



Northfield Senior Center

**active,
connected,
engaged**

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TICKETS ARE ON SALE

now for this special event. You may purchase them at the Front Desk, by phone, 507-664-3700, or on-line (click on the link on the home page).

Cost is \$20

for this fundraiser (\$15 of that is your tax-deductible donation to the Center).

Center News FOR ACTIVE OLDER ADULTS



Seniors Rock at Seniors’ Rock Event

by Patsy Dew

“Rock ‘n’ Roll” has always said “Fun!” to me. Bee-bop groups, Motown, Elvis, and The Beatles. I recall awkward Junior High dances in our school gymnasium, less awkward gatherings in Carol Manske’s basement, and girl friends’ sleepovers when we danced the night away. “You rock!” today means “You are wonderful!” and at this Center, “Seniors Rock.” Appropriately, our 2014 Fund Drive Kick Off rock ‘n’ roll event on May 3 is being called “Seniors’ Rock” and will be a fun, not-to-be-missed evening.

Orrin DeLong loves music, and enjoys planning entertaining events for The Center. In the past he has brought us a Pops Concert, a return of the Over & Back Boys, a Jamboree and a Fiesta...all great entertainment, and this month’s Rock ‘n’ Roll revival will be no different. “Seniors’ Rock” will have something for everyone: time to just listen to fine rock ‘n’ roll music, an

opportunity for those of us who cannot sit still to dance, a set of sing along songs from the 40’s and 50’s, and (of course) refreshments. This year Orrin is bringing back three of your favorite musicians: Craig Wasner on keyboard, Lori Williams on alto saxophone and Nick Weaver on fiddle. While Craig has played with nationally known musicians, you probably know him best as the band leader for Northfield’s popular Over and Back benefits, or as the Music Coordinator for the NHS Rock ‘n’ Roll Revivals. Nick Weaver comes from a musical family and took up the violin at age 5. He added the guitar when he was 14, and that became his primary instrument. He plays at the Methodist Church, and especially enjoys playing with his son Max. Lori Williams is a singer/song writer, who has performed with Helen Reddy and Jackson Brown. She loves to jam on the alto sax, loves the Senior Center, and is enthusiastic about giving her music to this fund raising event. Lori is one

of our Yoga instructors, currently leading a Yin Yoga class on Fridays at noon.

The toe-tapping music begins at 7pm on May 3rd. Join the fun!



Craig Wasner



Lori Williams



Nick Weaver

GALLERY NEWS



Bluebird Haven, Watercolor painting by Adele Beals

MAY 19 - JUNE 22
Adele Beals, Paintings
OPENING RECEPTION
MAY 27, 4-6pm

After raising a family, Adele Beals reignited her strong interest in painting, taking many art classes and then selling her art through galleries, art fairs, and on her own. She enjoys painting in all mediums: watercolor, oils, acrylics and pastels. She has no favorite medium, but chooses whichever she feels will best communicate her

idea. Adele writes, "Being creative in the process is in itself the reward! I am very much drawn to scenes of contrast and drama often using the source of light and color to produce that drama!"

CONTINUING THROUGH
MAY 18
Bridgewater Elementary
4th Graders' Art

Pictures below were taken at the receptions for this exhibit.



5th Annual Northfield Table Tennis Tournament

Saturday, May 3, 9a - 5p
Middle School Gymnasium



Welcome! to these new members

Rosemary Scheremet, Shannon Krejce, Danny Urban, Maldeanna Lynnes, Ross Petersen, Vuokko Petersen, Bernice Pulju, Carol Watson, Nancy R Narcoma, Israel Urias Flores, Gail Pratt, Kathleen C Quinn, Larna Novak, Kari Berit, John W Arnold



Northfield Retirement Community
Innovation. Choice. Tradition.

It's All Here!

Attractive setting, gorgeous spaces,
access to premier care and services ...

northfieldretirement.org



**ALZHEIMER'S
AND DEMENTIA
MEMORY CAFE**
Wed. May 21
3-5P

Starting Wednesday, May 21 from 3-5pm, the Northfield Senior Center will be hosting a Memory Café. A Memory Café is a gathering where those with memory loss and their companions can come together in a supportive environment. Memory Cafés help to unite people with similar challenges, create an opportunity to give and receive a deeper level of support, be a source of ideas and information, and are just like getting together with a group of friends. The Memory Café will start by meeting one Wednesday a month.



**ROAD SCHOLAR
(ELDER HOSTEL)**
Monday, May ,5
9:30-11:00

Russ Margulies and Joanne Stohl who have participated in many Road Scholars trips will share some of their experiences and answer questions such as: What is it? What does it cost and what does it cover? What programs are available? What about transportation? Can you travel alone? Who are the instructors and type of participant? Are there provisions for medical and physical needs? Is there free time to explore? Where can you get more information?

DISPUTE OPTIONS
Thursday, May 8, 10:30-11:30 or 6:00-7:00

Debra Petersen, LPC, Director of the Rice County Dispute Resolution Program is offering a free informational talk – “Dispute Options.” Come learn what is available to you when you are in a dispute with relatives, neighbors or business associates. Don’t let the stress of a dispute ruin your day or your friendship. There are simple methods you can use to resolve the dispute before it erupts.

**NORTHFIELD
COMMUNITY EXCHANGE**
Thursday, May 1, 1:00-3:00 pm

The newly formed Northfield Community Exchange Time Bank is a local non-profit organization that allows members to give and receive goods and services without using money. For each transaction, the giver gets a credit, in hours, for the time they spent creating the goods or performing the service. Your hours are tracked in a virtual “hour bank” and those hours can be used to purchase offerings by other exchange members, for example give 2 hours of computer help and purchase 2 hours of travel to and from the airport. With more members we are getting so many more offerings. This is turning into a great community of people helping people.

To learn more about this organization and how to join the over 3 dozen current members come to a free class presented by Exchange members Karen Olson and Mary Malone.

EVENTS

VOLUNTEER



MEALS ON WHEELS

Looking for a few friendly volunteers to deliver Meals on Wheels during two weeks in late May and early June, May 25 – June 7.

Once a day, noon-meals prepared at the Northfield Hospital are delivered to people in our community who need this service. Each volunteer delivers 8-12 meals on a defined route. It takes about an hour, and is a wonderful way to brighten someone's day, as well as giving them the nutrition they need.

If you would like to volunteer for this program, or have any questions about it, contact Patsy Dew, 664-3708 or patsydew@nscmn.org.



POPCORN WAGON

A true sign of Spring is when our wagon returns to the Square! Exact date is not yet determined, and depends on weather. We will have a Popcorn Wagon Volunteer meeting on Thursday May 8 at 12:30 (room to be deter-

mined). At that meeting we will have sign up for work shifts for the first several weeks of the season. Please bring your personal calendars with so you know when you are available. Also please try to recruit a friend.

For anyone new to Northfield, the senior center owns a lovely vintage popcorn wagon that we place on Bridge Square (downtown) from May – October. We attempt to keep the wagon open 7 days a week which means we utilize many volunteers. We need some new volunteers to add to our group of faithful workers. The wagon serves as a way to raise funds for the senior center. To find out more about being a popcorn wagon volunteer please contact Gail Noren in the dining room or email at gailnoren@nscmn.org or call at 507-644-3735.

CAC

The CAC's new employment support program, *Northfield Works*, partners with local employers to help people of low income achieve economic independence through sustained employment.

We are currently seeking volunteers:

- Mentors for newly trained job seekers;
- Mentors to offer tutoring support;
- Mentors to provide money management training;
- Mentors to serve as legal advocates;
- Mentors to provide program support, counseling and chaplain services.

Join us on Wednesday May 7th, 6:00 - 9:00 p.m. for the Northfield Works Volunteer Information & Orientation Session, NCRC – Community Action Center Room 101 (former Clothes Closet)

RSVP requested but not required. Call us at 507-664-3580, or email us at northfieldworks@communityactioncenter.org.

Thank you to these March Donors

Alan Chrysler, Ann D. Donahue, Anna Mae Sjogren, Arlene Sivanich, Barbara Sawyer, Bardwell & Charlotte Smith, Bernard & Mary Auge, Bonnie Gretz, Bonnie Sellers, Bruce & Marth Balfanz, C C Linstroth, Calvin & Donna Kuhnau, Charles & Lynne Pederson, Chris Ellison & Gene Finger, Clare Roos, Craig & Mary Ellingboe, Craig Swenson, David & Joey Appleyard, David & Nancy Downhour, Diane Genova, Diane Scully, Don Diehl, Doris Hill, Eileen Cooper, Elizabeth Olson, Elizabeth Williams, Gen Percival, Georgene Johnson, Gerry & Carol Gengenbach, Gordon & Emelda Rasmussen, Harriet Menard, Henry & Miriam Witman, J.P. Murtha, Jean Chagnon & Sandy Johnson, Jim Schuenke, John Cotter, Judy Broske, Judy Christensen, June Herman, Ken & Roberta Persons, Larry & JoAnn Edwardsen, Linda Wagenbach, Lori Stanley, Malcolm & Jacquelyn Gimse, Margaret Christian, Marie Gery, Mary Raney, Maxine Halverson, Michael Grisim, Michael Ludwig, Myrna Johnson, Myrtle Ringlien, Nancy Enge, Neidra Krebs, Nerstrand Agri Center, Northfield Cannon Valley Lions, Paul & Joanne Stohl, Ralph W. Owen III, Robert Mitchell, Ruth Midboe, SEMA Equipment, Sharon Stoeck, Shriley Tollefson, Solveig Bailey, Stephanie Nowak, Thomas Sorenson, Tom & Mickey Brodin, Warren & Karen Broughton, William & Charlotte Carlson

COMPUTER CENTER NEWS

SEE THE CALENDAR BELOW for a listing of all classes being offered in our Computer Center for the month of February. If you want more information about any of these classes check out the Winter/Spring Program Guide, pg 16-21, always available 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.

MAY COMPUTER CLASSES

9:30-11:30	5	9:30-11:30	6		9:30-11:30	8	9:30-11:30	9	
Microsoft Word/MAC		Microsoft Word/WIN			Microsoft Word/WIN		Microsoft Word/MAC		
9:30-11:30	12	9:30-11:30	13	9:30-11:30	14	9:30-11:30	15	9:30-11:30	16
Microsoft Word/MAC		Microsoft Word/WIN		Microsoft Word/MAC		Microsoft Word/WIN		TECH TIME	
9:30-11:30	19	9:30-11:30	20			9:30-11:30	22	9:30-11:30	23
Insert a Photo into Text		Intro to Spreadsheets				Intro to Spreadsheets		PHOTOGRAPHY GROUP	
		9:30-11:30	27	9:30-11:30	28	9:30-11:30	29	9:30-11:30	30
		Intro to Spreadsheets		Facebook and Privacy		Intro to Spreadsheets		Facebook and Privacy	

ATTENTION ALL MAC USERS AND IPAD AND IPHONE USERS.

Our group will meet on May 7th, at 9:30. The topic of discussion this month is working with photos. The second part of the meeting we'll break into Mac, iPhone and iPad subgroups.

DINING ROOM

Meals are served in the Northfield Senior Center Dining room at 11:30 Monday-Friday each week. Special events this month include the Troubadours annual Mother's Day Concert at 10:45. This is a center wide event but if you would like to stay for lunch we are having Country Style BBQ ribs. On May 14 our local Red Hatters are joining us for lunch. The Northfield Senior Center Chime Choir will be playing for our monthly Birthday Dinner on May 15. We will have our Memorial Day Celebration with patriotic music and special invitation to veterans to join us on May 28.

TROUBADOUR SPRING CONCERT Sunday, May 18 3P Bethel Lutheran Church

Special guest appearance by SISTER, the dynamic and entertaining trio of three sisters with close harmony and rollicking humor with Scandinavian flavor. There will also be selected solos and ensembles. Karen Christ will be directing. Free admission with a free will offering and refreshments after the concert.

ACTIVITIES



LITERARY ART:

A MOMENT IN TIME

Stories can take many forms, and submissions from the membership do not have to follow a set pattern or genre. Fiction, non-fiction essay, and creative non-fiction are all fair game, and we are none of us in competition with Edith Wharton or Charlotte Bronte. Just have fun with it.

To the right is an example of memoir writing—just a simple remembrance of long ago, one of thousands like it that we have all had. Try your hand at it and send something along to Patsy Dew. We are the stories that we carry with us.

-Steven James Beto

THE OLD RUGGED CROSS

By Steven J. Beto

I awoke to the sound of my father coughing in the kitchen and to the smell of coffee percolating on the stove. Dad prepared for work in the dark hours before dawn and most often did not then seem to appreciate my presence. On colder mornings if we had run out of fuel oil, he would turn the oven on and allow me to sit on a chair with my feet resting on the open oven door to warm my toes, but this morning the house felt warm.

I got out of bed, put my Teddy under my left arm, and stood at the top of the darkened stairwell. My blue flannel pajamas had the booties cut off two years before and the bottoms were growing up my legs to near mid-calf. At the bottom of the stairs a service door led out to the trash cans, and the stairs then curved down and to the right to enter the kitchen. A yellow shaft of kitchen light shone on the bottom stairs.

Holding onto the railing, I slowly took the stairs one at a time until I came to the last dark stair and sat quietly down listening to the old time suffering gospel music and to dad's movements through the kitchen. When

he opened the refrigerator door, I knew that his back would be to me and I carefully peeked around the corner. A half-loaf of bread lay open on the table next to his black metal lunch pail and thermos. Wearing his faded blue-plaid shirt, seat worn pants, and monkey-doll socks, dad leaned into the refrigerator and pulled out the bologna, cheese, and mayonnaise jar. I quickly leaned back into the shadows to avoid being seen.

Dad opened the plastic bags of meat and cheese, unscrewed the lid of the mayonnaise jar and scraped the bottom with a butter knife. He poured a cup of coffee and sat down at the table. I couldn't hear him anymore, took the chance to look around the corner, and watched him as he poured milk into his coffee while a deep and resonating voice sang on the radio. Dad stared blank faced into his coffee cup. He did not bother to stir, and he did not drink his coffee, he just listened to the song and watched the clouds swirl in his cup.

When the song ended, he put his coveralls on and laced up his boots. He put his dirty cap on his head, took up his lunch pail and thermos and shut out the kitchen light. A heavy snow-fall pelted the window panes. When I heard the porch

door close, I ran through the darkened kitchen to the back door and stood on tip-toes to watch my father as he walked through the backyard towards the garage, his figure fading from blue to grey, and disappearing into the driving snow.

Information about Trips

Our tours depart from and return to the Senior Center. Please park in the north parking lot (by CAC entrance) if you are taking part in one of our trips.

Register as early as possible to avoid disappointment. Cancellations on or before the sign-up deadline receive a full refund. Cancellations after that date receive a full refund **ONLY IF a replacement can be found.**

(See next page for Trips)



Out to Lunch

**SCHWEICH'S HOTEL,
KENYON, MN**

Date: Tuesday, April 29

Time: 11:45 a

Last chance to sign up for lunch at the Schweich Hotel in Kenyon, MN. Their signature sandwich is the 30-Mile Reuben but they have other options on their menu including pulled pork/pulled turkey sandwiches with creamy coleslaw and their special baked beans. They are located on the main street (County Road 12) in Kenyon west of Hwy 60. Please mark your calendar and fill out a registration slip at the Senior Center. Lunch is on your own.

**Sign up deadline:
April 24**

Trips

**AMISH TOUR
LANESBORO, MN**

Date: Thursday, May 15

Time: 8:00 a - 5:00 p

The sign-up date is fast approaching. Do come with us on an authentic private guided tour to explore Amish culture and enjoy Amish craftsmanship and old fashioned goods. This Amish community, located between Lanesboro and Harmony, is the largest in Minnesota. We'll learn some of their history and

can browse and buy some of their crafts, furniture and baked goods. Lunch on own is being planned at the Branding Iron in Preston. Fill out your registration form NOW!

Cost: \$48

Sign up deadline May 8

**DR. JEKYLL & MR. HYDE
Minnesota Centennial
Showboat, St Paul**

Date: Thursday, June 26

Time: 12:45 - 7:30 p

It's been a while since we spent the afternoon watching a melodrama at the Centennial Showboat -- on the permanently docked paddlewheel boat at Harriet Island in St Paul. We'll see a perfect melodrama of a love doomed by sacrifice and a quest to find the monster terrorizing London in this classic story of good versus evil. We can cheer the hero and hiss at the villain and enjoy the song and dance routines performed between scenes. The actors are students at the University of Minnesota in the Department of Arts and Dance. After the performance we'll proceed to the Granite City Brewery for dinner (on your own).

Cost: \$45

**Sign up deadline:
June 16**

**WINONA SHAKESPEARE
FESTIVAL**

Friday, July 11

11 a - 8:45p and

Wednesday, July 23

11:30 a - 8:15p

This year we will have two trips to the festival. The first trip on Friday, July 11 is to see Hamlet. This trip includes a small lunch before the play and dinner with the actors after the play.

The second trip on Wednesday, July 23 will be to see Merry Wives of Windsor. This trip will include a box lunch and short discussion with the actors after the play.

Cost:

Hamlet: \$90

Merry Wives: \$75

Both: \$155

Sign up Deadline: Jul 16

**TWINS BASEBALL GAME
TARGET FIELD,
MINNEAPOLIS, MN**

Date: Thursday, July 24

Time: 5:00 - 11:00 p

Take me out to the ball game! You can buy popcorn or crackerjack -- and other goodies during the game! Join us for an always exciting outing between the Minnesota Twins and the Chicago White Sox. We've good seats and will have a great time.

Cost: \$60

Sign up date: July 10

TRAVEL AND OUTINGS

**THE READINESS IS ALL
Mon, June 2, 12:30p**

Great River Shakespeare Festival Artistic Director Doug Scholz-Carlson presents an introduction to the plays of the 2014 season: Hamlet, The Merry Wives of Windsor and Rosencrantz and Guildenstern are Dead. Doug is a native of Northfield, graduate of St. Olaf and a founding company member of the Great River Shakespeare Festival.

MOTORCOACH TRIPS

National Parks

May 9-19

Niagara Falls & Toronto,

Canada June 21-27

Mackinac Island & Door

County July 20-26

Montreal & Quebec City

August 16-24

Washington D.C

September 17-25

Cape Cod

October 4-12

Smoky Mountains

October 17-24

Holiday Branson

November 17-21

FITNESS NEWS

FOAM ROLLING AND SELF-MYOFASCIAL RELEASE TECHNIQUES WORKSHOP

Wed, May 7, 10 a- 11 a

Learn the latest techniques of self-myofascial release, a soft tissue therapy for the treatment of skeletal muscle immobility and pain.

Instructor: Kyle Nelson, BA Exercise Science, NASCA and NASM Certified Personal Trainer

Preregistration required.

Fee: -\$8 nm / \$6 m
PL& SS- \$1 donation

STRETCHING AND OTHER TECHNIQUES TO INCREASE FLEXIBILITY

Mon, May 12, 6 p- 7 p

Workshop will present a series of stretches one can do on their own to increase range of motion that can prevent injuries and maintain functional wellness. Learn when and how to stretch most effectively, as well as when it may be better not to stretch.

Instructor: Lu Herbeck, NETA Trainer

Preregistration required.

Fee: - \$6 m ; \$8 nm
PL& SS- \$1 donation

Information about Personal Trainers at the Center

The Center's Personal Trainers will now all be wearing official nametags when performing personal training sessions. All personal training at the Center is a fee-for-service opportunity and is available to all members and even non-members. The names of the Personal Trainers hired by the Senior Center are listed in our Personal Training Brochure. All fees are the same as the brochure and all fees are made payable to the Northfield Senior Center. A portion of the fee supports the Center, and the rest is paid to the Personal Trainer through the Center payroll.

The Senior Center also has licensed physical therapists who make use of our pool to work with their clients for a fee, and often they may show the patient how to use equipment in our Fitness Center. All of these medical professionals will be wearing nametags of their clinic 'when not wet.' All of their services are set up and billed medically through their specific offices.

Some people who have been getting physical therapy elsewhere wonder how to continue those exercises in

our Fitness Center. Many Physical Therapists do help their client learn the therapy exercises on our equipment. Feel free to ask your therapist for this service. If they cannot get here, and you feel you need some direction in continuing the exercises, you have two options: 1) you could hire one of our NSC Personal Trainers; 2) if you only need about 15 minutes to become oriented to transfer your physical therapy workout to the Center, contact Fitness Manager Gale Marchand, and she can help you with this short transition at no charge, 664-3702, gale-marchand@nscmn.org.

Learning How to Use the Fitness Equipment

You may sign up as many times as you want for a FREE Fitness Center Orientation at the Receptionist Desk. The Fitness Orientation is a 'class on how to safely use the Fitness Center Equipment' and lasts 1 hour. The Orientation is not a personal training session and will not set you up with your own personal workout but will give you the tools to safely use the equipment on your own in the Fitness Center. All of the Orientations are performed by our Certified Personal Trainers.

LINCARE- CPAP SERVICING - LOBBY Wednesday May 28th 11am-2pm

Bring your c-pap or bi-pap and accessories in to be sure they are working properly. We can show how to clean your equipment properly. Find out when to replace equipment and how you can do this. Have a one-on-one consult with a respiratory specialty nurse. Get all your sleep apnea questions answered or take a test to find out if you may have the condition.

Swim Fitness Coaching:

This is a special aspect of the Center's Personal Training program that is both a group class on the schedule and individual fee-for-service coaching sessions. This program also has a brochure available and the Coach is nationally certified on many levels, prescreened and hired by the Center.

Minutes of the March 27 Board Meeting

BOARD & COMMITTEE NEWS

Directors present: Nancy Ashmore, Bernard Borene, Tom Brawley, Bob Craig, Don Diehl, Beth Endert, Bill Gruszewski, Dottie Hammer, Marvin Kormann, Elizabeth Olson, Gordon Simonson, Greg Smith
Absent: Duane Everson, Gerry Gengenbach, Phil Winter

Staff present: Lynne Pederson, Patsy Dew

Others: Mike Harper, Rose Ann Steenhoek

The meeting was called to order by Nancy Ashmore at 3:00 p.m.

Action: The agenda was approved.

Action: Motion and second to approve the February 27, 2014 board minutes. Carried.

COMMITTEE REPORTS

Review and approval of Financial Reports
Bill Gruszewski reported on the financial statement. Income to date is 18% of budget and expenses are at 17%. Percentage for this time of year should be at 16%. Year end balance sheet shows a net income of \$41,000 under budget.

Finance Committee

Bill Gruszewski reported.

Facilities Committee

Marv Kormann reported. The committee is investigat-

ing the cost of soft water for shower rooms. Bids are being taken for a phone system. Purchasing a new table for table tennis was agreed upon. Adding power doors to the locker rooms and fitness rooms are a priority for this year.

Membership Committee

Dottie Hammer reported. There was a discussion about expanding Center hours. The committee reviewed a handout for staging a “signature event”.

Advancement Committee

Don Diehl reported. Annual fund donations through February total \$4,100 from 68 donors, including 25 sustaining donors.

Nominating Committee

Don Diehl reported. Bob Craig, Bill Gruszewski, Marvin Kormann, Elizabeth Olson, Greg Smith have agreed to run for another term.

Executive Director Report

Lynne Pederson reported. There are rentals and Center programs that run past closing time. Rentals will be charged to cover the expense of the receptionist if they extend past that time. There is a question about how to address Center programs that run past closing.

OLD BUSINESS

Veterans’ Benefit

A 20% discount will be offered for one year to new members who are veterans.

NCRC Update, NCRC Corp

Mike Harper, acting legal advisor provided an update. Bluewater has been contracted to manage NCRC. Amended lease agreements with the tenants of NCRC need to be finalized before the transition of management to the NCRC Corp. There are also financial considerations to take into account.

Operations Manual

Bill Gruszewski has been working with committees to define their mission and operating policies. He had no new information to report.

Non-Discrimination Policy

This is a requirement for the United Way grant. A policy was written and sent with the grant.

NEW BUSINESS

Annual Meeting
April 24 at 1:00. Board members who volunteered to set up are: Elizabeth, Gordon, Greg, Marv, Bob, Beth, and Dottie.

Report on the Signature Event

A task force came up with

a recommendation to the Board. They recommended that the Center identify and plan an event that will raise its visibility in the community and generate financial and community/political support for Center programs.

Action: Motion and second to accept the task force’s recommendation to plan and hold a signature event with full commitment from the Board. Carried.

Discussion about the Y

Board members received a summary from last month’s meeting.

5. ADJOURNMENT

The meeting was adjourned at 4:52 p.m.

Submitted by Duane Everson, Board Secretary (assisted by Rose Ann Steenhoek)



The Northfield Senior Legacy Society is an organization of friends of the Northfield Senior Center committed to helping ensure the long-term financial viability of the Northfield Senior Center through bequests and other estate gifts.

Will you? include Northfield Senior Citizens, Inc. in your will or other estate plan? Contact Lynne Pederson for more information



MAHJONGG

Thursdays starting May 1, 1-4P Room 104

Mahjongg is a tile game that originated in China. The game is played with a set of 144 tiles based on Chinese characters and symbols. Each player begins by receiving 13 tiles. Players choose the “hand” they want to play based on the tiles they are dealt. In turn players draw and discard tiles they need to complete their hand. Mahjongg is somewhat similar to the card game Rummy in that it is a game of skill, strategy and calculation with a degree of chance. It is fun and is an excellent way to keep your brain active. We will be playing the American version of Mahjongg. If you have played Mahjongg before and have a game please bring it. Also bring your National Mahjongg card if you have one. The sessions on May 1, 8th and 15 will begin with instruction for those new to the game.

Policies Re: Registration Deadlines and Refunds

For most classes and events, if there is a **registration deadline**, it will be the **Wednesday of the week prior to the class/event**. The exception to this will be trips in which case another organization (such as a theater) dictates the sign up deadline. We need to do this for planning purposes (how much food to buy, whether there will be enough people to run the class, how many supplies to prepare, etc.).

Refunds – If a person cancels their registration, a full refund will be issued **only on or before the registration deadline**.

If the Sr Center cancels a class or event, a full refund will be issued.

Wine Women and Song: Broadway Hits by the Seasoned Singers

Friday, May 9, 5pm
Concert will be followed by a
reception



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**
Michelle Remold

**Used A Bit
Shope / 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

Jerome Appeldoorn, DDS
Becky Johnson, DDS
John Noack, DDS
Brian Kraby, DDS

507-645-5264

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.

Call for a tour today! (507) 664-8800 ■ 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 Goods Rummage Sale

May 16 & 17
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!



Travel Medicine

Katherine Helgen, MD, can help you stay healthy while traveling.

- ⋮ Internal medicine
- ⋮ Medication supply
- ⋮ Vaccinations, including yellow fever
- ⋮ Prescriptions for malaria prophylaxis and traveler's diarrhea
- ⋮ Health evaluation
- ⋮ Help managing chronic conditions

For an appointment, call FamilyHealth Medical Clinic at 507-646-1494.



507-646-1494 : FamilyHealthClinics.org/Northfield
2000 North Avenue, Northfield

FamilyHealth Medical Clinic

NORTHFIELD HOSPITAL & CLINICS



Northfield Senior Center

1651 Jefferson Parkway
Northfield, MN 55057

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

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

FITNESS CENTER AND POOL HOURS

Monday-Friday: 6 am-8 pm

Saturday: 6 am-5 pm

Sunday, Fitness: 10 am-5 pm

Sunday, Pool: 5:30-7:45pm

USED A BIT SHOPPE

624 Water St. / River Mall

Monday-Saturday: 10 am-5 pm

Thursdays: 10 am-7 pm

507-645-1399

Northfield Senior Center presents:



REVIVAL

2014 FUND DRIVE KICK OFF EVENT

May 3  7:00pm

FEATURING: Craig Wasner on keyboard, Lori Williams on saxophone, Nick Weaver on fiddle

Put on the bobby socks to dance to the music of the 50's and 40's. Sing a long to the old standards. It is going to be a rockin' good time

COST: \$20 — \$15.00 TAX DEDUCTIBLE DONATION TO THE ANNUAL FUND

AND \$5.00 FOR DELECTABLE DESERTS



Northfield Senior Center celebrates

1651 Jefferson Pkwy

664-3700

NATIONAL SENIOR HEALTH & FITNESS DAY



WEDNESDAY MAY 28, 2014



“Make a Move Toward Better Health”

FREE classes and programs throughout the day.

Members, bring a friend. Not a member? Come as our guest.

Schedule of classes and activities

Try more than one.....Or come for a tour.....We look forward to seeing you

Fitness Classes are led by certified fitness instructors in the Fitness Studio., equipped with a spring loaded wood floor to ease stress on your joints. It is a beautiful space.

- 7:00am Move and Stretch
- 8:30 Tai Chi
- 9:30 Pilates
- 10:30 Silver Sneakers
- 12:00 Slo Flo Yoga
- 1:30 Silver N Fit
- 3:00 Ping Pong
- 5:00 Body Sculpting
- 6:00 Zumba



Aqua Classes are held in the 40'x80' warm water pool. Temp is 89 degrees. It feels good!

- 7:00 am Aqua Sunrisers
- 8:00am Aqua Ageless
- 9:00am Aqua Fit n Tone
- 7:00pm Water Volleyball



Fitness Center is well equipped with treadmills, elliptical, recumbent bikes, rowing machines, free weights, and more.

- 6:00am Fitness Center is open to use the equipment and machines
- 8:00pm
- 10:00am Pool is open for individual use
- to 7:00 pm



ACTIVITIES

- 9:30am Facebook and Privacy—Computer lab
- 9:30 am Woodcarving
- 1:00pm Papercrafting



HOT TOPIC speaker

1:00pm Hear about the latest trends for keeping your brain healthy with Kari Berit, author and radio show host of the Unexpected Caregiver.

Center Tours

10:00am and 2:00pm

Tours and information about the Center facilities programs

Spring Fitness Group Opportunities

SOFTBALL - COED NSC GROUP

Mondays & Thursdays
9-11 a Begins May 1
Sechler Field #2

The Northfield Senior Center would again like to reserve a softball field this year for active adults. The tentative schedule would be similar to last year. Playing every Monday and Thursday mornings from 9:00 AM until 11:00 AM beginning on May 1st and ending on September 29th. We would like to play this year at Sechler field # 2 if possible. No Play for May 26th, July 3rd, or Sept 1st. and as always, we



will work with Parks as far as field conditions and go to another field if Parks wants us to.

Contact Group leader : Dave Morrison 507-213-7802
dcme@northfieldwifi.com

TENNIS GROUP STARTS Tuesday, May 20 or 27

Are you ready to hit some tennis balls? Last year was the first year for the Sr. Center Tennis Group. We had a wonderful first year and will be gearing up again as soon as the weather turns warm. We will be meeting on Tuesday mornings at the Carleton College Tennis Courts. This group is for folks who have played tennis before. If you played in the past but haven't played for years, come on out and see if this group works for you. We have four courts each Tuesday from 8:30-10:00 at Carleton. We will drill, play and there will be some instruction. Folks should bring a can of balls. Contact Group Leader: Jane Schroeder, (612) 224-2056
janecs Schroeder@gmail.com



HIKE AND WALK IN NATURE GROUP

2 Tuesdays *per* month -
meet at Center, 8:15
am; 8:30 leave by
carpool.

May 13 - Carly (to see blue-bells) if possible; otherwise Miesville

June 10 - Lebanon Hills (Holland Lake Trailhead)

June 24th - Barn Bluff - Red Wing

July 8th - Sakatah (Faribault)

July 22 - Whitewater (or Carley)

Aug. 5th - Spring Lake (Hastings)

Aug. 19th - Lake Rebecca (Hastings)

Sept. 2nd - Pike Island (Fort Snelling)

Sept. 16th - Affton State Park

NORTHFIELD PEDALERS BIKE GROUP

Mondays meet at 8:15am at Center, leave promptly at 8:30 am

Come Bike with us in town or carpool for out of town rides each week. Contact Mary Auge for more information (507) 663-0790, (612) 483-5122 or bmauge@charter.net