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*An International Life* by Patsy Dew

If you could travel to any place in the world, where would it be? Do you enjoy learning about foreign cultures, or meeting new people? I have long yearned to visit Japan, and had talked with NSC member Linda Weigman last year about going with her on her next trip to Japan. We had even talked about possibly going in March of 2011. I hadn't seen or talked with Linda for quite a while, and when the earthquake and tsunami hit Japan in March, I wondered, had she gone to Japan? Had she witnessed these events? In fact she had gone there a few weeks after the earthquake to be with her daughter who was due to deliver her first baby.

In order to appreciate Linda's connections with Japan, we need to reverse the story several decades. When Linda was in college she had had the opportunity to travel on a vacation to Europe, and her wanderlust

was ignited. Upon graduating, she decided she wanted to find a way to live abroad, and happened upon an opportunity to teach English in Japan. She did not know Japanese, but had a BA in elementary teaching, which "qualified" her for the job. She spent the next year (1971) living and teaching in Kurashiki, Japan. After this adventure, she returned to the States, but kept thinking about finding a way back to Japan. She married, and her husband was encouraging, so together they lived and worked in Japan for five years in the late 70's and early 80's. Then they spent 6 years "stateside," returning to Japan with their 3-year old (cont on pg 2)



Linda Weigman, Apr'11, Japan



Who might the mysterious Paper Bag Bandit be?

*The Paper Bag Bandit Rides Again*

You won't want to miss this fall's melodrama! You will have two opportunities, Saturday, October 8 at 7pm and Sunday, October 9 at 2pm. Both performances will be followed by dessert (homemade pie à la mode). The plot includes a Villain, played by Don Forsberg, a

not-too villainous Villainess, played by Myrna Johnson, a True Hero, played by Dan Jorgensen, and a (somewhat dimwitted) Heroine, played by Chris Ellison. There are 15 more marvelous actors, portraying such illustrious characters as Hedda Lettuce, Miss Fitt, Panhandle

and Mademoiselle Fufu. You will want to be there to solve the mystery of who the Real Paper Bag Bandit is, and to add your voice to the boo's, hisses and cheers. Tickets are just \$10, and available at the Reception Desk. Seating is limited to 100 per performance.



*Cherry Blossom Time (April) in Japan*

*Internat'l Life, cont. from pg 1*  
daughter, C.G., in '88 for another 8 years.

The daughter C.G. was 11 when they returned to the U.S. in '96. She and Linda have made many trips back to Japan since then, and Linda still feels that she has roots in both countries. She has many close Japanese friends, some of whom she has known since her first year there. Her daughter

felt strongly connected to Japan, and went to "Saturday School" in Minneapolis. This was a school for the Japanese children of 3M employees and U of MN professors, and so, on Saturdays C.G. studied writing, literature and math, all in Japanese. C.G. went to college in Japan, and in the same month that she graduated, she married a Japanese man, who had much earlier been one of Linda's students.



*Linda with her daughter, grandson and son-in-law.*

C.G.'s baby was due in April, "cherry blossom time," so Linda had planned to go to be there for the birth. After the earthquake, they wanted C.G. to come back to the States, especially since she and her husband lived within 75 miles of the Fukushima power plant, but her doctor said she could not travel that close to her due date. So Linda went there in early April. She worried about what she would find when she got to Japan. There were signs of earthquake damage: tiles off of the rooftops, and many Japanese lanterns toppled. But more than the physical damage, Linda was impressed with the altered mood of the country. The atmosphere was subdued, and there were few foreigners there. She was one of the only Westerners in that area of Japan, and the Japanese people were delighted to see her. "Where are you from?" "Thank you, thank you for coming." "Tell your friends they should come." There was concern about the safety of the water, and bottled water was in short supply. There was a shortage of anything that took energy to make. Stores were only ½-lit, and the escalators were not running.

During the time Linda was there this spring, her son-in-law's father was dying. He had had three dying wishes: 1) to see the cherry blossoms one more time; 2) to have a

new koinoburi\* installed in his yard; and 3) to meet his newest grand baby, C.G.'s son. He was able to achieve all three wishes. \*Koinoburi are carp; these kite-like pieces are symbols of strength because carp swim upstream.



Linda still works as an ESL teacher, now for Dakota Prairie Adult Basic Education. She really enjoys teaching English as a second language, the career she embarked on by chance, just so that she could have an adventure in a foreign country. This line of work is a "part of who I am." She admires the immigrants she currently works with, knowing how difficult it can be to be the foreigner, and not know the language. At the same time, Linda looks forward to full retirement and more trips to Japan, to see a country she loves, close friends, and her family. She may even take people on that tour I've been hoping for.



## Salad Lunches Available in Dining Center

By popular request, salad options are now available through the Center dining program. Available on Tuesdays: Chef Salad—greens, ham, cheese, eggs, crouton, roll, dessert and milk. Available on Thursday: Chicken Caesar Salad—greens, chicken, parmesan cheese, croutons, roll, dessert and milk. Salad lunch may be

requested by making a reservation a day in advance by calling 664-3735. If the reservation is made as a part of the congregate dining program meal, a donation is made at the site, for diners 60 and older. If you are below the eligibility age, the cost is \$6.50.



*Our website has a new look. Check it out: [www.northfieldseniorcenter.org](http://www.northfieldseniorcenter.org)*

### Senior Center Staff

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

### Senior Center Lobby Hours

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

### Fitness Center and Pool Hours

Mon—Fri	6 am—8 pm
Saturday	6 am—5 pm
Sunday	10 am—5pm

After Sept 11, the pool will be open 8-10am only on Sundays.

### Used A Bit Shoppe Hours

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

### Labor Day

The Center will be OPEN,  
6am - 5pm  
Classes will not be held

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

## *Seminar: Weight Management Lifestyle*

**Sat, Sept 17 – Nov 26,  
10 - 11 am**

Looking for added professional support for your weight management quest? Look no further. Learn specific, dynamic and effective keys to success from a top notch Trainer. Lu Herbeck, Group Fitness Director for NETA, and Professor for Health and Fitness Courses at MN School of

Businesses presents this course which combines group personal training services with a well developed lecture series. Herbeck will present the currently most reliable techniques in health and fitness for weight management success. The program will include health and fitness assessment at the beginning and end of the course. Some of the weekly topics include: macronutri-

ents, glycemic index, digestive health, obstacle management, food additives, dining out, sleep, stress, and overtraining.

**Presenter:** Lu Herbeck

Cost: (12 week program)  
\$84 m/\$144 nm (\$30 Plat, SS for training component)

**Code: 1651**

Register by Sept 14

Try these new yoga classes:

**NEW YOGA CLASSES**  
Yin Yoga (Sun, 1-2p)  
Emotional Yoga (Fri, 12-1:15p)

Try ALL NEW:  
**STUDIO FITNESS FUSION** Mondays, 5-5:45p

Move to the beat, and gain strength, agility, aerobic training with zest!

Alternating segments of strength training, step, Zumba, etc, all in the New Studio!

## *Chinese Recipes for Health*

Thursdays 9:30-11 am  
Sept 8, 15, 22, 29, Oct 6

Learn time-tested methods for staying healthy and preventing disease from the long tradition of Chinese culture and medicine, including views on eating, massage techniques, and illness prevention from the Eastern Perspective. The focus of this class is practical, not theoretical, and the content is drawn from a series of televised lectures by professors from Tongren Hospital and University of Traditional Chinese medicine in Beijing. Hongyuan Lang, is not a

practitioner of Chinese medicine and will not prescribe medicine or perform acupuncture. However, health assignments will be given as homework. Some of the topics to be covered include: pain management, self-evaluation, preventing and treating obesity, diabetes, colds, arthritis, insomnia and more. Lecture notes will be provided in English and there will be lecture translation assistance supplied by Hongyuan's husband, Richard Bodman. Classes meet at The Center, except for the last class which will be held in Hongyuan's home. Topic

for the last class is "Recipes for food and drink, a home kitchen demonstration."

Instructor: Hongyuan Lang, native of Inner Mongolia, China, was a teacher of math and physics before becoming a teacher of fashion design. She came to the US in 1996 and has instructed Tai Chi at The Center for the past 10 yrs. Her daughter is a physician cross trained in eastern and western medicine.

Fee: \$30 m/\$40 nm

**Code: 1652**

Register by Sept 7



### **FOOTWEAR FOR FITNESS CLASSES, TABLE TENNIS, FITNESS CENTER**

Please leave outdoor shoes outside of Fitness Studio AND Fitness Center. Sport-specific shoes are recommended during fitness activities and classes. Proper footwear can cut down on potential orthopedic injuries and increase enjoyment of Fitness Programs.

For more specific information about "best footwear" for each activity, see Gale Marchand, NSC Fitness Manager – 507 664 3702 [galemarchand@nscmn.org](mailto:galemarchand@nscmn.org)

## Personal Trainer Profile: Diane Keefer

This summer, Diane Keefer, Pilates Instructor received her NETA (National Exercise Trainers Association) Personal Training Certification. Diane has been professionally certified to train groups for 22 years, and has been involved with The Center for over 7 years.

In talking about her work as a fitness instructor, Diane says, "I have met so many amazing people over the last several years who have inspired me to be a better instructor. Teaching proper form and technique in any

exercise program is essential to preventing injuries. I encourage students to be patient and find something that they really enjoy doing."

Some of Diane's unique achievements include inventing and implementing the 1st children's exercise program at the Decathlon Club in Bloomington and designing programs for Group Homes with special needs clients. Diane regularly contributes in the category of special needs fitness.

Diane's hobbies? "I love riding my Harley Davidson motorcycle with my husband and exploring Minnesota. Lanesboro and Grand Marais are some of our favorite destinations. I also love hiking and rollerblading."

She now joins us as one of our Personal Trainers. Please welcome Diane!

To contact Diane about Professional Personal Training, dial 651-336-6223 or email her at: [Dikeefer@dmbroadband.com](mailto:Dikeefer@dmbroadband.com)



## Eat your way healthy (Food as your Medicine)

Wed, Oct 12 – Nov 16,  
10:45-11:45 am

Series will include healthy and fun eating tips (WITH samples each class date). Health management and enhancement topic areas such as: hypertension, diabetes, cholesterol, fiber in-

take, nutrition supplements, cancer, energy levels, and much, much more! Energize yourself with information and your health by sampling tasty recipes that fit into ChooseMyPlate (the newly released dietary guidance). Presented by Louanne Kaupa, MA, RD, LN, 20+

yrs experience in the field of Nutrition

Session Registration: \$30 m/\$8 Pl/\$42 nm  
Per class rate: \$6m/\$2 Pl/\$8 nm  
Registration deadline: Monday preceding each Wed. session  
**Code: 1665**

## American Red Cross Certification Courses

Instructor: Bettina Waldman, American Red Cross Certified Trainer, EMT and Professional Rescuer.

**CPR For the Professional Rescuer** (Complete Course) Friday's Sept 9, 16 10:30- 3 pm –bring your own lunch. Qualifies for fitness, medical and daycare settings. Both classes required.

Cost: \$65 m/ \$40 Platinum (filing fee and materials)/ \$75 nm Code: 1666  
Register by Sept 7

**CPR/Defibrillator** (Basic Course) Friday Sept 23 10:30- 3 pm – bring your own lunch  
Fee: \$45m/\$30 Platinum/\$50 nm Code: 1667  
Register by Sept 23

**First Aid** Friday Sept 30 10:30- 3 pm – bring your own lunch  
Fee: \$45 m/\$30 Platinum/\$50 nm Code: 1668  
Register by Sept 28

## Current Computer Classes

See the Calendar below for a listing of all classes being offered in our Computer Center during the month of September. If you want more information about any of these classes check out the Program Guide, pg 14-17, included

with this newsletter, and thereafter in the lobby and on our website. The computer page on the website also provides complete descriptions of these classes.

### SEPTEMBER

Monday	Tuesday	Wed	Thursday	Friday
	9:30 -11:30 6 Mail Merge and Labels		9:30 -11:30 8 Mail Merge and Labels	
	9:30 -11:30 13 Basic Quicken		9:30 -11:30 15 Basic Quicken	9:30 - 11:30 TECH TIME 16 Intro to Ipods and MP3's
	9:30 -11:30 20 Facebook		9:30 -11:30 22 Facebook	9:30 -11:30 23 Digital Camera Grp
	9:30 -11:30 27 Presentation Software		9:30 -11:30 29 Presentation Software	

## Why Learn Quicken? by Gloria Krusemeyer

Do you remember when, and how much you last donated to the XYZ Foundation? How much can you spend this month, after all the bills are paid? Is your Visa bill going to be larger because you put 50% down on a cruise? Do your 4s look like 9s in your check register? Having a computerized check register is a lifesaver.

will help do all the above and a lot more. Quicken has a Mac version as well as a Windows version. We'll be learning Quicken Premier 2008, and you'll get a copy of the software to take home (\$5 material fee - a bargain). In this 4 hour class, we'll enter and reconcile a checking account and explore a bit more of the software.

cult telling the computer about your transactions than it is to jot it down in your check register. But it gets easier. Repeating transactions are a breeze - once they're set up. Finding tax deductions is trivial. Best of all, no scratch-outs or erasures! Change one check from three months ago and everything recomputes.

Join me on September 13th and 15th for an introduction to Quicken. This software

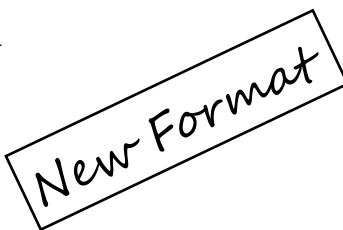
Remember! As you learn new software, you may feel at first that it's more diffi-



## “Learn To Type” Now Offered as a Tutorial

The way in which this course is taught has changed. It is now taught in a 1-to-1 format rather than in a group. Any interested student should contact the instructor, Lee

Klimisch, to arrange a schedule. (507-645-7617 or [klimisch2@gmail.com](mailto:klimisch2@gmail.com)) The course description can be found in the Senior Center Program Guide.



## Travel News - Register for this Trip Soon

**Winery Tour, Stillwater,**  
Wednesday, September 21  
9:15 am – 5 pm  
Cost: \$62  
**Code: 1585**  
Sign up by **September 9**

First we'll visit the St. Croix Vineyards for a tour and wine tasting with cheese, crackers and fruit. Lunch

on your own is at the Freight House Restaurant (dating back to 1883 as a freight depot). Before returning to Northfield, we'll have an historic trolley tour of Stillwater and journey back to the era of Victorian finery and turn-of-the-century charm.



## Travel Committee Seeks New Members

All of the trips you see advertised in this newsletter and in the Program Guide are planned and run by a wonderful group of volunteers. If you enjoy traveling yourself, and would like to help bring these great ex-

periences to others, you might find that this is YOUR place to make a contribution. The committee meets once *per* month. Each member takes charge of the details for one of the trips, with lots of support

and experience from the other members of the group. If this interests you, contact Dorothy Palmquist, 507-645-9293, or [nfldmumu@charter.net](mailto:nfldmumu@charter.net).


## Future Trips in the Area

### 2011

Cemetery Stories	15 Oct
Hill House Preview	17 Nov
Hill House, Summit Ave Tour	18 Nov
Out to Lunch, St Olaf	30 Nov

### 2012

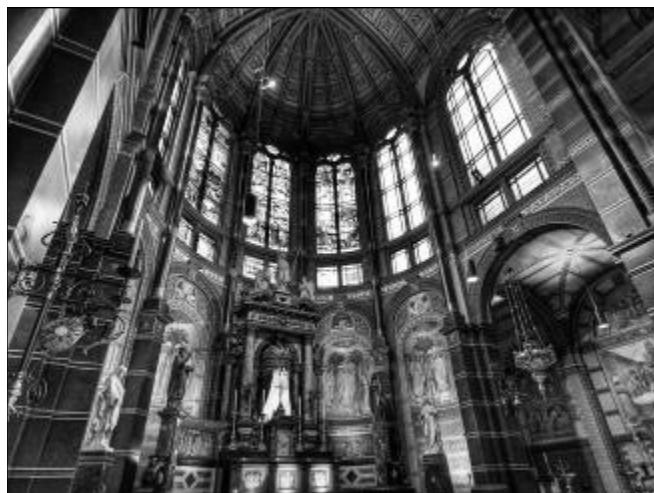
History Theater, <i>Capital Crimes</i>	TBA Apr
MN Orchestra, Jazz Concert	26 May
Showboat - St. Paul	TBA Aug
Ramsey House	TBA Jun



SAINT PAUL | MINNEAPOLIS

*Program Club*

Meets Thursday,  
Sept 15, 12:30pm  
DVD and Discussion  
on Building the Great  
Cathedrals.





## *Work Ethic Pays Dividends in Retirement* by Nancy McDougall

Being an agricultural area, many of our members were raised on a farm where learning to work hard and be responsible were a way of life. While visiting with Dorothy Thibodeau, I realized it is that good work ethic, which was instilled in her as a child, which is helping enrich Dorothy's life now that she is retired.

As a child, her family of eight milked cows, raised hogs and chickens, kept horses, and grew corn, beans and hay. As a teenager she was eager to get a paying job. At age 13 she set pins at the bowling alley. Later she fried donuts in the early mornings and then worked as a nurses' aide until she married. She didn't get bored; she worked and had fun doing it.

Dorothy has lived in rural areas most of her life. She and her husband raised four children, built their own house, had a ball dancing and going on picnics with the kids and their friends. She taught herself to sew and to this day still sews wedding clothes for her grandchildren. For 12 years Dorothy was a friendly face at Coast to Coast Hard-

ware here in Northfield and after that she worked at Sheldahl for 25 years until she retired. Through the years she learned to pitch in and get the work done and learned to laugh and enjoy the moment.

Shortly after retiring, a friend invited Dorothy for lunch at the Senior Center. She soon found a way to help out by volunteering to set tables for lunch. After lunch they would break down all the tables in order to make room to dance to live music at least once a week. Perhaps this was our fitness program back then.

When the Center moved to its current location, Dorothy expanded her volunteer work to include labeling the newsletter and began playing card here twice a week.

Dorothy says work comes naturally to her. She now serves as Group Leader for the Euchre and 500 card groups. On a typical day for cards, Dorothy cleans all the tables, makes sure someone hands out the tallies and sharpened pencils and arranges the treats while Margaret Hayes makes the coffee.

Each player pays \$1 use fee for playing cards and puts another \$1 into a kitty. When the final bell rings, the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> high scores win \$5, \$4, and \$3 respectively, then \$1 door prizes are drawn until the kitty is depleted. The prizes just add a little extra fun and give opportunity for a little extra razzing amongst the players. When the gathering is over, Dorothy sees that things are cleaned up and brings the attendance list and donations to the receptionist. Voila! Another enjoyable day has been had by many because of her efforts.

Dorothy has decided that you can't just sit home feeling sorry for yourself as you get older. You have to get out and do something. Once you get out with people, it's easier to add in a little bit of goofiness and laughter. It makes you feel good. The Senior Center gives Dorothy that opportunity to stay busy doing what she's loved doing all her life: Having fun with people and working. What a valuable dividend!

## *Kathy Miller Watercolor classes Begin Sept 8*

See page 8 of the Fall Program Guide for complete description of the Watercolor painting classes starting in September. Kathy Miller is again offering these popular classes at

two levels, one for beginners, and one for those with previous experience. Later in the fall there will also be opportunities to take art classes in basic drawing, Book Arts, the

life of Judy Garland, photography, and literary arts. Details for all of these programs is covered in the Fall Guide.



## *Opportunity to Volunteer with Children*

Accelerate Northfield is a collaboration between community members, Northfield Public Schools and Northfield Healthy Community Initiative, Carleton College and St. Olaf College aimed at helping all Northfield's kids be "learning superheroes." Statistics show that Northfield's low income students have trailed behind their peers in reading and math proficiency for the last 5 years.

We need you to help close the gap by volunteering to work with elementary school children. There are three ways to help:

1. One-on-one tutoring in 30 minute segments

2. Listen to kids read aloud for 30-60 minutes 1-3 times a week

3. Help out in the classroom to work with students not in the gap so that the teacher has more time to focus on improving the reading and math skills of those needing more attention for a minimum of 4 weeks.

To enroll go to [AccelerateNorthfield.com](http://AccelerateNorthfield.com) or call 664-3524. See Nancy if you'd like help enrolling because you do not have computer access. There is also a need for adults to serve as mentors and to help out with testing and assessment.

So everyone can learn more about this program, we have arranged for a presentation and question/answer time at the Senior Center.

September 6, 10:30 am

## *Minutes of the July 28 Board Meeting (Draft)*

**Directors present:** Nancy Ashmore, Tom Brawley, Evelyn Burry, Lola Fick, Gerry Gengenbach, Bill Gruszewski, Marvin Kormann, Jean Larson, Emelda Rasmussen, Anna Mae Sjogren, Greg Smith, Phil Winter.

**Absent:** Gene Finger, Suzanne Reisman, Bob Vanderhoof

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

The meeting was called to order by Gerry Gengenbach, VP at 3:02 p.m.

**Action:** The agenda was approved.

**Action:** Motion and second to approve the June 23 board minutes. Carried.

### **TREASURER REPORT**

Bill Gruszewski reported on the June financial statement. Income to date is 50% of budget and expenses are at 48%. Percentage for this time of year should be at 50%.

### **COMMITTEE REPORTS:**

#### Investment Committee

Bill reviewed the second quarter investment report. During the second quarter there was

no cash flow in or out. Decrease in value of .02% is reflected compared to the US market of .05%. During the first half fund return, there is a 5.6% increase. The 2012 distribution from the Senior Center Endowment Fund to the operating account will be \$21,897. The amount is calculated at 4% of the fund total as of June 30, averaged over the last five years.

#### Finance Committee

Bill Gruszewski reviewed the committee's report.

#### Facilities Committee

Gerry Gengenbach reported. Several projects have been completed in the last month. The flooring in the Fitness Studio was installed, the garden shed was built, replacement tables in the dining area were delivered and tables were returned to the card room. Needing new signage for the outside of the Center was discussed. Lynne gave an update of discussion with City staff regarding too warm temperatures in the Fitness Center. The plan is to adjust the current system or install a new split system for cooling.

#### Membership Committee

Nancy Ashmore reported that a tri-fold brochure has been printed and distributed at the Popcorn Wagon. A fall welcome event is being planned. A survey to community non-Center members targeting the 50-70 age range is being developed.

#### Advancement Committee

Emelda Rasmussen reported. The committee is working on informational material that can be distributed to member regarding legacy planning. Contributions to the fund drive total \$21,226. Information on how donations are being designated will be available at the next meeting.

#### Computer Committee

Evelyn Burry asked if board members want to receive the computer lab minutes from every meeting or two semi-annual reports? Evelyn will give a verbal report from the meetings at the Board meetings rather than sending minutes.

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

Patsy reported that the new website is online. She is also continuing to work on the data/schedule/registration program, Schedules Plus. Lynne wrote an article for the Northfield News Progress section.

### **OLD BUSINESS**

Gerry Gengenbach opened discussion about planning a board retreat. Two main items emerged as important topics to plan for: the future ownership of the NCRC and long range planning of Center operations and programs. A facilitator is needed; food is important. Members are asked to bring ideas to the next meeting.

### **NEW BUSINESS**

No new business was introduced.

The meeting was adjourned at 4:42 p.m.

Submitted by Emelda Rasmussen, Board Secretary  
(Assisted by Lynne Pederson)

## *Membership News*

Welcome to these people who joined the Center since mid-July: Lyle & Jeri Noble, Judy Karlson, Dennis Jennison, Christina Harris, Jason Lamont, Michaela Brenner, Robert & Gail Craig, Armand & Judith Boehme, James Neary, Renee Henson, Jim & Nancy Schumacher Sipe

## *New Gallery Exhibit Features Wood Carvings and Oil Paintings*

Artwork from two different media will be on display in our Gallery from September 6 through October 9, featuring the oil paintings of Char Martens and the wood carvings of Dick Zawacki.

Martens' paintings are realistic representations of objects she loves, often reflecting her life on a farm. She writes about one painting that shows two kittens playing, "I love to paint familiar situations. I was born and raised on a farm and the past comes alive later in life." Another image shows the farmer's tools and work shirt leaning against a weathered barn. She calls this one "Closing," as it depicts the objects put to rest after a day's work.

Zawacki's wood carvings are of a variety of subjects and executed in a variety of styles. He has been carving for over 20 years. Zawacki writes, "when I started, I wanted to carve a duck decoy. However, I fell in love with the look and grain of the wood so much, that I have never carved a decoy. I have tried many carving styles and I enjoy all of them. I have taught classes in community education in several cities as well as regional carving round-ups. One of these days, when I grow up, I will decide the carving style I like best, but right now I enjoy them all. I find carving a great way to develop how I perceive the world. Carving is a great way for me to turn 15 minutes into 3 hours.



Left,  
*Painting by Char Martens*

Below,  
*Carving by Dick Zawacki*

Reception for the Artists:  
Thursday, Sept 15, 4-6pm  
Open to the Public



## *Seasoned Singers Begin Again October 11*

The Center's women's singing group known as the Seasoned Singer will begin rehearsals Tuesday, October 11 at 4:30-6pm. This group is for women who love to sing in parts and are willing to participate in 3-5 local performances in December. Some are followed by a girls night out for dinner. The repertoire for this season will include fall and winter themes including holiday carols. Come join in the fun and exhilaration of singing under the direction of Donna

May, Music Director at St. Agnus School in St. Paul and member of the Northfield Senior Center. Bring a thin black binder for music. This group sings spring and fall only in 6-8 week time frames.



### *Call to Artists to Exhibit*

There are two opportunities coming up for artists to show their work in our Gallery.

- 1) The Senior Open, Nov 21 - Dec 24  
Any artist in the area who is 50 or older is invited to submit one piece for this show. If you are interested, let Patsy Dew know by Oct 15.
- 2) Solo, or shared exhibits during 2012.  
Applications are now being accepted for 2012 exhibits. Please send 3 examples of your work, along with a brief statement about your work to: [patsydew@nscmn.org](mailto:patsydew@nscmn.org)





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Fax: 507-664-3720

www.northfieldseniorcenter.org

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### ADDRESS SERVICE REQUESTED



Left, "The Fruits of Your Labors," one day's harvest in mid-August from our new vegetable gardens. Produce has been used in the dining center, and put in the lobby for anyone who wants it.

## Fall Welcome Special, Sept 19 - 24

The lazy, hazy days of summer are gone. It's time to get back in the swing of things, maybe even start something new.

- Have you wondered what [tai chi, yoga or Zumba] is all about?
  - Thought about taking a class on [word processing or digital photography]?
  - Considered trying your hand at [euchre, quilting or woodcarving]?
  - Wanted to stretch your muscles in the Fitness Center or warm water pool?
- Explore the options during the NSC's Fall Welcome Special, Monday, September 19 – Saturday, September 24, when we'll be treating inter-

ested adults\* to ONE FREE SESSION OF A CLASS OR ACTIVITY.

This is a great time to get to know more about the terrific facilities and programs at the NSC — or to introduce a friend or family member to them. [To claim your free session, simply stop at the Reception Desk, mention the Fall Welcome Special, and tell the receptionist which activity you'll be sampling. A list of options will be available online at [www.northfieldseniorcenter.org](http://www.northfieldseniorcenter.org)]

\* Members and non-members ages 18 and older are welcome

