



**SAVE thru August**

# Program Guide

Summer, 2012

**Inside this issue:**

<i>Fitness Calendars</i>	2-3
<i>On-Land Fitness Activities &amp; Classes</i>	4-6
<i>Pool Activities and Classes Groups</i>	7
<i>Fitness Groups</i>	8
<i>Personal Training</i>	9
<i>Group Activities</i>	10-13
<i>Art Classes</i>	11
<i>Computer Center</i>	14-17
<i>AARP</i>	17
<i>Volunteer Activities</i>	18
<i>Travel News</i>	19-20



The Center \* 1651 Jefferson Pkwy \* 507-664-3700 \* [www.northfieldseniorcenter.org](http://www.northfieldseniorcenter.org)  
Used A Bit Shoppe \* 624 Water St \* 507-645-1399  
Popcorn Wagon \* Bridge Sq

## ON-GOING AQUA CLASSES AND POOL ACTIVITIES

ON-GOING AQUA CLASSES AND POOL ACTIVITIES

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>6am</b> :15 :30 :45	6:00 - 7:00 <b>OPEN SWIM</b>	6:00 - 7:00 <b>OPEN SWIM</b>	6:00 - 7:00 <b>OPEN SWIM</b>	6:00 - 7:00 <b>OPEN SWIM</b>	6:00 - 7:00 <b>OPEN SWIM</b>	6:00-10:00  <b>OPEN SWIM</b>	
<b>7am</b> :15 :30 :45	7:00-7:45 AQUA SUNRISERS	7:00-8:00 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS	7:00-8:00 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS		
<b>8am</b> :15 :30 :45	8:15-9 AQUA AGELESS	8:00-5:30  <b>OPEN SWIM</b>	8:15-9 AQUA AGELESS	8:00-5:30  <b>OPEN SWIM</b>	8:15-9 AQUA AGELESS		
<b>9am</b> :15 :30 :45	9:15-10 AQUA FIT 'N' TONE		9:15-10 AQUA FIT 'N' TONE		9:15-10 AQUA FIT 'N' TONE		
<b>10am</b> :15 :30 :45	10:00-7:45p <b>OPEN SWIM</b>		10:00-7:45 <b>OPEN SWIM</b>		10:00-3:15 <b>OPEN SWIM</b>	10:00-11 AM AQUA FITNESS FUSION	10AM-5PM <b>OPEN SWIM</b>
<b>11am</b> :15 :30 :45						11:00-2:00 <b>OPEN SWIM</b>	(June - August only)
<b>12PM</b> :15 :30 :45							
<b>1PM</b> :15 :30 :45			Every week 1:00-7:45 <b>HOT TUB CLOSED</b>				
<b>2PM</b> :15 :30 :45			Last full week of month, <b>POOL CLOSES at 1:00</b>			2:00-3:45 FAMILY TIME SWIM	
<b>3PM</b> :15 :30 :45						3:45-5	
<b>4PM</b> :15 :30 :45						<b>OPEN SWIM</b>	
<b>5PM</b> :15 :30 :45		5:30-6:30 AQUA		5:30-6:30 AQUA			
<b>6PM</b> :15 :30 :45		FITNESS FUSION 6:30-7:45 <b>OPEN SWIM</b>		FITNESS FUSION			
<b>7PM</b> :15 :30 :45				7-7:45 WATER VOLLEYBALL			

## ON-GOING FITNESS CLASSES AND FITNESS GROUPS

Insert	Program Guide							
	Sun	Mon	Tue	Wed	Thur	Fri	Sat	
<b>7am</b> :15 :30 :45			7-7:45 STUDIO STRENGTH	7-7:45am Mindful AM Movement	ZUMBA 7-7:45 AM			
<b>8am</b> :15 :30 :45		8:30-9:15 TAI CHI	8:30 - 9:15 CORE & MORE	8:30-9:15 TAI CHI	8:30-9:15 CORE & MORE	8-9AM BODY WAKEUP	8:00 - 8:45 CORE & STRENGTH	
<b>9am</b> :15 :30 :45		9:30-10:15 BODY WAKEUP	9:30-10:15 COUNTRY LINE	9:30-10:15 ZUMBA	9:30-10:30 CIR. TRAIN.	9:30-10:15 MOVE & GROOVE	9-9:45 ZUMBA	
<b>10am</b> :15 :30 :45		10:30-11:30 Silver Sneakers MSROM	10:30-11:30 GENTLE YOGA	10:30-11:30 Silver Sneakers MSROM	10:30-11:30 GENTLE YOGA	10:30-11:30 Silver Sneakers MSROM	10-12 ADV PING PONG	
<b>11am</b> :15 :30 :45							10-11 Silver Sneakers CardRm	
<b>12PM</b> :15 :30 :45			12:00-1:00 ENHANCE FITNESS	12-1:15 SLO FLO YOGA	12:00-1:00 ENHANCE FITNESS	12-1 PM YIN RESTORATIVE YOGA		
<b>1PM</b> :15 :30 :45			1:15-3:15  OPEN				1-1:30 pm QIGONG	
<b>2PM</b> :15 :30 :45			PING PONG  Int/Adv		2:15-4:15 OPEN PING PONG			
<b>3PM</b> :15 :30 :45				3:00 - 5:00 OPEN PING PONG	All Levels			
<b>4PM</b> :15 :30 :45				All Levels				
<b>5PM</b> :15 :30 :45		5-5:45 KETTLEBELL Strngth Fusion		5-6 BODY SCULPTING				
<b>6PM</b> :15 :30 :45		6 - 7:00 CLASSICAL YOGA	6 - 6:45 Strength Circuit	6:15-7 ZUMBA	6 - 6:45 Strength Circuit	6 - 7 Yin Yoga		
<b>7PM</b> :15 :30 :45		7:30 - 9:30 OPEN	"Circuit" Classes are held in the Fitness Center					
<b>8PM</b> :30		PING PONG						
<b>9PM</b> :30		All Levels						
				All of these classes meet weekly, throughout the year, unless "session-based."				

## ON-GOING FITNESS CLASSES

All of our on-going fitness classes meet weekly. Fees for the classes are \$6m/\$8nm *per* class.



### ON-GOING FITNESS CLASSES

#### YOGA

All of our yoga classes, except Yin Yoga,\* are movement-based Hatha Yoga. In each class there is a warm up, 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** Thurs, 6 - 7p;  
Fri, 12-1p

Instructors: David Runkle, Sandi Walker

#### BODY WAKEUP

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

Instructors: Kitty Runzheimer, Katie Milbrett

#### CLASSICAL YOGA

Mon, 6:00-7:00

Instructors: David Runkle,

#### GENTLE YOGA,

##### Chair Adaptive

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

Instr: David Runkle, Katie Milbrett

#### SLO FLO YOGA

Wed, 12-1:15p

Instructor: Sigrid Londo

#### \*MORE ABOUT YIN YOGA, a special style of 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. (Thurs, 6 - 7p, Fri 12 - 1p)

#### YOGA INSTRUCTORS:

Sigrid Londo - Registered Yoga

Trainer, Himalayan Institute of PA

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

David Runkle - Registered Yoga Trainer 200 hr- Heartwork Studio

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

Sandi Walker - RYT 200 Sun Moon.

#### 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 DANCING

Tues, 9:30-10:15a

Learn nationally known Country Line dances. Light to moderate aerobic conditioning.

Leader: Elsie Forsythe, Kate Stuart

#### ZUMBA™ FITNESS and ZUMBA™ GOLD,

Wed 9:30-10:15a, Wed 6:15-7p,

Thurs 7-7:45a and Sat 9-9:45a

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

Instructors: Leah Goldberg, Lu Herbeck, 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



**(DANCE, AEROBIC CONT.)**

**+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, Craig Swenson

**DANCE AND AEROBIC INSTRUCTORS:**

Elsie Forsythe - Line Dancer for 11 years  
Leah Goldberg - Zumba Basic 1, Zumba Gold™  
Lu Herbeck, NETA Group Fitness & Personal Trainer, Licensed\_Zumba™, 28+ yrs certified experience  
Gale Marchand, NSC Fitness Manager, ACSM Personal Trainer, NETA Group Fitness, 12 years of fitness aerobics on all levels, Licensed Zumba™ Instructor  
Jan Otteson - NETA Certified Fitness Instructor, Licensed Zumba™ Instructor, Latin Cardio, NETA Personal Training

**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 +).

**+KETTLEBELL STRENGTH FUSION**

Mon, 5- 5:45p

Kettlebell training is effective at burning calories and toning the entire body. In this mixed format class we combine Kettle bell training and the latest in free weight strengthening. Shape the legs, arms, and midsection in this specialty class which also incorporates body weight exercises and medicine ball training for a unique workout. Exercises are followed with appropriate stretches for muscles used. All equipment is provided.  
 Instructor: Lu Herbeck

**STRENGTH CIRCUIT**

Tues & Thurs, 6-6:45p, Fitness Cntr  
 Progressive strength training class involving selectorized and free weight equipment with timed stations, led by instructor. Fitness Orientation required. Fun group; inspiring trainer.  
 Instructor: Don Forsberg

**STUDIO STRENGTH**

Tues, 7-7:45a  
 Strength training class in the studio, timed to music. Uses free weights, bands, and body weight to strengthen and tone.  
 Instructors: Jan Otteson

**BODYSULPTING**

Wed, 5- 6p  
 Using Bands, Balls, Walls, Steps, Mats, and a dozen other fitness tools, we will help you become a more toned, strong, fit and functional you! Great & fun way to burn calories, build muscle, endurance, agility, coordination and preserve bone integrity. Class is timed to music. All abilities welcome and encouraged.  
 Instructor: Lu Herbeck

**SILVERSNEAKERS MSROM™**

(Muscular Strength & Range of Motion), Mon, Wed, Fri 10:30-11:30a, and Sat, 10-11a  
 Nationally known program includes strength, flexibility and balance training with chair assistance.  
 Instructors: Gayle Klauser, Craig Swenson, Don Forsberg, Lu Herbeck, Nancy Nieman

**STRENGTH, CIRCUIT INSTRUCTORS:**

Don Forsberg - ACE Personal Trainer, MSROM™ trained, Matter of Balance Master Trainer  
Lu Herbeck, NETA Group Fitness Personal Trainer, Licensed Zumba™, 28+ yrs certified experience  
Gale Klauser - ACE Group Fitness & AEA Certified, Silver Sneakers MSROM™ trained  
Gale Marchand - see Dance/Aerobic listing  
Nancy Nieman - MS, Exercise Physiology, AFA Personal Trainer  
Craig Swenson - AS Exercise Science, NETA Personal Trainer, experienced Adaptive Exercise Coach, MSROM™, Enhance Fitness™ Certified  
Jan Otteson - see Dance/Aerobic listing

**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 know to bring mental relaxation and improve concentration.  
 Instructor: Hong Yuan Lang, native of China

**QIGONG**

Sat, 1-1:30p  
 Enjoy the fine art of Qigong – short, gentle movement based class bringing health. Been practiced by elders in Asia for years and is catching in USA.  
 Instructor: Mika Turner, L.Ac M Om.

**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, NETA Group Fitness.

**CORE 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, Thur, 8:30 - 9:15a  
Pilates-style midsection toning of the abs, back and sides, incorporating stability balls, weighted balls, balls and 1/2 foam rolls. Postural correction and alignment are emphasized. Intermediate balance training included.  
Instructors: Gale Marchand, Stacey Popp

**CORE CONDITIONING,**

Sat, 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.  
Instructors: Lu Herbeck

**CORE/PILATES INSTRUCTORS:**

Lu Herbeck – NETA Group Fitness, NETA Personal Trainer  
Gale Marchand - ACSM Personal Trainer, NETA Group Fitness Instructor, Pilates certified  
Stacey Popp - ACE certified Fitness Instructor, NETA Personal Trainer & Mat Pilates-NEDITA & Pilates Institute of America

**HEALTHY LIFESTYLE SERIES**

Three one-hour Seminars. Register for one, or for all.  
(pre-registration required)

What is Fit?

Monday, June 11, 6-7 pm

Have you ever wondered what being fit really means? Do you have to pump iron or run a mile in under 9 minutes? Come find some answers for your own fitness goals. Learn about different measures of health and fitness & learn up to date techniques you can apply toward improving your overall fitness profile

Recipe Rescue

Monday, July 9, 6-7 pm

Do you have a favorite recipe that makes your sweet tooth hurt or your arteries clog? Come to this seminar to learn unique ways to modify a recipe without sacrificing taste or the cooking chemistry necessary to have the recipe turn out edible. Discover fabulous ways to serve & enjoy delicious food that is nutrient rich without excess empty calories & health risks.

Live Purposefully

Monday, August 6, 6-7 pm

Explore ways to live purposefully, moment by moment. Discovering more method and less madness in life together in this class and how this can pertain to your Health & Fitness goals as well as your family life and other priorities

Presenter: Lu Herbeck, NETA Certified Personal Trainer & Group Fitness, Professor at MN School of Business instructing Medical, Health & Fitness courses, National Presenter for NETA, 28+ yrs Fitness Industry Veteran

Fees: For Each Class Date, \$6 m/ \$8 nm, \$2 donation- PL (materials)

Registration deadline: Friday before each Monday seminar.

## 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, Nancy Nieman

#### AQUA FIT 'N' TONE,

Mon-Wed-Fri, 9:15-10a  
Instructors: Gayle Klauser, Jan Otteson, Don Forsberg, Nancy Nieman  
**EARLY BIRD AQUA,**  
Tues-Thurs, 7-8a  
Instructors: Nicolle Hebeisen, and Craig Swenson

#### AQUA FITNESS FUSION,

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

### AQUA INSTRUCTORS

Don Forsberg - ACE Personal Trainer

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

Marilyn Kelly - Silver Splash trained

Gayle Klauser - ACE Group Fitness & AEA Aquatic Certified

Jan Otteson - AEA Aquatic &

NETA Group Fitness Certified, WSI Certified

Craig Swenson - AS, Exercise Science, certified YMCA Group Fitness & YMCA Strength Coach, experienced Adaptive Exercise Specialist

Nancy Nieman - MS Exercise Physiology, AFAA Personal Trainer

### 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: Volunteer Rotation

Fitness Group Fees apply (see pg 6).



### 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

## BIKE CLUB (NORTHFIELD PEDALERS)

**Mondays, 8:30a** (meet at 8:15a)

Bike excursions leave from the Center every Monday at 8:30a.m. 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!

Volunteer led

Fee: Free Activity, donations encouraged to cover administrative costs.



## 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

FITNESS GROUPS

## HIKING GROUP - Hiking Event Dates All Summer

FUN\* FROLIC\* NATURE\* FRESH AIR.

1 Thursday each month 8:30 am  
1 Saturday each month 8:30 am

Would you like to enjoy hiking natural areas and State Parks this sunny season? Enjoy the sound, sights, lighting, fresh aeroma's of the woods, prairies, streams, lakes. Take in nature's essence 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 hikes meet 8:15 am at the Cen-

ter; leave at 8:30 am sharp via carpool . (Please offer gas to drivers). List of items to bring (water bottle & your own snack, etc) will be available at the Center.

Specific Dates – See Postings at the Center, or check the monthly newsletters, or check the website ([www.northfieldseniorcenter.org](http://www.northfieldseniorcenter.org))

Let us know of your interest, and we'll put you on our e-list for hikes.

Fee: Free but please register so we have a head count as we make preparations. Donations appreciated.

Leaders: Hike leaders vary including Mary Longly, Virginia Grant, Gayle Henrickson  
 Contact Gale Marchand, Fitness Manager at [galemarchand@nscmn.org](mailto:galemarchand@nscmn.org), 507-664-3702 for more info.





## 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 Women’s Fitness, and Fitness for Health Management  
Don Forsberg – ACE Personal Trainer, specializes in Strength Training & Balance, Weight Management

Craig Swenson - AS Exercise Science, NETA Certified Trainer, Adaptive Fitness & Adaptive Sports Specialist, Strength & Conditioning Coach

Nancy Nieman – MA Exercise Physiology, AFAA Certified Trainer, specializes in exercise with medical conditions and exercise programs for older adults.

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.

Affordable Fees:

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



## 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! Some groups require you to bring your own supplies. A \$1 donation for use of the facility is collected for these group activities.

### CARD GROUPS

#### Double-Deck Pinochle

Mondays 1-4p  
Pinochle is a bidding, melding and trick taking game played with a partner using 80 cards (A-10-K-Q-J). Call our group leaders on Monday morning to sign-up: Sharon Steinhouse or Phil Winter. Please call Nancy McDougall if you are interested in Pinochle lessons.

#### Social Bridge

Wednesdays 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. 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, with trumping, 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 1-3p  
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

2<sup>nd</sup> and 4<sup>th</sup> Fridays 9a-noon.  
Tired of quilting alone? This group will enable you to share project ideas and various quilting techniques while working on your unfinished quilting projects. Bring your own quilting project. New projects available for beginners.

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
		10a-noon (2nd & 4th) Woodcarving			10:30a (2nd Friday) Book Club
	12:30 Double 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 - 3p Chime Choir	9:30-11:30a (4th Fri) Photography Group
	1:30-3:30p (1st,3rd) Paper Crafting	1 - 4p Duplicate Bridge	12:30 - 3p Social Bridge		
		6:30-8:30p Woodcarving		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**

**Woodcarving**

2<sup>nd</sup> & 4<sup>th</sup> Wednesdays 9:30 - 11:30a

**OR evenings:**

Tuesdays, 6:30 - 8:30p

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**

1<sup>st</sup> & 3<sup>rd</sup> Mondays, 1:30-3:30p

Meetings will explore various bring their own work for "show and tell." Very friendly and inviting to all. \$1-2 fee for supplies may be charged depending on the project.



**NOTE:** the Paper Crafting group will display their work in the Gallery during June.

**BOOK CLUB NEWS**

The book club is open to all, and meets on the 2nd Friday of each month at 10:30a. For more information call Katherine Collman, 645-1357.

Books for this summer -

June - Madeleine Albright: A Twentieth Century Odyssey by Michael Dobbs

July - Neither Wolf Nor Dog by Kent Nerburn

August - Enrique's Journey by Sonia Nazario

**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.

**THE PHOTOGRAPHY GROUP**

4th Fridays, 9:30 - 11:30a . Each session, held in the Computer Lab, will start with a brief educational presentation of a photography website which offer free photography tips and education. The remaining time will be spent reviewing individuals photos, questions and answers, as

well as help with cameras and equipment. Please bring pictures on a USB memory stick for show and tell. Prints are acceptable. If you have camera questions, please bring your camera, batteries, memory card, and manual.

This is not a formal class or club. It is an opportunity to share an interest in photography.

**Mac Users Group NEW**

This group is a gathering of people, in coffee group style, that would enjoy sharing and learning from their peers that use Macintosh computers. If you have interest in attending such a gathering, please contact Barb Henwood 507-301-1576 or barbhennwood6@gmail.com We simply gathering contact information from interested people at this point in time. Meeting dates have not been determined yet. This group is NOT teaching classes on Macintosh computers.

**CLASSES IN THE ARTS**

(In Collaboration with Northfield Arts Guild)

**Dances of Shakespeare's Time**

Sat, Sun Jun 9, 10 1:30 -3:30p

Whether you fancy yourself prince or page, princess or peasant, you'll enjoy learning dances both lively and stately from around 1600.

**Teacher: Kate Stuart**

Cost: \$32nm/\$29m

Venue: Arts Guild Dance Studio

**Shakespeare Inside Out: Measure for Measure**

Sat, Jun 16, 1:30 – 3:30p

Set in a world of social decay, moral corruption and political manipulation, Measure for Measure is a cautionary tale. It gives us much to laugh at and, while it provides us no clear answers, gives us plenty of food for thought. We will take an inside look at how this so-called "problem play" parallels a number of significant issues which confront and divide society today.

**Teacher: Philip Spensley**

**Venue: Arts Guild Art Studio**

**Cost: \$16nm/\$15m**

**Travel Photography: Creating a Personal Vision**

Learn how to make meaningful travel photographs during this weekend workshop through looking at images, taking a short photo safari through Northfield and through critical feedback of your work. The goal of this workshop is to learn how to see the world from your own unique perspective. Required equipment: digital camera.

**Teacher: Cate Vermeland**

**Venue: Arts Guild Art Studio & Outdoors**

**Sat & Sun, Jun 23 & 24, 2 – 4p**

**Cost: \$32nm/\$29m**

## GROUP ACTIVITIES



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

GROUP ACTIVITIES

**June: Father's Day Month** All of our dads are great dads or evolving great dads.

**June 4: Mrs. Doubtfire** (1993)  
Robin Williams is at it again in this glorious comedy. Struggling actor Daniel Hillard (Robin Williams) can't keep a job. If it were up to his fed up wife (Sally Field), he wouldn't be allowed to keep his family, either! So when a judge says he can only visit his kids once a week, the inventive dad becomes Mrs. Doubtfire—the perfect nanny to his own children!

**June 11: Dad** (1990)  
The incomparable Jack Lemmon stars as "Dad" in this heart-warming drama. Work-obsessed stockbroker John Tremont (Ted Danson) flies home when his mother Bette (Olympia Dukakis) is unexpectedly hospitalized. Not having seen his father, Jake (Lemmon) for over two years, John is shocked to discover

how Jake has deteriorated under the overprotective eye of his mother. With careful nurturing, John is able to reestablish a close relationship in this humorous and moving story about family life.

**June 18: An Unfinished Life**  
"Two Thumbs Way Up"

A powerful and unforgettable film starring Robert Redford, Morgan Freeman, Jennifer Lopez, and Josh Lucas, a drama of risk and redemption. Stoic and heart broken, Einar Gilkyson (Redford) quietly lives in the rugged Wyoming ranchlands alongside his only trusted friend, Mitch (Freeman). Then, suddenly, the woman (Lopez) he blames for the death of his only son arrives at his door broke, desperate and with a granddaughter he's never known. But even as buried anger and accusations resurface, the way is opened for unexpected connection, adventure and forgiveness.

**June 24: Parenthood** (1989)  
Director Ron Howard teams with Steve Martin and an all-star cast to create a hilarious, touching and unforgettable portrait of life's most rewarding occupation: Parenthood. The Buckmans are a modern-day family facing the age-old dilemma of trying to raise children the "right" way. At the center of the storm is Gil (Steve Martin), who manages to keep his unique sense of humor while attempting to maintain a successful career and be a loving husband and parent, all at the same time. As Gil and the rest of the Buckmans discover, being the "perfect" parent often means just letting children be themselves.

**July Movies:  
Patriotic Month**

**July 2: The Artist**  
The Artist is a love letter and homage to classic black-and-white silent films. The film is enormously likable and is

anchored by a charming performance from Jean Dujardin, as silent movie star George Valentin. In late-1920s Hollywood, as Valentin wonders if the arrival of talking pictures will cause him to fade into oblivion, he makes an intense connection with Peppy Miller, a young dancer set for a big break. As one career declines, another flourishes, and by channeling elements of A Star Is Born and Singing in the Rain, The Artist tells the engaging story with humor, melodrama, romance, and--most importantly--silence.

**July 9: The Patriot**

In 1776 South Carolina, widower and legendary war hero Benjamin Martin (Mel Gibson) finds himself thrust into the midst of the American Revolutionary War as he helplessly watches his family torn apart by the savage forces of the British Redcoats. Unable to remain silent, he recruits a band of reluctant volunteers, including his idealistic patriot son, Gabriel (Heath Ledger), to take up arms against the British. Fighting to protect his family's freedom and his country's independence, Martin discovers the pain of betrayal, the redemption of revenge and the passion of love. (Fictional movie based on true historical facts.)

**July 16: Swing Vote**

Kevin Costner stars in this clever feel-good comedy winner. Bud Johnson is an ordinary dad drifting through life, caring about nothing except his over-achieving daughter, Molly. Trying to encourage him to get involved, Molly accidentally sets off a chain of events on Election Day that ends with the presidential race coming down to one vote—Bud's. Comedic chaos ensues as Kelsey Grammer, Dennis Hopper, Nathan Lane, Stanley Tucci and George Lopez give all-star support in a witty and uplifting film.

**GROUP ACTIVITIES**

**July 23: Albert Nobbs**

Nominated for 3 Academy Awards including Best Actress and Best Supporting Actress, Glenn Close (Albert Nobbs) gives a "powerhouse performance" as a woman who dresses as a man in order to work and survive in 19th century Ireland. Albert's life is upended when he meets McTeer--a painter who makes the point that life does not have to be lived alone. The play of genders is always fascinating and the idea of living a lie just to get by ends up having quite a bit of resonance.

**July 30: An American President**

This comedy-drama, about a widowed US president nearing the end of his first term, stars Michael Douglas, Annette Bening and Martin Sheen. As a man, he's a lonely father struggling to raise his daughter. As a president running for re-election, his struggles multiply when his romance with lobbyist, Sydney Ellen Wade, becomes fodder for both the press and a rival Senator.

**August Movies: Great Movies Worth Seeing Again**

August 6: The Secret Life of Bees  
Queen Latifah and Dakota Fanning head a stellar ensemble cast in this wonderful film about family, independ-

ence and the transcendent power of love. To escape her cruel, angry father and discover the truth about her late mother's past, 14-year old Lily Owens flees with Rosaleen, her caregiver and friend, to a South Carolina town where she's taken in by the bee-keeping Boatwright sisters. Surrounded by the unexpected love, grace and spirituality she encounters there, Lily forms a bond with each of these uniquely gifted women and discovers that sometimes you must leave home in order to find it.

August 13: **The Spitfire Grill**

This very touching and rewarding film was brought to prominence thanks in large part to Robert Redford's Sundance Film Festival. It is a slow and gentle film which is true to life and makes us actually feel its pain. Often described as a small film, it is rather a very large film about the small things in life. The small town of Gilead, Maine is the setting for this tender drama you will never forget once you have seen it. Alison Elliot gives a quiet yet unforgettable performance as Percy Talbot, a young girl fresh from prison trying to start her life over.

August 20: **The King's Speech**


After the death of his father King George V (Michael Gambon) and the

scandalous abdication of King Edward VIII (Guy Pearce), Bertie (Colin Firth) who has suffered from a debilitating speech impediment all his life, is crowned King George VI of England. With his country on the brink of war and in desperate need of a leader, his wife, Elizabeth (Helena Bonham Carter), arranges for her husband to see an eccentric speech therapist, Lionel Logue (Geoffrey Rush). After a rough start, the two delve into an unorthodox course of treatment and eventually form an unbreakable bond. Based on the true story of King George VI.

August 27: **Doubt**

Doubt is one of the most honored and acclaimed motion pictures of the year. Sister Aloysius Beauvier (Streep), the rigid and fear-inspiring principal of the Saint Nicholas Church School, suffers an extreme dislike for the progressive and popular parish priest, Father Flynn (Hoffman). Looking for wrongdoing in every corner, Sister Aloysius believes she's uncovered the ultimate sin when she hears Father Flynn has taken a special interest in a troubled boy. But without proof, the only thing certain is doubt. The film was nominated for 5 Golden Globes, 6 Critics' Choice, and 5 Academy awards.

**GROUP ACTIVITIES**



*Program Club*

**June 21: Tecumseh's Vision**

**July 19: Life is a Banquet: The Rosalyn Russell Story**

**Aug 16: Introductory Event for an annual series to be offered starting in September.**

## Summer Calendar for Computer Classes

JUNE

JUN

	Monday	Tuesday	Wed	Thursday	Friday
		9:30 -11:30 Microsoft Word 1 5		9:30 -11:30 Microsoft Word 1 7	
1-3p Making Greeting Cards 11		9:30 -11:30 Microsoft Word 2 12	1-3p Making Greeting Cards 13	9:30 -11:30 Microsoft Word 2 14	(NO TECH TIME) 15
		9:30-11:30 Microsoft Word 2 19 1:30-3:30p Scanning Pictures		9:30-11:30 Microsoft Word II 21 1:30-3:30p Insert a Photo Into Text	9:30 - 11:30 Photography Group 22
		9:30-11:30 Scanning Pictures 26		9:30 - 11:30 Insert a Photo into Text 28	

JULY

JUL

	Monday	Tuesday	Wed	Thursday	Friday
		9:30 -11:30 Intro to Computers 10		9:30 -11:30 Intro to Computers 12	
		9:30 -11:30 Word Processing I 17		9:30 -11:30 Word Processing I 19	(NO TECH TIME) 20
1:30-3:30p Organize My Photos 23		9:30 -11:30 Organize My Computer 24		9:30 -11:30 Organize My Computer 26	9:30-11:30 Photography Group 27 1:30-3:30p Organize My Photos
1 - 4p Basic Photo Editing & Printing 30		9:30-11:30a Word Processing II 31			

AUGUST

AUG

	Monday	Tuesday	Wed	Thursday	Friday
				9:30 -11:30 Word Processing II 2	1 - 4p Basic Photo Editing & Printing 3
		9:30 -11:30 Intro to Internet & E-mail 7		9:30-11:30 Intro to Internet & E-mail 9	
1-4p Adv Photo Editing, & Printing 13		9:30 -11:30 Intermed Internet & Email 14		9:30 -11:30 Intermed Internet & Email 16	1-4p Adv Photo Editing, & Printing (NO TECH TIME) 17
		9:30 -11:30 Microsoft Word I 21		9:30 -11:30 Microsoft Word I 23	9:30 - 11:30 Photography Group 24
		9:30 -11:30 Microsoft Word 1 28		9:30 -11:30 Microsoft Word 1 30	

### *Fee & Registration Information*

**Fee:** \$5 per hour of class time, or \$10 for 2 hr class, \$20 for 4 hr classes, etc. (for all classes: 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.

# 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.

### *Intro to Computers*

**July 10 & 12**                      **9:30-11:30a**

This introductory course 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 *Word Processing I* course.

Prerequisite: none

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

**Teacher: Jim Finholt**

### *Word Processing I*

**July 17 & 19**                      **9:30-11:30a**

This course reviews and continues developing the concepts introduced in the course, *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

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

**Teacher: Lee Klimisch**

### *Organize My Computer*

(An introduction to the Windows Operating Systems)

**July 24 & 26**                      **9:30-11:30a**

A typical computer may contain thousands of documents and pictures and it is essential to have a good way to organize these items. This 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: Word Processing I or equivalent

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

**Teacher: Judy Cederberg**

### *Word Processing II*

**July 31 & Aug 2**                      **9:30-11:30a**

This course builds on concepts and skills introduced in the course, *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: *Organize My Computer* or equivalent

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

**Teacher: Lee Klimisch**

### *Intro to Internet and Email*

**August 7 & 9**                      **9:30-11:30a**

This course deals with the following topics: searching the internet, sending and receiving email, sending and opening email 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

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

**Teacher: Judy Cederberg**

**WORKING WITH PHOTOS*****Organize My Photos*****Mon/Fri Jul 23 & 27 1:30-3:30p****Cost: \$20m/\$25nm**

Over the years you may accumulate thousands of photos. This course explains how to organize those photos using *Adobe Photoshop Elements 9* software. Topics covered include: how to transfer photos from your camera onto your computer, where to store photos on your computer, how to back up your photos, “edit ruthlessly” or how to separate the wheat from the chaff, how to use albums, keywords, captions and ratings to organize and search for your photos. Finally, we’ll look at some very basic corrections to improve your photos. This course will be useful to Mac users. (2 Sessions)

**Prerequisite:** *Organize My Computer* or equivalent

**Teacher: Mark Ulmer*****Basic Photo Editing & Printing*****Mon/Fri Jul 30 & Aug 3 1-4 p****Cost: \$30m/\$35nm**

This course uses the Editor functions of *Adobe Photoshop Elements 9* software to make corrections to your photos including: cropping and straightening, sharpening, brightness, contrast and exposure corrections, using the histogram to evaluate exposure, color corrections, basic retouching, healing and cloning, perspective corrections, “red eye” removal, whitening teeth and making dull skies blue. We’ll also discuss how to print your photos. This course will be useful to Mac users. (2 **three-hour** Sessions)

**Prerequisite:** *Organize My Photos* or equivalent

**Teacher: Mark Ulmer*****Adv Photo Editing & Printing*****Mon/Fri Aug 13, 17 1 - 4p****Cost: \$30m/\$35nm**

This course explores the Editor functions of *Adobe Photoshop Elements 9* including: use of selection tools, using layers, layer masks and layer blend modes, applying adjustments non-destructively using layers, non-destructive dodging and burning,

compositing photos and stitching a panorama from multiple photos. Printing topics covered include: image resizing and resampling for specific print sizes, paper selection, color management using ICC profiles for specific paper/printer combinations and use of rendering intents. This course will be useful to Mac users. (2 **three-hour** Sessions)

**Prerequisite:** *Basic Photo Editing & Printing* or equivalent.

**Teacher: Mark Ulmer*****Scanning Pictures*****Tues Jun 26 9:30-11:30a****Cost: \$10m/\$15nm**

Share your pictures of the grandkids with others. This course shows how to scan photos from small snapshots up to 8x10 inch photographs into your computer using *Microsoft Windows Vista*. Cropping and sizing of the scans are explained. Students can bring a couple of pictures to be scanned and saved on their flash drives. Optical character recognition (OCR) is also demonstrated. (1 Session)

**Prerequisite:** *Intro to Computers* or equivalent

**Teacher: Jim Finholt*****Insert a Photo into Text*****Thur, Jun 28 9:30-11:30a****Cost: \$10m/\$15nm**

This course will show how to enhance letters and other documents by incorporating pictures and clip art using *Microsoft Word* software. (1 Session)

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

**Teacher: Jim Finholt****OTHER COMPUTER COURSES*****Microsoft Word I*****Tues/Thur May 29, 31, Jun 5, 7****OR Aug 21, 23, 28, 30****9:30-11:30a****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: Barb Henwood (May-Jun)****Lee Klimisch (Aug)*****Microsoft Word II*****Tues/Thurs Jun 12, 14, 19, 21****9:30-11:30a****Cost: \$40m/\$45nm**

This course reviews and builds on word processing skills learned in *Microsoft Word 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. (4 Sessions)

**Prerequisite:** *Microsoft Word I* or equivalent

**Teacher: Barb Henwood**



### ***Making Greeting Cards***

**Mon/Wed Jun 11, 13 1-3p**  
**Cost: \$20 m/\$25 nm**

Excellent greeting cards can be created using a computer. The cards can be easily customized for any situation. Students in this course will first learn how to create cards using standard *Microsoft Word* software. Techniques for inserting and manipulating photos and other graphic elements will be presented. These procedures can be used whenever it is desired to add a graphic element to a Word document. There are many commercial software products available for creating greeting cards. Students will learn how to use one of these products in the second part of the course. (2 Sessions)  
Prerequisite: *Word Processing II* or equivalent

**Teacher: Jim Finholt**

### ***Intermed Internet and Email***

**Tue/Thur Aug 14 & 16 9:30-11:30a**  
**Cost: \$20m/\$25nm**

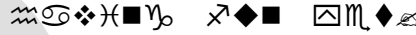
This course will discuss internet topics such as using tabs, organizing favorite sites, backup of favorite sites, and information searching strategies. Email topics covered will include creating and using group addresses and attachments. Cutting, copying, pasting, and printing techniques will be developed for both email and web browsing. The course will use *Microsoft Internet Explorer* (browser) and *Google Gmail*

(email). If time and interest allow other email and browser software such as *Windows Mail* will be discussed. This course will be useful to Mac users.

Prerequisite: *Intro to the Internet and Email* or equivalent

Students must have an active Gmail Account

**Teacher: Jim Finholt**



### ***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)

Prerequisite: *Word Processing I* or equivalent

### **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 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.

COMPUTER CENTER

### **AARP Driving Safety Courses**

Classroom instruction for motorists over age 50, that can lower automobile insurance rates by 10% for three years

### **Educator Appreciation Promotion to be offered in July and August**

AARP will be reducing their cost of driving safety classes in July and August to anyone who has been an educator, worked for a school district, college or university in ANY capacity including custodians, secretaries, aides,

pre-school, teachers, college professors, guidance counselors, band directors, school nurses, Sunday school teachers, cafeteria workers and parents who home-school. Indicate that you are an educator and the fee for July/Aug classes will be reduced to \$10. All others \$15 for Center members; \$18 nonmembers

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

Mon/Tue June 25 & 26 5:30 -9:30pm  
 Sat Aug 4 8am-4pm

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

Mon Jun 11	1:00 - 5:00 pm
Mon Jul 23	5:30 - 9:30pm
Wed Aug 15	1:00 - 5:00 pm

AARP

## VOLUNTEERING ACTIVITIES



### VOLUNTEERING ACTIVITIES

#### SEASONAL ACTIVITIES

**Popcorn Wagon** workers help run our business on Bridge Square from our authentic antique Popcorn Wagon. Duties include stocking supplies, popping popcorn, clean up and of course, selling popcorn and beverages to the community and visitors from around the world.

**Gardening Crew** takes care of the gardens at the Center including five beautiful flower beds, several pots and two vegetable beds. A variety of duties can be split up amongst the crew. Duties could include planning, purchasing, planting, watering, nourishing, weeding, pruning or harvesting.

#### AT THE CENTER

**Dining** volunteers help with a variety of duties associated with our 11:30 am meal available at the Center Monday – Friday. Duties could include checking in diners, cleaning and setting tables, making coffee, passing out food, doing dishes, helping with reports, entering data in the computer, planning programming, purchasing supplies or providing entertainment.

**Work Crew** volunteers fix things and do odd jobs that make our Center run smoother. This group gathers on Friday afternoons at 1:00.

**Admin Crew** volunteers are office helpers. They are on-call to do whatever administrative tasks are requested

by the staff. Duties could include filing, data entry, typing, preparing mailings photocopying, special projects and other task that inevitably arise.

**Event Crew** volunteers help plan and/or execute big events. Duties may include planning, purchasing supplies, distributing flyers, setting up tables and chairs, decorating, dishwashing, clean up and resetting of rooms.

**Monitors** in the Pool and Fitness Room provide an extra set of eyes and ears in mainly the pool area so that in the event of an emergency help can be summoned promptly. Fitness monitors open the fitness room for early morning use. Some training required, however, lifeguard certification is not necessary.

**Receptionists** at Sr. Center greet people as they enter the building and document usage on our computer system. System training is required and provided. They also provide information for our members and the community and keep the coffee and popcorn available.

**Trip Committee** members plan and escort the travel programming offered by the Senior Center. They generally meet once a month.

**Computer Learning Center Committee** members coordinate and teach the offerings in our computer lab. Other volunteers coach new students on a one on one basis during the classes.

**Group Leaders** coordinate specific groups such as card groups, crafting groups, fitness groups, book club, etc.

**Board and Committee** members facilitate the organization for the Northfield Senior Citizens, Inc. They are a working board and are elected at the annual meeting each year.

#### IN THE COMMUNITY

**Used A Bit Shoppe** retail store is operated by the Senior Center. Volunteer workers prepare used household merchandise for resale at our store in the River Park Mall. Various positions are available from cashiering to hauling and rearranging furniture. All proceeds go to the operations of the Center.



**Thursday's Table** volunteers provide a variety of task for the Community Action Center's free meal for people in the community on Thursdays. The Center provides volunteers six specific weeks each year.

**Meals On Wheels** volunteers deliver meals to people's homes in the community. The Center provides volunteers three weeks each year. Deliveries are made from the Northfield Hospital kitchen at noon.

A **Pen Pal Program** is managed by Common Sense RSVP. The intergenerational program brings together adults and grade school age to share experiences and learn from one another while practicing the lost art of letter writing. At the end of the program, participants get to meet their Pen Pal.

**EXTENDED TRIPS**

**CANADIAN  
ROCKIES  
BANFF LAKE LOUISE  
VANCOUVER  
VICTORIA  
9 DAYS  
AUGUST 29-  
SEPTEMBER 6, 2012**



Relax on board the Rocky Mountaineer for two days of ALL-DAYLIGHT rail through the Canadian Rockies and Canada's West

9 DAYS FULLY ESCORTED  
CALGARY Olympic Park-Stampede Grounds  
BANFF Cascade Park- Bow Falls  
Sulphur Mountain Gondola  
COLUMBIA Bow and Peyto Lake  
ICE FIELDS  
LAKE LOUISE Moraine Lake-lunch at the beautiful Chateau Lake Louise  
YOHO Takakkaw Falls  
NATIONAL PARK  
VANCOUVER Chinatown-Stanley Park, Totem Poles-Lions Gate Bridge  
VICTORIA Butchart Gardens-Beacon Hill, Park-Inner Harbor-B.C. Ferry

**INCLUDED IN THIS SCENIC TOUR**

- Escorted by a Tour Director
- Airline flights, Minneapolis to Calgary, return Vancouver to Mpls
- Hotel accommodations for 8 nights
- 10 meals as specified, including lunch at Chateau Lake Louise
- Tours of Calgary, Moraine Lake, Lake Louise, Banff, Banff Mountain Gondola, Vancouver and full day to Victoria and Butchart Gardens
- Two day Daylight Rail, Banff to Vancouver, rail gratuities included
- Deluxe motorcoach in Canada
- Baggage handling (1 piece) at hotels
- All taxes

**ROCKY MOUNTAINEER RAIL-TOURS**

- Assigned seating in fully reclining daynighter seats
- Commemorative SilverLeaf Pin
- Single level glass dome
- Hot meal service at your seat with wine at lunch
- Forward-facing seats with extended legroom
- Restroom facilities in each coach
- Luggage at the hotel in Kamloops
- There is NO SMOKING anywhere while on the train
- Two train attendants to serve you & do commentary

**DAY 1 (Wed) MINNEAPOLIS-CALGARY**

Depart via Delta Airlines for Calgary-Our 1/2 day tour of this vibrant city includes the Olympic Park (site of the 1988 Winter Olympics) and the Stampede Grounds.

**DAY 2 (Thurs) CALGARY-BANFF**

Our destination today is Banff, an alpine community nestled in the Rocky Mountains, a world famous resort. Tall peaks, wooded valleys, crystal-clear waters and canyons are all preserved in natural magnificence. Upon arrival in Banff, we tour lovely Bow Falls, Cascade Park, then ride the Banff Gondola to a mountain top for an unobstructed 360 degree view of the Banff town site. Our deluxe hotel is situated in the heart of Banff,

providing ample opportunity to stroll the colorful streets of this quaint village.

**BANFF PARK LODGE (3 nights)**

**DAY 3 (Fri) MORAINÉ LAKE-LAKE LOUISE-YOHO NATIONAL PARK-BANFF**

A wonderful day of sightseeing. We will visit beautiful Moraine Lake and the Valley of the Ten Peaks. Enjoy a lunch at Chateau Lake Louise. Continue to YOHO National Park and the beautiful area of Takakkaw Falls, the 3rd highest falls in North America.

**DAY 4 (Sat) ICEFIELDS PARKWAY & COLUMBIA ICEFIELD**

Today we motor up the Icefields Parkway, considered one of the most scenic highways in the world. Not a minute passes where snow-domed peaks, waterfalls, lakes or wildlife don't compete for your attention. One of the many highlights of this trip will be to ride a mammoth Sno-coach onto the Columbia Icefield. Step onto ice formed from snow which fell as long as 400 years ago.

**DAY 5 (Sun) BANFF - KAMLOOPS**

Enjoy a hearty breakfast at the Banff Park Lodge prior to departure to the Banff Train Station. Today you will begin your journey onboard "The Most Spectacular Train Trip in the World," taking you on the Kicking Horse Route from Banff to Kamloops. En route the all-daylight railtour will travel through Yoho National Park, where the train will pass through the unique Spiral Tunnels, a remarkable engineering achievement. Crossing over the into British Columbia is Rogers Pass with its awe inspiring glistening glaciers, snow capped mountains and tunnels. Finally, winding through the vast ranchlands and along Shuswap Lake you will reach the town of Kamloops, gateway to British Columbia's interior. Transfer to your hotel. (This evening you will enjoy dinner at the hotel. (cont. on back pg)

**EXTENDED TRIPS**

**KAMLOOPS HOTEL  
DAY 6 (Mon) KAMLOOPS-  
VANCOUVER**

“All aboard” for day two on the Rocky Mountaineer. Continue your journey westward from Kamloops, leaving Canada’s semi-arid desert to the interior of British Columbia. The train will meander along the natural path of the Thompson River and travel along the impressive Fraser Canyon. Before you reach the coastal city of Vancouver, you will travel through the final range of mountains, the Pacific Coastal Mountain Range.

**THE BLUE HORIZON (3 nights)  
DAY 7 (Tues) DAY TOUR OF VIC-  
TORIA**

Depart Vancouver for a full day tour of Victoria, the capital city of British Columbia. Begin with a 90 minute cruise on BC Ferries, arriving in Swartz Bay, continue to the world-renowned Butchart Gardens, which has 50 acres of magnificent color and floral arrangements. We continue to downtown Victoria. You will have free time to explore Victoria’s Inner Harbor for shopping.

**DAY 8 (Wed) VANCOUVER TOUR**  
Today explore Vancouver’s sights, sounds and spectacular scenery. The tour will take you through Gastown and North America’s second largest Chinatown.

**DAY 9 (Thurs) VANCOUVER-  
HOME**

Our last day in Canada as we transfer to the Vancouver Airport for our Delta Airlines flight to Minneapolis.

**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.

LET'S GO TRIPS

**REGIONAL TRIPS**



**Twins Game**

Take Me Out to the Ball Game  
Minnesota Twins vs. Baltimore Orioles  
Mon July 16  
4:30 pm – 11 pm  
7:10 game

Join other Northfielders for a bus trip to see the Minnesota Twins take on the Baltimore Orioles at Target Field Stadium. We have section 127seats along the third base line. Bring the kids, grandkids or neighbors to experience the great American pastime of baseball. All welcome.

Cost: \$65  
Includes bus ride from the Center and ticket  
Registration deadline June 20

**Shakespeare in Winona  
Great River Shakespeare Festival**  
Wednesday, July 25  
9:45 am – 8:00 pm

There are still seats available on the bus and at the theater for this annual outing to Winona. Don’t wait too long to reserve your place for this special treat! The Great River Company of Equity actors will perform *Two Gentlemen of Verona*. Included is a light meal in Winona before the play and dinner after the play with selected actors joining our group. This trip is jointly sponsored by the Cannon Valley Elder Collegium and the Senior Center.

Cost: \$85  
Registration deadline June 27

**Future Trips!**

Guthrie Theater TBA Aug  
Out-to-Lunch TBA Aug

**Alexander Ramsey House Tour  
St Paul, MN**

Wednesday, June 20  
9:00 am – 3:00 pm

This beautiful house is one of the nation’s best preserved Victorian residences and was home to Minnesota’s first territorial governor and his family. It has beautifully carved walnut woodwork, marble fireplaces and crystal chandeliers. The house is decorated with more than 14,000 original family furnishings. Guides will be in period costume as they tell us authentic stories about the Ramsey family’s genteel lifestyle and their servants in the 1879’s. We’ll also take time to look at Summit Avenue’s own secret garden. Lunch on own will be at The Lexington on Grand Avenue in St Paul.

Cost: \$41  
Sign up by June 18

**Sibley House Tour  
Orchestra Hall, Minneapolis**

Sunday, July 15 10:00 am – 3:00 pm



One of Minnesota’s oldest settlements is located in the tiny community Mendota where the Minnesota and Mississippi Rivers meet. The home of the first state governor, Henry Hastings Sibley, was built of simple limestone and constructed on this site over a period of 20 years. He was the regional manager of the American Fur Company and traded with the Dakota Indians for more 25 years. We’ll have a guided tour and then have Sunday brunch (included) at Axels River Grill in Mendota.

Cost: \$50  
Sign up by July 12