



Northfield Senior Center

**active,
connected,
engaged**

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Center News FOR ACTIVE OLDER ADULTS



Making a List, Checking it Twice

By Lynne Pederson

Tis' the season for Annual Fund Drives. I will guess that you, too, get many fliers in the mail, from organizations asking for a donation. All are very worthy for the work that they do and the people that they serve. But, I don't give to the majority of the organizations that send mailers. In thinking about why I give to certain organizations, it is because I have a personal relationship with the organization – I am involved with the organization enough to know the what, how, and who – what the organization does, how well it does it, how important is it to me, and who does it serve.

The Annual Fund Drive for the Northfield Senior Center will kick off May 5 with a fund raising event featuring bluegrass music and dessert. Shortly after that you will receive a letter from the Advancement Committee asking you to make a donation to the 2013 Annual Fund Drive. Ask yourself these questions. Is what the Northfield Senior Center offers important to you? Do the programs and classes have the quality and variety to meet your needs? If the Center did not exist or was not financially able to offer the programs that you enjoy, would this affect you?

If you answer yes to these questions then perhaps you have the answers to why you should and will make a donation to support the Senior Center.

For 535 members in 2012, the fund drive was a part of their planned giving. As this is 1/3 of the total 1546 members, these members know the answers to the above questions as yes, and made a donation. If you are new to the Center, or maybe just have not yet committed to making a gift, let me share with you

[\(Continued on page 2\)](#)



(left) Last year's singles finals event, between Kris Sabas and Wei Qi. The 4th Annual Northfield Table Tennis Tournament, organized and sponsored by the Center, is on MAY 4 at the Northfield Middle School gym, 9a - 5p. Come watch! It's great fun.

Making a List...(cont. from pg 1)

why making a donation to the Fund Drive is important to the financial stability of the Senior Center.

\$ The Annual Fund Drive is directed only to members; no corporate or outside support is solicited.

\$ Unless designated by the donor, all donations are deposited into the general operating fund and used to pay the expenses to run the Center.

\$ This year \$70,000 is budgeted to be received from the Annual Fund Drive campaign. This is 1/10th of the operating budget to run the Center – heat the pool, pay fitness instructors, purchase equipment, print the newsletter, clean the Center, buy popcorn wagon supplies, provide lifelong learning classes, mellow drama scripts, pay the lease, insurance, pay the staff, electricity, offer events and parties, and on and on and on.

\$ As a member you get to enjoy participating, and don't need to think about how the water gets heated in the pool. But, as a member, we need your additional donation to assure that the water gets heated in the pool.

\$ Membership dues and program fees do not provide enough revenue to pay the operating expense. There is a reason for this.

\$ Rather than having higher membership and program fees that would provide enough income to pay the Center operating costs, dues and fees remain at a reasonably low rate so that programs are accessible and affordable to all members. Collectively the revenue received from membership dues, program and class fees, sales from the Used A Bit Shoppe, Popcorn Wagon, rentals of Center space, donations, and investment income is used to pay operating expenses.

That is why the Center's operating budget is planned using multiple sources of revenues.

\$ And this is why the Center needs your additional support beyond what you may pay for membership and program fees.

\$ If you are a Silver Sneaker member, a donation to the Annual Fund is a way to "pay your way".

\$ Donations received range from \$1000 to \$15. The amount that fits for you is appreciated.

As a member, you have made the discovery that the Northfield Senior Center is really an exceptional organization, offering quality facilities and programs, serves a great group of people, and is an asset to the community. Let the answers to the questions convince you that the Center is worthy to be on your list of the organizations to which you donate.

GALLERY NEWS



**Ruth Meliza,
Paintings
Apr 22 - May 27**

Three Links

Serving seniors in the area since 1899.

We are dedicated to creating peace of mind; preserving dignity and respect through choice and independence.

(507) 664-8845 | www.threelinks.org

Thank you to all our volunteers!

We are grateful to those wonderful volunteers who have touched the lives of residents in so many special ways throughout the Three Links campus, Millstream Commons and the Villages of Lonsdale.

Come for lunch!

Don't miss our **BIG** annual Goods for Good Rummage Sale

May 17 & 18

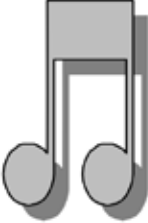
at Three Links Friendship Lodge
Corner of Hwy. 19 & Odd Fellows Lane
Serving morning coffee & rolls and a great lunch mid-day!

If you have 'rare rummage' you would like to donate, please call Carol at (507) 664-8823. Thank you!

Rare Rummage!

NORTHFIELD SENIOR CENTER

2013 ANNUAL FUND DRIVE KICK-OFF




Bluegrass, Gospel and Country Western Music
and Ice Cream Social

An afternoon of toe tapping music, surprises, and FUN

featuring

The Allen O'Byrne Bluegrass Band
Craig Wasner on piano
Lori Williams, on saxophone and sing along

Orrin DeLong, chair of the Advancement Committee will be the MC. Rumor has it that he has been practicing and plans on doing a song. Lynne says, "that would require a large donation and ear plugs for everyone".



A DONATION EVENT— Tickets are \$15 in advance, \$20 at the door. Buy your ticket early, bring your checkbook. It's an event you don't want to miss.

SUNDAY, MAY 5 2:00 TO 4:30

SPECIAL EVENTS



Musical Entertainment in May

MAY 8, 11:00A TROUBADORS MEN'S CHORUS SINGS IN HONOR OF MOTHER'S DAY

MAY 14, 10:45A NEIL ROWLEY (50'S AND ELVIS-STYLE MUSIC)

MAY 16, 10:45A NORTHFIELD SR CENTER CHIME CHOIR

MAY 22, 10:45A "OUT TO LUNCH" (A MUSICAL GROUP OF CLARINET AND PIANO)

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

Marlys Ayotte, Gene & Susan Bauer, Betty Benson, Zona Bickel, Frances Blom, Mary Brodin, Tom & Mickey Brodin, Mary Brown, Judy Christensen, Cleve Crowningshield, Carol Dean, Shelley Debernardi, Orrin DeLong, Judith Dirks, David & Nancy Downhour, Larry & JoAnn Edwardsen, Gene & Margaret Enders, Ruth Eppen, Guinevere Fausch, Joe & Audrey Fennie, James Finholt, Diane Genova, Michael Grisim, Janet Gutzmann, Maxine Halverson, Ann Herda, Frieda Hodgkinson, Henry Huebner, Neidra Krebs, Calvin & Donna Kuhnau, C C Linstroth, Sigrid Londo, Beverly Lubbers, Louise Malmberg, Richard & Donna Maus, Ruth Midboe, Alice Nasby, Willard Nauman, Peggy Jo Nicholson, LaMay Norberg, Sue Odette, Laurel Pankow, Jean Phillips, Betty Raadt, Mary Raney, Richard Rasmussen, Myrtle Ringlien, Andrew & Joyce Schlossen, Orville & Phyllis Schmidt, Maxine Schrader, Jim Schuenke, Arlene Sivanich, Walter Sobrak, Thomas Sorenson, Diane Spletstoeszer, Fred Stanley, Beverly Steberg, James & Cordelia Stenstrom, Sharon Stoeck, Pat Sunquist, Chuck & Edie Thomas, Robert & Donna Vanderhoof, Dian Vanguilder, Marilyn Will, Ron Zaun

FITNESS NEWS

MAY IS EXERCISE IS MEDICINE MONTH

NORTHFIELD PEDALERS RIDE

Each Monday morning at 9 or 8:30 (departure time depends on the weather). 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.

Softball Now!

Monday and Thursdays,
9-11 am,
Babcock Park

Center members are organizing a Softball pick up group that will begin practices and games two mornings *per*

week, beginning on Thurs, May 2. This softball program is open to any adult in the community aged 50 and up. The games will use ‘Slow Pitch’ rules: no tagging, no sliding, and pitches thrown with a lob. Come

join the fun, bring a friend. As it gets warmer, time may be adjusted. Please contact David Morrison, 507-213-7802, dcme@northfieldwif.com, or Gale Marchand, 507-664-3702, galemarchand@nscmn.org.

Friday Dance Party Night

Fridays in MAY, 6-8 pm

Show up, dance the two step, waltz, jitter bug, ball room or whatever! If you don't have a partner one can be found - we are here for FUN. Every Friday Night the Fitness Studio will be alive with tunes ranging from Elvis to Big Band Swing. Feel free

to bring some of your own tunes. Bring a pair of clean shoes and come to move! No dance lessons, just good fun.

The Leaders and DJ- music spinners, Bryce and Molly Skaar, have been long term Sr. Center members, and recreational dancers for over 45 years. They have had

so much fun doing this when they snow-bird they had to bring the fun back to us at Northfield.

Fee: Fitness Group Rate (\$6 non-memb; \$3 m; no fee for Fitness, Gold, Pl, SS members)

Hikes For May

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.

Wed May 1 9 am Nerstrand Area - Peter and Emily Schmitz Trails
 Wed May 8 8:30 am Carly Park BlueBell Festival time of year
 Tues May 14 9 am Nerstrand with Mary Flaten, spring flowers (ephemerals, trout lily)
 Tues May 28th 8:30 am Cannon River Wildlife Management

VIRTUAL SWIMMING, AN INTRODUCTION

Tues, May 14, 6 p
OR Friday, May 10, 10 a

Come to learn about “virtually swimming” opportunities on courses like “Around Alcatraz,” “Great Lakes Lighthouse Swim,” “Texas Cedar Creek Lake,” and “Around Florida Key

West.” Bettina Waldman, our USMA Swim Coach will be talking about these events and show you how we can participate in these fun recreational and interesting events with some of the other senior swimmers she coaches. All swimming can occur in the Sr Center pool or wherever you want (in-

cluding a lake). The swims are tracked on a virtual USA Master swimmers’ website. This is a great way to motivate yourself for swimming distances while participating in a national swimming community.

Fee: Free

Think about Eating at the Center...

All persons age 60 or over are eligible to eat in our dining room for the reduced rate of \$3.50. (Those younger must pay the full price of \$6.00) If you are at the Center for a class or exercise we want to invite

you to consider having lunch here too. In order to plan for our meals we do request that persons sign up for the meal by noon the day before (sign up in the dining room or call 507-644-3735).

Calling for Popcorn Wagon Volunteers

All popcorn wagon volunteers and those interested in volunteering at the wagon for the first time are encouraged to attend our 2013 organizational meeting on Thursday, May 2 at 12:30 in Room 105. Please come prepared to sign up for shifts for our first month. We are also in need of people to sign up for wagon moving, cleaning and painting. Opening day is as of yet tentative. We will not open if there is snow on the ground but hopefully in full swing by mid-May. Please contact Gail Noren (507-664-3735 or gailnoren@nscmn.org) with any questions.



Meals on Wheels Volunteers Needed

The Senior Center will provide volunteers to deliver meals during these two weeks:

May 26 - June 8

If you have time during the noon-1 o'clock hour, and if you would like help someone receive a nutritious meal, and perhaps the added benefit of friendly interaction, please let Patsy Dew know you would like to volunteer for Meals on Wheels (507-664-3708 or patsydew@nscmn.org).

GROUP & VOLUNTEER NEWS

BOOK TITLES FOR BOOK GROUP

The Grace of Silence:
A Family Memoir by
Michele Norris

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

May 6
Sour cream gift boxes
Pop up ribbon

May 20
"Show & Tell"
Bring completed
projects from May 6th
and mini scrapbook

LIFE LONG LEARNING



Women as WWII Airforce Pilots, A Personal Story

Wednesday, May 15
1:00pm

During World War II, a select group of young women pilots became pioneers, heroes, and role models. They were the Women Airforce Service Pilots, WASP, the first women in his-

tory trained to fly American military aircraft. Elizabeth Bridget “Betty Wall” Strohfus of Faribault served her nation from 1943 until the W.A.S.P. were disbanded in December 1944. She flew anti-aircraft training missions, towed aerial targets,

and instructed male cadets in instrument flight. You are invited to hear Betty Wall, now 93 years young, as she talks about her remarkable story of “the time of her life!”

Cost: \$5

Preserving Your Family’s Story

FILLING IN YOUR FAMILY TREE

Saturday, May 4, 1:00-2:30 Room 106

Cost \$15 members/ \$20 non-members



Learn about Genealogy’s First Steps- an exploration of the process of discovering your roots. Instructor Ariel Butler of the Northfield History Collaborative will discuss searching for clues at home, organizing your information, analyzing what you’ve found, and starting the hunt for new records. The course is designed for those with little or no

experience with genealogy. Computer knowledge is not required, though options for computer users will be discussed. Discover what made you who you are today, famous ancestors or maybe a few skeletons as you search out your family tree.

RECORDING ORAL HISTORIES

Saturday, May 18, 1:00-2:30 Room 106

Cost \$15 members/ \$20 non-members

Oral history is one of the most exciting tools available for collecting and preserving family history. It enables

you to record the voices and life experiences of family members while they are still here to share them. In this workshop Ryan Barland of the Minnesota Historical Society will describe oral history and explain how to use it to record personal history. The workshop will feature information on the preparations, legal realities, ethics, and equipment necessary to do the job.

Welcome to these NEW MEMBERS!

Lucille Christensen, Patricia Nelson, Robert Schroeder, Mary Ozmun, Dale Sheldon, Peggy Sheldon, Cesar Rosas, Robert Hruza, Irene Montenegro, Greg Colby, Margaret Jahnke, Kenneth Volness, Stephen Jahnke, John Sielaff, Eugene Harmer, Claudette Harmer, Roger Wikstrom, Elaine Wikstrom, Mary Lou Murphy, Jan Gillen, Oran Clemmensen, Rose Acker, Lyda Azelton, Gary Iseminger, Andrea Iseminger, Mathilda Riley, Jan Shoger, Glen Dubbels, Joan Peterson, Connie Albin.

COMPUTER CENTER NEWS

New Course: Ipad Basics

A new course entitled *IPad Basics* will be offered by the Computer Center this spring. It will cover basic operating procedures for the Ipad tablet starting from ground zero. Students should bring their own Ipad.

Wednesday, May 15,
9:30-11:30am

Instructor: Jim Finholt
Fee: \$10m/\$15nm

SEE THE CALENDAR BELOW for a listing of all classes being offered in our Computer Center for the next six weeks. If you want more information about any of these classes check out the Program Guide, pg 16-20, 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.

Helpful Hint from Jim Finholt

My son lives in Michigan and I live alone in Minnesota. For the past year we have been playing a series of “Words With Friends” games on our smart phones. The games are fun and mentally stimulating, but they serve an important second purpose. Since we usually make 3 or 4 plays every day a failure to play might indicate a problem that needs attention. Steady play assures that we are both alive and well.

May Tech Time Will Focus on Skype

Many of us can remember when picture phones were only found in comics like *Dick Tracy*. Now video connections are available at no cost between two computers located anywhere in the world. Skype is the most widely used program for this purpose. It will be discussed and demonstrated. There will be time for questions. This session will be held at 9:30 AM on Friday, April 19 in the computer lab. Tech Times are free and require no advance registration.

MAC USERS MEETING

Next meeting is scheduled for May 1 at 9:30 am. Anyone interested in learning more about mac (Apple tech. products) is welcome.

MAY COMPUTER CLASSES

		9:30-11:30 1 Taking Better Photos	9:30 -11:30 2 Intro to Internet and Email	9:30-11:30 3 Taking Better Photos
1:30-3:30p 6 Facebook	9:30-11:30 7 Intermed Internet and Email	1:30-3:30p 8 Facebook	9:30-11:30 9 Intermed Internet and Email	
	9:30-11:30 14 Intro to Spreadsheets	9:30-11:30 15 Ipad Basics	9:30-11:30 16 Intro to Spreadsheets	9:30-11:30 17 TECH TIME - SKYPE
	9:30-11:30 21 Intro to Spreadsheets		9:30-11:30 23 Intro to Spreadsheets	9:30-11:30 24 Photography Group
	9:30-11:30 28 Microsoft Word I		9:30-11:30 30 Microsoft Word I	

Minutes of the March 28 Board Meeting

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

Staff present: Lynne Pederson

The meeting was called to order by Gene Finger at 3:05 p.m.

Action: The agenda was approved.

Action: Motion and second to approve the February 28, 2013, board minutes. Carried.

TREASURER REPORT

Financial Reports

Bill Gruszewski reported on the financial statement. Income to date is 16.64% of budget and expenses are at 16.53%. Percentage for this time of year should be at 16%. While year-end balances were better than a year ago, the 2012 final year-end statement indicates a continuing need to curtail spending. Payroll expenses rose last year as did the monthly rate for leasing the space occupied by the Used a Bit Shoppe, but these were offset somewhat by higher than usual revenues from Used a Bit and the Popcorn Wagon.

COMMITTEE REPORTS

Finance Committee

Bill Gruszewski reported. The committee is keeping an eye on membership fluctuations following the entry of UCare into the Silver Sneakers program. The board discussed ways to educate members about optimal levels of participation and options if Silver Sneakers membership makes significant inroads.

Facilities Committee

Gerry Gengenbach reported. The moss treatment system will be installed in the pool on April 24. Jerry Gehler has become a certified pool operator. A slot is available for a second volunteer or possibly a staff member to be trained to monitor chemical levels. Work continues on determining the feasibility of piping softened water to the men's and women's showers and expanding changing space in the men's locker room.

Membership Committee

Evelyn Burry reported. Work is concluding on the trifold brochure and continuing on the creation of a marketing plan. Lynne Pederson and Dotty Hammer have made initial contact with Shepard Center in Cannon Falls to introduce

Senior Center programs and begin to explore the possibility of the NSC offering programming there.

Computer Committee

Evelyn Burry reported. Work continues on selecting and purchasing new PC computers, to be installed in September. The first meeting of a Mac Users group attracted a good turnout.

Advancement Committee

Don Diehl reported. Following Don's resignation as committee chair, Orrin DeLong will serve as chair. The annual fund drive kick-off event will be held May 5, with Craig Wasner and the O'Bourns entertaining with bluegrass music. The fund drive to date has received a total of \$1,674.00 from 41 donors. Of these, 27 are sustaining donors.

EXECUTIVE DIRECTOR'S REPORT

Lynne Pederson reported. She has decided not to submit an application for United Way funding, citing the difficulty of obtaining the particular budget statistics that are required in the time available. A board member will review the requirements with an eye to having the right information on hand in time to submit an application next spring. An insert on legacy gift giving in the April newsletter features Ed and Bobbie Fox. Staff is taking

advantage of publicity about National Senior Day to plan an open house, a keynote speaker, and free classes that will showcase the center and the programs to prospective members.

OLD BUSINESS

Nominating Committee

Don Diehl reported having identified candidates for three board spots that will open this spring. Tom Brawley has agreed to be nominated for a second term and Eve Webster and Bob Craig will be nominated to fill the spots currently held by Gene Finger and Lola Fick. Gerry Gengenbach will be nominated for the position of board chair, Nancy Ashmore for the position of vice chair, and Duane Everson for the position of secretary, currently held by Nancy. Bill Gruszewski will continue as treasurer. The director will consult past board member David Appleyard to clarify whether more board members should be leaving this year, rather than next year, when the number of openings appears to rise sharply.

The annual meeting, scheduled for April 25, will feature guitar music provided by board member Greg Smith, a presentation by the head of the Northfield YMCA, and reports by the standing committees of the board —

March Board Meeting, cont

nominating, membership, and finance – as well as an annual report by the director and refreshments.

The proposal made by the building partners to assume management of the NCRC was an agenda item at the City Council work session on March 26. The city is establishing a subcommittee to review the proposal and gather additional information. Remarks at the session suggested that in the end the city might reiterate its interest in selling the building to the Northfield

Senior Center but possibly at a lower cost.

Action: A motion was made and seconded that the board direct the Finance Committee and the NSC members who served on the NCRC task force to perform the due diligence that would be needed in the event of an offer from the city to sell the property to the NSC at greatly reduced cost. Carried unanimously.

NEW BUSINESS

There being no new business to discuss, a motion was made, seconded, and carried that the meeting adjourn.

The meeting was adjourned at 4:49 p.m.

Submitted by Nancy Ashmore, Board Secretary

BOARD & COMMITTEE NEWS

Have you noticed these signs (in red) around the Center?



asking you to Please Remember to Check In?

We learned that many people are doing things here WITHOUT checking in. We lose potential revenue when members do that, not only because people may not be paying fees they might owe, but because true records of the activity here helps us promote this organization.

And if we can accurately tell our story, about **how many people** come here for classes, talks, work-outs, conversation, learning, cards, lunches, etc, etc, and **how often** they come, we are more likely to win grant money when we apply for it.

TRAVEL AND OUTINGS



OUT TO LUNCH CARBONE'S PIZZA AND SPORTS BAR

Thursday, May 9
11:30 am

Hope you can join us for lunch at one of Northfield's newest restaurants. There's a lunch buffet for \$7.99. The Buffet includes choices of an entree, soup, salad and/or pizza. Regular menu is also available. It's located on Water Street between 5th and 7th Streets next to the "Used-a-Bit" store.

TRIPS FARIBAULT TOUR

Tuesday, May 21 NEW DATE
9:30 am – 3:00 pm

Visit the Rice County Museum, the Alexander Faribault House and the Episcopal Cathedral. We'll hear about Bishop Whipple while at the cathedral. Lunch on own at the Depot restaurant. Group limit: 20.

Cost: \$35

Sign up by May 20

WAR HORSE ORPHEUM THEATER, MINNEAPOLIS

Saturday, June 15
Time: 12:30 – 6 pm

Here is a remarkable story of a young English boy's journey of courage, loyalty and friendship to find his beloved horse! This moving and imaginative drama is filled with stirring music and songs. Adding to the extraordinary production are life-sized puppets that bring to life breathing, galloping, charging horses strong enough for men to ride.

Cost: \$86

Sign up date: May 27

SHERLOCK HOLMES PARK SQUARE THEATER, ST PAUL

Sunday, June 23

Time: 12:45 – 5:00 pm

The "Adventure of the Suicide Club" is a game some of Europe's most powerful men gather to play. It takes place in the heart of London, behind the impassive façade of a windowless house. The game is murder.

Their newest member is Sherlock Holmes. Join us in this mystery to find out why he joined this group.

Cost: \$37

Sign up date: May 24

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

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

Dining Site
Manager / 664-3735
Gail Noren

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

Used A Bit
Shoppe / 645-1399
Kristi Casson



PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264



Let's spring in to the **MANDARIN GARDEN**

Restaurant

for some individually prepared yummy Chinese cooking!

107 E. Fourth St, Northfield, 507-645-7101

Hours: Lunch Wed - Fri 11:30 am - 2 pm
Dinner Tues - Thurs 4:30 - 9 pm Fri - Sat 4:30 - 10pm
www.MandarinGardenRestaurant.com

中國園



With You for Life

The highly trained OB/GYNs at the Women's Health Center offer supportive and comprehensive care for women in every stage of life.

: Christine Braun, MD : Melanie Dixon, MD : Dana Olson, MD : Deborah Suppes, MD

Women's Health Center physicians see patients at our clinic on the Northfield Hospital campus. Call **507-646-1478** for an appointment.

CONNECT WITH US  

Women's Health Center



507-646-1478 : NorthfieldHospital.org/WomensHealthCenter
2000 North Avenue, Northfield



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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

2013 ANNUAL FUND
DRIVE KICK OFF
SUNDAY, MAY 5, 2-4:30pm
MUSIC, ICE CREAM, FUN!
Adv. tickets: \$15

**FITNESS CENTER
AND POOL HOURS**
Monday-Friday: 6 am-8 pm
Saturday: 6 am-5 pm
Sunday, Fitness: 10 am-5 pm
Sunday, Pool: 5:30-7:45 pm

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

(rt) Lori Williams
Pops Concert, 2011

