



By Lynne Pederson, Director



Refreshed, Renewed & ... Sunburned



I am writing this while sitting on the back patio of our vacation Airbnb. Charlie and I have been staying in the pool house in the lovely back yard of a Floridian home. We have the yard and pool to ourselves and have had a wonderful three weeks of sun, palm trees, beach, bike riding, walking, and float time in the pool. It was down to 40 degrees one night as a rain storm blew through but the temps quickly recovered. Our days in this idyllic setting are coming to an end and we are close to packing up the car and being back on the road to head north. I am hopeful that Spring has sprung in Minnesota so that we can move into warmer days, sweep off the patios, plant the gardens and enjoy a greener outdoors.

No matter the weather, the days in April at FiftyNorth will offer Spring Flings as we honor our FiftyNorth volunteers on Monday, April 25, 11:30 to 1:00 at the FiftyNorth Volunteer Luau. If you have supported FiftyNorth as a volunteer in the past year, you will receive an invitation to attend the event and ask that you RSVP to 507-664-3700. All FiftyNorth volunteers are invited to enjoy a lite lunch and ukulele music by Randall Ferguson. Pull out your Hawaiian shirts and grass skirts and come to the luau! We treasure our volunteers and we hope that you will attend. It will be a tropical theme, so wearing your Hawaiian shirts, and flipflops is encouraged.

See you soon. Until next month... onward and upward. ■

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**FiftyNorth
ANNUAL MEETING
APRIL 25
(see page 3)**

Cheers to our Volunteers!

VOLUNTEER APPRECIATION

LUAU

April 25 from 11:30am-1:00pm

APRIL IS VOLUNTEER MONTH

and we are honoring our FiftyNorth volunteers on April 25 from 11:30am-1:00pm at the FiftyNorth Volunteer Luau.

All FiftyNorth volunteers are invited to enjoy a lite lunch and ukulele music by Randall Ferguson. Pull out your Hawaiian shirts and grass skirts and come to the Luau!



If you have supported FiftyNorth as a volunteer in the past year, you will receive an invitation to attend the event and ask that you RSVP to 507-664-3700.

■ *The Luau will be followed by the 2022 FiftyNorth Annual Meeting starting at 1:15pm.*



In The Gallery

April 1 - through May 14

Susanne Crane -*Painter*

ABOUT THE ARTIST:

I've been painting for over 30 years. I try to hit every canvas with a combination of experience and childlike awe and wonder. I always want to leave room for exploration. New experiences are important to further artistic development. I strive to go beyond.

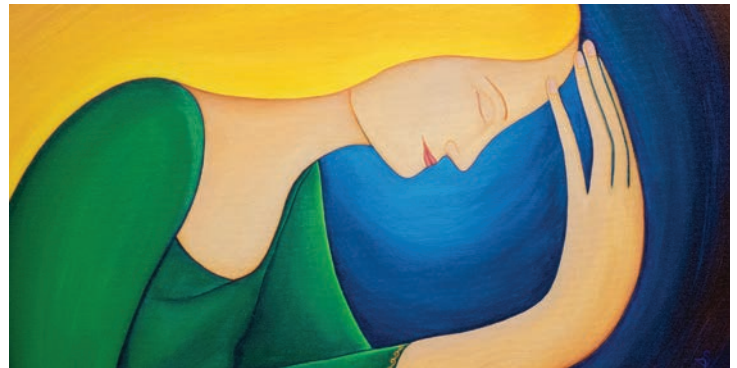
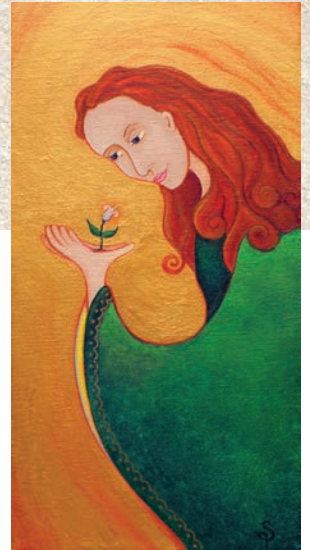
My work has been described to me as spiritually poetic and playful. I wish to communicate a little bit of mystery because we do not have all the answers and are like children in this way.

I'm happy to show my art here and hope you enjoy it very much. Thank you for your interest. I hope you hold onto your curiosity. it will move you in many wonderful ways.

~ Susanne Crane

ONLINE GALLERY available April 5:

www.fiftynorth.org/activities/art-gallery



In The Gallery

April 1 - through May 14

Josie Prins -*Wood-burning & Watercolor*

ABOUT THE ARTIST:

I am a contemporary wood-burning and watercolor artist living in Owatonna, Minnesota with my husband and (soon to be) two children. My studio is based in our home, and I create during naptime and in the evenings. I am passionate about landscapes and nature in general. It brings me so much joy when I can create something that has a personal connection to others. In my paintings, I aim to capture and appreciate the world around us to remind the viewer to live for these moments of peace and gratitude.

www.etsy.com/shop/jcorastudio.com





Save the date!

FIFTYNORTH ANNUAL MEETING

Monday, April 25 | Time: 1:15

Space: Room 103/105

The Annual Meeting will be held following the Volunteer Recognition on Monday, April 25, starting at 1:15. All members are invited to attend. The Business meeting will include a financial summary of the past year, update on the Expansion Plan, approval of suggested changes to the Bylaws, and voting on the nominating slate for Directors of the Board. Nominations will also be taken from the floor.

- Refreshments will be served.



FIFTYNORTH BYLAWS

This past year, the FiftyNorth Board of Directors has been working to update the bylaws of our corporation. The Bylaws have not been updated for many years and some sections are no longer felt to be best practices or are inflexible. COVID and our response to the pandemic also uncovered gaps or necessary changes.

At the April 25th annual meeting, members will be asked to approve the new Bylaws.

Major changes include:

- In the event of a mandatory closure of FiftyNorth, membership terms may be extended.
- Annual meetings and Board meetings may be held electronically.
- The size of the Board may range from 7 to 15 members.
- Officers will be elected by the board and can serve up to 2 two-year terms.
- FiftyNorth employees or people contracted by FiftyNorth to provide services cannot serve on the Board of Directors.

Copies of the complete Bylaws are available in the FiftyNorth office. Copies will also be available at the annual meeting.



Fitness

FITNESS CLASS CHANGES beginning Friday, April 1

- Mondays In-person 6:15-7am Cardio & Strength Intervals (Heather Rataj) is cancelled.
- Mondays ZOOM 6:15-7am Cardio & Strength Intervals (Heather Rataj) is moving to Fridays 6:15-7am.
- Fridays ZOOM 6:15-7am Core & Stretch (Heather Rataj) is cancelled



Wellness



COGNITION AND COORDINATION

Wednesday, April 13

9:00-11:30am

As we age fine motor skills begin to decline or lessen for many individuals. Learn easy ways you can help increase your cognitive and coordination skills.

Instructor: Marcy Kramer

Capacity: 15

Cost: \$27 nonmbr, \$21 mbr, \$0 platinum

Space: 103

2022 IN-PERSON LAND BASED FITNESS CLASSES (updated April 1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		STEP INTERVALS (6:15-7)				
6:30 AM						
7:00 AM			SLO FLO YOGA (7-8)			
7:30 AM						
8:00 AM						
8:30 AM						STRONG Nation™ WITH VICTORIA NOLASCO (8:30-9:30)
9:00 AM	CARDIO DANCE AND DRUMSTICKS (9:15-10)	BEGINNING YOGA (VINYASA) (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open fitness	ZUMBA WITH VICTORIA NOLASCO (9:30-10:15)	SLO FLO YOGA (9:15-10:15)	
9:30 AM						YOGA FUSION (9:30-10:15)
10:00 AM						TABLE TENNIS
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30- 11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM	TABLE TENNIS	TABLE TENNIS	LINE DANCING (1-2)	TABLE TENNIS	LINE DANCING (1-2)	
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM		SILVER SNEAKERS STRENGTH (4:30-5:15)	ZUMBA TONING WITH VICTORIA NOLASCO (4:30-5:30)			
5:00 PM						
5:30 PM		INTERMEDIATE YOGA (5:30-6:30)				
6:00 PM						
6:30 PM						

INTENSITY KEY:

- PINK** – High Intensity
- GOLD** – High Intensity
(In Fitness Room; no open fitness)
- BLUE** – Mid-range
- PURPLE** - Gentle
- GREEN** – Group Activity





Fitness



A MATTER OF BALANCE

Tuesdays & Saturdays

April 2, 5, 9, 12, 16, 19, 23, 26 (8 sessions)

9:00-10:30am

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. St. Olaf students, under the supervision of instructor Jenny Holbein, will teach practical strategies to manage falls.

Instructor: St Olaf students with instructor Jenny Holbein

Capacity: 10

Cost: none

Room: 103

NOTES: Participants will be paid \$20 for completing the entire program.

2022 AQUA FITNESS SCHEDULE

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



Fitness

FiftyNorth Pickleball !!

Beginning Tuesday, April 5 PICKLEBALL

Tuesdays & Thursdays | 8:00-9:00am

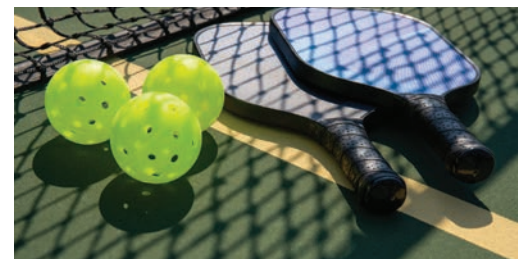
Pickleball is a wonderful and fun sport that combines many elements of tennis, table tennis, and badminton. Pickleball can be played in singles or doubles competition. Our Pickleball program is great for all ages and all abilities. If you are new to pickleball and would like to learn how to play, or you are an intermediate or advanced player you are all welcome to join in this group activity.

Pickleball equipment will be available, but you are welcome to bring your own. If you have questions or are interested in becoming the volunteer lead for the pickleball group please contact Craig Swenson at 507-664-3702 or craig.swenson@fiftynorth.org

Cancelled if inclement weather

Cost: Free

Location: Riverside Park



2022 VIRTUAL LAND BASED FITNESS CLASSES (updated April 1)

AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		STEP INTERVALS (6:15-7)		KICKBOXING AND STRENGTH (6:15-7)	CARDIO & STRENGTH INTERVALS (6:15-7)	
6:30 AM						
7:00 AM			SLO FLO YOGA (7-8)			
7:30 AM						
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRONG NATION (8-9)	STRENGTH (8-8:45)
8:30 AM						
9:00 AM	YOGA STRETCH (9-10)	CARDIO DANCE AND DRUMSTICKS (9:15-10)	BEGINNING YOGA (VINYASA) (9:15-10:15)			SIMPLE STRETCH (9-9:45)
9:30 AM				SLO FLO YOGA (9:15-10:15)	INTERMEDIATE YOGA (9-10)	
10:00 AM	BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)	
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	CORE AND MORE (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	CORE AND MORE (10:30-11:30)
11:00 AM						
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM			LINE DANCING (1-2)		YOGA BALANCE (1-2)	LINE DANCING (1-2)
1:30 PM						
4:00 PM						
4:30 PM		SILVER SNEAKERS STRENGTH (4:30-5:15)				
5:00 PM			CARDIO STRENGTH MIX (5-5:45)			
5:30 PM		INTERMEDIATE YOGA (5:30-6:30)				
6:00 PM						
6:30 PM						
7:00 PM						

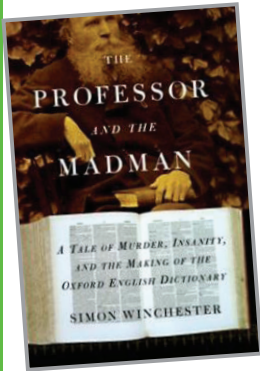
INTENSITY KEY:

- PINK** – High Intensity
- BLUE** – Mid-range
- PURPLE** - Gentle



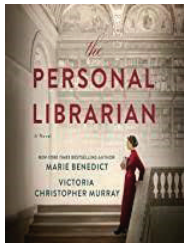
FiftyNorth Book Club

The Book Club meets the 2nd Friday of the month at 10:30. Meetings are via Zoom. Questions: call Katherine Collman at (507) 645-1357.



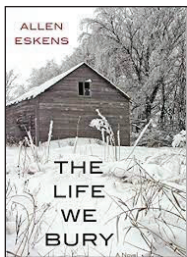
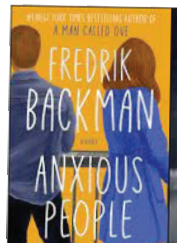
APRIL-
THE PROFESSOR AND THE MADMAN
by Simon Winchester

In *The Professor and the Madman: A Tale of Murder, Insanity, and the Making of the Oxford English Dictionary*, Simon Winchester tells the story of Dr. William C. Minor, a retired American army surgeon found not guilty of murder by reason of insanity in England during the nineteenth century.



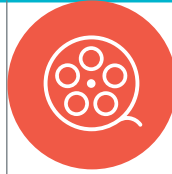
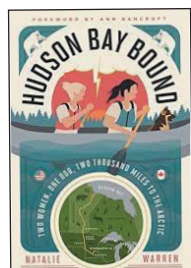
MAY-
THE PERSONAL LIBRARIAN
- by Marie Benedict & Victoria Christopher Murray

JUNE-
ANXIOUS PEOPLE
- by Fredrik Backman



JULY-
THE LIFE WE BURY -
- by Allen Eskens

AUGUST-
HUDSON BAY BOUND
- by Natalie Warren



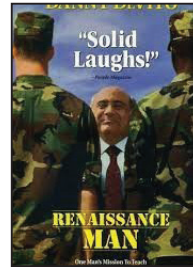
Movie Fridays!

MOVIES START AT 1:00PM

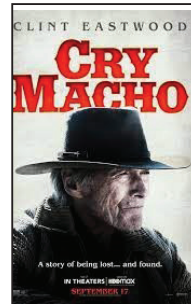
Enjoy movies together on the big screen at FiftyNorth. 1\$ donation is recommended.



APRIL 1
KING RICHARD (2021 145 min.)
Stars Will Smith Based on the true story that will inspire the world. Richard Williams, father of legendary tennis champions Venus and Serena Williams, shows how family and perseverance can achieve the impossible and impact the world. Academy Award Nominated.



APRIL 8
RENAISSANCE MAN (1994 128 min.)
A Penny Marshall Film, stars Danny DeVito. De Vito plays a "down on his luck" businessman who desperately takes the only job offered—a teacher in the U.S. Army. His mission: keep a ragtag bunch of underachieving misfits from flunking out of basic training!



APRIL 15
CRY MACHO (2021 Western/Action 104 min.)
Cry Macho features Clint Eastwood as a one-time rodeo star and washed-up horse breeder who takes a job from an ex-boss to bring the man's young son home, away from his alcoholic mother. The unlikely pair face an unexpectedly challenging journey.



APRIL 22
THE THREE BILLBOARDS OUTSIDE EBBING MISSOURI (2017 115 min.) *Rated R. Language throughout, violence, and some sexual references.*
Award-winning actress Frances McDormand (Fargo) delivers a stunningly powerful performance in this darkly comic drama that has been hailed as one of the year's best films.



APRIL 29
12 MIGHTY ORPHANS (2020 118 min.)
"12 Mighty Orphans" is the inspiring true story of the Mighty Mites, the football team of a Fort Worth orphanage



Member News



GARDEN COMMITTEE MEETING

**FRIDAY, APRIL 8
10:00AM-11:00AM**

We welcome anyone interested in volunteering in the patio garden area at FiftyNorth. The beautiful patio area is enjoyed throughout the season with outdoor band concerts, coffee groups, walking path or just for a refreshing rest outdoors.

Volunteers are needed for Spring and Fall cleanup days, weeding, watering, planting. We will discuss in more detail at the meeting. You can commit as much or as little time as you wish.

If you are interested and unable to make the meeting, contact Patty at (507) 664-3709 or patty.ciernia@fiftynorth.org.



MEALS ON WHEELS VOLUNTEERS NEEDED

FiftyNorth will support the week of Sunday, May 15 through Saturday, May 21.

Volunteers can sign up for a day(s) to deliver meals. The meals are picked up at the Northfield Hospital and left outside the recipients door or entry of apartment building.

HOW TO SIGN UP:

Contact Patty Ciernia, Program Coordinator: (507) 664-3709, patty.ciernia@fiftynorth.org or stop by the office.

Thank you!!!



POPCORN WAGON

After a long, cold winter it's time to think of warm days on Bridge Square with the Popcorn Wagon. So many great events happen in town over the summer, such as Vintage Band & Jesse James Days, why not be a part of all that fun. Think about "buddying" up with a friend or your favorite book.

If you enjoy meeting people or just enjoy the fountain, please consider volunteering this summer at the Popcorn Wagon. It can be as little as 1 day a month, or 2+ days a week. If this sounds like something you would be interested in, and would like more info please contact Lesley @ 507-400-4331 or email lesleyweirich1122@gmail.com or patty.ciernia@fiftynorth.org



UKE JAM IS BACK!

Newly named; **FiftyNorth Ukulele Orchestra & Assorted Strings**

**1st & 3rd Wednesdays
beginning April 20
1:00-3:00pm**

If you want to have fun and make music with others, and have a ukulele or bass or guitar or fiddle or harmonica or kazoo, come join us. No reservations required.

Volunteer lead: Bob Waldron
Space: room 103

(Member News continued on page 11)



Art Classes *cont.*

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: *FiftyNorth* front desk



Two designs to choose from:
a birdhouse or a heart



Instructor: Pat Jorstad

Capacity: 12

Cost: \$35 nonmbr, \$25 mbr, \$15 platinum

Space: room 105

PAINTED COLLAGE

Monday, April 18

9:00-12:00pm

In this class, you will create a 12" by 12" painting using acrylic paints and collage materials. You'll start by covering your canvas with collage and gesso. Then you'll trace your design element onto the canvas and add another layer of collage. Pick your color palette and paint away! At the end of class, you'll have a wonderful painting to take home and hang or give as a gift.

There will be two designs to choose from – a heart or a birdhouse – and you can use a color palette like one in a sample painting or one of your own. We'll talk about techniques like shading to bring depth to your painting and color mixing.

There will be various papers to use in your collage including vintage book pages, sheet music, painted and scrapbook papers. If you've taken my earlier classes, bring your painted papers along and we'll incorporate them in your collage.

This is a class for people of all skill levels. No experience in acrylics, drawing or collage is needed.

MATERIALS TO BRING:

Old credit card for spreading gesso and paint and an Apron

Optional: collage materials – There will be lots available so don't worry if you don't bring anything but you can bring old magazines with lots of bright colored images, old art pieces you want to cut up and recycle, greeting cards, painted papers from earlier art classes, etc.

ZOOM - FUSED GLASS SPRING FLOWER PLATE

Monday, April 11

10:30-11:30am

In this class you will get to make a fused glass 5-inch square flower plate. Create your own spring garden in this plate.

Instructor: Gerie Thelen

Capacity: 12

Cost: \$45 nonmbr, \$ 35 mbr, \$ 25 plat

Space: Zoom

Registration deadline: April 6



NOTES:

•Kits can be picked up on Thursday, April 7. Return completed plates to FiftyNorth following class. When they are done being fired in the kiln, we'll notify you to pick up.



Lifelong Learning



Senior Learning Network programs are viewed via zoom in room 103. There are senior centers from around the country that zoom together. The presenter is at each program location. Following the presentation, there is time for questions and answers.



Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: *FiftyNorth* front desk

Presenter: Senior Learning Network

Capacity: 10

Cost: \$9 nonmbr, \$7 mbr, \$0 platinum

Space: 103



SLEEPING BEAR DUNES NATIONAL LAKESHORE (Michigan)

Tuesday, April 5

1:00-2:00pm

"The area that is now Sleeping Bear Dunes National Lakeshore is a treasured place for the Anishinaabe, the native peoples of this region. This program will highlight the traditional activities undertaken by the Anishinaabe during each of the four seasons in both a historical and contemporary context, and will end with a note on dominant narratives and how the Lakeshore is working to incorporate a wider variety of stories into its interpretation efforts."



JOSHUA TREE NATIONAL PARK

Tuesday, April 12

1:00-2:00pm

Surrounded by twisted, spiky trees straight out of a Dr. Seuss book, you might begin to question your map. Known as the park namesake, the Joshua tree, *Yucca brevifolia*, is a member of the Agave family. Until recently, it was considered a giant member of the Lily family. However, modern DNA studies led to the division of that formerly huge family into 40 distinct plant families. This program provides an introduction to the NPS and Joshua Tree National Park specifically, highlighting some plant and animal desert adaptations while showing plants in their natural habitat.



WWII VICTORY GARDENS: FDR PRESIDENTIAL LIBRARY & MUSEUM

Tuesday, April 19

1:00-2:00pm

Come celebrate Spring at the Victory Gardens! It has been said that an army travels on its stomach, never was this more true than during the dark days of WWII. This session examines the unprecedented contributions made by millions of ordinary Americans who fought the war literally in their own backyards growing food for themselves, the army and our allies in small plots known as Victory Gardens. Interactive discussion topics include: Where did the idea for these gardens come from? Why were these gardens so necessary? What did the government do to encourage their creation? What was grown in these gardens? How much did they actually help?



Lifelong Learning

(continued)



HOOVER DAM:
Join us for a fun and fact-filled personal tour
Tuesday, April 26
1:00-2:00pm

Hoover Dam, formerly called Boulder Dam is named in honor of Herbert Hoover, the U.S president during whose administration (1929–33) construction began on the dam and whose work as commerce secretary in the 1920s secured agreements necessary for the project to proceed. Erected during the Great Depression, the dam was a major endeavor that employed thousands of workers; around 100 fatalities occurred during its construction. Although legislation passed by Congress in 1931 officially named the dam for Hoover, officials in the succeeding administrations Franklin D Roosevelt, and Harry S Truman referred to it as Boulder Dam, its name during the planning stages before construction. In 1947 Truman signed a congressional resolution restoring the structure’s formal name to official use.

Hoover Dam extends for 115 miles (185 km) upstream and is one of the largest artificial lakes in the world. The dam is used for flood and hydro-electric power, agricultural irrigation, and domestic water supply. It is also a major sightseeing destination, with some seven million visitors a year, almost one million of whom go on tours through the dam.



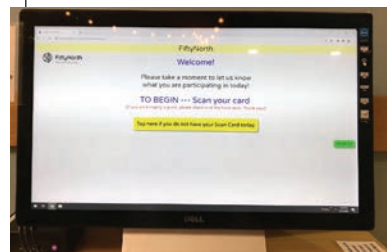
Member News

(continued)



HELP SHAPE THE FUTURE OF FIFTYNORTH

FiftyNorth Board of Directors Nominating Committee are seeking candidates for openings on the board to be elected at the April Annual Meeting. If you are interested, or have someone that you would like to suggest as a candidate, please contact Rita Olson at rrkmcc@aol.com.



IT IS A REQUIREMENT OF MEMBERSHIP TO CHECK IN TO RECORD YOUR USE

Reminder about checking-in:

- Who:** ALL MEMBERS.
- What:** Record your activity.
- Where:** Self check-in Kiosk, or Front Desk.
- KIOSK:** You must choose an activity and SAVE your record; you can’t just scan and walk away.
- When:** EVERY TIME THAT YOU COME INTO THE CENTER
- Why:** This information is used for many purposes:
 - Collect payment for open use and classes.
 - Record use so that the Center is paid for your membership if you are under a Medicare Supplemental insurance program. Using this record is the only way that the Center is paid for your membership.
 - Verify use so that YOU can be reimbursed for using the Center under other insurance programs.
 - Collect data for the number of uses under each membership category.

THERE ARE NO EXCEPTIONS TO THIS RULE. It does not matter what level of membership, what type of insurance you may be under, or the activity that you are participating in.



Staff News



CORRECTIVE EXERCISE SPECIALIST
 – *Craig Swenson, Assistant Director and Fitness Coordinator*

CRAIG SWENSON RECEIVES NEW CERTIFICATION:

CORRECTIVE EXERCISE SPECIALIST

After numerous hours of writing a thesis paper, over 200 hours studying for a 100-question exam, and presenting my thesis paper I am proud to announce that I have become a Corrective Exercise Specialist (CES).

What is a “Corrective Exercise Specialist”????

Well, in a nutshell Corrective Exercise Specialists are experts in human movement assessment. They are able to accurately analyze a client’s movement patterns, and then identify which muscles or muscle groups are being over or under activated.

As a CES, I can look at your daily movement patterns such as walking, standing, sitting, getting up from a chair etc... and see where you may need assistance in building a certain muscle or muscle groups to



optimize your daily routines. If you are an avid Pickleball Player or Biker, I will be able to look at how your muscles move while you are slamming the ball across the court or speeding through town to help you maximize your coordination, strength, stamina, and speed.

Our new Functional Fitness Room is a great location that I and our other fantastic FiftyNorth personal trainers will be able to work with clients on basic everyday movements that may be affected by tight, sore, under-worked or over-worked muscles.

The new Functional Fitness Room allows for more space, and better layout for you and others to exercise together in a safe and optimal location; mirrors to help look at your form, free weights to give you a full body workout, a stretch table to stretch or have a personal trainer help you stretch, new stretch mats to use if you would like to stretch on the floor, along with our two functional trainers that can help you with over 100 various exercises.

All of the recent improvements to FiftyNorth and its team is to help our membership and the community become more active and continue doing the things they love to do.

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Travel News!

For Full descriptions visit the Trips page on our website:
<https://fiftynorth.org/activities/group-activities/trips/>



TRIP- LITTLE THEATER IN OWATONNA 'SOMETHING ROTTEN'

Sunday, May 1
9:45am-4:45pm

Enjoy a day of fun. The first stop will be Cabela's to do a little shopping, then venture over to Olivia's Café in Owatonna to grab bite of their famous pie before heading to see "Something Rotten" at the Little Theater in Owatonna.

Set in the 1590's, brothers Nick and Nigel Bottom are desperate to write a hit play but are stuck in the shadow of that Renaissance rock star known as, "The Bard". When a local soothsayer foretells that the future of the theatre involves singing, dancing, and acting at the same time, Nick and Nigel set out to write the world's very first musical.

*Lunch not included in price.

Trip Leader: Norma Monroe
Capacity: 20
Cost: \$70
Registration Deadline: April 22

TRIP - ST. PAUL SAINTS VS. ROCHESTER REDWINGS

Wednesday, June 8
5:00-11:00pm
Game time 7:10pm

Join us for a bus trip to see the crazy baseball antics as the Saint Paul Saints take on the Rochester Redwings. Bring your friends and experience the great American pastime of baseball!



Trip Leader: Jim Estrem
Capacity: 25
Cost: \$55
Registration Deadline: May 9



TRIP - MINNESOTA TWINS VS. MILWAUKEE BREWERS

Wednesday, July 13
10:15am-4:15pm
Game time 12:10pm

Enjoy an afternoon of fun in the sun at the Twins Target Stadium as you watch the Minnesota Twins go against the Milwaukee Brewers. Trip includes seats for the game and bus ride up to the game and back. Meal not included in price.

Trip Leader: Jim Estrem
Capacity: 25
Cost: \$72
Registration Deadline: June 21



February Donors

Our sincere gratitude to all who have donated. We couldn't even come close to doing what we do without your support — *thank you!*

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February New Members

It's sure to be an even better place because you're here!

Judith Barber, Laurie Brackee, Sharon Bradley, Agueda Mireya Castillo Leon, Bob Courchaine, Steve George, David & Mary Giefer, Jordan Grossenburg, Melissa Healy, Donald Hoelzel, Robert Jacobsen, Brenda Jonason, Dianne Knowlton, Susan Kough, Barbara Kroyer, Lonnie Little, Ted Suss & Janet Marti, Brian Mills, Charleen Nelson, Stan Partin, Mark & Patty Shaw, Phyllis Stade, James Sviggum, Michelle Wood

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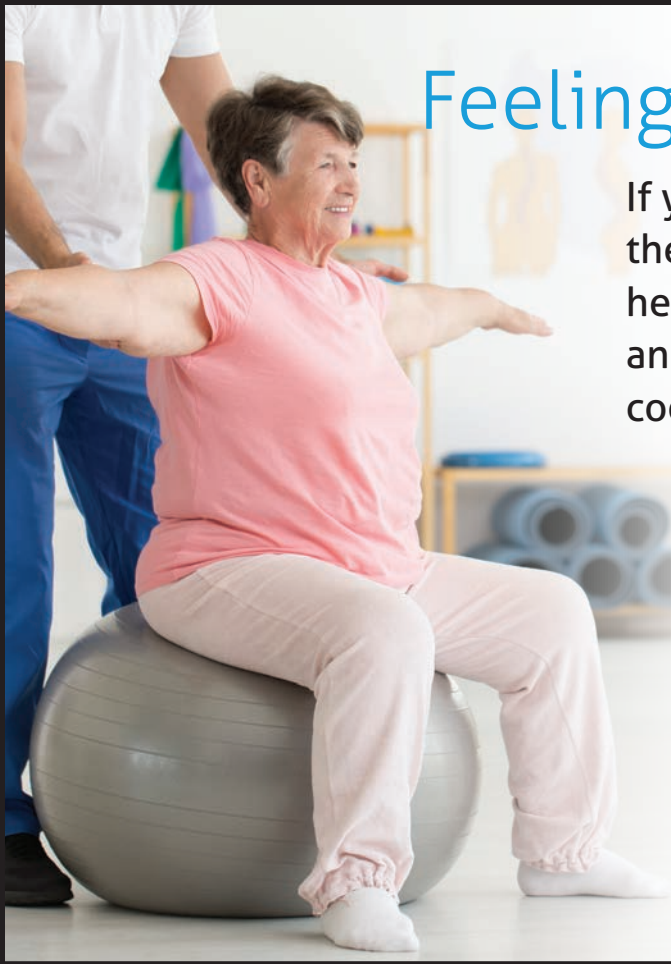
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Staff Directory

Director:

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507-664-3701 | lynne.pederson@fiftynorth.org

Assistant Director/Fitness Coordinator:

Craig Swenson
507-664-3702 | craig.swenson@fiftynorth.org

Administration Manager:

Elaine Meyers
507-664-3703 | elaine.meyers@fiftynorth.org

Program Coordinator/ Community Outreach:

Patty Ciernia
507-664-3709 | patty.ciernia@fiftynorth.org

Used-A-Bit Shoppe Manager:

Dolores Kornkven
507-645-1399 | dolores.kornkven@fiftynorth.org

Bookkeeper:

Kathy Bjerke
507-664-3700 | kathy.bjerke@fiftynorth.org



Front Desk (Reception Staff):

Phone: 507-664-3700 | Fax: 507-664-3720
Mary Brown, Darla DeLong, Bonnie DuPay,
Beth Endert, Nancy Glodfelty, Cathy Graff, Pat Nelson,
Jane Persons



Lobby Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–2pm
Sunday: Closed



Fitness Center Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–2pm
Sunday: Closed



Pool Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–2pm
Sunday: Closed



CaféNorth Hours:

Pre-order: 507-664-3700 by 11:30 one day prior
Monday–Friday drive up: 11am–11:30am



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

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Tuesday–Saturday: 10am–5pm
Sunday & Monday: Closed