



Northfield Senior Center

**active,
connected,
engaged**

News 1
Gallery News.....2
Special Events.....3
Fitness News.....4
Computer Center.....5
Groups..... 5
Lifelong Learning6
Travel.....6-7
Board.....8
Volunteers.....9

Center News FOR ACTIVE OLDER ADULTS



Community Music Maestro Niemisto

by Patsy Dew

Paul Niemisto, a Center member who now swims here regularly, works as Associate Professor of Music at St. Olaf College. In addition to teaching, Paul’s work at St. Olaf includes directing the St. Olaf Norseman Band, the Trombone Choir, and the Tuba Euphonium Ensemble. What I find most remarkable about Paul goes beyond his work-life: I am amazed by (and grateful for) his energy and enthusiasm for creating Community Music. When I first started hanging around the Northfield Arts Guild in the mid-’70’s, Paul was there, meeting

with Marie Sathrum, hatching plans for what became the Cannon Valley Regional Orchestra in 1979. For the past 34 years, the CVRO has provided regional musicians opportunities to perform orchestral music, and has given the community opportunities to hear a live orchestra close to home. Then in 2006, Paul hatched another big-idea, the first Vintage Band Festival.

Creating a community event of this magnitude takes a lot of coordination, fund raising, volunteers, and perseverance. The 2006 Festival was well received, and a second Festival took place in 2010. This sum-

mer’s event will be the third Vintage Band Festival and will take place in Northfield on August 1 – 4. This year’s festival will feature 30 bands from across the United States and abroad with 100 concerts showcasing a variety of genres, heritage influences and period-style performances. The VBF website notes: “Events begin at noon each day. There are performances on the hour and every half hour at various venues throughout the city well into the evening.

Isn’t it wonderful to have such an event happening in and around our community? Come, enjoy!



The Center will be hosting one of the bands, the Bavarian Musik Meisters, for a Fund-Raising event, at 4pm on August 4.

The Bavarian Musikmeisters are a 35-member wind instrument band from the Twin Cities of Minneapolis and St. Paul, Minnesota organized in 1985. The Musikmeisters are modeled after the traditional village bands found in the German-speaking areas of Europe. Their attire, instrumentation, and musical arrangements of marches, polkas, waltzes, folk dances, and ballads are all authentic. Their 4pm concert (here in air-conditioned comfort) will be followed by a special dinner with a Bavarian menu. This is a ticketed event (\$10); the public is welcome; tickets are on sale at the Reception Desk, and at the Vintage Band headquarters downtown.

GALLERY NEWS

Something Old, Something New Paintings and Artist Books by Riki Kölbl Nelson

Aug 5 - Sept 8



Riki writes that, “For this exhibit I selected work, ranging from presentational to semi-abstract, inspired directly and indirectly by the arrival of my granddaughter, the opening into my genetic future. There will also be artist books, both old and new. For the one-of-a-kind books I design and execute the structure as well as the visual and verbal content.”

**Opening Reception
Tues, Aug 13, 5-7pm**

ARTIST TALK AUG 8, 10AM

Riki will talk about her life as an artist, and her recent “70 for 70 project.” As a way to celebrate her 70th birthday this year, Riki put together exhibition of 70 original paintings of hers. The money for each painting that was sold out of that exhibit went to sponsor the education of one girl in India, Afghanistan or Sri Lanka for one year. As Riki said, “It put a shine on turning 70!”

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Diabetic Shoe Clinic

Tuesday, August 13th from 10:00-12:00

Northfield Senior Center Room 106



It's that time of the year! Get your 2013 shoes now. Medicare has a benefit for diabetics that covers one pair of therapeutic shoes and 3 pairs of inserts per calendar year. Pick the style and color of the shoe you want. A Pedorthist will measure and fit your shoes. We do all the paperwork. Please bring the following: Medicare, Medica, Humana, Medical Assistance, BC/BS, UCare care, etc. And Primary Doctors name and number.

For more information call 651-888-2613 or 888-570-5567

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- Melanie Dixon, MD
- Dana Olson, MD
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Women's Health Center



507-646-1478 : NorthfieldHospital.org/WomensHealthCenter
2000 North Avenue, Northfield

**Exceptional Eats:
Touring Traditional Chinese Cuisine
Sunday, August 18, 5:00pm
Cost: \$25/person Event limited to 18.**

**SPECIAL
EVENTS**

Join Alvin Ho on a tasty tour of the flavors found in traditional Chinese cooking. Both meat and vegetarian offerings will be presented. This promises to be an exceptionally wonderful Exceptional Eats.

Menu:

Appetizers: cold seafood appetizer and spicy noodles

Soups: watercress soup with shrimp and pork and rice soup

Entrée: stir-fried Chinese broccoli, spare ribs wrapped in Lotus leaves, and steamed jasmine and black rice

Dessert: fresh fruit

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

Christine Anderson, James Bierman, Armand & Judith Boehme, John Bremer, Darlene Callister, Ron Cirk-sena, Douglas & Ruth Crane, Cleve Crowningshield, Doris Welke & Richard DeBeau, Barbara Dettle, Diane Felicetta, Giovanna Fjelstad, Frank & Evelyn Gates, Jerry & Diane Gehler, Diane Genova, Bonnie Gretz, Bud & Joan Gustafson, Mary Hance, Sherry Hardy, Mike & Susan Harper, Elvin & Corrine Heiberg, Mary Hoff, Kathleen Holden, Gary & Debra Hvass, Steve & Joan Janusz, John Jarvis, Barbara Jenkins, Jeannine Johnson, Myrna Johnson, Judy Karlson, June Lenz, Jean Leslie, Beverly Lubbers, Robert Malecha, Alvina Marek, Lyle Matson, Jim & Donna May, Anne Messner, Janet Mitchell, John Moses, Willard Nauman, Diane Notch, David & Rinae Noyes, Tom Oleson, Jon Olson, Laurel Pankow, Harold Paulson, Philip & Joy Peterson, Hazel Peterson, Joan Quinnell, Mary Raney, Avis Reed, Lois Renneke, Thomas Rosenberg, Laretta Schneider, Kathleen Silkey-Larsen, Anne Sovik, James & Cordelia Stenstrom, Joan Stoesz, Curtis & Karen Swenson, Paul Tarabek, Julian & Elizabeth Trangsrud, Lonna Tschann, Dan Underwood, Richard & Marlene Vanasek, Sharon Vangness, Elizabeth Williams, Bill & Molly Woehrlin.

FITNESS NEWS

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
jane Schroeder@gmail.com

No Fee required, donations accepted

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.

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

Bystander CPR Opportunity

WHAT: BYSTANDER CPR OPPORTUNITY AND EVENT DAY

With Northfield Ambulance EMT's.

WHEN: August 8th 9:30-11:30 am

WHERE: LOBBY of NSC

WHO: You and everyone you know

Brush up on the latest techniques for CPR – stop by – takes only 5-10 minutes to be updated! Learn. Save a life. Bystander CPR learning.

FEE: free

Hikes For Aug - all hikes leave at 8:30

August 6th - Rice Lake State Park (Owatonna) August 20th - Spring Lake Park (Dakota County)
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COMPUTER CENTER NEWS

SEE THE CALENDAR BELOW for a listing of all classes being offered in our Computer Center for the month of August. 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.

AUGUST COMPUTER CLASSES

AUGUST

Monday	Tuesday	Wed	Thursday	Friday
			9:30-11:30 1 Facebook	
9:30-11:30 5 Intro to Internet, Email		9:30-11:30 7 Intro to Internet, Email		
9:30-11:30 12 Intermed Internet and Email		9:30-11:30 14 Intermed Internet and Email		
9:30-11:30 19 Microsoft Word I		9:30-11:30 21 Microsoft Word I		9:30-11:30 23 Photography Group
9:30-11:30 26 Microsoft Word I		9:30-11:30 28 Microsoft Word I		

New Computer Progress

Watch this page for breaking news concerning the installation of new dual-boot computers capable of running both Windows and Apple software. We are on schedule for a grand opening in October. With the ar-

rival of Windows 8 and the ability to run Mac software, the Computer Committee is busy revising old Windows course material and developing new Mac material.

We are still in need of folks willing to teach Mac based courses. Contact Jim

Finholt if you might be interested in teaching Mac courses (507-645-8609 or jfinholt@charter.net).

Popcorn and a Movie - August, 1pm

August 5: Calendar Girls: A comedy about middle aged women and a unique fund raising plan.

August 12: Hitch: A comedy about a professional matchmaker starring Will Smith

August 19: Old Dogs: A comedy about 2 aging businessmen confronted with their past indiscretions; family film by Disney. Stars John Travolta and Robin Williams.

August 26: As Good As It Gets: A comedy starring an obsessive-compulsive Jack Nicholson as a romance novelist and Helen Hunt as a waitress mother of a sickly son.

GROUP & VOLUNTEER NEWS

BOOK TITLE FOR BOOK GROUP
Meets Aug 9, 10:30a

Wild
by Cheryl Strayed

PAPER CRAFTING GROUP
Meets 1st and 3rd
Mondays, 1:30-3:30pm

August 5
Flower Projects:
Everyone brings a project to share
August 19
Follow up on Flower projects

LIFE LONG LEARNING

TPT PROGRAM CLUB

Fridays, 10:30am

Orrin DeLong is resuming this program in which the group watches educational DVDs, produced by Twin Cities Public TV, and then discusses them. For the month of August, there will be a different DVD shown each Friday, starting at 10:30am. There is no charge for the August programs, but you must sign up, and the class is limited to 12.

August 2 – Cracking the Genetic Code

August 9 – Is Wal-Mart Good for America?

August 16 – Secrets of the Dead: Japanese Super Submarine

August 23 – Top Secret Rosies: Female Computers of WWII

August 30 – What are Dreams?

EXTENDED TRAVEL

For more info about Extended Travel, contact Linda Zwolensky by email:
lindazwolensky@nscmn.org

Fall Tours for 2013

BRANSON BY MOTOR COACH NOV 18 - 22, 2013

NEW ENGLAND BY AIR TO BOSTON

Sept 26-Oct 4, 2013 then by motor coach around Massachusetts, Maine, Vermont, New Hampshire, Including CAPE COD and MARTHA'S VINEYARD

NEW YORK CITY NOV 6 - 10, 2013

See a Broadway play, visit Radio City Music Hall, take a Manhattan Island City Tour and Harbor Cruise, lunch at Carmines on Broadway and so much more.

Plan ahead for 2014

HAWAIIAN ISLAND CRUISE AND TOUR FEBRUARY 3-16, 2014

PANAMA CANAL CRUISE MARCH 1 - 17, 2014



WILLINGER'S GOLF CLUB

**Tuesday, Sept 24
Time: 11:30 am**

We return to Willinger's Golf Club for lunch in September! and hope many of you can join us. Try to car pool. Please remember to sign up using a registration form so we know how many will be attending. No fee to sign up, but remember, lunch is on your own.

Sign up deadline: Sept 20

Trips

MINNESOTA STATE FAIR St Paul

Monday, Aug 26

Time: 8:00 am- 4:45 pm

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 deadline: August 15

MAYA - HIDDEN WORLDS REVEALED

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

This exhibit sheds light on a mysterious and majestic ancient culture with never before seen artifacts, immersive environments, multimedia components and hands-on activities that explore the rise and decline of this fascinating culture. Ruined cities of the ancient Maya have fascinated people since news broke of their discovery in the Central American jungles in the 1840's. Research has uncovered a sophisticated culture that, during its Classic period (250-900 AD), rivaled any civilization in Europe. Join us in digging in to this captivating culture. Upon our arrival we'll be treated to coffee and a snack. Then we'll proceed to the Omni Theater 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: \$48

Sign up deadline: Aug 28

Trip limited to 30

CEMETERY STORIES

Sat, October 19

Details about time, cost and sign-up deadline: TBA

Mark your calendars for this special outing at the

Oak Lawn Cemetery. This year will feature Returning Ghosts of the Civil War and different soldiers of the Civil War. This trip is in conjunction with the Northfield Historical Society.

CHURCH BASEMENT LADIES

**The Last Potluck Supper
Wed, October 9
10:15 am - 4:30 pm**

The Church Basement Ladies are together again for the church's Centennial Celebration – to share hotdish, bars and stories from the last 100 years. There are a series of flashbacks as the ladies share their memories – the celebration is bittersweet as times are tough in this small farm community in 1979 and tough decisions have to be made. Lunch is included. This outing is in conjunction with the Community Resource Bank.

Cost: \$55

Sign up deadline: Sept 25

TRAVEL AND OUTINGS

Future Trips!

- Prohibition Exhibit, Minnesota History Center Nov 12
- Out to Lunch – King's Room, St Olaf College TBA Dec
- Matisse Exhibit – Minneapolis Institute of Art Mar 4
- Minnesota Opera – The Magic Flute Apr 13



BOARD & COMMITTEE NEWS

Minutes of the May 27 Board Meeting

Directors present: Nancy Ashmore, Bernard Borene, Evelyn Burry, Don Diehl, Gerry Gengenbach, Bill Gruszewski, Marvin Kormann, Gordon Simonson, Greg Smith, Eve Webster, Phil Winter

Absent: Tom Brawley, Bob Craig, Dottie Hammer, Duane Everson

Staff present: Lynne Pederson, Patsy Dew

Others: Rose Ann Steenhoek

1. CALL TO ORDER

The meeting was called to order by Gerry Gengenbach at 3:10 p.m.

Action: The agenda was approved.

Action: Motion and second to approve the May 23, 2013 board minutes. Carried.

2. REPORTS

Review and approval of Financial Reports
Bill Gruszewski reported on the financial statement. Income to date is 41% of budget and expenses are at 42%. Percentage for this time of year should be at 41%.

Finance Committee

Bill Gruszewski reported.

Facilities Committee

Gerry Gengenbach reported. A lit sign for Used a Bit Shoppe will be ordered.

Membership Committee

Evelyn Burry reported. An ambassador program is being set up. Tours will be scheduled at a certain time each week. A new member mentoring program is also being arranged. New members will be contacted to see if they would like a “buddy”.

Computer Committee

Evelyn Burry reported. Computers are being ordered.

Advancement Committee

Don Diehl reported. Annual fund donations total \$12,698 from 95 donors, including 27 sustaining donors. A band festival event will take place at the Center on August 4th.

Executive Director Report

Lynne Pederson reported. The locker rooms will have an additional cleaning mid-day.

3. OLD BUSINESS

NCRC Study

The NCRC group met with the City Administrator. He proposed three options regarding management/ownership of the building.

Board Terms and Nomination Committee

Looked at term dates of current members to plan for the next round of board members.

DJJD Parade

The Center will have a float in the parade again this year.

4. NEW BUSINESS

Operations Manual for Board and Committees

Suggestion for a manual that outlines the purpose, operations and responsibilities of each committee.

Ad Hoc Committee to study alternative funding possibilities

At this time, the board did not feel that another committee was necessary. The Advancement Committee will continue in their efforts to raise funds.

Board/Staff Picnic

July board meeting will be followed by a picnic with spouses of board members invited.

5. ADJOURNMENT

The meeting was adjourned at 5:00 p.m.

Popcorn Wagon's Busy Season!

Fun times to work at the popcorn wagon are coming up. Aug 1 -4 is the Vintage Band Festival. There will be music on the Square from 12-9 each day so we will have the wagon open those hours. If you are new to working at the wagon this is a great time to start because we will pair you with experienced workers AND you get to listen to great music. We will also have the wagon open for extended (and busy) hours on Sept 5-8 (Defeat of Jesse James Days). Anyone wanting more information about becoming a popcorn wagon volunteer please give Gail a call at 507-664-3735.

Gail is also the dining coordinator so you could connect with her there Room 105 between the hours of 10 and 1.



WELCOME! TO THESE NEW MEMBERS

Harriet Priore, Kristi Thompson, Dennis Keefer, Greg & Deeann Lufkin, Paul Moberg, Daniel & Karen Christ, Sarah Plank, Jerry & Jerilyn Rossow, Patricia E Kreft, Sandra Brown, James Sunquist, Tammy Boe, Douglas Merrill, Sam & Patricia Johnson,



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RELENTLESS COMMITMENT TO EXCELLENCE

NEWS

Casting Call

We continue our Fall Melodrama tradition with a wonderfully silly (what my mother would have called “pun-ny”) play, *Shiver River*. There are parts for 6 men and 6 women in the cast. Characters have names like, Lotta Luck, Orin Gold, Dr. Ophelia Payne. You get the idea. It will be lots of fun to rehearse, perform and/or watch. If you are interested in being a part of the production (cast or crew), please let Patsy Dew know, 664-3708 or patsydew@nscmn.org.

Check your attendance record yourself

If you are on an insurance-reimbursement program, or just want to know how many times you are getting to the Center, you may want to know how to check our records of what you’ve done here. You may do this on your home computer, or one of the computers in our lobby.

1. Go to the Center website: www.northfieldseniorcenter.org
2. Click on the tab “SIGN UPS +”
3. You will see this set of choices. Click on the circled one (See what I have signed up for).



You’ll be asked to enter your phone number. Enter your number without the area code. Then click on your name. Then, click on the tab to the right, “Past Attendance.” The list is organized by activity/”event” and runs from oldest to most recent. Here’s a section of my record:

6/03/13 5:00pm-5:45pm	Kettlebell Strength Fusion	Active	ATTENDED
06/24/13 05:00 PM	--- Kettlebell Strength Fusion (same event, just different day)	Active	ATTENDED
07/01/13 05:00 PM	--- Kettlebell Strength Fusion (same event, just different day)	Active	ATTENDED
07/08/13 05:00 PM	--- Kettlebell Strength Fusion (same event, just different day)	Active	ATTENDED
07/15/13 05:00 PM	--- Kettlebell Strength Fusion (same event, just different day)	Active	ATTENDED
6/05/13 12:00pm-1:15pm	Yoga 6 Six Flo Yoga	Active	ATTENDED

NSC STAFF DIRECTORY

Director / 664-3701
Lynne Pederson

Assistant Director / 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



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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.

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55057

**INDOOR CONCERT
& INDOOR PICNIC
FUND RAISER**
Sun, Aug 4, 4pm

**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



**Bavarian Musikmeister
from the Vintage Band
Festival will entertain.**

**Buy your ticket
today**

(at the Senior Center)

Center Fund Raiser – Aug. 4

Community Invited

4:00 pm

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

Indoor Picnic featuring a Bavarian menu
Grilled Brats – German Potato Salad – Red Cabbage
Sauerkraut – Apple Strudel- and more

Tickets: \$10.00

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

The Event is sponsored by
Northfield Insurance
Bierman Funeral Services
Northfield Retirement Community
Northfield Senior Center