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## *Volunteerism at The Center*

*By Patsy Dew*

“National Volunteer Recognition” week falls in the middle of April each year, so it is fitting this month to give some extra thought to the importance of volunteers at The Center. “*This place runs on volunteer power*” is a statement easily verified. Each day you walk into the Center you are greeted by a volunteer receptionist; the machines you work out on get an extra cleaning by volunteers twice a year. The profusion of color in our courtyard each summer is thanks to the efforts of volunteer gardeners who plant and tend those flowers. Last year volunteers planned and created raised vegetable beds, so we will have fresh vegetables to look forward to again this summer. The extensive computer education program here is organized by a hard-working Pro-

gram Committee and run entirely by volunteer efforts (see pg 7). If you shop at the Used a Bit, or buy popcorn on Bridge Square, you have been served by our volunteers. Helping in the dining center, working on the board of directors, serving on committees, planning and executing trips...the list of volunteer contributions here is amazing.

Of greater interest than the sheer volume of volunteerism, however, are the stories of the individuals who give of their time here. I spoke with two such Volunteers, looking for the personal meaning of their experiences with the Center, knowing that each of the 100s of Center volunteers

also have interesting stories to share.

One of our regular receptionists is Mary Raney, who started as a receptionist in 1998 when The Center was located on Division St. For the past seven years Mary has also worked regularly at the Popcorn Wagon in the summers. In both of these jobs, Mary enjoys seeing and talking with the people who come through. At the popcorn wagon she likes being “down there in the middle of town,” greeting and serving the public. Mary worked once as a Parish secretary, a job that similarly satisfied her interest in people. She said that she “knew everyone and all their children.” (cont. on pg 2)



Virgil Witte, leprechaun, relaxes in the lobby after a festive St. Patrick's Day dinner in the Dining Center.

What would you do with six rectangular tables pushed together? Four quilters found they were the perfect place for basting together a quilt!  
(Rt to L) Donna Jadwinski, Emily Schmitz, Dorothy Young and Diane Barrett.



## *Volunteerism, cont. from pg 1*

Another valuable trait of Mary's as a volunteer, is that she pitches in when she sees something that needs to be done. I'm thinking of her frequent offers to do the extra cleaning of the popcorn wagon. Mary likes the



wagon to be clean because it is out in public, and sometimes the grime takes extra effort to remove. She quoted a former Granite Falls superintendent who had a phrase composed of 10 two-letter words: "If it is to be, it is up to me." She feels the satisfaction of a job-well-done, and we benefit from her friendliness and conscientiousness.

Since his retirement from 40+ years of teaching college chemistry, Jim Finholt has been an active volunteer at The Center, serving for two terms on the Board of Directors, and working extensively in the Computer Learning Center. Jim frequently teaches computer

classes, ranging from basic introductory classes to more specialized interests, such as scanning pictures. Jim loves to teach, getting his satisfaction from student comments such as "This is so much fun!" One of the tasks he has taken on here which he values highly was his chairing of the committee that produced the Senior Center's first website. He said that this was an interesting experience, because there were many different (and strong) ideas about how to do it. Jim's long career at the colleges in managing committees has helped us here. He knows how to encourage respectful discussions, so that ideas are shared and evaluated in a productive manner. Jim's wisdom is that through

discussion, a group can often arrive at a better idea than any of them had when they started. Jim's wife Bev suffers from Parkinson's disease, and without his volunteer opportunities at The Center, he feels he would be homebound. He appreciates the way people at The Center have accepted Bev, which in turn makes it possible for him to be with other people, doing the teaching and committee work he enjoys.

The week of April 15 – 21 helps us remember how much we benefit from the volunteer work of others. I suggest it might also be a good time to think about how you might benefit personally from volunteering...there are a multitude of interesting ways to do that here!



*Leave a Legacy  
that*

*Keeps on Giving*

**Lonnie Schroeder**, Director of Institutional Advancement, Shattuck -St. Mary's, will offer an informational session on deferred gift giving at the Senior Center, April 11, 10:30. Lonnie is an expert on the many ways that a person can leave a deferred gift. There will be time for questions and answers, so come to listen and leave with a better understanding of the options for deferred giving.

## *Leaving a Legacy to the Senior Center*

### Why Give

In life most people require some kind of assistance, whether it is physical, financial or spiritual. Perhaps a local church congregation supplied meals during a tough time. Maybe you were given a scholarship that made the dream of college possible. You or a loved one may have been shown especially compassionate care in the hospital during an illness or injury.

And during life's struggles, we are often reminded that more must be done to

continue positive, humane acts of kindness, and to sustain programs for personal enrichment.

Non-profit organizations, such as the Northfield Senior Center, need financial assistance from people like you to continue to offer quality programs. More than 80 percent of Americans contribute to the nonprofit groups of their choice through their lifetimes. But according to research, only about 8 percent chose to continue this support through a charitable bequest.

By making bequests and "planned gifts" you can continue to help organizations, such as the Northfield Senior Center, that are making a difference in the community. What better way to thank the organization that has had an impact on your life, than to make a contribution from your estate through a bequest?

Gifts large and small are important. Charitable giving can be a legacy left by anyone. For more information contact Lynne Pederson.

*You are cordially invited to the*



2012

*Annual Meeting*

Thursday, April 26

1:00 : Speaker: Duane Everson

**Entertainment:** The Twelve Days of the Center  
Sung by the "Not so Ready for Primetime Singers"

**Honoring:** Board and Committees,  
Group Leader, Work Crews

2:00: Business Meeting  
Refreshments



**Seasonal Singers Concert**

**Tuesday May 1 7:00 pm**

Come enjoy the uplifting music of the Seasonal Singers in concert at the Senior Center. Spring, Summer, Winter and Fall selections along with a few favorites mixed in will fill the repertoire for the evening.

Directed by Donna May, /Center member and choir director at St. Agnes School in St Paul. No fee.

*Senior Center Staff*

<b>Director</b>	664-3701
Lynne Pederson	
<b>Asst. Director</b>	664-3708
Patsy Dew	
<b>Bookkeeper</b>	664-3700
Kathy Bjerke	
<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

*Senior Center Lobby Hours*

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

*Fitness Center and Pool Hours*

Mon—Fri	6 am—8 pm
Saturday	6 am—5 pm
Sunday, Fitness	10 am—5 pm
Sunday, Pool	5:30 pm-8:00 pm

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

*Used A Bit Shoppe*

645-1399 624 Water St.

*Shop Hours*

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

The Northfield senior Center is seeking bids for cleaning services of the Center space. For cleaning specifications and more information, contact Lynne Pederson, 664-3701.



## Strength and Resistance Training

By Gale Marchand

**Q:** What is Strength Training, Weight Bearing or Resistance Exercise?

**A:** Exercise involving hand weights, resistance bands, strength machines, functional trainer, medicine balls, and at times our own body weight (eg., push ups or pull ups).

**Q:** How often should I strength train?

**A:** Adults should train each major muscle group two or three days each week using a variety of exercises and equipment. Light intensity may be best initially for older persons or previously sedentary adults starting exercise. However, generally two to four sets of each exercise will help adults improve strength and power. For each exercise, 8-12 repetitions improve strength and power, 10-15 repeti-

tions improve strength in middle-age and older persons starting exercise, and 15-20 repetitions improve muscular endurance. These repetitions are not a magical number but the key is that the weight or resistance is sharp enough to fatigue the muscle in that number of repetitions. Adults should wait at least 48 hours between resistance training sessions. Older adults may choose to space their resistance exercise by 72 hours.

**Q:** How is this different from walking, table tennis, swimming or other cardiovascular exercise?

**A:** Strength training regimens specifically target the muscle, stimulating both muscle and bone cells to maintain integrity. Other types of exercise may be endured for thirty minutes

or longer, whereas in strength training, fatigue is reached much sooner, and each set of exercises is usually done for only 90 seconds at a time. The energy system used is anaerobic and the gains are muscle strength and bone density. Aerobic exercise burns calories during the exercise and sometimes adds a heightened 'after burner effect', whereas strength training builds muscle. The more muscle and less fluff our bodies are made of, the more calories we burn at all times, even while we sleep.

**Q:** What is so special about strength training? Why should I?

**A:** Strength and Resistance Training helps build and maintain muscle as well as bone density. Every decade past age 40, most adults lose 7-10 lbs of muscle

weight (sarcopenia) if they are not regularly participating in weighted resistance exercise. This is the reason why one day people wake up and realize how much function or balance they have lost and it seems like it all of the sudden happened. However, insidiously, it devel-

oped over time with relative inactivity or simply not participating in weight bearing activity. Additionally, bone density declines commonly with aging, posing increasing the risk of fractures occurring. The good news is strength training has been shown to offset signs of aging greatly for both men and women in muscle tone, strength, capabilities, daily activities, balance, as well as bone density.

**Q:** Are strength or weight resistance benefits limited to those big white or silver metal machines (selectorized equipment) in the Fitness Center?

**A:** NO, you have other options. Other methods or tools for working on strength training include: cable pulley systems (Functional Trainer), dumb bells, our own body weight, wrist or ankle weights (please don't walk with these), kettlebells, resistance bands or our own body weight can also bring the benefits. Many of these other items are used in Studio Fitness Classes such as Silver Sneakers MRSROM™, Enhance Fitness™, Studio Strength, Kettlebell Strength Fusion, and others that combine Core & Strength.



## Spring into Something *NEW!*

### Pre- register:

Yoga Improvisational  
Movement, April 11-May  
5, Saturdays 4 pm  
Women & Weights Work-  
shop, April 2 - May 21,  
Mondays 6-7 pm  
Lifestyle Weight Manage-  
ment, April 7 - May 19, Sat-  
urdays 11-12 noon

### Drop in:

Qigong – Saturdays 1-1:30  
pm  
Table Tennis – Mondays  
7:30-9:30 pm; Wed 3-5 pm,  
Thursdays 2:15-4:15 pm  
Water Volleyball – Thurs-  
days 7-7:45 pm  
Bike Group – Mondays 8:30  
am

**QIGONG NOW  
SATURDAYS  
AT  
1PM  
(NO LONGER OFFERED  
ON MONDAYS)**



*2nd Annual Northfield Table Tennis  
Tournament, sponsored by the Senior  
Center, held May 7, 2011*

## *Third Annual Northfield Table Tennis Tournament*

Don Diehl sends this mes-  
sage to any and all table ten-  
nis players who might be  
interested in playing in the  
3rd Annual Northfield Table  
Tennis Tournament (a Senior  
Center sponsored event):

Plans are now complete for  
the **3rd Annual Northfield  
Table Tennis Tournament**  
to be held on Saturday, May  
5, 2012 at the Northfield  
Middle School...

Tournaments in the past  
have had excellent reviews  
and we look forward to host-

ing another exciting event...

Many receiving this memo  
have participated be-  
fore...Others will be first-  
time participants...entry  
forms are available at the  
Front Desk and on our web-  
site  
([www.northfieldseniorcenter.org](http://www.northfieldseniorcenter.org))...

**Please note that we'll be  
limited to 60 players for  
singles**...We encourage en-  
tering sooner rather than  
later!!!...

We've held the line on entry  
fees and have boosted the 1<sup>st</sup>  
and 2<sup>nd</sup> place cash prizes...

Again, for players, we'll be  
providing bananas, cookies,  
Powerade, and bottled wa-  
ter...

And, we've taken steps to  
reduce the glare from the  
windows which presented  
challenges for players in the  
past...

**Nominees for  
Senior Center  
Board  
For Director at  
Large:  
Don Diehl  
Dorothy Hammer  
Bernard Borene  
Duane Everson  
For Secretary:  
Nancy Ashmore**

## Photographic Outing for Spring Wildflowers

**Wed, April 11, 8:30 -11:30a**  
(estimate of duration)

Hike through Nerstrand State Park with wildflower expert Mary Flaten and photographer Patsy Dew. We'll take our time, stopping to compose pictures, talking about the quality of light and how to turn what

we see into good pictures. Hopefully our timing will allow us to discover some of the special wildflowers that bloom in Nerstrand: Marsh Marigolds, Ephemerals, and Dwarf Troutlilies.

The trail is unpaved and steep in some locations. Wear good strong hiking

shoes. Bring your camera...any type is fine.

Gather at the Center at 8:30; we'll carpool to the park.

Fee: \$5  
**Leaders:** Mary Flaten and Patsy Dew



*April Movies*  
*Academy Award*  
*Nominees*  
*1:00 Mondays*

*Apr 2 The Descendants*  
*Apr 9 Ides of March*  
*Apr 16 War Horse*  
*Apr 23 Extremely Loud & Incredibly Close*  
*Apr 30 Iron Lady*

## Yoga Improvisational Movement (new fitness class)

**Sat, Apr 14, 21, 28, May 5**  
**4:00 - 5pm Must register**

Improvisational Movement, somatic awareness and laughter-yoga are combined into one marvelous class experience. We move and laugh as we have fun for an hour enjoying yoga-laughter, improvisation and movement. And yes, we will do a meditation to finish. Yoga-laughter's benefits include lowering blood pressure,

mildly toning abdominals, and aids to protect your immune system. With higher endorphins from yoga laughter, pranayama breath is also done to make sure breath is maintained while laughing. The instructor Sandi Walker will share beginning modern dance and yoga that will encourage the class to stretch, reach, bend and slide. Students will move in an easy, but high energetic way. No experi-

ence necessary just a desire to have fun, move and be good to one's self. Wear something comfortable for movement, barefoot or comfortable shoes.

Instructor: Sandi Walker Adler Graduate School, Life Coaching; BFA in Dance, Registered Yoga Trainer (RYT-200)

**Fee: \$24 m /\$ 32 nm,**  
Platinum free

## Computer Center

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

### APRIL

Monday	Tuesday	Wed	Thursday	Friday
9:30-11:30 2 Organize My Photos	9:30 -11:30 3 Intro to Computers		9:30-11:30 5 Intro to Computers	9:30-11:30 6 Organize My Photos
1:30-3:30 9 Basic Quicken	9:30 -11:30 10 Word Processing I	1:30-3:30 11 Basic Quicken	9:30 -11:30 12 Word Processing I 1:30-3 Kindle User Group	
1:30-3:30 16 Presentation Software	9:30 -11:30 17 Organize my Computer	1:30-3:30 18 Presentation Software	9:30 -11:30 19 Organize my Computer	9:30-11:30 TECH TIME 20 Mal Ware
1-4p 23 Photo Editing , Printing	9:30 -11:30 24 Word Processing II	1-4p 25 Photo Editing & Printing	9:30 -11:30 26 Word Processing II	9:30-11:30 27 Photography Group
9:30-11:30a 30 Insert a Photo into Text				

## Thank You!! Computer Class Coaches and Open Lab Monitors

The Computer Center Committee wishes to recognize and thank these people who have helped either as computer class coaches and/or as computer lab monitors during the past year.

Cheryl Backstrom  
Doris Bailey  
Linda Beckman  
Evelyn Burry  
Dean Calvert  
Judy Cederberg  
Marijo Chapman  
Bill Child  
Cleve Crowningshield  
Richard DeBeau

Ken Fineran  
Jim Finholt  
Marilyn Finneseth  
Giovanna Fjelstad  
Scott Forsgren  
Diane Genova  
Betty Gilamen  
Maryrose Gondeck  
Bonnie Gretz  
Maxine Halverson  
Cynthia Hausman  
Gayle Henrickson  
Barb Henwood  
Selma Holm  
Steve Janusz  
Ruth Johnson-Wirth

Conrad Keech  
Arlene Kjar  
Lee Klimisch  
Ardy Koehler  
Gloria Krusemeyer  
Arlet Kvidt  
June Lenz  
Janet Nelson  
Maxine Oates  
Connie O'Meara  
Jean Reuter  
Karen Sellers  
Pat Sundquist  
Mark Ulmer  
Gayle Wade  
Linda Zwolenski



# Travel News



## Mandarin Garden Restaurant

Tuesday, April 10  
11:45 am

Come and join us in our annual luncheon outing to Mandarin Garden. The restaurant is located on 4<sup>th</sup> Street between the First Na-

tional Bank and The Grand. Reservations are required so please sign up as soon as possible. Lunch is on your own.

## Extended Travel : Reno and San Francisco

May 19-26, 2012

### INCLUDED IN YOUR TOUR:

- Tour Director
- Delta flights Minneapolis to Reno-return from San Francisco
- 7 nights hotel accommodations
- 7 Meals; 4 breakfasts, 1 lunch, 2 dinners
- Luggage Handling for 1 suitcase at hotels
- Tour of Virginia City & Carson City
- Lake Tahoe lunch cruise
- City tour of San Francisco
- Chinatown walking tour and dinner
- Fisherman's Wharf

Nevada State Museum

Motorcoach transportation Reno to San Francisco

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.

**REGISTER SOON!**

**Capital Crimes**  
**MN History Theatre**  
 Tuesday, April 24  
 8:45 am – 3:00 pm  
 Cost: \$52  
Sign up by April 19

**New Orleans Jazz**  
**Concert**  
**Orchestra Hall, Mpls**  
 Saturday, May 26  
 6:30 – 11:30 pm  
 Cost: \$72  
Sign up by April 11

## Where in the World were Orrin and Jean DeLong?



This picture was taken on our Holland America tour which we started by flying to Santiago, Chile. After a brief tour of Santiago, we boarded a Holland American cruise ship for a cruise through the

Straits of Magellan. Where the Atlantic and Pacific Oceans meet in the Straits of Magellan, we had wind and rain, sunshine and a turbulent ocean. We had a brief stop in the Falkland Islands and then proceeded up the coast of South America to Montevideo and Uruguay. This picture was taken in Buenos Aires, Argentina. The cruise was fantastic and the memories precious.

(Submitted by Orrin DeLong, a Travel Committee Member)

Editor's Note: In the interest of keeping this a Family-Friendly publication, I must point out that this picture bears a similarity to the one of Orrin playing the saxophone: All is not as it appears.

**Submit YOUR Photos**

Your Travel Committee would like to hear about your travels. You are invited to submit a photograph of yourself at your destination along with your contact information and if selected your photo may appear in the next Senior Center Newsletter on the Travel page. You may submit your photo by leaving it with the Receptionist in an envelope marked "Travel Committee - Photo".



## *It's National Volunteer Week, April 15 - 21*

First declared in 1974, National Volunteer Week is a time we set aside to recognize and encourage people to engage in volunteerism. It's about acknowledging that by working together we can meet challenges and accomplish goals. At the Center, we en-

gage hundreds of volunteers each year. Without them the Center could not possible function day to day. Whether someone leads a group, teaches a class, monitors the pool, makes a pot of coffee, works the reception desk or in dining room, works at the

Popcorn Wagon or Used A Bit Shoppe, wipes up a spill or picks up something off the floor or serves on our boards or committees these gestures of giving all make the Center the wonderful place we enjoy. We would appreciate your help in thanking our volun-

teers during this special week. Give them an extra pat on the back and tell them how much we appreciate their efforts. This year's celebration week is April 15 through April 21.

### *Attention All Gardeners!*

A planning meeting for those interested in volunteering to help maintain, plan or plant the gardens will be held Wednesday April 11 at 4:00 pm in the gallery area. There

are five flower gardens, two vegetable gardens and several flower pots that will be yearning for some TLC from our volunteers. If you like to garden or would like to learn we

would encourage your participation in this active volunteering opportunity.

### *Popcorn Wagon Opens in May*

Our planning for the 2012 Popcorn Wagon Season will begin soon. If you are interested in volunteering to help

run our Popcorn Wagon business located in Bridge Square, please let Nancy know now. There is a variety of jobs from

which you can choose. Watch for further details in the May newsletter.



## *Minutes of the February 23 Board Meeting (Draft)*

**Directors present:** Nancy Ashmore, Tom Brawley, Evelyn Burry, Lola Fick, Gene Finger, Gerry Gengenbach, Bill Gruszewski, Marvin Kormann, Jean Larson, Emelda Rasmussen, Suzanne Reisman, Anna Mae Sjogren, Greg Smith, Bob Vanderhoof

**Absent:** Phil Winter

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

The meeting was called to order by Gene Finger at 3:00 p.m.

**Action:** The agenda, with the addition of the Bylaw changes regarding trustees, was approved.

**Action:** Motion and second to approve the January 26, 2012 board minutes. Carried.

### **TREASURER REPORT**

Bill Gruszewski provided an overview of the financial statement.

### **COMMITTEE REPORTS**

#### Finance Committee

Bill Gruszewski reported. A summary of the meeting was given. The city refuses to pay any of the costs related to the A/C unity installed in the fitness room. Lynne was directed to write a letter to the City asking for an explanation

of why they will not share the costs.

#### Facilities Committee

Gerry Gengenbach reported. The lobby update is complete. An outdoor project to add a shade structure is being worked on. Gerry also reported that he is looking at the requirements for pool lifts for the pool and hot tub. The board members suggest that the Facilities committee provide a recommendation to the Board, regarding the installation of a chair lift or a ramp.

#### Membership Committee

Suzanne Reisman reported. The survey conducted by Carleton students will be done by one group over Spring break and analyzed by another student group. The Committee is seeking people to write human interest stories about the Center as publicity pieces, and the tri-fold brochure is being reviewed.

#### Advancement Committee

Emelda Rasmussen reported. The Annual Fund Drive kick-off event is May 6. A second meeting was held with Lonnie Schroeder, Director of Development for Shattuck-St. Mary's School, as a consultant to the committee for the Leg-

acy Campaign. Bill reminded the board that a motion was passed by the Finance Committee in November, 2011 to use endowment funds for staffing and legacy program expenses.

#### Nominating Committee

Lola Fick reported that the slate of nominees for officers and directors at large are complete.

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

Lynne Pederson reported. A proposal, that the Senior Center would take the lead under her direction, to conduct a study to determine the financial feasibility of managing and purchasing the NCRC building was agreed to by the City Administrator. A core planning group has been formed and will meet monthly to gather information needed to determine building operating costs and purchase options. Lynne will be directing the Legacy Program. In order to have the time to direct the program, she will need to shift work duties. She will make a recommendation to the Executive Committee regarding a

staffing structure.

### **OLD BUSINESS**

**Action:** Motion and second to affirm the points, as amended, in the draft letter to the City Administrator, stating the Seniors to take the lead, in cooperation with Partners, in conducting a study to determine the feasibility of management and ownership of the NCRC. Motion carried.

### **NEW BUSINESS**

The insurance carrier has requested a Board resolution regarding a dissolution clause. The dissolution clause is in the Center's Articles of Corporation so no resolution is needed. Lynne will provide a copy to the insurance company. The insurance coverage refers to trustees for coverage, but who a trustee is not defined in the By-laws or Articles of Corporation. Bill will provide more information at the next board meeting regarding a definition of a trustee, what role a trustee plays and are committee members considered to be trustees.

The Annual Meeting will be April 26, 2012 at 1:00.

## *Membership News*

Welcome to these people who joined the Center since mid-February: Barbara Meyer, Jennie Strickland, Cynthia Malecha, Lucille Roush, Edward Herlihy, Marilyn Byrtus, Mary Weidner, Sarah Bardenwerper, Gary Hall, Miriam Mueller, James Carpenter, Mary Carpenter, Marian Collins, Jens Johannessen, Mary Johannessen, Richard O'Meara, Kathy Fontaine, Andrew Murray, Thomas Byrtus, Laurie Larson, Liliya Vakulich, Darryl Hill, Margaret Fink, Kimberly Harms, Anita Koch, John Hanson, Howard Hemme, Jeanne Pengra

## *Ideas for Reading to Children*

Reading to Children  
Mondays, 10:30-11:30a  
April 9, 16, 23

Help your young children or grandchildren become great readers by reading well to them. Joy Ganyo, with her background in theater and the teaching of English, will share techniques of using one's voice to read expressively and in ways that convey the meaning of the words. The class will also look at ways to help the child relax, and how to create a pleasurable experience

for both adult and child. Bring a story or poem you would like to read to the first session.

Teacher: Joy Ganyo  
Fee: \$15



## *NSC Gallery: Artists Create Works about Things They Love*

Two artists will be featured in the NSC Gallery during the month of April. Works of Marlys Shirley, painter, and Phil Agee, wood carver, will be on display from April 2 - April 29. There will be a reception for the artists on Tuesday, April 10, 5 - 7pm.

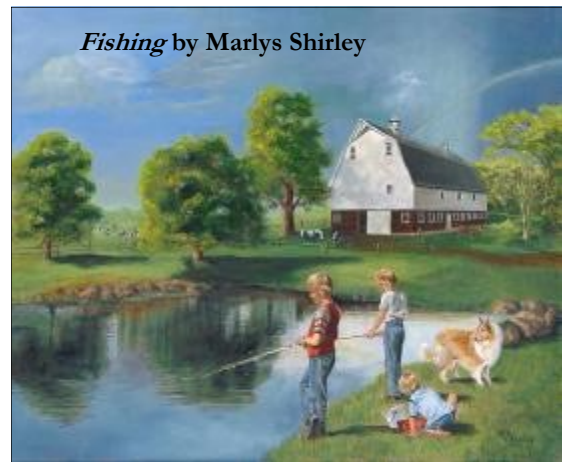
**Marlys Shirley** lives on the west shore of Chub Lake located eight miles NW of Northfield. She especially enjoys music, horseback riding, her bluebird trail, book club, activities with family and friends, and adventures with grandchildren.

Her interest in art began at an early age, through drawing, coloring and using watercolor. An elementary teaching career, raising a family and volunteer work kept art "on the backburner" until retirement when she joined classes

at the River School of Art in Burnsville.

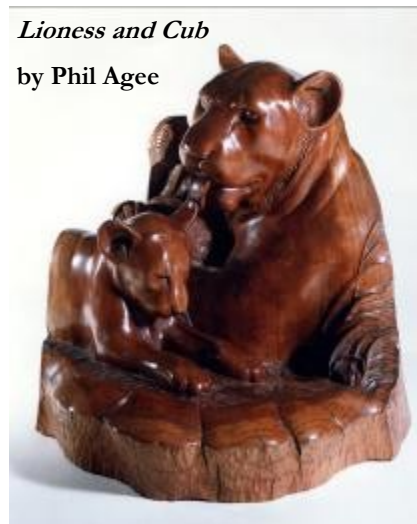
Shirley writes, "Subject matter reflects what is near and dear to my heart. I enjoy painting landscapes, animals, children and portraits."

**Phil Agee's** wildlife sculptures bring together two life-long passions - wild animals and the artistic treatment of wood. He completed a Master's degree in wildlife ecology and worked 37 years as a professional wildlife biologist with state and federal agencies. His work intensifies his understanding and sensitivity to wild species and their natural habitats. Given this background, he is meticulous in characterizing each species correctly, not only in its form, but also in the behavior and habitat elements depicted.



*Fishing by Marlys Shirley*

*Lioness and Cub*  
by Phil Agee





1651 Jefferson Pkwy  
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www.northfieldseniorcenter.org

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**ADDRESS SERVICE REQUESTED**

The Center's Annual Fund Drive Kick-off Event

# Fiesta

May 6

5:15 to 6:15—fiesta indoor picnic  
6:15—Welcome  
6:20 to 6:40—Aztec Dancers  
6:45 to 7:05—Folkloric Dance Group  
7:10 to 7:30— Music and Zumba dancers

Tickets—\$15.00 or \$20.00 at the door

Tickets sold at the Reception Desk

