



Northfield Senior Center

**active,
connected,
engaged**

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Be # 535 to **GET
ON THE BUS.
DONATE TODAY!**

Holiday Hours
Dec. 24 - Close at 1:00 p
Closed Christmas Day
Dec. 31 - Close at 5:00 p



**SEE INFORMATION
ON THE HOLIDAY
PARTY ON THE BACK
PAGE.**



As 2015 Comes to a Close by Lynne Pederson

Thank you for ... another great year at the Center.
 Thank you for ... every minute of time and talent that you give to the Center.
 Thank you for ... your patience when the hot tub doesn't work, or the parking lot is full.
 Thank you for ... your understanding when your activity is bumped to another room.
 Thank you for ... every dollar that you donated in 2015.
 Thank you for ... having a good time when you are at the Center.
 Thank you for ... the "buzz" that you create when talking and lingering in the Lobby.
 Thank you for ... stepping out of your comfort zone to try something new.
 Thank you for ... actively working to keep your brain, body, and spirit engaged and connected.
 Thank you for ... aging with gusto!

Thank you ...Lynne

The Annual Fund Drive will end on December 31. At the time of this writing, 534 generous members have donated \$49,944.77. I like to refer to these members as "being on the bus." They have committed to "driving the bus" to reach the \$70,000 goal by the end of December. It is easy to give. No amount is too small or too large – every dollar given is just right for the person that is giving it.

There are many ways to give. Online: go to northfieldseniorcenter.org and choose Donate; mail a check, or drop one off at the Center; or become a Sustaining donor—you set-up an amount that automatically comes out of your bank account each month. So simple and provides income each month

All donations are used for general operations, unless you designate a specific use. Your donation supports the Center facilities and programs that you use and enjoy. This year donations to the Annual Fund have helped to add handicap door openers on six doors, replace window shades in the Fitness Studio, maintain the pool and fitness equipment, purchase new computers for the staff, add lap lane lines in the pool, a blood pressure cuff, first aid kits, flowers in the garden, a water heater for the kitchen, pay for highly qualified class instructors, art programs, lifelong learning classes, groups and social activities – all of which generate good physical and mental health. "Drive the bus" to fund your favorite activity at the Center.

Recently the Northfield Senior Center received a legacy gift from the estate of Esther Thorstensen. I delivered Meals on Wheels to Esther more than once and as we chatted she would always comment on how much she enjoyed the Senior Center and that it meant a lot to her. Esther told me that she had included a percentage in her will and if there was any money left after she died, there would be a gift to the Senior Center. Esther's gift is important as it gave Esther great satisfaction to be able to give it and for the Center it is gift that sustains the Center. If you have provided a gift to the Senior Center in your will, please stop in and let me know. And if you are considering it, but need more information, I will be happy to talk with you.

A MOMENT IN TIME

A Moment in Time was initiated in the September, 2013 issue of this newsletter. It was created to serve as a forum for our members' writings: short stories, memoir, poems or essays. If you have something to submit, please send it to me at patsydew@nscmn.org, or put it in my staff mail box. If you have a great moment to tell about, and would like help writing it, give me a call, 664-3708.

- Patsy Dew



Photo by Patsy Dew

Sogn Valley Landscape

Poem by Beverly Watson

*The hills across the road
are November grey
Pumpkins are waiting on the steps.
The lead sky, the wispy breeze
tell of a change about to be.
Deer are herding up
the garden is put to bed
We gained an hour of sleep
The last of Indian Summer days.*

Last December, the Elf on the Shelf collected \$1,000 to top off the Annual Fund Drive. The Elves will make another appearance on December 15th and 16th. Now is the time to collect the money that is laying on top of your dryer, in the couch, in your pockets, or maybe in your checkbook to support the Elves work. The Elf really likes \$20 dollar bills or \$100 dollar bills, but any amount will help get to the goal. Think we can make \$1000 in two days?



The Elves are ready to ring the bell and try.





6TH ANNUAL SENIOR OPEN

Each year since its inception in November of 2010 the NSC Gallery has shown the artwork of any senior living in the region who is interested in displaying one piece. Each year we have had an eclectic collection of marvelous art. This year's exhibit will be just as exciting as the first. These 22 artists will be exhibiting: Bob Nyvall, Howard Schroeder, Laura Olson, Deborah Martin, Mary Boylen, Beverly Steberg, Lorraine Rovig, Bill Stromayer, Lucky Rimpila, Sharol Nau, Patsy Dew, Marsha Kitchel, Dick Zawacki, Geralyn Thelen, Mary Malone, Riki Nelson, Marlys Shirley, Joannie Johnson, A. Mac Gimse, Jim Haas, Donna Jackson and Peter Seitz. Some of these exhibitors are professional artists, others have found time to pursue a life-long passion during retirement, and still others would describe themselves as "artistic dabblers." The Annual Senior Open exhibit confirms that all people have the potential for artistic expression.

Come celebrate the creativity in your midst at the Opening Reception, Tuesday, December 8, 4 - 6 pm.

At the October board meeting, the Board of Directors approved an increase in program fees to be effective January 2, 2016.

Activity	Old Fee	New Fee
Open use of pool	\$3.00	\$4.00
Open use of Fitness Room	\$3.00	\$4.00
Fitness groups	\$3.00	\$4.00
Fitness Class	\$6.00	\$7.00

This change affects memberships that require fees to be paid for open use and classes. There has not been an increase in program fees for the last five years. Membership dues will not be increased in 2016. If you have questions regarding the fees please call Lynne at, 664-3701, or stop into her office.

SILVER SNEAKER & SILVER & FIT MEMBERSHIPS

All Silver Sneakers and Silver & Fit memberships automatically end on December 31st as they are based on your medical insurance. Because of the open enrollment period we need to be informed which insurance you have chosen for the next year. If it is the same insurance plan as in 2015, all you need do is fill out a small membership form with your name and "SAME INSURANCE". List any other changes we need to be aware of.

Health Partners change for 2016: Health Partners continues to charge a \$25 fee to be eligible for the Silver & Fit program. If you have Health Partners insurance and qualify for Silver & Fit, you must pay the \$25 fee TO THE SENIOR CENTER (not to AshLink as was the case last year). Otherwise the Senior Center will not be paid for your first month of this year's membership.

GALLERY NEWS

OPENING RECEPTION

**TUES, DEC 8
4 - 6 PM**

NEWS

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 Sign Ups +), or in person at The Center.

WRAPPING UP THE HOLIDAYS
Thurs. Dec 17, 10am

Take a shortcut to Holiday gift-giving with unique, colorful gift bags. Peggy Sheldon will show how to use a serger to make attractive, reusable bags out of holiday-patterned fabric and coordinated ribbons. You will design and create 3 bags of your choice. Bring a sewing needle, red thread, and your favorite cloth scissors; fabric and ribbons will be provided. Never used a serger? It's easier than a sewing machine and as fun as driving a Corvette! Class limited to 6 people so sign up soon! You must be preregistered.

Cost: \$7 per person for materials for three bags for all membership levels. (Extras available at additional cost.)

KEEP AN EYE OUT FOR THESE CLASSES COMING IN JANUARY

Full descriptions to follow in January newsletter

ACRYLIC PAINTING FOR BEGINNER AND INTERMEDIATE LEVEL

Teacher: Elaine Schaffner
6 weeks, Jan 7 - Feb 11, 9:30 - 11:30 am

MAKE YOUR OWN CARDS USING MONO-PRINTING

Teacher: Kate Douglas
Friday afternoons

WINTER LANDSCAPE DRAWINGS

Teacher: Kate Douglas
Wednesday afternoons

FITNESS CLASSES COMING IN JANUARY

Be on the lookout for these Fitness Classes being offered in January.

- Self Defense with Sebastian Burst
- Fall Prevention with Kaethe Boyer
- CPR and First Aid Class
- Added Group Exercise Classes to the current Group Exercise Schedule

CURL UP WITH SOME GOOD HISTORY THIS WINTER

Be on the lookout in the January Newsletter for an exciting local history series: The Women Were Strong and the Men Good-looking. This series will feature stories of local men and women who made an impact far beyond the borders of Northfield.

GROUP ACTIVITIES

RECORDER GROUP
Mondays 9:30 - 10:30a

Starting in January, we are calling all who play the recorder to join a newly organized group that will meet every Monday starting the first Monday in January from 9:30 to 10:30 in the Service Room. You may contact Elizabeth Olson 507.301.3396 with any questions. Bring any music you may have as well as a music stand, if you have one.

*Please note that this is a new group, not an on-going class.

For a complete discription of these computer classes, see the Fall Program Guide, pg. 12-13 or see the “Computer Center” on our website.

NEW LIFE FOR OLD SLIDES
 Thurs Dec 3;
 9:30–11:30a
 Cost: \$20m/25nm
 Instructor Jim Finholt

SCANNING PICTURES
 Tues. Dec 1, 9:30-11:30a

Share your pictures of the grandkids with others. This course shows how to scan photos of any size from small snapshots up to 8x10 inch photographs. Choosing the size and the cropping of the scanned photo will be demonstrated. Students can bring a couple of pictures to be scanned and saved to their flash drive. Canon scanners and software will be used. Students can choose to work on a computer set to be a Macintosh machine or a Windows 8 machine.

Instructor: Jim Finholt
 Cost: \$10m/\$15nm

CLASSES AND TALKS COMPUTER CLASSES

OPEN LAB PLUS
 Thursdays, 4 - 6p

Every Thursday a St Olaf student, Nathan, is in the Computer Lab to answer tech. questions you may have. NEW: Please sign up with the Receptionist for a time slot with Nathan. Bring your questions about your computer, your smart phone, or your tablet.

SUNSHINE CAFÉ EVENTS IN DECEMBER

Dec. 4, Friday at 11:00 Troubadours Christmas Concert

Dec 14, Monday at 10:45 December Birthday celebration with music by Greg Smith and friends

Dec 22, Tuesday, Sunshine Cafe Christmas Dinner, serving 11:00-1:00.
 Menu: Baked Ham, Sweet Potatoes, Green Beans with Mushrooms, Roll/margarine and Lemon Pie. Please make reservations for this meal.

Dec 23, Wednesday at 10:45, music by the Concrete Cowboy

Please note that the Café is closed on Dec 8 and 9 to make room for Christmas sharing. Café is also closed on Dec 24 and 25

SUNSHINE CAFE

OPEN 11 - 1



DECEMBER MOVIES

- Dec.7: The Queen
- Dec 14: The Intouchables
- Dec 21: The Family Stone
- Dec 28: As Good As It Gets

BOOK GROUP

No book for Dec. - we meet at the King's Room at St.Olaf for a holiday luncheon in Dec. Call Katherine Collman 645-1357 for information.

Book for January 2016:
DREAMERS by Eileen Truax

GROUP ACTIVITIES

TRAVEL NEWS

FUTURE TRIPS!

Glass Museum and Lunch at Mediterrean Cruise Restaurant - TBA March

Cirque de la Symphone at Orchestra Hall May 22

Calendar Girls, Park Square Theater- TBA June

St. Paul Saints Baseball Game TBA July

South Pacific, Guthrie Theater - Aug. 3



THE KING'S ROOM, ST OLAF COLLEGE

Tues, Dec. 15, 11:30a

Join us for the annual holiday feast at the beautiful King's Room in Buntrock Commons at St. Olaf College. Parking is a problem so try to drive there with friends. It is possible to take the Hiawathaland Blue Route transit bus from various locations; check with the City of Northfield website (under Our Community, Transit) for detailed info. Please fill out a class registration slip and pay for this meal in advance. Cost includes a gratuity. Reservations are absolutely required.

Cost: \$15
Sign up deadline: Dec. 8



TRANSPORT MUSEUM, ROUNDHOUSE AND TRAIN DEPOT ST PAUL, MN

Wed. Jan. 20
Time: 9a -3p

Join us for an unique tour of St Paul's Transportation structures: the Minnesota Transport Museum, the Jackson Street Roundhouse and the St Paul Depot. We'll stop for lunch on your own at Kristo's (at the Depot). More details in the December issue of the Newsletter.

Cost: \$45
Sign up date: Jan. 15

OVERNIGHT IN DULUTH

Fri/Sat Dec. 11 & 12

See details on the Senior Center Website. Cost depends on the number of people sharing a room.

Register soon, only 2 spots left!

" A CHORUS LINE" ORDWAY THEATER, ST PAUL

Wed. Feb 24
11:30a - 4:30p

This musical follows seventeen dancers as they vie for the opportunity of a lifetime – who will make the cut to join the chorus line? Featuring classic songs like "What I Did for Love," this Broadway won nine Tony Awards, seven Drama Desk Awards and other honors

Cost: \$96

Sign up deadline: Dec 30



"FIDDLER ON THE ROOF" BLOOMINGTON CENTER FOR THE ARTS

Sat. April 23
Time: 12:30 - 5p

"Fiddler on the Roof" has been called "One of the most glowing creations in the history of musical theater." Set in Imperial Russia in 1905, this heartwarming story is centered around the father of five daughters, and his attempts to maintain his religion and cultural traditions.

Cost: \$53
Sign up deadline: Mar. 30

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 date receive a full refund. Cancellations after that date receive a full refund **IF a replacement can be found.** Note that our trips require a minimum of 20 persons for each outing.

Minutes of the October 22 Board Meeting

BOARD OF DIRECTORS

Directors present: Nancy Ashmore, Bernard Borene, Bill Gruszewski, Duane Everson, Marvin Kormann, Greg Smith, Richard Jackson, Dan VanTassel, Phil Winter, Bob Craig

Absent: Jerry Gehler, Elizabeth Olson, Tom Brawley, Beth Endert, Gerry Gengenbach

Staff present: Lynne Pederson, Patsy Dew

CALL TO ORDER

The meeting was called to order by Nancy Ashmore at 3:10pm

Action: Minutes from the September Board Meeting were accepted.

REPORTS

Review and approval of Financial Reports

Bill Gruszewski reported. The center is in good shape financially. After a big decline in the market, it has come back to an acceptable status after the third quarter.

Finance Committee

Bill Gruszewski presented. There isn't going to be a membership fee increase for this year, but the fee for Open Use and classes will increase by a dollar.

Facilities Committee

Automatic door openers have been installed around

the Center. Looking into hearing improvement aids for members to be used at events like the melodramas.

Membership Committee

Nancy Ashmore reported. The sign project is moving forward and Nancy will continue to move forward and work with the city on this project.

Advancement Committee

A melodrama fund raiser will be on Nov. 21, 22, 23. The volunteer and donor recognitions went well and had good attendance.

Executive Director Report

Lynne Pederson reported. A room usage study has been done to see if some rooms are under used or if they could be more flexible for varied uses. The computer room could be used for multi-use. Motion made by Dan and seconded by Phil to make the computer space more flexible for other uses. Motion passed.

Lynne reported on a possible grant from the National Council on Aging that could be applied for totaling \$18,000 for 10 week classes.

There have been several break-ins at the Center. Doors have been propped open for later entrance. Police have been called.

Lynne presented second draft of the 2016 budget. Discussed final follow-up to the Strategic Plan and the need to begin a new plan for the future. The board will look at the current plan and will discuss it at the January meeting.

OLD BUSINESS

There was no old business to cover at this time

NEW BUSINESS

2016 Budget

The proposed 2016 budget was presented. Anticipated income was \$744,653 and \$736,197 was the anticipated expenses.

Membership Fees

A motion was made by Bernie and seconded by Phil to approve that membership fees will not increase, but there will be an increase of \$1 in program fees. Motion passed.

ADJOURNMENT

The meeting adjourned at 4:40pm.

DONORS

Thank you to these October Donors

Cleve Crowningshield, Terry & Norma Gilbertson, Martha Gouin, Judy Broske, Bart & Susan de Malignon, Winnie Drentlaw, Malcolm & Jacquelyn Gimse, Doug & Sue Ims, John & Sharon Micklo, Elizabeth Williams, Don & Joan Kark Niehaus, Esther Thorstensen, Peter Herborn, David & Joey Appleyard, Solveig Bailey, Warren & Karen Broughton, Mary Brown, William & Charlotte Carlson, Eileen Cooper, Nancy Covetti, Thomas DeWolfe, Larry & JoAnn Edwardsen, Chris Ellison, Gerry & Carol Gengenbach, Marie Gery, Bonnie Gretz, Al & Marilyn Guarino, Georgene Johnson, Jackie Johnson, Julie Klassen, Marv & Rose Kormann, Harriet Menard, Mary Olander, Elizabeth Olson, Charles & Lynne Pederson, Ken & Roberta Persons, Gordon & Emelda Rasmussen, Bardwell & Charlotte Smith, Margaret Stary, Ted & Marge Vessey, Linda Wagenbach, Elizabeth Ghafari, John & Sharon Micklo, Edward & Mary Emery, Janie Anderson, Ron Cirksena, Douglas & Patricia Kriesel, Richard & Connie Tressel, Anne Ulmer

MEMBERSHIP

Welcome to these new members

Haan Elaine, Denison Valorie, Swanson Joyce, Schmidt Dave, Erz Dan, Ehn Jerry, Fields Shirley, Hvistendahl David, Laven Debbie, McGrath Janet, Trcka Shirley, Amunrud Charles, Amunrud Debra, Jessen Wendy, Freeman Nathan, Freeman Patricia, Murray Debra, Wierson Jo Ellen, Bond Judith, Lurye Louise, Topp Kathleen, Pavelka Delora (Dee), Bergeson Laurie, Bergeson Tom, Dyson David, Kasa Donna, Troje Judith, Troje Michael

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NSC STAFF DIRECTORY

Director / 664-3701
 Lynne Pederson

Assistant Director / 664-3708
 Patsy Dew

Bookkeeper / 664-3705
 Kathy Bjerke

Membership Coordinator / 664-3704
 Jackie Johnson

Fitness Manager / 664-3702
 Craig Swenson

Program Coordinator / 664-3707
 Chris Ellison

Administrative Coordinator / 664-3703
 Michelle Remold

Used A Bit Shoppe / 645-1399
 Kristi Casson

Dining Site & Popcorn Wagon Mgr / 664-3735
 Gail Noren

Evening/Weekend Receptionists / 664-3700
 Janice Kasa, Barb Henwood, Ruth Johnson-Wirth, Pat Sunquist, Beth Endert

Caring for seniors in our community since 1899



Happy Holidays from Three Links

WISHING YOU A VIBRANT HOLIDAY SEASON
AND A NEW YEAR FILLED WITH JOY,
PEACE, & PROSPERITY.

Housing & Services:

- Assisted Living
- Skilled Nursing Care
- Transitional Care
- Memory Care
- Home Care
- End of Life Care
- Adult Day Services
- Independent Living 

A Three Links community ••• (507) 664-8800 ••• www.threelinks.org



PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264



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- Rehab in the home - Physical and Occupational Therapy
- Patient Education

Northfield Home Care



507-646-1457

www.northfieldhospital.org/homecare
2000 North Avenue, Northfield

One way to support the Center

SHOP AT THE

Used a Bit Shoppe!

624 Water St. S

(In the River Park Mall)

Open Mon - Sat, 10am - 5pm,

Thurs, 10am - 7pm





Northfield Senior Center

1651 Jefferson Parkway
Northfield, MN 55057

<http://www.northfieldseniorcenter.org/>



This activity is made possible by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund.

Non-Profit Org.
U.S. Postage Paid
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Northfield, MN
55057

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FRONT DESK: 507-664-3700

CENTER LOBBY & FITNESS CENTER HOURS

Monday-Thursday: 6am-8pm
Friday & Saturday: 6am-6pm
Sunday: 9am-8pm

POOL HOURS

Monday-Thursday: 6 am-8pm
Friday & Saturday: 6am-6pm
Sunday: 5:30pm - 8pm

USED A BIT SHOPPE 507-645-1399

624 Water St. / River Mall
Monday-Saturday: 10 am-5 pm
Thursdays: 10 am-7 pm

COME ENJOY YOURSELF AT OUR ANNUAL HOLIDAY PARTY!

Wednesday, December 16, 3 – 5pm

Seasonal Musical Entertainment by the
Chime Choir, Troubadors and Seasoned
Singers

Tasty Holiday Treats

Fun Time with Friends