



# Center News

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IT'S A FUND  
RAISER

The 2012 Annual Fund Drive kicks off on May 6 with a Fiesta. Ole' It will be a gala event offering a taco bar with authentic condiments, followed by lively music and dancers. It is the first of the fund raiser events that will be planned between now and the end of the year. The money raised at the events directly support the Center. Your ticket could be paying the cost of mailing the newsletter, buying cleaning supplies, or a kettle bell. Every donation is necessary.



**Why do you give to the 2012 Annual Fund Drive?**  
Rose says:  
**This Center is a great bargain—big bang for the bucks! I want to see it continue.**

## Annual Fund Drive

### Fiesta

May 6

5:15 to 6:15—fiesta indoor picnic

6:15—Welcome


6:20 to 6:40—Folkloric Dance Group

6:45 to 7:05—Music and Zumba dancers

7:10 to 7:30—Aztec Dancers

Tickets—\$15.00 or \$20.00

Tickets sold at the Reception Desk



You will see many of the “why do you give” signs around the Center during the Fund Drive. Every person who makes a donation has their own special reasons for supporting the Center. The common denominator is that people who donate know that additional money, beyond the program and membership fees is needed to pay the operating costs of the Center. You will receive a letter later in May giving you more information about the Fund drive and an envelope for your donation. Consider why you give or on the flipside— why you don't give to the Fund Drive? As a *donor*, please know that the operating costs have increased 10% over last year. And because it costs more to operate the Center, as a *non-donor* your donation is needed even more. Make your first donation by purchasing a ticket to the Fiesta, on sale now at the Reception Desk.



*...from the Director*

A member recently shared with me that she has revised her will to include a bequest to the Senior Center. She told me that the Senior Center and her church were very important to her and she hopes to be able to leave something to each. I believe that many members feel the same and have included a charitable bequest in their will to the Senior Center. The Advancement Committee is starting a

Legacy Society of the people who have made this decision. If you have left a bequest to the Senior Center, I would like to know. Your bequest means that you should be recognized as one of the members of this special Legacy Society and we want to thank you for sustaining the Center's future.

Lynne Pederson



*10 Warning Signs of Alzheimer's*

**Wed., May 23, 10:00am**  
**Presenter:** Kristin Sjolie, Care Consultant, from the Alzheimer's Association

Plan to attend to learn the signs of dementia versus what may just be the tricks our

memories play on us as a normal part of the aging process. There will be time for questions and answers.

Then in June, Kristin will provide individual care consultant services for people,

care givers and/or families of people who are starting to experience dementia. She will set-up appointments and work individually to help develop a care plan and resources.

*Coffee and Conversation*  
**With Margit Johnson**  
**Wed, May 16, 10am**  
 Come to learn about the Friends of the Library organization: what it does, and how you could become involved.

*Help! Us Communicate with You*

For a variety of reasons, many of the email addresses we have on file are incorrect. If you have not been getting email updates from The Center, we must not have your

correct email address in our database. If you would like to receive our update notes, send Patsy an email ([patsydew@nscmn.org](mailto:patsydew@nscmn.org)), entitled, "Correct Email Address"

and she will make sure your email address is entered correctly.



*What a Beautiful Sight!*

The feeling of running freshly tilled dirt through one's fingers is something that strikes a chord with many people in the spring. A trip to the nursery, a little water, some TLC and the aroma of sweet blossoms fill the air. What one sees is

truly a beautiful sight to behold!

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

learn, we encourage your participation in this active volunteering opportunity. Anyone interested in helping out please meet to plan what and when to plant this season on May 2 at 4:00 on the patio.

## Talk About Carleton's Oresteia Production

**Mon, May 7, 12-1pm**

Ruth Weiner, director of the Carleton production of the adaptation of the Greek tragedy Oresteia, will talk

about the process of staging this play. Rob Hardy, who wrote this adaptation of the trilogy, will also be available for questions and com-

ments. You'll want to hear about the use of a jeep instead of a chariot in this production! No fee.

Performances of *Oresteia* Weitz Theater, May 11 - 20  
No charge, but you must reserve seats: 222-4341, or pgermann@carleton.edu

## Mediations in Our Community

**Tues, May 8, 10:30am**

Deborah Peterson, director of the Rice County Dispute Resolution program will talk about the services this organization provides. The Rice County Dispute Resolution provides mediation services to families that are

dealing with aging parent issues, neighborhood disputes, landlord tenant issues, parenting time, parent/child conflicts, small claims issues, and business – consumer claims. There is a sliding fee that ensures everyone in the community

can use the services. Training sessions for one's organization and facilitation of meetings is also available.

Come to learn how this program can help you, your family or your business. No fee.

### Senior Center Staff

**Director** 664-3701

Lynne Pederson

**Asst. Director** 664-3708

Patsy Dew

**Bookkeeper** 664-3700

Kathy Bjerke

**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

### 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

### Used A Bit Shoppe

645-1399 624 Water St.

### Shop Hours

Monday - Saturday 10 am—5 pm

Thursdays 10 am—7 pm

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

**Expanded Summer Hours  
Begin in again in JUNE**

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.

## *More About Strength Training*

*By Gale Marchand*

Q: What is the difference between the 'big machine' workouts and other forms of strength training?

A: The selectorized pieces (black and white metal machines) allow you to increase weight to a \*substantial\* amount if necessary to challenge your body. They often aid the direction of movement and make it simple for a beginner to get the hang of a complex movement without having to add the back or core stability or balance required by standing and lifting free weights. Selectorized strength use has the advantage of simplicity and a potentially large amount of weight. Their disadvantage is that most are designed for a body size of 5'8" with a certain chest breadth that is common to males that size. While each machine does have several adjustments, you may find if you are shorter than 5'4" or taller than 6' 2", narrow or broad shouldered, there may be times that free weights or the Functional Training cable column may be more effective for you.

Recent exercise science is also touting the beauties of 'Functional Training' which denotes the use of other types

of strength equipment than the selectorized machines. Functional training equipment and techniques enhance natural body synergistic movement. An example would be the difference between a selectorized bicep curl and a standing one with free weights. With the selectorized machine we may work up to a lot of pounds, but once we take that free weight we have to back down the pounds because now we have to engage many more supporting muscles, such as the back, core, standing muscles, and balance to accomplish the same movement. As long as the movement is doable and pain free, we in fact may gain more with functional training than the selectorized piece of equipment. Whatever regimen we use, it is important to view how that strength regimen can bring the greatest gains to our personal life and recreational goals. If you need help with this, our Certified Trainers are always ready to help.

Q: At what speed should I do strength training? Or does it make a difference? ("I see people in the fitness

center with a hand weight moving as fast as the speedies on a treadmill, is this right?")

A: Speed for strength training needs to be at a rate that the entire range of motion of the joint and muscle group can be done safely. In Group Classes, for instance the recommended speed for music, and hence movement, is around 120- 125 beats per minute. Often this would mean, for instance with a bicep curl, that the entire 1 way movement of the bicep curl may take 4 beats, and the total release or 'down lift' would be to 4 beats. This is a safe pace for strength training for most populations and is the gold standards for classes. At this rate, we may be training the building of muscle and bone. If music speeds are faster than this range OR a class is done without music but the strength portion is done faster than this speed, then the class runs a safety risk as incorrect form generally increases with speed. For these reasons Certified Personal Trainers and Group Fitness Instructors at the NSC may ask you to slow down your strength training.

### *Senior Days at the Clothes Closet*

Once each month, the Clothes Closet has a "Senior Day" when ALL store items are 50% off for seniors. In May Sr. Day will be on the 25th.



## *April Photographic Outing Through Nerstrand Park*



## *Hiking and Walking Events: Fun, Frolic, Fresh Air*

Enjoy the sound, sights, lighting, fresh aromas of the woods, prairies, streams, lakes. Take in nature's beauty with others at a pace varying from strolling to brisk walking. Total walking time 1 hour to 1 1/2 hour. Weekday & weekend ventures to local areas of beauty.

**All events meet at NSC parking lot/lobby at 8:15 am, and leave at 8:30 sharp by carpool.** Please offer gas money to drivers. Please pre-register so we have a head count. Hikers 'what to bring list' is available from Gale, Fitness Manager

Thursday May 10 Arboretum – Carleton, Leaders Mary Cay Longley, Virginia Grant

Saturday May 19 White Water Park, Leaders: Gayle Henrickson, Virginia Grant

Saturday June 16 Rice Lake State Park, Owatonna

Thursday June 21 Cleary County Park, Prior Lake

Please register for hikes. Fee: Free

### ***Congratulations!***

Sheilah Giles (Teacher of Mindful Yoga and Morning Movement~Rosen Technique) recently certified as a Group Fitness Instructor with NETA.

Craig Swenson (Instructor of Silver Sneakers, Circuit Training, Aqua Fitness) recently added to his list of credentials certification as a Personal Trainer with NETA. Craig will be joining our Personal Training Department offering individual sessions at the Center.

Jan Otteson (Instructs Aqua Fitness, Studio Strength & Move & Groove) newly certified as Personal Trainer with NETA. She will be pursuing personal training at other locations where she is involved.

## *Are You Looking for Help in the Fitness Center?*

Have you forgotten how to use those machines? Have you gone on vacation south for the winter? Or have you never used fitness equipment? The Center has great options for you!

**FREE ORIENTATION**  
(how to use the Fitness Equipment) – sign up at the

front desk. Certified Instructors and Trainers will help you and two others with learning. You may take the Orientation as many times as necessary for you.

**PERSONAL TRAINING**  
–affordable fee based sessions that you schedule with the Certified Personal

Trainer. Trainers will help adapt a routine that is right for your body, your needs, your goals and abilities. See our brochure and call a Trainer today! (Not sure which Trainer to choose? Call Gale, Fitness Manager (507 664 3702)

## *Pool “Playground” Updates*

Lap Swimming Rotation Sign on Deck- Designed so a person who remains in the pool area may reserve their rotation ‘place’ for using the next lap lane when pool is at high use. Question? Ask the Fitness Manager

New Noodle Storage Cage & Process: New Noodles Marked ‘S’- New Noodles have arrived. They are marked with an ‘S’ on the

end. We ask that these be stored ‘upright like crisp french fries’ in the new storage cages rather than slumped ‘limpy-bent style’ tossed over the top as in the past. Why do we care? – Standing noodles on end allows them to stay straight and maintains their integrity. Storage of a wet noodle ‘not straight’ assists the noodles to deteriorate quicker and

makes for a permanent ‘bend’ in them which is not preferable.

Please do not tie or bend new noodles-If you like your fitness noodle ‘bent’ then please use the *old bent ones*. NOT bending, twisting or tying noodles will help preserve the integrity of the new noodles and makes them last longer. THANK YOU ~ WELLNESS

## *Minnesota Senior Games*

Minnesota Senior Games Begin May31-June 3, 2012 in Mankato. Yearly NSC members participate and even win Golds, Silvers and Bronze in a variety of events. This year’s great events include: archery, badminton, basketball, billiards, bowling, cycling, disk golf, golf, horseshoe, pickleball, racquetball, shuffleboard, softball, swimming, table tennis, tennis, track and

field, discus, javelin, shot-put, vaulting, long & high jump, 50, 100, 200, 400, 800, 1500, 5000 meter running, 5k & 10k road races, volleyball, happy hour and athletes’ picnic. Online info: [mnseniorgames.com](http://mnseniorgames.com) or call 507-385-6660. See Fitness Manager for info on others traveling to compete or observe from the Center 507-664-3702.

There’s still time to sign up for our 3rd Annual Northfield Table Tennis Tournament, on Saturday, May 5, 9am - 5pm. Singles and/or doubles players welcome. Registration forms on our website: [www.northfieldseniorcenter.org](http://www.northfieldseniorcenter.org) Held in the Middle School gym. Come to watch! Great entertainment!



## Computer Learning 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.

Monday	Tuesday	Wed	Thursday	Friday
	9:30 -11:30 1		9:30 -11:30 3	
1:30-3:30p 7 Facebook	9:30 -11:30 8 Intermed Internet & E-mail	1:30-3:30p 9 Facebook	9:30-11:30 10 Intermed Internet & E-mail	
1-4p 14 Adv Photo Editing, & Printing	9:30 -11:30 15 Intro to Spreadsheets		9:30 -11:30 17 Intro to Spreadsheets	9:30 - 11:30 TECH TIME 18 Computer Maintenance
1-4p 21 Adv Photo Editing, & Printing	9:30 -11:30 22 Intro to Spreadsheets		9:30 -11:30 24 Intro to Spreadsheets	9:30 - 11:30 25 Photography Group
	9:30 -11:30 29 Microsoft Word 1		9:30 -11:30 31 Microsoft Word 1	

## New Computer Courses?

The Computer Center Program Committee is reviewing the present list of course offerings. We are eager to receive suggestions about new

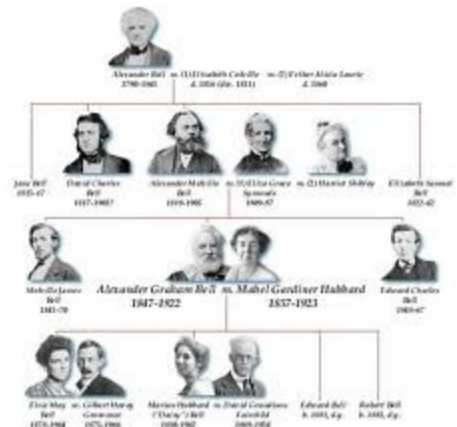
courses. Please send us ideas about computer related or technology based subjects that might be of interest to Northfield seniors. Send

your thoughts to Jim Finholt, Program Committee Chair, at (507) 645-8609 or [jfinholt@charter.net](mailto:jfinholt@charter.net).

## Genealogy Anyone?

The Computer Center Program Committee would like to offer a course in computer assisted genealogy research, but we need an instructor. If you or anyone you know

might be interested in teaching such a course please contact Jim Finholt, Program Committee chair at (507) 645-8609 or [jfinholt@charter.net](mailto:jfinholt@charter.net).



## Tech Time: Keeping Your Computer Healthy

Friday, May 18, 9:30am

Carl Henry, who is in the business of servicing computers, will present information about how to keep your computer running as well as it did when you first purchased it.



### *Where in the World are Janet and Ray Nelson?*



*For full color version of this photo, see back cover.*

On the summit of Mt. Rainier - the highpoint of Washington State, a volcanic caldera 1/2 mile in diameter, with steam fumaroles at several locations along the summit rim. For us this mountain top completed our goal to reach, visit, and/or climb to the highest point in each of the 48 contiguous states. As we have always loved to travel, this adventure started with a trip to the Sierras in CA. Among various activities was a climb to the top of Mt. Whitney, which we knew was the highpoint of CA and also the highest point, at 14,496 ft. above sea level, in the lower 48.

This started us thinking about visiting more state highpoints, and we soon discovered there was an organization of like minded individuals, of course called the Highpointers Club. We quickly joined and attended the next yearly club convention at Mt Rogers, Virginia, the state HP.

In the years following we planned vacation trips to include highpointing and club annual conventions. Climbing companions, info on routes up mountains, travel tips, and good fellowship resulted from club membership. We flew to some distant locations and used rental cars for local area travel. This included trips to the North-

west, Northeast, and one trip to California. Many trips were by automobile which included several two week vacation outings. One trip to the southeastern states resulted in 6 nights in motels, 6 nights in our tent, and 3 nights in the car which was necessary to maintain our itinerary schedule. We estimate we traveled more than 30,000 miles to reach the 48 state highpoints.

We are often asked if we have a favorite highpoint. The answer is yes and no. All states have unique and special features some, of course, much more spectacular than others. We are especially fond of Granite Peak, Montana's Highpoint, located in the Beartooth Mountains southwest of Billings. It is truly special as it has forest hiking with lakes on the lower slopes, huge boulder fields to navigate, class 4 rock climbing on the upper mountain, and table rock on the summit. Due to weather conditions, ice and snow the window to climb Granite is very short, usually the end of July and the first couple of weeks in August. When we reached the top on August 9, we were only the second group on the summit that season.

Our travels in the USA the past 20 years have included

visiting all 50 states. We also record the county or county equivalents we have been in which now total more than 1700 of the approx. 3100 in the US. On current travels we plan routes that include areas and counties new to us to see more of our wonderful and beautiful country.

Our 2012 HP Convention will be held at Mt Hood, Oregon in June. If we are able to adequately train this winter and spring we would enjoy another climb to the summit of Mt. Hood. In 2013 the HP group will gather at Mt. Katahdin in Maine, located within Baxter State Park. The northern terminus of the Appalachian Trail is at the summit of Katahdin.

An excerpt from Tennyson's Ulysses has served as an inspiration to us in our travels:

Tho' much is taken, much abides; and tho'

We are not now that strength which in old days

Moved earth and heaven; that which we are, we are;

One equal temper of heroic hearts,

Made weak by time and fate, but strong in will

To strive, to seek, to find, and not to yield.

Wishing all of you fun times and safe travels.

(Written by Ray and Janet Nelson for the NSC Travel Committee)

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.

**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".



## Technique Restaurant Le Cordon Bleu of Culinary Arts

Wednesday, May 23

10:45 am

This outing is a special treat and we're excited about having lunch at this unique restaurant in Mendota Heights. Run by students under the supervision of chef instructors at Le Cordon Bleu of

Culinary Arts, it serves food prepared in the French technique. Chef Pierre has arranged a 4-course meal which includes an entrée (meat or fish), salad, soup, dessert and a drink. Drinks include coffee, tea, fruit punch, lemonade or milk. Wine (at an extra charge) is available to compli-

ment the meal. Our group will have a short tour of the cooking school before sitting down for lunch.

Limit: 25 people

Cost: \$38.65 (includes meal, gratuity and bus)

Register by May 17



### Future Trips

Alexander Ramsey House Tour  
Wed, June 20, 9am - 3pm  
Cost: \$41 (includes tour & bus)  
Sign up by June 18

Shakespeare in Winona  
Great River Shakespeare Festival  
Wed, July 25, 9:45am - 8pm  
Cost: \$85 (includes play, two meals, & bus)

**COMPLETE DESCRIPTIONS OF THESE TRIPS ON OUR WEBSITE:**

www.  
northfieldseniorcenter.org

### Looking Forward to these Trips...

Melodrama and Lunch, July  
Guthrie Theater, August  
Orchard Tour and Lunch, July  
Cemetery Stories, October

Out to Lunch at St Olaf, Nov  
Hill House, Christmas Stories  
December

WATCH FOR DETAILS IN  
SUBSEQUENT PROGRAM  
GUIDES OR  
NEWSLETTERS

### Talk About Macular Degeneration, May 25

Friday, May 25, 10:30-11:30am  
David Hakes, O.D., will be at The Center to answer questions about macular degeneration. What is it? Who is at

risk? How does it affect vision? What's the latest information on treatment? Can it be prevented?

There is no fee for this presentation.



### Volunteer Opportunities

#### Meals on Wheels

Meals on Wheels is an organization dedicated to meeting the nutritional needs of the community through home-delivered meals. A broad network of volunteer are coordinated to deliver noon meals prepared by Northfield Hospital dietary staff. Three weeks every year volunteers from the Senior Center help

deliver Meals on Wheels in Northfield. Our first two weeks are scheduled May 27 – June 9. If you would like to help drive or deliver meals from the Northfield Hospital to a designated area of town any day you may sign up at the Center. Watch for a sign-up clipboard in the lobby with the available openings or call 664-3703.

#### Thursday's Table

The next two dates Center volunteers will help with Thursday's Table are May 17 and July 19. Several duties available to help facilitate the evening meal held every Thursday by the Community Action Center. The meal is open to anyone in the community that would benefit from a meal.

**TO VOLUNTEER  
for either of these  
opportunities,  
Call Nancy  
664-3703**

## *Minutes of the March 22 Board Meeting (Draft)*

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

**Absent:** Bob Vanderhoof, Phil Winter

**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 with a change in the date of the Membership Committee meeting from April 25 to April 18 and addition of Annual Meeting on April 26 at 1:00 p.m.

**Action:** Motion and second to approve the Feb. 23, 2012 board minutes with a change

in the wording from “unity” to “unit” in the Finance Committee report. Carried.

### **Treasurer report**

Bill Gruszewski reported on the February financial statement. Income to date is 18% of budget and expenses are at 17%. Percentage for this time of year should be at 17%. Profits at the Used A Bit Shoppe are up from last year at this time.

### **COMMITTEE REPORTS**

#### Finance Committee

Bill Gruszewski reported.

**Action:** Approved designating \$36,000 to the Legacy Program

#### Facilities Committee

Gerry Gengenbach reported. The committee is researching the installation of a chair lift or ramp in the pool. Handicap door openers into the Fitness Room are being requested.

#### Membership Committee

Suzanne Reisman reported. The committee went over the survey to be administered by Carleton students to members and nonmembers of the Senior Center.

#### Advancement Committee

Emelda Rasmussen reported. Contributions to the fund drive total \$3,042 with 37 donors. Admission to events has been raised from \$10 to \$15 and \$20 at the door. Kick-off fundraiser will be held May 6<sup>th</sup>.

#### Nominating Committee

Lola Fick reported. Leaving the board in April are: Emelda Rasmussen, Suzanne Riesman, Anna Mae Sjogren and Jean Larson. Nominees are Don Diehl, Dottie Hammer, Bernie Borene, Duane Everson and Nancy Ashmore for Secretary.

#### Computer Learning Center

Evelyn Burry gave an up to date report.

### **Executive Director's Report**

Lynne Pederson reported. Lynne made a recommendation to the Executive Committee to add the Legacy Program and NCRC Study to her duties and received approval. The NCRC Study Group has met twice. Representatives from the Community Action Center and Three Rivers have joined the group.

### **Old Business**

Definition of trustees is needed for insurance coverage. Bill Gruszewski is working on this.

### **Other**

Suzanne, Anna Mae and Jean will be in charge of refreshments for the Annual Meeting on April 26<sup>th</sup>.

The meeting was adjourned at 4:07 p.m.

## Seasoned Singers Concert Tuesday, May 1

Seasonal Songs by the Seasoned Singers will be performed at the Center Tuesday evening May 1 at 7pm. Come enjoy an evening of reminiscing through the seasons with such songs as *Don't Sit Under the Apple Tree*, *Bring on the Rain*, *June is Bustin' Out All Over*, *Blow, Blow Thou Winter Wind*

and *Spirit of the Summertime*. The concert is free and open to the public. Please bring your friends and then join us for refreshments following the concert. Directed by Donna May; pianist will be Mary Davis.

Free will offering.



## Troubadors Concert Sunday, May 20

The Northfield Troubadours Men's Chorus will be presenting their annual Spring concert on Sunday, May 20<sup>th</sup> at 3pm at Bethel Lutheran Church. Rhonda Reece will direct.

The Troubadours throughout the year sing for many senior

groups in nursing homes and independent living residences in the Northfield area. They have performed for the Minnesota School for the Blind, Laura Baker, the Senior Center and the Lions and Rotary.

This concert will also include

performances by the Northfield Youth Choir, the Northfield Senior Center Chime Choir and the North End Boys Barbershop Quartet.

A free will offering will follow the program with a reception and refreshments.

## NSC Gallery: Kathy Miller and Tom Willis

**April 30 - June 3**

**Reception: May 8, 5-7pm**

The next NSC Gallery exhibit will feature the work of two accomplished artists who have "come into their own" as artists only recently, after retirement from other careers.

With a master's degree in education, Kathy Miller was a devoted elementary school teacher for 22 years until retiring from that in 2007. Since then she has turned her attention to watercolor painting, taking workshops here, in New Mexico, and Giverny, France. She has received several awards for her watercolor paintings from the Minnesota

Watercolor Society and the Red Wing Fall Festival of the Arts.

Tom Willis was considering retirement options in 2000, and took a potter class at a local art center. He has been a potter ever since. He writes, "the main focus of my work is to make one of a kind pottery and continue improving the artistic quality of my work. I have built my own pottery studio with a small display area and recently finished building a gas fired kiln." Willis was recently awarded a McKnight fellowship from SEMAC, and a grant from the Minnesota State Arts board.



Intermediate Watercolor Painting class:  
Thurs, May 3 - 24  
9:30 - 11:30am

**Teacher: Kathy Miller**

Cost: \$54m/\$60nm



1651 Jefferson Pkwy  
 Northfield, MN 55057  
 Phone: 507-664-3700  
 Fax: 507-664-3720  
 www.northfieldseniorcenter.org

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**ADDRESS SERVICE REQUESTED**

*Where in the World Are Janet and Ray Nelson?*



Check out page 8 for the answer and their story!

*Save the Date:* Exceptional Eats Brunch, June 10

*Popcorn Wagon Opens - May 10*

May 10...I've always heard that's the last frost date in this area of Minnesota. That may well be, even in this year of early warmth. But when the frost leaves something else wonderful happens. The Popcorn Wagon comes out. **Twelve noon, Thursday, May 10<sup>th</sup>** will be opening day for the antique Popcorn Wagon that Center volunteers operate on Bridge Square in downtown Northfield each summer. All proceeds go to help operate the Senior Center. If you would like to be involved talk with Nancy, 664-3703.

