



By Lynne Pederson, Director



## “A Fine Nest This Is; A Messy Nest”



I have the February blahs...and it is still January. I “nest” after the holidays. Christmas decorations come down and the house looks colorless, boring, and for me has a depressing winter feel. Change is needed...a new throw pillow on the couch. Adding another bird feeder to attract the community minded red cardinal, as they get along with all of the birds, or the very domineering blue jay that seems to convey the attitude to birds other than woodpeckers “I am here now, so go away”. Moving the furniture around is mandatory just to see if it works and moving it back when it doesn’t. Recently I re-did an upstairs bedroom, moved the bed to different wall, brought in an old cedar chest for a suitcase landing spot, a chair in the corner, and a new area rug. Voila... it is a new room. Nice calming blues, grays and whites. The south facing wall is all window. The views and height give a feeling like being in a treehouse. Charlie has claimed this spot in front of the



window as his afternoon sitting place, in the sun, to watch the old TV shows from the 50s and 60s, be able to look out the window, and nap. He too has nested. His nesting is not quite up to the decorating standard as mine. He needed a chair, because he says that the chair in the room isn’t comfortable, so he went to the outdoor shed, where all leftovers go that can’t be rid of but not house worthy, brought in a folding green striped lawn chair that I know was his mother’s many years ago, an orange striped upholstered square ottoman from the back porch summer array, removed the jade plants from the window ledge so that he would have a place to set the required snacks and beverage, and has settled in for the winter’s duration. WE went shopping. New furniture shopping is challenging and unreliable, so the search was far and wide to find a chair suitable and available. We found a close-out floor model of a small recliner that swivels, (perfect for either looking out the window or back at the TV to see what gunslinger got shot),

*(continued on p. 8)*

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Follow FiftyNorth and Used-A-Bit Shoppe on Facebook



## In The Gallery

### Robert Nyvall - Oil Painter

#### ABOUT THE ARTIST:

Retired University of Minnesota Professor of Plant Pathology, oil painter of grand old buildings that are disappearing from rural America.

*Barns, landscapes and nature*



#### VIEW THE ONLINE GALLERY:

[www.fiftynorth.org/activities/art-gallery](http://www.fiftynorth.org/activities/art-gallery)

### Robert Nyvall - Oil Painter

Exhibiting January 6 through February 11



#### ARTIST RECEPTION:

**TUESDAY, FEBRUARY 8 at 4:00PM**

JOIN US for the opportunity to hear Robert talk about his work while enjoying music and refreshments. All are welcome!



## Author Talk

### Paul Kluge “WEEDS of WAR: Those Who Bled at Dien Bien Phu”

**Saturday, February 12  
10:30-11:30am**

Paul Kluge speaks on his historical novel WEEDS of WAR: Those Who Bled at Dien Bien Phu. A veteran of the Vietnam War with a jaundiced eye toward the American view of our troops in that time, Kluge brings a truth and genuineness not seen in the typical shoot-'em-up variety of war stories.

The telling of Weeds of War is from the French-Indochina War, the very thing that dragged America into the costly 8-year Vietnam War odyssey, apparently for naught. Kluge's characters wind their story through the French debacle's final battles, and on toward America's generation gap of Hawks versus Doves. We seniors remember.

**Presenter:** Paul Kluge

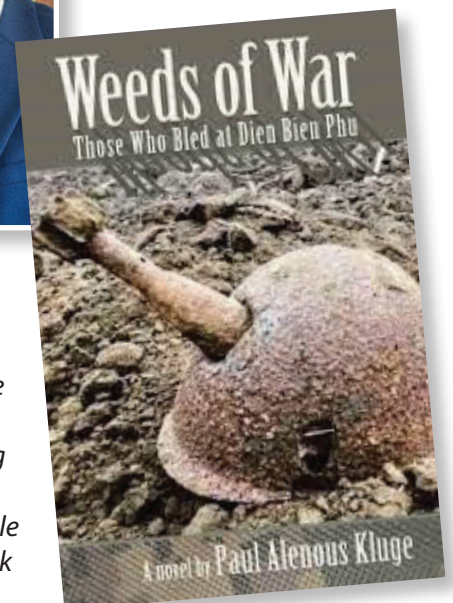
**Capacity:** 25

**Cost:** FREE

**Room:** 103



Books will be available to purchase for \$12.00 at FiftyNorth following the talk, cash or check accepted. Also available on Amazon; paperback and Kindle editions







# Wellness



## CARDIOVASCULAR DISEASE 101

**Wednesday,  
February 9  
9:00-11:30am**

Cardiovascular disease is the leading cause of death in both men and women in the United States over the age of 50. Learn What types of Cardiovascular disease there are, what are the causes of the disease, what are ways to prevent the disease and what are the treatments available.

**Instructor:** Marcy Kramer


**Capacity:** 15

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

**Space:** 103

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

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

**INTENSITY KEY:** 

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



# Wellness

## FALL PREVENTION

**Wednesday, March 9**

**9:00-11:30am**

Falls and fall-related injuries are among the most common but serious medical problems experienced by older adults. Nearly one-third of older people fall each year, half of which fall more than once per year. Over 3 million Americans over the age of 65 visited hospital emergency departments in 2019 due to fall-related injuries, with over 1.6 million being admitted. Learn how to prevent falls, how to make your living space less of a fall risk, and how to maintain strong bones and muscles that will help lower your chances of fall risks.

**Instructor:** Marcy Kramer

**Capacity:** 15

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

**Space:** 103



MARCY KRAMER

I'm a physical therapist. I am originally from Northfield. I graduated from Creighton University in Omaha, NE, with a Bachelors degree in French and Francophone studies and a doctorate degree in Physical Therapy. I have a LSVT BIG certification for Neurological Rehab of Parkinson's Disease and I'm certified in Kinesiology taping. I specialize in Parkinson's and other related neurological disorders and working with patients with Dementia. I also love working with patients in the pool because it provides a different way to treat so many things including pain management, rehabilitating an injury, general strengthening and rehab after a surgery or hospitalization

### 2022 AQUA FITNESS SCHEDULE

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



## 2022 VIRTUAL LAND BASED FITNESS CLASSES (updated January 1)

### AVAILABLE THRU ZOOM

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

**INTENSITY KEY:** 

**PINK** – High Intensity

**BLUE** – Mid-range

**PURPLE** - Gentle

## FAMILY FARE GROCERY RECEIPTS WANTED



FiftyNorth has the opportunity to earn \$1,000 from SpartanNash through the Direct Your Dollars program. We can turn eligible receipts into cash for our organization!

It's easy to help us "Direct Your Dollars." Every time you shop at any Family Fare store, save your receipts. For every \$150,000 in receipts we collect, we will earn \$1,000 donation from SpartanNash. With your support – and your receipts – we'll be raising money to fund FiftyNorth programs.

So far, we have counted up \$450,000 in receipts and will be turning them in to Family Fare this spring to receive the donations from SpartanNash.

If you aren't able to drop your receipts off in person, you can also mail them to: FiftyNorth, 1651 Jefferson Pkwy, Northfield MN 55057

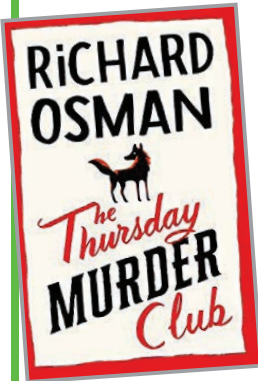
We do need original receipts to earn the \$1,000 donation, so please no photocopies.

Thanks to the Direct Your Dollars program, we can raise money for FiftyNorth programs as we shop for our groceries each week. Start saving those receipts! We'll continue collecting them throughout the year.



# FiftyNorth Book Club

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



## FEBRUARY - THE THURSDAY MURDER CLUB

by Richard Osman

An eclectic group of retired residents at Coopers Chase village meet every Thursday to try their hand at solving old murders. ... But then exceptional luck comes their

way when an actual, real-live murder falls into their laps. Tony Curran, developer of the retirement village, is killed.



## MARCH - THIS TIME NEXT YEAR WE'LL BE LAUGHING

by Jacqueline Winspear

A personal memoir this author's family's resilience in the face of war and privation.

Jacqueline Winspear's memoir tackles family issues like her paternal grandfather's shellshock, her mother's evacuation from London during the Blitz, her soft-spoken animal-loving father's torturous assignment to an explosives team during WWII, her parents' years living with Romani Gypsies; and Jacqueline's own childhood working on farms in rural Kent, capturing her ties to the land and her dream of being a writer at its very inception.



# Member News



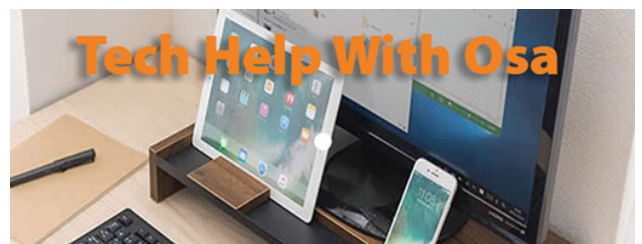
## FUND DRIVE UPDATE

**Members...THANK YOU!** Collectively you contributed \$114, 844 to the Annual Fund Drive. The goal was \$80,000. You went over and beyond to support the operations at FiftyNorth. Together, you made this happen because of your KINDNESS, GENEROSITY, and feeling of OWNERSHIP to FiftyNorth. You stepped up. You did this. Pat yourself on your back. Be proud of your accomplishment! I know I am. ~ Lynne.

## BOARD OF DIRECTORS SEEKING CANDIDATES



FiftyNorth Board of Directors Nominating Committee are seeking candidates for openings on the board to be elected at the April Annual Meeting. If you are interested, or have someone that you would like to suggest as a candidate, please contact CC Linstroth at 952-818-4711, cclinstroth@gmail.com.



## CANCELED UNTIL FURTHER NOTICE:

Computer Tech Assistance is CANCELED until further notice. Carleton has pulled all off-site work study students until the COVID numbers fall in Rice County and Northfield. Hopefully it will be back soon.



## Director's Message - cont.

gray, upholstered, with a separate matching footstool, that we purchased and took home on the spot to replace Charlie's "nest", or we could say mess. The chair is light, and Charlie and I could carry it into the house. A feat that we have not always been successful at. As we age we have found that we have needed to call in the children to rescue the piece of furniture that is sitting in the back of the truck as we can't lift it to get into the house. I have been wanting my own chair in the living room, my spot is becoming overused, wearing down, and not the most comfortable. We bring the chair in, put it down in the living where I usually sit... just to see how it looks... and if it fits... and... it is still there. It's perfect. It blends in with the other living room furniture, it swivels so that I can turn to watch the birds out the picture window, read, watch TV and it fits me. Wait. This sounds familiar, like another nest being built just in a different viewing spot in the house and a different nester. But it blends right in to the décor! It's staying. We need another shopping trip.

### EXPANDING FITNESS SPACE DURING FEBRUARY

There is some "nesting" going on at FiftyNorth, also. The Expansion project, to build a new Fitness space and remodel other center spaces is active and going forward. Its progressing slower than we hoped, but the Board and committee are confident that it will happen, perhaps in two+ years. During the interim, we still have the same space issue in that we cannot expand programming as we would like. To alleviate some of the problems, we are going to repurpose existing spaces. The Wellness Center does not have space to adequately provide room to use weights or floor space for stretching, etc. To accommodate this need, weights from this area and Functional Trainer equipment will be moved to the current Art

Studio space. The room will be reconfigured as an area for Functional Fitness and for personal training workouts. The room will look like a Fitness room, carpet will be added, and all of the art supplies and cabinets will be removed. The Art Studio activities will be moved to room 105. This will still be a multi-use space, but set-up to house the Art Studio, meetings and CaféNorth if it returns to operation. Due to Covid, it is unknown when and if the Café will return to room 105. Staff are planning to make these moves by March 1. Working towards making FiftyNorth the best it can be...it's never boring.



Until next time...onward and upward. ■

## We're hiring!



### DUNDAS SELF STORAGE

*Interested in part time employment? This is a great opportunity for older adults!*

- Part Time
- Saturdays, 9-1 & Some Weekdays
- Meet & Greet Potential Customers
- Office Administration
- On the Job Training
- Some Computer Skills Helpful
- Nice, Friendly Environment
- Hourly Rate
- Locally Owned and Operated

**"We Care About Your Stuff As Much As You!"**

**If interested, please contact Self Storage at  
(507) 645-8888 or stop in at  
Self Storage, 709 Schilling Drive, Dundas, MN.**





# Age-friendly Northfield

Age Friendly Northfield - FiftyNorth  
1651 Jefferson Pkwy  
Northfield, MN 55057



*creating an*  
**Age Friendly  
Northfield**

**A**ge Friendly Communities have been called good places to grow up and grow older. They deliberately consider the well-being of residents at every stage of life, especially older age, and recognize that cities have a big role to play in helping us all fulfill the tremendous potential of aging.

Northfield has many strengths as a community for older residents, but more deliberate action is needed to ensure that the growing number of older adults have access to services and supports needed to live active and independent lives.

**The Health and Wellness Team of Age Friendly Northfield is seeking input from adults age 50+ on the availability of in-home supports and services through an on-line survey.** We value the experiences of older adults in the community who need and use these services as well as adults seeking community supports to help their parents and other older adults to age in place.

The survey is organized by service categories with a definition for each service. It will take approximately 15 minutes to complete. Survey responses are anonymous, and results are reported as aggregate information.

The on-line survey can be accessed at the following link:

<https://bit.ly/agefriendlynorthfield>

*Questions?*

Email: [agefriendlynorthfield@gmail.com](mailto:agefriendlynorthfield@gmail.com)

**Note:** PRINTED COPIES WILL BE AVAILABLE TO COMPLETE AT FIFTYNORTH & THE NORTHFIELD PUBLIC LIBRARY

## Start Building Your Dream Home In 2022!



**Tower Heights** DUNDAS, MN



**Hills of Spring Creek** NORTHFIELD, MN

**BUILDING ALL OVER NORTHFIELD AREA AND BEYOND • MOVE IN FALL 2022**



Johnson-Reiland is a family-owned custom build and design firm that is the winner of four Reggie awards – come design your custom home with us today!

[jrbr.builders](http://jrbr.builders) | 507.366.1288

Builders ID BC636389





# Lifelong Learning



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



**Please pre-register for all classes:**

**By Phone:** 507-664-3700

**Online:** [www.FiftyNorth.org/classes](http://www.FiftyNorth.org/classes)

**In Person:** *FiftyNorth* front desk

**Presenter:** Senior Learning Network

**Capacity:** 10

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

**Space:** 103



## SLN - ULYSSES S. GRANT NATIONAL HISTORIC SITE

**Tuesday, February 1**

**1:00-2:00pm**

Will the real Ulysses S. Grant please stand up? As the nation celebrates Ulysses S. Grant's 200th birthday in 2022, popular interest in the Civil War general and two-term president is at an all-time high. However, popular stereotypes about Grant's personal characteristics and life experiences remain within popular memory. Was Grant an uncaring general who had no regard for his troops? Was he an alcoholic who engaged in destructive behavior? In this presentation, Park Ranger Nick Sacco (Ulysses S. Grant National Historic Site) looks to address various claims about Grant and uncover the characteristics of a deeply complex person who faced serious challenges during his lifetime.



## SLN - NATIONAL PORTRAIT GALLERY- ITS PRESIDENTS MONTH!

### PRESIDENTIAL PORTRAITS

**Tuesday, February 8**

**1:00-2:00pm**

In honor of Presidents' Month, we will once again visit the National Portrait Gallery! The nation's only complete collection of presidential portraits outside the White House, this exhibition lies at the heart of the Portrait Gallery's mission to tell the American story through the individuals who have shaped it.

Having designed a fresh exhibition layout for "America's Presidents," the Portrait Gallery has grouped the portraits into six historical chapters. Each of the first five sections is organized around a historical era and leads off with a presidential figure: Washington, Andrew Jackson, Abraham Lincoln, Theodore Roosevelt and Franklin Delano Roosevelt, while a sixth section examines the more recent history of the presidency. Updated content provides visitors with improved ways to understand historical events—both national and international—that coincided with the respective President's time in office.



## Lifelong Learning - Continued



### SLN - ANDREW JOHNSON NATIONAL HISTORIC SITE Tuesday, February 15 1:00-2:00pm

Nestled in a valley of eastern Tennessee sits a quaint town, Greeneville. This town was named after Nathanael Greene a Revolutionary War hero. The county took the same "Greene" name.

Years later another famous soldier was born into these same hills, Davy Crockett was his name. Andrew Johnson our 17th president, born in North Carolina, moved to Greeneville when he was only a teenager and made this his home. Join us as we learn about this little-known politician, who assumed the presidency upon the assassination of Abraham Lincoln.



### SLN - AGATE FOSSIL BEDS NATIONAL MONUMENT (NEBRASKA)

Tuesday, February 22  
1:00-2:00pm

No Dinosaurs Here, Only Mammals! Join an Education Ranger as they introduce students to several species of mammals that once roamed the Nebraska plains during the Miocene epoch some 26-15 Million Years ago. Learn about how climate change, geology and other environmental factors contributed to the evolution and extinction of these species. And some other fun facts as well!



## Learning through Art

PHOTOS FROM JANUARY ART CLASSES

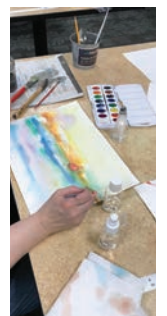
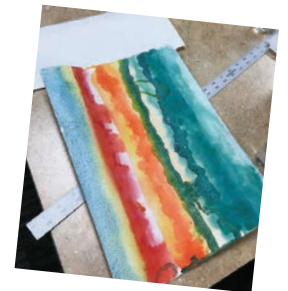


**Paint-a-Pet 2.0**, taught through zoom by Julie Fakler at the Paradise Center for the Arts.

Pictured left: FiftyNorth member, Susan Galegher



**Watercolor Unleashed**, taught by Kate Douglas. Students unleashed their talents and experimented with 'Wet on Wet' technique.





## Art Classes

**Please pre-register for all classes:**

**By Phone:** 507-664-3700

**Online:** [www.FiftyNorth.org/classes](http://www.FiftyNorth.org/classes)

**In Person:** *FiftyNorth* front desk



Gerie Thelen Fused Glass



### FUSED GLASS: SKEWERS & STIRS

**Thursday, February 24**

**10:30am – 12:00pm**

Time to start planning for those fun outside gatherings. In this class you will make 4 fused glass stir sticks great for those fun summer cocktails or your coffee every morning. You will also make 4 appetizer skewers. Great for meat balls and a perfect accessory to go with your Charcuterie board. Life is short have fun in the simple pleasures.

**Presenter:** Geri Thelen

**Capacity:** 12

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

**Space:** Zoom

**Registration Deadline:** Monday, February 21

### NOTES:

- This is a zoom class you can do from home. Or, join others and take the class from the FiftyNorth Art room. We can zoom as a group, too.
- You will be contacted a few days prior when Kits can be picked. Return completed glass project following class. When they are done being fired in the kiln, they are ready to pick up.

### SEMCAC LUNCH UPDATE: Friday meals not longer available



#### STARTING FEBRUARY 4

Curbside lunch pickup will be available Monday through Thursday - **no longer available on Fridays.**

You can order 2 meals on Thursday to compensate a Friday meal.

Place order one day in advance by calling the receptionist at **(507) 664-3700.**

Monthly menu can be picked up at FiftyNorth or view online at: [fiftynorth.org/sunshine-cafe](http://fiftynorth.org/sunshine-cafe)

## THE NEIGHBOR LADY

Let me do that for you.

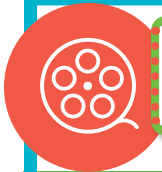


### Non-medical Senior Home Care

Light Housekeeping  
Errands • Companionship  
Technology Support

**Stacey Greer**

[TheNeighborLady.com](http://TheNeighborLady.com) • 612-839-2286  
Serving Northfield and surrounding communities



# Movie Fridays!

**MOVIES  
START  
AT  
1:00PM**



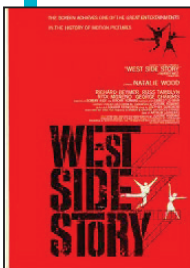
Enjoy movies together on the big screen at FiftyNorth. 1\$ donation is recommended.

**FEBRUARY 4 THE GOOD LIAR**

2019 109 mins.  
Career con man Roy (Ian McKellen) sets his sights on his latest mark, recently widowed Betty (Helen Mirren), who is worth millions. And he means to take it all. But as the two grow closer, what should have been another simple swindle becomes a high-stakes game of cat and mouse in this suspenseful drama about the secrets people keep and the lies they live.

**FEBRUARY 11 WEST SIDE STORY**

1961 153 mins.  
This brilliant film sets the ageless film of Romeo and Juliet against a backdrop of gang warfare in the 1950's New York. A love affair is fated for tragedy amidst the vicious rivalry of two street gangs—the Jets and the Sharks.



**FEBRUARY 18 THE HELP**

2011 146 mins.  
Stars Viola Davis and Octavia Spencer. The Help is an inspirational, courageous and empowering story about very different, extraordinary women in the 1960's South who build an unlikely friendship around a secret writing project—one that breaks society's rules and puts them all at risk.



**FEBRUARY 25 THE LONE RANGER**

2013 149 mins.  
Stars Johnny Depp as Tonto and Arnie Hammer as The Lone Ranger, A Disney Film. It's a wild ride of high-velocity action, explosions and gunfights that brings the famed masked legend to life through brand-new eyes. It's a runaway train of epic surprises, as these two unlikely heroes must learn to work together.



# Travel News!

*Wiederholt's Supper Club!*



**TRIP – WIEDERHOLT'S SUPPER CLUB**

**Tuesday, February 15**

**4:00-7:30pm**

The month of romance dinner. Enjoy your friends or loved ones the night after one of the most romantic days of the year. Wiederholt's Supper Club is known for their superb food and drinks. Enjoy their mouth-watering Prime Rib, savory Shrimp, delicious Chicken Kiev or one of many other great choices. End your night with a Wiederholt's famous Grasshopper while you enjoy great chatter, laughter and smiles.

**Trip Leader:** Jim Estrem

**Capacity:** 15

**Cost:** \$23 (doesn't include food or drinks)

**Registration Deadline:** February 11

**FUTURE TRIPS:**



**April 8** - Colleen Raye at the Sheldon, and a meal at Liberty's in Redwing.



**June 8** - St. Paul Saints



**July 13** - Minnesota Twins



## December Donors

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### Our sincere gratitude to all who have donated.

We couldn't even come close to doing what we do without your support — *thank you!*



## December New Members

We look forward to seeing you at *FiftyNorth*. — It's sure to be an even better place because you're here!

Donald & Roberta Bonrud, Jeff Damm, Sam Demas, Michael & Catherine Griffin, David Griffith, Gregory Grose, Patrick & Maureen Hudak, Diane Ibrahim, Patricia Jenkinson, Chris Kauffeld, Joyce Lundquist, Sheryl Norgaard, Bruce Schwake, Kari Seeley, Shirley Shaft, Amy Spence, Marilyn Vesely

# Women's Health, **With You For Life**

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1651 Jefferson Pkwy, Northfield, MN 55057

## Staff Directory

### Director:

Lynne Pederson  
507-664-3701 | [lynne.pederson@fiftynorth.org](mailto:lynne.pederson@fiftynorth.org)

### Assistant Director/Fitness Coordinator:

Craig Swenson  
507-664-3702 | [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org)

### Administration Manager:

Elaine Meyers  
507-664-3703 | [elaine.meyers@fiftynorth.org](mailto:elaine.meyers@fiftynorth.org)

### Program Coordinator/ Community Outreach:

Patty Ciernia  
507-664-3709 | [patty.ciernia@fiftynorth.org](mailto:patty.ciernia@fiftynorth.org)

### Used-A-Bit Shoppe Manager:

Dolores Kornkven  
507-645-1399 | [dolores.kornkven@fiftynorth.org](mailto:dolores.kornkven@fiftynorth.org)

### Bookkeeper:

Kathy Bjerke  
507-664-3700 | [kathy.bjerke@fiftynorth.org](mailto:kathy.bjerke@fiftynorth.org)



### Front Desk (Reception Staff):

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



### Lobby Hours:

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



### Fitness Center Hours:

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



### Pool Hours:

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



### CaféNorth Hours:

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



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

624 Water Street, River Mall, 507-645-1399  
Tuesday–Saturday: 10am–5pm  
Sunday & Monday: Closed