



Northfield
Senior Center

SAVE thru December

Program Guide

Fall 2013

Inside this issue:

<i>On-Land Fitness Activities , Classes</i>	2-3
<i>Pool Activities and Classes</i>	4
<i>Personal Training</i>	5
<i>Fitness Groups</i>	6
<i>Safety Classes</i>	6-7
<i>AARP</i>	7
<i>Group Activities</i>	8-10
<i>Life Long Learning</i>	11-12
<i>Volunteer Activities</i>	13
<i>Computer Center</i>	14-16
<i>Travel News</i>	18-19
<i>Art Gallery Classes in the Arts</i>	20
<i>Fitness Calendars</i>	Insert



The Center * 1651 Jefferson Pkwy * 507-664-3700 * www.northfieldseniorcenter.org

Used A Bit Shoppe * 624 Water St * 507-645-1399

Popcorn Wagon * Bridge Sq

ON-GOING FITNESS CLASSES

All of our on-going fitness classes meet weekly. Fees for the classes are \$6 memb/\$8 non-memb *per* class.

YOGA

All of our yoga classes, except Yin Yoga,* are movement-based Hatha Yoga. In each class there is a warm up, breath-work, asanas (postures) and relaxation. The benefits of any of our yoga classes are stress reduction, increased flexibility, increased muscle strength. Our teachers differ in the traditions of training, and in teaching styles. The Gentle Yoga classes are “chair adaptive,” and work well for people for whom floor-mat-work is difficult or uncomfortable.

Classical Yoga

Mon, 6-7p

Instrs: Bob Bruce

Gentle Yoga, Chair Adaptive

Tue and Thurs, 10:30 - 11:30a

Instr: Bob Bruce, Craig Swenson

Slo Flow Yoga

Wed, 12-1:15p

Instructor: Sigrid Londo

Yoga Fusion

Fri, 8:15-9:15 am

Enjoy a fusion of yoga poses, functional fitness and stretches on a yoga mat.

Instructor: Sheilah Giles

Yin Yoga *

Mon 12-1p, Fri 12-1p

Instrs: Daniel Martin,

Lori Williams

*More about Yin Yoga, a special style of yoga -

Poses are held longer for greater stretch and restoration, as opposed to flowing movement

DANCE AND AEROBIC EXERCISE

All of these classes provide mild to vigorous aerobic training, and fun movement to music. (Classes marked [+] indicates hybrid classes with ½ of class aerobic exercise; other ½ strength training).

Country Line

Tues, 9:30-10:30a Learn nationally known Country Line dances. Light to moderate aerobic conditioning.

Leader: Elsie Forsythe

Zumba™, Zumba™ Gold

Mon 7-8a, Tues, 6:30p, Wed 6-7p,

Thurs 7-8a, Thurs 6-7p,

Sat 9-9:45a

Latin and international dances simplified for beginners. Options for all in this cardiovascular workout that enhances balance, agility, and muscle strength. Rhythms highlighted in this program may include the Merengue, Cha Cha, Cumbia, Reggaeton, Salsa, Rock and Roll, Belly Dance, Flamenco, and Tango.

Instructors: Lu Herbeck, Gale

Marchand, Juliana Lima, Eva

DeLaPaz, Lisa Miller

+Enhance Fitness™

Tues and Thurs, 12-1p

National evidence-based fitness program with a twenty minute aerobic workout, strength training, thorough balance work moving with or without chair assistance.

Instructors: Gale Marchand, Craig

Swenson

+Circuit Training

Tues and Thurs, 9:30-10:30a

Strength and aerobic training on timed stations in the Fitness

Center, with selectorized equipment, free weights and cardiovascular machines. Fitness Orientation required.

Instructors: Gale Marchand, Craig Swenson

Step

Fridays 9:30-10:15 am

Use the step platform to keep your mind busy and your heart pumping. This class has beginning -to-intermediate intensity and choreography. Learn the basics with the step or do it without the step as you like. **Benefits:**

Increases cardiovascular, strengthens lower body, increases coordination, burns calories, trains agility.

Instructor: Lu Herbeck

Cardio Mix

Monday 9:30-10:15 am

Mix up your workout with this class with low impact variety aerobic training that enhances daily living, strength and endurance. Variety class is easy to follow, with options for all levels of fitness. Come enjoy a musically inspired mix. **Benefits:** Increases cardiovascular, strengthens lower body, increases coordination, burns calories, trains agility & moving balance.

Instructor: Jan Otteson

IN COLLABORATION WITH THE NORTHFIELD ARTS GUILD...

Folk Dancing

Fri, 4-5p

Learn folkdances from around the world to lift your spirit and nourish your creative self. Only line and circle dances will be taught. No partners needed.

Instructor: Kate Stuart

NEW

IN COLLABORATION WITH THE NORTHFIELD ARTS GUILD...

NEW

Ballroom Dance - Beginning

Sat, 2-2:45p (Session-based)*
This class introduces you to the basics in Swing, Salsa, Foxtrot, Waltz, Rumba, Tango, and Cha Cha. You'll learn the four basic elements and how to combine them in different ways to learn five or six dances as easily as one or two. No partner necessary.

Instructor: Andrea Mirenda

Ballroom - Intermediate

Sat, 2:45-3:30p (Session-based)*
You'll learn a variety of fun steps and begin an introduction to basic concepts of technique and style that make each dance look and feel the way it should on the dance floor.

Instructor: Andrea Mirenda

* 4-week sessions, starting Sept 14
Each session: \$35m/\$39nm per person

STRENGTH AND CIRCUIT

The goal of these classes is to increase muscle strength, endurance and flexibility. (See also aerobic classes in previous section, marked with a +).

Kettlebell Strength Fusion

Mon, 5- 5:45p
Kettlebell training is effective at burning calories and toning the entire body. In this mixed format class we combine Kettle bell training and the latest in free weight strengthening. Exercises are followed with appropriate stretches for muscles used. All equipment is provided.
Instructor: Lu Herbeck

Strength Circuit

Tues and Thurs, 6-6:45p, Fitness Cntr
Progressive strength training class involving selectorized and free weight equipment with timed stations, led by instructor. Fitness Orientation required. Fun group; inspiring trainer.
Instructor: Don Forsberg

Studio Strength

Tues, 7-7:45a
Strength training class in the studio, timed to music. Uses free weights, bands, and body weight to strengthen and tone.
Instructor: Jan Otteson

Bodysculpting

Wed, 5- 6p
Using bands, balls, walls, steps, mats, and a dozen other fitness tools, we will help you become a more toned, strong, fit and functional you! Great and fun way to burn calories, build muscle, endurance, agility, coordination and preserve bone integrity. Class is timed to music. All abilities welcome and encouraged.
Instructor: Lu Herbeck

Silversneakers Classic

Mon, Wed, Fri 10:30-11:30a, and Sat, 10-11a
Nationally known program includes strength, flexibility and balance training with chair assistance.
Instructors: Craig Swenson, Don Forsberg, Lu Herbeck, Nancy Nieman

SLOW MOVEMENT AND TAI CHI

Tai Chi, Yang Style

Mon and Wed, 8:30-9:15a
The class moves through the 24 forms of Yang style Tai Chi. In addition to physical conditioning, Tai Chi is known to bring mental relaxation and improve concentration.
Instructor: Hong Yuan Lang, native of China

Move and Stretch

(Rosen Technique)
Wed 7 - 8a
Easy, flowing movement that works the whole body; all the joints gently move in all the right directions. This technique (developed by Marion Rosen) was designed to prevent injuries, teach somatic movement with a sequence of stretches, joint

mobilizations, and dance-like movements that are done to music. This class is about movement awareness, and flexibility.
Instructor: Sheilah Giles

CORE AND PILATES

All everyday functioning relies on the core, the midsection of the body. Core stability and strength balances one's muscles and posture, taking pressure off the back.

Core and More

Tues 8:30-9:15a, Thur, 8:15 - 9:15a, Fri 7a
Pilates-style midsection toning of the abs, back and sides, incorporating stability balls, weighted balls, balls and 1/2 foam rolls. Postural correction and alignment are emphasized. Intermediate balance training included.
Instructors: Gale Marchand, Craig Swenson

Pilates

Wed 9:30-10:15, Thurs 1:15-2 pm
Designed to deliver optimal strength, flexibility and endurance, Pilates Mat Classes are a total Mind/Body conditioning method that simultaneously strengthens and stretches your core. Pilates will help you increase abdominal, hip and back strength, improve posture and help reduce daily stress and tension.
Instructor: Diane Keefer, Juliana Lima, Sheilah Giles

ON-GOING FITNESS CLASSES

ON-GOING AQUA CLASSES AND POOL ACTIVITIES

ON-GOING AQUA CLASSES & POOL ACTIVITIES

AQUA CLASSES

All of our aquacise classes provide aerobic and strength conditioning using water resistance and buoyancy. They include a warm up, a conditioning phase, a cool down, and stretches.

Sunrisers Aqua

Mon-Wed-Fri 7-7:45a

Instructor: Marilyn Kelley

Ageless Aqua

Mon-Wed-Fri, 8:15-9a

Instructors: Gayle Klauser, Jan Otteson, Craig Swenson, Nancy Nieman

Aqua Fit 'n' Tone

Mon-Wed-Fri, 9:15-10a

Instructors: Gayle Klauser, Jan Otteson, Don Forsberg

Early Bird Aqua

Tues-Thurs, 7-8a

Instructors: Juliana Lima, and Craig Swenson

Aqua Fitness Fusion

Tues-Thurs 5:30-6:30p, Sat 10-11a

Instructors: Jan Otteson, Don Forsberg

Aqua Zumba

Saturdays 8-8:45a

Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout.

Instructors: Juliana Lima, Jan Otteson

WATER VOLLEYBALL

Thurs, 7-7:45p

For fun and fitness, NOT a competitive league! No experience required. Achieve your fitness goals while playing a game. Think of it as low impact aerobic exercise, or just pure entertainment.

Leader: Volunteer Rotation

Starts Sept 12

Fitness Group Fees apply (see pg 6).

SWIMMING FITNESS PROGRAM

Fitness Swimming Coaching

Fridays 6-7 am

NSC Pool

Pick up great tips for your lap swimming from the Swim Coach on Friday mornings. Increase fitness, form, speed and enjoyment in your lap swimming times. This time is available for an Aqua Fitness class fee schedule. Other times of individual coaching may be purchased. See brochure.

Instructor: Bettina Waldman

FAMILY SWIM

Fri, 3:15 - 5p and Sat, 2-3:45p

Enjoy wonderful family fun and exercise with your grandchildren! On Saturdays, younger YMCA-member families are also welcome. The warm water pool provides a great environment for playing with children.

Grandparents or parents are responsible for their children at all times, and must accompany their children/grandchildren in the pool. Lower age limit: 3 yr, and toilet trained (no swimmie pants).

FITNESS AND AQUA INSTRUCTORS

Bob Bruce - RYT+

Eva DeLaPaz - NETA, Group Fitness, Zumba™

Don Forsberg - ACE Personal Trainer, MSROM™ trained, Matter of Balance Master Trainer

Sheilah Giles: CMT, Certified NETA Group Fitness, Yoga Fit Level 1, Rosen

Lu Herbeck, NETA Group Fitness and Personal Trainer, Licensed Zumba™, 28+ yrs certified experience

Diane Keefer: ACE: Certified Group Fitness, Physical Mind Institute of New York: Pilates Certification, DSW: Yoga Certification, NETA: Certified Personal Trainer, Professional in fitness industry since 1989

Marilyn Kelly - Silver Splash trained

Gale Klauser - ACE Group Fitness and AEA Certified, Silver Sneakers MSROM™ trained

Hong Yuan Lang - Native of China, Tai Chi Instructor

Juliana Lima-Native Brazilian, ACE Personal Trainer, Zumba, Zumba Gold, Zumba Toning, Aqua Zumba, Silver Sneakers MSROM

Sigrid Londo - Registered Yoga Trainer, Himalayan Institute of PA

Gale Marchand, NSC Fitness Manager, ACSM Personal Trainer, NETA Group Fitness, 14 years of fitness on all levels

Daniel Martin - registered Yoga Trainer 200, YIN Yoga Certified, CMT, Roling licensed

Lisa Miller - NETA Group Fitness, Zumba licensed, 10 yrs dance lessons

Nancy Nieman - MS, ACSM, H/F Certified Personal Trainer, Silver Sneakers

Jan Otteson - NETA Certified Fitness Instructor, Licensed Zumba™

Instructor, Latin Cardio, NETA Personal Training, Aqua Zumba

Craig Swenson - AS Exercise Science, NETA Personal Trainer, experienced Adaptive Exercise Coach, MSROM™, Enhance Fitness™ Certified

Bettina Waldman - MN Masters Swim Coach, EMT, Lifeguard, WSI, American Red Cross and ASHI CPR, Instructor, in aquatics since 1987.

PERSONAL FITNESS TRAINING

What is Personal Training? Our certified trainers can help you safely and effectively meet your fitness, health and weight management goals, whether you are new to exercise or a tried and true gym veteran. There is something for everyone. With reasonable rates, high demand skills, custom-made programs, our intuitive, motivating and friendly trainers are committed to your personal success. NSC is the Leader in Fitness for 50+ in Northfield.

Who are they? All of our trainers have nationally recognized, current certifications, along with additional training especially for working with people over 50, including working with special health and orthopedic issues.

Lu Herbeck – NETA certified Trainer, specializes in Women’s Fitness, and Fitness for Health Management

Don Forsberg – ACE Personal Trainer, specializes in Strength Training and Balance, Weight Management

Nancy Nieman - MS Exercise Physiology, ACSM Health and Fitness Certified, AFAA Personal Trainer

Craig Swenson - AS Exercise Science, NETA Certified Trainer, Adaptive Fitness and Adaptive Sports Specialist, Strength and Conditioning Coach

How often? Meeting with a trainer can be a weekly, monthly, quarterly or a one time situation.

No contracts are involved. We make it simple to receive professional, trustworthy advice. How often

depends on your goals, and what type of support you desire.

How much? Investing in our health is always an important decision. This is why we offer only certified trainers who have a nationally recognized certification and specific training to our members’ needs.

Affordable Fees:

Initial Session (1hr) \$40m/\$45nm

Subsequent hr \$40m/\$45nm

Subsequent 1/2-hr \$25m/\$30nm

For more information, or to schedule a personal training session, call Gale Marchand, Fitness Manager, 664-3702.

FITNESS GROUPS

FITNESS GROUPS

RECREATIONAL DANCE PARTY

Fridays, 6-8 pm
Beginning in October
Fitness Studio
Show up, dance two step, waltz, jitter bug, ball room or whatever! If you don't have a partner one could be assigned – we are here for FUN. Every Friday Night the Fitness Studio will be alive with tunes ranging from Elvis, Alan Jackson, Johnny Cash, The Beach Boys, Swing, Jazz, Big Band, maybe some Rock and Roll-you name it! Feel free to bring some of your own tunes you would like to dance to (cd, tape or Ipod!) Bring a pair of clean shoes and come and shuffle!
Leaders and DJ-music spinners:
Bryce and Molly Skaar

Fitness Group fees apply

BIKE CLUB (NORTHFIELD PEDALERS)

Mondays, 8:30a
(Meeting time may change as it gets colder)
Bike excursions leave from the Center every Monday at 8:30a.m. In town (shorter) and out of town rides are planned for each week. Enjoy riding with the group from 6-20 miles weekly. Club is designed for those looking for a fun time with folks, light to vigorous exercise at your own pace, but no time trials!
Volunteer led
Fee: Free Activity, donations encouraged to cover administrative costs.

PING PONG

Mon, 7:30-9:30p All levels
Tues, 1:15-3:15p Int/Adv
Wed, 3-5p All levels
Thurs, 2:15-4:15p All levels
Sat, 10a-noon Adv

The NSC-sponsored Ping Pong group is open to members as well as others in the community. Opportunities for all levels of play abound. The beginner or recreational players are as welcome as those who are interested in advancing their skills to enjoy a sport that is growing in popularity across the country. Learn to play, practice and have fun! Led by member-volunteers
Fitness Group fees apply

Fitness Group fees

Aff, Gen, Aqu - \$3
Fitn, Plat, SS - no fee
Non-members - \$6

HEALTH AND SAFETY COURSES

Fall Prevention

Mondays 1:30-2:30
Session 1 Sept 16-Oct 21
Session 2 Nov 4-Dec 9
(Two 6 week sessions)
Unsteady? At risk of falling? This six-class session is for your strength, stability, range of motion, and balance. The class is a complete course on fall prevention exercises. Class is geared to 'beginner' level balance training to increase function in activities of daily living. All levels welcome, chair assistance is provided as needed.
Instructor: Craig Swenson
Fee per 6-wk session: \$36 m/\$48 nm
PL & SS - \$5 for materials

Diabetes Prevention & Management

(See Newsletters for dates)
Learn positive solutions to preventing and/or managing diabetes and its negative complications. Up to date information and techniques will be shared, including healthy eating, lifestyle activity, setting and achieving goals, problem solving and staying motivated. Research from the fields of health care, exercise science, and nutrition will be shared.
Instructor: Lu Herbeck – NETA Personal Trainer, Professor of Health & Fitness MSB, with family history of diabetes.

Northfield EMS Courses and Events (dates in newsletters)

Events - CPR Opportunities
We will offer quick training with Northfield Ambulance EMTs in the NSC Lobby. This will allow you to drop by and refresh your skills easily and conveniently in 2-10 minutes.
No fee

Lectures - These are 1 hour trainings for "lay persons." The courses will be offered in stroke prevention, heart attack detection, diabetes complications and more. All courses are aimed at the public, knowing and responding to help themselves, their loved ones and friends who may be at risk.

HEALTH AND SAFETY COURSES, CONT.

American Health and Safety Institute (ASHI) Certification Courses
 (similar to American Red Cross)
 (Dates will be listed in Newsletter)

CPR/AED (defibrillator) Training

Training for lay persons to respond in an emergency and care for life-threatening respiratory or cardiac emergencies in adults until professional medical help arrives. Includes how to use a defibrillator (the Senior Center has one in the Aqua-Fitness Office). This course is not for health care providers. If you have your own laptop you may bring it and connect to materials via WiFi during the class. Bring your own lunch or supper.

Cost: \$49m/\$60nm Platinum-\$30

First Aid

Learn how to respond in an emergency that may include cuts, scrapes, wounds, burns, injuries to muscles, bones, joints, sudden illnesses such as fainting, stroke, diabetic complications, poisoning, bites and stings, heat and cold related emergencies, asthma, anaphylaxis.

Learn to control bleeding, splint, bandage and care for people until trained professionals arrive. Please bring your own meal or snacks. If you have your own laptop you may bring it and connect to materials via WiFi during the class. Bring your own lunch or supper, if you choose.

Fee: \$49m/\$60 nm/\$30 Platinum

CPR/AED

for the Professional Rescuer

This course teaches students to respond to breathing and cardiac emergencies in adults, children and infants, use an AED on an adult or child victim of cardiac arrest and use personal protective equipment to stop blood borne pathogens and other diseases from spreading.

Course is designed for people with job-related duties in emergency preparedness and response. This includes nurses, daycare providers, law enforcement and EMS personnel, fire fighters, business and industry response teams, lifeguards, flight attendants, and others who must take action in emergency situations. 8 hr course in 2 dates. You must attend both dates. Please bring your own meal or snacks. If you have your own laptop you may bring it and connect to materials via WiFi during the class. Bring your own lunch or supper.

Cost: \$79m/\$89nm Pl & SS \$45

AARP

AARP Driving Safety Courses

This course is designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver. Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premium. First timers must take the 8-hour course then a refresher course every 3 years to continue the discount.

Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

Fee: \$15 m/ \$18nm

8-hour Full Course

Sat	Oct 12	8am – 4 pm
Mon /Tue	Nov 4 /5	5:30 – 9:30 pm

4-hour Refresher Course

Wed	Sept 4	5:30 – 9:30 pm
Thu	Sept 19	1 pm - 5 pm
Tues	Oct 8	5:30 – 9:30 pm
Fri	Oct 25	9 am – 1 pm
Thu	Nov 7	1 pm - 5 pm
Mon	Nov 18	1 pm - 5 pm
Tue	Dec 17	1 pm - 5 pm

AARP

GROUP ACTIVITIES

Our volunteer led groups are as diverse as the people who attend. They are designed to provide social interaction, skill enhancement and fun! Some groups require you to bring your own supplies. A \$1 donation *per* person for use of the facility is collected for these group activities.

POPCORN AND A MOVIE MONDAYS, 1-3PM

Every Monday the Center's movie group meets to view a movie. Anyone may attend this group. A one dollar donation is recommended. Titles vary from month to month. Movies are provided from the private collection of Diane Gehler. If you would like to request a specific movie, please let her know.

CARD GROUPS

Double-Deck Pinochle

Mondays 1-4p
Pinochle is a bidding, melding and trick taking game played with a partner using 80 cards (A-10-K-Q-J). Call our group leaders on Monday morning to sign-up: Sharon Steinhouse or Phil Winter.

Social Bridge

Wednesdays 12:30-3p
Party (rubber) bridge. Intermediate level. Sign up 30 minutes prior to reserve a seat. Bring nickels and pennies for kitty. No partner necessary.

Duplicate Bridge

Tuesdays 1-4p and Thursdays 7-10p
American Standard Duplicate bridge. Widely used style of contract bridge in club and tournament settings. Identical hands are played at each table. Sign in 30 minutes prior to reserve your seat. Bring your own partner.

Euchre

Tuesdays 12:30-3p
Euchre is a trick-taking card game where each of four players is dealt 5 cards and the player making trump must take 3 tricks to win the hand. Sign in 30 minutes prior to start time to reserve your seat. No partner necessary. Instruction available upon request.

"500"

Fridays 12:30-3p
500 is a bidding and trick-taking card game using a 45 card deck, with trumping, bowers and the joker as high trump. Bring \$1 for kitty. Sign in 30 minutes prior to start time to reserve your seat. No partner necessary. Instruction available upon request.

OTHER GROUPS

Book Club

2nd Friday of each month, 10:30a
The book club is open to all. Simply read the monthly book prior to the meeting then come and discuss it at the book club gathering at the Center. For more information call Katherine Collman, 645-1357.

Books for this fall-

Sept - EINSTEIN'S GOD by Krista Tippett

Oct - THE UNLIKELY PILGRIMAGE OF HAROLD

FRY by Rachel Joyce

Nov - THE SATANIC VERSES by Salman Rushdie

Retired Teachers Coffee

2nd Monday of the month 8:30-9:30a
Open to any educators or school personnel that enjoy reminiscing over coffee and a treat.

GROUP ACTIVITIES

CALENDAR OF WEEKLY* GROUP ACTIVITIES

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	8:30a (2nd Monday) Retired Teachers		10a-noon (2nd and 4th) Woodcarving		9a-12 (1st & 3rd) Joy of Quilting
	1 - 4p Double Pinochle	12:30-3p Euchre			10:30a (2nd Friday) Book Club
	1 - 3p Movies	1 - 3p Hook, Yarn and Needle			12:30-3p "500" Cards
	1:30-3:30p (1st,3rd) Paper Crafting	1 - 4p Duplicate Bridge	12:30 - 3p Social Bridge		9:30-11:30a (4th Fri) Photography Group
				7 - 10p Duplicate Bridge	

*If a group does not meet every week, there is a notation indication which week(s) of each month it meets.

GROUP ACTIVITIES

CRAFTING GROUPS

Hook, Yarn and Needle

Tuesdays 1-3p

If you use one of these tools to craft, you qualify. Bring your own project to work on in the company of other crafters. Learn from each other.

Joy of Quilting

1st and 3rd Fridays 9a-noon.

Tired of quilting alone? This group will enable you to share project ideas and various quilting techniques while working on your unfinished quilting projects. Bring your own quilting project. New projects available for beginners.

Woodcarving

2nd and 4th Wednesdays 9:30 - 11:30a

Hand wood carvers gather to work on their own projects and share ideas, patterns, techniques and friendship. Block sawing services provided. No experience necessary. Some tools required.

The Photography Group

4th Fridays, 9:30 - 11:30a . Each session, held in the Computer Lab, will start with a brief educational presentation of a photography website which offer free photography tips and education. The remaining time will be spent reviewing individuals photos, questions and answers, as well as help with cameras and equipment. Please bring pictures on a USB memory stick for show and tell. Prints are acceptable. If

you have camera questions, please bring your camera, batteries, memory card, and manual.

This is not a formal class or club.

It is an opportunity to share an interest in photography.

Paper Crafting

1st and 3rd Mondays, 1:30-3:30p

Very friendly and inviting to all.

\$1-2 fee for supplies may be charged depending on the project.

Schedule of projects for the fall:

Sept 2 - Labor Day - no group meeting

Sept 16 - tea bag folding

Sept 30 - bring completed tea bag folding projects

Oct 7 - Halloween folding banner

Oct 21 - follow up on the Halloween folding banner

Nov 4 - resist printing for cards

Nov 18 - completed cards

Dec 2 - Christmas card that opens into a box

Dec 16 - completed card "boxes"

Painting Group

A new group will be forming this fall with the purpose of drawing and painting together. If you are interested in this, contact Patsy Dew (664-3708 or patsydew@nscmn.org). Watch for more details in the monthly newsletters.

MUSIC GROUPS

Chime Choir

Rehearsals: Thursdays from 1:30 to 3:00 PM. NO FEE

Starting Sept.19th thru Dec.19. Last 3 dates we share our music with others around town.

Our 3 octave choir chimes produce mellow-toned music. 11 people are needed plus extras that can substitute.

What skills are necessary? Love to make music, able to count notes, a commitment to participate, enjoy a fun group. Unfamiliar with chimes? I'll arrange special tutoring. We are always looking to add new people; men or women, experienced or novice, regular or substitute.

Contact Marilyn Finneseth, director: 645-5147 or 612-877-0959.

Seasoned Singers

Fall rehearsals Oct 22-Dec 17
Tuesdays 4:30-6 pm Fee \$10

The Center's women's singing group is for women who love to sing in parts and are willing to participate in 3-4 local performances seasonally. Some members enjoy gathering at local restaurants for dinner after rehearsals. Come join in the fun and exhilaration of singing under the direction of Donna May, Music Director at St. Agnus School in St. Paul and active member of the Northfield Senior Center. Bring a thin black binder for music. Their CD "Seasonal Songs by the Seasoned Singers" is available for \$12.

DINING CENTER

Meals are available at the Senior Center at **11:30 am Monday – Friday**, Room SS105 of the Northfield Community Resource Center, 1651 Jefferson Parkway, Northfield, MN 55057. The meals are available to all at a cost of \$6.00 however if you are 60 or over you are eligible for the meal at a suggested donation of \$3.50. No one is denied a meal because he or she is unable to contribute. Food Stamps/EBT cards

are welcome. Diners are asked to complete a brief registration form.

Menus are available for the month and are also listed in the Northfield News. Reservations can be made by calling 507-664-3735 and leave a message no later than noon the business day before you want to come with your name and the date you wish to dine. You may also sign up at the dining site.

Special programs are often offered during the time before the meal is served. Some of these programs are musical entertainment, with a variety of performances ranging from classical to Western music. Other programs are informative talks on subjects of common interest. Special programs are listed on the monthly menu calendar or highlighted in Center News Updates on-line.



Pictures from the Dining Center, Halloween, 2012

LIFE LONG LEARNING

The Wisdom of History Series

This DVD discussion group, coordinated by volunteer Orrin DeLong, will delve into a new series on Friday mornings from 10:30 – 11:30 beginning Sept 6. The Wisdom of History series contains a total of 36 lessons with Professor Fears introducing each DVD. (The Professor does wear a different tie than he did in Events that Changed History). Thought provoking discussion of the day's topic follows each video presentation. We will

present the series in several sessions of 5-7 lessons each. There is a \$5 materials fee for each session. Class size is limited to 12.

Session 1

- Sept 6 Why We Study History
 - Sept 13 WWI and the Lessons of History
 - Sept 20 Hitler's Rise and the Lessons of History
 - Sept 27 WWII and the Lessons of History
- Cost: \$5 materials fee

Session 2

- Oct 11 Birth of Civilization in the

- Middle East
 - Oct 18 The Trojan War in the Middle East
 - Oct 25 Ancient Israel and the Middle East
 - Nov 1 Ancient Greece and the Middle East
 - Nov 8 Athenian Democracy: An Empire
 - Nov 15 The Destiny of Athenian Democracy
 - Nov 22 Alexander the Great and the Middle East
- Cost: \$5 materials fee

LIFE LONG LEARNING, CONT.

EVENTS THAT CHANGED HISTORY



Maintain Your Brain
Wed, Sept 25 – Nov 20, 1-2p

Like other parts of your body, your brain may lose some agility as you get older. It can deteriorate even more if you don't take care of it. But research has found that keeping the brain active and the body active maintains and even increases the brain's healthy functioning.

Lu Herbeck and Chris Ellison will offer an eight week course on brain fitness presenting the latest research on brain health. They will explain the 6 major areas of brain cognition (long term memory, short term memory, processing speed, concentration/attention, logic/reasoning, and visualization), and introduce physical and mental activities you can do to keep that brain in tip-top shape using paper/pencil, computer, video and Wii programs. The course is also an introduction to the QuickWitz brain fitness program that will be starting in January.

Cost: \$48.00/member, free to Plat/SS \$64.00/nonmember for 8 session course

The Titanic
Thursday, September 26, 1:00
Dale Blanshan returns with a historical program on the sinking of the great ship Titanic, on her maiden voyage from England to the United States. Over 1500 passengers lost their lives when the great ocean liner went down, amid stories of tragedy, heroism, and narrow escape. In 1985 the wreck of the Titanic was discovered, lying two and a half miles below the surface of the Atlantic. Learn about this tragedy and view photos that help tell the sad account as Dale presents another of his well-told tales.
Cost: \$6 (PL/SS - no fee)



The Assassination of JFK: The Mystery and Legend
Monday, November 11, 3:00

Where were you when JFK was assassinated? Nearly 50 years later, this event still sparks discussion and controversy. Even though the Warren Commission found that Lee Harvey Oswald acted alone, more than 70% of Americans today believe there was a conspiracy. Why is that? What are the pieces of evidence that are in dispute? This presentation covers the basics of the assassination, the trip to Dallas, the conclusions of the Warren Commission and the ongoing debate. This presentation by

historian David Jones shows the many sides of the discussion and allows audience members to decide for themselves.
Cost \$6 (PL/SS - no fee)

Medicare Basics--The ABCDs
October 2 & 3, 5:30-7:30p
If you are soon turning 65 and eligible for Medicare, this is the class that will help you understand this program and help you make good choices for supplemental insurance. Over two sessions, the class will cover the various parts of Medicare--hospital, medical, and drug options. Topics include: original/ traditional Medicare; Medicare supplements; Medicare advantage plans; prescription drug plans; preventive benefits; Medicare savings programs; preventing fraud, waste and abuse; and resources to help you. Instructor Chad Wojchik is a certified State Health Insurance Program Counselor with the SE MN Area Agency on Aging. Cost: \$6 (PL/SS - no fee) Preregistration is required

Jacqui Dorsey: The Essential Documents You Need Before You Die

Tuesday, November 5, 10:00
Death planning isn't exactly the most fun thing to think about, but if you want the people you care about to have an easier time if something happens to you (whether you're hospitalized for a while or actually pass away), gathering all your critical documents is essential. Do your loved ones a favor and organize these important documents so they can easily make financial decisions, act on your behalf and follow your wishes without experiencing extra pain and stress when discovering that important information is disorganized or missing.
Cost \$6 (PL/SS - no fee)

LIFE LONG LEARNING

LIFE LONG LEARNING

LITERARY ARTS

Writing a Memory Vignette

September 11th and 18th

9:30 - 11:30 a.m.

Specific Materials

Do you have a special memory, significant event, family story or a tale of an ancestor that you'd like to capture? Learn how to write it in the form of a vignette—a brief, evocative account of something. I will take you through a series of collaborative, in-class writing exercises to help you get your story onto paper, refine and polish your work.

No writing experience necessary. Bring a laptop or a writing tablet with favorite writing utensil.

Teacher: Kari Clark

Cost: \$24m/\$32nm

IN COLLABORATION WITH THE NORTHFIELD ARTS GUILD...

Writers' Night

Thursdays 7:00 - 9:00

Session 1: Oct 10 - 31

Session 2: Nov 7 - Dec 5

We'll find inspirations and exercises from Julia Cameron's book *The Right to Write*, prompting you to expand your body of work. Our goal will be to guide each other to find the beauty and the particular truth, and ultimately the universal truth, in our writing. Bring a copy of *The Right to Write* to the first class.

Note: Session 2 is a continuation of Session 1, although Session 1 is not a prerequisite.

Teacher: Paula Granquist

Cost: \$94 m/\$46PL or SS/\$104 nm

Small copy and materials fee will be requested in class.



FINANCIAL FITNESS SERIES

This series of classes by Andrew Gray from Thrivent Financial and Gary Johnson from the Better Business Bureau's Center for Fraud Prevention will cover financial concerns of those beginning to think about planning for retirement, those who are already on Social Security and all members who are unsure of their long-range financial fitness and who want to avoid being victimized by theft or fraud.

Retire with Confidence

Monday, September 23, 6:30-7:30 pm

Andrew Gray will help you learn to manage six risks all current or future retirees face: outliving income, inflation, unpredictable events, market volatility, income taxes and rising health care costs. Fee: \$3

Social Security: Strategize to Maximize

Monday, September 30, 6:30-7:00pm

Andrew Gray will help both those on Social Security now and those with Social Security in their future understand Social Security and what it covers. Participants will also learn ways to optimize those benefits, as well as other considerations to help reach retirement goals. Fee: \$3

Identity Theft

Thursday, October 3, 1:00-2:00

ten million Americans will have their identity stolen this year. It's a risk you face every day. Simply by carrying your driver's license, using a credit card to

make a purchase in town or online, you could be exposing yourself to identity theft. Andrew Gray will help you learn the facts about this fast-growing crime, to reduce your risks and to know what to do if you become a victim. Fee: \$3

Myths of Long Term Care Insurance

Thursday, October 10, 1:00-1:30

Few of us are prepared to deal with the emotional, physical and financial issues that accompany becoming a caregiver. Nor do we know how to set up a strategy to pay for our own care – or the care of a loved one. Andrew Gray will present - and debunk - the most common myths about Long Term Care Insurance: who needs it, what it covers, and how it works with Medicare and Medicaid. Fee: \$3

Consumer and Investment Fraud

Wednesday, November 6, 1:00-2:00

Nationwide, scams against seniors generated billions of dollars each year for criminals. Seniors are often targeted by scam artists because they are generally more trusting and are perceived to be easier to persuade. Seniors may not be aware that they have fallen for a scam until it's too late and may avoid telling anyone for fear of losing independence by appearing so vulnerable. Gary Johnson, Senior Outreach Manager for the Better Business Bureau of Minnesota and North Dakota, will give attendees the tools to deal with frauds and scams directed at seniors. Fee: \$3

VOLUNTEERS

SEASONAL ACTIVITIES

Popcorn Wagon workers help run our business on Bridge Square from our authentic antique Popcorn Wagon. The Wagon is on the Square from mid-May to mid-October, with a couple of special appearances each summer on the Carleton College campus. The Wagon may be rented for special events.

Gardening Crew takes care of the gardens at the Center including five beautiful flower beds, several pots and two vegetable beds.

AT THE CENTER

Dining volunteers help with a variety of duties associated with our 11:30 am meal available at the Center Monday – Friday. Duties could include checking in diners, cleaning and setting tables, making coffee, passing out food, doing dishes, helping with reports, entering data in the computer, planning programming, purchasing supplies or providing entertainment.

Work Crew volunteers fix things and do odd jobs that make our Center run smoother. This group gathers on Friday afternoons at 1:00.

Admin Crew volunteers are office helpers. They are on-call to do whatever administrative tasks

are requested by the staff. Duties could include filing, data entry, typing, preparing mailings, photocopying, special projects and other task that inevitably arise.

Event Crew volunteers help plan and/or execute big events. Duties may include planning, purchasing supplies, distributing flyers, setting up tables and chairs, decorating, dishwashing, clean up and resetting of rooms.

Monitors in the Pool and Fitness Room provide an extra set of eyes and ears in mainly the pool area so that in the event of an emergency help can be summoned promptly. Fitness monitors open the fitness room for early morning use. Some training required, however, lifeguard certification is not necessary.

Receptionists at Sr. Center greet people as they enter the building and document usage on our computer system. System training is required and provided. They also provide information for our members and the community and keep the coffee and popcorn available.

Trip Committee members plan and escort the travel programming offered by the Senior Center. They generally meet once a month.

Computer Learning Center Committee members coordinate and teach the offerings in our computer lab. Other volunteers coach new students on a one on

one basis during the classes.

Group Leaders coordinate specific groups such as card groups, crafting groups, fitness groups, book club, etc.

Board and Committee members facilitate the organization for the Northfield Senior Citizens, Inc. They are a working board and are elected at the annual meeting each year.

IN THE COMMUNITY

Thursday's Table volunteers provide a variety of task for the Community Action Center's free meal for people in the community on Thursdays. The Center provides volunteers six specific weeks each year.

Meals On Wheels volunteers deliver meals to people's homes in the community. The Center provides volunteers three weeks each year. Deliveries are made from the Northfield Hospital kitchen at noon.

Used A Bit Shoppe retail store is operated by the Senior Center. Volunteer workers prepare used household merchandise for resale at our store in the River Park Mall. Various positions are available.

Fall Calendar for Computer Classes

SEPT	SEPTEMBER				
	Monday	Tuesday	Wed	Thursday	Friday
					9:30 -11:30 TECH TIME 20 New Dual Boot Computers
		9:30 -11:30 24 iPad/iPhone		9:30 -11:30 26 iPad/iPhone	9:30-11:30 27 Photography Group
9:30 -11:30 30 Intro to Computers/MAC					

OCT	OCTOBER				
	Monday	Tuesday	Wed	Thursday	Friday
		9:30 -11:30 1 Intro to Computers/WIN	9:30 -11:30 2 Intro to Computers/MAC	9:30 -11:30 3 Intro to Computers/WIN	
	9:30-11:30 7 Word Processing Basics/ MAC	9:30-11:30 8 Word Processing Basics/ WIN	9:30-11:30 9 Word Processing Basics MAC	9:30-11:30 10 Word Processing Basics/ WIN	
9:30-11:30 14 Organize My MAC Computer	9:30-11:30 15 Organize My Windows Computer	9:30-11:30 16 Organize My MAC Computer	9:30-11:30 17 Organize My Windows Computer	9:30 -11:30 TECH TIME 18 Windows 8	
9:30 -11:30 21 Basic Quicken	9:30-11:30 22	9:30 -11:30 23 Basic Quicken	9:30-11:30 24	9:30-11:30 25 / Sat 26 Photo Group / Genealogy	
9:30-11:30 28 Holiday Correspondence 1:30-3:30 Organize My Photos	9:30-11:30 29 Intro to Internet, Email	30 1:30-3:30 Organize My Photos	9:30-11:30 31 Intro to Internet, Email		

NOV	NOVEMBER				
	Monday	Tuesday	Wed	Thursday	Friday
	1:00-4:00 4 Basic Photo Editing/Print.	9:30-11:30 5 Intermed Internet and Email		9:30-11:30 7 Intermed Internet and Email	1:00-4:00 8 Basic Photo Editing/Print.
	1:00-4:00 11 Adv Photo Editing/ Printing	9:30-11:30 12 Facebook	1:00-4:00 13 Adv Photo Editing/Printing	9:30-11:30 14 Facebook	9:30 -11:30 TECH TIME 15
9:30-11:30 18 Scanning Pictures	9:30-11:30 19 Taking Better Photos		9:30-11:30 21 Taking Better Photos	9:30-11:30 22 Photography Group	

DEC	DECEMBER				
	Monday	Tuesday	Wed	Thursday	Friday
		9:30-11:30 3 New Life for Old Slides		9:30-11:30 5 Taking Better Photos	

Fee and Registration Information

Fee: \$5 *per* hour of class time, or \$10 for 2 hr class, \$20 for 4 hr classes, etc. (for all classes: Add \$5 for non-members) Classes are free for Platinum and Silver Sneaker Members, but registration is required.

Registration Deadline: Noon, Wednesday, the week before the class begins.
The early deadline is needed to allow adequate course preparation.

INTRODUCTORY SERIES

Four times each year the Computer Learning Center offers a series of courses, intended to be taken in sequence. Students are encouraged to assess their own experience with computers in deciding which course should be their first one.

Intro to Computers For MAC

Sep 30 & Oct 2 *9:30-11:30a*

For Windows

Oct 1 & 3 *9:30-11:30a*

This introductory course covers general computer concepts and use of the mouse and keyboard. It is intended for people with no experience and those who feel they need some preparation for other Computer Learning Center courses.

Students in the Windows version of this class are asked to pick up a free text book loaner copy at the Reception Desk prior to the start of the course.

Prerequisite: none

Cost: \$20m/\$25nm

**Teachers: Judy Cederberg (MAC)
Jim Finholt (Windows)**

Word Processing Basics

For MAC

Mon/Wed Oct 7/9 *9:30-11:30a*

For Windows

Tues/Thur Oct 8/10 *9:30-11:30a*

This two-session course reviews and applies the concepts introduced in the course, Intro to Computers. Students use WordPad (Windows) and TextEdit (Mac) to learn to create, edit, save and open files. They learn formatting features including alignment, font types, and font styles (bold, italic, underline and color) to improve the appearance of a document. Other topics introduced include Ribbon use and copy/cut and paste text.

Prerequisite: Intro to Computers or equivalent

Cost: \$20m/\$25nm

**Teachers: Barb Henwood (MAC)
Lee Klimisch (Windows)**

Organize My MAC Computer

Mon/Wed Oct 14/16 *9:30-11:30a*

Organize My Windows

Computer

Tues/Thurs Oct 15/17 *9:30-11:30a*

A typical computer may contain thousands of documents and pictures and it is essential to have a good way to organize these items. This course will explain how to use a computer operating system to attain this goal. The course will cover the following topics: basic computer organization, how to view stored content, USB flash drives, creation of folders, view menu options for content display, copying and moving folders and files,

use of the right mouse button, finding files and folders, shortcuts, and backup strategies. The course will use the either Windows 8 or the latest Macintosh operating system, but much of the content will be useful for people using older operating systems.

Prerequisite: Word Processing Basics or equivalent

Cost: \$20m/\$25nm

Teacher: Jim Finholt

Intro to Internet and Email

Tues/Thurs Oct 29/31 *9:30-11:30a*

This course deals with the following topics: searching the internet, sending and receiving email, sending and opening email attachments, using Contacts (Address Book), and security. The course uses *Microsoft Internet Explorer* and *Google Gmail*.

This course will be useful to Mac users. Prerequisite: *Organize My Computer* or equivalent

Cost: \$20m/\$25nm

Teacher: Jim Finholt

More class descriptions on next 2 pages.

WORKING WITH PHOTOS***Organize My Photos*****Mon/Wed Oct 28 & 30
1:30-3:30p Cost: \$20m/\$25nm**

Over the years you may accumulate thousands of photos. This course explains how to organize those photos using *Adobe Photoshop Elements* software. Topics covered include: how to transfer photos from your camera onto your computer, where to store photos on your computer, how to back up your photos, “edit ruthlessly” or how to separate the wheat from the chaff, how to use albums, keywords, captions and ratings to organize and search for your photos. Finally, we’ll look at some very basic corrections to improve your photos. This course will be useful to Mac users. (2 Sessions)

Prerequisite: *Organize My Computer* or equivalent

Teacher: Mark Ulmer

Basic Photo Editing & Printing**Mon/Fri Nov 4 & 8 1-4 p
Cost: \$30m/\$35nm**

This course uses the Editor functions of *Adobe Photoshop Elements* software to make corrections to your photos including: cropping and straightening, sharpening, brightness, contrast and exposure corrections, using the histogram to evaluate exposure, color corrections, basic retouching, healing and cloning, perspective corrections, “red eye” removal, whitening teeth and making dull skies blue. We’ll also discuss how to print your photos. This course will be useful to Mac users. (2 **three-hour** Sessions)

Prerequisite: *Organize My Photos* or equivalent

Teacher: Mark Ulmer

Adv Photo Editing & Printing**Mon/Wed Nov 11 & 13 1-4 p
Cost: \$30m/\$35nm**

This course explores the Editor functions of *Adobe Photoshop Elements* including: use of selection tools, using layers, layer masks and layer blend

modes, applying adjustments non-destructively using layers, non-destructive dodging and burning, compositing photos and stitching a panorama from multiple photos. Printing topics covered include: image resizing and resampling for specific print sizes, paper selection, color management using ICC profiles for specific paper/printer combinations and use of rendering intents. This course will be useful to Mac users. (2 **three-hour** Sessions)

Prerequisite: *Basic Photo Editing & Printing* or equivalent.

Teacher: Mark Ulmer

Scanning Pictures**Mon Nov 21 1:30-3:30p
Cost: \$10m/\$15nm**

Share your pictures of the grandkids with others. This course shows how to scan photos from small snapshots up to 8x10 inch photographs into your computer using *Microsoft Windows 8*. Cropping and sizing of the scans are explained. Students can bring a couple of pictures to be scanned and saved on their flash drives. Optical character recognition (OCR) is also demonstrated. (1 Session)

Prerequisite: *Intro to Computers* or equivalent

Teacher: Jim Finholt

Taking Better Photos**Tues/Thur Nov 19 & 21
9:30-11:30a Cost: \$20m/\$25nm**

This course will help you to take better photos by making the most of your camera’s features and observing basic rules of composition. This course will be useful for any type of camera from compact to DSLR.

Please bring your camera and user manual. (2 Sessions)

Prerequisite: None

Teacher: Mark Ulmer

New Life for Old Slides**Tues/Thur Dec 3 & 5 9:30-11:30
Cost: \$20m/\$25nm**

The first part of this course presents

a procedure for scanning 35 mm slides to produce electronic slide files. The second part presents a method to produce a slide show on a DVD that can be played through a television set. Electronic files have many uses. They are readily stored. They can be easily copied and distributed. They can be used to insert pictures into documents. They can be organized. They can be used to produce slide show DVDs for use with television sets. Canon scanners and software will be used in the course. *Windows 8* operating system software will be used to produce the DVDs. Students will need to bring five or six slides to the class. (2 Sessions)

Prerequisite: *Organize My Computer* or equivalent

Teacher: Jim Finholt

OTHER COMPUTER COURSES***Intro to iPad and iPhone*****Tues/Thurs Sept 24 & 26**

This introductory course is for absolute beginners of iPad and iPhones. In this class you will get to know your iPad, and/or iPhone. You will learn the basic operations necessary to operate the iPad / iPhone and the onscreen keyboard. You will also learn to send E-mails as well as surf the internet with your device. Please bring your iPad or iPhone to class.

**Teachers: Catherine Hanson,
Jim Finholt**

Basic Quicken

Mon/Wed Oct 21/23
9:30-11:30a Cost: \$20m/\$25nm
Plus, Materials Fee: \$5.00

Learn to use the popular home financial program, *Quicken*. It is used to keep records of income, expenditures, investments and tax records. *Quicken* records are useful for reconciling check books and preparing for filing taxes. . This course will be useful to Mac users. (2 Sessions) Prerequisite: *Intro to Computers* or equivalent
Teacher: Gloria Krusemeyer

Intermed. Internet and Email

Nov 5 & 7 9:30-11:30a
Cost: \$20m/\$25nm

This course will discuss internet topics such as using tabs, organizing favorite sites, backup of favorite sites, and information searching strategies. Email topics covered will include creating and using group addresses and attachments. Cutting, copying, pasting, and printing techniques will be developed for both email and web browsing. The course will use *Mozilla Firefox* (browser) and *Google Gmail* (email). Students can choose to work on a computer set to act like a Macintosh machine or a computer set to act like a Windows 8 machine. (2 Sessions)

Prerequisite: *Intro to the Internet and Email* or equivalent

Students must have an active Gmail Account

Teacher: Judy Cederberg

Facebook

Tues/Thurs 9:30-11:30a
Nov 12 & 14

Cost: \$20m/\$25nm

Learn about the social networking phenomenon called *Facebook* and how to use it. This class will cover creating a *Facebook* account, managing privacy settings, locating past and current friends, joining interest groups, playing games, and more. Whether or not you have a current *Facebook* account you can join us for this class. This course will be useful to Mac users.

Prerequisite: *Intro to the Internet and Email*

Teacher: Gloria Krusemeyer

Holiday Correspondence

Mon Oct 28 9:30-11:30a
Cost: \$10 m/\$15 nm

This course will show how to enhance letters, invitations, and other documents by incorporating pictures including titles, clip art, and decorative borders using Microsoft Word software. This course will help to embellish your holiday letters. It will repeat much of the material presented in Insert a Photo into Text. It will be taught on Windows 8 computers, but should be useful to Mac users.

(1 Session)

Prerequisite: *Word Processing Basics I* or equivalent

Teacher: Jim Finholt

Genealogy

Sat Oct 26 9:30-11:30a
Cost: \$10m/\$15nm

This course provides a brief introduction to modern genealogy, including how to get started, types of genealogy research, online genealogy databases, and use of genealogy software to keep track of what you learned and where you learned it. Time will be reserved for questions.

Teacher: Tom Pender

Learn to Type**By Arrangement with Teacher**

This 8-hour course presents the techniques needed to touch-type (as opposed to the "hunt and peck" method) without looking at your hands or the keyboard. Learn the correct methods so that your practice can result in accuracy and mastery. These techniques are usable on any traditional keyboard including Mac and Windows computers. This course is taught in a 1-to-1 format rather than in a group. Any interested student should **contact the instructor, Lee Klimisch**, to arrange a schedule. (507-645-7617 or klimisch2@gmail.com)

Prerequisite: *Word Processing Basics* or equivalent

Just Ask!

Do you have a burning question about computers? Do you have a special need not met by NATC courses? **Just Ask!** is a free program designed to help you. This program will be managed by Gloria Krusemeyer. Help will be via phone, email, and/or one-on-one sessions in the Senior Center. Call (507) 222-0007 or email just.ask.natc@gmail.com for info or appointment.

REGIONAL TRIPS



Out to Lunch

Willinger's Golf Club
Tuesday, September 24

Time: 11:30 am

There's still time to sign up for lunch at Willinger's Golf Club! Since we haven't been there for a couple of years, it's going to be a treat. Please join us. Do try to car pool. The Golf Club is located about one mile west of 35W and north (right turn) on Canby Trail. Please sign up using a registration form so we know how many will be attending. Remember, lunch is on your own.

Sign up date: September 20

Regional Trips

Maya – Hidden Worlds Revealed

Science Museum of Minnesota, St Paul

Tuesday, September 17

Time: 9:15 am – 4:15 pm

Maya: Hidden Worlds Revealed is making its world premiere at the Science Museum of Minnesota. Discover and explore the rise and eventual decline of this advanced ancient civilization through authentic artifacts, hands-on-activities, and re-created environments that immerse you in Maya culture and history. Lunch at the museum is on own.

Cost: \$48

Sign up date: 30 August

Church Basement Ladies The Last Potluck Supper

Date: Wednesday, October 9

Time: 10:15 am – 4:30 pm

Come with us to enjoy the world premier performance of the 5th chapter in the Church Basement Ladies series! It is 1979, the day of the church's Centennial Celebration,

and past parishioners have gathered to share hot dish, bars, and stories from the last 100 years. As the women work in the kitchen, these shared memories burst into life through a series of flashbacks. The celebration is bittersweet as times are tough in this small farm community and tough decisions have to be made. These favorite church basement ladies handle it all with grace, hilarity, and some brand new musical numbers that are sure to get your toes tapping. Lunch is included. This outing is in conjunction with the Community Resource Bank.

Cost: \$55

Sign up date: September 25

Cemetery Stories

Date: Saturday, October 19

Time: TBA

Returning Ghosts of the Civil War and different soldiers of the Civil War are featured in this year's special outing at the Oak Lawn Cemetery. We'll meet after the tour at the Senior Center for a special program to be announced later. Coffee, cookies and lemonade will be served at the Center. More details to come in the next Newsletter. This trip is in conjunction with the Northfield Historical Society.

Cost: TBA

Sign up date: TBA

Prohibition Exhibit

Minnesota History Center, St Paul

Date: Tuesday, November 12

Time: 9:30 am – 4:30 pm

The History Center's upcoming new exhibit, American Spirits: The Rise and Fall of Prohibition, opens in early November. Upon arrival our group will attend a special program, Prohibition Razzmatazz, where we'll listen to a bootlegger's saga and hear

the heart-felt plea of a young flapper as well as other characters that bring this era to life. Included will be toe-tapping prohibition era music and song. After the special program we'll have lunch on own at the Center's Café which features "grab and go" items as well as entrees, grill and deli. Then we'll have a guided tour of the exhibit. There will be time to browse the museum stores before or after the exhibit tour.

Cost: \$44

Sign up date: 1 November

Local History Tours

\$3 for each of these tours

See newsletters for more details about these local tours.

Nfld Historical Society Guided Tour and Civil War Exhibit

Tuesday, September 24, 10:00

Meet at the Historical Society to get a personal tour of the museum by one of the society's experienced guides. Learn about the bank raid, and see the Museum's exhibit on Northfield and the Civil War.

History of Carleton's Cowling Arboretum

Tuesday, October 1, 10:00

Meet at the Arboretum office to hear former Arboretum manager, Myles Bakke, talk about the prairie ecosystem, the restoration project and its history. The talk will be followed by a walk of about 1 3/4 miles out to the prairie restoration in the lower Arboretum.

Ghost Tour of St. Olaf

Wednesday, October 23, 6:00 PM

Greg Kneser will share with you his "Ghost File" as you tour the haunted sites on campus.

EXTENDED TRAVEL

PANAMA CANAL CRUISE

including the Mexican Riviera,
Central America, South America &
the Caribbean March 1-17, 2014



THE ISLAND PRINCESS

With 90% of her staterooms offering spectacular ocean views, most with balconies opening onto the majestic scenery, Island Princess was made for the wonders of the Panama Canal. You'll love getting active in the fitness center or browsing the world-class art collection, then unwinding with some shopping in the boutiques or a massage in the Lotus Spa. Dining choices include specialty restaurants as well as the included Traditional Dining. After dinner, head to the themed Casino or take in a show in the Princess Theater or the dazzling Universe Lounge...it all awaits you on the Island Princess!

EXTENDED TRAVEL

PASSPORTS REQUIRED
Must be valid through September 13, 2014

The Epic Destination

The daily grind will be a distant memory on your fantastic voyage through the Panama Canal. You'll transit the mighty canal that links the oceans through the massive locks that were 400 years in the planning and making. In addition to this man-made marvel, you'll experience some of nature's most beautiful creations in the Caribbean, Mexico and Central America. In places like these, and with days at sea with the many planned shipboard activities and educational seminars, your vacation becomes much more than a break from the routine...it becomes a complete escape!

Included in Your Tour

Your own tour Director Larry Alvey from Minnesota
Roundtrip American flights from Minneapolis to Ft. Lauderdale and return from Los Angeles to Minneapolis
All transfers to and from the airport, hotel and pier
1 night pre-cruise hotel night at the Embassy Suites in Ft. Lauderdale
All meals and entertainment onboard the ISLAND PRINCESS
Luggage handling at the hotel and on the ship (1 suitcase per person)
Visiting 7 ports of call including Ft. Lauderdale and Los Angeles on Board

Did you know? If you book your cruise through our travel committee, the Center benefits. Email Linda Zwolensky for more information (lindazwolensky@nscmn.org).

Motor Coach and Extended trips are coordinated by Linda Zwolensky.

You can contact her through email:
lindazwolensky@nscmn.org

Ask for travel books and trip brochures at the Senior Center reception desk.

GALLERY EXHIBITS

FALL EXHIBITS



Watch for announcements in the monthly newsletter for Opening Receptions. Come meet the artists, and learn from them about their work. Often, the work in the gallery is for sale. If you purchase the work out of the gallery, some of that money goes to the Center and helps to support the Gallery program.

September 9 - October 13

Griff Wigley, Photographs; Joyce Francis, Collograph Prints

October 14 - November 24

Sandy Dinse, Watercolor Paintings

November 25 - January 5

4th Annual Senior Open

CALL TO ARTISTS: Two opportunities to show your art in the NSC Gallery

- 1) The 4th Annual Senior Open, Nov 25 - Jan 5, is open to anyone in the area, age 50 or older, to submit one piece. If you are interested, let Patsy Dew know by October 15. (507-664-3708 or patsydew@nscmn.org)
- 2) Apply to have your work featured in one of our 4-5 week long exhibits during 2014. Send 3 examples of your work, plus a brief statement about your work, to Patsy Dew by November 10.

CLASSES IN THE VISUAL ARTS

Zentangle Drawing

Tues, Sept 17, 1 – 4p

Leave your stress at the door and prepare to enjoy a special two hours of learning the meditative art form called Zentangle. Everyone succeeds in Zentangle. At first glance, a Zentangle can seem intricate and complicated. But, when you realize how it is done, you'll find how simple it is by making **ONE STROKE AT A TIME**.

You will be given specific instructions for creating patterns on a 3-1/2" X 3-1/2" square of paper. You will be given a pencil and a fine tip art marker. That's all you need to enjoy this simple activity. By the end of the class you will have several unique pieces of artwork. You will also have a technique you can use any time and any place to relax, meditate, and focus on the moment.

Teacher: Joyce Francis

Cost: \$18m/\$24nm + \$10 materials fee

Create a Memory Vignette and Keepsake Box

Wed, Oct 2 and 9, 9:30-11:30a

Learn to capture a special memory, significant event, family story, or tale of an ancestor in the form of a vignette—a brief, evocative description or account of something—and craft a beautiful keepsake box with your vignette inside the cover. To decorate your box, we will use photos, magazine clippings, ribbon, buttons—nearly anything that can be hot glued or decoupaged onto your box.

Teacher: Kari Clark

Cost: \$24m/\$32nm + \$5 materials fee

Photography

Mon, Nov 4 - 25, time, price tba

Professional photographer David Perez will cover topics to help in understanding how your camera works, basics of working with light, and understanding artistic composition. Watch for more details in our monthly newsletters.

IN COLLABORATION WITH THE NORTHFIELD ARTS GUILD...

Handbuilding Pottery

Tuesdays 10:00a - 12:00

Have fun and make a mess. Learn to make pottery or sculpture using the hand-building techniques of coiling and slab making. Returning students will learn more advanced techniques.

Wheel Thrown Pottery

Mondays 10:00 - 12:00

Have you wanted to try making pottery on the potter's wheel but don't think you can? Try this beginning course. You may surprise yourself. Returning students will learn more advanced techniques.

FOR BOTH POTTERY CLASSES:

Teacher: Fred Gustafson

Clay Studio at the NAG

Classes run in 4-wk sessions, starting the week of Sept 9

Cost *per* four-week session:

\$72m/\$24 Plat & SS /\$80nm

plus \$28, materials fee