

# 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-September-December

### ACTIVE AGING WEEK-LET THE ADVENTURE BEGIN!

**Mon-Fri                      Sept 22-26                      Each day this week a featured class will be FREE!**

- Celebrate Active Aging by biking, walking, geocaching, bell boating
- This week will have its own detailed schedule to be picked up at the Center—Look for free activity of the day.
- Come learn about the Active Wellness Center and get a free workout
- Prizes for attending ALL events this week
- Healthy food seminar
- Don't miss your chance to be adventurous

### PAPA MURPHY'S PIZZA NATIONAL SENIOR CENTER MONTH CELEBRATION:

#### THEME: EXPERTS AT LIVING WELL

**Thu                      Sep 25                      10:30-12:30 p.m.                      Main Room                      Members: Free**

- Papa Murphy's gives back to the community AGAIN
- 10:30 a.m. Entertainment by Henry Rotering
- 11:30 a.m. Serving a variety of pizza and more, limited seating
- You are invited to stay and play bingo at 1 p.m. if you wish (\$1 for the first 2 cards)

### ACTIVITY COUNCIL HOLIDAY PARTY:

**Wed                      Dec 10                      11-1:30 p.m.                      Main Room                      Members: \$6**

- A reading by Ray Felton of A Christmas Memory published in 1956 by Truman Capote
- 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

**Deadline: December 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.**

**REVISED 8/26/14**

# 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 Sept 2-Dec 31 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

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

**Tue Sept 2-Dec 30 8:30-9:15 a.m. Main Room Members: \$3.50/time or \$35 punch card**

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

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

**1st & 3rd Tue Sept 2-Dec 16 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

**JANI'S FITNESS FOR WOMEN:** Instructor: Jani Giaquinto

**Mon/Wed/Fri Sept 3-Dec 31 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
- Consult calendar for dates not in session

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

**Wed Sept 3-Dec 31 8:30-9:15 a.m. Main Room 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

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

**Wed/Fri Sept 3-Dec 31 10:30-11:15 a.m. Main Room Members: \$3.50/time or \$35 punch card**

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

**NIA:** Instructor: Mary Lee Eischen

**Mon/Wed Sept 3-Dec 31 4-5 p.m. Main Room Members: \$3.00/time or \$20 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

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

# HEALTH & WELLNESS

**YOGA MAT:** Instructor: Alison Ogren

**Thu Sept 4-Dec 18 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

**BLOOD PRESSURE CHECKS:**

**3rd Tues Sept 16-Dec 16 12-1 p.m. Main Room Members: Free**

**1st Thu Sept 4-Dec 4 12:30-1:30 p.m. Main Room Members: Free**

- Licensed nurses perform blood pressure checks

**WATER AEROBICS:**

**Mon/Wed/Fri Sept 8-Dec 10 6:45-7:45 a.m. WSU-Memorial Hall Pool Members: \$45**

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

**REFLEXOLOGY:** Facilitators: MN State College SE Tech. Students & Jeanne Handke, Massage Therapy Instructor

**2nd & 4th Mon Sept 8-Oct 27 9-11 a.m. Back Lounge Members: \$5**

- Appointments required
- Reflexology focuses on applying pressure to the specific nerve zones of the feet
- It relieves tension in your feet and it is a far more in depth modality that is aimed to harmonize your entire body
- Every part of the human body is mapped into your feet.
- Reflexology treatments have been found to be highly effective for many conditions such as allergies, headaches, depression and it is great for overall relaxation.
- A complete foot massage is included in the session-1 hour sessions

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

**2nd Tue Sept 9-Nov 4 11-Noon Java Hut Members: Free**

- Offered by WSU Nursing Students
- Blood pressure, pulse & oxygen levels assessed
- Vision testing
- Education topic offered

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

**Wed Sept 10-Nov 26 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 Oct 22

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

**2nd & 4th Thu Sep 11-Nov 20 9:30-1:30 p.m. Craft Room Members: \$5**

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

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

**Fri Sept 19-Nov 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 Anissa for an innovative approach to brain care with mental stimulation and challenges

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# HEALTH & WELLNESS

## HEALING TOUCH TYPE OF HEALINGS: Instructor: Elmer Mattila

**Tue Oct 7 1-3 p.m. Back Lounge Members: \$2**

- This class will be an introduction to energy/alternative medicine
- Learn what it is through lecture, demonstrations and an actual healing session
- Try it out with the instructor and classmates
- Participants will be able to sign up for a free healing after the class

## HEALING QIGONG-SPRING FOREST QIGONG WITH ACU-PRESSURE POINTS: Instructor: Elmer Mattila

**Tue Oct 14 -28 1-3 p.m. Back Lounge Members: \$6**

- Learn basics for self-healing and also a technique to help a friend
- Learn with lecture, demonstration and real hands on practice with a classmate
- Learn how massaging a few acu-points can help your health
- We will also do some group healings

## EMOTIONAL FREEDOM TECHNIQUES (EFT): Instructor: Elmer Mattila

**Tue Nov 4 & 18 1-3 p.m. Back Lounge Members: \$4**

- Introduction to the tapping way to get over phobias, cravings and health issues & pain management
- This is mostly a hands on class with practicing tapping techniques on yourself led by the instructor

# EDUCATIONAL

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

**Mon Sept 8, Nov 10, Dec 8 12:30-4:30 p.m. OR 6-10 p.m. Main Room AARP Member: \$17 Non AARP Member: \$22**

- 4 hr. Safety driving class with 10% discount on insurance
- For those who have already taken the initial 8 hr. class
- Bring driver's license and AARP card (if member) to class

**PRE-REGISTRATION REQUIRED**

## INITIAL AARP DRIVER'S SAFETY PROGRAM:

**Mon Oct 13 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**

## BIRDS OF WINONA: Presenter: Kay Shaw

**Mon Sept 15 1-2 p.m. Main Room Members: Free**

- Kay is a local nature and travel photographer, she will present a program on Birds of Winona
- In addition to resident birds, she will show pictures of colorful warblers that migrate through our area
- Winona is the Mississippi Flyway and has many bird species coming through
- Kay will have her bird photo notecards available

## WINONA FIRE DEPARTMENT: THE CHANGES I HAVE SEEN IN THE PAST 40 YEARS: Facilitator: Ed Krall

**Thu Sept 18 11-Noon Main Room Members: Free**

- Equipment, what is a T.T.C.?
- See a demonstration of a 1994 model compared to a 2010 model.
- What is P.P.E.? How has it changed from 1972 to the current P.P.E.?
- Training evolutions, advances in E.M.S (Emergency Medical Services), Haz Mat will be discussed
- What is I.C.S. (1983) versus "freelancing"?
- Number of calls in 1972 versus today and more!

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# EDUCATIONAL

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

**Fri                      Sep 19                      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: STORM CHASING WITH CLINT PECOS PERKINS:**

**Mon                      Sept 22                      1-1:30 p.m.                      Main Room                      Members: Free**

- Join us as he shares his adventures in storm chasing and the science behind it
- Incredible video footages and images
- An integral part of the program will be devoted to severe weather safety
- He will be available to answer our toughest tornado questions

**PHYSICAL THERAPY-BOWEL & BLADDER CONTROL:** Tiffany Calteaux, Certified Women's Health Clinical Specialist

**Fri                      Oct 10                      12-1 p.m.                      Main Room                      Members: Free**

- Learn what the pelvic floor muscles are, how they work and what exercises a person can do to control their bowel & bladder better
- Bowel & bladder concerns related to this topic include: urinary urgency, urinary frequency, urinary incontinence, fecal incontinence and constipation

**MEDICARE 2015:** Facilitator: Marsha Yancy, Senior Advocate

**Tue                      Oct 14                      11-Noon                      Main Room                      Members: Free**

- Outline of Medicare plans and changes for 2015
- Review enrollment timelines for Medicare Advantage and Prescription Drug plans

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

**Fri                      Oct 17                      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

**TELECONFERENCE: THE UKRAINE:**

**Mon                      Oct 20                      1:30-2:30 p.m.                      Main Room                      Members: Free**

- Learn about the up to the minute activity going on inside the Ukraine
- Hear firsthand from Reno Domenico, who lives & works in the Ukraine
- Photos & video links of events unfolding in recent months. Personal accounts of impacts of change on people.

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

**Fri                      Nov 14                      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: MELVA STEEN, Ph D:**

**Mon                      Nov 17                      1-2 p.m.                      Main Room                      Members: Free**

- We are interviewing a remarkable woman, Melva Steen. She joined the Peace Corps at age 75 and received her Ph D at 60!
- Melva has written a wonderful book on her experiences as a Peace Corps volunteer in Africa called "Sensible Shoes: Experiences of an Older Peace Corps Volunteer in Africa"
- She will share her story on the Senior Learning Network

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

## EDUCATIONAL

**CAN I REALLY CHASE MY BLUES AWAY?** Facilitator: Annette Krutsch, PhD, Psychologist

**Wed Dec 3 12-1 p.m. Main Room Members: Free**

- All of us can “feel blue” now and then, but what if this feeling doesn’t seem to go away?
- What can I do to improve my emotional wellness?
- My physician tells me to just “get active”. How can that change my mood?
- What are possible physical and emotional causes of feeling blue, becoming confused or even disoriented?

**TELECONFERENCE: CONNECTING WITH SCIENTISTS:**

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

- Be directly connected with scientists during live broadcast from field sites and research labs
- Scientists will demonstrate research techniques and share new discoveries
- Creates a “being there” experience and opens a window into science
- Participants interact with and look over the shoulders of scientists who are conducting exciting, real world research

## TRAVEL

**CHRISTMAS LIGHTS TRESTER TROLLEY TOUR:**

**Wed Dec 17 6:15–7:30 p.m. Members: \$10**

- Trolley is enclosed, heated, padded seats and handicap accessible
- Enjoy hot apple cider and cookies following tour
- Christmas music and great fellowship
- Meet at the front entrance of the Friendship Center

## 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

**ART EXHIBITS:** Stop in the main room to see the beautiful art work from various artists each month. In honor of Grandparents Day in September we are asking you to bring in your Grandchildren’s Artwork to display on the walls of the center. Bring in 1 piece per child with their name, age and your name between September 2-5. 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.

**WALLS:**

Sept: Members Grandchildren Artwork  
 Oct: Jo Meyer, Watercolors & Oils  
 Nov: Joe Benusa, Stained Glass  
 Dec: Josh Degallier, Photography

**DISPLAY CASE:**

Oct: Woodcarving Club

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# SEPTEMBER 2014

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>1</b></p> <p><b>~CLOSED~</b></p> <p><b>LABOR DAY</b></p>	<p><b>2</b></p> <p>8:30-9:15 Balance MR            9:30-10:30 Tai Chi MR            9:30-11:30 Hand                      Massage CR            10-2 Stamp &amp; Scrap BL            1-3 500 MR</p>	<p><b>3</b></p> <p>8:30-9:15 Yoga MR            9:30-10:30 Tai Chi MR            10:30-11:15 Oldies MR            1-3:30 Schafskopf BL            4-5 Nia MR            5:15-6:15 Jani's Fitn. MR</p>	<p><b>4</b></p> <p>8:30-9:15 Yoga Mat BL            9:30-10:30 Tai Chi MR            12:30-1:30 Blood                      Pressures MR            1-3 Bridge BL            1-3:30 "15" Cards MR</p>	<p><b>5</b></p> <p>9:30-10:30 Tai Chi MR            10:30-11:15 Oldies MR            1-3 Poker MR            5:15-6:15 Jani's Fitn. MR</p>
<p><b>8</b></p> <p>6:45-7:45 Wtr Aer WSU            9-11 Reflexology BL            12:30-4:30 AARP Ref MR            12:30-2:30 WYL BL            1-3 Bridge JH            4-5 Nia HZ            5:15-6:15 Jani's Fitn BL            6-10 AARP Ref. MR</p>	<p><b>9</b></p> <p>8:30-9:15 Balance MR            9:30-10:30 Tai Chi MR            11-12 WSU Hlth 2 U JH            1-3 500 MR            2-3 Computer                      Lab Closed CL</p>	<p><b>10</b></p> <p>6:45-7:45 Wtr Aer WSU            8:30-9:15 Yoga MR            9:30-10:15 PACE BL            9:30-10:30 Tai Chi MR            10:30-11:15 Oldies MR            1-2 AC Meeting BL            4-5 Nia MR            5:15-6:15 Jani's Fitn. MR</p>	<p><b>11</b></p> <p>8:30-9:15 Yoga Mat BL            9:30-10:30 Tai Chi MR            9:30-1:30 Foot/Nail                      Care Clinic BL            10-11 Check Balance CR            1-3 Bridge JH            1-3:30 "15" Cards MR</p>	<p><b>12</b></p> <p>6:45-7:45 Wtr Aer WSU            9:30-10:30 Tai Chi MR            10-11:30 Knitting JH            10:30-11:15 Oldies MR            1-3 Poker MR            5:15-6:15 Jani's Fitn. MR</p>
<p><b>15</b></p> <p>6:45-7:45 Wtr Aer WSU            10-2 Stamp &amp; Scrap BL            1-2 Birds of WN MR            1-3 Bridge JH            2-5 Painting CR            4-5 Nia MR            5:15-6:15 Jani's Fitn MR</p>	<p><b>16</b></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><b>17</b></p> <p>6:45-7:45 Wtr Aer WSU            8:30-9:15 Yoga MR            9:30-10:15 PACE BL            9:30-10:30 Tai Chi MR            10:30-11:15 Oldies MR            1-3:30 Schafskopf BL            4-5 Nia MR            5:15-6:15 Jani's Fitn. MR</p>	<p><b>18</b></p> <p>8:30-9:15 Yoga Mat BL            9:30-10:30 Tai Chi MR            11-12 Fire Dept. MR            1-3 Bridge BL            1-3:30 "15" Cards MR</p>	<p><b>19</b></p> <p>6:45-7:45 Wtr Aer WSU            9:30-10:30 Tai Chi MR            10:30-11:15 Oldies MR            12-3:30 BOL Group MR            1-2 Brain Fitness CR            1-3 Poker MR            1-3 Gut Healing JH            5:15-6:15 Jani's Fitn. MR</p> <p>7:00 Winona Hims                  Concert</p>
<p><b>22 ACTIVE.....</b></p> <p>6:45-7:45 Wtr Aer WSU            9-11 Reflexology BL            12:30-2:30 WYL BL            1-1:30 Teleconf.- MR                  Storm Chasing            1-3 Bridge JH            4-5 Nia MR            5:15-6:15 Jani's Fitn. MR</p>	<p><b>23.....</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            2-3 Computer                  Lab Closed CL</p>	<p><b>24 AGING.....</b></p> <p>6:45-7:45 Wtr Aer WSU            8:30-9:15 Yoga MR            9:30-10:15 PACE BL            9:30-10:30 Tai Chi MR            10:30-11:15 Oldies MR            4-5 Nia MR            5:15-6:15 Jani's Fitn. MR</p>	<p><b>25.....</b></p> <p>8:30-9:15 Yoga Mat BL            9:30-10:30 Tai Chi LL            9:30-1:30 Foot &amp; Nail                      Care Clinic BL            10:30-12:30 PAPA                      Murphy's MR            1-3 Bridge JH            1-3:30 Bingo MR</p>	<p><b>26 WEEK....</b></p> <p>6:45-7:45 Wtr Aer WSU            9:30-10:30 Tai Chi MR            10-11:30 Knitting JH            10:30-11:15 Oldies MR            1-2 Brain Fitness CR            1-3 Poker MR            5:15-6:15 Jani's Fitn. MR</p>
<p><b>29</b></p> <p>6:45-7:45 Wtr Aer WSU            1-3 Bridge BL            4-5 Nia MR            5:15-6:15 Jani's Fitn. MR</p>	<p><b>30</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>Please register for programs.</b></p> <p><b>454-5212</b></p>	<p><b>Room abbreviations mean:</b></p> <p><b>BL = Back Lounge</b>  <b>ERC = East Rec. Ctr</b>  <b>CL= Computer Lab</b>  <b>CR = Craft Room</b>  <b>GR= Game Room</b></p>	<p><b>HZ = Holzinger</b>  <b>JH = Java Hut</b>  <b>LL = Lake Lodge</b>  <b>MR = Main Room</b>  <b>MS = Masonic Temple</b></p>

# OCTOBER 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>ERC = East Rec. Ctr</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></p> <p>6:45-7:45 Wtr Aer WSU              8:30-9:15 Yoga MR              9-4 Scotch Dbl Tourn. GR              9:30-10:15 PACE BL              9:30-10:30 Tai Chi MR              10:30-11:15 Oldies MR              1-3:30 Schafskopf BL              1-3 Wood Carving MR              4-5 Nia MR              5:15-6:15 Jani's Fitn. MR</p>	<p><b>2</b></p> <p>8:30-9:15 Yoga Mat BL              9:30-10:30 Tai Chi MR              12:30-1:30 Blood Pressures MR              1-3 Bridge BL              1-3:30 "15" Card MR</p>	<p><b>3</b></p> <p>6:45-7:45 Wtr Aer WSU              9:30-10:30 Tai Chi MR              10:30-11:15 Oldies MR              1-2 Brain Fitness CR              1-3 Poker MR              5:15-6:15 Jani's Fitn MR</p>
<p><b>6</b></p> <p>6:45-7:45 Wtr Aer WSU              10-2 Stamp &amp; Scrap BL              1-3 Bridge JH              4-5 Nia MR              5:15-6:15 Jani's Fitn. MR</p>	<p><b>7</b></p> <p>8:30-9:15 Balance MR              9:30-10:30 Tai Chi MR              9:30-11 Wii Bowl GR              9:30-11:30 Hand Massage BL              1-3 500 MR              1-3 Healing Touch BL              2-3 Computer Lab Closed CL</p>	<p><b>8</b></p> <p>6:45-7:45 Wtr Aer WSU              8:30-9:15 Yoga MR              9:30-10:15 PACE BL              9:30-10:30 Tai Chi MR              10:30-11:15 Oldies MR              1-2 AC Meeting BL              1-3 Wood Carving MR              4-5 Nia MR              5:15-6:15 Jani's Fitn. MR</p>	<p><b>9</b></p> <p>8:30-9:15 Yoga Mat BL              9:30-10:30 Tai Chi MR              9:30-1:30 Foot &amp; Nail Care Clinic BL              10-11 Check Balance CR              1-3 Bridge JH              1-3:30 "15" Card MR</p>	<p><b>10</b></p> <p>6:45-7:45 Wtr Aer WSU              9:30-10:30 Tai Chi MR              10-11:30 Knitting JH              10:30-11:15 Oldies MR              12-1 Phy Therapy MR              1-2 Brain Fitness CR              1-3 Poker MR              5:15-6:15 Jani's Fitn. MR</p>
<p><b>13</b></p> <p>6:45-7:45 Wtr Aer WSU              9-11 Reflexology BL              12:30-6:30 AARP MR              12:30-2:30 WYL BL              1-3 Bridge JH              2-5 Painting Class CR              4-5 Nia MS              5:15-6:15 Jani's Fitn. BL</p>	<p><b>14</b></p> <p>8:30-9:15 Balance MR              9:30-10:30 Tai Chi MR              9:30-11 Wii Bowl GR              11-12 Medicare MR              11-12 WSU Hlth 2 U JH              1-3 500 MR              1-3 Healing Qi-Gong BL</p>	<p><b>15</b></p> <p>6:45-7:45 Wtr Aer WSU              8:30-9:15 Yoga MR              9:30-10:15 PACE BL              9:30-10:30 Tai Chi MR              9:30-3:30 R. Pool Tour. GR              10:30-11:15 Oldies MR              1-3:30 Schafskopf BL              1-3 Wood Carving MR              4-5 Nia MR              5:15-6:15 Jani's Fitn. MR</p>	<p><b>16</b></p> <p>8:30-9:15 Yoga Mat BL              9:30-10:30 Tai Chi MR              1-3 Bridge BL              1-3:30 "15" Card MR</p>	<p><b>17</b></p> <p>6:45-7:45 Wtr Aer WSU              9:30-10:30 Tai Chi MR              10:30-11:15 Oldies MR              12-3:30 BOL Group MR              1-2 Brain Fitness CR              1-3 Poker MR              1-3 Gut Healing JH              5:15-6:15 Jani's Fitn. MR</p>
<p><b>20</b></p> <p>6:45-7:45 Wtr Aer WSU              10-2 Stamp &amp; Scrap BL              1-3 Bridge JH              1:30-2:30 Teleconf: Ukraine MR              2-5 Painting Class CR              4-5 Nia MR              5:15-6:15 Jani's Fitn. MR</p>	<p><b>21</b></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              1-3 Healing Qi Gong BL              2-3 Computer Lab Closed CL</p>	<p><b>22</b></p> <p>6:45-7:45 Wtr Aer WSU              8:30-9:15 Yoga BL              9:30-10:30 Tai Chi MS              10:30-11:15 Oldies BL              1-3 Wood Carving MS              4-5 Nia MS              5:15-6:15 Jani's Fitn. MS</p> <p>Game Room Closed All Day</p>	<p><b>23</b></p> <p>8:30-9:15 Yoga Mat BL              9:30-10:30 Tai Chi MS              9:30-1:30 Foot &amp; Nail Care Clinic BL              1-3 Bridge JH              1-3:30 Bingo MR              1-4 Bracelet Class CR</p>	<p><b>24</b></p> <p>6:45-7:45 Wtr Aer WSU              9:30-10:30 Tai Chi MR              10-11:30 Knitting JH              10:30-11:15 Oldies MR              1-2 Brain Fitness CR              1-3 Poker MR              5:15-6:15 Jani's Fitn. MR</p>
<p><b>27</b></p> <p>6:45-7:45 Wtr Aer WSU              9-11 Reflexology BL              12:30-2:30 WYL BL              1-3 Bridge JH              4-5 Nia MR              5:15-6:15 Jani's Fitn. MR</p>	<p><b>28</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 CR              1-3 500 MR              1-3 Healing Qi Gong BL</p>	<p><b>29</b></p> <p>6:45-7:45 Wtr Aer WSU              8:30-9:15 Yoga MR              9-4 Singles Pool Tourney GR              9:30-10:15 PACE BL              9:30-10:30 Tai Chi MR              10:30-11:15 Oldies MR              12-2 Diabetic Shoes MR              1-3 Wood Carving MR              1-3:30 Schafskopf BL              4-5 Nia MR              5:15-6:15 Jani's Fitn. MR</p>	<p><b>30</b></p> <p>8:30-9:15 Yoga Mat BL              9:30-10:30 Tai Chi MS              11-1 Heritage Food Fest MR              1-3 Bridge BL</p>	<p><b>31</b></p> <p>6:45-7:45 Wtr Aer WSU              9:30-10:30 Tai Chi MR              10:30-11:15 Oldies MR              1-2 Brain Fitness CR              1-3 Poker MR              5:15-6:15 Jani's Fitn. MR</p>

# NOVEMBER 2014

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p><b>3</b></p> <p>6:45-7:45 Wtr Aer WSU 10-2 Stamp &amp; 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><b>4</b></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 11-12 WSU Hlth 2 U JH 1-3 500 MR 1-3 Em. Freedom BL 2-3 Computer Lab Closed CL</p>	<p><b>5</b></p> <p>6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 10:30-11:15 Oldies BL 1-3:30 Schafskopf JH 1-2 Holiday Fashion Show MR/BL 1-3 Wood Carving MS 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p><b>6</b></p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 9:30-1:30 Foot &amp; Nail Clinic BL 12:30-1:30 Blood Pressures MR 1-3 Bridge JH 1-3:30 "15" Card MR</p>	<p><b>7</b></p> <p>6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p><b>10</b></p> <p>6:45-7:45 Wtr Aer WSU 12:30-2:30 WYL BL 12:30-4:30 AARP Ref MR 1-3 Bridge JH 2-5 Painting Class CR 4-5 Nia HZ 5:15-6:15 Jani's Fitn. BL 6-10 AARP Ref. MR</p>	<p><b>11</b></p> <p><b>~CLOSED~ VETERAN'S DAY</b></p>	<p><b>12</b></p> <p>6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-2 AC Meeting BL 1-3 Wood Carving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>13</b></p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 10-11 Check Balance CR 1-3 Bridge BL 1-3:30 "15" Cards MR</p>	<p><b>14</b></p> <p>6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10-11:30 Knitting JH 10:30-11:15 Oldies MR 1-2 Brain Fitness CR 1-3 Detox &amp; Juicing JH 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p><b>17</b></p> <p>6:45-7:45 Wtr Aer WSU 10-2 Stamp &amp; Scrap BL 1-2 Teleconf.: Melva Steen MR 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>18</b></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 1-3 Em. Freedom BL 2-3 Computer Lab Closed CL</p>	<p><b>19</b></p> <p>6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:15 PACE BL 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-3:30 Schafskopf BL 1-3 Wood Carving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>20</b></p> <p>8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 9:30-1:30 Foot &amp; Nail Care Clinic BL 1-3 Bridge JH 1-3:30 Bingo MR</p>	<p><b>21</b></p> <p>6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-3:30 BOL Group MR 1-2 Brain Fitness CR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p><b>24</b></p> <p>6:45-7:45 Wtr Aer WSU 12:30-2:30 WYL BL 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>25</b></p> <p>8:30-9:15 Balance MR 9-11 Diabetic Shoe Pickup BL 9:30-10:30 Tai Chi MR 9:30-11 Wii Bowl GR 12-1 Book Club BL 1-3 500 MR 5-7 Thanksgiving Dinner ERC</p>	<p><b>26</b></p> <p>6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9-4 DBL 8 Ball Tourn GR 9:30-10:30 Tai Chi MR 9:30-10:15 PACE BL 10:30-11:15 Oldies MR 1-3 Wood Carving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>27</b></p> <p><b>~CLOSED~ THANKSGIVING</b></p>	<p><b>28</b></p> <p><b>~CLOSED~ THANKSGIVING</b></p>
<p><b>Please register for programs.</b></p> <p><b>454-5212</b></p>			<p><b><u>Room abbreviations mean:</u></b></p> <p>BL = Back Lounge ERC = East Rec. Ctr CL= Computer Lab CR = Craft Room GR= Game Room</p>	<p>HZ = Holzinger JH = Java Hut MR = Main Room MS = Masonic Temple</p>

# DECEMBER 2014

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>1</b> 6:45-7:45 Wtr Aer WSU 10-2 Stamp &amp; Scrap BL 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>2</b> 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11:30 Hand                   Massage BL 1-3 500 MR 2-3 Computer Lab                   Closed CL</p>	<p><b>3</b> 6:45-7:45 Wtr Aer WSU 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 12-1 Chase Blues                   Away MR 1-3 Wood Carving MR 1-3:30 Schafskopf BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>4</b> 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 12:30-1:30 Blood                   Pressure MR 1-3 Bridge JH 1-3:30 "15 Cards MR 1-4 Necklace Class CR</p>	<p><b>5</b> 6:45-7:45 Wtr Aer WSU 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-3 Poker MR 5:15-6:15 Jani's Fitn. MR</p>
<p><b>8</b> 6:45-7:45 Wtr Aer WSU 12:30-2:30 WYL BL 12:30-4:30 AARP Ref MR 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR 6-10 AARP Ref BL</p>	<p><b>9</b> 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3 500 MR</p>	<p><b>10</b> 6:45-7:45 Wtr. Aer WSU 8:30-9:15 Yoga BL 9:30-10:30 Tai Chi MS 10:30-11:15 Oldies BL 11-1:30 AC Holiday                   Party MR 1-3 Wood Carving CR 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>11</b> 8:30-9:15 Yoga Mat BL 9:30-10:30 Tai Chi MR 10-11 Check Balances CR 1-3 Bridge BL 1-3:30 "15 Cards MR</p>	<p><b>12</b> 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</p>
<p><b>15</b> 10-2 Stamp &amp; Scrap BL 1-3 Bridge JH 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>16</b> 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 9:30-11:30 Hand                   Massage BL 12-1 Blood                   Pressures MR 1-3 500 MR 2-3 Computer Lab                   Closed CL</p>	<p><b>17</b> 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-3 Wood Carving MR 1-3:30 Schafskopf BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR 6:15-7:30 Trolley                   Lights Tour</p>	<p><b>18</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>19</b> 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><b>22</b> 1-2 Teleconf: MR                   Scientists 1-3 Bridge BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>23</b> 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3 500 MR</p>	<p><b>24</b> ~CLOSED~ <b>CHRISTMAS EVE</b></p>	<p><b>25</b> ~CLOSED~ <b>CHRISTMAS DAY</b></p>	<p><b>26</b> 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</p>
<p><b>29</b> 1-3 Bridge BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>30</b> 8:30-9:15 Balance MR 9:30-10:30 Tai Chi MR 1-3 500 MR</p>	<p><b>31</b> 8:30-9:15 Yoga MR 9:30-10:30 Tai Chi MR 10:30-11:15 Oldies MR 1-3 Wood Carving MR 1-3:30 Schafskopf BL 4-5 Nia MR 5:15-6:15 Jani's Fitn. MR</p>	<p><b>Room abbreviations mean:</b> BL = Back Lounge CL= Computer Lab CR = Craft Room GR= Game Room JH = Java Hut MR = Main Room MS = Masonic Temple</p>	<p><b>Please register for programs.</b>  <b>454-5212</b></p>

# INNOVATION

## **WRITING YOUR LIFE:** Facilitator: Maxine Aldinger

**2nd & 4th Mon Sep 8-Dec 8 12:30-2:30 p.m. Back Lounge Members: Free**

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

## **ACRYLIC PAINTING CLASS:** Facilitator: Sylvia Tolzin, Backyard Brushes

**Mon Sep 15, Oct 13, Oct 20, Nov 3, Nov 10 2-5 p.m. Craft Room Members: \$25/class**

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

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

**Thu Oct 23 1-4 p.m. Craft Room Members: \$40**

- This class will be about learning to create from a foundation row outward
- In the end you will have created "Honeycomb Bracelet" Design by Ellad2
- The colors are earthy hues of turquoise, copper, silver and cream
- We are using Czech tile beads, seed beads, crystals, and super duos
- All materials will be provided

**Deadline: October 2**

## **HERITAGE FOOD FEST:**

**Thu Oct 30 11-1 p.m. Main Room Members: \$3 with dish/\$5 without**

- A potluck luncheon featuring food from different cultures; Polish, German, Swedish, Irish?
- Represent your family heritage, bring your favorite recipe & dish or just come & eat
- WSU International students sharing food from their homelands
- Décor to match your meal is encouraged
- Indicate what food you plan to prepare & provide a copy of the recipe at time of registration

**Deadline: October 22**

## **HOLIDAY FASHION SHOW:** Facilitator: Corrine Mullen

**Wed Nov 5 1-2 p.m. Main Room Members: \$3**

- Come and 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

**Deadline: October 30**

## **JEWELRY CLASS-CRYSTAL NECKLACE:** Instructor: Barbara Saykally

**Thu Dec 4 1-4 p.m. Craft Room Members: \$40**

- Imagine just in time for Christmas you have created a beautiful Swarovski crystal necklace
- Join in this class and you will have just that
- Learn the techniques to finish a necklace and how to string crystal beads and bead caps to create a treasure
- All materials will be provided

**Deadline: November 10**

## **THANKSGIVING DINNER:**

**Tue Nov 25 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

**Deadline: November 17**

**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 Sept 2-Dec 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
- Pool tables not available Tuesdays, Sept. 16-Nov. 26, 9:30-11 a.m., due to Wii Bowling

## 500 CARDS:

**Tue Sept 2-Dec 30 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 Sept 3-Dec 17 1-3:30 p.m. Back Lounge Members: \$2**

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

## BRIDGE:

**Mon & Thu Sept 4-Dec 29 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

## "15" THE CARD GAME:

**Thu Sept 4-Dec 18 1-3 p.m. Main Room Members: \$2**

- Consult calendar for dates, 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

## TEXAS HOLD 'EM POKER:

**Fri Sept 5-Dec 26 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

## Wii BOWLING: Krysta, Student Intern

**Tue Sep 16-Nov 25 9:30-11 a.m. Game Room Members: Free**

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

## BINGO:

**4th Thu Sept 25-Dec 18 1-3:30 p.m. Main Room Members: \$1/two cards**

- Consult calendar for dates, register before 11 a.m. on the day of the program
- All money taken in is paid out in prizes, \$1 for first two cards

## SCOTCH DOUBLES POOL TOURNAMENT: Facilitator: Tim Galewski

**Wed Oct 1 9-4 p.m. Game Room Members: \$5.00**

- Teammates rotate shots, lunch provided
- Winners of each game move to the next round

**REGISTRATION DEADLINE: SEPTEMBER 25**

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

# CARDS & GAMES

## **WINONA VS. ROCHESTER POOL CHALLENGE:** Facilitator: Tim Galewski

**Wed Oct 15 9:30-3:30 p.m. Game Room**

**Members: \$5**

- Round Robin Tournament, lunch provided
- 8 player team and each of Winona's players will play each of Rochester's 8 players

**REGISTRATION DEADLINE:  
OCTOBER 9**

## **SINGLES 8 BALL POOL TOURNAMENT:** Facilitator: Tim Galewski

**Wed Oct 29 9-4 p.m. Game Room**

**Members: \$5**

- All levels of players welcome
- Double elimination-best 2 out of 3 games, lunch provided

**REGISTRATION DEADLINE: OCTOBER 23**

## **DOUBLES 8 BALL POOL TOURNAMENT:** Facilitator: Tim Galewski

**Wed Nov 26 9-4 p.m. Game Room**

**Members: \$5**

- Two person teams set up by draw
- Double elimination, lunch provide

**REGISTRATION DEADLINE: NOVEMBER 20**

# CLUBS

## **SEASONED STAMPERS AND SCRAPBOOKING:**

**1st & 3rd Mon Sept 2-Dec 15 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 Sept 12-Dec. 26 10-11:30 a.m. Java Hut**

**Members: Free**

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

## **BUNDLES OF LOVE:**

**3rd Fri Sept 19-Dec 19 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

## **BOOK CLUB:** Facilitator: Louise Mattila

**4th Tue Sept 23-Nov 25 Noon-1 p.m. Back Lounge**

**Members: Free**

- Read the month's selection & you are welcome to bring your lunch to class
- September: **The Girls of Atomic City by Denise Kiernan**
- October: **Luncheon of the Boating Party by Susan Vreeland**
- November: **All the Light There Was by Nancy Kricorian**

## **WOODCARVING:** Facilitator: Mike Maher

**Wed Oct 1-Dec 31 1-3 p.m. Main Room**

**Members: Free**

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

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

# SENIOR ADVOCACY

## Are you ready for Medicare open Enrollment for 2015?

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 2014, Medicare Enrollment for the 2015 season is from **October 15th to December 7, 2014**. 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 provider 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.

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.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- 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 work with an advocate for an appointment.*

### **CHECKS & BALANCES:**

**2nd Thu                      Sept 11-Dec 11                      10-11 a.m.                      Craft Room                      Members: Free**

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

### **WARM UP WINONA:**

- Starting September 1st, "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

### **DIABETIC SHOES WALK IN CLINIC: Certified Peditoist, Todd Haglind**

**Wed                      Oct 29                      Noon-2 p.m.                      Main Room                      Members: Free**

- Examinations and measurements of your feet
- Many styles and colors of shoes to choose from
- Covered by Medicare, bring Medicare, Medica, Humana, medical assistant card and primary doctor's information
- Shoe pick up day will be November 25 from 9-11 in the Back Lounge

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

# ACTIVITY COUNCIL NOTES

## Message from the Activity Council President: Mike Maher

Most of us know that aging is a challenge, something like a car, after so many miles, things wear out. With careful maintenance, the car lasts a lot longer. Malia, likes to say that our members are "experts on aging well". Gerontologist's tells us, our brain changes in different ways after 50, for example, we begin to think out of both the right side and left side of the brain simultaneously, which gives us a more balanced view of the world. Again, the brain says to us, you have always wanted to do something, now is the time. The Center offers some programs to keep us physically healthy, like Tai Chi, Yoga, Nia and even bike riding. Elmer Mattila, a Certified Healing Touch Practitioner, will offer several workshops this fall in the art of Energy Healing. The Center offers about 95 different programs and workshops. So maybe it is time to try something new. Participating in any new program/workshop will probably expand your world of friends.

The NCOA, a national organization the center belongs to, is promoting "Active aging Week", "Let The Adventure Begin". (Sept. 21-27) Our Center will have special programs and it is an opportunity to try new things and meet new people. Like Nike says, "Just Do IT" .

### **Activity Council-Board of Directors:**

Mike Maher, President

Rose Mary Staige, Secretary

Roxy Kohner, At-Large

Gloria Hammond, 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 would like your attention to a couple of new programs in the works. I will need your input for both of them. The first is called Friendships Forever and basically is bringing members that can no longer access the Center back in via teleconferencing. We received a grant from Blandin Foundation to purchase iPads and hotspots so that students can take our programming into homes of former members and they can enjoy our programs, too. Would you spread the word to anyone you may know that would benefit from such a program? We've also received a grant from Winona Hims and will need your assistance in selling tickets to their concerts on Sept. 19 & 20.

The last idea is for a Public Forum with other centers around the nation. Researching ideas of controversy and speaking on the pros or cons to the topic as well as audience participation in the form of listening and providing feedback to the "debate".

If any of these ideas interest you, please contact me and we can discuss further.

Thank you to Winona Hims and Blandin Foundation for support of our programs and operations!

<b>FRIENDSHIP CENTER STAFF:</b>	
<b>Director:</b>	Malia Fox
<b>Program Coord.:</b>	Charleen Jaszewski
<b>Secretary:</b>	Kelli Bartsch
<b>Senior Advocate:</b>	Marsha Yancy
<b>Assistant Advocate:</b>	Barbara Saykally
<b>Maintenance:</b>	Corbin Flom
<i>Website: <a href="http://www.cityofwinona.com">www.cityofwinona.com</a></i>	

Thank you for your support of the Friendship Center through the Bakeless Bake Sale. \$3,037 was given to the Activity Council. Your donations are greatly appreciated and assisted us in support of programming at the Center. Some of the items purchased were a microphone for better teleconferencing communication and Neat Scanners for the Advocates to take into homes and gather materials to assist them in providing the best resources for their clients.

**Events, Programs & Information:**

Please keep your newsletter handy, and calendar available, it lasts for 4 months! Please be sure to stop in at the Center to see the power points, flyers, watch the TV and newspaper for details of other upcoming events that may take place during the trimester that were not scheduled at the time of printing this newsletter. If you are interested in serving on a committee to help plan programs, please contact Charleen or one of your Activity Council Board Members. Committees meet monthly, every other month or once a trimester. Committees are: Health/Wellness & Education, Travel, Innovation, Cards/Games & Physical. If you do not want to be on a committee but have suggestions of future programs, please let us know... we welcome new ideas, especially innovation and special events.



Winona Friendship Center: 507-454-5212  
 Senior Advocacy - Phone: 507-454-7369  
 Toll free 1-866-904-1918 Fax: 507-454-7652  
 E-mail: [mfox@ci.winona.mn.us](mailto:mfox@ci.winona.mn.us)  
 Website: [cityofwinona.com](http://cityofwinona.com)

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