



# Center News

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## *100 is Just a Number*

*By Patsy Dew*

Did you hear the buzz? “The Senior Center has a member who is 100 years old.” “And she plays bridge here every week.” The Center’s board chair Gene Finger mentioned this fact at the board’s September meeting. “Della Lundquist turned 100 on September 5, and I think we should celebrate that achievement.” The board passed a resolution that anyone 100 or older receive a free Platinum membership. When Della heard the news that she now had the top level of membership, which would mean no fees for classes, she added a yoga class to her

weekly schedule. I decided I should meet Della and learn more about her. How has she lived so well for so long?

Della was at the Center for the Veterans’ Day lunch, so I invited her into my office to hear her story. She started off by quoting her father, who always said that “age is just a number.” Her parents were Italian immigrants who never learned to read or write, but went to night school so they could know enough to become US citizens. They were proud of their US citizenship. Della lived the first 94 years of her life in Hibbing, where

she raised four children, and worked as a nurse’s aide, sitting with private patients as needed. Her move from Hibbing to Northfield was conceived and accomplished in a short period of time. She had been with her nephew one evening, and thought about some of the repairs her home needed, and asked her nephew how she would go about selling the home. The next day, he came over with a real estate agent. The house sold quickly, her daughter Jane Gambucci of Northfield contacted the Park Ridges Apts here and they had an opening. (con’t on pg 2)



*Close up of our 2010 Mitten Tree*

## *Giving to Christmas Sharing...our Tradition*

Each year the Community Action Center organizes a Christmas Sharing program. Each year, the need has grown; last year 990 children received gifts through this program. Each child receives toys, new pajamas, a quilt for the family, and a

new pair of mittens, gloves or a hat. To support the families and children, the Senior Center will once again display a mitten tree in the lobby. There will be 100 paper mittens on the tree – take one – bring back warm gloves, mittens, hats and

hang them on the tree. All items will be donated to the Community Action Center and used for Christmas Sharing. The presence of this tree in our lobby reminds us well of true Christmas Spirit, so let’s fill it again for the kids in need.



*Della playing bridge*

Della moved in the middle of the night. Park Ridge said she could move in during the night, if they would be “Very Quiet.” She laughed, recounting that she had fifteen people helping, and nobody talked.

Della loves Northfield. She loves her three rooms at Park Ridge, and being able to do her own cooking in her kitchen when she wants to. She loves home-cooking (and I’ll bet she’s a good cook!)

On her 100<sup>th</sup> birthday in September, her family planned a party at the Northfield VFW. Close to 350 people came to celebrate, and “it was just wonderful,” she said. She has made, and kept, many close friends over the past cen-

ture. People came from Hibbing, and from many parts of the country. Some of the guests had been friends of her children as they were growing up. “I recognized them all,” she said. And she even remembered all of their names.

Della plays bridge at the Center three times a week, saying that we have the “nicest group of bridge players.” She asked her friend Ron Cirsena once if she should quit playing, as she thought she was slipping a bit. Ron said, no, that if she made a few mistakes that didn’t matter, and she should still play. And he added, that if she made a lot of mistakes, that didn’t matter either. She should keep playing. And now she has added Yoga on Tuesday mornings. It is one of the “chair adap-

tive” classes offered here. Della says that the instructor is a “very beautiful person.” She had not known what yoga was before, and finds it relaxing.

Della came back to see me a week after our first conversation. She wanted to be sure my article would include her appreciation of the volunteers who work at the Center. “I used to volunteer, so I know how you need to be thanked. The volunteers here are all so gracious and helpful.”

I suspect that the key to Della’s long and healthy life is this: she loves everything she does and everyone she meets. And it helps that she is willing to try new things, and meet new people. Aren’t we lucky to have her in our midst?



*Della Lundquist, Patsy Dew*

## *Another Way to Support the Center*

**Make a “charitable rollover distribution” of up to \$100,000 from your IRA to the Northfield Senior Center with no tax liability.**

The 2010 Tax Relief Act has extended your opportunity to donate up to \$100,000 from your IRA directly to one or more tax-exempt charitable organizations (such as the Northfield Senior Center) and exclude it from your gross income

through December 31, 2011. If you are at least 70½ years old, you can authorize a distribution directly from your regular IRA to a qualified charity. This “charitable IRA rollover” exclusion is available even if you don’t itemize your deductions, or even if you have already maximized your regular charitable contribution deductions for the year, because it excludes the IRA distribution from

your reportable income. Most 501(c)(3) charities can receive direct IRA distributions qualifying for the exclusion.

Please contact your investment adviser to process a charitable rollover distribution.

*Disclaimer- This notification is not intended as tax advice. Please consult your tax adviser for details on your personal tax situation.*

## *Change is Coming to the Front Desk*

We are switching to a new database system for the Center in January, which will

mean some changes at the Front Desk. We’ll be adding a touch screen, so many of

you will be able to check yourselves in! More details in the January newsletter.

## NSC Gallery Starts its Second Season of Exhibits

The NSC Gallery opened in November of 2010, with an exhibit of the work of 22 area artists. This vibrant show was followed by new exhibits every 4-5 weeks during 2011. We have hung shows featuring established artists, group shows of students taking art classes at the Center, the work of emerging younger artists, and a show of many photographers' works. In the fall we purchased three cases, and are now exhibiting 3D work as well as pieces that can hang on the walls. The

current exhibit is a celebration of the First Anniversary of this gallery. Once again, an open call went out to the community: any artist, aged 50 or older, was invited to submit one piece. 30 artists have their work in this show, which opened on November 21, and will run until just after Christmas.

Artists with work in this show include: John Walters, Marsha Kitshel, Karen Oiseth, Dennis McClintock, Donna Jackson, Ruth Meliza, Patsy Dew,

Ed Lufkin, Jim Haas, Gloria Shirley, Barb Cleare, Mary Boylen, Kathy Miller, Bev Steberg, Mary Lou Warner, Joanne Rone, Lois Godfrey, Pat Deering, David Perez, Phil Agee, Kirsten Johnson, Jay Johnson, Nancy Ashmore, Richard Wright, Tom Willis, Judy Saye-Willis, Marj Gruszewski, Laurie Pankow, Marlys Shirley and Barb Henwood.

If you haven't yet, walk through the gallery, and look at all the wonderful creativity that will surround you.

**Next up:**  
**Quilt Show**  
Dec 27 - Jan 29

**Opening reception**  
Jan 3, 5-7pm

### Senior Center Staff

<b>Director</b> Lynne Pederson	664-3701
<b>Asst. Director</b> Patsy Dew	664-3708
<b>Bookkeeper</b> Kathy Bjerke	664-3700
<b>Membership Coordinator</b> Jackie Johnson	664-3704
<b>Fitness Manager</b> Gale Marchand	664-3702
<b>Administrative Coordinator</b> Nancy McDougall	664-3703
<b>Dining Site Manager</b> Regine Prenzel-Guthrie	664-3735
<b>Administrative Assistant</b> Karen Holz	664-3707
<b>Evening/Weekend</b> Pearl Arndt, Gene Finger, Janice Kasa, Barb Henwood, Ruth Johnson-Wirth, Pat Sunquist, Bev Lubbers	664-3700
<b>Used A Bit Shoppe</b> Kristi Casson	645-1399

### Senior Center Lobby Hours

Mon—Fri	7 am—8 pm
Saturday	7 am—5 pm
Sunday	10am—5pm

### Fitness Center and Pool Hours

Mon—Fri	6 am—8 pm
Saturday	6 am—5 pm
Sunday, Fitness	10 am—5 pm
Sunday, Pool	5:30 pm-7:30 pm

### Used A Bit Shoppe Hours

Monday - Saturday	10 am—5 pm
Thursdays	10 am—7 pm

*Holiday Hours*

December 24: Close at 1pm  
Classes as usual  
December 25: Closed

December 31: Normal Hrs  
January 1: Closed

**NEW - Pool hours on Sunday, 5:30 - 8:00p**

**SEE THE FALL PROGRAM GUIDE** for details about more classes, trips, group activities, and movies. There is a copy of the Guide on our website, [www.northfieldseniorcenter.org](http://www.northfieldseniorcenter.org), and in the lobby at the Center.

## Would Aqua Zumba® Interest You?

We are considering offering an Aqua Zumba® class and would like your feedback. “Known as the Zumba® “pool party,” the Aqua Zumba® program gives new meaning to the idea of an invigorating workout. This hour-long, group-fitness class follows the traditional Zumba® format of Latin moves done to upbeat, shimmy-inducing tunes—but it is performed in the shallow end of a pool.

Splashing, stretching, turning, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba® class.

If you love the original Zumba® class—or if you couldn't take one because of an injury or joint problems—the water workout is a fun, low-impact way to get in on the dance party. Latin and International tunes similar to other Zumba®

classes (salsa, merenge, and reggaeton) are integrated with traditional aqua fitness disciplines. An Aqua Zumba® class blends it all together into a safe, challenging, water-based workout that is cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

If this class would interest you, please let Gale Marchand know, 664-3702.

**Time Change**  
**Mindful Yoga, Tues**  
**will meet**  
**6 - 7pm**  
**still on Tuesdays**

## New Procedure for Lap Swimmers

The “Pool Lap Swim Rotation” Chart that has recently appeared on the north west end of the pool deck, has been added for your convenient ease of taking turns

for lap swimming. If both lanes are full and you want to use a lane, simply write your name next on the list. When the first lap lane becomes open, the first name

listed can then use the lane. This helps prevent confusion about who has been waiting for a lane to open up.

## Comments from Zumba® Class Participants

The Husband: “I come with my wife; I am better.” - TB;  
The Wife: “I love to dance, I don't dance well but love the fun – nice time to spend with my with husband” - MB  
A man in the class - “I have been a daily walker of around 2.5 miles for years. But I was developing some problems with my ankles and feet. Since I have been

coming to Zumba®, I have stronger tendons and Achilles and the problems have vanished.” - BH  
NOTE from Gale, Fitness Manager: “Zumba® is great ‘cross training’ to the treadmill or walking. We move in many different planes. This helps with agility, balance and it is also a lot of fun.”



Two opportunities every week to bring your grandchildren to swim: Fridays, 3:15 - 5p and Saturdays, 2 - 3:45p

Clever Comment: “Promise me you'll always remember: you're braver than you believe, and stronger than you seem, and smarter than you think.”  
(Christopher Robin to Winnie The Pooh)

## *Holiday Time - A Great Time for Stress Relief*

*By Gale Marchand, Fitness Manager*

Seriously? YES, holiday time can be a great time for stress relief if you apply a few simple Wellness keys.

Reduce stress with **exercise**. Moderate exercise releases feel good hormones (endorphins) and counter acts the effect of stress hormones (such as cortisol). Strength training and engaging in movement helps muscles to feel better and strong muscles help support joints. Joint mobility is higher in those who regularly do strength training or cardio vascular exercise. Additionally, mind-body classes such as yoga and Pilates work with the parasympathetic nervous system through techniques of relaxation and self-calming as a part of these classes.

When you can't continue your regular exercise regime, **try something new**. If you need to change the time of day due to all the running around, or get

smaller spurts of 'exercise snacks' into the day – like taking a short walk, remember that this is still valid. Try a class you haven't tried before if it fits into this month better. We offer 50 on-going fitness classes plus 16 hours of physical activity group times per week. Consider trying Zumba®, Table Tennis, Silver Sneakers, or Pilates.

**Quality nutrition** is essential this month. Be sure to eat lots of fruits and veggies! Enjoy some holiday goodies but don't deprive yourself of nurture from real food. Studies have shown that the incidence of colds, flu and other sicknesses increases proportionately with the amount of junky (albeit tasty) snack food consumed. Since we are indoors and more viruses and bacteria may be going around, let's guard ourselves with good food so we don't become run down and more susceptible to their wiles.

Good food also helps fuel our shop-till-we-drop sessions, unrelenting visits with relatives, and continual gatherings with friends.

**Sleep** - Remember to get a good night's sleep. Lack of sleep is not only implicated in a lower immune function, but is also indicated in increased levels of obesity, and stress.

**Kinship** - The Center has so many ways to be involved and enjoy great company of others: card groups, craft groups, the Dining Center, computer classes, and fitness classes. Every instructor-led exercise class has a built in buddy system, which sure beats exercising alone and trying to figure it all out yourself during the busy holiday month. Try something new this month, you might find it catching.



*Program Club*

Meets Thursday,  
December 15,  
12:30pm  
DVD and Discussion  
on "Change Your  
Brain"

## Travel News

### *Everybody Loves Opal, Old Log Theater*

Wednesday, January 25  
10:30 am – 4:45 pm

**Cost: \$47**  
**Code: 1740**

Sign up by January 13

### *The Exhibit “1968” at the Minnesota History Center*

Wed, February 8, 2012  
9:15 am – 4:00 pm

The year 1968 had some nation-defining moments -- the Vietnam War, the Mexico Olympics, a presidential election, the assassinations of Martin Luther King Jr. and Robert Kennedy -- to mention a few. This state-of-the-art, multi-media exhibit includes a re-created 60's living room where a

Huey helicopter has symbolically crash-landed as well as a trio of lounges that explore the era's movies, music, TV and design. When we arrive, we'll see a performance by the Minnesota History Theater about some of the most explosive events and personalities of that decade. After lunch (on your own) we'll have a guided tour of the exhibit with time afterwards to ex-

plore it further – or to see other exhibits at the History Center.

**Cost: \$41**  
**Code: 1765**  
Sign up by February 1

### *Extended Travel - Need a Winter Get-away?*

#### **Motor Coach Get A Way to Orlando, FL February 10 – 20, 2012**

Tour Includes;  
4-Seasons Tour Director,  
Joyce Langerud  
Deluxe Motorcoach Transportation  
10 Nights accommodations with 4 in Orlando  
18 meals: 10 breakfasts, 8 dinners  
Admission to the Holy Land Experience-Ancient Jerusalem re-created in Orlando  
Visit to Morse Museum--see the beautiful Tiffany Chapel from the 1893 Chicago World's Fair  
Admission to Arabian

Nights-exciting equestrian dinner show  
Visit Bok Tower Gardens-National Historic Landmark and tranquil oasis

**Day 1**-Depart for sunny Orlando Florida. **Day 2**-A visit to the National Quilt Museum in Paducah, KY will be our attraction today. Then an included dinner. **Day 3**-Today we stop at the Jimmy Carter Presidential Library in Atlanta, GA. **Day 4**- Today we continue on to Orlando. After an included dinner check. **Day 5**-The Holy Land experience will take us back in time to ancient Israel. Experience music,

dancing, shows, re-enactments of Jesus' life and death. Walk thru a Jerusalem Market. See King Herod's Temple, the largest collection of ancient manuscripts and scrolls. Enjoy dinner at a local restaurants. **Day 6**- Today we prepare for an unforgettable day-Visit Bok Tower Gardens, surrounded by Florida Orange Groves. The "Singing Tower" houses a 60 bell carillon. This evening we will enjoy the Arabian Knights equestrian dinner show. **Day 7**- Its off to Downtown Disney followed by a visit to Winter Park, enjoy the largest collection of Tiffany's Legendary stained glass works,

Motor Coach and Extended trips are coordinated by Linda Zwolensky.

Call her at  
**952-469-3111**  
for more information.

Ask for travel books and trip brochures at the Senior Center reception desk.

magnificent chapel interior designed by Louis Comfort Tiffany for the 1893 Chicago World's Fair. **Day 8**- Today we depart Orlando. Visit the Florida Museum of Natural History in Gainesville, FL. **Day 9**- The Georgia Music Hall of Fame in Macon, GA will be our attraction for the day. After dinner check into your en route hotel. **Day 10**- We visit the Missouri History Museum in St. Louis, MO prior to our overnight at our en route hotel. **Day 11**- Today we depart for home with time to chat with friends about the fun times we've had.

## Computer Center

See the Calendar below for a listing of all classes being offered in our Computer Center during the month of December. If you want more information about any of these classes check out the Program Guide, pg 11-13, either in

the lobby or on our website. The computer page on the website also provides complete descriptions of these classes.

### DEC

Monday	Tuesday	Wed.	Thursday	Friday
	9:30-11:30 Microsoft Word II	6 Open Lab	9:30-11:30 Microsoft Word II	8
	9:30-11:30 Microsoft Word II	13 Open Lab	9:30-11:30 Microsoft Word II	15

#### Notes:

There is no Tech Time in December.

Open Lab - Every Wednesday morning, 9:30 - 11:30. Any Center member can come and use the computers during open lab time. There is a volunteer monitor in the lab during this time. However, it is not a class and there is not much hand-holding. It is just an opportunity to have access to a computer. The lab monitor may or may not be able to answer questions, depending on his or her knowledge and experience.

## Update from the Facilities Committee

Thanks to all who completed the courtyard survey. There is much interest in walking paths, benches, patio chairs and tables, shade and lawn game areas. We are looking at this and may have more specific ideas next spring. Keep tuned.

The main lounge will soon have a makeover. The back garden entrance walls will be removed to give more area in the lounge and to enhance the view towards the courtyard. The coffee bar and popcorn

machine will be moved to the back window area. Tables and chairs will be added here. New flooring will be installed in the entire room, with carpet tiles in most of the area and a hard surface in the coffee area. The hallway and the card room will also receive new carpet. Outside the fitness studio shoe cubbies will be added. Our goal is to have all of this completed by the end of January.

Our committee meets the second Tuesday of each month at 9:30. All are welcome to attend or send us ideas. Our goal is to make The Center a welcoming home away from home.

Facilities Committee:  
 Char Carlson (chair)  
 Jerry Anderson  
 Keith Covey  
 Gene Finger  
 Marv Kormann  
 Anna Mae Sjogren  
 Lynne Pederson

## Membership News

Welcome to these people who joined the Center between October 16 and November 16: Robert & Patty Oates, Karen Johnson, William Boatman, John & Alexi Wilkinson, Richard & Mary Jane Siebenaler, Donnie Ponder, Judy Deines, Mary Ammentorp, John Forsythe, Sharon Fox, Tom Moen, Leone Larson, Ed & Marlys Akey, Michael Barlow, and Arlys Kreis.

## *Minutes of the October 27 Board Meeting (Draft)*

**Directors present:** Evelyn Burry, Lola Fick, Gene Finger, Bill Gruszewski, Marvin Kormann, Jean Larson, Suzanne Riesman, Anna Mae Sjogren, Emelda Rasmussen, Bob Vanderhoof, Phil Winter

**Absent:** Nancy Ashmore, Tom Brawley, Gerry Gengenbach, Greg Smith

**Staff present:** Lynne Pederson, Patsy Dew

**Others:** Rose Ann Steenhoek  
The meeting was called to order by Gene Finger at 3:00 p.m.

**Action:** The agenda was approved with one addition. Board action needed for the Finance Committee's recommendation to add a \$25 processing fee for new members.

**Action:** Motion and second to approve the September 22, 2011 board minutes. Carried.

### **TREASURER REPORT**

Bill Gruszewski reported on the September financial statement. Income to date is 80% of budget and expenses are at 77%. Percentage for this time of year should be at 75%.

### **COMMITTEE REPORTS**

**Finance Committee**  
Bill Gruszewski reported on the 3<sup>rd</sup> quarter return for the investment fund. The fund was down 12.1% for the nine month period.

**Action:** Motion and second to add a \$25 processing fee for new members, effective January 1, 2012. Motion failed.

**Facilities Committee**  
Anna Mae Sjogren reported. New carpet in the

lobby, card room and hallways will be installed.

**Membership Committee**  
Suzanne Riesman reported.

**Advancement Committee**  
Emelda Rasmussen reported. Contributions to the fund drive through September total \$37,317 with 286 member donations. The goal of the Fund Drive is to raise \$50,000 from members. 160 people attended the Center's melodrama performances Oct 8 and 9 which netted \$1200.

### **EXECUTIVE DIRECTOR'S REPORT**

Lynne Pederson reported. Community outreach and collaboration: Lynne gave a presentation to Sertoma Club and a Senior Center fitness class is being held at

Millstream Commons, an Assisted Living facility.

### **OLD BUSINESS**

Board retreat will be held November 3.

### **NEW BUSINESS**

**Action:** Motion and second to approve the annual 990 report filed with the IRS. Carried.

Nov/Dec Board meeting date will be December 1, 2011.

Lola Fick was appointed Nominating Committee Chair.

Submitted by Emelda Rasmussen, Board Secretary (assisted by Rose Ann Steenhoek)





## Exceptional Eats Christmas Tea

Sunday, December 11

(note the date change)

2:00

This month, **Exceptional Eats** offers a Christmas Tea on Sunday afternoon. Ann Archibald, from Archibald Mills, is a favorite vendor at the Market Fair and Farmers Market, and is known for her baked goods. She and her mother, Lucy, will provide homemade holiday treats. Ann has researched traditional high teas and will be sharing the history and traditions as we are served. The Tea is for all ages - mothers, daughters, grandchildren, aunts, neighbors, and friends. The food is especially planned to appeal to adults and children.

The afternoon will start with Myrna Johnson reading the book, *A Cup of Christmas Tea*, by Tom Hegg. The Tea follows with a fare of three delectable courses served at your table.

### *Menu*

**Tea and Hot Chocolate**

**Petite Sandwiches**

**Scones with Whipped Cream and Strawberry Jam, and a Fruit Plate**

**Christmas Sweets — Cookies, Bars, and Fudge**

Plates of Christmas sweets will be available for purchase at the end of the event. And in the holiday spirit, we are asking participants to bring a new or gently used book to donate to the Christmas Sharing program.

For this **Exceptional Eats**, the registration is open to as many as 75 people, but we must have a minimum of 30 people attending in order to hold the Tea. **The registration deadline is:**

December 2. Cost: \$12.00 adults; \$7.00 children

## *Sustaining Donors Help Support the Center*

There are 20 sustaining donors that together contribute \$626 each month to the Senior Center. As a sustaining donor you contribute the same amount each month, through an automatic withdrawal from a

bank account or credit card. It is a convenient and affordable way to manage your charitable giving. You may not be paying the entire light bill each month, but every dollar counts. Want to sign-up? Use an

Annual Fund Drive envelope or see a staff person.

**Annual Fund Drive contributions total \$45,627. The goal to reach is \$50,000. You still have time to give.**



1651 Jefferson Pkwy  
Northfield, MN 55057

Phone: 507-664-3700

Fax: 507-664-3720

www.northfieldseniorcenter.org

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## Holiday Party December 16, 3 - 5pm

In rooms 103 and 105

Come for music,  
good food,  
time with friends.

Sing-along,  
savor holiday treats,  
laugh, enjoy.

