



Northfield Senior Center

**active,
connected,
engaged**

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CHANGE ISN'T SO BAD, IS IT?

by Lynne Pederson

I have always liked change. I think I am the exception to many people. I have a neighbor that tells me that she hasn't ever been in my house without seeing a paint color swatch taped on a wall. I do change the paint in the rooms of my house frequently....and the curtains. I like trying new colors and creating a new look. I maybe should open a shop for used curtains. Not all changes are easy to accept. My mother died a year ago this month. That kind of change is not easy to accept. But I am a strong believer that something good comes from all changes. Since my mother has died, my sister and I have a closer relationship. We talk more now and stay in touch. It's almost like we need to do that so our lives do not totally change because of the loss of our Mom.

Change really is inevitable. Nothing stays the same, really. Every day we grow older by one day....what happens today will never

happen again the very same way. Life would be dull if there wasn't change. Where would new ideas come from? How would we be able to make new friends? How would we keep learning? How would we have new adventures? How would we look forward to Spring.... or that birthday cake.... or that fishing trip with the grandkids? So, you see, change is good. It's fun. It's challenging. It's good for our brains.

I take pride in the fact that the Center is not static. There is a vibrant pulse here that comes from members coming and going, being active, having a sense of purpose. We have had a big change with Patsy Dew retiring. After eight plus years the programs that she planned were comparable to the feeling we get from a pair of old comfortable slippers. They are dependable and we look forward to putting them on. Patsy created a lot of change at the Center. She found ways to introduce the

art gallery, a stage, theater productions, art classes, music programs, etc. Just think what we would be missing without these changes.

You will soon be getting to know a new person (we hope to hire within the week) that will provide programs such as Patsy did. It will be a lot of the same programs you know now, but there will be new programs, too. It is exciting to wait in anticipation to see what more will be offered. That's the good side of change. There is always one more thing around the corner to look forward too, to think about, to learn, to challenge ourselves with. I look forward to turning the corner and learning what change will bring.

GALLERY

Current Exhibit:
Continues through February 3
David Perez, Photography &
Sylvia Langworthy, Theatre Masks

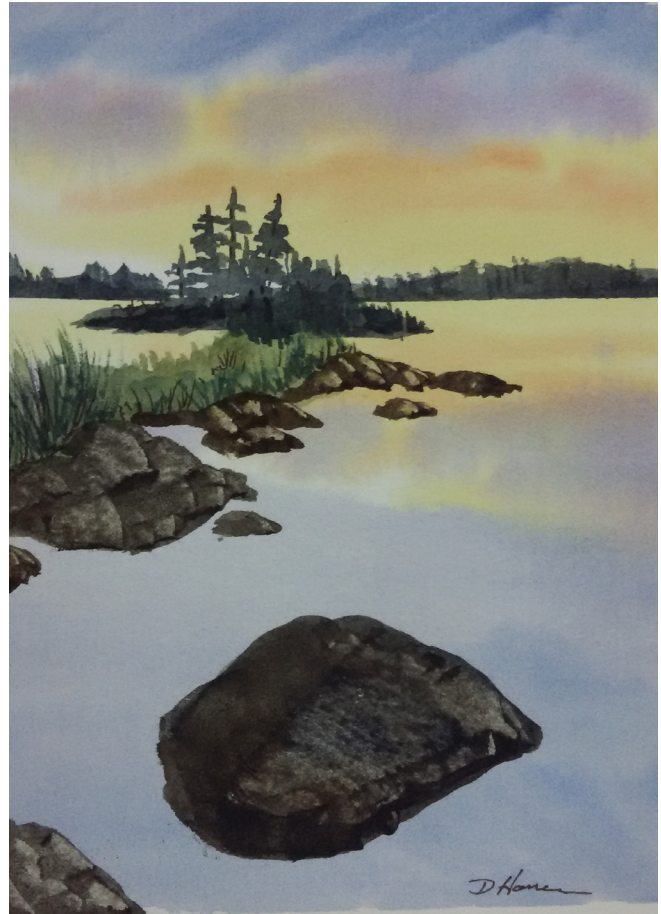
Upcoming Exhibit:
February 6 - March 10
David Hamer, Watercolor Paintings

David Hamer was born and raised in New Prague and is currently residing in Northfield.

He is a pen and watercolor artist specializing in small scale paintings.

David's subjects range from rural scenes and landscapes to architectural vignettes.

He is self-taught and is now a full time artist since his retirement earlier this year.



OPENING RECEPTION

TUES,
FEBRUARY 14
4 - 6 PM

Thank You
for Working With
& Supporting Me
in 2016!

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SCENE

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One More Note from Patsy

Thank you to all the board and committee members who served during the period that I worked here (2008 – 2016). You make important contributions to the direction of this fine organization. And I always felt supported in my work here.

Thank you to the Center members I have gotten to know over these 8.5 years. You taught me so much about aging well – staying physically active, continuing to learn new things, and making sure that I have fun with others. Because of your excellent examples, I plan to be coming here for exercise, for classes and talks, and maybe to just hang out and do the Asimov quiz with friends!



And thank you to all who have taken the time to thank me for the work I have done here. I have come to understand that people between 60 and 101 are the most gracious group of people I've ever known. I'm so glad to be a part of that group.

NEWS



PROFESSIONAL DRIVE
DENTAL
GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264

CLASSES AND TALKS

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



MUSICAL NOTES: AN INTRODUCTION TO THE MARCH 16 TRIP TO THE MINNESOTA ORCHESTRA

Thu, Feb 2
1 to 2:30 pm

Andrea Een will present a musical introduction to the three performances we will be hearing at the March 16 trip to Orchestra Hall: Mozart's symphony No. 36, Mendelssohn's Violin Concerto, and Beethoven's Symphony No. 2. Andrea will explain the background, musical themes and well-loved passages from each of these pieces. Plan on an interesting and informative talk and music to stir your soul and soothe your senses.

Cost: \$5 (Plat and Equivalent: free)

MEMORY MATTERS

Thu, Feb 16
1 to 2:30 pm
Aging Mastery Elective Class

Are you noticing some memory challenges as you are getting older? Some of these changes are a normal part of aging, but you do not need to give up hope for that very necessary brain function. This class will cover suggestions for improving memory, ways to help store and information, exercises to aid memory and the chance to laugh at our mental lapses.

Cost: \$5 (free for plat and equiv and AMP Graduates) AMP students and graduates must register by phone or in person

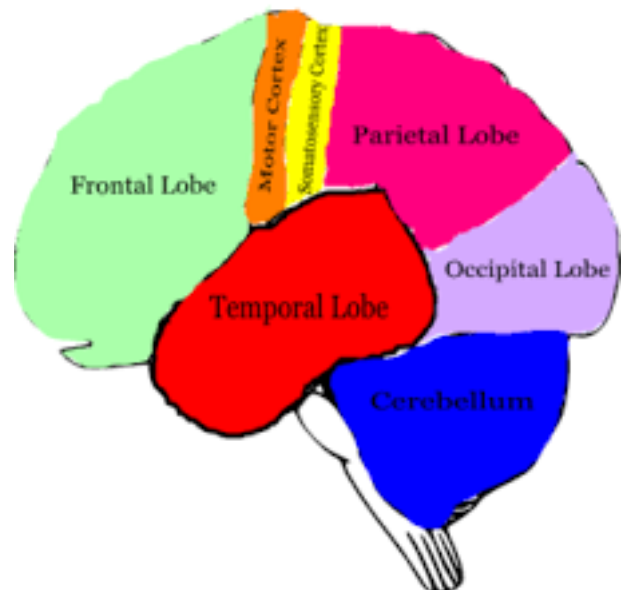
HEART CONNECTIONS: COMMUNICATING WITH SOMEONE EXPERIENCING DEMENTIA

Wed, Feb 22
9:30 to 11 am

Heart Connections: Communicating with Someone Experiencing Dementia Wednesday, February 22, 9:30-11:00

Many of us are experiencing watching friends, neighbors, and relatives beginning to show the early signs of Alzheimer's and other related dementias. Knowing how to communicate with them as the disease progresses will enable you to continue your relationship, your support, your friendship throughout this journey they are on. Presented by: Linda Larson, retired nurse and Alzheimer's speaker.

Cost: \$5 (Plat Equiv: free)



OPEN LAB PLUS

Every Wed
3 to 5 pm
Come to get help with your computer, tablet or smart phone questions. No fee. Please sign up with Receptionist, 664-3700.

INTERMEDIATE IPAD/ IPHONE

Wed, Feb 1
9:30 to 11:30 am
(1 session)
Cost: \$10/m, \$15/nm, \$0 Plat. Equiv.
Teacher: John Severson

ORGANIZE MY MAC COMPUTER

Mon/Wed, Feb 6 & 8
9:30 to 11:30 am
(2 Sessions)
Cost: \$20m/ \$25nm/ \$0plat. equiv
Instructor: Jim Finholt

INTERMEDIATE INTERNET AND EMAIL

Tue/Thu, Feb 7 & 9
9:30 to 11:30 am
(2 Sessions).
Prerequisite: *Intro to the Internet and Email* or equivalent
Students must have an active Gmail Account
Cost: \$20/m, \$25/nm, \$0/ plat equiv
Teacher: Jim Finholt

MICROSOFT WORD/WIN

Tue/Thu, Feb 14-23
9:30 to 11:30 am
(4 Sessions)
Prerequisite: *Word Processing Basics/Win* or equivalent
Cost: \$40/m, \$45/nm, \$0 plat. equiv.
Instructor: Lee Klimisch

INTRO TO SPREADSHEETS

Tue/Thu, Feb 28-Mar 9
9:30 to 11:30 am
(2 sessions)
Students should bring a USB flash drive.
(4 Sessions)
Prerequisite: Word Processing Basics or equivalent
Cost: \$40/m, \$45/nm, \$0 plat. equiv.
Instructor: Jim Finholt

COMPUTER CLASSES

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

Please see Program Guide or Website for full class descriptions.



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.

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

AARP SMART DRIVING 4-HOUR REFRESHER COURSE

Tue, Feb 14
1 to 5 pm

AARP, 8-HOUR SMART DRIVING CLASS

Sat, Feb 25
8 am to 4 pm

AARP SMART DRIVING CLASSES

FITNESS

CHANGE UP YOUR ROUTINE.

Too many times in our lives we get into a routine and we get stuck in that routine without an end in sight. Did you know that your body and your muscles love change?? Well they do, just like everyone else when we get stuck into a routine it becomes repetitious and we don't see change. Change can happen in numerous ways...

- 1.) Try different classes, if you are used to choreographed cardio class try something different such as yoga or a strength class and see how your body reacts. Remember all classes can be modified to suite individual's needs, just let the instructors know of your needs and they will make sure there are adaptations in the class.
- 2.) If you work out in a gym, you can change the equipment you use. If you spend 30 minutes on a stationary bike, you can increase the intensity of the workout by adding speed, or you can spend 10 out of the 30 minutes on a treadmill or any other cardiovascular piece of equipment. Remember if you do not know how to use the equipment you can sign up for FREE fitness equipment orientation with a personal trainer, please sign up at the front desk of the Northfield Senior Center for your FREE orientation.
- 3.) Change up your routine regularly. Try introducing different exercises into your workout routine. If you change up the exercise routine, your body will be continually challenged and it will burn more calories, resulting in a more successful weight loss or more successful strength gains. In addition, you can avoid repetition and boredom. Many people will quit their workout routine due to boredom or lack of results. The change can be made in the intensity of the workout or in the type of workout. You may also increase the time spent working out.
- 4.) If you need help in figuring out what you should be doing or how to change up your routine, the

Northfield Senior Center has wonderful nationally certified personal trainers that you can talk to, to get advice from. For more information about Personal Trainers at the Northfield Senior Center contact Craig Swenson, (507)664-3702 or craigswenson@nscmn.org

Craig Swenson

Assistant Director and Fitness Coordinator

PILATES ON THURSDAYS

Due to low attendance, the Thursday afternoon Pilates Class will be cancelled as of Feb. 1st,
Craig Swenson

VOLUNTEER POOL MONITORS NEEDED

The Northfield Senior Center is looking for Volunteer Pool Monitors. Volunteering as a pool monitor can be very rewarding. You get to meet new pool, ensure everyone is staying safe in the pool area and each hour of pool monitoring you receive a free pool pass for the individual who monitored to use at their leisure. If you are interested in Pool Monitoring please contact Craig Swenson , (507) 664-3702 or craigswenson@nscmn.org

FITNESS SPOTLIGHT

MEET THE INSTRUCTOR:

My name is Elizabeth O’Sullivan, I teach the following classes at the Senior Center:

**Cardio Dance
Zumba
Silver Sneakers**

I am certified for the following:

**NETA Group Fitness
Instructor**

**Silver Sneakers
Instructor**

Pilates Instructor



What are my hobbies?

Writing nonfiction. Some of my essays are on our farm website: <http://auntieanniesfields.com/> My other job is farming, raising chickens for meat and eggs and hogs for pork.

Goals :

Sometimes, doing the most ordinary things, I am suddenly swept away with the feeling that I am in the presence of amazing beauty. Knowing this gives me great hope, and my goal is that this hope grows in me and that I share it with others.

My biggest fitness goal is to exercise my whole life, just like my dad did, finding new things to appreciate as I adapt to limitations and learn more. My small fitness goal is to one day do an unassisted pull-up.

In terms of farming, our goal is to build up the health of the land, the people and the animals by using the most nurturing old-fashioned farming methods we can. Our goal is that this work will help support us financially.

My favorite quote:

“You only live once, but if you do it right, once is enough.” --Mae West

GROUP ACTIVITIES

SUNSHINE CAFE



OPEN 11 - 1

FEBRUARY HAPPENINGS AT THE SUNSHINE CAFE

Thursday, Feb 9th White Elephant Bingo at 12 – 12:45
Monday, Feb 13th – Greg Smith & Friends
Tuesday, Feb 14th - February Birthday Party
Thursday, Feb 16th Site Council at 11:45
Tuesday, Feb 21st – Marilyn Finneseth



BOOK CLUB 2nd Friday of the month at 10:30 a.m.

February: Harbour Street by
Ann Cleeve

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

NEW MEMBER WELCOME

COFFEE HOUR

First Wed of every
month
9:00 to 10:00am



FEBRUARY MOVIES MONDAYS AT 1 PM



February 6: Birth of a Nation 2016 Historical story based
on a true events before the Civil War. Historical/Drama

February 13: The Sisterhood of the Traveling Pants 2005
Stars Amber Tamblyn, America Ferrera, Blake Lively, and
Alexis Bledel. A dramatic/comedy with lots of feeling; the
story of 4 friends growing up.

February 20: Sully 2016 Stars Tom Hanks. The true story
of the pilot who landed his plane on the Hudson river in
New York City. Drama.

February 27: The Confirmation 2013 Stars Clive Owen,
Jaden Lieberher, Maria Bello, Robert Forster. A family life
Drama from the writer of “Nebraska”.

NORTHFIELD SENIOR CENTER BOWLING CLUB Every Friday at 1:30 pm

Join in the fun of non-
competitive bowling at
the Jesse James Lanes in
Northfield. This is NOT
a league; whoever comes
can bowl. Cost is \$3.25 per
game payable to Jesse James
Lanes with an extra charge if
you rent shoes.

GIVE A GIFT OF TIME

Consider volunteering at the Sr Center. Just look at all the possible ways you can share your talents here.

Pool monitors – help keep those who use the pool safe

Used a Bit Shoppe workers – help customers

find treasures; restore beauty to used items

Receptionists – offer welcome and help to all who come through our front door, and provide assistance to the staff

Reading with 4th Graders – make a meaningful connection with Bridgewater 4th graders

Sunshine Café workers – serve diners

...and so many more opportunities: Thursday's Table, Meals on Wheels, Teaching, Leading an activity group, serving on a committee.

If you'd like to make a gift of time, contact Craig Swenson, 507-664-3702, or craigswenson@nscmn.org

Putt Putt golf tournament returns to the Senior Center March 6. Watch for more information soon at the Center.



VOLUNTEER

EVENTS

TRIPS

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

[TRIP: RUSSIAN MUSEUM OF ART: FABREGE JEWELRY](#)

Wed, Feb 8
9:15am to 3:00p m
Cost \$55
Sign up deadline: January 9

[TRIP: MINNESOTA ORCHESTRA, SYMPHONY HALL](#)

Thu, Mar 16
9:30am to 2:00pm
If you already have season tickets and just want to ride the bus, the cost is \$25. Please sign up in person at the receptionist desk.
Cost: \$67
Sign up deadline: January 31. Limited to 29.

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

Thu, Apr 6
1:30 to 8:00pm
Cost: \$47
Sign up deadline: March 31

[TRIP - MINNEOTA CAPITOL BUILDING TOUR](#)

Thu, May 11
10:45am to 3:30pm
Cost: \$25
Sign up deadline: May 8
NOTICE: This tour is limited to 35 participants, so sign up early to avoid disappointment. Sorry, we will not be able to add any additional seats.

NOTE! ENGLAND

Jean Larson is planning a trip to England late this summer and invites you to join her! Jean and her English friend/guide, Nicola Godfrey-Evans (Nicky), are arranging a tour for this coming August.

Watch this column and your email for details and an informational meeting. It'll be a great trip!

FUTURE TRIPS!

- * Twin'sGame w/Chicago White Sox - June 22
- * Jonathon Paddleford Boat Trip TBA August
- * Shakespeare Festival in Winona TBA July
- * Mystery Trip - July 13-15
- * Juventas Circus - August 5 or 12



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

Updates from the Board of Directors

A list of donor names is posted in the front entrance of the Senior Center each year. The Advancement Committee recommended to the Board of Directors that the lists be organized by categories of giving. The Board approved this change in the December board meeting. The 2016 donor names will be listed under the following categories: **Fit** - \$1 to \$50; **Healthy** - \$51 to \$199; **Robust** - \$200 to \$499; **Strong** - \$500 - \$999; **Vigorous** - \$1000 +. This list will also be included in the Annual Report distributed in April.

Notice: The Nominating Committee for the Northfield Senior Center Board of Directors is seeking candidates for the Board. Four positions will be open for Directors at Large, holding three year terms, starting in April, 2017. If you are interested in serving as a Board member, or would like more information, please contact Lynne Pederson at 664-3701.

The Board of Directors has formed an ad-hoc committee to explore a name change for the Northfield Senior Center. At this time, there is no commitment to actually changing the name and no decisions have been made regarding a new name. The names that were suggested by members are being reviewed along with other suggestions. Along with names, marketing strategies are being considered to attract new members and to connect the Center to the community. The group meets about once a month. If you are interested in being on the committee, contact Lynne Pederson at 664-3701.

WELCOME NEW PROGRAM COORDINATOR

I would like to announce the hiring of Katie Felland in the newly created position of Program Coordinator. Katie will be coordinating the Arts and Volunteer programs. She will also manage the website and communications to members. Katie will work 20 hours per week and will start on Monday, January 30th. Her desk will be in the area with Chris Ellison.

Katie lives in Northfield with her husband and three teenage children. Katie has an interesting background and experiences that she brings to the Center. She is currently a yoga instructor at Heartworks, has been an organic farmer, and has a BS degree in Physical Therapy. Katie is energetic, friendly, and is very excited to be working at the Center. I hope you enjoy getting to know her as much as she is looking forward in getting to know you.

Craig Swenson, Assistant Director

DONORS

Bruce & Jane Albers, Richard Allen, Dennis & Barb Altstaetter, Janie Anderson, David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Bernard & Mary Auge, Solveig Bailey, Gene & Lois Bakko, Robert & Teresa Ballentine, Roxanne Baumann, Dennis & Beth Berry, Rose Berthelsen, James Haas & Kathy Bjerke, Bernard & Linda Borene, Duane & Sally Boyle, Arliss Boyum, Judy Broske, Warren & Karen Broughton, Mary Brown, Bob & Lin Bruce, James & Heather Cannaday, Charles Carlin & Carolyn Sanford, William & Charlotte Carlson, Bill & Nancy Child, Harriett Christy, Mark & Judy Code, Cleve Crowningshield, Florence Dacey, Thomas DeWolfe, Tom & Patsy Pender/Dew, Don & Bebe Diehl, Julianna Donaldson, Zora Dowell, Winnie Drentlaw, Larry & JoAnn Edwardsen, Chris Ellison & Gene Finger, Gene & Margaret Enders, Beth Endert, Carole & Jerry Engel, Ruth Eppen, Jon & Phyllis Finger,

Thank you to these December Donors

David Finholt, Karl Fredrickson & Renate Kurth, Joy Gaughan, Jerry & Diane Gehler, Gerry & Carol Gengenbach, Marie Gery, Jim & Gretchen Gillis, Malcolm & Jacquelyn Gimse, James Glover, Nancy Grebis, Bonnie Gretz, Ross & Sandra Griffin, Elaine Grisim, Jim & Dorothy Hammer, Robert & Barbara Hanisch, Jerry & Liz Hankins, Rex Harris, Karl & Dao Hella, Barbara Helling, Carl Henry, Peter Herborn, Shirley Herreid, Mary Hoff, Bob & Pat Hohertz, John & Nancy Holte, Irene Horejsi, Edward Intihar, Gary & Andrea Iseminger, Marilan Jacobson, John & Donna Jadwinski, Carolyn Jennings, Georgene Johnson, Jackie Johnson, Jeannine Johnson, Jan Jones, Nancy Just, Kenneth & Patricia Kangas, Joni Kilde, Dennis & Arlene Kjar, Julie Klassen, Rebecca Kleeberger, James Knezz, David & Donna Knudtson, Marv & Rose Kormann, Neidra Krebs, Gary Kruse, Roger & Bonnie Kuznia, Pat Lamb, Bev Legler, Hanard

& Marlene Lien, Kathleen Rice & Greg Loek, Charlene Lucken, Edward Lufkin, Beverly Lundeen, Louise Lurye, Phillip Mackenna, Donna May, Willis & Brynda Mc Coy, Mike & Ann McGovern, Tom & Mary McGovern, Janet McGrath, Natalie Melhouse, Harriet Menard, John & Sharon Micklo, Norma Monroe, Charles Muckey, Alice Nasby, Marianne Neitzel, Alyce Nelson, Ann Nicholson, Constance Nuebel, Yvonne Ode, Rosemary Ohles, Mary Olander, Joan (Jo) Olson, Elizabeth Olson, Jon & Gloria Olson, Raymond & Mary Ozmun, Dorothy Palmquist, Robert Peasley, Lynne Pederson, Pam Percy, Ken & Roberta Persons, Margaret Pesheck, Hazel Peterson, Roberta Peterson, Rhonna Peterson, Sandra Petrek, Milton & Nancy Pietz, Judith Pinc, Robert & Edie Quam, Marilyn Raleigh, Richard Rasmussen, Gordon & Emelda Rasmussen, Bert & Bernie Reese, Charles & Lana Reich, Patricia Rezac,

Kathryn Rhyner, Jan Roetzel, Don & Clare Roos, Lee & Kitty Runzheimer, Cora Scholz, Harvey & Donna Schuldt, Jack & Pamela Schwandt, Peter Seitz, Dale & Peggy Sheldon, Gary & Ruthe Sherman, Gordon & Corinne Simonson, Lee & Joyce Skaar, Eulalie Smestad, Bardwell & Charlotte Smith, Thomas Spartz, Margaret Stary, Beverly Steberg, Kenneth & Sharon Steinhouse, James & Cordelia Stenstrom, Pamila Stinar, Daryl Stokesbary, Robert & Sandra Strachan, Duane & Gail Sudman, Stanley & Hope Sunderland, Judy Swanson, Dorothy Swanson, Robert & Patricia Tabery, Erwin & Judy Ulrich, Richard & Marlene Vanasek, JoAnn Vierling, Da Vita, Linda Wagenbach, Charles Wagner, Patrick Watson, James & Mary Weidner, Blanche White, Marilyn Will, Elizabeth Williams, Pam Williams, Bill Woehrlin, David & Linda Wolf, Betty Zeidlhack, Elaine Zobel

MEMBERSHIP

Richard & Karen Aamodt, Marisol Arenas, Aldair Conde Arenas, Kathleen Beck, Lee & Diane Bergum, James Deegan, Daniel

Welcome to these new members

Geslin, Rollin C Green, Kari Gross, Rebecca Gummow, Moustaf Kareem, Kenneth Kaul, Myron Lanoue, Carol Lozon, Nancy Moe,

Richard & Nancy Moe, Daniel & Samiha Peterson, Thomas Petricka, Tom & Linda Petricka, Fresia Sotelo Pontigo, Deborah Roberts,

Barbara Starch, Noel & Lois Stratmoen, Raymond Swedeen, Brenda Weiland, Jon Wrolstad

YEAR END FUN FINANCIAL FACTS

Annual Fund Drive

- The Annual Fund Drive was a huge success!
- Thanks to 440 members \$78,172.19 was donated.
- This is the highest amount of donations ever received through the Annual Fund.
- With the Elves help, \$29,533 was donated in the month of December.
- 24% of the membership donated to the annual fund in 2016
- There were 12 donations of \$1,000 or more.

In 2016, other donations include:

- \$46,000 temporarily restricted to be used for projects.
- \$4,962 to be used for general expense
- \$74,160 unrestricted estate gift

Grants written, submitted and received:

- \$1,000 - Northfield Hospital and Clinics – installation of automatic doors
- \$2,000 – Northfield Hospital and Clinics – Start-up of Memory Cafe
- \$7,489 – City of Northfield Reserves – installation and electrical for sign
- \$12,000 – National Council on Aging – Aging Mastery Program
- \$2,833 – Minnesota Community Foundation – annual endowment grant
- \$4,300 – Rice County Budget- annual grant

Financially 2016 has been one of the better years. Because of the large estate gift, and Annual Fund Donations, the operating budget ended with a net income. This usually does not happen as expenses are always more than the income.

If you donated to the annual fund, memorials, tax contribution, and/or a temporarily restricted gift for a project, the Board of Directors, Staff, and I thank you very much. All of the gifts and donations, no matter how large or small, make a difference and directly supports the Northfield Senior Center.

FUN FINANCIAL FACTS



WORD FIND

HAPPY VALENTINES DAY!

	R	H				Q	N			
	L	O	O	P		A	A	R	P	
P	L	E	H	E	N	G	A	G	E	D
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			I	P	Z	N	S			
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WORD LIST

AARP	FITNESS
ACTIVE	FUN
CAFE	HELP
CLASS	NEWS
CONNECTED	POOL
ENGAGED	TRIPS

HAVE YOU HEARD?

There is a new vigorous Aqua Fitness class with Stacey Popp - Tuesday and Thursday evenings 5:30-6:30. Come try it out!

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NSC STAFF DIRECTORY

Director / 664-3701
Lynne Pederson

Assistant Director/Fitness Coordinator / 664-3702
Craig Swenson

Program Coordinator / 664-3707
Chris Ellison

Program Coordinator / 664-3708
Katie Felland

Used A Bit Shoppe Manager / 645-1399
Kristi Casson

Dining Site / 664-3735
Roxann Berndt

Administration Manager / 664-3703
Elaine Grisim

Membership Coordinator / 664-3704
Jackie Johnson

Bookkeeper / 664-3700
Kathy Bjerke

Evening/Weekend Receptionists / 664-3700
Mary Brown,
Beth Endert,
Janice Kasa,
Barb Henwood,
Ruth Johnson-Wirth,
Pat Sunquist,
Sue Schweickert
Leslie Weirich



Northfield Retirement Community
Innovation. Choice. Tradition.

Great minds think alike.

We're proud to share in Northfield Senior Center's vision to meet the needs of our aging population.



Northfield Retirement Community is an Equal Opportunity Provider.

507-664-3466 • 900 Cannon Valley Drive • www.northfieldretirement.org



We Put the "Care" in Homecare

Sometimes you just need a little help at home. Our experienced Registered Nurses and Home Health Aides can provide important medical services and personal care directly to you in the comfort of your own home. Our highly-trained staff will design a program that meets your specific needs. *We're passionate about keeping you in your home.*

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- Nursing Assessment
- Home Safety and Fall Prevention
- Assistance with Personal Care and Meal Preparation
- Rehab in the home - Physical and Occupational Therapy
- Patient Education

507-646-1457

Northfield Home Care



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



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507-645-9543

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- Independent Living
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- Transitional Rehab Care
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- Adult Day Center

Locations in Northfield and Lonsdale MN



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www.threelinks.org



Faribault Senior Living

Home Care Senior Services, Inc.

(507) 331-6510



Northfield Senior Center

1651 Jefferson Parkway
Northfield, MN 55057

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

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Northfield, MN
55057



Michael G. Richie M.D.
Murray H. Hanson O.D.
Bruce V. Gustafson O.D.
Misty J. Purfeerst O.D.

"Care You Trust From People You Know"

Appts: 507-332-9900 Optical: 507-332-9800

Crossroads Professional Building
1575 20th Street NW #101, Faribault, MN 55021



DIRECT YOUR DOLLARS

Remember to save your receipts when you shop for groceries at EconoFoods. Turn in your original receipts at the reception desk to be placed in the Direct your Dollars box.

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: 5:30 - 7:45pm

USED A BIT SHOPPE 507-645-1399

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



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