



## *The Value of Volunteers at the Center*

*By Patsy Dew*

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You've been following the election, and if you're a better person than I, you've even listened to the debates. We have been told that this election is "About the Economy." I wish one election could fix the economy, and by doing so, public moneys for great non-profits like the Northfield Senior Center would flow freely.

Prudent Realism holds sway with me, however, and I believe that whoever is elected this month, we will still face a tough economy,

and will need to be smart in how we manage our Senior Center resources to ensure the continuation of high quality programs.

One of our greatest resources is ourselves, the human capital of our members who volunteer their time and talents in a variety of ways. We already have a fantastic level of volunteer contributions to this organization. Last year 406 of our members volunteered a total of 20,320 hours, the equivalent of 10 full time staff positions.

Volunteer receptionists greet you when you come into the Center; they help prepare and clean up the dining room for noon meals; all of our computer teachers are volunteers; volunteers serve on a variety of committees and the board of directors; all of our pool monitors are volunteers; volunteer labor keeps our gardens thriving. And for the past two years these gardens have produced food as well as beauty. One of our newest volunteer-groups is the Work Crew, which meets (cont on pg 2)



**giveMN.org**  
Click. Contribute. Change Your World.

*Give to the Max Day is Thursday, November 15*

Go to the website and enter Northfield Senior Citizens and you will be directed to the Senior Center page. Enter your donation. It is easy. It is quick. And you will be supporting the Senior Center. Last year we received \$1,500 from people who donated through GiveMN.org.

Give to the Max Day was created in 2009 to increase giving to nonprofit organizations across the state and move more giving online. It is a day for Minnesotans to come together to raise as much money as possible for nonprofits and schools in 24 hours – starting at 12:01am on November 15, 2012 through 11:59pm. By engaging as many donors as possible to give to their favorite Minnesota charities in one day – Give to the Max Day —

GiveMN.org is showcasing Minnesota's unparalleled generosity to the world! During last year's Give to the Max Day, \$13.4 million was raised to benefit Minnesota nonprofit organizations. And, a record 47,534 donors logged on to GiveMN.org to donate to their favorite Minnesota charity. In 2012 we hope to help thousands of nonprofits and schools raise millions of dollars again!

*(Value of Volunteers, cont)*  
 every Friday, and takes care of a wide variety of fixit tasks, such as patching and painting, cleaning filters on air conditioning units, securing table tops in room 104/106, installing the lift chair in the pool.

Just imagine what it would be costing The Center to hire people to provide all of these services!

And as we look to the future, can we imagine other ways in

which volunteers can make The Center a richer place? The City of Northfield does not want to own and manage this building. We do not yet know how that change will play out, but we do know that change is coming, and we will be in much better shape if we find ways to involve volunteers to help keep our building costs down.

Perhaps your dreams are about new programming...an

art studio, a wood working shop, classes on local history, an open ping pong tournament for the region (oh, we've accomplished that, with a crew of enthusiastic volunteers). So dream on, and think about ways that you might find value in giving of your time to The Center. It's one of those Win-Win situations. You feel good about your contribution, and Center costs are kept lower.

### *Pajama Sale for Community Action Christmas Sharing*



*Some happy recipients of pajamas purchased at last year's Pajama Sale.*

Come to the Senior Center on **Tuesday, Nov 13, 9 - 3**, and start your Christmas shopping. The Pajama Committee for Christmas Sharing is selling home-made, flannel pajamas to the public as a fund raiser. These warm, cozy, flannel pajamas make great presents for kids and adults. The pajamas are priced at \$20 a pair and sizes range from a child's size 1 through size 12. For teens and adults \$20 will buy long flannel pajama pants and sizes are from extra small to extra-extra large.

If your Christmas lists

includes a little girl with an American Girl Doll, \$35 will buy them matching pajamas.

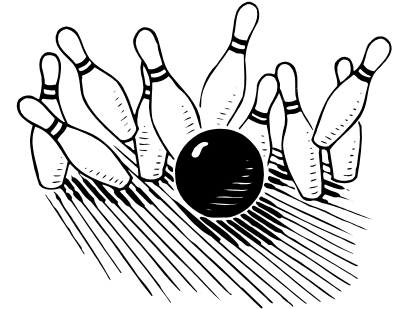
In addition to putting Christmas presents under your tree, you will be helping the CAC. All the proceeds from the sale will be used to buy fabric for the coming year, thereby freeing up other dollars for the CAC. As the economy continues to struggle, the number of families served by Christmas Sharing increases. Last year 866 children received pajamas, more than double the number served in 2006.



### *Thanksgiving Dinner*

will be served in the Dining Center on November 14 at 11:30a. For reservations call 664-3735 twenty-four hours ahead of that.

Like to bowl? Join the Senior Bowling group at the Northfield Lanes on Tuesdays, at 2:00pm, starting November 13. Cost is \$3.00 per line, shoes and balls are free. You do not have to commit to every week, join in when you can. For more information call Henry Mueller @ 663-0143



*Senior Center Staff*

<b>Director</b> Lynne Pederson	664-3701
<b>Asst. Director</b> Patsy Dew	664-3708
<b>Bookkeeper</b> Kathy Bjerke	664-3705
<b>Membership Coordinator</b> Jackie Johnson	664-3704
<b>Fitness Manager</b> Gale Marchand	664-3702
<b>Program Coordinator</b> Chris Ellison	664-3707
<b>Administrative Coordinator</b> Nancy McDougall	664-3703
<b>Dining Site Manager</b> Gail Noren	664-3735
<b>Evening/Weekend</b> Janice Kasa, Barb Henwood, Ruth Johnson-Wirth, Pat Sunquist	664-3700
<b>Used A Bit Shoppe</b> Kristi Casson	645-1399

*Senior Center Lobby Hours*

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

*Fitness Center and Pool Hours*

Mon—Fri	6 am—8 pm
Saturday	6 am—5 pm
Sunday, Fitness	10 am—5 pm
Sunday, Pool*	5 - 7:45 pm

*Used A Bit Shoppe*

645-1399      624 Water St.

*Shop Hours*

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

### Questions Around the Wellness Center

Q: "Aqua Exercise or Land Exercise? Which shall I pick today?"

A: This depends on what your specific needs are for the effect of your exercise.

One benefit of aquatic exercise is that it takes the weight of our body off the joints and frees us to greater mobility than we have on land. Water resistance can be an effective and powerful tool to tone and challenge muscles and cardio vascular fitness. On the other hand, exercise on land more rapidly and effectively builds muscle and counteracts the process of osteoporosis than aquatic exercise.

Q: Core Training ~ Isn't that just to get rid of belly fat?

A: There are many benefits to having a strong core, besides just looking better. Our "Core Classes" also improve back health, balance, agility, postural alignment, power center, correct lifting techniques, and biomechanics. Results from core classes are not always seen in the first week. Often results start in the first month, and continue to progress even months or years later with wonderful unexpected surprises of function and ability. We have had members who, through using techniques in these classes along with their physical therapy, have averted back surgery and reduced pain thresholds. This is a wonderful aspect of our program at the Center.

Q: "How do I know which Yoga Class is better for me?"

A: This depends on what you want to get out of it and your current level of fitness or ability. For those who desire to attend a yoga class for fitness, range of motion, some relaxation and who are capable of getting up and down off of a mat, our Body Wakeup, Classical Yoga, Slo Flo Yoga, Total Body Stretch Flex and Flow Yoga classes would be ideal. For those that might like some of this but are unable to get up and down from a mat and need the assistance of a chair, the Gentle Yoga classes we offer are ideal. For those who want stretches and relaxation only, the YIN Yoga would be the right fit. Thankfully we offer yoga at nine different times per week to accommodate our members!

### A Member's Comment

"I am a new member to the Northfield Senior Center, just joining during Sept. I have been trying out many different classes: Circuit Training, Zumba, Yoga, Silver Sneakers, Body Wake-up, Move and Groove, Step, and Aqua Zumba. I

had knee replacement surgery six years ago and did follow up therapy for about ten months and then got busy with a new job and other things. I would bike ride and walk, however, for exercise. Since going to these classes I

notice my legs are getting stronger and my knees are less painful. All the staff is friendly and helpful. Other members also help each other when they notice you need it. I am doing things I didn't think I could, and am having fun doing it!"



## WE NEED YOU!

Volunteer monitors are needed for the pool. Job description: *Sit in a luxurious warm atmosphere and watch over the activity in*

*the pool. Walk around the deck and straighten the pool equipment. Socialize with the people in the pool and spa.*

Volunteer pool monitors play a crucial role in the operations of the pool. It is against Center policy to have people using the pool without monitor supervision.

If there is no monitor the pool should not be open. If you are a pool user and it is important to you, or if you can just help, please consider giving an hour or two of your time. Contact Gale Marchand at 664-3702 for more information.



## *Informational Meetings Re: New Fitness Swimming Program*

**Friday Nov 16, 10:30 am  
OR**

**Tues Nov 26, 7 pm**

Meet with Bettina Waldman, to learn more about a program we will be offering at the Center in January to add to your recreational swimming enjoyment and fitness level. This is for lap swimmers who are looking for ways to tone and avoid boredom, adding motivation

and focus to pool time. Bettina has developed and tested this program over the past five years working with all ages of active older adults at other facilities. Come and learn more!

Instructor: Bettina Waldman, Swim Coach with “Minnesota Masters” (Active Older Adult Swim coaching organization), 20 yrs pool

experience, Certified Lifeguard, Water Safety Instructor, EMT, and CPR Instructor.

## *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.

Jacqui Dorsey, of Hvistendahl, Moersch,

Dorsey and Hahn Law Firm specializes in Family Law, Estates and Trusts, Real Estate, Business Law and Mediation.

No fee. Please register.

## *Stress and Caregiving at the Holidays*

Holidays are stressful enough. Add to that caring for an aging parent, spouse, or loved one. Join us for a series we’re calling “Caregiver Support for the Holidays” Learn how to unwind the stress, how to support your loved one, and how to take care of yourself.

You owe yourself tender care, a safe place to share, and helpful hints of how to juggle your role as a caregiver.

**Join us for 4 sessions before the holidays: Nov 1, 8, 15 & 29**

All meetings will take place at the Northfield Senior Center

Thursday evenings 6-7 p.m

There is no charge, but please call the senior center to register: 507-664-3700.

Questions: call Kari Berit at 612-384-8080

*Don't let this holiday season be filled with extra caregiving stress. Join us on Thursday evenings!*



## Regional Trips



**King's Room,  
St. Olaf College**  
Thursday, December 6  
11:30 am

Save this date for our annual holiday lunch feasting at the King's Room in Buntrock Commons on the St. Olaf College campus. Their sumptuous buffet has a wide variety of soups, salads, entrees and desserts. Parking is sometimes difficult so try to drive there with friends. Lunch is on your own. **Reservations are absolutely required.**

Sign up by December 3

**Bachman's Christmas House Tour**  
Tuesday, November 27  
Time: 9:00 am – 3:00 pm

We have a special treat in store on this tour of the Bachman House (on Lyndale Avenue in Minneapolis) decorated for the holidays. After the house tour, we'll have lunch at Patrick's French Café. There will be time to look at – and perhaps purchase – some of the Christmas decorations on display at Bachman's store. Lunch is on your own. Sign up NOW!

Cost: \$35  
Sign up by November 20  
(Limited to 14 persons)

**Christmas at the Ranch Plymouth Playhouse**  
Wednesday, December 12  
Time: 10:30 am – 4:45 pm

Time is short and a fun-filled trip is waiting! Come with us to celebrate this festive time of year – the Cowboy Way! Gather around the campfire with friends to sing your favorite Christmas classics and discover some new favorites like "Two Step Round the Christmas Tree," "The Cowboy's Christmas Ball" and "Santa Looked a Lot Like Daddy." Some colorful characters will share some of their favorite cowboy jokes and stories – and might even get you involved in the action. A turkey lunch is included. This outing is in conjunction with the Community Resource Bank.

Cost: \$52  
Sign up by November 20

**Hill House Holidays, St. Paul, MN**  
Saturday, December 22  
Time: 2:30 – 8:30 pm

The bustle and excitement of a Gilded Age Christmas is brought to life as the servants of the James J. Hill House prepare for the holidays. Costumed actors portray people who worked for the Hill family in a dramatized portrayal of servant life and holiday preparations at the Hill family's Summit Avenue mansion – all of which is

based on letters and oral histories of people who worked for the Hill family during the first decade of the 20th century. After supper on your own at Fabulous Fern's. we'll drive down Summit Avenue to see the Christmas lights and then return to Northfield.

Cost: \$45  
Sign up by December 14

**Terracotta Warriors Minneapolis Institute of Art**  
Tuesday, January 8, 2013  
Time: 10:30 am – 4:30 pm

This is a once-in-a lifetime experience! Sign up NOW as we only have 14 openings for this guided tour of the life and legacy of China's First Emperor. Included from one of the most extraordinary archaeological excavations of our time are 8 terracotta tomb warriors, 2 horses and over 120 rare and amazing artifacts. The exhibit moves from the birth and rise of the Qin Empire to the life and rule of the First Emperor, his quest for immortality and his death, burial and legacy. Lunch is on your own at the mezzanine restaurant or the fast food counter on the main floor. Other exhibits can be viewed before we return home.

Cost: \$52  
Sign up by December 20  
(Limited to 14 persons)

### Future Trips

**Out-to-Lunch – Tokyo Grill** TBA Feb

**James Sewell Ballet Sheldon, Red Wing,**  
2 Mar  
5:50 - 10p  
\$ 46

**Taming of the Shrew, Guthrie Theater** 3 Apr

**Art in Bloom MIA** Apr or May

**Pine City, Fur Trading Post** TBA May

**Sherlock Holmes Park Square Theater**  
TBA Jun

## *Extended Travel—2013 Getaways*

Florida January 19-27, 2013

**Day 1**– Depart for the sunshine of **Jacksonville, Florida**. Check into your hotel.

**Day 2**– Depart for the **Opry Mills**, a new concept in “**shoppertainment**,” which features an assortment of shops and restaurants. After dinner check in to the hotel.

**Day 3**– Arrive in Jacksonville, Florida. Enjoy a leisurely dinner at a local restaurant and check into your Jacksonville area hotel for a four night stay.

**Day 4**– Visit to the **Kingsley Plantation**, see the grounds and learn about its historic past and ongoing restoration. Next to **Amelia Island**, for a guided tour. Amelia Island is the southernmost of the Atlantic coast barrier islands that stretch from North Carolina to Florida. Visit the historical district.

“**Fernandina Beach**” and stroll along this stunning

beach. Dinner at a local restaurant before heading back to the hotel.

**Day 5**– A guided tour of charming

**St. Augustine**. Visit the famous “**Fountain of Youth**.” Then browse the shops on historic **St. George Street**. Enjoy dinner tonight with entertainment.

**Day 6**– After breakfast a guided tour of Jacksonville, Florida. Experience a narrated **cruise on the St. John’s River**. Dinner tonight at a local restaurant before heading back to the hotel.

**Day 7**– Leave Florida and head to Macon, GA for a visit to the **Ocmulgee National Monument Visitor Center**. After dinner check into our en route hotel.

**Day 8**– We start the day at the **Opryland Hotel** in Nashville, TN. Take a ride on the famous **Delta River Flatboats** inside the hotel. Tonight relax in our en route hotel.

**Day 9**– Today we depart for home and arrive in the early evening.

San Antonio, TX  
February 16-24, 2013

Tour Includes:

Luxury Motor Coach  
Transportation

- 8 Nights accommodations

- 14 Meals: 8 Breakfasts, 6 Dinners

- Guided tour of San Antonio

- Visit to the famous ALAMO and IMAX

Theater presentation:

“ALAMO” The price of Freedom

- Tour of the LBJ Ranch

- Cruise at San Antonio’s famous River Walk District

Motor Coach and Extended trips are coordinated by one of our Travel Committee volunteers, Linda Zwolensky.

For more information about any of these trips, call her: 952-469-3111.

## *Make It and Take It - Paper Craft Ornaments*

**Saturday, Nov 10, 10a - noon**

The members of our active Paper crafting group are offering a special session about making holiday ornaments out of paper. There will be several stations, each with the supplies and an instructor to teach the method, for making unique ornaments. Participants may choose which ornaments they

wish to learn how to make, will make the ornament (with help from the instructor), and then take the ornament home to use as they please .

Cost: \$3 materials fee

**Registration preferred**, so the group may plan on how many supplies to purchase.

FYI: The Paper Crafting Group meets the 1st and 3rd Monday of every month.



### *Easy and Tasty Holiday Appetizers*



The holidays are approaching and along with them are all the parties and get-togethers with family and friends that require preparing appetizers. Tired of serving the same old Ritz crackers and Cheez Whiz? Looking

for something new to serve that will wow your guests without wearing you out? Join us for a tasty evening of sampling DELICIOUS and EASY appetizers prepared by several of our Senior

Center foodie friends. Beverages will be served, recipes will be available and laughter will prevail. This event is limited to 30 people, so register early. The cost is \$10 per person.

### *Exceptional Eats: A Charles Dickens Christmas & English Tea*



**Wed, Nov 28, 2 - 4p**  
Presented by Dale Blanshan, Storyteller Extraordinaire

One of the best-beloved stories of Christmas was published in 1843 by English author Charles Dickens. Weaving a masterful tale of miserly Ebenezer Scrooge with the ghost of his old partner,

Marley, and his shivering clerk, Bob Cratchit, Dickens spirits us away for a memorable visit to the Ghosts of Christmases Past, Present, and Future. We follow through scenes taken from old prints and theatrical performances, stopping to look in a few Victorian windows along the way, and finishing with my favorite

chapter, the heart-warming story of "The Cratchits' Christmas" and Tiny Tim's wish, "God bless us, every one!"

**COST:**  
\$15 member  
\$18 non-member

**MENU**

Tea

Petite Sandwiches

Scones with Cream & Jam

Sweets: Cakes, Tarts, Bars

### *Chime Choir Invites New Participants*



Can you count? Do you enjoy making music? Do you enjoy being part of a fun group?

The Hand Chime players at the Senior Center are looking for you, as a regular or alternate member. Practice is on **Thurs afternoons at 1:30**

in the card room at the Center.

No previous experience? We'll have an intro lesson to help you learn the basics.

For information call Marilyn Finneseth at 507-645-5147 or 612-877-0959.



## Computer Learning Center

See the Calendar below for a listing of all classes being offered in our Computer Center for the next six weeks. If you want more information about any of these classes check out the Program Guide, pg 16-19, 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.

### NOVEMBER

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

### DECEMBER

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

## November Tech Time: Printer Basics

The back-to-the basics Tech Time series continues in November 16 with a session on printers. This will be an opportunity for informal discussion of a wide range of printer related

topics. Participants are encouraged to bring questions. This activity will take place on Friday, November 16 at 9:30 AM in the Computer Lab. There is

no cost and no advance reservation is required.

### Photography Group

9:30a, Nov 23

#### November Topic:

*Manual Aperture*

*This group is open to anyone interested in sharing or learning more about photography.*



## *Minutes of the September 27 Board Meeting (Draft)*

**Directors present:** Nancy Ashmore, Tom Brawley, Duane Everson, Gene Finger, Lola Fick, Dottie Hammer, Bill Gruszewski, Gordon Simonson, Greg Smith, Phil Winter

**Absent:** Bernard Borene, Evelyn Burry, Don Diehl, Gerry Gengenbach, Marvin Kormann

**Staff present:** Lynne Pederson

The meeting was called to order by Gene Finger at 3:02 p.m.

**Action:** The agenda was approved.

**Action:** Motion and second to approve the August 23, 2012, board minutes. Carried.

### **TREASURER'S REPORT**

#### Financial Reports

Bill Gruszewski reported on the financial statement. Operating budget to date is at 69% of budget for income and 71% for expenses. The percentage for this time of year should be at 67%. A late payment just received from the City for the cost of janitorial services should bring things into better alignment next month.

### **COMMITTEE REPORTS**

#### Finance Committee

Bill Gruszewski reported, noting that the date on the minutes should be September

20 rather than August 16. The committee has reviewed a second draft of the 2013 budget. Profits at the Used a Bit Shoppe are up slightly, after declines earlier in the year. (A letter has been sent to Osbourne Properties requesting a reduction in lease payments through the remainder of the lease, ending March 2013.) The bottom line at the Popcorn Wagon will be up slightly after some \$1,600 in sales during Defeat of Jesse James Days (DJJD) are included in the tally. The committee has approved a motion to impose a \$10 processing fee on all new memberships, a proposal that will go next to the Membership Committee for consideration.

#### Facilities Committee

Gene Finger reported. The pool lift has been installed and is in regular use by at least one member. A study on the feasibility of installing a moss filtering system for the pool has concluded that it is physically possible and possibly advantageous from the standpoint of water quality. Further study is necessary to determine whether there could be potential dollar savings from using less chlorine.

#### Membership Committee

Lola Fick reported at the request of chair Evelyn Burry,

who asks board members to forward marketing ideas to her or to Lola. Nancy Ashmore thanked those contributing to the success of the NSC's first DJJD float: Lola Fink and Herb and John Fick of Big Print, Inc., who arranged for the flatbed and for signage; Bill Gruszewski, who piloted the float down Division Street; and the women who marched and handed out brochures and coupons. Next year – more of the same ... plus candy for the kids along the route.

#### Advancement Committee

Lynne Pederson reported. Contributions to the fund drive through August total \$43,830 from 323 donors, putting us well on track to reach our goal of \$60,000 by the end of the year. A melodrama performance at the Center the first week in October will raise additional funds.

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

Lynne Pederson reported. A newly leased color copier not only promises to cut copying costs substantially but is also faster and producing better copies. Another 25 chairs have been reupholstered and carpet cleaning is scheduled for two heavily used rooms, which should be recarpeted next year.

The work of the NCRC committee continues. In the coming month members will begin to flesh out a proposal to be presented to the City Council in February, building on an Executive Summary drafted by Mike Harper. Still to be hammered out – an ownership model that details how the facility would be managed by the participating entities. The committee hopes to have something substantive for the boards of the various groups to review in November.

### **OLD BUSINESS**

Strategic Plan: Lynne Pederson hopes to distribute a final draft of the strategic plan for review at the next meeting of the board.

The Finance Committee has discussed whether it also might be useful to create an Operating Policy Manual for the NSC. Bill Gruszewski distributed a rough draft that included examples of the sorts of very short, focused statements that each committee might want to consider constructing for inclusion in such a manual.

### **ADJOURNMENT**

There being no new business to be considered, at 3:50 the meeting was adjourned. The next meeting will take place on Thursday, October 25.

## New Member Get Together

**Monday, November 5  
10:30 AM or 7:00 PM**

If you joined the Senior Center since August or have belonged for a longer time but have questions about the Center, join us for a fun and informative New Member Get-together. Learn about the

wide variety of activities and events that we offer to keep your body fit, your mind sharp, your social life full and your sense of humor satisfied. Meet other new members, some seasoned members, and representatives from our staff and Board. You may be surprised and you will surely

be intrigued about how we define “senior.” Treats and beverages will be served –of course. Select either the morning or evening time.

There is no cost for this event, but please preregister by calling the Center at 664-3700 or by stopping by the registration desk.

## November Visual Art Classes

### Accordion Book

Thurs, Nov 8, 1-3p

Cost: \$12m/\$16nm

Plus \$20 materials

Teacher: Judy Saye-Willis

### Korean Paper-Felting

Tues, Nov 13, 9a - 1p

(bring a lunch, if you like)

Cost: \$24m/\$32nm

Plus \$20 materials

Teacher: Kathy Anderson



*Korean Paper Felting piece by K. Anderson*

## Membership News

Welcome! To these new members: Kirsten Anderson, Kathy Bengtson, Vern Wille, Ione Wille, Michael Milligan, Donna Schuldt, Edgar Bornhauser, Eve Bornhauser, Janet Langer, Betty Bush, Lana Reich, Harlan Lichty, Ellen Olson, Donald Baker, Dennis Sullivan

## NSC Gallery News

### Current Exhibit:

(runs through Nov 25)

### Judy Saye-Willis, Life’s Creative Journey

Opening Reception:

Oct 30, 5-7p

Saye-Willis writes, “My creative artistic journey began before I started high school with building model

airplanes and making my own clothes. Later my creativity utilized acquired business skills as well the skills necessary to be a homemaker and a teacher. The mediums varied over time, including the Japanese fiber techniques of Shibori and Rozome. I started with

fiber and wood and my work today includes fiber and wood, and I enjoy making color sing on paper and cloth.”

Next Exhibit: (11/26 - 1/6)

### 3rd Annual Senior Open

Opening Reception: Dec 4, 5-7p



*Batik by Judy Saye-Willis*

## Artists Call for 2013

Apply to have your work featured in one of our 4-5 week long exhibits during 2013. Send 3 examples of your work, plus a brief statement about your work, to Patsy Dew by November 10.



1651 Jefferson Pkwy  
Northfield, MN 55057

Phone: 507-664-3700

Fax: 507-664-3720

www.northfieldseniorcenter.org

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PERMIT #31

### ADDRESS SERVICE REQUESTED



*Thank you for your service!*

Veterans may register for AARP classes in November for \$5.

Refresher classes are on Nov 13 or Nov 29 1-5 pm

Full course Nov 12 & 13 5:30-9:30 pm

Non-veterans pay normal rates.

### *Where in the World Are Dianne, Donna, Jan and Mary?*



Four friends who aquasize together decided on a Baltic Cruise. Dianne Barrett, Donna Jadwinski, Jan Matthews and Mary Brown flew to Copenhagen. We took the train to the area of our hotel and after dragging our suitcases several blocks on cobblestones, checked in and were ready to see the city. We took a boat trip on the canals and a bus trip around the city. The next day we boarded our Norwegian Cruise Line ship and the following morning took a train from the port to Berlin, Germany. It was amazing to see all the places we had heard about in the news when we growing up: remains of the Wall; Checkpoint Charlie; the Brandenburg Gate; and a former "work camp". At Tallinn, Estonia we walked the cobblestone streets of the old city and learned about a populace with an independent spirit. We had two days in St. Petersburg,

Russia and they were unbelievable! (This picture was taken outside the Church of the Spilled Blood.) We marveled at the gold, crystal and beautiful wood of palaces and cathedrals, decorations and thousands of people celebrating the anniversary of the end of WWII on May 9th. A ride in a hydrofoil, and just being in a country that was so feared as we were growing up made this a vacation to remember. In Helsinki, Finland, besides touring the city we visited a family that raises and trains horses. Stockholm's 24,000 area islands reminded us of Minnesota's BWCA. A tour of the city included an Ice Bar. All in all, it was a wonderful trip.

--Submitted by Janet Matthews at the request of the Travel Committee