# Winona Friendship Center

**251 Main St.**
**Winona, MN 55987**
**507-454-5212**
**Hours: Monday—Friday, 7:30 a.m.-4 p.m.**

# Potpourri-September to December

## Attention: Registration Required!

It is very important to register for programs. Please don't just "show up". We need to have rooms set up and speakers scheduled. We will cancel programs if we don't know how many people are going to be attending. We have established a policy of payment on activities the day of registration. This can be done by cash, check or credit card.

**PAPA MURPHY'S PIZZA-NATIONAL SENIOR CENTER MONTH CELEBRATION:** Theme is Senior Centers: Experts at Living Well!

Papa Murphy's gives back to the Community AGAIN by celebrating Senior Center Month with FREE pizza, and extra's.

- **Monday, September 30, 10:30 a.m.-1 p.m., Main Room**
- **10:30-Entertainment by "Das Wurst Haus Band" featuring Arv & Jan Fabian**
- **11:30-Serving of lunch**
- **Treat a guest for $2 to encourage them to join the center!**

## "Haunted" Open House:

**Thursday, October 31 7:30 a.m.-4 p.m.**

- **Open House all day**
- **Scared to be seen at the Friendship Center?**
- **Come see what you're missing out on**
- **Disguise yourself in costume so no one will know who you are. We will have some items available for you to be disguised.**

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**Like us on Facebook!**

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

# HEALTH & WELLNESS

## ACTIVE WELLNESS CENTER:

**Monday—Friday, 7:30 a.m.-4 p.m.** Members: **$40/year**

**NEW AREA WITH MORE ROOM AND A NEW ELLIPTICAL MACHINE!**

- WSU Exercise Science students 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

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

**Mon/Wed/Fri Sept 4-Dec 30 5:15-6:15 p.m. Main Room Members: $2.00/time or a punch card**

- Cardio, strength training and flexibility exercises
- Presented at 3 levels, choose what's right for you
- Yin Yoga for calming the mind
- Consult calendar for dates not in session

## WATER AEROBICS:

**Mon/Wed/Fri Sept 9-Nov 25 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

## NIA: Instructor: Mary Lee Eischen

**Mon/Wed Sept 4–Dec 16 4-5 p.m. Main Room Members: $3.00/time or a punch card**

- Connecting the body, mind, emotions and spirit through music
- Emphasis on stretching, strengthening, flexibility, agility & balance
- Wear comfortable clothing

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

**Tue-Fri Sept 3-Dec 31 9:30-10:30 a.m. Main Room Members: $3.00/time or a punch card**

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

## STRENGTH & BALANCE: Instructor: Alison Ogren

**Tue Sept 3-Dec 31 8:30–9:15 a.m. Main Room Members: $3.50/time or a punch card**

- Regain and maintain balance
- Strength training and coordination exercises
- Exercises performed with aid of chair or standing
- Free class on Sept. 10 & 17 with Alison's personal DVD

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

**Wed-Fri Sept 4-Dec 27 10:30—11:15 a.m. Main Room Members: $3.50/time or a punch card**

- Moving to oldies tunes while rebuilding strength, flexibility and endurance
- Cardio conditioning
- Wear comfortable clothes
- Free class on Sept. 11 & 18 with Alison's personal DVD

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

# HEALTH & WELLNESS

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

**Wed Sept 4-Dec 18 8:30-9:15 a.m. Main Room Members: $3.50/time or a punch card**

- Improve flexibility, posture & core
- Easy movements, basic yoga positions, simple stretches & soothing breathing exercises
- Wear comfortable clothes
- No class on 9/11 or 9/18

**YOGA MAT:** Instructor: Alison Ogren

**Thu Sept 26-Dec 26 8:30-9:15 a.m. Back Lounge Members: $3.50/time or a punch card**

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

**FULL BODY MASSAGES:** Certified Massage Therapist: Pam Spencer

**Thu & Fri Sept 5-Dec 27 1-3:30 p.m. Back Lounge Members: $14.50, $25, $40**

- Appointments required
- First timers; come 15 minutes early to complete paperwork
- Deep tissue, full body massage or chair massage
- 15 minute, 1/2 hr., or hour massages
- Consult calendar for massage dates

**BLOOD PRESSURE CHECKS:**

**4th Wednesday Sept 25-Nov 27 11:30-12:30 p.m. Java Hut Members: Free**
**2nd Thursday Sept 12-Dec 12 12:30-1:30 p.m. Java Hut Members: Free**

- Licensed nurses perform blood pressure checks

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

**Fri Sept 20-Nov 22 9:30-10:15 a.m. Back Lounge Members: Free**

- For individuals who experience joint pain, stiffness, and/or limited range of motion
- Low impact exercises sitting or standing
- Keep joints flexible, muscles strong and reduce pain

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

**Session 1: Mon Sept 23-Oct 14 1-2 p.m. Computer Lab Members: Free**
**Session 2: Mon Oct 21-Nov 18 1-2 p.m. Computer Lab Members: Free**

- An innovative approach to brain care
- Mental stimulation & challenges
- Computer knowledge or use of mouse for online games required

**DIABETIC SHOES WALK IN CLINIC:** Certified Pediothist, Todd Haglind

**Mon Oct 7 9-Noon 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 Nov. 5 from 11-Noon in the Back Lounge

**COOKING FOR 1 OR 2:** Presenter: Alexandra Economy, Hy-vee's Dietitian

**Mon Nov 18 11-11:45 a.m. Main Room Members: Free**

- Discuss easy ways to cook & enjoy meals for small households
- Learn about batch cooking, avoiding food waste & tips for simple, healthy meal preparation
- Recipes provided for households of 1 or 2

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# INNOVATION

**WRITING YOUR LIFE:** **2nd & 4th Mondays** Facilitator: Mary Ann Fuchsel

**Mon Sept 9-Dec 9 12:30-2 p.m. Back Lounge Members: Free**

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

**CHECKS & BALANCES:**

**2nd Thu Sept 12-Dec 12 10-11 a.m. Back Lounge Members: Free**

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

**STAMP COLLECTING:** **2nd Tuesday** Facilitator: Ted Zimmerman

**Tue Sept 10-Dec 10 1-3:30 p.m. Masonic Dining Room Members: Free**

- Explore U.S. and Foreign stamps
- Collect, trade or get together and discuss stamps

**FRIENDSHIP CHORALIERS:** Facilitator: Sue Degallier

**Thu Sept 12-Dec 19 11 a.m.-Noon Back Lounge Members: Free**

- For people who enjoy singing
- Sue's experience in choral directing spans many years & styles and looks forward to making beautiful music together
- Never been in a choir? There is no time like the present
- Opportunities to sing for local nursing homes

**FRUGAL FALL FASHIONS:**

**Mon Sept 16 1-3 p.m. Main Room Members: $3.50**

- On a tight budget and want to spruce up your wardrobe?
- Tips on filling your closet with the latest fashions well below retail price from local consignment shops
- Desserts, beverages and door prizes

**REGISTRATION DEADLINE: SEPTEMBER 11**

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

**Thu Sept 19 11 a.m.-4 p.m. Craft Room Members: $25**

- Weaving a pattern to form a bracelet with twin hole beads & seed beads
- When complete your wrists will be wrapped in a repeated starburst pattern
- All materials provided

**REGISTRATION DEADLINE: AUGUST 16**

**DINING WITH DIANA:** Presenter: Diana Cyert

**Mon Sept 23 11 a.m. -12:30 p.m. Java Hut Members: $5**

- Learn to cook Schewe's Goulash (Diana's dad's famous recipe)
- Delicious salad completes the meal
- Leftovers freeze well
- Dine together or bring a container to take home

**REGISTRATION DEADLINE: SEPTEMBER 18**

**TRASH & TREASURERS:**

**Sat Nov 2 9 a.m.-Noon Main Room Members: 5' table-$5, 6' table-$6**

- Think "Holiday Shopping", hunt for Halloween, Thanksgiving or Christmas items
- Concessions available
- Limit 2 tables per vendor, set up Friday, Nov. 1 from 1-3:30 p.m., need to be set up by 8:15 a.m. Saturday
- Gift Shop will be open

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

# INNOVATION

## JEWELRY CLASS-NECKLACE: Instructor: Barb Saykally

**Thu Nov 7 11 a.m.-4 p.m. Craft Room Members: $35**

- Begin with looped chain, links, a focal bead and some gems
- Jump rings & handmade links will join it all together for a fabulous necklace
- All materials provided

**REGISTRATION DEADLINE: OCTOBER 9**

## DINING WITH DIANA: Presenter: Diana Cyert

**Mon Nov 25 11 a.m.-12:30 p.m. Java Hut Members: $5**

- Turkey Salad, Turkey Tetrazzini & Caramel Apple Bars
- 3 simple & quick recipes to use up leftovers
- Dine together or bring a container to take home

**REGISTRATION DEADLINE: NOVEMBER 20**

## THANKSGIVING DINNER:

**Tue Nov 26 5:30-7 p.m. East Rec. Center Members: Free**

- Join us, East Rec staff and patrons to eat together and count our many blessings
- Contact Charleen if you would like to volunteer for preparing food
- Donations of ingredients are welcome
- East Rec Center, 210 Zumbro St, event will expand into the entire gym this year

**REGISTRATION DEADLINE: NOVEMBER 7**

## ACTIVITY COUNCIL ANNUAL MEETING & DINNER:

**Wed Dec 11 10:30 a.m.-4 p.m. Main Room Members: $6.50**

- Music by Ron Haugen at 10:30, Broasted Chicken Dinner at 11:30
- Annual meeting at Noon
- Cookie buffet-bring 1 dozen holiday cookies for buffet
- Must attend meeting to qualify for a $25 Hyvee gift card drawing

**REGISTRATION DEADLINE: DECEMBER 5**

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

**WALLS:**

**September: Joe Benusa, Stained Glass**
**October: Richard & Maryann Frietsch, Photography**
**November: Toni Ambrosen, T-Shirts & Jackets**
**December: Joan McNeil, Watercolors**

**DISPLAY CASE:**

**September: Tim Galewski, Scroll Work**
**October: Boots & Shoes**
**November: Toni Ambrosen, Greek Pottery**
**December: Baskets**

# EDUCATIONAL

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

**Mon Sept 9, Nov 4, Dec 9 12:30-4:30 p.m. OR 6-10 p.m. Main Room AARP Member: $14 Non AARP Member: $16**

- 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 14 12:30-6:30 p.m. Main Room AARP Member: $14 Non AARP Member: $16**

- 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**

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

# EDUCATIONAL

**HOUSING OPTIONS FOR OLDER ADULTS:** Presenter: Marsha Yancy, Senior Advocate

**Tue Sept 10 11 a.m.-Noon Main Room Members: Free**

- Housing options are expanding and evolving
- Single family homes, senior cooperatives, and apartments to continuing care retirement communities
- Outline local options for housing
- Explore spectrum of services and options for financing

**HOW DRY I AM! DEHYDRATING FRUITS, VEGETABLES & HERBS:** Presenter: Nancy Reynolds, Master Gardener

**Thu Sept 12 2-3:00 p.m. Craft Room Members: Free**

**REGISTRATION DEADLINE: SEPTEMBER 11**

- Instruction on equipment needed
- Harvesting of fruits, vegetables and herbs for drying
- Preparing for & methods of drying, uses of dried products, taste some dried fruits and vegetables
- Space limited-registration required for materials

**TELECONFERENCE: KNIFE RIVER INDIAN VILLAGES MISSOURI NATIONAL HISTORIC SITE**:

**Mon Sept 23 1-2:00 p.m. Main Room Members: Free**

- Learn about the Earthlodge people along the Missouri River
- Major Native American trade center for hundreds of years
- Interactive, live with expert

**OUTLOOK FOR MEDICARE CHOICES 2014:** Presenter: Marsha Yancy, Senior Advocate

**Thu Oct 3 11 a.m.-Noon Main Room Members: Free**

- Outline of Medicare plans & changes for 2014
- Review enrollment timelines for Medicare Advantage & Prescription Drug Plans

**MEDICARE ABCD'S:** Presenter: Chad Wojchik

**Mon Oct 7 & 28 1-3:30 p.m. Main Room Members: Free**

- Learn the different parts of Medicare
- Learn traditional/original Medicare and supplements
- Instructor is certified state health insurance program counselor (SHIP) with the Senior Linkage line.

**HEALTH INSURANCE EXCHANGES AND HEALTH CARE REFORM:** Presenter: Marsha Yancy

**Thu Oct 17 11 a.m.-Noon Main Room Members: Free**

- New Health Care Exchanges open Oct. 15 for enrollment Jan. 1, 2014
- MN Residents without health insurance age 19-64 may shop for insurance at MNSure
- Information about the new guidelines for Medical Assistance
- Explanation of the tax credits for purchasing health insurance
- See how to shop on the new exchange

**TELECONFERENCE: TOTEMS**: Sitka National Historical Park

**Mon Oct 21 1-2 p.m. Main Room Members: Free**

- Learn about conflicts between Russian traders and the indigenous Tlingit people of Alaska
- Explore the Tlingit and Haida totem poles along the parks scenic coast
- Interact live with Sitka's Park Ranger

**TELECONFERENCE: WW2 VALOR:**

**Mon Dec 2 2-3:00 p.m. Main Room Members: Free**

- Bringing the sites and stories of Pearl Harbor to you!
- Pearl Harbor survivors tell their stories of that fateful day
- Video of a USS Arizona underwater dive

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

# SEPTEMBER 2013

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2**<br>**~CLOSED~**<br>**LABOR DAY** | **3**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>10-2 Stamp/Scrap BL<br>1-3 500 MR<br>6-9 500 MR | **4**<br>8:30-9:15 Yoga MR<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>12-3:30 Schafskopf BL<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **5**<br>9:30-10:30 Tai Chi MR<br>1-3:30 "15" Cards MR<br>1-3:30 Massages BL | **6**<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>1-3 Poker MR<br>1-3:30 Massages BL<br>5:15-6:15 Jani's Fitn. MR |
| **9**<br>6:45-7:45 Wtr Aer WSU<br>12:30-4:30 AARP Ref MR<br>12:30-2 WYL BL<br>4-5 Nia MS<br>5:15-6:15 Jani's Fitn BL<br>6-10 AARP Ref MR | **10**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>11-12 Housing Opt MR<br>1-3 500 MR<br>1-3:30 Stamp Coll MS<br>6-9 500 MR | **11**<br>6:45-7:45 Wtr Aer WSU<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>1-2 AC Council Mtg BL<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **12**<br>9:30-10:30 Tai Chi MR<br>10-11 Check Balance CR<br>11-12 FR Choraliers BL<br>12:30-1:30 Blood Pressures JH<br>1-3:30 "15" Cards MR<br>1-3:30 Massages BL<br>2-3 Master Gardener CR | **13**<br>6:45-7:45 Wtr Aer WSU<br>9:30-10:30 Tai Chi MR<br>10-11:30 Knitting JH<br>10:30-11:15 Oldies MR<br>1-3 Poker MR<br>1-3:30 Massages BL<br>5:15-6:15 Jani's Fitn. MR |
| **16**<br>6:45-7:45 Wtr Aer WSU<br>10-2 Stamp & Scrap BL<br>1-3 Frugal Fall Fashions MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn MS | **17**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>1-3 500 MR<br>6-9 500 MR | **18**<br>6:45-7:45 Wtr Aer WSU<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>12-3:30 Schafskopf BL<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. BL | **19**<br>9:30-10:30 Tai Chi MR<br>9:30-11 Wii Bowling GR<br>11-4 Jewelry Bracelet CR<br>11-12 FR Choraliers BL<br>1-3:30 "15" Cards MR | **20**<br>6:45-7:45 Wtr Aer WSU<br>9:30-10:30 Tai Chi MR<br>9:30-10:15 PACE BL<br>10:30-11:15 Oldies MR<br>12-3:30 BOL Group MR<br>1-3 Poker MR<br>5:15-6:15 Jani's Fitn. MR |
| **23**<br>6:45-7:45 Wtr Aer WSU<br>11-12:30 Dine W/Diana JH<br>12:30-2 WYL BL<br>1-2 Brain Fitness 1 CL<br>1-2 Telec. Knife River MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **24**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>12-1 Book Club BL<br>1-3 500 MR<br>1:15-3 Jewelry Club CR<br>6-9 500 MR | **25**<br>6:45-7:45 Wtr Aer WSU<br>8:30-9:15 Yoga MR<br>9-3 SC Dbl Pool Tourn GR<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>11:30-12:30 Blood Pressures JH<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **26**<br>8:30-9:15 Yoga Mat BL<br>9:30-10:30 Tai Chi MR<br>9:30-11 Wii Bowling GR<br>11-12 FR Choraliers BL<br>1-3:30 Bingo MR | **27**<br>6:45-7:45 Wtr Aer WSU<br>9:30-10:30 Tai Chi MR<br>9:30-10:15 PACE BL<br>10-11:30 Knitting JH<br>10:30-11:15 Oldies MR<br>1-3 Poker MR<br>5:15-6:15 Jani's Fitn. MR |
| **30**<br>6:45-7:45 Wtr Aer WSU<br>10:30-1 Papa Murphy MR<br>1-2 Brain Fitness 1 CL<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | | | **Please register for programs.**<br>**454-5212** | **Room abbreviations mean:**<br>**BL = Back Lounge**<br>**CL= Computer Lab**<br>**CR = Craft Room**<br>**GR= Game Room**<br>**JH = Java Hut**<br>**MR = Main Room**<br>**MS = Masonic Temple** |

# OCTOBER 2013

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Please register for programs.**<br><br>**454-5212** | **1**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>1-3 500 MR<br>6-9 500 MR | **2**<br>6:45-7:45 Wtr Aer WSU<br>8:30-9:15 Yoga MR<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>12-3:30 Schafskopf BL<br>1-3 Woodcarving MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn MR | **3**<br>8:30-9:15 Yoga Mat BL<br>9:30-10:30 Tai Chi MR<br>9:30-11 Wii Bowling GR<br>11-12 Medicare 2014 MR<br>11-12 FR Choraliers BL<br>1-3:30 "15" Card MR | **4**<br>6:45-7:45 Wtr Aer WSU<br>9:30-10:30 Tai Chi MR<br>9:30-10:15 PACE BL<br>10:30-11:15 Oldies MR<br>1-3 Poker MR<br>5:15-6:15 Jani's Fitn MR |
| **7**<br>6:45-7:45 Wtr Aer WSU<br>9-12 Diabetic Shoes BL<br>10-2 Stamp & Scrap BL<br>1-2 Brain Fitness 1 CL<br>1-3:30 Medicare ABC's MR<br>11-4 Jewelry Necklace CR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **8**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>1-3 500 MR<br>1-3:30 Stamp Coll MS<br>6-9 500 MR | **9**<br>6:45-7:45 Wtr Aer WSU<br>8:30-9:15 Yoga MR<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>1-2:30 AC Meeting BL<br>1-3 Woodcarving MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **10**<br>8:30-9:15 Yoga Mat BL<br>9:30-10:30 Tai Chi MR<br>9:30-11 Wii Bowling GR<br>10-11 Check Balance CR<br>11-12 FR Choraliers BL<br>12:30-1:30 Blood Pressures JH<br>1-3:30 "15" Card MR<br>1-3:30 Massages BL | **11**<br>6:45-7:45 Wtr Aer WSU<br>9:30-10:30 Tai Chi MR<br>9:30-10:15 PACE BL<br>10-11:30 Knitting JH<br>10:30-11:15 Oldies MR<br>1-3 Poker MR<br>1-3:30 Massages BL<br>5:15-6:15 Jani's Fitn. MR |
| **14**<br>6:45-7:45 Wtr Aer WSU<br>12:30-6:30 AARP MR<br>12:30-2 WYL BL<br>1-2 Brain Fitness 1 CL<br>4-5 Nia MS | **15**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>1-3 500 MR<br>6-9 500 MR | **16**<br>6:45-7:45 Wtr Aer WSU<br>8:30-9:15 Yoga MS<br>9:30-10:30 Tai Chi MS<br>10:30-11:15 Oldies MS<br>12-3:30 Schafskopf MS<br>1-3 Woodcarving MS<br>4-5 Nia MS<br>4:30-6:30 Apple Affair MR | **17**<br>8:30-9:15 Yoga Mat MS<br>9:30-10:30 Tai Chi MS<br>11-12 Hlth Insurance MR<br>11-12 FR Choraliers BL<br>1-3:30 "15" Card MR | **18**<br>6:45-7:45 Wtr Aer WSU<br>9:30-10:30 Tai Chi MR<br>9:30-10:15 PACE BL<br>10:30-11:15 Oldies MR<br>12-3:30 BOL Group MR<br>1-3 Poker MR |
| **21**<br>6:45-7:45 Wtr Aer WSU<br>10-2 Stamp & Scrap BL<br>1-2 Brain Fitness 2 CL<br>1-2 Telec-Totems MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **22**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>12-1 Book Club BL<br>1-3 500 MR<br>6-9 500 MR | **23**<br>6:45-7:45 Wtr Aer WSU<br>8:30-9:15 Yoga MR<br>9-3 Singles Pool Tour GR<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>11:30-12:30 Blood Pressures JH<br>1-3 Woodcarving MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **24**<br>8:30-9:15 Yoga Mat BL<br>9:30-10:30 Tai Chi MS<br>9:30-11 Wii Bowling GR<br>11-12 FR Choraliers BL<br>1-3:30 Massages BL | **25**<br>6:45-7:45 Wtr Aer WSU<br>9:30-10:30 Tai Chi MS<br>9:30-10:15 PACE BL<br>10-11:30 Knitting JH<br>10:30-11:15 Oldies MS<br>1-3 Poker MS<br>1-3:30 Massages BL<br>5:15-6:15 Jani's Fitn. MS<br><br>**LIBRARY BOOK SALE** |
| **28**<br>6:45-7:45 Wtr Aer WSU<br>12:30-2 WYL BL<br>1-2 Brain Fitness 2 CL<br>1-3:30 Medicare ABC's MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **29**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>1-3 500 MR<br>1:15-3 Jewelry Club CR<br>6-9 500 MR | **30**<br>6:45-7:45 Wtr Aer WSU<br>8:30-9:15 Yoga MR<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>1-3 Woodcarving MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **31**<br>7:30-4 Haunted Open House<br>8:30-9:15 Yoga Mat BL<br>9:30-10:30 Tai Chi MR<br>9:30-11 Wii Bowling GR<br>11-12 FR Choraliers BL<br>1-3:30 Massages BL | **Room abbreviations mean:**<br>**BL = Back Lounge**<br>**ERC = East Rec. Ctr**<br>**CL= Computer Lab**<br>**CR = Craft Room**<br>**GR= Game Room**<br>**JH = Java Hut**<br>**MR = Main Room**<br>**MS = Masonic Temple** |

# NOVEMBER 2013

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Please register for programs.**<br><br>**454-5212** | | **Room abbreviations mean:**<br>**BL = Back Lounge**<br>**CL= Computer Lab**<br>**CR = Craft Room**<br>**GR= Game Room**<br>**JH = Java Hut**<br>**MR = Main Room**<br>**MS = Masonic Temple** | | **1**<br>6:45-7:45 Wtr Aer WSU<br>9:30-10:30 Tai Chi MR<br>9:30-10:15 PACE BL<br>10:30-11:15 Oldies MR<br>1-3 Poker MS<br>1-3:30 TT Sale Set up MR<br>5:15-6:15 Jani's Fitn MS<br>**2 Saturday**<br>9-Noon Trash & Treas MR |
| **4**<br>6:45-7:45 Wtr Aer WSU<br>10-2 Stamp & Scrap BL<br>12:30-4:30 AARP Ref MR<br>1-2 Brain Fitness 2 CL<br>4-5 Nia MS<br>5:15-6:15 Jani's Fitn. BL<br>6-10 AARP 4 Ref MR | **5**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>11-12 Diabetic Shoes BL<br>1-3 500 MR<br>6-9 500 MR | **6**<br>6:45-7:45 Wtr Aer WSU<br>8:30-9:15 Yoga MR<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>12-3:30 Schafskopf BL<br>1-3 Woodcarving MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **7**<br>8:30-9:15 Yoga Mat BL<br>9:30-10:30 Tai Chi MR<br>9:30-11 Wii Bowling GR<br>11-12 FR Choraliers BL<br>11-4 Jewelry Class CR<br>1-3:30 "15" Cards MR<br>1-3:30 Massages BL | **8**<br>6:45-7:45 Wtr Aer WSU<br>9:30-10:30 Tai Chi MR<br>9:30-10:15 PACE BL<br>10-11:30 Knitting JH<br>10:30-11:15 Oldies MR<br>1-3 Poker MR<br>1-3:30 Massages BL<br>5:15-6:15 Jani's Fitn. MR |
| **11**<br><br>**~CLOSED~**<br><br>**VETERAN'S DAY** | **12**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>1-3 500 MR<br>1-3:30 Stamp Coll MS<br>6-9 500 MR | **13**<br>6:45-7:45 Wtr Aer WSU<br>8:30-9:15 Yoga MR<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>1-2 AC Mtg BL<br>1-3 Woodcarving MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **14**<br>8:30-9:15 Yoga Mat BL<br>9:30-10:30 Tai Chi MR<br>9:30-11 Wii Bowling GR<br>10-11 Check Balances CR<br>11-12 FR Choraliers BL<br>12:30-1:30 Blood Pressures JH<br>1-3:30 "15" Cards MR<br>1-3:30 Massages BL | **15**<br>6:45-7:45 Wtr Aer WSU<br>9:30-10:30 Tai Chi MR<br>9:30-10:15 PACE BL<br>10:30-11:15 Oldies MR<br>12-3:30 BOL Group MR<br>1-3 Poker MR<br>1-3:30 Massages BL<br>5:15-6:15 Jani's Fitn. MR |
| **18**<br>6:45-7:45 Wtr Aer WSU<br>10-2 Stamp & Scrap BL<br>11-11:45 Cook for 1- 2 MR<br>1-2 Brain Fitness 2 CL<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **19**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>1-3 500 MR<br>6-9 500 MR | **20**<br>6:45-7:45 Wtr Aer WSU<br>8:30-9:15 Yoga MR<br>9-3 Db Pool Tourn GR<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>12-3:30 Schafskopf BL<br>1-3 Woodcarving MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **21**<br>8:30-9:15 Yoga Mat BL<br>9:30-10:30 Tai Chi MR<br>9:30-11 Wii Bowling GR<br>11-12 FR Choraliers BL<br>1-3:30 Bingo MR<br>1-3:30 Massage BL | **22**<br>6:45-7:45 Wtr Aer WSU<br>9:30-10:30 Tai Chi MR<br>9:30-10:15 PACE BL<br>10-11:30 Knitting JH<br>10:30-11:15 Oldies MR<br>1-3 Poker MR<br>1-3:30 Massages BL<br>5:15-6:15 Jani's Fitn. MR |
| **25**<br>6:45-7:45 Wtr Aer WSU<br>11-12:30 Dine W/Diana JH<br>12:30-2 WYL BL<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **26**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>12-1 Book Club BL<br>1-3 500 MR<br>1:15-3 Jewelry Club CR<br>5:00-7 Thanksgiving Dinner ERC<br>6-9 500 MR | **27**<br>8:30-9:15 Yoga MR<br>9:30-10:30 Tai Chi MR<br>10:30-11:30 Oldies MR<br>11:30-12:30 Blood Pressures JH<br>1-3 Woodcarving MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **28**<br><br>**~CLOSED~**<br>**THANKSGIVING HOLIDAY** | **29**<br><br>**~CLOSED~**<br>**THANKSGIVING HOLIDAY** |

# DECEMBER 2013

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2**<br>10-2 Stamp & Scrap BL<br>2-3 Telec-WW2 Valor MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **3**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>1-3:30 500 MR<br>6-9 500 MR | **4**<br>8:30-9:15 Yoga MR<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>12-3:30 Schafskopf BL<br>1-3 Woodcarving MR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **5**<br>8:30-9:15 Yoga Mat BL<br>9:30-10:30 Tai Chi MR<br>11-12 FR Choraliers BL<br>1-3:30 "15" Cards MR<br>1-3:30 Massages BL | **6**<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>1-3 Poker MR<br>1-3:30 Massages BL<br>5:15-6:15 Jani's Fitn. MR |
| **9**<br>12:30-4:30 AARP Ref MR<br>12:30-2 WYL BL<br>4-5 Nia MS<br>5:15-6:15 Jani's Fitn. BL<br>6-10 AARP Ref MR | **10**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>1-3:30 Stamp Collect MS<br>1-3:30 500 MR<br>6-9 500 MR | **11**<br>8:30-9:15 Yoga MS<br>9:30-10:30 Tai Chi MS<br>10:30-11:15 Oldies MS<br>10:30-4 AC Mtg/Dinner MR<br>1-3 Woodcarving CR<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **12**<br>8:30-9:15 Yoga Mat BL<br>9:30-10:30 Tai Chi MR<br>10-11 Check Balance BL<br>11-12 FR Choraliers BL<br>12:30-1:30 Blood Pressures JH<br>1-3:30 "15 Cards MR<br>1-3:30 Massages BL | **13**<br>9:30-10:30 Tai Chi MR<br>10-11:30 Knitting JH<br>10:3-11:15 Oldies MR<br>1-3 Poker MR<br>1-3:30 Massages BL<br>5:15-6:15 Jani's Fitn. MR |
| **16**<br>10-2 Stamp & Scrap BL<br>4-5 Nia MR<br>5:15-6:15 Jani's Fitn. MR | **17**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>1-3:30 500 MR<br>6-9 500 MR | **18**<br>8:30-9:15 Yoga MR<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>12-3:30 Schafskopf BL<br>1-3 Woodcarving MR<br>5:15-6:15 Jani's Fitn. MR<br>5:15-7:30 Trolley-XMAS Lights Tour | **19**<br>8:30-9:15 Yoga Mat BL<br>9:30-10:30 Tai Chi MR<br>11-12 FR Choraliers BL<br>1-3:30 "15" Cards MR<br>1-3:30 Massages BL | **20**<br>9:30-10:30 Tai Chi MR<br>10:30-11:15 Oldies MR<br>12-3:30 BOL Group MR<br>1-3 Poker MR<br>1-3:30 Massages BL<br>5:15-6:15 Jani's Fitn. MR |
| **23**<br>5:15-6:15 Jani's Fitn. MR | **24**<br>**~CLOSED~ CHRISTMAS EVE** | **25**<br>**~CLOSED~ CHRISTMAS DAY** | **26**<br>8:30-9:15 Yoga Mat BL<br>9:30-10:30 Tai Chi MR<br>1-3:30 Bingo MR<br>1-3:30 Massages BL | **27**<br>9:30-10:30 Tai Chi MR<br>10-11:30 Knitting JH<br>10:30-11:15 Oldies MR<br>1-3 Poker MR<br>1-3:30 Massages BL<br>5:15-6:15 Jani's Fitn. MR |
| **30**<br>5:15-6:15 Jani's Fitn. MR | **31**<br>8:30-9:15 Balance MR<br>9:30-10:30 Tai Chi MR<br>12-1 Book Club CR<br>1-3:30 500 MR<br>1:15-3 Jewelry Club CR<br>6-9 500 MR | **Please register for programs.**<br><br>**454-5212** | | **Room abbreviations mean:**<br>**BL = Back Lounge**<br>**CL= Computer Lab**<br>**CR = Craft Room**<br>**GR= Game Room**<br>**JH = Java Hut**<br>**MR = Main Room**<br>**MS = Masonic Temple** |

# CLUBS

## SEASONED STAMPERS AND SCRAPBOOKING:

**1st & 3rd Mon Sept 3–Dec 16 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

## THE "BEAD BUDS" JEWELRY CLUB: Last Tuesday

**Tue Sept. 24-Dec. 31 1:15-3 p.m. Craft Room Members: Free**

- Beading and sharing with others
- Learn new beading ideas
- Build friendships

## BOOK CLUB:

**4th Tue Sept 24-Nov 26 Noon–1 p.m. Back Lounge Members: Free**

- Read the month's selection & you are welcome to bring your lunch to class
- September: **The Story of My Boyhood & Youth, by John Muir**
- October: **The Passion of Artemisia, by Susan Vreeland**
- November: **Letters from Yellowstone, by Diane Smith**

## WOODCARVING: Facilitator: Mike Maher

**Wed Oct 2-Dec 18 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

## KNITTING AND CRAFTS:

**2nd & 4th Fri Sept 13-Dec 27 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 20-Dec 20 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

## 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

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

# CARDS & GAMES

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

## 500 CARDS:

**Tue** **Sept 3-Dec 31** **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

## 500-NIGHT CARDS:

**Tue** **Sept 3-Dec 31** **6-9 p.m.** **Main Room** **Members: $2**

- All money taken in is paid out in prizes

## SCHAFSKOPF (SHEEPSHEAD):

**1st & 3rd Wed** **Sept 4-Dec 18** **Noon-3:30 p.m.** **Back Lounge** **Members: Free**

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

## "15" CARD GAME:

**1st, 2nd & 3rd Thu** **Sept 5-Dec 19** **1-3:30 p.m.** **Main Room** **Members: $2**

- Register before 11 a.m. on the day of the program
- Play 15 hands
- Not necessary to know how to play the game, easy to learn
- Consult calendar for game dates

## BINGO: (4th Thursday, except November-3rd Thursday)

**Thu** **Sept 26-Dec 26** **1-3:30 p.m.** **Main Room** **Members: $1/two cards**

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

## Wii BOWLING: Ashley, Student Intern

**Thu** **Sept 19-Nov 21** **9:30-11 a.m.** **Pool Hall** **Members: Free**

- Train for the 2014 Internet National Senior Wii Bowling Championships next fall
- Teams will be for practice & fun
- Join Ashley to find out more about the game
- Next trimester will be more structured for the event in fall with details to come

## TEXAS HOLD 'EM POKER:

**Fri** **Sept 6-Dec 27** **1-3:00 p.m.** **Main Room** **Members: Free**

- Register before 11 a.m. on the day of the program.
- For those who already know how to play this poker game

## SCOTCH DOUBLES POOL TOURNAMENT: Facilitator: Tim Galewski

**Wed** **Sept 25** **9:00 a.m.** **Pool Hall** **Members: $4.50**

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

**REGISTRATION DEADLINE: SEPTEMBER 19**

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

# CARDS & GAMES

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

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

**Wed Oct 23 9:00 a.m. Pool Hall Members: $4.50**

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

**REGISTRATION DEADLINE: OCTOBER 17**

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

**Wed Nov 20 9:00 a.m. Pool Hall Members: $4.50**

- Two person teams set up by draw
- Double elimination
- Lunch provided

**REGISTRATION DEADLINE: NOVEMBER 14**

## POOL HALL/GAME ROOM:

**Mon-Fri Sept-Dec 7:30 a.m.-4 p.m. Pool Hall Members: $.50/day or punch card**

- Two regulation size tables
- All levels of players welcome
- Use cues provided or bring your own
- Tournaments held throughout the year
- Pool not open Thursdays, 9:30-11 a.m., September 19-November 21, 9:30-11 a.m., due to Wii Bowling
- Game Room closed October 17 due to Apple Affair

*THE CENTER HAS OTHER GAME AMENITIES SUCH AS DARTS, PING PONG, WII AND BOARD GAMES. FEEL FREE TO GATHER YOUR FRIENDS AND PLAY SOME GAMES. NOTE: CHECK WITH STAFF FOR ROOM AVAILIBILITY.*

**Remember 10 DAYS OF GIVING starts December 1st. A barrel will be in the reception area for your donations of non-perishables or monetary donations can be made at the front desk. Thank you.**

# 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:** Students available for one on one assistance for the following:

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

# TRAVEL

**CHRISTMAS LIGHTS TROLLEY TOUR:**

**Wed Dec 18 5:15-7:30 p.m. Members: $10**

- Ride the Trester Trolley and view Christmas lights in Winona
- Enjoy hot apple cider and cookies following tour
- Christmas music and great fellowship

# SENIOR ADVOCACY

## Health Insurance Exchanges begin Oct. 1, 2013

Although the launch of the Minnesota health Insurance exchange (to be called MNSure) won't affect individuals enrolled in Medicare, it may offer folks under age 65 some new options, especially if they retire early. What is a health insurance exchange?

A marketplace in which individuals and small businesses can start shopping in October for coverage that begins Jan. 1, 2014. Minnesota's version, called MNsure, will consist of a website where people can compare health insurance options. It also will help people learn whether they qualify for public health insurance programs or for federal subsidies when buying commercial coverage. The exchange will include a call center where people can phone to get help shopping for coverage. There will be one to one navigators and in-person assistors. The exchange is an option for people who buy individual insurance policies as well as those covered by small employers. People covered by large employers won't even use the exchange, although it may become an option for them in future years. People can use it to determine if they are eligible for the Medicaid and MinnesotaCare public health insurance programs – these programs will be expanding. The companies offering the insurance coverage haven't been announced yet, so no details are available regarding choices.

Many individuals will be eligible for federal subsidies if they buy coverage through the insurance exchange. Federal tax credits will be available for people with incomes up to 400 percent of the poverty level. That's about $45,000 if you are single or $62,000 if you are married. The tax credits will be applied to the insurance premiums up front. The health exchange won't be running before October. In the meantime, information is available at www.mnsure.org.

The Advocates will be available to answer questions regarding MNSure.

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

# ACTIVITY COUNCIL NOTES:

## Message from the Activity Council President: Mike Maher

As most of us already know, aging has its challenges: Some people don't move as fast or as far as they used to, some heal slower, some do not think as fast and some may have lapses in memory. I ran into a friend at Hy Vee while grocery shopping the other day. She had a cane hanging from her grocery cart and was accompanied by an aid. I asked her what happened and she replied "I just don't get enough exercise" I encouraged her to go for a walk in the morning when it was cooler. Yes if we don't use our muscles, we lose them. We have to work at staying healthy as we age. A brief look at the Friendship Center's monthly calendar reveals many programs to help us. If you have not seen our new Wellness Center, please visit it soon.

Perhaps the one thing all of us fear is losing our mental capacity. In the June issue of AARP Magazine, there is an article on improving our mental functioning. The brain is like a muscle. If we exercise it , it will work better. Sitting in front of the TV is not exercising our brains. The article suggests 6 things we can do to improve our mental functioning. Learn something new every day, get at least 8 hours of sleep every night , eat right, challenge yourself to memorize three names a day, walk with a friend for 45 minutes three days a week (the cardiovascular experts recommend 20 minutes per day 5 days a week, I wish they would talk to each other), and learn to meditate to reduce anxiety and stress. If you like computer games, try "Lumosity". It is very new and students who used it showed a 34% improvement in math. It can be found on Google.

**Activity Council-Board of Directors:**

Mike Maher, President
Rose Mary Staige, Secretary
Roxy Kohner, At-Large
Donna Tymesen At-Large
Clarence Russell, Vice-President
JC Pfeiffer, Treasurer
Penny Venus, At-Large
Elmer Mattila, At-Large

## Message from the Friendship Center Director: Malia Fox

I would like to explore with you the concept of ageism. A colleague of mine, Kathy Sporre, wrote an excellent article for the International Council on Active Aging. I would like to share excerpts of her article over the next few newsletters. Ageism, or discrimination against an individual based on age, is a relatively new concept. Many people aren't even sure they understand the difference between ageism and treating someone in what they consider an age appropriate manner.

The term ageism is defined by **Merriam-Webster's Collegiate Dictionary as prejudice or discrimination against a particular age group,especially the elderly.**

Defense mechanisms are forms of denial that are used to keep from confronting the truth. There is only one definition of denial - **refusal to admit the truth or reality** - and many ways that it manifests itself including, but not limited to: humor, global thinking, rationalization, minimizing, comparison, avoidance, distraction, blaming and more. In fact, to challenge ageism can leave one open to be the target of comments like, "she's lost her sense of humor." This is probably one of the most commonly used defense mechanisms that ageism hides behind: humor. As Dr. William Thomas, well-known geriatrician, author and aging advocate, said in his video **Elderhood Rising: The Dawn of a New World Age:** "If you go around making jokes based on another person's gender, that's sexism. If you make jokes about another person's race, that's racism. But, if you joke about somebody's age, that's called situation comedy."

That gives you some "food for thought". Next newsletter let's look at global thinking.

Activity Council will be seeking nominations for: President, and 2 At-Large positions. Please contact Malia prior to October 9 if you are interested in serving on YOUR board of directors.

This is a perfect position to understand how the Center operates.

## Ye Olde Gift Shop:

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

This is a fundraising event for the Activity Council. Accepting homemade, "gently used" or "Flea Market" type items. No clothing please.

Do you know the Gift Shop is a fundraiser for the Activity Council? Consignors are artists & crafters. The Gift Shop provides an outlet for their talents to be displayed. Arts & crafting keep the mind active and gives one a sense of purpose. For an individual the Gift Shop may supplement their income. Shop local, support our members...Shop in the Ye Olde Gift Shop!

## FRIENDSHIP CENTER STAFF:

| | |
|---|---|
| ***Director:*** | Malia Fox |
| ***Program Coord.:*** | Charleen Jaszewski |
| ***Secretary:*** | Kelli Bartsch |
| ***Senior Advocate:*** | Marsha Yancy |
| ***Assistant Advocate:*** | Barbara Saykally |
| ***Maintenance:*** | Corbin Flom |

*Website: www.cityofwinona.com*

## Events, Programs & Information:

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

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

A Unit of The National Council on the Aging
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WINONA
PARK & RECREATION
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