



2025 Tower Talk Newsletter



Weekly Happenings

Exercise

Mon, Tues, Wed, & Fri
10am- 10:30am
J2 Activity Room

Skip Bo

Wed & Sat
1pm
J2 Activity Room

Corn Hole/ Bean Bags

2nd & 4th Tues.
6/10 & 6/24
Tuesdays
7pm
J2 Sailstad Room

Church/Communion

1st & 3rd Wednesday of
the month
6/4 & 6/18
3pm
J2 Media Room

Bingo

**Mondays ONLY for the
summer**
12:15pm
J2 Sailstad Room

Chair Yoga

Every Tuesday
2pm
Every Friday
1pm
J2 Media Room

Dart Club

Every Thursday
7pm
J2 Pool Table Area

Library Committee meeting

2nd Tues. of odd months
7/8
3 pm
Craft Room

Coffee

Wednesdays
1pm– 3pm
J1 Café Jordan

Red Wing HRA Office:

651-388-7571

**Mon- Thurs
7:30am–4:30pm
Fri– 8am to Noon**

MAINTENANCE

EMERGENCY
After Office Hours
651-764-9586

Police non-emergency number

651-385-3155

J1 Office (Candis)

Front desk 651-388-7614

J1 Office (RyAnne)

651-301-7018

J2 Office (Tiffany)

651-301-7035

HRA Office (Cathy)

651-301-7020

HRA Office (Dwane)

651-301-7012

June Activities

Medicare Presentation

Thurs, June 26
1:30pm
J2 Media Room

Someone from senior linkage will be here to talk about a Medicare .

Please sign up by 6/23 in the J1 or J2 office.



Diamond Art

Wed, June 11
3pm
J2 Craft Room

Diamond Art Kits will be
\$3.00 per kit.

Please pay when you sign up in the J1 or J2 office.

Omega Blood Pressure Checks

Tues, June 10
10:30-11:30am
J2 Sailstad Room



Birthdays

6/1 Trisha Kosnopfal
 6/1 Julie Fjetland
 6/2 Diane Goham
 6/1 Betty Holden
 6/3 Lynne Sommerville
 6/9 Jeanelle Fosberg
 6/9 Bryanna Deschand
 6/12 Mike Lentz
 6/14 Todd Hallahan
 6/19 Pauline Jagusch
 6/21 RyAnne Schutz
 6/24 Gary Thielbar
 6/28 Cameron McClain
 6/30 Stella Wallner



Building A Better Brain #2

Weds, June 25
1pm-3pm
J2 Media Room

Join Angela Lunda, M.A. associate in Neurology at Mayo Clinic for information and engaging session on brain health. Angela will discuss what brain changes are normal for older adults and what changes might be a cause for concern.

Please sign up by 6/23 in the J1 or J2 office.



Resident Council Meeting

Tues, June 10
10 am
J2 Conference Room

All are welcome!



June Activities

Channel One CSFP Community Supplement Food Program

Tues, June 3
10am
J1 Café Jordan

To find out if you qualify for the CSFP program, please contact Channel One CSFP at
1-877-500-8699 or
1-507-424-1704

Birthday Celebration

Wed, June 4
1pm– 3pm
J1 Café Jordan



Come down and enjoy a free piece of cake, coffee and enjoy some socialization with your neighbors.
You will receive an invite in your box for this event.

Bible Studies

Every Thursday
9am- 11am
J2 Craft Room
&
Every Friday
10am- 11am
J2 Media Room
&
Every Friday
3pm– 4pm
J2 Craft Room

Greeting Cards

Cards for sale 24/7 outside of J2 Craft Room or in J1 Café.

\$.25 for one card

Please leave money in the box provided by the cards.

Greeting card club meets:
1st Monday of each month
6/2
2pm
J2 Craft Room



Hager Heights

Hager Heights Chicken

Tuesday, June 17
4pm
J2 Sailstad Room

Menu:

Hager Heights Meal Options:

- 2 Piece White Chicken- \$11.00
- 2 Piece Dark Chicken- \$10.25
- 5 Piece Jumbo Shrimp- \$13.00

Cash accepted or make checks payable to: JTRC
All meals come with baked beans, coleslaw, and mashed potatoes

Sign up in J1 or J2 office by Thursday June 12th.

MOVIES—J2 Media Room

DATE/TIME CHANGE -BACK TO FRIDAYS



Friday, June 6th at 4pm—Mamma Mia! (PG-13) 1 HR 48 MIN

Sophie has just one wish to make her wedding perfect: to have her father walk her down the aisle. Now she just has to find out who he is. *Mamma Mia!* is a cinematic gem that seamlessly weaves together the magic of ABBA's timeless music with a heartwarming and joyous storyline.



Friday, June 20th at 4 pm – Mamma Mia! Here We Go Again (PG-13) 1 HR 54 MIN

Five years after the events of *Mamma Mia!* (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

Bring your own beverage. Resident Council is not responsible for the movie content.

If you have movie suggestions please let RyAnne know.

Ice Cream Social

Sat, June 14

3:30pm

Café Jordan

Resident Council will be serving free ice cream to the tenants of Jordan Towers.



Monthly motivator

Theories are like the tail
feathers of a rooster, highly
ornamental but not much use
in a high wind.
-Arthur E Holt

Random Acts of Kindness

Do you know a fellow resident who goes out of their way to help others? Nominate someone by writing their name and why you are nominating them in the suggestion boxes in J1 and J2. (Located on 1st floor in each tower).

Winner receives a \$10 gift card to Koplins Village Market.

1. Thank you, **Bob Peterson** for giving another tenant a ride. –anonymous ***WINNER***
2. Thank you, **Karn P** for rides to the VA.—Mike B
3. Thank you, **Marge Tomzcik** for making birthday cakes. –Barry P
4. Thank you , **Pat Donaldson** for being so kind to help me do an amazon order.-JH
5. Special Than you to **Karen Sylla** for deep cleaning the 7th floor deck, walls, railings, inside and outside of the windows all looks fabulous- Wanda Sherry..
6. Thank you, **Steve Pringle** for giving another tenant your extra AC unit.- Anonymous

If you see a neighbor doing something kind nominate them for Acts of Kindness.

Jordan Tower I Renovation Project

The Architect and Engineers are making significant progress on the scope of work, plans, and details. Within the next few weeks temporary holes will need to be cut in the bathroom walls of select units so the Architect and Engineers can determine the construction of the existing walls and the configuration of the existing piping behind the walls. Those tenants selected will be notified at least one week in advance with additional information. We anticipate these plans to be finalized by the middle of June and more detailed information will be shared at that time. Once these plans are completed, the plans will need to be submitted to Minnesota Housing for approval. After Minnesota Housing reviews and approves of the plans, then we will be going out for bids from general contractors.

The process of going out for bids and reviewing the bids that are submitted will take a while due to the size of this project. After the general contractor is selected, there will be many details worked out as to how the project will progress and what we will need from each resident to ensure this project is completed. Once we have the details worked out, we will hold several meetings to go over the project and expectations from residents.

Red Wing 2025 Concerts in the Park

Held at the Bandshell, all concerts are FREE and begin at 7pm

June 4	Ryan Sullivan & Alexandra Green
June 11	Sawyer's Dream
June 18	REIKI
June 25	The Sheldon Theatre Brass Band
July 2	PK Mayo Acoustic Trio
July 9	Duo CORDA
July 16	Willows
July 23	Clay Fulton & the Lost Forty
July 30	Ecuador Manta
Aug 6	The Pearl Brothers
Aug 13	Retro Soul & the Westside Horns
Aug 20	Annie and the Bang Bang
Aug 27	Wild Colonial Bhoys



Veggie RX

Free Fresh Produce

**Every Wednesday Beginning
June 11th, 18th, and 25th
J1 Café
11-11:30 am arrival**



If you are interested in FREE local farmer's produce, please come to the Café to pick your items. Items will be dispersed until gone.

Resident Council Meeting Minutes
Tues, May 20, 2025 from 1:00pm to 2:00pm

Attending: Irene Alger, Joanne Bundy, Barry Preble, ,Cheryl Lund, Christine Radtke, Kim Rossi, Linda Rowan, Betty Twitchell, Pat Donaldson, Jeanelle Fosberg, Todd Hallahan, Joyce Thompson (treasurer), Jackie Luikart (HRA Commissioner) and Tiffany Tieman (PSC),

Absent: Mallie Morena, RyAnne Schutz, (RSC) and HRA Rep

Resident attendees and other Guests:

** This is a condensed version of the meeting minutes. If you wish to see the whole copy of minutes, please see Tiffany, RyAnne or a Resident Council member.

Public Comment:

Old Business

- Newspaper subscription has been ordered
- Memorial Day Potluck 5/26 at 4pm
- June Ice Cream Social 6/14 at 3:30 pm
-

New Business

- Resident Council new members voted in Larry Cedar, JJ Schmidt and Kathie Kreye
- Veggie RX starting in June
- Bingo only on Mondays during the summer.
- Hager Heights dinner 6/17
- Elected RC President– Larry Cedar, Vice President -JJ Schmidt, secretary– Kim Rossie

**JTRC would like to request that if you attend an event and are able to assist with clean up,
your help would be greatly appreciated.**

***The next Resident Council meeting is scheduled for Tuesday, June 10, 2025 at 10 am
in the J2 Conference Room.***

The Scoop- Announcements from HRA and Resident Services

HRA and Resident Services Offices

Offices will be closed on Thursday, June 19 in observance of Juneteenth.

The Red Wing HRA strives to have a clean and sanitary building for everyone to enjoy. If you come across an unsanitary or unclean area, please report it to the office as soon as possible. No one is going to question if you caused the accident or not.

Newspaper

The Resident Council has purchased a subscription the Republican Eagle. The paper is located in the Jordan Towers Library. We ask if you would like to read the newspaper you do so in the library. The newspaper is **not** to leave the library.

Mail

Please leave other tenant's mail or packages alone unless you have an agreement with them to deliver their packages to them.

Not your mail

If you receive someone else's mail., please give it to recipient if you know them, give it to Tiffany or RyAnne or just put it back in the mail with RTS (return to sender) on it.

Borrowing

If someone asks you to borrow money DO NOT feel obligated. It is okay to say NO. Most people today are living on a fixed income and do not have extra money to borrow out to others.

Jordan Towers Resident Services

Senior Resident Service Coordinator

TIFFANY TIEMAN, PSC

J2 Office– 651-301-7035

Tiffany.tieman@redwingmn.gov

**Open Tues– Thurs 7:00am-4:30pm
& Fri.-7:00am-12:00pm**

Resident Service Coordinator

RYANNE SCHUTZ

J1 Office -651-301-7018

Ryanne.schutz@redwingmn.gov

Open Mon– Thurs 8:00am—4:30pm

Magazines

Do you have current magazines you want to get rid of or share? If so, please see Tiffany or RyAnne.

Unwanted items

Now that the neighbor to neighbor closet is closed we are seeing more unwanted items being left in the common areas of JT. If you have things you would like to get rid of you need to take them to one of the thrift stores in town.



Omega Home Healthcare LLC

1-877-517-0644

- Homemaking services such as, laundry cleaning dishes, etc.
- Home healthcare such as, assistance bathing, etc.
- RN services such as, regulating medications, etc.

Please see Tiffany or RyAnne to see if you qualify for the sliding fee scale.



Maids in Minnesota

Stacey Ledebuhr, Owner

1-855-88MAIDS

(1-855-886-2437)

Duties include:

- Grocery, meds or errands run
- Basic housekeeping/ cleaning duties
- Laundry/ Bed making
- Taking out garbage and recycling
- And more.....

Please see Tiffany or RyAnne to see if you qualify for the sliding fee scale.

Senior Foot Care Clinic

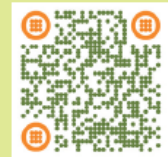
Vicki Hattemer, RN, BSN

651-380-4852

Please see Tiffany or RyAnne to see if you qualify for the sliding fee scale.

- Food Shelves • Community Food Distribution
- Farmers Markets • Senior Resources
- Goodhue County Resources

findfoodgoodhuecounty.com



Callmax

Text– 855-936-2202

Phone call– 651-388-7571

Email is from Red Wing HRA

Fare For All

June 4th

3pm– 5pm

St. Joseph's Church

435 W.7th Street

Red Wing, MN

Red Wing Food Shelf

Mon, Tues & Thurs

4pm- 6pm

Fridays

11am- 1pm

1755 Old West Main St.

Red Wing, MN 55066

Contact Tiffany or RyAnne today to see if you qualify for the Independent Living Services Program (ILSP).

Towers Activity Calendar

Jordan

JUNE 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10am- Exercise 12:15pm- Bingo 2pm- Greeting Card Club Meeting	2 10am-CSFP (NAPS) 10am- Exercise 2pm –Chair Yoga	3 10am- Exercise 1pm-3pm Coffee & birthday celebration 1pm- Skip-Bo 3pm- Communion	4 9am-11am- Bible Study 7pm- Dart Club	5 10am- Bible Study 10am- Exercise 1pm –Chair Yoga 3pm- Bible Study 4pm - Movie	6 1pm- Skip-Bo	7
8 10am- Exercise 12:15pm- Bingo	9 10am- Exercise 10 am – R.C. Meeting 10:30- BP Checks 2pm –Chair Yoga 7pm – Bean Bags	10 10am- Exercise 11am- Veggie RX 1pm-3pm Coffee 1pm- Skip-Bo 3pm-Diamond Art	11 9am-11am- Bible Study 7pm- Dart Club	12 10am- Bible Study 10am- Exercise 1pm –Chair Yoga 3pm- Bible Study	13 1pm- Skip-Bo 3:30pm – Ice Cream Social	14
15 10am- Exercise 12:15pm- Bingo	16 10am- Exercise 2pm –Chair Yoga 4pm- Hager Heights	17 10am- Exercise 11am- Veggie RX 1pm-3pm Coffee 1pm- Skip-Bo 3pm- Communion	18 9am-11am- Bible Study 7pm- Dart Club	19 10am- Bible Study 10am- Exercise 1pm –Chair Yoga 3pm- Bible Study 4pm- Movie	20 1pm- Skip-Bo	21
22 10am- Exercise 12:15pm- Bingo	23 10am- Exercise 2pm –Chair Yoga 7pm – Bean Bags	24 10am- Exercise 11am- Veggie RX 1pm-3pm Coffee 1pm – Building a Better Brain Presentation 1pm- Skip-Bo	25 9am-11am- Bible Study 1:30- Medicare Presentation 7pm- Dart Club	26 10am- Bible Study 10am- Exercise 1pm –Chair Yoga 3pm- Bible Study	27 1pm- Skip-Bo	28
29 10am- Exercise 12:15pm- Bingo	30					

Meals are subject to change

Semcac Senior Nutrition

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Tator Tot Casserole 7-Layer Salad Pineapple Rings Coconut Custard Sq	3 Smothered Chicken ALT: Liver & Onions Mashed Potatoes California Blend Veg Bar/Cookie-*Diab Bar/Cookie	4 Beef Sandwich Cheesy Hash Browns Beets Pudding *Diab Fruit	5 Tuna Salad on a Bun Vegetable Pasta Salad Fruit Cup Cookie or Bar *Diab Cookie	6 BBQ Pulled Pork on Bun Potato Salad Carrot Coin Salad Flavored Ice Cream *Diab Vanilla Ice Cream
9 Turkey Taco Salad w/ Tostado Chips & fixings Mexican Black Beans Starburst Cake *Diab Angelfood Cake	10 Chili w/ Crackers Corn Muffin w/ Marg Cottage Chs w/ Peach Half Vanilla Pudding *Diab Fruit Cup	11 Ham Balls Alt: Fish Parslied Boiled Red Potatoes Broccoli Fresh Orange	12 Chicken Salad Sandwich Fruited Coleslaw Green Bean & Pea Salad Cookie or Bar *Diab Cookie or Bar	13 Pork Chow Mein over Rice Tossed Salad/Dressing Fruit Salad Chocolate Yum Yum *Diab Fresh Fruit Cup
16 Goulash Fruit Cup Pickle Oatmeal Choc Chip Bar *Diab cookie	17 Chicken Enchilada Coleslaw Muffin w/Marg Pineapple Rings Mooncake *Diab Unswt Fruit	18 Rosemary Roasted Pork Mashed Pot w/Gravy Stewed Tomatoes Hawaiian Cake Diab: Pineapple Tidbits	Closed	Closed
23 Chef Salad/Ham Strips Alt: Chix Strips w/Ch Chopped Hard Cook Egg w/ Veg Garnishes-Carrot/Cuke w/Drsq Croulons/Muffin w/Mrg Cantaloupe Cup	24 Meatballs w/Gravy Mashed Potatoes 5-Way Mixed Vegetable Banana	25 Hamwich Alt: Turkeywich Cuke Salad w/St Crm Dress. Fruit Cup Chocolate Cherry Bar *Diab Cookie/Bar	26 Chicken Rice Casserole Tossed Salad Peaches Spring Dessert Diab Angel Food cake	27 Hamburger w/Fixings on Bun Potato Salad Coleslaw w/Vinegar Flavored Iced Cream Diab: Vanilla Ice Cream
30 Hamburger Stroganoff Over Noodles Broccoli Spiced Peaches Cookie/*Diab Cookie				

Alternate on Menu = Diner's Choice

Supplier Inventory and Supply Chain difficulties continue to make a few changes to our menu likely.