



WINONA
PARK & RECREATION

FRIENDSHIP CENTER

Winona Friendship Center

251 Main St., Winona, MN 55987

507-454-5212

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

Potpourri-MAY TO AUGUST

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

MAY IS OLDER AMERICAN'S MONTH CELEBRATION: 2015 THEME IS "GET INTO THE ACT"

Mon May 4 1:30-4 p.m. Main Room Members: Free

- Join us to "Kick Off" Older American's Month with a celebration
- A very special program is in the planning with members "Getting into the Act"
- Bring your sticks, spoons, jugs, washboards, kazoos, egg beaters or anything that makes noise and "Get into the Act" with entertainment by Mississippi Gypsies; Teri Tenseth Market & Dr. Bob
- Free hors d'oeuvres and refreshments will be served
- Make your reservation now-you don't want to miss this event

REGISTRATION DEADLINE: APRIL 28

NATIONAL SENIOR HEALTH & FITNESS DAY: Collaboration with Sugar Loaf Senior Living & Friendship Center

Wed May 27 9-Noon Main Room Members: Free

- This is the nation's largest health & wellness event for older adults
- Older adult related health & fitness activities & speakers
- Enhance the quality of life through regular physical activity
- Theme this year is: "If You Keep Moving...You'll Keep Improving!"
- Goodie bags and snacks will be provided

BOOGIE BANANZA EXTRAVAGANZA FRIENDSHIP DAY:

Wed Aug 12 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 and enjoy Malia's famous 30' banana split
- Local TV host, Dave Dicke will be spinning records for us, so put on your dancing shoes & best dancing fashions

REGISTRATION DEADLINE: AUGUST 7

REMEMBER TO PRE-REGISTER FOR ALL PROGRAMS & PAYMENT IS REQUIRED TO REGISTER

HEALTH & WELLNESS

ACTIVE WELLNESS CENTER: Health Specialist: Angelo Giaquinto

Monday, Wednesday, Thursday— 7:30 a.m.–6 p.m. Tuesday, Friday—7:30 a.m.—4 p.m.

Saturday 8:00 a.m.—noon Members: \$55/year

- Experienced, certified staff available for training and monitoring
- 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

We take Silver & Fit from Health Insurance 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 May 1-Aug 28 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, no class on July 3

JANI'S FITNESS FOR WOMEN: Instructor: Jani Giaquinto

M/W/F May 1-Aug 14 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 May 25 and July 3, check calendar for location on each day, may vary

NIA: Instructor: Mary Lee Eischen

Mon/Wed May 4-Aug 31 4-5 p.m. Main Room Members: \$3.50/time or \$35 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 marital arts, dance arts, and healing arts
- Check calendar for location on each day, may vary

NOTE:
PRICE INCREASE

STRENGTH & BALANCE: Instructor: Alison Ogren

Tue May 5-Aug 25 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
- No program on June 30 and July 28

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

1st & 3rd Tue May 5-Aug 1 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

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

HEALTH & WELLNESS

MOVIN' TO THE OLDIES: Instructor: Alison Ogren

Wed/Fri May 6-Aug 26 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
- July & August class will be only on Wednesdays, no program on July 1 and 29
- Check calendar for location on each day, may vary

CHAIR HATHA YOGA: Instructor: Alison Ogren

Wed May 6-Aug 26 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
- No program on July 1 and July 29

YOGA MAT: Instructor: Alison Ogren

Thu May 7-Aug 27 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
- No program on July 2 and 30

BLOOD PRESSURE CHECKS:

1st Thu & 3rd Tues May 7-Aug 18 12-1 p.m. Main Room Members: Free

- Licensed nurses perform blood pressure checks

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

Thu May 7-Aug 27 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

BRAIN FITNESS: Instructor: Student Intern

Fri May 22-Aug 28 1-2 p.m. Craft Room Members: Free

- Brain health is more important than ever, optimal brain function is required for quality of life
- The brain remains the weakest link in organ repair and replacement
- Join our student intern for an innovative approach to brain care with mental stimulation and challenges
- No program on July 3

WATER AEROBICS:

Mon/Wed/Fri Jun 8-Aug 28 11:30-12:30 p.m. Aquatic Center Members: \$45

- Aerobics in the outdoor pool
- You don't need to know how to swim
- Variety of workouts, great camaraderie while working out
- No program on July 3, 17 and 24

REGISTRATION DEADLINE: MAY 27

POSTURE CLASS: Michelle VanLoon, Rehab Director & William Eifert, Intern Back To Health
Chiropractic & Wellness

Fri Jul 10-Aug 14 11-11:45 a.m. Back Lounge Members: \$11

- Keep your body active and pain free
- Enhances confidence
- Lowers the risk of arthritis, improves breathing capacity
- Limited space available

REGISTRATION DEADLINE: JULY 6

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

EDUCATIONAL

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

**Mon May 11, Jul 13, Aug 10 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

NOTE: Any Wisconsin class registrant, must ask their agent if their insurance covers the 10% discount for these classes.

INITIAL AARP DRIVER'S SAFETY PROGRAM:

Mon Jun 8 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: WHO REALLY KILLED KENNEDY?:

Mon May 18 1-2 p.m. Back Lounge Members: Free

- Evidence shows Oswald didn't kill President Kennedy
- Join us as a member of the Center, Robert Ries talks about his findings and his book: "Who Really Killed Kennedy"?
- In this session we will find out about the secret life of Lee Harvey Oswald
- We will explore the findings, facts, evidence and lack of evidence showing us that Lee Oswald did NOT kill JFK

TRAVELOGUE OF PANAMA'S CANAL & COSTA RICA'S FLORA AND FAUNA:

Wed Jun 3 1-2 p.m. Main Room Members: Free

- Learn about the Panama Canal
- View photographs of some Costa Rican flora & fauna
- The Mattila's have just returned from a Road Scholar trip to Costa Rica

CLIMATE CHANGE AND TREES: Presenter: Nancy Reynolds, Tree Care Advisor

Wed Jun 17 1-2 p.m. Main Room Members: Free

- Nancy presents the multiple benefits that trees provide
- Discuss the diversity of threats that trees and forests face in their race to survive urbanization, invasive pests or disease, and climate extremes
- Learn about tree conservation, as well as proper planting and irrigation methods

TELECONFERENCE: BASEBALL & BLACK HISTORY: LIVE FROM THE NEGRO LEAGUES BASEBALL MUSEUM

Mon Jun 22 1-2 p.m. Main Room Members: Free

- Museum curator, Dr. Raymond Doswell, introduces African American history through the lens of "America's Pastime", baseball
- From the end of the Civil War through the beginning of the Civil Rights Movement
- Viewers will enjoy short film clips, photographs, artwork and brief scenes from the Negro Leagues Baseball Museum, Inc. in Kansas City, MO

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EDUCATIONAL

THE HISTORY OF FLUTES: Presenter: Barb Burchill

Mon Jun 29 1-2 p.m. Main Room Member: Free

- Learn history of flutes throughout the world
- View and hear different types of flutes
- View and hear different sizes of concert flutes
- Try some flutes yourself, if you'd like

COOKING FOR ONE: Presenter: Hy-Vee Dietitian, Jennifer Hackbarth, RD, LD

Tue Jul 21 11-12 p.m. Java Hut Members: \$6

- Tips on saving money when cooking for one
- How to make your famous recipes smaller, while keeping them tasty
- Simple new recipes meant for only one
- Food safety & how to safely store and freeze leftover food
- Samples included

REGISTRATION DEADLINE: JULY 14

TELECONFERENCE: ROAD SCHOLAR; CHINA ARTS & CULTURE TOUR

Mon Jul 27 1-2 p.m. Main Room Member: Free

- In September 2014 ten docents from the Nelson-Atkins Museum of Art in Kansas City went on an art-focused tour of China
- Elizabeth Darr, the lead docent on the tour, will talk about their trip to Beijing
- Highlights will include: The Forbidden City, Summer Palace, Temple of Heaven and the Great Wall

VA IMPROVED PENSION: Presenter: Jerry Obieglo, Veterans Administration

Tue Aug 18 11-12 p.m. Main Room Members: Free

- Jerry will describe the benefits and eligibility for 3 levels of non service connected veterans' pensions; Basic Pension, Housebound, Aid & Attendance

TELECONFERENCE: ELEANOR ROOSEVELT: HER LIFE AND LEGACY

Mon Aug 24 1-2 p.m. Main Room Members: Free

- Eleanor grew up as a shy, introverted young woman, but became the nation's most influential first lady
- She was a political partner to President Roosevelt during the Great Depression and World War II
- She went on to have a career of her own at the UN where she served as a champion of civil and human rights around the world
- Provider: The FDR Presidential Library and Museum

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:

May-Jean Stockwell-Dick & Jane Quilt
 June-Christine Peterson-Various Artwork
 July-Mary Clark-Quilts & Table Runners
 August-Barb Halvorson-Acrylics & Oils

DISPLAY CASE:

Terry Karsten-Local Author's Books
 Barb Burchill-Flutes
 Mary Clark-Wool Applique
 Karen Ahrens & Karen Ginder-Garden Patch

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CLUBS

SEASONED STAMPERS AND SCRAPBOOKING:

1st & 3rd Mon May 4-Aug 17 9-4 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
- Check calendar for location on each day, may vary

KNITTING AND CRAFTS:

2nd & 4th Fri May 8-Aug 21 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 BIKE, HIKE & LUNCH CLUB:

Mon May 11 10-11 a.m. Craft Room Members: Free

- **Informational meeting to decide what trails and day of week to ride**
- Ride 7-11 miles on bike trails at a moderate pace and return for lunch & socializing
- Those who choose not to bike, walk approximately 45-60 minutes
- Car pooling is available
- Call Mike Maher at 450-2546 for more information

BUNDLES OF LOVE:

3rd Fri May 15-Aug 21 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 May 26-Aug 25 Noon-1 p.m. Craft Room Members: Free

- Read the month's selection & you are welcome to bring your lunch to class
- May: **A Map of Betrayal by Ha Jim**
- June: **The Invention of Wings by Sue Monk Kidd**
- July: **To Kill a Mocking Bird by Harper Lee**
- August: **The Pink Suit by N.M. (Nicole M.) Kelby**

COMPUTERS

We have computers available for members use. There are various stations throughout the building to work on computers. Students may be available for one on one assistance for the following:

- Computer Basics, Internet, Email, Facebook, Kindle, iPad, Nook
- Call to make an appointment, 454-5212 \$2 Non-Member daily fee
- We are not responsible for programs or downloads to computers.

MAY 2015

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Please register for programs.</p> <p>454-5212</p>	<p>Room abbreviations mean: AQ = Aquatic Ctr 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 WSU = WSU Pool</p>		<p>1 9:30-10:30 Tai Chi MR 1-3 Poker BL 1-3:30 Set up for Trash & Treasures Sale MR 5:15-6:15 Jani's Fitn. BL</p> <p>2 8-11:30 Trash & Treasures Sale MR</p>
<p>4 9-4 Stamp & Scrap BL 1:30-4 Older American Month Celebration MR 2-5 Painting Class CR 4-5 Nia MS 5:15-6:15 Jani's Fitn MR</p>	<p>5 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>6 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-3:30 Schafskopf BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>7 8:30-9:15 Yoga Mat BL 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 12-1 Blood Pressures MR 1-3 Bridge BL 1-3 "15" Cards MR</p>	<p>8 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 JH 5:15-6:15 Jani's Fitn. MR</p>
<p>11 10-11 Bike Hike Lunch Club Mtg CR 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>12 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3 500 MR</p>	<p>13 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 11:30-12:30 AC Meeting CR 1-2 Fashion Show MR/BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>14 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 1-3 Bridge BL 1-3 "15" Cards MR</p>	<p>15 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>18 9-4 Stamp & Scrap MR 1-2 Teleconf: Who Really Killed Kennedy BL 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>19 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11:30 Hand Massages BL 12-1 Blood Pressures MR 1-3 500 MR</p>	<p>20 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-3:30 Schafskopf BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>21 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 "15" Cards MR</p>	<p>22 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 1-3:30 Dominoes JH 5:15-6:15 Jani's Fitn. MR</p>
<p>25 ~CLOSED MEMORIAL DAY~ 4-5 Nia MR</p>	<p>26 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 12-1 Book Club CR 1-3 500 MR</p>	<p>27 9-12 Natl Senior Health & Fitness Day MR 9:30-10:15 Yoga BL 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</p>	<p>28 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 Bingo MR</p>	<p>29 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>

JUNE 2015

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>9-4 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>2</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</p>	<p>3</p> <p>9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-3:30 Schafskopf BL 1-2 Travelogue: Panama Costa Rica-Mattila's MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>4</p> <p>8:30-9:15 Yoga Mat BL 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 12-1 Blood Pressures MR 1-3 Bridge BL 1-3 "15" Card MR</p>	<p>5</p> <p>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>8</p> <p>11:30-12:30 Wtr Aer AQ 12:30-6:30 AARP MR 1-3 Bridge BL 4-5 Nia MS 5:15-6:15 Jani's Fitn. BL</p>	<p>9</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>10</p> <p>9:15-12:15 Trolley- WN Business Tours 9:30-10:15 Yoga 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>11</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 1-3 Bridge BL 1-3 "15" Card MR</p>	<p>12</p> <p>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 1-2 Brain Fitness CR 1-3 Poker MR 1-3:30 Dominoes BL 5:15-6:15 Jani's Fitn. MR</p>
<p>15</p> <p>9-4 Stamp & 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>16</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 12-1 Blood Pressures MR 1-3 500 MR</p>	<p>17</p> <p>9:30-10:15 Yoga 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 BL 1-2 Climate Change and Trees MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>18</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 "15" Card MR 1-4 Jewelry Class CR</p>	<p>19</p> <p>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 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>22</p> <p>11:30-12:30 Wtr Aer AQ 12:30-2:30 WYL BL 1-2 Teleconf: Baseball & Black History MR 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>23</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 CR 1-3 500 MR</p>	<p>24</p> <p>9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 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>25</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 Bingo MR</p>	<p>26</p> <p>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 1-2 Brain Fitness CR 1-3 Poker MR 1-3:30 Dominoes JH 5:15-6:15 Jani's Fitn. MR</p>
<p>29</p> <p>11:30-12:30 Wtr Aer AQ 1-3 Bridge BL 1-2 History of Flutes MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>30</p> <p>9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 1-3 500 MR</p>	<p>Room abbreviations mean: AQ=Aquatic Ctr 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 WSU = WSU Pool</p>	<p>Please register for programs.</p> <p>454-5212</p>

JULY 2015

Monday

Tuesday

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Friday

<p>Please register for programs.</p> <p>454-5212</p>	<p><u>Room abbreviations mean:</u> AQ = Aquatic Ctr BL = Back Lounge ERC = East Rec. Ctr CL= Computer Lab CR = Craft Room GR= Game Room HZ = Holzinger JH = Java Hut LL = Lake Lodge MR = Main Room MS = Masonic WSU = WSU Pool</p>	<p>1 9:30-10:30 Tai Chi MR 11:30-12:30 Wtr Aer AQ 12-3:30 Schafskopf BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>2 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 12-1 Blood Pressures MR 1-3 Bridge BL 1-3 "15" Card MR</p>	<p>3</p> <p>~CLOSED INDEPENDENCE DAY HOLIDAY~</p>
<p>6 9-4 Stamp & Scrap BL 11:30-12:30 Wtr Aer AQ 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. BL</p>	<p>7 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</p>	<p>8 9:30-10:15 Yoga 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>9 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 10-11 Check Balance CR 10:15-3:30 Trolley WN County Fair 1-3 Bridge BL 1-3 "15" Cards MR</p>	<p>10 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 11-11:45 Posture BL 11:30-12:30 Wtr Aer AQ 1-2 Brain Fitness CR 1-3 Poker MR 1-3:30 Dominoes JH 5:15-6:15 Jani's Fitn. MR</p>
<p>13 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>14 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>15 9-4 Singles Round Robin Tourney GR 9:30-10:15 Yoga 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 BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>16 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 "15' Cards MR</p>	<p>17 9:30-10:30 Tai Chi MR 11-11:45 Posture BL 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 9-4 Stamp & Scrap BL 11:30-12:30 Wtr Aer AQ 1-3 Bridge JH 1-4 Leaf Painting CR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>21 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 11-12 Cooking for One JH 12-1 Blood Pressures MR 1-3 500 MR</p>	<p>22 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MR 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>23 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 Bingo MR</p>	<p>24 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 11-11:45 Posture BL 1-2 Brain Fitness CR 1-3 Poker MR 1-3:30 Dominoes JH 5:15-6:15 Jani's Fitn. MR</p>
<p>27 11:30-12:30 Wtr Aer AQ 12:30-2:30 WYL BL 1-2 Teleconf: China Arts & Culture Tour MR 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>28 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 12-1 Book Club CR 1-3 500 MR</p>	<p>29 9:30-10:30 Tai Chi MR 11:30-12:30 Wtr Aer AQ 12-3:30 Schafskopf BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>30 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 1-3 Bridge BL</p>	<p>31 9:30-10:30 Tai Chi MR 11-11:45 Posture BL 11:30-12:30 Wtr Aer AQ 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>

AUGUST 2015

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 9-4 Stamp & Scrap BL 11:30-12:30 Wtr Aer AQ 1-3 Bridge JH 2-5 Painting Class CR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>4 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11:30 Hand Massage BL 1-3 500 MR</p>	<p>5 9:30-10:15 Yoga 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 BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>6 8:30-9:15 Yoga Mat BL 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 12-1 Blood Pressures MR 1-3 Bridge BL 1-3 "15" Cards MR</p>	<p>7 9:30-10:30 Tai Chi MR 11-11:45 Posture BL 11:30-12:30 Wtr Aer AQ 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p>10 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>11 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3 500 MR</p>	<p>12 9:30-10:15 Yoga BL 9:30-10:30 Tai Chi MS 10:30-11:15 Oldies MS 11-1 Boogie Bananza Extravaganza MR 11:30-12:30 Wtr Aer AQ 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p>13 8:30-9:15 Yoga Mat BL 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 10-11 Check Balances CR 1-3 Bridge BL 1-3 "15" Cards MR</p>	<p>14 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 11-11:45 Posture BL 11:30-12:30 Wtr Aer AQ 1-2 Brain Fitness CR 1-3 Poker MR 1-3:30 Dominoes JH 5:15-6:15 Jani's Fitn. MR</p>
<p>17 9-4 Stamp & Scrap BL 11:30-12:30 Wtr Aer AQ 1-3 Bridge JH 4-5 Nia MR</p>	<p>18 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11:30 Hand Massage BL 11-12 VA Improved Pension MR 12-1 Blood Pressures MR 1-3 500 MR</p>	<p>19 9:30-10:15 Yoga 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 BL 4-5 Nia MR</p>	<p>20 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 "15" Cards MR</p>	<p>21 9:15-10:15 Wtr Aer WSU 9:30-10:30 Tai Chi MR 11:30-12:30 Wtr Aer AQ 12-3:30 BOL Group MR 1-2 Brain Fitness CR 1-3 Poker MR</p>
<p>24 11:30-12:30 Wtr Aer AQ 12:30-3:30 WYL BL 1-2 Teleconf: Eleanor Roosevelt MR 1-3 Bridge JH 4-5 Nia MR</p>	<p>25 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 12-1 Book Club CR 1-3 500 MR</p>	<p>26 9:30-10:15 Yoga BL 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>27 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 Bingo MR 1-4 Jewelry Class CR</p>	<p>28 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 11:30-12:30 Wtr Aer AQ 1-2 Brain Fitness CR 1-3 Poker MR 1-3:30 Dominoes JH</p>
<p>31 1-3 Bridge BL 4-5 Nia MR</p>	<p>Please register for programs. 454-5212</p>		<p>Room abbreviations mean: AQ = Aquatic Ctr 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 WSU = WSU Pool</p>

INNOVATION

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

ACRYLIC PAINTING CLASS: Facilitator: Sylvia Tolzin, Backyard Brushes

Mon May 4, Jun 1, Aug 3 2-5 p.m. Craft Room Members: \$25/class

- Always wanted to paint, but too afraid to try? NO EXPERIENCE NECESSARY!
- In these sessions all artists will follow and paint the same picture as the instructor
- Instruction and supplies are provided
- Make your own masterpiece to take home
- A different painting will be done for each class, stop in at the center to view the art pieces

WRITING YOUR LIFE: Facilitator: Maxine Aldinger

2nd Mon in May, 4th Mon Jun-Aug May 11-Aug 24 12:30-2:30 p.m. Back Lounge Members: Free

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

SUMMER FASHION SHOW: Facilitator: Corrine Mullen

Wed May 13 1-2 p.m. Main Room Members: \$3

- Come and see the exclusive Christopher and Banks Summer Fashion Line
- Featuring misses, petite & women's plus sizes
- Modeled by our own Friendship Center members
- Come join the fun! Light refreshments will be served
- Please let Charleen know if you would like to be a model

REGISTRATION DEADLINE: MAY 8

JEWELRY CLASS-LADDER BRACELET: Instructor: Barb Saykally

Thu Jun 18 1-4 p.m. Craft Room Members: \$18

- Using a simple ladder stitch you will be creating an adorable bracelet
- The piece is made with Swarovski crystals and pearls
- The center is 3 butterfly crystal beads
- Colors are antique rose pearls and crystals accented by cream pearls
- Beginners & Advanced level

REGISTRATION DEADLINE: MAY 15

LEAF PAINTING: Instructor: Barb Halvorson

Mon Jul 20 1-4 p.m. Craft Room Members: \$17

- Barb will be teaching how to paint a chickadee on a real leaf
- No experience necessary and all supplies will be furnished; satisfaction guaranteed
- Medium used is acrylic
- You will take home a beautiful painting that can be cherished for a long time

REGISTRATION DEADLINE: JUNE 13

JEWELRY CLASS-CRESCENT SHAPES NECKLACE: Instructor: Barb Saykally

Thu Aug 27 1-4 p.m. Craft Room Members: \$25

- Part one in a two part class
- You will learn how to make crescent shapes using 3 different sizes of seed beads
- Then you take your materials home and make the required number of crescents
- At the second class we will form them into a necklace
- Anyone interested in working with seed beads will enjoy this class
- All materials will be provided, the second class will be September 24

REGISTRATION DEADLINE: JULY 24

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

CARDS & GAMES

**YOU MUST BE A MEMBER FOR CARD & GAME PROGRAMS THAT REQUIRE AN ENTRY FEE
YOU MUST BE A MEMBER TO PLAY TEXAS HOLD 'EM**

POOL:

Mon-Fri May 1-Aug 31 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
- No program on May 25 and July 3

TEXAS HOLD 'EM POKER:

Fri May 1-Aug 28 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
- No program on July 3

500 CARDS:

Tue May 5-Aug 25 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 & 5th Wed May 6-Aug 26 12-3:30 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 May 7-Aug 20 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

MEXICAN TRAIN DOMINOES:

2nd & 4th Fri May 8-Aug 28 1-3:30 p.m. Java Hut 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

BINGO:

4th Thu May 28-Aug 27 1-3 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: Intern: [Paige](#)

Tue Jun 2-Jul 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 centers across the nation
- Join our Intern, Paige to find out more information about the game and have some fun

SINGLES ROUND ROBIN 8 BALL POOL TOURNAMENT: Facilitator: [Tim Galewski](#)

Wed July 15 9 a.m. Game Room Members: \$1.50

- All players play all other players 1 game, no eliminations
- Played on a point system (10 pts for a win, losing player gets 1 point for each ball pocketed)
- No lunch provided, bring your own if desired

REGISTRATION DEADLINE: JULY 10

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

CARDS AND GAMES INTEREST:

Are you interested in playing canasta, hand & foot, mahjong, cribbage, chess, scrabble, bunco, etc.? We are planning for the colder months that will be here before you know it. "Please let Charleen know of your interest in any games or if you are interested in leading or teaching a game."

TRAVEL

WINONA BUSINESS TOURS, TRESTER TROLLEY TRIP:

Wed Jun 10 9:15-12:30 p.m. Members: \$11

- Ride the "Original" Trester Trolley (not handicapped accessible)
- See how technology and business has changed over the years
- You may be surprised as to what these companies make and their history
- Tours of Peerless Chain, Miller Ingenuity, Wenonah Canoe and Kayak plant
- There will be some guidelines to follow to tour the facilities ie., no open toe shoe, skirts, etc., pick up the list at the center prior to tour
- Limited spaces available-sign up soon!

REGISTRATION DEADLINE: JUNE 1

WINONA COUNTY FAIR-ST. CHARLES-TRESTER TROLLEY TRIP:

Thu July 9 10:15-3:30 p.m. Members: \$11

- Ride the Trester Trolley for Senior Day at the Winona County fair and enjoy the festivities
- This trolley is enclosed, has padded seats, air conditioning and handicapped accessible

REGISTRATION DEADLINE: JULY 6

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

Let's Go Fishing of the Greater Winona Area (LGF) is a non-profit organization that is devoted to enriching the lives of individuals through free fishing and boating activities that build relationships and create memories. Excursions are approximately 1-3 hours, depending on the group. No cost except for a current fishing license (if applicable). All equipment provided on a safe & handicap-accessible Pontoon boat. Call 507-205-7853 to book your outing with family & friends! The Winona Friendship Center monetarily supports Let's Go Fishing-Let's support them.

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

SENIOR ADVOCACY

Minnesota State Deaf and Hard of Hearing Services

As our population ages the number of people who experience hearing loss is expected to significantly increase. All offices of Deaf and Hard of Hearing Services in Minnesota provide free assistance to deaf, deaf blind and hard of hearing people of all ages, their family members, human service providers, employers, schools and other interested individuals.

Services include:

- Direct consumer assistance to improve communication access
- Training and consultation
- Mental health services
- Telephone Equipment Distribution Program (TED)
- Southern Hearing Aid Bank

The **Telephone Equipment Distribution Program** provides telephone equipment to people who are deaf, hard of hearing, deaf blind, speech impaired or have a physical disability and need adaptive equipment in order to use the phone. DHS loans the equipment at no cost for as long as you need the equipment.

Eligibility : To be eligible for the TED Program you need to live in Minnesota and have:

- Hearing loss, speech or physical disability that limits your use of a standard telephone
- Telephone in your home or have applied for telephone service

Family income equal to or below these guidelines (effective through Sept. 30, 2015):

Family size	Annual gross income
1	\$46,708
2	\$61,080

The TED Program focuses on telecommunication devices related to the telephone. Available equipment includes but is not limited to: amplified telephones, captioned telephones, hands-free speakerphones, light flashing ring signalers, loud ringers, TTYs.

Southern Hearing Aid Bank : The Hearing Aid Bank serves hard of hearing individuals in financial need who do not qualify for other assistance programs. When needed, they will arrange for a hearing evaluation and/or hearing aid through volunteer audiologists and hearing aid dispensers in the area.

Program guidelines: The Hearing Aid Bank will purchase one hearing aid through a state contract vendor. Purchase of a second hearing aid is possible at the client's expense or with private donations made to the Hearing Aid Bank. The applicant may be asked to contribute a co-pay fee. There are income and asset guidelines and an application process.

The Winona Senior Advocates can assist you in accessing these programs.

CHECKS & BALANCES:

2nd Thu May 14-Aug 13 10-11 a.m. Craft Room Members: Free

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

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

ACTIVITY COUNCIL NOTES

Message from the Activity Council President: Mike Maher

This February, the facility completed the first round of facility renovations. We are continually changing, but the changes are what we have been strategically planning for the past four years. We received a grant from the Southeastern MN Initiative fund for paint from the Valspar Company enabling us to paint the walls in the main room which had not been updated for at least 30 years. The incoming freshmen from SMU did the actual painting with some staff touch up. The challenge was how to get a 30' by 8' mural designed and painted. The paint came from the Initiative grant. The design concept came from our Director. The artist was Mary Singer and in 3 months of work she completed the mural. The project came to completion with the help of the Winona Hims grant.

We completed remodeling the Active Wellness Center and added some new equipment. We also needed to replace a refrigerator in the kitchen. Efficient use of space is always a concern and some of that was resolved by moving Program Coordinator, Charleen to the office where the Secretary, Kelli was and moving Kelli to where the gift shop had been. The Gift Shop has moved to where the Program Coordinator office was. Two new programs were started, teleconferencing and Friendships Forever, which were also made possible in part by Blandin Foundation and the Winona Hims grant.



Message from the Friendship Center Director: Malia Fox

Spring has sprung and along with that we've been taking part in the Otto Bremer Banks March for Millions. We were able to match about \$3,000 of your dollars before the million dollars was depleted across southeast MN. We are grateful to the Foundation for matching our dollars in the first 4 days of March. We were even able to get a Bremer Boost on March 7 of \$1,000. We hope to use money coming in from this campaign and the Bakeless Bake sale to further renovate the building to make the Wellness Center larger. Do you know that over 50 people a day are working out in the AWC? We are excited to see members caring for their health and using these facilities to their utmost potential.

We are very fortunate to have a number of interns with us for a considerable amount of time. They are assisting us in evaluations and getting your feedback on programming. They also run the Friendships Forever program. If you know of any older adult unable to get to the Center due to a medical condition or inability to drive anymore, please tell them about our teleconferencing program. We send the students out with the technology to bring them back to the Center for exercise, socialization, & education. This program is helping many people to feel better and less lonely during their day. I highly recommend it.

As I write this the sun is shining so bright & beautiful. Enjoy your spring and summer!

Malia



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: www.cityofwinona.com

FRIENDSHIP CENTER STAFF:

<i>Director:</i>	Malia Fox
<i>Program Coordinator:</i>	Charleen Jaszewski
<i>Secretary:</i>	Kelli Bartsch
<i>Maintenance:</i>	Corbin Flom
<i>Senior Advocate:</i>	Marsha Yancy
<i>Assistant Advocate:</i>	Barbara Saykally
<i>Health Specialist:</i>	Angelo Giaquinto

Like us on Facebook!

Events, Programs & Information:

Your newsletter lasts for 4 month, please keep it handy, especially the calendar. Stop in at the Center to read 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.

Activity Council-Board of Directors:

Mike Maher, President	Roxy Kohner, Vice-President
Rose Mary Staige, Secretary	JC Pfeiffer, Treasurer
Sharon Miller, At-Large	Bill Bellman, At-Large
Gloria Hammond, At-Large	Linda Lowenberg, At-Large
Jean Dowd, At-Large	

This year the Bakeless Bake Sale donations will help to purchase needed equipment (iPads, recumbent bike, large screen TV, billiard table) & help to assist in needed renovation space at the Center.
 Thank you for your donation!