



Happy 2013! Here's to Your Health

by Patsy Dew

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When you first look at this newsletter, you will likely still be in the midst of 2012 Holiday celebrations. As you are ready to plan for 2013, take a look at the enclosed Program Guide at all of the opportunities available for you at the Center this winter and spring. And as you consider which you will want to do, know that all of these activities will enhance your brain health! Recent research indicates that keeping your brain healthy involves nourishing all aspects of your self: your physical, mental and spiritual well-being all support a healthy brain.

You probably know that the Center is "Northfield's Place for Fitness for those who are 50+" and this reputation will be upheld as we enter the

New Year with over 40 fitness classes offered each week. But did you know, that trying something new is one key to keeping that brain healthy? So, think about trying out a different exercise machine, or a different fitness class this year. In addition to the workouts, there are workshops and lecture-classes around the topics of physical health and nutrition. (see Guide, pg 10).

Opportunities for exercising your mind this third of the year abound. Sue Garwood, E.D. of the Rice County Historical Society, will be talking about the early history of Rice County, and we have a 4-part series about preserving *your* Family's Story, from scanning recipes to recording oral histories. Join us for conversations

about the Hot Topics of the Day (Poverty; Changes in Food Production; World Hunger and Climate Change), with lively discussions guaranteed to fire up your synapses.

And don't forget to nourish your spirit with first-rate entertainment (a performance of Carl Sandburg's work, pg 13), a special luncheon accompanied by Jean Wakely's presentation on her mother's story quilt, and meaningful Conversations that Matter (pg 12).

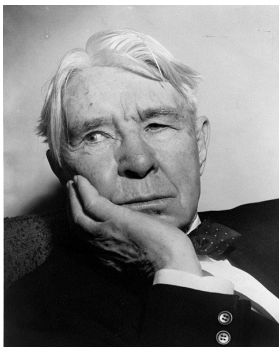
There's so much more you'll want to consider. I hope you'll look thoroughly through the Program Guide included inside this newsletter, and that you'll find many things to enrich your 2013 right here!

Performers Sought for The World of Carl Sandburg

We are presenting a Reader's Theater version of *The World of Carl Sandburg* in late February (performances on Feb. 23 and 24). Myrna

Johnson will be directing this piece, which is based on Sandburg's poetry and prose. Rehearsals begin in January. If you are interested in being

one of the readers, please let Patsy Dew know as soon as possible (either by email, patsydew@nscmn.org, or by phone: 507-664-3708.



People, Art, Culture by Nancy Hagen

To right:

*Nancy Hagen in
Trinidad*

*The man makes
his living by
posing for pictures
on the burro.*

*Nancy writes,
"He was so sweet,
and so was the
burro!"*



On November 19th, 34 members of the UMN Alumni Association landed in Havana, Cuba for a week long trip of learning about the culture, arts and meeting with the Cuban people. We enjoyed lectures from experts on their architectural history and US & Cuban Relations. Students at the University of Art and University of Havana shared their experiences at their schools. A walking tour of Old Havana. We were enchanted by the many folk who performed on the street as a means of employment. Musicians, artists, and Cubans just dressed up in native dress. Most of us paid

one to two CUC for a caricature. No tour would be complete without visits to museums and theater. One night was spent enjoying entertainment of the Tropicana Night Club which has been open since 1939. Its open air venue was enjoyable as were the singers, dancers and acrobats. Continuing in Havana we visited an elementary school, dance school and a retirement home.

Motoring out of the city, we visited Finca Vigia, Ernest Hemingway's Cuban home. Situated on a hill outside the city, it overlooks Havana and the Atlantic.

We visited the of the Bay of Pigs area and museum on our way to Cienfuegos. In Cienfuegos, a lovely city on the Caribbean, we were entertained by their Chamber Orchestra who had recently returned from a cultural exchange in Washington state. They performed an hour concert of Cuban and North American music.

Off to Trinidad and a bit warmer climate further south, the small city of 40,000, was charming with its cobblestone streets, open air markets and wonderful artists. The colorful buildings added to the enhancement. The country side was beautiful in all the areas we traveled through. Many fruit trees, sugar cane, bean and rice fields were along the way. They dry their rice along the paved road that runs through. The trip will always be remembered as a wonderful, learning experience--And yes, all those 1950 cars are there, well cared for, running and we did get to ride in them!



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Left to right: Elizabeth, Dave, Steve, Danielle

Can You Hear Me Now?

Tuesday, January 29, 10:00

Are you noticing that more and more people are mumbling these days? Are friends and family starting to nag you about your hearing problems? As we get older, our hearing changes significantly. Mark Rother, with the Hearing Aid Doctor, will present information on hearing loss and the latest technology

with hearing aids. Come with questions about your current hearing aids, your concerns about your own or a loved one's hearing and what can be done to help.



(above) Spirited Staff on October 31, 2013

Senior Center Staff

Director Lynne Pederson	664-3701
Asst. Director Patsy Dew	664-3708
Bookkeeper Kathy Bjerke	664-3705
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 Janice Kasa, Barb Henwood, Ruth Johnson-Wirth, Pat Sunquist	664-3700
Used A Bit Shoppe 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*	5:30 - 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

How to Burn Calories with Specific Exercises

Wouldn't we love one easy, short exercise (or stretch...) we could do all the time that would burn a bunch of calories off? We wish! Reality may not be exactly that, but it *can be simple*. Aside from controlling our eating intake, there is exercise we can do to burn the excess calories. Different exercises, rates of exertion, and qualities of exercise burn calories at different rates and intensities during that bout of exercise. In addition, some exercising results in a heightened caloric 'afterburner effect', others may increase caloric burning even when you sleep. Please, read on.

Strength Training- Building muscle from resistance and strength training not only gives us 'functional and flirty' muscles but helps us burn calories. The more muscle mass we have, the more calories we burn "24/7" - even when we are sleeping, resting or visiting. Stored calories in the form of fat, of course do not burn calories but just serve as extra weight we have to tow around. Increasing muscle mass by regularly

performing a strength training regimen will cause an increase in our metabolism and caloric burning ability around the clock, not just during the actual strength training session. If you are not sure where to start, many of our classes can help you, or you can get in touch with any of the NSC personal fitness trainers for specific help.

Moderate Cardiovascular Exercise – Participating in moderate level of cardio vascular exercise bouts of at least 30 minutes or more, will have the after burner effect of an increased caloric expenditure *after* the bout of exercise from 2 to 4 hours. This caloric burning elevation may be taken advantage of by some wanting to increase caloric burning, by doing two (morning and evening) bouts of 30 minutes or more. What is moderate level of exercise? It represents a training level of 40-70% of maximum heart rate on the traditional scale, or, exercise where the heart rate goes up beyond resting and standing, but where one may maintain a form of a

conversation during it. If you are unsure if you reach this zone, ask any of NSC's Certified Fitness Instructors or personal trainers for advice.

Efficiently burning calories of course is only one of the benefits to exercising regularly. It can add a spark of energy to our day, relieve stress, improve or maintain our cardiovascular health and function, bone density, muscle tone, strength, keep joints lubricated and enhance everyday function. "The scientific evidence we reviewed is indisputable," said Carol Ewing Garber, Ph.D., FAHA, FACSM, chair of the writing committee of the American College of Sports Medicines New Recommendations on Quantity and Quality of Exercise. "When it comes to exercise, the benefits far outweigh the risks. A program of regular exercise – beyond activities of daily living – is essential for most adults."

Fitness Swimming Program

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 for specifics 664-3702

Special January Programs - See pages in Program Guide for Details

Jean Wakely's Story Quilt and Luncheon (pg 13)

Monday, January 14, 11:30-1:00
\$15

Registration deadline: Jan 8

Alexander Faribault: Caught Between Two Worlds (pg 11)

Wednesday, Jan 23, 10:00a

Curl Up with a Good Book (pg 12) Thursday, January 17, 10:00

Girls Night In (pg 25)

Saturday, Jan 26 6:30 to 9:00

Cost: \$15.00

Register by Jan. 20th with payment

Intro to Drawing (pg 26)

Tues, 6—7:30p

Jan 22—Feb 12

Teacher: Matthew Bunch

Cost: \$36m/\$48nm

TRIPS (pg 27)

MIA: Terracotta Warriors

Tues, Jan 8, 10:30a - 4:30p

Cost: \$52 Sign up NOW, or put name on Wait list.

Plymouth Playhouse: The Music of Johnny Cash

Feb 6, 10:30a - 4:30p

Cost: \$55

Registration Deadline, Jan 16

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 16-20, 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.

JANUARY

Monday	Tuesday	Wed	Thursday	Friday
	9:30 -11:30 8 Intro to Computers		9:30 -11:30 10 Intro to Computers	
1:30 - 3:30p 14 Fun w/ Computer Games	9:30 -11:30 15 Word Processing I		9:30 -11:30 17 Word Processing I	9:30-11:30 18 TECH TIME
	9:30 -11:30 22 Organize My Computer		9:30 -11:30 24 Organize My Computer	9:30 - 11:30 25 Photography Group
9:30-11:30 28 Organize My Photos	9:30 -11:30 29 Word Processing II	9:30-11:30 30 Organize My Photos	9:30 -11:30 31 Word Processing II	

FEBRUARY

1-4p 4 Basic Photo Editing, and Printing	9:30-11:30 5 Intro to Internet and Email		9:30 -11:30 7 Intro to Internet and Email	1-4p 8 Basic Photo Editing, and Printing
1-4p 11 Adv Photo Editing, and Printing	9:30 -11:30 12 Intermed Internet and Email		9:30 -11:30 14 Intermed Internet and Email	9:30-11:30 15 TECH TIME 1-4p Adv Photo Editing, and Printing

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.

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.

Minutes of the December 6 Board Meeting (Draft)

Directors present: Nancy Ashmore, Tom Brawley, 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, Greg Smith

Staff present: Lynne Pederson, Patsy Dew

Others: Char Carlson, Rose Ann Steenhoek

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

Action: The agenda was approved.

Action: Motion and second to approve the October 25, 2012 board minutes. Carried.

REPORTS

NCRC

Char Carlson reported for the Northfield Community Resource Center Core Group Committee. In 2011 the City Ad Hoc Finance Committee proposed selling the NCRC building for \$2.1 million. A partnership consisting of the Community Action Center, the Northfield Senior Center and Three Rivers Community Action Council joined to study the possibility of purchasing the building. When built, the purpose of the NCRC facility was to provide affordable space for nonprofits. It was determined that ownership of the building probably would be detrimental to the existing programs of the three partners. The Committee recommends a move towards

management with the possibility of ownership in the future.

Action: Motion and second to approve the following resolution:

In response to the August, 2011 proposal of the City's Ad Hoc Finance Committee regarding transfer of ownership of the NCRC, and after extensive discussion, the Northfield Community Resource Center (NCRC) Core Group Committee has determined that the Nonprofits (Northfield Senior Center, Community Action Center, Three Rivers Community Action Council) cannot afford to purchase the NCRC on the terms proposed by the City Ad Hoc Finance Committee.

However, both the City and the Nonprofits can recognize significant benefits if the Nonprofits assume responsibility for management of the NCRC for the period commencing July 1, 2013, and ending December 31, 2015. This time period will allow the Nonprofits to continue to study and consider other models of management and ownership.

Motion carried.

TREASURER REPORT

Financial Reports

Bill Gruszewski reported on the financial statement. Income to date is 95% of budget and expenses are at 97%. Percentage for this time of year should be at 92%.

COMMITTEE REPORTS

Finance Committee

Action: Motion and second that the Senior Center Board and its representatives continue the exploration to own the NCRC building.

Motion carried.

Facilities Committee

Gerry Gengenbach reported. The lease for Used A Bit Shoppe is up for renewal March, 2013. Other space is being considered. The committee approved the \$12,000 request from the Computer Committee to replace computers. First priority for capital replacement projects in 2013 is automatic door openers in the hallway bathrooms and the front entrance. Second priority project is carpet replacement in rooms 103 and 105.

Membership Committee

Evelyn Burry reported. The committee awaits further information from surveys before proceeding with a marketing plan.

Computer Committee

Evelyn Burry reported. Open Labs on Wednesday morning will be discontinued. The number of classes has increased.

Advancement Committee

Don Diehl reported. Contributions to the fund drive through November total \$61,288 from 511 donors. This amount exceeds the goal of \$60,000. There is continuing discussion of ways to fund raise.

EXECUTIVE

DIRECTOR'S REPORT

Lynne Pederson reported. A letter to members in the Silver Sneaker program informing them of the need for their participation was mailed. Responses have been mostly positive. A grant from SE Minnesota Art Council was received to enhance lighting in gallery, to support Seasoned Singers and to add climate control for the piano.

OLD BUSINESS

Gratitude to the Director for all the work that she has done for the NCRC Core Study Group.

NEW BUSINESS

Center Party will be held on December 14.

Action: Motion and second to approve renting space to Memorial and Red Cross Blood Drives on an alternating basis, each of them three times per year.

Motion carried.

The meeting was adjourned at 4:21 p.m.

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



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