



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-September—December 2015

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Annual Membership fee 1 year from date of purchase
\$20 Single
\$30 2 people in same household

Non-Members pay fee plus 50%
Non-Member daily pass is \$2.00

PAPA MURPHY'S PIZZA NATIONAL SENIOR CENTER MONTH CELEBRATION:

THEME: CELEBRATE LIFE at YOUR SENIOR CENTER!

Wed Sept 16 10:30 a.m.-12:30 p.m. Main Room Members: Free

- Papa Murphy's gives back to the community AGAIN
- 10:30 a.m. Entertainment by pianist Alex Cyert
- 11:30 a.m. Serving a variety of pizza, limited seating
- Learning** Expand Your Knowledge
- Independence** Live On Your Terms
- Friends** Enjoy Life, Laughter, and Feeling Connected
- Energy** Discover Health and Vitality

ACTIVE AGING WEEK — LIVE YOUR ADVENTURE!

Mon-Fri Sept 28-Oct 2 Each day this week a featured class will be FREE!

- Celebrate Active Aging by biking, walking, geocaching, bell boating and more
- Don't miss your chance to be adventurous
- Pick up this week's schedule at the Center for each day's activity and free class
- Come learn about the Active Wellness Center and get a free workout
- Prizes for attending events during the Active Aging week

ACTIVITY COUNCIL HOLIDAY PARTY:

Wed Dec 9 11 a.m.-1:30 p.m. Main Room Members: \$6.50

- The Gift of the Magi by O. Henry will be read by Ray Felton
- Broasted chicken dinner at 11:30, cookie buffet-bring 1 dozen holiday cookies for sharing
- Annual meeting will begin at noon, also drawing for 2—\$25 gift cards
- Wear your "ugly" Christmas sweater and join us for some "quick holiday fun" after the meeting

REGISTRATION DEADLINE: DEC 7

REMEMBER PAYMENT IS REQUIRED AT REGISTRATION

HEALTH & WELLNESS

ACTIVE WELLNESS CENTER: Health Specialist: Angelo Giaquinto

Mon/Wed/Thurs 7:30 a.m.-6 p.m.

Tues/Fri 7:30 a.m.—4 p.m.

Sat 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

We take Silver & Fit from Health Insurance Plans

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

1st & 3rd Tues Sept 1-Dec 15 9:30-11:30 a.m. Members: \$3.50

- Hand massages improve circulation, relieve tension in tendons and increases flexibility
- Reduces stiffness, relieves anxiety, pain and just plain "feels good"
- We encourage both men and women to treat yourself and make your appointment soon

STRENGTH & BALANCE: Instructor: Alison Ogren

Tues Sept 1-Dec 29 8:00-8:40 a.m. Members: \$3.50 or \$35 punch card

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

Note New Time

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

Tues-Fri Sept 1-Dec 31 9:30-10:30 a.m. Members: \$3.00 or \$30 punch card

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

JANI'S FITNESS FOR WOMEN: Instructor: Jani Giaquinto

Mon/Wed/Fri Sept 2-Dec 30 5:15-6:15 p.m. Members: \$3.00 or \$30 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 class Oct 19**

Note Price Increase

NIA: Instructor: Mary Lee Eischen

Mon/Wed Sept 2-Dec 30 4-5 p.m. Members: \$3.50 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 martial, dance and healing arts

YOGA MAT: Instructor: Alison Ogren

Wed Sept 2-Dec 30 8:00-8:40 a.m. Members: \$3.50 or \$35 punch card

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

Note New Day & Time

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

Wed Sept 2-Dec 30 10:30-11:15 a.m. 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 Sept 16**

Note New Day & Time

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

HEALTH & WELLNESS

ZUMBA GOLD: Facilitator: Sheena Gifford, Licensed Zumba Instructor **New class!**

Mon/Wed Sept 2—Dec 30 7:30-8:15 a.m. Members: \$3.50 or \$35 punch card

- Easy to follow Zumba choreography that focuses on balance, range of motion, coordination, cardiovascular, muscular conditioning and flexibility
- Come ready to move and prepare to leave empowered and feeling strong

BLOOD PRESSURE CHECKS:

1st Thurs Sept 3, Oct 1, Nov 5, Dec 3 12-1 p.m. Members: Free

- Licensed nurses perform blood pressure checks
- BP's also available on Tuesdays with WSU Nursing Students on the Health 2 U dates

MOVIN' & GROOVIN': Instructor: Alison Ogren

Thurs Sept 3-Dec 31 4:00-4:45 p.m. Members: \$3.50 or \$35 punch card

- Moving to 60's/70's tunes while rebuilding strength, flexibility and endurance
- Cardio conditioning, wear comfortable clothes

Note New Day & Time

YOGALATES: Instructor: Alison Ogren

New Class!

Thurs Sept 3-Dec 31 5:00-5:45 p.m. Members: \$3.50 or \$35 punch card

- A combination of modified Hatha Yoga and Pilates to develop and increase flexibility, strength, good posture, vivacity and mental awareness
- Performed standing, using a chair and floor mats, with modifications for any mat positions
- For all levels

BRAIN FITNESS: Instructor: Nicole, Student Intern

Fri Sept 4-Nov 20 10:30-11:30 a.m. 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 us for an innovative approach to brain care with mental stimulation and challenges

New Time

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

Tues Sept 8, Oct 6, Nov 3 11 a.m.-Noon Members: Free

- Offered by WSU Nursing Students
- Blood pressure, pulse & oxygen levels assessed and vision testing
- Education topic covered each month

WATER AEROBICS: New Instructor: Kirsten Hefte

Mon/Wed/Fri Sept 9-Dec 4 6:45-7:45 a.m. WSU-Memorial Hall Pool Members: \$45

- Aerobics in a warm water pool, you don't need to know how to swim
- Variety of workouts and great camaraderie while working out

REGISTRATION DEADLINE: Sept 1

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

Tues Sept 15, 29, Oct 6, 27, Nov 10, 24 8:30-11:30 a.m. 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
- Check calendar for location on each day

BRAIN HEALTH FAIR

Mon Nov 2 9:00 a.m.—Noon Members: Free

- Come join us as we learn how to keep our brains healthy
- Challenge yourself and others through different games and activities
- Guest speakers will provide tips and present on different ways to stay fit

Register by Oct 26

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

EDUCATIONAL

GREAT DAKOTA GATHERING—HONORING OUR ELDERS PRESENTATION

Winona Dakota Unity Alliance Board and Advisory Members

Fri Sept 4 11 a.m.-noon Members: Free

- Learn about the role of Elders in Dakota Culture
- The Talk Circle: Process and Protocol
- Background info on the name of our city, Winona
- Learn to speak in Minnesota's first language!

Be sure to attend the
Gathering at Unity Park
Sept 12–13

CAL FREMLING RIVER CRUISE: DAKOTA LIFE ALONG THE RIVER

Tour Guide: Colette Hyman, Professor of History - WSU

Thurs Sept 10 2:30-4 p.m. Members: \$12 Non Members: \$18

- Enjoy a 90 minute cruise on the Mississippi aboard Cal Fremling houseboat class room
- Learn about the life of the Dakota along the Mississippi River
- Snacks and refreshments provided
- Lower level of boat and bathrooms are handicapped accessible
- Cruise will leave the west side Levee dock at 2:30 pm sharp—space limited register now

REGISTRATION DEADLINE: SEPT 1

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

Instructor, Aileen Swenson, Nutritional Therapy Practitioner

Fri Sept 11 1-3 p.m. 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

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

Mon Sept 14, Nov 9, Dec 14 12:30-4:30 p.m. OR 6-10 p.m.

**AARP Member: \$17
Non AARP Member: \$22**

- 4 hr. safety driving class earns you 10% discount on insurance
- For those who have already taken the initial 6 hr. class
- Bring driver's license and AARP card (if member) to class

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 Oct 12 12:30-6:30 p.m.

**AARP Member: \$17
Non AARP Member: \$22**

- 6 hr. safety driving class earns you 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

REGISTRATION REQUIRED

TELECONFERENCE: America's Signs and Symbols:

Mon Sept 28 1-2 p.m. Members: Free

- Take a tour and see how artists use familiar American icons like the Statue of Liberty, bald eagle, the flag to communicate their ideas and encourage probing thoughts about our society
- Provider: Smithsonian American Art Museum

THINK YOU CAN'T TRAVEL? Facilitator: Deb Becker-Galewski

Fri Oct 2 11:30 a.m.—12:30 p.m. Members: Free

- Tips and techniques that may change your mind if you think you can't travel
- Highlights: inventory your needs, pack handy items, communicate with hotels, transportation, being prepared for negative attitudes of other travelers
- Join in the adventure!

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

EDUCATIONAL

TELECONFERENCE: Let's Drain the Worry and Stress Out of Aging!

Mon Oct 5 10-11 a.m. Members: Free

- Often aging is associated with stress and loss, including anxiety about losing people we love
- We also fear losing some of the capacities (hearing, vision, "smarts") we count on to function
- We can become apprehensive about losing our identity and our sense of how to live a rewarding life in our older years
- Today we will put the brakes on fear & worry, making aging "stress resistant"
- Join other Senior Centers listening and interacting with Dr. Bruce McBeath in a joint teleconference

ALTERNATIVE MEDICINE STUDY GROUP Instructor: Elmer Mattila & Assistant, Mike Maher

Thurs Oct 8-Dec 17 2-4 p.m. Members: \$2

- Enhance your health with useful and easy to learn alternative medicine techniques
- This is a study group for learning about "Energy Medicine" and how it could "energize" your life
- Let's learn together through hand-outs, demonstrations, video clips, "hands-on" practice with study mates - Learn Healing Touch, Spring Forest Qigong, Emotional Touch for Health
- Don't worry if you miss a session, things will be covered more than once with review

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

Fri Oct 9 1-3 p.m. Members: \$7

- Learn the role microbiome plays in our health
- Learn how to make fermented dairy, veggies and kombucha
- Learn about die-off reactions
- Sample fermented foods

SELF-HYPNOSIS: Instructor: Aileen Swenson, Certified Hypnotherapist

Tues Oct 13, 20, 27 1:30 -3:30 p.m. Members: \$6/class

- Learn how to journey inward with self-hypnosis to create positive outward change
- Practice imagery exercises at the subconscious level that empower and enlighten
- Great for stress reduction, anxiety relief, confidence building or anything holding you back
- Bring a pillow and blanket—yoga mats provided
- You can use a chair if you are unable to be on the floor

MEDICARE 2016: Facilitator: Marsha Yancy, Senior Advocate

Fri Oct 23 11:30 a.m.-12:30 p.m. Members: Free

- Outline of Medicare plans and changes for 2016
- Review enrollment timelines for Medicare Advantage and Prescription Drug plans

TELECONFERENCE- Grand Canyon National Park:

Mon Oct 26 1-2 p.m. Members: Free

- Participants learn the geologic story of the Grand Canyon by focusing on principles of deposition, Plate tectonics, down-cutting and erosion
- This distance-learning program connects participants to past environments, the Colorado Plateau and the powerful force of the Colorado River
- Provider: Grand Canyon National Park

CHEESE TASTING: Facilitator: Austin Lubinski, HyVee's Cheese Specialist

Tues Nov 10 11:00 a.m.—12:30 p.m. Members: \$3

- Austin will have a variety of cheeses to sample
- Learn how they are crafted, where they come from and cooking and pairing options

REGISTRATION DEADLINE: Nov 2

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

EDUCATIONAL

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

Fri Nov 13 1-3 p.m. Members: \$7

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

ONLINE SELLING PANEL DISCUSSION: Barb Burchill, Marilyn DuCett & Michelle Urbick

Mon Nov 16 1-2 p.m. Members: Free

- This panel of internet users will explain how to use Craigslist, Ebay and Etsy—the online market for handmade things

TELECONFERENCE: America's National Parks

Mon Nov 30 1-2 p.m. Members: Free

- Explore the most beautiful places in the world and some of the most deadly National Parks
- National Park Service 20 year veteran David Smith will share stories and images from some of the truly awe-inspiring places he has worked
- See highlights of the Grand Canyon, Arches, Joshua Tree, Canyonland's National Parks and others

TELECONFERENCE: Wilds of Glacier Bay, Alaska

Mon Dec 28 1-2 p.m. Members: Free

- Have you ever wanted to go into the wild of Glacier Bay, Alaska?
- Park Rangers will bring it directly to you
- During the program, participants will be interacting with the ranger, answering and asking questions
- A great way to introduce you to this amazing National park and to the vast state of Alaska

CLUBS

SEASONED STAMPERS AND SCRAPBOOKING:

1st & 3rd Mon Sept 8-Dec 21 9 a.m.-4 p.m. 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 Sept 11-Dec 11 10-11:30 a.m. Members: Free

- Knitting, crocheting, needlepoint and crafts—socialize with others who have the same interests
- Bring your own supplies, newcomers welcome

BUNDLES OF LOVE: Non-Profit Group

3rd Fri Sept 18-Dec 18 Noon-3:30 p.m. Members: Free

- Make hand made items for needy babies: quilts, afghans, sleepers, onesies and receiving blankets
- Volunteers needed for sewing, crocheting, knitting and cutting materials

BOOK CLUB: Facilitator: Louise Mattila

4th Tues Sept 22-Nov 24 Noon-1 p.m. Members: Free

- Read the month's selection & you are welcome to bring your lunch to class
- September: **The End of Your Life Book Club** **by Will Schwalbe**
- October: **Half Broke Horses** **by Jeanette Walls**
- November: **The World's Strongest Librarian** **by Josh Hanagame**

WOODCARVING: Facilitator: Mike Maher

Wed Oct 7 -Dec 30 Noon-1:30 p.m. Members: Free

- Members carve objects by hand from wood— all levels welcome from the beginner to the advanced
 - Bring your own tools & wood
- No program Dec 9**

SEPTEMBER 2015

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Please register for programs</p> <p>454-5212</p>	<p>1</p> <p>8-8:40 Balance MR 9:30-10:30 Tai Chi MR 9:30-11:30 Hand Massage BL 1-3 500 MR</p>	<p>2</p> <p>7:30-8:15 Zumba MR 8:00-8:40 Yoga Mat BL 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 12-3:30 Schafskopf JH 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>3</p> <p>9:30-10:30 Tai Chi MR 12-1 BP MR 1-3 Bridge BL 1-3 "15" Card MR 4-4:45 Groovin' MR 5-5:45 Yogalates BL</p>	<p>4</p> <p>9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:30 Brain H CR 11-12 Dakota Gather MR 1-3 Poker MR 5:15-6:15 Jani's Fitn BL</p>
<p>7</p> <p>~CLOSED Labor Day~</p>	<p>8</p> <p>8-8:40 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii GR 9-4 Stampers BL 11-12 Health 2 U JH 1-3 500 MR</p>	<p>9</p> <p>6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 1-2 AC Meeting BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>10</p> <p>9:30-10:30 Tai Chi MR 10-11 Chks & Bal CR 1-3 Bridge BL 1-3 "15" Card MR 2:30-4 Cal Fremling Boat 4-4:45 Groovin' MR 5-5:45 Yogalates BL</p>	<p>11</p> <p>6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:30 Brain H 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>14</p> <p>6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 12:30-4:30 AARP 4 MR 12:30-2:30 WYL BL 1-3 Bridge JH 2-5 Acrylic Art CR 4-5 Nia HZ 5:15-6:15 Jani's Fitn BL 6-10 AARP 4 MR</p>	<p>15</p> <p>8-8:40 Balance MR 8:30-11:30 Foot Cl CR 9:30-10:30 Tai Chi MR 9:30-11:30 Hand Massage BL 9:30-11 Wii GR 12-1 BP's MR 1-3 500 MR</p>	<p>16</p> <p>6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga BL 9 Scotch Doubles GR 9:30-10:30 Tai Chi LL 10:30-12:30 Papa Murphys MR 12-3:30 Schafskopf BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>17</p> <p>9:30-10:30 Tai Chi MR 1-3 Bridge JH 1-3 "15" Card MR 4-4:45 Groovin' MR 5-5:45 Yogalates BL</p>	<p>18</p> <p>6:45-7:45 H2O SU 9:30-10:30 Tai Chi MR 10:30-11:30 Brain H CR 12-3:30 Bundles MR 1-3 Poker MR 5:15-6:15 Jani's Fitn MR</p>
<p>21</p> <p>6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 9-4 Stampers BL 1-3 Bridge JH 1-3 Canasta MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>22</p> <p>8-8:40 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii GR 12-1 Book Club CR 1-3 500 MR</p>	<p>23</p> <p>6:45-7:45 H2O WSU 8-8:40 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>24</p> <p>9:30-10:30 Tai Chi MR 1-3 Bridge BL 1-3 Bingo MR 1-4 Jewelry CR 4-4:45 Groovin' MR 5-5:45 Yogalates BL</p>	<p>25</p> <p>6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:30 Brain H CR 1-3 Poker MR 1-3:30 Dominoes JH 5:15-6:15 Jani's Fitn MR</p>
<p>28</p> <p>6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 10:30 Walking 12:30-2:30 WYL CR 1-3 Bridge JH 1-2 Telecon. Signs BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>29</p> <p>8-8:40 Balance MR 8:30-11:30 Foot Cl CR 9:30-10:30 Tai Chi MR 9:30-11 Wii GR 1-3 500 MR 1:00 Boating</p>	<p>30</p> <p>6:45-7:45 H2O SU 7:30-8:15 Zumba MR 8-8:40 Yoga BL 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 12-3:30 Schafskopf JH 1:00 Dancing 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>Room abbreviations mean:</p> <p>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>	

OCTOBER 2015

Monday

Tuesday

Wednesday

Thursday

Friday

	<u>Abbreviations</u> <u>mean:</u> 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	1 9:30-10:30 Tai Chi MR 11:00 Geocaching 12-1 BP MR 1-3 Bridge BL 1-3 "15" Card MR 4-4:45 Groovin' MR 5-5:45 Yogalates BL	2 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10:30-11:30 Brain H CR 11:30-12:30 Travel MR 1:00 Outdoor Games 1-3 Poker MR 5:15-6:15 Jani's Fitn MR
5 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 10-11 Dr. McBeath MR 9-4 Stampers BL 1-3 Jam Sess. MR 1-3 Bridge JH 2-5 Acrylic Art CR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	6 8-8:40 Balance MR 8:30-11:30 Foot Cl CR 9:30-10:30 Tai Chi MR 9:30-11 Wii GR 9:30-11:30 Hand Massage BL 11-12 Health 2 U JH 1-3 500 MR	7 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 12-3:30 Schafskopf JH 12-1:30 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	8 9:30-10:30 Tai Chi MR 10-11 Chks & Bal CR 1-3 Bridge JH 1-3 "15" Card MR 2-4 Study Grp BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL	9 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:30 Brain H CR 1-3 Gut Heal— Fermented Foods JH 1-3 Poker MR 1-3:30 Dominos BL 5:15-6:15 Jani's Fitn MR
12 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 12:30-6:30 AARP 6 MR 12:30-2:30 WYL CR 1-3 Bridge BL 4-5 Nia HZ 5:15-6:15 Jani's Fitn BL	13 8-8:40 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii GR 1-3 500 MR 1:30-3:30 Hypnosis BL	14 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9 Rochester Tourney GR 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 1-2 AC Meeting BL 12-1:30 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	15 9:30-10:30 Tai Chi MR 1-3 Bridge JH 1-3 "15" Card MR 2-4 Study Grp BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL	16 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10:30-11:30 Brain H CR 12-3:30 Bundles MR 1-3 Poker MR 5:15-6:15 Jani's Fitn MR
19 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 9-4 Stampers BL 1-2 Scavenger MR 1-3 Bridge JH 4-5 Nia MR	20 8-8:40 Balance MR 9:30-10:30 Tai Chi MR 9:30-11:30 Hand Massage BL 9:30-11 Wii GR 12-1 BP MR 1-3 500 MR 1:30-3:30 Hypnosis BL	21 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9 Singles Tourney GR 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 12-3:30 Schafskopf JH 12-1:30 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	22 9:30-10:30 Tai Chi MR 1-3 Bridge JH 1-3 Bingo MR 2-4 Study Grp BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL	23 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:30 Brain H CR 11:30-12:30 Medicare 2016 MR 1-3 Poker MR 1-3:30 Dominoes JH 5:15-6:15 Jani's Fitn MR
26 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 12:30-2:30 WYL CR 1-2 Telecon. Grand Canyon BL 1-3 Bridge JH 1-3 Canasta MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	27 8-8:40 Balance MR 8:30-11:30 Foot Cl CR 9:30-10:30 Tai Chi MR 9:30-11 Wii GR 12-1 Book Club BL 1-3 500 MR 1:30-3:30 Hypnosis BL	28 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi LL 10:30-11:15 PACE BL 12-1:30 Woodcarving MR 4-5 Nia HZ 4:30-6:30 Apple Aff MR 5:15-6:15 Jani's Fitn BL	29 9:30-10:30 Tai Chi LL 1-3 Bridge JH 2-4 Study Grp BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL	30 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10:30-11:30 Brain H CR 1-3 Poker MR 5:15-6:15 Jani's Fitn MR

NOVEMBER 2015

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 9-12 Brain Health Fair MR 9-4 Stampers BL 1-3 Bridge JH 2-5 Acrylic Art CR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>3 8-8:40 Balance MR 9:30-10:30 Tai Chi MR 9:30-11 Wii GR 9:30-11:30 Hand Massage BL 11-12 Health 2 U JH 1-3 500 MR</p>	<p>4 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 12-3:30 Schafskopf JH 12-1:30 Woodcarving CR 1-2 Fashion Show MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>5 9:30-10:30 Tai Chi MR 12-1 BP MR 1-3 Bridge JH 1-3 "15" Card MR 1-4 Jewelry CR 2-4 Study Grp BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL</p>	<p>6 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10:30-11:30 Brain H CR 1-3 Poker MR 1-3:30 Dominos JH 5:15-6:15 Jani's Fitn MR</p>
<p>9 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 12:30-4:30 AARP 4 MR 12:30-2:30 WYL CR 1-3 Bridge JH 4-5 Nia HZ 5:15-6:15 Jani's Fitn BL 6-10 AARP 4 MR</p>	<p>10 8-8:40 Balance MR 8:30-11:30 Foot Cl CR 9:30-10:30 Tai Chi MR 9:30-11 Wii GR 11-12:30 Cheese Tasting MR 1-3 500 MR</p>	<p>11 ~CLOSED Veterans Day~</p>	<p>12 9:30-10:30 Tai Chi MR 10-11 Chks & Bal CR 1-3 Bridge JH 1-3 "15" Card MR 2-4 Study Grp BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL</p>	<p>13 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:30 Brain H CR 1-3 Gut Heal—Detox JH 1-3 Poker MR 5:15-6:15 Jani's Fitn MR</p>
<p>16 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 9-4 Stampers BL 1-2 EBay,Craig's,Etsy MR 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>17 8-8:40 Balance MR 9:30-10:30 Tai Chi MR 9:30-11:30 Hand Massage BL 9:30-11 Wii GR 12-1 BP MR 1-3 500 MR</p>	<p>18 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:00 Doubles 8 Ball GR 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 12-3:30 Schafskopf JH 12-1:30 Woodcarving MR 1-2 AC Meeting BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>19 9:30-10:30 Tai Chi MR 1-3 Bridge JH 1-3 Bingo MR 2-4 Study Grp BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL</p>	<p>20 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10:30-11:30 Brain H CR 12-3:30 Bundles CR 1-3 Poker BL 1-3:30 Sale Set Up MR 1-3:30 Dominos JH 5:15-6:15 Jani's Fitn BL</p>
<p>23 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 12:30-2:30 WYL CR 1-3 Bridge JH 1-3 Canasta MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>24 8-8:40 Balance MR 8:30-11:30 Foot Cl BL 9:30-10:30 Tai Chi MR 9:30-11 Wii GR 12-1 Book Club CR 1-3 500 MR 5-7 Thanksgiving ERC</p>	<p>25 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 12-1:30 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>26 ~CLOSED Thanksgiving Day~</p>	<p>27 ~CLOSED~</p>
<p>30 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 1-2 Telecon. National Parks BL 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>			<p>Room abbreviations mean: BL = Back Lounge ERC = East Rec. Ctr CL= Computer Lab CR = Craft Room GR= Game Room HZ = Holzinger</p>	<p>HZ = Holzinger JH = Java Hut LL = Lake Lodge MR = Main Room MS = Masonic WSU = WSU Pool</p>

DECEMBER 2015

Monday

Tuesday

Wednesday

Thursday

Friday

<p><u>Room abbreviations mean:</u> BL = Back Lounge ERC = East Rec. Ctr CL= Computer Lab CR = Craft Room GR= Game Room</p>	<p>1 8-8:40 Balance MR 9:30-10:30 Tai Ch MR 9:30-11:30 Hand Massage BL 1-3 500 MR</p>	<p>2 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 12-3:30 Schafskopf JH 12-1:30 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>3 9:30-10:30 Tai Chi MR 12-1 BP MR 1-3 Bridge JH 1-3 "15" Cards MR 2-4 Study Grp BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL</p>	<p>4 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 1-3 Poker MR 1-3:30 Dominos JH 5:15-6:15 Jani's Fitn MR</p>
<p>7 7:30-8:15 Zumba MR 9-4 Stampers BL 1-3 Bridge JH 1-3 Jam Sess. MR 2-5 Acrylic Art CR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>8 8-8:40 Balance MR 9:30-10:30 Tai Chi MR 1-3 500 MR 4-8:15 Rotary Lights</p>	<p>9 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi LL 11 AC Holiday Party MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>10 9:30-10:30 Tai Chi MR 10-11 Chks & Bal CR 1-3 Bridge JH 1-3 "15" Cards MR 2-4 Study Grp BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL</p>	<p>11 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 1-3 Poker MR 5:15-6:15 Jani's Fitn MR</p>
<p>14 7:30-8:15 Zumba MR 12:30-2:30 WYL CR 12:30-4:30 AARP 4 MR 1-3 Bridge BL 4-5 Nia HZ 5:15-6:15 Jani's Fitn BL 6-10 AARP 4 MR</p>	<p>15 8-8:40 Balance MR 9:30-10:30 Tai Chi MR 9:30-11:30 Hand Massage BL 12-1 BP MR 1-3 500 MR 6:15-7:30 Light Tour Trolley</p>	<p>16 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 12-3:30 Schafskopf JH 12-1:30 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>17 9:30-10:30 Tai Chi MR 1-3 Bridge JH 1-3 Bingo MR 2-4 Study Grp BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL</p>	<p>18 9:30-10:30 Tai Chi MR 12-3:30 Bundles MR 1-3 Poker MR 1-3:30 Dominos JH 5:15-6:15 Jani's Fitn MR</p>
<p>21 7:30-8:15 Zumba MR 9-4 Stampers BL 1-3 Bridge JH 1-3 Canasta MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>22 8-8:40 Balance MR 9:30-10:30 Tai Chi MR 12-1 Book Club CR 1-3 500 MR</p>	<p>23 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 12-1:30 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>24 ~CLOSED Christmas Eve Day~</p>	<p>25 ~CLOSED Christmas Day~</p>
<p>28 7:30-8:15 Zumba MR 12:30-2:30 WYL CR 1-2 Telecon. Alaska BL 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>29 8-8:40 Balance MR 9:30-10:30 Tai Chi MR 1-3 500 MR</p>	<p>30 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi MR 10:30-11:15 PACE BL 12-3:30 Schafskopf JH 12-1:30 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>31 9:30-10:30 Tai Chi MR 1-3 Bridge BL 4-4:45 Groovin' MR 5-5:45 Yogalates BL</p>	

INNOVATION

ACRYLIC PAINTING CLASS: Facilitator: Sylvia Tolzin, Backyard Brushes

Mon Sept 14, Oct 5, Nov 2, Dec 7 2-5 p.m. 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
- A different painting will be done for each class, stop in at the center to view the art pieces
- Instruction and supplies are provided
- Make your own masterpiece to take home for yourself or to give as a gift

WRITING YOUR LIFE: Facilitator: Maxine Aldinger

2nd & 4th Mon Sept 14-Dec 28 12:30-2:30 p.m. Members: Free

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

JEWELRY CLASS-NECKLACE: Instructor: Barbara Saykally

Thurs Sept 24 1-4 p.m. Members: \$5

- This is the second class of the Crescent Shapes necklace
- You will be stitching your Crescents together to create a necklace
- Attach a Druzy gemstone as your pendent
- You must have taken the first class of this series to enroll in this class
- All materials will be provided

REGISTRATION DEADLINE: SEPT 4

Jam Session

Mon Oct 5 1-3 p.m. Members: Free

- Dust off your instruments! It's time for another musical jam
- If you haven't joined in past sessions, come find out why this has earned a bi-monthly slot
- All types of instruments are welcome including kazoos, spoons and vocal cords
- There will be room for improv and spontaneity, indicate what instrument you play when registering

SCAVENGER HUNT: Back by popular demand!

Mon Oct 19 1-3 p.m. Members: Free

- Find out why this is popular
- Great chance to get out and enjoy the fall
- Pick up a scavenger list on Wed., Sept 16—work alone or with a partner
- Items to collect, take pictures or write an answer to a clue
- Use your knowledge of Winona to decipher some clues
- Scavengers will gather Oct. 19 to share stories, items you found and claim your prize

HOLIDAY FASHION SHOW: Facilitator: Corrine Mullen

Wed Nov 4 1-2 p.m. Members: \$3

- See the exclusive Christopher and Banks Holiday Fashion Line
- Fashions for your holiday parties, gift giving and winter fun
- Modeled by our own Winona Friendship Center members
- Come join the fun! Light refreshments will be served

REGISTRATION DEADLINE: OCT 30

JEWELRY CLASS-EARRINGS: Instructor: Barbara Saykally

Thurs Nov 5 1-4 p.m. Members: \$18

- Learn how to make a casual pair of earrings using Superduo and Magatanas beads
- We will be stitching these beads together to form a teardrop shape then accent with a bead at the bottom
- The colors will be lavender and blues
- All materials will be provided

REGISTRATION DEADLINE: OCT 19

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

INNOVATION

TRASH & TREASURERS:

Sat Nov 21 8:00 a.m.-Noon Members: 5' table-\$5, 6' table-\$6

- Think "Holiday Shopping", hunt for Thanksgiving or Christmas items
- Limit 2 tables per vendor, set up Friday, Nov. 20 from 1-3:30 p.m.
- Bring your crafts and handmade items

THANKSGIVING DINNER:

Tue Nov 24 5-7 p.m. East Rec. Center, 210 Zumbro St. Members: Free

- Please join us this Thanksgiving season for a delightful community feast
- A time for us to eat, enjoy each other's company and count our many blessings
- Many hands are responsible for making this event happen
- Contact Charleen if you would like to volunteer your time or help prepare food

REGISTRATION DEADLINE: NOV 16

CHRISTMAS JAM SESSION:

Mon Dec 7 1-3 p.m. Members: Free

- Our now bi-monthly music session is here—instruments and voices welcome
- This jam session will be all about Christmas
- Listeners, clappers and foot stompers are encouraged to join in the fun
- Indicate what instrument you will play when registering or if you are wanting to sing or just listen and enjoy

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

WALLS:

September-Joanne Ahrens & Connie Styba/Adult Coloring
 October- Ray Kiihne-Barns & Books
 November-Jim Halverson-Watercolors
 December - Kari Yearous-Photography

DISPLAY CASE:

Olivia Bartelson - Jewelry
 Margaret Kiihne-Barns & Books
 Barbara Saykally - Vintage Hats
 Karen Ginder-Christmas Collections

PING PONG:

- Do you enjoy playing ping pong but haven't played for a while?
- We have a table for your use
- Feel free to schedule a time to play when the Main Room is available to use
- Contact Charleen if you are interested in playing to be added to a contact interest list

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.

WARM UP WINONA:

- "Warm Up Winona" by donating to those less fortunate
- Accepting handmade or new hats, mittens, scarves, blankets & socks
- Items will be donated to various sites in Winona

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

500 CARDS:

Tues Sept 1—Dec 29 1-3 p.m. Members: \$2

- Register before 11 a.m. on the day of the program - all money taken in is paid out in prizes

POOL:

Mon-Fri Sept 1-Dec 31 7:30 a.m.- 4 p.m. Members: \$.50 or punch card

- Two regulation size tables, use cues provided or bring your own, all levels of players welcome
- Tournaments held throughout the year **Oct 28 pool room closed for Apple Affair**

SCHAFSKOPF (SHEEPSHEAD) TOURNAMENT:

1st, 3rd & 5th Wed Sept 2-Dec 30 12-3:30 p.m. Members: \$2

- Register before 11 a.m. on the day of the program - all money taken in is paid out in cash prizes

15 A CARD GAME:

1st, 2nd, 3rd Thurs Sept 3—Dec 10 1-3 p.m. Members: \$2

- Register before 11 a.m. on the day of the program **No program on Nov 19 & Dec 17**
- Play 15 hands, not necessary to know how to play the game, easy to learn
- All money taken in is paid out in cash prizes

TEXAS HOLD 'EM POKER:

Fri Sept 4-Dec 18 1-3 p.m. Members: Free

- Register before 11 a.m. on the day of the program - Lessons are available upon request

Wii BOWLING: Student Intern: Madison

Tue Sept 8-Nov 24 9:30-11 a.m. 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 in the future

MEXICAN TRAIN DOMINOES:

2nd & 4th Fri Sept & Oct 1-3:30 p.m. Members: Free

1st & 3rd Fri Nov & Dec

- 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 get the least amount of points

SCOTCH DOUBLES POOL TOURNAMENT: Facilitator: Tim Galewski

Wed Sept 16 9 a.m. Members: \$1.50

- Teammates rotate shots—winners of each game move to the next round

REGISTRATION DEADLINE: SEPT 10

CANASTA

3rd or 4th Monday Sept 21, Oct 26, Nov 23, Dec 21 1-3 p.m. Members: \$2

- Register before 11 am on day of the program — lessons available upon request
- All money taken in will be paid out in prizes. *EASY TO LEARN!*

BINGO:

4th Thurs, 3rd Thurs, Nov & Dec Sept 24—Dec 17 1-3 p.m. Members: \$1/two cards

- Register before 11 a.m. on the day of the program—all money taken in is paid out in prizes

WINONA VS. ROCHESTER POOL CHALLENGE: Facilitator: Tim Galewski

Wed Oct 14 9:00 a.m.-3:30 p.m. Members: \$5

- 8 Winona players each play 8 Rochester players
- Entry fee includes all 8 games, coffee and a sloppy joe lunch

REGISTRATION DEADLINE: OCT 8

DOUBLES 8 BALL POOL TOURNAMENT: Facilitator: Tim Galewski

Wed Nov 18 9 a.m. Members: \$1.50

- Two Person teams set up by draw – double elimination

REGISTRATION DEADLINE: NOV 12

TRAVEL

Rotary Lights - LaCrosse, WI:

Tues Dec 8 4 -8:15 p.m. Members: \$35

- Dinner at the Old Country Buffet
- Enjoy the viewing of the lights with a tour on the bus or walk through and meet the bus later
- Bring a non-perishable food item donation to help their mission of feeding the poor and hungry
- Bus, meal, tip and entry fee included in price

REGISTRATION DEADLINE: NOV 24

CHRISTMAS LIGHTS TRESTER TROLLEY TOUR:

Tues Dec 15 6:15—7:30 p.m. Members: \$10 Non member \$12 w/ member

- Clarence Russell will show you the best Christmas lights in Winona
- Trolley is enclosed, heated, padded seats and handicapped accessible **Kids under 6 free**
- Enjoy hot apple cider and cookies following tour
- Christmas music and great fellowship
- Meet at the front entrance of the Friendship Center

REGISTRATION DEADLINE: DEC 7

SENIOR ADVOCACY

Prepare for Medicare open enrollment for 2016

At its 50-year mark, Medicare now covers 55 million people, provides insurance to one in six Americans, and accounts for 14 percent of the federal budget and 20 percent of national healthcare expenditures.

Each year, when Medicare open Enrollment comes around, it is time to double-check your Medicare and prescription drug plans for the following year. In 2015 Medicare Enrollment for the 2016 season is from **October 15th to December 7, 2015**. Even if your current Medicare health plan and your prescription drug benefits are working for you, it's a good idea to check your plan every year. The only way to save on your health care costs is to regularly compare your current plan to other Medicare plans available to you, either offered by your insurer or by other health insurance companies.

During the Fall Open Enrollment you can change how you receive your health coverage and add, change or drop drug coverage. You can make as many changes as you want. The last change that is made is the one that will take effect. Changes made during the Fall Open Enrollment take effect January 1, 2016

What you can do:

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage and vice versa.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan.
- Drop your Medicare prescription drug coverage completely

If you do nothing, most plans will automatically renew for the next calendar year.

*The Advocates will begin collecting information regarding plans in October. If you wish to learn about your options, contact the Senior Advocate office. Call 507-454-7369 to schedule an appointment. We hope to have **Health Care Choices for Minnesotans on Medicare** in November.*

CHECKS & BALANCES:

2nd Thurs Sept 10-Dec 10 10-11 a.m. Members: Free

- Merchants Bank employee will balance your checkbook, free and confidential; just walk-in

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

ACTIVITY COUNCIL NOTES

Message from the Activity Council President: Mike Maher

I have been your President for about 4 years now and it has been a privilege. It has got me down to the Center a lot more often and I've had a ring side seat in the operations. Years ago, an older Doctor who had been around for years, told me the biggest indicator that a person will need institutional care is lack of socialization. What I have seen in the last four years is an increase in visits to the Center from about 1,600 per month to a little over 2,000. There is a lot of socialization going on and a lot of concern of individuals about maintaining healthy life styles. When I stop for a quick visit, I usually find some group having fun. I see new friendships being formed. Personally, I have met and gotten to know quite a few people that I would not have had the opportunity to meet if it was not for activities at the Center. As the thinking of the Center has evolved over the years, what is important to members has prompted the Activity Council to change our name a little. When all the paper work is filed with the State of Minnesota, we will be known as the "Friendship Center". The Center offers over 100 programs, seminars, programs and teleconferences, the way to meet people and have fun is to get involved.



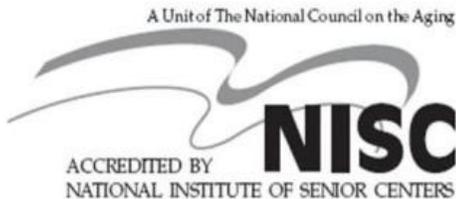
Message from the Friendship Center Director: Malia Fox

The fall/winter newsletter brings us to the point in time for electing new officers for our Board of Directors to the Activity Council. If you have never served on this important committee, I strongly encourage you to do so. This gives you the opportunity to understand how and why the programs we offer are important to the Center. It gives you a more in depth look at what the City does for the Center and what the membership does. It is an honor to serve this very important nonprofit organization. Applications to the Board can be picked up at the Front Desk. A committee member may place a call to you asking if you are interested in serving. Please consider a 2 year term with YOUR Activity Council.

The Gift Shop has been struggling for a few years. We don't have the volunteers to run it, we have a small amount of consignors, we see little traffic entering its doors. We need to know from you if you see benefits to offering a Gift Shop, if you would miss it if it were not at the Center. We would keep our greeting card stock as this is a convenience for many and is used. Please talk with Malia regarding your thoughts on the Gift Shop. If we do not have positive thoughts regarding the shop we may close its doors at the end of the year.

Thank you for your presence at programs and your support of the Center. We hope you enjoy all we have to offer.

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:

Director: Malia Fox
Program Coordinator: Charleen Jaszewski
Secretary: Kelli Bartsch
Maintenance: Corbin Flom
Program Aide: Lori Kapustik
Senior Advocate: Marsha Yancy
Assistant Advocate: Barbara Saykally
Health Specialist: Angelo Giaquinto

Like us on Facebook!

"Save the date"
7th annual Apple Affair
October 28
4:30—6:30 p.m.

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	

Coffee & Cookies

*Coffee and cookies are a welcome donation from the membership.
 For \$50 you can sponsor a month's worth of either coffee or cookies.
 We also welcome donations of unopened cans of decaf or caffeinated brand name coffee.*

Wish List

We recycle cell phones and ink cartridges for cash!
 Please bring your used cell phones and ink cartridges to us.

Friendships Forever

For the past year we have been running a wonderful program for older adults who can no longer come to the Center (health issues, transportation issues). Students go to their homes & with technology are able to bring them back to the Center without ever leaving their home. If you know someone who would benefit from Friendships Forever, please call us so we can set an appointment to show them how it all works.

Friendship Center Calendar Fundraiser

We have been having fun playing & being creative! You will not want to miss out on this calendar featuring members of the center each month portraying different musicals. These will make great gifts for your friends and family. We hope to have them available by November or sooner. We will keep you posted when they arrive!