



SAVE thru December

Program Guide

Fall, 2012

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The Center * 1651 Jefferson Pkwy * 507-664-3700 * 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
6am :15 :30 :45	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00-10:00 OPEN SWIM	
7am :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		
8am :15 :30 :45	8:15-9 AQUA AGELESS	8:00-5:30 OPEN SWIM	8:15-9 AQUA AGELESS	8:00-5:30 OPEN SWIM	8:15-9 AQUA AGELESS		
9am :15 :30 :45	9:15-10 AQUA FIT 'N' TONE		9:15-10 AQUA FIT 'N' TONE		9:15-10 AQUA FIT 'N' TONE		
10am :15 :30 :45	10:00-7:45p OPEN SWIM		10:00-7:45 OPEN SWIM		10:00-3:15 OPEN SWIM	10:00-11 AM AQUA FITNESS FUSION	
11am :15 :30 :45						11:00-1:00 OPEN SWIM	
12PM :15 :30 :45							
1PM :15 :30 :45			Every week 1:00-7:45 HOT TUB CLOSED			1:00 - 1:45p AQUA ZUMBA	
2PM :15 :30 :45			Last full week of month, POOL CLOSES at 1:00			2:00-3:45 FAMILY TIME SWIM	
3PM :15 :30 :45					3:15-5 FAMILY TIME SWIM	3:45-5	
4PM :15 :30 :45						OPEN SWIM	
5PM :15 :30 :45		5:30-6:30 AQUA		5:30-6:30 AQUA			5-7:45 OPEN SWIM
6PM :15 :30 :45		FITNESS FUSION 6:30-7:45 OPEN SWIM		FITNESS FUSION 6:30-7:45 OPEN , no laps			
7PM :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
7am :15 :30 :45		7-8a ZUMBA GOLD	7-7:45 STUDIO STRENGTH	7-8am SOMATICS And STRETCHES	ZUMBA 7-8 AM		
8am :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
9am :15 :30 :45		9:30-10:15 BODY WAKEUP	9:30-10:15 COUNTRY LINE	9:30-10:15 ZUMBA	9:30-10:15 MOVE & GROOVE	9:30-10:15 STEP	9-9:45 ZUMBA
10am :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
11am :15 :30 :45							10-11 Silver Sneakers CardRm
12PM :15 :30 :45		12-1 LIMB	12:00-1:00 ENHANCE FITNESS	12-1:15 SLO FLO YOGA	12:00-1:00 ENHANCE FITNESS	12-1 PM YIN RESTORATIVE YOGA	
1PM :15 :30 :45	1-1:45 NIA		1:15-3:15 OPEN		1:15-2 PILATES (Begins OCT)		
2PM :15 :30 :45	2-2:45 ZUMBA GOLD		PING PONG Int/Adv		2:15-4:15 OPEN PING PONG		
3PM :15 :30 :45				3:00 - 5:00 OPEN PING PONG	All Levels		
4PM :15 :30 :45				All Levels		4:00-5:00 FOLK DANCING	
5PM :15 :30 :45		5-5:45 KETTLEBELL Strngth Fusion	5-5:45 ZUMBA GOLD	5-6 BODY SCULPTING	5:15-6:15 TAP NAG Studio		
6PM :15 :30 :45		6 - 7:00 CLASSICAL YOGA	6 - 6:45 Strength Circuit	6-7 Stretch Flex & Flow	6:15-7 ZUMBA	6 - 6:45 Strength Circuit	6 - 7 Classical Yoga
7PM :15 :30 :45		7:30 - 9:30 OPEN		7:15-7:55 CORE & STRENGTH			
8PM :30		PING PONG					
9PM :30		All Levels					

BIKE CLUB

“Circuit” Classes are held in the Fitness Center

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 \$6 memb/\$8 non-memb *per* class.

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.

Body Wakeup

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

Instructors: Kitty Runzheimer, Katie Milbrett

Classical Yoga

Mon, 6-7p

Thurs, 6-7p

Instructors: David Runkle,

Gentle Yoga,

Chair Adaptive

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

Instr: David Runkle, Katie Milbrett

Stretch, Flex and Flow

Tue, 6-7p

Instructor: Sheila Giles

Slo Flow Yoga

Wed, 12-1:15p

Instructor: Sigrid Londo

Yin Yoga

Fri, 12-1p

Instructors: Lori Williams

*More about Yin Yoga, a special style of yoga -

Poses are held longer for greater stretch and restoration, as opposed to flowing movement.

Stretch, Flex and Flow

Tuesday's 6-7 pm

Build core strength and flexibility, feel better, stronger and more bal-

anced. This total body workout, based on Yoga poses, moves you through every muscle group, large and small, choreographed with movements from head to toe, appropriate for any age or fitness level.

Instructor: Sheila Giles



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.

Leaders: Elsie Forsythe, Kate Stuart

Zumba™ Fitness and Zumba™ Gold

Mon 7-8a, Tues 5-5:45p,

Wed 9:30-10:15a,

Wed 6:15-7p, Thurs 7-8a, Sat 9-9:45a, and Sun 2-2:45p

Zumba excitement, Latin and international dances simplified for beginners. Options for all in this cardiovascular workout that enhances balance, agility, muscle strength and that is just plain fun. Rhythms highlighted in this program may include the Merengue, Salsa Cha Cha, Cumbia, Reggaeton, Salsa, Rock and Roll, Belly

Dance, Flamenco, and Tango.

Instructors: Leah Goldberg, Lu Herbeck, Gale Marchand, Juliana Lima

Move and 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

+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

Folk Dancing

Fridays 4-5 p

Learn culturally authentic line and circle dances from around the world. Light to moderate cardiovascular conditioning. Drop ins are welcome! In NSC Fitness Studio.

Instructor: Kate Stuart

Tap Dancing*

Thurs, 5:15 - 6:15p

Explore the styles of tap, its music and sound variations. Appropriate for beginner to intermediate levels. Venue: NAG Dance Studio

Instructor: Charisse Ponder

*Session based: 4-wk sessions, starting on these dates - Sept 13; Oct 11; Nov 8; Dec 13

Each Session: \$36m/\$40nm

NEW

NEW

Step

Fridays 9:30-10:15 am

Use the step platform to keep your mind busy and your heart pumping. This class has beginning-to-intermediate intensity and choreography. Learn the basics with the step or do it without the step as you like.

Benefits: Increases cardiovascular, strengthens lower body, increases coordination, burns calories, trains agility

Instructor: Lu Herbeck

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

Bodysculpting

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



SLOW MOVEMENT & TAI CHI

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

Somatics and Stretches

(Rosen Technique)

Wed 7 - 8a

Easy, flowing dance movements that work the whole body; all the joints gently being moved in all the right directions. This technique (developed by Marion Rosen) was designed to prevent injuries, teach somatic movement with a sequence of stretches, joint mobilizations, and dance-like movements that are done to music. This is not an aerobic or cardiovascular training class but about movement awareness, and flexibility.

Instructor: Sheila Giles

NIA

Sunday 1-1:45 pm

(begins Sept 16)

Nia, also know as ‘Movement Art with Function’ incorporates Somatic Movement techniques by combining methods from the fields of Healing, Dance and Tai Chi. This style of movement releases physical and mental tension. Nia requires no past experience with any of these movement styles. Nia is a favorite of those ages 50+ all over the USA. Instructor is experienced teacher in this type of exercise.

Instructor: Jody Polson

LIMB (Laughter, Improv, Movement, Balance)

Mondays, 12 noon

Slow, easy movement with elements of gentle modern dance, yoga, improvisation, active balance, and gentle core toning. This class incorporates the best of several forms of movement, breathwork, mind body connection and fun in one delightful format that causes one to leave feeling uplifted.

Instructor: Sandy Walker

NEW

NEW

ON-GOING FITNESS CLASSES

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 and Strength

Sat, 8-8:45a, Wed 7:15 - 7:55p

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, Don Forsberg

Core and 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

Pilates (Begins Oct 4)

Thurs 1:15-2 pm

Designed to deliver optimal strength, flexibility and endurance, Pilates Mat Classes are a total Mind/Body conditioning method that simultaneously strengthens and stretches your. Pilates will help you increase abdominal, hip and back strength, improve posture and help reduce daily stress and tension. Work with posture and learn to move with grace. Classes may incorporate use of small balls, hand weights and other equipment as deemed appropriate.

Instructor: Diane Keefer

**FITNESS AND AQUA INSTRUCTORS**

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

Elsie Forsythe - Line Dancer for 11 years

Sheila Giles: CMT, Certified NETA Group Fitness, Yoga Fit Level 1, Rosen

Leah Goldberg - Zumba Basic 1, Zumba Gold™, AFAA Group Fitness

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

Lu Herbeck, NETA Group Fitness & Personal Trainer, Licensed Zumba™, 28+ yrs certified experience

Diane Keefer: ACE: Certified Group Fitness, Physical Mind Institute of New York: Pilates Certification, DSW: Yoga Certification, NETA: Certified Personal Trainer, Professional in fitness industry since 1989

Marilyn Kelly - Silver Splash trained

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

Juliana Lima-Native Brazilian, ACE Personal Trainer, Zumba, Zumba Gold, Zumba Toning, Aqua Zumba

Sigrid Londo - Registered Yoga Trainer, Himalayan Institute of PA

Gale Marchand, NSC Fitness Manager, ACSM Personal Trainer, NETA Group Fitness, 12 years of fitness aerobics on all levels, Licensed Zumba™ Instructor

Katie Milbrett - RYT 200+, Seva Yoga School, Bristol England

Nancy Nieman - MS, Exercise Physiology, AFA Personal Trainer

Jan Otteson - NETA Certified Fitness Instructor, Licensed Zumba™ Instructor, Latin Cardio, NETA Personal Training, Aqua Zumba

Jody Polson- NIA White Belt Intensive Certified; Pilates Mat, Standing, Reformer, Chair Certified

Charisse Ponder - choreographer, dancer and teacher; danced with the Joffrey Ballet in NYC

Stacey Popp - ACE certified Fitness

Instructor, NETA Personal Trainer & Mat Pilates-NEDITA & Pilates Institute of America

David Runkle- Registered Yoga Trainer 200 hr

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

Kate Stuart, MS Music, 20 yrs Dance Instruction; ACSM Group Fitness Certified

Craig Swenson - AS Exercise Science, NETA Personal Trainer, experienced Adaptive Exercise Coach, MSROM™, Enhance Fitness™ Certified

Sandy Walker - BA Fine Arts Dance-NC School of Arts, RYT 200 yoga, Laughter Yoga certified, Certified Life Coach

Lori Williams - RYT 200

ON-GOING AQUA CLASSES AND POOL ACTIVITIES

ON-GOING AQUA CLASSES AND POOL ACTIVITIES



NEW

Aqua Zumba

Saturdays 1-1:45 pm
Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout.

Instructors: Juliana Lima, Jan Otteson

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

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 8).



FAMILY SWIM

Fri, 3:15 - 5p and 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.

FITNESS GROUPS

BIKE CLUB (NORTHFIELD PEDALERS)

Mondays, 8:30a

(Meeting time may change as it gets colder)

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

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



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

Fitness Group fees
 Aff, Gen, Aqu - \$3
 Fitn, Plat, SS - no fee
 Non-members - \$6

FITNESS GROUPS

HIKING GROUP - Hiking Event Dates For Fall

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 car-pool . (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)

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 Longley, Virginia Grant, Gayle Henrickson
 Contact Gale Marchand, Fitness Manager at 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

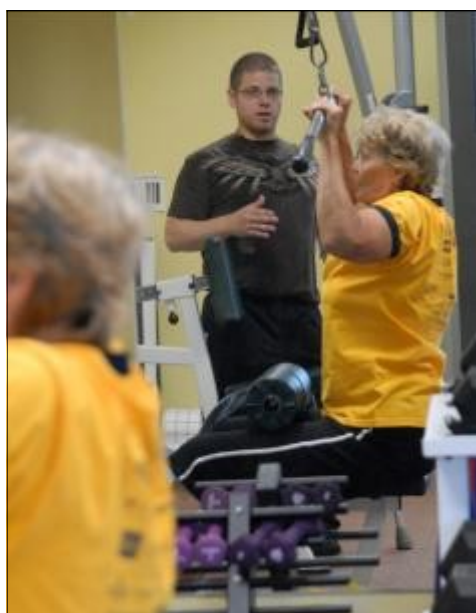
How often? Meeting with a trainer can be a weekly, monthly, quarterly or a one time situation. No contracts are involved. We make it simple to receive professional, trustworthy advice. How often depends on your goals, and what type of support you desire.

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



SESSION-BASED FITNESS WORKSHOPS AND CLASSES

Fall Prevention Workshop

Mondays, Oct 8-Nov 12 1:30-2:30p
(6 weeks)

Unsteady? At risk of falling? This six-class session is for your strength, stability, range of motion, and balance. The class is a complete course on fall prevention exercises. Class is geared to 'beginner' level balance training to increase function in activities of daily living. All levels welcome, chair assistance is provided as needed.

Instructor: Craig Swenson

Fee: \$36 m/\$48 nm

PL - \$5 for materials

Intermediate Balance Training Workshop

Wed 6:15-7:15 pm Sept 26- Oct 31
(6 weeks)

Increase your agility, reaction, strength and balance in this more advanced workshop. Designed with those who are generally steady as well as active athletes, who want to continue to improve for daily life, vacations or sports. Class pre-requisite: participant must walk with no assistive devices and pass the 1 leg stand test (stand on 1 foot for 30-60 seconds without assistance) or be approved by Trainer. Class will not offer chair assistance.

Instructor: Lu Herbeck

Fee: \$36 m/\$48 nm PL—\$5, mat.

Exercise is Medicine Seminar

Mon 6-7 p Sept 24- Oct 29 (6 weeks)

How to Capitalize on your Exercise! Learn those things you have always wanted to learn from a Trainer about being stronger, healthier and leaner. Bring your questions! Course deals with how a simple movement effects the rest of your life including preventing health risks, illnesses, disease processes, as well as how to maximize the effects of your efforts using the latest in Exercise Science.

Instructor: Lu Herbeck

Fee: \$36 m/\$48 nm

PL - \$5 for materials

NUTRITION SERIES

LIVE HEALTHY: CREATING 'BLUE ZONE' LIFESTYLES

Wed 11:30a-12:30p

Oct.10 – Nov 14 (6 weeks)*

Learn the secrets of these Blue Zone cultures. In 2004, Dan Buettner, a Native Minnesotan, traveled with National Geographic to explore pockets around the world where people live measurably better. In these "Blue Zones," people reach age 100 at rates 10 times greater than in the United States. Learn the secrets of these places and the food these people eat – even sample some of the dishes! Class participants are encouraged to read *Blue Zones* by Dan Buettner and enter into the dialogue about creating healthier diets, attitudes and community assets that can help increase the number and quality of years in your life.



Oct 10: Where and What are the Blue Zones? (surprise sample!)

Oct. 17: Loma Linda, California and the Seventh Day Adventist Community (sampling of Gingered Rice and Beans)

Oct. 24: Nicoya Peninsula, Costa Rica (breakfast buritto and star fruit)

Oct. 31: Ikinawa, Japan (Goya and Tofu Champuru)

Nov. 7: Sardinia, Italy (Zucchini with Peppermint)

Nov. 14: Ikaria, Greece (Longevity Stew with black-eyed peas)

Instructor: Louane Kaupa, MA, Owner of Eat Well Nutrition Therapy, Owatonna.

***Register for full 6-weeks, or drop in and pay/session. Registration deadline for series is Oct 3; if class minimum is not met by that date, program will not run.**

Fee for 6 weeks: \$42 m/\$54 nm PL - \$6 for food samples

Drop in rate: \$8 m/\$10 nm PL- \$1 for supplies



LIFE LONG LEARNING: TALKS AND WALKS

Come stretch your mind, (and in one case your legs) and join in conversation with these experts!



Events that Changed History

Fridays, 10:30-11:30a, Sept 7 - Nov 16

These discussion-classes are based on a series of DVD's developed by J. Rufus Fears of the Univ of Oklahoma. Topics include:

Hammurabi, issues of a code of law; Moses and Monotheism; the enlightenment of Buddha; Confucius instructs a nation; Solon-democracy begins; Marathon-Democracy triumphs; Hippocrates takes an oath; Caesar crosses the Rubicon; Jesus, trial of a teacher; Constantine wins a battle; Mohammed moves to Medina.

Orrin DeLong, retired history teacher, will be the discussion leader.

Fee: \$5 materials

Women of Rice County

Tues, Sept 11, 10:00

From the dozens of women who homestead and worked their own farms, to those running their own businesses in the 19th century, to the school teachers and settler's wives; Susan Garwood, Executive Director of the Rice County Historical Society, will share some history of these women and more.

Jon Buck: Metal Detecting

Wed, Sept 19, 1:00p

When Jon Buck took up metal detecting as a hobby, he had no idea of the adventures he would experience. His interest has led Jon to 27 different countries, often accompanying museums, universities and archeologists.

Jon's presentation will mainly focus on his metal detecting experiences in The United Kingdom, Canada, Russia, Peru and Romania and the amazing artifacts he has found.



Saving the Depot

Wednesday, September 26, 10:00

Join a discussion with representatives of the Save the Depot Committee and learn the latest information about efforts being done to save the Northfield Depot. From moving college students, goods, and troops, the depot's story is the story of the growth and development of Northfield.



Walking Tour of Downtown Northfield

Tuesday, September 25, 10:30

Architect and historian Steven Edwins will lead a walking tour of downtown Northfield. We will meet at the Northfield Historical Society to view a short film on the history of Bridge Square before heading out to learn things we never knew about the buildings we see every day. This tour will be limited to 18 people.



Jim Stark: The Road to Disunion – Causes of the Civil War

Wednesday, October 3, 1:30

History buff, Jim Stark will present the first in his series of talks about the Civil War. This popular presentation was presented earlier at the Historical Society to a standing room crowd. Now Jim is bringing his expertise to us. Further presentations in this series will be held alternately at the Historical Society and at the Senior Center.

Jacqui Dorsey: Will Anybody Read My Will?

Tuesday, October 30, 10:00

Attorney, Jacqui Dorsey will present an interactive program on the power of asset designation and how all the parts of effective estate planning work together. This program will help you make sure that your wishes are followed.

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 *per* person 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.



GROUP ACTIVITIES

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

2nd and 4th 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

CALENDAR OF WEEKLY* GROUP ACTIVITIES

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	8:30a (2nd Monday) Retired Teachers	10a-noon (2nd & 4th) Woodcarving			9a-12 (2nd & 4th) Joy of Quilting
	12:30 Double Pinochle	12:30-3p Euchre		12:30 (3rd Thurs) TPT Program Club	10:30a (2nd Friday) Book Club
	1 - 3p Movies	1 - 3p Hook, Yarn & Needle		1:30 - 3p Chime Choir	12:30-3p “500” Cards
	1:30-3:30p (1st,3rd) Paper Crafting	1 - 4p Duplicate Bridge	12:30 - 3p Social Bridge		9:30-11:30a (4th Fri) Photography Group
		4:30 - 6p Seasoned Singers (10/16 - 11/27)		7 - 10p Duplicate Bridge	
		6:30-8:30p Woodcarving			

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

GROUP ACTIVITIES

Woodcarving

2nd & 4th 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.



Oct - Grapes of Wrath

by John Steinbeck

Nov - Social Animal

by David Brooks

Dec - Holiday Luncheon

Retired Teachers Coffee

2nd 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.

players welcome. Looking for new members

Seasoned Singers

Fall rehearsals Oct 16-Nov 27 with several performances the following two weeks.

Tuesdays 4:30-6 pm Fee \$10

The Center's women's singing group, The Seasoned Singer, will begin rehearsals on Oct. 16. 4:30-6pm. This group is for women who love to sing in parts and are willing to participate in 4-6 local performances seasonally. Some members enjoy gathering at local restaurants for dinner after rehearsals. Come join in the fun and exhilaration of singing under the direction of Donna May, Music Director at St. Agnus School in St. Paul and member of the Northfield Senior Center. Bring a thin black binder for music.

Watch the newsletter for notification that the "Seasonal Songs by The Seasoned Singers" CD is available for purchase this fall at the Center.

Paper Crafting

1st & 3rd Mondays, 1:30-3:30p

Very friendly and inviting to all. \$1-2 fee for supplies may be charged depending on the project. Schedule of projects for the fall:

Sept 3 - Labor Day - no meeting

Sept 17 - Clown birthday box

Oct 1 - Halloween cards and projects

Oct 15 - Thanksgiving cards and projects

Nov 5 - Make and Take Paper Christmas Ornament Workshop

Nov 19 - Christmas project sharing

Dec 3 - Kirigami

Dec 17 - Work on our own projects

OTHER GROUPS

Book Club

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 fall -

Sept - The Sisters of Sinai

by Janet Soskice

MUSIC GROUPS

Chime Choir

Rehearsals Sept. 20-Nov 29 1:30-3:00 pm No Fee

This group uses a three-octave mallet-attached choir chimes to produce beautiful mellow-toned music. Each person plays two notes (chimes) and learns to play their notes in sequence as they occur in the music. Anyone with the ability to count music is encouraged to join. Directed by Marilyn Finneseth 645-5147. Local performances in December. New



GROUP ACTIVITIES



POPCORN & A MOVIE MONDAYS, 1-3PM

SEPTEMBER MOVIES: SHIRLEY MACLAINE MOVIE MONTH

Sept 3: **Terms of Endearment**

Follow the lives and loves of a mother and daughter in this poignant comedy-drama. Shirley MacLaine is the feisty mom; Debra Winger, her independent daughter; Jack Nicholson, a womanizing ex-astronaut who lives next door.

Sept 10: **The Evening Star** (sequel to Terms of Endearment)

The grandkids are grown up, eldest son in jail, the youngest son in a dead end job and fathering an illegitimate child with his girlfriend. Shirley MacLaine shines. Sept 17: *Irma La Douce*

Sept 17: **Irma La Douce** Shirley MacLaine is simply perfect for the brothel girl role with Jack Lemmon absolutely hilarious as her comical suitor and by-the-book noble and honest policeman.

Sept. 24: **Guarding Tess**

Nicolas Cage stars in this drama-

comedy about a Secret Service Agent unable to get out of his assignment of watching over an exasperating former first lady (Shirley MacLaine). The two get along like oil and water.

OCTOBER MOVIES REGULAR KIDS MONTH

Oct 1: **October Sky**

The true story a boy inspired by the first Sputnik launch. The spirit of invention becomes an adventure when a teacher encourages the kids to enter the National Science Fair with college scholarships as the prize. Now they can strive to shoot for the stars.

Oct 8: **Dreamer**

When a young girl witnesses a race horse break a leg, her horse trainer father impulsively buys the horse and loses his job. In the rehabilitation process, the horse isn't the only one receiving healing. Based on a true story. Stars Dakota Fanning and Kirk Douglas.

Oct 15: **My Girl**

A coming-of-age comedy of first love and last farewells. Set in the summer of 1972, an 11-year-old tomboy (Anna Chlumsky), whose mother died during childbirth and whose father runs a funeral home, becomes obsessed with death. Her summer adventures with the boy next door (Macaulay Culkin) introduce her to her first kiss and a more mature look grieving and loss.

Oct 22: **Secondhand Lions**

If you can get past its thick layer of syrup and molasses, *Secondhand Lions* reveals itself as a thoroughly decent family film. A 14-year-old boy is dumped with his great-uncles on their vast Texas ranch. He finally discovers they've lived lives full of adventure, excitement, passion, and mystery.

Oct 29: **Curly Sue**

A rags-to-riches comedy about a homeless scam artist and his curly-headed, orphaned sidekick. They are classic homeless folks with hearts of gold. A wealthy woman they were

scamming becomes forever indebted to care of them both. In the end she may find that she needs them even more than they need her. Starring James Belushi, Kelly Lynch and Alisan Porter.

NOVEMBER MOVIES CHILDREN WITH CHALLENGES

Nov 5: **Nell**

In a remote North Carolina woodland cabin, a small town doctor discovers Nell (Jodie Foster) - a beautiful hermit girl. He (Liam Neeson) gently studies her unique pattern of speech while protecting her from institutionalized study.

Nov 12: **Edward Scissorhands**

Edward Scissorhands captures the delicate flavor of a fairy tale in a live-action movie. In a castle high on top of a hill lives an inventor's greatest creation with metal scissors for hands. Upon his discovery, the community welcomed Edward, at first, but soon things begin to take a change for the worse.

Nov 19: **The Mighty**

This is the heart-warming story of a unique friendship shared by two seventh grade boys, Kevin and Max. Kevin, afflicted with a rare physical disability is an extremely intelligent boy who lives in the world of his imagination. Max on the other hand, is an over-weight boy who suffers from a learning disability. Fate brings the boys together and through their adventures together, they find a rare friendship.

Nov 26: **Freedom Writers**

A southern California high school teacher bubbling over with naive optimism quickly discovers that her unruly classroom isn't easily won over. A journaling project teaches these at risk students to have tolerance, how to apply themselves, and how to have the personal esteem to pursue education beyond high school.

GROUP ACTIVITIES

DECEMBER MOVIES HOLIDAY THEME

Dec 3: The Five People You'll Meet in Heaven

This movie takes up where It's A Wonderful Life left off. An amusement park maintenance man and war veteran, ends up in heaven after an accident takes his life. There he meets five people from his past: the Blue Man, the Captain, Marguerite, Ruby, and Tala. Each shows him how he impacted their life.

Dec 10: Christmas in Wonderland

It's turning out to be a pretty rotten Christmas for the Saunders family. Having just moved to a new city from Los Angeles, they have no friends, no money and, with the exception of the bright-eyed Mary, no Christmas spirit. When the kids find a satchel of money at the local mall, they launch a Yuletide shopping spree...that is, until the

crooks who counterfeited the money chase them through the mall packed with holiday shoppers.

Dec 17: Holiday Switch

Life is tough for a young mother struggling with bills, life with her blue-collar husband and her two daughters. When her successful former boyfriend comes to town, she wishes she had made a different choice of husbands. Magically her Christmas wish transports her to the life she COULD have had. Will she decide the grass is greener on the other side?

Dec 24: A Hobo's Christmas

With Christmas around the corner, Chance--a hobo rider of the rails for twenty-five years--makes one last attempt to reunite with his family for the holidays. His son, a single dad to two young children, has never forgiven for leaving. When they finally get together, it's a special Christmas that they'll never forget.

Dec 31: An all day movie marathon for New Year's Eve

Watch for further details on the specific titles.

GROUP ACTIVITIES

AMERICAN RED CROSS COURSES

CPR/AED (defibrillator) Training

Training for lay persons to respond in an emergency and care for life-threatening respiratory or cardiac emergencies in adults until professional medical help arrives. Includes how to use a defibrillator (the Senior Center has one in the Aqua-Fitness Office). This course is not for health care providers. If you have your own laptop you may bring it and connect to materials via WiFi during the class.

Fri Oct 5 9:30-1:30 bring your own lunch

OR

Tues Oct 9 5-9:30 pm Bring your own supper

Fee: \$49m/\$30 Platinum/\$60 nm

First Aid

Learn how to respond in an emergency that may include cuts, scrapes, wounds, burns, injuries to muscles, bones, joints, sudden illnesses such as fainting,

stroke, diabetic complications, poisoning, bites and stings, heat and cold related emergencies, asthma, anaphylaxis. Learn to control bleeding, splint, bandage and care for people until trained professionals arrive. Please bring your own meal or snacks. If you have your own laptop you may bring it and connect to materials via WiFi during the class.

Tues Oct 16, , 5-9:30 pm Bring your own supper

OR

Fri Oct 12, 9:30-1:30 bring your own lunch

Fee: \$49m/\$30 Platinum/\$60 nm

CPR/AED for the Professional Rescuer

This course teaches students to respond to breathing and cardiac emergencies in adults, children and infants, use an AED on an adult or child victim of cardiac arrest and use personal

protective equipment to stop blood borne pathogens and other diseases from spreading. Course is designed for people with job-related duties in emergency preparedness and response. This includes nurses, daycare providers, law enforcement and EMS personnel, fire fighters, business and industry response teams, lifeguards, flight attendants, and others who must take action in emergency situations. 8 hr course in 2 dates. Must attend both dates Please bring your own meal or snacks. If you have your own laptop you may bring it and connect to materials via WiFi during the class.

Fri Oct 19 and 26, 9:30a-1:30p bring your own lunch

OR

Tues Oct 23 and 30, 5-9:50p

Cost: \$79 m/ \$45 Platinum (filing fee and materials)/ \$89 nm

AMERICAN RED CROSS COURSES

Fall Calendar for Computer Classes

SEPTEMBER

	Monday	Tuesday	Wed	Thursday	Friday
SEP		9:30 -11:30 Microsoft Word I 1		9:30 -11:30 Microsoft Word I 6	
		9:30 -11:30 Microsoft Word II 11		9:30 -11:30 Microsoft Word II 13	
		9:30-11:30 Mail Merge and Labels 18		9:30-11:30 Mail Merge and Labels 20	9:30 - 11:30 TECH TIME: Cell Phone Basics 21
		9:30-11:30 Presentation Software 25		9:30 - 11:30 Presentation Software 27	9:30 - 11:30 Photography Group 28

OCTOBER

	Monday	Tuesday	Wed	Thursday	Friday	Saturday
OCT		9:30 -11:30 Intro to Computers 2		9:30 -11:30 Intro to Computers 4		
		9:30 -11:30 Word Processing I 9		9:30 -11:30 Word Processing I 11		
		9:30 -11:30 Organize My Computer 16		9:30 -11:30 Organize My Computer 18	TECH TIME E-reader Basics 19	
		9:30 -11:30 Word Processing II 23		9:30 -11:30 Word Processing II 25	9:30-11:30 Photography Group 26	9:30-11:30 Genealogy 27
	9:30-11:30 Holiday Correspondence 1:30-3:30p Organize My Photos 29	9:30-11:30 Intro to Internet & Email 30				

NOVEMBER

	Monday	Tuesday	Wed	Thursday	Friday
NOV				9:30 -11:30 Intro to Internet & E-mail 1	1:30-3:30p Organize My Photos 2
	1-4p Basic Photo Editing, & Printing 5	9:30 -11:30 Intermed Internet & Email 6		9:30-11:30 Intermed Internet & Email 8	1-4p Basic Photo Editing, & Printing 9
	1-4p Adv Photo Editing, & Printing 12	9:30 -11:30 Facebook 13	1-4p Adv Photo Editing, & Printing 14	9:30 -11:30 Facebook 15	9:30-11:30 TECH TIME - Printer Basics 16
				THANKSGIVING 22	9:30 - 11:30 Photography Group 23
	1:30-3:30p Scanning Pictures 26	9:30 -11:30 Taking Better Photos 27		9:30 -11:30 Taking Better Photos 29	

DECEMBER

	Monday	Tuesday	Wed	Thursday	Friday
DEC		9:30-11:30 New Life for Old Slides 4		9:30 -11:30 New Life for Old Slides 6	
				27	9:30 - 11:30 Photography Group 28

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

October 2 & 4 **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: Judy Cederberg

Word Processing I

October 9 & 11 **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)

October 16 & 18 **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: Jim Finholt

Word Processing II

October 23 & 25 **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

October 30 & Nov 1 **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: Jim Finholt

WORKING WITH PHOTOS***Organize My Photos*****Mon/Fri Oct 29 & Nov 2
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 Nov 5 & 9 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/Wed Nov 12 & 14 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*****Mon Nov 26 1:30-3:30p
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***Taking Better Photos*****Tues/Thur Nov 27 & 29
9:30-11:30a Cost: \$20m/\$25nm**

This course will help you to take better photos by making the most of your camera’s features and observing basic rules of composition. This course will be useful for any type of camera from compact to DSLR.

Please bring your camera and user manual. (2 Sessions)

Prerequisite: None

Teacher: Mark Ulmer***New Life for Old Slides*****Tues/Thur Dec 4 & 6 9:30-11:30
Cost: \$20m/\$25nm**

The first part of this course presents a procedure for scanning 35 mm slides to produce electronic slide files. The second part presents a method to produce a slide show on a DVD that can be played through a televi-

sion set. Electronic files have many uses. They are readily stored. They can be easily copied and distributed. They can be used to insert pictures into documents. They can be organized. They can be used to produce slide show DVDs for use with television sets. Canon scanners and software will be used in the course. *Vista* operating system software will be used to produce the DVDs. Students will need to bring five or six slides to the class. (2 Sessions)

Prerequisite: *Organize My Computer* or equivalent

Teacher: Jim Finholt**OTHER COMPUTER COURSES*****Microsoft Word II*****Tues/Thurs Sept 4, 6, 11, 13
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

Mail Merge and Labels

Tues/Thur Sep 18 & 20
9:30-11:30a Cost: \$20m/\$25nm

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

Teacher: Barb Henwood

Presentation Software

Tues/Thur Sep 25 & 27
9:30-11:30a Cost: \$20m/\$25nm

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

Prerequisite: *Intro to Word Processing II* or equivalent

Teacher: Jim Finholt

Intro to Modern Genealogy

Sat Oct 27 9:30-11:30a
Cost: \$10 m/\$15 nm

This course provides a brief introduction to modern genealogy, including how to get started, types of genealogy research, online genealogy databases, and use of genealogy software to keep track of what you learned and where you learned it. Time will be reserved for questions.

Prerequisite: *None.*

Teacher: Tom Pender

Holiday Correspondence

Mon Oct 29 9:30-11:30a
Cost: \$10 m/\$15 nm

This course will show how to enhance letters, invitations, and other documents by incorporating pictures including titles, clip art, and decorative borders using *Microsoft Word* software. This course will help to embellish your holiday letters. It will repeat much of the material presented in *In-*

sert a Photo into Text. (1 Session)

Prerequisite: *Word Processing II* or equivalent

Teacher: Jim Finholt

Intermed Internet and Email

Tue/Thur Nov 6 & 8 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: Judy Cederberg

Facebook

Tues/Thur Nov 13 & 15
9:30-11:30 Cost: \$20m/\$25nm

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

This course will be useful to Mac users.

(2 Sessions)

Prerequisite: *Intro to the Internet and Email*

Teacher: Gloria Krusemeyer

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 for info or appointment.

GALLERY EXHIBITS

FALL EXHIBITS

Continuing through Sept 16

Richard T. Wright, Paintings
Mary Lou Warner, Collages

Sept 17 - Oct 21

Dennis McClintock, Photography
Darla Dahl, Crafts

Oct 22 - Nov 25

Judy Saye-Willis, Multi Media

Nov 26 - Jan 6

Third Annual Senior Open*

*Any artist in the area who is 50 or older, is invited to submit one piece for this show. If you are interested, let Patsy Dew know (664-3708 or patsydew@nscmn.org) by Oct 15.



Applications are now being accepted for 2013 exhibits. Please send 3 examples of your work via email, patsydew@nscmn.org, along with a brief statement about your work. If

you cannot send samples of your work electronically, please call Patsy, 664-3708, and make arrangements to deliver a sample of your work.

ART CLASSES

Intermediate Watercolor Painting

Choice of two sections

Wednesdays, 9:30a – 12:30p, Sept 12 – Oct 3 (4 sessions)

OR Thursdays, 12:30 – 3:30p, Sept 13 – Oct 4 (4 sessions)

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

perfect way to continue developing your relationship with this unique medium!

Teacher: Kathy Miller

Cost: \$81/\$90

Ask Receptionist for a list of supplies



Drawing by Matthew Bunch

Intro to Drawing

Mon, Oct 8 – 29, 6-7pm (4 sessions)

Learn drawing techniques from Matthew Bunch, local artist who creates intricate drawings out of his imagination. This class will focus on basic skills and shading techniques to create your own imagined pieces. Matthew will teach plotting and mapping methods of using charts and graphs to create the size or perspective needed. These methods help the artist set the size of their drawing “before diving in, a way of knowing before doing.”
Materials needed: A sketch pad 9x9 inches or larger; a number two pencil or an HB art pencil; eraser; pencil sharpener.

Cost: \$24m/\$32nm

Teacher: Matthew Bunch

Beginning Watercolor Painting

Thursdays, 9:30 – 11:30a,
Sept 13 – Oct 4 (4 sessions)

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

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

Teacher: Kathy Miller
Cost: \$54m/\$60nm



Painting by Kathy Miller

KOREAN PAPER-FELTING

Tues, Nov 13, 9am – 1pm (bring a lunch, if you like)

Try your hand at Joomchi... literally! Joomchi is a traditional Korean technique that involves water and lots of kneading to intertwine the fibers of several layers of mulberry paper into one. The process is similar to felting wool and produces a very strong textured paper that can stand on it's own as art, be used in surface design or in functional items such as space dividers, boxes and even clothing! Materials will be provided.

Cost: \$24m/\$32nm plus \$20 materials
Registration Deadline: Nov 6

Teacher: Kathy Anderson

Accordion Book

Make a small photo album with accordion fold to hold photos of special occasions...family members ...friends. Great for gift giving.

Thurs, Nov 8, 1-3p
Cost: \$12m/\$16nm plus \$20 materials
Teacher: Judy Saye-Willis

CLOSE UP PHOTOGRAPHY

Sat, Sept 22, 8:30a – 12:30p
Let's get up close and personal! Whether you enjoy photographing flowers, butterflies, bugs, or just getting up close and exploring the small things in your world, this workshop will help you get better images. Join me for a classroom session where we'll talk about close-up techniques and equipment, followed by a visit to a local spot to photograph flower and whatever else we find! Bring your camera, manual, and tripod if you have one.

Cost: \$24m/\$32nm
Teacher: David Perez

Shibori Scarf Dying

Thurs, Oct 25 & Nov 1

Make two dyed Shibori, stitch resist, silk scarves. The unique patterns and designs of Shibori scarves are created by using a needle and thread and the basic running stitch. A variety of folds and stitches can also be used. Session one will introduce various Shibori stitches and participants will start stitching their designs. They will take home unfinished work and complete it before the second session. The class will select three colors for dying. The second session will be spent dying. Scarves will make great gifts for friends and relatives.

Cost: \$29m/\$32nm + \$24 materials fee (includes two rectangular silk scarves prepared for dying and the required chemicals and dyes to complete the project) Participants should bring household rubber gloves, scissors and 2 zip lock bags

Venues: Oct 25, Sr Center;
Nov 1, Arts Guild Studio

Teacher: Judy Saye-Willis



Photo by David Perez

VOLUNTEERING ACTIVITIES

VOLUNTEERING ACTIVITIES



SEASONAL ACTIVITIES

Popcorn Wagon workers help run our business on Bridge Square from our authentic antique Popcorn Wagon. The Wagon will operate into October, at which time a team of volunteers will help move it into its winter storage home.

Gardening Crew takes care of the gardens at the Center including five beautiful flower beds, several pots and two vegetable beds. In the fall the crew will be harvesting the vegetables, and preparing the beds for winter.

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 what-

ever 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, dish-washing, 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

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.

Reading with 4th Graders

begins again in October. Now in its 12th year, this is a collaboration with Mrs. Holden's 4th grade class from Bridgewater Elementary School. Students walk to the Center and read aloud to our volunteers for 30 minutes each month during the school year. One-on-one reading experiences are most desirable if we can get enough volunteers. It is not necessary to attend every session. Talk to Chris if you are interested.

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.



REGIONAL TRIPS

OUT TO LUNCH



Ole Café, Northfield
 Tuesday, October 2
 11:30 am

This is our first visit to the restaurant which opened under new ownership during the summer of 2011. It has an upscale casual contemporary menu with all the same charm. Their menu has been designed to showcase local ingredients, fresh produce, and the finest meats. Their presentation and excellent service are refreshing and worthy of this return visit.

Sign up with the receptionist by September 27

by Rembrandt's students and 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 our return home. Although the cutoff date was in mid-August, check with the registration desk to see you can still join the group.

Cost: \$31

Old Log Theater
 Wednesday, October 10
 10:30 am – 4:45 pm

“A Perfect Wedding” is the fall stage production at the Old Log Theater. It's about a mix-up on the wedding day of Bill and Rachel which results in some madcap antics. Lunch is included. Indicate your choice of entrée: Smoked Windsor Pork Chop, Lemon Artichoke Chicken Breast, Walleye Pike Almandine, Beef Stroganoff or Vegetarian Lasagna. This is an outing with the Community Resource Bank.

Cost: \$48
 Sign up by September 20

Cemetery Stories
 Saturday, October 27
 5:00 pm

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

Cost: \$10
 Sign up by October 22

Bachman's Christmas House Tour
 Wednesday, November 14
 Time: TBA

Details to follow.

Cost: TBA
 Sign up by November 9

Future Trips!
 Out-to-Lunch – St Olaf College
 TBA Dec

Plymouth Playhouse, Christmas on the Ranch, \$52 12 Dec

Hill House – Xmas Stories
 TBA Dec

TRIPS

Rembrandt in America
Minneapolis Institute of Art, Minneapolis
 Tuesday, September 4
 9:15 am – 2:00 pm

This exhibit includes 39 etchings, landscapes, portraits, religious scenes, mythological subjects and self portraits – all by Rembrandt. On this guided tour we'll also see works done

AARP Driving Safety Courses

This course is designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver.

Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premium. First timers must take the 8-hour

course then a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

Fee: \$15 m/ \$18nm

4-hour Refresher Course

Sept 11 5:30-9:30 pm Tuesday
 Sept 27 1:00 - 5:00 pm Thursday
 Oct 22 5:30-9:30 pm Monday

Nov 13 1:00 - 5:00 pm Tuesday
 Nov 29 1:00 - 5:00 pm Thursday-
 Dec 17 1:00 - 5:00 pm Monday

8-hour Full Course

Sept 17/18 5:30-9:30 pm
 Mon/Tues
 Oct 13 8:00 am - 4:00 pm
 Saturday
 Nov 12/13 5:30-9:30 pm
 Mon/Tues

TRIPS

AUSTRALIA & NEW ZEALAND CRUISE

February 4-23, 2013

Discover the wonders Down Under and the jewels of the Pacific

Included is a pre-cruise stay at The Grace Hotel which was built by Grace Bros. in the 1920s as a showpiece of their successful retail business. It has been beautifully restored to its former glory making it one of Sydney's most prominent historical landmarks. The Sydney City Tour will include the city sights of Kings Cross, The Gap, Watson Bay, and world famous Bondi Beach as well as a lunch cruise with

a guided tour of the Sydney opera House. On our arrival in Auckland, we will have a city tour including Harbour Bridge, waterfront, Bastian Point, Mission Bay, Parnell Village and Queen Street. Our post-cruise stay is at the Rendezvous Grand Hotel Auckland superbly located in the city centre close to Queen Street and Viaduct Harbour.



Did you know? If you book your cruise through our travel committee, the Center benefits. Call Linda Zwolensky for more information.

EXTENDED TRAVEL

INCLUDED IN YOUR TOUR:

- Services of Tour Director
- Roundtrip flights from Minneapolis to Sydney
- All transfers to and from the airport, hotel and pier
- 2 nights pre-cruise hotel in Sydney and 1 post night hotel in Auckland with breakfast each morning
- City tour of Sydney and Auckland
- All meals and entertainment onboard the DIAMOND PRINCESS
- Luggage handling at the hotel and on the ship (2 suitcases per person)
- Visiting 9 ports of call including Sydney and Auckland

THE DIAMOND PRINCESS

With 90% of her staterooms offering spectacular ocean views, most with balconies opening onto the majestic scenery. You'll love getting active in the fitness center or browsing the world-class art collection, then unwinding with some shopping in the boutiques or a massage in the Lotus Spa. Dining choices include specialty restaurants as well as the included Tra-

ditional Dining. After dinner, head to the themed Casino or take in a show in the Princess Theater or the dazzling Explorer's Lounge...it all awaits you on the Diamond Princess!

Our itinerary....

Feb. 4 Depart Minneapolis 6:15 pm
 Feb. 6 Arrive in Sydney then transfer to Hotel 10:15 am
 Feb. 6 The Grace Hotel, Sydney
 Feb. 7 City tour of Sydney
 Feb. 8 Transfer: Hotel to Pier in Sydney
 Feb. 8 Sydney 8:00 pm
 Feb. 9 At Sea
 Feb. 10 Melbourne 9:00am - 6:00pm
 Feb. 11 At Sea
 Feb. 12 Hobart (Tasmania) 8:00 am - 6:00 pm
 Feb. 13 At Sea
 Feb. 14 At Sea
 Feb. 15 Fjordland National Park Scenic Cruising 7:00 am - 5:00 pm
 Feb. 16 Dunedin (Port Chalmers) New Zealand 9:00 am - 6:00 pm
 Feb. 17 Akorua, New Zealand 8:00 am - 6:00 pm
 Feb. 18 Picton 8:00 am - 5:00 pm
 Feb. 19 Wellington 7:00 am - 6:00 pm
 Feb. 20 At Sea
 Feb. 21 Tauranga 7:00 am - 6:00 pm
 Feb. 22 Rendezvous Hotel, Auckland 6:00 am
 Feb. 22 City Tour of Auckland
 Feb. 23 Transfer: Hotel to Airport Auckland
 Feb. 23 Fly from Auckland to Minneapolis 8:35 am - 3:40 pm

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.