



Northfield Senior Center

**active,
connected,
engaged**

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Center News FOR ACTIVE OLDER ADULTS



I Love the Monarch by Patsy Dew

I love the Monarch butterfly. To be honest, I love all butterflies, and have learned to appreciate their wormy-larva states as well. Being a photographer has fostered my attention to the details of all things living in our world. So you'll understand my dismay when I heard that the Monarch butterfly species is endangered. I read on the National Geographic website that "the number of migrating monarchs is plummeting for a few reasons: widespread loss of a plant called milkweed,... extreme climate fluctuations in North America, including freezing temperatures and heavy rain; and deforestation." I'm doing what

I can to help by nurturing all the milkweed plants that grow in my gardens.

I am not sure what I ("little me") can do yet to address the problems of North American climate change, or deforestation. I am encouraged, however, to learn from the group who has planned our March program on Local Sustainability that there is hope...there are ways we can behave that prolong and create rather than destroy nature. The program on Sustainability aims to be informative, to let you know what is being done that is destroying our environment AND what is being done in harmony with our environment. One

session will cover efforts that the City of Northfield could take to foster sustainability. There are ways our city could build curbs, for example, that would keep more water in our yards when it rains. And the final session will introduce local organizations that are making a difference in working toward a "sustainable" society.

Sustainability is truly a global issue. The program being offered at the Senior Center this month does not ignore that fact. If you come, you will learn about how some of our Minnesota farming practices are destroying the shrimping business in the Gulf. The focus of the series is hopeful, though, by covering what is and what could be done locally to address these global concerns. I encourage you to attend this series, to learn from it, and (just for me) to allow milkweed in your gardens as well.



Larkin McPhee, Emmy-award winning producer, will be our keynote speaker for the kick off event of the series on Local Sustainability. Watching the film, *Troubled Waters: A Mississippi River Story*, and hearing from the woman who created it, is a "not-to-be-missed" moment here. For more details about the series, see page 2.

Local Sustainability

How Can We Get There from Here?

Kick Off Event: Troubled Waters

Tuesday, March 11, 6:30 - 8:30pm

Showing of the video “Troubled Waters: A Mississippi River Story” followed by presentation by Larkin McPhee, Producer & Director of this PBS special. McPhee won three Emmys for this documentary: *Best Topical Documentary*, *Best Writer of Program (non-news)* and *Best Editor of Program (non-news)*. The film shows the relationship between farming practices and the health of the river. It tells the story of changes on the land, and the initiatives people are taking to ensure a more sustainable food production system.

Monday, March 17, 6:30-8:30pm Two sound approaches to farming

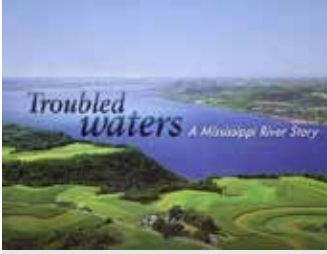
David Legvold, conventional farmer, and Ben Dougherty, organic farmer - Open Hands Farm, present in dialogue.

Monday, March 24, 6:30-8:30pm Northfield City actions

Environmental Quality Commission - City efforts towards sustainability using the template of GreenStep Cities which includes such actions as storm water reduction, recycling, composting, urban forest, complete streets, and PACE.

Monday, March 31, 6:30-8:30pm Exploring Present and Future Challenges

A panel discussion by local people who are working on sustaining or improving the environment in and around Northfield.



This series is sponsored by Legvold Farms the Northfield Senior Center, and the Cannon Valley Elder Collegium



Welcome! to these new members

Neil Lutsky, Jana Clemmensen, Kristin Dennison, Randall Ferguson, Bonnie Peterson, Steven & Debra Holm, Lori Rahman, Ruth Thiel, Neil & Marilyn Deden, Viola Koktavy, Joan Spaulding, Kathleen Meier, Todd Lein, Carolyn Gauthier, Lori Conklin, Aria McAfee, Carrie Swift, Geoff Wheeler & Patricia Olives, Rose Johnson, Charles Jacobson, Karen Anderson, Robert Moses, Laura Berdahl



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NORWEGIAN FOLK MUSIC TRADITIONS

Mon, March 10, 1P

A presentation by Andrea Een, retired member of the Minnesota Opera Orchestra and retired teacher of Hardanger fiddle, violin and viola at St. Olaf College. Een studied the Hardanger fiddle, a nine-string folk violin unique to Norway, with some of the leading fiddlers in Norway. Her concert will feature the Hardanger fiddle and stories about her trips to Norway to learn this tradition. She will play on four different Hardanger fiddles in various tunings and will perform traditional dances and marches from the West Coast region of Norway and new tunes that she composed in a traditional style.

Admission: \$6

SHAKESPEARE'S OTHELLO

Wed, April 9,
3:30-5P

The Guthrie Theater will perform a new version of Shakespeare's Othello March 8 -April 20. Pierre Hecker is Associate Professor of English at Carleton College, specializing in Shakespeare and drama performance, among other areas. He will lecture on the essentials of the play and will entertain questions and respond to comments.

SUNDAY AFTERNOON CONCERTS

Arthur Cambell
March 9, 3p

Arthur Campbell will play the *Pictures at an Exhibition* by the Russian master, Mussorgski in the original version as a piano solo.

Arthur retired from St. Olaf College in 1992, where he taught piano and music composition among other things like music theory. He studied at several music schools: Eastman, Yale University and Kansas City Conservatory, and one liberal arts college, Park College.

Admission: \$5

Robert Kahn
March 23, 3p

Robert Kahn will present a piano performance of selections by Brahms, Lizst and others. Robert has performed in piano recitals and with choruses, choirs, orchestras and musicals during his career as a teacher, accompanist and soloist.

His life's work was training his students, young and old, to play the piano in performance as a soloist, or accompanist or for the sheer joy of accomplishment. Being a church organist and choir director was a second love. In retirement, substituting as an organist and presenting recitals such as this one result in practice, practice, practice. His teachers are smiling!

Admission: \$5

MOZART AND THE MAGIC FLUTE OPERA

Thurs, March 27,
10-11:30A

Andrea Een, retired violinist with the Minnesota Opera Orchestra, will present a program on the dynamics of Mozart's opera, the Magic Flute, with musical excerpts from the opera. This opera will be part of the Minnesota Opera Company's 2014 schedule and is also a Senior Center trip scheduled for April 13.

RADIO COMEDY: GRACIE TAKES UP CRIME-SOLVING

Sat, Apr 5, 7p
Sun, Apr 6, 2p

Join us for a live performance of this hilarious episode of the Burns & Allen radio program, originally broadcast in 1947. We will revive those wonderful voices, Maxwell House commercials, and sound effects of gun shots and falling bodies. Great fun!

Tickets: \$10

EVENTS



LIFE LONG LEARNING



NORTHFIELD'S HISTORICAL DEPOT: HISTORY AND FUTURE Thursday March 6, 10:30A

Interested in trains, depots and history? Join other community members for an interesting and entertaining hour with Save the Northfield Depot at 10:30 a.m. on Thursday, March 6 in room 103 at the Northfield Senior Center.

In addition to an update on the progress of the project to rescue, renovate and reuse

the 1888 Northfield Depot, attendees will enjoy viewing a model train set-up, and hear from Bill Shrankler, author of a recently released book, *Shadows of Time . . . Minnesota's Surviving Depots*, which includes the Northfield Depot.

For more information contact Alice Thomas: ythoma078@yahoo.com

LEARNING TO OIL PAINT Tues, Mar 4, 11, 18, 25 6-8P

This class will cover the basics of painting with oils. The class will emphasize color theory, mixing and blending colors, along with interesting painting exercises. Bring a picture to paint - either a photograph or a picture from a magazine. A list of supplies is available at the reception desk.

Teacher: Cindy Brant
Cost: \$48m/\$64nm

ACTIVITIES

JIGSAW PUZZLE ALERT

The Used-a-bit shop has a fine collection of jigsaw puzzles at very affordable prices. Our current cold winter days are ideal for spending a few hours with a colorful puzzle.



All jigsaw puzzle lovers should also be aware that there is always a puzzle in the process of being solved in the Senior Center Lobby. Everyone is invited to join in the solution process whether you have a minute, an hour, or more.

DINING ROOM

March birthdays will be celebrated on 3-5-14 with a special Mardi Gras dinner complete with some jazz music. Please get out your beads and join us for that festive day. On the seventeenth we will be having a traditional Irish meal (corned beef and cabbage) and Irish music provided by Neil Rowley. Please refer to our dining calendar for specific menu items.

Other special events for the dining program include Site Council on the 13th and Bingo on the 20th.

Please reserve your spot by calling 507-664-3735 or signing up in the dining room.

PAPERCRAFTING

March 2 - "Origami Book"
Taught by Patsy Dew

March 17 - Show and Tell
Origami books

BOOK CLUB:

March: THE COLOR OF WATER by James McBride

April: THE HEALING by Jonathan O'Dell

May: DESTINY OF THE REPUBLIC by Candice Millard

June: MARK TWAIN HUMOROUS STORIES & SKETCHES (Dover Edition find in Monkey See)

COMPUTER CENTER NEWS

SEE THE CALENDAR BELOW for a listing of all classes being offered in our Computer Center for the month of February. If you want more information about any of these classes check out the Winter/Spring Program Guide, pg 16-21, 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.

MARCH COMPUTER CLASSES

Monday	Tuesday	Wed	Thursday	Friday
9:30-11:30 3 Organize My Photos	9:30-11:30 4 Facebook and Privacy		9:30-11:30 6 Facebook and Privacy	9:30-11:30 7 Organize My Photos
1:00-4:00 10 Basic Photo Editing/ Printing		1:00-4:00 12 Basic Photo Editing/ Printing		9:30-11:30 TECH TIME 14 Borrowing E-books
9:30-11:30 17 Basic Quicken 1:00-4:00 Adv. Photo Edit/Printing		9:30-11:30 19 Basic Quicken 1:00-4:00 Adv. Photo Edit/Printing		9:30-11:30 22 Photography Group
9:30-11:30 24 Taking Better Photos	9:30-11:30 25 Presentation Software	9:30-11:30 26 Taking Better Photos		9:30-11:30 28 Presentation Software

EBOOK BORROWING

March 14, 9:30am

One of the wonders of our modern age is the ability to borrow electronic books at no cost from our local library. This can be done without ever leaving your home. Staff from the Northfield Public Library will come to the Senior Center on Friday, March 14 from 9:30 AM to 11:30 AM to provide one-on-one instruction to help people learn how to borrow ebooks from the library. Electronic books can be borrowed for use on a wide variety of devices such as the following: Kindles, Nooks, iPhones and other smart phones, and iPads and other tablets.

Bring your device and the user id and password you use on your device.

QUICKEN BASICS

March 17 & 19
9:30am

Note new dates

Wonder where your money goes? Want help managing your budget? Gathering data for tax returns? Keeping track of donations? Quicken can help.

In this course we'll be learning how to enter information for checking and credit card accounts and how to reconcile using Quicken. These are the building blocks for everything else in Quicken. After the class, we'll talk about what else you want to learn. Advanced topics will be taught through Just Ask! individually or as a small group.

If you have any questions please contact:

Gloria Krusemeyer at
JustAsk@nscmn.org or
[507-222-0007](tel:507-222-0007)

MEDICARE AND INSURANCE HELP AVAILABLE

Medicare and insurance help is available for those turning 65 and older. Please note that this is NOT a MNSure assistance service. Help is available the 1st & 3rd Tuesdays of the month from 1:00-3:00pm at the Northfield Senior Center. Please call the Center at 507-664-3700 for more information.

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 two such Moments in Time.

Submissions for the April edition must be received by March 15. Send submissions via email to patsydew@nscmn.org, or leave hard copy in the office for Patsy Dew. We may also be able to provide help with the writing of your moment...just ask.

TURN THE RADIO ON

by Marie Gery

In the late 1930's and the '40's, our radio took up almost as much space as the dining room table. To a seven year old this enormous maple box looked like a person: two dial knobs for eyes, a glass that held the numbers of the stations for a nose, and a large brown fabric "O" mouth out of which came the voices that drew us in day after day and night after night. Early in 1942, Dad, an attorney, enlisted in the Army Air Force. After Officers Training Camp he was assigned as legal officer to the Army Air Base in Jackson, Mississippi.

In the Spring of 1942, Mother packed the 1939 Plymouth, added my sister, Patty, and me, and we set off for Jackson. When we arrived, our Northwest Iowa accents marked us as damn Yankees in the Heart of the Confederacy. The only people who talked like us came out of that big box.

I knew all those voices belonged to people who lived close, very close, otherwise we couldn't hear them so clearly. The back of the radio was filled with tubes of all sizes. Ev-

erybody lived in there. Radio people were small, really small, with big heads. Those tubes were apartment houses. Each apartment house had an elevator and a doorman. When their time came, the doorman took the elevator up to the correct apartment, roused the folks, and took them to the stage in back of the big mouth where they spoke clearly and loud enough for us to hear.

As a program began I'd dash around to the back of the radio in hopes of catching those tiny folks in action. No matter how fast I moved, I never quite got there in time to see them. But I knew sure as I knew there was a Santa Claus, they were there. I just wasn't fast enough.

In the Mississippi of 1942, '43, and '44, "Amos and Andy" presented a problem. It was clear, very clear, that they could not live in the apartments. Neither could Rochester from "The Jack Benny Show." After spending much time looking at the tube/apartment houses, I came up with a solution. There was a smaller tube, a bit apart from the rest, and that's where those folks had their apartments. Mississippi living demanded it.

Radio ruled our house until 1954 when Dad finally broke down and brought home a black and white television set. By then radio had changed. No more tubes. No more apartments, but I was not ready to give on the tiny folks with the big mouths who made radio real.

In October 2007, Wayne Eddy interviewed me on the Northfield station KYMN. We talked about radio and I explained to him about the face on the big radio, the apartment houses, the elevators, the tiny people with the big mouths, and Wayne assured me and all his listeners, "Yes, that's exactly how radio works."

Editor's note: This piece is an excerpt from a longer essay which appears on our website under the Newsletter tab. Marie will also be reading the full version at the performances of our radio comedy on April 5th and 6th.

“Senior Center Song” (or poem)

by Austa Torgerson, member

(This poem can be sung to the tune of “Those Daring Young Men on the Flying Trapeze” with an adjustment to every fourth line)

Enter the oldsters, all weary with care
In Through the door of the exercise lair
They Change into gym shoes or snug bathing suit
And head toward the gym or the swimming pool route.
They walk and they row, swim laps up and down
Soon smiles are replacing that grim aged frown
Soon chatter bursts out and loud laughter does too,
As old friends unite and make friends that are new
The hours a joy. They’ll be back for some more
For cycling feels great and the breast stroke’s no chore
And they’ll come back for the bridge games, for movies for meals,
They’re part of the clan now- that’s how everyone feels
They’d been pushed by their children to get fiddle-fit-
No knowing how much they’d enjoy doing it
So thanks to the Center from seniors like me
Its changed my life’s focus- and makes me feel free!

POPCORN WAGON

Even though it is below zero as I write this signs of spring are appearing! I heard a song bird as I was coming across the Senior Center parking lot and someone else reported seeing a robin. These signs remind me that it is time to start talking about the Senior Center Popcorn Wagon. For anyone new to Northfield, the senior center owns a lovely vintage popcorn wagon that we place on Bridge Square (downtown) from May –October. We attempt to keep the wagon open 7

days a week which means we utilize many volunteers. We need some new volunteers to add to our group of faithful workers.

The wagon serves as a way to raise funds for the senior center.

To find out more about being a popcorn wagon volunteer please contact Gail Noren in the dining room or email at gailnoren@nscmn.net or call at 507-644-3735.



FITNESS NEWS

Poolside Note from the Fitness Manager

We are experiencing a wonderful surge in our lap swimming use of the pool with our members. Because of the additional swimmers wanting to use the lap lanes, we ask you to actively use your time while in a lane and to consider sharing the lane with those that are waiting. If there are names on the white board it means that people are waiting to use the lanes. Please accommodate those that are waiting, by making good use of your time in the lane and shortening your time to allow others to use a lane. If you simply need to aqua-cise or stretch, please use the open area rather than the lanes. At this time, we do not have time limits for using the lane which allows users to complete their full work-out. To maintain this practice, a cooperative spirit is needed to make it efficient for everyone's swimming pleasure. If we all work together we can have an excellent time.

WORKSHOP: FALL PREVENTION

Mondays 2:30-3:30
Session 2 March 10,
17, 24, 31, April 7, 14

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. Pre-registration required. Minimum of 5 to prevent cancel. Class maximum is 15.

**Instructor: Craig
Swenson**

Fee: \$36 m/\$48 nm
Must pre register
PL & SS - \$5 for materials

**WORKSHOP:
INTERMEDIATE LEVEL
BALANCE TRAINING**
Mondays 3:30- 4:15
Session 2 March 10,
17,24,31, April 7, 14

Designed for active people those who want to increase their balance and agility but who need a greater challenge than the Fall Prevention Workshops. This workshop will include Intermediate Level Balance Training with a Certified Personal Trainer and will not use the assistance of a chair for support. Recommended for those who can maintain balance on one foot for 30-90 seconds unassisted and who want to maintain and increase their balance and agility for activities of daily living or leisure time sports. Deadline March 7; minimum of 5 to prevent cancel. Class maximum is 15.

**Instructor: Craig
Swenson**
\$36m/\$48nm
**PL & SS - \$5 for
materials**

WAIST MANAGEMENT LIFESTYLE

Mondays 6-7 pm
Session 2 March 17,
24, 31, April 7, 14,
21. 28. May 5
**Pre-registration
required**

Looking for added professional support for your weight management quest? Look no further. Learn specific, dynamic & effective keys to success from Lu Herbeck, a Professor for Health & Fitness Courses at MN School of Businesses. This course which combines group personal training services with a well developed lecture series. The group offers support & motivation as well as learning over the course of the series. Program will include health & fitness assessment at the beginning and end of the course. Topics & activities will include: Measurements, Behavior modification and goal setting, Deprivation vs Lifestyle change, Grocery Store tour, Food Additives, Dining Out, and more.

Presenter: Lu Herbeck
Fee: (8week program)
\$48 m \$64 nm \$20
Platinum

Minutes of the Jan 23 Board Meeting

BOARD & COMMITTEE NEWS

Directors present: Nancy Ashmore, Bernard Borene, Tom Brawley, Bob Craig, Don Diehl, Beth Endert, Duane Everson, Gerry Gengenbach, Bill Gruszewski, Marvin Kormann, Elizabeth Olson, Gordon Simonson

Absent: Dottie Hammer, Greg Smith, Phil Winter

Staff present: Lynne Pederson, Patsy Dew

Others: Rose Ann Steenhoek

The meeting was called to order by Gerry Gengenbach at 3:18 p.m.

Action: The agenda was approved. December 4, 2013 board minutes to be approved at the February meeting.

Welcome to new board member Beth Endert, filling Eve Webster's spot.

COMITTEE REPORTS

Review and approval of Financial Reports: Bill Gruszewski reported. An initial draft of the balance sheet for 2013 was presented. Income for the year is 100% of budget and expenses are at 101%.

Finance & Investment Committee

4th Quarter Investment Report: Return for fourth quarter funds is up 5.9% Return for annual 2013 is up 19.8%

Facilities Committee

Marv Kormann reported. Remodeling in the men's locker room will take place soon.

Membership Committee

Nancy Ashmore reported.

Advancement Committee

Don Diehl reported. Annual fund donations total \$63,040 from 529 donors, including 29 sustaining donors. The goal was \$70,000. This represents donations from 32% of members. Bob Craig reported on the committee's discussion of a signature fund raising event to raise money and visibility for the Senior Center. One idea that is being pursued is a walk-a-thon. The committee asked for guidance and suggestions from board members.

Action: Motion and second to form an ad hoc signature event committee composed of board members and members at large to study possible signature events and come back to the board with a proposal. Carried.

Nominating Committee

Five board members are up for re-election this year. The nominating committee will contact those members to see if they are interested in continuing on the board.

Executive Committee - By-laws change

Gerry Gengenbach recommended a change in the by-laws regarding election of officers. Board members will receive the proposed change by email and it will come back to the board next month to be voted on.

Executive Director Report

Lynne Pederson reported that the Silver and Fit program sign-up is going well. Nancy McDougall's last day of employment was January 17. Michelle Remold has been hired for the Administrative Coordinator position and she started January 13. Membership and attendance at the Center went up over the year.

3. OLD BUSINESS NCRC Update, NCRC Corp

Lynne Pederson reported. The NCRC contract with the City will be presented at the City Council meeting on February 24.

Operations Manual: Bill Gruszewski has been working with committees to define their mission and operating policies.

4. ADJOURNMENT

The meeting was adjourned at 4:48 p.m.

Submitted by Duane Everson, Board Secretary (assisted by Rose Ann Steenhoek)



The Northfield Senior Legacy Society is an organization of friends of the Northfield Senior Center committed to helping ensure the long-term financial viability of the Northfield Senior Center through bequests and other estate gifts.

Will you? Include Northfield Senior Citizens, Inc. in your will or other estate plan? Contact Lynne Pederson for more information.

The Goose and the Golden Egg

by Gerry Gengenbach

You remember the English fairy tale “Jack and the Beanstalk.” Skip to the scene in which Jack goes back up the beanstalk for the third time to get the goose that lays the golden eggs. Every morning that goose laid a fresh, solid gold egg! Jack wanted that goose to provide a secure future for himself and his mother. Imagine having such a source of endless income!

Surprise! The Northfield Senior Center has our own “goose” (may I call her GOLDY?) that lays a yearly “golden egg!” Each year since 2007 our Goldy has laid one new fresh “egg”. The first egg in 2007 was worth \$4,244! Each year Goldy and the golden egg have grown in value. Last month Goldy laid her 2014 “egg”. It was worth \$26,312! This is one beautiful goose!

Our Senior Center goose really does have

a name. It is called The Endowment Fund. Each year our Endowment Fund produces cash to help pay the bills at the Center. Last year Goldy was really on her feed and she gained weight - a 19.8% gain! As a result her latest golden egg was the biggest she has ever laid. Here’s the point: You can help Goldy grow! You can help increase the size of the Senior Center Endowment Fund AND the annual golden egg. Here’s how:

First, decide if you can make a annual gift to the Endowment Fund. Some members give first to the Annual Fund Drive, and then give an equal amount to the Endowment Fund. When Goldy grows, her golden eggs get bigger too.

Second, decide the type of asset you will give. You can always write a check, but it may be to your advantage to give appreciated securities or real estate. The Senior Center is a qualified, tax-exempt, non-profit charitable organization.

There may be tax advantages for you and the Senior Center. Talk to a financial advisor.

Third, you can join the Northfield Senior Center LEGACY SOCIETY by naming the Senior Center as a beneficiary in your will, trust, or life insurance. This type of deferred giving will help Goldy continue to grow years and decades into the future.

Currently there are 12 Legacy Society members who have told us that we are included as one of their beneficiaries. We are very grateful for their generosity and the faith and trust they have placed in the Northfield Senior Center. If you would like to help create a “golden egg” for the future of the Senior Center, please contact Lynne Pederson at 507-664-3701, or Gerry Gengenbach at gwgenbach@gmail.com. Thanks to Dean Stenehjem of the Rochester Senior Center Foundation for the idea for this article.

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
Michelle Remold

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

Thank you to these January Donors

Alice Nasby, Ann Lufkin, Anna Mae Sjogren, Barbara Sawyer, Bardwell & Charlotte Smith, Bob Kuyper, Bonnie Gretz, Bunny Lantz, Charles & Lynne Pederson, Chris Ellison & Gene Finger, Claire Pfau, David & Donna Knudtson, David & Joey Appleyard, Eileen Cooper, Elizabeth Littlefield, Elizabeth Olson, Elizabeth Williams, Francis Krenik, Gary & Ruthe Sherman, George & Gretchen Hardgrove, Georgene Johnson, Gerry & Carol Gengenbach, Gordon & Emelda Rasmussen, Gordon & Marilyn Kelley, Harriet Menard, Helen Berwald, JBT Corporation, Jean Chagnon & Sandy Johnson, Jerry & Diane Gehler, Joni Kilde, Joyce Francis, Judy Broske, Ken & Roberta Persons, Larry & JoAnn Edwardsen, Len & Muriel Gruber, Linda Wagenbach, Malcolm & Jacquelyn Gimse, Marie Gery, Mary Olander, Solveig Bailey, Thomas Sorenson, Warren & Karen Broughton, William & Charlotte Carlson



PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264

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- Occupational Therapy
- Speech-Language Pathology



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

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- 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
2000 North Avenue, Northfield

FamilyHealth Medical Clinic

NORTHFIELD HOSPITAL
& CLINICS



**Northfield
Senior Center**

1651 Jefferson Parkway
Northfield, MN 55057

<http://www.northfieldseniorcenter.org/>

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55057

**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

USED A BIT SHOPPE

624 Water St. / River Mall

Monday-Saturday: 10 am-5 pm

The Encore Players present

**GRACIE TAKES UP
CRIME-SOLVING**

Radio comedy
with all the sound effects –
originally broadcast in 1947



**SAT, APR 5, 7PM
SUN, APR 6, 2PM**

\$10 Tickets available at the Senior Center
507-664-3700
or online: www.northfieldseniorcenter.org



Northfield
Senior Center
Deliver. Commit. Inspire.

Held on Northfield Senior Center Stage
1651 Jefferson Pkwy

TRAVEL AND OUTINGS

Future Trips!

**MN CENTENNIAL
SHOWBOAT THEATER
JUNE 26**

**TWINS BASEBALL GAME
TBA JULY**

**CIRCUS JUVENTAS
AUGUST 9**

**STATE FAIR TRIP
TBA AUGUST**

**PINE CITY TOUR
TBA SEPTEMBER**



SCHWEICH'S KENYON, MN

**Tuesday, April 29
11:45am**

We hope you'll join us for an outing to a new restaurant for our group in Kenyon, MN. More details will appear in the April Newsletter. Please mark your calendar and fill out a registration slip at the Senior Center.

Lunch is on your own.
**Sign up deadline:
April 24**

Trips

MATISSE EXHIBIT

Minneapolis Institute of Art
**Tuesday, March 4
10am-4pm**

About 80 of Henri Matisse's wonderful works of art will be on display. Our guided tour time has been changed to 12:30 pm so there will be time for lunch on own before the tour. There will be time after the tour to view a selection of 40 Matisses owned by the Minneapolis Museum.

**Cost: \$42
Sign up deadline:
March 3**

THE MAGIC FLUTE

Minnesota Opera, Ordway
Theater

**Sunday, 13 April
10:50am - 6pm**

There is still time to sign up for this very popular performance of Mozart's opera at the Ordway Theater this year! The Magic Flute is a masterful comedy about love, truth and the pursuit of enlightenment like never before. Connecting the tale's enduring meaning with modern metaphor, this extraordinary new production draws you into the opera's surreal magic, odd characters and crazy love. There will be a pre-talk before the performance.

Cost: \$108

**Sign up deadline:
March 11**

AMISH TOUR

Harmony, Minnesota
**Thursday, 15 May
8:00 am - 5:00 pm**

Experience the Amish culture with us on an authentic, private tour of the Amish community located between Lanesboro and Harmony, MN. It is the largest in Minnesota and is strictly "Old Order" Amish, meaning that the people are very private and have strong Christian convictions that bind their community together. There are over 100 families and numerous one-room schools. Lunch on own is being planned at the Branding Iron in Preston.

**Cost: \$48
Sign up deadline:
May 15**

Extended Travel

**SAVANNAH, GEORGIA
March 29-April 6, 2014**

**Deluxe Motor Coach
Transportation**

- 8 Nights accommodations
- 14 Meals: 8 Breakfasts, 6 Dinners
- Tour of amazing Jekyll & St. Simons Island
- Guided tour of charming Savannah
- Tour of gorgeous Beaufort, SC, Queen of the Carolina Sea Islands plus a visit to Parris Island

**NATIONAL PARKS
MAY 9-19**

**NIAGRA FALLS &
TORONTO CANADA
JUNE 21-27**

**MACKINAC ISLAND
& DOOR COUNTY
JULY 20-26**

**MOTREAL & QUEBEC
CITY AUGUST 16-24**

**WASHINGTON D.C.
SEPTEMBER 17-25**

**CAPE COD
OCTOBER 4-12**

**SMOKY MOUNTAINS
OCTOBER 17-24**

**HOLIDAY BRANSON
NOVEMBER 17-21**

Extended trips are coordinated by Linda Zwolensky Her email: extendedtravel@nscmn.org

**TRIP TO THE BELL
MUSEUM OF NATURAL
HISTORY'S AUDUBON
EXHIBIT**

Friday, March 28
8:30 am - 3:00p

The Bell Museum of Natural History is offering a rare opportunity to view masterworks by the world's greatest bird artists. The trip will begin with a slide show and talk by Don Luce, Curator of Exhibits followed by a guided tour of this exhibit which includes over 100 prints and drawing, 12 antique illustrated books, and a selection of newly conserved original folio engravings from John Jacob Audubon's Book, Birds of America.

The tour will also include The Bell Museum's dioramas displaying all of Minnesota's habitats, along with the birds, animals, plants and insects that populate the state. Constructed between 1920 and the late 1940s, the Bell Museum's dioramas illustrate what Minnesota was like before the ax and plow.

Following the tours the group will have lunch (on your own) at the Town Hall Brewery in Minneapolis.

Cost: \$33

**Sign up deadline:
March 17**



**Shakespeare Trip
Announcement**
from Bill Carlson

In the cold winter of sorrows we bring you the joy of July Shakespeare in Winona. This year we will have two trips, Hamlet on Fri. July 11, 2014 and Merry Wives of Windsor on Wed. July 23, 2014. The trip to see Hamlet will be similar to the trip from past years and include a small lunch before the play and dinner with actors after the play, at a price of \$90 per person. The second trip will include a box lunch after the play with a shorter discussion with the actors after the play, at a price of \$75 per person. The longer first trip will depart about 11 a. m. for the 2:00 p.m. matinee and return about 8:45. The second shorter trip will depart about 11:30 for the 2:00 p.m. matinee and return about 8:15. For those wishing to participate in both trips the cost for both trips will be \$155 per person, a saving of \$5 per trip.

Registrations are now being taken for these trips. You may sign up in person at the

Senior Center, on the phone (664-3700), or on-line.

These trips are again sponsored by the Northfield Senior Center and the Cannon Valley Elder Collegium. A number of people have participated in these trips for the past many years and found the entire experience very enjoyable. Our discussion with past participants indicated a strong interest in our sponsoring two trips this year. So we are extending the project with the assumption that there will be sufficient interest to cover the cost of two buses this year.

The Great River Shakespeare Festival (grsf.org) will begin its 11th Season under the leadership of Artistic Director, Doug Scholz-Carlson, known to many in Northfield, where he began his career. The company is composed of Shakespearean equity actors drawn from across the country. The core of the company returns each season and they provide the best interpretation of Shakespeare in Minnesota. You may visit the Great Rivers web site, grsf.org, to receive additional information on the company and on the interpretation of the plays that will be presented by this outstanding professional company.

For questions and further information contact Char or Bill Carlson (507-645-9642) or carlsoncharbill@msn.com

**TRAVEL AND
OUTINGS**