



# JUNE 2026 FiftyNorth REPORT



↑ 2012: Joe and Beth - Joe Endert planted and cared for the rose gardens at FiftyNorth through 2023. Keep an eye out for Joe's favorites; Marilyn Monroe (creamy white) and 'Mister Lincoln' (red with white edges).

Marlais Brand, Executive Director's Report



*Greetings* **FiftyNorth Friends,**  
May has come, and nearly gone, can you believe it?  
Today, I'm thinking about June roses.

I just hit the 5 month mark here at FiftyNorth, and I would like to take a moment to pause, smell the metaphorical roses, and express gratitude. I want you to know that I love our team, and this membership. You are a great joy every day. You teach me how I want to lead, and who I want to be as a human being. The best parts of my day are spent in the company of curious, kind people who want to connect, share a laugh, or be honest about life. I have been lucky enough to share conversations about the best barbeque (thanks, Steve), the challenges and joys of serious knitting (Diane!), the day-to-day reality of living with loss (Bonnie), and surviving the decline of a spouse (many people). I have been invited to dance, sing, eat, tell jokes and share tears. All of it amounts to one of the best decisions I've made in my life. Thank you for welcoming me into this community. The hugs are, admittedly, the best part.

Nearly a year ago, my brother died from cancer. He loved roses. As he was dying, the best thing I could think to do was bring roses to him from his garden. I put them in his hands, and although he could no longer see us, and was beginning to depart for another place, he could smell those roses. He pushed them up to his nose and inhaled. One of the last breaths he took was from the most fragrant rose. It was pink and tipped with yellow and

it smelled of peaches and honeysuckle, it smelled like heaven. As he died, I wrapped my arms across his chest and laid my hands over his, and the thorns on that lovely rose pricked my fingers as he slipped away.

FiftyNorth is as lovely as the sweetest rose, but it does have some thorns—aren't there always a few? This—sigh—is the nature of life. The sweet is best understood beside the sour, but, sooner or later, bitterness yields to gratitude and joy. So, thank you for the thorns too—they are a chance to grow with you through the tough stuff.

Some of our thorns du jour look like an operational loss, an increasing rent and anxiety about change. Change—even contemplating it—can be very tough. And we are wading into it, because we must. There's no getting around the fact that we must change our business model to ensure that FiftyNorth is around for another 50 years. There are many different ways to do it, and we are looking at joining forces with the YMCA of Northfield because it might be a great way to change our business model for the better. As our amazing Finance Manager says, "there's no mission without margin," but I don't want us to lose sight of the mission while we focus hard on margin.

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## CLOSED

- 1 FiftyNorth will be closed on the National Day of Freedom, **Friday, June 19.**
- 2 FiftyNorth will be closed for business on **Saturday, June 20** to host the FiftyNorth Family Festival. **PLEASE COME AND ENJOY THE EVENT!**

# 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

## Director's Report cont.



Wellbeing for all in greater Northfield seems like a great mission. I personally think we are better together on principle. I think we accomplish bigger things when we reach out and accept the risks inherent in collaboration. Partnership is always a risk. Friendship, love, business—they are all risky. We are certainly obligated to take relationship risk seriously, and protect our self-interests as we would our wellbeing and health. Everyone knows the value of healthy boundaries. We end relationships when they do harm. But healthy risk also has value. Healthy risk is the decision to share something of yourself, and give something of yourself to get a greater return for more than yourself. Together, two can make a third magical thing—a relationship, or in this case, a partnership or a merger. Relationships and partnerships are for sure conditional—there are terms, and there are boundaries—but in the end, if everything lines up, the mutual reward of relationship can enrich lives and communities.

It is my sincere goal to ensure that FiftyNorth enjoys 50 more years so we can make thriving-through-aging possible for more people. Whether we accomplish this through merging, or going it alone, my goal is the same. I take my role as shepherd of this wonderful organization very seriously.

This week a member came to visit with me, and we talked for some time about where we were headed, the merger, and his concerns. The best part about my job (aside from the hugs) is listening, and listening often. I've spent time here and there with this member since I arrived. He meets me halfway with a friendly smile, a well-timed joke, or laughs with the morning "fam." He cares deeply about FiftyNorth, and wants what is best for everyone. We talked for some time, and as we were wrapping up, he said, "Thanks for taking the time to talk with me about this. I want you to know I'm going to keep an open mind as we move forward, and I'm glad to keep talking with you." That conversation was a great gift: thoughtful exchange of ideas, genuine curiosity on both sides, and civil, respectful conversation. Sometimes I worry that civil conversation is nearly extinct in this world, but not today. Today, I know it is alive and well because of the care and courtesy exchanged so often here day in and day out.

So we have a beautiful rose in FiftyNorth, and we have to take care not to snag ourselves too often on the thorns

that protect the plant. But even thorns have a purpose— to ensure that all that loveliness comes to full blossom.

Thank you for your curiosity, enthusiasm, questions and support. FiftyNorth will continue to blossom and grow year after year if we tend it carefully— thorns and all!

Please stop by during my daily 8-9 am community hour, or reach out to book some time to chat. You can link to my [MAY Community Update Report here](#).



**JUNE COMMUNITY UPDATE  
MEETING: JUNE 24 1-2:30 PM**

**Don't forget to join us for the FiftyNorth Family Festival June 20!** I look forward to seeing you there.

Marlais Brand, Executive Director

*Marlais*

Meet Tracy!

#### INTRODUCING TRACY FOSSUM



FiftyNorth Friends,

I'd like to introduce you to our new Annual Campaign Manager, Tracy Fossum. FiftyNorth has contracted with Tracy to help us achieve our 2026 fundraising goal. We want to raise \$185K between now and the end of the year to ensure a nice strong start to 2027. We want to help people thrive today, and tomorrow. No gift is too small. Everyone makes a difference in our community.

Tracy is a very experienced "townie" AND fundraiser. Her development resume includes Carleton, St Olaf, KYMN and Age-Friendly Northfield among others. Tracy has directed large annual campaigns, and her expertise is a real boon to FiftyNorth.

Tracy and I will be mobilizing a team of FiftyNorth ambassadors for peer-to-peer fundraising, so don't be surprised if you get a tap on the shoulder! If you'd like to raise your hand right now, please send an email to [tracy.fossum@fiftynorth.org](mailto:tracy.fossum@fiftynorth.org) and tell her you're ready and willing to lend a hand.

Please join me in welcoming Tracy to the team.

Cheers! — Marlais

## IN THE GALLERY at FiftyNorth

**RIKI KÖLBL NELSON - Visual Artist**

■ **GALLERY SHOW: June 2 – July 16**

■ **ARTIST RECEPTION: June 4, 4:00 – 5:00pm**



### Kaleidoscope

Artist Statement —

Luckily, I have led a multi-faceted life which is reflected in the art I've made over five decades. Exploring a number of recurring themes in more than one medium and style has kept me challenged.

The subject matter varies: natural objects, the dress as visual metaphor, the human body, landscapes. I have used painting, fiber art, cast paper sculptures, and one-of-a-kind books. It all goes into making a kaleidoscopic display. I aim to capture the underlying energy inherent in all things, animate and inanimate.

My work has been exhibited in solo and group shows in the USA, Europe and Asia. I have an MFA from the University of MN. I've taught a fair amount; my students have ranged from age 8 to 80. I am grateful for having had a long life enriched by art.

— **Riki Kölbl Nelson**  
**Visual Artist**



### ECHOES AND SHADOWS 2026

**Echoes & Shadows Poem Selection Begins June 3**

In honor of our 50th Anniversary, the theme for Echoes & Shadows is –“A Season of Celebration”.

Online viewing and selection of poems will begin June 3rd – <https://fiftynorth.org/activities/echoes-and-shadows/>.

Email [michelle.loken@fiftynorth.org](mailto:michelle.loken@fiftynorth.org) with the poem you have chosen.

- Artwork submission will be August 24th – 28th.
- Drop off your artwork in Michelle's office between 8:00 and 4:00.
- Gallery Exhibition begins September 1st and ends October 30th.
- Artwork must be inspired by the poem the artist chooses.
- Artwork must be framed and/or have a hook that works with our hanging system.
- Artwork submissions must include – first and last names, phone number, email, medium and sale price.
- Artist will receive 65% of a sale.
- Artist should provide an Artist Statement when submitting their artwork.
- Artist statement cannot exceed one page and must be 14 point font size and use Calibri font submitted in a Word document.
- Art can be created in any medium.
- There will not be an entry fee.

Contact Michelle at the email above or call 507-664-3707 if you have any questions.

## June Collection Connection



**COLLECTION CONNECTION —**  
*Sandra Nyvall's Pansy Collection*

Happy faces that smile back at you...how can you resist pansies? I've always liked pansies but

began collecting them 40 years ago when we moved to Grand Rapids, Minnesota where the weather was ideal for planting them.

*There are unlimited meanings associated with the pansy but the best is "I'm thinking of you."*

NOTE: The collection connection can be viewed in the glass case in the lobby through the month of June.



## MEMBER NEWS



### STATE OF THE NORTHFIELD HOSPITAL + CLINICS Thursday, June 25

**1:30pm**

Join us for a discussion of the State of Northfield Hospital + Clinics and the purchase of the Northfield Allina Clinic.

**LEARN:**

- Why this is important for the future of the hospital & community
- Why this makes financial sense
- What's staying the same and what is changing
- What else is happening NH+C
- Most importantly – Be able to ask the questions you or your neighbor has and share what you are hearing in the community.

This is an opportunity to hear and spread factual information and expand understanding among community members about the business of providing quality and accessible healthcare in and around Northfield.

**Presenter:** Zander Abbott **Capacity:** 60 **Cost:** Free  
**Space:** Room 103

### WELCOME KARI SCHEURER — FiftyNorth's new Popcorn Wagon Coordinator



Kari Scheurer joined the team as our new Popcorn Wagon Coordinator. With a background in business operations and event coordination, she is excited to bring her expertise to Fifty North. Outside of work, Kari is an avid Minnesota Wild fan and loves watching her kids participate in their many activities. She is also on a mission to visit all 50 states with her family, passing down a tradition she cherished from her own childhood.



## Dance Practice

### 50th ANNIVERSARY INTERGENERATIONAL DANCE PRACTICE

**Tuesdays & Thursdays, June 9, 11, 16, 18**  
**3:00-4:00pm** (Deadline: June 8)

**Love to Dance?** Here's your Chance!

Come join in an intergenerational dance performance to help celebrate our 50th Anniversary. Directed by Shari Setchell, we are gathering all ages and experience levels to participate! This project aims to bridge the gap between generations through the power of movement.

The song that we will dance to is taken right from the hits of the 70s. This one dance performance will be held during FiftyNorth's Family Festival June 20. Participate for your own fun or enlist your grandchildren to make it a family affair.

## The Dance Event

### 50th ANNIVERSARY INTERGENERATIONAL DANCE Saturday, June 20 2:30-3:00pm

This project aims to bridge the gap between generations through the power of movement. The song that we will dance to is taken right from the hits of the 70s. This one dance performance will be held during Fifty North's Family Festival June 20. Participate for your own fun or enlist your grandchildren to make it a family affair.

**Dance Instructor:** Shari Setchell

**Cost:** Free

**Space:** Room: 103



### CAR-FIT CLINIC Wednesday, June 10

**9:00am-12:00pm**

\*Pre-registration for a 30-minute time slot is required.

In the event of inclement weather the event may be cancelled.

While older adults may be safer drivers who tend to self-limit their driving, many may still experience safety-related "fit" challenges with their cars including improper distance from the steering wheel, inadequate views from side mirrors, improper seat height, or improper restraint height.

The encouraging news is that after receiving a free, 30-minute Car-Fit check with a trained technician, many drivers learn how to adjust their vehicles to improve their fit, comfort and safety.

**Capacity:** 12 **Cost:** Free

**Space:** Southwest parking lot at FiftyNorth

Visit [fiftynorth.org/news](http://fiftynorth.org/news) for details



50  
YEARS!

# FiftyNorth Family Festival

50  
YEARS!

June 20 • 11am-3pm

1651 Jefferson Parkway, Northfield



Photos by John Dedzej

50th Anniversary Gold Sponsor

Edward Jones



## FUN FOR EVERYONE!

- \* FLEA MARKET
- \* COMMUNITY VENDORS
- \* ARTS & CRAFTS BOOTHS
- \* USED-A-BIT VINTAGE JEWELRY SALE
- \* KIDS' ACTIVITIES
- \* FREE BINGO
- \* FREE FAMILY PHOTOS
- \* FREE PASSES TO FIFTYNORTH
- \* FUN FITNESS ASSESSMENTS
- \* ICONIC POPCORN WAGON
- \* SANDWICHES AND ICE CREAM
- \* DRAWING FOR \$500 IN CHAMBER BUCKS

## GREAT ENTERTAINMENT!

- 11:00:** Puppet Storytime featuring Shelley Silkey and her magnificent puppets
- 11:30:** Old Time Radio Dramedy
- 12:30:** Uppity Women
- 1:00:** Seasoned Singers and Troubadours performing hits from the '50s and '70s with a special tribute to the USA's 250th birthday
- 2:30:** Intergenerational Dance Performance

50th Anniversary  
Gold Sponsor

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1651 Jefferson Parkway  
Northfield, MN 55057  
(507) 664-3700  
[FiftyNorth.org](http://FiftyNorth.org)

Support 50  
more years of  
FiftyNorth.

**GIVE  
TODAY!**



# FIFTYNORTH 9-HOLE SCRAMBLE

Monday, August 10 • 1:00pm start

**FiftyNorth is celebrating 50 years!**



### Fun afternoon of Golf awaits!!

Join us as part of our 50th anniversary celebration. Bring your clubs and your golf buddies! Teams may sign up, but most golfers will be grouped to create teams with a variety of skill levels.

**Putting contest, side games,  
and a fun afternoon of golf!**

Never golfed before? No problem?

A seasoned golfer? Perfect!

All are welcomed at the fun Golf Scramble at the Northfield Golf Club.

**Cost: \$80 (includes 9-Holes and Meal)  
or Meal only \$25**

### TO REGISTER:

Call FiftyNorth receptionist (507) 664-3700

or [REGISTER ONLINE](#)

<https://fiftynorth.org/news/>



## FITNESS NEWS



## CRAIG'S CORNER

Fitness Manager, Craig Swenson  
(507) 664-3702 or  
Craig.Swenson@fiftynorth.org



## SLIPS &amp; FALLS

Slips and falls are one of the leading causes of injury for older adults. These falls can take a toll on a person's physical and mental health, particularly when life-altering injuries are involved. While slipping and falling can happen to anyone at any age, it's more common in older adults because they begin to lose their balance.

**Why is Good Balance Important?**

Having good balance is more complex than you think. That's because it requires many systems to work together, including your vision, vestibular system in the inner ear, and proprioception or ability to sense where your body is. Additionally, you need good muscle strength and a quick reaction time. If one of these systems is out of whack, you can easily lose your balance.

Every year it is estimated that 1 in 4 seniors take a fall. Some of these falls result in serious injuries that require long recovery times and physical therapy. If you are concerned about yourself or a loved one, the best thing you can do is practice good balance. Without practice, balance and stability will continue to decline. — Craig

**Ways to Improve Your Balance**

Whether you have balance problems due to medication, chronic illness or inactivity, there are some simple exercises you can do on your own. Focus on low impact exercises that will help you improve your strength and stability. Of course, be sure to discuss any new exercise regimen with your doctor.

\* **ONE-LEGGED STANDS.**

Stand on one foot for 30 seconds, then switch to the other foot. In the beginning, it's best to use a chair for support.

\* **HEEL RISES.**

While standing, rise up on your toes as far as you can. Drop back to the starting position and repeat 10-20 times.

\* **HEEL-TO-TOE WALK.**

Take 20 steps forward while looking straight ahead.

\* **SIT-TO-STAND.**

Using a chair, get up and sit back down without using your hands. Do this 10-20 times.



Take a balance class. Many FiftyNorth exercise classes incorporate balance into the program.

Meet one-on-one with a personal trainer. Personal trainers can put together a workout routine geared towards personal goals and adapt to the individual's needs

## 2026 TABLE TENNIS TOURNAMENT



Todd Harvey pictured on left



Vinay Khanna pictured in center

FiftyNorth sponsored the 15th Annual Northfield Table Tennis Tournament for players (men and women) of all ages on Saturday, May 2nd at the Northfield Middle School. The tournament featured a choice of three singles events and three doubles events.

In fifteen years, the tournament has grown to be one of the largest table tennis tournaments held in Minnesota (with 90 participants this year)! Many of the highest rated players in Minnesota including from Rochester and the Twin Cities clubs participated in addition to players from Iowa. Also playing were many local players some who are active in one or more of the five sessions of table tennis offered weekly at FiftyNorth. Eleven players from Carleton College and one student from St. Olaf participated in the tournament as well.

Event winners in Singles were Max Liu, Rick Chen (age 11), and Matt Gosha. Winners in Doubles included Alok Bopanna & Gautam Goyal, Leonardo Hess & Jerry Shang (Carleton College Students), and Keagan Larson & Max Larson.

FiftyNorth member Vinay Khanna placed 2nd in U700 Singles. Additional FiftyNorth players who competed in the tournament this year included Bruce Anderson, Gregg Anderson, Armand Boehme, Don Bonrud, Jim Colwell, Tom Drucker, Jim Gill, Todd Harvey, Alisha Hookstreet, Russ Margulies, and Stu Sinykin.

The tournament once again highlighted many young players, ages 8-17 who played exceptionally well. The tournament does not split by gender, or have any age restrictions or age levels, so it's common to see multi-generational matches i.e. males/females who may be 8, 9, or 10-years old competing with players in their 50's, 60's, 70's, and 80's!

### 2026 IN-PERSON LAND BASED FITNESS CLASSES (updated June)

	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	CORE AND MORE (8:30-9)	STRENGTH AND STRETCH (8-9)	CORE AND MORE (8:30-9)	STRENGTH AND STRETCH (8-9)	CORE AND MORE (8:30-9)	STRENGTH AND DANCE FUSION (8-9)		
8:30 AM								
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING VINYASA 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)		
9:30 AM							MEDITATION FITNESS (9:30-10:30) ROOM 106	HATHA YOGA (9:15-10:15)
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)	TABLE TENNIS (10:30-3:45)		
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)			
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics	TABLE TENNIS (1:30-3:30)	SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics			
2:00 PM								
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	ACTIVATE HIPS & HARA (5-5:30)			
5:30 PM			HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders	WELL-BALANCED SILVER SNEAKERS (5-5:45) ROOM 105				
6:00 PM	TABLE TENNIS (5:30-7:30)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) - FREE	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 June)								
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)	BEGINNING YOGA (VINYASA) (9:15-10:15)			SLO FLO YOGA (9:15-10:15)		BEGINNING HATHA YOGA (9:15-10:15)	
9:30 AM								HATHA YOGA (9:15-10:15)
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

## COMMUNITY PROGRAMS

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

**Online:** [FiftyNorth.org/classes](https://www.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.



### AIR DRY CLAY BOWLS

**Tuesday & Thursday,  
 June 9 & 11**

**1:00-3:00pm**

Learn how to make small whimsical adorned bowls using air-dry clay, beads and charms. The first session we'll fashion the bowls and beads. The following session we'll paint and decorate the bowls. These fun little pieces can be used for storing small treasures. Or use to hold a flameless candle.

#### ITEMS STUDENTS SHOULD BRING:

##### First session:

Molds – We want a lot of these so each person can make multiple bowls. Good choices = small saucers and bowls, shot glasses, custard dishes, glasses or cylindrical containers with straight sides or sloping outward. Cool whip containers work too.

##### Second session:

Beads or charms – There will be a selection available unless you prefer to bring ones you have.

\*All other materials are provided.

**Instructor:** Pat Jorstad  
**Capacity:** 4 minimum, 12 maximum  
**Cost:** \$40 nonmember,  
 \$34 member, \$10 platinum  
**Space:** Room 105



### HENRI MATISSE, CAPTURING COLOR AND EMOTION

**Tuesday, June 16**

**1:00-4:00pm**

Come and learn about Henri Matisse who was considered one of the greatest colorists of the 20th century. We will paint pure, bright colors with expressive brushstrokes to express your emotions. Bring photo references of people and places or work from your imagination to create a vivid painting that speaks to you. Using acrylic paints, you will complete an 11 x 14 work on canvas. All materials are provided. If you prefer to bring your brushes and paints, you are welcome to do so.

**Instructor:** Marty Amundson

**Capacity:** 4 minimum, 12 maximum

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

**Cost:** \$40 nonmember, \$34 member, \$10 platinum

**Space:** Room 105

**Registration deadline:** June 9



### FIFTYNORTH ART CLUB

*Creativity, Cultivation, and Connection*

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.

**The FiftyNorth Art Club meets on the 2nd and 4th Wednesday of every month from 1:30 pm to 3:30 pm. in room 105. All are welcome!!!**

## COMMUNITY PROGRAMS

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

Online: [FiftyNorth.org/classes](https://FiftyNorth.org/classes)  
In Person: FiftyNorth front desk



### DOUG SCHOLZ-CARLSON: GREAT RIVER FESTIVAL PRESENTATION

**Monday, June 1  
10:30am-12:00pm**

*What can go wrong when magic takes place in the forest outside of Athens in a Shakespeare comedy?*

Doug will maybe give us the answer as he again comes to FiftyNorth to present early insight into this year's production of A Midsummer Night's Dream. For over 20 years he has given us insight into the Great River Shakespeare Festival's productions. As the Artistic Director of GRSF, he gives us a look at what goes into putting on a production. In its 23rd season, is a resident company of 9 professional actors from all over the country that come together for a summer of Shakespeare in Winona. FiftyNorth has sponsored a trip every year, except during the COVID outbreak.



**Doug Scholz-Carlson**

Doug grew up in Northfield, getting his start at the Northfield Arts Guild under Myrna Johnson. He has acted and directed at most Twin City theaters, and across the country. Midsummer will be directed by Doug Scholz-Carlson, the artistic director of the Great River Shakespeare Festival, where he has directed many productions and played more than 20 roles. Doug was the first intimacy director at the Metropolitan Opera (New York)

where he has worked on more than 14 productions. In addition to the Met, he has worked on productions for Minnesota Opera, San Diego Opera, and San Antonio Opera.

**Presenter: Doug Scholz-Carlson, Artistic Director of GRSF**

**Capacity: 30**

**Cost: Free and open the public**

**Space: Room 103**



### **COFFEE WITH A NURSE - TOPIC FOR THE HOUR: DIFFERENT WAYS GRIEF SHOWS UP**

**Tuesday, June 30  
10:00-11:00am**

**What is Grief?** Is it possible that your feeling is grief and you didn't even notice it? People associate grief with the death of a loved one or a pet. But, it is more than that. Come and unpack the emotional impact grief has on us. Together we can explore the many ways that grief shows up. Maybe it was a big life altering decision that you made, or a relationship that seems to be unraveling or it could be a sudden loss of something special in your life.

Come and have coffee and learn with me about what grief is and how important it is to embrace this emotion during a difficult time in your life.

**Instructor:** Shelby Miller

**Capacity:** 4 minimum, 12 maximum

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

**Cost:** FREE

**Space:** Room 105

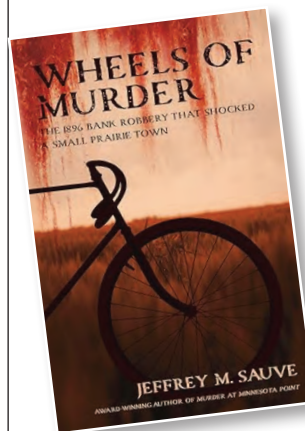
**Registration deadline:** June 23



**Save the date!**

**FRIDAY, AUGUST 28**

**5:30-7:45pm**



Fifty North will host a book launch for award-winning author Jeff Sauve's latest title *Wheels of Murder: The 1896 Bank Robbery that Shocked a Small Prairie Town*. Come celebrate the release of this gripping true-crime story—based on one of the bloodiest and most dramatic bank heists of Minnesota's 19th century, second only to the James-Younger gang's attempted raid on Northfield's bank in 1876.

Full event details will appear in the July newsletter.



## 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

**AARP Smart Driving 4-hour Course**  
**Wednesday, June 10**  
 1:00-5:00pm

**AARP Smart Driving 4-hour Course**  
**Thursday, July 9**  
 9:00am-1:00pm

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

**AARP Smart Driving 4-hour Course**  
**Monday, September 14**  
 9:00am-1:00pm

**AARP Smart Driving 4-hour Course**  
**Thursday, October 15**  
 1:00-5:00pm

**AARP Smart Driving 4-hour Course**  
**Friday, November 13**  
 9:00am-1:00pm

## GROUP ACTIVITIES



## FiftyNorth BOOK CLUB



### JUNE HOW TO AGE DISGRACEFULLY

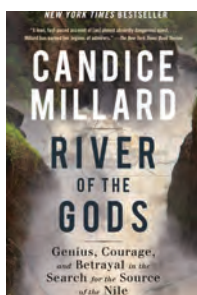
by Clare Pooley

A humorous novel about a group of eccentric seniors at a community center who team up with a teenage dad and daycare kids to save their building from being sold by the city council, using unconventional and mischievous methods. The story follows characters like a kleptomaniac actor, a yarn-bombing artist, and a woman with a secret past, as they fight against being overlooked by society and prove that age is just a number. It's a heartwarming, witty, and feel-good story about found family, rebellion, and intergenerational bonding.



### 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. The novel explores themes of guilt, family, and cultural identity, and is known for its strong sense of place and rich historical detail, though it's part of a larger, unresolved story.



### AUGUST RIVER OF THE GODS by Candice Millard

River of the Gods by Candice Millard is 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. The book chronicles their perilous journey, the immense hardships they faced, and the bitter betrayal that followed when Speke claimed to have found the source (Lake Victoria) before Burton, leading to a famous public feud. It's a story of adventure, colonial ambition, and the complex legacy of exploration, highlighting the crucial role of African guides like Bombay.

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.



## GROUP ACTIVITIES



### BINGO!

**JUNE 15 & JUNE 20**

**11:00pm-12:00pm 6/15**

\$1 Group fee applies  
Room: 103

**11:00-3:00 6/20**

Outdoor tent in courtyard



### HOOK YARN & NEEDLE

**TUESDAY'S**  
**1:00-3:00pm**  
Room: 105

(\$1 group fee applies)  
Bring along whatever project you're working on and enjoy the conversation. Share or learn a few tips along the way!



### WALKING GROUP

**Mondays, 9:00-10:00am**

**Location:** Carleton Arboretum  
No walk on September 7

**Group Leader:**  
Marie Frederickson

**Capacity:** 25

**Cost:** Free

Experience the outdoors while increasing your strength. Enjoy a walk in the woods and the company of others. The path is quite flat and provides beauty without too much challenge. We will meet in the West Gym parking lot at the entrance to Carleton's lower Arb, off Highway 19 just beyond the football stadium.

#### Things to bring/wear:

- Sunscreen, bug/tick spray, water
- Optional: hat, walking poles
- Dress in layers or have them available in your car. Minnesota spring weather continues to be unpredictable!



**Weather cancellations:** If it is raining heavily a half hour before start time, I will cancel the walk. If it is "looking like rain" or lightly sprinkling I will be there in rain gear. Call the FiftyNorth desk to confirm 664-3700.

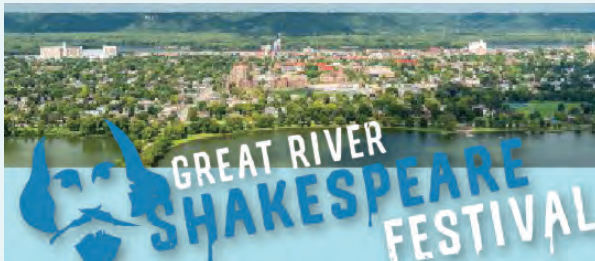
## APRIL GROUP CALENDAR

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 - <b>on BREAK May 25-July 7</b>	Mondays	4:00-5:00pm	Room 103
MUSIC - Seasoned Singers	Tuesdays	4:00-5:30pm	Room 103
<b>FITNESS GROUPS</b>			
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 - 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**

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

**Doug will be at FiftyNorth on Monday, June 1st at 10:30am to present early insight into this production.**

### Historic Drops to be Featured in A Midsummer Night's Dream

The ARC, Great River Shakespeare Festival's new location, is home to a special collection of rare, hand-painted scenic backdrops. Originally used in the historic Masonic Theatre built in 1909 for elaborate Masonic Scottish and York Rite ceremonies, these historic artifacts have been preserved as a significant piece of regional cultural heritage.

The collection is one of the most intact assemblages of early 20th-century fraternal scenic painting remaining in the United States. Following the Winona Masons' relocation in 2017, the city of Winona undertook efforts to evaluate, salvage, and restore these vulnerable pieces of art. Ten scenes were restored.

To celebrate this first year of performances in the historic Masonic Theater, GRSF will feature the forest and royal court drops in A Midsummer Night's Dream.



**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



JULY 2025



**TRIP - OVERNIGHT IN IOWA: FIELD OF DREAMS and VESTERHEIM NORWEGIAN-AMERICAN MUSEUM**

**Thursday & Friday, August 6 & 7**  
**Depart Thursday, August 6 at 05:30 a.m.**  
**Return: Friday, August 7 at 08:30 p.m.**

\*Please register in-person or by calling the front desk  
 507-664-3700

**\*DESCRIPTION OF EXHIBITS:**

- Earthmoving Legacy Center – The development of heavy equipment as Caterpillar
- Fish Shack – Food by the Mississippi
- Dyer-Botsford Doll Museum – 1,000 unique dolls
- Dyersville's Field of Dreams – Play on the field, meet the ghost players, visit the house
- Baseball Hall of Dreams – Baseball History Museum – If You Build It Exhibit
- Basilica of St Francis Xavier – Gothic Revival Architectural
- Bily Clocks Museum & Antonin Dvorak Exhibit – Handcrafted moving clocks and organs
- Saint Wenceslaus Catholic Church – Oldest Czech Catholic Church in US
- Vesterheim Norwegian-American Museum – Guided tours 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.

\*When registering please specify how many people per room and who you will be rooming with.

**Trip Leader:** Norma Monroe

**Capacity:** 20 minimum, 26 maximum

Total costs per person

The total cost of the trip depends on the number of people sharing a room. The fees listed below are for EACH ADULT in the room. The fee includes the cost of the bus, exhibit tickets, 1 coffee break, 1 breakfast.

- \*Not included: 2 lunches, 1 dinner and 3 coffee breaks
- 1 adult or single room..... \$458
- 2 adults per room..... \$374 each
- 3 adults per room..... \$364 each
- 4 adults per room ..... \$332 each

**Registration deadline:** June 29



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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

### CAREGIVER SUPPORT GROUP

**2nd Thursday every month**

**June 4, July 16, August 13**

**1:30-2:30pm**

**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. Kathy Voss, Caregiver Support Specialist, facilitates the discussion.

**Facilitator:** Kathy Voss, Caregiver Support Specialist

### 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

### 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. This is a 3-month, limited-time support group. You may choose to attend one, two, or all three sessions! Anyone ages 18+ dealing with the loss of a loved one is welcome to attend. We are hoping people will come and then we will be able to extend this beyond 3 months!

**Presented by:** Minnesota Hospice

### CAR-FIT CLINIC

**Wednesday, June 10**

**9:00am-12:00pm**

\*Pre-registration for a 30-minute time slot is required.

In the event of inclement weather the event may be cancelled.

**Capacity:** 12

**Cost:** Free

Space: Southwest parking lot at FiftyNorth

While older adults may be safer drivers who tend to self-limit their driving, many may still experience safety-related "fit" challenges with their cars including improper distance from the steering wheel, inadequate views from side mirrors, improper seat height, or improper restraint height.

The encouraging news is that after receiving a free, 30-minute Car-Fit check with a trained technician, many drivers learn how to adjust their vehicles to improve their fit, comfort and safety.

### 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.

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### 5 COURSES FOR THE 50TH - A 50TH ANNIVERSARY EVENT HELD FRIDAY, MAY 15

Thank you to ALL the volunteers who helped make the evening a success!



Cookbook of member recipes given to guests at dinner.



photos courtesy of John Dedzej

APRIL DONORS & NEW MEMBERS

APRIL DONORS *thank you for your support!*

- |                                 |                             |
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| Patricia Jorstad                | Anne Ulmer                  |
| Anne Klinefelter                | Timothy & Jean Vick         |
| Gary & Arlene Kruse             | Linda Wagenbach             |

April 30, 2026 Total Membership: 2,040



APRIL NEW MEMBERS *glad you're here!*

- |                              |                   |
|------------------------------|-------------------|
| Mary Bradshaw                | Robert Koren      |
| Sara Maria Chuecos Leon      | Becky Krippner    |
| Stephen Rholi & Becca Coates | Robert Lutchen    |
| Nathan & Tina Egli           | Anabelle Martinez |
| Veronica Gamino              | Arthur McGregor   |
| Chit & Susan Harkonen        | Lynn Spicer       |
| Pamela Johnson               | Dennis Thomas     |
| Pierce Johnson               |                   |

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](http://Kymnradio.net)



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

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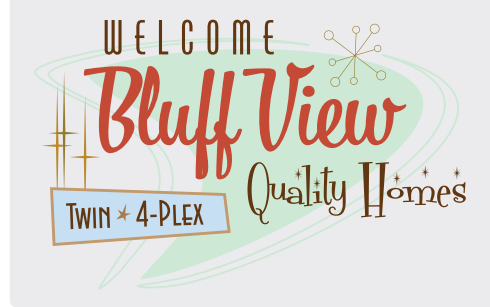


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**Open House:** Friday–Sunday, 1–4pm



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## GRACEWIN COOPERATIVE

NORTHFIELD

#### STAFF DIRECTORY

##### Executive Director:

Marlais Brand  
507-664-3701 | [marlais.brand@fiftynorth.org](mailto:marlais.brand@fiftynorth.org)

##### Fitness Manager:

Craig Swenson  
507-664-3702 | [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org)

##### Operations and Membership Manager:

Elaine Meyers  
507-664-3703 | [elaine.meyers@fiftynorth.org](mailto:elaine.meyers@fiftynorth.org)

##### Program Coordinator: Lifelong Learning/Community Outreach

Patty Ciernia  
507-664-3709 | [patty.ciernia@fiftynorth.org](mailto:patty.ciernia@fiftynorth.org)

##### Program Coordinator: Arts/Volunteer

Michelle Brant  
507-664-3707 | [michelle.loken@fiftynorth.org](mailto:michelle.loken@fiftynorth.org)

##### Used-A-Bit Shoppe Manager:

Fermin Notario Ponce  
507-645-1399 | [fermin.ponce@fiftynorth.org](mailto:fermin.ponce@fiftynorth.org)

##### Used-A-Bit Shoppe Assistant Manager:

Deb Olien  
507-645-1399 | [deb.olien@fiftynorth.org](mailto:deb.olien@fiftynorth.org)

#### STAFF DIRECTORY

##### Front Desk (Reception Staff):

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

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

#### HOURS



##### FiftyNorth: Hours:

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



##### Used-A-Bit Shoppe: (Donations by appointment)

624 Water Street, River Mall, 507-645-1399  
Tuesday–Saturday: 10am–5pm  
Sunday & Monday: Closed

Support 50 more years of FiftyNorth.

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