



The Senior Open: Journeys in Creativity

By Patsy Dew

Inside this issue:

<i>News</i>	<i>1-3</i>
<i>Fitness News</i>	<i>4</i>
<i>Music Groups</i>	<i>5</i>
<i>Travel News</i>	<i>6-7</i>
<i>Events</i>	<i>8</i>
<i>Computer Center</i>	<i>9</i>
<i>Board Minutes</i>	<i>10</i>
<i>Holiday Party (!) Gallery News</i>	<i>11</i>

The NSC Gallery is launching its third season with an exhibit that has become an annual tradition: The Senior Open. Anyone who is age 50 or older living in the region was invited to submit a piece of art work for this exhibit. I love this show! Because of its openness (anyone old enough can participate), because of the quality of art displayed, and because of the variety of paths people have taken doing their art. Some of the artists in this show have had life-long careers as professional artists, others have picked up a paint brush “for the first time in 40

years” upon entering retirement. While each of their stories is unique, I notice in talking with several of these artists a common theme: they thrive in the creative process.

Larry Torgeson loved drawing as a child; his mother saved an 8 x 10 picture he had done at age 12 of a “Red Rider Bull-dogging a Steer.” Throughout his career as an international salesperson for the *Arabian Horse* magazine, he traveled extensively, and “doodled a lot.” Toward the end of his sales career he started painting on ceramic molds for pieces that were sold in

the Treasure Island casino gift shop. At the time that he retired, the gift shop closed, and Larry “took up the brush again” painting with acrylics on canvas. Five years later he has over 100 paintings, many of which cover his apartment walls, and some of which he has sold. Once he starts a painting, he is totally engrossed and cannot stop, often painting 10-12 hours a day.

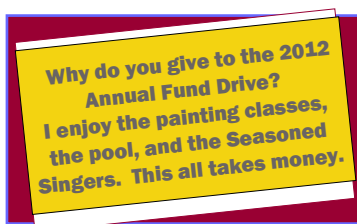
Jim Haas, potter, also had an early interest in art-making, which he set aside for most of the time he was working in the field of criminal justice. When just out (*cont.*

Annual Fund Drive

The 2012 Annual Fund Drive campaign will end December 31st. We hope that we will reach the goal to receive \$60,000. Reaching goal happens every year because over 400 people

make a donation to support the operations that provide the quality programs offered at the Center. THANK YOU if you made a donation. It is truly appreciated. If you have not

made a donation, there is still time. It can be mailed or dropped at the Center. No amount is too small or too large.





Vase by Jim Haas

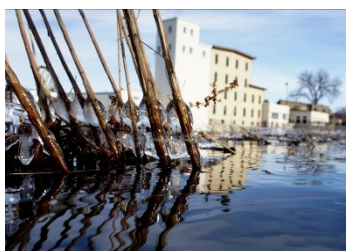


Photo by Griff Wigley



Painting by Sandy Dinse

Senior Open, cont. from pg. 1

of college, Jim had a group of friends who made pottery, exploring the craft and learning together. Thirty years later, Jim reignited this interest by taking a clay class at the Northfield Arts Guild. He then took more classes at the Northern Clay Center, and workshops with Tom Willis. Now that he is retired, he spends about 10 hours/week making pottery. He gets satisfaction in solving a problem by adapting a process (creative thinking). Jim notes that he is constantly learning, which for him is the pleasure of the process.

Marj Gruszewski says that she has “been painting forever.” Her major in college was interior design, and she had a career, as a facilities planner and designer, which called upon her artistic talents.

Painting is an engrossing passion for Marj. She “just loves it,” and thinks about painting even when she isn’t doing it. Sometimes she awakens in the middle of the night, solving a problem of one of her paintings. Even though she has always painted, her work is still evolving. She is now having fun with watercolors, learning how to be free-er (less precise), enjoying taking classes in this style of painting.

Griff Wigley, has been an entrepreneur since 1986, working in the field of technology, creating on-line communities. He was one of the co-founders of Northfield.org, and created and runs Locally Grown Northfield.org. His interest in photography began in 2003

as part of his covering Northfield for these websites. Over time, his photography has developed into an interest in the artistry of the images. He now has a better camera, and goes on “photographic outings” with his wife Robbie, who was an art major in college. Each with their own camera, they take pictures together, and then compare. Griff has been experimenting with macro photography, and has a growing collection of images with a near focus on some natural phenomenon with Northfield recognizable, and out-of-focus in the background.

I have only been able to tell here about a few of the artists exhibiting in this show. Please read more on pg. 11, and visit the gallery!

Membership Dues Increase

At the October 25th board meeting, the Board of Directors approved the 2013 operating budget. Included in the budget is a 3% increase in the membership dues. This increase is needed to support the increased costs to maintain the Center facilities and programs. The 2013 membership dues are:

Annual Memberships effective January 1, 2013						
Membership Options	Affiliate (80+)	General	Fitness	Aqua	Gold	Platinum
Annual Membership Cost	\$34	\$47	\$255	\$255	\$337	\$491
Monthly Auto. Withdrawal			\$28	\$28	\$34	\$47

Please remember that your dues increase at the time that your membership renews. For example, if you renew in July, then your dues will not increase until that time. If you have questions, please contact Lynne Pederson at 664-3701.

Dining Center Entertainment Available for All

The Senior dining program has several special events planned for December. The food is good, the fellowship is great, the entertainment will be wonderful and the price cannot be beat. Meals are \$6.00 but there is a suggested donation of \$3.50 for all those 60 and over. Come just for the entertainment, or combine the show with the meal.

Dec 4 - December birthday dinner with the K & E show

performing (10:45). This group has just recently started playing together but are both favorites of some of our diners.

Dec 7 – White Christmas (10:45) musical selections by the Northfield Art Guild cast.

Dec 13 – The Northfield Senior Center Chime Choir will be sharing musical numbers at 10:45.

Dec 19 – Annual Christmas

Dinner (11:30) with Greg (guitar) and Peggy (piano) providing us with Christmas music starting at 10:45.

Dec 20 – Dave and Chad, a father-son duo will be playing and singing country and blue grass music (10:45)

Dec 27 – Come for lunch, stay for bingo. White elephant bingo (no charge for the bingo but bring a white elephant gift to share). This

starts just following meal about 12:15

Senior Center Staff

Director 664-3701

Lynne Pederson

Asst. Director 664-3708

Patsy Dew

Bookkeeper 664-3705

Kathy Bjerke

Membership Coordinator

Jackie Johnson 664-3704

Fitness Manager

Gale Marchand 664-3702

Program Coordinator

Chris Ellison 664-3707

Administrative Coordinator

Nancy McDougall 664-3703

Dining Site Manager

Gail Noren 664-3735

Evening/Weekend 664-3700

Janice Kasa, Barb Henwood, Ruth Johnson-Wirth, Pat Sunquist

Used A Bit Shoppe 645-1399

Kristi Casson

Senior Center Lobby Hours

Mon—Fri 7 am—8 pm

Saturday 7 am—5 pm

Sunday 10am—5pm

Fitness Center and Pool Hours

Mon—Fri 6 am—8 pm

Saturday 6 am—5 pm

Sunday, Fitness 10 am—5 pm

Sunday, Pool* 5:30 - 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

The Benefits of Aquatic Exercise by Gale Marchand



Swimming is the fourth most popular sports activity in the United States and a good way to get regular aerobic physical activity. Just two and a half hours per week of aerobic physical activity, such as swimming, bicycling, or running can decrease the risk of chronic illnesses. This can also lead to improved health for people with diabetes and heart disease. Many people enjoy water-based exercise and find they can also exercise longer in water than on land with less joint or muscle pain.



Aquatic exercise can be more than just swimming. It can include water stretching and strengthening exercises, deep and shallow aqua aerobics, Aqua Zumba™ and Ai Chi, an aquatic version of Tai Chi. Aquatic fitness activities provide an interesting way to cross train and add diversity to your workout. Healthcare providers may even prescribe aquatic fitness



activities for individuals with certain medical conditions. In addition to the benefits of regular exercise, aquatic exercise provides additional benefits that should encourage you to think about incorporating it into your exercise regimen.

Low Impact Exercise- Aquatic Exercise helps cardiovascular fitness but takes the stress off the joints that the high impact activities of basketball or racket ball would add. Exercise in the water puts very little strain on the bones, joints and soft tissues while still allowing for light to high levels of energy expenditure. The buoyancy and cushioning effect of water is especially beneficial to people at risk when performing weight-bearing exercise. It may help with pain management for individuals with soft tissue injury, rheumatoid arthritis, osteoarthritis or orthopedic disorders. Exercising in the water decreases the amount of weight the spine and joints have to support. The buoyancy of water supports about 50 percent of body weight for a person immersed waist-deep and 90

percent of body weight for a person immersed up to the neck. Added Resistance - Water provides at least 12 times greater resistance than air, and in every direction. No matter which way you move, it challenges you even without equipment. Older adults are among those who have the most to gain from this added resistance, according to the University of New Mexico. For greater benefit, resistance devices such as barbells, noodles, kick boards can increase the resistance for the upper body.

Calorie Expenditure- How many calories can I burn in the pool? As with any other exercise 'we get out of it what we put into it' and effort level determines how many calories we burn. The good news is that pool workouts also burn calories.

References include – CDC, Mayo Clinic, Web MD, Arthritis Foundation & Livestrong Foundation

New Fitness Swimming Program

In January we are introducing a new Swimming Fitness Program. This program has been developed by Bettina Waldman, a Masters Swim Coach, specifically for active older adults who desire to stay fit through swimming. The program is intended for any level of lap swimmer. Designed with variety in mind, the plans given enlist progressive fitness, and fight against workout

boredom. People who have regularly used this program have experienced gains in fitness, strength, lean muscle, a lowering of body fat, all while enjoying their lap swimming workouts more.

The program involves some individual time with Bettina Waldman, specific bundle plans, regular on deck support time, well referenced educational

background piece, and the option of private or semi-private swim coaching.

Look for a brochure and registration information in the Program Guide in January as well as informational brochure at the Center in January, or contact Gale Marchand, Fitness Manager for specifics 664-3702.

Music Groups To Perform in the Community

The Senior Center’s Chime Choir and Seasoned Singers will be out enriching the lives of those who get to hear them perform in December. Feel free stop in and hear them at the following venues.

Chime Choir

- Dec 6 2:30 pm Millstream Commons 210 8th St W
- Dec 13 2:30 pm Valleyview of Northfield 812 Linden St
- Dec 13 10:45 am Senior Dining, Sr Center
- Dec 14 3:00 pm Center Holiday Party Sr Center

Seasoned Singers

- Dec 4 4:45 pm Northfield Retirement Community (various locations)
Three Links Alzheimer Unit and Crossroads Area
- Dec 6 6:15 pm Archer House Lobby during Winter Walk, 212 Division St
- Dec 11 5:00 pm Parkridge Apartments, 905 Forest Av
- 5:45 pm Laura Baker Services, 211 Oak St.
- Dec 14 4:30 pm Center Holiday Party, 1651 Jefferson Pkwy

Touch Screen Check-in Available to More Members

Until now, only members who did not need to pay for their activity could use the touch screen for self-check-in. If you needed to pay a fee for your activity, you checked in at the Front Desk.

NEW FEATURE: Now, if you have money in your Pre-payment account, you may use the touch screen for self check-in to fitness and aqua classes, or use of the pool and fitness room.

When you no longer have sufficient money in your Pre-payment account, the screen will tell you to go to the Front Desk. Any time you need to put more money into your prepayment account, see the Receptionist.

Regional Trips



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

Join us for our annual holiday lunch at the King's Room in Buntrock Commons on the St. Olaf College campus. Their buffet has a wide variety of soups, salads, entrees and desserts. Parking is a problem so try to drive there with friends. We have been informed that one check is required so we are asking you to **pay in advance** so we can accommodate the King's Room request. Lunch cost includes the buffet, tax and gratuity. Please include your payment when you register either on line or at the Senior Center. **Reservations are absolutely required.**

Cost: \$15
Sign up by December 3

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

Hurry! Hurry! There are still a couple of seats available for this holiday outing – the Cowboy Way! Come with us as we gather around the campfire with friends to sing your favorite Christmas classics and discover some new favorites like “Santa

Looked a Lot Like Daddy,” “The Cowboy's Christmas Ball” and “Two Step Round the Christmas Tree.” There'll be some cowboy jokes and stories shared by some colorful characters and a chance for you to get involved in the action. A turkey lunch is included. This outing is in conjunction with the Community Resource Bank.

Cost: \$52

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

We hope you'll join us on this special trip to see and hear about life in the James J. Hill House as told by the servants as they prepare the house 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 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
(Limited to 14 persons)



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

Because our 14-person limit on this trip filled so quickly, we have now made arrangements to take 29 people (total) to the MIA to view this fascinating exhibit. It's a guided tour of the life and legacy of China's First Emperor. Eight terracotta tomb warriors, 2 horses and over 120 rare and amazing artifacts are included from one of the most extraordinary archaeological excavations of our time. The exhibit advances 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 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
(Now available to 29 persons)

Future Trips - 2013!

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

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

**Art in Bloom
MIA TBA Late Apr**

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

**Sherlock Holmes
Park Square Theater
TBA Jun**

The Music of Johnny Cash Plymouth Playhouse

Wednesday, February 6, 2013
Time: 10:30 am – 4:30 pm

This is The Jukebox Musical based on the music of Johnny Cash. Through words and music, "Ring of Fire" honors and brings to life a remarkable musical legend – Johnny Cash. Full of love and emotion, humor and empathy, the Jukebox Musical pays tribute to the legendary Man in Black with dance, comedy, stories, tragedy and love. This outing is in conjunction with the

Community Resource Bank.

Cost: \$55
Sign up by January 16

James Sewell Ballet Sheldon Theater, Red Wing

Saturday, March 2, 2013
Time: 5:50 – 10 pm

The reknown James Sewell Ballet is a critically acclaimed ballet troupe that originated in New York and is now based in Minneapolis. It usually performs at larger venues and we are lucky to be able to see them in a modern ballet

performance in Red Wing at the Sheldon Theater. This close-knit company combines their expertise, vision and chutzpah as they challenge their physical limits and expand their notions about ballet. Please eat dinner **before** we depart for the theater.

Cost: \$46
Sign up by February 12

Beverly Gorr is the winner of the drawing of contributors to the Travel Committee Survey.

See her story on pg 9

Where in the World are Donna and Gary Rock, Jeanette Gilbertson, and Ruth Ann Breckenridge?

Our Canadian Rockies and Glacier National Park tour started with a bus ride to Minot, North Dakota where we were supposed to take the AMTRAK into Montana. Because of a freight train derailment our train ride was cancelled and we continued by bus to Whitefish, Montana. Then we traveled on to West Glacier and Lake McDonald where we rode the historic red coaches for a guided tour of the "Going-to-the-Sun-Road". We crossed the Continental Divide at Logan Pass taking in a magnificent view of the Road. At St. Mary's Lake we enjoyed a one hour cruise viewing the hanging cliffs and glaciers. Entering into Canada we drove by and viewed the Frank Slide Catastrophe Rockslide of 1903. We crossed the Crow's Nest Pass into British Columbia and stayed at the Park Place Lodge in Fernie. In Kimberley we rode into the mine on an actual mining train of the Bavarian City Mining Company. Kimberley is a quaint German city and we were treated to a dinner and musical show celebrating Canada. Continuing north and east, we went across the Continental Divide into Banff National Park at Canmore, Alberta. In Jasper we saw the beautiful Athabasca Falls and then boarded a Snocoach to the Athabasca Glacier. It is the

largest accumulation of ice south of the Article Circle. We were able to stand on it and even throw a snowball as well as having our picture taken there. Our next stop was at Banff where we rode a gondola to the top of Sulphur Mountain and had a splendid view of the Rockies. Traveling on to the beautiful Lake Louise, we had lunch at the elegant Chateau Lake Louise. After leaving Banff we drove to Calgary and had a city tour which included the home of the famous Calgary Stampede rodeo. In Moose Jaw, Saskatchewan, we enjoyed a guided tour of the town which highlighted the murals that reveal the stories of the early 1900's gangsters. During the visit to Regina, Saskatchewan, we toured their capitol and walked through the beautiful gardens. Our last stop in Canada was at the Club Regent Casino Hotel in Winnipeg where we were able to walk through an awesome saltwater aquarium featuring hundreds of tropical fish from around the world. The four of us enjoyed playing cards each evening with our tour escort and friends we met on this most enjoyable trip.

(Submitted by Donna and Gary Rock, Jeanette Gilbertson and Ruth Ann Breckenridge at the request of the Travel Committee)



See back page for full color version of this photo.

Meet the Author Book Event



Wed, Dec 19, 3pm
Author: Jeff Sauve

The newest book in the Northfield Historical Society history series, “Dear Santa, Mama Wants Hat Pins, Papa, One Mule... A Compilation of Letters from the Northfield News, 1902-1945,” has just been released. Jeff Sauve, St. Olaf College Associate Archivist, who compiled the book said, “In her column, Maggie Lee would often reprint letters to Santa. They provide a social and historical perspective not often considered. Hopefully this little volume will provide

a joyous reflection of Christmases past as well as a richer understanding of a child’s spirit that resides within each of us.”

Selections were made based on humor or uniqueness. For example, George Ebling wrote, “My dear Santy: Please bring me just pie this Christmas. I love pie and lots of it. Maybe a few nuts and candy. I am your dear little friend, George Ebling. I am 8 years old and mamma’s only boy. I just live a few miles west of Dundas. Good by.”

Join Jeff for a book talk and signing and a chance to munch on cookies while visions of sugarplums dance in your head. Copies of the book will be available for purchase for those of you looking for that perfect gift for someone who still remembers the magic of Christmas. Profits from the sales of this book go to help support the Northfield Historical Society.



NEW YEAR’S EVE

POPCORN AND A MOVIE MADNESS

December 31,
9:30 am-9:30 pm

Celebrate the upcoming New Year with your Senior Center friends and guests at our Movie Madness Marathon. Diane Gehler has planned a day full of wonderful movies, with popcorn, lunch on your own and a complimentary pizza party.

Meal Choices

If you wish to have lunch at the Senior Dining Center, please reserve a meal by December 30 by calling 664-3735. If you plan to attend the pizza party, please sign up at the reception desk or call 664-3700. Come for all or part of the day and celebrate. Donations accepted.

The Movies

- 9:30a Parenthood
- 11:30a Lunch: on your own or at Senior Dining
- 12:15p My Fellow Americans
- 2:10p The Royal Tannenbaums
- 4:15p Just Like Heaven
- 5:45p Pizza Party: catered in
- 6:30p War Horse
- 9:00p It’s Got to Be the New Year Somewhere Celebration (with noisemakers, of course!)



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.

DECEMBER

Monday	Tuesday	Wed	Thursday	Friday
1:30-3:30 Scanning Pictures	9:30-11:30 New Life for Old Slides		9:30 -11:30 New Life for Old Slides	
3	4		6	
			27	9:30 - 11:30 Photography Group
				28

Computer Center Open Lab Ends

As of January 1, 2013 Open Lab sessions will no longer be available. Very few people have been coming to open lab sessions and the Wednesday morning time slot is needed for course scheduling.

1. The equipment in the computer lab can be used outside of class sessions by calling Jim Finholt, 645-8609 to reserve unsupervised time in the lab.
2. People who need individual help with

computer problems can use the Just Ask program. To contact the Just Ask program call (507) 222-0007 or send an email to just.ask.natc@gmail.com. There will no longer be a fee for this program.

Just Ask is Now Free

Just Ask is a program to provide individual, one-on-one help, for people with computer problems. In the

past there was a \$10 per hour charge for such help but that fee has been eliminated.

Help can be arranged by calling (507) 222-0007 or sending an email message to just.ask.natc@gmail.com.

More from the Travel Committee - Winner of Survey Drawing

There was a drawing of the names of people who participated in the Travel Committee's September survey, and Beverly Gorr is the winner of the \$25 gift certificate toward any of our day trips.

Beverly loves to travel, though before she was married, she had not been out of the State of

Minnesota. Her husband shared her interest in traveling and starting in their 50's, the couple went on a major trip every year. Her favorite trips in the United States were to the Grand Canyon and Glacier National Park, because those places are so beautiful. They traveled to Israel, Russia, China and Egypt. She recalls

in Egypt staying in a hotel that overlooked the pyramids, and that their group rode camels to view the pyramids.

She has always loved history, and now at 81, there are lots of things she still wants to see. She looks forward to using her gift certificate on a trip in the area soon.

Minutes of the October 25 Board Meeting (Draft)

Directors present: Nancy Ashmore, Evelyn Burry, Don Diehl, Duane Everson, Lola Fick, Gene Finger, Gerry Gengenbach, Bill Gruszewski, Dottie Hammer, Marvin Kormann, Gordon Simonson, Phil Winter

Absent: Bernard Borene, Tom Brawley, Greg Smith

Staff present: Lynne Pederson, Patsy Dew

Others: Jim Finholt, Rose Ann Steenhoek

The meeting was called to order by Gene Finger at 3:04 p.m.

Action: The agenda was approved.

Action: Motion and second to approve the September 27, 2012, board minutes. Carried.

TREASURER REPORT

Financial Reports

Bill Gruszewski reported on the financial statement. Income to date is 77% of budget and expenses are at 78%. Percentage for this time of year should be at 75%.

3rd Quarter Investment Report

Return for third quarter funds

is up 6.8%. The return for nine months is a 13.2% increase.

COMMITTEE REPORTS

Finance Committee

Bill Gruszewski reported.

Facilities Committee

Gerry Gengenbach reported. The capital project replacement budget was reviewed. The committee continues to study the use of moss treatment in the pool. There was a discussion about city staff's need to approve work assigned to the Work Crew.

Jim Finholt from the Computer Center spoke to the Board advocating replacement of the computers in the spring. The cost is not more than \$12,000. Reasons for replacing at this time are: the computers are five years old, there is a need for reliable machines (especially since maintenance is done by volunteers) and many of those who attend classes want to learn on computers that are comparable to those they have purchased recently.

Membership Committee

Lola Fick reported. The committee recommended a 3% increase for membership

dues.

Computer Committee
Evelyn Burry reported.

Advancement Committee

Don Diehl reported. Contributions to the fund drive through September total \$45,565 from 346 donors. The goal is \$60,000. Ideas for raising funds were discussed. The committee concluded that fundraising should be broadened to include the greater community.

EXECUTIVE

DIRECTOR'S REPORT

Lynne Pederson reported. Silver Sneakers reimbursement is not keeping up with increased costs at the Center.

Action: Motion and second to educate Silver Sneakers about the cost of their membership. If participation has not grown by the end of six months, the fee schedule will be changed. Carried.

OLD BUSINESS

Action: Motion and second to accept the Strategic Plan. Carried.

NCRC: Five options were presented as possible courses of action for the NCRC partners. The committee will

be making a proposal to the city soon.

NEW BUSINESS

The Board resolved that William Gruzewski, Treasurer, be authorized to sign and approve the financial audit prepared by Judd, Ostermann & Demro Ltd. for and on behalf of the Northfield Senior Citizens, Inc. and is authorized to sign, initial, accept or execute all documents in connection with the audit.

2013 Budget

Lynne explained the changes in the budget for next year.

Income: Increases in the annual fund drive, membership dues, program income, and new member processing fee.

Expenses: Increases in fitness instructor expenses for more classes and the Used a Bit lease and a new expense to support the Legacy Program. There is a decrease in printing costs.

Action: Motion and second to approve the 2013 budget. Carried.

The next Board meeting date is December 6.

Membership News

Welcome! To these new members: Bruce Benson, Susanne Benson, Phil Bonham, Sharon Bunton, Julie Cochline, John Cromer, Karen George, Catherine Graff, Julie Halverson, Vicki Haverberg, Mary Hoff, Pam Hon, Pataricia Huschle, Robert Huschle, Margaret (Peg) Jennings, Cala Landsteiner, Alvina Marek, Elinor Niemisto, Paul Niemisto, Diane Notch, Judy Parry, Deney Perkins, Mary Rose, Selvia Solis, Margaret Stary, Sharolyn Zastera, Stephen Zastera, , Pamela Jensen, Diane Miller, Steve Rasmussen, Virginia Windschitl



ANNUAL HOLIDAY PARTY

FRIDAY, DEC 14, 3-5 PM
ROOM 103-105

FUN
GOOD FOOD
HOLIDAY MUSIC
TIME WITH FRIENDS

CHIME CHOIR
SING-ALONG
SEASONED SINGERS

Gift Giving Ideas

A CD Seasonal Songs by the Seasoned Singer which was directed by Donna May will be available for purchase at the front desk in December and at the Holiday Party at the Center for \$12 per CD.

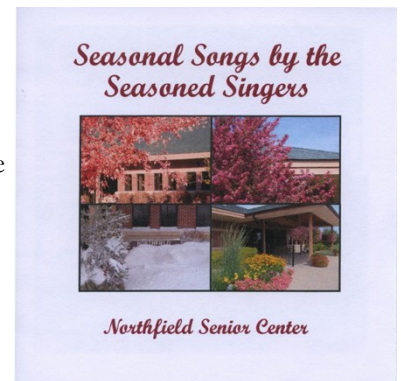
memberships, registrations, classes or open use.

Gift certificates for purchases at the Used A Bit Shoppe, available at the Shoppe.

Dining Center Certificates are available which can be used for the 11:30pm meal served M-F at the Center, are available in the Dining Center (ask Gail).

Gift certificates which could be used for the Senior Center

These Gift Certificates are available at the Front Desk.



NSC Gallery - 3rd Annual Senior Open

We begin our third year of operating an Art Gallery with an exhibit showing the work of 24 artists. This exhibit will include ceramic pieces, paintings, photographs, sculptures, wood carvings, weavings and art-books. Participating artists are:

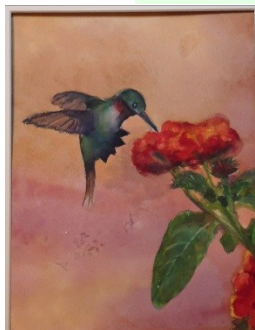
Jim Haas, Beverly Watson, Ruth Meliza, Marsha Kitchel, Riki Kölbl Nelson, Mary Ruth, Maryrose Gondeck, Griff Wigley, Patsy Dew, Barb Cleare, Sandy Dinse, Fred Gustafson, Mac Gimse, Kathy Anderson, Marj Gruszewski, John Walters,

Larry Torgeson, Greg Smith, Donna Jackson, Walter See, Beverly Steberg, Bob and Pat Oates.

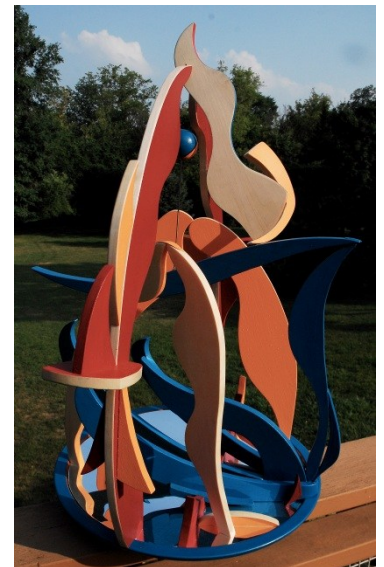
Come to the Artists' Reception, Dec 4, 4 - 6pm, to meet the artists, and celebrate their creations!



Photo by John Walters



Painting by Barb Cleare



Sculpture by Mac Gimse



1651 Jefferson Pkwy
Northfield, MN 55057

Phone: 507-664-3700

Fax: 507-664-3720

www.northfieldseniorcenter.org

NON-PROFIT
ORGANIZATION
U. S. POSTAGE PAID
NORTHFIELD, MN
55057
PERMIT #31

ADDRESS SERVICE REQUESTED

Where in the World are Ruth Ann, Jeanette, Donna and Gary?



See page 7 for the answer