

Winona Friendship Center Newsletter

October 2020

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

AWC Membership: \$78 per person with the purchase of a Friendship Center membership.



Programs are offered virtually, hybrid, and in-person only (indicated below). For participants attending in-person programming, paperwork must be signed prior to registration. All registration must be at least 24 hours prior to class.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>! 7-8am AWC Workouts*</p>	<p>7:30-3:30pm Billiards**</p>	<p>! 7-8am AWC Workouts*</p>	<p>★ 8-8:40am Movin' & Groovin' Cost: \$3.50</p>	<p>! 7-8am AWC Workouts*</p>
<p>9:30-10:15am Generations ★ Connect Free</p>	<p>★ 8-8:40am Strength & Balance Cost: \$3.50</p>	<p>★ 8-9am Yogamat Cost: \$3.50</p>	<p>! 9-4am Foot & Nail/Bridges Cost: \$5/Free</p>	<p>★ 9:30-10:30am Tai Chi Cost: \$3.00</p>
<p>★ 10:45-11:30am Chair Yoga Cost: \$3.50</p>	<p>★ 9:30-10:30am Tai Chi Cost: \$3.00</p>	<p>★ 10:30-11:30am Reminisc Free</p>	<p>★ 9:30-10:30am Tai Chi Cost: \$3.00</p>	<p>1-2pm Game Day** Free</p>
	<p>★ 10:30-11:30am Brain Health Free</p>	<p>10:30-11:30am Woodcarving Free</p>	<p>★ 10:45-11:30am Chair Yoga Cost: \$3.50</p>	
	<p>! 1-2pm Teleconference Free</p>	<p>★ 2:30-3:30pm Memory Café Free</p>	<p>! 1-2pm Teleconference Free</p>	
Virtual Only	Virtual and In-person (hybrid)	In-person Only		

*Participants must have an Active Wellness Center membership.

**Participants must register in advance.

★ Zoom # 838-216-0298

! Individual ID #, contact Friendship Center

All in-person programs require advanced registration each week. Space is limited.

Questions about programs?

Curious about specific classes or programs? Wondering how to access virtual or in-person programs? Call the Friendship Center and staff will be able to give you information on programs or help connect you to Zoom.

Teleconferences 	Date/Time
<p style="text-align: center;"><u>Tuskegee Airmen</u></p> <p>Host: Tuskegee Airmen National Historic Site</p>	Thu, Oct. 1 1pm
<p style="text-align: center;"><u>Animal Adaptations in the Yellowstone Ecosystem</u></p> <p>Host: Buffalo Bill Center of the West</p>	Tue, Oct. 6 1pm
<p style="text-align: center;"><u>Virtual Tour from the National Museum of the Pacific War</u></p> <p>Host: National Museum of the Pacific War</p>	Thu, Oct. 8 1pm
<p style="text-align: center;"><u>Virtual Tour with Spambassadors</u></p> <p>Host: SPAM Museum</p>	Tue, Oct. 13 1pm
<p style="text-align: center;"><u>American Impressionism</u></p> <p>Host: Amon Carter Museum of American Art</p>	Thu, Oct. 15 1pm
<p style="text-align: center;"><u>Stories from the Tamil Diaspora</u></p> <p>Host: Penn Museum</p>	Tue, Oct. 20 1pm
<p style="text-align: center;"><u>GOLD! A Virtual Tour from Columbia State Historic Park</u></p> <p>Host: Columbia State Historic Park</p>	Thu, Oct. 22 1pm
<p style="text-align: center;"><u>Eleanor Roosevelt: Casting her Own Shadow in the Post-Whitehouse Years</u></p> <p>Host: Franklin D. Roosevelt President Library & Museum</p>	Thu, Oct. 29 1pm

Teleconferences bring remarkable people and programs right into your world. Visit places, talk with experts, interact with authors and learn from scientists.

Anything you can imagine can be brought to you through teleconferences.

All teleconferences require pre-registration. Zoom room information will be emailed the week of the program.

Contact:

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

Zoom /Virtual Program Questions:
507-703-7711

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

Mail: Membership dues or mail can be address to P.O. box 378

From the Director:

- With exceptional planning of COVID policies and protocols we welcome back students! We are excited to be bringing back our student interns. They are essential in ensuring we provide the best programs possible.
- The virtual Staff Socials are ending but we are excited to introduce "Generations Connect," a virtual program that will connect high school students with our members. Come learn what kids are up to these days and you can teach them a few tricks. Be sure to check it out!
- A reminder to send in the Bakeless Bake Sale donation to your activity council. Donations can be mailed to P.O. Box 378, Winona.
 - Due to our doors still locked our mail is being sent to City Hall, PO Box 378.
- Medicare open enrollment starts 10/15. Limited appointments will be available. Call now to set up your appointment. Do NOT wait for the last appointment.
- Be sure to watch for emails and our Facebook page for updates and more information always, stay healthy and safe. *Malia*