



Center News

Inside this issue:

<i>News</i>	1-3
<i>Fitness News</i>	4
<i>Activities</i>	5-6
<i>Travel News</i>	7
<i>Exceptional Eats</i>	8
<i>Dance Workshops</i>	8
<i>Computer Center</i>	9
<i>Board, Membership Fund Drive</i>	10-11
<i>Gallery</i>	12

The House that...Built

What IS it? There has been a lot of speculation about the purpose for the new little house which almost magically appeared mid-July in our courtyard. Some think it is a play house, others a weekend retreat, complete with beds and piped in music. Rumors abound: a second sauna, a place for Lynne to secretly nap, an artist's studio, a time-out room for people who lose puzzle pieces. In truth, it is a beautiful new shed to store the tools needed to take care of our burgeoning gardens. And it did not grow by magic, but with the skilled and industrious handiwork of these dedi-

cated volunteers: Bill and Char Carlson, and Gerry and Carol Gengenbach.

We were able to purchase the shed with another grant from the Rice County SHIP program. SHIP is an acronym for Statewide Health Improvement Program. Gardening is a healthy pursuit for many reasons. It fosters flexibility and strength in the gardener, and if a vegetable garden, it gives all of us healthy foods to eat. (Did you notice those beautiful little tomatoes in the header of this newsletter?) Gardens can also feed the soul with their beauty. Please,



step out onto our patio, stroll through the gardens or just sit and enjoy the peace.

Thank you, Bill Carlson, Char Carlson, Gerry Gengenbach, Carol Gengenbach, June Lenz, Crystal Meyer, Amy Moore, Kathy
(cont on pg 2)

Fitness Studio Floor is Installed

Participants in Classes in our new Studio Space will experience 56% shock absorption while exercising in the beautifully transformed space. Those that may have shied away from dance and other classes previously because it was hard on the joints may feel very com-

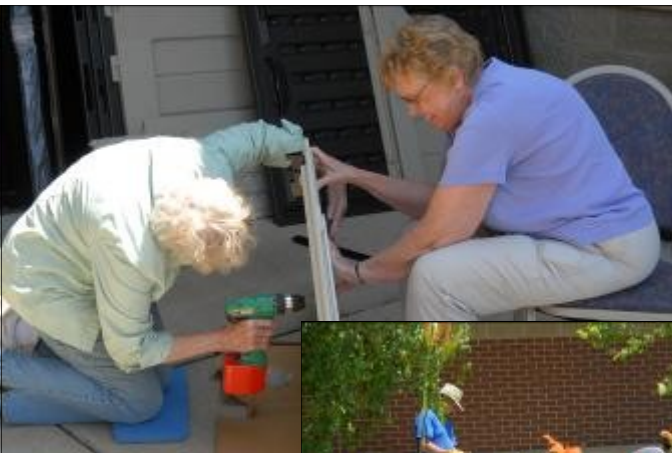
fortable in the same classes again. If you haven't been to a studio class for a while, please come give it a try!

One member commented, "This is the floor they use for Dancing with the Stars."



The House that...Built, cont from pg 1

Hart, Lyle Matson, Gwen and Greg Smith, and Judy Code, for all your work in creating and caring for this spot of beauty and health!



Announcing our next Theatrical Venture

The Encore Players return with two performances of the melodrama, *The Paper Bag Bandit Rides Again*, on October 8 and 9. Mark your calendars. You won't want to miss this show!

The play will be directed by Patsy Dew. There are parts

for up to 14 women and 5-6 men, "of all ages." If you would like to participate as a Player in this fall's performance, please contact Patsy (664-3708 or patsydew@nscmn.org).

Rehearsals will start in August. We would also appreciate

behind-the-scenes help with costumes, set or props. The play will be performed on our new stage. Each performance will be accompanied with food...our very own Dinner Theater!

Watch for more details in the September newsletter.

Tips to Beat the Heat in Hot, Humid Weather

Acclimate. Gradually build up your tolerance for physical activity in warmer weather. Maintain hydration by drinking fluids before, during, and after activity. Electrolyte replacement may

also be necessary. Do your activity early in the morning or late in the evening when it is coolest. Wear bright, breathable fabrics that are loose fitting, complete with light sun

hat. Carefully monitor how you feel. Watch out for others who may be sensitive to heat.

~Tips, Courtesy of Gale Marchand, Fitness Manager

Fall Fitness Offerings

Watch for these offerings to start in the fall. All details will be included in the FALL PROGRAM GUIDE.

- Weight Management Lifestyle (Seminar and group training)
- Food is Medicine (Seminar)
- Injury Prevention and Strength Seminars (a collaboration with Rehab One)

...and these Fitness Classes:

- Emotional Yoga
- Cardio Circuit
- Yin Yoga
- Core and More (on Saturdays)
- More Zumba
- More Dance
- Step Aerobics



Countryline Dance class on newly installed sprung wood floor

Our website has a new look. Check it out: www.northfieldseniorcenter.org

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	10 am—5pm

Used A Bit Shoppe Hours

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

SEE THE SUMMER 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.

POOL CLOSED FOR ANNUAL CLEANING
Aug 14 - Aug 20
 Aquatic members may use the Fitness Center at no charge during this time.

New Microphone for Aqua Classes

Participants in the Aqua classes have asked for better sound in the pool, and we have been ‘granted’ the wish with a SHIP Grant. This grant purchased a Baqua Pak Aquatic Microphone which will effectively project the voices of our Aqua Fit-

ness Instructors. While the acoustics in the pool are hard to begin with, music has masked most opportunities to hear the instructor if you are not in the front row. Now, with the Microphone, you should be able to hear the instructor as well

as the music. If you are as happy as we are, please feel free to write a note, and hand it to Gale Marchand, our Fitness Manager, who will forward it to the SHIP coordinator for Rice County in thanks!



July hike at Whitewater State Park

Woodland Nature Hike - Frontenac

August 13 – Frontenac State Park

Take a Hike! Fun. Fitness. Experienced Guide. Discovery, kinship & natural adventure await. Moderate to vigorous activity on uneven NON-paved trails which may have rocks, roots and hills. Hikes meet

at 7:45-7:50 am – and leave at 8 am sharp. Transportation is by member carpool to the destination.

Fee per hike: \$10 per person regardless of membership
 Instructor: Don Forsberg – call Don to register 663-1269

The Grapevine (what Fitness Class members are saying)

“Morning Movement class thrills my doctor!”

Instructor reports, “Judy has stated that her Chiropractor can always tell when she's been to my Movement class on Wednesday mornings, her body feels different, more free, less contracted. Also, that the difference she sees with this class is the Intention of the movement. Dennis appreciates the gentleness of the movements and says it's good for ‘older people’ as anyone can do the class, no matter what

fitness level. Everyone who's attended has said they feel so much better afterwards - freer, able to move differently than before and just plain feel good!!”

Reports from Enhance Fitness Participants

“Since I have been coming to class, now I can put my shoes on standing up! I don't have to sit down to tie them!” – Marilyn Kelley

“The other day, I started to fall, a friend held my hand, yes, but I was able to re-

cover. This would not have happened a year ago. Enhance Fitness class has made such a difference.” – B L

“My ankles and shoulder used to bother me but no more. They are better. I am more perky and the ankle is SO much better!” (Peg Jennings)

The Jig is Up *by Jim Finholt*

Picture puzzle solving is a major activity in the Senior Center Lobby. There is always a puzzle at some stage of completion. No one knows how many folks engage in puzzle solving at the Center.

A range of strategies are available for solving jig saw puzzles. The first step is emptying all the pieces out of the box and turning them face up. Sometimes at this stage they are sorted by color. Next the straight edge pieces are separated and put together to form the frame of the puzzle. The basic strategy is to separate the puzzle pieces into small groups that can be assembled into parts of the picture. Sometimes there are letters or objects in the picture whose pieces can be found and assembled. Sharp lines such as trees or building edges or boundaries between sky and land or water and land can be used to help in the assembly. The human eye has an amazing ability to detect very slight changes in color and this ability can be used to group pieces. It is often helpful to sort the pieces by shape. When all else fails a

given piece may be taken and then tested for fit with every piece in the partially assembled picture. Sometimes pieces are placed in the wrong place and this is a cause of great consternation. It is claimed by many that such errors can be detected by gently passing ones hands over the puzzle and checking for rough spots.

The sociology of the puzzle solving in the Senior Center is interesting. It is a team project in which the team members may never see each other. Different folks have different preferences for what they like to do. Some hate to do the first step of facing up all the pieces while others do not mind doing this. Others specialize in the shape matching that is often required toward the end of a puzzle project. Most folks make heavy use of the picture on the box, but others claim it is most sporting to solve the puzzle without using the picture. Usually only one person at a time works on a puzzle so in a sense it is a somewhat lonely task. It is always fun to leave a puzzle and come back to find someone else has worked through a difficult section. Some

folks spend hours at a time and others are content to spend a couple of minutes and put in a piece or two. The task is clear and completion provides a sense of satisfaction for all who participated in the solution. There are many kinds of puzzles. They obviously vary in the number of pieces. Puzzles containing 500 to 1,000 pieces are the most popular at the Senior Center. Some pictures have many clearly defined objects and are relatively easy to solve. Others contain a lot of sky and landscape and are more difficult. It is possible to buy really nasty puzzles such as ones without straight edges or with patterns on both sides of the pieces. There are three dimensional puzzles in which the goal is to build a famous building. Puzzles can be used again and again. It is really not a serious problem if a piece or two is missing. It is a more serious problem if a piece of another puzzle is mixed in.

There is always another puzzle to be solved. Everyone is welcome to contribute to the solutions in whatever way they please. The jig is up!



AARP classes for September:

4-Hour

Thu Sept 12 5:30-9:30 pm **Code: 1589**

Mon Sept 29 1:00-5:00 pm **Code: 1590**

8-Hour

Sept 26 & 27 5:30-9:30pm **Code: 1591**



Memories of the State Fair

As the State Fair approaches memories of the State Fair are often what intrigue fair-goers to return year after year.

One such person is Karen Holz, the Administrative Assistant here at the Senior Center. Karen grew up in the Randolph area, the daughter of a farmer, and began going to the State Fair the summer before second grade, when her family decided to invite her cousin's family and go to the fair for their vacation. After the cows had been milked and all the chores completed, they would meet on Hwy 52 at 5:00 am and caravan to the fairgrounds. Upon arrival all six kids and four adults would search out a suitable site under a tree to spread their blankets and eat a picnic breakfast prior to opening of the gates.

They always headed for Ma-

chinery Hill to see what was new in the farming industry. At that age, the kids mostly just followed their parents wherever they wanted to go. Karen always enjoyed the shopping areas and seeing all the arts and crafts and the horticultural displays. Fair food and rides were not part of the plan. A picnic lunch was also toted along and they never missed getting an apple at the agricultural building for their afternoon break before leaving for home in time for the evening milking. The only ride they went on was the Old Mill water ride. What a treat!

This was Karen's fair experience for several years. When Karen joined 4-H the fairs took on a different flavor. She entered her gingerbread and an apron in the county fair. Although her projects didn't make it to

the State Fair, she continued with her entries on the county level. She even tailored suits and dresses that she modeled at the fair. Her appreciation grows when she thinks of all the hours and talent that go into constructing those gorgeous blue-ribbon quilts.

Karen goes to the fair each year on the bus trip from the Senior Center now and she still loves to see what's new, visit the shopping areas, admire arts and crafts and gaze at flowers in horticultural building. Good memories bring good feeling back to us regardless of how many years have passed. Join Karen and other repeat fair-goers for a ride around memory lane with a twist of what's new on Thursday, September 1 for what's sure to be a grand day at the fair.

September 1

Bus leaves at 8:15 am

Returns at 4:45 pm

65 and over: \$42

Under 65: \$44

Code: 1548

Sign up by Aug 23

The Wonderful World of Reptiles



Friday, August 12

2:00pm

Bring your grandchildren, or just come yourself, to learn fascinating details about live snakes, tortoises, turtles, lizards, and an alligator! Hands-on opportunities available.

Led by Jan Larson, Minnesota Herpetological Society Educator.

No Fee. Donations to the Herpetological Society accepted.

Travel News

Northfield Golf Club

Wednesday, August 24
11:30 am

The beautiful Northfield

Golf Club is our luncheon destination this month. It should be a lovely time of year with everything lush and green. The menu includes starters, soups, salads and sandwiches. Please reg-

ister for lunch at the senior center.

Sign up with the receptionist by August 18



Register for these Trips Soon

Cosi Fan Tutte, Ordway Theater

Sunday, October 2
11:30 am – 6 pm
Cost: \$77 for Opera tickets plus bus; **\$15 for bus only**
Code: 1471
Sign up **by August 2**

Note: if you already have your tickets to the opera,

you may ride the bus for just \$15. For further details about the opera, see the Summer Program Guide, or the Sr Center website.

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 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.

Extended Travel -

Ideas for Summer, Fall

IRELAND - August 24 – September 2

GLACIER NATIONAL PARK by AMTRACK – Aug 24 – 31

MACKINAC ISLAND and DOOR COUNTY – Aug 21 – 27

AROUND LAKE

SUPERIOR – Oct 2 – 7

Make your plans for the Fall. These trips are filling

quickly

HOLIDAY BRANSON – November 14 – 18

NEW YORK THEATER – November 9 – 13

Ask for travel books and trip brochures at the Reception Desk, or call Extended Trip Coordinator, Linda Zwolensky, 952-469-3111.

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



SAINT PAUL | MINNEAPOLIS

Program Club

Meets Thursday,
August 18, 12:30pm
DVD and Discussion
on Luciano Pavarti,
famous tenor.

Exceptional Eats



The first of the Exceptional Eats dining experience was a rousing success. All of the people that were there, enjoyed the evening immensely asked when they could sign up for the next one planned. As a reminder, Exceptional Eats is upscale dining featuring locally grown fare, coordinated by Kitty Runzheimer and hosted with friends. Each dining experience will feature a guest that is known for their cooking prowess and talents. Exceptional Eats is planned to offer small group dining, in the Center link, sixteen is the maximum to be served, but may, at a later time, also include cooking or baking demos. The dining is meant to be interactive, casual, and fun. At times diners may participate in the cooking, and always in the eating. The menus will be exceptional. Here is the next dinner that is planned.

Exceptional Eats

Tuesday, August 23

5:00 pm

The evening will start with a salsa making demonstration hosted by local grower, Pat Winters from Red Barn farm. Pat and Tammy Winter are known for their salsa and produce that they sell at their farm and at the Saturday Riverwalk Market Fair. They also serve pizzas made in a brick oven at their farm twice a week. Pat will bring all of the fresh ingredients to make mild or hot salsa and the know how, and then diners will make their own to take home. Dinner follows featuring food prepared by Maria Estrada. Maria is well known locally for her talents in making Mexican dishes.

Menu

Salty-rimmed Mexican Drinks

Chips and salsa

Quesedillas and guacamole

Salad with cilantro-lime dressing

Taco bar featuring chipotle chicken

Refried beans and rice

Homemade tortillas

Decadent Chocolate Dessert

Coffee and Tea

Registration is limited to sixteen and the cost is \$20.00 per person. For the August 23rd Exceptional Eats, please register with payment by August 15. **Code: 1586**

Tap and Jazz Workshops

August 16 & 17

Jazz, 3-4pm or both, 3-5pm

Tap 4-5pm

Venue: Arts Guild Dance Studio

These two-day workshops are meant for anyone who loves to dance or would like to find out if these dance styles are

as fun as they look.

A popular tap class, taught by Charisse Ponder, has been offered jointly by the NAG and the Sr Center for the past two years. You may sign up for either or both of these two-day workshops.

Teacher: Charisse Ponder

Cost: \$18m/\$20nm *per* dance style

Codes: 1587 for Tap

1588 for Jazz

If you sign up for both, indicate both codes.

Computer Center - New Name But Program Remains the Same

The Senior Center's computer center, formerly known as NATC or the Northfield Area Technical Center, has formally adopted the name **Computer Center**. Brief and concise, the name is an accurate reflection of the program's role within the Northfield Senior Center. The new name is also practical since "the computer center" is what it has often been called by members of the Center.

Another change that has occurred is the elimination of course numbers associated with the classes. We will still

have all the wonderful courses taught by our quality instructors and, with just minor exceptions, the course names remain the same. This is another change made with our students in mind. These changes have no effect on the quality or quantity of our programming. Classes, Wednesday Open Lab, monthly Tech Time, and Just Ask! will continue to be provided to YOU by our high-quality staff of volunteers.

We'd love to hear your comments about these changes, our course selections or any ideas you have that might result in the Computer Center better serving your needs. Just email one of the committee members whose information can be found on the Computer Center page of the Northfield Senior Center website (northfieldseniorcenter.org).

And thank you for taking our classes, visiting Wednesday Open Lab, and being part of this dynamic program.

“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) The course description can be found in the Senior Center Program Guide.



Current Computer Classes

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

AUGUST

Monday	Tuesday	Wed	Thursday	Friday
9:30-11:30 1 Intermed Photoshop El	9:30 -11:30 2 Intro to Word Processing II		9:30 -11:30 4 Intro to Word Processing II	9:30-11:30 5 Intermed Photoshop Elem
	9:30 -11:30 9 Intro to Internet & E-mail		9:30 -11:30 11 Intro to Internet & E-mail	
9:30-11:30 15 Photoshop Layers	9:30 -11:30 16 Intermed Internet & E-mail		9:30 -11:30 18 Intermed Internet & E-mail	9:30-11:30 19 Photoshop Layers
				9:30 -11:30 26 Digital Camera Group

Minutes of the June 23 Board Meeting (Draft)

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

Absent: Nancy Ashmore, Evelyn Burry, Marvin Korman, Bob Vanderhoof

Staff present: Lynne Pederson, Patsy Dew

Others: 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 May 26 board minutes. Carried.

TREASURER REPORT

Bill Gruszewski reported on

the May financial statement. Income to date is 43% of budget and expenses are at 41%. Percentage for this time of year should be at 42%.

COMMITTEE REPORTS

Finance Committee

Bill Gruszewski reviewed the committee's report.

Facilities Committee

Gerry Gengenbach reported. The committee approved purchasing the Exeraire Single-density Cushioning System floor for the Fitness Studio. Raised garden beds are being constructed. Tables for the dining room have been ordered and when they arrive, the tables in room 105 will be moved back to the card room. The lobby chairs have been rebuilt.

Membership Committee

Suzanne Riesman reported that a trifold brochure will be printed for distribution at the Popcorn Wagon. The committee also made a list of talking points to help volunteers explain the Center to potential members.

Advancement Committee

Emelda Rasmussen reported. The Indoor Picnic was a success. The event brought in nearly \$4,000 in donations. Contributions to the fund drive total \$13,872. The goal of the Fund Drive is to raise \$50,000 from members.

EXECUTIVE DIRECTOR'S REPORT

Patsy is working on a new website design which is scheduled to be online July 1. She is also exploring another data/schedule/

registration program called Schedules Plus.

NEW BUSINESS

Gene listed the areas in which individual Board members are involved.

The meeting was adjourned at 4:18 p.m.

Submitted by Emelda Rasmussen, Board Secretary
(assisted by Rose Ann Steenhoek)

Donations to the Center mid-May through mid-June

We wish to thank the following people who have made financial contributions to the Senior Center:

David & Joey Appleyard, Solveig Bailey, Darlene Callister, William & Charlotte Carlson, Nancy Casper, Jim & Judy Cederberg, Larry & Nordis Christenson, William Cook, Douglas & Ruth Crane, Earl & Mary Lou Crow, Cleve Crowningshield, Jim & Norma Driver, Roger DuFour, Evelyn Estenson, Joe & Audrey Fennie, Joe & Audrey Fennie, Chris Ellison & Gene Finger, Jon & Phyllis

Finger, Alene Fink, Fred & Pam Gaggioli Jr, Roberta Gavin, Gerry & Carol Gengenbach, Frank & Marie Gery, Janet Gilbertson, Malcolm & Jacquelyn Gimse, Bonnie Gretz, Bud & Joan Gustafson, Dennis & Janet Hahn, Evangline Hall, Allen & Lorraine Hanson, Donna Herbstrith, June Herman, Steve & Joan Janusz, Georgene Johnson, Carrol & Winifred Johnson, Doug &

Mary Jones, Joni Kilde, Ken & Lee Klimisch, Ruth Krusen, Bob Kuyper, Reuben & Arlet Kvidt, Jean Larson, Paula Lawrence, Sally Legend, June Lenz, Jessie Lindberg, Beverly Lubbers, Lyle Matson, Ruth McCarty, John & Sharon Micklo, Elizabeth Olson, Charles & Lynne Pederson, Gordon & Emelda Rasmussen, Lois Renneke, Jean Reuter, Suzanne Riesman, Dee Rogers, June

Severson, Susan Sheridan, Eulalie Smestad, Bardwell & Charlotte Smith, Sid & Betty Sorbo, Thomas Sorenson, Solveig Steendal, Ross Stickley, Phyllis Swanson, Dan & Erika Tallman, Bernice VanNostrand, Genevieve Wise, Arlene Worcester



Musings From A Coffee Drinker and Popcorn Eater

I was sitting in the lobby of the Senior Center enjoying my cup of coffee and bag of popcorn when I noticed a person taking two bags of popcorn as they left the Senior Center. I asked myself why two bags? Did they have a friend outside waiting in a car or maybe they were just hungry. I also wondered if they put in a donation? Had they made any donation? Does everyone put in a donation? All of a sudden I started to do some math in my head: coffee—one dollar; popcorn—one dollar @ five days a week = \$10.00 x 40 weeks a year = \$400.00, and my donation to the Annual Fund was \$300 this year. I put in a couple of dollars a week in the coffee/popcorn donation basket, @ 40

weeks, that's \$80.00. I guess the Senior Center only lost \$20 from me last year. Maybe I should raise my Annual Fund donation to \$400. Anyway, isn't the popcorn and coffee free because I am a member? Who cares about this anyhow?

Reply to the Coffee drinker and popcorn eater

As Chair of the Advancement Committee, I care! I would suggest a \$400 donation to the Annual Fund Drive, plus a dollar in the donation basket each time for your coffee and popcorn. I believe that this suggestion is not only appropriate, but also very important for the running of the Senior Center.

Orrin DeLong

Membership News

Welcome to these people who joined the Center since June 12: Margaret Olson, Rich & Lynn Graham, Dedee Little, Carol Horan, Joseph Winegardner, Dorothy Swanson, Chuck Engel, Eugene Johnson, Ardath Brogger, Irene Heibel, Jane Greene, Gary Elofson, Jeri Noble, Nancy Dupont

Pops Concert

featuring



Craig Wasner and



*Lori
Williams*

Sunday, August 28, 4 - 6pm

\$10

In addition to their music, there will be treats served at your table. Program includes Golden Oldies, a Sing-along, and special music requests. We'll bring back the memories of the 40's, 50's and 60's, "when we were young and in love."



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www.northfieldseniorcenter.org

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Meet the Artists

Now that we have an art gallery we have regular receptions for the artists soon after a new exhibit is installed. These receptions are open to the public, and are a great opportunity to meet the artists and learn more about how they approach their artwork.

Our current exhibit features the work of abstract painter Pearl Tait. This exhibit runs through August 7. Our next exhibit runs Aug 8 – Sept 4 and will include the work of two Northfield artists, Matthew Bunch and Ann Lufkin.

Matthew Bunch is a young (still in his 30's) artist whose mother is a member here. Matthew uses brilliant Prisma pencils and ink to create colorful and precise



Multidimensional Sunset
By Matthew Bunch

drawings. He values the details of each drawing, while at the same time dealing with serious topics in a playful manner. His work may challenge you to think. Matthew grew up in Northfield, and after attending Waldorf College with an art scholarship, he returned to his hometown, where he

now does art fulltime. He also volunteers for Thursday's Table, and loves teaching all ages. He will be offering art classes this fall to children through the Arts Guild.

Ann Lufkin spent a lot of time painting during a ten-year period after her children had grown up. She was living in Rochester at the time, and took classes at the Community College there. She and a friend started an art studio, where they painted, and sold their work. Ann painted large abstract works in both oils and acrylics. When she and her friend closed the studio, she gave most of her remaining paintings to friends or relatives.

Come to the Artists' Reception, **Thursday, August 11, 6 – 8pm**, and meet the artists!



Abstract painting by Ann Lufkin