



Northfield Senior Center

**active,
connected,
engaged**

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Center News

FOR ACTIVE OLDER ADULTS



Fitness Forward for '15

by Patsy Dew

In the rhythm of our lives, there's always hope as a New Season begins. I've heard that if the Vikings actually finish this season with an equal number of wins and losses that there will be much optimism for their 2015 season next fall. I recall beginning each new school year with excitement, optimism, and a "new" hand-me-down dress. As we turn the calendars to a New Year, many of us resolve to be healthier, more fit, more active and (perhaps) slimmer. January is a great time to try something new, to follow through on that hope that you will be

healthier and more fit in '15. And we have new programs and classes to help you fulfill those New Year Hopes. Our Fitness Manager, Craig Swenson, has worked with our Fitness Instructors to create four new on-going fitness classes, all starting in January. Craig is also developing new collaborations with the Hospital and the Center for Sports Medicine and Rehab (CSMR), which will enhance our fitness programming for 2015.

Check the Program Guide for these new classes: Yoga Therapy, taught by Lori Williams on Fridays, will help you relax more thoroughly in both mind and body. Following a new fitness trend,

we will have two "Barre" classes. These classes draw on the wisdom of ballet, working with your own body (no free weights) to achieve better balance, fitness and coordination. One of these Barre classes meets on Monday mornings, the other on Wednesday evenings. Finally, check out "Pilaqua" in the pool on Saturday mornings, for a type of pilates-core-strengthening workout in the water.

Along with Chris Ellison, Craig has been meeting with Sue Pokorney, the Hospital's Community Wellness Coordinator, to develop a series of talks or classes based on the systems of the

Continued on pg. 3



GALLERY NEWS

GALLERY EXHIBIT
Jan 5 - Feb 8

REFLECTION AND REINVENTION
Kate Douglas: Painting and photography

OPENING RECEPTION
Jan 13, 4 - 6p



Kate Douglas is an artist and art educator who currently resides in Northfield. Kate began her teaching career in 1970 in Columbia Heights then taught art and designed art curriculum for all K-12 Northfield students from 1977 to 1998. She has taught post-secondary art methods at St. Olaf College, Augsburg College and Saint Catherine University in Saint Paul. She officially retired from St. Kate's in 2011 but has continued teaching and designing curriculum models until 2014. She now considers herself "almost retired

maybe."

Over her 43 years of teaching, Kate has continued to draw and paint in oils, watercolor, and other media and has participated in several exhibitions as part of the St. Kate's art faculty. She obtained her bachelor degree in K-12 art education and K-6 classroom education and her master's degree in studio art. She has belonged to the AEM, Art Educators of Minnesota and the NAEA, National Art Education Association throughout her teaching career.

DINING CAFE NEWS

COMING SOON! IN THE PAST MONTHS YOU MAY HAVE NOTICED NEW DÉCOR IN THE CENTER'S DINING ROOM... OR AS IT HAS NOW BEEN DUBBED, "THE SUNSHINE CAFÉ"



Sunshine
Cafe

In early 2015 our hope is to launch the Sunshine Café by adding a variety of a la carte items to the menu along with the meals being served presently. Many details are yet to be worked out. The hours of service will be longer, there will be more menu choices, and ala carte prices. Our intent is to provide our NSC members, as well as the other partners in our building, more flexible, convenient, affordable, and tasty options for their mid-day meal or snack. Please watch for further information as we get ready to launch this service.

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14 YEARS
RUNNING!

Continued from pg. 1
body. We'll have experts from the Hospital talking about the skeletal system, the cardio-vascular system, the neurological system and the muscular system. The idea is, that these classes will help you to know your own body better, know how to prevent injury and disease, how best to integrate movement into your daily life. Simply put, these classes will help you as you are working toward that healthier you.

We have a long-standing rela-

tionship with CSMR, which Craig is building upon to create a more rehab-friendly Senior Center. For many years CSMR therapists have brought their clients to use our pool. Craig is talking with their therapists about how we could develop a better transition from the rehab work done at CSMR to post rehab use of our facility.

Part of our Fitness Forward '15 plan includes NEW fitness equipment in the Fitness Room (see *Under the Hood*, pg 8). Craig is looking

for equipment that will be more adaptable and easier to operate. There will be machines that deal with range of motion issues, stability, offer more variety, and at the same time, be challenging for all fitness levels.

As I anticipate Fitness Forward '15, I think a new pair of those brightly colored workout shoes might bring the same kind of excitement I felt skipping off to the first day of third grade in my "new" dress.

HISTORIC HAPPENINGS BOOK PUBLISHED

"Historic Happenings," a book by Susan Hvistendahl, was published recently through a partnership of The Entertainment Guide and Northfield Historical Society Press. It is a compilation of selected "Historic Happenings" columns which were originally published in The Entertainment Guide between 2007-2013.

The newly published book includes stories about the people, businesses and events that have made Northfield the unique place that it is today, dating back to John North, who founded the town in 1855. The book contains stories of North's

establishing a Lyceum where settlers sought "intellectual improvement" in debates on issues of the day and North's ties to Abraham Lincoln.

Also part of the fabric of the town's history are the Archer House (which opened in 1877) and the Ware auditorium (now the Grand Event Center) and the Odd Fellows building (at the site of Three Links today) which both opened in 1899. The beloved popcorn wagon, established by Vera Johansen, has been a familiar sight on Bridge Square since 1979. Other events covered in the book are the speech General Dwight David Eisenhower gave to 10,000 at Laird Stadium in 1952 just before

he was elected President, the tragic day in 1915 when lions attacked their trainer during a 1915 carnival, the 1997 Northfield Raiders' state football championship and, of course, the infamous day of "Robbery & Murder!" on Sept. 7, 1876, when the James-Younger gang tried to rob First National Bank but met its match.

And, above all, there are stories of the amazing people of Northfield, past and present.

**PRESENTATION AND
BOOK SIGNING
by Susan
Hvistendahl**

**Northfield Historical
Society Thursday,
Jan. 15, 6:30 p.m.**

**Music by Laura
MacKenzie
Refreshments**

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.

JANUARY COMPUTER CLASSES

JANUARY Monday	Tuesday	Wed	Thursday	Friday
12 Intro to Comp /Win	9:30-11:30 13	14	9:30-11:30 Intro to Comp /Win 15	9:30-11:30 Help with Non-Apple Devices 16
19 Intro to iPad/iPhone	9:30-11:30 20	9:30-11:30 Word Processing Basics/ Win 21	9:30-11:30 Intro to iPad/iPhone 22	9:30-11:30 Word Processing Basics/W in 23
26 Organize my Windows Comp	9:30-11:30 27	28	9:30-11:30 Organize my Windows Comp 29	9:30-11:30 Photography Group 30

HELP FOR USERS OF DEVICES NOT MADE BY APPLE

Friday, January 16, 9:30-11:30A

For the first time there will be a give and take sharing session for owners of smartphones and tablets not made by Apple. This is the time for owners of Android, Windows, or similar device to learn more about their equipment. There will be an opportunity to ask and answer questions. Bring your device, a power cord, user name, password, and any written instructions you may have.

No registration needed

Fee: Free

Thank you to these November Donors

Glen & Marlene Kispert, Don & Mary Crook, Lester & Della Gunderson, Avis Reed, Harley Tate, Laura Olson, William & Joanne Rodgers, Duane & Sally Boyle, Carol Carlson, Lois Falkenberg, Lester & Della Gunderson, Dorothy Palmquist, Pat Sunquist, Joni Kilde, David & Joey Appleyard, Solveig Bailey, Warren & Karen Broughton, Mary Brown, Roger & Ruth Brown, William & Charlotte Carlson, Tom DeWolfe & Eileen Cooper, Larry & JoAnn Edwardsen, Chris Ellison & Gene Finger, Gerry & Carol Gengenbach, Marie Gery, Bonnie Gretz, Georgene Johnson, Jackie Johnson, Marv & Rose Kormann, Harriet Menard, Mary Olander, Elizabeth Olson, Charles & Lynne Pederson, Ken & Roberta Persons, Gordon & Emelda Rasmussen, Barbara Sawyer, Bardwell & Charlotte Smith, Ted & Marge Vessey, Linda Wagenbach, Judy Broske, Winnie Drentlaw, Malcolm & Jacquelyn Gimse, Doug & Sue Ims, Elizabeth Williams, Don & Joan Kark Niehaus, Gary & Connie DeGrote, Jim & Shirley Evans, Julie Klassen, Mary Raney, Susan Roosenraad, Paul & Anne Klinefelter, Lyle Matson, Roxanne Baumann, William & Charlotte Carlson, Karl Hella, Charles Jacobson, Paul & Anne Klinefelter, Robert & Donna Vanderhoof, Diane Genova, Cleve Crowningshield, David Finholt, Peter Herborn, Paul Tarabek, Marilyn Boschee, Arthur Campbell, Arliss Boyum, Evelyn Burry, Eleanor Salisbury, Ruth McCarty, Kris & Caryl Vohs



ANYONE CAN DRAW

Tues. Jan. 6 - 27 (4 weeks)

1 - 3P (in the art studio)

Have you ever wanted to draw and felt frustrated? Are your skills the same as when you were a child? Anyone can learn to draw. This class will be teaching basic drawing skills. We will be drawing still life objects using chalk pastels and pencil. You will learn to draw three basic shapes that will look three dimensional using light and dark shading. This will progress to drawing three objects in a still life. These lessons will teach perspective, proportion, and realism. This class works on helping the artist see things as they actually are not what you think they are. It moves your thinking from the left side of the brain (language, labeling & speech), to the right side of the brain, (intuitive, conceptual & innovative). A hobby that will make time disappear and allow you to learn a beneficial skill that will continue to improve throughout life.

Teacher: Catherine Hanson
Fee: \$48 m

O.W.L.S. LEARN AND LUNCH SERIES
10:30-12:30

River Bend Nature Center will be bringing their wonderful OWLS Luncheon program to the Senior Center. OWLS (Older Wiser Livelier Seniors) luncheons present first a program on a natural history topic presented by a variety of people who have expertise in specific areas. The program is then followed by a lunch.

January 21: Wildlife Photography: Dave Angell
With 40 years of wildlife photography experience Dave will unravel the story behind his breathtaking pictures.

February 18: Native Pollinators: Margot Monson
She is both an entomologist and a bee keeper presenting about native pollinators and their rapid decline.

March 18: Cannon River History: Beth Kallestad
Beth will be presenting about the Cannon River and its features and functions.

April 15: Blue Bird Recovery Program: Carrol Johnson
He will speak about the blue bird recovery initiative and efforts to save the birds and their habitats.

Fee: \$12(includes lunch)
\$6 - Lunch fee for PL, SS, S&F+

NON-WALKING TOUR OF HISTORIC NORTHFIELD
Wed. Jan. 28, 10-11:30A

Northfield Historical Society Executive Director, Hayes Scriven, will take you on warm, non-icy tour of notable buildings in historic downtown Northfield and tell some of the significant events that took place in them. Using the wonderful old photos and maps from the Historical Society's archives, Hayes will guide you through the early history of our town: its founding, early settlers and first businesses.

Fee: \$3

LIFE LONG LEARNING



PROGRAM FEES

The fees listed for Life-Long Learning programs apply for most membership levels. These basic fees are included for members at the Platinum, Silver and Fit Plus, or Silver Sneakers levels. Members at these three levels are required, however, to pay for any materials or meal costs that are a part of the program.

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

Auld Lang Syne by Steven J. Beto

I walked across the frozen lake listening to the snow crunch beneath the ice-gripers on my Sorrels, frozen breath clung to my beard, and a cloudy sky reflected the twinkling city lights enough to make out the silhouette of the old fish house up ahead. I stopped at the door to look at a clock sized thermometer, and rubbed away the frost with my gloved hand—three below, five maybe.

Inside, I struck a farmer's match to light a candle. In the flickering light sat two lawn chairs on pieces of $\frac{3}{4}$ inch plywood flooring near a fishing hole covered with a wooden lid. A tackle box and a metal bucket with a straining ladle sat nearby. Two short poles hung on the wall next to a faded photograph of my father holding onto a seven pound Northern. A steel plate lay on fire bricks against the far wall. I lit three votive candles on the plate, turned a terracotta pot upside down over the candles, and propped it on three lug nuts to create a draft that rose up through the hole in the bottom. The terracotta absorbs and radiates heat enough to unzip my coat. I removed the wooden lid from the hole and used the ladle to remove chunks of ice that I placed in a metal cup on top of the terracotta pot to melt for tea, then

dropped a baited hook into the hole and sat down next to the empty chair that had been my father's.

The coroner had come to take dad away at 4:30 one morning last October. I helped wheel the stretcher out to the hearse, and shut the back door. The hearse moved down the street and out of view. Overhead, the constellation Orion shone brightly in the sky. Some say that Orion holds a bow in his hand, but I figure it to be a fishing pole; a fly rod, maybe.

After I put dad's house up for sale, I got up the courage to visit his basement workshop that contained an oil-stained and deeply gouged workbench built against a windowless limestone wall. Bits of stone ensnared in cobwebs clung to the wall. An anvil on the corner of the bench gripped the wooden leg of a hobby horse in its vise waiting for repairs. I removed a prayer card from my pocket, laid it on the workbench and when I turned to leave, I found dad's fishing cap hanging from a nail on the door jam. I removed the cap and smelled the brim. It smelled like him.

I could still see my breath while sitting over the hole. When I opened the tackle box my wet fingertips stuck to the metal box. I pulled out a bottle of brandy, unscrewed the cap, and looked deeply inside,

then put the cap back on and dropped the bottle into the box without taking a swallow. One November morning, my eight year old son, called and asked if I would come down to see him. The stress I felt from the late stages of dad's disease had gotten to be too much for me. I separated from my wife and moved out of the house in September. This would be the first time seeing my son since the move and I braced myself to receive his anger.

My son greeted me at the door and asked me to go with him downstairs. The well lit basement smelled clean and fresh from a recent shampoo. A brightly colored quilt lay folded on the couch. My son disappeared into his bedroom and came out clutching a pillow to his chest. The pillow had been mine, one that I had left behind in a hasty move. The boy came close and held out the pillow.

"Here, dad," he said. "Smell this. It smells like you." Sometimes when I hear lake ice pop, I don't know if it is breaking or melting, but I know that the greatest meaning in my life is here with my son and his mother. After speaking with my wife, she kindly allowed me to move back home. The pole began to shake in my hand and I pulled up a small Walleye. Hammer handles, dad used called them. I

Continued on pg. 7

Auld Lang Syne Cont.

might have thrown him back, but some nights you take what you get. I put him on a stringer and dropped him in the ice bucket.

After blowing out the candles for the evening, I stepped out onto the frozen

lake dangling the hammer handle from the string. On the distant shore, a yellow shaft of light could be seen from our kitchen window. My wife would be sitting at the table saying her rosary. The nights are not always warm, and the catch not always enough, but I am

grateful for what I have been given. The cold sky had cleared. My frozen breath rose above me towards Orion fishing in the deep waters of space.

“Dad,” I said. “Let’s go home.”

**“CAROUSEL”
MINNESOTA ORCHESTRA
HALL, MINNEAPOLIS
Thurs. March 19
9 am - 2 pm**

The Orchestra has a new tradition – featuring the full symphony orchestra in performances of a Broadway musical. This year it is Rodgers and Hammerstein’s “Carousel.” The story unfolds in one unforgettable song after another: “If I Loved You,” “June is Bustin’ Out all Over,” and “You’ll Never Walk Along” are a few of it’s well-known songs. Before the concert we’ll attend a pre-talk in the main hall. There is no lunch. We look forward to having you with us for one of musical theater’s greatest, soul-stirring masterpieces.

**Fee: \$53
Sign up deadline: Feb. 2**

**“VIENNA”
MINNEAPOLIS INSTITUTE
OF ART
Save The Date
Tues, April 21**

The amazing history of the Austrian Habsburg Emperors is being showcased in this exhibition. The Habsburgs commissioned and collected households full of masterpieces by which to display their power. This exhibition focuses particularly on the three periods of their greatest flourishing: the history of the Habsburgs from the 13th to the 16 century, the art, culture and politics

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.**

of the 17th and 18 centuries, and the early 19th century with the final demise of the Holy Roman Empire and the establishment of the hereditary Austrian Empire. More details will appear in the next issue of the Newsletter.

**TRAVEL
NEWS**



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UNDER THE HOOD: A VIEW FROM THE BOARD OF DIRECTORS WHAT'S NEXT?



The Northfield Senior Center will get even better in the New Year! That's my prediction and my resolution for 2015. Your Board of Directors, committees and staff are always looking for ways to make the Senior Center a place you can be proud of and want to attend.

The Fitness Room equipment needs immediate attention! We have a bid and are waiting for another. We have learned a lot about fitness in the past few months and have looked at the "state of the art." Now we must quickly decide how to proceed. You can expect some big improvements.

The Senior Center finances need to be strengthened. We always pay our bills, but there is strong competition in Northfield for the dollars to operate our non-profit. Watch for new fundraising ideas to pop up as we request your support for the Annual Fund, Legacy gifts, the endowment and fundraising events.

The Senior Center membership is growing! Next year we will be trying some new ways to promote the Center and educate the Northfield community about the positive aspects of aging and the way the Center "Adds Life To Our Years!" Expect to be surprised and impressed! In many ways the Northfield Senior Center is already a dream come true! In the 1980's and 1990's the seniors had a dream about a place that would provide the highest quality programs, services and opportunities for today's Northfield area seniors. Their dream came true when the NCRC opened its doors in October, 2000. We are indebted to those generous, hard-working, forward-thinking leaders and supporters. Fifteen years later we need to dream the next dream for the future of the Senior Center. What do we hope will happen in the next 15 years so that the Center will always be the primary place for Northfield seniors to be active, engaged and connected. Expect to be inspired and dream big dreams!

- Gerry Gengenbach

Welcome! to these new members

MEMBERSHIP UPDATES

William & Britt Stromayer, Erik & Mary Holleque, Judy Ulrich, Clarence & Mary Herrmann, Tedde Lundstedt, Donald Eide & Bonnie Lundquist, Rhoda Van Tassel, Ronald & Diana Huseth, Donald & Corrine Slaughter, Roberta Schultz Kasa, Dawn E Knutson, Richard & Connie Tressel, Robert Waldron, Marcia Yernberg, Naomi Estes-Tullo, Patrick & Naomi Tullo, James & Susan Sharrow, Mary Harris, Muriel Inouye, Jacqueline Scott, Ileen Waldron, Leif & Debora Knecht, Juana Vazquez, Mariveliz Aguilar, Andrew P Van Bourg, Mary Rosenberg

Minutes of the December 4 Board Meeting

BOARD OF DIRECTORS

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

Absent: Bernard Borene, Bob Craig, Greg Smith

Staff present: Lynne Pederson, Patsy Dew

Others: Michelle Remold, ReJean Schulte

CALL TO ORDER

The meeting was called to order by Gerry Gengenbach at 3:07pm

Action: Agenda was approved.

Action: Motion to approve the September Board Minutes. Motion carried.

REPORTS

Review of the Board Retreat Minutes

ReJean Schulte reported. Covered the themes that were embedded in board responses to a survey that was done at the retreat. Took a look at the summary of what the board members saw as strengths and weaknesses. Discussed setting priorities based on the responses, what do we want to accomplish sooner rather than later? How do we engage the

board and the members of the center? There was a recommendation from the retreat to develop a five year plan. Creating a vision was identified as a need in board member's dialogue, how will it be of benefit to the Center? Identify when and how to move ahead with the summary results from the retreat.

Review and approval of Financial Reports

Bill Gruszewski presented the Financial Report. Fund Drive is falling under the \$65,000 goal that was set for the end of the year. There is some concern over the expense numbers that were presented. This will be the second year in a row that the center is over budget. Used A Bit had another good month for the third month in a row.

Phil Winter presented the audit report. The report was done on an accrual basis.

Finance Committee

Bill Gruszewski presented. There is a new Endowment Fund Investment Policy Statement that will be effective at year end. Wells Fargo is the new party responsible for handling the Endowment Fund. Motion to adopt the new investment committee policy and changing the word 'should' to 'will' in three instances on the final page on the document. Motion carried.

Facilities Committee

Marv Kormann reported. Soft

water was run throughout the building. The committee asked the Finance Committee to set aside money to replace the pool pump. There is also a walk-through taking place with the intent to make recommendations what improvements are done down the road. Went to the Faribault Community Center to look at the new equipment there.

Membership Committee

Dottie Hammer reported. The membership committee did not meet prior to the board meeting.

Advancement Committee

Don Diehl reported. Melodrama was very successful and brought in money. Gerry Gengenbach had a booth in the lobby to sign up to become sustaining donors. The number of sustaining donors went up from 29 to 34 from the event. There is a change jug in the lobby to see how much additional money we can raise to add to the Fund Drive.

Executive Director Report

Lynne Pederson reported. There was a change in hours between summer and fall. Discussion to cut back the hours to 8pm instead of 9pm. Receptionists will stay until 9pm as needed for programs and rentals.

NCRC 2015 budget was presented at the October 28 City Council Meeting.

Craig Swenson is now the

Fitness Manager and has been meeting with CSMR to see how we can better collaborate with them.

Discussed getting more sponsors to place advertisements in the newsletters.

OLD BUSINESS

Fitness Room Upgrade

Still working on gathering information on replacing the equipment in the Fitness Room and giving the room a facelift. 2nd Wind and Push, Pedal, Pull have been met with and all things are being taken into consideration before making a decision.

NEW BUSINESS

The forth draft of the 2015 income and expense budgets were presented. A motion was made to approve the budget and an increase in membership fees. The motion was carried. There is a board election coming up in April. Five board members are up for reelection.

ADJOURNMENT

The meeting adjourned at 5:00 pm.

VOLUNTEER



THURSDAY'S TABLE

January 15

Launched in April 2008, Thursday's Table gives everyone — but especially those in transition — a hot, healthy meal every Thursday. Since its beginning, Thursday's Table has been dishing up a nutritious meal to approximately 200 people each week.

Every odd-numbered month, the Senior Center helps to staff Thursday's Table. Jobs include setting up tables, preparing the food, serving the food cleaning and re-setting the tables, and cleaning up afterwards. If this sounds like a way you would like to help others, please contact Patsy Dew, 664-3708, or patsydew@nscmn.org.

THE WORK CREW NEEDS YOU!

Just about every Friday, a group of folk get together to do a variety of projects around the Center. You've noticed some of the "fruits of their labor": the twinkle lights around our entry way, the new pavers in the patio, and the beautiful wooden shade over the patio. And they have fun doing it! Here's one of the emails that Gerry Gengenbach, Work Crew Organizer, sent in late October:

"The weather sounds wonderful for Friday. I propose that we gather around 9:00 AM for a "Beach and Bikini" party on the patio! First priority will be to install the freshly cut edgers around the trees (thanks Gordon

and Jerry G). We can freshen the mulch around the trees. Second project may be to lay out and begin construction of the horseshoe court. We have the leftover boards from the gardens and we might be able to cut and knock them together. We have received a donation of the horseshoes and stakes. We can at least talk it through during the Beach and Bikini part of the day.

I have no pickups for Used A Bit yet. If you'd rather we just work in the afternoon let me know. I will send out a note later this evening to let you all know the final plan. Until then, keep your stick on the ice, as they say."

If you're looking for a way to contribute to this Center, while enjoying the company of others working together, this is for you! Contact Patsy Dew, 664-3708, patsydew@nscmn.org, to learn more, or to sign up for the Work Crew.



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 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



One way to support the Center
**SHOP AT THE
 Used a Bit Shoppe!**

624 Water St. S
 (In the River Park Mall)
 Open Mon - Sat, 10am - 5pm,
 Thurs, 10am - 7pm



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 Becky Johnson, DDS
 John Noack, DDS
 Brian Kraby, DDS

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

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

CONNECT WITH US  

Women's Health Center



507-646-1478 : NorthfieldHospital.org/WomensHealthCenter
 2000 North Avenue, Northfield



Northfield Senior Center

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



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FRONT DESK: 507-664-3700

CENTER AND FITNESS CENTER HOURS

Monday-Thursday: 6 am-8 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

