

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: 507-703-7711 or lhoberg@ci.winona.mn.us

Marité: 507-703-7696 or molmstead@ci.winona.mn.us

Lori: 507-312-1411 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 just around the corner. I do hope you are able to get out and enjoy the sunshine.

At the end of the summer season last year, the air conditioning unit broke down at the Center. There is tuck pointing occurring at the building with lots of construction workers on the grounds. We have protocols that need to be put in place to assure that members and staff are safe upon returning to any kind of programming, physically.

Therefore the Friendship Center building will remain closed until all work to the building has been accomplished for the comfort of those using the building. Programming continues virtually. Advocates will begin to meet clients outside their homes, as needed. We are working to begin outdoor programming as our protocols for managing the virus will allow. Currently no facilities have been given a clearance for opening. We will let members know if buildings, facilities or programs open up.

Please call if you need to talk or need assistance. We MISS you!

Malia

Annual Membership: \$30 for single or \$50 for two people in same household.

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	10:45-11:30am Chair Yoga \$3.50	9:30am-10:30am Tai Chi \$3.00
2:45-3:30pm Zumba Gold	9:30-10:30am Tai Chi \$3	10:30-11:30am Reminiscence	1-2pm Staff Social Hour Free	
4-5pm Nia \$3.50	4-5pm Masters in Aging Clas Free	4-5pm Nia \$3.50		

Social Hour: Every Thursday in June at 1pm

Join a Friendship Center staff every Thursday for games, conversation, questions and more.

June 4th: Scattergories with Laura

June 11th: Trivia with Marité

June 18th: Jeopardy with Malia

June 25th: Family Feud with Lori

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.

Chore Corps:

Looking for assistance with raking leaves, cleaning gutters, or other yard work? Chore Corps can help! Contact Marité at 507-703-7696 or molmstead@ci.winona.mn.us for more information!

Bridges Health Winona:

Have you been enjoying the calls from Friendship Center staff? Are you interested in a check-in call with a Bridges student? Call the Friendship Center to learn how to connect with Winona State students this summer through Bridges.

Active Wellness Center:

Personal Training: Members can sign up for one-on-one virtual personal training sessions with Angelo. To sign up for a session, call the Friendship Center and leave a message.

Group Fitness: Join Angelo Monday through Friday from 7:30-9:00am for virtual group fitness sessions.

Care Planning: June 23rd at 1pm

A care plan summarizes your medical conditions, emergency contacts and healthcare providers. Join the Advocates for a discussion on the importance of having a care plan and how to start the conversation with your family and doctors.