

Potpourri-January-April 2017

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Annual Membership fee 1 year from date of purchase

\$27 Single

\$37 2 people in same household

Non-Members pay fee plus 50%

Non-Member daily pass is \$2.00

SPEED DATING:

Wed Feb 22 1-3 p.m. Members: \$7

- If you've been hesitant to get back into the dating scene, Speed Dating is easy
- No pressure way to meet a group of new people
- This fast-paced, non-committal event will give you a chance to meet and talk to people you may not normally meet!
- A fun, social gathering to meet like-minded singles at Jefferson's in Winona
- Light refreshments provided

VOLUNTEER RECOGNITION:

Wed Apr 19 1-2:30 p.m.

- Volunteers bring their skills and knowledge to the Center
- They help us to offer the best programs in a Nationally Accredited Center
- This celebration is to honor volunteers of 2016
- Thank you to all our volunteers!
- Watch for your personal invitation in the mail

TREASURE & TRINKET SALE:

Sat May 6 8 a.m.—Noon Members: 5' tables-\$5, 6' tables-\$6

- Join in on the 100 mile sale and shop with us first
- Limit 2 tables per person, set up Friday, May 5th from 1-3:30 p.m.
- Limited space available so reserve your table soon
- Let your friends and family know

REMEMBER PAYMENT IS REQUIRED AT REGISTRATION

CARDS & GAMES

YOU MUST BE A MEMBER FOR CARD & GAME PROGRAMS THAT REQUIRE AN ENTRY FEE

500 CARDS:

Tue Jan 3—Apr 25 12:30—3 p.m. Members: \$2

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

POOL:

Mon-Fri Jan 3—Apr 28 7:30 a.m.—4 p.m. Members: \$.75 or \$7.50 punch card

- Two regulation size tables, use cues provided or bring your own, all levels of players welcome
- Tournaments held throughout the year

CRIBBAGE TOURNAMENT:

1st Wed Jan 4—Apr 5 12—3:30 p.m. Members: \$2

- Round robin tournament, individual or draw for teams
- Register by 4 p.m. the day before the event, all money paid back in prizes
- 120-point, 2-3 player Cribbage boards needed, feel free to bring and use your own

SCHAFSKOPF (SHEEPSHEAD):

Wed Jan 4—Apr 26 12—3:30 p.m. Members: \$2

- Register before 11 a.m. on the day of the program—all money taken in is paid out in cash prizes
- Must know how to play the game

15 (CARD GAME):

1st, 2nd, 3rd & 5th Thu Jan 5—Apr 20 12:30—3 p.m. 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
- All money taken in is paid out in cash prizes
- **No program Mar 16**

TEXAS HOLD `EM POKER:

Fri Jan 6—Apr 28 1—3:30 p.m. Members: Free

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

CANASTA:

1st, 2nd, 3rd & 5th Mon Jan 9—Apr 17 12:30—3:30 p.m. Members: \$2

- Register before 11 am on day of the program—lessons available upon request, easy to learn
- All money taken in will be paid out in prizes

BOARD GAMES:

2nd Tues Jan 10—Apr 11 12—3 p.m. Members: Free

- Bring your favorite board games
- Socialize and learn new board games or play your favorites
- Scrabble, Trivial Pursuit, Clue, Checkers, Chess, and more at the center
- Bring a group or join in!

MEXICAN TRAIN DOMINOES:

2nd & 4th Fri Jan 13—Apr 28 1—3:30 p.m. Members: Free

- Modern version of dominoes played with 91 double-twelve dominoes
- A unique feature is the little trains used for game markers
- Object of game is to get the least amount of points

CARDS & GAMES

YOU MUST BE A MEMBER FOR CARD & GAME PROGRAMS THAT REQUIRE AN ENTRY FEE

MAHJONG:

4th Mon Jan 23—Apr 24 12:30—3:30 p.m. Members: Free

- Played with a set of 144 tiles based on Chinese characters and symbols
- Register by 10 a.m. the day of the event
- Lessons available on request, contact Laura

Wii GAMES: Student Intern: Isabell

Tue Jan 24—Apr 25 9—10:30 a.m. Members: Free

- Bring a group and compete in Wii games
- Try out new games at the center, team and individual competitions
- **No activity Feb 21, Mar 7**

SCOTCH DOUBLES POOL TOURNAMENT: Facilitator: Tim Galewski

Wed Jan 25 9 a.m. Members: \$1.50

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

REGISTRATION DEADLINE: Jan 18

BINGO:

4th Thu Jan 26-Apr 27 1-3:30 p.m. Members: \$1/2 cards

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

SINGLES 8 BALL POOL TOURNAMENT: Facilitator: Tim Galewski

Wed Feb 22 9 a.m. Members: \$1.50

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

REGISTRATION DEADLINE: Feb 15

DOUBLES 8 BALL POOL TOURNAMENT: Facilitator: Tim Galewski

Wed Mar 22 9 a.m. Members: \$1.50

- Two person teams set up by draw
- Double elimination

REGISTRATION DEADLINE: Mar 15

EDUCATIONAL

RED BOOT COALITION: Facilitators: Lisa Gray & Kathy Seifert

Mon Jan 9—Apr 10 11—12 p.m. Members: Free

- Are you tired of the overwhelming us versus them rhetoric prevalent in the world today?
- The RBC exists to provide safe places where people can engage in honest sharing
- Anybody is welcome to engage in honest sharing and compassionate listening
- **No program Jan 16, Feb 20**

PLANNING AHEAD: PRE-PLANNING AND FUNDING OF FUNERAL SERVICES:

Facilitator: Sydney Smith & Tyler Hoff of Hoff Celebration of Life

Tue Jan 10 1—2 p.m. Members: Free

- Tyler and Sydney will discuss pre-planning and pre-funding of funeral services in a causal but informative manner
- Discuss how to achieve peace of mind for you and your loved ones
- Plenty of time for questions, come and ask everything you always wanted to know about funerals

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

EDUCATIONAL

ATTEMPTING THE NORTHWEST PASSAGE: Presenter: Taff Roberts

Wed Jan 18 2—3:30 p.m. Members: Free

- This 35-minute documentary presents the attempted voyage of the vessel 'Catryn' around the Northwest Passage from Baffin Island to Nome, Alaska in the summer of 2014
- The film features the challenges faced by the crew including gales, high winds, ice and polar bears
- Produced to inspire mature adults to reach out for their dreams and aspirations
- Taff Roberts, the director, will present the film and a Q&A after the showing

TELECONFERENCE: BRITAIN AND THE HOLOCAUST: Offered by: The British National Archive

Thu Jan 19 10—11 a.m. Members: Free

- How much did the British government know?
- Study telegrams, radio intercepts and reports by the Foreign Office between 1942 and 1944
- Learn how the events in Nazi occupied territories unfolded and the reactions of the British government

CHASING THE DRAGON: THE LIFE OF AN OPIATE ADDICT, DOCUMENTARY AND Q&A:

Presenter: Phil Huerta & Linda King

Wed Jan 25 11:30—1:30 p.m. Members: Free

- The Winona County ASAP (Alliance for Substance Abuse prevention)
- Watch a documentary put out by the FBI that examines the prescription drug abuse epidemic
- Phil Huerta, Program Coordinator, will introduce the film and be available for questions after
- Join in the conversation that could help save a life!

CHEESE TASTING: Instructor: Austin Lubinski

Thu Jan 26 11—12:30 p.m. Members: \$5.50

- All new cheeses!
- Prairie Breeze, Red Barn, Snow Fields and more. All perfect for the winter months
- Learn about the feature meats and cheese pairings and building a great winter platter
- A variety of selected charcuterie meats to match

REGISTRATION DEADLINE: Jan 19

TELECONFERENCE: SNOW DESK: SURVIVING WINTER IN GRAND TETON NATIONAL PARK:

Offered by: Grand Teton National Park

Thu Feb 15 1:30—2:30 p.m. Members: Free

- Interact with park rangers in the field as they interpret the winter survival strategies of local wildlife
- Snow impacts the way everything survives in Grand Teton National Park
- Discover the many plant species that grow in this historic garden

THE MORE YOU KNOW: RECOGNIZING AND PREVENTING SKIN CANCER:

Presenter: Winona Health

Wed Mar 15 1—2 p.m. Members: Free

- How to recognize concerning spots
- Methods and tips for protecting your skin
- A presenter from Winona Health will be here to answer all your questions and provide helpful information on how to protect your skin

TELECONFERENCE: AFRICAN COSMOS: STELLAR ARTS:

Mon Mar 20 1—2 p.m. Members: Free

- Art is a universal language and astronomy helps us to think about our place in the universe
- From Egypt to South Africa, take a brief tour of African Cosmos: Stellar Arts with the Curator for education and see cosmic models from three African countries: Nigeria, Mali, and the Democratic Republic of the Congo

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EDUCATIONAL

ENERGY MEDICINE STUDY GROUP:

Instructor: Elmer Mattila, Certified Practitioner in Healing Touch

Wed Mar 29, Apr 5 & 19, May 3 2–4 p.m. Members: Free

- Learn energizing exercises from Energy Medicine and Spring Forest Qigong for body, mind, and spirit
- Using strategies and techniques from the Tapping Solution, you will learn how you can reduce phobias, stresses, pains, and more
- Assess your bio-energy field using muscle testing techniques or a pendulum
- The class will include slide shows, video clips, demonstrations, and hands-on experience

MINNESOTA MARINE ART MUSEUM GUIDED TOUR: Facilitator: Heather Casper

Thu Mar 30 1–2 p.m. Members: \$5.50

- A one-hour guided tour through the Minnesota Marine Art Museum
- Please arrive at least 5 minutes early
- Meet at the Museum

REGISTRATION DEADLINE: Mar 23

TELECONFERENCE: HOW WE CAN PROTECT AND PRESERVE THE HEALTH OF OUR BRAIN:

Facilitator: Dr. Bruce McBeath, Adult Development and Aging Psychologist

Tue Apr 11 1–2 p.m. Members: Free

- As we age, we know that the threats of dementia lurk in the background
- We have recently learned some important lessons about how to preserve brain health into our older age
- If we apply them we can actually forestall or even prevent the experience of dementia or significant cognitive loss
- Let's look at what we now know and how we can use it to best preserve a healthy brain

TELECONFERENCE: THE GARDENS OF HEARST CASTLE: Offered by: Hearst Castle

Tue Apr 18 1–2 p.m. Members: Free

- Join CA State Park Educator, and a CA State Park Gardener on a walk through the gardens of Hearst Castle
- Explore the process and challenges if maintaining a "historic garden"

MN SAFETY COUNCIL DEFENSIVE DRIVING 55+ REFRESHER COURSE:

Mon Jan 30, Mar 6 12:30–4:30 p.m. Members: \$17

Mon Apr 10 6–10 p.m.

- 4 hr. safety driving class with 10% discount on insurance, for those who have already taken any initial 8 hr. class
- No driving and no test—you will receive a certificate of completion to provide to your insurance company
- NOTE: Wisconsin residents must ask their insurance agent if they will cover the 10% discount
- Pre-registration is required for all

REGISTRATION DEADLINES: Jan 19, Feb 23, Mar 30

MN SAFETY COUNCIL DEFENSIVE DRIVING 55+ INITIAL COURSE: Saving Money & Lives

Mon & Wed Feb 13 & 15 12:30-4:30 p.m. Members: \$17

- If you are 55 or older, save money on your car insurance premiums and become a better driver
- MN law requires insurance companies to offer you a 10% reduction for 3 years if you complete the National Safety Council's Defensive Driving Course, taught by professional certified instructors
- Course is two 4 hr. classroom sessions—no driving or test required
- Certificate provided for your insurance company after both classes have been completed
- NOTE: Wisconsin residents must ask their insurance agent if they will cover the 10% discount
- Pre-registration is required for all classes prior to the date

REGISTRATION DEADLINE: Feb 2

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

COLLABORATION

INTERGENERATIONAL DANCE HALL: Facilitator: Kairos Alive!

Wed Feb 1 1–2:30 p.m. Open and free to all!

- Join Kairos Alive for a free Intergenerational Dance Hall
- All ages and abilities are welcome
- Dance, live music and stories with the Kairos Alive staff

FROZEN FRIDAY: WINONA AREA POLLINATORS:

Fri Feb 17 12–1 p.m. Open and free to all!

- The Winona Area Pollinators will talk about the pollinator-friendly resolution that was approved by the Winona City Council
- Tips on creating a pollinator friendly garden

CHECKS & BALANCES:

2nd Thu Jan 12, Feb 9, Mar 9, Apr 13 10–11 a.m. Members: Free

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

Friendships Forever

For the past three years we have been running a wonderful program for older adults who can no longer come to the Center (health issues, transportation issues). Students go to their homes & with technology are able to bring them back to the Center for programs without ever leaving their home. If you know someone who would benefit from Friendships Forever, please call 454-5212.

TRAVEL

MONTREAL, QUEBEC, AND OTTAWA:

Sep 29–Oct 8 Single: \$1349, Double Occupancy: \$999, Triple: \$979

- 10 days and 9 nights trip to Montreal, Quebec, and Canada's Capitol City Ottawa
- \$75 deposit per person due upon registration
- Final payment due July 22, 2017
- 16 meals, guided tours of each city, visit Notre Dame Basilica, narrated cruise on the St. Lawrence river, and more
- Insurance for \$69 per person
- **Must have valid passport not expiring within 6 months of travel date**

REGISTRATION DEADLINE: May 22

INNOVATION

MONTHLY MOVIES:

Mon

Members: Free

- Monthly films continue
- Stop by the center to read about each featured film
- Donations for refreshments greatly appreciated

Jan 23—Girl With the Pearl Earring

1-3 p.m.

Feb 27—The Monuments Men

1-3 p.m.

Mar 27—North by Northwest

12:30-3 p.m.

Apr 10—Ben Hur (2016)

12:30-3 p.m.

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

JANUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED New Year's Day	3 8-8:40 Balance MR 9-2 Crafting Coterie BL 9:30-10:30 Tai Chi MR 9:30-11:30 Hands CR 12:30-3 500 MR	4 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi MR 12-3:30 Schafskopf CL 12:30-3:30 Cribbage MR 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	5 9:30-10:30 Tai Chi MR 10-12 Step On Booster BL 12:30-3 "15" Card MR 1-3:30 Bridge BL 4-4:45 Groovin MR 5-5:45 Yogoodnight BL 5-6 Nia MR	6 9:30-10:30 Tai Chi MR 1-3:30 Poker MR 5:15-6:15 Jani's Fitn MR
9 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 9:30-10:30 Yoga w/T BL 11-12 Red Boot BL 11:30 Pool Tourn GR 12:30-2:30 WYL CR 12:30-3:30 Canasta MR 1-3:30 Bridge JH/CL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	10 8-8:40 Balance MR 9:30-10:30 Tai Chi MR 12-3 Board Games CR 12:30-3 500 MR 1-2 Hoff Event BL	11 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi MR 12-3:30 Schafskopf CL 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	12 9:30-10:30 Tai Chi MR 10-11 Checks & Bal CR 12:30-3 "15" Card MR 1-3:30 Bridge BL 4-4:45 Groovin MR 5-5:45 Yogoodnight BL 5-6 Nia MR	13 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-12:45 Knit & Color JH 1-3:30 Poker MR 1-3:30 Dominoes JH 5:15-6:15 Jani's Fitn MR
16 CLOSED Martin Luther King Day	17 8-8:40 Balance MR 9-2 Crafting Coterie BL 9:30-10:30 Tai Chi MR 12:30-3 500 MR	18 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9:30-10:30 Tai Chi MR 12-3:30 Schafskopf CR 1-3 Woodcarving CL 2-3:30 Attempting the Norwest Passage MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	19 9:30-10:30 Tai Chi MR 10-11 Teleconference BL 12-1 Blood Pressures JH 12:30-3 "15" Card MR 1-3:30 Bridge BL 4-4:45 Groovin MR 5-5:45 Yogoodnight BL 5-6 Nia MR	20 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 12-3:30 Bundles MR 1-3:30 Poker MR 5:15-6:15 Jani's Fitn MR
23 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 9:30-10:30 Yoga w/T BL 11-12 Red Boot BL 11:30 Pool Tourny GR 12:30-3:30 Mahjong CR 1-3:30 Bridge BL 1-3 Movie MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	24 8-8:40 Balance MR 9-10:30 Wii GR 9:30-10:30 Tai Chi MR 9:30-12:30 F&N BL 10:45-11:30 AFEP MR 12-1 Book Club CR 12:30-3 500 MR	25 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga Mat BL 9 Scotch Doubles GR 9:30-10:30 Tai Chi MR 11:30-1:30 Chasing The Dragon MR 12-3:30 Schafskopf CR 1-3 Woodcarving CL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR	26 9:30-10:30 Tai Chi MR 11-12 H2U JH 11-12:30 Cheese Tasting MR 1-3:30 Bridge BL 1-3:30 Bingo MR 4-4:45 Groovin MR 5-5:45 Yogoodnight BL 5-6 Nia MR	27 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-12:45 Knit & Color JH 10:45-11:30 AFEP MR 12:30-1:30 Brain fitn CR 1-3:30 Poker MR 1-3:30 Dominoes JH 5:15-6:15 Jani's Fitn MR
30 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 9:30-10:30 Yoga w/T BL 11-12 Red Boot BL 11:30 Pool Tourny GR 12:30-4:30 Defensive Driving MR 12:30-3:30 Canasta CL 1-3:30 Bridge BL 4-5 Nia HZ 5:15-6:15 Jani's Fitn MR	31 8-8:40 Balance MR 9-10:30 Wii GR 9:30-10:30 Tai Chi MR 10:45-11:30 AFEP MR 12:30-3 500 MR	<u>Room Abbreviations:</u> BL = Back Lounge ERC = East Rec. Ctr CL= Computer Lab CR = Craft Room GR= Game Room	HZ = Holzinger JH = Java Hut LL = Lake Lodge MR = Main Room MS = Masonic WSU = WSU Pool	Please pre-register for programs 454-5212

FEBRUARY 2017

Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: center;"><u>Room</u> Abbreviations: BL = Back Lounge ERC = East Rec. Ctr CL= Computer Lab CR = Craft Room GR= Game Room</p>	<p>HZ = Holzinger JH = Java Hut LL = Lake Lodge MR = Main Room MS = Masonic WSU = WSU Pool</p>	<p>1 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga BL 9:30-10:30 Tai Chi MR 12-3:30 Schafskopf CR 12:30-3:30 Cribbage BL 1-2:30 Dance Hall MR 1-3 Woodcarving CL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>2 9:30-10:30 Tai Chi MR 12-1 Blood Pressures JH 12:30-3 "15" Card MR 1-3:30 Bridge BL 4-4:45 Groovin MR 5-5:45 Yogoodnight BL 5-6 Nia MR</p>	<p>3 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-12 Collegium BL 10:45-11:30 AFEP MR 12:30-1:30 Brain Fit CR 1-3:30 Poker MR 5:15-6:15 Jani's Fitn MR</p>
<p>6 6:45-7:45 H2O WSU No Zumba 9-2 Crafting Coterie MR 9:30-10:30 Yoga w/T BL 11-12 Red Boot BL 11:30 Pool Tourney GR 12:30-3:30 Canasta MR 1-3:30 Bridge BL 2-5 Acrylic CR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>7 8-8:40 Balance MR 9-10:30 Wii GR 9:30-10:30 Tai Chi MR 9:30-11:30 Hands CR 9:30-12:30 F&N BL 10:45-11:30 AFEP MR 12:30-3 500 MR</p>	<p>8 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga BL 9:30-10:30 Tai Chi MR 12-3:30 Schafskopf CL 1-3 AC Meeting CR 1-3 Woodcarving MR 2-4 Jam Session BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>9 9:30-10:30 Tai Chi MR 10-11 Check and Bal CR 11-12 H2U JH 12:30-3 "15" Card MR 1-3:30 Bridge BL 4-4:45 Groovin BL 4:30-5:30 Danceworkz MR 5-5:45 Yogoodnight BL 5-6 Nia HZ</p>	<p>10 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-12 Collegium BL 10-12:45 Knit & Col. JH 10:45-11:30 AFEP MR 12:30-1:30 Brain Fit CR 1-3:30 Poker MR 1-3:30 Dominoes JH 5:15-6:15 Jani's Fitn MR</p>
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<p>20 Closed Presidents' Day</p>	<p>21 8-8:40 Balance MR No Wii 9-2 Crafting Coterie BL 9:30-10:30 Tai Chi MR 9:30-12:30 F&N CR 10:45-11:30 AFEP MR 12:30-3 500 MR</p>	<p>22 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga BL 9 Singles Pool Tourn GR 9:30-10:30 Tai Chi MR 1-3 Speed Dating 12-3:30 Schafskopf CL 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>23 9:30-10:30 Tai Chi MR 1-3:30 Bridge BL 1-3:30 Bingo MR 4-4:45 Groovin MR 5-5:45 Yogoodnight BL 5-6 Nia MR</p>	<p>24 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-12 Collegium BL 10-12:45 Knit & Col. JH 10:45-11:30 AFEP MR 12:30-1:30 Brain Fit CR 1-3:30 Poker MR 1-3:30 Dominoes JH 5:15-6:15 Jani's Fitn MR</p>
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MARCH 2017

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Friday

<p>Room Abbreviations: BL = Back Lounge ERC = East Rec. Ctr CL= Computer Lab CR = Craft Room GR= Game Room</p>	<p>HZ = Holzinger JH = Java Hut LL = Lake Lodge MR = Main Room MS = Masonic WSU = WSU Pool</p>	<p>1 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga BL 9:30-10:30 Tai Chi MR 12:30-3:30 Cribbage MR 12-3:30 Schafskopf CL 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>2 9:30-10:30 Tai Chi MR 12-1 Blood Pressures JH 12:30-3 "15" Card MR 1-3:30 Bridge BL 4-4:45 Groovin MR 5-5:45 Yogoodnight BL 5-6 Nia MR</p>	<p>3 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-12 Collegium BL 10:45-11:30 AFEP MR 12:30-1:30 Brain fit CR 1-3:30 Poker MR 5:15-6:15 Jani's Fitn MR</p>
<p>6 6:45-7:45 H2O WSU NO ZUMBA 9-2 Crafting Coterie MR 9:30-10:30 Yoga w/T BL 11-12 Red Boot CR 11:30 Pool Tourney GR 12:30-3:30 Canasta CR 12:30-4:30 Def. Driving MR 1-3:30 Bridge CL/JH 4-5 Nia HZ 5:15-6:15 Jani's Fitn MR</p>	<p>7 8-8:40 Balance MR NO Wii 9:30-10:30 Tai Chi MR 9:30-11:30 Hands CR 10:45-11:30 AFEP MR 12:30-3 500 MR</p>	<p>8 6:45-7:45 H2O WSU NO ZUMBA 8-8:40 Yoga BL 9:30-10:30 Tai Chi MR 12-3:30 Schafskopf CL 1-3 AC Meeting CR 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>9 9:30-10:30 Tai Chi MR 10-11 Checks & Bal CR 12:30-3 "15" Card MR 1-3:30 Bridge BL 4-4:45 Groovin MR 5-5:45 Yogoodnight BL 5-6 Nia MR</p>	<p>10 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-12 Collegium BL 10-12:45 Knit & Color JH 10:45-11:30 AFEP MR 12:30-1:30 Brain fit CR 1-3:30 Poker MR 1-3:30 Dominoes JH 5:15-6:15 Jani's Fitn MR</p>
<p>13 6:45-7:45 H2O WSU NO ZUMBA 9:30-10:30 Yoga w/T BL 11-12 Red Boot BL 11:30 Pool Tourney GR 12:30-2:30 WYL CR 12:30-3:30 Canasta CL 1-2:30 Improv 101 MR 1-3:30 Bridge BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>14 8-8:40 Balance MR 9-10:30 Wii GR 9:30-10:30 Tai Chi MR 9:30-12:30 F&N BL 10:45-11:30 AFEP MR 12-3 Games CR 12:30-3 500 MR</p>	<p>15 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga BL 9:30-10:30 Tai Chi MR 12-3:30 Schafskopf CL 1-2 Skin Health BL 1-3 Woodcarving MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>16 FRIENDS OF THE LIBRARY BOOK SALE 9:30-10:30 Tai Chi LL 11-12 H2U JH 12-1 Blood Pressures JH NO 15 1-3:30 Bridge BL 4-4:45 Groovin BL 5-5:45 Yogoodnight BL 5-6 Nia HZ</p>	<p>17 FRIENDS OF THE LIBRARY BOOK SALE 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi LL 10-12 Collegium BL 10:45-11:30 AFEP JH 12-3:30 Bundles CR 12:30-1:30 Brain Fit BL 1-3:30 Poker JH/CL 5:15-6:15 Jani's Fitn BL</p>
<p>20 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 9-2 Crafting Coterie CR 9:30-10:30 Yoga w/T BL 11-12 Red Boot BL 11:30 Pool Tourney GR 12:30-3:30 Canasta MR 1-2 Teleconference BL 1-3:30 Bridge CL/JH 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>21 8-8:40 Balance MR 9-10:30 Wii GR 9:30-10:30 Tai Chi MR 12:30-3 500 MR</p>	<p>22 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga BL 9 Doubles Pool Tourn GR 9:30-10:30 Tai Chi MR 12-3:30 Schafskopf CL 1-3 Woodcarving MR 2-4 Jam Session BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>23 9:30-10:30 Tai Chi MR 1-3:30 Bridge BL 1-3:30 Bingo MR 4-4:45 Groovin MR 5-5:45 Yogoodnight BL 5-6 Nia MR</p>	<p>24 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-12 Collegium BL 10-12:45 Knit & Color JH 12:30-1:30 Brain CR 1-3:30 Poker MR 1-3:30 Dominoes JH 5:15-6:15 Jani's Fitn MR</p>
<p>27 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 9:30-10:30 Yoga w/T BL 11-12 Red Boot BL 11:30 Pool Tourney GR 12:30-3 Movie MR 12:30-3:30 Mahjong CR 1-3:30 Bridge BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>28 8-8:40 Balance MR 9-10:30 Wii GR 9:30-10:30 Tai Chi MR 9:30-12:30 F&N BL 12-1 Book Club CR 12:30-3 500 MR</p>	<p>29 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga BL 9:30-10:30 Tai Chi MR 12-3:30 Schafskopf CL 1-3 Woodcarving MR 2-4 Energy Medicine BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>30 9:30-10:30 Tai Chi MR 12:30-3 "15" Card MR 1-2 MMAM Tour 1-3:30 Bridge BL 4-4:45 Groovin MR 5-5:45 Yogoodnight BL 5-6 Nia MR</p>	<p>31 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-12 Collegium BL 12:30-1:30 Brain Fit CR 1-3:30 Poker MR 5-6:15 Jani's Fitn MR</p>

APRIL 2017

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 9-2 Crafting Coterie MR 9:30-10:30 Yoga w/T BL 11-12 Red Boot BL 11:30 Pool Tourney GR 12:30-3:30 Canasta MR 1-3:30 Bridge JH/CL 2-5 Acrylic Art CR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>4 8-8:40 Balance MR 9-10:30 Wii GR 9:30-10:30 Tai Chi MR 9:30-11:30 Hands CR 12:30-3 500 MR</p>	<p>5 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga BL 9:30-10:30 Tai Chi MR 12-3:30 Schafskopf CL 12:30-3:30 Cribbage MR 1-3 Woodcarving MR 2-4 Energy Med BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>6 9:30-10:30 Tai Chi MR 12-1 Blood Pressures JH 12:30-3 "15" Card MR 1-3:30 Bridge BL 4-4:45 Groovin MR 5-5:45 Yogoodnight BL 5-6 Nia MR</p>	<p>7 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-12 Collegium BL 12:30-1:30 Brain Fit CR 1-3:30 Poker MR 5:15-6:15 Jani's Fitn MR</p>
<p>10 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 9:30-10:30 Yoga w/T BL 11-12 Red Boot BL 11:30 Pool Tourney GR 12:30-2:30 WYL CR 12:30-3 Movie MR 12:30-3:30 Canasta CL 1-3:30 Bridge BL 4-5 Nia HZ 5:15-6:15 Jani's Fitn BL 6-10 Def. Driving MR</p>	<p>11 8-8:40 Balance MR 9-10:30 Wii GR 9:30-10:30 Tai Chi MR 9:30-12:30 F&N CR 12-3 Board Games JH 12:30-3 500 MR 1-2 Bruce McBeath BL</p>	<p>12 6:45-7:45 H2O WSU NO ZUMBA 8-8:40 Yoga BL 9:30-10:30 Tai Chi MR 12-3:30 Schafskopf JH 1-3 AC Meeting CR 1-3 Woodcarving MR 2-4 Jam Session BL 3-4 AWC Symposium MR 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>13 9:30-10:30 Tai Chi MR 10-11 Checks & Bal CR 11-12 H2U JH 12:30-3 "15" Card MR 1-3:30 Bridge BL 4-4:45 Groovin MR 5-5:45 Yogoodnight BL 5-6 Nia MR</p>	<p>14 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-12 Collegium BL 10-12:45 Knit & Color JH NO BRAIN FIT 1-3:30 Poker MR 1-3:30 Dominoes JH NO JANI'S FITN</p>
<p>17 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 9-2 Crafting Coterie CR 9:30-10:30 Yoga w/T BL 11:30 Pool Tourney GR 12:30-3:30 Canasta MR 1-3:30 Bridge JH/CL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>18 8-8:40 Balance MR 9-10:30 Wii GR 9:30-10:30 Tai Chi MR 12:30-3 500 MR 1-2 Teleconference BL</p>	<p>19 6:45-7:45 H2O WSU 7:30-8:15 Zumba MR 8-8:40 Yoga BL 9:30-10:30 Tai Chi LL 12-3:30 Schafskopf CR 1-2:30 Volunteer Rec MR 1-3 Woodcarving CL 2-4 Energy Med BL 4-5 Nia MR 5:15-6:15 Jani's Fitn MR</p>	<p>20 9:30-10:30 Tai Chi MR 12-1 Blood Pressures JH 12:30-3 "15" Card MR 1-3:30 Bridge BL 1-4 Jewelry Class CR 4-4:45 Groovin MR 5-5:45 Yogoodnight BL 5-6 Nia MR</p>	<p>21 6:45-7:45 H2O WSU 9:30-10:30 Tai Chi MR 10-12 Collegium BL 12-3:30 Bundles MR 12:30-1:30 Brain Fit CR 1-3:30 Poker MR 5:15-6:15 Jani's Fitn MR</p>
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<p>Please pre-register for programs 454-5212</p>	<p>Room Abbreviations: BL = Back Lounge ERC = East Rec. Ctr CL = Computer Lab CR = Craft Room GR = Game Room</p>	<p>HZ = Holzinger JH = Java Hut LL = Lake Lodge MR = Main Room MS = Masonic WSU = WSU Pool</p>		

INNOVATION

WRITING YOUR LIFE: Facilitator: Maxine Aldinger

2nd Mon Jan 9, Feb 13, Mar 13, Apr 10 12:30-2:30 p.m. Members: Free

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

NOTE: ONCE PER MONTH

ACRYLIC PAINTING CLASS: Facilitator: Sylvia Tolzin, Backyard Brushes

Mon Feb 6 and Apr 3 2–5 p.m. Members: \$25/class

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

JAM SESSIONS:

Wed Feb 8, Mar 22, Apr 12 & 26 2–4 p.m. Members: Free

- All types of instruments are welcome including kazoos, spoons and voice
- Some music will be provided and there will be lots of room for improvisation and spontaneity
- Indicate what instrument you will be playing when registering

SG DANCEWORKZ 2017 PERFORMANCE: SG Danceworkz Students

Thu Feb 9 4:30 p.m.—5:30 p.m. Members: Free

- Students from Sheena's Dance Company
- Students have been working on 17 different numbers to perform around the community, Minnesota, and Iowa
- Come watch all new pieces by the dance students

JEWELRY CLASS-BRACELET: Instructor: Barbara Saykally

Thu Feb 16 1–4 p.m. Members: \$20

- Blue velvet and blue suede shoes come to mind when wearing the bracelet
- This creation has diamond duo and O-ring beads
- Using needle and thread we will weave an adorable accent for your wrist
- For intermediate level beaders

REGISTRATION DEADLINE: Jan 26

IMPROV 101: Instructor: Jamie Schwaba

Mon Mar 13 1–2:30 p.m. Members: Free

- It's time to get into the act
- Join your friends and Jamie from the Minnesota Conservatory for the Arts for a good laugh as you explore the hilarious and mysterious world of improv theatre
- You will be guided through exercises and games
- No experience necessary, just be ready to have a blast

JEWELRY CLASS-NECKLACE: Instructor: Barbara Saykally

Thu Apr 20 1–4 p.m. Members: \$18

- Minos Par Puca and Acros Par Puca beads are fun to create with
- Join in this class and make your own pendent bead
- We will be using needle and thread
- All materials provided

REGISTRATION DEADLINE: Mar 30

HEALTH & WELLNESS

ACTIVE WELLNESS CENTER: Health Specialist: Angelo Giaquinto

Mon/Wed/Thu 7:30 a.m.-6 p.m. Tue/Fri 7:30 a.m.—4 p.m. Sat 8:00 a.m.—Noon
Members: \$74/year Non Member: \$111/year

- Experienced, certified staff available for training and monitoring
- Older adult friendly exercise equipment
- Workout programs designed specifically for each individual

We take Silver & Fit from Health Insurance Plans

STRENGTH & BALANCE: Instructor: Alison Ogren

Tue Jan 3—Apr 25 8—8:40 a.m. Members: \$3.50 or \$35 punch card

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

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

1st Tue Jan 3—Apr 4 9:30—11:30 a.m. Members: \$3.50

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

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

Tue-Fri Jan 3—Apr 28 9:30—10:30 a.m. Members: \$3 or \$30 punch card

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

YOGA MAT: Instructor: Alison Ogren

Wed Jan 4—Apr 26 8—8:40 a.m. Members: \$3.50 or \$35 punch card

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

JANI'S FITNESS FOR WOMEN: Instructor: Jani Giaquinto

Mon/Wed/Fri Jan 4—Apr 28 5:15—6:15 p.m. Members: \$3 or \$30 punch card

- Cardio, strength training and flexibility exercises
- Presented at 3 levels, choose what's right for you
- Yin Yoga for calming the mind
- **No class Jan 2 & 16, Feb 20, Apr 14**

NIA: Instructor: Mary Lee Eischen

Mon/Wed/Thu Jan 4—Apr 27 M/W from 4—5 p.m. & Th from 5-6 p.m.

Members: \$3.50 or \$35 punch card

- Connecting the body, mind, emotions and spirit through music
- Emphasis on stretching, strengthening, flexibility, agility & balance, wear comfortable clothing
- Nia is a movement practice that incorporates martial, dance and healing arts
- **No class Jan 2 & 16, Feb 13 & 20**

ZUMBA GOLD: Facilitator: Sheena Gifford, Licensed Zumba Instructor

Mon/Wed Jan 4—Apr 26 7:30—8:15 a.m. Members: \$3.50 or \$35 punch card

- Easy to follow Zumba choreography that focuses on balance, range of motion, coordination, cardiovascular, muscular conditioning and flexibility
- Come ready to move and prepare to leave empowered and feeling strong
- **No class Jan 2 & 16, Feb 6 & 20, Mar 6, 8, 13 and Apr 12**

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

HEALTH & WELLNESS

MOVIN' & GROOVIN': Instructor: Alison Ogren

Thu Jan 5—Apr 27 4—4:45 p.m. Members: \$3.50 or \$35 punch card

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

YOGOODNIGHT: Instructor: Alison Ogren

Thu Jan 5—Apr 27 5—5:45 p.m. Members: \$3.50 or \$35 punch card

- Remove tension for a better sleep
- Relaxing yoga and breathing techniques
- Release the mental and physical strain of the day
- Mats and bands provided, all movement done standing and/or on the floor

WATER AEROBICS: Instructor: Kirsten Heftle

Mon/Wed/Fri Jan 9—May 5 6:45-7:45 a.m. Members: \$55

- Join Kirsten for an energetic, fun workout to start your day
- Aerobics in a warm water pool, you don't need to know how to swim
- Variety of workouts and great camaraderie
- **No class Jan 16**

YOGA WITH TESLA: Instructor: Tesla Mitchell

Mon Jan 9—Apr 24 9:30—10:30 a.m. Members: \$3.50 or \$35 punch card

- Stretching, breathing, and relaxing to improve circulation, flexibility and to quiet the mind
- All done on mats either while standing or sitting
- Modifications provided where needed
- **No program Jan 16, Feb 20**

BLOOD PRESSURE CHECKS:

1st & 3rd Thu Jan 19—Apr 20 12—1 p.m. Members: Free

- Licensed nurses perform blood pressure checks
- **No program Jan 5**

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

Tue Jan 24, Feb 7 & 21, Mar 14 & 28, Apr 11 & 25 9:30—12:30 p.m. Members: \$5

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

ARTHRITIS FOUNDATION EXERCISE PROGRAM (AFEP):

Instructor: Aneissa Johnson, Gundersen Health System

Tue & Fri Jan 24—Mar 17 10:45-11:30 a.m. Members: Free

- Certified AFEP instructor covers a variety of range-of-motion and endurance-building activities, relaxation techniques and health education topics
- Program that has noted benefits including improved functional ability, decreased depression and increased confidence in one's ability to exercise
- All exercises can be modified to meet participant's needs

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

Thu Jan 2, Feb 9, Mar 16, Apr 13 1 p.m.—Noon Members: Free

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

HEALTH & WELLNESS

BRAIN FITNESS: Student Intern: Courtney

Fri **Jan 27—Apr 28** **12:30—1:30 p.m.** **Members: Free**

- Brain health is more important than ever, optimal brain function is required for quality of life
- The brain remains the weakest link in organ repair and replacement
- Join Courtney for an innovative approach to brain care with mental stimulation and challenges
- **No program Apr 14**

ACTIVE WELLNESS CENTER SYMPOSIUM: Facilitator: WSU Active Wellness Students

Wed **Apr 12** **3—4 p.m.** **Members: Free**

- AWC students will give a presentation on health related topics
- All members of the center are encouraged to come and learn about strength, cardio, flexibility and eating healthy
- Support our students while they present their knowledge

REGISTRATION DEADLINE: Apr 10

CLUBS

CRAFTING COTERIE:

1st & 3rd Mon **Jan 3—April 17** **9 a.m.—2p.m.** **Members: Free**

- Making scrapbooks with photos and stamping greeting cards—fun and creative ideas with pictures
- Bring your own supplies, newcomers welcome
- On holidays, program will be held the following Tuesday
- **No program Jan 2, 16 or Feb 20; Jan 3 & 17 and Feb 21 instead**

WOODCARVING: Facilitator: Mike Maher

Wed **Jan 4—April 26** **1—3 p.m.** **Members: Free**

- Beginners to accomplished carvers
- Beginners will receive basic technique and be able to loan tools
- Accomplished carvers will find good advice on current in-process pieces
- Good conversation and friendship

KNITTING AND COLORING:

2nd & 4th Fri **Jan 13—Apr 28** **10—12:45 p.m.** **Members: Free**

- Knitting, crocheting, needlepoint, crafts and coloring

BOOK CLUB: Facilitator: Louise Mattila

4th Tue **Jan 24—April 25** **Noon—1:00 p.m.** **Members: Free**

- Read the month's selection & you are welcome to bring your lunch to class
- January 24: **Gardenias by Faith Sullivan**
- February 28: **Brown Girl Dreaming by Jacqueline Woodson**
- March 28: **Lab Girl by Hope Jahren**
- April 25: **Me Before You by Jojo Moyes**

CENTER NOTES

ALL PROGRAMS ARE SUBJECT TO CHANGE PLEASE CALL 454-5212 FOR LATEST INFORMATION

COMPUTERS:

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

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

ACTIVITY COUNCIL NOTES

Message from the Activity Council President: Roxy Kohner

Hello everyone, here we are, getting ready to begin a new year. I feel this last year went flying by, and what a year it was! So many things our Friendship Center has been involved in. Our membership continues to increase and your activity council and committees work hard to keep up with activities you are interested in. Please keep sharing your ideas with any of the representatives of the various committees. Besides the ongoing events and activities of our center, we have been a part of community wide programs that contribute to improving and creating a promising future for our area. Some of our members are a part of filling backpacks for children to take home every weekend to be sure they have food for the weekend. Some are writing and receiving monthly letters from students in our elementary schools. Many volunteer for the RSVP program which may include driving people to medical appointments, delivering meals and other volunteer opportunities. We have also been involved with two large programs; Engage Winona and the beginnings of making Winona a dementia friendly community. Our "Friendships Forever" program continues to become known all over the United States. A giant Thank You to our hard-working and always "keeping us on top of new things" staff and director! Who knows what 2017 will bring? The 2017 calendar is available, featuring our members in famous works of art and the beginnings of some new fundraising and fun events to come! See you around the center.

Message from the Friendship Center Director: Malia Fox

We welcome Sharon Miller, Judy Waganaar & Al Leonhardt to the Activity Council Board of Directors. Congratulations and thank you from all of us. This is a commitment to your fellow members and we are so grateful that you would serve in this capacity. Here's to a great year! Special thanks to Rose Mary Staige and Linda Lowenberg for your service over the past 4 and 2 years, respectively.

This past year we have been working towards Winona becoming a dementia friendly community. Beginning in January information that has been gathered from various businesses will be analyzed and then the task of deciding what Winona needs to support and make a safe community for persons living with memory loss will occur. Focus groups will be starting for persons with memory loss and their caregivers. If you have interest in this area, please speak with Laura.

Please join me in giving appreciation to Rachel Potter for her work in Friendships Forever over the past 2 years. We will miss her joy and enthusiasm and wish her well in completing her Internship. Great job, Rachel. Please welcome, Brady Burkhart as he steps into the role of FF Coordinator.

Malia

Message from the Friendships Forever Coordinator: Rachel Potter

Hello all!

Just wanted to write a quick note and say how thankful I am to have worked with many of you over the past two years. The beginning of January marks the end of my time at the Center due to a full time internship next semester. Thank you for opening up the center to me and giving me one of the most amazing experiences I've ever had. I will truly miss all the kindness and friendship I've encountered along the way. Best wishes to all of you and I hope to be back to visit as much as I can. Happy Holidays!

Rachel

Office Hours: Monday-Friday 7:30 a.m.-4 p.m.
Open Building Hours: Tuesday/Friday, 7:30 a.m.-4 p.m.
Monday, Wednesday, Thursday 7:30 a.m.-6 p.m.



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

FRIENDSHIP CENTER STAFF:

Director: Malia Fox
Program Coordinator: Laura Hoberg
Senior Advocate: Marsha Yancy
Assistant Advocate: Barbara Saykally
Administrative Assistant: Kelli Bartsch
Maintenance: Tracy Flom
Program Aide: Lori Kapustik
Friendships Coordinator: Brady Burkhart
Health Specialist: Angelo Giaquinto

**2017 Masters in Aging
 Calendars
 \$7.00**

**Free VITA Tax Site located at Live
 Well Winona opens Feb. 4, 2017
 Phone calls for appointments begin
 Jan. 26 @ 474-7202**

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

WALLS:

January Toni Ambrosen
 February
 March Dennis Johnson
 April Kay Shaw

DISPLAY CASE:

Sandy Erdman of Sandy's Sweet Nothings
 Mike Maher
 Carol Borzykowski
 Barb Peterson

Activity Council-Board of Directors:

Roxy Kohner, President Gloria Hammond, Vice-President
 Sharon Miller, Secretary Jean Dowd, Treasurer
 Al Leonhardt, At-Large Bill Bellman, At-Large
 Billy Roth, At-Large Judy Wagenaar, At-Large
 Sonya Kratch, At-Large

Coffee & Cookies

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