



Northfield Senior Center

**active,  
connected,  
engaged**

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# Center News FOR ACTIVE OLDER ADULTS



## Newcomers Join Melodrama Cast

by Patsy Dew

Three of the members of the cast of the Center’s October melodrama have recently moved to Northfield, having selected this as their retirement home. They chose Northfield in part seeking opportunities to be involved in community endeavors. And we are the benefactors of their interest in being engaged and connected here, as they have taken roles in *The Treasure of Shiver River*. Peggy Sheldon, who moved to Northfield with her husband about a year ago, is playing Paige Turner (one of the villain’s love-interests). Dan and Rhoda Van Tassel, who moved to Northfield from

San Diego this summer, will be our Hero and Heroine.

All three of these people had previous connections to Northfield, which partly explains their decisions to move here. Dan was a St. Olaf college student when he met Rhoda, who had grown up in Dundas, at a 4<sup>th</sup> of July celebration in Dundas. After marrying, they were both graduate students at the University of Iowa, and then both pursued careers in college teaching, while also raising two children. They have held positions at several colleges across the country, including Muskingum College in Ohio, Concordia College-Moorehead, MN, and Chapman

College in California. Rhoda says they have “come back home for the final chapter.” Rhoda has pursued acting in community theater, taking many roles in dramas and comedies. Her favorite role was Lady Macbeth (“It doesn’t get much better than that”). Dan also acted in some community theater productions, and the two of them played opposite each other in *Love Letters*. (*Aside: The Shiver River* characters of Marshall Law and Heidi Claire Sanders may not be as challenging, but they will be fun to do, and entertaining for us).

Peggy and her husband Dale first lived in Northfield for a brief time while their oldest

**cont. on pg. 3**



**Left: Dan and Rhoda Van Tassel, Hero and Heroine in *The Treasure of Shiver River*.**

Performances:  
 Sat, Oct 12, 7pm  
 Sun, Oct 13, 2pm  
 Tickets: \$15

On sale at the Reception Desk

**Buy Tickets - \$15**

## GALLERY NEWS



Opening Reception - Tues, Oct 22, 5 - 7pm

### Oct 14 - Nov 24 Country Images Watercolor paintings by Sandy Dinse

Sandy Dinse, watercolorist from Owatonna, will be the featured artist in the NSC Gallery, October 14 – November 24. Growing up on a farm and attending a one-room school house, Sandy remembers looking forward to art on Fridays. This rural upbringing has been a source of inspiration for a way of life she cherishes; this is evident in her paintings.

She has always considered watercolor to be a fascinating medium. Sandy is stimulated by the magic of

colors melting together on white pieces of paper.

Off-campus classes from Mankato State University and enrollment in workshops taught by gifted artists have brought many benefits to her work. Being a past partner in Passion for Art, an art gallery and workshop facility, also furthered her involvement in the art world.

Her nostalgic nature was her motivation to design and construct metal and wood sculpture from the charred ruins of three area churches destroyed by fire; one being her own parish.

Later life has brought retirement, continued love of the land, church, community and the never ending passion for painting.

### 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.

**Three Links**



## Holiday Harvest Bazaar

**Friday Nov. 15, 8-5:00**  
**Saturday, Nov. 16, 8-3:00**  
**at Three Links Friendship Lodge**  
*Corner of Hwy. 19 & Odd Fellows Lane*

- International Bake Shop • Collectibles table
- Holiday Gifts • Rare rummage • Silent Auction



## Travel Medicine

**Katherine Helgen, MD**, can help you stay healthy while traveling.

- Internal medicine
- Medication supply
- Vaccinations, including yellow fever
- Prescriptions for malaria prophylaxis and traveler's diarrhea
- Health evaluation
- Help managing chronic conditions

For an appointment, call FamilyHealth Medical Clinic at **507-646-1494**.



**507-646-1494 : [FamilyHealthClinics.org/Northfield](http://FamilyHealthClinics.org/Northfield)**  
2000 North Avenue, Northfield

**FamilyHealth Medical Clinic**



**Newcomers, cont from  
pg 1**

son was a Carleton student. While he was spending a semester abroad, they bought and moved into a house that would become his student housing the following semester after they had renovated it. Peggy and Dale are only semi-retired, but had been thinking about where to settle for retirement, and picked Northfield in part because of all the opportunities that the Senior Center offers. Peggy commented that there is so much she wants to do here: She wants to get into the pool, to try the water aerobics classes, perhaps

the Aqua Zumba; she loves games, and is attracted to the card groups; and then there are the trips to take. Peggy said that the Center provides a great service to Northfield-newcomers, as a place where they can meet others, make new friends and get involved. A few years ago Peggy's daughter dared her to try out for the Minnetonka community theater's production of *Music Man*. She enjoyed being a Pick-a-little Lady so much, she knew she wanted to audition for *The Treasure of Shiver River*, cast and thought being in the play would be

a good way to get to know more people here.

Welcome! To the Sheldons and the Van Tassels, and all newcomers to this community.

And one way to help welcome Dan, Rhoda and Peggy would be to BUY TICKETS and come to the *Treasure of Shiver River*, on October 12 (7pm) or October 13 (2pm). Tickets are now on sale at the Front Desk. \$15 for this Fund Raiser, includes play and desert.

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

Phillip & Jeanne Agee, Rose Andersen, Juel Anderson, Richard Balke, Bill Barnes, Roxanne Baumann, Betty Benjamin, Tamorra Berkich, Margaret Bierman, Sue Blodgett, Bernard Borene, Julie Borene, Diane Boyum, Georgene Brock, Mark Bundgaard, Patrice Buresch, Shirley Cannamore, Carol Carlson, William & Charlotte Carlson, Janell Christmann, Ron Cirksena, Marian Collins, Kimberly Corbey, Bill & Laurie Cowles, Myron & Arlene Dack, Beverlee Decoux, Elaine Deim, Winnie Drentlaw, Patrick & Carole Dust, Gretchen Ehresmann, Ray & MaryAnn Eng, Joe & Audrey Fennie, Chris Ellison & Gene Finger, Alene Fink, Malcolm & Jacquelyn Gimse, Candace Gruman, Marvin Grundhoefer, William & Marjorie Gruszewski, William & Marjorie Gruszewski, N. Peter Haugen, Kristen Herreid, Shirley Herreid, Dick & Leone Jarvis, Lynne Johnson, Dick & Orpah Johnson, Don & Joan Kark Niehaus, Joni Kilde, Glen & Marlene Kispert, Dick & JoAnn Kleber, Marv & Rose Kormann, Douglas & Patricia Kriesel, Karen Kuhn, Calvin & Donna Kuhnau, John & Irene Kunerth, John & Laurie Larson, Jean Leslie, Lois Lindbloom, Elizabeth Littlefield, Eugene & Elaine Lyman, Carol Marshall, Diette Marx, Marie Matsen, Richard & Donna Maus, Ruth McCarty, Helen McDonald, Tom & Mary McGovern, Tammy Metcalf Filzen, Delores Mickelsen, Jerry & Adrienne Mohrig, Joyce Mokoff, Lois Mussett, Alyce Nelson, Arnold & Jeanette Nelson, Ann Ness, Dale and Linda Ness, Yvonne Newland, Donna Paulsen, Mary Cay Pepin, Kurt Peters, Mary Polzin, Peggy & Diet Prowe, Bert & Bernie Reese, David Remes, Karla Rice, William Roadfeldt, Connie Ryberg, Gerald Sackmaster, Eleanor Salisbury, Sandra Sasser, Kathleen Schultz, Lorraine Sewich, Jan Shoger, Myron & Carol Solid, Thomas Sorenson, Shirley Stowe-Helland, Valerie Strachan, Shelley Strobel, Shirley Sweeney, Harley Tate, Lonna Tschann, Dale & Rose Turnacliff, Richard & Marlene Vanasek, Sue Vondrasek, Barbara Wagner, Clark Webster, Eve Webster, Marlene Welinski, Marilyn Will, Elizabeth Williams, Phil & Thelma Winter, Kathleen Yung, Mary Zaudtke, Barbara Zaveruha

## LITERARY ART:

### A MOMENT IN TIME

*In the September newsletter we introduced this opportunity for members to share their special "Moments in Time," inviting them to submit pieces of their writing, or to share their moment orally. Here are three such Moments in Time.*

#### Category: Non-Fiction

**DIVING: EDGE OF THE ABYSS**  
Palau Islands,  
Micronesia, 2011.  
- Mike's Story

A moderate current flowed in from the deep water ahead to the 70-foot bottom where I swam. The currents felt stronger and I was feeling older. Kicking hard into the current and toward the edge, I was aware of my labored breathing: inhaling produced a mechanical sucking sound from the respirator; exhaling, a release of bubbles floated toward the surface.

I located a dead though stout piece of coral and hooked on with a seven-foot nylon line and let the current swing me around and up until I floated like a kite in the current and faced directly over the edge. At that moment it was effortless, and enjoyable. Behind lay coral and sea life, their colors muted in the depths to green and blue, but I was there for the

show ahead: a sea turtle in a graceful pirouette; a thousand schooling fish – more probably, several thousand – and constantly on patrol, the Grey Reef and White Tip sharks.

From behind, a Spotted Eagle Ray swam up alongside of me and stopped, her wings gently undulated to anchor her in place at my side. I could have touched her, but I didn't. To this day, I wonder what she was thinking. Together, we gently floated left and then right in synchronous rhythm with the current and looked out onto a living Eden in the warm, turquoise sea.

#### Category: Poetry TOGETHER AS ONE

Together with firm grip, we defend our loved ones.

Together with smiles, we have fun to spare with many.

Together with union and community, we have friends.

Together with a big heart, we have love to spread.

Together with technology, we spread our intelligence.

Together with honor and guts, we have freedom.

Together with humor, we have laughter to share.

Together with music, we rejoice in voice and body.

Together with passion and strength, we live today together as one.

*John Fredrickson*

#### HOT AIR BALLOONS

My spirit thrills  
my heart does stop  
to paraphrase Cole Porter  
this is the very top!

To behold such beauty  
as Leonardo da Vinci  
could only surmise  
and now it is me.

Their glorious, non-gravitational existence  
affects the heaviness of my soul  
and some weight in my heart  
literally and figuratively  
exits my body and lifts into the firmament.

*Phyllis Borchert*

*Submissions for the November edition must be received by October 15. Send submissions via email to [patsydew@nscmn.org](mailto:patsydew@nscmn.org), or leave hard copy in the office for Patsy Dew. If you would like to have help with the writing of your moment in time, contact Steven James Beto or Patsy Dew at [patsydew@nscmn.org](mailto:patsydew@nscmn.org).*

**DIABETES PREVENTION AND MANAGEMENT**

Oct 7, 14, 21, 28, Nov 4, 11

Instructor: Lu Herbeck

Positive solutions to preventing and managing diabetes from a health and wellness educator.

Session Registration Only

Fee: \$36 m/ \$48nm

**OVERCOMING FEAR OF WATER FOR NON-SWIMMERS WORKSHOP**

Tuesdays Oct 8, 10, 15, 17, 22, 24 1 pm

Meet at Pool

For non-swimming adults who want to overcome concerns about exercising in the water or being with family members at the pool.

Instructor: Bettina Waldman, Lifeguard, WSI, Certified Swim Coach

Must pre-register \$48m/\$64nm (PL, SS included)

**RECREATIONAL DANCE**

Show up, dance two step, waltz, jitter bug, ballroom, or whatever! Free.

Fridays 6-8 pm

**SAFETY CERTIFICATIONS -ASHI (American Health and Safety Institute)**

Must preregister.

**CPR**

Friday Oct 4

Or Tues Oct 8

9:30 a - 1:30 pm

bring own lunch

Fee: \$49m/\$60nm

Platinum-\$30

**1<sup>ST</sup> AID**

Friday Oct 4 or 25

or Tuesday Oct 15

9:30 a - 1:30 pm

bring own lunch

Fee: \$49m/\$60nm

Platinum-\$30

**CPR FOR**

**PROFESSIONALS**

Friday Oct 18 & 25

9:30 a - 1:30 pm

bring own lunch Or

Tuesday Oct 22 & 29

5 -9 pm bring own meal

Fee: \$79m/\$89nm PL &

SS \$45

**CPAP - BIPAP - AUOTAP CLINIC**

When: Wednesday, October 23<sup>rd</sup> 11am - 2pm

Where: Northfield Senior Center lobby

Details: No registration

necessary. Free

Discuss your equipment

and allow Lincare to assist

you with any questions or

concerns you may have.

Order equipment or supplies.

Pressure checks

**FITNESS NEWS**

Sign up NOW for Fall Prevention!

**ZUMBA NEW TIME**

Sunday, 2-2:45 pm

Zumba will no longer meet Thursday, 6-7 pm



Dave Morrison started regular Monday and Thursday softball practices & games this summer. At left is the group on Mon, Sept 16, just before their Away Game in Owatonna on Sept 17.

## MEDICARE PART D

### IT'S MEDICARE AS USUAL

If you are 65 and have Medicare, you can ignore all of the media messages about the Affordable Care Act. They are not for you. However, October 15-December 7 is still the time for you to review your current Part D Prescription Drug Plan and your Medicare supplemental insurance.

You can check out your options on [www.medicare.gov](http://www.medicare.gov) or fill out the information form enclosed in this newsletter and drop it off at the Senior Center Reception Desk. A Medicare counselor will call you after October 15 and either make an appointment with you or let you know that the Medicare web site does not suggest more affordable options. If you

choose to switch either Part D Plans or Medicare supplemental plans, the Medicare counselor can assist you.

When you fill out the information form, be sure to list the full name of all prescription drugs, the dosage you take, and how often you take it. Do not include over-the-counter medications. All of your information will be confidential.

## LIFE LONG LEARNING

### Financial Fitness

#### IDENTITY THEFT

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

Learn to reduce your risks and know what to do if you're a victim.

#### MYTHS OF LONG TERM CARE INSURANCE

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

Learn who needs it, what it covers, and how it works with Medicare and Medicaid.

### Senior Issues

**AFFORDABLE HEALTH CARE ACT AND MNSURE : FACTS AND FICTION**  
Wednesday, October 30,  
2:30-3:30

Chad Wojchik, Senior Linkage Line Specialist, will present the key elements of the Affordable Health Care Act and the Health Exchange program known as MNsure. He will explain who is affected and how, patient protections and options. Learning the facts will protect you from the fiction.

### JACQUI DORSEY: THE ESSENTIAL DOCUMENTS YOU NEED BEFORE YOU DIE

Tuesday, November 5,  
10:00

Cost \$6 Preregistration is required

A hands-on, practical and informative class.

### Visual Arts

#### 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.

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

#### MEDICARE BASICS--THE ABCDS

October 2 and 3,  
5:30-7:30

Cost: \$6 Preregistration is required

Understand Medicare and choices for supplemental insurance.



# COMPUTER CENTER NEWS

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

## OCTOBER COMPUTER CLASSES

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/	9:30-11:30 8 Word Processing Basics/	9:30-11:30 9 Word Processing Basics	9:30-11:30 10 Word Processing Basics/WIN	
9:30-11:30 14 Organize My MAC	9:30-11:30 15 Organize My Windows	9:30-11:30 16 Organize My MAC	9:30-11:30 17 Organize My Windows	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	9:30-11:30 29 Intro to Internet, Email	30	9:30-11:30 31 Intro to Internet, Email	

### Halloween Movie Marathon

Thursday, October 31,  
2:00-8:00pm  
Cost: \$5.00  
PLEASE Pre-register

Join your friends and a few ghosts for movies, popcorn, dinner and treats (no tricks – we promise) at the Center. Come for one, two or all three of the movies – if you dare.

**2:00 Wait Until Dark:** A scary mystery starring Audrey Hepburn, Alan Arkin, and Richard Crenna where a

blind Audrey has to fight off a psychopathic killer.

**4:00 Psycho:** Alfred Hitchcock's 1960 famous mystery which takes place in the Bate's Motel stares Anthony Perkins and Vera Miles. You may never shower again!

**6:00 Dinner**

**6:15 Young Frankenstein:** A Mel Brooks comedy and spoof on horror films, a monstrously crazy tribute to Mary Shelley's classic, pokes hilarious fun at just about every Frankenstein movie ever made.

### October Movies—Ghostly Romantic Comedy Month

October 7: **Ghost** An Oscar winning movie from 1990 starring Patrick Swayze, Demi Moore, and Whoopi Goldberg. This is a touching love story mixed in with comedy and ghostly mystery. 127 min. 1990

October 14: **Kiss Me Goodbye** A Ghostly comedic romance starring Sally Field, James Caan, and Jeff Bridges. This picture will tickle your funny bone with some great tap dancing. 101 min. 2005

October 21: **Heart and Souls** A comedy about two hearts, four souls and second chances. Robert Downey, Jr, Charles Grodin, Kyra Sedgwick, Elisabeth Shue, Tom Sizemore, David Paymer, and Alfe Woodard make this a really fun ghostly romantic comedy. 104 min. 1998

October 28: **Scoop** Scarlett Johansson and Hugh Jackman star in this hilariously twisted Woody Allen tale of murder and mystery. It is a comedy, mystery thriller that will leave you laughing. 96 min. 2006

## BOARD & COMMITTEE NEWS

**Directors present:** Evelyn Burry, Bob Craig, Don Diehl, Duane Everson, Gerry Gengenbach, Bill Gruszewski, Marvin Kormann, Gordon Simonson, Eve Webster, Phil Winter

**Absent:** Nancy Ashmore, Bernard Borene, Tom Brawley, Dottie Hammer, Greg Smith

**Staff present:** 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.

**Action:** Change to July board minutes: (under 2<sup>nd</sup> Quarter Investment Report) Change “recoup \$90,000” to \$96,000 and add: that amount does not include an annual fund drive.

Motion and second to approve the July 25, 2013 board minutes. Carried.

### 2. REPORTS

**Review and approval of Financial Reports**

Bill Gruszewski reported on the financial statement. Income to date is 59% of budget and expenses are at 58%. Percentage for this time of year should be at 58%.

**Finance Committee**

# Minutes of the Aug 22 Board Meeting

Bill Gruszewski reported. The 2012 audit is underway. A first draft of the 2014 budget will be presented at the September board meeting.

### Facilities Committee

Marv Kormann reported. The new sign for the Used a Bit is lighted now. A large TV and Wi will be purchased from the money received from the Allina grant

### Membership Committee

Evelyn Burry reported. Registration for the Jesse James parade has occurred. New members are being contacted by phone to welcome them to the Center.

### Computer Committee

Evelyn Burry reported. The new computers will be available for the October computer classes.

### Advancement Committee

Duane Everson reported. Annual fund donations total \$36,625 from 305 donors, including 26 sustaining donors. The goal is \$70,000. Evaluation of Vintage Band Festival: the event was sold out, but the Center lost money. The committee is discussing whether to have one big yearly event whose focus is substantial fundraising.

### Executive Committee

Gerry Gengenbach reported.

The committee met August 15.

**Decisions:**

Requests for half-year and under-age memberships are to be handled by the director on a case-by-case basis. Need for a study of “professional partnerships”.

The Board is to give final approval for the Operating Manual. It is the Board’s responsibility to give direction to the committees.

### Executive Director Report

**Highlights:** The Center is partnering with Northfield Chiropractor; they will rent the Center’s pool for their clients. Some board members expressed concern that this might look like an endorsement for the business.

### 3. OLD BUSINESS

#### NCRC

The City Council NCRC sub-committee has made a recommendation to the Council that the City should contract with the NCRC Partners group to manage the building. The NCRC Core Group would need to establish a legal entity to contract with the City. There are many details yet to be worked out.

#### Board Terms and Nomination Committee

The Executive Committee is still working on this.

#### Operations Manual for

### Board and Committees

See Executive Committee summary.

### DJJD Parade

**Action:** Motion and second to approve candy for the DJJD parade. Carried.

### 4. NEW BUSINESS

#### Adjusted fee schedule for 1/2 year and under-age membership

See Executive Committee summary.

### Board Self-Evaluation

Board members were asked to complete an evaluation. Results will be reported at the October Board meeting.

### Events and/or Fundraisers - New Revenue ideas

Members were asked to think about possibilities to bring in more revenue for the Center. Suggestion to put more effort into sustaining membership. A question: What is a compelling need for seniors that we could highlight that might attract giving from those not connected with the Center?

### Legacy Fund

The contract with Stelter Company will not be renewed. A Legacy/Planned Giving Committee is being formed.

### 5. ADJOURNMENT

The meeting was adjourned at 4:59 p.m.





### KING'S ROOM, ST OLAF COLLEGE

Date: TBA in December  
We are planning our annual holiday lunch in December. Keep looking in the Senior Center Newsletter for a date. Reservations are absolutely required.

### Trips

#### CHURCH BASEMENT LADIES

Trip on Oct 9 is full. Call 664-3700 to put your name on the wait-list.

See the Fall Program Guide, pg 18, for details about these and other trips.

### CEMETERY STORIES

Date: Saturday, Oct 19  
Time: 4:00

This year stories will feature Returning Ghosts of the Civil War and different soldiers of the Civil War.

Cost: \$10  
Sign up date: Oct 16

### PROHIBITION EXHIBIT Minnesota History Center

Date: Saturday, Nov 12  
Time: 9:30 a - 4:00 p

Cost: \$44  
Sign up date: Nov 11

### Local History Series

#### THE HISTORY OF CARLETON'S COWLING ARBORETUM: MYLES BAKKE

Tuesday, October 1,  
10:00 Arboretum Office, Carleton College  
Cost \$3

Limit of 25 people

This talk and walk is planned in conjunction with the Hiking Group.

#### GHOST TOUR OF ST. OLAF

Wednesday, October 23, 6:00 PM Buntrock Commons: lower level lobby  
Cost \$3

Limit of 25 people

Learn a totally new side of St. Olaf.

## TRAVEL AND OUTINGS

### Future Trips!

MAMMA MIA - ORPHEUM THEATER, MINNEAPOLIS  
FEB 22

MATISSE EXHIBIT - MINNEAPOLIS INSTITUTE OF ART  
MAR 4

MINNESOTA OPERA - THE MAGIC FLUTE  
APR 13

### Paper crafting group

#### SPECIAL "MAKE AND TAKE" SESSION

November 4th 1:30 - 3:30

Anyone is welcome! Each participant will make each project. Everything is provided, just come and enjoy playing with paper. Projects

include gift card holders, stocking stuffers, and gift tags.

Samples will be put on display in October.

Cost: \$6 for materials.

### Seasoned Singers begins Tuesday Oct. 22 4:30-6

All women welcome.

### Chime Choir meets Thursdays 1:30-3:30

New members welcome. No experience needed.

## GROUP ACTIVITIES

### BOOK CLUB

*The Unlikely Pilgrimage of Harold Fry*  
by Rachel Joyce

Book Club meets Oct 11 at 10:30a

## WELCOME! TO THESE NEW MEMBERS

Virginia A Klinger, Jodie Little, Jennie E Burrow, Joan McGorry, Harvey Johnson, Anne Leland, Mary Manderfeld, Kathryn Margolis, Karen Ohmann, Randy Olson, Barry Shaffer, Maureen E Miller, Mary L Williams, Larry Enfield, Pamela Enfield, Remington Enfield, Shirley Larsen, Jamie Lund, Craig Ellingboe, Mary Ellingboe, Gary Gilbertson, Lori Foote, Marlene Hager, Jacqueline Kock, Camryn Canning, Phyllis McCargar, Letti Zenner, Sally Day, Mary Peterson

## VOLUNTEER NEWS



### Popcorn Wagon Volunteers

Thanks to all who worked at the popcorn wagon. We are almost done for the year. For anyone that has thought about volunteering please keep us in mind for next year. This is a fun way to volunteer and to raise funds for the Senior Center. Contact Gail (664-3735) if you have questions about volunteering. You can also find Gail in the dining room between 10-1.

### Reading with 4<sup>th</sup> Graders

We will be starting up our Reading with 4<sup>th</sup> Graders volunteer program again in October. For the past 13 years the Senior Center and Bridgewater Elementary teacher Dana Holden have been committed to helping 4<sup>th</sup> graders increase their reading skills. But the children learn so much more than reading. They meet and develop a relationship with an adult, and learn about caring, communicating and volunteering.

Volunteers in this program can take pride in

helping these children and in return get to witness the joy literature gives a child. This wonderful program is helping to build bridges between generations. We are expanding the program this year to 3 sessions: 8:45, 9:55 and 1:40. The day that we meet has not yet been finalized. We meet once a month and each session lasts about ½ hour.

If you would like to be, or are still interested in being a part of this group of reading buddy volunteers, please contact Chris Ellison at 664-3707 or [chrise@nscmn.org](mailto:chrise@nscmn.org).

#### AARP

(correction to Program Guide)

#### 8-HOUR FULL COURSE

Sat Oct 12 8a - 4p

#### Walk-In Flu Shot Clinic

Given by Rice County Public Health

Tuesday, Oct 15, 3 – 4:30pm

Rm 103

Free with Medicare Part D or Medicaid (bring card)

Or \$30

### 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



# PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264



Harvest Time

## MANDARIN GARDEN

Restaurant

Has many freshly prepared healthy dishes waiting just for you!

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](http://www.MandarinGardenRestaurant.com)

中國園



## With You for Life

The highly trained OB/GYNs at the Women's Health Center offer supportive and comprehensive care for women in every stage of life.

: Christine Braun, MD : Melanie Dixon, MD : Dana Olson, MD : Deborah Suppes, MD

Women's Health Center physicians see patients at our clinic on the Northfield Hospital campus. Call **507-646-1478** for an appointment.

CONNECT WITH US  

Women's Health Center



507-646-1478 : [NorthfieldHospital.org/WomensHealthCenter](http://NorthfieldHospital.org/WomensHealthCenter)  
2000 North Avenue, Northfield



Faribault Showroom

627 4th St. NW  
Faribault, MN 55021  
507-334-2602 \* Fax: 507-334-7574  
Toll Free: 1-866-334-2602

- In-home Stairlifts
- Modular Ramps
- Power & Manual Wheelchairs
- Scoters
- Walkers
- Hospital Beds
- Lift Chairs
- Incontinence Products
- Free In-home Assessments



**FREE Delivery**



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

(Rt) 2012 Halloween in  
the Dining Center  
Check out Dining Calendars  
for special events

### FITNESS CENTER AND POOL HOURS

Monday-Friday: 6 am-8 pm

Saturday: 6 am-5 pm

Sunday, Fitness: 10 am-5 pm

\*Sunday, Pool: 5:30-7:45pm

\*(aft 9/15)

### USED A BIT SHOPPE

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

