



**SAVE thru December**

# *Program Guide*

*Fall, 2011*

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**Save this document!** It replaces the monthly listings of classes and activities which have been in the newsletter. You will still get a monthly newsletter, but it will be newsier, and will not have class listings which are already in this guide.

## ON-GOING FITNESS CLASSES

All of our on-going fitness classes meet weekly. Fees for the classes are \$6m/\$8nm *per* class. Members may purchase \$25 punch cards, and use two punches (\$5) *per* class. The fees for these classes are waived for some levels of membership.



### YOGA

All of our yoga classes are movement-based Hatha Yoga. In each class there is a warm up, there is breath-work, asanas (postures or held-poses), and relaxation or meditation. The benefits of any of our yoga classes are stress reduction, increased flexibility and increased muscle strength. Our teachers differ in the traditions of their training, and in teaching styles. The Gentle Yoga classes are “chair adaptive,” and work well for people for whom floor-mat-work is difficult or uncomfortable.

### YIN YOGA, Sun, 1-2p

Instructors: David Runkle and Lori Williams

### SALUTE the SUN,

(“Surya Namaskara”) Mon, 7-8a

Instructor: Karin Burke

### BODY WAKEUP,

Mon, 9:30-10:15a, Fri 8-9 a

Instructors: Kitty Runzheimer, Katie Milbrett

### CLASSICAL YOGA,

Mon, 6:00-7:00, Thurs, 5:45-6:45p

Instructors: David Runkle, Lori Williams, Karin Burke

### GENTLE YOGA,

#### Chair Adaptive,

Tue & Thurs, 10:30 - 11:30a

Instr: David Runkle, Karin Burke

### SLO FLO YOGA,

Wed, 12-1:15p

Instructor: Sigrid Londo

### MINDFUL YOGA,

Tues, 6:30-7:30p

Instructor: Sheila Giles

### EMOTIONAL YOGA,

Fri, 12-1:00p

Instructor: Karin Burke

### NEW YOGA CLASSES -

Yin Yoga Poses are held longer for greater stretch and restoration, as opposed to flowing movement. Props are frequently used, and most poses are held on the floor rather than standing. (Sun, 1-2p)

Emotional Yoga Deal with stress, anxiety, depression, loss and aging and other 'emotional' issues in a healing, focused on breathing exercises, meditation, and slow movement through basic yoga postures. (Fri, 12-1:00p)

### YOGA INSTRUCTORS:

Karin Burke - Registered Yoga Trainer 200 hr- KC Fitness Link, training in therapeutic yoga and counseling

David Runkle- Registered Yoga Trainer 200 hr- Heartwork Studio

Sheila Giles - Level 1 Yoga Fit, 200 hrs of Rosen Bodywork/Rosen Movement training

Sigrid Londo - Registered Yoga Trainer, Himalayan Institute of PA

Katie Milbrett - Yoga Instructor, Seva Yoga School, Bristol England

Kitty Runzheimer- ACE Certified Personal Trainer & Well-coaches Certified

Lori Williams, Registered Yoga Trainer 200 hr – Green Lotus



### DANCE AND AEROBIC EXERCISE

All of these classes provide mild to vigorous aerobic training, and fun movement to music. (Classes marked+ indicates hybrid classes with ½ of class aerobic exercise; other ½ strength training).

### COUNTRY LINE,

Tues, 9:30-10:15a Learn nationally known Country Line dances. Light to moderate aerobic conditioning.

Leader: Elsie Forsythe

### ZUMBA™ FITNESS,

Wed 9:30-10:15a, Wed 6-6:45p, Thurs 7-8a (starting Sept 29), Fri 9:30-10:15a and Sat 9-9:45a

Aerobic Latin dance combining Merengue, Cambio, Salsa, Cha-cha, Belly dance, and Rock ‘n’ roll. Moderate aerobic conditioning.

Instructors: Lu Herbeck, Cathy Flicek, Gale Marchand



### MOVE ‘N’ GROOVE,

Thurs 9:30– 10:15a Move to the best tunes of the 50’s, 60’s Latin Pop in this moderate aerobic fitness class.

Instructor: Jan Otteson

### FOLK DANCING,

Thurs, 4:30-5:30p Learn line and circle dances from around the world. Light to moderate cardiovascular conditioning.

Instructor: Kate Stuart

### TAP DANCING, Thurs, 3-4p

Explore the styles of tap, its music and sound variations. Venue:NAG studio. **Session based; 4-weeks each starting - Sep 15, Code: 1645; Oct 13, Code: 1646; Nov 10, Code: 1647** Each Session: \$ 36m/\$40nm  
Instructor: Charisse Ponder

**(DANCE, AEROBIC CONT.)  
+STUDIO FITNESS FUSION**

Mon, 5- 5:45p

Fun mixture: Alternating segments of aerobics, strength training, and core work to music. Moderate cardiovascular conditioning may include: step, Zumba, low impact cardiovascular workout. Strength includes free weights, bands, etc.

Instructor: Jan Otteson

**+ENHANCE FITNESS™**

Tues & Thurs, 12-1p

National evidence-based fitness program with a twenty minute aerobic workout, strength training, thorough balance work with chair assistance. Free to UCare subscribers, but all are welcome to participate.

Instructor: Gale Marchand

**+CIRCUIT TRAINING,**

Tues & Thurs, 9:30-10:30a

Strength and aerobic training on timed stations in the Fitness Center, with selectorized equipment, free weights and cardiovascular machines. Fitness Orientation required.

Instructors: Gale Marchand, Becky Conroy.

**DANCE AND AEROBIC  
INSTRUCTORS:**

Cathy Flicek, ACE Personal Trainer, NIHS Senior Exercise Specialist, Licensed\_Zumba™ Instructor

Elsie Forsythe - Line Dancer for 9 years

Lu Herbeck, NETA Group Fitness Personal Trainer, Licensed\_Zumba™, 28+ yrs certified experience

Gale Marchand, NSC Fitness Manager, ACSM Personal Trainer, NETA Group Fitness, NIHS Personal Fitness Specialist, 30+ class format certifications, 11 years of fitness aerobics on all levels, Licensed\_Zumba™ Instructor

Jan Otteson - NETA Certified Fitness Instructor, Licensed\_Zumba™ Instructor

Charisse Ponder - choreographer, dancer and teacher; studied at the Joffrey School of Ballet in NYC

Kate Stuart - BA, MA in Music; 30+ years experience in dance choreography and teaching.



**STRENGTH AND CIRCUIT**

The goal of these classes is to increase muscle strength, endurance and flexibility. (See also aerobic classes in previous section, marked with a +).

**STRENGTH CIRCUIT,**

Tues & Thurs, 6-6:45p, Fitness Room  
Progressive strength training class involving selectorized and free weight equipment with timed stations, led by instructor. Fitness Orientation required.

Instructor: Don Forsberg

**STUDIO STRENGTH,**

Tues, 7-7:45a

Strength training class in the studio. Uses free weights, bands, and body weight to strengthen and tone.

Instructor: Don Forsberg

**SILVERSNEAKERS MSROM™**

(Muscular Strength & Range of Motion), Mon, Wed, Fri 10:30-11:30a  
Nationally known program includes strength, flexibility and balance training with chair assistance.

Instructors: Gayle Klauser, Craig Swenson, Don Forsberg

**STRENGTH, CIRCUIT  
INSTRUCTORS:**

Don Forsberg - ACE Personal Trainer, MSROM™ trained, Matter of Balance Master Trainer

Gale Klauser - ACE Group Fitness & AEA Certified, Silver Sneakers MSROM™ trained

Gale Marchand - see Dance/Aerobic listing

Craig Swenson - AS Exercise Science, Certified YMCA Strength/Conditioning Coach & Group Fitness, experienced Adaptive Exercise Coach, MSROM™, Enhance Fitness™ Certified

Becky Conroy, Registered Nurse, previous Reebok Functional Master Trainer, seeking NETA CPT

Jan Otteson - see Dance/Aerobic listing



**GENTLE MOVEMENT AND  
TAI CHI**

Both of these classes use slow and fluid movement which gently conditions the body's cardio-vascular, respiratory, digestive and muscular-skeletal systems.

**TAI CHI, YANG STYLE,**

Mon & Wed, 8:30-9:15a

The class moves through the 24 forms of Yang style Tai Chi. In addition to physical conditioning, Tai Chi is known to bring mental relaxation and improve concentration.

Instructor: Hong Yuan Lang, native of China

## GENTLE MOVEMENT, CONT MINDFUL MORNING MOVEMENT, Rosen Technique, Wed 7 - 7:45a

Move freely with this technique designed by a physical therapist (Mary Rosen). Class includes a sequence of joint mobilization, stretches and slow dance movements.

Instructor: Sheila Giles, 200+ hours combined Rosen bodywork/Rosen Movement.



## CORE BASED AND PILATES

All everyday functioning relies on the core, the midsection of the body. Core stability and strength balances one's muscles and posture, taking pressure off the back.

### CORE & MORE,

Tues 8:30-9:15a, (new) Sat, 8 - 8:45a  
Pilates-style midsection toning of the abs, back and sides, incorporating stability balls, weighted balls, balls and 1/2 foam rolls. Postural corrections & alignment is emphasized. Intermediate balance training included.

Instructors: Gale Marchand, Lu Herbeck

### CORE PLUS STRENGTH,

Thurs, 8-8:45a  
Midsection toning of abs, back and sides, along with strength training in one class period. The large stability balls and other tools are used.  
Instructor: Stacey Popp

### PILATES,

Wed 7-7:45p and Thurs 1:15-2p  
Matwork incorporating the principles established by Joseph Pilates. Some classes may include use of weights or

small balls.

Instructors: Diane Keefer, Cathy Flicek

## CORE/PILATES INSTRUCTORS:

Lu Herbeck – NETA Group Fitness, NETA Personal Trainer

Gale Marchand - NSC Fitness Manager, ACSM Personal Trainer, Cert. Pilates-Mat, Reformer & BenderBall, Resist-a-ball, Yoga-ball, NETA Group Fitness Instructor

Stacey Popp - ACE certified Fitness Instructor, NETA Personal Trainer & Mat Pilates-NEDITA & Pilates Institute of America

Diane Keefer - ACE Group Fitness & Pilates Certified

Cathy Flicek - ACE Personal Trainer & ACE Certified Instructor, Certified Stott Mat Pilates & Stott Pilates w/ Toys

## TABLE TENNIS LESSONS

(Session-based) Thursday evenings  
Session 1: Sept 8 - Oct 13  
Session 2: Oct 20 - Dec 8

### Introduction to Table Tennis:

Thurs, 7 - 8p Code: 1649 (Sep-Oct)  
Code: 1663 (Oct-Dec)

Designed for those who have never learned the exact 'rules' of the game and want to improve their skills. Current and 'rusty' players alike are welcome to register. Six sessions cover four basic strokes and serve. Basic, easy to learn techniques cover striking zone, fore hand, back hand, under spin, top spin, stance, paddle grip & more. Class limit 4-6.



## HEALTHY LIFESTYLE CLASSES

### WEIGHT MANAGEMENT LIFESTYLE

Saturdays, 10 - 11a, Sept 17 - Dec 3  
For detailed description of this program, see Sept Newsletter.

Presenter: Lu Herbeck, NETA certified Personal Trainer & Group Fitness, Professor at MN School of Business  
Fee: \$84 m/\$144 nm

\$30 Plat, SS for training component  
**Code: 1651**

### CHINESE RECIPES FOR HEALTH

Thurs, 9:30-11a, Sept 8 - Oct 6  
For detailed description of this program, see Sept Newsletter.

Instructor: Hongyuan Lang, native of Inner Mongolia, China. **Code: 1652**  
Fee: \$30 m/\$40 nm Register by Sept 7

### Basic Table Tennis: (level 2)

Thurs, 8:15 - 9:15p

Code: 1650 (Sep-Oct)

Code: 1664 (Oct-Dec)

Designed for students who already know how to play the four basic strokes plus serve. Course covers techniques doubles, and play time for both. Class limit 4-6

Instructor: Randall Perkins, retired attorney, 30 years' table tennis experience, USATT certified umpire & Level 1 Coach, locally rated 'A' player

Fee: 6 week session \$36 m/\$48 nm

## ON-GOING AQUA CLASSES AND POOL ACTIVITIES



### AQUA CLASSES

All of our aquacise classes provide aerobic and strength conditioning using water resistance and buoyancy. They include a warm up, a conditioning phase, a cool down, and stretches.

#### SUNRISERS AQUA,

Mon-Wed-Fri 7-7:45a  
Instructor: Marilyn Kelley

#### AGELESS AQUA,

Mon-Wed-Fri, 8:15-9a  
Instructors: Gayle Klauser, Jan Otteson, Craig Swenson

#### AQUA FIT 'N' TONE,

Mon-Wed-Fri, 9:15-10a  
Instructors: Gayle Klauser, Jan Otteson, Don Forsberg

#### EARLY BIRD AQUA,

Tues-Thurs, 7-8a  
Instructors: Nicolle Hebeisen, Don Forsberg

#### AQUA FITNESS FUSION,

Tues-Thurs 5:30-6:30p, Sat 10-11a  
Instructors: Jan Otteson, Don Forsberg

### AQUA INSTRUCTORS

Don Forsberg - ACE Personal Trainer, Silver Sneakers MSROM™ trained

Nicolle Hebeisen - BA Exercise Science, Silver sneakers Silver Splash™

Marilyn Kelly - Silver Splash trained

Gayle Klauser - ACE Group Fitness & AEA Certified

Jan Otteson - AEA Aquatic & NETA Group Fitness Certified, WSI Certified

Craig Swenson - AAS, Exercise Science-Dakota Cty Technical, certified YMCA Group Fitness & YMCA Strength Coach, experience Adaptive Exercise Specialist

### WATER VOLLEYBALL

Thurs, 7-7:45p

For fun and fitness, NOT a competitive league! No experience required. Achieve your fitness goals while playing a game. Think of it as low impact aerobic exercise, or just pure entertainment.

Leader: Don Forsberg

Fitness Group Fees apply (see pg 6).



### GRANDPARENT/ GRANDCHILD SWIM

Fri, 3:15-5p

#### FAMILY SWIM

Sat, 2-3:45p

Enjoy wonderful family fun and exercise with your grandchildren! On Saturdays, younger YMCA-member families are also welcome. The warm water pool provides a great environment for playing with children.

Grandparents or parents are responsible for their children at all times, and must accompany their children/grandchildren in the pool. Lower age limit: 3 yr, and toilet trained.

Not instructor-led. There is a volunteer monitor on duty.

## FITNESS GROUPS



### WOODLAND NATURE HIKES FOR THE FALL

Enjoy Minnesota's wonderful array of natural beauty & a variety of interesting experiences hiking with others through oak savanna, pine forest,

prairie remnants, rivers, lakes, and marshland which are all close at hand and waiting to be explored. What better way to get some exercise? Our guide knows the best trails, sharing extensive knowledge of locations, leading us on two-hour hikes on non-paved, uneven and sometimes hilly terrain each month. Experience beautiful wild flowers, autumn

color – enjoy them all with congenial company. Each hike also features a campfire & time for your own pre-prepared sack lunch. Leader will provide wood, make a fire and bring hot dog roasting sticks, but do bring your own snacks, meal, water and

essentials. Transportation is by car-pool to the destination. Discovery, kinship & natural adventure await. Hikes meet at 7:45-7:50 am – and leave at 8 am sharp. If you plan to go on a hike, please call hike leader Don Forsberg, 663-1269.

September 10 – Fort Snelling State Park Code: 1414

October 8 – William O'Brien State Park Code: 1433

November 12 – Lebanon Hills Regional Park Code: 1415

Fee per hike: \$10 per person regardless of membership

Leader: Don Forsberg, ACE certified personal fitness trainer

**FITNESS GROUPS**

### BIKE CLUB

**Mondays, 8:30a (9:30a, later in fall)**

Bike excursions leave from the Center every Monday. In town (shorter) and out of town rides are planned for each week. Enjoy riding with the group from 6-20 miles weekly. Club is designed for those looking for a fun time with folks, light to vigorous exercise at your own pace, but no time trials!

When the cool weather sets in the group moves on to walks & cross country skiing. Volunteer led.

No fee for this activity.



### PING PONG

Mon, 7:30-9:30p	All levels
Tues, 1:15-3:15p	Int/Adv
Wed, 3-5p	All levels
Thurs, 2:15-4:15p	All levels
Sat, 10a-noon	Adv

The NSC-sponsored Ping Pong group is open to members as well as others in the community. Opportunities for all levels of play abound. The beginner or recreational players

are as welcome as those who are interested in advancing their skills to enjoy a sport that is growing in popularity across the country. Learn to play, practice and have fun! Led by member-volunteers  
Fitness Group fees apply

#### **Fitness Group fees**

Aff, Gen, Aqu - \$3  
Fitn, Plat, SS - no fee  
Non-members - \$6  
Punch cards available

# PERSONAL FITNESS TRAINING

What is Personal Training? Our certified trainers can help you safely & effectively meet your fitness and weight management goals, whether you are new to exercise or a tried and true gym veteran. There is something for everyone. With reasonable rates, high demand skills, custom-made programs, our intuitive, motivating & friendly trainers are committed to your personal success. NSC is the Leader in Fitness for 50+ in Northfield.

Who are they? All of our trainers have nationally recognized, current certifications, along with additional training especially for working with people over 50.

Lu Herbeck – NETA Trainer, specializes in Weight Management, and Fitness for Health Management  
Don Forsberg – ACE Personal Trainer, specializes in Strength Training & Balance  
Diane Keefer- NETA Trainer, specializes in Pilates, Baby Boomer fitness, Spinal Health & Posture  
Charlie LeFebvre- NASM Trainer,

specializes in Core Strength, General Conditioning  
Rob Mandell- ACE Trainer & Licensed Physical Therapy Assist, specializes in Post-Rehab Fitness

How often? Meeting with a trainer can be a weekly, monthly, quarterly or a one time situation.

No contracts are involved. We make it simple to receive professional, trustworthy advice. How often depends on your goals, and what type of support you desire.

How much? Investing in our health is always an important decision.

This is why we offer only certified trainers who have a nationally recognized certification and specific training to our members' needs.

Cost:

Initial Session (1hr) \$40m/\$45nm

Subsequent hr \$40m/\$45nm

Subsequent 1/2-hr \$25m/\$30nm

For more information, or to schedule a personal training session, call Gale Marchand, Fitness Manager, 664-3702.

PERSONAL FITNESS TRAINING



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## ART CLASSES, GALLERY EXHIBITS

### INTERMEDIATE WATERCOLOR PAINTING

Thursdays, 9:30 - 11:30am Sep 8, 15, 22, 29, Oct 6, 13 (six sessions)

Come join us on a watercolor journey, a fun and exciting voyage of exploration and discovery! This class is designed for those who have previous watercolor experience and would like to further advance their basic watercolor knowledge. You'll have the opportunity to put your existing skills to use as you work on individualized projects with the guidance of the instructor, while learning more advanced techniques in order to enhance your paintings. Time will also be given to experiment with watercolor pencils and crayons, and pen and ink, as well as various painting surfaces such as Yupo and Aquabond. This class is the perfect way to continue developing your relationship with this unique medium!

**Teacher: Kathy Miller**

Cost: \$81/\$90

Ask Receptionist for a list of supplies  
Code: 1616

### BEGINNING WATERCOLOR PAINTING

Thursdays, 12:30 - 2:30pm Sep 8, 15, 22, 29, Oct 6, 13 (six sessions)

Learn many basic techniques and experience the joy of watercolor painting! This class is designed for those with little or no previous watercolor experience. During the 6-week course we will explore various techniques such as painting wet-in-wet, wet-on-dry, glazing, masking, lifting, and hard and soft edges. Emphasis will be given to the important principles of design, composition, color theory and value.

A list of materials needed is available at the Front Desk.

**Teacher: Kathy Miller**

Code: 1617

Cost: \$81m/\$90nm

### BOOK ARTS SERIES

Wednesdays, Oct 5 – Nov 9, 6:30 – 8:30pm Venue: Arts Guild

Explore many different approaches to making paper and books. This course may be taken as a complete series (recommended) or as individual classes.

- (1) Oct 5: The Basics of Making Hand-made Paper (\$5 materials)
- (2) Oct 12: Creating Marbled Papers (\$5 materials)
- (3) Oct 19: Creating Basic Book (\$5 materials)
- (4) Oct 26: Creating Stitched Books (\$15 materials)
- (5) Nov 2: Creating a Portfolio for holding work (\$15 materials)
- (6) Nov 9: Creating Paper Vessels (\$10 materials)

**Teacher: Fred Gustafson**

Cost: \$12.50m/\$14nm *per class*, OR \$75m/\$84nm for the whole series Plus Materials: (note above)  
Total Materials for all classes: \$55  
Code: 1618 Indicate dates of each class you wish to sign up for, or "series" for all

### PHOTOGRAPHY CLASSES

**Understanding Your Camera**  
Wed, Nov 2, 9:30 - 11:30am

This session is for people who are new to using their digital camera, or who don't understand what all the bells and whistles of their cameras. We'll talk about the following topics: How a Digital camera works; Interchangeable or Fixed lens; Important Buttons and Switches; Choosing Camera Settings; Exposure Modes; Image Quality; Important Menu Items. There will be time for questions and discussion.

Bring your camera and your manual.

**Teacher: David Perez**

Cost: \$12m/\$16nm Code: 1619

### Basic Photography

Wed, Nov 16, 9:30 - 11:30am

This session will provide you with basic information on taking photos with your camera. It will help you understand focusing, metering, and getting proper exposure. We'll talk about: Focusing, Metering, Understanding Exposure, Resolution, Using Your Flash, Getting your images from the camera to the computer, Ways to Improve Your Images And we will leave time for questions and discussion. The prerequisite for this session is either "Understanding Your Camera" or a good understanding of how your camera works.

Bring your camera and your manual.

**Teacher: David Perez**

Cost: \$12m/\$16nm Code: 1620

### Organizing Your Photos

Wed, Nov 30, 9:30 - 11:30am

Do you have image files sitting all over your computer?

Have you ever tried to find one of your images, and couldn't?

If the answer to either of these questions is yes, this session may help you organize your images so you can find them when you want them. We'll talk about basic post-processing workflow, organizing, and keywording, and look at tools such as Adobe Elements and Picasa.

**Teacher: David Perez**

Cost: \$12m/\$16nm Code: 1621

### Composition

Wed, Dec 14, 9:30 - 11:30am

Understanding composition can help you turn your snapshots into photographs. But this isn't just for photographers. Painters, photographers, graphics artists, and even web designers all have to be aware of, and understand the "rules" of composition, and when to break them. This session will look at some of these "rules" of composition, and help you understand when to break them.

**Teacher: David Perez**

Cost: \$12m/\$16nm Code: 1622

**For more Photography classes, check out the offerings in the Computer Center, described on pg 16 of this guide.**



## ART CLASSES, GALLERY EXHIBITS

SEPTEMBER									
Monday	Tuesday	Wednesday	Thursday	Friday					
SEPT		GALLERY EXHIBIT: 6 Char Martens and Dick Zawacki 9/6 - 10/9		9:30-11:30am 8 Intermediate Watercolor 12:30-2:30pm Beginning Watercolor					
				9:30-11:30am 15 Intermediate Watercolor 12:30-2:30pm Beginning Watercolor					
				9:30-11:30am 22 Intermediate Watercolor 12:30-2:30pm Beginning Watercolor					
				9:30-11:30am 29 Intermediate Watercolor 12:30-2:30pm Beginning Watercolor					
OCTOBER									
Monday	Tuesday	Wednesday	Thursday	Fri					
		6:30-8:30pm 5 Book Arts: Hand made paper							
GALLERY EXHIBIT 10 Beret Griffith and Lucky Rimpila 10/10 - 11/20		6:30-8:30pm 12 Book Arts: Marbled paper							
10 - 11:30am 17 Judy Garland, Performer		6:30-8:30pm 19 Book Arts: Basic Books	11am -noon 20 Reaching Your Audience						
10 - 11:30am 24 Judy Garland, Performer		6:30-8:30pm 26 Book Arts: SticheD Books							
10 - 11:30am 31 Judy Garland, Performer									
NOVEMBER									
Monday	Tuesday	Wednesday	Thursday	Fri					
		9:30-11:30am 2 Understanding Your Camera 6:30-8:30pm Book Arts: Creating a portfolio							
10 - 11:30am 7 Judy Garland, Performer	6:30-8:30pm 8 Drawing	6:30-8:30pm 9 Book Arts: Paper Vessels							
	6:30-8:30pm 15 Drawing	9:30-11:30am 16 Basic Photography							
GALLERY EXHIBIT 21 Senior Open thru 12/24	6:30-8:30pm 22 Drawing								
	6:30-8:30pm 29 Drawing	9:30-11:30am 30 Organizing Your Photos							
DECEMBER									
Monday	Tuesday	Wednesday	Thursday	Fri					
	6:30-8:30pm 6 Drawing								
	6:30-8:30pm 13 Drawing	9:30-11:30am 14 Composition							
DEC									

ART CLASSES, GALLERY EXHIBITS

### HOW TO DRAW EVEN IF YOU THINK YOU CAN'T

Tues, 6:30 - 8:30p, Nov 8 - Dec 13  
Drawing is one of life's most pleasurable pursuits, but many of us think

we can't learn it. NOT TRUE!  
Learn to see in a different way. This is a very effective class drawing methods based on left brain/right brain research. Increase your drawing ability far more quickly than you'd

thought possible. ALL SKILL LEVELS are welcome.

Location: Northfield Arts Guild  
**Teacher: Mark Daehlin**  
Cost: \$81m/\$90nm Code: 1659

## ART CLASSES, GALLERY EXHIBITS

### THEATER

#### JUDY GARLAND, PERFORMER EXTRAORDI- NAIRE

Mondays, 10 – 11:30a, Oct 17, 24,  
31, Nov 7

Judy Garland started performing at the age of two, and achieved international stardom in her teens. She was an accomplished and talented actress, singer and dancer, but her personal life was often not as happy as that of the characters she portrayed. This class will cover stories about her life, her career and will include video and audio material of her performances, including *The Wizard of Oz*, *Babes in Arms*, *Meet Me in St. Louis*, *Have Yourself a Merry Little Christmas*, and more.

**Teacher: Myrna Johnson**

Venue: Senior Center Rm 103

Cost: \$36m/\$40nm Code: 1623

### LITERARY ARTS

#### REACHING YOUR AUDIENCE: A CONVERSATION ABOUT WRITING

Thursday, October 20, 11a - 12p

Why and for whom do you write? Do you write stories, poems, or essays? Memoir pieces? Who do you imagine might find your work interesting or helpful? Toni Easterson will share her insights on preparing your work for others' eyes, whether that is in a magazine, as a book, or simply a special notebook. Toni is a published poet and essayist, who studied writing with Ann Green at Wesleyan University. She is a member of two writers' groups in Northfield, and enjoys creating special hand-made books as settings for her written pieces.

**Presenter: Toni Easterson**

Venue: Senior Center Rm 103

Cost: \$3 Code: 1624

#### AUTHOR TALKS ABOUT WRIT- ING HER BOOK

Thursday, October 27, 11a - 12p

Donnita Rogers will talk about her experiences in researching and writing her novel, *Faces in the Fire, book One: The Women of Beowulf*. After retirement in 2001 Rogers traveled the world, and then began to research and write this book which was inspired by her teaching of the Old English epic, Beowulf. Five years were spent studying materials on Viking Age culture; a trip to Scandinavia offered such "on-site" experiences as crewing on a Viking ship replica in Denmark and climbing funeral mounds in Sweden, all to discover what life might have been like for women in sixth-century Scandinavia.

**Presenter: Donnita Rogers**

Venue: Senior Center Rm 103

Cost: \$3 Code: 1669

### GALLERY EXHIBITS

Aug 8 - Sept 4 Matthew Bunch, colored pencil  
Ann Lufkin, abstract paintings

Sept 5 - Oct 9 Char Martens, paintings  
Dick Zawacki, wood carvings

Oct 10 - Nov 20 Beret Griffith, photographs  
Lucky Rimpila, stained glass

Nov 21 - Dec 24 Senior Open\*

Dec 26 - Jan 30 Quilters

\*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 (664-3708 or patsy-dew@nscmn.org) by Oct 15.



Applications are now being accepted for 2012 exhibits. Please send 3 examples of your work via email, patsydew@nscmn.org, along with a brief statement about your work. If you cannot send samples of your work digitally, please call Patsy, 664-3708, and make arrangements to deliver a sample of your work.

## GROUP ACTIVITIES

Our volunteer led groups are as diverse as the people who attend. They are designed to provide social interaction, skill enhancement and fun! Most groups require you to bring your own supplies and suggest a \$1 donation for use of the facility.

### CARD GROUPS

#### Social Bridge

Wednesdays at 12:30-3p  
Party (rubber) bridge. Intermediate level. Sign up 30 minutes prior to reserve a seat. Bring nickels and pennies for kitty. No partner necessary.

#### Duplicate Bridge

Tuesdays 1-4p and Thursdays 7-10p  
American Standard Duplicate bridge. Widely used style of contract bridge in club and tournament settings. Identical hands are played at each table. Sign in 30 minutes prior to reserve your seat. Bring your own partner.

#### Euchre

Tuesdays 12:30 -3p  
Euchre is a trick-taking card game where each of four players is dealt 5 cards and the player making trump

must take 3 tricks to win the hand. Sign in 30 minutes prior to start time to reserve your seat. Bring \$1 for kitty. No partner necessary. Instruction available upon request.

#### “500”

Fridays 12:30-3p  
500 is a bidding and trick-taking card game using a 45 card deck, trumping with bowers and the joker as high trump. Bring \$1 for kitty. Sign in 30 minutes prior to start time to reserve your seat. No partner necessary. Instruction available upon request.

### CRAFTING GROUPS

#### Hook, Yarn & Needle

Tuesdays 1-3pm  
If you use one of these tools to craft, you qualify. Bring your own project to work on in the company of other crafters. Learn from each other.

#### Joy of Quilting

2nd and 4th Fridays 9am - noon.  
Hand appliqué quilting. Bring your own project. New projects available for beginners. Share project ideas and techniques with each other while

you craft.

#### Woodcarving

2<sup>nd</sup> and 4<sup>th</sup> Tuesdays 10am-12pm  
Flat-plane hand wood carvers gather to work on their own projects and share ideas, patterns, techniques and friendship. Block sawing services provided. No experience necessary. Some tools required.

#### Paper Crafting

Meets the first and third Monday of each month, 1:30 - 3:30 PM

Meetings will explore various crafting techniques that can be utilized in paper crafts. Participants are invited to bring their own work for "show and tell." Themes that may be explored this fall include: card making, paper folding, calligraphy, decorating hats, use of tools, cutting and using shapes. This group enjoys sharing ideas with one another. Very friendly and inviting to all. \$1 donation for room use. \$1-2 fee for supplies may be charged depending on the project.

GROUP ACTIVITIES

## CALENDAR OF WEEKLY\* GROUP ACTIVITIES

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	8:30a (2nd Monday) Retired Teachers				9a-12 (2nd & 4th) Joy of Quilting
	9 - 11 (1st, 3rd) Beading				10:30a (2nd Friday) Book Club
	12:30 Euchre or Pinochle	12:30-3p Euchre		12:30 (3rd Thurs) TPT Program Club	12:30-3p “500” Cards
	1 - 3p Movies	1 - 3p Hook, Yarn & Needle			
	1:30-3:30p (1st,3rd) Paper Crafting	1 - 4p Duplicate Bridge	1 - 4p Social Bridge		
				7 - 10p Duplicate Bridge	

\*If a group does not meet every week, there is a notation indication which week/s of each month it meets.

## GROUP ACTIVITIES

### CRAFTING GROUPS, CONT. BEADING

Crafters having an interest learning to make beaded jewelry gather the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of each month from 9:00-11:30 am. Guided by Judy Saye-Willis attendees share ideas and techniques to advance their beading skills. No matter what level of beading you might want to try, one thing's for sure: learning it with the support of others will more than likely yield better results and...for sure it's a lot more fun! All welcome. Group fees apply. Bring your own project or come check it out first (some beginning supplies available).

### BOOK CLUB NEWS

The book club is open to all, and meets on the 2nd Friday of each month at 10:30 am in the Center Game Room. For more information call Katherine Collman, 645-1357. Books for this fall -

September: The Tower, The Zoo, and The Tortoise by Julia Stuart

October: Precious Bane by Mary Webb

November: Still Alice by Lisa Genova

### RETIRED TEACHERS COFFEE

2<sup>nd</sup> Monday of the month 8:30-9:30a  
Open to any educators or school personnel that enjoy reminiscing over coffee and a treat.

### POPCORN & A MOVIE MONDAYS, 1-3PM

September 5 **Patch Adams** (1998)  
Comedy

Starring Robin Williams, Daniel London, Monica Potter

Based on the true story of a medical student who doesn't look, act or think like any doctor you've met before. Patch will do just about anything to make his patients laugh even if it means risking his career.

September 12 **The Inheritance**  
(1997) Drama

Starring Cari Shayne, Brigitta Dau, Paul Anthony Stewart

From author, Louisa May Alcott, comes a passionate story of forbidden love and dangerous rivalry in 19<sup>th</sup> century New England. An innocent young orphan struggles to make sense of her position within the Hamilton household and in society, and the love she feels for her patrons, as well as for a young man she can never marry.

September 19 **Winter's Bone**  
(2010) Drama, Thriller

Starring Jennifer Lawrence, John Hawkes, Garret Dillahunt

This Academy Award nominated film tells the story of a 17-year-old Ozark Mountain girl struggling to save her family's home. After her meth-cooking father was arrested, he put the house up for his bail. If she does



not track him down and see that he appears in court, she and her catatonic mother and her two younger siblings will be turned out onto the street.

September 26 **Mamma Mia** (2008)  
Musical Comedy

Starring Meryl Streep, Pierce Brosnan, Amanda Seyfried

Sophia is 20 years old and lives with her mother on an idyllic Greek island. She is about to be married and wishes for only one thing: for her father to walk her down the aisle. The only problem is that she doesn't know who her father is and her mother won't discuss it. She learns from her  
(more movies, pg 13)

## GROUP ACTIVITIES



## GROUP ACTIVITIES

### MORE MOVIES

mother's diary that three men could possibly be her father, so she invites them all to the wedding without her mother's knowledge. Mayhem ensues when all three men think they are the father and her fiancé is getting fed up with the whole mess.

October 3 **Pride and Prejudice** (2005) Romantic Drama  
Starring Keira Knightley, Matthew Macfadyen, Brenda Blethyn  
Based on Jane Austen's novel about love and values, this movie unfolds in the class-conscious England of the late 18th century. The five Bennet sisters - including strong-willed Elizabeth and young Lydia - have been raised by their mother with one purpose in life: finding a husband. When a wealthy bachelor takes up residence in a nearby mansion, the Bennets are abuzz. Elizabeth falls for the snobbish and proud man, she swore to loathe forever. This classic tale of love and misunderstanding sparkles with romance, wit and emotional force.

October 10 **The African Queen** (1951) Classic B&W, Romance, Comedy, Adventure  
Starring Katherine Hepburn, Humphrey Bogart, Robert Morley  
In Africa, during WWI, a gin-swilling riverboat captain is persuaded by a strait-laced missionary to flee Africa. Their perilous escape turns into an outright battle against nature, the Germans and each other, until they realize they have fallen in love.

October 17 **Secretariat** (2010) Drama  
Starring Diane Lane, John Malkovich, Margo Martindale  
A Virginian housewife agrees to take over her ailing father's stable, despite her lack of horse-racing knowledge. Against all odds and with the help of a veteran trainer, she manages to navigate the male-dominated business.

This is indeed a spectacular journey of an incredible horse and the moving story of his unlikely owner who risked everything to make him a champion and ultimately fostering the first Triple Crown winner in twenty-five years. Based on a true story.

October 24 **The Last Song** (2010) Romantic Drama  
Starring Miley Cyrus, Liam Hemsworth, Greg Kinnear  
While living with her estranged father for the summer, a rebellious daughter finds love and rekindles her love of music. Reconnecting with the music revives a kinship with her father, also a musician, which proves to be the most important relationship she may ever experience.

October 31 **Rear Window** (1954) Staring Jimmy Stewart, Grace Kelly, Wendell Corey  
In this classic Alfred Hitchcock mystery a wheelchair bound photographer spies on his neighbors from his apartment window and becomes convinced one of them has murdered his wife. He enlists the help of his high society fashion-consultant girlfriend and his visiting nurse to investigate. A show with just enough "EERIE" for Halloween!

November 7 **Becoming Jane** (2007) Romantic Drama  
Starring Anne Hathaway, James McAvoy, Julie Walters  
In 1795 aspiring writer, Jane Austin meets a non-aristocratic lawyer want-a-be and sparks begin to fly. His intellect and arrogance raise her ire, then knock her head over heels. Now the couple is faced with a terrible dilemma: If they marry for love, they will risk losing family, friends and fortune.

November 14 **Pillow Talk** (1959) Musical Comedy  
Starring Doris Day, Rock Hudson, Tony Randall

A composer known to sweet talk the ladies and a pert interior decorator share a party line. Disagreements about the phone line spawn a mutual dislike for each other even though they have never met in person. Once he sees her, he begins planning a ploy to win her over.

November 21 **Down With Love** (2003) Romantic Comedy  
Starring Ewan McGregor, Renee Zellweger, David Hyde  
A homage to the early 1960s sex comedies that starred Rock Hudson and Doris Day. The story follows a best-selling female advice author who has all the answers until a sly journalist playboy starts asking the questions. Let the romantic battle of the sexes begin.

November 28 **The Cider House Rules** (1999) Heavy Drama  
Starring Tobey Maguire, Charlize Theron, Michael Caine  
Homer Wells, lived most of his life in an orphanage where he was apprenticed as an abortionist by the director. The director hoped that someday Homer would take his place. Now an adult, Homer decides to leave the orphanage and finds out the hard way that life outside of the orphanage can be pretty rough too.

GROUP ACTIVITIES



Program Club

Thursdays, 12:30pm. Viewing of interesting dvds produced by TPT, followed by discussion.

Sept 15: Building the Great Cathedrals  
Oct 20: St. Paul Past; Minneapolis Past  
Nov 17: James J Hill  
Dec 15: Change Your Brain

## Fall Calendar for Computer Classes

## SEPTEMBER

	Monday	Tuesday	Wed	Thursday	Friday
<b>SEPT</b>		9:30 -11:30 Mail Merge and Labels	6	9:30 -11:30 Mail Merge and Labels	8
		9:30 -11:30 Basic Quicken	13	9:30 -11:30 Basic Quicken	15
		9:30 -11:30 Facebook	20	9:30 -11:30 Facebook	22
		9:30 -11:30 Presentation Software	27	9:30 -11:30 Presentation Software	28
					9:30 - 11:30 TECH TIME 16 Intro to Ipods and MP3's
					9:30 -11:30 23 Digital Camera Grp

## OCTOBER

	Monday	Tuesday	Wed	Thursday	Friday
<b>OCT</b>	9:30 - 11:30 3 Intro to Photoshop Elements 9	9:30 -11:30 4 Intro to Computers		9:30 -11:30 6 Intro to Computers	9:30 - 11:30 7 Intro to Photoshop Elements 9
		9:30 -11:30 11 Intro to Word Processing I		9:30 -11:30 13 Intro to Word Processing I	
		9:30 -11:30 18 Organize my Computer		9:30-11:30 20 Organize my Computer	9:30 -11:30 TECH TIME 21 Intro to Ipods and MP3's
	9:30 - 11:30 24 Holiday Correspondence	9:30 -11:30 25 Word Processing II		9:30 -11:30 27 Word Processing II	9:30 - 11:30 28 Digital Cameral Grp
	9:30 - 11:30 31 Intro to Photoshop Elements 9				

## NOVEMBER

	Monday	Tuesday	Wed	Thursday	Friday
<b>NOV</b>		9:30 -11:30 1 Intro to Internet & E-mail		9:30 -11:30 3 Intro to Internet & E-mail	9:30 - 11:30 4 Intro to Photoshop Elements 9
	9:30-11:30 7 Intermed Photoshop Elem	9:30 -11:30 8 Intermed Internet & E-mail		9:30 -11:30 10 Intermed Internet & E-mail	9:30-11:30 11 Intermed Photoshop Elem
	9:30-11:30 14 Advanced Photoshop Elem				
	9:30-11:30 21 Advanced Photoshop Elem			THANKSGIVING	9:30 -11:30 25 Digital Camera Group
		9:30-11:30 29 Microsoft Word I			

## DECEMBER

	Monday	Tuesday	Wed	Thursday	Friday
<b>DEC</b>				9:30-1130 1 Microsoft Word I	
		9:30-11:30 6 Microsoft Word II		9:30-11:30 8 Microsoft Word II	
		9:30-11:30 13 Microsoft Word II		9:30-11:30 15 Microsoft Word II	

**TECH TIME**

*Where seniors can learn about the latest technology*  
All of these Tech Times begin at 9:30, with a presentation by an "expert," followed by time for questions and discussion about the topic.

Fri, Sept 16: Intro to iPods and MP3's

Fri, Oct 21: iPod and MP3 Workshop

Fri, Nov 18: e-Readers

(No Tech Time in December)

# COMPUTER CENTER



## INTRODUCTORY SERIES

Four times each year the Computer Learning Center offers a series of courses, intended to be taken in sequence. Students are encouraged to assess their own experience with computers in deciding which course should be their first one.

**For each course in this series,**  
Cost: \$20m/\$25nm  
Time: 9:30 - 11:30 am

### *Intro to Computers*

**October 4 & 6 Code: 1625**

This two session, introductory course using the Windows Vista operating system, covers general computer concepts, and use of the mouse and keyboard. It is intended for people with no experience and those who feel they need some preparation for the 103 *Introduction to Word Processing I* course. Prerequisite: none

**Teacher: Jim Finholt**

### *Word Processing I*

**October 11 & 13 Code: 1626**

This two session course reviews and continues developing the concepts introduced in the course, 101 *Intro to Computers*. Students use *WordPad* to learn to create, edit, save and open files. Other topics introduced include menus, fonts, as well as copy/cut and paste text. Some file organization is presented. These basic processes are

useable regardless of which computer or word processing program you use. Prerequisite: *Intro to Computers* or equivalent

**Teacher: Lee Klimisch**

### *Organize My Computer*

(An introduction to the Windows Operating Systems)

**October 18 & 20 Code: 1627**

A typical computer may contain thousands of documents and pictures and it is essential to have a good way to organize these items. This two session course will explain how to use a Microsoft Windows operating system to attain this goal. The course will cover the following Microsoft Windows topics: basic computer organization, how to view stored content, USB flash drives, creation of folders, view menu options for content display, copying and moving folders and files, use of the right mouse button, finding files and folders, shortcuts, and backup strategies. The course will use the Windows Vista operating system, but much of the content will be useful for people using Windows 7 or other Windows operating systems.

Prerequisite: *Intro to Computers* or equivalent

**Teacher: Judy Cederberg**

### *Word Processing II*

**October 25 & 27 Code: 1628**

This two session course builds on concepts and skills introduced in the course, 103 *Intro to Word Processing I*. To enable people to produce good-looking documents, students use features of *WordPad* to improve the appearance of a document. Formatting topics introduced include alignment, font type and styles (bold, italic, underline and color), as well as advanced copy/cut and paste applications. More file organization is presented, and students learn how to navigate the Help Menu. Regardless of which computer or word processing program you use, these techniques will prove useful.

Prerequisite: *Intro to Word Processing I* or equivalent

**Teacher: Lee Klimisch**

### *Intro to Internet and E-mail*

**November 1 & 3 Code: 1629**

This two session course deals with the following topics: searching the internet, sending and receiving e-mail, sending and opening e-mail attachments, using Contacts (Address Book), and security. The course uses Microsoft Internet Explorer and Google Gmail. This course will be useful to Mac users.

Prerequisite: *Organize My Computer* or equivalent

**Teacher: Jim Finholt**

**WORKING WITH PHOTOS*****Intro to Photoshop Elements 9*****Two Opportunities:****Mon/Fri Oct 3 & 7 9:30-11:30 a****OR Code: 1630****Mon/Fri Oct 31 & Nov 4****9:30-11:30a Code: 1631****Cost for either: \$20m/\$25nm**

This two session course uses *Adobe PhotoShop Elements* software to correct overall picture defects such as overexposed or too dark photos, underexposed or washed out photos as well as low contrast or overall color shifted scenes can be corrected to produce good photographs. Picture rotation, cropping and removal of red eye are also demonstrated. The use of the Histogram will be demonstrated. This very valuable tool provides a quick and easy method of correcting many of the above mentioned defects. Students must bring a USB portable memory device (i.e. flash drive, flash memory, thumb drive, etc.). This course will be useful to Mac users

Prerequisite: *Word Processing II* or equivalent

**Teacher: Mike Smith*****Intermed Photoshop Elements 9*****Mon/Fri Nov 7 & 11 9:30-11:30a****Code: 1632**

This course uses *Photoshop Elements 9* software to correct relatively small but severely distracting defects in photos such as creases, scratches, water spotting, etc. Alterations such as removing wires and other objectionable objects, facial wrinkles, colorizing B&W photos, captioning and creating vignettes are introduced and demonstrated. The cut and paste procedure of removing people or objects from a photo is introduced. This course will be useful to Mac users. (2 Sessions)

Prerequisite: *Intro to Photoshop Elements 9* or equivalent.

Cost: \$20 m, \$25 nm

**Teacher: Mike Smith*****Adv Photoshop Elements 9*****Mon/Mon Nov 14 & 21****9:30-11:30a Code: 1633**

This course uses *Adobe Photoshop Elements 9* layers function to add or subtract from a photo scene by placing corrective layers above the original in the layers format. Alterations and additions can be made to a photo or to an entirely new canvas that can be created in order to produce scrapbook pages or collages or any other project that be created that are limited only by the imagination of the student. The document can be saved as a .psd document at any stage or when completed. When re-loaded, any or all layers can be altered or deleted. In order to print, however, the document must be reduced to a single layer. This course will be useful to Mac users. (2 Sessions)

Prerequisite: *Intermediate Photoshop Elements 9* or equivalent.

Cost: \$20 m/ \$25 nm

**Teacher: Mike Smith****OTHER COMPUTER COURSES*****Mail Merge and Labels*****Tues/Thur Sep 6 & 8 9:30-11:30a****Code: 1634**

We will use MS Word features to produce sheets of mailing labels. This will be done both with only one address, and from an existing list of addresses. We will also use MS Word to combine names and addresses from a list with a simple newsletter to create customized letters for the holidays or a specific goal, such as a class reunion. (2 sessions)

Prerequisite: *Word Processing I* or equivalent

**Teacher: Barb Henwood*****Basic Quicken*****Tues/Thur Sep 13 & 15****9:30-11:30a Code: 1635**

Learn the basics of *Quicken*, the leading software for the management of personal finances. During this course you will learn to manage your checking and savings accounts using your

computer. You will learn how to use categories to track your spending and how *Quicken* can be used to help you at income tax time. Students will be given a copy of *Quicken Premier 2008*. This course will be useful to Mac users. (2 Sessions)

Prerequisite: *Intro to Computers* or equivalent

Cost: \$25 members, \$30 non-members (includes \$5.00 materials fee)

**Teacher: Debbie Brookfield*****Facebook*****Tues/Thur Sep 20 & 22****9:30 - 11:30a Code: 1636**

Learn about the social networking phenomenon called *Facebook* and how to use it. Businesses and organizations are using *Facebook* as a method of communicating with their customers and members. This class will cover creating a *Facebook* account, managing privacy settings, locating past and current friends, joining interest groups, playing games, and more. Whether or not you have a current *Facebook* account you can join us for this class. This course will be useful to Mac users.

(2 Sessions)

Prerequisite: *Intro to the Internet and Email*

Cost: \$20 m/ \$25 nm

**Teacher: Debbie Brookfield**

## *Cost & Registration Information*

**Cost:** \$10 for 2 hr class, \$20 for 4 hr classes and \$40 for 8 hr class. (Add \$5 for non-members)  
Classes are free for Platinum Memberships, but registration is required.

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

The early deadline is needed to allow adequate course preparation.



**Presentation Software Like PowerPoint**

**Tues/Thur Sep 27 & 29**  
**9:30-11:30a Code: 1637**

Learn how to prepare text & pictures for presentations using *Open Office Impress*, a free software program that is similar to *Microsoft PowerPoint*. This course will be useful to Mac users. (2 Sessions)

**Prerequisite:** *Intro to Word Processing II* or equivalent

Cost: \$20 m/ \$25 nm

**Teacher: Barb Henwood**

**Holiday Correspondence**

**Mon Oct 24 9:30 - 11:30a**

**Code:**

This course will show how to enhance letters, invitations, and other documents by incorporating pictures including titles, clip art, and decorative borders using *Microsoft Word* software. This course will help to embellish your holiday letters. It will repeat much of the material presented in *Insert a Photo into Text*. (1 Session)

**Prerequisite:** *Word Processing II* or equivalent

Cost: \$10 /\$15 nm

**Teacher: Jim Finholt**

**Intermed Internet and E-mail**

**Nov 8 & 10 9:30-11:30 am**

**Cost: \$20m/\$25nm Code:**

This two session course will discuss internet topics such as using tabs, online banking and buying, organizing favorite sites, backup of favorite sites, and information searching strategies. E-mail topics covered will include creating and using group addresses and attachments. Cutting, copying, pasting, and printing techniques will be developed for both e-mail and web browsing. The course will use Microsoft Internet Explorer (browser) and Google Gmail (e-mail). If time and interest allow other e-mail and browser software such as Windows Mail will be discussed. This course will be useful to Mac users.

**Prerequisite:** 109 *Intro to the Internet and E-mail* or equivalent

Students must have an active Gmail Account

**Teacher: Judy Cederberg**

**Microsoft Word I**

**Tues/Thur Nov 15, 17, 29 & Dec 1**  
**9:30-11:30a Code: 1640**

**Cost: \$40 m/ \$45 nm**

This course builds on basic word processing skills and is for people ready for an intermediate level of word processing. Students learn to navigate and manage the Ribbon in *Microsoft Word 2007*, including its menus and buttons. They manage files, open/close multiple documents simultaneously, and copy or move text from one document to another. In order to enhance a document, students customize tab and margin settings, use more advanced formatting skills and print properties, and save files to various locations. They use built-in Help features including Auto Correct, Auto Complete, Spell Checker, Grammar Check, Thesaurus, and Help. Intermediate Mac users will find these skills useful. (4 Sessions)

**Prerequisite:** *Word Processing II* or equivalent

**Teacher: Lee Klimisch**

**Microsoft Word II**

**Tues/Thur Dec 6, 8, 13, 15**

**9:30-11:30 am**

**Cost: \$40m/\$45nm Code: 1641**

This four session course reviews and builds on word processing skills learned in '220 *More Word Processing I*. Learn to set a new default type, size and style for the font in Microsoft Word documents, to let the computer count the words in a document or to search it for specific text and replace it. Create page breaks where you want them located and Copy/Cut and Paste text between two documents. Add pizzazz to your document by adding Headers and Footers and by displaying text in columns. Work with inserting and modifying Special Characters. Learn to use time-saving features such as Templates and Wizards, Adding Numbers/Bullets to a list, and Automatic Formatting. Intermediate Mac users will also find these skills useful.

**Prerequisite:** 220 *More Word Processing II* or equivalent

**Teacher: Lee Klimisch**

**Just Ask!**

Do you have a burning question about computers? Do you have a special need not met by NATC courses? **Just Ask!** is a new program designed to help you. This program will be managed by Gloria Krusemeyer. Help will be via phone, email, and/or one-on-one sessions in the Senior Center. The cost will be \$10/hour. Call (507) 222-0007 or email [just.ask.natc@gmail.com](mailto:just.ask.natc@gmail.com) for info or appointment.

**Learn to Type****By Arrangement with Teacher**

This 8-hour course presents the techniques needed to touch-type (as opposed to the "hunt and peck" method) correctly without looking at your hands or the keyboard. Learn the correct methods so that your practice can result in accuracy and mastery. These techniques are usable on any traditional keyboard including Mac and Windows computers. This course is 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))

**Prerequisite:** *Word Processing I* or equivalent

**Digital Camera Group**

Digital Camera users are invited to meet at the Senior Center Computer Lab on the 4<sup>th</sup> Friday of each month.

Digital camera enthusiasts gather to share their experiences in discovering the full potential of their cameras by learning from each other. Beginners, as well as experts, are invited.





**King's Room, St. Olaf College**  
 Wednesday, November 30  
 11:30 am

This is an annual outing for the start of your holiday feasting. Come and join us at the beautiful King's Room in Buntrock Commons at St. Olaf College. Their sumptuous buffet has a wide variety of soups, salads, entrees and desserts. Reservations are absolutely required –sign up early! Lunch is on your own.

Sign up with the Center receptionist by November 24



## FALL 2011 TRAVEL NEWS

LET'S GO



### Regional Trips

**Winery Tour, Stillwater, MN**  
 Wednesday, September 21  
 9:15 am – 5 pm

We've planned a wonderful outing in Stillwater for this day! Our first stop is the St. Croix Vineyards for a tour of the vineyards and a taste of wines. Lunch will be at the Freight House Restaurant which dates back to 1883 as a freight depot (lunch is on your own). Afterwards, we'll take a narrated trolley tour of Stillwater to hear and see about the history, architecture, Victorian finery and turn-of-the-century charm of this ageless river city.

**Cost: \$62**  
**Code: 1585**  
**Sign up by September 9**

### Cemetery Stories

Saturday, October 15  
 5:00 pm

Join us for this annual event sponsored by the Northfield Historical Society which takes place this year at Oak Lawn Cemetery. We'll see and hear alive and lively ghost characters tell us about their importance and impact to Northfield. We'll take a school bus from the Senior Center and return for a special program which will be announced in the September newsletter. Coffee and cookies will be served at the Center.

**Cost: \$10**  
**Code: 1642**  
**Sign up by October 4**

**James J Hill Preview**  
 Thursday, November 17  
 12:30 pm

Come to enjoy this special video about James J Hill, builder of the great northern railway.

**Free**  
**Sign up with the Receptionist at the Senior Center**

### Hill House and Summit Avenue Tour

Friday, November 18  
 9 am - 3:30pm

Rugged stone, massive scale, fine detail, and ingenious mechanical systems in his home recall the powerful presence of James J. Hill, builder of the Great Northern Railway. Guides lead tours that help you imagine family and servant life in the Gilded Age mansion. Completed in 1891, the red sandstone residence was the setting of the public and private lives of the Hill family. We'll get to explore the back staircases, dust chutes, silver vault and more on this 90-minute "behind-the-scenes" tour of the Hill House. We'll also travel down Summit Avenue to view and learn about the historic homes built there. Lunch will be on your own at Dixie's on Grand before we return to Northfield.

**Cost: \$45**  
**Code: 1643**  
**Sign up by Nov 12**

### Future Trips!

2012  
 History Theater – Capital Crimes  
 TBA Apr  
 Mn Orchestra, Jazz Concert  
 26 May  
 Showboat – St Paul TBA Aug  
 Ramsey House TBA Jun

## EXTENDED TRIPS



**THE HAWAIIAN ISLANDS WINTER GET AWAY** includes: 8 days aboard the Pride of America (Norwegian) and 5 days in Waikiki Beach

January 30 – February 12, 2012

**Ports of call Oahu, Maui, Hawaii and Kauai**

**OAHU** – This Island has a reputation for having the most consistently beautiful weather. Light trade winds and 82°F year round. Honolulu features fantastic dining, great shopping and the wonderful Waikiki Beach, beautiful sunsets, Pearl Harbor, Diamond head and so much more.

**MAUI** – This tropical paradise has hundreds of beaches cascading waterfalls, jungles and volcanic craters.

**HAWAII** – The Big Island is spectacularly diverse. It is the largest in the chain and has it all.

**KAUAI** – Pristine and casual ...more authentic. Swaying palms.....and majestic mountains.

**Eight day Cruise with five days in Waikiki Beach .... optional tours are available while at Waikiki Beach or take this time to relax and explore the area at your leisure.**

### Tour includes

- Overnight in Minneapolis Hotel (due to early departure)
- Round trip Delta airlines from Minneapolis to Honolulu
- 4 nights at the Aston Waikiki Beach Hotel
- Circle Island Tour of Oahu
- Lei greeting upon arrival in Honolulu
- Transfers between hotel, airport and pier
- Baggage handling at the airport, hotel and cruise ship
- 8 day Cruise aboard the Pride of America
- All meals while on board ship
- All entertainment aboard the ship
- Escorted by Tour Director

Motor Coach and Extended trips are coordinated by Linda Zwolensky.

Call her at  
**952-469-3111**  
for more information.

Ask for travel books and trip brochures at the Senior Center reception desk.





**Volunteer Opportunity:  
Reading with 4th Graders**  
begins again in October

This program, now in its 11<sup>th</sup> year, is in collaboration with Mrs. Holden’s 4<sup>th</sup> grade class from Bridgewater Elementary School. Students walk to the Center and read aloud to our volunteers for 30 minutes each month during the school year. One-on-one reading experiences are most desirable if we can get enough volunteers. It is not necessary to attend every session. Talk to Nancy if you are interested. Specific details will be arranged once school is in session. Watch for details in the October newsletter.

**AARP Driving Safety Courses**

All classes \$15 for Center members; \$18 nonmembers

Classroom instruction for motorists over age 50, that may lower automobile insurance rates for three years. Information about other AARP driving safety classes in the region is available at the reception desk.

**8-hour Classes** (for first timers)

- Mon/Tues Sep 26/27  
5:30-9:30 p **Code: 1591**
- Mon/Tues Oct 24/25  
5:30 - 9:30p **Code: 1644**
- Saturday Nov 19  
8:00a - 4:00p **Code: 1653**

**4-hour Refresher Classes**  
(every three years)

- Mon Sept 12 5:30-9:30 pm  
**Code: 1589**
- Thurs Sept 29 1 - 5 pm  
**Code: 1590**
- Mon Oct 10 1 - 5 pm  
**Code: 1654**
- Mon Nov 7 5:30-9:30 pm  
**Code: 1655**
- Wed Nov 16 1 - 5 pm  
**Code: 1656**
- Wed Dec 7 1 - 5 pm  
**Code: 1657**

