



Northfield Senior Center

**active,
connected,
engaged**

News.....2-3, 10-11

Lifelong Learning4-5

A Moment in Time....6-7

Trips.8

Board Minutes.....9



SENIOR CENTER HOURS

**TAKE ADVANTAGE OF
THE EXTENDED HOURS
TO USE THE FITNESS
CENTER.**

**SEE BACK PAGE FOR NEW
HOURS.**

**GET YOUR MELODRAMA
TICKETS NOW!**

Tickets for this fundraiser are \$15 and are available on our website or by calling 507/664-3700.

Center News FOR ACTIVE OLDER ADULTS



Presenting This Year's Melodrama

by Patsy Dew

Our tradition of annual fall melodramas began in 2010 with the 10th anniversary celebration of using this space in the NCRC. The melodrama tradition continues on November 14, 15, and 16 with *A Golden Fleeing*. Our first show, *Tillie the Teller* was a marvelously silly little melodrama with a villainous villain, played by Don Forsberg, and a heroic hero, played by Paul Woodings. Marie Gery played a 10-year old girl obsessed with ice cream, and Bob Bruce appeared as a desperate outlaw (Frank Jessie). The villain tried to use dynamite to overpower the heroes, but was “foiled again” when Peter Strongvault closed the door of the vault with only the villain and the exploding dynamite inside. Since 2010, we have become a bit more polished: we have a stage; we have dimmer controls on the lights; and actors now even memorize their lines. We have kept what you enjoyed the first time, though...truly humorous scripts with funny characters and a simple plot in which good always

triumphs over evil.

A Golden Fleeing, is set in the 1870's in the rundown saloon of a ghost town. Our heroine, Sarah Sweetflower, has inherited the saloon, which she plans to convert into a Sarsaparilla Saloon and Bridal Shoppe until she discovers that underneath the saloon (directly under “Aunt Tootsie’s Wootsie”) is a gold mine, and the fun begins. We have a true hero, a purely villainous villain, and several characters that are not necessarily what they appear to be. You’ll witness conflict, mystery, more dynamite, and plenty of funny, funny moments.

I asked the cast what they are enjoying about this play. Jane Greenwood wrote, “As an actor I am enjoying the chance to overact just a bit, as that’s what a Melodrama is a lot about. My character, Crazy Clara, is a riot to play so I am having a ball creating her. It’s also been wonderful working with such a talented group of actors who are all having fun with their characters.”

Ed Kuhlman, The villain Sly Scavenger, says, “I am enjoying working with Big Bad Granny, the near-sighted outlaw who tries to combine being a lady with her instinctive compulsion to ‘blast ‘em,’ all the while chewing a paper ‘seegar.’ “

Marie Gery (who plays Big Bad Granny) answered, “Thanks Ed. I’m headed to the seegar place today for a real seegar before I choke on wet paper.” She added, “One of the best parts about a melodrama is that perfectly normal, respectable folks seem to have no difficulty turning themselves into other people -- one begins to wonder about UFO abductions and the result of these.

Oh, yes, and don’t miss the explosion in the mine! Poor Miss Sweetflower’s frock does get soiled. This is most difficult for Mr. Stoutheart, a through and through Easterner who trusts a haberdashery in Boston to attire him for the Wild, Wild West.

The fun has just begun. Be sure you don’t miss it!”

**SUNDAY AFTERNOON
CONCERT
RANDY FERGUSON,
ACOUSTIC GUITAR
Nov 9, 3:00P**

In addition to over four decades of performing professionally around the US, (as well as 38 years of teaching in the Farmington school district and 25 years at Hamline University), guitarist Randall Ferguson has played in flamenco clubs in Madrid, Spain, and Mexico City, Veracruz, and Merida, Mexico. He also appeared on the Mexican Tonight Show, "Anoche," on Mexican National Television. Using both antique and modern instru-

ments, (from 1785, 1830, 1855, and 1900 to present),

Randy's performance spans 500 years of acoustic guitar music. His repertoire ranges from the stately court music Renaissance Europe to the exciting syncopated and exotic dance rhythms of Spanish flamenco. In his performance, Randy uses several instruments, from renaissance lute to modern day concert guitars, banjos, and mandolins. Please come and enjoy an entertaining afternoon of beautiful music.

COST: \$5



TAKE A WALK!

You know it's good for you!
Walking is awesome!
It is low impact exercise that burns calories. It improves your mood and stress levels. It requires NO equipment. It is inexpensive... i.e. FREE!

It reduces the risk of heart disease, cancer, stroke and diabetes.

So take a walk, NOW!

And how about walking the halls of the Senior Center and the NCRC when the weather is nasty. Here are some distances:

Front door of Senior Center to front door of CAC and back: 700 ft. Do this 8 laps and you've walked 1 mile!

Book corner to Red Line in the long hallway and back: 575 ft. Do this 9 laps and you've walked almost 1 mile.

Start at the post on the patio, walk around the big circle and back to the post: 380 ft. Do this 14 laps and you've walked a mile!



The walking track at the Y is open for use. Through a collaborative with the Y, Senior Center members can use the track for a reduced fee of \$3.00 per time. Just stop at the reception desk in the front lobby of the Y and let them know that you are a Senior Center member to check-in and pay the fee. You can also purchase a 10 visit indoor track punch card for \$30.00. The Y is located behind Target, at 1501 Honeylocust Drive. For more information, go to the Y website, www.northfieldymca.org.

GALLERY EXHIBITS

Catherine Hanson
Retrospective
cont. through Nov 9

Next up:
Nov 10 - 30 Two
Painters: Jeanne Miller
and Nancy Rehtzigel

Reception:
Tues, Nov 18, 5 - 7pm
(part of "KYMN Live at the
Sr Center")

Jeanne Miller and Nancy Rehtzigel have both studied painting with Riki Kölbl Nelson in NAG classes she has offered at the Northfield Retirement Community. Jeanne started painting through these classes at the age of 82, and has been able to uncover and develop a talent that lay dormant for many years. Nancy uses acrylic paints because they capture the intensity of the colors she loves in nature.

THE ART STUDIO IS DEVELOPING

We have accumulated many artist work tables, a couple of easels, a paper cutter, two storage units...and have more plans for locked storage. **NEEDED NOW:** Artists, to come use the space. The space is "open" and available any time that the Center is open. You may use it by yourself, or gather with a group of friends. We're hoping to establish a group that meets regularly to paint or draw or doodle or work with fimo clays. We've had an Artist-group that met last year on Thursday afternoons, 1 - 4pm. Let Patsy know if you'd like to be a part of such a group, and when you'd like to meet (patsydew@nscmn.org or 664-3708).

VISUAL ART NEWS



CALL TO ARTISTS

Calling all artists of all media to show your work in the NSC Gallery!

1) Senior Open Exhibit
Dec 1 - Jan 4

Anyone 50+ may submit ONE piece for this non-juried show.

2) Fill the Gallery with your work for one of our 4-5 week shows during 2015.

If you are interested in either or both of these opportunities, let Patsy Dew know by November 15: patsydew@nscmn.org or 664-3708

MIDDAY ENTERTAINMENT

All of these musical performances are free and open to the public in the Dining Cafe at 10:45A.

Monday, Nov 3 country western guitar and vocal by "The Concrete Cowboy" (Dave Horejsi)

Wed Nov 5 guitar and spoon music by the Chet's (Don and Judy Chester). This will be the "birthday dinner" for the dining program.

The Northfield Troubadours Choir will be presenting a Veterans' Day Concert on Veterans' Day November 11, 2015 in room 103.

EVENTS



COMPUTER CENTER

SEE THE CALENDAR BELOW for a listing of all classes being offered in our Computer Center for the month of November. If you want more information about any of these classes check out the Fall Program Guide, pg 13-16, 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.

NOVEMBER COMPUTER CLASSES

9:30-11:30 Holiday Correspondence	3	9:30-11:30 Facebook and Privacy	4			9:30-11:30 Facebook and Privacy	7	
			11	9:30-11:30 Microsoft Word/Mac		13	9:30-11:30 Microsoft Word/Mac 2:00-3:30 Borrowing Ebooks	14
			18	9:30-11:30 Microsoft Word/Mac	19	20	9:30-11:30 Microsoft Word/Mac	21
		1:30-3:30 Presentation software				1:30-3:30 Presentation software		
							9:30-11:30 Photography Group	28

WANTED (Must Be Alive)

1. Persons who know something about Android phones or tablets to help teach seniors about these devices.
2. Persons who know something about Ebay to help teach seniors how to use Ebay.
3. Persons familiar with

Skype to help teach seniors how to use Skype.

4. Persons familiar with computer security issues to help teach seniors how to use the internet safely.
5. Persons familiar with computer back up procedures to help teach seniors how to protect their electronic data.

If you have any of the skills listed above or you know someone with any of these skills please contact Jim Finholt, 645 8609 or orjfinholt@charter.net.

DINING CAFE & POPCORN WAGON

The annual Thanksgiving Dinner at Northfield Senior Center will be on Tuesday Nov 18. The meal will be served at 11:30 but come early – the “Out to Lunch” clarinet quartet will be performing starting at 10:45. Cost for this meal is \$7.00 (all persons 60 or older can register with the dining program which then allows for a suggested donation of only \$3.50)

Thursday, Nov 20 at 12:15

is “White Elephant Bingo”. No charge but bring a white elephant gift if you can to be used for prizes. Bingo will be held once per during the fall-winter season.

The dining program is available for all seniors. To allow us to plan our meals we do appreciate that you pre-register by noon the day before by calling 507-664-3735 or signing up in the dinning room.

The popcorn wagon went to its winter storage home as of today (written 10-16). Thanks to each of you who have worked in making this another successful year. During the “off-season” we are having some windows replaced and we will have a new (and somewhat shorter) banner to start the new season. Anyone interested in volunteering at the wagon next year, please contact Gail Noren (507-664-3735, gailnoren@nscmn.org or stop in at the dining room)

Hot topic series

LIFE LONG LEARNING

Hot Topic Series – Once a year we offer conversations with experts on topics that are prominent in the news. This series will look at these broader topics, with special attention to how we are witnessing them locally, and/or personally.

FLOODING

Mon, Nov 3, 10 - 11:30A

Steven Pahs, District Manager of Rice County Soil and Water Conservation District
Gary Wagenbach, Carleton Professor Emeritus of Biology.

The presentation will cover the recent flooding that has hit Northfield, and the changes we are seeing world-wide in storm intensity and frequency. What trends do the keepers of records and climatologists have for us? What can and is being done locally to adapt to a new normal?

Fee: \$3

SAFE MEDICATION USE LORETTA CORDES, RICE COUNTY PUBLIC NURSE

Tues, Nov. 4, 10:30-11:30A

Older people as a group tend to have more long-term, chronic illnesses such as arthritis, diabetes, high blood pressure and heart disease than any other age group. Because they may have a

HOMELESSNESS

Wed, Nov 12, 10- 11:30A

Herb Frey, retired Exec. Director of Alliance Housing in Minneapolis and Jim Blaha, Exec. Director of Northfield Community Action Center.

Herb Frey worked to solve problems of homelessness in Minneapolis for over 25 years. He will talk about the causes of homelessness, and how we can end it, if we want to. Jim Blaha will inform us about homelessness in the greater Northfield area.

Fee: \$3

number of health problems or issues at the same time, it is common for older people to take many different drugs. Learn tips on how to take medicines safely and get the best results from them. All attendees will receive a free pill organizer.

Free and open to the public.

IMMIGRATION

Tues, Nov 25, 10 -11:30A

Katherine Tegtmeyer Pak, St. Olaf Political Science professor, will talk about justice in our current immigration practices: the varieties of ways critics find the US's current system unjust; how injustices persist through ignorance, self-interest, and plural definitions of justice. She will share ideas from social scientists and philosophers about how to work through each of these barriers to change.

Marie Gery will share personal experiences and stories of working with immigrants from the Arizona/Mexican border. Marie will address the reality of children crossing the border, and talk about the return of the Sanctuary Movement.

Fee: \$3



REGISTRATION POLICY

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.).

LITERARY ART:

A MOMENT IN TIME

A Moment in Time was initiated in the September, 2013 issue of this newsletter. It was created to serve as a forum for our members' writings: short stories, memoir, poems or essays. If you have something to submit, please send it to me at patsydew@nscmn.org, or put it in my staff mail box. If you have a great moment to tell about, and would like help writing it, give me a call, 664-3708.

- Patsy Dew

MUSEUM OF THE CONFEDERACY By: Paul Kluge

Richmond, Virginia, the old Capitol of the Confederacy is a really cool place I recently discovered. The locale and objects associated with specific historical events—the kind we read about in our history books, turns me into a google-eyed bobblehead when I find myself literally there and in the presence, so to speak. The Museum of the Confederacy is one such place in Richmond, bursting with Civil War history.

Can you imagine standing in front of General Robert E. Lee's actual field tent? His cot waits inside, and his actual uniform, his sidearm and holster as well as sword and other personal effects are neatly arranged within. Awesome! One hundred and fifty years later!

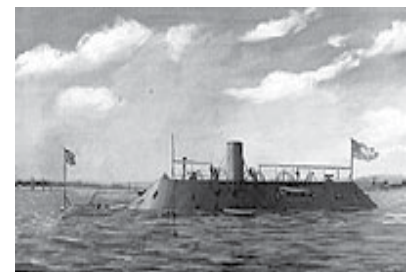
As improbable as any of that, and perhaps more so, is the seating position I acquired shortly before even entering the museum. There, for all the world to behold, is the very large, heavy, and long propeller shaft of the first "iron-clad" ship in history. It is from what we Yankees know as the *Merrimack*. You may recall seeing its picture in your school history book, depicting a great naval battle on March 9, 1862. The first two

"ironclads," the *Monitor* for the North and the *Merrimack* for the South, blasted away at each other on that day for some time—direct hits showing little effect, until a stalemate was recognized and the ships simultaneously withdrew. But a misnomer is involved in all that. The *Merrimack* was actually the CSS *Virginia*. Or at least it was in 1862. Previous to that it had been a Union (North) frigate by the name of USS *Merrimack*, but when the North was forced to abandon the port at Norfolk, Virginia, the *Merrimack* was burned and left behind to sink. The Confederacy salvaged a good deal of valuable material there, not the least of which was a frigate that had burned down to the waterline. Below the waterline was an intact and relatively healthy ship's hull, complete with mechanics and running-gear. Over the course of several months, the *Merrimack* was dry-docked by the Confederate Navy, and rebuilt. She was fitted with 10 guns: 7" guns on pivots at each end of the ship, and up to 9" smooth-bore guns between the pivot guns to be used as broadsides. Plus, she was fitted with a substantial ram at the bow. By March of 1862 the USS *Merrimack* had been transformed into the first ironclad, the CSS *Virginia*, whose picture we recognize in history books.

The day before the great

battle with the North's *Monitor*, the CSS *Virginia* had astounded the Union by sailing out of Norfolk and quickly ramming and sinking the Union's *Cumberland*, a sloop of war. She then turned and fired on the frigate *Congress* which was forced into submission. The U.S. Navy and Federal Government were appropriately horrified. Military intelligence had alerted them to the potential of an "ironclad" coming out of the South, and the North was working on its own design of an armored "battleship." But the sudden and exceedingly effective attack by a vessel impervious to current guns and fire-power brought nothing but images of devastation for the Union Navy and Federal government up and down the Atlantic coast. There is a Minnesota connection in all this: the day after her successful assault on the *Cumberland* and the *Congress*, the ironclad returned specifically to dispatch the *Minnesota*, a frigate that had the bad luck of having grounded itself in the same waters and could go nowhere. That is when

Continued on page 7



Continued from page 6

the USS *Monitor* comes into play. She had been pressed into early service after the *Virginia's* attack and was now waiting for her to reappear. The historic battle ensued. Then a number of things quickly altered fate. The Confederacy was forced to vacate the Norfolk port, which left the *Virginia* without a base. What the Union did not know about the *Virginia* is that she was a deep draft vessel with a weak power-plant and significant sea-keeping issues. She could only traverse deep channels and remain in calm

waters. Attempts were made to lighten her enough to navigate the James River, which would bring her to the relative safety of Richmond, but those attempts failed. Two months after her startling appearance, the CSS *Virginia* was scuttled by her own crew near where her historic battle with the *Monitor* took place. Slightly more than 152 years later, this landlubber from Minnesota/Wisconsin sat and mugged for the camera while straddling, cowboy style, the CSS *Virginia's* venerable propeller shaft. Crazy!



A MOMENT IN TIME cont.

INSURANCE CHANGES

We have not been informed of any changes the insurance companies are making for 2015. However, many of you may be making changes in your coverage. Please remember to let us know those changes, and the date of change if they affect your membership or reimbursements here at the Center. Feel free to contact Jackie Johnson for more information on the insurance incentives offered here at the Senior Center.

POLICY CHANGE

Memberships are for specified lengths of time. Three and Six month memberships are available as well as the yearly ones. The Senior Center Board of Directors has initiated a new policy. There will be a \$10 reinstatement fee payable upon renewing, for people who cancel memberships before their membership time is up, then renew again at a later date.

This will not affect those who finish out a membership, then lapse for a few months before renewal.

MEMBERSHIP UPDATES

Welcome! to these new members

Terry & Rosana Cornelison, David & Janet Aldrich, Steve Chambers, Gerald Cleland, Joelle Franz, Donna Stier, David Roberts, Susan Olson, Janice Sandberg, Roberta and Wally Wegner, Phillip Hansen, Joshua & Elsie Hurd, Joshua Hurd, Paul & Anne Klinefelter, Santa Silva Leon, Sue Samuelson, Susan Samuelson, Mary Kuntz, Hanard Lien, Marlene Lien, Willis & Brynda Mc Coy

Thank you to these September Donors

Katie Cooper, Dianne Barrett, Helen Ellinger, Dorothy Hammer, Jackie Johnson, Robert & Gail Craig, David & Joey Appleyard, Solveig Bailey, Warren & Karen Broughton, William & Charlotte Carlson, Jean Chagnon & Sandy Johnson, Eileen Cooper, Larry & JoAnn Edwardsen, Chris Ellison & Gene Finger, Gerry & Carol Gengenbach, Marie Gery, Bonnie Gretz, Georgene Johnson, Harriet Menard, Mary Olander, Elizabeth Olson, Charles & Lynne Pederson, Ken & Roberta Persons, Gordon & Emelda Rasmussen, Barbara Sawyer, Bardwell & Charlotte Smith, Linda Wagenbach, Judy Broske, Winnie Drentlaw, Malcolm & Jacquelyn Gimse, William & Marjorie Gruszewski, Elizabeth Williams, Carol Carlson, Della Lundquist, Blanche White, Phyllis Swanson, Don Diehl, Richard & Jane Scott, Steven Beto

TRAVEL NEWS

Our tours depart from and return to the Senior Center. Please 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 **IF a replacement can be found.**

ITALIAN STYLE: FASHION SINCE 1945 MINNEAPOLIS INSTITUTE OF ART

Date: Nov. 4
Time: 9A - 3P

The MIA finally gave us a date for this unusual show. However we did not have a lot of time to publicize it in any of our regular Senior Center publications. Consequently we have a small group signed up and would like to have some more people join us. This is an exhibit of Italy's rich, arresting contribution to postwar fashion. Designers that turned "Made in Italy" into the mark of style include are Armani, Valentino, Prada and Pucci. They defined a modern style that became a hallmark of Italian production. Plan on having lunch at your own expense at one of the food services available at MIA. Sign up on line or at the Senior Center.

Cost: \$45
Sign up date:
Immediately

A CHRISTMAS CAROL GUTHRIE THEATER

Date: Nov. 19
Time: 10:30 a - 5:00P

"A Christmas Carol" has been a perennial favorite at the Guthrie Theater for 39 years. It is a holiday tradition for families throughout Minnesota. Please join us and bring your families and

friends to this cherished afternoon production! Lunch is available at the Level 5 restaurant at your own expense. Reservations for our group will be made for you; you may choose your meal from their regular menu. The special Christmas menu offered for lunch was only available for groups of 15 persons or more. We did not meet their minimum number at their deadline time. Note that lunch is also available at other restaurants in the area; a list of area restaurants will be posted in the Trip Book at the Reception Desk. Please register as soon as possible to insure your ticket.

Cost: \$44
Sign up date: Nov 5

DINNER AND CHRISTMAS LIGHTS IN ST PAUL

Date: Dec 18
Time: 4- 8:30P

It's a wonderful season to have dinner at Fabulous Fern's (walleye is a favorite)! Afterwards, the group will drive around Phalen and Rice Parks as well as Summit Avenue to view Christmas lights and displays before returning to Northfield. Phalen Park is featuring new holiday light sculptures and animated displays this year. Historic Rice Park will be transformed with twinkling lights, and classic Nutcracker and angel statues among its holiday décor. Dinner is on your own. This outing is

limited to the first 14 persons who register.

Cost: \$35
Limited to 14 Persons
Sign up date: Dec. 2

HELLO DOLLY CHANHASSEN DINNER THEATER

Date: Jan. 24
Time: 10:15A - 4:30P

Come with us for a Saturday afternoon outing at the Chanhassen Dinner Theater to see the nationally renowned "Hello Dolly." It hasn't been performed in the Twin Cities for twenty years. This musical has been called one of the greatest productions in American musical theater history. It's about a scheming busybody who makes her living as a matchmaker in glamorous New York City; she orchestrates romance and adventure in a mixed up night on the town. This trip is in conjunction with the Community Resource Bank.

Cost: \$84 includes
lunch
Sign up date: Dec. 27

FUTURE TRIPS!

Minnesota Symphony, Semi- Staged Performances of Rogers and Hammerstein's Carousel - March 19

Carmen Opera, Ordway Theater, St Paul - May 3

Minutes of the September 25 Board Meeting

BOARD OF DIRECTORS

Directors present: Nancy Ashmore, Bernard Borene, Tom Brawley, Don Diehl, Beth Endert, Gerry Gengenbach, Bill Gruszewski, Elizabeth Olson, Phil Winter, Duane Everson, Dottie Hammer, Marvin Kormann, Gordon Simonson, Greg Smith

Absent: Bob Craig

Staff present: Lynne Pederson, Michelle Remold

CALL TO ORDER

The meeting was called to order by Gerry Gengenbach at 3:00 pm

Action: Agenda was approved.

Action: Motion and second to approve the August Board Minutes. Motion carried.

REPORTS

Review and approval of Financial Reports

Bill Gruszewski presented the Financial Report. Assets are up slightly. Items for discussion show up on the income statement. There is some fluctuation between the last few months. Year to date comparisons are almost equal. We are at almost 60% of budget for the year.

Used a Bit is doing well and is up from this point last year.

Popcorn Wagon sales are down slightly over last year.

Finance Committee

Bill Gruszewski presented. The audit for 2013 has been started. The committee is recommending sending out RFP's to different auditing firms for next year's audit. A suggestion is made to segregate the Endowment Fund. This would require another board to oversee the 'Endowment Foundation.' Discussion about what would be required if the Endowment Fund were set apart from the Senior Center balance sheet.

Facilities Committee

Gordon Simonson reported. The committee discussed the cost of remodeling the Fitness Center. They are going to investigate leasing fitness equipment and see what the cost comparisons are between buying and leasing the machines. The committee also discussed the handicap accessibility of the building and the doors. There will be a walk-thru of all the rooms to inspect the Senior Center space. There is some discussion on finding grant money to purchase headsets for melodramas and presentations.

Membership Committee

Dottie Hammer reported. Membership numbers had decreased due to a change in insurance programs, but now appear to be rebounding. The committee is

looking at creating different membership levels. Signage was discussed and they are looking at the prices of the signs and what the requirements are for the city. This may be a shared project with the NCRC Corp. It is suggested that a fee be charged to members when they want to end their membership and then restart it in a few months. Members have been known to do this several times during the year.

Motion: Charge a \$10 reinstatement fee to members when they end/ restart memberships for reason other than renewal. Motion passed by unanimous vote.

Advancement Committee

Don Diehl reported. Fund Drive is a little behind from last year. There will be a play this fall as a fund raising event. The committee is looking at having a signature event next year.

Executive Director Report

Lynne Pederson reported. The website is being redesigned. Staff did a walk-through to look at the center and what could be changed to improve the appearance of the center. NCRC Financial reports were provided and discussed. The hiring process has begun for the Fitness Manager position.

OLD BUSINESS

Volunteer Appreciation

The event has been planned for October 10.

Fitness Room Upgrade

Still working on gathering information on replacing the equipment and giving the entire room a facelift.

Sustaining Donors

Discussed providing an incentive for becoming a sustaining donor and having an informational table in the lobby.

NEW BUSINESS

The first draft of the 2015 budget was provided to the Finance Committee.

ADJOURNMENT

The meeting adjourned at 4:47 pm.



**NOVEMBER IS SOS
MONTH AT THE SENIOR
CENTER!
(SUPPORT OUR
SENIORS!)**

During November we are asking our members to become Sustaining Donors by signing up to make convenient automatic monthly donations to the Northfield Senior Center. *Watch for the SOSC kiosk in the Lobby and get a free wine glass on November 11 and 12!*

Sustaining gifts are GOOD for the Northfield Senior Center!

1. They provide a steady, reliable stream of income to support the on-going programs and services of the Center.

2. They are cost-effective and take less staff time to administer.

Sustaining gifts are GOOD for you, the Donor!

1. They are convenient and efficient as they cut down on checks, paperwork and time.
2. They are easier to include in your budget when you are on a fixed-income.

Please consider becoming part of the Northfield Senior Center's Sustaining Donor family by making an auto-

matically recurring monthly donation that is secure and easy. You may use a credit card or an automatic bank transfer. Both methods are secure and safe. You may change or suspend your monthly gift at any time by sending the Center a note in writing.

Setting up a monthly Senior Center sustaining gift is easy. Here's what you need to do:

To set up Sustaining Donor contributions through a credit card:

Please call the Senior Center Reception Desk at 507-664-3700. The receptionist will ask you for your credit card information and for the

amount of your monthly pledge.

To set up Sustaining Donor contributions through an automatic electronic funds transfer:

Please pick up a Transfer Authorization Form at the reception desk. Fill it in and sign it and return to the receptionist. We will send you an email to let you know that your transfer authorization has been set up.

Please note: Your participation in the Center's Sustaining Donor Program may be adjusted or canceled at any time. Just send an note in writing to the Center.

A BUCKET FUND



Thanks to an anonymous donation we have initiated a special fund intended for the use by people who wish they could do something here but cannot afford it. If you have ever wished you could go on one of our regional trips, or attend an Exceptional Eats, or buy art supplies for one of our art classes (etc.), but knew the cost was more than you could afford, this is for you. Talk with Lynne or Patsy, and they will make it happen.

If you are someone who would like to help others take advantage of the wonderful programs here, a donation to the "Bucket Fund" would be appreciated.

**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**
Craig Swenson

**Program
Coordinator / 664-3707**
Chris Ellison

**Administrative
Coordinator / 664-3703**
Michelle Remold

**Used A Bit
Shope / 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! CRAIG SWENSON

We are pleased (and excited) to announce that Craig Swenson has been hired as our Fitness Manager. Many of you know Craig already since he has been working at the Center since 2009 as a fitness instructor and personal trainer. We look forward to having him around here more, and bringing his fresh ideas to our great fitness program.



PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264

Memory Care



Holly Preslicka,
Director of Memory Care
(507) 664-8824

Guiding the journey through the challenges of memory loss.

We provide 24-hour supervision and companionship in a home-like setting, offering assistance and encouragement, in an environment that preserves dignity, respect and acceptance.

THE COTTAGES ■ COTTAGE OF FOREST ■ PATHWAYS

■ *We welcome your questions. Call to arrange a tour.*

815 FOREST AVENUE, NORTHFIELD, MN 55057 WWW.THREELINKS.ORG



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



Northfield Retirement Community
Innovation. Choice. Tradition.

It's All Here!

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

northfieldretirement.org



FRONT DESK: 507-664-3700

CENTER AND FITNESS CENTER HOURS

Monday-Thursday: 6 am-9 pm
Friday & Saturday: 6am-6 pm
Sunday: 9 am-8 pm

POOL HOURS

Monday-Thursday: 6 am-8 pm
Friday & Saturday: 6am-6 pm
Sunday: 5:30pm-8 pm

USED A BIT SHOPPE 507-645-1399

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

ANNUAL FALL MELODRAMA FUNDRAISER

A GOLDEN FLEECE

BY R. EUGENE JACKSON

Friday, Nov 14
7:30pm
Saturday, Nov 15
7:30pm
Sunday, Nov 16
2:00pm



NSC Performance Space
1651 Jefferson Pkwy, Northfield

Produced by special arrangement with
Pioneer Drama Service, Inc., Englewood, CO



Northfield Senior Center
Active. Connected. Engaged

Tickets \$15 – available at
northfieldseniorcenter.org
or 507/664-3700