



Northfield Senior Center

**active,  
connected,  
engaged**

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# Center News

FOR ACTIVE OLDER ADULTS



## GROWING PAINS

by Lynne Pederson

I have this red couch in my living room that I love. It's comfortable, it's long enough to sleep on, it's red, I bought it at Dayton's, and it is 21 years old. A couch that is 21 years old no matter how loved it is, is showing its age. It's faded so instead of a bright red it is now more of a rosey red. I have had other couches that I have purchased at the Used A Bit Shoppe that have come and gone from my house, but the red couch remains. It needs to go, but there it sits. And as you may recall from an earlier issue, I am the one that likes change.

Most people get stuck on something in their life. One thing that they just can't let go of. They are comfortable with it, they like it, it means something to them. Until they start hearing subtle hints from others that maybe they should start thinking about it different. That if they could just see it in this way, wouldn't it be better? I call this growing pains – when you really don't want to make

a change, or do something different even though you know there are good reasons and it is probably best that you do.

The Senior Center is experiencing growing pains.

If you have been around the lobby in the last few months, you were asked your idea for a new name for the Senior Center. A group of members, including Board and Committee members, took those suggestions seriously and have been considering a new name for the Center. After meeting several times, the group's conclusion is that before a new name should be considered, the Center needs branding.

Branding is the identity of a company, organization or product. Think about Coke or 3M and how they are so readily recognized for their products. Branding tells the story for what one can expect to receive. It is how the general public views and

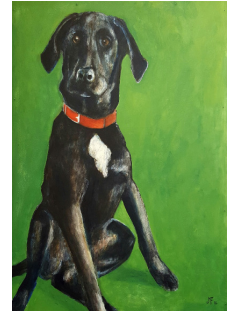
perceives products or an organization. A branding process is a marketing tool. It is a process to establish the Northfield Senior Center as the organization for what it offers to the community, what we do, and who we serve. Every week staff is asked by a visitor to the Center, thinking that they have come to the Northfield Retirement Center, if we have any beds available. We as members, staff and users know what we do and who we serve, but we need to be assured that when people see the logo or hear the name that they know what we do, who we serve, and that they can depend on us to do it really well. A branding process will lead us to this. Long story short, the branding process will produce a new logo and probably a name change.....aka growing pains.

The Center in its current location is 17 years old.

...continued on pg 3.

## GALLERY

### Current Exhibit: Continues through April 14 Julie Fakler, Animal Acrylic Paintings



### Upcoming Exhibit: April 17 - May 12 Bridgewater students Reception: Tues, May 9, during Reading with 4<sup>th</sup> Graders' time (9:30-10am)

## OPENING RECEPTION

**TUES,  
MAY 9  
9:30 - 10 AM**

For the past nine years the students in the Bridgewater 4<sup>th</sup> grade classes walk over to the Senior Center once a month and read to our volunteers. This has proven to be a meaningful experience for the children and the volunteers. We welcome this opportunity to view the artwork of this group of students. Many thanks to Kate Woodstrup, Bridgewater Art Teacher, who has assembled and prepared the displays for this exhibit.



**NORTHFIELD AREA EXPERT** **Edina Realty**  
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SCENE **10% BEST of SOMMIN**

 **National Cremation SOCIETY**

Not interested in the high costs or full services of traditional funeral homes? Find out why so many Minnesota families are turning to National Cremation Society.

Call today to set up a no-obligation appointment and get the information you need to make a decision that is right for your family.

**Mike Murphy, 507-216-7714**  
or email [Michael.Murphy@nationalcremationsociety.com](mailto:Michael.Murphy@nationalcremationsociety.com)

*Simple. Direct. Dignified.*

**GROWING PAINS continued.....**

Now that may not seem so old in your house, but if you had 300-350 going through your living room each day, it would take a toll on how it looks. That is what's happening at the Center. It is time for an update. With a donation from a very generous donor, a small committee appointed by the Facilities Committee is working with a decorator to gain ideas for updating the furniture in the lobby, new paint colors, enlarging the coffee bar, and re-designing the Reception desk so that it is easier for the receptionist to greet people. These are the areas being considered right now. I am not sure how much will get done within the budget we have, but we will have a plan to work from and will determine the priorities to match the budget.

The Center is out of space for adding new programs. This means that we can't add any new programs such as

an art studio with a working sink, a woodshop, more space for the ping pong players, more equipment in the Fitness room, etc. The Center is maxed out for space. This doesn't mean that we will end any of the current programs, or not keep offering new classes for topics of interest and activity. It means that due to the way the Center is configured now, we are limited. Because of this I am doing a study of how the space is currently used to determine if we move programs around can we free up space to add new programs. The last space study was done in 2011. The outcome from that was the creation of the Fitness Studio and increased use of rooms 103 and 105.

At the time, it was a big deal to make the changes that were made. It impacted programs being moved to other parts of the Center, and members were not happy or sure that it was going to be the best arrangement for them. I get that.....growing pains.

It has worked out. Fitness class programming has increased so we are now able to offer 65 classes a week. And members participating in programs that were moved to other rooms are happy with the space that they use. It has become "their space" when they are using it.

The Center has been fortunate in the past two months to receive two substantial gifts from member's estates. The Finance Committee and Board of Directors are discussing how the money will be proportioned to be used. Some of it may be used on the projects described, along with a portion of it going into the endowment fund.

My red couch may not be around much longer but the Northfield Senior Center will be. The Center is aging and needs a care plan..... growing pains.



PROFESSIONAL DRIVE  
**DENTAL**  
GROUP

New Patients Welcome

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

507-645-5264



## CLASSES AND TALKS

**Please pre-register** for all classes, programs and trips. Sign up deadlines will be published with each, if there is one. You may register by phone (507-664-3700), on line through our website (click on Title), or in person at The Center.



### DRAWING PORTRAITS

Wed, Apr 5 - 26  
1 - 3pm

Explore many aspects of portrait-making. All experience levels are welcome as we will cover some basic drawing/shading and proportion skills along with experimenting with expressionistic portraits. Experienced drawers can fine-tune their skills and join in discussions about styles of portraits observed in slides, photographs and books. Bring all supplies from the list below plus begin to collect examples of portraits that you can reference. Portrait photographs from a camera or magazine can be copied and enlarged so you can see all of the details. You should bring both color copies and black and white. Include one picture of yourself (maybe a selfie?)  
Capacity: 10

Fees: \$90/nm, \$70/m,  
\$0/plat equiv

**Instructor: Kate Douglas**

### MATERIALS TO BRING:

(\*not included in class fee)  
1 sketch pad; unlined, 9X12 or larger, multi-purpose paper (marker, pencil, pen)  
1 sketch pad; unlined, 11X14 or 16X20, good quality watercolor or color medium paper  
12" ruler  
Pencils; 2B, 4B, 5B, 6B, 8B, charcoal pencil, woodless pencil 6B or 8B  
pencil sharpener

a mirror; any kind any size Erasers; one gum, one plastic, one pen-style  
Two or three permanent ink pens (such as Micron or Faber) Get fine and medium. Paper towels or tissue for blending  
Instructor will supply drawing boards, an electric pencil sharpener and newsprint paper  
\*if you have any questions regarding this class or the materials, please call Kate at 651-724-8243.

Most materials are available at Sketchy Artist on Division Street, some are available at Target. JoAnn Fabric or Michaels also have many of these.

### FUSED GLASS BUTTERFLY STAKE

Tue, Apr 11  
10 - 11am

Here is a chance for you to add a touch of art to your gardens or flower pots. In this class you will learn about the process of fused glass. Then you get to create your fused glass butterfly to which we add a stake. Your own art work in the garden.....  
The instructor will take the art home and fire it in the kiln and attach the stake to it. You may pick up your works of art on Tuesday, April 18.

Fees: \$7/m, \$9/nm,  
\$0/plat equiv  
(plus \$15 for materials paid to the instructor at class)

**Instructor: GERALYN THELEN**

### SAYING THE "D" WORD: DIALOGUES OF DEATH, DYING, D'LIFE

Thu, Apr 13  
1 - 3pm

### SAYING THE "D" WORD: DIALOGUES OF DEATH, DYING, D'LIFE

Thu, Apr 27  
1 - 3pm

Me! Die?  
Join in participant-led dialogues about what really matters in life. We know how this ends...  
Capacity: 20

**Fees:** \$7/nm, \$4/m,  
\$0/plat equiv (each class)  
**Instructors: Paul and Barb Krause**

### MINI WORKS OF ART: CREATING CABOCHONS

Tue, Apr 18  
10 - 11am

Learn about the history of glass, then create your own fused glass cabochons. In this class you will learn the process of fused glass. You will learn the layering techniques to create your own cabochons. These are great for jewelry, magnets or even a framed work of art. The possibilities are endless. Each person get to make up to 5 cabochons.

You may pick up your works of art on Tuesday, April 25.

Fees : \$7/m, \$9/nm,  
\$0/plat equiv (plus \$15 for materials paid to the instructor at class)

**Instructor: GERALYN THELEN**

[JACQUI DORSEY: THE ESSENTIAL DOCUMENTS YOU NEED TO COMPLETE](#)

Thu, Apr 27

9:30 - 11am

Do your loved ones a favor and complete and organize the important documents they will need so they can easily make financial decisions, act on your behalf and follow your wishes. Avoid having them experience extra pain and stress when discovering that important information is disorganized or missing. Jacqui will present a hands-on and informative session and provide many of the forms that you will need.

Fees: \$9/nm, \$7/m, \$0/plat equiv

**Instructor: Jacqui Dorsey**

[AGE-FRIENDLY NORTHFIELD INITIATIVE](#)

Fri, Apr 28

1 - 3pm

Northfield has been recognized by Money Magazine as the best place in the United States to retire. Last fall, the City of Northfield was accepted into the World Health Organization/AARP Network of Age-Friendly Communities. This started the process of assessing the current physical, social and economic frameworks and acting to make the needed changes to promote independence and high quality of life for Northfields' citizens as they

age. Join three members of the Age-Friendly Northfield Advisory Council to learn what this initiative is all about, the progress that has been made and the work yet to be done.

no fee

**Instructors: Chris Ellison, Pat Allen, Patty Ciernia**

[BASIC DOG OBEDIENCE](#)

Fri, May 5 - 26

1:30 - 2:30pm

This is a 4 week class that will focus on teaching basic behaviors: sit, down, stay, come, leave it and loose leash walking. We will talk about establishing daily practices and leave enough time to add some fun games at the end of the session for you and your dog to engage in. Please bring small soft treats, a flat collar and a non-retractable leash. Bring proof of current vaccinations to the first class. An Advanced Dog Obedience Class will be offered starting June 2 that will reinforce the behaviors covered in the Basic class plus new behaviors: up, off, shake and under.

Fees: \$70/nm & m, \$52/plat equiv

**Instructor: Shahar Fearing**

**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 premium. First timers must take the 8-hour course then a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications. The cost of this class includes fees paid to AARP for the course.

Fees: \$22 AARP Members, \$27 non-AARP Members  
AARP Members please register in person or by phone (you will need your AARP member number).

[AARP SMART DRIVING 4-HOUR REFRESHER COURSE](#)

Thu, Apr 6

1 - 5pm

[AARP SMART DRIVING 4-HOUR REFRESHER COURSE](#)

Mon, Apr 17

5 - 9pm

[AARP, 8-HOUR SMART DRIVING CLASS](#)

Sat, Apr 22

8am - 4pm

\*Bring a bag lunch

**CLASSES AND TALKS**

**AARP SMART DRIVING CLASSES**

## COMPUTER CLASSES

Registration Deadline for all computer classes is NOON, WEDNESDAY, the week before the class begins.



### INTRO TO COMPUTERS/ WIN

Tue/Thu, Apr 4 & 6  
9:30 - 11:30am

This introductory course covers general computer concepts and use of the mouse and simple word processing. It is intended for people with no experience and those who feel they need some preparation for other Computer Center courses. The course will be taught on computers running the Windows 10 operating system. The course will use a text book. Students are asked to pick up a free, loaner copy at the Reception Desk prior to the start of the course. Students should bring a USB flash drive.  
(2 Sessions)  
Prerequisite: none

Cost: \$20m / \$25nm / \$0 plat. equiv

**Instructor: Jim Finholt**

### OPEN LAB PLUS

Every Tue  
3 - 5pm

Come to get help with your computer, tablet or smart phone questions. No fee. Please sign up with Receptionist, 664-3700.

### WORD PROCESSING BASICS/WINDOWS

Tue/Thu, Apr 11 & 13  
9:30 - 11:30am

This course reviews and applies the concepts introduced in the course, *Intro to Computers*. Students use *WordPad* to learn to

create, edit, save and open files. They learn formatting features including alignment, font types, and font styles (bold, italic, underline and color) to improve the appearance of a document. Other topics introduced include use of the Ribbon and Copy/Cut and Paste text.

(2 Sessions)

Prerequisite: Intro to Computers/Win or equivalent

Cost: \$20/m, \$25/nm, \$0 plat. equiv.

**Instructor Lee Klimisch**

### WORD PROCESSING BASICS/MAC

Wed/Fri, Apr 12 & 14  
9:30 - 11:30am

This course reviews and applies the concepts introduced in the course, *Intro to Computers*. Students use *TextEdit* to learn to create, edit, save and open files. They learn formatting features including alignment, font types, and font styles (bold, italic, underline and color) to improve the appearance of a document. Other topics introduced include use of the Ribbon and Copy/Cut and Paste text.

(2 Sessions)

Prerequisite: Intro to Computers/Mac or equivalent

Cost: \$20m/ \$25nm/ \$0plat. equiv

**Instructor: Barb Henwood**

### ORGANIZE MY MAC COMPUTER

Mon/Wed, Apr 17 & 19  
9:30 - 11:30am

(An introduction to the *Macintosh* Operating System) A typical computer may contain thousands of documents and pictures and it is essential to have a good way to organize these items. This course will explain how to attain this goal while using a Macintosh computer. The course will cover the following topics: basic computer organization, how to view stored content, USB flash drives, creation of folders, view menu options for content display, copying and moving folders and files, use of the right mouse button, finding files and folders, shortcuts, and backup strategies. The course will use a recent Mac OS X operating system and be taught on dual boot machines that behave like normal Macintosh computers. Students should bring a USB flash drive (thumb drive).

(2 Sessions)

Prerequisite: Word Processing Basics or equivalent

Cost: \$20m/ \$25nm/ \$0plat. equiv

**Instructor: Jim Finholt**

### ORGANIZE MY WINDOWS COMPUTER

Tue/Thu, Apr 18 & 20  
9:30 - 11:30am

(An introduction to the *Windows* Operating Systems)  
A typical computer may contain thousands of documents and pictures and it is essential to have a good way to organize these items. This course will explain how to use a *Microsoft Windows* operating system to attain this goal. The course will cover the following *Microsoft Windows* topics: basic computer organization, how to view stored content, use of USB flash drives, creation of folders, view menu options for content display, copying and moving folders and files, use of the right mouse button, finding files and folders, shortcuts, and backup strategies. The course will use the *Windows 10* operating system, but the content will be useful for people using other *Windows* operating systems. Students should bring a USB flash drive (thumb drive).

(2 Sessions)

Prerequisite: Word Processing Basics or equivalent

Cost: \$20/m, \$25 nm, \$0 plat. equiv.

**Instructor: Jim Finholt**

### INTRO TO THE INTERNET AND EMAIL

Tue/Thu, Apr 25 & 27  
9:30am to 11:30am

This course deals with the following topics: searching the internet, sending and receiving email, sending and opening email attachments, using Contacts (Address Book), and security. The course will use Mozilla Firefox (browser) and *Google Gmail* (email). Students can choose to work on a computer set to be a Macintosh machine or a Windows machine.

(2 Sessions)

Prerequisite: Organize My Computer or equivalent

Cost: \$20/m, \$25/nm, \$0 Plat. Equiv.

**Teacher: Jim Finholt**

### INTRO TO IPAD/IPHONE

Mon/Wed, May 1 & 3  
9:30 - 11:30am

This introductory course is for absolute beginners of iPad and iPhones. In this class you will get to know your iPad/iPhone. You will learn the basic operations necessary to operate the iPad /iPhone. the onscreen keyboard, and the basics of using Siri. You will also learn to send E-mails as well as surf the internet with your device. **Please bring your iPad or iPhone to class, and have it updated to the latest IOS operating system before coming to**

class. It is important that you bring your Apple ID and Password to class.

(2 Sessions)

Prerequisite: none

Cost: \$20/m, \$25/nn, \$0/Plat. Equiv.

**Instructor: John Severson**

### INTERMEDIATE INTERNET AND EMAIL

Tue/Thu, May 2 & 4  
9:30 - 11:30am

This course will discuss internet topics such as using tabs, organizing bookmark sites, backup of bookmark sites, and information searching strategies. Email topics covered will include creating and using group addresses and attachments. Cutting, copying, pasting, and printing techniques will be developed for both email and web browsing. The course will use *Mozilla Firefox* (browser) and *Google Gmail* (email). Students can choose to work on a computer set to behave like a Macintosh or a Windows Students must have an active Gmail Account

(2 Sessions).

**Prerequisite: Intro to the Internet and Email or equivalent**

Students must have an active Gmail Account

Cost: \$20/m, \$25/nm, \$0/plat equiv

**Teacher: Judy Cederberg**

## COMPUTER CLASSES

**Registration Deadline for all computer classes is NOON, WEDNESDAY, the week before the class begins.**





## FITNESS COLLABORATION

### PICKLEBALL - AVAILABLE THROUGH COMMUNITY ED

Wed, Jun 7 - Aug 16

6:30 pm

Registration and payment is processed through Community Ed.

Cost to participate is \$45/person paid to Community Ed.

An adult Pickleball league will be played on Wednesday evenings at Riverside Park on the new designated Pickleball courts! The league is scheduled to run for eleven weeks and will be ladder play format. On the first night, players will have opportunity to play with no recording of scores. Ladder play will begin the second week with a random partner draw and will transition into partners and groups being determined by each individual's overall accumulated score percentage. Each week, every group of four people will play a total of 6 sets (two sets with a different partner within that group). Players total and submit their ending team scores for each game to the league supervisor. Accumulated totals determine the next week's bracket which will be sent to players by the end of each week (because standings are based on a point percentage for the games actually played, it is not a penalty to not have a score recorded if a player has to be absent. However, make-up games or finding a sub are options that will be discussed in further detail on the first night of the league). Medals will be awarded to the top three individuals at the end of the league. Rackets and balls are provided, but players may use their own.

### NOTICE

**Friendly Reminder:  
Please do not enter into  
the pool area before a  
fitness class has ended.  
Those entering before  
the class has ended will  
be asked to go back in  
the locker rooms until  
the class has finished-  
Thank you!**

### SOFTBALL GROUP

**Come join the fun!**

The softball group generally starts playing outdoors in late April, early May. Practices Mondays and Thursdays at Sechler Park beginning May 1, maybe sooner if weather allows and city opens park early.

Games are on Tuesdays, and usually get started around the end of May.

Game schedules will be sent out when available.

One-time Fee for the season:  
\$30/nm, \$25/m  
Pay at the Senior Center by  
May 1st

### SAUNA

**NEW ADDITION:** Jay Grossman, maintenance man of the Northfield Senior Center added a steamer to the rocks of the Sauna. As you add water directly to this device it will produce more steam in the sauna enhancing the Wet Sauna experience.





[PEDALERS GROUP ORIENTATION/ INFORMATION MEETING](#)

Mon, Apr 3  
9 - 10am

Come and learn more about the Pedalers Group

No fee

**Lead: Peggy Prowe**

[MYOFASCIAL RELEASE](#)

Fri, Apr 7 - May 19  
11 - 12pm

Learn ways to loosen your muscles and relieve tension that you may be feeling from inactivity, stress, or activities that you love to do. This class will show you ways to

use a Yoga Tune Up Ball in your own home or in the class. Yoga tune up balls will be provided for the class, but you may also purchase your own pair from the instructor for \$15. Individuals must be able to stand for long periods of time along with being able to get up and down from the ground on their own. Also Yoga Mats will be available to use, you can bring in your own.

**Capacity:** 10

**Instructor: Kaethe Boutelle**

**Fees:** \$56/nm, \$42/m \$0/plat equiv

[LEARN TO USE FREE WEIGHTS](#)

Thur, May 4 - Jun 8  
5 - 6pm

Learn ways to use Free Weights effectively, and safely. Each week we will target a section of the body that can be worked effectively by using Free Weights. Advancements and Adaptations can be made for each person.

**Fees:** \$56/nm, \$42/m, \$0/plat equiv

**Instructor: Kyle Nelson**

## FITNESS CLASSES

## MEET THE INSTRUCTOR: DANIEL MARTIN

### Classes That Daniel Teaches

Yin Yoga - Mon, 12pm  
Restorative Yoga - Fri, 12pm  
I personally also have a Monday evening class working with Veterans and women who are working with PTS(D)

### Certifications:

BA Psychology/Sociology from Sonoma State University in Rohnert Park, California  
Massage Therapy-1300 hours from Deseret Institute of Healing Arts in Tuscan, Arizona  
Practitioner of Structural

Integration, Guild for S.I. in Boulder, Colorado  
Cranial Sacral Practitioner with Heidi Wilson in Tucson, Arizona

Hatha Yoga Instructor, 200 hours from Heartworks in Northfield, Minnesota  
Yin Yoga Teacher, 100 hours from Nosara Yoga Institute in Costa Rica  
Veterans Yoga Project, Ambassador, 70 hours- Helping Veterans with PTS(D)

### Goals:

Stay Healthy, Develop wisdom, and adjust to getting older

### Hobbies:

Hiking, Reading, Tai Chi, Gardening, Cooking

### Favorite Quote:

“The only people who see the end to war are the people who die in it”

## FITNESS SPOTLIGHT



## GROUP ACTIVITIES

### SUNSHINE CAFE



**OPEN 11 - 1**

### APRIL HAPPENINGS AT THE SUNSHINE CAFE

- April 5<sup>th</sup> - Marion Concertina
- April 12<sup>th</sup> – Birthday Party & Concrete Cowboy
- April 13<sup>th</sup> - Bingo at Noon
- April 18<sup>th</sup> – Easter Lunch
- April 19<sup>th</sup> – Music by Dave & Chad
- April 20<sup>th</sup> – Site Council at 11:45
- April 24<sup>th</sup> – Greg Smith & Friends

**POPCORN WAGON  
INFORMATION MEETING**

**Thu, May 4  
10 - 11am**

Come learn more about  
volunteering at the Popcorn  
Wagon on Bridge Square  
during the summer months.

### APRIL MOVIES MONDAYS AT 1 PM



4/3 MOONLIGHT A chronicle of the childhood, adolescence and burgeoning adulthood of a young black man growing up in a rough neighborhood of Miami. 2016 111 minutes

4/10 THE HOLLARS A man returns to his small hometown after learning that his mother has fallen ill and is about to undergo surgery. 2016 88 minutes

4/17 HIDDEN FIGURES True story of three brilliant black female mathematicians who helped send the first man into space. 2016 127 minutes

4/24 FENCES Denzel Washington stars as a black garbage collector in 1950s Pittsburgh who is bitter that baseball's color barrier was only broken after his own heyday in the Negro Leagues. 2016 139 minutes



### BOOK CLUB 2<sup>nd</sup> Friday of the month at 10:30 a.m.

April: IT CAN'T HAPPEN  
HERE  
by Sinclair Lewis

May: GRANDMA  
GATEWOOD'S WALK  
by Ben Montgomery

June: THE ROSIE  
PROJECT  
by Graeme Simsion

For more information about  
Book Club call Katherine  
Collman, 645-1357

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**SPRING GROUP  
ACTIVITIES WILL BE  
STARTING SOON.**

**WATCH THE BULLETIN  
BOARDS, LOBBY SCREEN  
AND NEWSLETTER FOR  
MORE INFORMATION  
COMING SOON.**



## 2017 FUND DRIVE

It's that time of year again. Wow! How time flies. It seems like we just finished the 2016 drive. If you don't know, the 2016 drive donations totaled \$76,460 by 859 donors. How great is that!? The goal for 2017 is \$70,000. Let's challenge ourselves to match the 2016 total. The Fund Drive is a member drive. All donations directly support the operations of the Senior Center. Show your support to the place that is a part of your day, and your lifestyle routine. Maybe you go to a class every day, you work out, you swim, play bridge or euchre once a week, dine in the Sunshine Café, or you are a member through the Silver Sneakers and Silver and Fit insurance programs and you want to give back to the Center. Whatever your reason is for why the Center is important to you counts. How important to you is the time you spend here? How much can you give to support the Center that gives you so much? The fund drive runs from now until the end of December.

**The party to get the Fund Drive started will be a dance on May 6, hosted by the Advancement Committee. The Zillionaires, a local "groovy" band will play from 6:30 to 8:30. A 1920's theme will be used. If there is a Ma Barker or Bugs Moran in you, now is the time to bring it out, wearing your flapper dresses and striped suits. Tickets are on sale at the Reception desk for \$15.00.**

### NEW CLUB!!

#### DOG LOVER'S CLUB

WEDNESDAYS 1:30-2:30 STARTING MAY 3

Senior Center Patio

\$1

The Dog Lover's Club is open to anyone with a dog... and people who love dogs. We will meet at The Center with our dogs for socializing, short walks around the grounds, and learning and talking about ALL THINGS DOG.

Bring your dog on a regular buckle collar (or a harness for the small dogs) and a regular (not retractable) leash, and plenty of treats that your dog loves.

And...don't forget your doggy poop bags!!!

For more information call:

Mary Malone 952-649-9133 or Shahar Fearing 649-0745



## NEWS

## GROUP ACTIVITIES

## TRIPS

For full trip descriptions please check the Center's bulletin board, Program Guide or website.

### [TRIP - COMO PARK CONSERVATORY AND MN LANDSCAPE ARBORETUM LIGHT SHOW](#)

Thu, Apr 6  
3:30 - 10:30pm

Think Spring and say goodbye to Winter as we travel to the Como Park Conservatory (and Zoo) where we'll spend time enjoying their Spring Flower Show. We'll stop for an early supper on our way to the Minnesota Arboretum which is featuring Winter Lights by Bruce Munro. The lights show different themes with towers of light arranged in staggered formations and changing colors. This is the final week of the first large-scale light show at the Arb illuminating the winter landscape after dark with five outdoor and two indoor installations. Cost includes entrance fees and transportation. Your meal is on your own.

Cost: \$47  
Sign up deadline: March 31

### [TRIP: ORDWAY CONCERT HALL](#)

Fri, Apr 28  
9:15am - 2:00pm

We will be leaving the senior center at 9:15 a.m. for the Ordway in St. Paul to hear a renown pianist, Alexandre Tharaud. He will be playing Rachmaninov, Mahler and Ravel. It will be

an approximately two hour concert and starts at 10:30 AM. It will be exciting to hear a world class pianist in the new hall at Ordway that is only one year old and has the most wonderful, up-to-date acoustics. There is no lunch on this trip.

Cost: \$34  
If you already have season tickets and just want to ride the bus, the cost is \$20. Please sign up in person at the receptionist desk.

Sign up deadline: March 25

### [TRIP: TWINS VS CHICAGO WHITE SOX BASEBALL GAME](#)

Thu, June 22  
9:45am - 4:45pm

Cost: \$69  
Sign up deadline: May 26

### [TRIP: THE MYSTERY TRIP RETURNS!!](#)

Thu-Sat, July 13-15  
Depart 6:30am Jul 13,  
Return 8pm Jul 15

Once again the Travel Committee is taking fun-loving and daring members on a mystery trip. This July the trip will be for 3 days and two nights to ??? No telling where Norma will take you! The costs below include bus, hotel, tickets for events, tours and all meals except 1

breakfast, 1 snack, 1 lunch and drinks at meals. The Clues will be posted soon on the bulletin board and in the May Newsletter – correctly guess 3 locations and win a prize! How daring and curious are you???

Fees: The cost is determined by the number of people per hotel room:

- 1 adult/room - \$435
- 2 adults/room - \$360 each
- 3 adults/room - \$335 each
- 4 adults/room - \$322 each

**Group Leader: Norma Monroe**



**NOTE! ENGLAND**  
Jean Larson is still going to England in August and she would still like you to join her. If you are interested in this trip contact Jean at [507-645-9785](tel:507-645-9785). The Senior Center will **not** be handling the registrations for this trip.

Our tours depart from and return to the Senior Center. Please register as early as possible to avoid disappointment. Cancellations on or before the sign-up deadline receive a full refund. Cancellations after that deadline receive a full refund **IF a replacement can be found.** Note that our trips require a minimum of 20 persons for each outing.



## JULY IS SHAKESPEARE IN WINONA !!! THE GREAT RIVER SHAKESPEARE FESTIVAL

## TRIPS

Early Forecast: Shakespeare at the Great River Shakespeare Festival in Winona will again be with us in the brilliant July of 2017 -- just a few years after Shakespeare prepared his brilliant work for the ages. This year we will travel to Winona to attend these two examples of Shakespeare's mastery of both comedy and drama.

We will again follow the schedule of the past several years: bus to Winona at around 11:00, play at 2:00, dinner with the actors after the play, and a delightful early evening return to Northfield along the Mississippi. Since our bus costs have gone up by nearly \$150 the total trip costs needed to be increased. This year the costs for one play will be \$90 per person; for both plays the cost will be \$160.

The Great River Shakespeare Festival's, Artistic Director, Doug Scholz-Carlson, will come to Northfield on June 5 to share this year's exciting season. Phillip Spensley has once more volunteered to present details and analysis for each play as we travel on the bus to Winona.

The Great River Shakespeare Festival is composed of Shakespearean equity actors drawn from across the country. The core of the company returns each season and they provide the best interpretation of Shakespeare on Minnesota. This is their 14<sup>th</sup> season.

### [TRIP: COMEDY OF ERRORS - SHAKESPEARE IN WINONA](#)

Wed, July 5

11am - 8:45pm

The Comedy of Errors tells the story of two sets of identical twins that were accidentally separated at birth. This farcical comedy involves series of wild mishaps based on mistaken identities that lead to wrongful beatings, a near-seduction, arrest, false accusations of infidelity, theft, madness, and demonic possession.

Fees: \$90 for a single play, \$160 for both plays

**Group Leaders: Bill and Char Carlson**

### [TRIP: RICHARD III - SHAKESPEARE IN WINONA](#)

Wed, July 19

11am - 8:30pm

Malicious, power-hungry, and bitter about his physical deformity, Richard begins to aspire secretly to the throne of his older brother, Edward IV—and decides to kill anyone he has to in order to become king. This is a powerful drama of deception, political manipulation and murder.

Fees: \$90 for a single play, \$160 for both plays

**Group Leaders: Bill and Char Carlson**

### Future Trips!

**Jonathon Paddleford**  
**Boat Trip Aug 2**

## EVENTS

### TABLE TENNIS TOURNAMENT

Table tennis enthusiasts of the Northfield Senior Center are busy making plans for its 8th Annual Northfield Tournament scheduled for Saturday, May 6th at the Northfield Middle School. It's been highlighted as one of the two largest table tennis tournaments in Minnesota by drawing participants from Mankato, Rochester, the Twin Cities, as well as many Northfielders. It's even attracted a father-son combination from Duluth.

The event was announced to over two hundred email addresses on March 1st and already entries from participants are coming in. Historically, the event fills up one to two weeks before the event.

The tournament is open to all ages, male and female, with three events for singles and three events for doubles being held from 9 a.m. to 5 p.m. The gymnasium doors will open at 8 a.m. for players to warm up. Healthy snacks will be provided to players throughout the day.

New for this year are the inclusion of a tournament shirt and an auction for a robot. For orders placed before April 15, the tournament shirt (100% polyester) is available in sizes XS-4XL, is graphite grey in color, and is available for anyone wanting to purchase one. Cost varies from \$18 to \$22.

The robot is being donated by NEWGY, an industry leader in table tennis equipment, for a live auction at 12:15 PM with the proceeds benefitting the Northfield Senior Center. The robot allows anyone to have a practice partner anytime for developing one's skills for the sport. The auction is open to all bidders. The robot would make an excellent father's day gift, a birthday gift, and/or a source of home-use games for family fun and entertainment, fitness, and competition.

See the Center's website to download the entry form and to see more information about the Tournament.



SUNDAY CONCERT: SWEET JAZZ - ENSEMBLE

Sun, Apr 9

2 - 3pm

We have been performing locally in the Northfield area since 2006, starting back then with just Christina Schwietz doing vocals and Peter Webb on piano in an exploration of jazz vocal standards. From those beginnings we expanded to include David Miller on drums, flugelhorn, melodica, and several bass players: recently Muriel Carpenter and currently Bruce Jensen. David Miller can play just about anything (he teaches band in Apple Valley, so he needs to!) and we regularly feature him on flugelhorn: the immediacy and earthy tones of this instrument are stunning! We also regularly play with guest musicians.



Over time we have built a very large repertoire of songs mainly from the jazz world, in many different styles. It is amazing how many great tunes are out there: our only requirement is that we like what we play. We end up performing a whole range of songs from Fats Waller and Vincent Youmans to Burt Bacharach and Antonio Carlos Jobim. Our repertoire includes originals by Peter Webb.

One really special thing for us playing locally is that our friends come out to hear us, and it is like having open house with people we know dropping in and Sweet Jazz providing the music. Performance is something special and draws from us that little extra ingredient which goes beyond our rehearsals. To have our friends sitting close only adds to the experience.

We are based in Northfield, Minnesota and as well as playing in local public places we are also available for parties, celebrations and other events!

Light refreshments provided

\*Free will donations appreciated\*

UPPITY WOMEN OF SHAKESPEARE PERFORMANCE:  
CLOWNS AND FOOLS

Sun, Apr 23

3 - 4pm

Clowns and Fools

“A compilation from the many fools and clowns which dance, sing and speak wise words throughout his works” Come join us for an afternoon of fun and frivolity! Suitable for all ages

no fee

“Free will donations appreciated”



EVENTS

## NEWS

**MESSAGE FROM  
GORDON KELLEY,  
BOARD OF DIRECTORS  
PRESIDENT**

**Northfield  
Senior Center  
Annual Meeting  
Thursday,  
April 27, 2017  
1 - 3pm**

**There will be a business meeting to thank outgoing Board of Directors, and to vote on nominees for three Directors at Large and the Treasurer position. Spellbinding information will be shared about the financial status, successes in 2016, and projects for 2017. All Senior Center members are invited. Refreshments will be served.**

April 27, 2017 is the date of the annual meeting of the Northfield Senior Citizens, Incorporated. That is our official name and has been since 1977. We will continue to be the Northfield Senior Citizens, Inc. We do not intend to change this name.

Before becoming incorporated in 1977, the senior citizens of Northfield met for meals and socialization at various churches and at one time it was proposed that they occupy space in City Hall.

Also in 1977, the city bought property at the corner of Woodley and Division. This was home to the Northfield Senior Citizens, Inc. and the CAC and also home to Used A Bit Shoppe until it outgrew the space.

Many changes have taken place over the life of formal and informal senior citizen organizations in Northfield. We have moved to different locations – we added to our dining program – we added exercise activities – we added classes on a wide variety of subjects. We are an organization that is constantly changing.

We moved into this building 16 ½ years ago in October 2000. Since we moved here we have made constant changes by updating the exercise equipment – reorganizing the Fitness Studio making it more useful for classes such as Silver Sneakers, yoga, pilates, Silver & Fit and others. We changed the format of the Sunshine Café and we named it the Sunshine Café. That café is now open to the public as well as serving the traditional senior meals.

These are only a few of the constant changes taking place. The Northfield Senior Citizens, Incorporated will continue to change to serve our members, but we will continue to be the Northfield Senior Citizens, Incorporated, that name is not changing.

Before our predecessors moved into the building at the corner they were meeting in the UCC church and they called their meeting space the “Leisure Lounge.” Since we moved to this location we have continually called the place the Senior Center. Someday this building may have a new name. And, that is OK because we will always continue to be the Northfield Senior Citizens, Incorporated. That is our name and that will remain.

Please attend the annual meeting April 27, 2017 at 1:00.



## Northfield Senior Citizens, Inc.

**Minutes:** Northfield Senior Citizens, Inc. Board of Directors meeting, February 23, 2017.

**Directors present:** Bernard Borene, Tom Brawley, Beth Endert, Duane Everson, Bill Gruszewski, Richard Jackson, Gordon Kelley, Marvin Kormann, Elizabeth Olson

**Absent:** Mary Auge, Ken Lee, Jane Persons, Greg Smith, Yosh Soltis, Dan VanTassel

**Staff present:** Lynne Pederson, Craig Swenson, Elaine Grism

### 1. CALL TO ORDER

The meeting was called to order by Gordon Kelley at 3:00 p.m.

**Action:** The agenda was approved and seconded.

**Action:** Motion and 2<sup>nd</sup> to approve the January 26, 2017 board minutes. Approved.

### 2. REPORTS

Review of Financial Reports  
Bill Gruszewski reviewed the January financial statements.

**Action:** Motion and 2<sup>nd</sup> to approve the January financial statements. Approved.

Finance Committee  
Bill Gruszewski reported. February 23 meeting minutes were reviewed. Income is at 8.45% and expense is at 8.22% compared to projected 8%. \$60,000 was deposited into the Heywood Savings account as part of the Intihar estate donation received in December, and an additional \$40,000 was deposited into the Wells Fargo account

Advancement Committee  
Beth Endert reported. Success of the Annual Fund Drive was discussed. A rep from Minnesota Foundation who has worked with many Annual Funds Drives is available to talk to the committee. Other ways to raise funds were discussed.

Facilities Committee  
Marv Kormann reported. No meeting this month.

Membership Committee  
Elizabeth Olson reported. No meeting this month.

Nominating Committee  
No official meeting has taken place, but a few people have expressed interest in joining the board.

Executive Director Report  
Lynne Pederson reported. A task force convened in October to determine a possible name change for the Northfield Senior Center. The task force

looked at the many names that have been suggested by members, determined that a few names could be seriously considered. Changing the name is only part of re-branding the Center. A survey will be sent to members to gain information about how they use the Center now and how they would like to use it in the future.

Lynne, Char, and Marge met with a designer to look at the lobby and get ideas for updating the look; they will meet again on March 1. Craig met with the Making Waves Swim School to discuss their rental agreement. Staff will designate the next staff meeting and a 1/2 day retreat to finalize strategic planning in programming and facility needs.

### 3. OLD BUSINESS

### 4. NEW BUSINESS

Board Resolution to approve the signing of agreement to accept gift from Pat Forsyth estate.

**Action:** Motion and 2<sup>nd</sup> to approve the resolution.

Overview of upcoming meetings

### 5. ADJOURNMENT

The meeting was adjourned at 3:45 p.m.

## BOARD OF DIRECTORS

## DONORS

Berit Anfinson, David & Joey Appleyard, Bernard & Mary Auge, Solveig Bailey, Robert & Teresa Ballentine, Tom & Laurie Bergeson, Dennis & Beth Berry, Bernard & Linda Borene, Judy Broske, Warren & Karen Broughton, Mary Brown, James & Heather Cannaday, William & Charlotte Carlson, Eileen Cooper, Thomas DeWolfe, Zora Dowell, David &

## Thank you to these February Donors

Nancy Downhour, Winnie Drentlaw, Larry & JoAnn Edwardsen, Chris Ellison & Gene Finger, Beth Endert, Gerry & Carol Gengenbach, Marie Gery, Malcolm & Jacquelyn Gimse, James Glover, Bonnie Gretz, Kristine Grigsby, Elaine Grisim, Dee Hale, Jim & Dorothy Hammer, Jerry & Liz Hankins, Allina Health System, Shirley Herreid, Georgene Johnson, Jackie

Johnson, Joni Kilde, Julie Klassen, Paul & Anne Klinefelter, Barbara Knaak, Carol Korda-Dalgaard, Marv & Rose Kormann, Gary Kruse, Bunny Lantz, Jean Larson, Dorothea Matus, Mike & Ann McGovern, Abbie Meierbachtol, Harriet Menard, John & Sharon Micklo, Alice Nasby, Marianne Neitzel, Mary Olander, Elizabeth Olson, Laurel Pankow,

Michele Patnaude, Susan Pedersen, Charles & Lynne Pederson, Ken & Roberta Persons, Gordon & Emelda Rasmussen, Gary & Donna Rock, Eleanor Salisbury, Dale & Peggy Sheldon, Bardwell & Charlotte Smith, Margaret Stary, Beverly Steberg, Kenneth & Sharon Steinhouse, Dale & Dian Vanguilder, Linda Wagenbach, Elizabeth Williams

## MEMBERSHIP

## Welcome to these new members

Theresa Henry, Benny & Joanne Svien, Raymond Butzler, Edgar Fischer, Lori Bohn, Cathy Skluzacek, Steve Albers, Jill Ballard, Linda Davis, Susan Mulvihill, Carol Leahy, Joyce Skluzacek, David Menke, Nancy Partin, William & Mary Waldschmidt, Janet Pease, David Moldenhauer, Helen Ketchum

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Lynne Pederson

**Assistant Director/Fitness Coordinator / 664-3702**  
Craig Swenson

**Program Coordinator / 664-3707**  
Chris Ellison

**Program Coordinator / 664-3708**  
Katie Felland

**Used A Bit Shoppe Manager / 645-1399**  
Kristi Casson

**Dining Site / 664-3735**  
Roxann Berndt

**Administration Manager / 664-3703**  
Elaine Grisim

**Membership Coordinator / 664-3704**  
Jackie Johnson

**Bookkeeper / 664-3700**  
Kathy Bjerke

**Evening/Weekend Receptionists / 664-3700**  
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Beth Endert,  
Barb Henwood,  
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