

Winona Friendship Center

**PAYMENT IS
REQUIRED
TO
REGISTER**

251 Main St.
Winona, MN 55987
507-454-5212

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

**REMEMBER TO
PRE-REGISTER
FOR
EVERYTHING**

Potpourri-JANUARY TO APRIL

2015 Membership Fees: effective 1/2/15

Friendship Center Membership: \$20 individually and \$30 couple in household

Active Wellness Membership: \$55, \$75 Non-Member

Note: Both memberships are valid 1 year from the date of purchase.

FINDING WINONA SCAVENGER HUNT:

Wed Apr 15 1-2 p.m. Main Room Member: Free

- ... Get out and enjoy the spring weather with this new, unique activity
- ... Get a scavenger list on Friday, April 3rd-Work alone or with a partner
- ... Could be an item to collect, take a picture, or write an answer
- ... Could be in clue form and you'll need to use your knowledge of Winona to decipher
- ... On April 15th, scavengers will gather to share stories & items you've found & claim a prize

VOLUNTEER RECOGNITION: YOU ARE AN ESSENTIAL PIECE-CELEBRATE SERVICE

Wed Apr 22 1-2:30 p.m. Main Room

- ... Volunteers are individual and each a piece to the puzzle
- ... Join us to recognize and celebrate the volunteers of 2014
- ... Watch for your personal invitation in the mail
- ... Thank you to all our volunteers!

TRASH & TREASURE SALE:

Sat May 2 8-11:30 a.m. Main Room Members: 5' tables-\$5, 6' tables-\$6

- ... Join in on the 100 mile sale and shop with us first!
- ... Limit 2 tables per person, set up Friday, May 1st from 1-3:30 p.m.
- ... All tables need to be set up by 7:30 a.m. Saturday
- ... Limited space available so reserve your table soon

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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: Health specialist: Angelo Giaquinto

Monday—Friday, 7:30 a.m.-4 p.m. Members: \$55/year

- ... Experienced, certified staff 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

**Extended Hours:
Mon/Wed/Thu till 6 p.m.
Sat. 8-Noon**

We take Silver & Fit from Insurance Health Plans. If you have Silver & Fit as a perk from your provider you will receive a free membership to the Active Wellness Center. Please provide your insurance card to us and we will sign you up today.

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 \$30 punch card

- ... Moving meditation, improve balance, increase flexibility, promote cardiovascular fitness
- ... Newcomers welcome
- ... Check calendar for location on each day, may vary

JANI'S FITNESS FOR WOMEN: Instructor: Jani Giaquinto

Mon/Wed/Fri Jan 2-Apr 29 5:15-6:15 p.m. Main Room Members: \$2.00/time or \$20 punch card

- ... Cardio, strength training and flexibility exercises
- ... Presented at 3 levels, choose what's right for you
- ... Yin Yoga for calming the mind
- ... No program on Jan. 19 and Feb. 16, also check calendar for location on each day, may vary

MOVIN' TO THE OLDIES: Instructor: Alison Ogren

Wed/Fri Jan 2-Apr 29 10:30—11:15 a.m. Main Room Members: \$3.50/time or \$35 punch card

- ... Moving to 60's/70's oldies tunes while rebuilding strength, flexibility and endurance
- ... Cardio conditioning
- ... Wear comfortable clothes
- ... Check calendar for location on each day, may vary

NIA: Instructor: Mary Lee Eischen

Mon/Wed Jan 5-Apr 29 4-5 p.m. Main Room Members: \$3.00/time or \$30 punch card

- ... Connecting the body, mind, emotions and spirit through music
- ... Emphasis on stretching, strengthening, flexibility, agility & balance, wear comfortable clothing
- ... Nia is a movement practice that incorporates martial arts, dance arts, and healing arts
- ... No program on Jan. 19 and Feb. 16, and check calendar for location on each day, may vary

STRENGTH & BALANCE: Instructor: Alison Ogren

Tue Jan 6-Apr 28 8:30—9:15 a.m. Main Room Members: \$3.50/time or \$35 punch card

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

HAND MESSAGES: Facilitator: Gloria Siewert with "Caring Hands"

1st & 3rd Tue Jan 6-Apr 21 9:30-11:30 a.m. Back Lounge Members: \$3.50

- ... Hand massage helps to improve circulation and relieve tension in the tendons
- ... Increase levels of flexibility in the hands, fingers and wrists
- ... Reduce feelings of stiffness that can build up in the hand that makes movement uncomfortable
- ... Relieves anxiety, pain and just plain "feels good"
- ... We encourage both men and women to treat yourself and make your appointment soon
- ... No appointments on Jan. 20 or Feb. 17, check calendar for location on each day, may vary

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

HEALTH & WELLNESS

CHAIR HATHA YOGA: Instructor: Alison Ogren

Wed Jan 7-Apr 29 9:30-10:15 a.m. Back Lounge Members: \$3.50/time or \$35 punch card

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

NEW TIME!

YOGA MAT: Instructor: Alison Ogren

Thu Jan 8-Apr 30 8:30-9:15 a.m. Back Lounge Members: \$3.50/time or \$35 punch card

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

WATER AEROBICS:

Mon/Wed/Fri Jan 12-Apr 29 9:15-10:15 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
- ... No program on Jan. 19, Mar. 9, Mar. 11, Mar. 13

NEW TIME!

BLOOD PRESSURE CHECKS:

3rd Tues Jan 20-Apr 21 12-1 p.m. Main Room Members: Free

- ... Licensed nurses perform blood pressure checks

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

Thu Jan 22-Apr 23 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
- ... No class on March 12

NEW DAY!

BRAIN FITNESS: Instructor: Loryn, Student Intern

Fri Jan 23-Apr 24 1-2 p.m. Craft Room Members: Free

- ... Brain health is more important than ever, optimal brain function is required for quality of life
- ... Life expectancy is steadily increasing
- ... The brain remains the weakest link in organ repair and replacement
- ... Join us to challenge your brain with mental stimulation and exercises
- ... No class on March 13 and March 20

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

2nd & 4th Thu Jan 27-Apr 28 8:30-11:30 a.m. Back Lounge 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
- ... No appointments on March 10 will be March 17 instead

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

2nd Thu Feb 12-Apr 9 11-Noon Java Hut Members: Free

- ... Offered by WSU Nursing Students
- ... Blood pressure, pulse & oxygen levels assessed
- ... Vision testing
- ... Education topic covered each month
- ... No program on March 12, instead it will be March 5

NEW DAY!

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

HEALTH & WELLNESS

LIFE LINE SCREENING:

Mon Mar 2 9-5:30 p.m. Main Room To register contact 888-653-6450

... Preventive health screenings can detect your risk for serious disease

... Ultrasound screenings will be available for Stroke, Carotid Artery, Heart Rhythm (Atrial Fib), Abdominal Aortic Aneurysm, Peripheral Arterial Disease and Osteoporosis

... Tests can be individually priced or packages are offered-pick up a flyer at the center

DIABETIC SHOES WALK IN CLINIC: Certified Peditoist, Todd Haglind

Wed Mar 11 11:30-1:30 p.m. 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 Tuesday, April 14, 1-3 p.m. in the Back Lounge

EDUCATIONAL

AARP DRIVER'S SAFETY PROGRAM-4 HR. REFRESHER:

Mon Jan 12, Mar 9, Apr 13 12:30-4:30 p.m. OR 6-10 p.m. Main Room AARP Member: \$17 Non AARP Member: \$22

... 4 hr. Safety driving class with 10% discount on insurance

... For those who have already taken the initial 8 hr. class

... Bring driver's license and AARP card (if member) to class

PRE-REGISTRATION REQUIRED

INITIAL AARP DRIVER'S SAFETY PROGRAM:

Mon Feb 9 12:30-6:30 p.m. Main Room AARP Member: \$17 Non AARP Member: \$22

... 6 hr. Safety driving class with 10% discount on insurance

... For those who have not taken a safety class before

... Bring driver's license and AARP card-if member to class

... Must attend entire class for discount on insurance

PRE-REGISTRATION REQUIRED

TELECONFERENCE: BEBE FOREHAND: THE BELGIAN ANNE FRANK

Mon Jan 26 1-2 p.m. Main Room Members: Free

... A family took refuge during WWII, anticipating the coming of the American/Allied Forces

... Her father was with the Jewish underground in Belgium

... Bebe is a gifted storyteller and her descriptions of her life during the 3 1/2 years she and her family spent hiding in the attic of a house in Antwert are fascinating and very moving

TELECONFERENCE: GONE TO TEXAS! PART OF THE NATION'S IMMIGRATION STORY

Mon Feb 23 11:30-12:30 p.m. Main Room Members: Free

... Dr. Source, will discuss the four primary waves of immigration to the US via Texas

... Learn the history behind the movement of people to Texas then & now

... Why did they move, were they welcomed when they arrived?

... Interesting stories from immigrants and artifacts that people brought with them on the journey

MY WINONA HEALTH: Facilitator: Winona Health Staff

Thu Mar 12 11-12 p.m. Main Room Members: Free

... Have more control over your health

... My Winona Health is an important online tool that helps connect patients with their health information and their health care providers

... Learn how to sign up for My Winona Health, schedule appointments online, send secure messages, view your lab results and immunizations and more

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EDUCATIONAL

TELECONFERENCE: MUSIC FROM AROUND THE WORLD

Mon Mar 23 1-2 p.m. Main Room Members: Free

... Participants will be exposed to the cultures of other people through their investigations into global music traditions

... Learn of music programs from Africa, Central and East Asia, India, Latin America/Caribbean, Middle East, Russia/Eastern Europe and Western Europe

TELECONFERENCE: HUMAN RIGHTS

Mon Apr 27 1-2 p.m. Main Room Members: Free

... Participants will be exposed to the cultures of other people through their investigations into global human rights

... Possible regions: Africa, Central & East Asia, India, Latin America/Caribbean, Middle East, Russia/Eastern Europe and Western Europe

GAPS STANDS FOR GUT AND PSYCHOLOGY/PHYSIOLOGY SYNDROME

Instructor: Aileen Swenson, Nutritional Therapy Practitioner

GAPS naturally treats and effectively reduces symptoms in autism, ADHD/ADD, dyslexia, addictions, depression, OCD, bipolar disorder, schizophrenia, autoimmune conditions, asthma, eczema, allergies, chronic fatigue syndrome, fibromyalgia, arthritis, digestive disorders, and other mental health and physiological conditions

GUT HEALING BROTHS & GRAIN-FREE, SUGAR-FREE MEALS:

Instructor, Aileen Swenson, Nutritional Therapy Practitioner

Fri Feb 13 1-3 p.m. Java Hut Members: \$7

... Learn how gut health affects mental & physical illness

... Learn how to make meat & bone broths, tips for baking with almond flour

... Sample soups & entrees made with broth & almond flour baked goods

GUT HEALING FERMENTED FOODS: Instructor: Aileen Swenson, Nutritional Therapy Practitioner

Fri Mar 13 1-3 p.m. Java Hut Members: \$7

... Learn the role our microbiome plays in our health

... Learn how to make fermented dairy, veggies and kombucha

... Learn about die-off reactions

... Sample fermented foods

DETOXIFICATION & JUICING: Instructor: Aileen Swenson, Nutritional Therapy Practitioner

Fri Apr 10 1-3 p.m. Java Hut Members: \$7

... Learn about detoxification & juicing

... Learn how to make healing shakes

... Learn about detox reactions

... Sample juices

COMPUTERS

COMPUTER LEARNING CENTER

Open to all members Monday through Friday at no charge. \$2 Non-Member daily fee.
Closed for classes in session-closed every other Tuesday starting
January 13-April 21 from 3-4 p.m.

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

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

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CLUBS

SEASONED STAMPERS AND SCRAPBOOKING:

1st & 3rd Mon Jan 5-Apr 20 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 (Jan. 19 & Feb. 16), program will be held the following Tuesday

WOODCARVING: Facilitator: Mike Maher

Wed Jan 7-Apr 29 Noon-1:30 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
- ... Check calendar for location on each day, may vary

KNITTING AND CRAFTS:

2nd & 4th Fri Jan 9-Apr 24 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 16-Apr 17 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
- ... Check calendar for location on each day, may vary

BOOK CLUB: Facilitator: Louise Mattila

4th Tue Jan 27-Apr 28 Noon-1 p.m. Craft Room Members: Free

- ... Read the month's selection & you are welcome to bring your lunch to class
- ... January: **Wonder by R.J. Palacio**
- ... February: **My Stroke of Insight by Jill Bolte Taylor**
- ... March: **Code Name Verity by Elizabeth Wein**
- ... April: **Underground Girls of Kabil by Jenny Nordberg**

TRAVEL

DIAMOND TOURS MOTORCOACH BUS TRIP-ALBUQUERGUE & SANTE FE, NEW MEXICO

Sun-Mon Sep 20-28 8 a.m. Members: Single-\$1039, Double-\$799, Triple-\$779

- ... \$75 deposit required per person at registration, final payment due 7/1/15
- ... 9 days-8 nights with 4 consecutive nights in the Albuquerque area
- ... 8 breakfasts and 6 dinners
- ... Guided tour of Santa Fe and visit to the New Mexico Veterans' Memorial
- ... Guided tour of Acoma Pueblo also know as Sky City
- ... Ride on the Sandia Peak Tramway and visit to Old Town Albuquerque

JANUARY 2015

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Please register for programs.</p> <p>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</p>	<p>HZ = Holzinger JH = Java Hut LL = Lake Lodge MR = Main Room MS = Masonic Temple WSU = WSU Pool</p>	<p>1</p> <p>~CLOSED~</p> <p>NEW YEAR'S DAY</p>	<p>2</p> <p>9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>5</p> <p>10-2 Stamp & Scrap BL 1-3 Bridge JH 2-5 Painting Class CR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>6</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11:30 Hand Massage BL 1-3 500 MR</p>	<p>7</p> <p>9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-1:30 Wood Carving MR 1-3:30 Schafskopf BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>8</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 10-11 Check Balance CR 1-3 Bridge BL 1-3:30 "15" Cards MR</p>	<p>9</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 Dominoes BL 5:15-6:15 Jani's Fitn. MR</p>
<p>12</p> <p>9:15-10:15 Wtr Aer WSU 12:30-2:30 WYL BL 12:30-4:30 AARP Ref. MR 1-3 Bridge JH 2-5 Painting Class CR 4-5 Nia MS 5:15-6:15 Jani's Fitn BL 6-10 AARP Ref. MR</p>	<p>13</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3 500 MR</p>	<p>14</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-1:30 Wood Carving MR 1-2 AC Meeting BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>15</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3 Bridge BL 1-3:30 "15" Cards MR</p>	<p>16</p> <p>9:15-10:15 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>19</p> <p>~CLOSED~</p> <p>MARTIN LUTHER KING DAY</p>	<p>20</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 10-2 Stamp & Scrap BL 12-1 Blood Pressures MR 1-3 500 MR</p>	<p>21</p> <p>9-4 Scotch Doubles GR 9:15-10:15 Wtr Aer WSU 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-1:30 Wood Carving MR 1-3:30 Schafskopf BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>22</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 1-3 Bridge BL 1-3:30 Bingo MR</p>	<p>23</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>26</p> <p>9:15-10:15 Wtr Aer WSU 12:30-2:30 WYL BL 1-2 Tele: Bebe Forehand MR 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>27</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 8:30-11:30 Foot/Nail Care Clinic BL 12-1 Book Club CR 1-3 500 MR</p>	<p>28</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-1:30 Wood Carving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>29</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 1-3 Bridge BL</p>	<p>30</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>

FEBRUARY 2015

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2</p> <p>9:15-10:15 Wtr Aer WSU 10-2 Stamp & Scrap BL 1-3 Bridge JH 2-5 Painting Class CR 4-5 Nia MR 5:15-6:15 Jani's Fitn BL</p>	<p>3</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 9:30-11:30 Hand Massage BL 1-3 500 MR 1-3 Poetic Encounter BL</p>	<p>4</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-3:30 Schafskopf BL 12-1:30 Wood Carving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>5</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 1-3 Bridge BL 1-3:30 "15" Card MR 1-4 Crystal Necklace CR</p>	<p>6</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn MR</p>
<p>9</p> <p>9:15-10:15 Wtr Aer WSU 12:30-2:30 WYL BL 12:30-6:30 AARP MR 1-3 Bridge JH 4-5 Nia MS 5:15-6:15 Jani's Fitn. BL</p>	<p>10</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 8:30-11:30 Foot/Nail Care Clinic BL 1-3 500 MR</p>	<p>11</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-2 AC Meeting BL 12-1:30 Wood Carving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>12</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 10-11 Check Balance CR 11-12 Health 2 U JH 1-3 Bridge BL 1-3:30 "15" Card MR</p>	<p>13</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 1-2 Brain Fitness CR 1-3 Gut Heal-Broths JH 1-3 Poker MR 1-3:30 Dominoes BL 5:15-6:15 Jani's Fitn. MR</p>
<p>16</p> <p>9:15-10:15 Wtr Aer WSU</p> <p>~CLOSED~ PRESIDENTS DAY</p>	<p>17</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 10-2 Stamp & Scrap BL 12-1 Blood Pressures MR 1-3 500 MR</p>	<p>18</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-3:30 Schafskopf BL 12-1:30 Wood Carving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>19</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 1-3 Bridge BL 1-3:30 "15" Card MR</p>	<p>20</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-3:30 BOL Group MR 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>23</p> <p>9:15-10:15 Wtr Aer WSU 11:30-12:30 Tele: Texas MR 12:30-2:30 WYL BL 1-2 Creative Movement MR 1-3 Bridge JH 2-5 Painting Class CR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>24</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 8:30-11:30 Foot/Nail Care Clinic BL 12-1 Book Club CR 1-3 500 MR</p>	<p>25</p> <p>9-4 Singles 8 Ball GR 9:15-10:15 Wtr Aer WSU 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-1:30 Wood Carving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>26</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 1-3 Bridge BL 1-3:30 Bingo MR</p>	<p>27</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
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MARCH 2015

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 9-5:30 Life Line Screening MR 9:15-10:15 Wtr Aer WSU 10-2 Stamp & Scrap BL 1-3 Bridge JH 4-5 Nia MS 5:15-6:15 Jani's Fitn. BL</p>	<p>3 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 9:30-11:30 Hand Massage BL 1-3 500 MR 1-3 Reflections BL</p>	<p>4 9:15-10:15 Wtr Aer WSU 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-3:30 Schafskopf BL 12-1:30 Wood Carving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>5 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 11-12 Health 2 U JH 1-3 Bridge BL 1-3:30 "15" Card MR</p>	<p>6 9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>9 12:30-2:30 WYL BL 12:30-4:30 AARP Ref MR 1-3 Bridge JH 2-5 Painting Class CR 4-5 Nia MS 5:15-6:15 Jani's Fitn. BL 6-10 AARP Ref. MR</p>	<p>10 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 1-3 500 MR</p>	<p>11 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-1:30 Diabetic Shoes MR 1-2 AC Meeting BL 12-1:30 Wood Carving CR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>12 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 10-11 Check Balance CR 11-12 My WN Health MR 1-3 Bridge BL 1-3:30 "15" Cards MR</p>	<p>13 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 1-3 Poker MR 1-3 Gut Healing- Fermented Foods JH 1-3:30 Dominoes BL 5:15-6:15 Jani's Fitn. MR</p>
<p>16 9:15-10:15 Wtr Aer WSU 10-2 Stamp & Scrap BL 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>17 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 9:30-11:30 Hand Massages CR 8:30-11:30 Foot/Nail Care Clinic BL 12-1 Blood Pressures MR 1-3 500 MR</p>	<p>18 9:15-10:15 Wtr Aer WSU 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MS 10:30-11:15 Oldies MS 1-3:30 Schafskopf BL 12-1:30 Wood Carving CR 4-5 Nia MS 5:15-6:15 Jani's Fitn. BL 12 p.m. Library Book Sale Setup MR</p>	<p>19 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MS 9:30-10:15 PACE BL 1-3 Bridge BL Library Book Sale</p>	<p>20 9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi LL 10:30-11:15 Oldies LL 12-3:30 BOL Group CR 1-3 Poker BL 5:15-6:15 Jani's Fitn. BL Library Book Sale</p>
<p>23 9:15-10:15 Wtr Aer WSU 12:30-2:30 WYL BL 1-2 Tele: Music MR 1-3 Bridge JH 2-5 Painting Class CR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>24 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 8:30-11:30 Foot/Nail Care Clinic BL 12-1 Book Club CR 1-3 500 MR</p>	<p>25 9-4 Doubles 8 Ball GR 9:15-10:15 Wtr Aer WSU 8:30-9:15 Yoga 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>26 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 1-3 Bridge BL 1-3:30 Bingo MR</p>	<p>27 9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>30 9:15-10:15 Wtr Aer WSU 1-3 Bridge BL 1-3:30 Jam Session MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>31 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 1-3 500 MR</p>	<p>Please register for programs. 454-5212</p>	<p>Room abbreviations mean: BL = Back Lounge ERC = East Rec. Ctr CL= Computer Lab CR = Craft Room GR= Game Room</p>	<p>HZ = Holzinger JH = Java Hut MR = Main Room MS = Masonic Temple WSU = WSU Pool</p>

APRIL 2015

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 WSU = WSU Pool</p>	<p>1</p> <p>9:15-10:15 Wtr Aer WSU 8:30-9:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-1:30 Wood Carving MR 1-3:30 Schafskopf BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>2</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 1-3 Bridge BL 1-3:30 "15" Cards MR</p>	<p>3</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>6</p> <p>9:15-10:15 Wtr Aer WSU 10-2 Stamp & Scrap BL 1-3 Bridge JH 2-5 Painting Class CR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>7</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11:30 Wii Bowl GR 9:30-11:30 Hand Massage BL 1-3 500 MR</p>	<p>8</p> <p>9:15-10:15 Wtr Aer WSU 8:30-9:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-3 Wood Carving CR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>9</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 10-11 Check Balances CR 11-12 Health 2 U JH 1-3 Bridge BL 1-3:30 "15" Cards MR</p>	<p>10</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 1-2 Brain Fitness CR 1-3 Poker MR 1-3 Detox/Juicing JH 1-3:30 Dominoes BL 5:15-6:15 Jani's Fitn. MR</p>
<p>13</p> <p>9:15-10:15 Wtr Aer WSU 12:30-2:30 WYL BL 12:30-4:30 AARP Ref MR 1-3 Bridge JH 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 9:30-11 Wii Bowling GR 9:30-10:30 Tai Chi MR 8:30-11:30 Foot/Nail Care Clinic BL 1-3 500 MR 1-3 Diabetic Shoe Pickup BL</p>	<p>15</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-1:30 Wood Carving CR 1-2 Scavenger Hunt MR 1-3:30 Schafskopf BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>16</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 1-3 Bridge BL 1-3:30 "15" Cards MR 1-4 Summer Necklace CR</p>	<p>17</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-3:30 BOL Group MR 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>20</p> <p>9:15-10:15 Wtr Aer WSU 10-2 Stamp & Scrap BL 1-3 Bridge JH 2-5 Painting Class CR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>21</p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowling GR 9:30-11:30 Hand Massage BL 12-1 Blood Pressures MR 1-3 500 MR</p>	<p>22</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi LL 10:30-11:15 Oldies LL 12-1:30 Wood Carving CR 1-2:30 Volunteer Rec. 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 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 1-3 Bridge BL 1-3:30 Bingo MR</p>	<p>24</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>27</p> <p>9:15-10:15 Wtr Aer WSU 12:30-2:30 WYL BL 1-2 Tele: Human Rights MR 1-3 Bridge JH 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 Bowling GR 8:30-11:30 Foot/Nail Care Clinic BL 12-1 Book Club CR 1-3 500 MR</p>	<p>29</p> <p>9:15-10:15 Wtr Aer WSU 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-1:30 Wood Carving MR 1-3:30 Schafskopf BL 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 Bridge BL 1-3:30 Jam Session MR</p>	<p>MAY 1 1-3:30 Trash & Treasures Set up MR</p> <p>MAY 2 8-11:30 Trash & Treasures Sale MR</p>

INNOVATION

ACRYLIC PAINTING CLASS: Facilitator: Sylvia Tolzin, Backyard Brushes

Mon Jan 5, 12, Feb 2, 23 Mar 9, 23, Apr 6, 20 2-5 p.m. Back Lounge Members: \$25/class

- ... Always wanted to paint, but too afraid to try? Here is your chance, no experience necessary
- ... Paint a picture while socializing with others and join the fun
- ... We provide the instruction, supplies and everything you need to make your own masterpiece
- ... A different painting will be done for each class-stop in at the center to view the art piece

WRITING YOUR LIFE: Facilitator: Maxine Aldinger

2nd & 4th Mon Jan 12-Apr 27 12:30-2:30 p.m. Back Lounge Members: Free

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

POETIC ENCOUNTER: Jean Lauer, Spiritual Director and Retreat Guide

Tue Feb 3 1-3 p.m. Back Lounge Members: \$8

- ... Listen and reflect on poetry being read aloud as reflections of your life journeys
- ... Respond to poetry with awareness from your senses, thoughts and emotions
- ... Deepen the explorations with questions for journaling, conversation and expression
- ... Share your inspiration, insights and intentions with others
- ... Discover poetry with friends, become companions for healing, enlivening and renewing life

JEWELRY CLASS-CRYSTAL NECKLACE: Instructor: Barbara Saykally

Thu Feb 5 1-4 p.m. Craft Room Members: \$30

- ... Let's create some spark with Swarovski crystals
- ... We will create a necklace around a focal bead of crystal set in metal
- ... You will learn basic finishing techniques
- ... All materials will be provided
- ... Beginners level and up

REGISTRATION DEADLINE: JANUARY 5

CREATIVE MOVEMENT WORKSHOP:

Mon Feb 23 1-2 p.m. Main Room Members: Free

- ... Presented in collaboration with the Page Series at St. Mary's University and TU Dance, St. Paul, MN
- ... Join the 12 member professional company to experience the connective power of dance
- ... Modern dance, classical ballet, African-based and urban vernacular movements
- ... You will connect dance and music and learn basic rhythmical movement phrases
- ... Improvise or create dance ideas that communicate an experience or theme
- ... A very simple class for beginner students at any level or age-limited participants

REFLECTIONS IN THE DREAM MIRROR: Jean Lauer, Spiritual Director and Retreat Guide

Tue Mar 3 1-3 p.m. Back Lounge Members: \$8

- ... Dreams provide daily guidance, nourishment for our souls and wisdom for life
- ... Recall and record your dreams and explore them
- ... Play with creative ways of engaging with the dreams, deepening the meaning, recognizing patterns, expanding awareness and reflecting on many parts of yourself
- ... A unique approach for exploring dreams, followed by exploration of group members' dreams

JAM SESSIONS: Facilitator: Sue Degallier

Mon & Thu Mar 30 & Apr 30 1-3:30 p.m. Main Room Members: Free

- ... Dust off your old instruments, it's time for a rousing jam session
- ... All types of instruments are welcome including kazoos, spoons and vocal cords
- ... Some music will be provided and there will be lots of room for improv and spontaneity
- ... Indicate what instrument you will be playing when registering

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

INNOVATION

JEWELRY CLASS-SUMMER NECKLACE: Instructor: Barbara Saykally

Thu **Apr 16** **1-4 p.m.** **Craft Room** **Members: \$25**

- ... In this class we will work with petal beads to create flowers
- ... They will be strung together at the center, hung on to leather cord for a fun summer necklace
- ... There will be some stitching in this class
- ... All materials will be provided
- ... Beginners level and up

REGISTRATION DEADLINE: MARCH 16

ART EXHIBITS: Stop in the main room to see the beautiful art work from various artists each month. Encourage your family and friends to stop in and see them throughout the month! Be sure to pick them up at the end of month also. Please contact Charleen if you would like to display your artwork or collections.

WALLS:

January-Acrylic Painting-Sylvia Tolzin
February-Quilts-Karen Ginder
March-Acrylic Painting-Alice Topness
April-Photography-Josh Dulek

DISPLAY CASE:

Antique Sewing Notions-Karen Ahrens & Karen Ginder
The Leather Shop-Richard Ahrens
Kitchen Collectibles-Karen Ahrens & Karen Ginder
Fine China-Karen Ginder

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, use cues provided or bring your own
- ... All levels of players welcome
- ... Tournaments held throughout the year

TEXAS HOLD 'EM POKER:

Fri **Jan 2-Apr 24** **1-3 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
- ... Lessons are available upon request
- ... Check calendar for location on each day, may vary

BRIDGE:

Mon & Thu **Jan 5-Apr 30** **1-3 p.m.** **Java Hut/Back Lounge** **Members: Free**

- ... Interested in playing party bridge on Mondays and/or Thursdays?
- ... Some experience necessary, if you have not played recently you are welcome to come and join us in a relaxed, fun atmosphere
- ... Contact JC Pfeiffer at pfeiffer@hbc.com or 452-4048 or Charlotte Clark at 454-0903
- ... Check calendar for location on each day, may vary

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

CARDS & GAMES

500 CARDS:

Tue Jan 6-April 28 1-3 p.m. Main Room Members: \$2
 ... Register before 11 a.m. on the day of the program
 ... All money taken in is paid out in prizes

SCHAFFSKOPF (SHEEPSHEAD) TOURNAMENT:

1st, 3rd & 5th Wed Jan 7-Apr 29 1-3:30 p.m. Back Lounge Members: \$2
 ... Register before 11 a.m. on the day of the program
 ... Must know how to play the game

"15" THE CARD GAME:

1st, 2nd, 3rd Thu Jan 8-Apr 16 1-3 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
 ... No program on March 19

MEXICAN TRAIN DOMINOES:

2nd Fri Jan 9-Apr 10 1-3:30 p.m. Back Lounge Members: Free
 ... Modern version of dominoes played with 91 double-twelve dominoes
 ... A unique feature is the little trains used for game markers
 ... Object of game is to discard all your dominoes

Wii BOWLING:

Tue Jan 20-Apr 28 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 our program aide to find out more about the game
 ... No program on March 10

SCOTCH DOUBLES POOL TOURNAMENT: Facilitator: Tim Galewski

Wed Jan 21 9-4 p.m. Game Room Members: \$5.00
 ... Teammates rotate shots, lunch provided
 ... Winners of each game move to the next round

REGISTRATION DEADLINE: JANUARY 14

BINGO:

4th Thu Jan 22-Apr 23 1-3 p.m. Main Room Members: \$1/two cards
 ... Consult calendar for dates, 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

SINGLES 8 BALL POOL TOURNAMENT: Facilitator: Tim Galewski

Wed Feb 25 9-4 p.m. Game Room Members: \$5
 ... All levels of players welcome
 ... Double elimination-best 2 out of 3 games, lunch provided

REGISTRATION DEADLINE: FEBRUARY 18

DOUBLES 8 BALL POOL TOURNAMENT: Facilitator: Tim Galewski

Wed Mar 25 9-4 p.m. Game Room Members: \$5
 ... Two person teams set up by draw
 ... Double elimination, lunch provided

REGISTRATION DEADLINE: MARCH 18

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

SENIOR ADVOCACY

Continuing Opportunities for Medicare Enrollment

Medicare uses information from member satisfaction surveys, plans and health care providers to give overall performance star ratings to Medicare prescription drug, Medicare Advantage and Medicare Cost plans. A 5-star rating is considered excellent. Medicare updates these ratings each fall for the following year. If you find you have a 'lemon' of a prescription drug plan, or your prescription use changes during the calendar year, you may switch to a 5-star Medicare Prescription Drug Plan once from December 8, 2014 until November 30, 2015. In Minnesota, the three BCBS Medicare Blue Rx plans have received a 5-star rating for 2015. Minnesota does not have any Medicare Advantage Plans or Medicare Cost Plans with a 5-star rating. However, you may enroll in a Medicare Cost plan whenever they are accepting new members, and they usually accept members all year long.

Medical Equipment Lending Program

Anticipate needing equipment after surgery or have company coming? Would it be helpful to try out equipment before making a purchase? Walkers, wheelchairs, canes, bath benches, crutches, commodes and more are available to borrow on a short term basis through the Advocacy Program. Please contact the Center staff regarding availability and loan forms. There is no charge for the service, but a donation when you return the equipment is greatly appreciated. Doing spring cleaning? Inherit items you no longer need? Consider a donation to the Advocacy lending closet. Please be considerate, if you wouldn't use it, we probably wouldn't feel comfortable lending it out. Simple hard wired cordless phones are needed too.

CHECKS & BALANCES:

2nd Thu

Jan 8-Apr 9 10-11 a.m.

Craft Room

Members: Free

... Merchants Bank employee will balance your checkbook, free and confidential, no need for appointment

THE WIDOWED PERSONS SOCIAL GROUP

All widows, widowers and/or guests are welcome to share in friendship, fun and to offer strength and fellowship. Meetings are 7:30 a.m. every Tuesday and 5:30 p.m. every Thursday. For more information call Gen at 507-451-8334 and leave a message or call cell phone at 507-458-4258.

CAN YOU HELP? Help is needed for a short time from January 27, 2015 thru April 12, 2015 at the Winona VITA Tax site. Shifts are about 3 hours and do not require any lifting or walking a lot. If you are interested in helping greet clients to the site or covering the phone to take appointments or both please call Joliene Olson at 507-454-1236 for more information.

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

ACTIVITY COUNCIL NOTES

Message from the Activity Council President: Mike Maher

2014 has been a very good year. We were awarded a grant from the "Hims Concert" for \$14,200. We hope to advance the "Friendships Forever Program". This program allows us to send a video of a program as it is happening at the Center directly into a member's home via the internet. We use interns equipped with iPads to help the home bound older adult participate in the programs like Tai Chi, Yoga, Strength & Balance and even Nia. So far the program has taught us that the social interaction between the interns and the older adult is just as important as the material. The Blandin Foundation has also come forward with a grant that will assist us in our "Friendships Forever Program." Gerontologists tells us that social isolation is the best predictor of the need for institutional care among older adults.

With the grant monies, we also hope to add some equipment for the "Health and Wellness Center", some brain fitness software, a large screen TV for the game room, and of course the wonderful mural being created by Mary Singer. Membership activity at the Friendship Center has increased to 100 visits per month in 2014. The summer picnic was enjoyed by a near record crowd and the Apple Affair was very successful.

Activity Council-Board of Directors:

Mike Maher, President

Roxy Kohner, Vice-President

Rose Mary Staige, Secretary

JC Pfeiffer, Treasurer

Dave Arnoldy, At-Large

Bill Bellman, At-Large

Gloria Hammond, At-Large

Linda Lowenberg, At-Large

Message from the Friendship Center Director: Malia Fox

I hope you all had peaceful holidays. Now back to the business of starting a new year! If you have been in the Center as of late you will notice some physical changes. The grass does not grow long under our feet! A beautiful mural of Winona icons and our members is being created on the west wall of the Main Room. It is a work in progress and we look forward to its completion.

As a matter of efficiency and good use of space (we are minimal on that), we have moved our secretarial space into the former Gift Shop, our Program Coordinator into the former secretary area and the Gift Shop into the Main Room in the former Program Coordinator office.

Over the past few years we have seen a considerable decline in sales & customers in the Gift Shop. Due to this fact, we felt we couldn't justify misuse of space. The Gift Shop remains open, but in a smaller space. Also, please note that lack of volunteers for this program has been a factor to declining sales. We need volunteers to assure that the shop can continue to go forward. The Gift Shop does serve multiple purposes: 1) fundraiser for Activity Council, 2) people feel worth in creating and sharing their crafts, 3) helps to supplement a person's income. If you wish to assist in the Gift Shop, please give us a call. Looking forward to spring!

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

Pen Pals Needed:

Want to make a difference in a life of a child? The Center and Retired Senior Volunteer Program (RSVP) are looking to partner with area schools to offer an intergenerational Pen Pal program. Exchange a monthly letter with an area school child. Still being planned, we are gathering names of interested people. Contact Program Coordinator-Charleen.

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

Return Service Requested

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