



Northfield Senior Center

**active,
connected,
engaged**

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Center News FOR ACTIVE OLDER ADULTS



Enjoying the Popcorn Wagon by Patsy Dew

What better way is there to spend a summer afternoon, than on Bridge Square selling popcorn? This is the way Betty Gilomen feels as she volunteers at our Popcorn Wagon. “Kids and water. So much fun,” she comments while watching a pair of siblings playing with the water in the fountain. Their mother sits on a nearby bench, relaxing. On the other side of the fountain a pair of women, each with a box of popcorn, are deep in conversation. Betty lives in the country, so enjoys the sociability of being in the center of Northfield on the Square. She has been a Popcorn Wagon volunteer for the past 7 years, and looks forward to her time at the Wagon.

Of course there are other times that it’s fun to work at our Popcorn Wagon. Mary Auge, Bev Lubbers and Judy King-Harvey form a team that often volunteers for Special Events, such as Thursday evenings when there are band concerts on

Bridge Square, and Carleton events (like reunion week-end) when the Wagon is moved to their campus. I asked Mary why she likes working at the Popcorn Wagon. Her quick response was, “I like people!” and then she added, “It makes me feel good to give back to the community, and to the Senior Center. I don’t have a lot of money to donate, but I have time!”

If you think that working at the Popcorn Wagon might be something you would enjoy, contact Gail Noren, Popcorn Wagon Coordinator, gailnoren@nscmn.org or 763-259-8022.



Betty Gilomen serving popcorn and good cheer

GALLERY NEWS

A Father/Son Duo
 Steve & Noel Swanson
 June 23 - July 27

Artists' Reception
 Tues, July 1, 5-7pm



Metal Sculptures by Steve Swanson

Carvings by Noel Swanson

Artistic creativity has been a dominant force in Steve Swanson's life. His son Noel continues with his own form of art.

Steve is a writer as well as a sculptor. He learned to weld while in high school, and later combined these welding skills with his interest in junk collecting and his fascination with nature. He describes his art in this way:

"I am intrigued by both the junk metal and also the living creatures themselves, sometimes down on my knees looking at a beetle or an ant, sometimes pouring over encyclopedias, bird, bug, and animal books. I work not only from photos, but from living insects that we bring into our kitchen.

Gathering all the necessary parts may take months, even years... I always hope the resulting creature will be lifelike, will cherish its own recycled components and will have a whimsy and irony that evoke a smile."

Son Noel received his Bachelor of Arts degree in 1986 with a concentration in studio arts and art history.

Since then he has dabbled in the arts with a focus on themes of transcendence, mysticism and mythology. The plasticine sculptures which will be a part of this exhibit were originally created to be photographed and used as subject matter for oil paintings, but also stand alone as works of art in and of themselves.

Thank you to these May Donors

Barbara Sawyer, Bardwell & Charlotte Smith, Bonnie Gretz, Charlene Lucken, Charles & Lynne Pederson, Chris Ellison & Gene Finger, David & Joey Appleyard, Duane Everson, Eileen Cooper, Elizabeth Olson, Elizabeth Williams, Gene & Susan Bauer, Georgene Johnson, Gerry & Carol Gengenbach, Gordon & Emelda Rasmussen, Harriet Menard, Jackie Johnson, Jean Chagnon & Sandy Johnson, Judy Broske, Ken & Roberta Persons, Larry & JoAnn Edwardsen, Linda Wagenbach, Lonna Tschann, Malcolm & Jacquelyn Gimse, Marie Gery, Mary Olander, Orrin DeLong, Pat Sunquist, Raymond & Mary Ozmun, Roberta Gavin, Solveig Bailey, Warren & Karen Broughton, William & Charlotte Carlson, Craig Swenson, Kathleen Silkey-Larsen, Char Lucken

Welcome! to these new members

Patricia Morris, David Eaton, Cynthia Clauson, Billy Haight, Blanche L Robinson, Marjorie Schramm, Kurt Grossmann, Amber Iwanski, Fernando P Rosas (Perez), Maria Del Rosario Rodriguez, Mary Stanke, Carol Weix, Marie Greybuffalo, Mary C Smith, Sonja Freeland, Jennifer Eaton, Cynthia Barta, Pam Groves-Gaggioli, Rae Johnson, Sharon Hruza, David C Nelson



Northfield Retirement Community
Innovation. Choice. Tradition.

It's All Here!

Attractive setting, gorgeous spaces,
 access to premier care and services ...

northfieldretirement.org



GRANDPARENT GRANDCHILD ACTIVITIES



Grandparent Grandchild July Programs

BUILD A BIRDHOUSE

Wednesday, July 9
9:00 AM - 10:30 AM
Senior Center

We will provide precut wood, sandpaper, nails, paint and brushes. You provide the hammer and the labor to create a one-of-a-kind masterpiece with your grandchild or grandchildren. Then all you need is a willing bird. This event is limited to 10 adult/child pairs.

Instructor: Dick Zawacki
No fee

GRANDPARENT/ GRANDCHILD MOVIE DATE

Thurs, July 10 1-2:30

Share a movie, a bag of popcorn and a glass of lemonade with one or more of your favorite people – grandchildren! Enjoy a break and just chill out watching a fun-filled kid-friendly movie. July's movie selection is "Hotel for Dogs," a barkingly funny tale about two kids who secretly take in stray dogs at an abandoned hotel.

**Movie: free/ Popcorn
and lemonade \$2/
person**

PHOTO SCAVENGER HUNT & BOOK

Tues & Wed, July 15-16
Sr Center and Arts
Guild

On Tuesday, starting from the Senior Center, you'll travel around town together with your smart phone, camera or tablet to find and photograph items from the list of objects we provide (I think that you need to get a picture of a scoop of ice cream along the way!). Bring your device and cable back to the center to have your pictures downloaded and printed out. On Wednesday, you meet at the Arts Guild to make an accordion book using your photos and other fun papers.

Instructor : Dar Brooks

Tue: Senior Center
Pick up your hunt list
after 8:00. Return to
download between
1:00- 3:00

**Wed: Arts Guild Art
Studio, 1:00 - 3:30 PM**
Fee \$29 m/\$33 nm

REPTILE SHOW

Thur, July 17, 1 - 2
Senior Center

Snakes and lizards and turtles! Oh, my! Jan Larson again brings her reptilian friends for a fun and informative program on these fascinating creatures. Learn about the habitats and habits of turtles, tortoises, lizards, Minnesota snakes, and exotic snakes, and meet them as up close and personal as you want to get.

\$6/family group



The Fourth on the Third Picnic July 3, 11:30 - 1:00

Join us for a patriotic picnic on our beautiful patio. We'll have hot dogs or brats on the grill, potato salad, beans, brownies, and lemonade – and hopefully sunshine! So come to the 4th Celebration – a day early – sit back and enjoy food, friendship and some foot tapping musical entertainment.

**Cost: \$3.50 for registered SEMCAC diners (you
may register that day), \$6.50 for others**

LITERARY ART:

A MOMENT IN TIME

Stories can take many forms, and submissions from the membership do not have to follow a set pattern or genre. Fiction, non-fiction essay, and creative non-fiction are all fair game, and we are none of us in competition with Edith Wharton or Charlotte Bronte. Just have fun with it.

Try your hand at it and send something along to Patsy Dew (patsydew@nscmn.org). We are the stories that we carry with us.

-Steven James Beto

Trailblazer by Steven James Beto

Ann Richards rides her bicycle or walks to the Senior Center. With a straight back and can do confidence, she approached my table with a lap-top computer and her riding helmet tucked under her arm. Ann told me how at 62 years of age and with hiking poles in hand, she set out alone to conquer the Appalachian Trail.

“I prepared for the Appalachians by working out at a health club like the Senior Center. I knew that I would later join the Peace Corps. I wanted to test my physical ability, and how I’d do being alone. I didn’t know at first how far I would go,” she told me.

Ann put in at the border of Pennsylvania and Maryland and called it a hike at Damascus, Virginia, 600 miles down rocky paths and Blue Ridge Mountain slopes.

“There were some real wilderness areas, and I might have had three days in a row where I would not see another person, but that was unusual. I would usually meet people on the trail.” Ann carried a full-sized backpack fit especially for her frame containing provisions for as many as seven days. When she began to run low,

she left the trail near small towns where she freshened up, visited a library to maintain e-mail correspondences, and resupplied at the local grocery store. In one small town, an elderly woman driving a ‘Miss Daisy’ style, early fifties Cadillac stopped in front of her.

“Honey, get in. I’ll take you to the Trail,” the woman said.



Ann on the Appalachian Trail

“How did you know that I’m hiking the trail?”

“I ain’t stupid, honey. Look at you.” The woman told Ann that in her youth, she had worked as a Trail runner, and ran the Trail to make sure that people were okay. “When you hike alone,” Ann told me, “The locals are more inclined to approach you. People who hike in groups of two or more sit alone and never really get to know the townspeople.” After completing her solo hike, Ann joined the Peace Corps and served twenty-

seven months in Romania. The first three months she spent learning the language, and the last twenty-four months working in the country with Romanian farmers and European Union representatives.

“I was assigned to work with a group of farmers. It would be like a county agent’s office. Romania had just come into the European Union, and they had to change their farming practices. They had to become more modern. I did the interpreting and the explaining of the rules. It is a marvelous thing that the European Union is doing”

Ann spent a large portion of her time with the farmers and their families, hiking with the children, attending church, and participating in festivals and feast day celebrations.

“The Romanian people are extremely generous and very hospitable, and they are wonderful hosts. Everywhere I went, we would have to sit down and have a meal, and of course, all of the food comes right from the farm.”

I asked Ms. Richards if any differences between Americans and Romanians stick out in her mind. “When Americans met me and realized that I was alone, they first asked, ‘Aren’t you afraid?’ The first question
(cont. on pg 5)

Trailblazer, cont.

that Romanians asked was, ‘Don’t you miss your family?’ The biggest advantage I experienced in Romania, however, is a wonderful culture without age distinctions; I am respected because my hair is grey. My return home means that it will be easier for me to lead a simpler, deliberate life. I guess I have more blooming to do.”

If I ask her where she is going next, I’m sure that Ann will respond, “Straight ahead!”

And from Jim Holden, this summertime poem:

Backyard Rainbow
by Jim Holden

Hose gently watering pink roses
On a sunny day
In the mist a perfect rainbow forms
No end of the flood this,
Just a small backyard miracle.

MOMENT IN TIME
(CONT)

COMPUTER CENTER NEWS

SEE THE CALENDAR BELOW for a listing of all classes being offered in our Computer Center for the month of July. If you want more information about any of these classes check out the Summer Program Guide, pg 15-16, 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.

JULY COMPUTER CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9	10	11
9:30 -11:30 14 Intro to Computers/MAC	9:30 -11:30 15 Intro to Computers/WIN	9:30 -11:30 16 Intro to Computers/ MAC	9:30 -11:30 17 Intro to Computers/WIN	24
1:30 -3:30 21 Taking Better Photos	9:30 -11:30 22 Word Processing Basics/ WIN	9:30 -11:30 23 Word Processing Basics/MAC 1:30-3:30 Taking Better Photos	9:30 -11:30 24 Word Processing Basics/WIN	9:30-11:30 25 Photography Group 9:30 -11:30 Word Processing Basics/ MAC
9:30-11:30 28 Organize My MAC Computer 1:30-3:30 Organize My Photos	9:30-11:30 29 Organize My Windows Computer	9:30-11:30 30 Organize My MAC Computer	9:30-11:30 31 Organize My Windows Computer	1 1:30-3:30 Organize My Photos

The Mac User Group will meet on the first Wednesday, July 2nd, at 9:30. Bring your questions and also suggestions for future topics of discussion. In the later part of the meeting we’ll break into Mac, iPhone and iPad subgroups.

VOLUNTEER

POPCORN WAGON

Thinking of volunteering, consider the popcorn wagon. If you don't want to make a regular commitment perhaps you would like to consider assisting our regular volunteers on our bigger events such as Defeat of Jesse James Days in September.

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.



DINING ROOM

Just a reminder that we serve lunch at the Northfield Senior Center Monday –Friday at 11:30. For more information contact Gail Noren at 507-644-3735 or email gailnoren@nscmn.net. Special events in July include the all center “The 4th on the 3rd” picnic lunch on the patio and on July 16 the 3rd Street Accordion Band will be playing in the dining room at 10:45.

TRAVEL AND OUTINGS

SHAKESPEARE FESTIVAL WINONA, MN

Fri., July 11 - Hamlet
11A - 8:45P
Wed., July 23 - Merry
Wives of Windsor
11:30A- 8:15P

THE DEADLINE IS NEAR to sign up for two afternoon performances this year – Hamlet and Merry Wives of Windsor! Hamlet includes a small lunch and dinner with actors after the play; Merry Wives includes a box lunch with a shorter discussion with the actors after the play. Call hosts Char and Bill Carlson at 507-645-9642 if you have questions or want further information.

Cost: \$90 - Hamlet
\$75 - Merry Wives of Windsor
\$155 - Both Performances
Sign up deadline: July 16

TWINS BASEBALL GAME, TARGET FIELD MINNEAPOLIS, MN

Thurs., July 24
5- 11P

Hurry! Hurry! The time is here to join us for this game of rivalry between the Minnesota Twins and the Chicago White Sox! It's always exciting when they're playing each other. There's no traffic to fight with or parking to find because of our bus transportation which delivers us to the door and picks us up immediately after the game. Out seats are outstanding – in Section 126, behind third base! We'll have a great time.

Cost: \$60
Sign up deadline: July 10

CIRCUS JUVENTAS ST PAUL, MN

Sat., Aug. 9
11:30A- 4:15P

We have an extension so you can still sign up for this very special trip for you and your guests (any age, including grandchildren, is welcome)! This performing arts school offers circus training and performance opportunities to inspire circus artists. The school encourages and helps youth from ages 3 to 21 years to develop individual strengths and abilities. This summer show is a Cirque du Soleil-style production with a “Neverland” theme from Peter Pan. The most advanced students perform in the most advanced acts in a Cirque du Soleil-style production. This is such a special outing – please join us!

Cost: \$36
Sign up deadline: June 15



**SKYLINE ON PEPIN
RESTAURANT W/BOAT
CRUISE ON LAKE PEPIN
Wed., Aug. 20
10A- 4P**

What a wonderful trip to look forward to in August -- lakeside dining and a cruise on Lake Pepin for this out-to-lunch excursion to Lake City, Minnesota. Lunch is first at the Skyline where there's indoor and outdoor seating; the menu is varied with items costing between \$7-10 per person plus gratuity. The "Pearl of the Lake" riverboat is propelled by twin paddlewheels and has a fully enclosed lower deck with air conditioning and an open upper deck. A full bar and snacks are available. We'll hear all about the river, lake and history of the area including the "pearls" of the area. Please mark your calendar and fill out a registration slip at the Senior Center. Lunch is on your own; the bus trip and boat cruise are included in the cost.

Cost: \$35

Sign up deadline: Aug. 13

**HISTORIC NORTHWEST
FUR TRADING POST
PINE CITY, MN
Tues., Sept. 23
Time: TBA**

We will visit the 1804-era trading post and Ojibwe encampment on the Snake

River near Pine City. A guided tour of the reconstructed site includes museum exhibits on the fur trade and the cultures it brought together. Demonstrations include leather preparation, net making and wild rice processing. Lunch will be on your own at the Grant Hotel in Rush City.

Cost: TBA

Sign up deadline: TBA

**"RADIO MAN," HISTORY
THEATER
ST PAUL, MN
Thurs., Oct. 23
8:30A - 1:30P**

We are going to have a lot of fun on this day! Garrison Keillor's first play, "Radio Man." Is a celebration of A Prairie Home Companion's 40th Anniversary through a quirky and satiric journey into the memories of its creator. The radio host presides over a parade of singing groups, the private eye Guy Noir, the cowboys Dusty and Lefty, Lake Wobegon people and a bag of frozen peas.

Garrison Keillor has written the play but will not be appearing in it. We will not be eating lunch so, if desired, bring an apple or snack.

Cost: \$60

Sign up deadline: Sept. 16

FUTURE TRIPS!

**Out to Lunch -
Willinger's
Sept. 29**

**Cemetery Stories (w/
Northfield Historical
Society)
October 25**

**Italian Fashion Since
1945, Minneapolis
Institute of Art
TBA Nov**

**Out to Lunch- King's
Room St. Olaf
TBA Dec**

**Hello Dotty, Chanhassen
Dinner Theater
Jan. 24**

**Vienna Exhibit,
Minneapolis Institute
of Art
TBA Nov**

Information about Trips

Our tours depart from and return to the Senior Center. Please park in the north parking lot (by CAC entrance) if you are taking part in one of our trips.

Register as early as possible to avoid disappointment. Cancellations on or before the sign-up deadline receive a full refund. Cancellations after that date receive a full refund **ONLY IF a replacement can be found.**

**TRAVEL AND
OUTINGS**

EXTENDED TRAVEL

**Glacier National Park by
Amtrak
July 17-24, 2014**

**Mackinac Island & Door
County
July 20-26, 2014**

**Montreal & Quebec City
August 16-24 2014**

**Canadian Rockies
Banff-Lake Louise-
Vancouver-Victoria
September 3-11, 2014**

Motor Coach and Extended trips are coordinated by Linda Zwolensky.

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

FITNESS NEWS

BLOCK BONE FRACTURES WITH NUTRITION THERAPY Wed., July 9, 10A

The health of your bones is an important measure of your vitality and longevity. Do you know the foods that strengthen bones and maintain balance for a vibrant life? Dr. Noel Aldrich will present the information you need about the foods in your diet plan that will promote strong bones and a healthy lifestyle. Current evidence will be presented to keep you informed and motivated to make healthy choices in your daily life. Available local resources will be presented.

Speaker: Noel Aldrich,
PhD - Licensed
Nutritionist
Fee: Free - but please
pre-register for
headcount

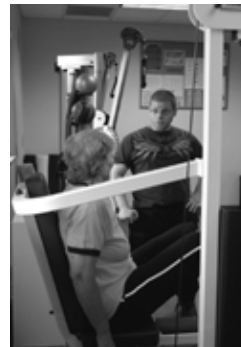
3 CANCER FIGHTING FOODS Wed., July 30, 10A

Whether you are recently diagnosed, recovering from cancer, or just want to do your best to remain “cancer free,” this seminar will give you some important keys for developing or restoring balance in your body with whole foods. Dr. Noel Aldrich will discuss specific foods known to decrease the growth of cancer that should be a part of your daily



lifestyle. Current evidence will be presented to keep you informed and motivated to make healthy choices in your daily life. Available local resources will be presented.

Speaker: Noel Aldrich,
PhD - Licensed
Nutritionist
Fee: Free - but please
pre-register for
headcount



“I’VE ALWAYS WANTED TO KNOW...” MEET, GREET, ASK A PERSONAL CERTIFIED TRAINER Sat., July 19, 9a-noon NSC Lobby

“Open House” hosted by:
NSC Trainers – Kyle Buck
and Craig Swenson

Here is an opportunity to get acquainted and ask those questions you have always wondered about fitness, exercise and related topics, but never got around to asking. This free session is a great time to get some information.

COMPLETE A 5K WORKSHOP: GROUP PERSONAL TRAINING

Wednesdays, 9-10a

Additional times can be scheduled when 4 or more and trainer can commit to meet.

Build stamina and endurance steadily, measurably and safely in this Group Personal Training Workshop. All levels of ambulatory exercisers are welcome including walkers, wanna-be walkers, or wanna be joggers. This workshop is designed help you become conditioned to complete a 5k distance which is a popular distance for many events. A degreed, Nationally Certified and experienced personal trainer designs and modifies this workshop for those who register and works to specifically adapt options for the whole group. Learn how to effectively use pedometers, heart rate monitors and other gadgets as well that help track accomplishments. Because this is Group Personal Training, fees are different from classes. **NOT A DROP IN CLASS.**

Certified Trainer: Kyle Nelson, BA, NASM and NSCA Trainer

**Session 2 - July 9, 16,
23, 30**
**Session 3 - August 6, 13,
20, 27**

Per Session - \$39 nm
\$29 m includes Silver
and Fit \$20 PL/SS

Minutes of the May 22 Board Meeting

BOARD & COMMITTEE NEWS

Directors present: Nancy Ashmore, Bernard Borene, Tom Brawley, Don Diehl, Beth Endert, Gerry Gengenbach, Elizabeth Olson, Gordon Simonson, Greg Smith, Phil Winter

Absent: Bob Craig, Duane Everson, Bill Gruszewski, Dottie Hammer, Marvin Kormann

Staff present: Lynne Pederson

Others: Michelle Remold

The meeting was called to order by Gerry Gengenbach at 3:05pm

Action: Agenda was approved.

Action: Motion and second to approve the April 24, 2014 board minutes. Motion carried.

COMMITTEE REPORTS

Review and approval of Financial Reports

Phil Winter presented financial report. Investments stayed the same through the month. Operating expenses are close to the budgeted amount for the year. Discussed potential for a PA system in the lobby.

Facilities Committee

Gordon Simonson reported. The committee authorized purchasing more lockers for the men's locker room.

Membership Committee

Nancy Ashmore reported. Reported membership numbers are down due to the lapsing Silver Sneakers members. Discussions about changing the organization's name continue. Discussed an external display that would showcase events taking place at the facility.

Advancement Committee

Don Diehl reported. Annual Fund Drive donations through April total \$7,100. Motion made to hold a donor recognition of those donating to the Annual Fund Drive. Donor Recognition is being discussed for July 25, 2014 from 5-7pm. Meeting will be taking place to discuss the logistics of the event.

Executive Director Report

Lynne Pederson reported. Discussed a designated smoking area versus no smoking on site. Moving receptacle further away from the front door of the building was discussed and will be addressed as needed. Received grant from the United Way. The new summer hours

and feedback on them were discussed. Cleaning of the pool and hot tub will be done after hours beginning in June. Popcorn wagon is now open.

OLD BUSINESS

NCRC Update, NCRC Corp

Signature event committee meeting June 3.

Operations manual is being worked on.

NEW BUSINESS

Donor appreciation is being planned.

June 5, Annual Fund Drive envelope stuffing.

Signature Event Committee

Meeting for signature event is set for June 3.

ADJOURNMENT

The meeting adjourned at 4:25pm.

Submitted by Michelle Remold

CHANGE IN THE CENTER HOURS

On June 1, the Center hours changed for the summer months. It is planned that the hours will change back to the later closing times starting in September. Why the change now? There are consistently fewer people using the Center after 7:00pm. This is especially true on Friday nights. And since historically the usage of the Center is lower in the summer months it makes sense to reduce the hours and the Center's operational costs. If you have been affected by this change, we appreciate the adjustment you have made in your schedule. I think that it is a good business practice to look at usage and evaluate if the schedule is appropriate compared to the use. As I mentioned, Friday nights has very low use. This is one night that will continued to be evaluated to determine if later hours make sense or whether hours are permanently shortened. If you have an opinion on this, I would like to hear from you. Call me at 664-3701 or stop in and see me.
 Your *aging with gusto* director.....Lynne

Policies Re: Registration Deadlines and Refunds

For most classes and events, if there is a **registration deadline**, it will be **the Wednesday of the week prior to the class/event**. The exception to this will be trips in which case another organization (such as a theater) dictates the sign up deadline. We need to do this for planning purposes (how much food to buy, whether there will be enough people to run the class, how many supplies to prepare, etc.).

Refunds – If a person cancels their registration, a full refund will be issued **only on or before the registration deadline**.
 If the Sr Center cancels a class or event, a full refund will be issued.

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



Welcome! Jay Grossman

Jay is now our Maintenance Tech person, working for Bluewater Commercial Real Estate, the company which is now managing the NCRC. Jay is here, Monday through Friday, 8am – noon, making sure that the air conditioning works, fixing broken locks, overseeing the operation of the pool, etc. Jay has changed the monthly cleaning of the pool, so it will now take place after hours. No more Wednesday afternoon closings! Thank you, Jay.



PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264



Serving seniors in the area since 1899.

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Call for a tour today! (507) 664-8800 ■ www.threelinks.org

Thank you to all our volunteers!

We are grateful to those wonderful volunteers who have touched the lives of residents in so many special ways throughout the Three Links campus, Millstream Commons and the Villages of Lonsdale.

Come for lunch!

Don't miss our **BIG** annual Goods for Goods Rummage Sale

May 16 & 17

at Three Links Friendship Lodge
Corner of Hwy. 19 & Odd Fellows Lane
Serving morning coffee & rolls and a great lunch mid-day!

If you have 'rare rummage' you would like to donate, please call Carol at (507) 664-8823. Thank you!

Rare Rummage!




Whole-person care for adults

Our internal medicine physicians provide primary care to adults, including preventive care and management of chronic conditions.

• Katherine Helgen, MD • Randolph Reister, MD

Call **507-646-1494** for an appointment.

CONNECT WITH US  

FamilyHealth Medical Clinic



507-646-1494 : FamilyHealthClinics.org/Northfield

2000 North Avenue, Northfield



Northfield Senior Center

1651 Jefferson Parkway
Northfield, MN 55057

<http://www.northfieldseniorcenter.org>



Non-Profit Org.
U.S. Postage Paid
Permit 31
Northfield, MN
55057

This activity is made possible 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.



SUMMER HOURS

Sunday: 10 am-4 pm

Monday - Thursday: 6 am-7 pm

Friday: 6 am - 5 pm

Saturday: 6am - 5pm

USED A BIT SHOPPE

624 Water St. / River Mall

Monday-Saturday: 10 am-5 pm

Thursdays: 10 am-7 pm

507-645-1399

Entertainers at 2013 4th of July celebration.
We will again Celebrate the 4th on the 3rd.

See pg 3 for details, and Do come!