



By Lynne Pederson, Director



Spring is nature's way of saying, "Let's party!" — Robin Williams



The flower pots at the front entrance are full of spring time flowers, courtesy of Judy's Floral, the annual duck couple – named Fifty and North are back looking for the right bush to build their nest in, and the Popcorn

Wagon is coming out of storage to Bridge Square! **Let's party!**

How are you? Ready to just get out of the house? Dig in the dirt? Take a bike ride? Talk to somebody in person? Play in the band? Come to FiftyNorth! The doors are open and we are waiting to see you. As expected, more activities

are starting-up and offered on the schedule this month. The fitness equipment is on the move back to the Wellness Center so that rm 104 is open for playing card groups. Yes, card players card groups are scheduled. See page 6 for more information. The ping pong table is rolling back into the Fitness Studio to open the Art Studio for art club and classes. Water volleyball, softball practice, Northfield Pedalers bike rides, gardening, and onsite instructor led classes on numerous interesting subjects are all back on the schedule. There is a new colorful, whimsical art show in the art gallery, the furniture has been moved back into the lobby, tables are in the coffee bar area



and the coffeepot is full. The number of users per session in the pool has been increasedFiftyNorth is coming back! FiftyNorth is nothing without you being here, members pitching-in by following the mandated guidelines and protocols, having patience, and being resilient. All of these qualities are still needed. We need your help to wear your mask, maintain self-distancing, and clean equipment after each use. Most of all we need to see you back at FiftyNorth. The buzz is back, but we need you to join in to make it even louder and livelier. Come on in, renew your membership, participate, and have a cup of coffee.

There are times that I think my life could be a reality show. My husband, Charlie, and I got our second Covid vaccinations, and immediately after left on a two-week road-trip driving in our van to San Diego, CA.

We were nervous as we had heard more than one person tell their tale of woe of how they had reacted to the second shot. After our first shots, we had body aches, headaches and tiredness, so we thought we were doomed to have a reaction after the second one. We had nothing, no side effects and our arms didn't even hurt.

(Director's message continued on p 2)

INSIDE

- Gallery Member Show .. 3
- Fitness News..... 3-5
- Groups at FiftyNorth..... 6
- Book Club 6
- FiftyNorth Travel..... 7
- Lifelong Learning..... 7
- Art Classes 8
- Wellness Classes..... 9
- Donors..... 10
- Volunteer 10



FiftyNorth will be **CLOSED** MONDAY, MAY 31
In observance of Memorial Day



Calling all artists!
2021 Member Show
Coming in May!



In The Gallery

By Patty Ciernia, Program Coordinator

FiftyNorth Member Show



Calling all artists!



2021 FIFTYNORTH MEMBER SHOW: “The UnMasking”

Bring Your Art Out of Isolation

May 17 - June 25.

We are inviting any FiftyNorth member to submit one piece of art. What have you created in reference to our current global situation? Artists, unveil your work!

Submit your piece between May 12 and the 15th. Please include the artist's name, title of piece, medium and price (if for sale).

Contact Patty with questions at 507-664-3709 or patty.ciernia@fiftynorth.org.

Ceramics, fiber art, watercolor, collage, photography and more!



Director's Message - cont.

We have driven this trip a couple of times and so the scenery was anticipated as well as the routes taken. There was one unexpected event that we experienced on the way out. I share this with you, because it is another saga in the life and times of Lynne and Charlie and the humor in it is worth the reading. On our road trips, Charlie and I share the driving as he usually starts out in the morning and I take the afternoon shifts. On the second day, I am driving through the panhandle of Texas, on Interstate 40, going the allowed 75mph, in the left lane trying to stay out of the way and ahead of the over abundant number of semi-trailers. As I am driving, my head goes into a vertigo spin. I have been prone to vertigo episodes for a number of years off and on, but never while driving, let alone on the interstate at 75mph. When the spin happens, I literally feel like I am spinning, as if I am on a jet propelled merry-go-round. I don't know or remember how I got the car over to the right-hand lane and off onto the shoulder. Somebody was looking out for me. Charlie had been sleeping and woke up to find the car off the edge of the freeway, me doubled over the steering wheel with my head in my hands. There we sit, on the side of road with semis and cars whizzing by at 75mph. I must have looked like I was having a heart attack, slumped over the steering wheel, as cars stopped to see if there was anything they could do. Charlie just waved them off, because there really wasn't anything to be done except wait until I could raise my head and move. The mission: to get me into the back seat. I could hardly raise my head let alone imagine that I would move two feet from point A to point B. But I have to get out of the drivers seat and into the back seat. Charlie comes around and opens the driver side door and the back-sliding door. He takes my hands and gets me out of the car. I could hardly stand up so I plaster myself against the side of the car. The people in the cars whizzing by must have been highly entertained as I either looked like I was drunk or severely disabled and that I had been driving. I climb into the back seat, grab a pillow, shut my eyes and sink into a vertigo stupor. Charlie gets behind the wheel, and drives like an ambulance driver to get us to the first hotel he can find. He pulls into the Amarillo LaQuinta, stops in the underpass, goes in, registers, tells the clerk that I am having a vertigo episode, and asks for a wheelchair. He

(Director's message continued on p 9)



Fitness News



Tai Chi class is moving outside to the courtyard when weather permits. (begins May 3)

TAI CHI IN THE PARK
Mondays, 8:00-8:45am
Fridays, 8:30-9:15am

*PLEASE BRING YOUR OWN MAT

Learn and train with an expert in Tai Chi. Hongyuan Lang-Bodman has been practicing Tai Chi for over 50 years.

Weather permitting participants will meet in the courtyard of FiftyNorth and practice Tai Chi socially distanced and enjoying the sounds of Mother Nature. Tai Chi is a well-known form of exercise that is proven to help increase stability, coordination, bone density, flexibility and decrease stress.

Instructor: Hongyuan Lang-Bodman

Capacity: 12

Cost: \$9 nonmbr, \$7 mbr, \$0 platinum



CANCELED:

Mondays GLUTE STABILITY class will end April 26.

THE COURTYARD IS OPEN FOR WALKING!

The courtyard is available for walking anytime the center is open. (Check in at the front desk before going for your walk)

Walk at your leisure and on your own time in the wonderful FiftyNorth courtyard. 16 times around the circle in the courtyard equals 1 mile.

Benefits of Walking are...

- Boosts Mood
- Increases Cardiovascular Endurance
- Increases and Tones Leg Muscles
- Increases Stability and Coordination
- Burns Calories and helps with weight loss
- Helps lower blood sugar and cholesterol levels
- Eases Joint Issues
- Boosts Energy
- Helps clear your mind for better memory and creative thinking.



GROUP WALKING

Mondays & Wednesdays, 7:30-8:30am
(meet at 7:15)

Do you love to walk? Do you enjoy the outdoors and walking in the company of others? Then join FiftyNorth's Walking Group led by group exercise instructor Becky DeMann. Walking is a great exercise that can be done at your own pace and the pace of a group, walking is proven to help increase cardiovascular health, bone density, leg strength, coordination, and decrease blood pressure, stress, and falls. Each week you will venture out to a new location in the Northfield area to enjoy a leisure walk with friends and members of FiftyNorth.

Leader: Becky DeMann

Capacity: 10

Cost: No Fee

HOT TUB REOPENING

The Hot Tub will be reopening starting May 3rd with a maximum capacity of 2.



Fitness News *continued*

2021 IN-PERSON LAND BASED FITNESS CLASSES MAY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30 AM						
7:00 AM			SLO FLO YOGA (7-8)			
7:30 AM						
8:00 AM	TAI CHI in the PARK (8-8:45)					
8:30 AM					TAI CHI in the PARK (8:30-9:15)	
9:00 AM		BEGINNING YOGA (VINYASA) (9-10)		SLO FLO YOGA (9-10)		
9:30 AM						
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30- 11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						
11:30 AM						
12:00 PM		SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM						
4:30 PM						
5:00 PM		SILVER SNEAKERS STRENGTH (5-5:45)				
5:30 PM						

2021 VIRTUAL LAND BASED FITNESS CLASSES MAY AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00 AM								
6:30	CARDIO & STRENGTH INTERVALS (6:30-7:15)	POWERLIFTING (6:30-6:55)			CORE & STRETCH (6:30-7:15)			
7:00 AM		DRUMS ALIVE (7-8)		SLO FLO YOGA (7-8)		BOXING AND STRENGTH (7-8)		
7:30								
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)		CARDIO KICKBOXING (8-9)	STRONG NATION (8-9)	STRENGTH (8-8:45)		
8:30								
9:00 AM	YOGA STRETCH (9-10)	BEGINNING YOGA (VINYASA) (9-10)	GLOBAL LINE DANCING (9:30-10:30)	CARDIO DANCE (9:15-10)	SLO FLO YOGA (9-10)	COUNTRY WESTERN LINE DANCING (9:30-10:30)	SIMPLE STRETCH (9-9:45)	
9:30								
10:00 AM	BOOTCAMP WITH CARLA (10-10:45)			BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)		
10:30	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	CORE AND MORE (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	CORE AND MORE (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	RESTORATIVE YOGA (10:30-11:30)
11:00 AM								
11:30								
12:00 PM		SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	YOGA 1 (12-1)	SILVER&FIT (12-12:45)			
12:30								
1:00 PM						YOGA BALANCE (1-2)		
1:30 PM								
4:00 PM								
4:30 PM								
5:00 PM		SILVER SNEAKERS STRENGTH (5-5:45)	CARDIO STRENGTH MIX (5-5:45)				LINE DANCE FITNESS (5-6)	
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM		STRENGTH AND STRETCH (7-8)		RELAXATION YOGA (7-8)				
7:30 PM								



Fitness News *continued*

NEW: AQUA FITNESS TRAINING

Meet one-on-one with certified Aqua Fitness Trainer, Marie Frederickson. Marie can help increase range of motion, increase cardiovascular endurance, stability, and strength throughout the body, along with helping with post rehab exercises. The warm water pool of FiftyNorth has been known to help decrease pain and discomfort associated with various ailments such as arthritis, tight muscles, injuries, etc... Contact FiftyNorth at 507-664-3702 to learn more about setting up a time to meet with Marie.

(45 minute sessions)

Instructor: Marie Frederickson

Cost: \$45 nonmbr, \$40 mbr



SOFTBALL TEAM

It's that time of year where you can hear the crack of the bat and the roar of the crowd. Join FiftyNorth's Senior Softball Team for practice and fun with a possibility of playing games later this year. Both Men and Women are strongly encouraged to join and must be 55 years or older to play.

Practice is on Thursdays at 12:30 pm to 2:30 pm at Sechlar Park in Northfield

For more information contact Harley Tate (Team Manager) at (507) 251-9958 or email: harleyjtate@yahoo.com

2021 AQUA FITNESS CLASSES (05/01/21)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:45 AM						
7:00 AM	AQUA SUNRISERS 7-7:45AM	EARLY BIRD AQUA 7-7:45AM	AQUA SUNRISERS 7-7:45AM	EARLY BIRD AQUA 7-7:45AM	AQUA SUNRISERS 7-7:45AM	OPEN SWIM
7:45 AM						
8:00 AM	SS AQUA AGELESS 8-8:45AM	AQUA YOGA 8-8:45AM	SS AQUA AGELESS 8-8:45AM	AQUA YOGA 8-8:45AM	SS AQUA AGELESS 8-8:45AM	OPEN SWIM
8:45 AM						
9:00 AM	S&F AQUA FIT ' N TONE 9-9:45AM	OPEN SWIM	S&F AQUA FIT ' N TONE 9-9:45AM	OPEN SWIM	S&F AQUA FIT ' N TONE 9-9:45AM	OPEN SWIM
9:45 AM						
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
10:45 AM						
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:45 PM						
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
12: 45 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:45 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
2:45 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
3:45 PM						
4:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	WATER VOLLEYBALL 4-5:45PM	
4:45 PM						
5:00 PM	OPEN SWIM	AQUA FUSION 5-5:45PM	OPEN SWIM	AQUA FUSION 5-5:45PM		
5:45 PM						
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		



FiftyNorth Groups

ARE YOU READY TO COME BACK and meet socially distanced at FiftyNorth? We are looking at space utilization beginning in May. If you are interested in getting back on the schedule, please contact Elaine Meyers at 507-664-3703 or elaine.meyers@fiftynorth.org.

Music Room

- ➔ FiftyNorth Band has started back up. Meeting Tuesdays from 4-5pm.
- ➔ Chime Choir
- ➔ Seasoned Singers
- ➔ Uke Jam Sessions

Art Studio

- ➔ Art Club
- ➔ Paper Crafting
- ➔ Hook, Yarn, and Needle
- ➔ Kindness Rocks
- ➔ Woodcarving
- ➔ Quilting

Rooms 104/106

- ➔ Photography Group

Pool Water Volleyball

- ➔ Starts May 7: Fridays 4-5:45pm

CARDS GAMES ARE BACK!

Starting Monday May 3, card groups are on the activity schedule. Drop-in. No registration is needed.
Cost: \$1 member; \$2 non-member.



Due to Covid 19 restrictions the following guidelines need to be followed.

- All players must wear a mask.
- Tables will be distanced and should not be moved from how each is placed.

SESSION TIMES: 12:30pm – table set-up, 12:45pm to 4:00pm play time. Please follow these time frames to accommodate other groups that may be scheduled in the room before and after card playing sessions.

CARD GROUP SCHEDULE.

- **Monday** – Double Pinochle
- **Tuesday** – Duplicate Bridge (room 104) Euchre (room 106)
- **Wednesday** – Social Bridge
- **Thursday** – Cribbage (room102)
Northfield Duplicate Bridge Club Sanction (rental)
Starting in June. 2nd & 4th Thurs.
- **Friday** – 500

If there are questions, please call Lynne at 664-3701.

PEDALERS.



Pedalers will be starting in May. Day and date to be determined. For more information, call Mary Auge at (6120 384-8351 or bmauge@charter.net

SACRED DRUMMING CIRCLE

Mondays, 11:30-12:15pm

Sacred drumming is a powerful means to self-discovery, healing and spiritual awareness. The sound vibrations produced by the drum resonate with our body, mind and spirit causing these systems to resonate in response. This synchronicity can have powerful results in producing joy, releasing chronic pain, opening one's heart and many other healing benefits. This group will meet outside weather permitting (bring your own chair).

NOTE: Bring your own drum if you have one. Limit of 8 drums can be provided.

Leader: Marjorie Schramm

Cost: \$1 group fees apply



Book Club

The Book Club meets the 2nd Friday of the month at 10:30am – via Zoom. All are welcome.

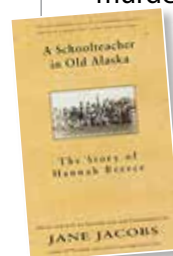
For more information call Katherine Collman, 507-645-1357

— MAY —

A School Teacher in Old Alaska:

Story of Hannah Breece ed. Jane Jacobs

When Hannah Breece came to Alaska in 1904, it was a remote lawless wilderness of prospectors, murderous bootleggers, tribal chiefs, and Russian priests. She spent fourteen years educating Athabascans, Aleuts, Inuits, and Russians with the stubborn generosity of a born teacher and the clarity of an original and independent mind. Jane Jacobs, Hannah's great-niece, here offers an historical context to Breece's remarkable eyewitness account, filling in the narrative gaps, but always allowing the original words to ring clearly.



— JUNE —

An Irish Country Doctor by Patrick Taylor

An Irish Country Doctor from bestselling author Patrick Taylor is a charming and engrossing tale that will captivate readers from the very first page—and leave them yearning to visit the Irish countryside of days gone by.





FiftyNorth Trips

Please pre-register for all trips and classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk



TRIP: TWINS VS. CHICAGO WHITE SOX

Wednesday, July 7

10:00-4:30pm

Enjoy an afternoon of fun in the sun at the Twins Target Stadium as you watch the Minnesota Twins go against the Chicago White Sox in a divisional game. Seats will be in section 102 which is right off of first base and a great location of viewing the entire field. Due to the new seating arrangements, our seats would not all be together, but we would all be in the same general area. Seats are in pods of 2 and 4. Trip includes seats for the game and socially distanced bus ride up to the game and back. Masks will be required at all times. Seats at the game and on the bus are socially distanced and limited to number of participants.

Trip Leader: Jim Estrem

Maximum Capacity: 25

Minimum Capacity: 20

Cost: \$75

Registration Deadline: June 11



Lifelong Learning



**IN MAY:
ZOOM Online
or come see David
In-person
at FiftyNorth**

Thursday, May 6 - 1:00-2:00pm

ZOOM - THE WASHINGTON MONUMENT - CENTERPIECE OF THE NATIONAL MALL

Capacity: 35

IN-PERSON AT FIFTYNORTH - THE WASHINGTON MONUMENT - CENTERPIECE OF THE NATIONAL MALL

Capacity: 10 **ROOM:** 103

The 555-foot Washington Monument stands proudly in the center of the National Mall in Washington DC. Building the Monument involved disagreements about the design, political infighting, inability to raise money and a 22-year interruption in the building phase. Join us as we explore this fascinating story.

Presenter: David Jones

Cost: \$9 nonmbr, \$7 mbr, \$0 platinum

From our friends at the NORTHFIELD PUBLIC LIBRARY

Virtual Author Talk: Diane Wilson

Thursday May, 20 - 6:30-7:30 P.M



Diane Wilson (Dakota) is the author of *The Seed Keeper*, a 2021 novel from Milkweed Editions. She is also the author of a memoir, *Spirit Car: Journey to a Dakota Past*, which won a Minnesota Book Award and was selected for the One Minneapolis One Read program, as well as a nonfiction book, *Beloved Child: A Dakota Way of*

Life, which was awarded the Barbara Sudler Award from History Colorado.



Art Classes

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk



ONLINE - BUTTERFLY GARDEN STAKE - FUSED GLASS

Tuesday, May 11
10:00-12:00pm

Butterfly Garden stake: Spring is in the air and the flowers are starting to pop up. Here is your chance to add to your flower beds with your own fused glass butterfly garden stake. No experience necessary.

ART SUPPLY KIT INCLUDED: Pick up supply kit starting Friday, May 7.

Instructor: Geri Thelen

Capacity: 15

Cost: \$40 nonmbr, \$35 mbr, \$20 platinum

Registration deadline: May 6

Space: Online through zoom

Note:

Zoom link sent 1 day prior to class. Return kits after class to FiftyNorth. Pick up at FiftyNorth when finished firing.

VINTAGE JEWELS: PRESERVE A MEMORY

Wednesday, May 5 - 11:00-11:45am

Or register for the 2nd session on

Thursday, May 13 - 1:00-1:45pm

Do you have trinkets, brooches, old keys, costume jewelry, or ... that you would like to preserve? This project will turn them into a keepsake for your window, wall or mirror.

During class, you can learn to shape flexible wire into fun designs while attaching your special item(s). It's an easy project with beautiful results! If time permits, make more than one.

Supplies are included. Just bring your trinkets and a needle nose plier if you have one!

Instructor: Darla DeLong

Capacity: 6

Cost: \$25 nonmbr, 20 mbr, \$ 10 platinum

Space: Art Studio

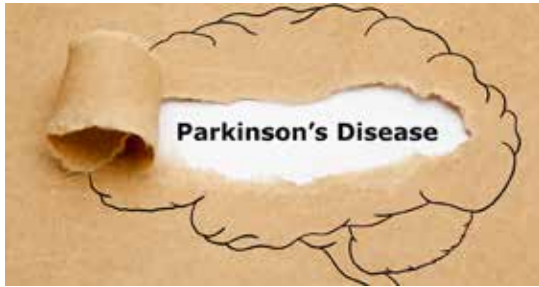


*Two sessions to choose from:
Come to one or both!*





Wellness Classes



ZOOM - PARKINSONS 101

Wednesday, May 19

2:00-4:00pm

Parkinson's and Neurological disorders - This course will include a comprehensive overview of symptoms, treatment, and diagnosis of Parkinson's and other related neurological disorders. It will go more in-depth into treatment and, more specifically therapeutic interventions in order to improve symptoms and function. The course will also include treatment options with physical therapy and fall prevention strategies specific for this population. This course is taught by an LSVT BIG certified physical therapist.

Instructor: Marcy Kramer

Capacity: 35

Cost: \$9 nonmbr, \$7 mbr, \$0 platinum

Zoom link will be emailed one day prior to class

From our friends at the NORTHFIELD PUBLIC LIBRARY

Indigenous Histories at Carleton College

Saturday, May 29 - 11 a.m.-12:30 p.m. via Zoom

Join us as Carleton College students share their



original research into the histories of Indigenous peoples on campus. Student research topics included histories of relationships with this land, of Indigenous representation on campus, and of the Indigenous faculty, staff, and students who have lived, learned, and worked at the college since its founding.



Director's Message - cont.

comes back to the car, helps me out by taking both of my hands and walks me into the lobby and gets me seated on the nearest bench. This was a major accomplishment and if I could have just laid down and slept on that bench, I would have. I have my head in my hands, eyes closed, and tell him that I cannot walk to the elevator and then to the room. There is no wheelchair. I am dizzy, clammy, and feel like I am going to get sick to my stomach... I say to Charlie, "go get a luggage cart, I will sit and ride on it up to the room". So, he gets a luggage cart – the ones



with the curly tops with hooks for back packs that you load up with all of your luggage and stuff and the grandkids want to ride on.

I climb on, sit leaning on the end rails, head in my hands, eyes closed and Charlie pushes it away to the elevator and up to the room on second floor. I have no idea if there are people around, which later Charlie told me that there were several families with kids in the lobby. I am sure I was the envy of those kids and they were asking their parents why a 71-year-old grandmother gets to ride on the luggage cart and they can't. And can you imagine what was going through the mind of the Desk Clerk as she was questioning her judgement as Charlie and I go past her, through the lobby, him pushing a luggage cart, with me slumped on it into the elevator! He gets me to the room, onto the bed, takes my shoes off, covers me up, and I feel like I have been rescued to be flat on a bed, no motion, relatively dark, and quiet. Charlie has been with me through my other vertigo episodes, but not quite to the extent of this one. He knows that there is not much he can do other than let me sleep. I wake up a couple of hours later, to find him settled in, eating a delivered pizza and watching Final 4 basketball games. The next day, I have the aftermath headache and general icky feeling that comes with vertigo, but I can walk – no more luggage carts rides. Our trip resumes, Charlie does the driving as I ride with my head in a pillow, and we get to San Diego a day late, a little worse for wear, but ready for sunshine and palm trees. Until next time, ... Onward and upward. ■



March Donors

Our sincere gratitude to all who have donated.

We couldn't even come close to doing what we do without your support — *thank you!*

Karen Achberger, Janie Anderson, David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Richard & Susan Audiss, Bernard & Mary Auge, Lois Bakko, Dennis & Beth Berry, Judy Broske, Gene & Darlene Broughton, Warren & Karen Broughton, Mary Brown, Jim & Phyllis Bull, James & Heather Cannaday, William & Charlotte Carlson, Bernice Christensen, Steve & Patty Ciernia, Eileen Cooper, Neil & Marilyn Deden, Winnie Drentlaw, JoAnn Edwardsen, Chris Ellison, Carol Emery, Beth Endert, Kristina Felbeck, Robert Forsgren, Joyce Francis, Stephanie Frey, Marie Gery, Mac & Jacquelyn Gimse, James Glover, Kenneth Grisim, David & Betty Habermas, Jerry & Liz Hankins, Thomas & Kathy Hart, Richard & Donna Jackson, Georgene Johnson, Ruth Johnson-Wirth, Patricia Jorstad, Joni Kilde, Douglas & Patricia Kriesel, Gary & Arlene Kruse, Myron Lanoue, Helen Larson, Jean Larson, C C Linstroth, Tom & Nancy Loesch, William Roadfeldt & Louise Lurye, Carol Marshall, Janet Mathews, James & Angie Mayr, Mike & Ann McGovern, Elaine Meyers, John & Sharon Micklo, Gene Moninger, Neil Lutsky & Irene Montenegro, Bill & Pat Nelson, Elizabeth Olson, Raymond & Mary Ozmun, Lynne Pederson, Ken & Roberta Persons, Mary Raney, Ann Richards, Bardwell Smith, Kenneth & Sharon Steinhouse, Craig Swenson, Anne Ulmer, Linda Wagenbach, Patricia Warner, Kathleen Yung



March New Members

A warm welcome to each of our new members.

We look forward to seeing you at *FiftyNorth*. — It's sure to be an even better place because you're here!

Gayle Brandt, Mary Brown, Chunfeng Chu, Jerry Davidson, Mary Davidson, Carrie Jennings, Karla Schirmer, Michael Thompson, William (Bill) Winter, Haiqin Yang



Volunteer Opportunities



VOLUNTEERS NEEDED: The Used-a-Bit Shoppe in Riverpark Mall is an important source of income for FiftyNorth. Help keep the shop running. Volunteers are needed now. Positions include; cashier, pricing, arranging items on the sales floor, and testing and verifying electrical and mechanical items. Work in a fun, social team-oriented environment. Most volunteers work once a week. Generally shifts are 3 or 4 hours, but are flexible. Partial year residents are welcome and you do not need to find your own replacement when gone.

Stop by the store, pick up an application and meet the manager, Dolores Kornkven, or call her at 507-645-1399 Monday – Friday between 10-3.

Used-A-Bit Shoppe: 624 Water Street, River Mall

HOURS: Tuesday - Saturday: 10:00am - 5:00pm — Closed Monday & Sunday

Donations by appointment - Call first (507) 645-1399

Women's Health, With You For Life

As a woman, your body goes through significant changes during your lifetime, and that means your health needs change too. The highly trained OB/GYNs at the Women's Health Center offer supportive and comprehensive care for women in every stage of life.

- Menopause
- Gynecology surgery
- Urinary incontinence
- Uterine fibroids
- Hysterectomy
- Hysteroscopy

 Northfield
Hospital + Clinics

(507) 646-1478



You Deserve our **Very Best.**

We have a limited number of one- and two-bedroom floorplans available and welcome the opportunity to walk you through our variety of options safely in person at Benedictine. Act fast to take advantage of our affordable, right-sized apartments, rewarding lifestyle, and access to a continuum of care that makes our community such a smart plan for retirement.

Benedictine is also home to the finest in assisted living and memory care, conveniently located across from Northfield Hospital. We have a handful of pristine new floorplans should you seek a higher level of care for you or a loved one.

**We're filling up fast,
so contact us today!**

(507) 216-4875

www.blcnorthfield.org



Benedictine

LIVING COMMUNITY | **NORTHFIELD**

EEO/AA/Vet Friendly



Staff Directory

Director:

Lynne Pederson
507-664-3701 | lynne.pederson@fiftynorth.org

Assistant Director/Fitness Coordinator:

Craig Swenson
507-664-3702 | craig.swenson@fiftynorth.org

Administration Manager:

Elaine Meyers
507-664-3703 | elaine.meyers@fiftynorth.org

Program Coordinator/ Community Outreach:

Patty Ciernia
507-664-3709 | patty.ciernia@fiftynorth.org

Used-A-Bit Shoppe Manager:

Dolores Kornkven
507-645-1399 | dolores.kornkven@fiftynorth.org

Bookkeeper:

Kathy Bjerke
507-664-3700 | kathy.bjerke@fiftynorth.org



Front Desk (Reception Staff):

507-664-3700
Mary Brown, Darla DeLong, Bonnie DuPay,
Beth Endert, Nancy Glodfelty, Pat Nelson, Jane Persons



Lobby Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–12pm
Sunday: Closed



Fitness Center Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–12pm
Sunday: Closed



Pool Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–12pm
Sunday: Closed



CaféNorth Hours:

Pre-order: 507-664-3700 by 11:30 one day prior
Monday–Friday drive up: 11am–11:30am



Used-A-Bit Shoppe:

624 Water Street, River Mall, 507-645-1399
Tuesday–Saturday: 10am–5pm
Sunday: Closed
Donations by appointment.