



Northfield Senior Center

**active,
connected,
engaged**

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Center News FOR ACTIVE OLDER ADULTS



Celebrate the Arts!

By Patsy Dew

The Arts can be fun, entertaining, and are a part of the vitality at this Center. On June 7, starting at 7pm, we will be celebrating the arts at this Center with an event we're calling the Art-full Splash. The event will start with a concert by the Seasoned Singers, our own women's chorus, followed by the official Opening Reception for the June exhibit in our NSC Gallery. The reception will include tantalizing refreshments (some home-made), artist-talks, and a demonstration of chainsaw carving. This is a Not-to-be-Missed event, aiming to be fun for the whole community.

The Art-full Splash will also showcase our use of \$4096 awarded last fall in an Arts and Cultural Heritage grant received from the South East Minnesota Arts Council. This money has enhanced the arts programming here through improvements in the lighting of the Gallery, installation of a climate control system in the piano, financial support for the Seasoned Singers, increasing control of the lighting over our stage area, and purchase of different heights of legs for our stage to create risers for concerts.

Think about all the art activities happening at The Center! Since the NSC Gallery opened in November of 2010, we have hosted 11 exhibits each year, a combination of solo and group shows, featuring the work of over 150 artists in our community. We have offered drawing, painting, and paper making classes. This spring we had to run three sections of Kathy Miller's Intermediate Watercolor classes to meet the student demand. We collaborate with the

Northfield Arts Guild to offer even more art-related classes: tap dancing, folk dancing, shibori scarf dying, theater classes, clay classes, and more painting classes. We have four active craft groups: Woodcarving (meets 2nd and 4th Wednesdays of every month), Papercrafting (meets the 1st and 3rd Monday of every month), Hook, Yarn and Needle (meets every Tuesday), and the Joy of Quilting (meets the 1st and 3rd Friday of every month). The Seasoned Singers chorus of 25 (open to all women), rehearses and performs during two periods (seasons) of the year, under the direction of Donna May, who also chairs the music department at St. Agnes School in the Twin Cities where she directs five choirs of varying ages. Each year we produce at least two theater pieces, a melodrama in the fall, and a Reader's Theater piece in the winter.

Participating in the arts is one way in which our members stay active and healthy. Come celebrate and enjoy their accomplishments!

Annual Fund Drive
 Received: \$7,423 **Need: \$70,000**
 Your contribution supports your Center and the facilities and programs that you value.
DONATE TODAY – online, check, or become a sustaining donor.

GALLERY NEWS

WALTER SEE, PATRICIA OATES & ROBERT OATES Paintings and Wood Carvings, May 29 - June 30



Bowl of Apples
by Patricia Oates



Missi Quilting
by Robert Oates
(Painting by Walter See is on
back cover page)

The three artists featured in this month's gallery exhibit are all self-taught. Pat started painting when she was about 10 years old, when her mother would take her along to her art classes in order to save on child care costs. Bob started painting sometime during his high school years, and Walter first picked up an artist's paint brush at the age of 70. Walter had received a gift of paints and brushes from an architect-friend who knew of Walter's interest in art. The paints sat in a drawer for several years until one snowy winter day, when his wife was busy on the computer, he pulled the paints out, and he started

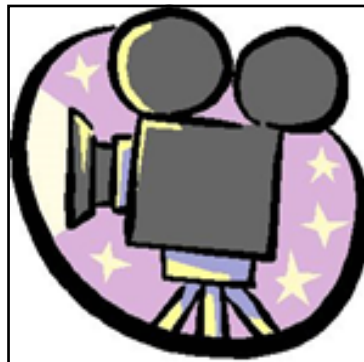
painting. For three days he painted, his wife worked on the computer, seeming to ignore what he was doing. Walter says that when he showed her the painting when it was completed, she cried because she thought it was so good.

Bob started wood carving in '98 when he suffered a back injury which severely limited his activities. He was flat on his back, and Pat brought him a piece of wood and a knife to help him pass the time, and man-

age his pain.

Pat says that she and Bob have taught themselves how to paint, and in Bob's case how to carve, "mostly by trial and error, and by talking to other artists and seeing what they were doing." Pat loves to paint because it requires a great deal of focus and that focusing does not let one think about everyday stresses or problems. "It is very relaxing." She feels that a piece

cont. on page 3



Paul Krause, Center member, Northfielder, and videographer is making a video of the Senior Center. Paul will capture on film how members are

active, connected, and engaged in the programs at the Center. He will be interviewing members, using music and narrative to capture the vitality of the Center. Paul will be filming various programs during the month of June. Watch for him...it could be your big break.



Center Fund Raiser – Aug. 4

Bavarian Musikmeister from the Vintage Band Festival will entertain at the Center, followed by a German style supper. **Mark your calendar.** More details to come.

Assisted Living at its best!

Millstream Commons

Stop in for a tour & coffee!

210 W 8th Street • Downtown Northfield
(507) 650-0141 • www.threelinks.org



Gallery News, cont. from page 2

of artwork tells a story, and that all art can be an important way to share experiences that may enrich the lives of others.

Walter loves to paint things associated with things he loves: golf courses (he's an avid golfer), Civil War scenes, and his wife Daisy's garden. He plans to paint one picture for each of his grandchildren, and said he was getting behind, since he has 20 grandchildren.

You have an opportunity to meet these interesting people, and hear them talk about their artwork, at the Art-full Splash, June 7 at 7pm. As an added bonus, Bob will be carving a large piece using a chainsaw in the courtyard.

Answers to Medicare Questions & More

If Medicare, supplemental insurance, and prescription drug coverage cause your migraines to erupt, call our Receptionists (664-3700) to schedule an appt. with a Medicare Consultant, a State

Summer Program Guide

is published and ready for you to pick up at the Center if you want a copy. As a cost-saving measure, we are not mailing the Program Guides, but will print as many as are needed to meet the demand. If you receive your newsletter in your email box, you will still receive the Program Guide in this way. The Program Guide is always available on the website (www.northfieldseniorcenter.org) under the "Program Guide" tab. It's a great document, with descriptions of all our summer programs: fitness calendars, fitness & aqua classes, fitness groups, safety classes, group activities, special events, AARP driver safety classes, Computer Center classes, volunteer activities, trips, Gallery exhibits and art classes.

Health Insurance Program volunteer. Appointments are available on the First and Third Tuesdays of the month, from 1:00-3:00 pm. Additional times can be arranged.

Join the Parade!

The Senior Center is going to have a float in the DJJD parade again this year (see pictures from last year's parade below). It's fun! And a great way to tell our story to the community... let them see that there IS life after 50, and that the Senior Center has a lot of wonderful opportunities to be active, connected and engaged. We need people to walk along, to ride on the float, to pass out candy, and to have a good time as part of a very Northfield event. If you are interested in being in the parade, let Lynne Pederson (lynnepederson@nscmn.org) or Nancy Ashmore (njashmore@gmail.com) know.

NEWS



Thank you to the following people who gave contributions to the Center in April:

Betty Benson, Cleve Crowningshield, Orrin DeLong, James Finholt, Gene & Susan Bauer, Diane Genova, Henry & Jean Mueller, Ann Herda, Frieda Hodgkinson, Neidra Krebs, CC Linstroth, Charlene Lucken, Louise Malmberg, Carol Marshall, Laurel Pankow, Richard Rasmussen, Maxine Schrader, Sharon Stoeck

FITNESS NEWS

NORTHFIELD PEDALERS RIDE

Each Monday morning at 8:30. Free. Volunteer led. Bring your own bike and wear a helmet. Meet others, exercise and have fun.

For more information, and/or to be put on the email-contact list for this group, contact Peggy Prowe, 507-650-8261, peggyprowe@gmail.com.

Tennis Play and Skill Development

Tuesdays 9-11 am

Northfield Middle School Courts, begins

June 14

Co-Sponsored with the Northfield Tennis Association

This group is designed for ages 50-90 (frankly- no age cut off here.) who want to have a good time playing at their own level with peers and enjoy the fellowship and exhilaration that only tennis can bring. We play outside all summer with this group.

9:00a – warm up and loosely organized practice

9:30 some helpful play hints are available from a coach

for those who are interested

10:00 - begin free play.

Used to play and want to restart? Looking for others to play with who aren't kids? Seeking others to do a good doubles game with? Want to polish up on some skills or

learn a new tennis trick or two? This is the place!

Tennis Group Leader

Contact: Jane Schroeder

(612) 224-2056 jane@schroeder@gmail.com

No Fee required, donations accepted

Fall Prevention Workshop

Mon, June 3, 10, 17, 24, July 1, 8

Unsteady? At risk of falling? This six-class session is for your strength, stability, range of motion, and balance. The class is a complete course on fall prevention exercises.

Class is geared to 'beginner' level balance training to increase function in activities of daily living for seniors.

Must pre-register. Not a drop in course

Fee: \$36 m/ \$48 nm/ PL & SS \$5 for materials

Summer Swim Coaching on Deck

6-7 am Friday
June 14 and July 12 only

Enhance your recreational swimming enjoyment and fitness level. This is for lap swimmers who are looking for ways to tone, avoid repetitive use swimming injuries, shift from boredom to

inspiration, and find focused improvement of their pool time.

Coach: Bettina Waldman, USMA and ASCA Swim Coach, Certified Lifeguard & EMT, American Red Cross and ASHI CPR Instructor, in

aquatics since 1987. Several levels and packages of swimming programs available with support reading material available at the Center for lobby reading.

**Fee: \$6 m/\$8 nm
PL/SS - included**

Hikes For June

Join us on these dates for fabulous, fun and friendly hikes of all kinds.

Program is volunteer led and free of charge. Meet at the Center 10 min before time listed, bring your lunch and money to pitch in to carpool or be a driver.

Tues, June 11, 8:30a	McKnight Prairie
Tues, June 25, 8:30a	Lebanon Hills Regional Park

Softball

**Mondays and Thursdays
9-11 am Babcock Park**

We are looking for a few good men (age 50 and up) & women (age 40 and up) that would be interested in playing a relaxed version of mixed slow pitch softball. Show up for either time or both as it suits you. No commitment required. No try-outs.

All you need is a desire to have fun and personal equipment to play. Open to All. The purpose is to meet others, have fun and be safe and active. If you think this could work for you please give me a call or show up at the field. Call us or just show up.

**Group Leader Contact:
David Morrison
507-213-7802
dcme@northfieldwifi.
com**

No Fee required, donations accepted

Our Popcorn Wagon is Back on The Square

A true sign of spring – the popcorn wagon was pulled out of storage on May 15 and opened for the year on Saturday, May 18. All proceeds from the wagon go towards supporting the senior center. Consider volunteering at the wagon, we are still in need of more workers. For questions about popcorn wagon volunteering call Gail Noren at 507-664-3735



Popcorn and a Movie - June

- JUNE 3 Guilt Trip
 Starring Barbara Streisand and Seth Rogen
- JUNE 10 The Greatest Game Ever Played
 Starring James Paxton, Elias Koteas, Stephen Dilane
- JUNE 17 The Kite Runner
 Starring Khalid Abdalla, Atossa Leone, Shaun Toub
- JUNE 24 The Way
 Starring Martin Sheen

GROUP & VOLUNTEER NEWS

**BOOK TITLE
FOR BOOK GROUP
Meets June 14, 10:30a**

**41 Stories of O. Henry
(Signet Classic '07
paperback)**

**Paper Crafting Group
Meets 1st and 3rd
Mondays, 1:30-3:30pm**

**June 3
Punch art, "Uncle Sam"**

**June 17
Show & Tell about
projects using
"Uncle Sam"**

**LIFE LONG
LEARNING**



Up in the U.P.

Wed, June 12, 3p

In collaboration with the Northfield Library Bill Jamerson gives a tribute in story and song to the miners of 1930's

See pg 9 for more details

\$6
Preregistration required

Women and Finance

Wed June 11 1:00 - 2:00 pm

Especially designed for women, this program covers practical “how-to’s” for setting financial goals and overcoming obstacles to achieving those goals. Today, more women are responsible for the financial well-being of themselves and their fami-

lies, but women often face unique challenges that can impact their ability to achieve financial security. That’s why it’s so important. No matter what life stage women are in, they need to know how to prepare for their future. Learn the steps women can take to help them achieve financial security.

Presenters: Andrew Gray, Financial Consultant with Thrivent Financial for Lutherans and Megan Kraby of Kraby Law Firm, an attorney who focuses on working with individuals and families with estate planning needs.

Fee: \$6
Preregistration required

Build a Birdhouse

Monday, June 17 10a
Location: Outside or in back Link in case of rain

We will provide precut wood, sandpaper, nails, paint and brushes. You provide the hammer and the labor to

create a one-of-a-kind masterpiece with your grandchild or grandchildren. Then all you need is a willing bird. This event is limited to 10 pairs of child/adult.

Art Classes in June

(See Program Guide, pg 20 for more detail)

STORY BOXES

Wed, 1-3p, June 5 & 12
Instructor: Mary Warner
\$24m/\$32nm + \$16 materials

FUN WITH THE BARD

Mon, 4-6p, June 10-Jul 1
Instructor: Elizabeth Tanner
\$48m/\$64nm

BEGINNING WATERCOLOR

Painting and Drawing Technique
Sat, noon-3p, June 8-29
\$72m/\$96nm +\$24 materials

Welcome to these NEW MEMBERS!

David A. Nelson, Barbara Pietrzak-Nelson, Thereas A, Daniel A Bliss, Jeri Malecha, Micheal Malecha, Kris Torsch, Bernard Auge, Carol Schroeder, Rosalee Forkner, Julie Janak, Melody Rose Germain, Rachael Huener, Anne Messner, Mary Jo Meyman, Terry E Williams, Carol Vedra, Jerry Vedra, Linda Stein, James Drass, Edith Harrington, Martin Hynes, Linda Billings, Phillip DuLac, John Van Ast, Pam Van Ast, Victor Volkert, Sandra Wenner, Bernard Perry, Linda Perry

The Macs are coming!

The Computer Center has long offered a variety of computer courses. However, these courses have been taught on Windows operating systems. In response to numerous requests for courses on Mac computers, the Computer Center Program Committee, working with Senior Center Board members, has received budget approval to purchase nine new Mac computers to replace the aging Windows computers in the Computer Center. The Macs will be

setup to boot either Mac OS X or Windows 8. This will allow for the development of new courses for the Mac while still offering the current Windows-based courses. The new Mac computers will be installed in the Computer Center by October. Anyone interested in developing courses for the Mac or helping with Mac technical support is encouraged to contact the Program Committee.

SEE THE CALENDAR BELOW for a listing of all classes being offered in our Computer Center for the month of June. If you want more information about any of these classes check out the Summer Program Guide, pg 14-16, either in the lobby or on our website. The computer page on the website also provides complete descriptions of these classes. Registration Deadline: Noon, Wednesday, the week before the class begins.

COMPUTER CENTER NEWS

MAC USERS GROUP MEETING

Next meeting is scheduled for June 5 at 9:30 am. Anyone interested in learning more about mac (Apple tech. products) is welcome.

JUNE COMPUTER CLASSES

Monday	Tuesday	Wed	Thursday	Friday
9:30 -11:30 3 Intro to Spreadsheets	9:30 -11:30 4 Microsoft Word I		9:30 -11:30 6 Microsoft Word I	9:30 -11:30 7 Intro to Spreadsheets
	9:30 -11:30 11 Microsoft Word II		9:30 -11:30 13 Microsoft Word II	
	9:30 -11:30 18 Microsoft Word II		9:30 -11:30 20 Microsoft Word II	
				9:30-11:30 28 Photography Group

**BOARD &
COMMITTEE
NEWS**

Minutes of the April 25 Board Meeting

Directors present: Nancy Ashmore, Bernard Borene, Tom Brawley, Evelyn Burry, Don Diehl, Duane Everson, Lola Fick, Gene Finger, Gerry Gengenbach, Bill Gruszewski, Marvin Kormann, Gordon Simonson, Greg Smith, Phil Winter

Absent: Dottie Hammer

Staff present: Lynne Pederson, Patsy Dew

Others: Bob Craig, Rose Ann Steenhoek

The meeting was called to order by Gene Finger at 3:17 p.m.

Action: The agenda was approved.

Action: Motion and second to approve the March, 2013 board minutes. Carried.

TREASURER REPORT

Financial Reports

Bill Gruszewski reported on the financial statement. Income to date is 25% of budget and expenses are at 24%. Percentage for this time of year should be at 25%.

1st Quarter Investment Report

Return for first quarter funds is up 6.7%

Action: Motion and second to accept the financial report. Carried.

COMMITTEE REPORTS

Finance Committee
Bill Gruszewski reported.

Facilities Committee
Marv Kormann reported. The moss treatment system for the pool was installed. With the upcoming move of the Clothes Closet near to the Used A Bit Shoppe, collaboration between the two entities will be looked into.

Membership Committee
Evelyn Burry reported.

Computer Committee
Evelyn Burry reported. A dual system of PC/Mac computers is being investigated to meet the needs of Center members that use Mac computers.

Advancement Committee
Don Diehl reported. Contributions to the fund drive through March total \$3,873 from 51 donors. The Fund Drive kick-off event will be held May 5.

EXECUTIVE DIRECTOR'S REPORT

Lynne Pederson reported. Lynne talked to Paul Krause, a local film maker, to discuss the possibility of producing short videos to promote the Center. Members from the NCRC study group will meet with City Councilor David Ludescher April 29.

Action: Motion and second to have Paul Krause produce one video this year. Carried.

OLD BUSINESS

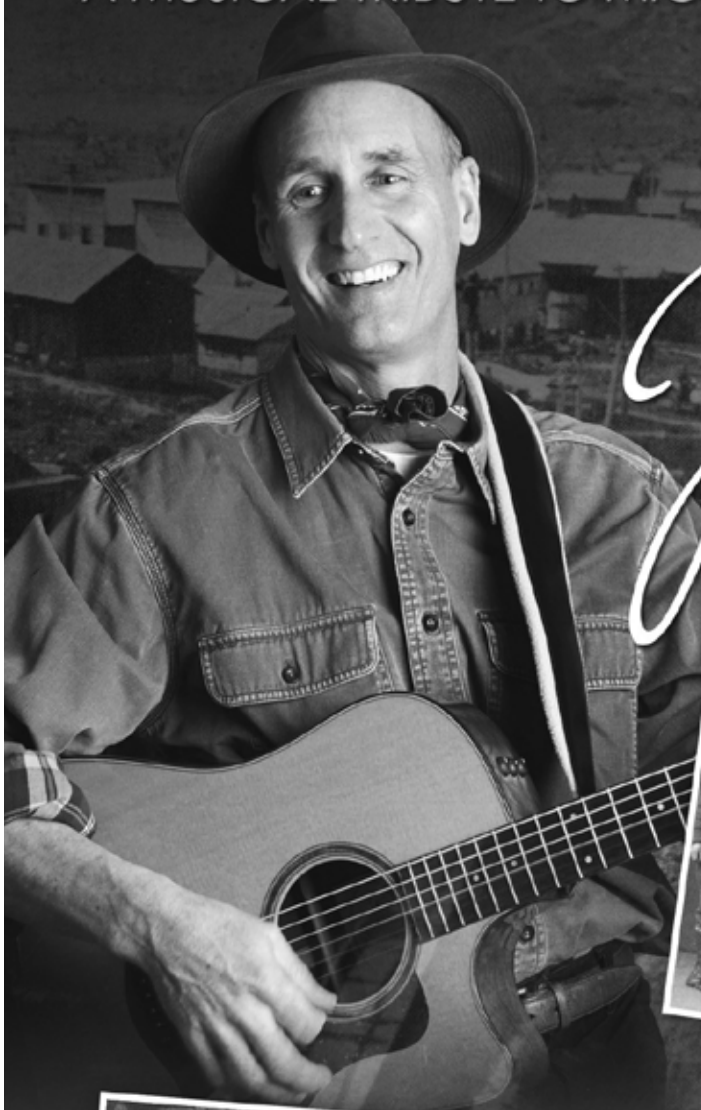
NEW BUSINESS

The meeting was adjourned at 4:00 p.m.

Submitted by Nancy Ashmore, Board Secretary (assisted by Rose Ann Steenhoek)

A MUSICAL TRIBUTE TO MICHIGAN'S UPPER PENINSULA

Bill Jameson
AUTHOR,
SONGWRITER,
FILMMAKER
Presents:
UP IN THE U.P.!



They came from countries like Finland, Sweden, Croatia and Italy, with little more than the shirt on their backs. They came for the American dream and found it in the iron range cities of the Upper Peninsula.

Journey back to the days of timber hoisters, powder monkeys and muckmen. Songs about children bringing pasties to their dads, picking thimbleberries, Saturday night saunas, ski jumping and more!

Wednesday, June 12, at 3:00 p.m.

Northfield Senior Center, 1651 Jefferson Pkwy

This Legacy program is presented by the Northfield Public Library and co-sponsored by the Northfield Senior Center. 507-645-6606



TRAVEL AND OUTINGS



TRIPS SHAKESPEARE IN WINONA 12th Night

Wednesday, July 10
9:45am - 8pm

We will have a light meal in Winona before attending the 1 pm performance of Twelfth Night. Dinner with selected actors from the cast will follow the performance. There will be surprises for the trip back, arriving between 7:30 and 8 pm. The trip is jointly sponsored by the Cannon Valley Elder Collegium and the Senior Center. Your hosts will again be Char and Bill!

Dinner choices: chicken,
pork, vegetarian
Cost: \$85
Sign up by June 28

DAKOTA CONFLICT NEW ULM OVERNIGHT Wed/Thurs, July 24-25 Cost: \$205

See Summer Program Guide for more details.



DOUG SCHOLZ-CARLSON TO TALK ABOUT WINONA GRSF Mon, June 3, 1p

Photo: Doug Scholz-Carlson and Ryan Fonville in last season's "The Two Gentlemen of Verona" directed by Paul Barnes. Photo by Michal Daniel.

Native Northfielder and soon to be Artistic Director of the Great River Shakespeare Festival, Doug Scholz-Carlson will talk about the Festival's 10th Anniversary Season. In preparation for the Senior Center's annual trip to Winona, Doug will discuss "Twelfth Night," as well as "Henry V" and the future of the Great River

Shakespeare Festival (GRSF). More than 10 years ago, Doug directed the Northfield Arts Guild's production of "Twelfth Night" in Central Park. He played Feste in GRSF's 2005 production of the play. This summer, he plays Henry in "Henry V" and the caroler in "Twelfth Night."

NSC STAFF DIRECTORY

Director / 664-3701
Lynne Pederson

Assistant Director / 664-3708
Patsy Dew

Bookkeeper / 664-3705
Kathy Bjerke

Membership Coordinator / 664-3704
Jackie Johnson

Fitness Manager / 664-3702
Gale Marchand

Program Coordinator / 664-3707
Chris Ellison

Administrative Coordinator / 664-3703
Nancy McDougall

Used A Bit Shoppe / 645-1399
Kristi Casson

Dining Site & Popcorn Wagon Mgr / 664-3735
Gail Noren

Evening/Weekend Receptionists / 664-3700
Janice Kasa, Barb Henwood, Ruth Johnson-Wirth, Pat Sunquist, Beth Endert



PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

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Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

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Dinner Tues - Thurs 4:30 - 9 pm Fri - Sat 4:30 - 10pm
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FREE Delivery



Left to right: Elizabeth, Dave, Steve, Danielle



Northfield Senior Center

1651 Jefferson Parkway
Northfield, MN 55057

<http://www.northfieldseniorcenter.org/>



This activity is made possible in part by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund.

Non-Profit Org.
U.S. Postage Paid
Permit 31
Northfield, MN
55057

Art-full Splash

FRIDAY, June 7, 7:00pm
MUSIC, REFRESHMENTS,
ARTISTS' GALLERY TALKS
CHAINSAW CARVING DEMO

FITNESS CENTER AND POOL HOURS

Monday-Friday: 6 am-8 pm
Saturday: 6 am-5 pm
Sunday, Fitness: 10 am-5 pm
Sunday, Pool: 10 am-5 pm

USED A BIT SHOPPE

624 Water St. / River Mall
Monday-Saturday: 10 am-5 pm
Thursdays: 10 am-7 pm

(rt) The 12th Hole

Oil painting by Walter See
(See Gallery News, pg 2)

