

# January–March 2026



Winona Friendship Center

**507-454-5212**

Friendship Center

**507-454-7369**

Senior Advocacy

## Memberships

**Friendship Center: \$35 or \$60 for two people in the same household**

*Non-Members: \$3/day and programs costs (+50%)*

**Active Wellness Center: \$120 or \$80 with a Friendship Center membership**

*All memberships valid one year from date of purchase.*



## Punch Cards

available for purchase

**Fitness Classes: \$40**

**Billiards: \$7.50**

*10 punches per card*

## **Important Notes**

We are currently looking for coffee station donations. \$25-\$50 for members to sponsor a month of FREE coffee for the membership.

Please make all checks payable to: CITY OF WINONA

Mail to our new address of: 210 Zumbro Street, Winona, MN 55987

Please take note that beginning in January, all fitness classes will be \$4.00/class or a 10-class punch card for \$40. These are good for all Friendship Center fitness classes including: Chair Yoga, Mat Yoga, Movin' & Groovin', Nia, Nia Moving To Heal, Strength & Balance, Tai Chi, Zumba Gold, and Water Aerobics (seasonal).

Please contact Friendship Center staff to update your information if you wish to continue utilizing your AWC or Fitness benefits with your insurance plans. If your insurance for 2026 offers any of the fitness benefits below, please contact Friendship Center to enroll. We currently accept: OnePass, Renew Active, Silver & Fit, Active and Fit, or Silver Sneakers.

**Contact: 507-454-5212**

# Cards & Active Games

Program	Day	Time	Date	Location
Canasta	M	12:30-2:30pm	Jan 5-Mar 30	East Recreation Center
500	T	12:30-3pm	Jan 6-Mar 31	East Recreation Center
Mahjong	T	1-3:30pm	Jan 6-Mar 31	East Recreation Center
15	Th	12:30-3pm	Jan 8-Mar 26	East Recreation Center
Texas Hold 'em	F	12:30-3pm	Jan 2-Mar 27	East Recreation Center
Open Game Tables	M, W & F	11am-2pm	Jan 2-Mar 30	East Recreation Center

## Open Billiards

Friendship Center Members are invited to come utilize the bar-sized pool tables at the East Recreation Center (210 Zumbro Street) during Open Billiards Hours. **Cost is \$0.75 per day for members and \$3.00 per day for non-members.**

Day	Time
M & Th	12:30-3:30pm
T, W, & F	9am-3:30pm

## Open Ping Pong

Come join us at the East Recreation Center for Open Ping Pong. Paddles provided.

Day	Time	Date	Location
F	8:30-11:30am	Jan 2-Mar 27	East Recreation Center

## Open Pickleball

Come join us at the East Recreation Center for Open Pickleball. All levels welcome! We have a facilitator available on Wednesdays that will help teach techniques, scoring, and more. Free to Friendship Center members. \$3.00 non-member or \$20 Annual Adult Open Sports Membership.

Day	Time	Date	Location
W & F	12-2pm	Jan 2-Mar 27	East Recreation Center

# Clubs

## Book Club

Held In Person. If you need Zoom, please contact us in advance.

January: *The Heaven & Earth Grocery Store* by James McBride

February: *Radium Girls* by Kate Moore

March: *This Tender Land* by William Kent Krueger

Day	Time	Date	Location
4th T	11:45am-12:45pm	Jan 27-Mar 24	East Recreation Center

## Driftless Ukes

Whether you're an experienced uke player or just picked up your first ukulele, this welcoming group is open to all. The Driftless Ukes meet weekly to practice music, laugh, and have a good time. Basic Ukulele lessons can be arranged and Ukes are available to rent by contacting us at 507-454-5212.

Day	Time	Date	Location
M	1pm-2:15pm	Jan 5-Mar 30	Sobieski

## Genealogy Club

The Genealogy Club provides education, resources, and encouragement in researching their own or other family trees and histories. All levels of experience welcome, newcomers welcome.

Day	Time	Date	Location
1st T	1-3pm	Jan 6-Mar 3	Library

## Woodcarving Club

Meet weekly for conversation and to work on projects. Experienced and new carvers welcome.

Day	Time	Date	Location
W	12:30pm-3:30pm	Jan 7-Mar 25	East Recreation Center

## Yarnmakers

Knitting, Crocheting, Loom Knitting, and more. Come & bring your own project. Carrie Putzier (Yarn Artist) will be offering free loom knitting lessons. Jayme Putzier (knitter, crocheter) will help with any knitting questions. Experienced and new crafters welcome.

Day	Time	Date	Location
W	1-3pm	Jan 7-Mar 25	East Recreation Center

# Dementia Friendly Communities

## Forget Me Notes Chorus

An inclusive community choir for anyone who loves singing and fun! Led by experienced choral leaders and open to all. No experience necessary. Join us weekly for joy-filled music, community, and support.

Day	Time	Date	Location
M	2:30-3:30pm	Jan 26-Mar 30	Sobieski



## Forever Young Chair Fitness

A chair-based exercise program designed as a Dementia Friendly Program. Simple exercises that are based on cognitive stimulation, memory delight, and work on the ability to perform everyday tasks. All are welcome! No class the first Wednesday of each month.

Day	Time	Date	Location
W	1:45-2:15pm	Jan 21-Mar 25	Sobieski



## Memory Café

Join us for a one-hour, stigma free program. Join us in-person at Sobieski Lodge for a time to socialize and engage with others, exchange experiences, support one another and learn something new. From the Suez Canal to Dolly Parton, we explore a new topic every week! Memory Café does NOT meet the 1st Wednesday of each month due to SPARK! at the Minnesota Marine Art Museum; call MMAM to inquire about SPARK! 507-474-6626.

Day	Time	Date	Location
W	2:30-3:30pm	Jan 21-Mar 25	Sobieski

## Dementia Friends Information Session

Here's your chance to become a Dementia Friend! Learn how to effectively communicate and support people living with dementia. Please support our efforts in Winona becoming a Dementia friendly community!

Day	Time	Date	Location
T	12-1pm	Jan 20	City Hall - Dakota Room
Th	12-1pm	Feb 19	City Hall - Dakota Room
T	12-1pm	Mar 17	City Hall - Dakota Room



**Winona**  
Working to become  
Dementia Friendly

# Education

We highly encourage you to register for educational programs so that our presenters can prepare the correct amount of materials, and if there are any changes to the schedule, we are able to notify you.

## Teleconferences

Senior Learning Network announced that they will be closing their virtual doors and no longer offering Teleconferences. We continue to explore other options for offering something in place of these. If you have any ideas or have a hobby, interest, or something that you would be willing to present, please reach out to us and we can see what we can create together.

## Topic Tuesday

**Time:** 1pm      **Location:** East Recreation Center

Join us once a month for a local speaker on various topics.

Program	Date
Home Instead, Topic TBA	Tue, Jan 27
TBA	Tue, Feb 24
Ken Mogren, Humor The Wonder Drug	Tue, Mar 24

## Travel Tales

**Time:** 1pm      **Location:** East Recreation Center

Want to learn about various travel adventures? From cities to National Parks, local to abroad, road trips to train trips, and various points of interests and events. Learn from others about their travel.

Program	Date
Florida National Parks with Sheena Gifford	Tue, Jan 13
Jackson Hole, Wyoming & Grand Teton with Kaylee Hinz	Tue, Feb 10
TBA	Tue, Mar 10

## Technology Assistance

The Friendship Center offers FREE private technology appointments for members. Whether you have a tablet, computer, cellphone, or want to learn a program or application, call us at 507-454-5212 to put your name on the list for available appointments. \$3.00/session for non-members.

# Health & Wellness

## Chair Yoga

Instructor: Tammy Gatzlaff

Location: East Recreation Center

Zoom: 873 758 4125

Day	Time	Date	Cost
M	11:30am-12:15pm	Jan 5-Mar 30	\$4.00 per class
Th	10:45-11:30am	Jan 8-Mar 26	\$4.00 per class

## Mat Yoga

Instructor: Alison Ogren

Location: East Recreation Center

Zoom: 873 758 4125

Day	Time	Date	Cost
W	8-8:45am	Jan 7-Mar 25	\$4.00 per class

## Movin' & Groovin'

Instructor: Alison Ogren

Location: Zoom

Zoom: 873 758 4125

Day	Time	Date	Cost
Th	8-8:45am	Jan 8-Mar 26	\$4.00 per class

## Nia

Instructor: Mary Lee Eischen

Location: East Recreation Center

Day	Time	Date	Cost
M	10:15-11:15am	Jan 5-Mar 30	\$4.00 per class
T	11am-12pm	Jan 6-Mar 31	\$4.00 per class

## Nia Moving to Heal

Instructor: Mary Lee Eischen

Location: East Recreation Center

Day	Time	Date	Cost
M	9:15-9:55am	Jan 5-Mar 30	\$4.00 per class

## Strength & Balance

Instructor: Alison Ogren

Location: East Recreation Center

Zoom: 873 758 4125

Day	Time	Date	Cost
T	8-8:45am	Jan 6-Mar 31	\$4.00 per class

## Tai Chi

Instructor: Bahieh Wilkinson

Location: East Recreation Center

Day	Time	Date	Cost
TWThF	9:30-10:30am	Jan 2-Mar 31	\$4.00 per class

## Zumba Gold

Instructor: Sheena Gifford

Location: East Recreation Center

Day	Time	Date	Cost
W	8:15-8:55am	Jan 7-Mar 25	\$4.00 per class

# Health & Wellness

**Active Wellness Center located at Lake Lodge (113 Lake Park Drive)**

**Open: Monday-Friday from 7am-4pm and Saturday 8am-12pm**

Looking to get back to the gym after a long break or interested in using the facility but not sure where or how to start? The Active Wellness Center is staffed with friendly and knowledgeable staff that will work with you to create a personalized fitness plan. Get help building a schedule, reaching goals, and learning how to use the equipment.

*Personal training FREE with Active Wellness Center Membership.*

Those who do make an appointment will get first priority of equipment.

Walk-ins may be asked to move or wait for another time if needed.

Check with your insurance provider to determine if you are eligible for membership benefits!

## Indoor Walking

The gym at the East Recreation Center is open for indoor walking Monday-Friday from 7:30-9am and Monday, Tuesday, and Thursday from 12-1pm. Grab your walking shoes and join us to get your steps in, no matter what the weather. Free to Friendship Center members!

## Introduction to Myofascial Release

Join Sheena for her 200-hour Yoga Teacher Training Karma Project for an Introduction to Myofascial Release. Learn how to enhance your body's natural healing capabilities through gentle, specialized stretching of the connective tissue, or fascia. Learn hands-on techniques to relieve chronic pain by stretching fascia that may restrict movement. Various options will be presented and class can be done from a seated position.

**Please register by Tuesday, January 27<sup>th</sup> to ensure we have enough supplies.**

Day	Time	Date	Location
T	1pm	Feb 3	ERC

## Exploring Your Core Values to Live Well

Understanding your core values helps you live intentionally, reduces stress, improves relationships, and builds confidence. Join Sheena for an exploration of how values shape your path to authenticity and create your Sankalpa.

Day	Time	Date	Location
T	1pm	Mar 3	ERC

## Ice Skating at Lake Lodge

The winter months can sometimes feel long, so let's get outside and have some fun! Join Lake Lodge staff for ice skating on Lake Winona! We have both hockey and figure skates available for use, and skate assists for those who need a little extra support on the ice. There are a few hockey helmets, which will be free to use on a first-come, first-served basis. This is not an instructional event, but a time to get outside, have fun and mingle with other people.

Day	Time	Date	Cost
F	10-11:30am	Jan 23	\$2/member \$5/nonmember
F	10-11:30am	Feb 27	\$2/member \$5/nonmember

# Special Events

## Program with Sophia

Join Therapeutic Recreation student, Sophia for a new program. Details to come!

Day	Time	Date	Location
W	9-10am	Feb 11-Apr 29	East Recreation Center

## Program with Olivia

Join Psychology & Literature student, Olivia for a new program. Details to come!

Day	Time	Date	Location
Th	11:30am-12:30pm	Feb 5-Apr 30	East Recreation Center

## Quarterly Membership Input Meeting

Join staff and members of the Friendship Center for a Quarterly Input Meeting. Bring your questions and suggestions and meet other members of the Center.

Day	Time	Date	Location
W	1pm	Feb 4	Sobieski

## Valentine Potluck Social

Bring a dish to pass and join us for a time to socialize with members and staff of the Friendship Center. We will have beverages available.

**Please register by Monday, February 9<sup>th</sup>.**

**REGISTER**

Day	Time	Date	Location
F	11am	Feb 13	Sobieski

## Puzzle Competition

Assemble your team of four and register to compete in the Winona Parks & Recreation 2026 Winter Carnival puzzle competition! Teams will complete a 500-piece puzzle. Prizes awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

Saturday February 21st at 10am.

Fee: \$60 for the team

Ages: 16+

Location: East Recreation Center

Registration required by February 10<sup>th</sup>.

# Other Fun!

## The Community Gardens

Looking for space to garden this summer?

Consider joining the community gardens!

Raised beds located behind the  
East Recreation Center.

Registration opens February 17th.

Register online at the Parks and Recreation website  
or call 507-454-5212

Multiple plot sizes available

6'x12' \$49

4'16' \$49

4'x12' \$34

2'x12' \$19

4'x4' \$14

## Winona Friendship Center Presents: Garden of the Gods, the Royal Gorge & Colorado Springs

- Motorcoach transportation
- 6 nights lodging including 4 consecutive nights in scenic Colorado
- 10 meals: 6 breakfasts and 4 dinners
- Tour of the Garden of the Gods
- Visit to the United States Air Force Academy
- Visit the Royal Gorge, Including Bridge & Aerial Tram
- Visit Historic Manitou Springs at the foot of famous Pikes Peak
- Guided Tour of Colorado Springs
- Visit the U.S. Olympic & Paralympic Museum
- And MUCH MORE!



Stop in or call the Friendship Center  
for more Information

507-454-5212

**When?**  
(Sun-Sat)  
September 27-  
October 3  
2026

**How Much?**  
\$1105/person for  
double occupancy  
\$75 due upon registration  
Add \$360 for single occupancy

**When Is Registration Due?**  
Registration is due:  
Friday, May 8th  
Final Payment is due:  
Monday, July 6th

## GREEN UP WINONA!

Gather your family and friends for our Green Up Winona volunteer event, a community-wide day of action dedicated to cleaning up our parks and roadways. Closer to the event, we will have an online signup available where volunteers can "adopt" a park or city space for the day. Participants must provide their own trash bags and any personal protective equipment that they may need.

Friday, April 25th

Time: All Day

Fee: Free

Ages: ALL

# News



**800-333-2433**

Senior LinkAge Line is now Minnesota Aging Pathways. The name has changed, but we still offer the same great services and support. Minnesota Aging Pathways is a service of the Minnesota Board on Aging, in partnership with Minnesota's area agencies on aging.

We help older adults and caregivers by providing:

- Information and assistance – connecting people to resources, services and support
- Resource coordination – assessing, support planning, helping people return/remain in their homes and long-term follow-up to help ensure success
- Statewide public outreach – ensuring coordination of messaging and information available across the state
- Preadmission screening for nursing facility admission – ensuring those entering a nursing home need that level of care, and if so, connecting them with lead agencies for supportive services for mental illness and/or developmental disabilities.

As a reminder, you can reach Minnesota Aging Pathways Monday – Friday from 8 a.m. to 4:30 p.m. by calling 800-333-2433 or via chat by visiting its new URL: <https://mn.gov/aging-pathways>.

## Facility Closures

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- Thursday, January 1<sup>st</sup>: New Year's Day
  - Active Wellness Center, City Hall, East Recreation Center, and Sobieski closed
- Monday, January 19<sup>th</sup>: Martin Luther King Jr. Day
  - City Hall, East Recreation Center, and Sobieski closed
  - Active Wellness Center open 8am-12pm
- Thursday, January 29<sup>th</sup> & Friday, January 30th
  - East Recreation Center closed for facility maintenance
- Monday, February 16<sup>th</sup>: Presidents Day
  - City Hall, East Recreation Center, and Sobieski closed
  - Active Wellness Center open 8am-12pm

## Save The Dates

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- Monday, April 20th-Friday, April 24th: Winona Dementia Friendly Community Week
- Wednesday, May 27<sup>th</sup>: National Senior Health & Fitness Day

## Activity Council

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**President: Vacant**

**Vice-President: Mark Peterson**

**Treasurer: Dave Schulz**

**Secretary: Sue Jensen**

**At-Large: Diana Cyert**

**At-Large: Vacant**

**At-Large: Vacant**

**At-Large: Dennis Zempel**

**At-Large: Vacant**

**At-Large: Lucy Wolfe**

# Opportunities

## Chore Corps

Would you like assistance with prepping your yard for the change in season?

Our Chore Corps program assists with yardwork, mowing, snow shoveling, window washing, and other outdoor chores in the City of Winona and Goodview. Services are based on sliding fee scale. Registration required. Services subject to volunteer availability. Call us at 507-454-7369 for details and registration.

## PEARLS: Program to Encourage Active Rewarding Lives

PEARLS empowers people by teaching problem-solving skills to increase positive interactions and improve quality of life. Improve your emotional well-being by working with a PEARLS counselor. A PEARLS counselor will meet with you for eight, one-hour sessions that are customized to support you and your needs. Inquire with Marité Olmstead, Senior Advocate at 507-454-7369.

## Bridges Health

One-hour appointments with nursing/social work/athletic training students includes foot exam, nail trim, massage, health screening, socialization & more! Bridges Health now schedules all appointments. For an appointment, please call: 507-474-2221.

All services provided at Sobieski Lodge: 965 East 7th Street, Winona  
Select Thursdays: Jan 29 & Feb 26

***All services are FREE!***

***Donations welcome to support Bridges Health.***



## Parks & Recreation Staff

Cathy Larson-Administrative Assistant, City Hall

DeeDee Brinkman-Administrative Assistant, East Recreation Center

Heather Geiwitz-Administrative Assistant, City Hall

Laura Hoberg-Director of Recreation Services

Patrick Menton-Director of Parks & Facilities

Derek McMartin-Park Maintenance Superintendent

Ali Mayer-Recreation Coordinator-Community Engagement

Alicia Lano-Recreation Coordinator-Outdoor Recreation

Austin Powell-Recreation Coordinator-Youth and Adult Sports

Sheena Gifford-Recreation Coordinator-Older Adults

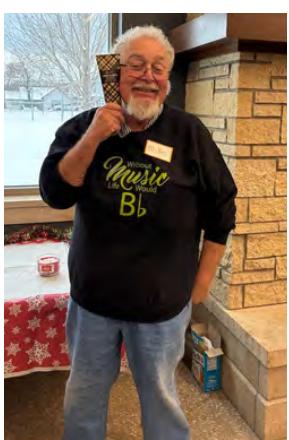
Jessie Reed-Chore Corps Coordinator

Lori Paulson-Senior Advocate

Marite' Olmstead-Senior Advocate

Angelo Giaquinto-Fitness Specialist

Kaylee Niemeyer - Assistant Manager



# January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Indoor Walking:</b> East Recreation Center Monday-Friday 7:30-9am Monday, Tuesday, &amp; Thursday 12-2pm <b>Active Wellness Center</b> Monday-Friday 7am-4pm Saturday 8am-12pm</p>	<p><b>Program Locations:</b> <b>East Recreation Center</b> 210 Zumbro Street <b>Sobieski</b> 965 East 7<sup>th</sup> Street <b>Winona Public Library</b> 151 West 5<sup>th</sup> Street <b>City Hall</b> 207 Lafayette Street</p>		<p>1</p> <p><b>CLOSED</b> <i>New Year's Day</i></p>	<p>2</p> <p><b>East Recreation Center</b> 8:30-11:30 Open Ping Pong 9-3:30 Open Billiards 9:30-10:30 Tai Chi 11-4 Open Game Tables 12-2 Open Pickleball 12:30-3 Poker</p>
<p>5</p> <p><b>East Recreation Center</b> 9:15-9:55 Nia Heal 10:15-11:15 Nia 11-4 Open Game Tables 11:30-12:15 Chair Yoga 12:30-3:30 Open Billiards 12:30-2:30 Canasta <b>Sobieski</b> 1-2:15 Driftless Ukes <b>No Forget Me Notes</b></p>	<p>6</p> <p><b>East Recreation Center</b> 8-8:45 Balance 9-3:30 Open Billiards 9:30-10:30 Tai Chi 11-12 Nia 12:30-3 500 1-3:30 Mahjong <b>Winona Public Library</b> 1-3 Genealogy</p>	<p>7</p> <p><b>East Recreation Center</b> 8-8:45 Yoga 8:15-8:55 Zumba Gold 9-3:30 Open Billiards 9:30-10:30 Tai Chi 11-4 Open Game Tables 12-2 Open Pickleball 12:30-3:30 Woodcarving 1-3 Yarnmakers <b>Sobieski</b> <b>No Forever Young Chair Fitness</b> <b>No Memory Café</b></p>	<p>8</p> <p><b>East Recreation Center</b> 9:30-10:30 Tai Chi 10:45-11:30 Chair Yoga 12:30-3:30 Open Billiards 12:30-3 "15" Cards <b>Zoom</b> 8-8:45 Groovin</p>	<p>9</p> <p><b>East Recreation Center</b> 8:30-11:30 Open Ping Pong 9-3:30 Open Billiards 9:30-10:30 Tai Chi 11-4 Open Game Tables 12-2 Open Pickleball 12:30-3 Poker</p>
<p>12</p> <p><b>East Recreation Center</b> 9:15-9:55 Nia Heal 10:15-11:15 Nia 11-4 Open Game Tables 11:30-12:15 Chair Yoga 12:30-3:30 Open Billiards 12:30-2:30 Canasta <b>Sobieski</b> 1-2:15 Driftless Ukes <b>No Forget Me Notes</b></p>	<p>13</p> <p><b>East Recreation Center</b> 8-8:45 Balance 9-3:30 Open Billiards 9:30-10:30 Tai Chi 11-12 Nia 12:30-3 500 1-3:30 Mahjong 1-2 Travel Tales <b>Florida National Parks</b></p>	<p>14</p> <p><b>East Recreation Center</b> 8-8:45 Yoga 8:15-8:55 Zumba Gold 9-3:30 Open Billiards 9:30-10:30 Tai Chi 11-4 Open Game Tables 12-2 Open Pickleball 12:30-3:30 Woodcarving 1-3 Yarnmakers <b>Sobieski</b> <b>No Forever Young Chair Fitness</b> <b>No Memory Café</b></p>	<p>15</p> <p><b>East Recreation Center</b> 9:30-10:30 Tai Chi 10:45-11:30 Chair Yoga 12:30-3:30 Open Billiards 12:30-3 "15" Cards <b>Zoom</b> 8-8:45 Groovin</p>	<p>16</p> <p><b>East Recreation Center</b> 8:30-11:30 Open Ping Pong 9-3:30 Open Billiards 9:30-10:30 Tai Chi 11-4 Open Game Tables 12-2 Open Pickleball 12:30-3 Poker</p>
<p>19</p> <p><b>CLOSED</b> <i>Martin Luther King Jr. Day</i></p> <p><b>Active Wellness Center</b> is open from 8am-12pm</p>	<p>20</p> <p><b>City Hall (Dakota Room - 2<sup>nd</sup> Floor)</b> <b>12-1 Dementia Friends Information Session</b> <b>East Recreation Center</b> 8-8:45 Balance 9-3:30 Open Billiards 9:30-10:30 Tai Chi 11-12 Nia 12:30-3 500 1-3:30 Mahjong</p>	<p>21</p> <p><b>East Recreation Center</b> 8-8:45 Yoga 8:15-8:55 Zumba Gold 9-3:30 Open Billiards 9:30-10:30 Tai Chi 11-4 Open Game Tables 12-2 Open Pickleball 12:30-3:30 Woodcarving 1-3 Yarnmakers <b>Sobieski</b> 1:45 Forever Young Chair Fitness 2:30 Memory Café</p>	<p>22</p> <p><b>East Recreation Center</b> 9:30-10:30 Tai Chi 10:45-11:30 Chair Yoga 12:30-3:30 Open Billiards 12:30-3 "15" Cards <b>Zoom</b> 8-8:45 Groovin</p>	<p>23</p> <p><b>East Recreation Center</b> 8:30-11:30 Open Ping Pong 9-3:30 Open Billiards 9:30-10:30 Tai Chi 11-4 Open Game Tables 12-2 Open Pickleball 12:30-3 Poker <b>Lake Lodge</b> <b>10-11:30 Ice Skating</b></p>
<p>26</p> <p><b>East Recreation Center</b> 9:15-9:55 Nia Heal 10:15-11:15 Nia 11-4 Open Game Tables 11:30-12:15 Chair Yoga 12:30-3:30 Open Billiards 12:30-2:30 Canasta <b>Sobieski</b> 1-2:15 Driftless Ukes 2:30-3:30 Forget Me Notes</p>	<p>27</p> <p><b>East Recreation Center</b> 8-8:45 Balance 9-3:30 Open Billiards 9:30-10:30 Tai Chi 11-12 Nia 11:45-12:45 Book Club 12:30-3 500 1-3:30 Mahjong 1-2 Topic Tuesday <b>Home Instead</b></p> <p><i>Myofascial Release Registration Due</i></p>	<p>28</p> <p><b>East Recreation Center</b> 8-8:45 Yoga 8:15-8:55 Zumba Gold 9-3:30 Open Billiards 9:30-10:30 Tai Chi 11-4 Open Game Tables 12-2 Open Pickleball 12:30-3:30 Woodcarving 1-3 Yarnmakers <b>Sobieski</b> 1:45 Forever Young Chair Fitness 2:30 Memory Café</p>	<p>29</p> <p><b>CLOSED</b> <i>ERC Facility Maintenance</i></p> <p><i>Active Wellness Center is open from 7am-4pm</i></p> <p><b>Sobieski</b> <b>Bridges Health Clinic</b> <b>Call 507-474-2221 to schedule</b> <b>Zoom</b> 8-8:45 Groovin</p>	<p>30</p> <p><b>CLOSED</b> <i>ERC Facility Maintenance</i></p> <p><i>Active Wellness Center is open from 7am-4pm</i></p>

# February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2  <b>East Recreation Center</b>  9:15-9:55 Nia Heal  10:15-11:15 Nia  11-4 Open Game Tables  11:30-12:15 Chair Yoga  12:30-3:30 Open Billiards  12:30-2:30 Canasta  <b>Sobieski</b>  1-2:15 Driftless Ukes  2:30-3:30 Forget Me Notes</p>	<p>3  <b>East Recreation Center</b>  8-8:45 Balance  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-12 Nia  12:30-3 500  1-3:30 Mahjong  <b>1pm Introduction to Myofascial Release</b>  <b>Winona Public Library</b>  1-3 Genealogy</p>	<p>4  <b>East Recreation Center</b>  8-8:45 Yoga  8:15-8:55 Zumba Gold  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3:30 Woodcarving  1-3 Yarnmakers  <b>Sobieski</b>  <b>No Forever Young Chair Fitness</b>  <b>No Memory Café</b>  <b>1pm Quarterly Input Meeting</b></p>	<p>5  <b>East Recreation Center</b>  9:30-10:30 Tai Chi  10:45-11:30 Chair Yoga  <b>11:30-12:30 Olivia's Program</b>  12:30-3:30 Open Billiards  12:30-3 "15" Cards  <b>Zoom</b>  8-8:45 Groovin</p>	<p>6  <b>East Recreation Center</b>  8:30-11:30 Open Ping Pong  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3 Poker</p>
<p>9  <b>East Recreation Center</b>  9:15-9:55 Nia Heal  10:15-11:15 Nia  11-4 Open Game Tables  11:30-12:15 Chair Yoga  12:30-3:30 Open Billiards  12:30-2:30 Canasta  <b>Sobieski</b>  1-2:15 Driftless Ukes  2:30-3:30 Forget Me Notes  <b>Potluck Registration Due</b></p>	<p>10  <b>East Recreation Center</b>  8-8:45 Balance  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-12 Nia  12:30-3 500  1-3:30 Mahjong  1-2 Travel Tales  <b>Jackson Hole, WY &amp; Grand Teton</b>  <b>Puzzle Competition Registration Due</b></p>	<p>11  <b>East Recreation Center</b>  8-8:45 Yoga  8:15-8:55 Zumba Gold  <b>9am Sophia's Program</b>  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3:30 Woodcarving  1-3 Yarnmakers  <b>Sobieski</b>  1:45 Forever Young Chair Fitness  2:30 Memory Café</p>	<p>12  <b>East Recreation Center</b>  9:30-10:30 Tai Chi  10:45-11:30 Chair Yoga  <b>11:30-12:30 Olivia's Program</b>  12:30-3:30 Open Billiards  12:30-3 "15" Cards  <b>Zoom</b>  8-8:45 Groovin</p>	<p>13  <b>East Recreation Center</b>  8:30-11:30 Open Ping Pong  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3 Poker  <b>Sobieski</b>  <b>11 Valentine's Potluck Social</b></p>
<p>16  <b>CLOSED</b>  <b>Presidents Day</b>    <b>Active Wellness Center is open from 8am-12pm</b></p>	<p>17  <b>East Recreation Center</b>  8-8:45 Balance  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-12 Nia  12:30-3 500  1-3:30 Mahjong</p>	<p>18  <b>East Recreation Center</b>  8-8:45 Yoga  8:15-8:55 Zumba Gold  <b>9am Sophia's Program</b>  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3:30 Woodcarving  1-3 Yarnmakers  <b>Sobieski</b>  1:45 Forever Young Chair Fitness  2:30 Memory Café</p>	<p>19  <b>City Hall (Dakota Room - 2<sup>nd</sup> Floor)</b>  <b>12-1 Dementia Friends Information Session</b>  <b>East Recreation Center</b>  9:30-10:30 Tai Chi  10:45-11:30 Chair Yoga  <b>11:30-12:30 Olivia's Program</b>  12:30-3:30 Open Billiards  12:30-3 "15" Cards  <b>Zoom</b>  8-8:45 Groovin</p>	<p>20  <b>East Recreation Center</b>  8:30-11:30 Open Ping Pong  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3 Poker    21  <b>East Recreation Center</b>  10 Puzzle Competition</p>
<p>23  <b>East Recreation Center</b>  9:15-9:55 Nia Heal  10:15-11:15 Nia  11-4 Open Game Tables  11:30-12:15 Chair Yoga  12:30-3:30 Open Billiards  12:30-2:30 Canasta  <b>Sobieski</b>  1-2:15 Driftless Ukes  2:30-3:30 Forget Me Notes</p>	<p>24  <b>East Recreation Center</b>  8-8:45 Balance  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-12 Nia  11:45-12:45 Book Club  12:30-3 500  1-3:30 Mahjong  1-2 Topic Tuesday  <b>TBA</b></p>	<p>25  <b>East Recreation Center</b>  8-8:45 Yoga  8:15-8:55 Zumba Gold  <b>9am Sophia's Program</b>  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3:30 Woodcarving  1-3 Yarnmakers  <b>Sobieski</b>  1:45 Forever Young Chair Fitness  2:30 Memory Café</p>	<p>26  <b>East Recreation Center</b>  9:30-10:30 Tai Chi  10:45-11:30 Chair Yoga  <b>11:30-12:30 Olivia's Program</b>  12:30-3:30 Open Billiards  12:30-3 "15" Cards  <b>Sobieski</b>  <b>Bridges Health Clinic</b>  <b>Call 507-474-2221 to schedule</b>  <b>Zoom</b>  8-8:45 Groovin</p>	<p>27  <b>East Recreation Center</b>  8:30-11:30 Open Ping Pong  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3 Poker  <b>Lake Lodge</b>  <b>10-11:30 Ice Skating</b></p>
<p><b>Indoor Walking:</b>  East Recreation Center  Monday-Friday  7:30-9am  Monday, Tuesday, &amp; Thursday  12-2pm  <b>Active Wellness Center</b>  Monday-Friday 7am-4pm  Saturday 8am-12pm</p>	<p><b>Program Locations:</b>  <b>East Recreation Center</b>  210 Zumbro Street  <b>Sobieski</b>  965 East 7<sup>th</sup> Street  <b>Winona Public Library</b>  151 West 5<sup>th</sup> Street  <b>City Hall</b>  207 Lafayette Street</p>			

# March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2  <b><u>East Recreation Center</u></b>  9:15-9:55 Nia Heal  10:15-11:15 Nia  11-4 Open Game Tables  11:30-12:15 Chair Yoga  12:30-3:30 Open Billiards  12:30-2:30 Canasta  <b>Sobieski</b>  1-2:15 Driftless Ukes  2:30-3:30 Forget Me Notes</p>	<p>3  <b><u>East Recreation Center</u></b>  8-8:45 Balance  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-12 Nia  12:30-3 500  1-3:30 Mahjong  <b>1pm Core Values to Live Well</b>  <b><u>Winona Public Library</u></b>  1-3 Genealogy</p>	<p>4  <b><u>East Recreation Center</u></b>  8-8:45 Yoga  8:15-8:55 Zumba Gold  <b>9am Sophia's Program</b>  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3:30 Woodcarving  1-3 Yarnmakers  <b>Sobieski</b>  <b>No Forever Young Chair</b>  <b>Fitness</b>  <b>No Memory Café</b></p>	<p>5  <b><u>East Recreation Center</u></b>  9:30-10:30 Tai Chi  10:45-11:30 Chair Yoga  <b>11:30-12:30 Olivia's Program</b>  12:30-3:30 Open Billiards  12:30-3 "15" Cards  <b>Zoom</b>  8-8:45 Groovin</p>	<p>6  <b><u>East Recreation Center</u></b>  8:30-11:30 Open Ping Pong  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3 Poker</p>
<p>9  <b><u>East Recreation Center</u></b>  9:15-9:55 Nia Heal  10:15-11:15 Nia  11-4 Open Game Tables  11:30-12:15 Chair Yoga  12:30-3:30 Open Billiards  12:30-2:30 Canasta  <b>Sobieski</b>  1-2:15 Driftless Ukes  2:30-3:30 Forget Me Notes</p>	<p>10  <b><u>East Recreation Center</u></b>  8-8:45 Balance  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-12 Nia  12:30-3 500  1-3:30 Mahjong  1-2 Travel Tales  <b>TBA</b></p>	<p>11  <b><u>East Recreation Center</u></b>  8-8:45 Yoga  8:15-8:55 Zumba Gold  <b>No Sophia's Program</b>  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3:30 Woodcarving  1-3 Yarnmakers  <b>Sobieski</b>  1:45 Forever Young Chair  Fitness  2:30 Memory Café</p>	<p>12  <b><u>East Recreation Center</u></b>  9:30-10:30 Tai Chi  10:45-11:30 Chair Yoga  <b>No Olivia's Program</b>  12:30-3:30 Open Billiards  12:30-3 "15" Cards  <b>Zoom</b>  8-8:45 Groovin</p>	<p>13  <b><u>East Recreation Center</u></b>  8:30-11:30 Open Ping Pong  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3 Poker</p>
<p>16  <b><u>East Recreation Center</u></b>  9:15-9:55 Nia Heal  10:15-11:15 Nia  11-4 Open Game Tables  11:30-12:15 Chair Yoga  12:30-3:30 Open Billiards  12:30-2:30 Canasta  <b>Sobieski</b>  1-2:15 Driftless Ukes  2:30-3:30 Forget Me Notes</p>	<p>17  <b><u>City Hall (Dakota Room - 2<sup>nd</sup> Floor)</u></b>  <b>12-1 Dementia Friends</b>  <b>Information Session</b>  <b><u>East Recreation Center</u></b>  8-8:45 Balance  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-12 Nia  12:30-3 500  1-3:30 Mahjong</p>	<p>18  <b><u>East Recreation Center</u></b>  8-8:45 Yoga  8:15-8:55 Zumba Gold  <b>9am Sophia's Program</b>  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3:30 Woodcarving  1-3 Yarnmakers  <b>Sobieski</b>  1:45 Forever Young Chair  Fitness  2:30 Memory Café</p>	<p>19  <b><u>East Recreation Center</u></b>  9:30-10:30 Tai Chi  10:45-11:30 Chair Yoga  <b>11:30-12:30 Olivia's Program</b>  12:30-3:30 Open Billiards  12:30-3 "15" Cards  <b>Zoom</b>  8-8:45 Groovin</p>	<p>20  <b><u>East Recreation Center</u></b>  8:30-11:30 Open Ping Pong  9-3:30 Open Billiards  9:30-10:30 Tai Chi  11-4 Open Game Tables  12-2 Open Pickleball  12:30-3 Poker</p>
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Winona Friendship Center: 507-454-5212

Senior Advocacy: 507-454-7369

Toll Free: 1-866-904-1918

Email: [friendshipcenter@winonamn.gov](mailto:friendshipcenter@winonamn.gov)

Website: [www.winonamn.gov](http://www.winonamn.gov)

National Institute Of  
SeniorCenters



Return Service  
Requested

Winona, MN 55987

210 Zumbro Street

