

Potpourri

Winona Friendship Center

251 Main
Street

Winona MN
55987

Phone: 507-454-5212

Building Hours:
Monday-Friday 7:30 am-4:00 pm

Office Hours:
Monday-Friday 8:00 am-4:00 pm

Papa Murphy's Pizza - Thursday, September 27 - Entertainment begins @ 10:30 am with "Das Wurst Haus Band" featuring Jan & Arv Fabian as well as a short performance by the WSHS Band. Papa Murphy's is giving back to the Community by celebrating Senior Center Month with FREE pizza, salad, beverage & cookie. **LIMITED SEATING: Reservations must be made by September 19.** *We will be dancing and playing music on our newly acquired stereo system for the rest of the afternoon. Stay and continue celebrating Senior Center Month visiting with old friends or meeting new ones!*

Activity Council Annual Meeting & Dinner Wednesday, December 12

10:30 am- Bingo White elephant prizes: bring something you no longer desire, purchase something quirky and be prepared to get something just as crazy back for your collection. (wrap in x-mas paper)

11:30 am- Broasted chicken, mashed potatoes/gravy, corn, roll, soup & beverage

12:00 pm - Annual Meeting & cookie buffet

1:00 pm - enjoy the mellow tones of **Ron Haugen.**

The Activity Council would like to invite all Friendship Center members to their Annual meeting, cookie buffet and dinner.

Everyone is encouraged to bring a dozen cookies for the buffet.

Members: \$6.50 Non-Members: \$7 Registration ends December 5.

Disco NEW YEAR'S EVE: Glamour & Glitz Monday, December 31 from 4:00-7:00 pm

You are invited to step "back to the future"! Join us for a night club evening to remember, filled with disco dancing & hors d'oeuvres, Intergenerational party, so bring the kids age 13 and older.

Disco dress is encouraged but don't let that keep you from coming!

***Featuring the donation from Fred & Carol Buse's Matador Disco: fabulous albums, forty-fives, turntables and sound system. "American Bandstand" Dick Clark and cameo appearances by Donna Summer, Bee Gees, ABBA and more! Get ready to do The Hustle and Kung Fu Fighting.

Dance demonstrations will be led by Ms. Travolta. Please be sure to register by December 20!

Member fee: \$5.50

Children 13 & older: \$3

Friendship Center Staff:

Director:

Malia Fox

Program Coordinator

Charleen Jaszewski

Secretary:

Kelli Bartsch

Maintenance:

Josh Poepping

Senior Advocate:

Marsha Yancy

Assistant Advocate:

Barbara Saykally

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Read Director's Notes on page 11.

Membership fee coming in 2013.

THIS WILL BE YOUR LAST NEWSLETTER!

Activity Council

Board of Directors:

Mike Maher, President

Clarence Russell, Vice-President

Sharon Baratto, Secretary

JC Pfeiffer, Treasurer

Bob Stange, At-Large

Donna Tymesen, At-Large

Margaret Elliott, At-Large

Elmer Mattila, At-Large

Health & Wellness

Active Wellness Center...

Hours are: Monday - Friday 7:30 am - 4:00 pm

To join pick up the forms at the Front Desk.

Winona Resident fee: **\$40/year** (pro-rated by quarter)

Non-Resident fee: **\$50/year** (pro-rated by quarter)

Stop in for a tour or any questions you might have.

Some paperwork also needed at time of sign-up.

Full Body Massages

Massage therapist: Pam Spencer

Appointments required. Times: 1:00-3:30 pm

September 6, 7, 14, 20, 21, 27 & 28

October 4, 5, 11, 25 & 26

November 8, 9, 15, 16, 29 & 30

December 6, 13 & 14

Members: **\$25 for 1/2 hour & \$40 for 1 hour**

Non: **\$30 for 1/2 hour & \$45 for 1 hour**

Chair: **\$14.50** for 15 minutes for members

T'ai Chi Tuesday thru Friday 9:30 am - 10:30 am

Instructor: Bahieh Wilkinson

\$3 each session for members and **\$3.50** non-members

Tai Chi may improve balance, increase flexibility and promote cardiovascular fitness. Learning Tai Chi can help to focus and calm the mind. Punch cards available.

Tai Chi held @ HOLZINGER on the following dates:

Sept 19 & 27 / Oct 17 & 18 / Dec 12

Held @ LAKE LODGE on: Oct 25 & 26

Water Exercise and Aerobics Class

Monday/ Wednesday/ Friday @ 6:45 am

September 10 thru November 30

Water aerobics helps ease stress on joints and builds muscle strength. Held at WSU Memorial Hall Pool.

Members: \$45 Non-Members: \$50

Registrations and paperwork required before starting.

NO CLASS: November 12, 22 & 23

Jani's Fitness Class

Instructor: Jani Giaquinto

Monday, Wednesday & Fridays from 5:15 - 6:15 pm

September 5 - December 31

This workout is designed specifically for the woman who is serious about taking care of herself & finding a realistic, safe and effective program to do that. Our workout focuses on cardio exercises at a slower pace so that we can also focus on building muscle strength, toning & stamina. We also work on improving flexibility & balance. We conclude our workout with Yin Yoga which uses long-held relaxed floor postures to stretch & stimulate the deep connective tissues of the body.

\$20 for a 10 punch-card to be purchased @ the Center
If you have never been to this class & would like to try it before you buy a punch card, we invite you to one class as our guest.

No classes: Oct 12, 15, 17 & 19 and Nov 23

"Strength & Balance Class"

Instructor: Alison Ogren

Tuesdays, Sept 11-Dec 18 @ 8:30 am

Rescue your balance! Increase your confidence and decrease your fear of falling. Losing your strength & flexibility can hinder your balance as well as your daily activities. Don't let that happen to you. Alison will use a variety of simple functional strength training and coordination based exercises to teach you how to regain and/or maintain your balance and strength. Feel strong and confident again! All positions are done with the help of a chair or free form standing.

Open to both women and men.

Cost: \$3.50 each time or purchase a punch card

No Class: September 4

"Movin' to the Oldies":

Instructor: Alison Ogren

Wednesdays & Fridays Sept 5-Dec 21 @ 10:30 am

Rebuild strength & flexibility while having fun listening to your favorite tunes. Bands, weights and some easy dance moves will be used. It's never too late to add muscle or increase your flexibility to regain what you lost. Open to both women and men.

No coordination is needed, just show up for a fun workout routine. Guaranteed to get you movin'!

Cost: \$3.50 each time or purchase a punch card

No Class: December 26 or 28

The following dates held @ East Rec Center:

October 12, 17, 24, 26 & 31, December 12

NEW CLASS

YOGA Mat Instructor: Alison Ogren

Thursdays, Sept 6-Dec 20 @ 8:30 am

Stretching not only feels good but creates a flexible, strong & relaxed body inside and out. Alison will take you through 45 minutes of FLOOR stretching, strengthening & relaxation. Everyone is invited to join no matter your level. Mat will be provided.

No Classes: Sept 27, Oct 18 & 25 or Dec 27.

Cost: \$3.50 each time or purchase a punch card

"CHAIR" Hatha Yoga

Instructor: Alison Ogren

Wednesdays, Sept 5-Dec 19 @ 8:30 am

Erase the images you have of Yoga and join those who have experienced better flexibility & posture, stronger core and greater control in every day body functions. Modifications will be made by standing or sitting for your comfort level. Open to both men & women.

Cost: \$3.50 each time or purchase a punch card

No Class: December 26

Yoga held @ HOLZINGER on the following dates:

October 17 & December 12

Health & Wellness

Brain Fitness Series

Are you working out your brain?

**This will be a 20 week session on
Thursday & Friday @ 10:00 am from
September 13 - November 29**

We have purchased a new Brain Health series from the National Association of Senior Centers. Join us as you explore relevant facts about our aging brains, in a variety of mental fitness activities and find new ways to engage our brains in everyday situations.

Join us for Brain Health to keep your brain fit...there will also be food for the brain, so it is extremely important to register to prepare for food & materials.

Cost: \$5 for the 20 week session

No class on September 27.

Nia - 1 hour movement class

Instructor: Mary Lee Eischen

**Mondays, September 10 - December 17
@ 9:00 am**

Nia is a movement form that is 28 years old and practiced in 45 countries around the world. It has components of Tai Chi, Tai Kwon Do and Aikido from the martial arts; Jazz, Modern and Duncan from the dance arts and the Alexander technique, the movement of Moshe Feldendraise and Yoga from the healing arts. Nia is a secondary-based movement practice that leads to health, wellness & fitness. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit through upbeat music.

Wear comfortable clothing. All fitness levels welcome. This movement can also be done in chairs and wheelchairs and helps with pain management.

Cost: \$3 each time or purchase a punch card

No class December 31

"Holiday Sing-a-long w/ Vanessa Trouble"

Thursday, December 20 @ 1:30 pm FREE

Vanessa (Gernes) was a local Winona gal who has relocated to New York. She is a vocalist & band leader bringing an energetic, nuanced sensuality to the American jazz & swing songbook and occasionally styling new classics. She's honed her vocal & performance skills all over the country and abroad, fronting various jazz ensembles across American jazz hotspots and in Europe & Asia. Don't miss this awesome opportunity.

Register by December 18.

This appearance at the Friendship Center is made possible by the Page Series of St. Mary's University of Minnesota. St. Mary's University is a fiscal year 2012 recipient of an Institutional Presenter Support Grant from the Minnesota State Arts Board.

PACE - People with Arthritis Can Exercise

**Mondays September 10-November 26
from 10:15-10:45 am**

Exercises to increase flexibility. Can be done sitting or standing. Join us even if you don't have arthritis!

Classes open to MEN and WOMEN!

FREE

PLEASE NOTICE DAY of week and TIME CHANGE

Blood Pressures Checks

Now held once a month on Mondays @ 2:00 pm

September 10

October 8

November 5

December 10

Presentation on Chinese Medicine:

How acupuncture, herbs & a good diet can help you!

Thursday, October 11 @ 11:00 am

Licensed Acupuncturist Jade Fang will speak about the practical applications of Chinese Medicine.

How does it work? What does it help with? What can you do to change your habits & diet at home according to Chinese Medicine.

She will also do an acupuncture demonstration. If you want to find out about how Chinese Medicine can help you or what you can do at home, come listen to this presentation.

Please register.

FREE

Swing Band...

Let's form a "Winona Medicare Little/Big Swing Band". We are looking for retired or near retired people who have played in bands (high school, college, community). We need players of trumpet, trombone, sax, bass, guitar, drums and piano/keyboard/accordion. The more the merrier!

Let Charleen know if you are interested and tell her when you could come to rehearsals: morning, afternoon, evening, weekday, Saturday or Sunday, once a week or twice a month. Do you have access to music arrangements for swing bands, combos or big band? Please let her know! Elmer Mattila will facilitate this new adventure!!

PEDICURES

Southeast Technical College will no longer be able to provide pedicures at the Center. If you are interested in going to the VoTech for this service, please call the Cosmetology Department at 453-2727 for appointments and fees.

Educational

Medicare Basics Class - The ABCD's:

September 5 & 7 from 1:00-3:30 pm both days.

Facilitator: Chad Wojchik

If you are turning 65 or going on Medicare this is the class that will help you understand it. **FREE**

Open to anyone interested. **For RESERVATIONS call SENIOR LINKAGE LINE 1-800-333-2433 ext 84010**

"Mindfulness"

FREE

Fridays, September 7-December 28 @ 11:00 am

Mindfulness has been described as "paying attention on purpose". It is a technique that has been confirmed to improve your health & will definitely improve the quality of your daily life. Each 1 hour class includes 2 or more mindful practice techniques aimed at supporting optimum health & wellness.

During each class, participants will: explore what mindfulness is, experience various simple-to-learn mindfulness practices, such as mindful sitting meditation, mindful walking, mindful eating, relaxation & body scan and mindful sharing. Participants will begin to learn about basic applications so that you may start to integrate mindfulness into everyday life.

Join us as often as your schedule will allow!

Instructor: Erica Thibodeaux, trained at the U of MN And New York.

Diabetic Shoe Clinic

Sponsored by: Diabetic Shoe Source

Todd Haglind, Certified Pedorthist

Tuesday, September 11 from 9:00 am-Noon

FREE TO THOSE ON MEDICARE

Diabetic Shoe Source has been in business for eight years. They are accredited by the American Board for Certifications. We are qualified through Medicare, Medica, Ucare, Humana, MN Medical Assistance and other providers.

On this Medicare covered program you will receive a pair of Therapeutic shoes & three pairs of inserts every year. See why Medicare covers this program and the importance for you to wear good shoes. Pick the style and color of the shoe you want. All sizes and widths available. A Certified Pedorthist will measure & examine your feet. We do all the paperwork (MN and WI), heat-mold your inserts and fit the shoe to you. Your shoes will be delivered back to the Center on October 23 from 9:00 am-Noon.

Important: Please bring the following:

1. Medicare, Medica, Humana, Medical Assistance or Ucare Card.
2. Primary doctor's name and phone number.
3. Secondary insurance card.

No appointments necessary... walk in clinic!

Energy Medicine / Body, Mind & Spirit

Elmer Mattila, practitioner-apprentice

What can it do? How does it work?

Wednesday, September 12 from 2:00-3:30 pm

This session will cover the basic philosophy of complimentary energy medicine and how it differs in philosophy from the conventional, allopathic medicine. Of the many energy modalities the presentation will include meridians, chakras, acupoints, hands-on healing, Qigong healing and energy psychology. Please register.

You must be at the class to sign up for FREE healing sessions done at the Friendship Center. Donations will be accepted and Elmer is giving the money to the Activity Council for programming needs.

"Beans": A Nutritional Power House

Speaker: Jennifer Walters, Registered Dietician, Certified Specialist in Gerontological Nutrition and Executive Director of Sugar Loaf Senior Living

Monday, September 17 @ 11:00 am FREE

Beans are high in protein and also high in vitamins. The double dose of nutrition packed into beans make them a "must have" in the daily diet. As little as a half-cup of beans added to the daily diet can be very helpful in reaching important nutrition goals.

Jennifer will be cooking up beans and talking about the Nutritional Power House of Beans. Please register.

"Simply Good Eating" from 11:00 am-12:30 pm

Sept 24 - Greek Broccoli Salad

Oct 22 - Baked Bean & Cheese Burrito

Nov 26 - Black Bean & Squash Chili

Dec 17 - Roasted Winter Squash & Apple Soup

Cost: \$5 each class Pre-registration is necessary.

Instructor: Nadine Bayer, U of MN Winona Co. Extension Community Nutrition Educator.

We all need to eat more vegetables. With that in mind these cooking sessions will demonstrate recipes that help us do that. This class will always produce a meal that must be shared at the end of the hour, but food is not the only thing shared; ideas & questions are welcome as well. Nadine will also address gluten and dairy-free in both the November & December classes. Space is limited.

Medicare plans & changes for 2013 w/ Marsha

Monday, October 1 @ 11:00 am FREE

Marsha Yancy, Senior Advocate will outline the current and upcoming changes to the Medicare plans for 2013. This will include the new timelines for enrollment in Prescription Drug and Medicare Advantage plans.

Please pre-register.

Educational

Master Gardeners: "Rain Gardens"

Monday, October 1 @ 1:00 pm **FREE**

Presenter: Stewart Shaw, Master Gardener

A rainwater garden is an ecologically sound way of collecting run-off. Forbs, grasses and shrubs that survive prolonged drought but can also thrive in standing water for short periods of time can live in rainwater gardens. In this presentation learn how to plan, create and maintain a rainwater garden.

Please register so we will have enough handouts.

League of Women Voters - Senior Voter Issues

Monday, October 22 from 1:00-3:00 pm **FREE**

Speaker: Lynn Theurer, LWV, Winona Unit Chair will share voter registration information, current LWV positions on the proposed constitutional amendments. They are commonly known as the "Voter ID" and "Marriage Rights". In addition she will share current MN LWV positions of interest for Senior Voters. Some of those positions are on Health Care Rights, maintaining a MN State Legislative balance budget and Environmental Protections for food, water & safety. Lynn will facilitate an open discussion. Please register.

Safety Camp

Wednesday, October 24 from 1:00-3:00 pm **FREE**

Winter is making its way towards us. This is a good time to prepare for your safety by coming to the Senior Safety Camp. Learn about banking safety, computer scams, driver safety, emergency preparedness, fire safety, fraud, scams, identity theft and neighborhood watch.

Sign up for door prizes. Refreshments provided.

It is always good to brush up on our safety skills!

Please register for seating and refreshments.

Staying Healthy This Winter Season

Presenter: Alexandra Economy, RD, LD

Winona HyVee Dietitian & Certified LEAP Therapist

Thursday, November 15 @ 11:00 am **FREE**

Learn how to keep yourself healthy and happy this Winter season. Topics to be discussed will include healthy eating and seasonal fruits and vegetables, meal planning for two and the importance of hydration and physical activity.

Please register for seating and materials.

Clown Program w/ Stumpy & Peppermint Patty

Have you ever wondered what it takes to become a clown? Do you go to clown school? How those balloon animals are made and what is the process for putting on the makeup?

Now will be the time to have those & any other questions answered as well as demonstrations! Please register.

Thursday, December 6 @ 11:00 am



Innovation

Jewelry Class - Thursday, October 18 from 12:00-4:00 pm

Blue labradorite becomes the focal piece in the bracelet we will be making. The band is made using 2 alternating colored bands of Herringbone stitch for each side. Finish it off with accent gemstone beads to match.

All materials provided. Registration ends October 3.

Members: \$22 **Non-Members: \$27**

Jewelry Class - Friday, December 7 from 1:00-4:00 pm

Just in time for Christmas, a crystal bracelet! Using Swarovski crystals & montees, you will create a beautiful wave of red & green to adorn your wrist. This class will teach you how to attach a clasp, using bead stringing wire and findings. All materials will be provided. Register by November 16.

Members: \$29 **Non-Members: \$34**

Instructor: Barbara Saykally

Book Club

Meeting the 4th Tuesday each month at 12:00 pm

For those who enjoy reading and would like to take part in conversation about what they've read, we have formed a book club at the Friendship Center.

Hope to see you there!

Sept 25 - Banned Books: Choose a banned book, tell about it, tell by whom and why it was banned

Oct 23 - Geography of Bliss by Eric Weiner -

A grumpy NPR correspondent travels to ten countries in search of the happiest places in the world.

Nov 27 - Hunger Games by Suzanne Collins -

This is book one of a trilogy. It is a story of a post, apocalyptic world where those in power demand a tribute from each territory. It is described as a life/death plot that is compelling, entertaining and incredibly disturbing all at once.

History of Early Aviation

With Science Guy - Bill Kuhl

Using model airplanes for both display and actual flying, Bill Kuhl will talk about how the ideas of the pioneers of aviation inspired and educated each other to make powered controlled flight a reality. This will cover the early models, man carrying gliders and then powered flight. Early aviators will include; Penaud, Cayley, Chanute, Lilienthal, the Wright's and Lindbergh. Please register by September 17.

Wednesday, September 19 @ 2:00 pm **FREE**

Innovation

Pumpkin Decorating/Pie Contest

Join in the fun of Halloween and prepare for fall by decorating a pumpkin. Get out the paints or carving knife! Be creative and enter your pumpkin in our contest. If art is NOT your thing, bake a pumpkin pie for judging.

Pumpkins & pies will be judged by a panel of celebrity judges. The judges (Marcia Chaffee, Frank Pomeroy & Al Thurley) will be asked to bake a pumpkin dessert and members at the event will judge the celebrities culinary skills! This is certain to be a **Boo-tiful** time. Don't miss it!

Music will also be played on our newly acquired stereo system. We'll have a dance and you may want to do the Monster Mash. Register by October 29.

Wednesday, October 31 from 1:00-3:00 pm

When you call in to register please note if you are entering the contest and what category or if you will be a spectator. Prizes will be awarded. **Cost: \$3**

"Singing Songs:

an avenue into your personal story."

This appearance at the Friendship Center is made possible by the Page Series of St. Mary's University. St. Mary's is a fiscal year 2012 recipient of an Institutional Presenter Support Grant from the Minnesota State Arts Board.

Friday, October 19 @ 1:30 pm FREE

Spend an afternoon with Simone Perrin and Dan Chouinard sharing sing-a-longs and stories. Simone is a Minneapolis based theater artist, accordionista and chanteuse. She's also an artist and composer. She grew up on the banks of the mighty Mississippi in Winona.

Please register for seating by October 17.

Jewelry & Purse Exchange

bracelets, necklaces/pendants, earrings, adjustable rings

Friday, November 2 from 1:00-2:00 pm

Do you have jewelry and purses that you don't use anymore? Bring them in and get a coupon for every item you bring. Use those coupons on Exchange Day to get "new" jewelry or purses. If you turn in 3 bracelets, 2 pendants and 1 purse, your coupons will entitle you to select the exact same amount of items.

Costume jewelry only, in good condition. Adjustable rings only. Purses must be clean and usable.

Drop off times for bringing your items are:

Wednesday, October 24 from 10:00 am-Noon

Friday, October 26 from 1:00-3:00 pm

Limit of 10 items - OPEN TO THE PUBLIC

"Adopt A Christmas Tree"

Please help the Friendship Center look festive!

Wednesday, November 28 @ 1:00 pm

We have 4 large Christmas trees that need your TLC. Please feel free to decorate one yourself or ask some friends to join you. We do have some decorations (not many lights) for you to use, or you may want to be creative and have your own theme & decorations. Prizes will be awarded! It will be a fun afternoon to get into the Christmas Spirit!

Please sign up and reserve your tree before
November 26.

Christmas Goodie Bake Sale

Don't have time or care to bake for the Holiday's?

We have the solution! Come to the Center on

Monday, December 3 from 1:00-3:00 pm

The proceeds will go to the Activity Council to help with Programming costs and put less stress on some people... Open to the public!

(If you are interested in baking cookies, candies, breads, etc. for the bake sale, please let Charleen know. Please have them packaged for selling.)

Senior Portraits

Peter & Lydia Boysen are freelance photographers noted for capturing both the heart and humor of their subjects and they are bringing their keen eyes and compositional flair to the Friendship Center.

Thinking ahead to Christmas (photos make great presents), they are ready to set up their studio and shoot your portrait.

Monday, September 24

From 1:00-3:00 pm Peter & Lydia will take scheduled appointments in 10 minute increments, so please, reserve your time slot.

Students will be available to assist you in ordering & purchasing your pictures on-line or you will be given a CD of your photos to take to your store of choice to make your prints. **Cost: \$2 for cost of the CD** FYI: The backdrop color for this session is black.

Thank you Peter & Lydia for donating your time.

FRIENDS OF THE LIBRARY

BOOK SALE

Friday, October 26

Saturday, October 27

Watch for details on the exact times!

September 2012

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3</p> <p>~CLOSED~ LABOR DAY HOLIDAY</p>	<p>4</p> <p>9:30 Tai Chi 10-2 Stampers 12:30 Choir 1:00 500 1:00 Westgate Bowl 6:00 500</p>	<p>5</p> <p>8:30 Yoga 9:30 Tai Chi 10:30 Movin' Oldies 12:00 Schafskopf 1:00 Dominoes 1-3:30 Medicare Basics Class—The ABCD's 5:15 Jani's Class</p>	<p>6</p> <p>8:30 Yoga Mat 9:30 Tai Chi 1-3 Advanced Art 1:00 "15" card game 1-3:30 Massage</p>	<p>7</p> <p>9:30 Tai Chi 10:30 Movin' Oldies 11:00 Mindfulness 1:00 Poker 1-3:30 Medicare Basics Class—The ABCD's 1-3:30 Massage 5:15 Jani's Class</p> <div style="border: 1px solid black; padding: 5px; transform: rotate(-2deg); position: absolute; top: 10px; right: 10px;"> <p>Trestor Trolley to Pickwick Mill Day, Saturday Sept 8 Leave @ 9:45 am</p> </div>
<p>10</p> <p>6:45 H2O Class 9:00 Nia 10:15 PACE 12:30 Life Writing 1:30-3 Loom Knitting w/out Needles 12:30-4:30 AARP 4 hr 2:00 Blood Pressures 6:00-10:00 AARP 4 hr 5:15 Jani's Class</p>	<p>11</p> <p>8:30 Balance 9-12 Diabetic Shoe Clinic— walk-ins 9:30 Tai Chi 12:30 Choir 1:00 Stamp Collecting 1:00 500 1:00 Westgate Bowl 1-3 Begin Art Class 6:00 500</p>	<p>12</p> <p>6:45 H2O Class 8:30 Yoga 9:30 Tai Chi 10:30 Movin' Oldies 12:45 AC Meeting 1-2:30 Begin Basic Computer Class 2-3:30 Energy Medicine Body, Mind & Spirit 5:15 Jani's Fitness Class</p>	<p>13</p> <p>8:30 Yoga Mat 9:30 Tai Chi 10:00 Brain Fitness 10-11 Check Balance 1-3 Advanced Art 1:00 "15" card game</p>	<p>14</p> <p>6:45 H2O Class 9:30 Tai Chi 10:00 Brain Fitness 10:00 Knitting 10:30 Movin' Oldies 11:00 Mindfulness 1:00 Poker 1-3:30 Massage 5:15 Jani's Fitness Class</p>
<p>17</p> <p>6:45 H2O Class 9:00 Nia 10-2 Stampers 11:00 Talk on Beans: Nutritional Value 10:15 PACE 1:00 BINGO 5:15 Jani's Fitness Class</p>	<p>18</p> <p>8:30 Balance 9:30 Tai Chi 12 Dining - Culver's 12:30 Choir 1-3 Begin Art Class 1:00 500 1:00 Westgate Bowl 6:00 500</p>	<p>19</p> <p>6:45 H2O Class 8:30 Yoga 9:30 BUS TRIP to: FANNY HILL <u>9:30 Tai Chi @ Holzinger</u> 10:30 Movin' Oldies 12:00 Schafskopf 1:00 Woodcarving 1:00 Dominoes 1-2:30 Begin Basic Computer Class 2:00 Aviation History 5:15 Jani's Fitness Class</p>	<p>20</p> <p>8:30 Yoga Mat 9:30 Tai Chi 10:00 Brain Fitness 1-3 Advanced Art 1:00 "15" card game 1-3:30 Massage</p>	<p>21</p> <p>6:45 H2O Class 9:30 Tai Chi 10:00 Brain Fitness 10:30 Movin' Oldies 11:00 Mindfulness 12-3:30 Bundles Of Love Group 1:00 Poker 1-3:30 Massage 5:15 Jani's Fitness Class</p>
<p>24</p> <p>6:45 H2O Class 9:00 Nia 10:15 PACE 11:00 Simply Good Eating Demo 12:30 Life Writing 1-3 PORTRAITS by: Lydia & Peter 1:30-3 Loom Knitting w/out Needles 5:15 Jani's Fitness Class</p>	<p>25</p> <p>8:30 Balance 9:30 Tai Chi 12:00 Book Club 12:30 Choir 1-3 Begin Art Class 1:00 500 1:00 Westgate Bowl 6:00 500</p>	<p>26</p> <p>6:45 H2O Class 8:30 Yoga 9:30 Tai Chi 10:30 Movin' Oldies 1:00 The "Bead Buds" Jewelry Club 1:00 Woodcarving 1-2:30 Begin Basic Computer Class 5:15 Jani's Fitness Class</p>	<p>27</p> <p><u>9:30 Tai Chi @ Holzinger</u> NO 10:00 Brain Fitness 10:30 Papa Murphy's Pizza 1-3:30 Massage</p>	<p>28</p> <p>6:45 H2O Class 9:30 Tai Chi 10:00 Brain Fitness 10:00 Knitting 10:30 Movin' Oldies 11:00 Mindfulness 1:00 Poker 1-3:30 Massage 5:15 Jani's Fitness Class</p>
		<p>Please register for programs</p> <p>454-5212</p>		

October 2012

Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 6:45 H2O Class 9:00 Nia 10:15 PACE 10-2 Stampers 11:00 Medicare plans & changes for 2013 1:00 Master Gardener "Rain Gardens" 1-2:30 Computer-Word 5:15 Jani's Fitness Class</p>	<p>2 8:30 Balance 9:30 Tai Chi 12:30 Choir 1-3 Begin Art Class 1:00 500 1:00 Westgate Bowl 6:00 500</p>	<p>3 6:45 H2O Class 8:30 Yoga 9:30 Tai Chi 10:30 Movin' Oldies 12:00 Schafskopf 1:00 Woodcarving 1:00 Dominoes 5:15 Jani's Fitness Class</p>	<p>4 8:30 Yoga Mat 9:30 Tai Chi 10:00 Brain Fitness 1-3 Advanced Art 1:00 "15" card game 1-3:30 Massage</p>	<p>5 6:45 H2O Class 9:30 Tai Chi 10:00 Brain Fitness 10:30 Movin' Oldies 11:00 Mindfulness 1:00 Poker 1-3:30 Massage 5:15 Jani's Fitness Class</p>
<p>8 6:45 H2O Class 9:00 Nia 10:15 PACE 12:30-6:30 AARP 8 hr 12:30 Life Writing 2:00 Blood Pressures 1-2:30 Computer-Word 5:15 Jani's Fitness Class</p>	<p>9 8:30 Balance 9:30 Tai Chi 12:30 Choir 1:00 Stamp Collecting 1:00 500 1:00 Westgate Bowl 1-3 Begin Art Class 6:00 500</p>	<p>10 6:45 H2O Class 8:30 Yoga 9:30 Tai Chi 10:30 Movin' Oldies 12:45 AC Meeting 1:00 Woodcarving 5:15 Jani's Fitness Class</p>	<p>11 8:30 Yoga Mat 9:30 Tai Chi 10:00 Brain Fitness 10-11 Check Balance 11:00 Chinese Medicine Presentation - Acupuncture Demo 1-3 Advanced Art 1:00 "15" card game 1-3:30 Massage</p>	<p>12 6:45 H2O Class 9:30 Tai Chi 10:00 Brain Fitness 10:00 Knitting 10:30 Movin' Oldies held at East Rec 11:00 Mindfulness 1:00 Poker - Craft Room</p> <div style="border: 1px solid black; padding: 5px; transform: rotate(-2deg); width: fit-content; margin: 10px auto;"> <p>Trash & Treasure Sale Saturday, October 13 From 9:00 am-1:00 pm</p> </div>
<p>15 6:45 H2O Class 9:00 Doubles Pool Tournament 9:00 Nia 10-2 Stampers 10:15 PACE 1:00 BINGO 1:30-3 Loom Knitting w/out Needles</p>	<p>16 8:30 Balance 9:30 Tai Chi 12:30 Choir 1-3 Begin Art Class 1:00 500 1:00 Westgate Bowl 6:00 500</p>	<p>17 6:45 H2O Class 8:30 Yoga @ Holzinger 9:30 Tai Chi @ Holzinger 10:30 Movin' Oldies held at East Rec 3:30-6:30 Apple Affair Fundraiser</p>	<p>18 9:30 Tai Chi @ Holzinger 10:00 Brain Fitness 1-3 Advanced Art 1:00 "15" card game 12-4 Jewelry Class</p>	<p>19 6:45 H2O Class 9:30 Tai Chi 10:00 Brain Fitness 10:30 Movin' Oldies 11:00 Mindfulness 12-3:30 Bundles Of Love Group 1:00 Poker 1:30 Singing Songs (St. Mary's Page Theater Presentation)</p>
<p>22 6:45 H2O Class 9:00 Nia 10:15 PACE 11:00 Simply Good Eating Demo 12:30 Life Writing 1:00 Senior Voter Issues w/League of Women Voters Talk 1-2:30 Computer-Word 5:15 Jani's Fitness Class</p>	<p>23 8:30 Balance 9:30 Tai Chi 12:00 Book Club 12:30 Choir 1:00 500 1:00 Westgate Bowl 6:00 500</p>	<p>24 6:45 H2O Class 8:30 Yoga 9:30 Tai Chi 10-12 DROP OFF for Jewelry & Purse Exch. 10:30 Movin' Oldies held at East Rec 1:00 Jewelry Club 1:00 Woodcarving 1-3 Safety Camp Talk 5:15 Jani's Fitness Class</p>	<p>25 Setting up for Friends of the Library Book Sale <u>NO</u> 8:30 Yoga Mat <u>9:30 Tai Chi @ Lake Lodge</u> 10:00 Brain Fitness 1-3:30 Massage</p>	<p>26 6:45 H2O Class <u>9:30 Tai Chi @ Lake Lodge</u> 10:00 Brain Fitness 10:00 Knitting <u>10:30 Movin' Oldies @ ERC</u> 11:00 Mindfulness 1:00 Poker 1-3 DROP OFF for Jewelry & Purse Exch. 1-3:30 Massage 5:15 Jani's Fitness Class</p>
<p>29 6:45 H2O Class 9:00 Nia 10:15 PACE 5:15 Jani's Fitness Class</p>	<p>30 8:30 Balance 9:30 Tai Chi 12:30 Choir 1:00 500 1:00 Westgate Bowl 6:00 500</p>	<p>31 6:45 H2O Class 8:30 Yoga 9:30 Tai Chi <u>10:30 Movin' Oldies ERC</u> 1:00 Woodcarving 1:00 Pumpkin Decorating & Pie Contest 5:15 Jani's Fitness Class</p>	<p>Please register for programs</p> <p>454-5212</p>	

November 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please register for programs</p> <p>454-5212</p>			<p>1</p> <p>8:30 Yoga Mat 9:30 Tai Chi 10:00 Brain Fitness 1:00 "15" card game 1-3 Advanced Art 2</p>	<p>2 6:45 H2O Class 9:30 Tai Chi 10:00 Brain Fitness 10:30 Movin' Oldies 11:00 Mindfulness 1:00 Poker 1-3 Jewelry & Purse Exchange 5:15 Jani's Fitness Class</p>
<p>5 6:45 H2O Class 9:00 Nia 10-2 Stampers 10:15 PACE 12:30-4:30 AARP 4 hr 1-2:30 Computer-Holiday Projects 2:00 Blood Pressures 5:15 Jani's Fitness Class 6:00-10:00 AARP 4 hr</p>	<p>6 8:30 Balance 9:30 Tai Chi 12:30 Choir 1:00 500 1:00 Westgate Bowl 6:00 500</p>	<p>7 6:45 H2O Class 8:30 Yoga 9:30 Tai Chi 10:30 Movin' Oldies 12:00 Schafskopf 1:00 Woodcarving 1:00 Dominoes 5:15 Jani's Fitness Class</p>	<p>8 8:30 Yoga Mat 9:30 Tai Chi 10:00 Brain Fitness 10-11 Check Balance 1-3 Advanced Art 2 1:00 "15" card game 1-3:30 Massage</p>	<p>9 6:45 H2O Class 9:30 Tai Chi 10:00 Brain Fitness 10:00 Knitting 10:30 Movin' Oldies 11:00 Mindfulness 1-3:30 Massage 5:15 Jani's Fitness Class</p>
<p>12</p> <p>~CLOSED~ VETERAN'S DAY HOLIDAY</p> <p>5:15 Jani's Class</p>	<p>13 8:30 Balance 9:30 Tai Chi 12:30 Choir 1:00 Stamp Collecting 1:00 500 1:00 Westgate Bowl 6:00 500</p>	<p>14 6:45 H2O Class 8:30 Yoga 9:30 Tai Chi 10:30 Movin' Oldies 12:45 AC Meeting 1:00 Woodcarving 5:15 Jani's Fitness Class</p>	<p>15 8:30 Yoga Mat 9:30 Tai Chi 10:00 Brain Fitness 11:00 Talk on Staying Healthy This Winter 1:00 "15" card game 1-3 Advanced Art 2 1-3:30 Massage</p>	<p>16 6:45 H2O Class 9:30 Tai Chi 10:00 Brain Fitness 10:30 Movin' Oldies 11:00 Mindfulness 12-3:30 Bundles Of Love Group 1:00 Poker 1-3:30 Massage 5:15 Jani's Fitness Class</p>
<p>19 6:45 H2O Class 9:00 Singles Pool Tournament 9:00 Nia 10-2 Stampers 10:15 PACE 1:00 BINGO 1-2:30 Computer-Holiday Projects 5:15 Jani's Fitness Class</p>	<p>20 8:30 Balance 9:30 Tai Chi 12:30 Choir 1:00 500 1:00 Westgate Bowl 5:30 THANKSGIVING DINNER @ EAST REC (210 Zumbro St) 6:00 500</p>	<p>21 6:45 H2O Class 8:30 Yoga 9:30 Tai Chi 10:30 Movin' Oldies 12:00 Schafskopf 1:00 Dominoes 1:00 Woodcarving 5:15 Jani's Fitness Class</p>	<p>22</p> <p>~CLOSED~ THANKSGIVING DAY HOLIDAY</p>	<p>23 6:45 <u>NO</u> Water Aerobics</p> <p>~CLOSED~ THANKSGIVING HOLIDAY</p> <p>5:15 <u>NO</u> Jani's Class</p>
<p>26 6:45 H2O Class 9:00 Nia 10:15 PACE 11:00 Simply Good Eating Demo 12:30 Life Writing 1-2:30 Computer-Holiday Projects 5:15 Jani's Fitness Class</p>	<p>27 8:30 Balance 9:30 Tai Chi 12:00 Book Club 12:30 Choir 1:00 500 1:00 Westgate Bowl 6:00 500</p>	<p>28 6:45 H2O Class 8:30 Yoga 9:30 Tai Chi 10:30 Movin' Oldies 1:00 Tree decorating 1:00 The "Bead Buds" Jewelry Club 1:00 Woodcarving 5:15 Jani's Fitness Class</p>	<p>29 8:00 BUS TRIP to: PLYMOUTH PLAYHOUSE 8:30 Yoga Mat 9:30 Tai Chi 10:00 Brain Fitness 1-3 Advanced Art 2 1:00 "15" card game 1-3:30 Massage</p>	<p>30 6:45 H2O Class 9:30 Tai Chi 10:30 Movin' Oldies 11:00 Mindfulness 1:00 Poker 1-3:30 Massage 5:15 Jani's Fitness Class</p>

December 2012

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Nia 10-2 Stampers 1:00-3:00 Christmas Goodies Bake Sale 1-2:30 Computer-Internet 5:15 Jani's Class	4 8:30 Balance 9:30 Tai Chi 12:30 Choir 1:00 500 1:00 Westgate Bowl 6:00 500	5 8:30 Yoga 9:30 Tai Chi 10:30 Movin' Oldies 12:00 Schafskopf 1:00 Dominoes 1:00 Woodcarving 5:15 Jani's Class	6 8:30 Yoga Mat 9:30 Tai Chi 11:00 Clown Program 1:00 "15" card game 1-3 Advanced Art 2 1-3:30 Massage	7 9:30 Tai Chi 10:30 Movin' Oldies 11:00 Mindfulness 1:00 Poker 1-4 Jewelry Class 5:15 Jani's Fitness Class
10 9:00 Nia 12:30 Life Writing 12:30-4:30 AARP 4 hr 1-2:30 pm Computer-Internet 2:00 Blood Pressures 5:15 Jani's Fitness Class 6:00-10:00 AARP 4 hr	11 8:30 Balance 9:30 Tai Chi 12:30 Choir 1:00 Stamp Collecting 1:00 500 1:00 Westgate Bowl 6:00 500	12 <u>8:30 Yoga @ Holzinger</u> <u>9:30 Tai Chi @ Holzinger</u> <u>10:30 Movin' Oldies ERC</u> 10:30 BINGO 11:30 Dinner 12:00 AC Annual Meeting and cookie buffet 1-3 Ron Haugen Music 5:15 Jani's Fitness Class 5:15 TROLLEY Christmas Light Tour	13 8:30 Yoga Mat 9:30 Tai Chi 10-11 Check Balance 1-3 Advanced Art 2 1:00 "15" card game 1-3:30 Massage	14 9:30 Tai Chi 10:00 Knitting 10:30 Movin' Oldies 11:00 Mindfulness 1:00 Poker 1-3:30 Massage 5:15 Jani's Fitness Class
17 9:00 Nia 10-2 Stampers 11:00 Simply Good Eating Demo 1:00 BINGO 5:15 Jani's Fitness Class	18 8:30 Balance 9:30 Tai Chi 12:30 Choir 1:00 500 1:00 Westgate Bowl 6:00 500	19 8:30 Yoga 9:30 Tai Chi 10:30 Movin' Oldies 1:00 Dominoes 12:00 Schafskopf 1:00 Woodcarving 5:15 Jani's Fitness Class	20 8:30 Yoga Mat 9:30 Tai Chi 1:30 Holiday Sing-a-long with Vanessa Trouble NO 1 pm "15" card game	21 9:30 Tai Chi 10:30 Movin' Oldies 11:00 Mindfulness 1:00 Poker 12-3:30 Bundles of Love Group 5:15 Jani's Fitness Class
24 ~CLOSED~ CHRISTMAS HOLIDAY	25 ~CLOSED~ CHRISTMAS DAY HOLIDAY	26 9:30 Tai Chi 1:00 The "Bead Buds" Jewelry Club 1:00 Woodcarving 5:15 Jani's Fitness Class	27 9:30 Tai Chi 1:00 "15" card game	28 9:30 Tai Chi 10:00 Knitting 11:00 Mindfulness 1:00 Poker 5:15 Jani's Fitness Class
31 4-7 NEW YEAR'S EVE PARTY! NO 9:00 Nia 5:15 Jani's Fitness Class	JAN 1 ~CLOSED~ NEW YEAR'S DAY HOLIDAY			Please register for programs 454-5212

Activity Council notes...

Messages from your Activity Council Board of Directors

From The President

It has been a very busy year at the Center this year with new programs and new people. We made a DVD about the Center's programs so if you would like to know more about what happens in some of the programs, ask a Staff person and they will loan you a copy to review at a laptop computer.

Our motto this year has been "You are never too old to have fun". In the most current issue of the Smithsonian there is an article entitled "Wise Up". Thousands of people were interviewed and the results show that people over 50 are happier, less stressed and are more engaged socially than they were when they were younger. On the other hand, people who are socially isolated decline in health and are more likely to need institutional care. So, get involved. The old saying holds true, "use it or lose it".

The Activity Council meets 11 times per year and members serve two year terms. This year we will lose three members who have served their two terms. The nominating committee (Marian Hopkins & Donna Tymesen) are contacting people to run for office. If you are interested in running for office, please let me know, prior to October 31.

The Activity Council helps plan for new programs and ensures the programs are running well. It is because of their leadership that the Friendship Center continues to grow. This year the elections will be held differently. The list of candidates and some information will be posted at the Center and the actual voting will happen at the annual meeting in December.

If you have an interest in starting a new program, talk to Charleen Jaszewski and she will be a great help in getting it going.

Michael Maher, President

Director's notes...

Happy Fall to all!

I would like to bring your attention to a couple of new occurrences at the Center. **1)** We have a new database called ActiveNet. We believe that the new system is going to assist us in more accurate numbers and eventually with greater efficiencies. Due to staff being very new with a new database system, you may find some delays when registering for a program. We hope the delays aren't too time consuming and we promise to get better as we become more comfortable in the new system. You will also be able to register for events from the comfort of your home—online. Just call and ask us for your password, we are happy to help.

2) Take note: This will be your last Newsletter unless you "renew" your membership.

Did you know that we are one of the only Senior Center's in the state that has a free membership? In January, 2013 we will begin charging a membership fee for the Center. Membership will be \$15 a year for a single person and \$25 a year for a couple. This works out to be \$.06 per day for some of the finest programming in Minnesota. In order to continue with our excellent programs and services that you desire, we feel it is necessary to charge a membership fee. We will continue to keep our program costs nominal. If a person is not a member costs for our programs will be 50% greater. For example to play Tai Chi costs \$3 per time for a member. For a non-member the cost will be \$4.50. The cost of the Wellness Center is \$40 for members, for non-members it will be \$60. Scholarships will be available for those meeting certain income guidelines. Contact Malia for more information.

Art Exhibit

Stop in to see the beautiful art work in the main room.
A new artist is featured each month.

Main Room

September	Paintings, Sketchings, Photography - Christine Peterson
October	Photography - Linda Weinman
November	Photography - Sandra Lines
December	Paintings

Display Case

September	Baskets - Sharon Miller
October	Crocks
November	Cards - Sandra Lines
December	Oil Lamps

Seeking artists to exhibit! Please contact Charleen if you are interested in sharing your gifts & talents or collections to display on the wall or display case at the Center.

"An Apple Affair" Wednesday, October 17 from 3:30 - 6:30 pm

Fundraising event for the **Activity Council**.
3:30-6 pm: Eckers & Sacia apple orchards will be available to sell apple products.
3:30-4:30 pm: Orchard presentation.
3:30-6 pm: Silent Auction
4:30-6:30 pm: Dinner is served.
Sell your tickets to area businesses.
Donations go to the Center for programming needs.
Register by October 10.
Cost: \$25 per ticket which includes Dinner
\$5 to attend the apple presentation
and silent auction only.

Senior Advocacy...

Are you ready for Medicare open enrollment 2012/2013?

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 2012, Medicare Enrollment for the 2013 season is from **October 15th to December 7, 2012**. Even if your current Medicare advantage 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.

For assistance with this process, contact the Senior Advocate office. Call 507-454-7369 for an appointment.

Knitting without Needles (Loom Knitting)

No Experience Required!

Monday, September 10 from 1:30-3:00 pm

Instructor: Carrie Putzier will teach the basics of casting on simple stitches on a round knitting loom. Bring your own round knitting loom, knitting tool, two skeins of 4 ply yarn or one skein of bulky yarn (gauge 6).

Member: \$15 Non-Member: \$20

Register by September 5.

Knitting without Needles (Loom Knitting)

Yoga for your hands!

Monday, September 24 from 1:30-3:00 pm

Instructor: Carrie Putzier will teach more stitches like cables & other techniques. Bring your own round knitting loom, knitting tool, 2 skeins of 4 ply yarn or 1 skein of bulky yarn (gauge 6).

Member: \$15 Non-Member: \$20

Register by September 19.

Knitting without Needles (Loom Knitting)

Winter is coming!

Monday, October 15 from 1:30-3:00 pm

Instructor: Carrie Putzier will teach you to knit a flat piece and MITTENS! Bring your own round knitting loom, knitting tool, 2 skeins of 4 ply yarn or 1 skein of bulky yarn (gauge 6).

Member: \$15 Non-Member: \$20

Register by October 10.

ART - "Together Again"

Instructor: Judie Hokenstad, Memorable Moments

September 6 - October 18 (no class September 27)

November 1 - December 13 (six week sessions)

From 1:00-3:00 pm

We have learned the three H's...Humor - Humor - Humor! **These classes are for previous students.** Fun, fun, fun! We will embark on a NEW journey. Each of you will choose a subject you will enjoy painting. Our goal is to spend our time together working on YOUR CHOICE. This is individuality at its' best! If you sign up for both sessions, you will have two paintings each. Bring your supplies! Register at least one week prior to the class, please.

Cost: \$20 for six week class

ART - "Playing Together"

Many have experienced the FUN AND LAUGHTER OF PLAYING with watercolors. Now it's your turn...

September 11 - October 16 from 1:00-3:00 pm

All you need to bring is your sense of humor and I will prove the opportunity to be a kid again! We have scribble drawing, continuous line drawing & geometric design. All of which get us acquainted with one another.

Remember... If you can't laugh, you can't have fun!

All supplies will be provided. Registration needed by September 4 to order supplies! Need 4 people to hold class.

Cost: \$30 for six week class

Cards and Games

"Schafskopf" Facilitator: Joe Benusa
1st & 3rd Wednesday of each month @ NOON
NO Schafskopf on October 17.

"15" Card game: Facilitator: Joe Benusa
EVERY Thursday @ 1:00 pm.
 It is not necessary to know how to play the game as Joe says, "you will learn it after two hands"!
\$2.00 members only - Register before noon.
NO 15 Sept 27, Oct 25 and Dec 20

Bingo @ 1:00 pm on the following MONDAYS:
 September 17 October 15
 November 19 December 17
Members only - \$1.00 for first two cards.

500 Cards
Tuesdays @ 1:00 pm and 6:00 pm
\$2.00 for members - Register for 1:00 pm only.

Texas Hold'em Poker Tournaments
Every Friday @ 1:00 pm
 Must be a member and know how to play.
 Please pre-register.
October 12 & 26 poker held in Craft Room.

Mexican Train Dominoes
1st & 3rd Wednesday @ 1:00 pm Register
NO Dominoes on October 17.

It's time once again to **"Warm Up Winona"**
 Items will be donated to various sites or individuals in Winona. **Special thanks** to all of you who have made these items available. We have received some very nice thank you notes!
 Yarn is available at the Center if you need some to make hats, scarves or mittens. Ask Charleen!
New socks of all sizes are very much needed!

Checks & Balances from 10:00-11:00 am
 Have your checkbook balanced by an employee of Merchants Bank. Free and confidential.
Sept. 13 - Oct. 11 - Nov. 8 - Dec. 13

What's For Lunch?
 Lunch available @ 11:15 am.
 Mon—Fri \$4.00
 If you would like to have lunch at the Center, please call by 9:00 am that morning.

Friendship Choraliers:

For men & women who like to sing.
Meets every Tuesday @ 12:30 pm. Please join the choraliers for a relaxing hour with great music by Jean Raz and singing old & learning new songs with other members.

"Woodcarving In Winona"

Winona has many talented woodcarvers. Express your thoughts in wood, share ideas & talent.
Meets every Wednesday @ 1:00 pm
 If you have questions contact: Mike Maher: 507-452-6274
No carving October 17 or December 12.

Stamp Collecting 2nd Tuesday each month @ **1:00 pm**

Meetings are informal and facilitated by Ted Zimmermann. Come in and bring your stamps, whether it is US, Foreign or used to show, trade, collect or just to discuss your collection.
September 11, October 9, November 13, December 11

Bundles of Love - will meet the following dates:

September 21, October 19, November 16 and December 21 from 12:00-3:30 pm.
 Helping Minnesota babies in need.
 Please join us to see the items that are made and get more information if you would like to volunteer in any capacity.

The "Bead Buds" Jewelry Club

4th Wednesday @ 1:00 pm
 If you have an interest in beading, this is an opportunity to share it with others. Come to the meetings with ideas and projects. Please register up to the day of the meeting.
Sept 26 - Oct 24 - Nov 28 - Dec 26

Knitting and Crafts -

Meets 2nd & 4th Friday each month @ 10:00 am
 Bring your own supplies & projects.
 Please join friends in great conversation, talents and ideas.

"Seasoned Stampers" & Scrapbookers

Meets 1st & 3rd Monday each month 10:00 - 2:00 pm
 Please bring your own supplies and share your ideas and rubber stamps. It is not a class but if you have wondered how it is done and have an interest... please stop & check it out!
September date will be Tuesday, Sept 4.

Writing Your Life

Meets 2nd & 4th Monday each month @ 12:30 pm
 This group writes stories & anecdotes from their life experiences. Newcomers welcome!
 Facilitator: Mary Ann Fuchsel
No Class: November 12 or December 24

Computer Learning Center

Open to all members Monday through Friday at no charge. Closed when classes are in session.

Instructor: Cathy Kreisel - Experienced Adult Education Teacher

Need a minimum of four (4) registrants to hold a class.

Pre-Registration required for all Computer classes.

The "Very Beginning" Basic Computer Class

September 12, 19 & 26 from 1:00-2:30 pm

Computer basics for absolute beginners (where are the buttons to turn it on?) or anyone who wants to review the basics. Learn computer terminology, including hardware, software, the desktop, the mouse, clicking, saving, etc.

Members: \$22.50 Non-Members: \$27.50

Register by September 5.

Holiday Projects Computer Class

Mondays, November 5, 19 & 26 from 1-2:30 pm

Have fun making your own Christmas letter & recipe cards. Make your work interesting by adding clip art, pictures, borders and colors. Make mailing labels and envelopes. Come to the class with ideas for your letters and recipes.

Members: \$22.50 Non-Members: \$27.50

Register by October 26.

Microsoft WORD Computer Class

Mondays, October 1, 8 & 22 from 1-2:30 pm

Learn how to produce great-looking documents. Format a document using various fonts, styles and colors; center text on a page, cut, copy, paste; check for spelling and grammar errors and save!

Members: \$22.50 Non-Members: \$27.50

Register by September 28.

Internet Basics Computer Class

Mondays, December 3 & 10 from 1-2:30 pm

Learn about Internet Explorer, websites, how to search, links, favorites and downloading.

Explore all sorts of cool content and useful services, including your personal interests.

Members: \$15 Non-Members: \$20

Register by November 30.

Pool Tournaments

Doubles Tournament - October 15 @ 9:00 am

Open to men and women of all levels of play. Two person teams set up by draw.

Double elimination. Lunch will be provided. If you are not interested in competing in the tournament but would like to be a spectator and eat lunch only, please indicate so at time of registration.

Cost: \$4.50 whether you choose to have lunch or not to help cover costs.

Registration required by October 8.

Singles Tournament - November 19 @ 9:00 am

Men and women of all levels of play are welcome.

Double elimination. Lunch will be provided.

If you are not interested in competing in the tournament but would like to be a spectator and each lunch only, please indicate so at time of registration.

Cost: \$4.50 whether you choose to have lunch or not to help cover costs.

Registration required by November 13.

Physical Programs

Please be sure to come into the
Center to play at least
two (2) weeks before the actual
tournament date.
Seeding of players will be done by members
playing in the tournaments.

**POOL
PLAYERS**

Pool Hall

\$.50 per day - please pay at the front desk

Pool hall open the same hours as the Center.

Pool room CLOSED October 17.

Bowling @ Westgate Bowl Tuesdays

September 4 - December 27 @ 1:00 pm

Open to women & men of all levels.

You do not need to bowl each week.

Teams are determined by those who show up.

Teams change every week. New bowlers are always welcome!

Cost: \$5 for three games - includes shoes

Ping Pong (Table Tennis)

DID YOU KNOW? According to an article in the Star Tribune, cardio-wise, ping pong is pretty good.

Studies are showing it's good for your brain, even more so than reading because it makes your mind move quickly. It's really good for your reflexes and that's why a lot of athletes play it. Schedule a time to use the ping pong table soon!!!

Wii is also available to schedule times and dates with our students!

WISH LIST

- ... small & medium saucepans w/covers
- ... small & medium frying pans w/covers
- ... **NEW** decks of playing cards
- ... CD Boom Box

Ye Olde Gift Shop
 Do your Holiday shopping with us! This is a fundraising event for the Activity Council. The Gift Shop is a good place to spend time volunteering. Please consider volunteering! Accepting "gently used" or "Flea Market" type items. No clothing please.
Hours: Monday-Friday 9:00 am - 3:30 pm

THIS WILL BE YOUR LAST NEWSLETTER
Unless you pay the Membership fee coming in 2013!

Thanksgiving Dinner
at East Recreation Center
 (210 Zumbro Street)
Tuesday, November 20 @ 5:30 pm

Thanksgiving is fast approaching and you are invited to join the East Rec staff and patrons in a celebration! We gather to partake in fantastic food, sincere service and engaging entertainment. This event is FREE and has been created to give us an opportunity to eat together, enjoy good company and count our many blessings. Contact Charleen if you would like to volunteer for preparing food items...ingredients can be provided or be a part of our Thanksgiving Variety Show! (We are looking for acts that will warm our hearts (harmonicas, singing with family members, reading poetry, sharing a story, etc.).

Due to the popularity of this event last year, we will be expanding into the gym area for more space and preparing more food.

Please register by November 6.
Serving time is from 5:30-7:00 pm or until the food runs out!



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-mn.com



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