's Fitn. MR</p>	<p>27</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3:30 Bingo MR 1-3:30 Massages BL</p>	<p>28</p> <p>9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 11-12 Brain Fitness CR 11:30-12:30 Wtr Aer AQ 1-3:30 Massage BL 1-3:30 Poker MR 1:30-2 Tele. Live Dive MR 5:15-6:15 Jani's Fitn. MR</p>

JULY 2013

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 9-10 Nia MR 10-2 Stamp & Scrap BL 11:30-12:30 Wtr Aer AQ 1-3 Farmers Market MR 5:15-6:15 Jani's Fitn. MR</p>	<p>2 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3:30 500 MR 6-9 500 MR</p>	<p>3 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 12-3:30 Schafskopf BL 5:15-6:15 Jani's Fitn. MR</p>	<p>4 ~CLOSED~ INDEPENDENCE DAY</p>	<p>5 9:30-10:30 Tai Chi MR 10:30-12 Penny Poker JH 11-12 Brain Fitness CR 11:30-12:30 Wtr Aer AQ 1-3:30 Poker MR</p>
<p>8 9-10 Nia MR 11:30-12:30 Wtr Aer AQ 12:30-4:30 AARP 4 HR MR 5:15-6:15 Jani's Fitn. BL 6-10 AARP 4 HR MR</p>	<p>9 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3:30 500 MR 1-3:30 Stamp Collect MS 6-9 500 MR</p>	<p>10 8:30-9:15 Yoga MR 9-12 Energy Healing BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer. AQ 1-2 AC Mtg BL 1-2 Credit Scores MR 5:15-6:15 Jani's Fitn. MR</p>	<p>11 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 10-11 Check Balances BL 10:15-3:30 WN Cty Fair 12:30-1:30 Blood Pressures JH 1-3:30 "15" Cards MR</p>	<p>12 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 11-12 Brain Fitness CR 11-12 Skin Care MR 11:30-12:30 Wtr Aer AQ 1-3:30 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>15 9-10 Nia MR 10-2 Stamp & Scrap BL 11:30-12:30 Wtr Aer AQ 1-2 Teleconf. TBA MR 5:15-6:15 Jani's Fitn. MR</p>	<p>16 8:30-9:15 Balance MR 9-12 Energy Healing BL 9:30-10:30 Tai Chi MR 1-3:30 500 MR 1-4 Jewelry Class CR 6-9 500 MR</p>	<p>17 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 12-3:30 Schafskopf BL 1-2:30 Banana Extrav. MR 5:15-6:15 Jani's Fitn. MR</p>	<p>18 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3:30 "15" Cards MR 1-3:30 Massages BL</p>	<p>19 9:30-10:30 Tai Chi MR 10-11:30 Facebook CL 10:30-12 Penny Poker JH 12-3:30 BOL Group MR 1-3:30 Massage BL 1-3:30 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>22 9-10 Nia MR 11-12:30 Good Eating JH 11:30-12:30 Wtr Aer AQ 12:30-2 WYL BL 1-3 Farmers Market MR 5:15-6:15 Jani's Fitn. MR</p>	<p>23 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 12-1 Book Club CR 1-3:30 500 MR 6-9 500 MR</p>	<p>24 8:30-9:15 Yoga MR 9-12 Energy Healing BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 11:30-12:30 Blood Pressures JH 1-3 Jewelry Club CR 5:15-6:15 Jani's Fitn. MR</p>	<p>25 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3:30 Massage BL 1-3:30 Bingo MR</p>	<p>26 8:30-5:30 Nordic Fest 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10-11:30 Facebook CL 11:30-12:30 Wtr Aer AQ 1-3:30 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>29 9-10 Nia MR 9-12 Energy Healing BL 11:30-12:30 Wtr Aer AQ 1-3 Farmers Market MR 5:15-6:15 Jani's Fitn. MR</p>	<p>30 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3:30 500 MR 6-9 500 MR</p>	<p>31 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:30 Oldies MS 11-12 Organize Papers MR 11:30-12:30 Wtr Aer AQ 5:15-6:15 Jani's Fitn. MR</p>	<p>Please register for programs! 454-5212</p>	<p>Room abbreviations mean: AQ = Aquatic Center BL = Back Lounge CL= Computer Lab CR = Craft Room GR= Game Room JH = Java Hut MR = Main Room MS = Masonic Temple</p>

AUGUST 2013

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Please register for programs!</p> <p>454-5212</p>	<p><u>Room abbreviations mean:</u> AQ = Aquatic Center BL = Back Lounge CL= Computer Lab CR = Craft Room GR= Game Room JH = Java Hut MR = Main Room MS = Masonic Temple</p>		<p>1 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3:30 "15" Cards MR 1-3:30 Massages BL</p>	<p>2 9:30-10:30 Tai Chi MR 10:30-12 Penny Poker JH 11:30-12:30 Wtr Aer AQ 1-3:30 Poker MR 1-3:30 Massages BL 5:15-6:15 Jani's Fitn. MR</p>
<p>5 9-10 Nia MR 10-2 Stamp & Scrap BL 11:30-12:30 Wtr Aer AQ 1-3 Farmers Market MR 5:15-6:15 Jani's Fitn. MR</p>	<p>6 8:30-9:15 Balance MR 9-12 Energy Healing BL 9:30-10:30 Tai Chi MR 1-3:30 500 MR 6-10 500 MR</p>	<p>7 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 12-3:30 Schafskopf BL 5:15-6:15 Jani's Fitn. MR</p>	<p>8 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 10-11 Check Balance BL 12:30-1:30 Blood Pressures JH 1-3:30 "15" Cards MR</p>	<p>9 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 11:3-12:30 Wtr Aer AQ 1-3:30 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>12 9-10 Nia MR 11:30-12:30 Wtr Aer AQ 12:30-4:30 AARP 4HR MR 5:15-6:15 Jani's Fitn. BL 6-10 AARP 4 HR MR</p>	<p>13 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3:30 500 MR 1-3:30 Stamp Collect MS 6-9 500 MR</p>	<p>14 8:30-9:15 Yoga MS 9:30-10:30 Tai Chi MS 10:30-11:15 Oldies MS 11:30-12:30 Wtr Aer AQ 12-3 AC Picnic MR 5:15-6:15 Jani's Fitn. MR</p>	<p>15 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3:30 "15" Cards MR 1-3:30 Massages BL</p>	<p>16 9:30-10:30 Tai Chi MR 10:30-12 Penny Poker JH 11:30-12:30 Wtr Aer AQ 12-3:30 BOL Group MR 1-1:30 Massages BL 1-3:30 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>19 9-10 Nia MR 10-2 Stamp & Scrap BL 11:30-12:30 Wtr Aer AQ 1-2 Teleconf. National Archives MR</p>	<p>20 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9-12 Energy Healing BL 1-3:30 500 MR 6-9 500 MR</p>	<p>21 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 12-3:30 Schafskopf BL</p>	<p>22 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3:30 Bingo MR 1-3:30 Massages BL</p>	<p>23 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 11-12 Depression MR 11:30-12:30 Wtr Aer AQ 1-3:30 Poker MR 1-3:30 Massages BL</p>
<p>26 9-10 Nia MR 11-12:30 Good Eating JH 11:30-12:30 Wtr Aer AQ 12:30-2 WYL BL 1-3 Farmers Market MR</p>	<p>27 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 12-1 Book Club CR 1-3:30 500 MR 6-9 500 MR</p>	<p>28 8:30-9:15 Yoga MR 9:30-1:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 11:30-11:30 Blood Pressures JH 2-3 Mobility BL</p>	<p>29 7-7:30 MN St. Fair 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3 Jewelry Club CR 1-3:30 Massage BL</p>	<p>30 9-12 Energy Healing BL 9:30-10:30 Tai Chi MR 11:30-12:30 Wtr Aer AQ 1-3:30 Massage BL 1-3:30 Poker MR</p>

INNOVATION

BANANA EXTRAVAGANZA:

It's time for Malia's famous 30' banana split! Join us for a fun filled afternoon featuring entertainment by Category U with Mason Smith and Alex Miller. **Registration ends July 10!**

Wed July 17 1-2:30 p.m. Main Room Members: \$5

ACTIVITY COUNCIL ANNUAL PICNIC:

Join us in a cool, bee free environment for an indoor picnic at the center. We will start the day with indoor games at 11 a.m., a hamburger picnic lunch served at noon and entertainment from 12:30-1:30 p.m. with Ron Haugen.

Registration ends August 9!

Wed Aug 14 12-3 p.m. Main Room Members: \$5

ART EXHIBITS:

Stop in the main room to see the beautiful art work from various artists each month. Please let Charleen know if you or someone you know may be interested in displaying their work on the walls or have collections for our display case.

WALLS:

May: Richard & Maryann Frietsche-Photography

June: Karen Ginder-Quilts

August: Mary Singer

DISPLAY CASE:

June: Seasoned Stampers & Scrapbookers

August: Jewelry Club-"Bead Buds"

CHECKS & BALANCES: 2nd Thursday

An employee from Merchants Bank will balance your checkbook, free and confidential.

Thu May 9, June 13, July 11, Aug 8 10-11 a.m. Back Lounge

COMPUTERS

COMPUTER LEARNING CENTER

Open to all members Monday through Friday at no charge. \$2 Non-Member daily fee
Closed when classes are in session.

BEGINNING COMPUTER BASICS:

Computer basics for absolute beginners (where are the buttons to turn it on?) or anyone who wants to review the basics. Learn computer terminology, including hardware, software, the desktop, the mouse, clicking, saving, etc.

Registration ends May 28!

Mon June 3-24 1-2:30 p.m. Computer Lab Members: \$20

FACEBOOK AND OTHER SOCIAL NETWORKS:

Terminology 101 of the Facebook, Tweet, Twitter and IM world. In this class you will set up a Face book account and learn the do's and don'ts to posting on your page. **Registration ends July 12!**

Fri July 19-26 10-11:30 a.m. Computer Lab Members: \$10

REGISTRATION REQUIRED FOR ALL PROGRAMS: WWW.CITYOFWINONA.COM OR CALL 454-5212!

CLUBS

SEASONED STAMPERS AND SCRAPBOOKING: 1st & 3rd Mondays

Have you been researching your genealogy and have all those pictures packed away and don't know what to do with them? This group can give you amazing ideas on what to do with them. They always welcome newcomers to join them or just stop in and see what they are doing and have a lot of fun conversation.

Mon May 6-August 19 10-2 p.m. Back Lounge Members: Free

THE "BEAD BUDS" JEWELRY CLUB: 4th Wednesday

If you have an interest in beading, this is an opportunity to share it with others. Come to the jewelry club with ideas or projects. Join us for building great friendships and an afternoon of lots of laughter!

Wed May 22-Aug 28 1-3 p.m. Craft Room Members: Free

KNITTING AND CRAFTS: 2nd & 4th Fridays

People who have a passion for knitting, crocheting, needlepoint or crafts are invited to work on your projects and socialize in an informal atmosphere with others who have similar interests. Please join friends in great conversation, talents and ideas. Newcomers welcome at any time! Individuals provide their own supplies.

Fri May 10-Aug 23 10-11:30 a.m. Java Hut Members: Free

BUNDLES OF LOVE: 3rd Friday

Non-profit group that provides needy babies with layettes that have been handmade by the group, which meets monthly. Volunteers are needed for sewing, crocheting, knitting and cutting out material. Other items are quilts, afghans, sleepers, onesies, receiving blankets. Join us to see items or get more information to volunteer.

Fri May 17-Aug 16 Noon-3:30 p.m. Main Room Members: Free

BOOK CLUB: 4th Tuesday

The Friendship Center Book Club is for those who enjoy reading and would like to take part in conversation about what they've read. Note the books we will be discussing in these next months and if interested, join us (even if you haven't read the book). You are also welcome to bring your lunch. Hope to see you there! May-**Prodigal Summer** by Barbara Kingsolver, June-**Annie Freeman's Fabulous Traveling Funeral** by Kris Radish, July-any book by Lorna Landvik, August-**The Personal History of Rachel Du Pree** by Ann Weisgarber.

Tue May 28-Aug 27 Noon- 1 p.m. Craft Room Members: Free

THE BIKING, WALKING & LUNCH CLUB:

This club schedules weekly outings on various days of the week. They ride 6-10 miles on bike trails at a moderate pace and return for lunch. Those who choose to walk go about 3/4 of an hour. Trails are very scenic and not very hilly: Root River, Cannon Valley & Great River in Trempealeau. Car pooling is available. Call **Mike Maher** at **450-2546** for more information.

WOODCARVING-WILL NOT BE MEETING IN SUMMER WILL RESUME IN SEPTEMBER!

*THE CENTER HAS OTHER GAME AMENITIES SUCH AS POOL,
DARTS, PING PONG, WII AND BOARD GAMES. FEEL FREE TO
GATHER YOUR FRIENDS AND PLAY SOME GAMES.
NOTE: CHECK WITH STAFF FOR ROOM AVAILABILITY.*

REGISTRATION REQUIRED FOR ALL PROGRAMS: WWW.CITYOFWINONA.COM OR CALL 454-5212!

TRAVEL

LACROSSE BUS TRIP:

Discover fun attractions right in your own backyard! This trip offers visits to the Our Lady of Guadalupe Shrine, Dahl Automotive museum, and a tour of the Pearl Street Brewery. Enjoy a delicious lunch at the Old Country Buffet and finish off the day with a complimentary pint of beer at the brewery. Cost includes bus, entrance fees and lunch.

Registration ends May 8!

Fri May 17 8-4:30 p.m. Members: \$39

FANNY HILL DINNER THEATRE, EAU CLAIRE, WI-"DON'T DRESS FOR DINNER":

Suppose a man arranged for a weekend getaway with the love of his life. Now suppose another man arranges for a weekend getaway with his favorite lady. Suppose they all end up at the same place with a cook who is mistaken for woman "A" or is it "B". Mix these ingredients and you have the recipe for some unbridled fun. "A nifty comic farce".

Registration ends June 3!

Fri June 14 9:30-5:30 p.m. Members: \$61

WINONA COUNTY FAIR-ST. CHARLES, MN TROLLEY TRIP:

Clarence Russell will provide transportation on the "New" Trester Trolley for the Senior Day at the Winona County Fair. This trolley is enclosed, has padded seats, air conditioning, and handicapped accessible!

Registration ends July 8!

Thu July 11 10:15-3:30 p.m. Members: \$13.50

NORDIC FEST, DECORAH IOWA TRIP:

Nordic Fest 2013 is the 47th Anniversary celebrating Decorah's Norwegian Heritage. There is something to enjoy for everyone, with delicious food, traditional crafts, lively entertainment, sporting events, and more! Entertainment canopies will open at 11 a.m., food booths will tantalize your taste buds and the Versterheim Museum is a must see! Don't forget the arts and crafts show and antique show at the Decorah Middle School! **Registration ends July 12!**

Fri July 26 8:30-5:30 p.m. Members: \$22

MINNESOTA STATE FAIR BUS TRIP-ST. PAUL, MN:

Enjoy the day (not to mention the food) at the MN State Fair! Cost includes transportation and Fair ticket.

Registration ends August 1!

Thu Aug 29 7 a.m.-7:30 p.m. Members: \$37

SAVANNAH, GEORGIA DIAMOND TOURS TRIP:

8 nights lodging including 4 consecutive nights in the Savannah area, 14 meals: 8 breakfasts & 6 dinners. Tour of amazing Jekyll and St. Simon's Island-see how American's early millionaires lived and played! Tour of gorgeous Beaufort, SC, "Queen of the Carolina Sea Islands"...plus a visit to a historic and famous home and much more!

Sat-Sun Oct 19-27 Time to be announced Members: \$75 due upon registering

Single Occupancy: \$959, Double Occupancy: \$759 Triple Occupancy: \$739

REMEMBER AN OUTING ON THE LET'S GO FISHING
PONTOON. CALL 507-205-7853 TO SCHEDULE.
ALSO SIGN UP WITH THEM TO
VOLUNTEER!

CARDS & GAMES

**YOU MUST BE A MEMBER FOR ANY CARDS & GAMES PROGRAMS!
PLEASE NOTE REGISTRATION DEADLINES!**

500 CARDS: Register before 11 a.m. on the day of the program. All money taken in is paid out in prizes.

Tue May 7-Aug 27 1-3 p.m. Main Room Members: \$2

500-NIGHT CARDS: All money taken in is paid out in prizes.

Tue May 7-Aug 27 6-9 p.m. Main Room Members: \$2

SCHAFSKOPF (SHEEPSHEAD): 1st & 3rd Wednesdays Register before 11 a.m. on the day of the program.

Wed May 1-Aug 21 Noon-3:30 p.m. Back Lounge Members: Free

"15" CARD GAME: 1st, 2nd & 3rd Thu. Register before 11 a.m. on the day of the program.

It is not necessary to know how to play the game; you can learn it after two hands! No cards May 2nd or July 4th!

Thu May 9-Aug 15 1-3:30 p.m. Main Room Members: \$2

BINGO: 4th Thursday Register before 11 a.m. on the day of the program. All money taken in is paid out in prizes-\$1 for first two cards.

Thu May 23-Aug 22 1-3:30 p.m. Main Room Members: \$1/two cards

TEXAS HOLD 'EM POKER: Register before 11 a.m. on the day of the program. For those who already know how to play this poker game. Poker chips are divided evenly and give to each player, when your chips are gone that ends the game for you.

Fri May 3-Aug 30 1-3:00 p.m. Main Room Members: Free

BASIC PENNY POKER LESSON: 1st & 3rd Fridays Register before 9 a.m. on the day of the program. Learn the basic poker hands and 25 simple variations of the games. This will be friendly poker, learn as you play.

Fri May 3-Aug 16 10:30-12 p.m. Main Room Members: \$2

SENIOR ADVOCACY

Property Tax Refund Assistance available from Advocacy Program

Individuals who rent, or own their own home or mobile home may be eligible for a property tax refund. If you are not comfortable completing the forms yourself and you did not meet with the AARP volunteer tax preparers before April 15th, the Advocates are willing to assist with filing the 2012 property tax refund forms for anyone over the age of 60. The forms may be filed any time between now and August 15, 2014. Homeowners need the total income for 2012 and property tax statement for 2013. Renters need 2012 total income and CRP form from the landlord. Mobile home owners need both types of forms. Call 507-454-7369 to make an appointment to file by mail. The Advocates are not trained income tax preparers and do not assist with other income tax forms. The Center does not have property tax forms for the public.

REGISTRATION REQUIRED FOR ALL PROGRAMS: WWW.CITYOFWINONA.COM OR CALL 454-5212!

ACTIVITY COUNCIL NOTES:

Message from the Activity Council President: Mike Maher

The Friendship Center has a number of programs that are geared towards exercising the brain. We don't always think of that muscle as one that we need to exercise. I would highly encourage people that may be concerned with their ability to remember things, to discuss those concerns with their doctor and take a Brain Health class at the Center. The doctor will have you take a few tests and will be able to determine if you are having a problem or if what you are experiencing is normal for your age. If you are having a problem, there are medicines that can be prescribed to help you. The tests you take will also determine a base line that can be used to determine your cognitive abilities. However, as we age it's possible that we cannot walk as far and as fast or run as fast and as far as we could when we were twenty something. We assume that we can think as fast. If you have gone back to school in your 40's or 50's, you learn quickly that it may be a challenge to keep up with the younger students. In addition by the time we are 60, we have had a lot more life experiences than we did when we were twenty something. Think of our brains as a large file cabinet with experiences being filed chronologically so that things that we experienced 40 years ago are more difficult to recall as they are stored deeper in the brain. Think how difficult it is trying to recall a movie star in a film you saw in film 30 or 40 years ago. It takes a while to come up with a name. We have to go through all the files until we find the one we are looking for. The intensity of the experience also has a good deal with our ability to recall some. For example, placing your car keys some place when you come home has very little intensity. So it may be hard to find them. This is of course a very simplistic explanation of how our brains work. A geriatric psychologist (Gene Cohen) tells some positive things about the aging brain. Around age 50 the right and left side of the brains begin to work together which allows us to see the world more holistically. Somewhere between 50 and 60 we begin to ask ourselves something like "if I don't do this now, when am I going to do this?" Between 60 and 70, two things happen, if you are holding a grudge against a family member for something that happened years ago, one begins to think this is silly and attempts are made to reconcile and we become more grateful. After 70, we begin to understand the meaning of our lives and with that understanding comes a sense of peace and happiness not experienced when we were 20.

Activity Council-Board of Directors:

Mike Maher, President
 Rose Mary Staige, Secretary
 Roxy Kohner, At-Large
 Donna Tymesen At-Large

Clarence Russell, Vice-President
 JC Pfeiffer, Treasurer
 Penny Venus, At-Large
 Elmer Mattila, At-Large

Message from the Friendship Center Director: Malia Fox

Welcome to Corbin Flom, maintenance and newest member of the Friendship Center team. With a retirement in City maintenance, Josh Poepping, took a position at City Hall. He is still around and you will see him filling in when Corbin needs time off.

We have some renovation and changes going on. The Active Wellness Center has moved to the Pool Room and vice versa. The Wellness Center needed more room as people are working on better workout regimes. There has been little room for workouts in a "free space" area. Most exercises have needed to be on machines. The movement to a larger area will help with better workout alternatives.

The pool room has not used the Snooker table in a long time, therefore the decision was made to get better use from that space. We were able to sell the Snooker table and will utilize the two existing pool tables. Space is not a luxury in this building. We need to use our space wisely. We have placed the dart board and Wii gaming system in the new game room.

We hope you will enjoy the 2 new spaces and the efforts by staff to make them pleasing and fresh for you. Thank you to all who helped in the renovation process and the support of the membership to the Center as we strive to make us better!

Ye Olde Gift Shop:

Hours: Monday-Friday, 9-3:30 p.m.

Manager: Noreen Albrecht

This is a fundraising event for the Activity Council. Accepting homemade, "gently used" or "Flea Market" type items. No clothing please.

ATTENTION POTENTIAL VOLUNTEERS:

As always we are in need of volunteers for the Gift Shop to help keep the lights on. If you could give time for just one shift a month (or more if you want) you would make a huge difference. The shifts are 9 a.m. to 12:15 p.m. and 12:15 to 3:30 p.m. Monday through Friday. Stop and ask! There will be someone to help get you started. Your help will be greatly appreciated. You can call Noreen at 687-3605 with questions or stop at the Center's front desk.

FRIENDSHIP CENTER STAFF:

- Director:** Malia Fox
- Program Coord.:** Charleen Jaszewski
- Secretary:** Kelli Bartsch
- Senior Advocate:** Marsha Yancy
- Assistant Advocate:** Barbara Saykally
- Maintenance:** Corbin Flom

Website: www.cityofwinona.com

Events, Programs & Information:

Please be sure to stop in at the Center to see the power points, flyers, watch the TV and newspaper for details of other upcoming events that may take place during the trimester that were not scheduled at the time of printing this newsletter. If you are interested in serving on a Committee to help plan programs, please contact Charleen or one of your Activity Council Board Members. Committees meet monthly, every other month or once a trimester. Committees are: Health/Wellness & Education, Travel, Innovation, Cards/Games & Physical. If you do not want to be on a Committee but have suggestions of future programs, please let us know... we welcome new ideas!



Winona Friendship Center: 507-454-5212
 Senior Advocacy - Phone: 507-454-7369
 Toll free 1-866-904-1918 Fax: 507-454-7652
 E-mail: mfox@ci.winona.mn.us
 Website: cityofwinona.com

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