MARCH 2015



Northfield Senior Center

active, connected, engaged

Gallery2
A Moment in Time3,7
Lifelong Learning4-5
Computer Center4-5
Trips6
Dining Room Events7
Board News8-9



Center News FOR ACTIVE OLDER ADULTS



Here Comes the Sun! by Lynne Pederson

Announcing something new in our dining center: the SUDSLIDE CAFÉ will open on April 6! A few months ago the room got an uplift, new carpet, new window treatments, and a new look. Now there will be a new food service as well. When you come to the Café, there will be an ala carte menu for you to choose from. You will be able to make a salad from the new salad bar, or order the sandwich of the day or the soup. All items are made in the kitchen from scratch. Ruth Bolstad has been hired to cook the ala carte menu items. Ruth is a caterer in town and is well known for the meals she serves at Bethel church on Wednesday nights and the Bistro at Sechler Park. And of course, the main meal served now will still be available. Roxy will be the cook for those menu items.

The Café will have new hours, open from 11:00 to 1:00. Reservations will no longer be required.

Tables will not be preset and diners will no longer be called to go up and to get their meal. There will be a Café atmosphere - you may come in anytime during these hours, order lunch, and sit wherever you like. You may also order a "to go" lunch if that is more convenient. You will pay a cashier for your menu items. Later this month, watch for the menus to be posted and for samples of the new soups and sandwiches for you to try.

I am excited knowing that the Sunshine Cofé is opening. It is a great addition to the Center. Members can stop in for lunch before playing cards, after a class, or just as a destination to have lunch. Staff from the building can pop in and get something quick for lunch.

If you have questions or want to know more, stop in and see me or Gail Noren, Dining Coordinator, in room 105.

Radio Dramedy, March 21 & 22

Mark your calendars, and plan to attend, this year's live presentation of a radio show on March 21 at 7:30pm and March 22 at 3pm. We will be performing, complete with sound effects, one of the popular "Whistler" mysteries, which were on the air from May of 1942 until September of 1955. One of the intrigues of The Whistler show was always the surprise ending. Each show began with the Whistler setting the mysterious, suspenseful tone with these words, "I am the Whistler, and I know many things, for I walk by night. I know many strange tales, hidden in the hearts of men and women who have stepped into the shadows. Yes...I know the nameless terrors of which they dare not speak."

In addition to the Whistler episode, "The Necklace was Incidental," there will be hilarious commercials and other radio comedy bits from the 40's. Cast includes: Dan Van Tassel, Dick Waters, Marie Gery, Jim McDonnell, Jane Greenwood, Jim Haas, Dale Sheldon, Rhoda Van Tassel, and Peggy Sheldon. Tickets: \$10.

GALLERY NEWS



TAKE A WALK WITH ME Images and Words by Patsy Dew

March 16 - April 19 Opening Reception, Tuesday, March 24, 5 - 7pm

Including prints, artist books, boxes and memoir writings, this exhibit is the culmination of new work that Patsy created as part of an Artist Grant she received from the South East Minnesota Arts Council.



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.

STATE OF SONG WORKSHOP WITH CHRIS KOZA & ROGUE VALLEY BAND April 14th

Watch for details about this song-writing workshop in the April newsletter. This activity is made possible by the voters of Minnesota through



legislative appropriation from the arts & cultural heritage fund.



ROGUE VALLEY BAND & CHRIS KOZA
PERFORMANCE
Thurs, March 5,10am

A popular Minneapolis-based band, led by songwriter Chris Koza, will introduce their music to the Northfield Senior Center with a free performance and a discussion. Chris and the band will also be working with the Arcadia Charter School and Arts and Culture Commission in assembling a collaborative performance involving students and community members that will take place May 1st at the Arcadia Theatre.





A WALK TO REMEMBER By: Gene Finger

John Johnson was hit and killed by a car while attending a Sertoma convention in Lancaster, PA. John and I were business partners and also members of Sertoma, an organization dedicated to deaf children. Within the year following his death, I thought about creating a memorial for John. Sertoma was going to have their yearly convention in Fargo, North Dakota, in 1980, and it was only three hundred miles away. Maybe I could walk to that convention and take pledges for so much a mile, but I had to consider that I would be fifty years old that year. My doctor said yes, I could walk that distance, and my banker said that it was the most foolish thing he had ever heard of. Pledges started coming in and was I ever surprised. There were a few at ten cents a mile, several at fifty cents per mile, a lot of pledges of a dollar per mile, and one pledge of five dollars per mile. This was starting to be a serious minded goal. Finally it came, a bright, sunny April day when a small group of Northfield supporters gathered to see me off. A few decided to walk with me but soon they started to drop off. I left Northfield and walked on Cedar Avenue to Apple Valley where I met a small group of Sertoma members

who took me to a restaurant for a late lunch. When the waiter came for my order, I asked for three glasses of ice water and drank them in short order. When my food order came, I took one bite and passed out. What a way to start the walk, but I soon recovered and was able to finish my meal. Lesson learned. From there on out, I would ask for water with no ice, and orange juice. John Herzog, a Sertoman from the North Minneapolis club donated the use of a large recreational vehicle to follow me during the trip and to provide me a place to sleep at night. After a great breakfast, I started across Minneapolis and walked to Anoka, and as I got into town, I had a surprise at the first curb I encountered. I could not raise my leg up that high. My legs were so locked into a stride that six inches were impossible so I had to reach down, grab a pant leg and lift the leg up to clear the curb. Walking twenty-five miles a day gave me a lot of time to think. Whatever the problem was today, the sun would still come up in the morning. In the mornings, I usually walked at 4 miles an hour, and afternoons at a slower pace. One of the things that absolutely amazed me was that I hit the wall every day. Another thing was that I had to set goals. The first goal would be that hill up ahead.

Then the goal would shorten

to the next telephone pole and finally my goal would be the next crack in the road. By making small goals, I was able to complete the larger goal for the day.

As I got closer to Alexan-

dria, Minnesota, some of the Sertoman's met me and walked the final three miles into town. They asked me what I wanted to do and I replied, "Absolutely nothing." I needed to get some time away from the walk. One of the Sertoman's offered the use of his house, and I happily took him up on his offer. After a long, hot shower, I read the paper and took a nap. It was just what I needed.

When I started the walk, I carried a good supply of Gator-Aid, but there was nothing better than a couple of glasses of orange juice. In nineteen eighty we never thought to carry a water jug on the belt, so consequently there were times when I got mighty thirsty before I got to my next destination. I ate in restaurants the entire trip. In order to keep myself going, I tried to consume eight to ten thousand calories a day, so by the time I got to Fargo, I had only lost a pound for the entire trip.

I probably got myself into a dangerous situation once. My destination was Fergus Falls and the temperature that afternoon went over a hundred degrees. I didn't

Continued on page 7

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

LIFE LONG LEARNING

Please pre-register for all classes, programs and trips.

Sign up deadlines will be published with each, if there is one. You may register by phone (507-664-3700), on line through our website (click on Sign Ups +), or in person at The Center.



NATURAL HISTORY LEARN AND LUNCH SERIES

River Bend Nature Center will be bringing their wonderful OWLS Luncheon program to the Senior Center.

OWLS (Older Wiser Livelier Seniors) luncheons present a program on a natural history topic presented by a variety of people who have expertise in specific areas.

The program is followed by a lunch.

March 11: Beth Kallestad presenting the history of the Cannon River

April 8: Carrol Johnson presenting The Blue Bird Recovery Program.

Register by the Monday before the program

The cost of each program and lunch is \$12 (\$6 for Platinum equiv*)



THE LIFE AND TIMES OF LAURA INGALLS WILDER Wed, Mar. 4, 1-2:30P

Diane Hagen appears in costume as 80-year old Laura looking back through her life's adventures and challenges as an early settler in this area and sharing excerpts from her Little House on the Prairie book series. Hear the stories, hum along with the songs and enjoy Laura's favorite gingerbread.

Cost: \$3



SUNDAY AFTERNOON CONCERT: ARTHUR CAMPBELL

Sun, March 8 3P

Arthur Campbell, a classical musician, is going to play the piano during this Sunday afternoon concert.



CARMEN: AN INTRODUCTION TO BIZET'S SEDUCTIVE OPERA

Sun, Mar. 15, 3-4P

James McKeel, Professor of Music - Voice and Lyric Theater at St Olaf along with two of his students will present a delightful, music-filled program on Georges Bizet's passionate opera, Carmen. In addition to his teaching and composing, Jim, a baritone, has sung over 70 roles with opera companies and festivals throughout the United States.

Cost: \$3

COMPUTER CENTER SPECIALS

There may not be any free lunches, but there are plenty of **FREE** options in the Computer Center offerings.

- 1. **OPEN LAB** is scheduled on Tuesdays from 1:00 to 3:30 P.M. in the computer lab (room 102).. All the equipment (Mac computers, Windows computers, scanners, etc.) are available. This is a **FREE** service and requires no reservation.
- 2. **OPEN LAB PLUS** is scheduled on Thursdays from 4:00 to 6:00 PM in the computer lab. A consultant will be present to help with questions about software and equipment operation. We can not handle hardware problems. This is a **FREE** service and requires no reservation.
- 3. **JUST ASK** is a phone help service. Call (507) 222 007. Record your question and leave you phone number. Someone will get back to you as soon as possible. This is a **FREE** service.

The Computer Center is also offering a great discount BARGAIN. Anyone who has taken a Computer Center Course can retake the course at half price.

*PLATINUM EQUIVALENT MEMBERS

Class fees are included for Platinum members. Silver Sneakers and Silver & Fit PLUS members are considered "Platinum" members. Silver & Fit PLUS members have paid an additional \$160 annual fee to upgrade their membership to the Platinum equivalent.

<u>SEE THE CALENDAR BELOW</u> 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 <u>Deadline: Noon, Wednesday, the week before the class begins.</u>

LIFE LONG LEARNING

MARCH COMPUTER CLASSES

	MARCH Monday	Tuesday	Wed	Thursday	Friday
8	2	9:30 –11:30 3 Intro to Spread sheets	4	9:30 –11:30 5 Intro to Spread sheets	6
MA]	9	9:30 –11:30 10 Intro to Spread sheets	11	9:30 –11:30 3 Intro to Spread sheets	13
					9:30-11:30 27 Photography Group

BOOK CLUB 2nd Friday of every month at 10:30AM

MARCH MOVIES Mondays at 1PM

GROUP ACTIVITIES

March: Maya Angelou I KNOW WHY THE CAGED BIRD SINGS.

March 9: Boyhood: Drama- 164 mins. Stars: Patricia Ar-

March 2: The Judge: Drama -142 mins. Stars: Robert

quette and Ellar Coltrane

Downey, Jr. and Robert Duvall

April: Robert Harris AN OF-FICER AND A SPY

March 16: Railway Man: Drama 108 mins. Stars: Colin Firth

and Nicole Kidman

All are welcome

March 23: This is Where I Leave You: Dramatic/Comedy -103 mins. Stars: Jason Bateman, Tina Fey, and Jane Fonda.

March 30: The Hundred Foot Journey: Comedy -122 mins.

Stars: Helen Mirren and Om Puri

Welcome to these new members

Charles Mechura, Alice Wagner, Mark D Lundstedt, Ablo Sayid, Margaret E Grant, Melodi VanRoekel, Bryan Ackerman, Gerald Collins, Alice Hemenway, Juliene Besch, Marilyn Olson, Annette Gust, Fred Stanley, Juweria Shilaw, Linda Banks, Melvin Banks, Suzanne Cajacob, Anastasia Norbeck, Linda J Walton, Jeffrey T Freiermuth, Jack Schwandt, Diane Langdon Larsen, Steven Reindal

NEW MEMBERS

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 deadine receive a full refund. Cancellations after that date receive a full refund IF a replacement can be found.

"VIENNA" MINNEAPOLIS INSTITUTE OF ART

Tues. Apr. 21 10a - 4p

The Hapsburg Emperors of Austria commissioned and collected households of masterpieces from the 13th century to the early 19th century which is being displayed at the Minneapolis Institute of Art. This exhibition focuses on three periods of the Hapsburg dynasty including art, culture, religion, court festivities and politics as well as how they managed and grew their empire.

Cost: \$43 Sign up by Apr 6

"CARMEN" MINNESOTA OPERA ORDWAY THEATRE, ST. PAUL Sun. May 3 11:45A -6P

Written by George Bizet, a Frenchman, this opera is about a naive soldier, Don Jose, who is seduced by a fiery gypsy, Carmen. He abandons his childhood sweetheart and deserts his military duties for her and the plot thickening is on!!!

Cost: \$105 Sign up by April 10

FUTURE TRIPS

Twins Game (vs NY Yankees) July 24

Boat Cruise on Lake Minnetonka - Aug. 19



SHAKESPEARE TRIPS ANNOUNCEMENT

Romeo and Juliet on Wed July 15 11:15am - 8pm Much Ado on Wed July 22 11:15am - 8pm Cost: \$75 each, or \$140 for both

This year we have revised our trips a bit from the past years with the goal of providing the opportunity for more members to participate in at least one or hopefully both trips. Both trips will provide a box meal and discussion with actors **after** the play, the same as our lower priced trip last year. They will also each include a beautiful ride to Winona, pre-play introduction by Phillip Spensley, and appropriate treats on the return trip. The primary reason for these trips is to see great plays presented by outstanding professional actors, who enjoy sharing both on and off stage and are also really nice people. The new option provides the opportunity for more to enjoy great Theatre.

Co-sponsored by the Northfield Senior Center and the Cannon Valley Elder Collegium, the Great River Shakespeare Festival (grsf.org) will begin its 12th Season under the leadership of Artistic Director, Doug Scholz-Carlson, known to many in Northfield where he began his career. We hope to bring Doug to the Center for a season review in June – but he is now doing his fight choreography for the Opera "Silent Night" in Kansas City—and we will schedule that visit soon.

The GRSF 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 find 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 carlson-charbill@msn.com

MIDDAY **ENTERTAINMENT**

in Rooms 103-105. Come for the entertainment, come for the lunch or come for both.

3-4 Rebecca Berglund

(violin) and Jowane Howard (piano) will entertain us for a monthly birthday dinner. Music to start at 10:45 with lunch to follow at 11:30.

3-12 Liver Lover's Day -

Ah, Liver. You probably either love it or hate it but that is what is being served on Thursday 3-12 in the dining room. Want to dine that day and don't like liver? Then order the Chef Salad.

3-17 St. Patrick's Day

Celebration – Join us at 10:45 for Irish music with Al O'Bryne (with a name like that you can assume that the music will be authentic). An Irish meal of Corned Beef and Cabbage is planned.

3-31 Easter Dinner. everyone welcome for an Easter Ham Dinner on Tuesday March 31.

3-19 Bingo at 12:15. No charge. Prizes are White Elephant gifts that the Bingo players have brought in. All are welcome. Bring a "white elephant if you can but not necessary.

March changes in dining room: Salad Alternative is back for spring in the dining room. In addition to the regular meal served in the dining room each day a Chef Salad will be offered each Thursday. Reservations will no longer be required in the dining room starting March 1, however bear with us, this is a big change. It will still

be helpful to us if you would sign up if you know you are

going to be coming. Watch

shine Café opens in April.

for more changes as the Sun-

DINING CENTER **EVENTS**

A MOMENT IN TIME, CONT

Continued from page 3

realize that there was a problem until I met a newspaper reporter about three miles south of Fergus Falls and when he started to ask some questions, I realized that I couldn't talk. I pointed up ahead to a truck stop and let him know that I would meet him there. He drove to the truck stop while I continued to walk. When I got to the restaurant, I ordered two glasses of orange juice and four glasses of water, all with no ice, and was finally able to utter a few words. After speaking with the reporter, we split up and I continued the final two miles into Fergus Falls. When I arrived, some Sertomans met me and told me that I was

just in time to 'go on live'. They took me to a radio station and after spending some time at the water fountain, I gave what I thought was a not too great interview. However, later in my journey, I had a couple of farmers stop their tractors in the field, and kindly came over to the road to tell me that they had heard me on the radio the day before. Leaving Fergus Falls the next morning, I found that the weather had really changed. The temperature had dropped forty degrees from the day before and I had to walk into a stiff wind. Several times that day, I had to lie down in the highway ditch to recover so I could continue the walk. That day

was the hardest one of the entire trip.

On the eleventh day of the trip, I arrived in Dilworth, Minnesota, five miles from my destination. The next morning, several Sertomans met me on the road and walked with me into Fargo. When it became a fact that I had reached my goal, my wife and three daughters drove to Fargo to help celebrate my success. The goal of the walk was to raise funds for the Sertoma Foundation and raise them we did. A check for a little over \$21,000.00, the largest donation that Sertoma had yet received, was given to the foundation in John's name. I thought of doing another walk a few years later but

Fitness Forward-Capital Fund Campaign



The Fitness Forward Capital Fund campaign has started. We need to raise \$50,000 by May 31st to pay for new fitness equipment in the Fitness Room. The time has come - the equipment is wearing out, parts are needed that are no longer available, and it is time to replace, renew, and refresh. We have a generous donation of \$15,000 to kick-off the campaign. You can help us meet our goal. Watch for a letter in your mail that will tell you more and how you can donate. And check out the slide show on the Senior Center website on the home page. It gives lots of information, pictures of the equipment, and costs.

This is one more project that is making the Center better. We can do this together.

Lynne Pederson, Director

GREAT BOARD MEMBERS WANTED!

BOARD MEMBERS WANTED You can help the Northfield Senior Center. We are looking for nominations for new members to the Senior Center Board of Directors.

The Annual Meeting of the Northfield Senior Citizens, Inc. will be held on Thursday, April 23, 2015 at 1:00 PM at which time we will elect new members for the Board.

The purpose of the Board is to ensure that the mission of the Northfield Senior Citizens Inc is carried out and that the organization will continue in the future. The 15 board members are responsible for overseeing the organization's financial health, programs and policies, and overall performance. The board is responsible for providing the resources needed to fulfill the mission of the organization.



- to attend monthly board meetings, special meetings, the annual meeting,
- to serve on at least one committee (Finance, Membership, Advancement, Facilities, Nominating),
- to participate in fundraising activities
- to study the board materials,
- to voice their opinions,
- to maintain confidentiality
- to avoid conflicts of interest
- to represent the Senior Center in the community, and
- to respect the contributions and opinions of others on the board.

If you are interested in exploring this opportunity to serve pick up an application form from the reception desk at the Senior Center, or call Gerry Gengenbach, President, (645-8505) or Lynne Pederson, Director (664-3701), or Don Diehl, Nominating Committee (612-810-5527). We are anxious to hear from members who use the Center and are committed to our mission.

"The mission of the Northfield Senior Citizens, Inc. is to encourage area seniors to pursue active, meaningful, and healthy lives; to invite seniors to share their talents and interests; and to offer services, information, and social, intellectual and wellness opportunities."



Minutes of the January 22 Board Meeting

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

Absent: Bill Gruszewski Staff present: Lynne Pederson, Patsy Dew Others: Michelle Remold, Betsy Spethmann

CALL TO ORDER

The meeting was called to order by Gerry Gengenbach at 3:10 pm

Action: Agenda was approved.

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

REPORTS

Vision/Mission/Marketing

Betsy Spethmann discussed marketing techniques for the senior center. Discussed what is good marketing and what makes good marketing strategies. What are good feeds for marketing like social media. Proposed marketing strategy was discussed and the development of a communications task force. Have brainstorming session to look at ways to create a brand, tagline, and visuals for the center. Discussed how to

create a brand that will be viable in twenty-five years and addressed board questions.

Review and approval of Financial Reports

Tom Brawley reported. Fiance Committee has been tracking the income from Silver Sneakers and Silver and Fit. In the Finance Meeting they discussed how to get the non-active Silver and Fit members to come at least once a month to make up the losses from inactive members and why it is important to check in every time.

Facilities Committee

Marv Kormann reported. The committee passed the motion to purchase new fitness equipment. The city will be helping with the remodel of the fitness center and are looking at the possibility of a Capital Fund Drive to help with the cost of the equipment. It takes three to four weeks for equipment to arrive.

Membership Committee

Dottie Hammer reported. There was no decision made on marketing. Memberships took a slight dip, but are looking for it to increase when members renew this month. They discussed some new signs for the building. Asked for approval from the board to continue to look into the possibility of a

new sign for the boulevard. A motion was moved to let the committee continue to investigate sign options. The motion was carried.

Advancement Committee

Don Diehl reported.
Discussed that the center still needs more sustaining donors. Legacy Committee discussed the possibility of a Capital Fund Drive for the Fitness Room upgrade prior to the kick-off of the Annual Fund Drive. "Fitness Forward" is the theme for the upgrade of the Fitness Room.

Computer Committee

Elizabeth Olson reported. The minutes were for the 2014 years. The Computer Center offers around 20 classes. iPad/iPhone classes have been introduced. Open lab is Tuesday afternoon and Open Lab Plus is offered Thursday afternoons. The lab is also used by Northfield Works to help people find jobs. The Mac Users group was discontinued due to lack of interest.

Executive Director Report

Lynne Pederson reported. Lynne will be on PTO in February and March. Holiday party went well. There will be a dance in February. There will also be a talk on healthy aging and possibly some studies, with a St. Olaf professor.

BOARD OF DIRECTORS

OLD BUSINESS

Fitness Room Upgrade

Discussed questions about the project. A motion was moved to purchase the Fitness equipment and to approve the project. The motion was carried.

NEW BUSINESS

There was no new business to discuss.

ADJOURNMENT

The meeting adjourned at 4:45 pm.

WHAT THE FLU WILL DO!

By: Orrin Delong

The Ship
A cruise is good for you
Sun, tours and food
A night at sea, a day at Cabo
I could hobble on the
cobbles
A night at sea, a stay at
Puerta Vallarta
A festival at a ranch and a
tequila shot
After the dancing horse I
caught
Believe it or not

The Flu
A trip to the ship hospital
and doc
A swab – the flu I had got
A trip to the pier

And a Mexican clinic near The trip insurance took control And I was Meda-vac to San Anton

The Hospital
An evening visit to the Methodist Hospital
Better than any TV program possible
Tests all day, pills and oxygen
They decided I could go home again

River Walk
A room at a beautiful hotel
With my three ladies was
swell
They ate out and tasted
Texas cuisine
I had room service out of
the routine

A time for plans and bridge and respite To get all the way home from Texas

Going Home
A rented Chrysler van with
oxygen
Would bring us home again
Darla and Vicki drove, Lois
and I did pray
We would make it through
the day
Three days on Highway 35
Got us to Minnesota Alive

Back Home
Ask us about
The Brazilian diner
The airport strike
The ice storm
The resort
The food on the ship

And
Ask me about the three
ladies that did so much for
me and deserve my everlasting thanks.
Vicki, Darla, and Lois ----They were terrific

Thank you to these January Donors

Alice Nasby, David & Joey Appleyard, Solveig Bailey, Warren & Karen Broughton, Mary Brown, Arlene Bultman, William & Charlotte Carlson, Tom DeWolfe & Eileen Coooper, Larry & JoAnn Edwardsen, Chris Ellison & Gene Finger, Gerry & Carol Gengenbach, Marie Gery, Bonnie Gretz, Georgene Johnson, Jackie Johnson, Julie Klassen, Marv & Rose Kormann, Harriet Menard, Mary Olander, Elizabeth Olson, Charles & Lynne Pederson, Ken & Roberta Persons, Gordon & Emelda Rasmussen, Bardwell & Charlotte Smith, Margaret Stary, Ted & Marge Vessey, Linda Wagenbach, Marilyn Will, David & Linda Wolf, Alice Nasby, Judy Broske, Bart & Susan de Malignon, Winnie Drentlaw, Brude & Kathleen Drouillard, Malcolm & Jacquelyn Gimse, Lester Gunderson, Doug & Sue Ims, William & Judith Rohde, Elizabeth Williams, Bradley & Barbara Anderson, Pat Lamb, Gordon & Emelda Rasmussen, Michael Terry, Alice Hall, James H Kessler, Friederike Nelson, Ron Cirksena, Steve & JoAnn Eaton, Gary & Sandra Feider, Ann Lufkin

NSC STAFF DIRECTORY

Lynne Pederson

Assistant

Director / 664-3708
 Patsy Dew

Bookkeeper / 664-3705
 Kathy Bjerke

Membership

Coordinator / 664-3704
 Jackie Johnson

Director / 664-3701

Fitness
Manager / 664-3702
Craig Swenson
Program
Coordinator / 664-3707
Chris Ellison
Administrative
Coordinator / 664-3703
Michelle Remold
Used A Bit

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



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.



FamilyHealth Medical Clinic



507-646-1494 : FamilyHealthClinics.org/Northfield 2000 North Avenue, Northfield



PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264

Reflections Care~Suites @ End of Life Hospice Services



Reflections~Care suites, on the campus of Three Links, provides person centered care in a home-like environment that offers compassion and comfort to residents and families during the end of life journey.

Our caring staff provides unique services for hospice care within our beautiful surrounding. I welcome your calls with questions regarding end of life care and hope to meet you for a tour.



Patricia Buretta RN Clinical Manager 507.664.8809



Reflections~Care Suites | 809 Forest Avenue | Northfield, MN 55057 | 507.664.8809



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





Northfield Senior Center

1651 Jefferson Parkway Northfield, MN 55057 http://www.northfieldseniorcenter.org/





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.

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



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

