**JULY 2013** 

#### **Northfield Senior Center**

#### active, connected, engaged

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#### **Center News**

#### FOR ACTIVE OLDER ADULTS



#### Welcome to our Patio and Gardens!

#### By Patsy Dew

Come out on the patio! (the colorful patio with its orange, red and yellow accents) Come into the gardens! (the variety of flowerbeds and vegetable gardens) Enjoy the best weather Minnesota has to offer, right here in the Center's own courtyard.

How do we manage to have so many wonderful gardens? The answer is, we have many wonderful volunteers. Lenora St. Martin and Kathy Hart are tending our vegetable beds. June Lenz has taken on the two flowerbeds closest to the fitness room, with the help of Kathy Hart. Edie Thomas is caring for the bed near the tool shed. Mary Ozmun is in charge of the patio pots.

Carolyn Sanford and Rose
Turnacliff have planted a
Butterfly garden in the plot
closest to the vegetable plots,
and Greg Smith has taken
on pruning of the shrubs.
While I'm concentrating on
the courtyard in this article, I have to mention the
beautiful front gardens and
Joe Endert's beloved roses.
Master Gardener Judy Code
has served as a consultant.

I was intrigued by the idea of a "Butterfly Garden," so I talked with Carolyn about it one day when she had stopped by to water it. Certain plants attract butterflies to consume their nectar. In planning a Butterfly Garden, one aims to have some plants in bloom throughout the summer, and especially mid to late summer when butterflies are most active. Carolyn and Rose have planted 15 varieties of perennials that are native prairie flowers in the this garden, including Purple coneflower, aster, two types of liatris, and Butterfly weed. They also planted

The Sanford's front yard, full of native prairie plants.

a few non-native annuals that attract butterflies to add color while the other plants take root.

Why native prairie plants? Carolyn explained that these plants send out deep roots, meaning they will need less frequent watering. This also means some of them may not bloom this summer, as they put their energy into root production. Another virtue of these native plants is that they are healthier for the butterflies that drink their nectar. Other commercial versions of these plants have often been bred for vibrant color, or for longer bloom, and have sometimes been infused with pesticides which are harmful. This cultivation of the plants for their appearance has diminished their food value to the butterflies, bees and hummingbirds.

I am reminded of my disappointment as an adult when Delicious apples I bought in the grocery store did not taste as flavorful as those of my Michigan child-

cont. on mid-pg 3



## SPECIAL EVENTS



## Center Independence Day Picnic July 3, 11:30-1:00

JOIN YOUR FRIENDS ON THE PATIO AND CELEBRATE THE 4<sup>TH</sup> ON THE 3<sup>RD</sup> WITH HOT DOGS, CHIPS, LEMONADE AND COOKIES. WAVE A FLAG, HUM "YANKEE DOODLE," AND PRACTICE YOUR PATRIOTISM. COST \$2.00



Bavarian Musikmeister from the Vintage Band Festival will entertain.

Buy your ticket today

## Center Fund Raiser - Aug. 4

Community Invited

4:00

Vintage Band Festival **Indoor Concert**at the Northfield Senior Center
followed by an

**Indoor Picnic** featuring a Bavarian menu Grilled Brats - Salads – Sauerkraut – Dessert - and more

Tickets: \$10.00

All proceeds benefit the Northfield Senior Center Enjoy the concert in air conditioning followed by fine German fare.



## Join us August 1 at Willingers Golf Club for the

2013 JOHN FALCK MEMORIAL GOLF TOURNAMENT

See our brochure at www.threelinks.org To register, call Deborah at (507) 664-8867

A challenging course, great food, fun games, & prizes!

Supporting the Three Links Foundation





# Asian Brush Paintings - Heaven and Earth Invisible and Visible

July 2 - August 2 Opening Reception: Tues, July 16, 5-7pm

Many members of the Ming Chiao Asian Brush Painters will be showing their work in this exhibit.

The name Ming Chiao means Minnesota Bridge and signifies a link between the East and the West. The name reflects a connection to the numerous lakes and mighty rivers in Minnesota. Dee Teller, one member of this group, is internationally

known for her Asian Brush Painting and calligraphy. She writes, "The balance of negative (empty) and positive (ink or watercolor) space in an Asian Painting is important. This is the yin/yang. It also helps explain the show's title ASIAN BRUSH PAINTING/ HEAVEN AND EARTH/ INVIS-

## **IBLE AND VISIBLE.**The artist and calligrapher

Learn to use ink freely with a controlled brush stroke; capture the essence of spirit of subject; and evoke poetry of nature by creating beautiful lines and forms by means of brush strokes."

#### GALLERY NEWS

Dee Teller will be giving an Asian Brush demo at 3:45pm on July 16. If you would like to attend, contact Patsy Dew by July 3.

#### Gardens, cont. from p. 1

hood. Then I learned that bigger, more colorful apples sold better, so the Washington growers had bred them that way. And I have read recently that our bee population is in danger partly

because the flowers' nectar now contains pesticides. So I think it's wonderful that the Center will have a garden that is truly welcoming to butterflies, bees, and, of course YOU!

## Thank you to the following people who gave contributions to the Center in May:

Arliss Boyum, Evelyn Burry, Margaret Christian, Clark & Lois Cary, William Cook, Joanne Dahlin, Orrin DeLong, Dennis & Barb Altstaetter, Winnie Drentlaw, Duane Everson, Lola Fick, Roberta Gavin, Marvin Grundhoefer, Beverly Hamblin, Karl Hella, Jon & Phyllis Finger, Ken & Lee Klimisch, Carol Korda-Dalgaard, Arlys Kreis, June Lenz, Janet Mathews, Jodi M Matson, Phil & Thelma Winter, William Quick, Mary Raney, Raymond & Mary Ozmun, Rieber & Virginia Paulson, Myrtle Ringlien, Robert & Donna Vanderhoof, Robert & Janie Anderson, Robert & Teresa Ballentine, Susan Roosenraad, Pat Sunquist, Dorothy Swanson, Thomas & Helen Rockey, Debra White

#### FITNESS NEWS

#### NORTHFIELD PEDALERS RIDE

Each Monday morning at 8:30. Free. Volunteer led. Bring your own bike and wear a helmet. Meet others, exercise and have fun.

For more information, and/or to be put on the email-contact list for this group, contact Peggy Prowe, 507-650-8261, peggyprowe@ gmail.com.

#### SPECIAL JULY RIDE

Minneapolis Pops
Concert Bike Ride will
be Tuesday, July 9th.
For additional details
please contact Mary
Auge bmauge@
charter.net at (507)
663-0790 or Peg
Prowe peggyprowe@
gmail.com (507)
650-8261

#### Tennis Play and Skill Development

Tuesdays 9-11 am Northfield Middle

School Courts Co-Sponsored with the Northfield Tennis Association

Tennis Group Leader Contact: Jane Schroeder (612) 224-2056 janecschroeder@ gmail.com

No Fee required, donations accepted

#### Summer Swim Coaching on Deck

6-7 am Friday
July 12 only
(regular schedule
resumes in Sept)
Coach: Bettina Waldman
Fee: \$6m/\$8nm
PL/SS - included

#### Dances of Jane Austen's Time

Sat/Sun, 1:30 - 3:30p, Jul 13/14 Instructor: Kate Stuart Fee: \$28m/\$32nm Venue: Arts Guild Dance Studio

#### Softball

Mondays and Thursdays 9-11 am Babcock Park Group Leader Contact: David Morrison 507-213-7802 dcme@northfieldwifi. com

No Fee required, donations accepted

#### **Special Meal and Zumba Mix**

July 20 - Saturday 12 - 1pm No Fee

Enjoy a lively personalityfilled food preparation contest featuring 'Larry the Pharmacist' and Juliana Lima the Zumba Instructor. Larry, who has struggled with managing his Type 1 Diabe-

tes, has a fabulous food treat he wants to share which is tasty, flavorful, and safe even for diabetics to eat. From his educational and personal background he will share a short course in blood sugar management with flavor.
After the food-sampling, try
a ZUMBA sample. Those
who participate in the full
hour program (meal plus
Zumba) will receive a free \$5
Kmart gift card.

### Hikes For July - all hikes leave at 8:30

July 8th (Mon) - Cannon River Wilderness Area

July 23rd - Sakatah State Park

August 6th - Rice Lake State Park (Owatonna)

August 20th - Spring Lake Park (Dakota County)

SEE THE CALENDAR BELOW for a listing of all classes being offered in our Computer Center for the month of July. If you want more information about any of these classes check out the Summer Program Guide, pg 14-16, 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.

#### COMPUTER CENTER NEWS

#### **JULY COMPUTER CLASSES**

ivionday		ruesday		wea		inursday	Friday		
9:30-11:30	8			9:30-11:30	10				
Intro to Compute	ers			Intro to Comput	ers				
9:30-11:30	15			9:30-11:30	17				
Word Processing	I			Word Processin	g l				
9:30-11:30	22			9:30-11:30	24		9:30-11:30	26	
Organize My Computer				Organize My Computer			Photography Group	Photography Group	
9:30 -11:30	29	9:30-11:30	30	9:30 -11:30	31				

#### MAC USERS GROUP MEETING

Next meeting is scheduled for July 10 at 9:30 am. Anyone interested in learning more about mac (Apple tech. products) is welcome.

## Popcorn and a Movie - July

July 1 For the Glory: The True Story of Cristiada

July 8 Killers

July 15 Silver Linings Playbook

July 22 What's Eating Gilbert Grape

July 29 Identity Thief

## GROUP & VOLUNTEER NEWS

BOOK TITLE FOR BOOK GROUP Meets July 12, 10:30a

Roundhouse by Louise Erdrich

Paper Crafting Group Meets 1st and 3rd Mondays, 1:30-3:30pm

July 1
Rolled paper picture
frame
July 15
Show & Tell about
picture frames

#### LIFE LONG LEARNING



## GARDEN PLATE FLOWERS

Monday, July 8, 1:00-2:30

Create color and fun in your garden or patio pots with garden art flowers made from recycled ceramic or glass plates. View samples of these flowers at the Senior Center or the Used-A-Bit Shoppe. Check through your cupboards, scour garage sales and visit the Used-A-Bit Shoppe for plates and recycle mismatched dishes into something of beauty. Instructor, Linda Stadler will provide the remainder of the materials. Class limited to 12.

Cost \$6/m\$8/nm plus \$3 for materials.

#### REPTILE SHOW

Tuesday, July 23 2:00pm

Snakes and Lizards and Turtles! Oh, my! Jan Larson brings in her reptilian friends for a fun and informative program on these fascinating creatures. Learn about the habits and habitats of turtles, tortoises, lizards, Minnesota and exotic snakes and an alligator as up close as you wish to be.

Cost: \$6 per family group.





#### TOO HOT TO COOK Friday, July 19, 6:00pm

When the sun is beating down and the humidity is so high you can hardly stand it, the last thing you want to do is hang out by a stove. Join us for a food tasting and recipe event featuring main course salads, chilled soups and other fare that require no sweating over a hot burner. Come for a sampler supper and leave with a full tummy and a recipe booklet. If you would be willing to share a stove-free dish and recipe, please contact Chris at 664-3707 or chrisellison@ nscmn.org.

Cost: \$6 for all membership levels.

## TPT Program Club to Run in August

Fridays, 10:30am

Orrin DeLong will run a series of TPT-produced DVD viewings on the five Fridays in August. He will choose the 5 DVDs the group will watch out of the following list, and is interested in hear-

ing from you which ones you would most like to view. After Newtown-guns in America; Athens-Dawn of Athens, 1&2; Escape from Iran: the Hollywood option; Frontline: is Wal-Mart good for America; Nature: the voyage of the lonely turtle; Nova: ancient computer; Nova: cracking your genetic code; Nova: the rise of the drones; Nova: what makes our dreams?; Secrets of the dead: bugging Hitler's

soldiers; Secrets of the dead: executed in error; Secrets of the dead: Japanese super sub; Secrets of the dead: Herculaneum; Top Secret Rosies: female computers of WWII; Underground railroad: the William Still story.

#### OVERNIGHT TRIP DAKOTA CONFLICT -NEW ULM

Tues/Wed, July 23-24 Time: 8am

Minnesota has been highlighting the 150th anniversary of the six-week U.S. - Dakota War of 1862. This was a disastrous time in Minnesota history. An overnight trip has been arranged for this summer. The excursion will include guided tours of New Ulm, Fort Ridgely Indian Reservation, the lower Sioux reservation and Ted Rock Ridge (including the Jeffers Petroglyphs) with stops for coffee/lemonade and strudel, rib lunch in New Ulm, Harkin's general store (1870), and a sod house at Sandborn. The group will be staying at the Jackpot Junction Hotel. The hotel, admission to the historic places and one lunch (at the Kaiserhof Restaurant) is included in the trip cost. Dinner, breakfast and one lunch are on own. Limited to 20 persons.

> Cost: \$155 (Double Room); \$205 (Single Room)

Sign up date: 21 June

#### MINNESOTA TWINS VS KANSAS CITY ROYALS

Tues, July 30 Time: 5:00 bus leaves for 7:10 game

Join us for a bus trip to see the Minnesota Twins take on Kansas City at Target Field Stadium. We have club level seats on the 3<sup>rd</sup> base line with a beautiful city skyline view. Bring the kids, grandkids, neighbors and friends to experience the great American pastime of baseball!

Cost: \$60 (includes bus and ticket) Sign up date: July 9

## MINNESOTA STATE FAIR St Paul

Monday, August 26 Time: 8:00 am- 4:45 pm

The great Minnesota State Fair for 2013 opens August 22. An all-day trip to the Fair is planned for Monday, 26 August (Senior Day). Join us to visit all your favorite food booths, attractions, bargains, agricultural and animal exhibits, educational and food exhibits, the midway, shopping and free entertainment.

Cost: \$42 (Seniors 65 and older); \$44 (Non-Seniors) Sign up date: August 15

#### MAYA - HIDDEN WORLDS REVEALED

Science Museum of Minnesota, St Paul Tuesday, September 17 Time: 9:15am - 4:15pm

Join us in discovering what archaeologists know about the ancient Maya – one of the most complex and advanced civilizations of the ancient world. It is known for its monumental architecture and distinctive art styles, knowledge of astronomy and time-reckoning, complex political organization headed by royal dynasties and its sophisticated writing systems. Upon our arrival we'll be treated to coffee and a snack. Then we'll proceed to the Omnitheater to see the film, "Mystery of the Maya." Lunch at the museum is on own. After lunch we'll see the exhibit and have time to visit the gift shop before returning to Northfield.

> Cost: \$46 Sign up date: TBA

#### CHURCH BASEMENT LADIES THE LAST POTLUCK SUPPER

Date: Wed, October 9 Time: 10:15 am - 4:30 pm

This is the 5<sup>th</sup> and supposedly the last production of the Church Basement Ladies. The past parishioners have gathered for the church's Centennial Celebration – to share hotdish, bars and stories from the last 100 years. Lunch is included. This outing is in conjunction with the Community Resource Bank.

Cost: \$55 Sign up date: September 25

## TRAVEL AND OUTINGS

#### **Future Trips!**

- Out to Lunch TBA Aug
- Out to Lunch TBA Sep
- Cemetery Stories (Northfield Historical Society)
   19 Oct
- Prohibition Exhibit, Minnesota History Center TBA Nov
- Out to Lunch King's Room, St Olaf College TBA Dec

## BOARD & COMMITTEE NEWS

## Minutes of the May 23 Board Meeting

**Finance Committee** 

Directors present: Nancy Ashmore, Bernard Borene, Evelyn Burry, Bob Craig, Don Diehl, Duane Everson, Gerry Gengenbach, Bill Gruszewski, Marvin Kormann, Greg Smith, Eve Webster

**Absent**: Tom Brawley, Dottie Hammer, Gordon Simonson, Phil Winter

Staff present: Lynne Pederson, Patsy Dew
Others: Rose Ann
Steenhoek

#### 1. CALL TO ORDER

The meeting was called to order by Gerry Gengenbach at 3:02 p.m.

**Action:** The agenda was approved.

Welcome to new Board Members: Eve Webster and Bob Craig

Introductions of all Board Members

**Action:** Motion and second to approve the April 25, 2013 board minutes. Carried.

#### 2. REPORTS

### Review and approval of Financial Reports

Bill Gruszewski reported on the financial statement. Income to date is 33% of budget and expenses are at 32%. Percentage for this time of year should be at 33%.

## Bill Gruszewski reported. Action: Motion and second to revise the esset torget level.

Action: Motion and second to revise the asset target levels of the Endowment Fund as follows:

US stocks from 40% to 45%

Non US stocks, remain the same

Real Assets from 15% to 5%

Real Estate, remain the same

Fixed income from 5% to 10%

Carried.

Facilities Committee Marv Kormann reported. The moss treatment system for the pool has been a success. New floor covering is in the works for rooms 103 and 105.

#### **Membership Committee**

Evelyn Burry reported. Lapsed members have been called. The new trifold brochure has been finalized. The Center will participate in the Jesse James Parade again.

#### **Computer Committee**

Evelyn Burry reported. Purchase of Mac minis is being further studied to put in place a dual system of PC/Mac computers.

#### **Advancement Committee**

Duane Everson reported. Contributions to the fund drive through April total \$5,448 from 70 donors. The band festival in August is the next big project for the committee.

#### **Executive Committee**

Gerry Gengenbach reported. The Executive Committee evaluated Board and Committee work in relation to the Strategic Plan. Recommended that Board committees will be responsible to take minutes of their meetings. Discussed the value of the Center being open on Sundays in the summer. How do we make decisions on determining Center hours?

#### **Executive Director Report**

Lynne Pederson reported. Paul Krause will be here in June to film a video for the Center. This first video will emphasize fitness. Silver Sneakers comprises about one third of membership.

#### 3. OLD BUSINESS

#### 4. NEW BUSINESS

#### 5. ADJOURNMENT

The meeting was adjourned at 4:45 p.m.

Submitted by Duane Everson, Board Secretary

(assisted by Rose Ann Steenhoek)



## The 2013 Annual Fund Drive Roadmap

by Lynne Pederson

The Drive has begun. By now you should have received your letter asking for your donation. I hope that you take the time to read it as it gives the reasons why the Annual Fund Drive is needed. And I hope that you support the Center as one of the organizations that you donate to. As members of this organization we are in this together. Everyone needs to get "on the bus" to make this year's drive a success. It can't happen without all of our support. We know that the Center is worth it.

Let's drive the bus! This month, I would like to honor, thank, and introduce the sustaining donors. This group of donors have made the commitment to give to the Center on a monthly basis. These 27 people have made the decision to support the Center for the long haul. They recognize that it is a convenient way to give, it feels good knowing that they are contributing to the Center each month, and it helps the financial bottom line. From the 27 donors, each month there is \$782 pledged



and donated. This is a good thing—dependable income for the Center. Monthly donations can be made in any amount of \$10 or more. You can join this impressive group by signing up on your donor envelope.

#### THANK YOU SUSTAINING DONORS — YOU ARE AWESOME:

David & Joey Appleyard, Solveig Bailey, Judy Broske, Karen & Warren Broughton, William & Charlotte Carlson, JoAnn & Larry Edwardsen, Chris Ellison & Gene Finger, Gerry & Carol Gengenbach, Marie Gery, Malcolm & Jacquelyn Gimse, Bonnie Gretz, Donna Herbstrith, Joni Kilde, Georgene Johnson, Bob Kuyper, Jean Larsen, Harriet Menard, Mary Olander, Elizabeth Olson, Charles & Lynne Pederson, Ken & Jane Persons, Gordon & Emelda Rasmussen, Anna Mae Sjogren, Bardwell & Charlotte Smith, Linda Wagenbach, Ann Whelan, Elizabeth Williams

#### **WELCOME! TO THESE NEW MEMBERS**

Beverly Watson, Sue Malecha, John Case, Susan Marsh, Patrick Watson, Elaine Zobel, Richard M Shanafelt, John Berge, Sharlene Berge, David Marsh, Randvig Norvold, Joseph Ryan, Rene Buesgens, Ronica Castro, Alan Hughes, Roela Moreano, Elise M Olson, Claire Pfau, Ronald Pieri, Mary C Flaten, Jacqueline A Kinsella, Zora Dowell, Ann Wind, Richard Wind, Jane Ernst, Keith Ernst, Edward Noonan, Norma Bickel, Waverly Kimmel

## **EXTENDED TRAVEL**

## AUTUMN IN NEW ENGLAND

9 Days
September 26-October
4, 2013
Massachusetts Maine
Vermont New
Hampshire Including
CAPE COD and
MARTHA'S VINEYARD

## Your Vacation Will Include...

Escorted by 4-Seasons Tour Director United Air Flights between Minneapolis & Boston 8 Nights Quality Accommodations

14 Meals: 8-**B**reakfasts, 3-**L**unches, 3-**D**inners

(including a New England Lobster Dinner)

Boston City Tour, including visits to Quincy Market & Faneuil Hall

Admission to House of Seven Gables

Visit the resort town of Kennebunkport, Maine City Tour of Portland, Maine, including visit to Portland Head Lighthouse Travel along Kancamagus Scenic Byway, the White Mountains and the Lakes Region of New Hampshire Ride the Cannon Mountain Aerial Tram

Visit Rock of Ages Quarry and Hope Cemetery Tour Hildene (the home of Robert Todd Lincoln) Visit Morse Maple Farm Sugar Works & enjoy "Sugar on Snow"

Visit the Norman Rockwell Art Museum

City Tour of Hyannis, Cape Cod, including a stop at the Kennedy Memorial & Korean War Memorial

Ferry ride to Martha's Vineyard and Island Tour with a local guide

Tour the Mayflower Replica Ship and view Plymouth Rock

Visit John F Kennedy Library and Museum
Baggage Handling (1 bag
per person at hotels)



## NSC STAFF DIRECTORY

Director / 664-3701 Lynne Pederson

Assistant
Director / 664-3708

rector / 664-3708 Patsy Dew

Bookkeeper / 664-3705 Kathy Bjerke

Membership Coordinator / 664-3704 Jackie Johnson Fitness

Manager / 664-3702 Gale Marchand

Program

Coordinator / 664-3707 Chris Ellison

Administrative

Coordinator / 664-3703 Nancy McDougall

Used A Bit Shoppe / 645-1399 Kristi Casson Dining Site & Popcorn Wagon Mgr / 664-3735 Gail Noren

Evening/Weekend Receptionists / 664-3700

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



# PROFESSIONAL DRIVE DENTAL GROUP

**New Patients Welcome** 

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264



Let's spring in to the

### MANDARIN GARDEN

Restaurant

for some individually prepared yummy Chinese cooking!

107 E. Fourth St, Northfield, 507-645-7101

Hours: Lunch Wed - Fri 11:30 am - 2 pm
Dinner Tues - Thurs 4:30 - 9 pm Fri - Sat 4:30 - 10pm
www.MandarinGardenRestaurant.com





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507-646-1494 : FamilyHealthClinics.org/Northfield 2000 North Avenue, Northfield



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Left to right: Elizabeth, Dave, Steve, Danielle



#### Northfield Senior Center

1651 Jefferson Parkway Northfield, MN 55057 http://www.northfieldseniorcenter.org/



This activity is made possible in part by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund. Non-Profit Org. U.S. Postage Paid Permit 31 Northfield, MN 55057

Gallery Opening Asian Brush Painters Tues, July 16, 5-7pm

## FITNESS CENTER AND POOL HOURS

Monday-Friday: 6 am-8 pm Saturday: 6 am-5 pm Sunday, Fitness: 10 am-5 pm Sunday, Pool: 10 am-5 pm

#### **USED A BIT SHOPPE**

624 Water St. / River Mall Monday-Saturday: 10 am-5 pm Thursdays: 10 am-7 pm

(rt) <u>Dancing Horses</u> by Dee Teller (See Gallery News, pg 2)

