



Center News

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Sign up for Our Classes and Trips ON-LINE!!

By Patsy Dew

I recall a time when I would be bored in late August, wondering what to do before school started again in the fall. And my mother would say, “Enjoy it! The longer you live, the faster everything goes. Before you know it, you’ll be worrying about what your children will be doing after they graduate.” What a wise woman she was.

I am reminded of this notion of accelerating change as I think of all the changes that have been made at the Center over the past few years. New fitness studio, fresh paint, computerized check-in system, new computerized SELF-check-in, raised vegetable gardens, rain barrels, and more.

And now, if you chose, you may sign up and pay on-line for classes, trips, exceptional eats...anything you sign up to do at the Center. Here’s how:

On our website (www.northfieldseniorcenter.org), click on the button in the gold row labeled “SIGN UPS & MORE”

You’ll see six light green boxes. Click on the one that says VIEW A CALENDAR OF ACTIVITIES & REGISTER TO ATTEND and you’ll see this month’s calendar with ALL the activities. It’s an impressive line-up, but you’ll want to sort it so it’s easier to find what you want. In the upper right hand corner you’ll find the

word FILTER. Click on the arrow to the right, and then on the category of the thing you want to do (eg., Trips).



The trip you want to go on might be happening in a couple of months, so then you would need to click on the yellow Next button, or the



Select arrow, and pick the month. Let’s say you want to go on the trip to the MIA to see the Rembrandt exhibit. You’ll know from this newsletter that this trip is occurring in September. Click on the name of the

(Cont. on pg 2)



Who are You?

The Center Hiking group recently hiked through Barn Bluff park in Red Wing, and met this curious creature on the trail. He approached the

group for a bit, then changed his mind, and disappeared into the tall grasses. Cathi Gutfleisch shared this picture of him/her. There are more

hikes planned for August and September, if you would like to enjoy nature with others. For details, see page 7 of this newsletter.

(Register on-line, cont.) event (Rembrandt Exhibit), and you'll see this screen with lots of information: date, times of trip, how many "seats" remain (how many more people can sign up to go), cost, and description of the trip. In the lower yellow box is the next button

Rembrandt Exhibit/ MIA					
09/04/2012 9:15 Save					
Status: Active					
Date & Time:	Location:	Total Seats:	Seats Remaining:	Member Fee:	Non Member Fee:
Tuesday, 09/04/12 9:15AM to 2:00PM		45	27	\$31.00	\$21.00
Tuesday, September 4 9:15 am - 2:00 pm Come join us for a guided tour of the exhibit of the Dutch painter, Rembrandt. We'll discuss the trajectory of the 17th century Dutch master - from booby young artist to famous observer of humanity. Perhaps we'll have why portraits were attributed to Rembrandt; can no longer believed to have the mark, such as on one of the museum's portraits in the first floor corridor on the main floor. Other exhibits can be viewed before we our return home. Cost: \$31 Sign up by August 12 PPS:					
Actions: Register to Attend Log In/Update Time					

you seek: Register to Attend. Click on that, and you'll be asked for your phone number (without the area code). Your name will appear. Click on your name, and you will see the event you are registering for, your contact information, and a reiteration of the price:

YOU ARE REGISTERING FOR:	
Rembrandt Exhibit/ MIA	
Tuesday, 09/04/12 9:15AM to 2:00PM	
Name:	Patsy Dew
Address:	1517 Lia Dr
City:	Northfield, MN 55057
Telephone:	(507) 663-7900
E-MAIL address:	patsydew@nscmn.org
Fee:	\$31.00
Your Comments:	

Right below this screen will be a BUY NOW button. Click

on that and you will see this Payment Screen:

The screenshot shows a payment interface. On the left, under 'Your order summary', it lists:

- Decorative Amount: \$1.00
- Activity Name: Rembrandt Exhibit
- Amount: \$1.00
- Quantity: 1
- Item total: \$1.00
- Total (1 item): \$1.00

 A callout box points to the activity name with the text: 'This will contain the information about the activity you are attending and your fee'. On the right, under 'Choose a way to pay', there are two main options:

- 'Have a PayPal account?' with a 'Log in to your account to pay' link and a 'PayPal account' input field. A callout box says: 'If you have a PayPal account, you can use that to pay for your activity by signing in using your PayPal login and password'.
- 'Don't have a PayPal account?' with a 'Pay with your credit or debit card to pay for your activity' link. A callout box says: '-OR- you can use any debit/credit card to pay for your activity'.

 There is also a 'Link' button and a 'Forgot your email address or password?' link.

On the left hand side, you see the information about what you are signing up for; on the right hand side, you will enter your payment information. YOU MAY USE ANY CREDIT CARD. You do not have to have a PayPal account. If you are using a credit card, click on the second question, "Don't have a PayPal account?"

Then, follow the instructions for entering your credit card information.

And you're done!(=registered) You will get an email confirmation with receipt information, telling you what will appear on your credit card.

I know this seems like a lot of steps, but I think if you try it, you'll find it easy, and each step is logical. You may still register for any Center program in person using paper forms and cash or check, or by phone with a credit card. So many options! I hope one works for you.

Melodrama, Anyone?

We continue our tradition of offering a melodrama in October with a clever little play entitled *Miss Twiddle and the Devil*. Patsy Dew will direct,

and is looking for actors: four men and five women. If you are interested in being a part of this fun, funny play, let Patsy know, 664-3708,

patsydew@nscmn.org. She would like to have an initial read-through in the latter part of August. Performance dates will be October 13 and 14.

Foot Screening and Shoe Fitting Clinic



Aug 3 10-12 pm
A certified pedorthist will be at the Center to offer services in measuring feet and fitting

shoes. Medicare carriers with diabetes have coverage for one free pair of therapeutic shoes and three inserts each calendar

year. Paperwork, billing, heat-molding inserts and delivery of shoes are included.

Fall Preview - Look at All that You Can Do Here

TRIPS

Out to Lunch, Ole Café, Oct 2
 Old Log Theater, Oct 10
 Cemetery Stories, Oct 27
 Bachman House Christmas
 Tour, Nov 14
 Plymouth Playhouse, Dec 12

Tap sessions w/ Charisse
 Ponder

History of Women in Rice Co
 Sue Garwood, Sept 11
 Metal detecting w/ Jon Buck
 Date tbd

Save the Depot group, Sep 26
 Election Forum, League of

LEARNING OPS.

Watercolor w/ Kathy Miller
 4 wk, beg Sept 12

Drawing w/ Matthew Bunch
 4 wk in Oct

Paper making w/ Kathy
 Anderson

Walking Tour of Northfield

Women Voters, tbd
 Computer Intro Series begins
 in October

GROUPS reigniting in the fall

Seasoned Singers
 Chime Choir

Water Volleyball

GALLERY EXHIBITS

Sep-Oct: Dennis McClintock
 & Darla Dahl

Oct-Nov: Judy Saye-Willis

Nov -Jan: Open to all area
 artists, aged 50+

SPECIAL EVENTS

Out for Pizza at the Red Barn
 A Sunday tbd

Miss Twiddle and the Devil

Melodrama, Oct 13 & 14

NEW FITNESS CLASSES

**Details to
 follow in Fall
 Program Guide**

Senior Center Staff

Director 664-3701

Lynne Pederson

Asst. Director 664-3708

Patsy Dew

Bookkeeper 664-3705

Kathy Bjerke

Membership Coordinator

Jackie Johnson 664-3704

Fitness Manager

Gale Marchand 664-3702

Program Coordinator

Chris Ellison 664-3707

Administrative Coordinator

Nancy McDougall 664-3703

Dining Site Manager

Gail Noren 664-3735

Evening/Weekend 664-3700

Gene Finger, Janice Kasa, Barb
 Henwood, Ruth Johnson-Wirth,
 Pat Sunquist, Bev Lubbers

Used A Bit Shoppe 645-1399

Kristi Casson

Senior Center Lobby Hours

Mon—Fri 7 am—8 pm

Saturday 7 am—5 pm

Sunday 10am—5pm

Fitness Center and Pool Hours

Mon—Fri 6 am—8 pm

Saturday 6 am—5 pm

Sunday 10 am—5 pm

Used A Bit Shoppe

645-1399 624 Water St.

Shop Hours

Monday - Saturday 10 am—5 pm

Thursdays 10 am—7 pm

**Summer pool hours on
 Sunday**

10am - 5pm

June - August

Pool Closure Reminder:

Yearly Cleaning, Maintenance,
 Upkeep – Aug 19-26 the pool
 will be closed.

Where in the World are Bob and Donna Vanderhoof?



Bob and Donna Vanderhoof

Our trip to Turkey began in Istanbul, a city of 20 million. The tulip festival was in full bloom and we were greeted with magnificent roadside gardens filled with colorful tulips and other flowers. We visited the fourth largest church in the world: Hagia Sophia. We also visited the Blue Mosque, which isn't blue, but has beautiful blue tiles inside. Then we visited the Topkapi Palace. In Ankara, the second largest city and capital of Turkey, we visited the Mausoleum of Mustafa Kernal Ataturk. Ataturk was well liked and considered the father of modern Turkey. The Mausoleum was huge and fantastic. Cappadocia was a favorite. Through the years the unique landscape evolved from erosion of the ash sedimentation by wind, sun, rain and snow sculpting it into strangely shaped pillars, cones and fairy chimneys. The ash was quite soft and people scraped out rooms, windows, etc., and lived in the formations. The earthquake of 1955 forced the government to close these living quarters. In this area there are also numerous underground towns. We had a chance to walk through one. It was very interesting. We also took a hot air balloon ride over the area. This was a major highlight of our trip.

Panukkale was our next amazing stop. Panukkale means "cotton castles" and we walked barefoot on this huge area of dazzling white limestone. Thermal springs are responsible for creating these beautiful formations. We put our bare feet in the thermal pools in the afternoon and relaxed in the "scared pool" at our hotel in the evening.

On our way to Ephesus, we visited the House of Mary where it is believed to be where Mary lived after the death and resurrection of Jesus.

The ruins and restoration of Ephesus are absolutely amazing. The Library of Celsius, the Grand Theater (where this picture was taken), Marble Street and Hadrians Temple are awesome, but just a small part of this tremendous site.

The next day the bus took us to Pergamon where we took a cable car to the "Acropolis" which means "highest city". Acropolis's are where the rulers lived. The Acropolis had several temples, theaters, library, etc., but it was neat to look down at the town of Pergamon.

We then traveled to Troy where the first thing we saw was a replica of the huge wooden horse. Troy has been rebuilt nine times so there were ruins everywhere. Our hotel was on the Strait

of Dardanelles. The next morning we ferried across to European Turkey and Istanbul. 97% of Turkey is in Asia and only 3% is European, but it is an amazing place to visit.

Turkey is very agricultural. There are 120 million olive trees. There were constant fields of pomegranate, apricot, and fig trees. Turkey is also known for its textiles. We then flew to Athens, Greece where we saw many Olympic Stadiums from 1896 and 2004. We also visited the Acropolis and Parthenon. We did see the ruins at Delphi and Corinth. One day we took a cruise to three Greek Islands: Paros, Hydra and Aegina. Our hotel was across the street from Syntagma Square (Constitution Square) where the riots occurred. We could see the changing of the guard at the tomb of the unknown soldier from our hotel balcony. Greece was a wonderful way to end our tremendous journey. We encourage everyone to travel there if you have a chance. We never felt or thought we were ever in danger.

-- Submitted by Bob and Donna Vanderhoof at the request of the Travel Committee.

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".

Out to Lunch: El Tequila Family Restaurant, Northfield

Thursday, August 9
11:30 am

We're going for Mexican food this month! Hope you can join us at this very popular restaurant in Northfield. It's located in the strip mall on the frontage road across

from McDonald's and south of Culver's. Heard that people from the Twin Cities drive down here to this dinner spot.

We're looking forward to having you join us.

Sign up with the receptionist by August 7.



Sunshine Boys, Guthrie Theater

Wednesday, August 22
10:30 am – 4:00 pm

Hurry! Hurry! Last call to sign up for this great play by Neil Simon at the Guthrie. Lunch is on own at the Level 5 restaurant (casual),

the Level Five Express (sandwich and/or drink) or Sea Change (upscale restaurant) on the first floor.

You can also bring your own lunch to eat outdoors in the park next to the theater. If you already have

tickets, take the bus with us for \$15 round trip.

Cost: \$58

Bus Only: \$15

Sign up by August 1 (new date)

Trip to Mpls Institute of Arts - Rembrandt Exhibit

Tuesday, September 4
9:15 am – 2:00 pm

We've heard really great things about this exhibit so please do come with us on a guided tour of the works of the Dutch painter, Rembrandt. I was told that if you look carefully, you can really see the difference

between Rembrandt's work and those of his students/admirers. Lunch is on own at the mezzanine restaurant or the fast food counter on the main floor. Other exhibits can be viewed before we return home.

Cost: \$31

Sign up by August 17



Washington, D.C., Sept 19 - 27, 2012

Tour Includes:

- Escorted Tour
- Deluxe Motorcoach Transportation
- 8 Nights accommodations, 4 nights in the Washington D.C. Area
- 14 Meals: 8 Breakfasts, 6 Dinners
- Full two day guided tours of Washington D.C.
- Evening guided Memorial

and Monuments tour

- Admission to George Washington's Mount Vernon Estate and Garden
- Tours include: WWII Memorial, Capitol Hill, Embassy Row, the Korean War Veterans Memorial, Vietnam Veterans Memorial, the Smithsonian, the NEW

Martin

Luther King, Jr. National Memorial, and the Lincoln Memorial

Motor coach and extended trips are coordinated by a travel committee member, Linda Zwolensky. You may call her with questions: 952-469-3111.



Feeling Good in the Summer with Hydration and Exercise

Part 3

By Gale Marchand

Q: I have heard to drink 8 – 8 oz cups of water. Is this right? How does weather affect this rule?

A: While that may not hurt, it may not always be enough, or appropriate depending on the person. Items affecting how much water intake is appropriate include age, exercise levels, body size, level of sweat, medical conditions, use of medication and environment (climate).

Q: How can I measure how much water I lose (sweating) when I exercise?

A: Exercisers (including gardeners) may measure how much water they need to drink by doing a sweat rate check. Weigh yourself clothing-free before activity, then immediately afterwards with no hydration during that time. The amount of weight lost will equal the number of ounces of water expended during that activity.

Q: Even though it is cool in the Center, it is more difficult for me to exercise during some of these steamy summer days. Why is that? Is there

anything I can do?

A: The body’s response to heat and humidity is cumulative. This is a normal response of your body saying that it is time to back off during a heat and humidity spell. Additionally, our overall hydration levels come into play. It is not unusual for adults to be mildly dehydrated and not be aware of it. We may not notice effects of dehydration in the cooler months because the air is dryer then. Hot humid air taxes the body’s natural cooling system (sweat) and sweating is less effective. The solution is to pre-hydrate before exercise, drink plenty of water during and after, as well as alter level of exercise on given days. The body works hard to maintain temperature and chemical levels when the weather is extreme. We should respect that even if we spend time indoors.

Q: What is the relationship to higher air temperatures, humidity, dew point and exercise?

A: Exercise in dryer, cooler temperatures allows us to bring up intensity without feeling it as much as higher temperatures. Exercise is much less pleasant in humid air because sweat is the primary way the body cools itself (other than drinking cool fluids). The effectiveness of sweat is lessened by moist air. Therefore, modifications of exercise are recommended in the summer.

Q: What else can I do to prevent effects of heat and humidity even if I am indoor exercising?

A: Wearing less clothing during an exercise session can help, as well as drinking a liquid slurry (water slushy) during exercise or exposure to warm environments. Excess clothing can be a risk factor for overheating, as clothing helps to trap heat near the body rather than letting it escape. Our body is challenged to respond with cumulative factors of the day (temperature, humidity exposure, lack of hydration).



Hiking Schedule

Join us for fun scheduled outings in nature. There is so much to see! Adventures are free but please pre-register for planning purposes. Regular hikes have been scouted out. Exploratory hikes are where

everyone can scout out the hike together for the first time. All Hikes meet at NSC 8:15 am, and leave 8:30 sharp unless otherwise noted. Volunteer led. Transportation by carpool. Please be prepared to

contribute gas money to driver if you are a rider. For more info: Leader, Virginia, may be contacted at (507) 650-7353 or contact Gale at the Center 664 3702.

- Thurs, August 2- 1:30—NSC - (Hike Organizational Meeting— all welcome)
- Sat, August 11 - Afton State Park
- Thurs, August 16 - Henderson— Le Sueur Park
- Thurs, August 30 - Ft. Snelling & Pike Island ~Rated Easy
- Thursday, September 13- Whitewater State Park
- Saturday, September 22 – Murphy Hanrahan Park Reserve
- Thursday, Sept 27- Sakatah State Park



Happy Hikers on recent hike.

Nfld Pedalers Bike Rides

Enjoy an active and social time riding numerous places with our group. In town and out of town rides are sched-

uled every Monday in the balmy season. Rides meet at NSC 8:15 am and leave 8:30 sharp by carpool. Please be

prepared to contribute gas money to driver if you are a rider.

Out of Town Ride Schedule (subject to change)

August

- 6 Shakopee - Huber Park on the River
- 13 Lake Calhoun, Cedar Lake Trail, Target Center
- 20 Cleary Lake - Prior Lake
- 27 Mendota Heights to downtown St. Paul

September

- 10 Fireside Orchard - Old Dutch Road, Northfield
- 17 Dakota Trail - Wayzata to St. Boni
- 24 Sakatah - Morristown to Elysian

October

- 1 Lake of the Isles, Harriet, etc.
- 8 Sakatah – Faribault to Morristown (Hopefully on a “new” trail)
- 15 Cannon Valley Trail - Cannon Falls to Welch





**Wednesdays
at 10:00 am**

**Join us for
enlightening
informative
fun
chats**

Drinks and Conversation on the Patio

Aug 1: Hayes Scriven Nfld Historical Society

(rescheduled from July)
As Exec. Director of the Northfield Historical Society, Hayes has introduced many wonderful innovations and programs. Learn what NHS is up to these days, about some exciting collaborations with the Senior Center, and about upcoming events and exhibits. Try your hand at a fun challenge to time sequence a set of photos from early Northfield

Aug 8: Debra Petersen Rice Co Dispute Resolution Program

Learn about this program that can help you, your family or someone close to you

deal with family or personal issues. How can you be sure that your decisions about finances, property, and even your loyal pet, will be carried out if you are no longer able to?

Aug 15: Living Safely in Your Home

As we age, our own homes can present hazards that can lead to falls or other injuries. Learn how to make a home safer, personal actions to be safe at home and support services available to enable you or an elderly parent or relative remain living at home. This informative program will be presented by Diane Winkles, Rice County Public Health Home Care

Supervisor, and Pat Glaess, Center for Sports Medicine and Rehabilitation Home Care Services.

Aug 22: Margit Johnson Nfld Public Library

The Friends and Foundation of the Public Library has expanded its programming. Margit will talk about what this group has done in the past, and what their aspirations for the future are. Learn about how additional members as "Friends" of the Library (maybe you?) will make that all possible.

Computer Learning Center

See the Calendar below for a listing of all classes being offered in our Computer Center during the month of August. If you want more information about any of these classes check out the Program Guide, pg 14-17, either in the lobby

or on our website. The computer page on the website also provides complete descriptions of these classes.

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

AUGUST

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

Events that Changed History - New Educational Program

Fridays, 10:30 - 11:30am
Sept 2 - Nov 16

This class will be a series entitled, *The world was never the same: Events that changed history*. The classes will consist of a 1/2-

hour DVD followed by 1/2-hour of discussion. Handouts will be provided. The first class is a "sampler," and there is no fee. Those who chose to continue will be charged a \$5 materials fee to cover the cost

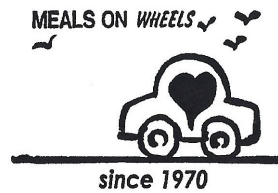
of purchasing the DVDs, produced by Prof. J. Rufus Fears of the University of Oklahoma. The discussion leader is Orrin Delong. Look for more details in the Fall Program Guide.

Volunteer Opportunity: Meals on Wheels

The Center provides volunteers for Meals on Wheels for the week of

AUGUST 26 - SEPT 1

If you can help deliver noon meals, please let Patsy Dew know (664-3708 or patsydew@nscmn.org).



Membership News

Welcome to these people who joined the Center from mid-June to mid-July: Robert Baker, Margaret Brockton, James Estrem, Chad Grisim, Eileen Keller, LuAnn Nelson, Mary Ellen North, Kathy Rubio, Linda Schaeffer, Jane Schroeder, MaryMargaret Strackbein, Langworthy Sylvia, Robin Whinnery, Russell Farnsworth

Minutes of the June 28 Board Meeting (Draft)

Directors present: Nancy Ashmore, Bernard Borene, Tom Brawley, Evelyn Burry, Don Diehl, Duane Everson, Lola Fick, Gene Finger, Gerry Gengenbach, Bill Gruszewski, Marvin Kormann, Greg Smith, Phil Winter

Absent: Dottie Hammer, Gordon Simonson

Staff present: Lynne Pederson, Patsy Dew

Others: Rose Ann Steenhoek

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

Action: The agenda was approved.

Action: Motion and second to approve the May 24, 2012 board minutes. Carried.

TREASURER REPORT

Bill Gruszewski reported on the May financial statement. Income to date is 45% of budget and expenses are at 42%. Percentage for this time of year should be at 42%.

COMMITTEE REPORTS

Facilities Committee

Gerry Gengenbach reported. A shade structure for the patio area is on hold. A total of 75 chairs have been reupholstered with a vinyl covering. The committee is still working on purchasing a chair lift for the pool. A moss treated system to lower the use of chlorine in the pool is being explored.

Action: Motion and second to approve Carried.

Membership Committee

Evelyn Burry reported. Nancy Ashmore is leading the planning for Senior Center participation in the Defeat of Jesse James Parade.

Advancement Committee

Don Diehl reported. Contributions to the fund drive through May total \$16,761 from 55 donors. As of today's meeting, the contributions are at \$30,000. The goal is \$60,000.

EXECUTIVE DIRECTOR'S REPORT

Lynne Pederson reported. A mini-grant for bike racks through the Rice County SHIP program was approved. The NCRC Study Core Group continues to meet monthly, gathering information about ownership and management of the NCRC building. Information on an operating budget is closer to

being completed.

OLD BUSINESS

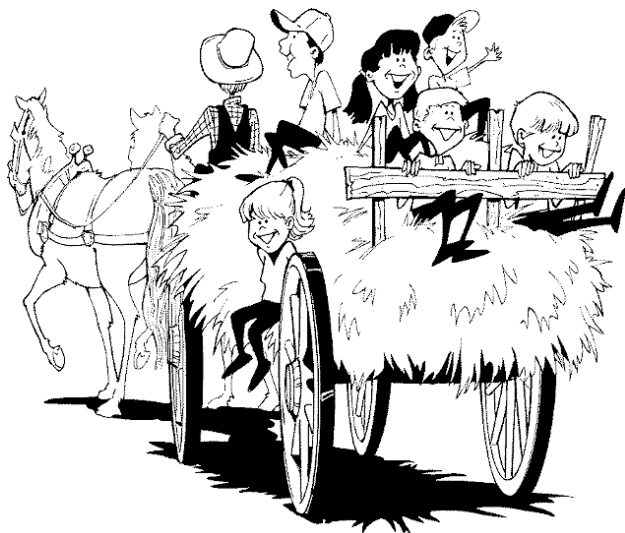
Strategic Plan: The committees are working with the Strategic Plan. Any changes or additions are to be sent to Lynne.

NEW BUSINESS

Ice Cream Social: Plans were finalized for the event on June 29.

The meeting was adjourned at 4:12 p.m.

Submitted by Nancy Ashmore, Board Secretary (assisted by Rose Ann Steenhoek)



Got Wheels?

The NSC is looking for a hayrack, flatbed, or something similar to use as the basis of a float in this year's DJJD Parade. If you've got something serviceable, safe, and fairly clean that you'd be willing to let us use — or if you are interested in work-

ing on the NSC float or riding on it in the parade (Sunday, Sept. 9, 2 p.m.) — please contact Nancy Ashmore (nancy@ashmoreink.com or 507-645-6459) asap with details.

Life Long Learning Opportunities

Preserving the Local Harvest

August 14, 1:00

Jennifer Nelson will share some new methods for preserving the wonderful, flavorful and bountiful produce that is now available in our gardens and at the farmer's

markets. Join us in "putting it up" with a modern twist that works with our full lifestyles and smaller family sizes. Preserving summer's bounty for winter meals is easy and fun with a little planning and sharing. We'll

preserve roasted tomatoes and peppers, greens, and do a little picklin' as we make a winter meal plan with favorite recipes. Bring a touch of summer flavor to the dead of winter.

No Fee.



Dakim Brain Fitness Program

August 16 10:00

You know the importance of keeping your body fit. You swim, walk, bike, play ping-pong, golf, and take fitness classes. But, it is equally im-

portant to keep your brain fit also. The Dakim Brain Fitness Program works six different areas of brain cognition through a series of fun game activities on a designated

computer. Just 20 minutes per session, two –three times a week will help keep your brain sharp and ready to go.

Cost: No fee for this introductory program. Subsequent use of the Dakim will be the same as Fitness fees; you pay whatever you would pay if you used the Fitness Rm.

NSC Gallery: Richard T. Wright and Mary Lou Warner

Exhibit runs Aug 12 - Sep 16 **OPENING RECEPTION** will be **TUES, August 21, 5 - 7p**



Acrylic Painting by Richard T. Wright

Richard T. Wright had been interested in art since he was in the sixth grade. His teachers encouraged him to pursue art, but instead he chose to emphasize taking the "right" academic courses to get into college, and then pursued a career in business. He writes, "toward the end of my professional business career, I began to have a desire to take up painting as a hobby. I have taken art classes at the Scottsdale, AZ Art School, the Edina Art Center and from Fred Somers. It is especially interesting to watch professional artists develop their art works, and it has inspired me to do the same. I have been painting for ten years and I have learned painting is more than an event; it is an exciting magical process!"



Collage Sculpture by Mary Lou Warner

Mary Lou Warner creates whimsical collages out of a wide variety of materials: foam core, fabric, art papers, photocopies, music boxes, glass, cigar boxes, paint, tarot cards, maps, and just simply "found materials." Like Richard, she finds a bit of magic in the experience of creating art. She writes, "Every project is like embarking on a journey to some place where I've never been. I think I know where I want to go and how to get there, but I don't really have any control and the outcome is always a surprise."



1651 Jefferson Pkwy
Northfield, MN 55057

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Fax: 507-664-3720

www.northfieldseniorcenter.org

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55057
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ADDRESS SERVICE REQUESTED

Exceptional Eats: Savoring Summer's Flavors



August 26, 5:00 PM

Savor the tastes of late summer with a meal featuring local produce.

Tapas:

Bruschetta with roasted pepper mix or with kale/basil pesto

Roasted tomatoes, herb and gruyere tarts

Cucumber tapas with feta, cilantro, lemon and red onion

Salads:

Layered beets with herb goat cheese, arugula and balsamic vinegar

Grilled kale with sun gold tomatoes, greek yogurt and hazelnuts

Main Course:

Grilled pizzas with a variety of toppings

Dessert:

Grilled red, orange, and yellow watermelon kabobs with honey cream

Cost: \$25 Registration Deadline: Aug 17

*Where in the World Are
Bob and Donna Vanderhoof?*



Check out page 4 for the answer and their story!