



By Lynne Pederson, Director



Dog Days ...



Hello New Members! Hello Renewed Members! Hello Members that have been with us for the long haul! We are excited to have you as members, and that your experience is the best part of your day.

I used to be able to say “if you rolled a bowling ball through FiftyNorth in August you wouldn’t hit a soul”. August has historically been our slowest month for participation. Not anymore. August, for many, can be the last hurrah to get everything in that we want to do but haven’t done - road trips, time with the grandkids before they go back to school, warm and sunny days at the lake, good weather for outdoor activities, reading on the porch with a beverage that has a lime on the rim, buying an RV, etc. You get the picture. August days at FiftyNorth are no longer the dog days of summer. It’s busy with people coming and going from one class to another, full of activities, programs, new things to do inside and out. Little Frida Cafe & Taco Shop is now open in room 105. Nordic Walking, learning to walk properly with Nordic walking sticks has been a great class held in the courtyard. The class was highlighted in the Northfield News. New fitness classes – thirty-minute intense Core and More class taught by Craig Swenson. By popular request, Mahjongg – a table game played with tiles - is new this month. August is also the month for the annual two-week pool closure for cleaning and maintenance. Ever popular, Pickleball, will be played on the City of Northfield newly rebuilt and refreshed outdoor courts. Details on all of these activities and more are described in this Newsletter.

Here is an update on the retirement plans. Charlie and I bought an RV that we plan to take to warmer climates in the winter months. I found the process to be a lot like buying a car. You sit and wait in an office, to get the okay to fill out the application, then sit and wait to get the credit score back, and then

be led into another office where the accountant goes over all of the financial detail about not only what the price of the RV is but all of the extras, that are really necessities that we will need in order to have a functioning RV. After many hours of being in a waiting room, I cannot express how delighted I was when the RV was hitched to our truck and we drove it home, ready to set it up in the yard for the first camping experience. We had the obligatory orientation, but quickly found out our retention wasn’t so good. So little did we know! We called the neighbors for reinforcements to show us what hose goes where. We got it level, electric plugged in, and went inside, flipped the switch to move the bedroom slide, the motors groan, the wall moves out a couple of inches and stops. We move it back, and try it again. It won’t open. The motor is burned out. We have owned this RV for less than three hours and it is broken. We call the salesman at Camping World and we are told to bring it back so that they can evaluate the problem. We are told that the motor and other gears in the slide are totally shot and that it will take at least four weeks to fix it. This RV is new, we are the first people to drive it off the lot. We are not “happy campers” and I called the mechanic, our salesman, Camping World corporate office, the General Manager of the Rochester Camping World to share my dissatisfaction. I asked that they exchange the RV with the like one on the lot. To no avail, the answer was that there was nothing they could do other than order the parts and fix the wall. This answer came from the company that has the motto from the CEO, “if you aren’t happy, I’m not happy”. I am a strong believer in the satisfaction of good customer service. They failed. We are waiting for the parts, going on four weeks. I don’t believe that I am quite done in sharing my thoughts with the CEO. Wouldn’t you like to be a mouse in the corner during that conversation!? Until next time...onward and upward. ■

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It’s official!
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NEW FITNESS CLASSES!

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- ➔ HealthFinders Zumba with Maribel (p.5)
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On Display In The Gallery

USED-A-BIT ARTWORK & POTTERY

The FiftyNorth Gallery is hosting artwork and glassware from the Used-A-Bit Shoppe. The sale will continue through August with new art arriving weekly. From original oil paintings to unique photography, you're sure to enjoy a visit to the Gallery this month.



GALLERY EXHIBIT IN SEPTEMBER:

Pat Jorstad – Mixed Media Artwork
September 1 – October 14

Reception will be Tuesday, September 13th,
from 4:00 - 5:00



POPCORN WAGON VOLUNTEERS NEEDED FOR THESE SHIFTS:

- 2:00–5:00 shift on Tuesday through Friday
 - 11:00–2:00 shift on Tuesdays and Fridays
 - 9:00–11:00 and 11:00–1:00 shifts on Saturdays
- If you can help, please call Lesley at (507) 400-4331.

If you are new to the popcorn wagon, Leslie will arrange a shadow shift and show you the ropes! Lots of fun to be had on Bridge Square!

POOL MONITORS:

Contact Craig Swenson at (507-664-3702 or craig.swenson@fiftynorth.org)

USED-A-BIT SHOPPE:

Volunteers are needed at the Used-A-Bit Shoppe, especially on Saturdays. Call Dolores at (507) 645-1399.

MEALS ON WHEELS VOLUNTEER DRIVERS NEEDED

AUGUST 15 - 20



FiftyNorth will support meal delivery the week of Sunday, August 14th - Saturday, August 20th. The meals are picked up at the Northfield Hospital and left outside the recipient's door or entry of an apartment building. Volunteers can deliver one or more days. If you are willing to volunteer, please contact: Michelle Loken, Program Coordinator: 507-664-3707 or michelle.loken@fiftynorth.org or stop into the office. Thank you!

FiftyNorth Band Performs Saturday, August 20 at RiverWalk



The FiftyNorth Band is one of the musical groups playing at the RiverWalk Market Fair on Bridge Square Saturday, August 20, from approximately 9:00-10:30am.





New Groups!



NEW VOLUNTEER-LED GROUP ACTIVITY STARTING AUGUST 5

AMERICAN MAHJONGG

Fridays from 1-4pm

Room 106

\$1 Group Fees apply

Mahjongg is a game in which players collect combinations of tiles in order to create a winning hand.

All levels of players are welcome! Instruction provided if needed.

If you have a game set and/or current card, it is suggested but not required that you bring it with you.

If you have any questions or would like to know more, feel free to contact CC Linstroth at cclinstroth@gmail.com or 952-818-0180.



FiftyNorth HISTORY GROUP
Starts September 16

FIFTYNORTH HISTORY GROUP will begin meeting **September 16**. The group will meet every Friday from **10:30-11:30** in **room 104**.

The History Group is a volunteer-led group. They will be selecting a series from *The Great Courses* that they will view and discuss episodes each week. Watch for further details in the September Newsletter.

Maria Estrada's Little Frida Cafe & Taco Shop

We are thrilled to announce that Little Frida Café & Taco Shop is now open in room 105 at FiftyNorth.

Maria Estrada and her crew are serving up daily specials and your favorite Mexican fare. Vegetarian and some gluten free options are also available.

Lunch will be served Monday, Tuesday and Wednesday from 11:30 to 1:00 in room 105.

Members of FiftyNorth and the community of Northfield are welcome to dine in our cafeteria or enjoy eating on our beautiful patio. You can place a to-go order by calling 507-321-1884. Come through our main entrance and proceed to room 105 for pickup.

Thursday and Friday lunches will be added in mid-September. Menus will be posted on our website, Facebook page and at FiftyNorth.

Maria has been in the food business since 2003. Her business has grown to include catering, door dash and online ordering.

Come and welcome Maria and her staff to FiftyNorth!



\$5
plus tax

LUNCH INCLUDES:

- 1/2 Sandwich
- Cup of soup
- Side Salad





Author Talk

Daniel E. Van Tassel – “JOURNEY BY THE BOOK” – A Guide to Tales of Travel

Saturday, August 27

10:30-11:30am

Presenter: Dan Van Tassel

Capacity: 25

Cost: FREE

Room: 103

Author Van Tassel discusses a vast sampling of travel narratives. If the story uses a voyage, pilgrimage, or journey as pivotal for its meaning and structure, it will figure prominently in the array of tales he tallies. The book defines categories of travel literature and discusses the gamut of impulses prompting travel, travel writing, and travel reading. The array of storytelling forms in travel literature are testaments to what the genre can do: stoke and satisfy a reader's wanderlust.

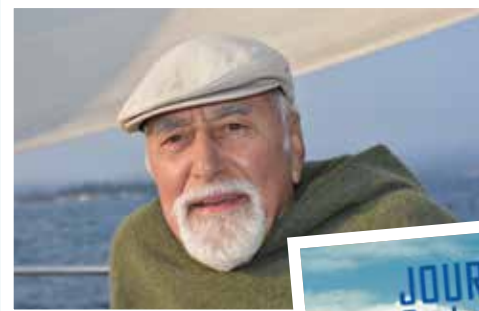
What Readers Are Saying:

“A wonderful read and a remarkable piece of creative scholarship, *Journey by the Book* offers profound insights into the works of selected authors who through the centuries have enlightened untold millions of readers with accounts of travels to real or imagined places. With uncanny wit, wisdom, and playful use of language, with curiosity and respect for the ‘kingdom of travel literature,’ the author wove his take on the travel tales of others into his own cohesive voyage.”

—**Richard Ezra Probert**, author of *Archie's Way*, *That Good Night*, and, most recently, *Whereabouts Unknown*.



Books will be available to purchase for \$19.95 at FiftyNorth following the talk.



AUTHOR:
Dan Van Tassel

A salute to the armchair traveler, *Journey by the Book* discusses classic and not-so-classic tales of travel.



Author of *Back to Barron*, a chronicle of growing up in small-town and-rural mid-century America, Daniel E. Van Tassel, the son of a Lutheran minister, graduated from St. Olaf College and earned his M.A. and Ph.D. degrees in literature from the University of Iowa. Retired and living in Northfield,

Minnesota with his wife Rhoda, whose career focused on teaching courses in art history and the humanities, he now teaches courses, both in-person and via Zoom, in the Cannon Valley Elder Collegium program.

ENHANCE YOUR PICKLEBALL SKILLS

Bruce Hamilton will instruct you on the rules and regulations of pickleball. With Bruce's experience and expertise learn ways to hone in on your serves, shots, coordination, and communication with your partner when playing doubles.

Monday, August 1
8:00-10:00am
FiftyNorth Room 103

Instructor: Bruce Hamilton
Capacity: 24
Cost: \$9 nonmbr, \$7 mbr,
\$0 plus/platinum

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Fitness News





Fitness News



CLASS CANCELLED FOR AUGUST

LINE DANCING

Wednesdays, 1-2pm

NEW!



HEALTHFINDERS ZUMBA WITH MARIBEL

**Mondays & Thursdays:
6:00-7:00pm**

**Saturdays:
8:00-9:00am**

Join the Zumba Party. Hosted in collaboration with Healthfinders this ZUMBA class is a free class to the community. Zumba is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba will help increase your cardiovascular endurance, burn calories, increase stability and coordination all while having a blast!

Instructor: Maribel

Cost: FREE

Capacity: 30

FREE! All are welcome!

INDO BOARD CLASS

**Wednesdays &
Fridays**

**August 3, 5, 10, 12,
17, 19, 24, 26
4:00-4:45pm**



Learn from Tina Moen, leading expert in the fitness industry how to use the Indo Board. During this course Tina will teach you the basics of the Indo Board and how to use it to give you a full body workout that promises to increase stability, coordination, muscular strength and endurance. Indo Board is a board that can be modified to challenge your balance while you workout by moving the pegs on the bottom of the board. Class will be held in the courtyard, inclement weather it will be held in the Fitness Studio. (8 sessions)

Instructor: Tina Moen

Capacity: 6

Cost: \$72 nonmbr, \$56 mbr, \$0 plus/platinum

Space: Courtyard / Fitness Studio

BOXING WITH GORDON 2.0

Mondays, August 1, 8, 22, 29

5:00-5:30pm

or

Boxing with Gordon 2.0

Thursdays, August 4, 11, 18, 25

5:00-5:30pm

If you have taken Boxing with Gordon already you are welcome to take Gordon Marino's new advanced class. This class will run you through more advanced boxing techniques, skills and drills to sharpen your boxing skills, increase your hand and eye coordination, increase your cardiovascular endurance and full body strength.

(4 sessions)

Instructor: Gordon Marino

Capacity: 3

Cost: \$ 36 nonmbr, \$ 28 mbr, \$ 0 plus/platinum

Space: Fitness Studio

NEW IN-PERSON CLASSES

Beginning Wednesday, August 3

Certified Tai Chi Instructor Rob Gerskey will be teaching two styles of Tai Chi on Wednesdays and Saturdays.

TAI CHI FLOW - STANDING

Wednesdays & Saturdays

8:45-9:15am

In this half-hour class you will learn slow-moving tai chi moves while standing. This gentle, slow moving meditation doubles as moving medication naturally relieving pain and inflammation while increasing joint health, flexibility, and balance. There are no forms to remember or be corrected on so you can deepen into the continuous flow experience in class and with regular practice in your daily life as well.

Instructor: Rob Gerskey

Capacity: 10

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

Space: Courtyard or 106

TAI CHI FLOW CHAIR

Wednesdays & Saturdays

9:30-10am

This gentle, slow moving meditation doubles as moving medication naturally relieving pain and inflammation while increasing joint health, flexibility, and balance. In this half-hour class you will incorporate slow-moving tai chi movements with the assistance of a chair. There are no forms to remember or be corrected on so you can deepen into the continuous flow experience in class and with regular practice in your daily life as well.

Capacity: 10

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

Space: 106

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Wellness



BONE HEALTH 101

Wednesday, August 10

9:00-12:00pm

The human body consists of 206 bones. Each bone has its own specific structure and function that is essential to the human body. Learn about what makes a bone a bone, what happens to a bone as we age, and learn the best ways to keep our bones healthy and functioning correctly as we grow older.

Instructor: Marcy Kramer

Capacity: 20

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

Space: Room 104

COMING SOON

September 14: Goal Setting

October 10: Colon Cancer 101

October 12: Dementia 101

2022 IN-PERSON LAND BASED FITNESS CLASSES (updated August 1)						
	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		STEP INTERVALS (7-7:45)	SLO FLO YOGA (7-8)	KICKBOXING AND STRENGTH (7-7:45)		
7:30 AM						
8:00 AM						HEALTHFINDERS ZUMBA WITH MARIBEL (8-9) FREE
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)	TAI CHI FLOW STANDING (8:45-9:15) Rm 106 TAI CHI FLOW CHAIR (9:30-10) Rm 106			TAI CHI FLOW STANDING (8:45-9:15) Rm 106 TAI CHI FLOW CHAIR (9:30-10) Rm 106
9:30 AM	CARDIO DANCE AND DRUMSTICKS (9:15-10)			SLO FLO YOGA (9:15-10:15)	YOGA FUSION (9:30-10:15)	
10:00 AM		CIRCUIT TRAINING (9:30-10:30) NO open fitness				
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 (10-12)
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						
1:30 PM						
2:00 PM	TABLE TENNIS (1:30-3:30)	TABLE TENNIS (1:30-3:30)		TABLE TENNIS (1:30-3:30)		
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM		SILVER SNEAKERS STRENGTH (4:30-5:15)				
5:00 PM						
5:30 PM		INTERMEDIATE YOGA (5:30-6:30)	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders			
6:00 PM	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE			HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		
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



POOL CLOSURE

The FiftyNorth Pool and Pool Area will be closed for annual cleaning and maintenance **July 31st through August 14th** and reopening on August 15th.

Your single-day YMCA Pool pass will be available to pick up at FiftyNorth's front desk daily. Check in here each day you use their pool.

NORDIC WALKING 101 Wednesdays, September 7, 14, 21, 28 2:30-3:30pm

Nordic Walking is the newest craze in the fitness world. Studies are finding that Nordic walking helps increase stability, coordination, cardiovascular endurance, and allows for individuals to enjoy hikes and walks with less discomfort in joints and various muscle groups. Learn how to walk properly with Nordic Walking Sticks, learn more about the benefits of Nordic Walking and the best way to take care of your Nordic Walking Sticks. Nordic Walking sticks will be available for participants to use during the duration of the class. If you have your own Nordic walking sticks you are welcome to bring them.



Instructor: Kate Stuart

Capacity: 6

Cost: \$36 nonmbr, \$28 mbr, \$0 plus, platinum

Space: Courtyard and Fitness Studio

2022 AQUA FITNESS (updated July 1)

	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	AQUA YOGA 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	OPEN SWIM
9:30 AM						
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	FAMILY SWIM 12:1:45PM
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	
2:30 PM						
3:00 PM	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		
6:30 PM						

KEY:

GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim



Lifelong Learning



CPR AND FIRST AID

**Wednesday,
August 3
9:00-12:00pm**

Students will receive expert training in First Aid and Basic Life Support CPR (adult) including Automatic External Defibrillator (AED). This 3-hour class includes instruction, demonstrations and hands-on activities and culminates in the students earning an American Heart Card. It is appropriate training for Certified Nurse Assistants, healthcare workers, teachers, instructors, and volunteers. Many health care facilities require this training of their employees.

Instructor: Jon Bolster

Capacity: 10

Cost: \$72 nonmbr, \$65 mbr, \$0 platinum

2022 VIRTUAL LAND BASED FITNESS CLASSES (updated August 1)

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		STEP INTERVALS (7-7:45)		KICKBOXING AND STRENGTH (7-7:45)		
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	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM	YOGA STRETCH (9-10)	BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	INTERMEDIATE YOGA (9-10)	SIMPLE STRETCH (9-9:45)
9:30 AM			CARDIO DANCE AND DRUMSTICKS (9:15-10)			
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)	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					YOGA BALANCE (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



CELEBRATING LYNNE

You're invited!

She's finally making it official.
Lynne Pederson is **RETIRING!**

To all FiftyNorth Members, friends and community partners:

Join us in celebration of Lynne's fifteen years of hard work as a dedicated leader and team member of FiftyNorth.

WEDNESDAY, AUGUST 24, 4-5:30pm

FiftyNorth rooms 103/105
4pm: Dessert Bar and Social time
4:30: Program
(there will be laughter)



Travel News!



TRIP - COMO ZOO AND CONSERVATORY

Thursday, September 22
10:00-5:00pm

Enjoy the wonders of the Como Zoo and Conservatory in St Paul, MN. The zoo's exhibits of exotic animals include gorillas, giraffe, polar bears, sea lions, tigers, and orangutans just to name a few. Tropical Encounters exhibit will immerse you in the sights, sounds, and smells of a South American rainforest. The stunning conservatory gardens include seasonal flower shows, tropical gardens, orchids, ferns, bonsai and a world-renowned Japanese Garden. End your day with a late lunch at Brianno's Chart House in Lakeville.

Lunch is NOT included in price.

Trip Leader: Norma Monroe **Capacity:** 30
Cost: \$56 **Registration deadline:** September 8



COMING THIS FALL

TRIP: EAGAN OUTLET MALL

Tuesday, November 15
10:00-4:00pm

Lunch is NOT included in price.

Trip Leader: Norma Monroe
Capacity: 30 **Cost:** \$45
Registration deadline: November 8

TRIP - A SERVANT'S CHRISTMAS: THE MUSICAL

Sunday, November 20
11:00-5:30pm

The History Theatre, St. Paul

Trip Leader: Jim Estrem **Capacity:** 25
Cost: \$75 **Registration deadline:** October 19



Lifelong Learning



Abortion and the U.S. Supreme Court

ABORTION AND THE U.S. SUPREME COURT

Wednesday, August 17
10:00-12:00pm

This class will examine the topic of abortion as seen through the eyes of the justices of the U.S. Supreme Court. We will examine the different analytical approaches and Constitutional interpretations that have led to the Court's decisions over the years. Of course, we will focus on *Roe v. Wade* (1973), *Planned Parenthood v. Casey* (1992), and *Dobbs v. Jackson Women's Health Organization* (2022). The goal is that class members will have a basic understanding of the different philosophies of Constitutional interpretation and can then decide for themselves which they prefer.

John Robison is a retired business lawyer who has taught adult education courses on U. S. Supreme Court cases.

Presenter: John Robison
Capacity: 25
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: Room 103



AUGUST CLASSES

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.



SLN - HISTORIC HOOVER DAM- Were back!
Tuesday, August 9
1:00-2:00pm

We are happy to finally have our program with Hoover Dam! Formerly called Boulder Dam, it 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.

Presenter: Senior Learning Network
Capacity: 10
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: 102



SLN - ARCHITECTURAL HISTORY OF ANGEL ISLAND
Tuesday, August 16
1:00-2:00pm

This program will survey the rich architectural history of Angel Island, ranging from the American Civil War into the end of the Second World War, and beyond to the eventual architectural restoration efforts in more recent years. The imposing military architecture of Fort McDowell and Camp Reynolds

will be reviewed, along with the contributions of celebrated California architects Walter j. Mathews and Julia Morgan, who were commissioned by the US Department of Commerce to design the buildings of USIS Angel Island.

Presenter: Senior Learning Network
Capacity: 10
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: 102



**SLN - MISSION# 77
 RUTHIE II - Mighty 8th
 National Museum of the
 Mighty Eighth Air Force
 Tuesday, August 23
 1:00-2:00pm**

Join us as we hear from Heather Thies, Director of Education at the Mighty 8th museum for a

captivating story of bravery and heroism.

DATELINE: July 26, 1943 Hanover, Germany

“BACKGROUND– B-17 Ruthie II of the 92nd BG 325th BS crew members demonstrated the true meaning of the word hero on July 26, 1943.

One plane, one mission ... two unforgettable stories ... ”

Presenter: Senior Learning Network
Capacity: 10
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: 103



**SLN - THEODORE
 ROOSEVELT BIRTHPLACE
 NATIONAL HISTORIC SITE
 Tuesday, August 30
 1:00-2:00pm**

Join us as we take a tour of Theodore Roosevelt’s home, room by room! The emphasis here is on TR’s youth but in conclusion we can cover the effect of his

early years on his later life, including the presidency.

Presenter: Senior Learning Network
Capacity: 10
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: 103



August Art

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: *FiftyNorth* front desk



SUNFLOWERS, IRIS & STARS

**Thursday, August 18
 9:30-11:00am**

Vincent van Gogh, (1853-1890) brought passion and meaning to color. His paintings were filled with bold colors, movement, texture plus passion and emotion. He became one of the most storied artists in modern times. van Gogh did not sell his art during his life-time because he was accustomed to ‘trading his art’ for art materials and art that he wanted to own. His brother Theo supported him and knew he was a master colorist and genius expressionist. He would have been thrilled that his painting called “Blue Irises” sold at the Sotheby’s auction house in New York for \$53,000,000 on November 12, 1987.

This workshop will honor his work as students will recreate a van Gogh painting. We will use pastels (pure colored chalk) and oil pastels (sticks of pastels mixed with oil) This seems like a perfect activity since the van Gogh interactive show is now open to viewers at the Minneapolis Institute of Art.

Please bring your own smock; and chalk or oil pastels if you have them. All other materials provided.

Instructor: Kate Douglas
Capacity: 10
Cost: \$35 nonmbr, \$20 mbr, \$10 platinum
Space: Room 105



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 and renewal details. The cost of this class includes fees paid to AARP for the course. When registering for these classes, indicate AARP Driving Safety and dates of the session.

FEES:

- **\$32 non-AARP Members,**
- **\$27 AARP Members;** AARP Members please register in person or by phone (you will need your AARP member number)
- **\$0 AARP United HealthCare Medicare supplemental plan Members** (does NOT include Advantage plans); Those with an AARP United HealthCare Medicare supplemental plan must register in person (you will need to bring your insurance card to register, and to class)

AARP SMART DRIVING 4-HOUR REFRESHER COURSE
Thursday, August 18
9:00-1:00pm

AARP SMART DRIVING 4-HOUR REFRESHER COURSE
Wednesday, September 14
1:00-5:00pm

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Book Club

The Book Club meets the 2nd Friday of the month at 10:30. Meetings are in room 102 and also may request Zoom option. Questions: call Katherine Collman at (507) 645-1357.



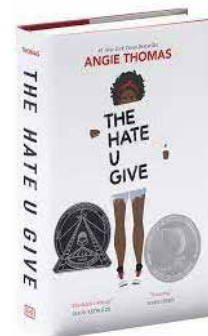
AUGUST

HUDSON BAY BOUND

- by Natalie Warren

Hudson Bay Bound is a story of friendship forged on the river as two young women paddle 2,000 miles to the Arctic. With the candor and

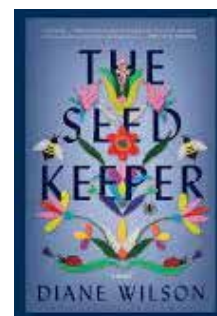
enthusiasm of a first grand adventure, Natalie Warren shares the joys and trials of living by water, propelled northward by muscle power and the belief that anything is possible.



SEPTEMBER

THE HATE U GIVE

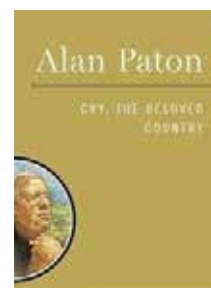
- by Angie Thomas



OCTOBER

THE SEED KEEPER

- by Diane Wilson



NOVEMBER

CRY THE BELOVED COUNTRY

- by Alan Paton



Movie Fridays!

Enjoy movies together on the big screen at FiftyNorth, room 105.

1\$ donation is recommended.



August 5 THE SPITFIRE GRILL

1996 116 mins.

Percy Talbott (Alison Elliott) has had few choices in her twentysomething life but she'll make the most of this one. She's chosen Gilead, Maine as her new home. The town's Spitfire Grill has offered her a second chance. It's not just the burnt toast at the diner, owned by feisty Hannah Ferguson (Ellen Burstyn) that

has folks wondering about Percy. It's that she's been in prison the past five years. This Sundance Film Festival Audience Award winner embraces viewers with its tender spirit, moving performances, Lee Zlotoff's sensitive script and direction, and the glowing New England landscape gather into a movie of genuine and generous feeling. Redemption is served at The Spitfire Grill.



August 12 NELL

2003 116 mins.

Jodie Foster gives a fearless, fierce, beautifully attuned performance as Nell, a young woman living alone in the backwoods of North Carolina. When Dr. Jerry Lovell (Liam Neeson) discovers Nell, he is intrigued by her erratic behavior and unique pattern of

speech. Together with a psychologist (Natasha Richardson), Lovell becomes determined to pierce Nell's private world and protect her from a life of scientific study. But he soon discovers that the woman whose way of life he has sought to protect has transformed his own forever.

MOVIES
START
AT
1:00PM



Enjoy
popcorn with
the movie!



August 19 DRIVING MISS DAISY

1989 99 mins.

Hoke Colburn sits in the front seat with his hands on the steering wheel, but the driver's seat is behind him. That's where Miss Daisy sits. She doesn't want a chauffeur and she won't give in neither will Hoke. This Academy Award winner for Best Picture

tells of genteel but strong-willed Atlanta matron Daisy (Best Actress winner Jessica Tandy) and her patient but equally determined chauffeur Hoke (Morgan Freeman). For two so different, they have a lot in common. And the bumpy road they travel leads to the friendship of a lifetime. Driving Miss Daisy had 9 Oscar nominations and 2 Oscar Awards.



Special 2-Day Showing Thursday, August 25 GONE WITH THE WIND –

(first half)

1939 120 min

Winner of 10 Academy Awards. Stars Clark Gable, Vivien Leigh, Leslie Howard and Olivia De Havilland. Period romance. War epic. Family saga. Popular fiction adapted with crowd-pleasing brilliance. Star acting aglow with

charisma and passion. Moviemaking craft at its height. These are sublimely joined in the words Gone with the Wind.

Friday, August 26

GONE WITH THE WIND - (second half)

1939 120 min

This dynamic and durable screen entertainment of the Civil War-era South is made possible from Margaret Mitchell's Pulitzer Prize-winning book and can now enthrall us with a majestic vibrance that befits one of Hollywood's greatest achievements.



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June New Members

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

Laura Bartsch, Mary Bennewitz, Anh Nhi Do, James & Ellen Ellickson, Joyce Gunderson, Gary Hanna, Susan Johnson, Willie Koger, Krista Middlebrooks, Douglas Padilla & Susan Jacobsen, Ann & Joe Poirier, Barbara Reed, Jean M Sherman, Mary Wilson



5K/ 15K Run-Walk for the Northfield Historical Society

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**Live Run
 September 11**

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Staff Directory

Director:

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

Assistant Director/Fitness Coordinator:

Craig Swenson
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Administration Manager:

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

Program Coordinator: Lifelong Learning/ Community Outreach

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

Program Coordinator: Arts/Volunteer/Dining

Michelle Loken
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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, 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–Thursday drive up: 11am–11:30am



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