



JULY 2026 FiftyNorth REPORT

Celebrating our countries 250th and FiftyNorth's 50th Anniversary

Marlais Brand, Executive Director's Report

GREETINGS FIFTYNORTH FRIENDS,

What a fabulous FiftyNorth Family Festival!

Thanks, Northfield, for showing up for some good old fashioned fun. And thank you to our intrepid volunteers and the unsinkable Kay Brown—you went above and beyond to make our BIG 5-OH a big success! Kudos! Please give management team members a hug—Patty, Michelle, Elaine, Craig and Fermin put in some blood, sweat (and maybe a few tears) to help pull the shindig together. Next stop, our Birthday bash with Will Healy on Saturday, September 26. Here we go, headed into another 50 years of thriving-through-aging!

Another special shout out to the champions who gave to FiftyNorth this month. From \$25 to \$2500, we saw some wonderful donations come in. Every dollar makes a real difference. When you give, you make thriving-through-aging possible for more people in our community. We're really stretching to meet a bold 250K fundraising goal this year, and your help is gonna get us there, one donation at a time. Thank you, thank you, thank you!

A little update on our lease situation. The city is working with us in earnest to help reduce our big projected 68% rent increase in 2028. Newsflash –



the successful bonding is very awesome, but note that the 3M will primarily help the CAC expand (good idea), and, as we understand it, about 1M could go toward helping mitigate some of the deferred maintenance on the NCRC. We've also heard that the City has to match some of the bond funds, but don't know the details on this yet. So, the fact is, while the bonding \$ is easing some of FiftyNorth's rent increase issue—taking our increase down from 115%

in 2028, to 68%—it's still not making it manageable. Without more assistance (which we are hoping for), we will see a 165K increase in our rent in one year. And this doesn't address our capital improvement needs. The city is open to helping us mitigate our rent increases, but they know that the bonding alone isn't remedying FiftyNorth's core rent and maintenance costs. Stay tuned, we'll share more news as it comes. In the meantime, know that your gifts are helping us program, provide scholarships, fix some things that break, and offset increasing rent right now.

continued p2→



JULY 2011: Elvis makes an appearance at the "4th on the 3rd" party.

Looking back...

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TAKE NOTE OF DATES

- **July 4, Saturday: CLOSED**
- **July 16, Thursday:**
Summer Picnic on the Patio,
11:30-1:00pm
- **August 2 - August 23**
ANNUAL POOL CLOSURE
(members can swim at the Y)

New Day Trip!

Iowa Trip
Reworked!
see page 16

Edward Jones®

Jessica Irwin
509 Division St

Christian Lockner
1250 Hwy 3 S

Brian Panettiere
205 W 3rd St, Suite B

Jon Snodgrass
158 N Water St, Suite 4

Ben Van Vooren
158 N Water St, Suite 4

Thank you
50th Anniversary
Gold Sponsors

Marlais Brand, Executive Director's Report

Well, pause, breathe, and get ready for a little more sunshine, because Craig is in the house. I'm forking over my newsletter real estate this month to our FiftyNorth Fitness Director and Facilities Manager. As you know, Craig (aka Super Man) is the heart and soul of our fitness programming, and he has a gift for connecting with members. Craig asked me if he could share a personal message directly with our membership, so without further ado, our very own Craig Swenson, in his own words:

June 2026

Letter to the FiftyNorth Community



My name is Craig Swenson, many know me and many know my history with FiftyNorth. For those who don't know, I have been with FiftyNorth for close to 20 years. I have held numerous roles at FiftyNorth, such as independent contractor, group exercise instructor, personal trainer, fitness manager, assistant director, and building

maintenance liaison. Prior to my time with FiftyNorth, I was the Fitness Coordinator and a personal trainer at the Northfield YMCA for 10 plus years.

In my years with FiftyNorth, I have gained knowledge and history with the programs that FiftyNorth offers, as well as our staff, partnerships and relationship with the city. I also have a lot of experience with NCRC building repairs and maintenance. Over the years, I have been part of the FiftyNorth Finance Committee, Expansion Committee, and Facilities Committee.

I am writing you this letter today to discuss my thoughts and feelings regarding our possible merger with the Northfield YMCA. When we first discussed this possibility, I was extremely against the idea. I was against merging with what I felt was a competitor, and one that we had tried working with before. I had negative feelings about the YMCA.

Recently, I went on a trip to visit The Landing senior program at the Wausau YMCA with Marlais, some of our board members, and YMCA board members and staff. This trip truly opened my eyes to the possibility for us with the merge. I saw a senior program that is really working inside a larger Y to better the community of Wausau and surrounding areas. I saw laughter and enjoyment in both younger individuals and older adults.

During our trip, I learned about how potential collaboration could work for both FiftyNorth and the Northfield YMCA. After this trip, my perspective on a potential merge changed. I am extremely in favor of merging. Below, you will see the reasons behind why I changed my mind, and how this merge could and will be better for FiftyNorth, and the Northfield community.

Building and Maintenance

FiftyNorth is currently housed in the NCRC building, which is owned and run by the City of Northfield. When the NCRC building was created in 2000, the Northfield Senior Center and Community Action Center came together and funded the building process of the NCRC building. The building was built for the sole purpose to service the Northfield community through the nonprofits of Northfield. The organizations that built the NCRC gifted the building back to the city of Northfield knowing this would ensure a partnership between the organizations and the City. The city of Northfield was the lease holder of the building, with each organization leasing part of the facility. FiftyNorth entered into 50/50 cost sharing for the wellness side of FiftyNorth. This meant that expenses like the pool and fitness equipment would be split between FiftyNorth and the City of Northfield.

Through the years, I have witnessed a decline in NCRC maintenance. Needed repairs have been put off and cleanliness has suffered too. Today, the NCRC building has several millions of dollars of deferred maintenance. Below is a list of some of the big-ticket maintenance needs that I am aware of through my time working with the NCRC maintenance team, managing FiftyNorth facilities needs, and attending Facilities Committee meetings:

- Out-dated air handlers
- A dying building-wide air conditioning unit
- Out-dated HVAC System and air ducts
- Leaking and sinking pool with broken tiles
- Pool deck in need of complete rebuild to address proper slope and drainage
- Dilapidated and unsafe pool maintenance and chemical room
- Hot tub that is being patched with epoxy
- Non-ADA compliant public bathrooms in disrepair
- Lack of security cameras for the entire building
- Rusted out lockers and worn out locker rooms
- Broken and non-ADA compliant doors

Before Covid, FiftyNorth looked at expanding its side of the NCRC building. At that time, in order to expand the locker rooms and wellness facilities and add another group

PICTURED: Emma, Craig & Rosalie Swenson →

exercise room, and a walking track etc., the projected cost was about 14M. This expansion did not move forward, and was deprioritized by the city of Northfield. I think, if we merge with the YMCA, we could work together to build a shared facility to serve our clients better in the present, and grow with our membership in the future. In the meantime, the YMCA has a high standard for maintenance and cleaning, and we think we could manage our current NCRC space better until we're ready to expand or build something together. We think this would help us provide a higher standard of service for our membership right away. We wouldn't be at the mercy of the city's timeline, and wait years to get essential repairs or updates completed. If we chose to merge with the YMCA, we wouldn't have to spend all of our money on years of deferred maintenance to get us where we need to run effectively, and we wouldn't have to and then spend more money to expand and improve our facility to meet the needs of the growing senior population. Merging could help us with our rent and maintenance in the short term and get us to a place where we operate independently in the long run.

Finances

FiftyNorth could benefit financially by merging with the Northfield YMCA. If we merged with the YMCA our growth in membership could soon approach half the population of Northfield. We currently have 2000 members, and the Northfield YMCA has nearly 6000. This means that from the start, we'd have 8000 members to grow membership from, and fundraise with, and a pretty exciting collaboration to help get people motivated. It doesn't seem too hard to get to 10 or 11,000 members. We know that this year, The Landing in Northfield sees about 100 new members per month—that's a crazy amount of growth, but seems like if we saw even a portion of that, we'd be on our way to something pretty exciting.

Secondly, The Northfield YMCA is part of a strong national nonprofit and they have communications, marketing and fundraising resources to help regional branches get revenue.

Thirdly, if we combine with the YMCA and service such a big chunk of the population, wouldn't you think larger corporations in and around Northfield, and foundations in the state, would

look at that and want to help fund our wellbeing work in the community-- Northfield Hospital, the colleges, big fundraising foundations...

Fourth-- the Northfield YMCA raises money yearly to help with their scholarship program for individuals and families that cannot afford programs or memberships at their facility. They don't turn anyone away—"Y for All"—and they are committed to making that possible for all members, FiftyNorth members included.

Lastly, bargaining power. Currently our insurance bargaining power is low. The Y has national strength to lobby for better reimbursement rates, which can help everyone. Their reimbursement rates are higher than FiftyNorth's.

Programming

Without the merge, FiftyNorth will end up competing for senior programming and participants. The better alternative seems like working together to ensure we are offering great senior programs to the maximum number of people, and we can even offer intergenerational classes.

Staff

Merging with the YMCA will open more job opportunities to the community. We could work together in sharing staff-- lifeguards (and we could have lifeguards to keep our swimmers safe), group exercise, personal training, marketing, fundraising, payroll, HR and Finance. Together we could innovate to serve more people with a bigger diversity of programs.

Partnerships

FiftyNorth currently has some amazing partnerships such as our outreach fitness classes for local senior living centers. This program can continue and possibly grow with more staff and trainers to expand programming.

We partner with numerous physical rehabilitation centers, and I feel with the merge would benefit both the rehabilitation centers and ourselves as we would be able to cross-refer services to more of the demographic of Northfield and the surrounding areas.

The more I look at the possibilities in a merge, the more excited I get about our future. It is our mission to serve the senior population of Northfield and the surrounding communities. With this merge, we will be able to serve with by more programming, more staff, better facilities, more partnerships, stronger finances, and a bigger impact on the Northfield community.

Thank you so much for taking the time to read this letter,

Craig Swenson —
FiftyNorth Fitness Director and
Facilities Manager





Marlais Brand,
Executive Director



FiftyNorth

JUNE MERGER DUE DILIGENCE UPDATE

At the advice of a wise former FiftyNorth Executive Director, we are sharing some basic bullet points about our potential merger with the Northfield YMCA so everyone is on the same page.

In the event of a potential merger with the Northfield YMCA, FiftyNorth would...

- ☑ Continue as FiftyNorth in name, mission and services
- ☑ Continue to deliver our diversity of programs to people north of 50
- ☑ Continue to provide affordable FiftyNorth memberships and scholarships
- ☑ Continue with the FiftyNorth staff needed to lead, manage and deliver our programs
- ☑ Continue to occupy the NCRC for 3-5 years
- ☑ Move out of the NCRC when adequate facilities are developed to house FiftyNorth operations
- ☑ Retain FiftyNorth financial assets in a separate fund with a legal restriction to spend them only on senior programs, operations and facilities as we do today
- ☑ Continue to represent FiftyNorth with governance and community representation across combined board and board committees, and via a FiftyNorth Advisory Committee
- ☑ Legally become part of the Northfield YMCA in January of 2027 and begin sharing key administrative systems, functions and roles



Join the fun! We're embarking on a storytelling journey, and we need you. Between now and the end of the year, we're going to tell 50 stories about 50 people in the FiftyNorth community. We'll share these stories in a whole bunch of different ways, but our goal is to celebrate our members, have some fun, and share the amazing thriving-through-aging impact of FiftyNorth.

So we need interview subjects! If you would like to participate in a brief interview about who you are and why you LOVE FiftyNorth, reach out to Patty to schedule your interview: patty.ciernia@FiftyNorth.org.

Don't be surprised if you get a tap on the shoulder from Marlais and a request to participate!

Thank you for thriving with us!

June Community Update

Thanks for attending our June Community Update. The meeting was well-attended and we had some robust conversation!

If you couldn't make it, here's a recap:

MERGE DUE DILIGENCE PROGRESS-TO-DATE

- 2025 & 2026 proformas (combined 50N & Y budgets)—done & favorable
- real estate feasibility part 1 (to assess local demographics that would justify growing our business together for seniors)—done & very favorable
- real estate feasibility part 2 (bringing FiftyNorth membership data into the study)—in process
- 2027 financial proforma for a combined organization— in process
- 2027 FiftyNorth budget for a go-it-alone scenario—in process
- 2027 membership re-structure (with and without the YMCA)—in process
- 2027 governance representation for FiftyNorth in a combined organization—in process
- 2027 FiftyNorth staffing plan in a combined organization—in process
- NCRC lease negotiations with the City of Northfield (combined and go-it-alone)—in process
- FiftyNorth asset/liability inventory (soup-to-nuts, all of our contracts, vendors, services and agreements)—starting
- Community wealth scan for future individual and foundation capital giving—upcoming

The table included here provides a snapshot of FiftyNorth needs and how they may be addressed in a merge/no merge scenario. Financial work to date shows that FiftyNorth will reduce costs substantially through joining YMCA administrative services. Upcoming 2027 proforma will detail costs to a combined organization.

507-664-3701 | marlais.brand@fiftynorth.org

Marlais

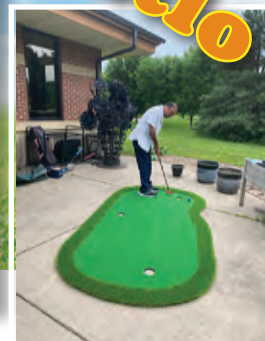
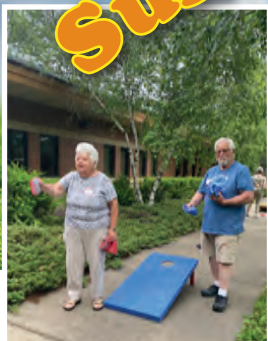


MERGE/NO MERGE SNAPSHOT

JOIN FORCES	50N NEED	GO-IT-ALONE
50N seats on board 50N seats on exec committee 50N seats on committees 50N advisory committee	governance & mission representation	board board committees
keep	executive director	keep
keep	fitness director	keep
keep	membership manager	keep
keep	community programs & events manager	keep
keep	Used-A-Bit manager	keep
keep	Used-A-Bit asst manager	keep
keep	Used-A-Bit volunteers	keep
keep	community programs	keep
keep	community instructors	keep
share	marketing manager	keep
share	fundraising director	hire director
keep restricted to senior mission	financial assets	keep restricted to senior mission
share with Y	financial liabilities	manage solo
share campaign & donors	capital campaign	campaign solo & compete w/Y
more reach, greater capacity	annual campaign	less reach, smaller capacity
cultivate earlier, longer	member fundraising	cultivate later, shorter
move into Y donor database	donor database	purchase donor database
internal pipeline	membership growth	external recruitment
increased bargaining power	member insurance reimbursement	lower bargaining power
join (better) Y system	membership data system	purchase new system
join (better) Y system	membership check in system	invest in better system
join Y services	HR	continue to have no HR
join (better) Y benefits	healthcare benefits	provide only \$4 stipend
join (better) Y benefits	retirement benefits	maintain current 401k services
join (better) Y services	payroll	maintain payroll processor
join Y services	finance manager	maintain current CFO
join Y web platform	website	invest in our web platform
join Y social channels	social	Invest in our own channels
use Y org insurance	org insurance	absorb insurance increases solo
negotiate together, cost-share	NCRC rent	negotiate solo, absorb rates solo
negotiate together & cost-share	NCRC deferred maintenance	absorb city rates solo
Y may provide & offset while in current building	facilities maintenance & cleaning	absorb rates solo

EVENTS in July

Summer Picnic on the Patio



Thursday, July 16

11:30-1:00pm

Celebrate summer and enjoy a picnic lunch with fellow FiftyNorth Members in the courtyard, or if you choose indoors, room 105. We'll have delicious food and refreshing drinks. The highlight of the day will be some live music to set the perfect relaxed vibe. It's going to be a wonderful chance to unwind and enjoy the best of summer! **Music provided by "Just Friends" will begin at 12:00 in the courtyard.**

NOTE: Meals will be served buffet style from the Gallery Link, then take your lunch outside to the courtyard or inside to room 105.

MENU - The Quarterback Club will be catering the 2-piece chicken dinner, coleslaw, cheesy potatoes and dinner roll. Lemonade, water and cookies will be provided. Serving begins at 11:30.

Location: Courtyard, Patio

*If there is inclement weather this will be moved indoors to rooms 103/105

Cost: \$15

Registration deadline: July 10

*Please pre-register so we know how much food to have available.



Don't miss this one! Join us at the fun performance!



MORITZ & CO. BRASS BAND

Friday, July 31

2:00-3:00pm

Capacity: 60

Cost: Free (donations appreciated)

Space: Room 103/105



The Vintage Festival makes a stop at FiftyNorth!

Coming to The Vintage Band Festival from Neckenmarkt, Austria, Moritz & Co. is a brass band that specializes in waltzes, polkas and other Austrian dances, folk and drinking songs, played on period 19th Century brass instruments. The Vintage Band Festival is excited to bring them from Austria to Northfield!

Moritz & Co. will give several performances during the festival week-end. Be sure to visit vintagebandfestival.org for the complete schedule.

***Advance registration is requested to assist us in preparation for seating. Please register to reserve your spot.**

EVENTS in August


**INTERNATIONAL CELLO
INSTITUTE CONCERT**
Tuesday, August 4
2:00-3:00pm
Capacity: 60
Space: Room 103
Cost: Free
***Pre-registration requested to assist us in
preparation of seating and refreshments**


The International Cello Institute (ICI, founded in 2010) is an educational program for cellists (ages 15 to 27) that meets every year for 3 weeks every summer on the campus of St Olaf College.

ICI's Summer Program is a uniquely personalized and comprehensive summer program dedicated to the cultivation of the complete cellist. Our students work with the world's most acclaimed pedagogues and soloists from globally recognized musical and educational institutions.

ICI presents outreach and community events around the city of Northfield, as well as concerts on the campus of St. Olaf College in Urness Recital Hall. During our community concerts around town, cellists perform chamber music for different ensembles, including duos, quartets, sextets, and larger groups. We pride ourselves on offering recitals that benefit everyone involved, from the students who get to practice their performance skills to the audiences who get to listen to beautiful works of music.

We are so happy to have been invited to perform at FiftyNorth and look forward to sharing our music with you all!

Refreshments will be served after the performance.

ALZHEIMER'S DISEASE: WHAT IT IS AND WHAT CAN BE DONE


August 13, 2026
Presented by Joseph Gaugler, PhD

Dr. Gaugler is the Robert L. Kane Endowed Chair in Long-Term Care and Aging and a Professor at the University of Minnesota. His work focuses on the best way to support families and professionals who care for persons with memory loss. He aims to improve the health and well-being of carers through innovative programs and technologies.


Join us at two locations:

Identical presentations at each. Resource tables hosted by community organizations available. Free to attend, registration strongly encouraged!

FiftyNorth
10:00 - 11:30am | 1651 Jefferson Parkway, Northfield MN 55057

To register call 507-664-3700 or visit tinyurl.com/33rnpjfc
Buckham West Senior Center
1:00 - 2:30pm | 19 Division St W, Faribault, MN 55021

To register call 507-332-7357

Questions? Contact Ashley Millenbah, mill8913@umn.edu


FiftyNorth
**SCHOOL OF
PUBLIC HEALTH**
UNIVERSITY OF MINNESOTA


Limited seating: pre-register

**MINNESOTA COUNTY TOUR ON DEMENTIA
AND DEMENTIA CARE**

Dr. Gaugler is on a statewide tour with the goal of visiting all of Minnesota's 87 counties. Approximately each month, Dr. Gaugler will visit a different county in Minnesota to provide education and hold conversations related to Alzheimer's disease and dementia. These events will offer the opportunity for Minnesotans and others to engage more fully in the outreach initiatives occurring at the University of Minnesota. Dr. Gaugler will also invite local community partners to participate and share resources at these events. The Minnesota County Tour on Dementia and Dementia Care is based on an "outward-facing" approach that directly engages with communities to maximize the public health impact of the Families and LTC Projects.

HEALTH & WELLNESS



Online: FiftyNorth.org/classes In
Person: FiftyNorth front desk

Pre-register for all classes:
Phone: 507-664-3700

Northfield Hospital + Clinics



BALANCE SCREENING THROUGH NH+C

Monday, July 20

9:00-11:00am

Capacity: 6 - 1 for each time slot

Cost: FREE

Space: Room 104

Appointment times to choose from:

9:00am

9:20am

9:40am

10:00am

10:20am

10:40am

(If you register online, your appointment time is chosen when you click on check out)

One on One screening with a Northfield Hospital + Clinics physical therapist to check your balance and risk of falls. A 5-10 minute session using professional screening tools.

Provider: NH+C

FITNESS NEWS

FITNESS CLASS TITLE CHANGE

Tuesday 9:15 fitness class is changing from: **Beginning Yoga (Vinyasa)** to **Slo Flo Yoga** for in-person and zoom classes.

CHANGING TO:

Slo Flo Yoga (Tue)

Every Tue

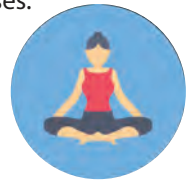
9:15-10:15am

This practice will move through poses from standing, sitting, and hands and knees. However, I will offer options to remain standing throughout, if preferred. For those who are familiar with yoga there will also be options to increase intensity, if preferred. In all cases the poses will be broken down with clear cues as to how to build the pose to increase flexibility, strength, balance, and avoid injury.

Instructor: Marie Frederickson

Class Limit: 20

Cost: \$10 nonmbr, \$8 mbr, \$0 fitness plus/platinum



NEW SESSION-BASED CLASSES (pre-registration required)

INTRODUCTION TO EMBODIMENT: Moving More Joyfully When Moving is Something You've Struggled In

Thursdays, July 9, 16, 23, 30, August 6, 13

12:00-12:45pm

(6 sessions)

Instructor: Rob Gersky

Capacity: 20

Cost: \$60 Nonmembers, \$48 Members, \$0 FitnessPlus / Platinum

Space: Room: 102



Calm your anxiety, boost low energy, set better boundaries, and increase focus and confidence.

Slowly notice how you "do" in your body the things you've felt stuck with or at the effect of so you can do something else. Practice will also improve balance, coordination, and stability.

Each week you'll be invited to test a different set of Qigong-based postures that shift

"how you are now" to "how you'd like to be" in your physical experience. You'll be invited to test

variations in each pose and notice the inner impact. There will be time to share, reflect, and give yourself homework based on what feels supportive to you. Practice the postures for several months for lasting shifts. Don't take anyone's word for it— Test it and see what happens.

This class asks you to set aside the tendency to think you already know what will happen. This class can be challenging if you have an unexplored trauma history, yet supportive if you want to slowly shift how things have been. You can opt out of any exercise at any time. You will also learn about calibrating the intensity of an exercise so you can learn something useful. Note: this class is for people who want to bring a more positive physical orientation to their daily lives that simultaneously eases mental/emotional struggles.

FITNESS NEWS

New Somatics Series with Cheryl



SOMATICS LAB SPECIAL SERIES

Fridays, July 17, 24, 31

1:00-2:00pm

Instructor: Cheryl Ramette

Capacity: 15

Cost: \$30 Non Member, \$24 Member,
\$0 Fitness Plus / Platinum

Space: Fitness Studio

In these three sessions we'll explore somatic awareness and movement to learn to release chronically tight muscles causing pain or discomfort in three common areas of the body.

SESSION ONE: Head, Neck, Shoulders

Learn simple somatic exercises to release chronically tight muscles in the head, neck and shoulders that can help you to relax in your body and move more freely in all your activities.

SESSION TWO: Low Back, Pelvis, Hips

Learn simple somatic exercises to release chronic back and hip pain that can help you stay safe and pain free during all your activities.

SESSION THREE: Balance & Movement

Learn simple somatic exercises that will help you find and trust your innate ability to balance, and to move with more confidence in all your activities. Results from this series is dependent on attending all three sessions, as we will be integrating the learning from each session with the others, building a simple home practice for comfort, ease, and freedom. Ability to get up and down from the floor preferred, but we can make adjustments for anyone who needs to practice the exercises seated.
(3 sessions)

2026 IN-PERSON LAND BASED FITNESS CLASSES (updated July)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	EXPRESS STRENGTH (6:15-6:45)		EXPRESS STRENGTH (6:15-6:45)			
6:30 AM						
7:00 AM	CARDIO DANCE AND DRUMSTICKS (7-7:45)	HATHA YOGA (7-7:45)	YOGA STRETCH (7-7:45)	HATHA YOGA (7-7:45)	SENIOR AEROBICS (7-7:45)	
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		STRENGTH AND DANCE FUSION (8-9)
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM						
9:30 AM	YOGA STRETCH (9:15-10:15)	SLO FLO YOGA (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open use	SLO FLO YOGA (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open use	BEGINNING HATHA YOGA (9:15-10:15)
10:00 AM						HATHA YOGA (9:15-10:15)
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30- 11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM					HOLD (1-2)	TABLE TENNIS (10:30-3:45)
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)		TABLE TENNIS (1:30-3:30)		
2:00 PM			SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics		SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics	
2:30 PM						
3:00 PM						
3:30 PM	TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)	
4:00 PM	AFTERNOON QI TIME (4:15-4:45)		AFTERNOON QI TIME (4:15-4:45)		AFTERNOON QI TIME (4:15-4:45)	
4:30 PM						
5:00 PM	WELL-BALANCED SILVER SNEAKERS (5-5:45) ROOM 105		WELL-BALANCED SILVER SNEAKERS (5-5:45) ROOM 105		ACTIVATE HIPS & HARA (5-5:30)	
5:30 PM			HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders			
6:00 PM	TABLE TENNIS (5:30-7:30)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) - FREE		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) - FREE		
6:30 PM						
7:30 PM						

IN-PERSON
FITNESS

INTENSITY KEY:

PINK: High Intensity
BLUE: Mid-range
PURPLE: Gentle
GOLD: NO Open Use

2026 AQUA FITNESS						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	
6:30 AM						
7:00 AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	OPEN SWIM
7:30 AM						
8:00 AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	TOTAL BODY WATER EXERCISE 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	OPEN SWIM
8:30 AM						
9:00 AM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT 'N TONE 9:15-10:00AM	AQUAFIT 9:00-9:45AM
9:30 AM						
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	FAMILY SWIM 12-2PM AGE 3+
12:30 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:30 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
2:30 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
3:30 PM						
4:00 PM	WATER VOLLEYBALL 4-5:45PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	WATER VOLLEYBALL 4-5:45PM	
4:30 PM						
5:00 PM		AQUA FUSION 5-5:45PM	OPEN SWIM	AQUA FUSION 5-5:45PM		
5:30 PM						
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:30 PM						
7:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
7:30 PM						
7:45 PM						

AQUA FITNESS



COLOR KEY: **GREEN**: Class **GOLD**: Group Activity (Open Swim allowed) **BLUE**: Open Swim

2026 VIRTUAL LAND BASED FITNESS CLASSES (updated July)												
AVAILABLE THRU ZOOM												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
6:00 AM	EXPRESS STRENGTH (6:15-6:45)				EXPRESS STRENGTH (6:15-6:45)							
6:30 AM												
7:00 AM					STRENGTH AND CARDIO (7-7:45)				MOBILITY AND STRETCH (7-7:45)			
7:30 AM												
8:00 AM	BOOTCAMP (8-9)		STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	CARDIO KICKBOXING (8-9)		STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	STRONG NATION (8-9)		STRENGTH AND DANCE FUSION (8-9)	
8:30 AM	CORE AND MORE (8:30-9)				CORE AND MORE (8:30-9)				CORE AND MORE (8:30-9)			
9:00 AM	YOGA STRETCH (9:15-10:15)		SLO FLO YOGA (9:15-10:15)				SLO FLO YOGA (9:15-10:15)		BEGINNING HATHA YOGA (9:15-10:15)		HATHA YOGA (9:15-10:15)	
9:30 AM												
10:00 AM												
10:30 AM	SILVER SNEAKERS (10:30-11:30)		GENTLE CHAIR YOGA (10:30-11:30)		SILVER SNEAKERS (10:30-11:30)		GENTLE CHAIR YOGA (10:30-11:30)		SILVER SNEAKERS (10:30-11:30)			
11:00 AM												
11:30 AM												
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)		SILVER&FIT (12-12:45)		SILVER SNEAKERS BALANCE (12-12:45)		SILVER&FIT (12-12:45)					
12:30 PM												

VIRTUAL LAND BASED FITNESS



INTENSITY KEY: **PINK** – High Intensity **BLUE** – Mid-range **PURPLE** – Gentle

SAVE THE DATE!

CHARITABLE GIVING WITH YOUR IRA

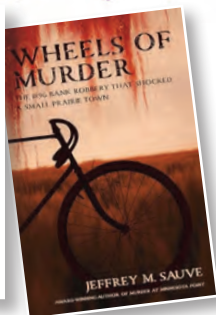
with Pat Murtha, Senior Financial Advisor
Wells Fargo Advisors Financial Network

Thursday, August 27

1:00pm

For retirees who've accumulated significant savings in their tax-deferred accounts, the onset of required minimum distributions (RMDs) at age 73 or 75—depending on your birth year—can have serious tax consequences. That's because the higher the balance in your tax-deferred accounts, the higher your RMDs—and potentially your tax bracket. If charitable giving is part of your financial plan, a qualified charitable distribution (QCD) can further your philanthropic goals and may help reduce the tax hit from your RMD. Join Pat for a friendly, easy-to-understand session about tax-smart giving using your IRA.

SAVE THE DATE!



FRIDAY, AUGUST 28

5:30-7:45pm

As Northfield approaches the 150th anniversary of the James-Younger Gang's 1876 attempted bank raid, FiftyNorth and Rice County Historical Society will host the official launch celebration for Jeff Sauve's new release, *Wheels of Murder: The 1896 Bank Robbery That Shocked a Small Prairie Town*. The timing is fitting: this work chronicles the second most notorious bank robbery in early Minnesota history—surpassed only by the Northfield raid itself.

Wheels of Murder follows the Kellihan brothers' violent 1896 heist in Sherburn, Martin County, and the desperate 150-mile chase that ensued, a drama that once gripped the nation. Join us as we debut this gripping true-crime history and revisit a chapter of Minnesota's past that still echoes today.

AARP® SMART DRIVER COURSE

AARP SMART DRIVING CLASSES

These courses are designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver. Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premiums. Once you take this first-time course, you will then need to take a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

Location: Room 103

FEES:

- **\$32 non-AARP Members,**
- **\$27 AARP Members;** AARP Members please register in person or by phone (you will need your AARP member number)

NOTE: *Please arrive at class 10-15 minutes early to complete registration forms before class starts

**ALL CLASSES ARE:
4-hour Courses**

**AARP Smart Driving
Thursday, July 9
9:00am-1:00pm**

**AARP Smart Driving
Thursday, October 15
1:00-5:00pm**

**AARP Smart Driving
Thursday, August 20
4:00-8:00pm**

**AARP Smart Driving
Friday, November 13
9:00am-1:00pm**

**AARP Smart Driving
Monday, September 14
9:00am-1:00pm**

**AARP Smart Driving
Monday, December 7
9:00-1:00pm**

USED-A-BIT

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**Donate to
Used-A-Bit Shoppe**



Facebook



Our EBAY
Store

624 Water St S, Northfield, MN
**Household Items, Furniture, Jewelry
& Antiques**

- **Donation times:** Tues-Fri 10-2; Sat 10-12
- **To donate furniture:** email a photo to usedabitmn@gmail.com for approval
- **Questions:** Call the Shoppe at (507) 645-1399

COMMUNITY PROGRAMS

Pre-register for all classes:
Phone: 507-664-3700

Online: FiftyNorth.org/classes
In Person: FiftyNorth front desk

CLASS CANCELLATION POLICY FOR COMMUNITY PROGRAMS:

We know your time is valuable, and ours is too. Out of respect for our staff, instructors and other clients, we ask that you give us at least 24 hours notice if you need to cancel. We will try to fill your spot with someone on the waiting list.



NORTHFIELD HISTORY CENTER

Tuesday, July 21

10:00-11:00am

Location: meet at the Northfield History Center

Capacity: 15

Cost: Free

The Northfield History Center is looking for Volunteers! Come join Patty from FiftyNorth for a tour of the historic museum and archives, meet a few friendly staff members, and learn about the assortment of volunteer opportunities that await at the Northfield History Center to find what fits best for you!

AUTHOR TALK: FINDING GOD IN UNEXPECTED WAYS

by Tari Atchison

Saturday, July 25

10:00-11:00am

Location: Room 103



Join local author and speaker Tari Atchison for the launch of her inspiring new book, *Finding God in Unexpected Ways: 5 Surprising Places God May Be Found*.

What if God is closer than you think—present not only in life's victories, but also in the questions, disappointments, relationships, and everyday moments we often overlook?

Drawing from personal experiences and heartfelt stories, Tari shares how she discovered God's fingerprints in unexpected places and invites readers to recognize His presence in their own lives.

The event will feature an engaging author talk, audience Q&A, and an opportunity to meet Tari and purchase a signed copy of the book.

To learn more about Tari and download the first chapter of the book for free, visit TariAtchison.com.

This free community event is open to all.



STILL LIFE DRAWING

Tuesday, July 14

9:00-12:00pm

Instructor: Jennifer Brand

Capacity: 4 minimum, 12 maximum

In the event we don't meet minimum capacity the class may be cancelled.

Cost: \$50 nonmember, \$34 member, \$10 Platinum

Space: Room 105

Registration deadline: July 10

This Still Life Drawing class offers the opportunity to learn and practice studio-style still-life

sketching in graphite or charcoal. Over the course of 3 hours, we will each create multiple 2-D artworks: several brief practice sketches as well as a final, developed still-life drawing. Artists at any skill level can join me and a unique still-life display of various objects; together we will exercise skills and techniques designed to hone our artistic eyes and objective viewing abilities. Basic materials (pencils, paper, erasers, drawing boards/easels) will be provided, but artists are welcome to bring their own drawing supplies.

TEA CUP BIRD FEEDER

Wednesday, July 29

1:00-2:00pm

Instructor: Shelby Miller

Capacity: 4 minimum, 20 maximum

**In the event we don't meet minimum capacity the class may be cancelled.*

Cost: \$25 nonmember, \$22 member, \$10 Platinum

Space: Used A Bit Furniture Shoppe, 624 Water St. S, Northfield, MN

Registration deadline: July 22



A Tea Cup bird feeder is a charming, upcycled garden accent that consists of a vintage tea cup securely glued or bolted to its matching saucer. It serves as a beautiful piece of yard decor and an excellent feeding station for small birds like finches, chickadees, and wrens. Choose from an assortment of teacups at the Used A Bit Shoppe.

You will have to provide your own bird seed.

IN THE GALLERY

EXHIBIT ON DISPLAY JULY 20 — AUGUST 28

MEET THE ARTIST:

Join us for the Artists reception on Thursday, August 6 from 4:00-5:00pm.



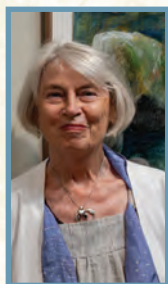
Artist Bio – MICHAEL SWEERE

Michael Sweere b. 1965 -

Michael Sweere was born and raised in Owatonna, Minnesota. After graduating from Owatonna High School, Michael received a degree in Commercial Art from Mankato Technical Institute. He moved to Minneapolis and began a long career in advertising, working in print, radio and television. Additionally, he attended classes at the Hermann-Bougie Atelier (Minneapolis) where he further developed his fine arts skills in drawing and painting.

In 2005, he was able to start his own business – The Michael Sweere Mosaic Company. Focusing on creating large-scale mosaic and art installations from recycled materials, his work can be seen in numerous locations, including airports, health-care facilities, libraries, schools and sporting stadiums.

He lives in Northfield, Minnesota with his wife Carole and their amazing dog, Tulip.



Art Lovers,

As Riki Kölbl Nelson's current exhibition, "Kaleidoscope", draws to a close, we want to thank her for making it such a memorable gallery show.

Riki would like to give these magnificent works a permanent home, she is offering an exclusive

20% discount on all artwork the final two days of the exhibit. Stop in between 8:00 and 4:00 on July 15th and 16th for this special price. See Michelle or Elaine in the office and they can help you with your purchase.



The FiftyNorth Art Club We invite you to bring your own art project to work on, whatever it may be, and enjoy the companionship of like-minded individuals. The FiftyNorth Art Club is not only about making art, but also about making connections. Many friendships have formed through the simple act of creating side by side.

Join us the 2nd and 4th Wednesday of every month from 1:30 pm to 3:30 pm in room 105. All are welcome!!!



JULY CONNECTION COLLECTION -

A glass case display in the lobby featuring a members collection.

Dave Giefer is sharing his wife, Mary's doll collection. She loved dolls and collected them for the last 20+ years. Her favorite dolls in the collection are the Dairy Queen dolls. Mary worked at the Northfield DQ for a number of years.

Do you have a collection you would like to share? Call (507) 664-3707

GROUP ACTIVITIES



BINGO! MONDAY JULY 20

11:00pm-12:00pm

\$1 Group fee applies
Room: 103

HISTORY GROUP

CHECK IT OUT!

Every Friday from 10:30 to noon in room 106.



Water Volleyball Mondays & Fridays

What are you wading for? 🤔

Just show up anytime and you will be welcomed by the water volleyball group!

FIFTYNORTH BOOK CLUB



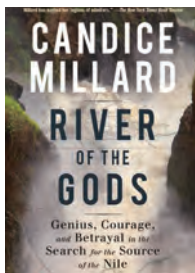
The Book Club meets the 2nd Friday of the month at 10:30 in room 102. (\$1 group fee applies) Questions: call Katherine Collman at (507) 645-1357.



JULY THE LAND OF DREAMS

by Vidar Sundstøl

The Land of Dreams by Vidar Sundstøl is the first book in the Minnesota Trilogy, a crime fiction series set in the North Shore region of Minnesota, focusing on a U.S. Forest Service officer, Lance Hansen, who investigates a murder that connects to a century-old crime, blending local history, genealogy, and Scandinavian immigrant culture with a mystery.



AUGUST RIVER OF THE GODS

by Candice Millard

A non-fiction book detailing the 19th-century race to find the source of the Nile River, focusing on the rivalry between British explorers Richard Burton and John Hanning Speke, and their guide Sidi Mubarak Bombay.

MAY GROUP CALENDAR

GROUP ACTIVITIES	Day	Time	Location
ARTS / CRAFT - Art Club	Wednesdays, 2nd & 4th	1:30-3:30pm	Room 105
ARTS / CRAFT - Hook, Yarn & Needle	Tuesdays	1:00-3:00pm	Room 105
ARTS / CRAFT - Knitting Group	Mondays	10:00am-12:00pm	Room 105
ARTS / CRAFT - Photography Group	Fridays, 4th	9:30-11:30am	Room 106
CARDS - "Chat" Bridge	Wednesdays	9:30-12:00pm	Room 104
CARDS - 500	Fridays	12:30-4:00pm	Room 104
CARDS - Cribbage	Thursdays	12:45-4:00pm	Room 106
CARDS - Double Deck Pinochle	Mondays	12:15-4:00pm	Room 104
CARDS - Duplicate Bridge	Tuesdays	12:30-4:00pm	Room 104
CARDS - Euchre	Tuesdays	12:30-4:00pm	Room 106
CARDS - Sanctioned Duplicate Bridge	Thursdays	12:00-4:00pm	Room 104
CARDS - Social Bridge	Wednesdays	12:30-4:00pm	Room 104
GAMES - American Mahjongg	Fridays	1:00-3:00pm	Room 106
GAMES - BINGO	Mondays, 3rd	11:00a12:00pm	Room 103
MISC - Book Club	Fridays, 2nd	10:30-12:00pm	Room 102
MISC - History Group	Fridays	10:30-12:00pm	Room 104
MUSIC - Chime Choir	Thursdays	9:30-10:45am	Room 103
MUSIC - Troubadours Men's Choir	Tuesdays	10:00-11:30am	Room 103
MUSIC - Ukulele Orchestra and Assorted Strings	Wednesdays, 1st, 3rd, 5th	1:00-3:00pm	Room 103
MUSIC - The Band Practice -	Mondays	4:00-5:00pm	Room 103
MUSIC - Seasoned Singers	Tuesdays	4:00-5:30pm	Room 103
FITNESS GROUPS			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball Practice	Thursdays	12:30-3:00pm	Dundas Dome
Pedalers & Walkers	Mondays & Wednesdays	Mornings	Varies
Walking Group -	Mondays	9:00-10:00am	Carleton Arb
Senior Bowling Club	Fridays	1:30-3:30pm	Flahertys

TRAVEL

NOTE: *Trip leaders are unable to provide assistance to anyone that has limited mobility or that uses a wheelchair. Please arrange to have a friend or PCA pay and register to go with and assist you. Please indicate on your registration form if you need seating in a handicap section.

In the event you have to cancel out of a trip after the registration deadline, you will not receive a refund, unless someone is able to go in your place. If you are not on the bus within 10 minutes of the departure time on the return trip home, you will be responsible for finding your own ride back to FiftyNorth. If you wish to go on a trip and find that it is out of your price range, please inquire in the office about a scholarship.



TRIP - WOODSON YMCA AND THE LANDING IN WAUSAU, WISCONSIN

Thursday, July 9

7:00-6:00pm

***Pre-registration is required.**

Capacity: 31

Cost: Free

Join us for a tour of the Woodson YMCA and The Landing in Wausau, Wisconsin.

We will have an opportunity to tour the facility, meet the Executive Director and some of the staff. They will share their experience of creating a space for programs and services for people of all ages.

A light lunch will be provided at the Woodson YMCA.



TRIP - ROSEMARY ITALIAN KITCHEN

Thursday, July 23

5:00-7:00pm

Address: 2300 Gleason Ct, Northfield

Trip Leader: Jim Pence

Capacity: 12

Cost: you are responsible for the cost of your meal/beverages.

Registration deadline: July 20

We're planning a group dinner at Rosemary's for anyone interested in some social time with your FiftyNorth friends. Relax, unwind and let someone else do the cooking. Register early so we can finalize reservations by July 20. You will need to provide your own transportation.

Check out their menu -

<https://rosemaryitaliankitchen.com/food-menu>



TRIP - A MIDSUMMER NIGHT'S DREAM - GREAT RIVER SHAKESPEARE FESTIVAL IN WINONA

Wednesday, July 22

10:30-7:30pm

Capacity: 25 minimum, 31 maximum

Cost: \$130

Registration deadline: Monday, July 20

JUST A FEW SEATS LEFT!

One of Shakespeare's most magical and popular plays, A Midsummer Night's Dream has something new to offer everyone, even those who have seen it many times. Full of confused lovers, mischievous fairies, rulers and some "rude" mechanicals, this play takes us from the structure of Athens to the more free and mysterious forest where confusion reigns and anything can happen!

Midsummer will be directed by Doug Scholz-Carlson, the artistic director of the Great River Shakespeare Festival. Production will be in the historic 1908 Masonic Building theater, newly acquired by the city of Winona. Historic scenery from the era will be used.

*The cost of this trip Includes: bus, lecture on bus on trip down, play tickets, after the play light meal and conversation with actors, treats on bus on way home.

***NOTE:** does not include lunch before the play

Trip Leaders: Bill & Char Carlson 507-645-9642 and Kim Reis 651-894-3946

TRAVEL

TRIP - MINNESOTA TWINS VS KANSAS CITY ROYALS

Thursday, July 30

10:30-5:00pm

Capacity: 20 minimum, 30 maximum

Cost: \$95 **Registration deadline: July 8**

Experience the Thrill of Pro Baseball!

Don't miss rooting for the Minnesota Twins as they take on the Kansas City Royals! Feel the energy of the crowd, the

crack of the bat, and the roar after every home run. It's more than just a game; it's a timeless American tradition, perfect for family fun or cheering with your FiftyNorth friends. Concessions are on your own.

Trip Leader: Michelle Brant



NEW UPDATE!!!

Now an action packed fun DAY-trip!

TRIP - IOWA:

EARTH MOVING CENTER AND VESTERHEIM NORWEGIAN-AMERICAN MUSEUM

Thursday, August 6

6:30am-8:30pm

Trip Leader: Norma Monroe

Capacity: 12 minimum, 12 maximum

Cost: \$185

Registration deadline: August 3

DESCRIPTION OF EXHIBITS:

Earthmoving Legacy Center – The development of heavy equipment as Caterpillar

Vesterheim Norwegian-American Museum – Tour through themed displays – immigration, woodcarving, Rosemaling, tapestry, fine arts and others. Visit an International juried art exhibit focusing on Norwegian Immigration History, then visit Heritage Park site of a collection of 12 buildings, where the settlers lived and worked.

***Not included in cost:**

1 lunch, 1 dinner, and 2 coffee breaks



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MEMBER SERVICES

MORE HELP FOR MEDICARE OPTIONS**1st Tue every month****12:00-3:00pm****Space:** FiftyNorth Consult Room
Enrollment Help For Medicare Options

Whether new to Medicare or considering a Medigap plan, receive assistance from licensed local and independent insurance agent Sandra Robertson.

Available for help with: Plan analysis and review, Assistance in enrolling when eligible, No cost or obligation
Stop by or call for appointment.

Sandra Robertson, licensed Insurance Agent, # 20381956,

Phone: 952-484-5723**sandra@sigbrokers.com****TWINKLE TOES****2nd Monday every month****Call FiftyNorth to make an appointment: (507) 664-3700**

Servicing Northfield and surrounding communities. By appointment at FiftyNorth. Twinkle Toes provides high-quality professional foot care to clients in the communities we serve. Our mission is to give your feet optimum care in the comfort of your own home or office. We offer home foot care services you can trust at prices you can afford!

507-663-0100 | www.twinkletoes.us/**laurie.twinkletoes@yahoo.com****CAREGIVER SUPPORT GROUP****1:30-2:30pm****2026 Scheduled Dates****July 16, August 13, September 10, October 8,****November 5, December 3****Facilitator:** Kathy Voss, Certified Caregiving Consultant & Dementia Practitioner**Capacity:** 20 **Cost:** Free**Space:** Generally Room 103, but check daily schedule

Join our monthly Caregiver Support group at FiftyNorth.

Learn, share, listen, laugh and gain strength and understanding alongside other care partners.

TECH SUPPORT**2nd Tuesday every month****9:30-11:30am****Space:** Consult Room

Richard DeBeau, longtime FiftyNorth member will be available to assist members who have questions about their computers, laptops, cell phones, iPads, cameras, or similar devices. He has twenty years of experience building computers as a hobby and has installed Windows and Linux systems on his home computers. He has limited experience with Apple desktop computers. If Richard is not able to solve a problem, he will have suggestions for finding help.

Consultant: Richard DeBeau**Minnesota Hospice**
The Gold Standard of Care**GRIEF SUPPORT GROUP****2nd Tue every month****1:00-2:30pm****Capacity:** 20 **Cost:** FREE **Space:** Room 103**Please pre-register*

Join with others in a safe, confidential, and supportive environment for afternoon coffee and an opportunity to make connections, share personal stories and coping strategies with others experiencing grief. Anyone ages 18+ dealing with the loss of a loved one is welcome to attend.

Presented by: Minnesota Hospice**THREE RIVERS COMMUNITY ACTION OLDER ADULT SERVICES SPECIALIST****3rd Wed every month****12:30-2:30pm****Space:** Consult Room

Come in and meet Sarah Kuball, a Three Rivers Community Action Older Adult Services Specialist.

Older Adult Services assist individuals aged 60 and older and their families with information, referrals, and resources that allow persons to remain healthy and independent in their homes and communities.

USE D-A-BITHOUSEHOLD & FURNITURE SHOPPES
624 Water Street, River Mall**Call for more information: 507-645-1399****USED A BIT VOLUNTEERING**

- 2, 3 and/or 4 hour openings possible: based on preference
- Flexible: weekly or every-other-week times available
- There are SUBSTITUTE openings in all positions, for those willing to be called for occasional time slots

CURRENT OPENINGS

Thursday, Friday or Saturday: any time between 10 and 5
Processing linen donations - blankets, comforters, sheets, towels, hankies, etc.

Wednesday

12-2 or 2-5: processing donations - 2 openings

2-5: cashier - 1 opening: now through the first week of September

Thursday

10-2 or 2-5: processing donations - 2 openings

Saturday

10-12: cashier - 1 opening

12-2: cashier - 1 opening

10-12: processing donations - 2 openings

12-2: processing donations - 2 openings

2-5: processing donations - 2 openings

MAY DONORS & NEW MEMBERS

MAY DONORS *thank you for your support!*

Karen Achberger	Firehouse Liquors
Sonja Agarwal	Tom & Nancy Loesch
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Warren & Karen Broughton	Susan Oftedah
Mary Brown	Elizabeth Olson
Bernice Christensen	Jane Persons
Eileen Cooper	Jim Pierret & Kathy Kramer
Tim & Carol Cowles	Prudential Advisors
Neil & Marilyn Deden	Community Resource Bank
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Larry & JoAnn Edwardsen	Beth Sherwin
Chris Ellison	Kenneth & Sharon Steinhouse
Beth Endert	Daryl Stokesbary
Stephanie Frey	Craig Swenson
Marie Gery	Allan & Nancy Swenson
Mac & Jacquelyn Gimse	Judith Tarabek
Dorothy Hammer	Pam Toepper
Richard & Donna Jackson	Dale & Rose Turnacliff
Richard Johnson	Anne Ulmer
Steve & Ann Jorstad	Linda Wagenbach
Patricia Jorstad	Fine Fettle
Gary & Arlene Kruse	M&M Resources -
Myron Lanoue	Pickers Paradise

May 31, 2026 Total Membership: 2,083

**MAY NEW MEMBERS** *glad you're here!*

Carla Dalaska,	Maryann Nagel,
Suzanne DeFoe,	Dean Nelson,
Cynthia DeFoe,	Mike & Shelley Sake,
Valerie Dodson,	John Sand,
Barry McNeal,	David Spillman,
Loretta Meinke,	Jane Weis
Magaly Montoya Gonzalez,	

TUNE IN!

Craig Swenson is live on KYMN every first Thursday of the month at 8:30am with a monthly update on happenings at FiftyNorth.

Missed it? Checkout Craig's recorded segment and **all** the best local news and happenings at Kymnradio.net



**Official Media & Radio
Partner of FiftyNorth's 50th
Anniversary Celebration**

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■ Used-A-Bit Shoppe Assistant Manager:

Deb Olien
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STAFF DIRECTORY

Front Desk (Reception Staff):

Phone: 507-664-3700 | Fax: 507-664-3720

Brenda Bultman, Dan Corcoran, Bonnie DuPay, JoAnn Edwardsen,
Bonnie Eliason, Kay Marosi, Jane Persons, Pam Toepper

HOURS



FiftyNorth: Hours:

Monday–Friday: 6am–8pm
Saturday: 7am–4pm
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