



Northfield Senior Center

**active,
connected,
engaged**

Gallery & The Arts.....2
A Moment in Time....3,7
Lifelong Learning4-5
Computer Center.....5
In the Community.....5
Trips.6
Table Tennis Tourney...7
Dining Room Events.....8
Group Activities.....8,10
Board News.....9
Volunteers.....10



Yes! Spring by Patsy Dew

Are you as anxious for Spring as I am? We had that little teaser a few weeks ago – you remember it, when it was minus 10 one day, and positive 40 the next, followed by ten days of truly warm weather. The snow mounds disappeared and I noticed the birds singing again. Weather has become fickle in recent years, so I wonder...will spring really arrive during the month this April newsletter covers? Yes! I am confident that some day soon, the front of the Senior Center will look like the picture on the header of this page: with blossoms and warm sunshine. Spring: the season of renewal, of transition, of growth...of getting outside and enjoying fresh air!

Those members who have been walking miles up and down the Center hallways will likely move this activity outdoors. Perhaps a Center-Walking group would be a welcome addition to our programming (if you think so, let staff know). The Northfield Pedalers resume

their Monday rides, and the Hiking group has great plans (see pg 10).

Soon the spring bulbs will send their shoots up toward the light. It will be time to uncover the gardens of their winter mulch, and prepare the earth for the seeds of our autumn harvest. My mother, who tended three large flowerbeds and one small vegetable garden, claimed that she lost 10 pounds every summer “just gardening.” So if you’re looking for another type of exercise that occurs outside, consider helping with the Center gardens (contact Chris Ellison, if this interests you). This July our gardens will be on the Northfield Garden Club tour!

One of the best places to be in Northfield in warm weather is on Bridge Square. Consider serving popcorn from our popcorn wagon, a great way to meet people, and to raise money that supports all of the Center’s programs.

My question to you is: What do you want to do with your spring and summer? Travel with others to see a play or interesting site? (pg. 6 has Trip ideas) Garden? Take a photo-journalism-journey down the Mississippi? (that’s one of my dreams) Play cards in air conditioned comfort? Play croquet with your grandchildren? Sit by a lake reading a good novel? Get together with friends to talk about that novel? Sketch outside? Write a story about the giraffe you once met who taught you how to think about religion?

Oh, my! That bit about the giraffe reminds me that it really is time for greenery and an even longer stretch of temperatures above 40. Seriously, though, think about what you want to do with this wonderful time of year, and think about how the Center might help with those plans. Let the staff know if you have a new idea about something we should try. And watch! The signs of spring and new growth are marvelous.

GALLERY NEWS

CONTINUING THROUGH
APRIL 19, PATSY DEW,
TAKE A WALK WITH ME



APRIL 20 - MAY 25
DEE TELLER, ASIAN
BRUSH PAINTINGS
Opening Reception
Tues, Apr 28, 5 -7pm

Dee Teller is an internationally known artist with a Master's Degree in Studio Arts, who is famous for her Asian brush painting and calligraphy. Dee has studied under many teachers in China, Canada, and the U.S. The

Master Artist that has the most influence on her work is Lok Tok. She studied with him for over 20 years. Lok Tok's art background is diverse but he is best known for his HORSES. One of Lok Tok's teachers is China's most famous horse painter—Xu Beihong. Dee's Asian name is Ding Teller – which means “Happy Teacher.”

In conjunction with this exhibit Dee will be offering a 3-session workshop in Asian Brush painting.



ASIAN BRUSH PAINTING
WORKSHOP
3 Sessions: Thurs, May 7,
Wed, May 13 & Thurs,
May 14

1 – 4pm on May 7 & 13; 1
– 3pm on May 14, followed
by Show and Tell, 5:30 –
6:30pm

All levels welcome.
Cost: \$53m/\$64nm
(Platinum Equiv: \$5)



Rogue Valley Band performing at the Center in March

STATE OF SONG WORKSHOP WITH CHRIS KOZA & ROGUE VALLEY BAND

April 14, 9:30 - 11:30A

Calling all the musically inclined! On Tuesday, April 14th, Minneapolis-based songwriter Chris Koza, along with members of his band Rogue Valley, will engage in a music-making workshop with participants at the Northfield Senior Center. This will be an opportunity for experienced songwriters - and newcomers to share their stories and collaborate on new ones. People of all abilities welcome!

No fee. Please
REGISTER by April 10

WildWrite

WILDWRITE
WITH HEART AND SOUL:
THE POET'S WAY
Sun, April 19, 1:15 -
4:15P

WildWriting is ultra-learnable and incredibly fun! Literally everyone produces – instantly – juicy, vivid writing, lyrical, rich with images, riding a river of sound. WildWriting inspires and ignites your creativity. Lifelong writer, or just beginning: This class is for you!

See pg. 4 for more information about the poet

Teacher: Judyth Hill
Cost: \$25



These activities are 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.

Randall

Randall Ferguson taught vocal, instrumental, and classroom music at Farmington, Minnesota Middle School for 38 years, and moonlighted at Hamline University in St. Paul evenings and weekends for 25 of those years. He remained in Farmington long enough to teach many children of his previous students. When one former student found out that his son had Randall as a teacher, he said, “My God! Is he still alive?” Randall loves and is an expert on stringed instruments of all types, as you’ll see in this interview.

Steven James Beto (sjb):

Spanish guitar—does that connote a unique design and construction, or does that refer simply to the music?

Randall Ferguson (RF):

A Spanish Guitar usually refers to a classical guitar with nylon strings, a little different than steel string creatures. The construction is different, but *Spanish Guitar* designates both guitar and music.

sjb: There is a wide variety of woods used that produce sounds unique to Flamenco and classical guitars. It’s much more complicated than I expected it to be.

RF: Drastically, yes. Guitar building went through a whole evolution and it is still changing. You can have a spruce or cedar top, but for the back and sides the most powerful tones come from Brazilian Rosewood.

East Indies and Madagascar rosewoods are also excellent. Flamenco guitars are made with Cyprus and have a much brighter, almost raspier tone than Rosewood.

sjb: So the combination of kinds of woods ultimately have an effect on the sound generated for the musical style?

RF: Yes. Folk musicians in the 1960s like the Kingston Trio used Mahogany, which had a very mellow sound when used to accompany singing. Basically, the darker the wood the richer and more powerful the sound while the lighter colored wood produces a brighter tonal quality.

sjb: I’ve noticed that the back panel of the guitar is made of two pieces that appear to be glued edge to edge. What is that all about?

RF: Wood is not dimensionally stable in seasonal variations of humidity and dryness, especially in Minnesota. If you split the wood length-ways with a band saw and open it up like a butterfly then glue the edges together, it helps prevent cracking. This is done both

with the top and the back. The volume of the instrument is determined by the thickness of the top and its freedom to vibrate; the thinner the top, the louder the guitar.

sjb: The hole in the top, what does that do?

RF: That’s the sound hole. If you had that closed it would be a pretty dead instrument.

sjb: What about the strings? Some are made out of nylon, some out of gut, some steel. What’s going on there?

RF: They all sound different and are used to play different kinds of music. The nylon string was developed to replace gut strings that had been used for centuries and is essentially a high quality fishing line. Under a microscope, regular fishing line contains minute fissures while guitar strings are relatively pure. Regular fishing line might have a 50 pound test, but guitar strings of the same diameter would go 200 pounds.

sjb: You’re talking river cat fishing there!

RF: You got it! Sturgeon!

sjb: What kind of instru-

Continued on Page 7



Randall Ferguson Playing a Baroque Archlute

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



JUDYTH HILL:

Judyth Hill, poet, author, editor, writing teacher, who currently lives in San Miguel de Allende, Mexico, will be in the Northfield area in April, and is offering this poetry writing workshop. Her nine published books of poetry include *Hardwired For Love*; *Men Need Space*; *Dazzling Wobble* and *Tzimzum*.

She is the author of the internationally acclaimed poem, *Wage Peace*, which has been published around the world, set to music twice, and performed and recorded, by the Cincinnati Women's Chorus, 2009, and by musical director, Mary Davis, of St Olaf College, 2015.

HIKING THE APPALACHIAN TRAIL Thurs, April 16, 10-11A

Six hikes covering nearly 2200 beautiful and rugged miles from Georgia to Maine. Come to hear Randy Malecha talk about his journey hiking the full length of the Appalachian Trail.

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.



FUSED GLASS BUTTERFLY CLASS Tues, April 7, 10:30A

Spring is in the air. Soon the crocuses will show their faces. Thoughts for summer flowers dance in our heads. Here is your chance to grab ahold of spring. Learn how to make a fused glass butterfly. Come learn about the history of glass. Then create your one of kind butterfly, great to hang in your window.

Teacher: Gerie Thelen
Cost: \$30.00 (Plat Equiv: \$20 for materials)

BUILDING ON YOUR DRAWING SKILLS Thurs, Apr 9 - 30 1 - 3P

This drawing class is for all levels and all interests. Students will work at a comfortable pace and have individualized instruction and assessment based on their skill level. Each of the sessions will address individual and group goals

based on previous and new exercises. Students will create a final drawing that represents their work in class. The work of students in the Feb-March session of this class is currently displayed in the computer alcove off our main lobby. A supply list for this class is available at the Front Desk, and online.

Teacher: Kate Douglas
Cost: \$48 (Plat Equiv, no fee)

Kate Douglas has taught art for over 43 years to all ages.

FROM HOME TO HOSPITAL TO HOME: WHAT HAPPENS IN BETWEEN? Tues April 28, 1- 2P

Going to the hospital, either for a planned surgery, such as hip replacement, or for an emergency can be the first step in a journey into very unfamiliar territory with potentially unpleasant surprises. Christa Sack, Community Liaison, and Jamie Garnto, Director of Therapy, from Diamond Rehab and Liv-

ing of Cannon Valley, will present information to help you know what you might encounter as to go through hospital admission, insurance qualification requirements, possible post hospitalization stays in a Transitional Care Facility for rehab, and paying for your care.

This program is free and open to the public.



NATURAL HISTORY LEARN AND LUNCH SERIES Wed, April 8, 10:30

River Bend Nature Center's OWLS Luncheon program brings 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. This final program has Carrol Johnson presenting *The Blue Bird Recovery Program*.

Register by April 6

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

*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.

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.

LIFE LONG LEARNING

APRIL COMPUTER CLASSES

APRIL	Monday	Tuesday	Wed	Thursday	Friday
APR	9:30-11:30 Intro to Computers/Mac	9:30-11:30 Intro to Computers/Win	9:30-11:30 Intro to Computers/Mac	9:30-11:30 Intro to Computers/Win	
		9:30-11:30 Word Processing Basics/ Win	9:30-11:30 Word Processing Basics/ Mac	9:30-11:30 Word Processing Basics/Win	9:30-11:30 Word Processing Basics/Mac
	9:30-11:30 Organize my Mac	9:30-11:30 Organize my Windows	9:30-11:30 Organize my Mac	9:30-11:30 Organize my Windows	9:30-11:30 Photography Group
	9:30-11:30 Intro to iPad/iPhone	9:30-11:30 Intro to Internet & Email	9:30-11:30 Intro to iPad/iPhone	9:30-11:30 Intro to Internet & Email	

AUXILIARY BOOK FAIR DATES ANNOUNCED

The Northfield Hospital Auxiliary will hold its 54th annual Great Northfield, Minnesota Book Fair Tuesday, April 28, through Saturday, May 2, at the Northfield Ice Arena. Sale hours will be 5 p.m. to 9 p.m. on Tuesday, April 28; 9 a.m. to 9 p.m. on Wednesday, Thursday and Friday, April 29 – May 1; and 8 a.m. to 3 p.m. on Saturday, May 2. Friday all books are 50 percent off. Saturday morning is the bag sale (\$5 per bag) from 8 a.m. to 12:30 p.m. From 1 p.m. to 3 p.m. all remaining books are free.

Donations can be made at the ice arena, beginning Monday, April 13. Hours are: Monday through Friday, April 13-17, 9 a.m. to 5 p.m., Saturday, April 18, 10 a.m. to 2 p.m.; Monday through Friday, April 20-24, 9 a.m. to 5 p.m.; and Saturday, April 25, 9 a.m. to noon.

IN THE COMMUNITY

Welcome to these new members

Walfred & Jeanne Johnson, Ronald & Betty Taubman, Mark & Lillian Sather, Kathy S Holter, Constance Nuebel, Dale & Dian Vanguilder, Harland & Evelyn Wegner, Bonnie Gillispie, Nancy Askay, Dale & Dian Vanguilder, Ronald Krager, Michael Kaldi, Kari Nelson, Nola Moen, Paul & Linda VanZuilen, Ayan Farah, Kristen Carpenter, Alan & Sonja Freeland, Martha Konadu, Florence Frankhauser, Robert Frankhauser, William & Callista Meyer, Paul & Linda VanZuilen, Mary Jo Flockhart, James R Johnson,

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 deadline 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**

This passionate opera was written by George Bizet, a Frenchman. It is the story of Don Jose who is seduced by Carmen. Not only does he desert his military duties but he also abandons his childhood sweetheart for this fiery gypsy. She then falls in love with a toreador and in a jealous rage, Don Jose kills her. A talk about the opera will be given before the performance. Please have an early lunch or bring a snack.

**Cost: \$105
Sign up by April 10**



**SPACE - AN OUT-OF-
GRAVITY EXPERIENCE
SCIENCE MUSEUM OF
MINNESOTA
ST PAUL
Tues. June 2
9A- 4P**

We're excited to offer this new outing at the Science Museum! "Space" is a one-of-a-kind exhibit that seeks to answer the question "What does the future hold for humans and space travel?" by exploring the challenges of living and working in space. It looks into current and future exploration and what is possible, rather than focusing on the history of space travel. We'll have coffee and a roll before seeing the film, "Journey Into Space." Lunch is on own in the Museum restaurant. The Space exhibit begins at 1:00 pm.

**Cost: \$58
Sign up by May 19**



SHAKESPEARE TRIPS

**Romeo and Juliet
on Wed July 15
11:15am - 8pm
Much Ado on Wed July
22 11:15am - 8pm**

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. 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.

**Cost: \$75 each, or \$140
for both**

Future Trips

Twins Game - July 24

**Boat Cruise on Lake Minnetonka, 3-Hour Tour with
Lunch- Aug 19**

Continued from page 3

ments did you bring along today?

RF: This is a Renaissance lute. It looks like something you grow in your garden and add strings.

sjb: It has a bulbous back very much like a gourd.

RF: The back is constructed of differently shaped strips that are glued together on a form. Take hold of it once.

sjb: Whoa, wait a minute! That can't be right; it's as

light as a feather.

RF: It weighs in at a little over a pound, and most of that is in the headstock. The frets on this are gut instead of inlaid brass. The top is spruce, and the carved design in the center is called 'The Rose.' For each luthier, the Rose was a kind of signature item.

sjb: Is this a more ancient design that would eventually become a classical guitar?

RF: Yes! This started the

evolution. It was pretty much like this from about 1100 A.D. through late medieval and into the Renaissance, and then it started to evolve until it became the guitar. In Spain around the 1500s, they developed the Vihuela now known as the first Spanish guitar.

For the full interview, please read online

A MOMENT IN TIME, CONT

6TH ANNUAL NORTHFIELD TABLE TENNIS TOURNAMENT

The public is invited to enter and watch the 6th Annual Northfield Table Tennis Tournament that will be held on Saturday, May 2nd at the Northfield Middle School.

Many strong players from the state participated last year including some young players with national ratings. Over 20 players from the Senior Center, local colleges and public entered last year. The semi-finals and finals will start around 3:00.

In singles there will be an under 1000 rating and open singles. In doubles there will be an under 1900 rating, under 2600 rating, and open doubles. There is a limit of 80 players in singles and 96 in doubles. Last year the singles events were filled 3 weeks prior to the tournament.

This year there will also be a separate tournament for those players age 60 and over who do not advance in rounds towards the single or doubles finals. This event is also open to players who would just like to play in this tournament.

The gym opens at 8:00 for warm up with singles and 9:00AM and doubles at 1:30PM. For any questions contact Don Diehl at 612-810-5527

TABLE TENNIS TOURNAMENT

**DINING
CENTER
EVENTS**



NEW

Sunshine Café is opening Monday, April 6. Open Monday through Friday 11:00am to 1:00pm. Room 103. Watch for weekly postings for the ala carte menu—soup of the day, sandwich, and homemade bread, and traditional Semcac meal.

The Café will feature music each month. In April enjoy Craig Ferguson on Wednesday, April 22, 10:45. In honor of Mother’s Day, the Troubadours will sing at 11:00, May 8.

Come for the music and stay for lunch. Or have lunch and enjoy the music.

EVENTS



MANITOU REGIMENTAL BRASS BAND CIVIL WAR CONCERT AND SING ALONG
Sun, April 12, 3:00pm

The Manitou Regimental Brass Band from St Olaf will be coming to the Senior Center. They will be presenting a concert and sing-along of Civil War era music to honor the 150th anniversary of the end of the Civil War with the surrender at Appomattox and of the assassination of President Lincoln. The Manitou Regimental Band is among the bands who have entertained audiences during the Vintage Band Festivals.

St. Olaf Chaplain Emeritus, Bruce Benson, will be the MC and present a short program on Lincoln written by Quintin Pettigrew of Waseca from the Cannon Valley Civil War Round Table. Bruce is the host of the MPR radio program *Sing for Joy*. Coffee and cookies will be served. The program is open to everyone.

COST: \$3 PER PERSON

**GROUP
ACTIVITIES**

BOOK CLUB

2nd Friday of every month at 10:30AM

April: AN OFFICER AND A SPY by Robert Harris

May: THE OTHER WES MOORE by Wes Moor

All are welcome

**SEASONED SINGERS IS
RESUMING IN APRIL!**

Rehearsal Dates for Seasoned Singers will start April 28 and will be on Tuesdays through June 9. Rehearsal times will be 4:30PM to 6:00PM.

**HIKING GROUP
MEETING: APRIL 14,
11:45A**

The hiking group will be holding an informational meeting on Tuesday, April 14 at 11:45AM. The first hike is planned for April 28 in Nerstrand.

PEDALERS ORG.

MEETING: APRIL 6, 9 A

Gayle Henrickson will purchase discount Cannon Valley Trail passes. Cash or check made out to Cannon Valley Trail for \$20 per pass, a savings of \$5/ pass. Alternative - pay \$4 per time. Bring money to Organizational Mtg on April 6th.

Nfld Sr Center has asked for a \$20 donation per rider for its support

See April Movies on pg. 10

Minutes of the February 26 Board Meeting

BOARD OF DIRECTORS

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

Absent: Dottie Hammer, Gordon Simonson, Phil Winter, Lynne Pederson

Staff present: Patsy Dew

Others: Michelle Remold

1. CALL TO ORDER

The meeting was called to order by Gerry Gengenbach at 3:06pm

Action: Agenda was approved.

Action: January minutes accepted with the correction of Phil Winter having not attended. Motion carried to accept a corrected version of the January minutes.

2. REPORTS

Review and approval of Financial Reports

Bill Gruszewski presented the Financial Report. We have started to pay for the new Fitness equipment. We have received some grant money from the county and membership dues income has increased since last year. Payroll expenses are down from a year ago due to staff changes. Used A Bit had an increase in sales from a year ago and so was profit-

ability. Annual report for the Endowment Fund was passed out. Returns in this fund were up in the fourth quarter.

Finance Committee

Bill Gruszewski presented. The committee asked Wells Fargo Investments to come in March to discuss the pros and cons of creating an Endowment Foundation. There was a request of proposals for audits. Clifton Larson Allen LLP submitted a proposal and it was approved for them to do the audit for 2014.

Facilities Committee

Marv Kormann reported. The pool is in need of a new pump. Someone came in and looked at the shades in the building and the committee is awaiting the quote to replace them. Used A Bit is going to have an advertisement in future publications and something at the shoppe that associates it with the center. Jay is looking at electric doors and is waiting for quotes for that. It was brought to the committee's attention that new weather stripping might be needed in the pool area.

Membership Committee

Nancy Ashmore reported. Membership numbers are stable. New signage

was again discussed at the meeting. Discussed having Betsy Spethman come in to discuss other ways to make the center more visible in the community. The meeting with Betsy took place on Friday, February 20. There was a motion made for the center to contract with Betsy help with our marketing and communications. The motion was seconded. After discussion the motion was carried.

Advancement Committee

Don Diehl reported. Peggy Sheldon was added to the committee at the last meeting. Fitness room grand opening will hopefully be at the end of April and donor recognition will be in June with the Fun Drive kicking off in late June.

Nominating Committee

Discussed size of board, expertise, skills etc. as we look to elect and vote on new members in April.

Executive Director Report

Patsy Dew reported. The Sunshine Café will be opening on April 6 and it will open 11am - 1pm. Ruth Bolstad was hired to be the cook for the café. SEMCAC will still be ongoing. There was a letter what went out to Silver and Fit members reminding

them to check in. There is a lot of programming happening in March. There was also a letter sent to community organizations and businesses to collaborate and celebrate Northfield being the best place to retire. A meeting will take place in April.

3. OLD BUSINESS Fitness Room Upgrade

Fitness Fund is at \$19,000 and we will be tracking expenses for this project. We are waiting for estimates on painting the fitness room. Suggestion to send an invite to the city, mayor, and city council to come see the new fitness room once it is finished.

4. NEW BUSINESS

Community collaboration will be taking place to help promote Northfield as the best place to retire.

5. ADJOURNMENT

The meeting adjourned at 4:45 pm.

**GROUP
ACTIVITIES
CONT.**

April Movies

April 6: Gone Girl
A Dramatic thriller starring Ben Affleck and Rosamund Pike.

April 13: The Grand Budapest Hotel - recounts the adventures of a concierge at a famous European hotel between the World Wars. Stars Ralph Fiennes.

April 20: The Theory of Everything - is based on the lives of Stephen and Jane Hawking. Stars Eddie Redmayne and Felicity Jones.

April 27: St. Vincent .
Comedy—starring Bill Murray and Melissa McCarthy.

VOLUNTEERS

**Seeking
Volunteers**



For the Meals on Wheels program

Help deliver hot meals to those who need them! Every year in late May and early June the Senior Center provides volunteers to deliver meals for this great program run by the Northfield Hospital. We will be helping daily noon – 1pm during the period of May 24 – June 6. If you have questions, would like to volunteer, contact Patsy Dew, 664-3708, or pat-sydew@nscmn.org .



For the Sunshine Café

We need cashiers on week-days for our shiney new sunny Café. If you'd like to be one of our cashiers, contact Gail Noren (664-3735 or gailnoren@nscmn.org) or Patsy Dew (664-3708 or patsydew@nscmn.org).

Thank you to these February Donors

Laura Olson, Beverly Steberg, Maxine Halverson, Dennis Johnson, Laurel Pankow, Robert & Donna Vanderhoof, Fred & Lorelei Stanley, Bernard Borene, Ruth Eppen, Eugene & Elaine Lyman, Peter Maercklein, Marianne Neitzel, Doris Nelson, Terrance Pajerski, David & Joey Appleyard, Solveig Bailey, Warren & Karen Broughton, Mary Brown, William & Charlotte Carlson, Tom DeWolfe & Eileen Cooper, Larry & JoAnn Edwardsen, Chris Ellison, 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, Calvin & Donna Kuhnau, Dennis & Beth Berry, Judy Broske, Bart & Susan de Malignon, Winnie Drentlaw, Malcolm & Jacquelyn Gimse, Doug & Sue Ims, Richard Rasmussen, Elizabeth Williams, Arlene Bultman, David Enck, Kathleen Holden, Betty Raadt, Don Diehl, Paul Wise, Douglas & Patricia Kriesel, Effie Stein, Marv & Rose Kormann, Janice Meltzer, Tom & Mary McGovern, Peter Herborn, Peggy Prowe

**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

FITNESS FORWARD CAPITAL CAMPAIGN UPDATE FROM LYNNE

FITNESS FORWARD



The cardio equipment has arrived. Many members are commenting that *they like the new equipment!* The strength equipment has been ordered and should be here in about three weeks. The carpet has also been ordered and the walls are scheduled to be painted. Wow! Everything is moving along. The Capital Fund Campaign is going well. To date 112 donations have been received for a total of \$27,580.21. The goal is to raise \$50,000 by May 31st. There is still time to make your donation. You can mail it or drop it off at the Center. Any amount is appreciated.



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

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

INDEPENDENT SENIOR LIVING
THREE LINKS & PARK RIDGE APARTMENTS
carefree | affordable | senior living

Call to arrange a tour today!

Call **(507) 664-8850** Visit www.threelinks.org

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

Sunshine Café

Room 105

New a' la carte Menu

Featuring homemade soup, salad bar, sandwich of the day or the Main Meal choice

Starts April 6th

Hours: 11:00 to 1:00

No reservations necessary!

Reasonably priced food.

Drop-in. Enjoy good food, and welcoming relaxed dining.