



Center News

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Special Candles, Great Aromas, An Accordion

By Patsy Dew

The shortening grey days of November in Minnesota include my favorite holiday, Thanksgiving. I wondered if others share my fondness for the simple sumptuousness of this day, so I asked several people around the Center two questions: what were their plans for this Thanksgiving, and what traditions did their celebration include.

Kay Sexton, our regular afternoon receptionist, plans to celebrate two Thanksgivings, one on the official day at Laura Baker, and another during the preceding week at her sister Peggy's. Kay said that many years ago her mother established a smart tradition for their family: the extended-family Thanksgiv-

ing would take place one week ahead of the official date. For Kay this holiday has been a favorite, with the expectation of good food, laughter, and some card games after dinner. She misses the aroma of the day, as the turkey slowly cooked in her mother's house. It is still the day when her family gathers Christmas wish lists, and exchanges names for Christmas gift-giving. She recalls one family gathering, when her nephews were teens that she saw clearly how much teenage boys could consume. Sitting around the table after the meal, before the plates were even cleared, one boy asked, "What do we have for snacks?"

Orrin DeLong, and his children and grandchildren, will spend Thanksgiving at his daughter Vicki's place in Wisconsin. If his son Skip can make it, there will be 18 of them there for the meal on Thursday, and Orrin will take them all out to dinner the following night. Everyone brings something special to share; one 30-year old granddaughter makes a delicious scalloped corn. Son Skip will bring squash out of his garden. The day is one of conversation, getting caught up with each other, and debating plans for their Christmas present exchange. Fortunately, says Orrin, "everyone does like to talk." Apart from eating and talking, Orrin (cont on pg 2)



Donna May sang 1890's songs, as part of The Paper Bag Bandit performances in October.

Health and Wellness Fair, November 11

The Center will be the location of an informative fair about Health and Wellness, from 9 to 11:30 am on November 11. There will be two featured speakers: Mary

Carlson will talk on "Strength and Flexibility," and Mary Upham will speak on the topic, "Not All Food is Created Equal." In addition to the speakers there

will be information booths about legacy, health care directives, massage therapy, music therapy, and other health-related resources.

didn't think they really had any Thanksgiving traditions. He said his wife Jean had always wanted to create some "traditions," but they never worked out. Her plan for a round of charades worked for a short while when the children were young and all believed they were great actors. Her attempt to serve oyster stew on Christmas Eve never caught on. Orrin remembers with fondness the pilgrim candles that Jean would use as for the centerpiece, never burning them,



but saving them for subsequent Thanksgivings.

Barb Henwood's Thanksgiving celebrations have changed over time. For many years, as she was raising her boys they would drive to her parents' house in Ely, her hometown. Thanksgiving was the "last safe driving holiday," and the serving of the meal would be adjusted to the weather. Barb and her three brothers all live in this area now, so for another period of time, her mom and dad would prepare the turkey and all the extra dishes in Ely, then load the feast into their car and bring it south for the family. Barb laughs recalling that her parents didn't think any of their children could cook that meal. Barb's 82-year-old mother is now living alone, but maintains a busy social calendar. Her children will have to make sure she's available, and then one of them will drive up to Ely and bring her back for the holiday.

Now that she no longer feels compelled to make the meal, she will be able to just sit and play with her great grandchildren.

One of Barb's favorite Thanksgiving memories is a tradition of the town of Ely. On Thanksgiving Day, all of the stores are open with specialty items. There are singing groups, an accordion player, door prizes. All the locals come downtown to shop and have fun visiting with their neighbors.

Where-ever you are this Thanksgiving, I hope you are with people you enjoy, sharing good food and entertaining conversation. I plan to see if I can find the pilgrim candles that my mother-in-law used to use, though they'll have to share the table with the two-foot tall Native American figure that my first-born made in the sixth grade.

Pumpkin Growing Contest 2011 Winners



For several years now, John Jarvis has organized a pumpkin growing contest. Most of the contestants participate in the fitness programs at the Center. 2011 winners are:

1st place - Kitty Runzheimer and her son, for a pumpkin weighing 67 pounds

2nd place (pictured at far left) - Janet and Dennis Hahn, pumpkin weighing 55 lbs.

3rd place - tie, Butch Ims and Joel Pumper with pumpkins both weighing 47 pounds

Container Category, 1st place: Tom Vosberg (pictured at near left)

Change of Date: Open Enrollment for Medicare Part D Prescription Drug Plans

October 15 - December 7

This year, open enrollment for Part D Medicare is starting earlier – on October 15th and ending sooner – December 7th. If you wish to change plans, you need to do it between these dates.

change their premiums, copayments, deductibles and drug formularies every year. It is in the best interest of every Medicare beneficiary to review their plan and to compare it to others that are offered. You may save money by switching plans.

help you compare plans. If you would like to have your plan evaluated, please pick up a form at the Senior Center, fill it out with your prescription information and return it to the Center in a sealed envelope. A Medicare volunteer will process your information and call you with the results. If an appointment is necessary they will set-up an appointment with you.

You probably have received your 2011 Plan Information from your Part D Drug Company. Be sure to read the information. Plans

Appointments will be available again this year at the Senior Center with Medicare volunteers who will

Senior Center Staff

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

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

Used A Bit Shoppe Hours

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

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 , and in the lobby at the Center.
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Eat Your Way Healthy (Food as your Medicine)

Drop in to one of these sessions.

Nov 2, 9, 19
Wed 10:45-11:45 am

Learn Unique Health Management Keys through Nutrition Therapy (Tasty Food Samples included). Many disease processes can be prevented through what we eat and other behavior. This series of classes will explore food choices that can lead to good, bad or ugly health parameters. Energize yourself and your health by gaining informa-

tion and sampling tasty recipes that fit into ChooseMy-Plate (the newly released dietary guidance). Learn about preventing and approaching health problems the natural way.

November 2- Eating for Healthy Blood Sugar Control or Diabetes Prevention

November 9 - Eating for Healthy Blood Pressure Control

November 16- Eating or... Dietary Supplements

for Disease Prevention?

Presented by Louanne Kaupa, MA, RD, LN, 20 + yrs professionally licensed in Nutrition Prescription Registration: Per class rate: \$6m/\$2 Pl/\$8 nm Tasty Food Samples included Code: 1665



Lu Herbeck, instructor of SS Muscular Strength and Range of Motion class on Saturdays

Muscular Strength Class Now also on Saturdays

Join us on Saturdays. Get fit, have fun, make friends! Silver Sneakers Muscular Strength and Range of Motion Class is hosted now, also, on Saturday mornings at 11:15 am in the Card Room so you have more choices as the weather

grows less agreeable outside. Lu Herbeck, the Instructor, herself a senior, knows how to give great options for fitness, but also presents a very enjoyable class.



Water Volleyball on Thursday Nights

Outdoor pools are closed, but the Senior Center is open for Water Volleyball on Thursday Nights from 7-7:45 pm. Fun filled, light hearted group meets weekly. It is a

great way to shake off the cold weather and enjoy warm company, playing in the warm water pool. Come and join us!

“We make a living by what we get, but we make a life by what we give. In a world of people who couldn’t care less, be someone who couldn’t care more.” Sarah Lynn Clark

Cardio Vascular Training: What? Why? How? And When?

By Gale Marchand, NSC Fitness Manager

What? We may have all heard about training our 'cardio vascular system' (CVS), but may not know what that really is or how we should go about it. Our CVS includes our heart, lungs, circulation and aerobic ability. For instance, if we get out of breath getting out of our recliner or walking to get the mail, we may need some serious 'brushing up' in this area. The American College of Sports Medicine recommends adults under and over 65 do "moderately intense aerobic exercise 30 minutes a day, five days a week **OR** do vigorously intense aerobic exercise 20 minutes a day, 3 days a week" to keep one's cardio-vascular system healthy. This can be a challenge. Perhaps a better thought pattern is to consider exercising an *opportunity* to better our CVS health.

Why? Risks associated with not exercising the CVS can include coronary heart disease, strokes, high blood pressure, breathlessness, flabby body, little energy, stiff joints, poor posture, being overweight, type 2 diabetes, and an even higher risk of developing cancers. These factors also affect our family because we may lack energy for our children, spouse, grandchildren, or elderly parents; have low libido levels; or incur financial hardship from treating health complications. Simple CVS training keeps our body functional in daily activities and prepared for any activity we want to enjoy to the fullest like a lot of walking on vacation, golfing, participating in table tennis, playing with grand kids, or making it joyously through the work day. CVS exercise keeps our heart, lungs and circulation healthy and contributes to

our overall health and well-being for all of life's goals.

How? We can improve our CVS by simply doing cardio vascular exercise which, by the way, can be really fun! In fact, at NSC, we offer a wide variety of fitness classes designed to give you just this.

When? There is no time like NOW. Twenty-six of our on-going fitness classes and 14 group activity hours provide excellent aerobic conditioning and are especially designed for those over 50. They include: Aqua Aerobics, Zumba, Circuit Training, Water Volleyball, Move & Groove, Table Tennis Play & Lessons, Country Line Dancing and other dance classes, Northfield Pedalers' bike rides and Enhance Fitness. The Fitness Center is open 84 hrs/week with treadmills, a NuStep,

ellipticals, rowing machines and cycles of all sorts.

Lap swimming is available approximately 60 hours a week for your pleasure. It's may be cold outside, but it's warm at NSC so why not try one of the abundant class offerings, group times or come workout during our open use hours!

Want help making this happen?

Contact Gale, at 507-664 - 3702 or one of our Certified Personal Trainers for more information. Brochures and business cards are available at the Reception Desk.

The difference between try and triumph is a little 'umph' –
Positively Positive

The person who says it cannot be done should not interrupt the person doing it.

- Chinese Proverb



When the world says give up, Hope says try it one more time – Unknown



Schedule Your Year of Reading with 4th Graders

This year our Reading with 4th Graders Program will take place at the Senior Center on the 3rd Wednesday of each month from 1:15-1:45 pm on the following dates:

Oct 19	Feb 15
Nov 16	Mar 28 (No school Mar 21)
Dec 21	Apr 18
Jan 18	May 16

Participation is still available. See Nancy for details

Chime Choir Changes Rehearsal Time

Now meeting from 1:30-3:00 pm on every Thursday at the Senior Center under the direction of Marilyn Finneseth, the choir makes beautiful music with three octaves of chime notes..

Each member of the choir usually plays two chime notes. By counting the rhythms and then playing notes at the appropriate time, those individual notes

are magically turned into soothing and inspiring songs. If you have ever played a musical instrument or would like to learn, come try it out. No fee.



AARP Offers Driving Safety Classes for Veterans

The AARP sponsored classes held at the Center will be offering its November classes free of charge to all veterans. Completion of the class entitles Minnesota drivers a 10% discount on auto insurance for three years then a refresher course is required to continue the discount. Contact your insurance company for details on age eligibility (50 or 55).

November classes in Northfield are scheduled as follows:

4-hour classes for those needing to renew their certificate.

Mon Nov 7 5:30 - 9:30 pm

Code: 1655

Wed Nov 16 1 - 5 pm

Code: 1656

8-hour course for those who have never taken a

class or whose certificate has expired.

Saturday Nov 19 8:00 am - 4:00 pm **Code: 1653**

Please register in advance at the Center. Proof of military service required. All classes open to non-veterans. Class sizes are limited. Additional classes may be scheduled as demand indicates.

Glaucoma

Tues, Nov 1, 11am - 12pm

Dr. David Hakes will answer questions about glaucoma.

No fee.

Exceptional Eats: Christmas Tea

December 10, 2:00 pm

This will be festive occasion, intended for all ages. Bring a grandchild, and have a special time together. The menu will be finger foods, with something yummy for everyone.

Along with the treats, there will be entertainment.

Myrna Johnson will read from the delightful heart-warming book, *A Cup of Christmas Tea*, by Tom Hanks.

Unlike previous Exceptional

Eats events, which were sit-down dinners that were limited to 20 diners, this Tea is being planned to serve up to as many as 70.

Cost: \$10/adult \$8/child

Code: 1742

Travel News

King’s Room, St. Olaf College

Tuesday, December 13
11:30 am

Come and join us at the beautiful King’s Room in

Buntrock Commons at St. Olaf College for our annual holiday feasting at St. Olaf College. Their sumptuous buffet has a wide variety of soups, salads, entrees and desserts. **Reservations are**

absolutely required—sign up early! Lunch is on your own.

Sign up with the receptionist by December 9



“Everybody Loves Opal” at Old Log Theater

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

Set in 1962, this upbeat family comedy is about the kind-hearted, loveable optimist, Opal Kronkie, who lives in a tumble-down mansion at the edge of the municipal dump. Opal collects things – anything that can be toted home in her little

red wagon. Into her strange world come some con artists who decide that Opal needs is plenty of insurance, a rapid demise, and three beneficiaries (themselves). Several elaborate schemes to “do in” Opal are concocted by these crooks only to be thwarted by her oddball antics. Lunch is included. Indicate your choice of en-

trée: Smoked Windsor Pork Chop, Lemon Artichoke Chicken Breast, Fresh Water Canadian Walleye Pike, Beef Stroganoff or Vegetarian Lasagna. This is an outing with the Community Resource Bank.

Cost: \$47

Code: 1740

Sign up by January 13

Save the Date!

The Exhibit 1968 is at the Minnesota History Center and our trip is being planned for Feb 7. This trip includes a performance by the MN History Theater of the events of 1968, and a guided exhibit tour.

Mark your 2012 calendar and look for more details in next month’s Senior Center Newsletter.

Future Trips

This Month

Hill House Preview	17 Nov Hill
House/Summit Ave Tour	18 Nov

2012

1968 - Minnesota History Center	Feb 7
Out-to-Lunch	TBA Feb
History Theater – Capital Crimes	TBA Apr
Mn Orchestra, Jazz Concert	26 May
Ramsey House	TBA Jun
Showboat – St Paul	TBA Aug
Hill House – Xmas Stories	TBA Dec



Program Club

Meets Thursday,
Nov 17, 12:30pm
DVD and Discussion
on James J. Hill House

Minutes of the Sept 22 Board Meeting (Draft)

Directors present: Nancy Ashmore, Tom Brawley, Evelyn Burry, Lola Fick, Gene Finger, Gerry Gengenbach, Bill Gruszewski, Jean Larson, Suzanne Riesman, Anna Mae Sjogren, Greg Smith, Phil Winter

Absent: Marvin Kormann, Emelda Rasmussen, Bob Vanderhoof

Staff present: Lynne Pederson, Patsy Dew

Others: Orrin DeLong, Rose Ann Steenhoek

The meeting was called to order by Gene Finger at 3:02 p.m.

Action: The agenda was approved.

Action: Motion and second to approve the August 25, 2011 board minutes. Carried.

TREASURER REPORT

Bill Gruszewski reported on the August financial statement. Income to date is 72%

of budget and expenses are at 68%. Percentage for this time of year should be at 67%. The final report of the 2010 audit was received.

COMMITTEE REPORTS

Finance Committee

Bill Gruszewski reported. The committee looked at the first draft of the 2012 budget.

Facilities Committee

Gerry Gengenbach reported. The air lock will be removed from the back lobby to make the area larger. Fabric will be ordered for all the dining room chairs; one third of them will be recovered this year. A new cooling system has been installed in the fitness room. 2011 projects came in within the allowed budget of \$50,000.

Membership Committee

Suzanne Riesman reported. Senior Center brochures are being distributed around town. The committee plans to do a survey of 50-60 year olds this year.

Action: Motion and second to approve that people 100 years old or older receive a free general membership to the Center. Carried.

Advancement Committee

Orrin DeLong reported. Contributions to the fund drive through August total \$35,564. The goal of the Fund Drive is to raise \$50,000 from members. 88 people attended the Pop Concert event on August 28.

Computer Center Committee

Evelyn Burry reported. The committee is setting priorities for strategic planning.

EXECUTIVE DIRECTOR'S REPORT

Lynne Pederson reported. Making Waves Swim School leases the Center pool from 10-5:00 on Sundays. To accommodate members, the pool only will be open later, from 5:30-8:00. The Center (minus the pool) will continue to be open to members from 10-5 on Sunday.

OLD BUSINESS

The Board retreat is still in the planning process. Each board committee is to review the current strategic plan prior to the retreat. The meeting was adjourned at 4:12 p.m.

Membership News

Welcome to these people who joined the Center since the October newsletter: Muriel Severson, Leo & Colleen Skluzacek, Julianne Overby, Beverly Hanson, Shirley Cannamore, Charlene Lounsbury, Carol Traynor, Katherine Baker, Robert & Patty Oates

Gallery News

CURRENT EXHIBIT

Runs through Nov 20:
Photography of Beret Griffith and Stained Glass by Lucky Rimpila

NEXT EXHIBIT

The Senior Open
Nov 21 - Dec 26
Reception: Tues, Nov 29,
5-7pm

This exhibit features the work of 25 area artists, all aged 50 or older. Each artist will have one piece in the show. There will be a mix-

ture of media: oil paintings, pottery, wood carvings, photography, watercolor paintings, art books, jewelry, and more. Watch for the date and time of a reception to meet all of these contributing artists (sometime during the week after Thanksgiving).

QUILTERS EXHIBIT

Dec 27 - Jan 30
If you are interested in participating, contact Patsy Dew, 664-3708, or patsydew@nscmn.org.

EXHIBITS FOR 2012

We are currently finalizing the series of exhibits for next year. If you would like to exhibit your work in the NSC Gallery, please contact Patsy Dew, 664-3708 or patsydew@nscmn.org.



Rimpila's Stained glass in current show

At right, the public enjoying Artists' Reception for Griffith and Rimpila



Computer Center

See the Calendar below for a listing of all classes being offered in our Computer Center during the month of July. 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.

Registration Deadline: Noon, Wednesday, the week before the class begins.

NOVEMBER

Monday	Tuesday	Wed	Thursday	Friday
	9:30 -11:30 1 Intro to Internet & E-mail		9:30 -11:30 3 Intro to Internet & E-mail	9:30 - 11:30 4 Intro to Photoshop Elements 9
9:30-11:30 7 Intermed Photoshop Elem	9:30 -11:30 8 Intermed Internet & E-mail		9:30 -11:30 10 Intermed Internet & E-mail	9:30-11:30 11 Intermed Photoshop Elem
9:30-11:30 14 Advanced Photoshop Elem	9:30-11:30 15 Microsoft Word I		9:30-11:30 17 Microsoft Word I	
9:30-11:30 21			THANKSGIVING	9:30 -11:30 25
	9:30-11:30 29 Microsoft Word I		9:30-11:30 Dec 1 Microsoft Word I	



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...and Again (pictures from October performances of *The Paper Bag Bandit Rides Again*)



Focus on the play The Tempest continues...

Wednesday, Nov 2, 9:30 am

Ruth Weiner, Carleton Theater professor, will lead a discussion about the Shakespeare play, *The Tempest*. Venue: the Senior Center. No fee; sign up with Receptionist (664-3700).