



Northfield Senior Center

active,
connected,
engaged

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Welcome! by Patsy Dew

On an early morning in January, I walk quickly from my car through the frigid air of the parking lot, open the Senior Center front door, and immediately feel the energy of the 7:00am exercisers gathered after class. They are chatting and laughing; some are seated in overstuffed chairs while one stands with a towel draped over his neck. Several greet me cheerfully by name as I pass through the lobby to my office. Later in the morning, I look out and notice an older couple coming into the Center. She opens the door as he comes through it using a walker. In another moment I notice a woman rushing, almost running, to get to a class at the last minute. I reflect on how welcoming this Center is – to ALL people, sometimes even *young* people (that’s a joke).

Lately the world and national news is filled with discrimination issues. Issues of police violence against blacks; debate over how and if to allow new immigrants; targeting mem-

bers of particular religious groups as “terrorists”. And most recently there is the controversy over the lack of nominations of people of color for Academy awards. One commentator said he was more concerned about whether there was equality in Hollywood for women. And I wonder, though this is not a hot-button issue right now, are there ways in which older people face discrimination?

An attractive 86-year-old friend of mine has told me about her irritation with clerks who loudly ask her “Can you hear me?” before any exchange has taken place. That feels like discrimination to me – the *assumption* that someone is deaf merely because they are older. On the other hand, we want people in our community to treat people who have disabilities with respect, to make our buildings accessible for those who need wheel chairs, to listen with compassion to those who have a dementia, to speak with clarity to those who are

hard of hearing. Can we have such a respectful community? There is a group in Northfield working toward earning the designation of an “Age-Friendly City” from AARP and the World Health Organization (WHO). Our Program Coordinator, Chris Ellison, has been working on this task force. At present there are 36 communities in the country with this designation, and just one in Minnesota - Minneapolis. The goal is to accomplish the first step of this process in March by getting a commitment from the Northfield City Council to pursue this Age-Friendly designation.

I support the efforts of this group in making the whole town as respectful and welcoming as our Senior Center, a place where *every one* can participate as fully as they wish.

GALLERY NEWS

OPENING RECEPTION

TUES, FEB 16
4 - 6 PM



Allan J. Mathison, Paintings of the Woods

Feb 8 - Mar 13

Allan J. Mathison taught art for 33 years in Morris Area High School, and also for the University of Minnesota, Morris. On a part time basis, he also ran an art framing business, a sign painting business as well as painting and selling his art work. Allan moved to Northfield in 2001, and since then has had more time and has gained

new perspectives which have taken his painting in new directions.

In a statement about his painting, Allan writes,

“Having lived on the prairie for most of my life, I have found my encounters with wooded areas both a treat to my eyes and a gift to my soul, so it is only natural that when searching for subjects to paint I find myself painting what delights my eyes and soul. Since I am more concerned about the spirit and mood of the painting than the actual

realistic representation, I use the techniques, composition, and colors that I feel will give the woods such qualities as silence, joy, and pride... Dance, symphony, melody, conversation are a few of the words that are used in my titles as part of an experience that one might have when encountering the colors, smells, sounds and winds in the woods. To me the woods are always moving like the strokes of an artist's brush -- twisting, turning, leaning.”

NEWS



Introducing Elaine Grisim

Elaine Grisim has been hired as our new Administrative Coordinator. You have probably seen Elaine around the building, as she most recently has been working for the CAC, managing their Christmas Sharing program and helping with Thursday's Table. Before that, Elaine worked for the Northfield Area Girl Scouts. Welcome, Elaine!

True Confessions of your Director

I have never been somebody to embrace fitness and working out. It appeals to me about as much as having a colonoscopy. That's my confession. But I work at the Northfield Senior Center which is known for having excellent fitness facilities, classes, and instructors. Go figure! I think I was set-up. So, I made a resolution with myself that 2016 is going to be the year that I will change. I will work out. I will go to fitness

classes. I will get back into the pool and swim laps. I will find out what Cardio Cabaret and Hanna Somatics actually mean. Okay, so that's my plan. It only took me twenty-one days, but I made the leap yesterday. I went to two.... not one, but two fitness classes in the same day, Balance Cardio Strength and Cardio Strength Mix. I used stretch bands, hand weights. I did kicks, I did stretches on the floor on a mat, I sat on a balance ball and only fell off once. It's a new me. Today is another day. There's a class in a couple of hours, Cardio

Cabaret. Once again it has about as much appeal to me as eating liver. I went. I did leg curls, knee bends, high kick, back kicks, and was exhausted at the end. It was grueling but I felt good. Day three. I am not wearing spandex and doing high kicks through the Lobby - yet. Fitness workouts for me may be like having a colonoscopy, you do it, get through it, it is over, and you are better for it. Stay tuned. I will let you know how it is going.

Lynne

NEWS

Coming February 8- Beach Party Week!!

Grab your beach blanket and flip-flops and join us for a celebration of all things summer. Tasty treats, beach ball volleyball, music and more every day!



The Sunshine Café open 11-1, Mon - Fri.

The cafe is open to everyone. We provide both the senior nutrition plate special each day as well as ala carte items such as soups, salads, and sandwiches.

New feature - Hamburgers

We now have hamburgers available each day for \$2.50 (or \$5.00 for a double burger-2 patties).

Special Events in the Cafe

February birthdays will be honored on Wednesday, Feb 10. Music will be provided by guitar player-singer Dave Horisji (aka The Concrete Cowboy) starting at 10:45. On Monday February 15, there will be a double feature movie day in honor of President's Day starting at 12:30. Plan to come early for lunch and stay to see two movies, "Dave" and "An American President.



SUNSHINE CAFE

OPEN 11 - 1

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.

Fitness & Wellness Classes

BE IN CONTROL OF CHANGING YOUR LIFE

Thurs, Feb 18, 25, Mar 3, 10, 2 - 3 p

Most of us find it difficult – sometimes impossible – to keep our resolutions to improve our diet and life-style habits. Try as we might we find ourselves slipping back into our old bad habits. Learn how to use behavior change theory to help you to identify the barriers to your goal, planning strategies and practicing new skills in order to finally achieve your goals for a strong, healthy and resilient you! Enrollment in this 4-week course is limited to 10 so that it can be individualized for personal needs.

Presenter: Kathryn Clements, Registered Dietitian Nutritionist and Certified Wellcoach

Cost: \$42

REVERSE DIABETES AND LIVE

Wed, 6:50- 7:50 pm, Feb 3, 10, 17

Simple choices in your kitchen will begin your journey to regain your health and give you hope for the future. Three informative sessions will give you the latest research on diabetes and how you can be proactive in your food choices. The resources provided in these sessions will give you a map toward improved health and quality of life.

Course content:

Session #1: Diabetes – Sweet and Simple

Session #2: The Great Exchange – Solving Sugar

Session #3: Your Gut – Probiotics, Omega balance, and Minerals

Speaker: Dr. Noel Aldrich, Licensed Nutritionist and a Northfield resident. He completed his studies in Nutrition at the University of Minnesota studying weight loss and diet change in midlife adults.

Fee: \$32 nm, \$24 m, \$10 Plat. Equiv (for materials and food)

MYOFASCIAL RELEASE

Fri, 10-11 am (Feb 19, 26, Mar 4, 11, 18, 25)

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. People could sign up for one or all of them, but each session would focus on a body part (shoulder, legs, feet/ankles, back etc...). Yoga tune up balls will be provided for the class, but you may also purchase your own pair from the instructor for \$15.

Instructor: Kaetha Boyer
Per Class Fee: \$7m, \$9nm,

CPR AND FIRST AID

Tuesday, 3:30 to 6:30 pm (March 8)

Become CPR and First Aid Certified
(Class Limit of 10 Participants)

Instructor: Tj Heinrcy
Fee: \$10 for Staff/ Monitors, \$45 Non Members, \$30 Members, \$10 SS/PL
FALL PREVENTION



**ADULT SOCIAL
BALLROOM & LATIN
DANCE: BEGINNER
LEVEL 1**

Sat, 12:10 - 12:55 pm

From the classics (Fred Astaire & Ginger Rogers) to the modern day (Dancing with the Stars), ballroom dancing fascinates all ages! Looking for a fun form of fitness? No rhythm? Two left feet? No partner? This class is for you! This introduction to the popular social dances gives you the basics in Swing, Salsa, Waltz, Tango and more. You'll have a great time and learn to dance along the way!

**ADULT SOCIAL
BALLROOM & LATIN
DANCE: BEGINNER
LEVEL 2**

Sat, 1 - 1:45 pm

Beginner Level 2 continues your knowledge and strengthens your social dance skills in Swing, Salsa, Waltz, Tango and more.

Instructor: Andrea Miranda

Session I is currently in progress. You may sign up for Session II, which runs: Apr 2 – May 21, 2016

Cost/session: \$96 non-member/\$86.40 NSC or NAG member

*When signing up for these ballroom classes, use special form located on the registration table.

Thurs, 1 to 2 pm (Apr 7 - May 12)

Help lower your risk of falling by attending the Fall Prevention Workshop. The class meets once a week for 6 weeks. Each week you will work on balance drills, strengthen your muscles, increase your range of motion and learn tips to improve your balance

(Class limited to 10 Participants)

Instructor: Kaetha Boyer
Fee: \$47 m, \$59 nm, \$5 Plat Equiv

Art & Craft Classes



CREATING VALENTINES
Thurs, Feb 4, 6 - 8 p

Join Shona Brooks of the Eclectic Goat for a Valentine making party! Using a variety of papers, paint and markers and fancy add-ons, create 6 unique valentines or other cards. Bring your friends, enjoy the snacks and beverages provided and have a crafting good time.

Cost: \$10 for materials for all membership levels.

**Computer
Classes**

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

**INTRODUCTION TO
IPAD/IPHONE**

**M/W Feb 1/3;
9:30-11:30a**

Instructor: John Severson
Cost: \$20m/25nm

**INTRO TO THE
INTERNET AND EMAIL**

**T/Th Feb 2/4;
9:30-11:30a**

Prerequisite: Organize My Computer or equivalent
Cost: \$20m/25nm
Teacher: Jim Finholt

**INTERMEDIATE IPAD/
IPHONE**

**Mon Feb. 8;
9:30–11:30a**

Prerequisite: none
Cost: \$10 m/ \$12.50nm
Teacher: John Severson

**INTERMEDIATE
INTERNET AND EMAIL**

**T/Th Feb 9/11;
9:30-11:30a**

Prerequisite: Intro to the Internet and Email or equivalent
Cost: \$20m/25nm
Teacher: Jim Finholt

**CLASSES AND
TALKS**

INTRO TO MAC IWORKS

**Mon Feb. 15;
9:30–11:30a**

Cost: \$10 m/ \$12.50nm
Instructor: John Severson

MICROSOFT WORD/MAC

**W/Fri Feb 17/19 &
24/26;**

9:30-11:30a

Cost: \$40 m/45 nm
Instructor: Barb Henwood

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

**TRAVEL
NEWS**



“A CHORUS LINE”

Ordway Theater, St Paul
Wed, Feb 24
11:30 am - 4:30 pm

Trip is FULL. You can put your name on the “Waitlist” and will be called if any tickets become available for this smash musical..

Cost: \$96

**MUSEUM OF AMERICAN
PATTERN GLASS
AND LUNCH AT
MEDITERRANEAN
CRUISE CAFE**
Friday, March 11
8:30 am - 3 pm

We’re heading over to the Mediterranean Cruise Café to enjoy a delicious lunch of Greek and Mediterranean food and...belly dancers! But before we get there, we’ll stop at the Museum of American Pattern Glass to see the an exhibit of beautiful pieces that held a special place in middle class households and were usually displayed and used for special occasions. Lunch is on your own.

Cost: \$29
Sign up by: March 1

**“FIDDLER ON THE
ROOF”**

Bloomington Center for
the Arts
Sat, April 23
12:30 - 5:00 pm

This musical tells the story of Tevye, whose love, pride and faith help him face the oppression of turn-of-the century czarist Russia and guide him as he must choose between his own daughter’s happiness and the poor tailor she loves and the traditions that dictate that the father chooses his daughter’s husband. Enjoy this musical theater classic with us this spring.

Cost: \$53
Sign up by: March 30, 2016

**“CIRQUE DE LA
SYMPHONE”**

Minnesota Orchestra,
Minneapolis
Sunday, May 22
12:45 - 5:00 pm

Imagine! On stage, musicians create the perfect soundscape while all around them (and flying over their heads!) aerialists, acrobats, contortionists, jugglers and strongmen make the most astounding feats look easy. It’s the Minnesota Orchestra and Cirque du Soleil working together in concert. This is the perfect show for the whole family – it’s the magic of the big top brought to the concert hall.

Cost: \$82
Sign up by: April 4

Future Trips!

Calendar Girls, Park Square Theater	June 26
St Paul Saints Baseball Game	July 12
South Pacific, Guthrie Theater	Aug 3

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.



Max Taxi

As told by: Anonymous

Written by Steven James Beto

I started drivin' a taxi up in south Minneapolis in, oh, I don't know, 1982, '83, somethin' like that, and I'll tell ya hey, I don't know how I could ever live up in there. Ours is the sort of town where everybody's—well now they might not know each other, but they know their face; it's got that sort of small town atmosphere. I got my regulars, the same people goin' to the same places, and you get to know 'em.

I'm a night guy. I start at 3 in the afternoon, go to 2, maybe 3 at night, worst case scenario 4, but that doesn't happen too often. The actual closing might be 1:30, 2:00—mumble up those numbers so they can't be identified for closing times, you know? I'm lucky, it's just an 18 minute walk to the shop, do a little bit of an inspection, you know, check the headlights, gas and oil that sort of thing, plug in the Blue Tooth, one in each ear, and it's "Here I come, get ready!"

At night it's more your party animals, people out havin' a good time. There's those that insist on smokin', and I let 'em smoke,

cuz that's where I get my tips, you know, and tips are a major thing. Back in the '80s, you could've raised a family on cabin', but that's long gone. Now it's the tips. I get 27% of a 6 dollar fare; you do the percentage. Four calls an hour and you're lookin' at what, \$6.40? Tips are everything, and I work it.

You see, it's psychological. I let 'em sit up front, and they like to sit up front and talk to you. It's fun, like a kinda social life thing. I try to uplift people because they can make themselves miserable by themselves. I don't need anybody to bum me out. I can bum myself out plenty easy, you know what I mean? It could be a little bit of a false front, but you get into it yourself and you're feelin' better! I'm kind of a rock-outer. They think I'm cool, you know and all that stuff. I play records for 'em. I jiggle the cab around. When people are intoxicated, you accelerate from 20 to 30, they're going, "Woouo-hooooo! This is the greatest cab ride I ever had!" —Give ya ten bucks, ya know.

Courtesy is a big deal. I make it a point to always pick people up on the passenger side of the cab. Don't make 'em walk across the street, or whatever. I pick 'em up where they like: back of the house, out in front. I go in the bars and get 'em. Some drivers won't get

out of the cab. They'll pull up—somebody doesn't walk out, you know, they're gone. I walk in cuz a lot of times they're on "Tulsa Time". You know, "Livin' on Tulsa time!" It's just a phrase... that song. I'll come in there and go, "Hey, how ya doing, babe? What's happening?" You know, do a little Michael Jackson, whatever, to make 'em happy and get 'em movin' on out to the cab. And, I try to always be positive. Oh, I go along if they gripe about something, and I gripe about it too. Frequently, I'm in agreement with 'em anyway, so....I know enough to make 'em happy, to create that atmosphere where they give you a tip. It can get a little seedy and money grubbing because it's a percentage, you know, and I'll tend to the big tippers, you bet. I have them uppermost in my mind.

About eight is the time when the creatures of the night emerge. The best one was, I was trying to get this guy outa the cab and into his home, and I says, "Okay, let's go on up to your door." And he says, "I got the keys, man. I got the keys. I got it, I got it. C'mon, man, leave me alone. I got it." So it was about ten below and there was a stiff breeze blowin'. Well, this guy had on one of those pull-over, zip-up—one of those hoodies, ya know, with

Continued on pg 8

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

A MOMENT IN TIME, CONT.

Cont. from pg 7

t-shirt on underneath. Well, it was bar rush, and for some reason I got back in the cab, but I thought, I better go up there and take another look, and there he was, face down in the snow just sleepin' so nice, lookin' so content. Well, anyway, I get him up, got his keys, and I go around to the side door. Now I'm wonderin', is this the right house, you know, "Boom, boom, boom!" You know? But, it was his, and I got him in there. For once, I didn't screw up.

There's two different kind of drunks. I think there's ones that show loss of gross motor control, fine motor control, slurring of speech, stuff like that. I prefer this, because you know where you stand. Others appear okay, but they are gone. The cage is goin' 'round, but the hamster's dead. And oh, the way they walk. You know that show, *The Walking Dead*? It's a zombie series. I never watch zombie movies 'course, but I thought, I see zombies all the time about one-thirty around the bars, people are all slumping out on the sidewalk, sort of comatose like, and I come in through the back alley, and just like the zombies, they hear a sound and their heads snap up like this, "Uhhhh!" They start lurching forward, and I stuff the cab and get out of there.

Cont. from pg 7

Sometimes it can almost be exhilaratin'. I'd say, it can almost be like a party experience and I'd wake up the next mornin', been out late, it was wild, people screamin' and yellin', staggerin' around; I pour 'em in the cab, they get out, they puke; I, you know, mop 'em up and get 'em back in, and I wake up the next mornin' and I'm like, oh, Christ! What happened? And, I didn't have a drop! It's like some kinda contact hangover or something'.

Occasionally when a daytime cabbie calls in sick, I'll come in early, about 10 O'clock, eleven, and you know in the daytime, they're all in their right mind. Maybe it's a little dull, maybe not as much fun. A lot of the day stuff is people going to work. At night there is generally not someplace people definitely have to be at a moment's notice. Oh, I might have time calls in the book where somebody had to be picked up at a certain time. You can have time calls, or just one's that call you up and say, "Can you come over an' get me?" Well, I might be far away from them, so I'll back 'em off ten minutes or so. Or, a big tipper calls up, you know? I tend to grab them first to one that doesn't give any tip at all.

It's a great job, I think, for people with other income, or it isn't life or death because it has its ups and downs. You can have nights when it'd be two-hundred dollars in tips—cab's stuffed full of party goers and what not, back and forth both ways, student events, you know, where they all go to the ballroom down there, fill up the cab: twenty-four bucks, twenty-four bucks, twenty-for bucks, back and forth between here and there, but, then there can be other times when you can be out ten, twelve hours, and forty bucks, maybe, you know? Now you can pick up two or three fares at the same time; it's technically a shuttle, so I might stop, and in fact you almost have to. That's how you make money. We call it, "swooping on 'em". The idea is to keep all the seats full all the time. It's like the mafia movies: "It's nothin' personal, Beto. It's just business." And then, I buy people rides at times cuz I know they're down. Or, if they don't have the money, I give them an envelope. Theoretically, if you take a cab without the money, it's shop lifting. I just give them an envelope and sure as hell, almost all the time, they'll just send me the money with a big tip. Oh yeah, mine's like the Wal-Mart of shuttle cabs.

Sunday Afternoon Concerts Resume

Sunday, Feb 21, 3 pm
“THE OUT TO LUNCH GROUP”
CLARINET QUARTET

A variety of music
played on different sizes of clarinets

Sunday, Feb 28, 3pm
ST. OLAF BELL CHOIR

In addition to bell ringing, some of the ringers will sing, and one will be playing a marimba.

Watch for more Sunday afternoon concerts scheduled in March

“Me Between Planes of Existence” Lisa Ginger, Chinese Artist

Feb 3, 2:00 pm, Rm 103

Lisa Ginger’s artwork explores the things that surround us and influence our lives, such as gravity and bacterium. In her presentation, Lisa will show photos of her recent work, which explores the question of what does it mean to start or end? Presented in collaboration with the Northfield Arts Guild

EVENTS

February Movies

Mondays, 1:00**

Feb 1: Learning to Drive, starring Ben Kingsley and Patricia Clarkson. 2014

Feb 8: Sleepless in Seattle, starring Tom Hanks and Meg Ryan. 1993

Feb 15: President’s Day Double Feature

**STARTS AT 12:30: Dave, Starring Kevin Kline. 1993

An American President, starring Michael Douglas and Annette Benning. 1995

Feb 22: Roxanne, starring Steve Martin. 1987

Feb 29: Failure to Launch, starring Matthew McConaughey and Sarah Jessica Parker. 2006

Book Club Books

February – *Proof of Guilt* by Charles Todd

March - *Red Notice: A True Story of High Finance, Murder, and One Man’s Fight for Justice* by Bill Browder

April - *All the Light We Cannot See* by Anthony Doerr

OWLS Classes Are Coming in March!

The OWLS (Older Wiser Livelier Seniors) Learn and Lunch program is returning in March with another series of fascinating programs on local natural history. A soup and sandwich lunch will be served along with fun facts by local experts. Check the March Newsletter for more information.

GROUP ACTIVITIES



DONORS

Thank you to these December Donors

James Haas & Kathy Bjerke, Fred & Ruth Gonnerman, Gary & Andrea Iseminger, Bob & Ann Knutson, Bert & Bernie Reese, David & Linda Wolf, Dennis & Barb Altstaetter, Arland & Mary Schwake, Karl & Dao Hella, Patricia & John Day, David & Donna Knudtson, Lee & Kitty Runzheimer, Neil & Marilyn Deden, David Appleyard, Warren & Karen Broughton, JoAnn Edwardsen, Chris Ellison, Gerry & Carol Gengenbach, Marv & Rose Kormann, Charles & Lynne Pederson, Ken & Roberta Persons, Gordon & Emelda Rasmussen, Bardwell & Charlotte Smith, Kenneth & Sharon Steinhouse, Bob & Pat Hohertz, Gordon & Marilyn Kelley, Raymond & Mary Ozmun, Regine Prenzel-Guthrie, Gordon & Corinne Simonson, Robert & Donna Vanderhoof, William & Charlotte Carlson, Ken & Bonnie Praver, Erwin & Judy Ulrich, William Johnson & Jennifer Cox Johnson, Harvey & Donna Schuldt, Kris & Caryl Vohs, Malcolm & Jacquelyn Gimse, Robert & Barbara Hanisch, Doug & Sue Ims, Larry & Ann Larson, James & Mara Mangen, John & Sharon Micklo, Dennis & Beth Berry, Paul & Anne Klinefelter, Bill & Nancy Child, Richard & Ardyth Roth, Dale & Peggy Sheldon, Lester Gunderson, Steven & Karen Alger, Gary & Donna Rock, Robert & Sandra Nyvall, Lin McLaughlin & Bob Bruce, Ronald & Diana Huseth

Membership

Welcome to these new members

New members to 1/20/2016

Sinykin Stu, Gibson Debby, Just Nancy, Behrens Michael, Fintel Marilyn, Hoag Ernest, Hullett James, Jamison Beth, Liebelt Gregory, McCarthy Jerome, Muckey Leonard, Muckey Ruth, Nelson Arlette, Perkins Lois, Perkins Randall, Quam Robert, Simek John, Smed Janet, Smed Roger, Tickle Jerry, Ulrich Erwin, Klock Julie, Tickle Linda, Beam Heidejo, Heling Vern

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Kathy Bjerke

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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



transportation available

Vital Link Adult Day Service

Vital Link Adult Day Center is for adults requiring care during the day. The well-trained staff provides understanding and loving care for each individual's needs.

Open 8 a.m. to 4 p.m. Monday–Friday
408 Odd Fellows Lane, Northfield, MN
www.threelinks.org



Licensed with financial assistance available to qualified applicants. We serve veterans.

- Nutritious home-cooked meals
- Relaxed and social atmosphere
- Stimulating group activities
- Outings to local attractions
- Assistance with medications
- Bathing services
- ...and much more! Call for details!

Call us! 507.664.8869



Feeling a Little Off Balance?

If you're feeling dizzy or a loss of balance, the experts at CSMR can help. We specialize in fall prevention and balance training. We offer specialized strength and balance programs to help you improve coordination and reaction time, which helps prevent falls.

- Dizziness/vestibular rehabilitation
- Balance evaluation and retraining
- Home safety and fall prevention
- Fall risk assessment
- Injury rehabilitation

Center for Sports Medicine & Rehabilitation



NorthfieldHospital.org/CSMR
1381 Jefferson Road, Northfield - 507-646-8800
9913 214th St. West, Lakeville - 952-985-2020



PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264

Volunteers Have Fun!

...and feel good about their service. Think about these opportunities:

Used-a-Bit Shoppe needs people to help clerk, fix things, sort and price donations

Sunshine Café needs people who can be waiters, check-out clerks, dishwashers

If you are interested, contact Patsy Dew, patsydew@nscmn.org or 664-3708.

INDEPENDENT SENIOR LIVING THREE LINKS & PARK RIDGE APARTMENTS

carefree | affordable | senior living



Call to arrange a tour today!

Call (507) 664-8850 Visit www.threelinks.org



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.

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55057



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northfieldretirement.org



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



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Chinese artist
Lisa Ginger

Talk by Lisa Ginger, Chinese Artist

February 3, 2:00 pm, Rm 103

Presented in collaboration with the Northfield Arts Guild



A TIME TO CELEBRATE AND RECOGNIZE

A record has been broken and a milestone crossed as we close the books on a successful 2015 Annual Fund Drive.

Each year the Board of Directors and the Finance Committee set a budget goal for the Development Committee and our members. This money is used to help the Senior Center reach its annual budget and is critical in providing services and physical maintenance. 2015 was a record breaking year in many ways. For the first time in many years, through member contributions, we exceeded our goal.

There was another threshold crossed through your efforts and generosity. The Senior Center set a bar for excellence by raising more funds for annual giving this year than past years, over \$70,000. This generous amount does not include the additional \$50,000 raised for the updating of the exercise area.

In these times of tightening of our belts, it is extremely encouraging to see our members step forward to contribute to the Senior Center at record breaking levels. It tells us that our members feel their contributions are being well invested and the future viability of this great organization is important to all of us.

Thanks to all who contributed in so many ways to our continued goal of making our Senior Center a leader in membership satisfaction.

The Advancement Committee -Beth Endert, Gerry Gengenbach, Mike McGovern, Bob Peasley, Peggy Sheldon, Dan VanTassel



TAX AIDE

AARP volunteers are offering free tax preparation at the Northfield Senior Center to anyone and especially for those 50 and older who cannot afford a tax preparation service.

Appointments are being taken by our receptionists at the Front Desk, or by phone, 507-664-3700. These services will be available Tuesdays, Wednesdays and Thursdays, February 9 through April 14. Please arrive 15 minutes early to complete mandatory forms. Appointments for filing for Property Tax refund will be on April 20 only.

To complete your Federal and State tax forms, please bring:

1. Last year's tax return. The date on the last year's return is needed to complete the new tax return if you had itemized deductions the previous year, received a state refund, and in other circumstances.
2. Social Security Card, or SS statement displaying the entire SS#, for you, your spouse (if applicable) and all others on the return.
3. Picture ID for the taxpayer(s) present when the return is being prepared. Joint tax return filers must both sign the returns.
4. Income-related documents: Forms W2, Unemployment Compensation Statements, SSA 1099, 1099R, and other 1099 forms, or identification of other income such as self-employment. If you receive a pension or annuity from a former employer, please bring the date that you began to receive payments (in some cases, this is required.)
5. Health care coverage (W-2, SSA 1099, Form 1095, or Exemption Certification Number)
6. Brokerage statements or other documentation for sale of capital property (e.g. stocks, bonds), including date purchased and cost basis.
7. Expense related documents: Checks and forms showing federal and state taxes paid, 1098 forms showing mortgage interest, documentation of medical, dental, charity, and business expenses, any vehicle and property taxes, and mortgage interest paid. Expense receipts need to be in reasonable order and legible. Organize and total expenses by category is appreciated and often required.
8. Education expenses statements including Form 1098-T from the institution, and receipts for other education expenses.
9. If you wish to use the direct deposit/direct debit option, you must bring your checkbook to verify your bank account and bank routing numbers.
10. If a renter, a signed 2015 Certificate of Rent Paid (CRP).
11. If a homeowner, both 2015 AND 2016 Statement of Property Tax Payable. You should receive the 2016 Statement in the last half of March.