

Winona Friendship Center

251 Main St.

Winona, MN 55987

507-454-5212

Hours: Monday—Friday, 7:30 a.m.-4 p.m.

REMEMBER TO
PRE-REGISTER!

UPDATED:
12/17/13

Potpourri-January to April

TELECONFERENCES

ALL PALS TOGETHER: A FIRST WORLD WAR SOLDIER'S STORY

Mon	Jan 27	9-10 a.m.	Main Room	Members: Free
...	Share one hour in the life of a soldier from a Pals Battalion, Private Henry Fairhurst, played by a costumed actor, as he talks about why he joined up and what life is like in the trenches			
...	Encouraged to engage with the soldier during the workshop and ask him any questions			
...	A range of original documents from the National Archives is used as evidence for his story			
...	Provided by: National Archives-UK			

A DISTANT SHORE:

Mon	Feb 24	1-1:45 p.m.	Main Room	Members: Free
...	Participate in a videoconference distance-learning program with a park ranger who broadcasts to you live from Ellis Island-upper New York Bay			
...	Learn about the immigrant experience at Ellis Island through a variety of interpretive talks, videos, photos and primary documents			

BUILDING OF THE TRANSCONTINENTAL RAILROAD:

Mon	Mar 31	1-2 p.m.	Main Room	Members: Free
...	This endeavor was the 1800's equivalent to the United States putting a man on the moon 100 years later			
...	Live, Interactive session is loaded with original documents, photos and artifacts from the Union Pacific Museum			

LOONS & LADYSLIPPERS:

Mon	Apr 28	1-2 p.m.	Main Room	Members: Free
...	A fun, fast paced tour of Minnesota			
...	Discover how land, people and ideas converge to create "The Land of 10,000 Lakes"			
...	Participants will examine industry, topography, official Minnesota symbols and more			
...	A great introduction to History Live and it's free!			

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Like us on Facebook!

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

HEALTH & WELLNESS

ACTIVE WELLNESS CENTER:

Monday—Friday, 7:30 a.m.-4 p.m. Members: \$45/year

- ... WSU Exercise Science students available for training
- ... Older adult friendly exercise equipment
- ... Workout programs designed specifically for each individual
- ... Release forms must be filled out prior to workout on 1st day
- ... Forms will be faxed to Doctor to avoid charges for an office visit

**NEW AREA WITH MORE
ROOM AND A NEW
ELLIPTICAL MACHINE!**

T/AI CHI & CHI GONG: Instructor: Bahieh Wilkinson

Tue-Fri Jan 2-Apr 30 9:30-10:30 a.m. Main Room Members: \$3.00/time or a punch card

- ... Moving meditation
- ... Improve balance, increase flexibility, promote cardiovascular fitness
- ... Newcomers welcome

YOGA MAT: Instructor: Alison Ogren

Thu Jan 2-Apr 24 8:30-9:15 a.m. Back Lounge Members: \$3.50/time or a punch card

- ... Standing, flowing movements, floor stretching, strengthening and relaxation
- ... Yoga mats are provided

FULL BODY MASSAGES: Certified Massage Therapist: Pam Spencer

Thu & Fri Jan 2-Apr 25 1-3:30 p.m. Back Lounge Members: \$14.50, \$25, \$40

- ... Appointments required
- ... First timers; come 15 minutes early to complete paperwork
- ... Deep tissue, full body massage or chair massage
- ... 15 minute, 1/2 hr., or hour massages
- ... Consult calendar for massage dates

JANI'S FITNESS FOR WOMEN: Instructor: Jani Giaquinto

Mon/Wed/Fri Jan 3-Apr 30 5:15-6:15 p.m. Main Room Members: \$2.00/time or a punch card

- ... Cardio, strength training and flexibility exercises
- ... Presented at 3 levels, choose what's right for you
- ... Yin Yoga for calming the mind
- ... Consult calendar for dates not in session

MOVIN' TO THE OLDIES: Instructor: Alison Ogren

Wed/Fri Jan 3-Apr 30 10:30—11:15 a.m. Main Room Members: \$3.50/time or a punch card

- ... Moving to oldies tunes while rebuilding strength, flexibility and endurance
- ... Cardio conditioning
- ... Wear comfortable clothes

NIA: Instructor: Mary Lee Eischen

Mon/Wed Jan 6-Apr 30 4-5 p.m. Main Room Members: \$3.00/time or a punch card

- ... Connecting the body, mind, emotions and spirit through music
- ... Emphasis on stretching, strengthening, flexibility, agility & balance
- ... Wear comfortable clothing
- ... Consult calendar for dates not in session

STRENGTH & BALANCE: Instructor: Alison Ogren

Tue Jan 7-Apr 29 8:30—9:15 a.m. Main Room Members: \$3.50/time or a punch card

- ... Regain and maintain balance
- ... Strength training and coordination exercises
- ... Exercises performed with aid of chair or standing

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

HEALTH & WELLNESS

CHAIR HATHA YOGA: Instructor: Alison Ogren

Wed Jan 8-Apr 30 8:30-9:15 a.m. Main Room Members: \$3.50/time or a punch card

- ... Improve flexibility, posture & core
- ... Easy movements, basic yoga positions, simple stretches & soothing breathing exercises
- ... Wear comfortable clothes

WATER AEROBICS:

Mon/Wed/Fri Jan 13-May 1 6:45-7:45 a.m. WSU Memorial Hall Pool Members: \$45

- ... Aerobics in a warm water pool
- ... You don't need to know how to swim
- ... Variety of workouts
- ... Great camaraderie while working out

BLOOD PRESSURE CHECKS:

4th Wed Jan 22-Apr 23 11:30-12:30 p.m. Java Hut Members: Free

2nd Thu Jan 9-Apr 10 12:30-1:30 p.m. Java Hut Members: Free

- ... Licensed nurses perform blood pressure checks

BRAIN FITNESS: Instructor: Meghan, Student Intern

Mon Jan 27-Apr 28 1-2 p.m. Computer Lab Members: Free

- ... An innovative approach to brain care
- ... Mental stimulation & challenges
- ... Computer knowledge or use of mouse for online games required
- ... Consult calendar for dates not in session

PACE-PEOPLE WITH ARTHRITIS (& OTHERS) CAN EXERCISE: Instructor: Baihly, Student Intern

Wed Jan 29-Apr 30 9:30-10:15 a.m. Back Lounge Members: Free

- ... For individuals who experience joint pain, stiffness, and/or limited range of motion
- ... Low impact exercises sitting or standing
- ... Keep joints flexible, muscles strong and reduce pain

WSU HEALTH 2 U: Instructor: Cindy Bork, EdD RN

Tue Feb 4, Mar 4, April 1 11-Noon Java Hut Members: Free

- ... Offered by WSU Nursing Students
- ... Blood Pressure, pulse & oxygen levels assessed
- ... Vision and hearing testing
- ... Education topic offered

FOOT & NAIL CLINIC: Instructor: Cindy Bork, EdD RN

Thu Feb 6, Feb 20, Mar 6, Mar 20, Apr 2, Apr 17 9-Noon Craft Room Members: \$5

- ... 1 hour sessions by appointment only
- ... Offered by WSU Nursing students
- ... Foot Assessments, trim and thin nails with special tools-no foot soaks

DIABETIC SHOES WALK IN CLINIC: Certified Pediothist, Todd Haglind

Mon Mar 3 9-Noon Main Room Members: Free

- ... Examinations and measurements of your feet
- ... Many styles and colors of shoes to choose from
- ... Covered by Medicare
- ... Bring Medicare, Medica, Humana, medical assistant card and primary doctor's information
- ... Shoe pick up day will be April 8 from 9-Noon in the Back Lounge

HEALTH & WELLNESS

HEALING QIGONG-SPRING FOREST QIGONG: Instructor, Elmer Mattila

Tue Mar 4-18 2-4 p.m. Back Lounge Members: \$6

- ... Learn about an alternative medicine modality
- ... Practice some Qigong movements to promote better health
- ... A simple procedure to help heal a health issue for yourself or a friend
- ... Learn Qi-ssage acupressure points & what you can do with them for better health

EMOTIONAL FREEDOM TECHNIQUES: Instructor: Elmer Mattila

Tue Mar 25-Apr 1 2-4 p.m. Back Lounge Members: \$4

- ... Learn the tapping way to get over phobia, cravings, chronic pain, grief, health problems and more

HEALING TOUCH: Instructor, Elmer Mattila

Tue Apr 8 2-4 p.m. Back Lounge Members: \$6

- ... An alternative approach to better health
- ... Learn what it is through lecture, demonstrations & hands-on (pun intended) experience
- ... "A healer in every family & world without pain." Chunyi Lin, Qigong Master
- ... Participants will be able to sign up for free scheduled future sessions

EDUCATIONAL

PRE-REGISTRATION REQUIRED

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CAPTURING ICELAND: DIGITAL PHOTOGRAPHY UNDER THE MIDSUMMER SUN: Presenters: Elmer & Louis Mattila

Thu Jan 16 11-12:30 p.m. Main Room Members: Free

- ... Elmer & Louise went on a two-week road scholar program in Iceland
- ... They took advantage of the 21 hours of daylight each day to capture amazing images
- ... They will share what they learned about Iceland while traveling around the island
- ... You will see photographs of mountains, glaciers, waterfalls, volcanic landscapes, harbors, farms & sheep

SHAKESPEARE COLLEGIUM:

Daytime Session: Dr. H. Patrick Costello, register with Jeannine Flick at jeannineflick@gmail.com

Fri Feb 7-Apr 25 10-Noon Back Lounge

Evening Session: Lora Krall, register with Lora at 557krall@charter.net

Mon Feb 3-Apr 21 7-9 p.m. Back Lounge

- ... This is an education program of the Great River Shakespeare Festival (GRSF)
- ... Participants are expected to read the act(s) of play prior to coming to class
- ... Payments are made prior to attending the 1st class to GRSF
- ... Questions for Daytime session, contact Marian Hopkins at mhopkins@rconnect.com or Peter Flick at phflick@hbc.com
- ... Questions for Evening session, contact Lora Krall at 557krall@charter.net

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

EDUCATIONAL

CHIROPRACTIC POSTURE ANALYSIS: Presenter, Dr. Steve Cone

Tue Feb 11 10:30-Noon Back Lounge Members: Free

- ... Over 95 million people have back pain every year
- ... The posture machine helps analyze areas of stress and potential pain in the spine
- ... The analysis takes a few minutes and you don't have to change clothes to have it done
- ... Join Dr. Cone, from Cone Chiropractic if you are interested in your back and are looking for answers

HANDS ONLY CPR WORKSHOP: Instructor, Helen Bagshaw

Wed Feb 26 12-12:30 p.m. Main Room Members: Free

- ... Helen is a RN, CCRN and registered American Heart Association CPR Instructor
- ... Learn about life saving techniques if someone is having a cardiac arrest by using Hands Only CPR
- ... Use of Automated External Defibrillator (AED) and how to respond to a choking emergency
- ... Training equipment, handouts and other useful resources will be provided, no test or quizzes to pass

WINONA WOMEN IN HISTORY: Presenter: Jennifer Weaver, Asst. Director, Winona Co. History Center

Mon Mar 3 1-3 p.m. Main Room Members: \$2

- ... Jennifer will trace the stories of Winona women who made some history in honor of "Women's History" Month
- ... Featuring the lives of Catherine Goddard Smith, Emma Shelton, Mabel Marvin, Grace Watkins King, Jeanette Lamberton & Myrtle Huntley
- ... Share stories, pictures or recipes of your grandmothers and mothers lives that helped us get to the lives we as women have now
- ... Refreshments will be served

FINANCIAL EXPLOITATION OF THE OLDER ADULTS: Presenter: Chris Callahan, Assistant VP/Branch Manager, Winona National Bank

Fri Mar 14 12-12:30 p.m. Main Room Members: Free

- ... Learn about the most common scams targeting older adults
- ... Recognize the signs someone may be vulnerable or being exploited

HOSPICE-"WHAT YOU NEED TO KNOW BEFORE THE TIME COMES":

Facilitator: Christi Young, LPN

Mon Apr 7 1-2 pm Main Room Members: Free

- ... Presentation will provide an overview of the basics of hospice
- ... Discussion will include the many misconceptions associated with hospice
- ... Benefits of care and how to qualify for the services available to you
- ... This is a presentation you do NOT want to miss

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.

COMPUTER ASSISTANCE: Students available for one on one assistance for the following:

- ... Computer Basics
- ... Internet, Email, Facebook
- ... Kindle, Ipad, Nook
- ... Call to make an appointment, 454-5212

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

INNOVATION

STAMP COLLECTING: Will not be meeting this trimester, will resume next trimester; May-August.

WRITING YOUR LIFE: 2nd & 4th Mondays Facilitator: Mary Ann Fuchsel

Mon Jan 13-Apr 28 12:30-2 p.m. Back Lounge Members: Free

- ... Write stories and anecdotes about life experiences
- ... Encouragement by class members
- ... Newcomers are welcome

DINING WITH DIANA: Presenter: Diana Cyert

Mon Jan 27 11 a.m.-12:30 p.m. Java Hut Members: \$5

- ... Hoppin' John is a peas and rice dish served in Southern United States
- ... It is made with black-eyed peas (or field peas) and rice, chopped onion and sliced bacon
- ... Field peas are used in the Low Country of South Carolina and Georgia
- ... In the southern U.S., eating Hoppin' John on New Year's Day is thought to bring a prosperous year filled with luck
- ... Diana will also make Chinese New Year cookies
- ... Dine together or bring a container to take home

FRIENDSHIP CHORALIERS: Facilitator: Sue Degallier

Thu Feb 6-Apr 24 11 a.m.-Noon Back Lounge Members: Free

- ... For people who enjoy singing
- ... Sue's experience in choral directing spans many years & styles
- ... In need of more women to join
- ... Never been in a choir? There is no time like the present
- ... Opportunities to sing for local nursing homes

JEWELRY CLASS-LARIAT NECKLACE: Instructor: Barb Saykally

Fri Feb 7 1 p.m.-4 p.m. Craft Room Members: \$22.50

- ... Using a simple seed bead daisy chain stitch we will be creating a Lariat Necklace with faceted garnets for accent and twinkle
- ... All materials will be provided
- ... Show up and boost your brain power learning a new stitch and having fun

REGISTRATION DEADLINE: JANUARY 17!

DINING WITH DIANA: Presenter: Diana Cyert

Mon Feb 10 11 a.m.-12:30 p.m. Java Hut Members: \$5

- ... Sweets for Valentine's Day; cherry tarts, thumbprint heart cookies, cinnamon and chocolate bark
- ... Sample these treats together or bring a container to take home

DINING WITH DIANA: Presenter: Diana Cyert

Mon Mar 17 11 a.m.-12:30 p.m. Java Hut Members: \$5

- ... St. Patrick's Day Delight; unstuffed cabbage, Reuben dip and Irish scones
- ... Dine together or bring a container to take home

JEWELRY CLASS-PENDANT: Instructor: Barb Saykally

Fri Apr 11 1 p.m.-4 p.m. Craft Room Members: \$38.50

- ... We will be creating our own pendant using filigree components, Swarovski crystals and pearls
- ... By stitching these parts together you will have made an incredible pendant
- ... Patterns for a necklace band will be provided
- ... All materials will be provided
- ... Show up for some creative time

REGISTRATION DEADLINE: MARCH 21!

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

JANUARY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please register for programs.</p> <p>454-5212</p>	<p><u>Room abbreviations mean:</u> BL = Back Lounge CL= Computer Lab CR = Craft Room GR= Game Room JH = Java Hut MR = Main Room MS = Masonic Temple</p>	<p>1</p> <p>~CLOSED~</p> <p>NEW YEAR'S DAY</p>	<p>2</p> <p>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>3</p> <p>9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-3 Poker MR 1-3:30 Massages BL 5:15-6:15 Jani's Fitn. MR</p>
<p>6</p> <p>10-2 Stamp & Scrap BL 4-5 Nia MR 5:15-6:15 Jani's Fitn BL</p>	<p>7</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3 500 MR</p>	<p>8</p> <p>8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-2 AC Meeting BL 1-3 Wood Carving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>9</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 10-11 Check Balance CR 12:30-1:30 Blood Pressures JH 1-3:30 "15" Cards MR 1-3:30 Massages BL</p>	<p>10</p> <p>9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 1-3 Poker MR 1-3:30 Massages BL 5:15-6:15 Jani's Fitn. MR</p>
<p>13</p> <p>6:45-7:45 Wtr Aer WSU 12:30-2 WYL BL 12:30-4:30 AARP Ref. MR 4-5 Nia MS 5:15-6:15 Jani's Fitn BL 6-10 AARP Ref. MR</p>	<p>14</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3 500 MR</p>	<p>15</p> <p>6:45-7:45 Wtr Aer WSU 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 Wood Carving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>16</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 11:00-12:30 Iceland MR 1-3:30 "15" Cards MR 1-3:30 Massage BL</p>	<p>17</p> <p>6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-3:30 BOL Group MR 1-3 Poker MR 1-3:30 Massage BL 5:15-6:15 Jani's Fitn. MR</p>
<p>20</p> <p>~CLOSED~</p> <p>MARTIN LUTHER KING DAY</p> <p>4-5 Nia MR</p>	<p>21</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 10-12 Stamp & Scrap BL 1-3 500 MR</p>	<p>22</p> <p>6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9-3 SC Dbl Pool Tourn GR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Blood Pressures JH 1-3 Wood Carving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>23</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3:30 Bingo MR 1-3:30 Massage BL</p>	<p>24</p> <p>6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 1-3 Poker MR 1-3:30 Massage BL 5:15-6:15 Jani's Fitn. MR</p>
<p>27</p> <p>6:45-7:45 Wtr Aer WSU 9-10 Tele: WWI story MR 11-12:30 Dine W/Diana JH 12:30-2 WYL BL 1-2 Brain Fitness CL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>28</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 12-1 Book Club BL 1-3 500 MR 1:15-3 Jewelry Club CR</p>	<p>29</p> <p>6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-3 Wood Carving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>30</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3:30 Massage BL</p>	<p>31</p> <p>6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-3 Poker MR 1-3:30 Massage BL 5:15-6:15 Jani's Fitn. MR</p>

FEBRUARY 2014

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 6:45-7:45 Wtr Aer WSU 10-2 Stamp & Scrap BL 1-2 Brain Fitness CL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>4 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 11-12 WSU Hlth 2 U JH 1-3 500 MR</p>	<p>5 6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 10:30-11:15 Oldies MR 12-3:30 Schafskopf BL 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>6 8:30-9:15 Yoga Mat BL 9-12 Foot/Nail Care CR 9:30-10:30 Tai Chi MR 11-12 FR Choraliers BL 1-3:30 "15" Card MR 1-3:30 Massage BL</p>	<p>7 6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-12 Shakespeare BL 10:30-11:15 Oldies MR 1-3 Poker MR 1-3:30 Massage BL 1-4 Jewelry Class CR 5:15-6:15 Jani's Fitn MR</p>
<p>10 6:45-7:45 Wtr Aer WSU 11-12:30 Dine Diana JH 12:30-2 WYL BL 12:30-6:30 AARP MR 1-2 Brain Fitness CL 4-5 Nia MS 5:15-6:15 Jani's Fitn. BL</p>	<p>11 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 10:30-12 Posture Analysis BL 1-3 500 MR</p>	<p>12 6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 10:30-11:15 Oldies MR 1-2 AC Meeting BL 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>13 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 10-11 Check Balance CR 11-12 FR Choraliers BL 12:30-1:30 Blood Pressures JH 1-3:30 "15" Card MR</p>	<p>14 6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10-12 Shakespeare BL 10:30-11:15 Oldies MR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>17 6:45-7:45 Wtr Aer WSU ~CLOSED~ PRESIDENT'S DAY</p>	<p>18 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 10-2 Stamp & Scrap BL 1-3 500 MR</p>	<p>19 6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9-3 Single 8 Ball Tourn GR 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-3:30 Schafskopf BL 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>20 8:30-9:15 Yoga Mat MR 9-12 Foot/Nail Care CR 9:30-10:30 Tai Chi MR 11-12 FR Choraliers BL 1-3:30 "15" Card MR 1-3:30 Massage BL</p>	<p>21 6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10-12 Shakespeare BL 10:30-11:15 Oldies MR 12-3:30 BOL Group MR 1-3 Poker MR 1-3:30 Massage BL 5:15-6:15 Jani's Fitn. MR</p>
<p>24 6:45-7:45 Wtr Aer WSU 12:30-2 WYL BL 1-2 Brain Fitness CL 1-2 Telec-Dist. Shore MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>25 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 12-1 Book Club BL 1-3 500 MR 1:15-3 Jewelry Club CR</p>	<p>26 6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 10:30-11:15 Oldies MR 11:30-12:30 Blood Pressures JH 12-12:30 CPR MR 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>27 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 11-12 FR Choraliers BL 1-3:30 Massages BL 1-3:30 Bingo MR</p>	<p>28 6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10-12 Shakespeare BL 10:30-11:15 Oldies MR 1-3 Poker MR 1-3:30 Massages BL 5:15-6:15 Jani's Fitn. MR</p>
	<p>Please register for programs. 454-5212</p>			<p><u>Room abbreviations mean:</u> BL = Back Lounge ERC = East Rec. Ctr CL= Computer Lab CR = Craft Room GR= Game Room JH = Java Hut MR = Main Room MS = Masonic Temple</p>

MARCH 2014

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 6:45-7:45 Wtr Aer WSU 9-12 Diabetic Shoes MR 10-2 Stamp & Scrap BL 1-2 Brain Fitness CL 1-3 WN Women Hist. MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>4 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 11-12 WSU Hlth 2 U JH 1-3 500 MR 2-4 Heal Qigong BL</p>	<p>5 6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 10:30-11:15 Oldies MR 12-3:30 Schafskopf BL 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>6 8:30-9:15 Yoga Mat BL 9-12 Foot/Nail Care CR 9:30-10:30 Tai Chi MR 11-12 FR Choraliers BL 1-3:30 "15" Card MR 1-3:30 Massage BL</p>	<p>7 6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-12 Shakespeare BL 10:30-11:15 Oldies MR 1-3 Poker MR 1-3:30 Massage BL 5:15-6:15 Jani's Fitn MR</p>
<p>10 12:30-4:30 AARP Ref MR 12:30-2 WYL BL 4-5 Nia MS 5:15-6:15 Jani's Fitn. BL 6-10 AARP 4 Ref MR</p>	<p>11 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 1-3 500 MR 2-4 Heal Qigong BL</p>	<p>12 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-2 AC Meeting BL 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>13 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 10-11 Check Balance CR 11-12 FR Choraliers BL 12:30-1:30 Blood Pressures JH 1-3:30 "15" Cards MR 1-3:30 Massages BL</p>	<p>14 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10-12 Shakespeare BL 10:30-11:15 Oldies MR 12-12:30 Fin. Exploit MR 1-3 Poker MR 1-3:30 Massages BL 5:15-6:15 Jani's Fitn. MR</p>
<p>17 6:45-7:45 Wtr Aer WSU 10-2 Stamp & Scrap BL 11-12:30 Dine Diana JH 1-2 Brain Fitness CR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>18 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 1-3 500 MR 2-4 Heal Qigong BL</p>	<p>19 6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9-3 DBL Pool Tourney GR 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-3:30 Schafskopf BL 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>20 8:30-9:15 Yoga Mat BL 9-12 Foot/Nail Care CR 9:30-10:30 Tai Chi MR 11-12 FR Choraliers BL 1-3:30 "15" Cards MR 1-3:30 Massages BL</p>	<p>21 6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-12 Shakespeare BL 10:30-11:15 Oldies MR 12-3:30 BOL Group MR 1-3 Poker MR 1-3:30 Massages BL 5:15-6:15 Jani's Fitn. MR</p>
<p>24 6:45-7:45 Wtr Aer WSU 12:30-2 WYL BL 1-2 Brain Fitness CL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>25 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 12-1 Book Club BL 1-3 500 MR 1:15-3 Jewelry Club CR 2-4 Em. Freedom BL</p>	<p>26 6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 10:30-11:15 Oldies MR 11:30-12:30 Blood Pressures JH 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>27 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 11-12 FR Choraliers BL 1-3:30 Bingo MR 1-3:30 Massage BL</p>	<p>28 6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10-12 Shakespears BL 10:30-11:15 Oldies MR 1-3 Poker MR 1-3:30 Massages BL 5:15-6:15 Jani's Fitn. MR</p>
<p>31 6:45-7:45 Wtr Aer WSU 1-2 Brain Fitness CL 1-2 Tele: Trans. Cont. Railroad MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>		<p>Please register for programs.</p> <p>454-5212</p>		<p>Room abbreviations mean: BL = Back Lounge CL= Computer Lab CR = Craft Room GR= Game Room JH = Java Hut MR = Main Room MS = Masonic Temple</p>

APRIL 2014

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Please register for programs.</p> <p>454-5212</p>	<p>1</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 11-12 WSU Hlth 2 U JH 1-3:30 500 MR 2-4 Em. Freedom BL</p>	<p>2</p> <p>6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 10:30-11:15 Oldies MR 12-3:30 Schafskopf BL 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>3</p> <p>8:30-9:15 Yoga Mat BL 9-12 Foot/Nail Care CR 9:30-10:30 Tai Chi MR 11-12 FR Choraliers BL 1-3:30 "15" Cards MR 1-3:30 Massages BL</p>	<p>4</p> <p>6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-12 Shakespeare 10:30-11:15 Oldies MR 1-3 Poker MR 1-3:30 Massages BL 5:15-6:15 Jani's Fitn. MR</p>	
<p>7</p> <p>6:45-7:45 Wtr Aer WSU 10-2 Stamp & Scrap BL 1-2 Brain Fitness CL 1-2 Hospice MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>8</p> <p>8:30-9:15 Balance MR 9-12 Diabetic Shoes BL 9:30-11 Wii Bowl GR 9:30-10:30 Tai Chi MR 1-3:30 500 MR 2-4 Heal Touch BL</p>	<p>9</p> <p>6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-2 AC Meeting BL 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>10</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 10-11 Check Balance BL 11-12 FR Choraliers BL 12:30-1:30 Blood Pressures JH 1-3:30 "15" Cards MR 1-3:30 Massages BL</p>	<p>11</p> <p>6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:3-11:15 Oldies MR 1-3 Poker MR 1-3:30 Massages BL 1-4 Jewelry-Pendant CR 5:15-6:15 Jani's Fitn. MR</p>	
<p>14</p> <p>6:45-7:45 Wtr Aer WSU 11-12:30 Dine Diana JH 12:30-4:30 AARP Ref. MR 12:30-2 WYL BL 1-2 Brain Fitness CL 4-5 Nia MR 5:15-6:15 Jani's Fitn. BL 6-10 AARP Ref. MR</p>	<p>15</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 1-3:30 500 MR</p>	<p>16</p> <p>6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-3:30 Schafskopf BL 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>17</p> <p>8:30-9:15 Yoga Mat BL 9-12 Foot/Nail Care CR 9:30-10:30 Tai Chi MR 11-12 FR Choraliers BL 1-3:30 "15" Cards MR</p>	<p>18</p> <p>6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-3:30 BOL Group MR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>	
<p>21</p> <p>6:45-7:45 Wtr Aer WSU 10-2 Stamp & Scrap BL 1-2 Brain Fitness CL 1-2 Paper Model MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>22</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 12-1 Book Club BL 1-3:30 500 MR</p>	<p>23</p> <p>6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Blood Pressures JH 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>24</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 11-12 FR Choraliers BL 1-3:30 Bingo MR 1-3:30 Massages BL</p>	<p>25</p> <p>6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 1-3 Poker MS 1-3:30 Massages BL 1-3:30 T & T Set Up MR 5:15-6:15 Jani's Fitn. BL</p>	
<p>28</p> <p>6:45-7:45 Wtr Aer WSU 12:30-2 WYL BL 1-2 Brain Fitness CL 1-2 Tele: Loons & Ladyslippers MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>29</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 1-3:30 500 MR 1:15-3 Jewelry Club CR</p>	<p>30</p> <p>6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MS 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MS 10:30-11:15 Oldies MS 1-3 Wood Carving MS 4-5 Nia MS 5:15-6:15 Jani's Fitn. MS TBA Volunteer Recogn. MR</p>	<p>26</p> <p>9-12 Trash & Treas. MR</p>		
				<p>Room abbreviations mean:</p> <p>BL = Back Lounge CL = Computer Lab CR = Craft Room GR = Game Room JH = Java Hut MR = Main Room MS = Masonic Temple</p>	

INNOVATION

DINING WITH DIANA: Presenter: Diana Cyert

Mon Apr 14 11 a.m.-12:30 p.m. Java Hut Members: \$5

- ... Diana will make Oatmeal pancakes, a fruit dish and a pea-bean dish
- ... Dine together or bring a container to take home

PAPER MODELS DEMONSTRATION: Presenter: Gary Dare

Mon Apr 21 1-2 p.m. Main Room Members: Free

- ... Gary designs paper airplanes using a scissor, printer, craft knife, glue and imagination
- ... See the intricate detail of cockpits equipped with dashboards of paper gears and levers, spinning paper tires and propellers
- ... Gary's favorite models are the Grumman FGF Hellcat and Piper J-3 Cub
- ... Other "critter" collections you will see are of mice, dinosaurs, birds and dragons
- ... If there is an interest in learning this art, classes may begin next trimester

TRASH & TREASURERS:

Sat Apr 26 9 a.m.-Noon Main Room Members: 5' table-\$5, 6' table-\$6

- ... Prepare for the upcoming 100 mile sale and shop with us
- ... Concessions available
- ... Limit 2 tables per vendor, set up Friday, April 25 from 1-3:30 p.m., need to be set up by 8:15 a.m. Saturday
- ... Gift Shop will be open

CLUBS

SEASONED STAMPERS AND SCRAPBOOKING:

1st & 3rd Mon Jan 6-Apr 21 10 a.m.-2 p.m. Back Lounge Members: Free

- ... Making scrapbooks with photos and stamping greeting cards
- ... Fun and creative ideas with pictures
- ... Bring your own supplies, newcomers welcome
- ... On holidays, program will be held the following Tuesday

THE "BEAD BUDS" JEWELRY CLUB: Last Tuesday

Tue Jan 28-Apr 29 1:15-3 p.m. Craft Room Members: Free

- ... Beading and sharing with others
- ... Learn new beading ideas
- ... Build friendships

BOOK CLUB:

4th Tue Jan 28-Apr 22 Noon-1 p.m. Back Lounge Members: Free

- ... Read the month's selection & you are welcome to bring your lunch to class
- ... January-Turn Here Sweet Corn by Atina Diffley
- ... February-The Language of Flowers by Vanessa Diffenbaugh
- ... March-Interred with Their Bones by Jennifer Lee Carrell
- ... April-Light Between Oceans by M.L. Stedman

WOODCARVING: Facilitator: Mike Maher

Wed Jan 8-Apr 30 1-3 p.m. Main Room Members: Free

- ... Members carve objects by hand from wood
- ... All levels welcome from the beginner to the advanced
- ... Bring your own tools & wood

CLUBS

KNITTING AND CRAFTS:

2nd & 4th Fri **Jan 10-Apr 25** **10-11:30 a.m.** **Java Hut** **Members: Free**
 ... Knitting, crocheting, needlepoint and crafts
 ... Socialize with others who have the same interests
 ... Bring your own supplies, newcomers welcome

BUNDLES OF LOVE:

3rd Fri **Jan 17-Apr 18** **Noon-3:30 p.m.** **Main Room** **Members: Free**
 ... Non-Profit Group
 ... Make hand made items for needy babies
 ... Volunteers needed for sewing, crocheting, knitting and cutting materials
 ... Make quilts, afghans, sleepers, onesies and receiving blankets

ART EXHIBITS: Stop in the main room to see the beautiful art work from various artists each month.

WALLS:

January- Bill Kuhl-Photography
 Febraury-Margaret Claus-Paintings
 March-Mary Singer-Original Paintings
 April-Julie Johnston-Paintings

DISPLAY CASE:

Bernadette Mahfood-Glass & Fiber Jewelry
 Lynette Power-Clay & Sculpture
 Robert Keiper-Flint Napped Objects
 Boots & Shoes

VOLUNTEER RECOGNITION

2013 Volunteer Recognition will be held on Friday, April 30, 2014. Please mark your calendar now for the day. Invitations will be mailed to volunteers. Time and theme to be announced at a later date.

CARDS & GAMES

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

POOL:

Mon-Fri **Jan 2-Apr 30** **7:30 a.m.- 4 p.m.** **Game Room** **Members: \$.50/day or punch card**
 ... Two regulation size tables
 ... All levels of players welcome
 ... Use cues provided or bring your own
 ... Tournaments held throughout the year
 ... Pool tables not available Tuesdays, 9:30-11 a.m., January 28-April 29, due to Wii Bowling

"15" CARD GAME:

1st, 2nd & 3rd Thu **Jan 2-April 17** **1-3:30 p.m.** **Main Room** **Members: \$2**
 ... Register before 11 a.m. on the day of the program
 ... Play 15 hands
 ... Not necessary to know how to play the game, easy to learn

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

CARDS & GAMES

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

TEXAS HOLD 'EM POKER:

Fri Jan 3-Apr 25 1-3:00 p.m. Main Room Members: Free

- ... Register before 11 a.m. on the day of the program.
- ... For those who already know how to play this poker game

500 CARDS:

Tue Jan 7-Apr 29 1-3 p.m. Main Room Members: \$2

- ... Register before 11 a.m. on the day of the program, No 500 on 1/21/14
- ... All money taken in is paid out in prizes

SCHAFSKOPF (SHEEPSHEAD):

1st & 3rd Wed Jan 15-Apr 16 Noon-3:30 p.m. Back Lounge Members: Free

- ... Register before 11 a.m. on the day of the program
- ... Must know how to play the game

SCOTCH DOUBLES POOL TOURNAMENT: Facilitator: Tim Galewski

Wed Jan 22 9:00 a.m. Game Room Members: \$4.50

- ... Teammates rotate shots
- ... Winners of each game move to the next round
- ... Lunch provided

**REGISTRATION DEADLINE:
JANUARY 16!**

BINGO: 4th Thursday

Thu Jan 23-Apr 24 1-3:30 p.m. Main Room Members: \$1/two cards

- ... 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

Wii BOWLING: Andrea, Student Intern

Tue Jan 28-Apr 29 9:30-11 a.m. Game Room Members: Free

- ... Older adult Wii bowling has become an internet sensation
- ... Join our Wii bowling league and train to play other senior centers across the nation
- ... Join Andrea to find out more about the game

SINGLES 8 BALL POOL TOURNAMENT: Facilitator: Tim Galewski

Wed Feb 19 9:00 a.m. Game Room Members: \$4.50

- ... All levels of players welcome
- ... Double elimination-best 2 out of 3 games
- ... Lunch provided

**REGISTRATION DEADLINE:
FEBRUARY 13!**

DOUBLES 8 BALL POOL TOURNAMENT: Facilitator: Tim Galewski

Wed Mar 19 9:00 a.m. Game Room Members: \$4.50

- ... Two person teams set up by draw
- ... Double elimination
- ... Lunch provided

**REGISTRATION DEADLINE:
MARCH 13!**

SENIOR ADVOCACY

How to Read Your Medicare Summary Notice

If you have Original Medicare, you receive a Medicare Summary Notice (MSN) every three months. It lists all of your health care claims for the period. There is an MSN for Part A and a separate one for Part B. Medicare redesigned the MSN in 2012 to help make it easy to read. The first page of your new MSN is an overview. It shows:

- The time period for the claims reported in the document.
- How much of your deductible you've paid.
- The doctors and other providers for the reported claims, with the date you received the service or supply.
- How many claims Medicare denied during the period, if any.
- The total you may be billed by providers.

This summary lets you quickly identify anything that you may want to pay special attention to in the rest of the document. For example, you may see a provider name that you don't recognize. Or maybe you don't recall receiving a service on the date listed. And, of course, you will want to look more closely at any denied claims.

Remember that your MSN is not a bill. The first page shows an amount that you may be billed, but that doesn't mean you will owe it. You may not be billed at all. If you are, you may have a Medicare supplement plan or some other insurance that may pay.

The second page of your MSN provides important information that can help you manage your health and your Medicare claims. Medicare is hoping that the redesigned MSN will help you spot possible fraud and report it. Next comes the real meat of the MSN. Each service you received during the period is fully explained in simple language. This is followed by whether it was approved or not, what the provider charged, what Medicare paid and what you may be billed. Additional notes about the claim appear at the bottom of the page as needed.

It's important to read this information carefully as soon as you receive your MSN. Check it against your receipts and bills. Note anything that doesn't look right to you and follow up on it. Call the provider, Medicare or the Advocates to get your questions answered.

You can appeal denied claims using the form on the last page of the MSN. It gives clear directions and all the necessary contact information for initiating an appeal. If you have a Medicare Advantage or a prescription drug plan, you receive an Explanation of Benefits (EOB) from your plan. The EOB details your Medicare claims, similar to how the MSN does. Each plan has its own EOB. Call your plan's customer service number if you need help reading your EOB.

CHECKS & BALANCES:

2nd Thu	Jan 9-April 10	10-11 a.m.	Craft Room	Members: Free
...	Merchants Bank employee will balance your checkbook			
...	Free and confidential			
...	No need for appointment			

NEW FOR 2014 TAX SEASON:

Free Tax Preparation will be available from February 3 through April 15 at Live Well Winona Site, 619 Huff St, Winona, same as last year. **NEW** this year is an income limit, your adjusted gross income must be \$51,000 or lower. We are now a VITA site. There will be information posted in the Winona Friendship Center where to call.

ACTIVITY COUNCIL NOTES:

Message from the Activity Council President: Mike Maher

I heard Malia comment a while ago, "Our members are experts on aging well". If you look at this newsletter you will find numerous programs geared to physical exercise, programs that stimulate mental activities and there are programs that develop skills. All of these programs involve social interaction. Woodcarvers, for example, do as much talking as they do carving, and they help each other out. By participating in the center activities, we continue to grow. The Center helps us grow old gracefully or perhaps kicking all the way.

It has been a good year. We renovated the Wellness Center and the Game Room and despite being closed for two or three weeks in March, participation increased a little over 10% in the first 10 months for both. In fact, the overall facility visits averaged about 95 visits per day which is almost a 10% increase. Our main room was painted after nearly 30 years at no costs to us thanks to the creativeness of our Director, Malia Fox and the St., Mary's University students with a little help from Corbin who did a little touch up and painted missed areas.

Have you noticed all the art work on the walls this year in the Main Room, giving us the opportunity to purchase a work of art? All this happens because people volunteer to serve on the Activity Council and one of the many committees. Without their creative activity, we would not have much of a Center. If you volunteer, you will meet and get to know new people, have a few laughs and do some good things. We need you.

Activity Council-Board of Directors:

Mike Maher, President
Rose Mary Staige, Secretary
Roxy Kohner, At-Large
Priscilla Colby, At-Large

Clarence Russell, Vice-President
JC Pfeiffer, Treasurer
Penny Venus, At-Large
David Arnoldy, At-Large

Message from the Friendship Center Director: Malia Fox

Last newsletter I wrote about AGEISM and its prevalence in our society. I wonder if any of you experienced signs of ageist attitudes since that article came out?

Another defense mechanism used in ageist comments is: global thinking. That's the tendency for someone who's told that what they just did - such as purchasing an "over-the-hill" birthday card - is ageist. They deny it by claiming, "everyone buys those kinds of cards." This is a tricky one, because ageist behaviors have been accepted for so many years that, in fact, almost everyone *does* purchase those types of cards, especially for people who reach decade birthdays. Despite the fact that purchasing these cards has been an accepted behavior does not make it less ageist as ageism is defined. We all age differently, due in large part to our lifestyles, and to suggest that just because someone reaches a decade birthday puts them out of the game is not true. So, remember, if someone tells you "everyone does it," to look a little closer at this global excuse for inappropriate behavior. (ICAA article, Kathy Sporre Fergus Falls Senior Center, Fergus Falls, MN)

Membership to the Center is an annual fee of \$18 individual/\$28 couple. The membership fee is a part of the City of Winona finances. Those fees help to defray the cost of: salaries, utilities, supplies, Maintenance, etc. The Activity Council holds fundraisers to help with larger ticket items that we can not afford in our city budget. Activity Council has purchased treadmills, computers, technology equipment, elliptical machine. They do this by using the Bakeless Bake Sale, Apple Affair and Gift Shop revenues. You will receive a letter in the mail when your membership is due.

Please support both entities and if you have questions, I am happy to speak with you. Malia

Ye Olde Gift Shop:

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

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

Do you know the Gift Shop is a fundraiser for the Activity Council? Consignors are artists & crafters. The Gift Shop provides an outlet for their talents to be displayed. Arts & crafting keep the mind active and gives one a sense of purpose. For an individual the Gift Shop may supplement their income. Shop local, support our members...Shop in the Ye Olde Gift Shop!

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 keep your newsletter handy, and calendar available, it lasts for 4 months! 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, especially innovation and special events.



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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