

# Newsletter

We are currently offering virtual programs to our membership. Programs can be done using a laptop, tablet, smartphone, or even a landline option for some programs. If you are interested in trying virtual programs, give us a call at 507-703-7711 and a staff member will walk you through the process. To stay in touch join our email list for information on programs and updates. Email [FriendshipCenter@ci.winona.mn.us](mailto:FriendshipCenter@ci.winona.mn.us) or call the Center at 507-454-5212 to learn more.



Winona Friendship Center

## From the Director:

### Malia Fox

August? How can that be?

It has been wonderful to see some familiar faces either by Zoom or coming to the Center for a workout. Laura is working hard to bring some programs to a park or to the East Rec as our air conditioning is still not working. We hope you will venture out to one of those programs.

We continue to use safe practices of social distancing, wearing masks if we're within 6 feet of each other, using hand sanitizer and washing hands often and MOST importantly: staying home if NOT feeling well.

If you are in need of assistance, please don't hesitate to call us. Lori K. continues to make welfare calls and is working towards getting our database in order. If your phone number, address, or contact person have changed, please call and let us know the new information.

If you need a chore completed call Marite'.

Stay cool. Stay healthy. We continue to miss you!

*Malia*

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/>



## Contact:

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

**Malia:** 507-454-5212 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

**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	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	
	1-2pm Teleconference Free		1-2pm Staff Social Hour Free	
	4-5pm Masters in Aging Class Free		1-2pm Teleconference Free	

## 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.

## Dementia Friendly Communities: Wednesdays 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.

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

August 6th with Laura  
August 13th with Malia

August 20th with Marite'  
August 27th with Lori

## Care Planning: August 11th 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.

## Active Wellness Center:

Group Fitness: Join Angelo Monday, Wednesday & Friday from 7:00am-8:00am 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: 8am, 9am, 10am, and 11am

## Registration in advance for non-fitness programs is encouraged.

The Friendship Center is working on developing ways to bring back in-person programming for those that have not been able to access the virtual options. Please be patient as we work through local, state, CDC, MN Dep. of Health, and other guidelines to make this happen.