

Newsletter

Interested in joining virtual programs? Call 507-703-7711 to learn how.

Stay in touch! Join our email list for information on programs and updates. Email FriendshipCenter@ci.winona.mn.us or call the Center at 507-454-5212.

We want to hear from YOU! Send us your ideas for programs. Send us an email or call to tell us what you miss or what you want to try.

Contact:

Registration & general questions:
507-454-5212 (Leave a voicemail and your call will be returned)

Malia: 507-703-7710 or mfox@ci.winona.mn.us

Laura: 507-454-5212 or lhoberg@ci.winona.mn.us

Marité: 507-454-7369 or molmstead@ci.winona.mn.us

Lori: 507-454-7369 or lpaulson@ci.winona.mn.us



Winona Friendship Center

For updates and information on staying safe, please visit the CDC or MN Department of Health website. <https://www.cdc.gov> <https://mn.gov/dhs/>

From the Director:

Malia Fox



Summer is here and has started so lovely. Cool breezes, low sleeping temps. How wonderful!

The staff has been working hard for the past 100 days bringing you virtual programs, making calls to see how you are, delivering masks and more. As we begin to roll out outdoor programs and limited reservations in the AWC, please be patient.

Why are we only able to offer the wellness center for indoor programs? The room has a window AC and with all the protocols to put in place of sanitizing, monitoring, etc. this is where we are able to start a trial run. Again, PLEASE be patient as we work with this “new normal”.

We hope to begin some outdoor programs, possible small group activity and we’re coming to a neighborhood near you in a PARADE!

Please call if you are in need of assistance with outdoor chores, to see an Advocate or want someone to talk to.

We MISS you!

Malia

Friendship Center Virtual Programs

Monday	Tuesday	Wednesday	Thursday	Friday
10:45-11:30am Chair Yoga \$3.50	8-8:40am Strength & Balance \$3.50	8-9am Yogamat \$3.50	8-8:40am Movin' & Groovin' \$3.50	9:30am-10:30am Tai Chi \$3.00
1-2pm Exploring Ideas Free	9:30-10:30am Tai Chi \$3.00	10:30-11:30am Reminiscence Free	10:45-11:30am Chair Yoga \$3.50	
2:45-3:30pm Zumba Gold	1-2pm Teleconference Free	4-5pm Nia \$3.50	1-2pm Staff Social Hour Free	
4-5pm Nia \$3.50	4-5pm Masters in Aging Class Free		1-2pm Teleconference Free	

Dementia Friendly Communities: Wednesday at 2:30PM

The Winona Dementia Friendly Community gets together over Zoom each week. If you have questions or would like to join, please contact Lori Paulson, Senior Advocate, at (507) 454-7369.

Dementia Directive: Thursday, July 9th at 1pm

A Dementia Healthcare Directive is an additional document that you can add to your Healthcare Advance Directive. It makes your wishes known in the event you are diagnosed with dementia in the future. You are able to provide specific instructions to your care

Exploring Ideas: Mondays at 1pm

Join Senior Advocate, Lori Paulson to discuss and learn about a variety of topics from Ben Franklin to hot air ballooning. Explore a new topic every week.

Friendship Center: July 15th, 2-4pm

Coming to a neighborhood near you! Watch for news and details regarding the Friendship Center staff and Bridges on parade around Winona!

Social Hour: Join a Friendship Center staff every Thursday at 1pm for games, conversation, questions and more.

July 9th with Laura
 July 16th with Malia
 July 23rd with Marite'
 July 30th with Lori

Active Wellness Center:

Group Fitness: Join Angelo Monday through Friday from 11:00am-12:00pm for virtual group fitness sessions.

AWC Sessions: Sign up for a 45 min. session in the Wellness Center. Call the Center to register. Times are: 7am, 8am, 9am, 10am