

# Winona Friendship Center

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

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

PAYMENT IS  
REQUIRED  
TO  
REGISTER!

REMEMBER TO  
PRE-REGISTER  
FOR  
EVERYTHING!

## Potpourri-May to August

### **MAY IS OLDER ADULT MONTH:**

### **SAFE TODAY ...HEALTHY TOMORROW**

**NATIONAL SENIOR HEALTH & FITNESS DAY:** Collaboration with Sugar Loaf Senior Living, Live Well Winona & Winona Friendship Center

**Wed May 28 9-Noon Main Room Members: Free**

- ... This is the nation's largest health & wellness event for older adults
- ... Participate in older adult related health & fitness activities & speakers
- ... Encouraging all older adults to enhance the quality of their lives through regular physical activity
- ... Theme this year is: "Make a Move Toward Better Health"
- ... Goodie Bags and snacks will be provided

**VOLUNTEERING: WHAT'S IN IT FOR ME?:** Presenter: Sue Degallier, Common Good RSVP Program Coordinator

**Wed Jun 25 11:30-Noon Main Room Members: Free**

- ... The world of volunteerism offers benefits for both those on the giving and the receiving end
- ... Join Sue to learn more about the joy of volunteering and the Retired & Senior Volunteer Program offered through Senior Corps
- ... You will hear how the program works and how you can put your time and talents to work right here in Winona

**ANNUAL PICNIC & BANANZA EXTRAVAGANZA FRIENDSHIP DAY:**

**Wed Aug 13 11-1 p.m. Main Room Members: \$6**

- ... National Friendship day is celebrated on the first Sunday in August
- ... The day is dedicated to friends and friendship
- ... Join us for this celebration with an indoor hamburger picnic lunch
- ... Entertainment with pianist, Henry Rotering and performance by the Winona Area Barbershop Chorus
- ... Ending the day with Malia's famous 30' banana split

**Registration Deadline: August 8**

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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**

- ... 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**

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

**Tue-Fri May 1-Aug 29 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 May 1-Aug 28 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

**1st & 3rd Thu & Fri May 1-Aug 21 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 May 2-Aug 15 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

**NIA:** Instructor: Mary Lee Eischen

**Mon/Wed May 5-Aug 27 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

**BRAIN FITNESS:** Instructor: Nicole, Student Intern

**Mon Jun 2-July 21 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 Nicole for an innovative approach to brain care with mental stimulation and challenges

**STRENGTH & BALANCE:** Instructor: Alison Ogren

**Tue May 6-Aug 26 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](http://WWW.CITYOFWINONA.COM) OR CALL 454-5212.**

# HEALTH & WELLNESS

## **CHAIR HATHA YOGA:** Instructor: Alison Ogren

**Wed May 7-Aug 27 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

## **MOVIN' TO THE OLDIES:** Instructor: Alison Ogren

**Wed/Fri May 7-Aug 27 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
- ... **Note: May & June will meet on Wed/Fri and July & August will meet only Wednesdays**

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

**Wed Jun 4-July 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
- ... No class on June 18

## **BLOOD PRESSURE CHECKS:**

**3rd Tues May 20-Aug 19 12-1 p.m. Main Room Members: Free**

**1st Thu May 1-Aug 7 12:30-1:30 p.m. Main Room Members: Free**

- ... Licensed nurses perform blood pressure checks

## **WATER AEROBICS:**

**Mon/Wed/Fri Jun 9-Aug 29 11:30-12:30 p.m. Aquatic Center Members: \$45**

- ... Enjoy the sunshine
- ... You don't need to know how to swim
- ... Variety of workouts
- ... Great camaraderie while working out
- ... No class on July 18

# EDUCATIONAL

## **LESS CLUTTER = LESS WORK, MORE MONEY & MORE FREEDOM:** Facilitator: Nancy Harms, Personal Coach

**Tue May 6, 13, 20 10-11:30 a.m. Back Lounge Members: \$31**

- ... Nancy works with clients to declutter their homes and offices to provide for more time, less stress and to sell homes more quickly and successfully
- ... This class will target the most common cause for clutter and provide resources and the methods for eliminating it
- ... We'll identify the priorities for your home, set up goals and check in on the progress and the challenges in each session

## **UNDERSTANDING OSTEOARTHRITIS:** Presenters: Gwen Fritz, PTA, BS, CI; Becky Heinert, PT, MS, CSC;

Anneissa Johnson, PTA, BS, CI

**Wed May 7 12-1 p.m. Main Room Members: Free**

- ... Gundersen Lutheran Sports Medicine physical therapists help you to understand osteoarthritis (OA) through a visual power point presentation, joint models and discussion
- ... What is OA? Is it just a part of the aging process? How can we manage it?
- ... Learn your many treatment options

## **EMERALD ASH BORER ALERT:** Presenter: Nancy Reynolds, Tree Care Advisor and First Detector

**Thu May 15 11-Noon Main Room Members: Free**

- ... Do you have ash trees? What do you look for? Who do you contact? What can you do?
- ... Come and get some of your questions answered

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# EDUCATIONAL

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

**Mon May 12, Jul 14, Aug 11 12:30-4:30 p.m. OR Main Room AARP Member: \$17**  
**6-10 p.m. 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 Jun 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**

## CRAIG'S LIST: Facilitator: Nancy Harms

**Fri May 16 10-Noon Computer Lab Members: \$16**

- ... Learn to use Craig's List to safely & profitably sell everything from your dairy cows to the surfboard you've been meaning to use
- ... Learn to set-up an account, research sale prices, post items, field emails wisely, negotiate and to plan safe meetings
- ... Bring pen & paper to take notes-you will be using the computers in our lab

## TELECONFERENCE: THE GREAT DEPRESSION: THE FIRST 100 DAYS OF THE NEW DEAL:

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

- ... This presentation explores the causes and undercurrents that led up to the Great Depression and the dramatic set of New Deal Programs enacted in FDR's historic First Hundred Days in office.
- ... Provider: The FDR Presidential Library and Museum

## STROKE AWARENESS-SIGNS & SYMPTOMS: Presenters: Carol Meyer-Boldon & Gail Stoltman

**Wed May 21 2-3 p.m. Main Room Members: Free**

- ... Presentation will provide information on stroke prevention, early warning signs and address recovery with a personal view of this life changing event
- ... Carol is employed at Winona Health providing speech and swallowing therapy in the acute, outpatient and home care settings
- ... Gail is a stroke survivor who will share her journey of recovery

## 500 Years of Aviation History Through Models: Facilitator: Bill Kuhl

**Thu May 29 1-2 p.m. Main Room Members: Free**

- ... Models of the flight ideas of Leonardo Da Vinci, models of ideas of Alphonse Penaud
- ... Flying demonstrating of flapping wing models
- ... Flying demonstration of quadcopter models

## FOOD ALLERGIES & INTOLERANCES: Presenter: Jennifer Walters, Board Certified Specialist in Gerontological Nutrition

**Mon Jun 16 11-Noon Main Room Members: Free**

- ... There is an increasing number of individuals suffering from food allergies and intolerances
- ... Whether it is yourself or someone in your family who suffers—we need to eat
- ... We will discuss what to look for on labels along with trying some recipes that hopefully will inspire you to cook for people living with an allergy or intolerance

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

**Fri Jul 18 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

**REGISTRATION REQUIRED FOR ALL PROGRAMS: [WWW.CITYOFWINONA.COM](http://WWW.CITYOFWINONA.COM) OR CALL 454-5212.**

# EDUCATIONAL

**GUT HEALING BROTHS & GRAIN-FREE, SUGAR-FREE MEALS:** Instructor, Aileen Swenson, Nutritional Therapy Practitioner

**Fri Jun 27 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

**TELECONFERENCE: WHY WERE SO MANY LIVES LOST? CONTINUITY & CHANGE**

**Mon Jun 30 1-2 p.m. Main Room Members: Free**

- ... Drawing on information and testimony submitted to the British government inquiry into the sinking of Titanic
- ... You investigate why so many passengers and crew lost their lives in the early hours of April 15, 1912
- ... Through close analysis of these documents held at the National Archives.
- ... You will link causes, reaching a conclusion about which factors were most significant
- ... You will have the opportunity to discuss the collection with the Education Officer

**DIABETES EDUCATION:** Facilitator: Ann Heesacker RN, Winona Health

**Fri Jul 11 1-2 p.m. Back Lounge Members: Free**

- ... Diabetes is a complex disease; learn how to manage this quiet killer, can it be reversed?
- ... It's more than a blood sugar problem (The ABC's of diabetes)
- ... What can I do to prevent or manage type 2 diabetes: The Big Two (or Three)
- ... Complications of high blood glucose

**THE HOMECARE SOLUTION:** Facilitator: Karen Hanson, Home Instead Senior Care

**Fri Jul 25 1-2 p.m. Back Lounge Members: Free**

- ... Karen has 22 years experience in the home care industry
- ... Learn what everyone needs to know about home care services, the different levels that are provided and the questions to ask when looking for the best agency to meet the needs of your loved one
- ... Write down your questions and bring them to the presentation

**TELECONFERENCE: RESHAPING AMERICAN LIFE: THE 1930'S:**

**Mon Jul 28 1-2 p.m. Main Room Members: Free**

- ... Franklin Delano Roosevelt's New Deal provided work for artists who created murals and paintings that reflect American life including the effect of the failing economy and the Dust Bowl Videoconference presenters guide you on a tour of artworks in the Smithsonian American Art Museum collection
- ... Provider: Smithsonian American Art Museum

**PROJECT FINE:** Facilitator: Fatima Said, Executive Director

**Fri Aug 8 11-Noon Main Room Members: Free**

- ... Learn about Project Fine, a non-profit organization that is focused on integrating newcomers through education and build cross-sector partnerships that benefit both immigrants and refugees and the receiving community
- ... Fatima Said, Executive Director will speak about her personal experience as a refugee from Bosnia and Herzegovina

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

**Fri Aug 22 1-3 p.m. Java Hut Members: \$7**

- ... Learn about detoxification & juicing
- ... Learn how to make healing shakes
- ... Learn about detox reactions
- ... Sample juices

**TELECONFERENCE: THE HEARST CASTLE: AN EXPLORATION OF ANCIENT CIVILIZATIONS:**

**Fri Aug 29 11-12 p.m. Main Room Members: Free**

- ... Explore the art and architecture of the ancient Greeks and Romans through the art of artifacts of Hearst Castle
- ... Provider: California Parks & Recreation

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# INNOVATION

## **PLANTING BULBS IN THE SPRING:** Presenter: Master Gardener, Pat Tolmie

**Mon**                      **May 5**                      **2-3 p.m.**                      **Main Room**                      **Members: Free**

- ... As spring approaches (really it is), it is time to think about planting bulbs
- ... Some bulbs can only be planted in the spring
- ... Planting bulbs in the spring assures that you will have a colorful garden during the summer
- ... Presentation will include selecting a planting site, soil preparation, selecting bulbs, planting bulbs and care after flowering, as well as time for questions

## **WRITING YOUR LIFE:** Facilitator: Mary Ann Fuchsel & Maxine Aldinger

**2nd Mon-May, 4th Mon-Jun-Aug**                      **12:30-2:30 p.m.**                      **Back Lounge**                      **Members: Free**

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

## **FRUGAL FASHIONS AND FINDS:**

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

- ... Searching for frugal ways to spruce up your wardrobe or home?
- ... Do you have clothing or items you're no longer using or need a budget friendly gift?
- ... Area consignment shops will present a fashion show of apparel, accessories and goods along with information about the consignment and how you can benefit as both a customer and a seller
- ... Items for women, men and children will be represented, light refreshments will be served

## **PAINTING & DRAWING A PORTRAIT FROM LIFE:** Local Artists Julie Johnston and Toni Ambrosen

**Wed**                      **Jun 4**                      **1-4 p.m.**                      **Main Room**                      **Members: Free**

- ... Julie will be painting and Toni will be drawing a portrait from a live model
- ... Come to see the whole demonstration or drop in anytime during the 3 hour session
- ... To see some of Johnston's artwork visit: [juliejohnstonart.com](http://juliejohnstonart.com)

## **JEWELRY CLASS-JADE GEMSTONE DONUT:** Instructor: Barb Saykally

**Thu**                      **Jun 19**                      **1-4 p.m.**                      **Craft Room**                      **Members: \$38.25**

- ... You will learn to weave seed beads around a Jade Gemstone Donut
- ... Add accents of spiral rope and forked fringe
- ... All materials/tools provided including a 50 ft. spool of fireline, colors we will use are deep purple and limeade

**Registration Deadline: May 27**

## **MAGAZINE EXCHANGE:** Facilitator: Roxy Kohner

**Wed**                      **Jun 18**                      **9-3 p.m.**                      **Back Lounge**                      **Members: Free**

- ... Do you have too many nice magazines too good to throw away?
- ... Bring them to the center's back lounge on June 13 & 16 then check out the categorized areas on the 18th, take home new ones for you to read
- ... Only accepting magazines fully intact and in good condition, all magazines left over will be recycled

## **COFFEE, CHATTING & COLLECTIBLES:** Facilitator: Sandy Erdman, Appraiser and Antique Professional

**Thu**                      **Jul 31**                      **1-3 p.m.**                      **Main Room**                      **Members: \$3**

- ... Your chance to find out if that vintage heirloom, collectible or antique from a family member is everything it was shared to be or is it just the core of one of those beautiful stories shared generation to generation
- ... Bring one small item or photo to show, share & learn self-appraisal, no coins or jewelry
- ... This is NOT an Antique Roadshow....chance to win an Antique Trader Picker's Guide

## **JEWELRY CLASS-BRACELET:** Instructor: Barb Saykally

**Thu**                      **Aug 21**                      **1-4 p.m.**                      **Craft Room**                      **Members: \$33.25**

- ... We will be creating a bracelet made with Beadstud (pyramid shaped) beads
- ... Embellish the bracelet with a double layer of 4mm beads and seed beads
- ... Colors are a dark teal with silver accents, teal and fire polished beads
- ... All materials and tools will be provided

**Registration Deadline: July 28**

**REGISTRATION REQUIRED FOR ALL PROGRAMS: [WWW.CITYOFWINONA.COM](http://WWW.CITYOFWINONA.COM) OR CALL 454-5212.**

# MAY 2014

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Please  
register for  
programs.**

**454-5212**

Room abbreviations  
mean:

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 Mat BL  
9:30-10:30 Tai Chi MR  
12:30-1:30 Blood  
Pressures MR  
1-3 Bridge JH/BL  
1-3:30 "15" Cards MR  
1-3:30 Massages BL

**2**

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

**5**

10-2 Stamp & Scrap BL  
1-3 Bridge JH  
2-3 Plant Bulbs MR  
4-5 Nia MR  
5:15-6:15 Jani's Fitn BL

**6**

8:30-9:15 Balance MR  
9:30-10:30 Tai Chi MR  
10-11:30 Less  
Clutter BL  
1-3 500 MR

**7**

8:30-9:15 Yoga MR  
9:30-10:30 Tai Chi MR  
10:30-11:15 Oldies MR  
12-1 Osteoarthritis MR  
12-3:30 Schafskopf BL  
4-5 Nia MR  
5:15-6:15 Jani's Fitn. MR

**8**

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

**9**

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

**12**

12:30-2:30 WYL BL  
12:30-4:30 AARP Ref. MR  
1-2 Bike Club Mtg CR  
1-3 Bridge JH  
4-5 Nia MS  
5:15-6:15 Jani's Fitn BL  
6-10 AARP Ref. MR

**13**

8:30-9:15 Balance MR  
9:30-10:30 Tai Chi MR  
10-11:30 Less  
Clutter BL  
1-3 500 MR  
1-3:30 Stamp  
Collect CR

**14**

8:30-9:15 Yoga MR  
9:30-10:30 Tai Chi MR  
10:30-11:15 Oldies MR  
1-2 AC Meeting BL  
4-5 Nia MR  
5:15-6:15 Jani's Fitn. MR

**15**

8:30-9:15 Yoga Mat BL  
9:30-10:30 Tai Chi MR  
11-12 Emerald Ash  
Borer MR  
1-3 Bridge JH  
1-3:30 "15" Cards MR  
1-3:30 Massage BL

**16**

9:30-10:30 Tai Chi MR  
10:30-11:15 Oldies MR  
10-12 Craig's List CL  
12-3:30 BOL Group MR  
1-3 Poker MR  
1-3:30 Massage BL  
5:15-6:15 Jani's Fitn. MR

**17**

9-3:30 Trolley-Whalen

**19**

10-2 Stamp & Scrap BL  
1-2 Tele:Great Dep. MR  
1-3 Bridge JH  
4-5 Nia MR  
5:15-6:15 Jani's Fitn. MR

**20**

8:30-9:15 Balance MR  
9:30-10:30 Tai Chi MR  
10-11:30 Less  
Clutter BL  
12-1 Blood  
Pressures MR  
1-3 500 MR

**21**

8:30-9:15 Yoga MR  
9:30-10:30 Tai Chi MR  
10:30-11:15 Oldies MR  
12-3:30 Schafskopf BL  
2-3 Stroke Aware MR  
4-5 Nia MR  
5:15-6:15 Jani's Fitn. MR

**22**

8:30-9:15 Yoga Mat BL  
9:30-10:30 Tai Chi MR  
1-3 Bridge BL  
1-3:30 Bingo MR

**23**

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

**26**

**~CLOSED~  
MEMORIAL  
DAY**

**27**

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

**28**

8:30-9:15 Yoga MS  
9-12 Natl. Health &  
Fitness Day MR  
9:30-10:30 Tai Chi MS  
10:30-11:15 Oldies MS  
4-5 Nia MR  
5:15-6:15 Jani's Fitn. MR

**29**

8:30-9:15 Yoga Mat BL  
9:30-10:30 Tai Chi MR  
9:30-11 Wii Bowling GR  
1-2 Aviation  
History MR  
1-3 Bridge BL

**30**

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

# JUNE 2014

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>2</b> 10-2 Stamp &amp; Scrap BL 1-2 Brain Fitness CR 1-3 Frugal Fashions MR 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>3</b> 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><b>4</b> 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 1-4 Life Portrait MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p><b>5</b> 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowling GR 12:30-1:30 Blood Pressures MR 1-3 Bridge JH 1-3:30 "15" Card MR 1-3:30 Massage BL</p>	<p><b>6</b> 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> <p><b>7</b> 9:30-3:30 Trolley Lanesboro</p>
<p><b>9</b> 11:30-12:30 Wtr Aer AQ 12:30-6:30 AARP MR 1-2 Brain Fitness CR 1-3 Bridge BL 4-5 Nia MS 5:15-6:15 Jani's Fitn. BL</p>	<p><b>10</b> 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 1-3 500 MR 1-3:30 Stamp Collect CR</p>	<p><b>11</b> 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 Wtr Aer AQ 1-2 AC Meeting BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>12</b> 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowling GR 10-11 Check Balance CR 1-3 Bridge BL 1-3:30 "15" Card MR</p>	<p><b>13</b> 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p><b>16</b> 10-2 Stamp &amp; Scrap BL 11:30-12:30 Wtr Aer AQ 11-12 Food Allergies MR 1-2 Brain Fitness CR 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>17</b> 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 12-1 Blood Pressures MR 1-3 500 MR</p>	<p><b>18</b> 8:30-9:15 Yoga MR 9-3 Magazine Exchange BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 12-3:30 Schafskopf MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>19</b> 8:30-9:15 Yoga Mat BL 9:30-11 Wii Bowling GR 9:30-10:30 Tai Chi MR 1-3 Bridge JH 1-3:30 "15" Card MR 1-4 Jewelry Class CR</p>	<p><b>20</b> 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 12-3:30 BOL Group MR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p><b>23</b> 11:30-12:30 Wtr Aer AQ 12:30-2:30 WYL BL 1-2 Brain Fitness CR 1-3 Bridge JH/BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>24</b> 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><b>25</b> 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 Wtr Aer AQ 11:30-12 Volunteering-RSVP MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>26</b> 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3 Bridge BL 1-3:30 Bingo MR</p>	<p><b>27</b> 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 1-3 Poker MR 1-3 Gut Healing JH 5:15-6:15 Jani's Fitn. MR</p>
<p><b>30</b> 11:30-12:30 Wtr Aer AQ 1-2 Tele: Titanic MR 1-3 Bridge BL 4-5 Nia MR</p>		<p><b>Please register for programs.</b></p> <p><b>454-5212</b></p>		<p><b><u>Room abbreviations mean:</u></b> 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>

# JULY 2014

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>Please register for programs.</b></p> <p><b>454-5212</b></p>	<p><b>1</b></p> <p>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><b>2</b></p> <p>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 Wtr Aer AQ 12-3:30 Schafskopf MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p><b>3</b></p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowling GR 12:30-1:30 Blood Pressures MR 1-3 Bridge JH 1-3:30 "15" Card MR 1-3:30 Massage BL</p>	<p><b>4</b></p> <p><b>~CLOSED~ INDEPENDENCE DAY</b></p>
<p><b>7</b></p> <p>10-2 Stamp &amp; Scrap BL 11:30-12:30 Wtr Aer AQ 1-2 Brain Fitness CR 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>8</b></p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 1-3 500 MR 1-3:30 Stamp Collect CR</p>	<p><b>9</b></p> <p>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 Wtr Aer AQ 1-2 AC Meeting BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>10</b></p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowling GR 10-11 Check Balance CR 1-3 Bridge BL 1-3:30 "15" Cards MR</p>	<p><b>11</b></p> <p>9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 11:30-12:30 Wtr Aer AQ 1-2 Diabetes Ed. BL 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p><b>14</b></p> <p>11:30-12:30 Wtr Aer AQ 12:30-4:30 AARP Ref MR 1-2 Brain Fitness CR 1-3 Bridge JH/BL 6-10 AAPR Ref MR 4-5 Nia MS 5:15-6:15 Jani's Fitn. MR</p>	<p><b>15</b></p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 12-1 Blood Pressures MR 1-3 500 MR</p>	<p><b>16</b></p> <p>8:30-9:15 Yoga MR 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 10-3 Singles Pool Tour. GR 10:30-11:15 Oldies MR 11:30-12:30 Wtr Aer AQ 12-3:30 Schafskopf MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>17</b></p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowling GR 1-3 Bridge JH 1-3:30 "15" Cards MR 1-3:30 Massages BL</p>	<p><b>18</b></p> <p>9:30-10:30 Tai Chi MR 12-3:30 BOL Group MR 1-3 Poker MR 1-3 Gut Healing JH 1-3:30 Massages BL 5:15-6:15 Jani's Fitn. MR</p>
<p><b>21</b></p> <p>10-2 Stamp &amp; Scrap BL 11:30-12:30 Wtr Aer AQ 1-2 Brain Fitness CR 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>22</b></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</p>	<p><b>23</b></p> <p>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 Wtr Aer AQ 1:45-3 West End Tour 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>24</b></p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 1-3 Bridge BL 1-3:30 Bingo MR</p>	<p><b>25</b></p> <p>9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 11:30-12:30 Wtr Aer AQ 1-2 Home Care Solutions BL 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p><b>28</b></p> <p>11:30-12:30 Wtr Aer AQ 1-2 Tele: 1930's MR 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>29</b></p> <p>8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 1:15-3 Jewelry Club CR 1-3 500 MR</p>	<p><b>30</b></p> <p>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 Wtr Aer AQ 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>31</b></p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowling GR 1-3 Bridge BL 1-3 Coffee/Chat/Collect MR</p>	<p><b>Room abbreviations mean:</b></p> <p><b>BL = Back Lounge</b> <b>CL= Computer Lab</b> <b>CR = Craft Room</b> <b>GR= Game Room</b> <b>JH = Java Hut</b> <b>MR = Main Room</b> <b>MS = Masonic Temple</b></p>

# AUGUST 2014

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>Please register for programs.</b></p> <p><b>454-5212</b></p>		<p><u>Room abbreviations mean:</u>  <b>BL = Back Lounge</b>  <b>CL= Computer Lab</b>  <b>CR = Craft Room</b>  <b>GR= Game Room</b>  <b>JH = Java Hut</b>  <b>MR = Main Room</b>  <b>MS = Masonic Temple</b></p>		<p><b>1</b>            9:30-10:30 Tai Chi MR            11:30-12:30 Wtr Aer AQ            1-3 Poker MR            1-3:30 Massages BL            5:15-6:15 Jani's Fitn. MR</p>
<p><b>4</b>            10-2 Stamp &amp; Scrap BL            11:30-12:30 Wtr Aer AQ            1-3 Bridge JH            4-5 Nia MR            5:15-6:15 Jani's Fitn. MR</p>	<p><b>5</b>            8:30-9:15 Balance MR            9:30-11 Wii Bowl GR            9:30-10:30 Tai Chi MR            1-3 500 MR</p>	<p><b>6</b>            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 MR            4-5 Nia MR            5:15-6:15 Jani's Fitn. MR</p>	<p><b>7</b>            8:30-9:15 Yoga Mat BL            9:30-10:30 Tai Chi MR            9:30-11 Wii Bowling GR            12:30-1:30 Blood Pressure MR            1-3 Bridge JH            1-3:30 "15 Cards MR            1-3:30 Massage BL</p>	<p><b>8</b>            9:30-10:30 Tai Chi MR            10-11:30 Knitting JH            11-12 Project Fine MR            11:30-12:30 Wtr Aer AQ            1-3 Poker MR            5:15-6:15 Jani's Fitn. MR</p>
<p><b>11</b>            \            11:30-12:30 Wtr Aer AQ            12:30-4:30 AARP Ref. MR            1-3 Bridge BL            4-5 Nia MS            5:15-6:15 Jani's Fitn. BL            6-10 AARP Ref. MR</p>	<p><b>12</b>            8:30-9:15 Balance MR            9:30-10:30 Tai Chi MR            1-3 500 MR            1-3:30 Stamp Collect CR</p>	<p><b>13</b>            8:30-9:15 Yoga MS            9:30-10:30 Tai Chi MS            10:30-11:15 Oldies MS            11-1 Annual Picnic MR            11:30-12:30 Wtr Aer AQ            4-5 Nia MR            5:15-6:15 Jani's Fitn. MR</p>	<p><b>14</b>            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><b>15</b>            9:30-10:30 Tai Chi MR            11:30-12:30 Wtr Aer AQ            12-3:30 BOL Group MR            1-3:30 Massage BL            1-3 Poker MR            5:15-6:15 Jani's Fitn. MR</p>
<p><b>18</b>            10-2 Stamp &amp; Scrap BL            11:30-12:30 Wtr Aer AQ            1-3 Bridge JH            4-5 Nia MR</p>	<p><b>19</b>            8:30-9:15 Balance MR            9:30-10:30 Tai Chi MR            12-1 Blood Pressures MR            1-3 500 MR</p>	<p><b>20</b>            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 MR            4-5 Nia MR</p>	<p><b>21</b>            8:30-9:15 Yoga Mat BL            9:30-10:30 Tai Chi MR            1-3 Bridge JH            1-3:30 "15" Cards MR            1-3:30 Massage BL            1-4 Jewelry Class CR            1:45-3 East End Tour</p>	<p><b>22</b>            9:30-10:30 Tai Chi MR            10-11:30 Knitting JH            11:30-12:30 Wtr Aer AQ            1-3 Poker MR</p>
<p><b>25</b>            11:30-12:30 Wtr Aer AQ            12:30-2:30 WYL BL            1-3 Bridge JH            4-5 Nia MR</p>	<p><b>26</b>            8:30-9:15 Balance MR            9:30-10:30 Tai Chi MR            12-1 Book Club BL            1-3 500 MR            1:15-3 Jewelry Club CR</p>	<p><b>27</b>            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            4-5 Nia MR</p>	<p><b>28</b>            8:30-9:15 Yoga Mat BL            9:30-10:30 Tai Chi MR            1-3 Bridge BL            1-3:30 Bingo MR</p>	<p><b>29</b>            9:30-10:30 Tai Chi MR            11-12 Tele: Hearst Castle MR            11:30-12:30 Wtr Aer AQ            1-3 Poker MR</p>

# CLUBS

## SEASONED STAMPERS AND SCRAPBOOKING:

**1st & 3rd Mon**      **May 5-Aug 18**      **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

## KNITTING AND CRAFTS:

**2nd & 4th Fri**      **May 9-Aug 22**      **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

## THE BIKING, WALKING & LUNCH CLUB:

**Mon**      **May 12-Aug 25**      **Craft Room**      **Members: Free**  
 ... **Informational meeting held at Center at 1 p.m. on May 12th**  
 ... Ride 6-15 miles on bike trails at a moderate pace and return for lunch  
 ... Those who choose not to bike, walk approximately 45-60 minutes  
 ... Car pooling is available  
 ... Call Mike Maher at 450-2546 for more information

## STAMP COLLECTING: Facilitator: Ted Zimmerman

**2nd Tue**      **May 13-Aug 12**      **1-3:30 p.m.**      **Craft Room**      **Members: Free**  
 ... Explore U.S. and Foreign Stamps  
 ... Collect, trade or get together and discuss stamps

## BUNDLES OF LOVE:

**3rd Fri**      **May 16-Aug 15**      **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

## THE "BEAD BUDS" JEWELRY CLUB:

**Last Tue**      **May 27-Aug 26**      **1:15-3 p.m.**      **Craft Room**      **Members: Free**  
 ... Beading and sharing with others  
 ... Learn new beading ideas  
 ... Build friendships

## BOOK CLUB: Facilitator: Louise Mattila

**4th Tue**      **May 27-Aug 26**      **Noon-1 p.m.**      **Back Lounge**      **Members: Free**  
 ... Read the month's selection & you are welcome to bring your lunch to class  
 ... May-**Samurai's Garden by Gail Tsukiyama**  
 ... June-**Fried Green Tomatoes at the Whistle Stop Café by Fannie Flagg**  
 ... July-**Round House by Louise Erdrich**  
 ... August-**1984 by George Orwell**

# TRAVEL

## TROLLEY RIDE TO WHALEN, MN HOME OF THE "STAND STILL" PARADE:

**Sat May 17 9:30-3:30 p.m. Members: \$12**

- ... Trestor Trolley-air conditioned, padded seats and handicapped accessible
- ... The parade doesn't move...the spectators do
- ... Floats and units are parked and musicians perform while standing in place
- ... Parade stands for 1 hour
- ... Enjoy artists, crafters, demonstrators, live music, bed races, pie eating contests, fresh made lefse and rommegrot (Norwegian porridge)

## TROLLEY RIDE TO LANESBORO, MN FOR RHUBARB FESTIVAL:

**Sat Jun 7 9:30-3:30 p.m. Members: \$12**

- ... Enjoy the day at Lanesboro with "Good Old Fashioned Fun"
- ... Rhubarb tasting-everything rhubarb from savorys to sweets to drinks
- ... There will be games and contests
- ... Entertainment will include Rhubarb Jugglers, Walter Bradley & Steve Arnold, Tom Schramm and Waterfall, The Rhubarb Sisters, Rutabaga Brothers and more

## TROLLEY RIDE-WEST END HOUSE TOUR:

**Wed Jul 23 1:45-3 p.m. Members: \$8\*\***

- ... Ride the trolley and learn about the history of the old homes and buildings in the West end of Winona
- ... Take a 45 minute guided tour and view the outside of some of the historic homes
- ... Learn about the people who have helped make the City what it is today
- ... **\*\*Register by June 15-Member Early Bird Special-\$8, after June 15-\$10**

## TROLLEY RIDE-EAST END HOUSE TOUR:

**Thu Aug 21 1:45-3 p.m. Members: \$8\*\***

- ... Ride the trolley and learn about the history of the old homes and buildings in the East end of Winona
- ... Take a 45 minute guided tour and view the outside of some of the historic homes
- ... Learn about the people who have helped make the City what it is today
- ... **\*\*Register by July 15-Member Early Bird Special-\$8, after July 15-\$10**

## DIAMOND TOURS MOTORCOACH-SAN ANTONIO, TEXAS:

**Sat-Sun Oct 11-19 8 a.m. Members: \$75 due upon registering**  
**Single Occupancy: \$1019, Double Occupancy: \$779 Triple Occupancy: \$659**

- ... 9 days, 8 nights with 4 consecutive nights in the San Antonio area; 8 breakfasts and 6 dinners
- ... Guided tour of San Antonio and LBJ ranch, Cruise at San Antonio's famous River Walk District
- ... Visit to the famous ALAMO and IMAX , Theatre presentation: "ALMAO...The Price of Freedom"

# 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:** 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

**REGISTRATION REQUIRED FOR ALL PROGRAMS: [WWW.CITYOFWINONA.COM](http://WWW.CITYOFWINONA.COM) OR CALL 454-5212.**

# CARDS & GAMES

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

## POOL:

**Mon-Fri May 1-Aug 29 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
- ... Pool tables not available Tuesdays/Thursdays, 9:30-11 a.m., May 27-Aug. 7, due to Wii Bowling

## "15" CARD GAME:

**1st, 2nd & 3rd Thu May 1-Aug 21 1-3:00 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

## BRIDGE:

**Mon/Thu May 1-Aug 28 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

## TEXAS HOLD 'EM POKER:

**Fri May 2-Aug 29 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 May 6-Aug 26 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

## SCHAFSKOPF (SHEEPSHEAD) TOURNAMENT:

**1st & 3rd Wed May 7-Aug 20 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

## BINGO:

**4th Thu May 22-Aug 28 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: Nicole, Student Intern

**Tue May 27-Aug 7 9:30-11 a.m. Game Room Members: Free**

- ... Older adult Wii bowling has become an internet sensation, join Nicole to find out more about the game
- ... Join our Wii bowling league and train to play other senior centers across the nation
- ... No program on June 26 or July 24

## SINGLES ROUND ROBIN 8 BALL POOL TOURNAMENT: Facilitator: Tim Galewski

**Wed Jul 16 10 a.m. Game Room Members: \$2.50**

- ... All players play all other players 1 game, No eliminations
- ... Played on a point system (10 pts for a win, losing player gets 1 pt for each ball pocketed)
- ... Coffee, soda, cookies and snacks provided
- ... No lunch provided (bring your own if you desire)

**REGISTRATION DEADLINE: JULY 10**

**REGISTRATION REQUIRED FOR ALL PROGRAMS: [WWW.CITYOFWINONA.COM](http://WWW.CITYOFWINONA.COM) OR CALL 454-5212.**

# SENIOR ADVOCACY

## Senior Advocates can assist with Energy Assistance Applications

Gov. Mark Dayton and the legislature have expanded the state's heating assistance program. Eligibility for the Low-Income Home Energy Assistance Program is expanded from 50 percent to 60 percent of the state's median income. The change helps more Minnesotans gain access to financial assistance to purchase propane and other heating fuels. In January, the Department of Commerce increased the program's crisis payments from \$500 to \$1,000. Money is still available to those who qualify. Residents can call the propane hotline at 1-800-657-3504 if they have questions or concerns about propane. The hotline is open 9 a.m. to 4:30 p.m. every day.

Income Guidelines: Household Size    Households' last 3 months of income at or below: 1-\$6,808, 2-\$8,903

The Energy Assistance Program is a federally funded program locally administered through SEMCAC. The program provides financial assistance to help with household winter heating bills. Both homeowners and renters may apply. A household must complete the application process to determine eligibility and the amount of their utility assistance. Financial assistance payments are made directly to the household's utility company.

The Energy Assistance Program also provides the following:

- ... Education to consumers regarding home energy efficiency and safety.
- ... Automatic application to Semcac's Weatherization Assistance Program.
- ... Crisis help for utility disconnections or necessary fuel deliveries
- ... Emergency heating system repair or replacement.

Advocates can assist with obtaining and completing the applications. Applications must be received by May 30,

### FRESH PRODUCE:

May 1-Aug. 29

Main Room

Members: Free

... Contact Charleen if you would like to sell your fresh produce at the Center as it ripens through the season.

### CHECKS & BALANCES:

2nd Thu

May 8-Aug 14

10-11 a.m.

Craft Room

Members: Free

- ... Merchants Bank employee will balance your checkbook
- ... Free and confidential
- ... No need for appointment

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

#### WALLS:

Joan Papenfuss-Watercolors  
 Kay Shaw-Photography  
 Ulrike Schorn-Hoffert-Nature Photography  
 Michelle Cochran-Drawings of local native plants

#### DISPLAY CASE:

Mary Singer-Miniature Art  
 Toni Ambrosen-Landscape sketches  
 Ulrike Schorn-Hoffert-Photography  
 Girls of Fashion & Fun Vintage Treasures

Summer is coming soon! The Friendship Center proudly supports the Let's Go Fishing program. Don't forget to book your outing with Winona's treasure Let's Go Fishing pontoon. Fishing trips available or just a leisurely cruise on the Mississippi. Call today to set your reservation 507-205-7853.

# ACTIVITY COUNCIL NOTES:

## Message from the Activity Council President: Mike Maher

When I joined the Friendship Center about 4 years ago, membership was free, we had about 75 members visit per day and I figured the staff did all the work and the members could just enjoy their efforts. I worked with a group of folks who tried to get Central School for our center as it provided sufficient space and off street parking. It would have been great! I guess they counted me as a VOLUNTEER. What I have learned during the last 4 years is that the Staff is there to facilitate but VOLUNTEERS make it happen. In 2012 we had 206 volunteers who put in 4016 hours and last year we had 221 volunteers who put in 4317 hours. We also had a little over 95 member visits per day who paid \$15.00 to be a member. The best deal in town. Volunteering at the Center is a very richly rewarding experience. For example:

Three years ago I started the “Bike, Walk and Lunch Club” and I have met at least 20 new friends and we do a lot of socializing at lunches all over SE MN and Western WI. The Wood Carving Club meets weekly in the winter and we do as much socializing as we do carving, I made at least 12 new friends there and my carving has improved. Over the 4 years I have met about 15 people while serving on the Activity Council who are creative people. If you would like to meet new people doing things you enjoy doing and help make the Winona Friendship Center a little bit better place, please talk with Charleen, she can help you find a perfect fit.

### 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

I am looking forward to spring. I'm fairly certain we all are. We are hardy and have made it through a memorable winter. That is something to celebrate. I am still on my mission to educate others in ageism and ageist attitudes. Another defense mechanism we should consider is rationalization.

Rationalization is trying to justify unacceptable behavior such as ageism. When someone rationalizes doing or saying something ageist, they may comment that, “I'm just joking. I didn't mean to hurt anyone's feelings.”

According to Colin Milner, CEO of the International Council on Active Aging, “There is nothing funny about ageism. In fact, the impact of negative views of aging is simple, according to a study led by Yale's Becca Levy. Older people can literally ‘think’ themselves into the grave 7.6 years early by feeling ‘bad’ about getting old.” So, the messages we send have a huge impact, and may do more than just hurt someone's feelings. (Kathy Sporre, Fergus Falls Senior Center Director, ICAA article 2011)

Don't rationalize away unacceptable behavior. Don't allow others to put you in a cookie cutter label. Do not feel bad about getting older. Celebrate your life, your friends, your accomplishments, the things you've yet to do. Older adults are truly the experts on living well.

**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](http://www.cityofwinona.com)*

**Ye Olde Gift Shop:**

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

Do you enjoy working with people? Do you have retail experience? Do you enjoy shopping? We are in need of volunteers for the Gift Shop. Shifts are 9-noon or noon-3:30. Call for more details, 454-5212.

**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.



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