



By Kerry Hjelmgren, *Director*



### IT'S NATIONAL VOLUNTEER MONTH Thank You to All Our Volunteers!

We want to express our sincere gratitude for the incredible impact our 208 volunteers have on FiftyNorth. Every day, our volunteers contribute their time, energy, and ideas to ensure that FiftyNorth continues to thrive.

Whether you're leading a group, baking treats for a special event, sorting through donations, serving on a committee, reading with a 5th grader, popping popcorn, or lending a helping hand to staff behind the scenes, your support enables us to offer the extraordinary range of programs, activities, and services that enrich the lives of our members.

As we celebrate National Volunteer Month, we invite everyone to take a moment to thank the volunteers who make a difference in their lives. FiftyNorth is a better place because of you! Your kindness, generosity, and dedication are truly appreciated.

To highlight all that you do, and share open volunteer opportunities each month, the Membership Committee created the 'Bee a Volunteer' nook in the FiftyNorth lobby. Follow the bees and check it out! We are honored and thankful to have each of you as part of our FiftyNorth volunteer family.

— Kerry & FiftyNorth Staff

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FiftyNorth Garden Group information meeting:  
Saturday May, 17  
10:00-11:00am



## FIFTYNORTH ANNUAL MEETING:



**Thursday, April 24 | Time: 1:00pm**

Room 103/105

All FiftyNorth members are invited to attend the Annual Meeting.

A short program will be followed by a business meeting, which will include a financial summary of the past year, successes in 2024, and upcoming projects for 2025. Outgoing board of directors will be recognized, and members will vote on nominees to join the board for three-year terms.

### GET TO KNOW THE BOARD:

The FiftyNorth Board of Directors invites all members to attend.

### a few highlights!

- Senior Prom 4/4 7pm
- Band at the Grand 4/5 6:30pm
- St Olaf Concert 4/8 2:30pm
- What's an E-bike 4/17 11am
- Popcorn Wagon Mtg. 4/16 10am
- Two Piano Jazz 4/25 7pm

... read more!



# IN THE FIFTYNORTH GALLERY

## EXHIBIT OPEN MARCH 6 - MAY 2



### ROSE KORMANN BIO

From a very early age quilts have interested and fascinated me. I wondered how they made those beautiful blankets. Quilting is therapeutic for me, I can lose myself trying to figure out a pattern, deciding on color combination, placement of the blocks and completing a quilt. It gives me great joy when all goes well and I can gift my quilts to others. I am thrilled to be helping my oldest grandchild make a t-shirt quilt from her St Olaf basketball days.

Hopefully my grandchildren will find the same fulfillment as I teach and share with them quilting techniques.



### ANDREA TURINI BIO

I am a local designer who creates classically elegant beaded statement jewelry that is comfortable and easy to wear. I balance bold colors with unique contrasts to create pieces that seamlessly transition between seasons and styles. My designs use the highest quality Japanese seed beads and Swarovski crystals. [www.AndreaTuriniJewelry.com](http://www.AndreaTuriniJewelry.com)

## COLLECTION CONNECTION KEN PALMA'S CLOCK COLLECTION

ON EXHIBIT IN THE FIFTYNORTH LOBBY THROUGH APRIL

Ken Palma has been collecting clocks since his retirement from Foldcraft in January of 2021. In a four-year time span he has acquired 304 working clocks and intends to continue adding to his collection. This hobby takes him across the state of Minnesota to antique stores, thrift stores and vendor shows to find that special one-of-a-kind clock.

Ken spends an entire day changing the time during day light savings. It also takes time to keep up with dusting all the clocks and hutches that display his treasures.

All of the clocks are battery operated. Ken keeps 4 different size batteries on hand. His favorite clocks are animal figurines and the ones made out of porcelain. He has a variety of clocks made from crystal, wood, ceramic and porcelain. He enjoys refinishing and polishing the wooden clocks. Occasionally, he tinkers with the hands or mechanics to get them keeping time.

Ken finds harmony to the tick tock of his clocks and falls asleep each night to the soothing sound.



## FIFTYNORTH BAND PERFORMS AT THE GRAND EVENT CENTER - Saturday, April 5, 6:30pm



FiftyNorth Band performs from 6:30-8:00pm. Doors open at 5pm, restaurant is open for dinner; serving food until 6:30pm. Food and drink are available for purchase and donations accepted at the door in support of FiftyNorth and the FiftyNorth Band.



### HIGHLIGHTS:

- Yankee Doodle
- Growling Bears
- Music from How the West Was Won
- a medley of songs from the 1970s
- And more!

### SPECIAL GUEST ARTISTS:

- The "Just for Fun" Barbershop Quartet
- A percussion ensemble
- The Cat Duet

**EVENTS**

*Bring a friend!*



**PRE-REGISTRATION REQUIRED**



**A STARRY NIGHT SENIOR PROM**  
**Friday, April 4**  
**7:00-9:00pm**

You are cordially invited to 'A Starry Night' Senior Prom! Join us for a magical evening under the stars as we dance the night away to the **live music of "Just Friends."** Come dressed in your celestial best or casual attire (think sparkly, dark, or anything that shines!) for an evening of stargazing, delicious treats, and cosmic fun.

**Cost:** \$10  
**Space:** Rooms 103 & 105



**PRE-REGISTRATION REQUIRED**

**TWO-PIANO JAZZ**  
**WITH DAVID MILLER & PETER WEBB**  
**Friday, April 25**  
**7:00-8:00pm**

Come to FiftyNorth for a fun hour of two-piano jazz with David Miller and Peter Webb! Musical selections will range from Bach to bossa nova, ballads, and classic swing. You might even get to hear some boogie-woogie!

\*Dessert and coffee will be served.  
**Cost:** \$10      **Space:** Room 103

**Coffee with Kerry**

**Monday, April 7 at 10:00am**

Join Kerry Hjelmgren, Executive Director of FiftyNorth, for our monthly coffee get-together!



**ST. OLAF STUDENTS CONCERT & RECEPTION**  
**Tuesday, April 8**  
**2:30-3:30pm**

*Join us in an afternoon of spirited music shared by St. Olaf student musicians!* Expect energetic Haydyn performed by a string quartet, the return of the Barbershop Quartet, and lively brass to welcome the Spring Season!

**Space:** Room 103  
 Free Will donations appreciated.



**MOVIE - THE LONG GAME**  
**Tuesday, April 29**  
**1:00-3:00pm**  
**Location:** Room 103

In 1955, five young Mexican-American caddies, out of the love for the game, were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert. Despite having outdated and inferior equipment, and no professional instruction to begin with, they would go on to compete against wealthy all-white teams and win the 1957 Texas State High School Golf Championship. The movie is based on a true story.

**Cost:** \$1 group fee applies

**USED-A-BIT**

**HOUSEHOLD & FURNITURE SHOPPES**

Make a difference in your community! Used-A-Bit is seeking enthusiastic volunteers to help us continue our mission. We offer a fun and supportive volunteer environment where you can develop new skills and meet new people. Whether you have a few hours to spare or are looking for a long-term volunteer opportunity, we have a place for you.

We offer a variety of volunteer opportunities, including:

- Sorting and organizing donations
- Assisting customers on the sales floor
- Operating the cash register
- Merchandising and displaying items
- We are looking for individuals who are:

Reliable and punctual, friendly and customer-oriented and able to work independently or as part of a team,

**Contact Fermin at 507-645-1399 if you are interested in volunteering.**

## FITNESS GROUP INFORMATION SESSIONS

### 2025 PEDALERS GROUP INFORMATIONAL MEETING

Tuesday, April 1

1:00-2:30pm

Location: Room 103

The Pedalers group is the FiftyNorth bike group that meets twice weekly for in-town and out-of-town rides. If you are interested in becoming a part of this group, please join us for an informational meeting. This meeting will discuss the 2025 Pedalers schedule, safety protocols during the trips, the bike passes, important documents that must be completed for emergency contacts and waivers, and answer any questions that participants may have.

### WALKING GROUP INFORMATION SESSION

Monday, April 28

9:00-9:30am

Location: Room 103

Please bring any questions to the information meeting. If you are a walker from past years, you are welcome to attend, but the set up will be the same as past years, led by Marie Frederickson.

Our first walk of the 2025 season will be on May 5. (Weather permitting) The walking group meets from 9 -10am on Mondays at the Carleton Arboretum. We hope to walk through the end of September. Hope to walk with you! — Marie

## FITNESS GROUPS



### NORDIC WALKING GROUP

Thursdays, beginning April 3

4:45-5:30pm

Join the Nordic walking group. Enjoy conversation, laughter and tips to improve your Nordic walking. We have a limited supply of walking poles. Please bring your own if you have them.

**Prerequisite:** Nordic Walking 101 or similar class Fitness Group fees apply

**Group Lead:** Kate Stuart

**Space:** Courtyard with option of Fitness Studio



### WALKING GROUP

Mondays, May 5 through late September

9:00-10:00am

Location: Carleton Arboretum

Experience the outdoors while increasing your strength. Enjoy a walk in the woods and the company of others. The path is quite flat and provides beauty without too much challenge. We will meet at the entrance to Carleton's lower Arb, in the parking lot off Highway 19 just beyond the football stadium. If the trails are muddy or just for a change of pace, we can also use the upper Arb. We will meet in the same place.

#### Things to bring/wear:

- Sturdy walking shoes/boots, the trails are not paved. They are mostly flat, but are dirt so can be somewhat uneven.
- Sunscreen, bug/tick spray, water
- Optional: hat, walking poles

Dress in layers, or have them available in your car. Minnesota spring weather continues to be unpredictable!

**Weather cancellations:** If it is raining heavily a half hour before start time, I will cancel the walk. If it is "looking like rain" or lightly sprinkling I will be there in rain gear. Call the FiftyNorth desk to confirm 664-3700.

**Group Leader:** Marie Frederickson

**Capacity:** 25

**Cost:** Free

If you are interested in learning more about the Cowling Arboretum visit their website!

<https://www.carleton.edu/arboretum>

## FITNESS GROUPS CONTINUED



### NORTHFIELD PEDALERS BIKE / WALKING GROUP

**Mondays /Wednesdays**  
**9:00-12:00pm approximately**  
**Location:** Off Site

(Mondays in town ride/ Wednesdays out of town ride)  
 The Pedalers Group is a fun energetic group that does in town rides and out of town rides. Join in the weekly fun with the pedalers group on either Mondays or Wednesdays. Each ride will have a leader to follow, please make sure to wear a helmet, bring a water bottle, dress accordingly for the weather, communicate with the group while on the ride, and bring identification cards. For more information please contact Colleen Vitek at cvitek@gmail.com

**Leaders:** Colleen and Ed Vitek / Jim and Angie Mayr  
**Yearly fee:** \$20 Paid to FiftyNorth  
**Yearly Trail Pass fee:** \$24  
 (cash or check payable to Cannon Valley Trail)  
**Space:** Meet at FiftyNorth

(Meeting time changes as it gets colder). During the winter with the snow still on ground the Pedalers Group Meets at Carleton's Weitz Center (320 3rd Street East, where College Street and 3rd Street intersect) every Monday morning 9:00 am for coffee and a walk at 10:00 am. We are looking to gently start the Pedalers Group biking season in April.



## FITNESS

### ONGOING FITNESS CLASSES



#### TAP DANCE FUSION

**Thursdays**  
**3:45-4:45pm**

Come and learn the basics of tap dance in a new class that fuses the basics of traditional tap dance with chair tap! The class will be divided into three segments: the first 20 minutes will

focus on warming up and basic footwork while seated. The following 20 minutes will explore footwork combinations while standing with the chair available as support (or still seated if preferred). Finally, the last 20 minutes will be spent without (or with) the chair, putting the footwork combinations into routines to set fun music and tap dance hits. All levels are welcome; no experience necessary! Tap shoes, character shoes, or ballroom oxfords are helpful, but not required.

**Instructor:** Kate Stuart  
**Capacity:** 20  
**Cost:** \$10 nonmbr, \$8 mbr, \$0 fitness plus  
**Space:** Fitness Studio

#### Please pre-register for all session classes:

**Phone:** 507-664-3700  
**Online:** FiftyNorth.org/classes  
**In Person:** FiftyNorth front desk

### SESSION-BASED FITNESS CLASSES

**INTRO TO SOMATIC MOVEMENT**  
**(pre-registration required)**  
**Fridays, April 11, 18, 25**  
**1:00-2:00pm**



Introduction to Somatic Movement is a 3-week class series where you'll learn basic somatic exercises you can do at home. The exercises are designed to release chronic discomfort and tension holding patterns throughout the body, including shoulders, hips, back, and neck. By focusing on your internal sensation of movement, the exercises remind the nervous system how to relax muscles to proper resting length, how to utilize full range of motion, and how to move well in daily activities. This awareness allows for more freedom in movement, which increases quality of life. The exercises are simple, gentle, and uplifting. Participants must be able to get down and up from the floor, okay if need to use a chair for this. Each session builds on the previous exercises, so please plan to attend all four sessions.

\*Completion of this class series is required in order to participate in the Ongoing Somatics class.  
 (3 sessions)

**Instructor:** Cheryl Ramette, Certified Somatics Educator (CCSE)  
**Capacity:** 15  
**Cost:** \$30 Nonmember, 24 Member, \$0 Fitness Plus

**VIRTUAL LAND BASED FITNESS CLASSES**



**INTENSITY KEY:**  
**PINK** – High Intensity  
**BLUE** – Mid-range  
**PURPLE** - Gentle

| 2025 VIRTUAL LAND BASED FITNESS CLASSES (updated January) |                                    |   |                                    |                                    |                                   |                               |                        |
|---|------------------------------------|---|------------------------------------|------------------------------------|-----------------------------------|-------------------------------|------------------------|
| AVAILABLE THRU ZOOM                                       |                                    |   |                                    |                                    |                                   |                               |                        |
|   | Monday                             | Tuesday                                 | Wednesday                          | Thursday                           | Friday                            | Saturday                      |                        |
| 6:00 AM   |                                    | CARDIO & STRENGTH INTERVALS (6:10-6:50) |                                    | EXPRESS STRENGTH (6:10-6:40)       |                                   |                               |                        |
| 6:30 AM   |                                    |   |                                    |                                    |                                   |                               |                        |
| 7:00 AM   |                                    |   | STRENGTH AND CARDIO (7-7:45)       |                                    | MOBILITY AND STRETCH (7-7:45)     |                               |                        |
| 7:30 AM   |                                    |   |                                    |                                    |                                   |                               |                        |
| 8:00 AM   | BOOTCAMP (8-9)                     | STRENGTH TRAINING (8-9)                 | STRENGTH AND STRETCH (8-9)         | CARDIO KICKBOXING (8-9)            | STRENGTH TRAINING (8-9)           | STRENGTH AND STRETCH (8-9)    | STRONG NATION (8-9)    |
| 8:30 AM   | CORE AND MORE (8:30-9)             |   |                                    | CORE AND MORE (8:30-9)             |                                   |                               | CORE AND MORE (8:30-9) |
| 9:00 AM   | YOGA STRETCH (9:15-10:15)          | BEGINNING YOGA (VINYASA) (9:15-10:15)   |                                    | SLO FLO YOGA (9:15-10:15)          | BEGINNING HATHA YOGA (9:15-10:15) |                               |                        |
| 9:30 AM   |                                    |   |                                    |                                    |                                   | HATHA YOGA (9:15-10:15)       |                        |
| 10:00 AM  |                                    |   |                                    |                                    |                                   |                               |                        |
| 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   |                                    |   | CARDIO STRENGTH MIX (1-1:45)       |                                    |                                   |                               |                        |
| 1:30 PM   |                                    |   |                                    |                                    |                                   |                               |                        |
| 2:00 PM   |                                    |   | SEATED CHAIR LINE DANCING (2:15-3) |                                    |                                   |                               |                        |
| 2:30 PM   |                                    |   |                                    |                                    |                                   |                               |                        |

**AQUA FITNESS**



**COLOR KEY:**  
**GREEN:** Class  
**GOLD:** Group Activity (Open Swim allowed)  
**BLUE:** Open Swim

| 2025 AQUA FITNESS CLASSES |                                   |                             |                                   |                             |                                   |                              |
|---------------------------|-----------------------------------|-----------------------------|-----------------------------------|-----------------------------|-----------------------------------|------------------------------|
|                           | Monday                            | Tuesday                     | Wednesday                         | Thursday                    | Friday                            | Saturday                     |
| 6:00 AM                   | OPEN SWIM 6-7AM                   | OPEN SWIM 6-6:45AM          | OPEN SWIM 6-7AM                   | OPEN SWIM 6-6:45AM          | OPEN SWIM 6-7AM                   |                              |
| 6:30 AM                   |                                   |                             |                                   |                             |                                   |                              |
| 7:00 AM                   | AQUA SUNRISERS 7:15-8AM           | EARLY BIRD AQUA 7:00-7:45AM | AQUA SUNRISERS 7:15-8AM           | EARLY BIRD AQUA 7:00-7:45AM | AQUA SUNRISERS 7:15-8AM           | OPEN SWIM                    |
| 7:30 AM                   |                                   |                             |                                   |                             |                                   |                              |
| 8:00 AM                   | SS AQUA AGELESS 8:15-9:00AM       | AQUA YOGA 8:00-9:00AM       | SS AQUA AGELESS 8:15-9:00AM       | AQUA YOGA 8:00-9:00AM       | SS AQUA AGELESS 8:15-9:00AM       | OPEN SWIM                    |
| 8:30 AM                   |                                   |                             |                                   |                             |                                   |                              |
| 9:00 AM                   | S&F AQUA FIT 'N TONE 9:15-10:00AM | OPEN SWIM                   | S&F AQUA FIT 'N TONE 9:15-10:00AM | OPEN SWIM                   | S&F AQUA FIT 'N TONE 9:15-10:00AM | AQUAFIT 9:00-9:45AM          |
| 9:30 AM                   |                                   |                             |                                   |                             |                                   |                              |
| 10:00 AM                  | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         | OPEN SWIM                    |
| 11:00 AM                  | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         | OPEN SWIM                    |
| 12:00 PM                  | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         | FAMILY SWIM 12-2PM<br>AGE 3+ |
| 12:30 PM                  |                                   |                             |                                   |                             |                                   |                              |
| 1:00 PM                   | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         |                              |
| 1:30 PM                   |                                   |                             |                                   |                             |                                   |                              |
| 2:00 PM                   | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         | OPEN SWIM                    |
| 2:30 PM                   |                                   |                             |                                   |                             |                                   |                              |
| 3:00 PM                   | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         | OPEN SWIM                    |
| 3:30 PM                   |                                   |                             |                                   |                             |                                   |                              |
| 4:00 PM                   | WATER VOLLEYBALL 4-5:45PM         | OPEN SWIM                   | OPEN SWIM                         | OPEN SWIM                   | WATER VOLLEYBALL 4-5:45PM         |                              |
| 4:30 PM                   |                                   |                             |                                   |                             |                                   |                              |
| 5:00 PM                   |                                   | AQUA FUSION 5-5:45PM        | OPEN SWIM                         | AQUA FUSION 5-5:45PM        |                                   |                              |
| 5:30 PM                   |                                   |                             |                                   |                             |                                   |                              |
| 6:00 PM                   | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         |                              |
| 6:30 PM                   |                                   |                             |                                   |                             |                                   |                              |
| 7:00 PM                   | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         | OPEN SWIM                   | OPEN SWIM                         |                              |
| 7:30 PM                   |                                   |                             |                                   |                             |                                   |                              |
| 7:45 PM                   |                                   |                             |                                   |                             |                                   |                              |



## Popcorn Wagon Volunteers are Needed. Can you help?

Pop! Pop! Pop! We're looking for enthusiastic volunteers to help us run our popcorn wagon and bring smiles and delicious snacks to our community.

**This is a fantastic opportunity to:**

- Have fun and meet new people: Enjoy a lively atmosphere and connect with fellow volunteers and community members.
- Support FiftyNorth: All proceeds from the popcorn wagon go towards programming at FiftyNorth.
- Learn a new skill: Become a popcorn maestro. We'll provide all the training you need.

If you are interested in volunteering at the popcorn wagon for the 2025 season please come to an organizational meeting on Wednesday, April 16th at 10:00 in room 105.




**Organizational meeting on Wednesday, April 16th at 10:00 in room 105**

Contact Michelle Brant at 507-664-3707 if you would like more details.

### 2025 IN-PERSON LAND BASED FITNESS CLASSES (updated April)

|          | Monday                                  | Tuesday                                     | Wednesday   | Thursday                                    | Friday   | Saturday                  |
|----------|---|---|---|---|--|---------------------------|
| 6:00 AM  |   | CARDIO & STRENGTH INTERVALS (6:10-6:50)     |   | EXPRESS STRENGTH (6:10-6:40)                |  |                           |
| 6:30 AM  |   |   |   |   |  |                           |
| 7:00 AM  | CARDIO DANCE AND DRUMSTICKS (6:45-7:30) | HATHA YOGA (7-7:45)                         | YOGA STRETCH (7-7:45)                                       | HATHA YOGA (7-7:45)                         | TAI CHI (7-8)  |                           |
| 7:30 AM  |   |   |   |   |  |                           |
| 8:00 AM  |   | STRENGTH AND STRETCH (8-9)                  |   | STRENGTH AND STRETCH (8-9)                  |  | ZUMBA GOLD (8-9)          |
| 8:30 AM  | CORE AND MORE (8:30-9)                  |   | CORE AND MORE (8:30-9)                                      |   | CORE AND MORE (8:30-9)                               |                           |
| 9:00 AM  |   | BEGINNING YOGA (VINIYASA) (9:15-10:15)      | SOUND BATH AND MEDITATION (9:15-10:15)                      | SLO FLO YOGA (9:15-10:15)                   | BEGINNING HATHA YOGA (9:15-10:15)                    | HATHA YOGA (9:15-10:15)   |
| 9:30 AM  | YOGA STRETCH (9:15-10:15)               |   |   |   |  |                           |
| 10:00 AM |   | CIRCUIT TRAINING (9:30-10:30) NO open use   |   | CIRCUIT TRAINING (9:30-10:30) NO open use   |  |                           |
| 10:30 AM | SILVER SNEAKERS (10:30-11:30)           | GENTLE CHAIR YOGA (10:30- 11:30)            | SILVER SNEAKERS (10:30-11:30)                               | GENTLE CHAIR YOGA (10:30-11:30)             | SILVER SNEAKERS (10:30-11:30)                        | TABLE TENNIS (10:30-3:45) |
| 11:00 AM |   |   |   |   |  |                           |
| 11:30 AM |   |   |   |   | FOLK DANCE FUSION (11:45-12:45)                      |                           |
| 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)  |   | HOLD   |                           |
| 1:30 PM  | TABLE TENNIS (1:30-3)                   | TABLE TENNIS (1:30-3:30)                    |   | TABLE TENNIS (1:30-3:30)                    |  |                           |
| 2:00 PM  |   |   | SEATED CHAIR LINE DANCING (2:15-3)                          |   | SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics |                           |
| 2:30 PM  |   |   |   |   |  |                           |
| 3:00 PM  |   |   |   |   |  |                           |
| 3:30 PM  | TAI CHI FLOW (3:30-4)                   |   | TAI CHI FLOW (3:30-4)                                       | TAP DANCE FUSION (3:45-4:45)                | TAI CHI FLOW (3:30-4)                                |                           |
| 4:00 PM  | AFTERNOON QI TIME (4:15-4:45)           |   | AFTERNOON QI TIME (4:15-4:45)                               |   | AFTERNOON QI TIME                                    |                           |
| 4:30 PM  |   |   |   |   |  |                           |
| 5:00 PM  |   |   |   |   |  |                           |
| 5:30 PM  | TABLE TENNIS (5:30-7:30)                | HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE | HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders | HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE |  |                           |
| 6:00 PM  |   |   |   |   |  |                           |
| 6:30 PM  |   |   |   |   |  |                           |
| 7:30 PM  |   |   |   |   |  |                           |

 **BLUE -** Mid-range  
**PURPLE -** Gentle  
**INTENSITY KEY:** **PINK -** High Intensity  
**GOLD:** No Open Use

# LIFE LONG LEARNING CLASSES

**Pre-register for all classes:** **Online:** FiftyNorth.org/classes  
**Phone:** 507-664-3700 **In Person:** FiftyNorth front desk

**CLASS CANCELLATION POLICY:**

We know your time is valuable, and ours is too. Out of respect for our staff, instructors and other clients, we ask that you give us at least 24 hours notice if you need to cancel. If we are able to fill your spot with someone on the waiting list, you will receive 100% refund. If we are unable to fill your spot or if you are a no show you will forfeit your registration fee.



**InHom Senior Care: NAVIGATING LEGAL AND FINANCIAL Planning for Elder Care**  
**Thursday, April 10**  
**10:00-11:30am**

Pre-registration required  
 InHom Senior Care presents 'Navigating Legal and Financial Planning for Elder Care, as part of their Caring for the Caregiver; Family Caregiver Education Series.

**Here are the key components of the presentation:**

- Being Prepared for the future: Understand the essential legal documents required, such as power of attorney and advance directives, to protect your loved one's wishes and rights.
- Managing the Cost of Care: Learn about the different financial resources available, including Medicare, Medicaid, and long-term insurance, to help manage the financial aspects of caregiving.
- Facilitating Difficult Conversations: Develop strategies for discussing sensitive topics like end-of-life care and financial planning with your loved one to ensure their wishes are respected.

**Presenters:** InHom Senior Care  
**Capacity:** maximum 25, minimum 12  
**Cost:** Free  
**Space:** Room 104



**FRIEND OR FOE? HOW YOUR CHILDREN'S RELATIONSHIP AFFECTS ESTATE PLANNING**

**Thursday, April 10**  
**1:00-2:00 pm**

The dynamic among your children is unpredictable. Some siblings have been at conflict for years. Others find themselves at odds for the first time after a parent is gone.

Learn practical solutions to protect both your estate plan and the child in charge. Your questions are welcome.

**Presenters:** Jacquie Dorsey  
**Capacity:** maximum 25  
**Cost:** \$10 nonmember, member \$8  
**Space:** Room 103



**ADVANCE CARE PLANNING OPEN HOUSE**  
**Wednesday, April 30**  
**9:00-10:30am**

Come and work in the presence of others to put your wishes and values into words. Start, complete, or revise your Advance Care Directive with the assistance of trained facilitators. Gain peace of mind and a thumbs up from family and healthcare.

Questions? Contact: Mary Carlsen, mscarlsen1@gmail.com or Barbara Krause, barbara@inthethickofthings.com

**Presenters:** Northfield Advanced Care Planning Group  
**Capacity:** 25  
**Cost:** Free  
**Space:** Room 103



**MINNESOTA'S HOODED HISTORY: The Ku Klux Klan in the 1920s in Minnesota**  
**Tuesday, April 22**  
**1:00-2:00pm**

Local historian and librarian, Nancy Vaillancourt, has spent years researching the presence of the Ku Klux Klan in Southeast Minnesota. Join us to learn about this forgotten history and the organized traditions of prejudice and nativism in our region.

**Instructor:** Nancy Vaillancourt  
**Capacity:** 30  
**Cost:** \$10 Non-member, \$8 Member  
**Space:** Room 103





## WHAT'S AN E-BIKE?

### WHAT IS AN E-BIKE?

**Thursday, April 17**

**11:00-12:00pm**

Let's explore e-bikes! During this 1-hour talk, we'll learn the basics of E-bikes:

- Explain the basic components of an e-bike (motor, battery, pedal assist).
- Demonstrate the different levels of pedal assist and how they work.
- Explain the difference between throttle and pedal assist.
- Show visuals of various e-bike styles (cruiser, step-through, folding).
- Address common misconceptions (e.g., "It's cheating").

#### Practical Advice for Safety Considerations

- Proper helmet use and fit.
- Safe riding practices (awareness of surroundings, signaling, etc.).
- E-bike maintenance basics (battery charging, tire pressure).
- Tips for starting and stopping safely.
- Importance of visibility (lights, reflective gear).
- Bike rack information for transporting E-bikes

#### Choosing the right E-Bike for you.

- Explain different e-bike styles and their suitability for various needs.
- Discuss factors to consider when purchasing an e-bike (range, battery life, weight, cost).

**Presenters:** Jim Mayr and Josh Bisel with Downtown Bicycles of Northfield

**Capacity:** 35

**Cost:** \$10 Nonmember, \$8 Member

**Space:** Room 103



Helping Mature Drivers Find Their Safest Fit



## CAR-FIT TECHNICIAN CLASSROOM TRAINING & FIELD TRAINING

**Monday, May 12**

**9:00-5:00pm**

**9:00 to 12:15** Classroom Training

**1:30 to 4:30** Field Training during Car-Fit Event

**TO REGISTER:** Email or call Joan Somes at [someswasblackhole@gmail.com](mailto:someswasblackhole@gmail.com) - (952)-432 0815

To become a trained Car-Fit Technician you must complete both classroom training and field training at an actual event. Technician Training in the classroom will give you an overview of the Car-Fit Program and the Car-Fit checklist, explaining how and why to adjust key safety features. When you complete the field training under the supervision of an Event Coordinator, you will get to practice what you learned in the classroom as you go through the checklist with actual drivers at an event. Technicians work in teams to review the 12-point Car-Fit Checklist with drivers. After completing the technician classroom training plus lab and a required Car-Fit event, you will be considered "trained as a technician". Car-Fit's success depends on the availability of trained Technicians to offer individualized outreach to drivers at Car-Fit events. Lunch will be provided.

**Instructor:** Joan Somes **Capacity:** Minimum 3: Maximum 8 **Cost:** Free **Space:** Room 102, Parking Lot

## CAR-FIT CLINIC

**Monday, May 12**

**1:30-4:30**

**GREAT OPPORTUNITY!**  
Register for a spot today!

While older adults may be safer drivers who tend to self-limit their driving, many may still experience safety-related "fit" challenges with their cars including improper distance from the steering wheel, inadequate views from side mirrors, improper seat height, or improper restraint height.

The encouraging news is that after receiving a free, 30-minute Car-Fit check with a trained technician, many drivers learn how to adjust their vehicles to improve their fit, comfort and safety.

**Pre-registration for a 30-minute time slot is required.**

In the event of inclement weather the event may be cancelled.

**Capacity:** 12

**Cost:** Free

**Space:** Southwest parking lot at FiftyNorth

# ART CLASSES

**CLASS CANCELLATION POLICY:** We know your time is valuable, and ours is too. Out of respect for our staff, instructors and other clients, we ask that you give us at least 24 hours notice if you need to cancel. If we are able to fill your spot with someone on the waiting list, you will receive 100% refund. If we are unable to fill your spot or if you are a no show you will forfeit your registration fee.



## “TELL ME A STORY” - STORYTELLING CLASS

**Mondays, April 7, 14, 21**  
**9:30-11:00am**

As this past year has shown, we are all storytellers on some level or another. We tell stories about anything

and everything! We tell about things that have happened during our day, events which have happened to our friends, our children, our pets and everything else. As we share our experiences it will help us to sharpen, discover, focus and expand our own personal skills while having a lot of FUN! (3 sessions)

**Instructor:** Sylvia Langworthy  
**Capacity:** 5 Minimum, 10 Maximum  
**Cost:** \$45 Nonmember, \$30 Member  
**Space:** Room 104  
**Registration deadline:** April 1

**Friendly reminder:**  
Pre-register for all classes.

## SOAP MAKING

**Monday, April 7**  
**1:00-4:00pm**



Unleash your creativity and explore the rich tradition of soap making in this introductory melt and pour soap making class. In this class, you'll not only learn the modern, easy-to-master technique of

melt and pour soap making, but also dive into the fascinating history of soap and discuss some early soap making methods and materials.

**Instructor:** Jenna Nelson  
**Capacity:** 5 minimum, 15 maximum  
**Space:** Room 105  
**Cost:** \$31 nonmember, \$21 member  
**Registration deadline:** April 1

## POETRY WRITING CLASS

**Wednesday, April 30**  
**2:00-3:00pm**

ANSWERING AN UNASKED QUESTION  
*"Poetry is an echo asking a shadow to dance."*  
Carl Sandberg's line.

This year "Echoes & Shadows" moves on. This year Art is FIRST — and poetry comes NEXT. Each poet selects one piece of art then writes a poem. We'll look at poems — I'll bring some, and you bring some. This is definitely an "us" time. I'll bring some art



from home, and possibly some from other places. We'll rally round and figure out what we need to bring to write a poem. As we look at the art: painting, photography, quilt, jewelry, pottery, sculpture -- We'll be asking questions — and only we can answer these — with a poem. \*Bring your own pen and paper/laptop.

**Instructor:** Marie Gery  
**Capacity:** 5 Minimum, 15 Maximum  
**Cost:** \$10 Nonmbr, \$8 Mbr  
**Space:** Room 102  
**Registration deadline:** April 23

## HAND EMBROIDERY CLASS

**Wednesday, April 9**  
**10:00-11:30am**



Unleash your creativity with hand embroidery! This engaging class is perfect for beginners and those looking to refine their skills. We'll explore a variety of stitches, including running stitch, back stitch, French knots, and more.

**Materials provided:** The stamped embroidery kit includes stamped white fabric, cotton floss, plastic hoop, needle, and instructions.

**Instructor:** Beverly Jacobsen  
**Capacity:** Minimum 5, Maximum 10  
**Cost:** \$47 Nonmember, \$37 Member  
**Space:** Room 105  
**Registration deadline:** April 2

## COOKIE DECORATING CLASS

**Thursday, April 17**  
**1:00-3:00pm**



Hop on in for this class. Any bunny can decorate this cute little set of sugar cookies! Join us for a fun afternoon

where Tisha will walk you through step by step instructions to decorate these adorable and delicious cookies! The cookies and icing will be provided for you. No experience needed.

**Instructor:** Latisha Soucek from Tisha's Tasty Treats  
**Capacity:** Minimum 4, Maximum 16  
**Cost:** \$70 Nonmember, \$55 Member  
**Space:** Room 105  
**Registration deadline:** April 10





## LET'S TALK TRANSPORTATION FOR ALL IN NORTHFIELD

### AFN Transportation Team Lyft Project Update

### MAKE-YOUR-OWN COLLAGE AND CARD ELEMENTS

**Monday, April 21**

**1:00-4:00pm**

If you're a collage artist or enjoy card-making, you know that art supply stores are full of patterned paper. But why buy when you can make your own unique, painted papers!

*During this class, you'll have the chance to play with a variety of techniques.*

- Stenciling: There will be lots of stencils to use to create layers using acrylic paints. Or try stenciling with water colors for a whole different look.
- Layers, layers, layers: Alternate colors of acrylic paint to create papers with depth and interest.
- Ink & Marbles: Dunk marbles in ink and then roll 'em around on papers. You'll love the look.
- Printing with vegetables and fruits: Don't worry, we won't be using potatoes like you did in elementary school. We'll make dazzling papers printing with oranges, lemons, peppers, fennel, garlic, corn cobs and a few other bits of produce.

There will be time to create many papers so you'll go home with a wide assortment. You also may want to swap papers with others for even more variety.

**MATERIALS PROVIDED:**

Assorted papers, acrylics watercolors, marbles, brushes, palette knives, brayers and sponges, assorted fruits and vegetables

\*PARTICIPANTS - Please bring an apron, or wear clothes that you don't mind getting some paint on.

Let that inner child out and have fun!

**Instructor:** Pat Jorstad

**Capacity:** 12

**Cost:** \$45 Nonmember, \$35 Member

**Space:** Room 105

**Registration deadline:** April 18

### Age-Friendly Northfield's (AFN) Transportation Team

spent several months researching transportation services in the Northfield Community. Information was collected through reviewing surveys conducted by AFN, the City of Northfield, and Carleton College's Interfaith Social Action Group and ISALIAH Faith in Action's Transportation Listening Sessions. Participants expressed interest in finding options that had increased flexibility, individual rides over shared rides, on demand options, and options that would serve both the City of Northfield and the surrounding community.

AFN's Transportation Team discovered that Lyft has been a solution in several rural parts of the State. We shared what we learned and continued to gather information by meeting with St. Olaf and Carleton Colleges and holding community presentations and discussions in November through January. Those attending the meetings told us they have needs for rides to and from medical appointments within Northfield as well as into Minneapolis, St. Paul, Faribault and Rochester. Transportation is also needed to go shopping for groceries, clothing etc., eating out with friends, going to work or school, and getting to and from the MSP Airport. The appeal of considering Lyft was related to its flexible timing, on demand options and support towards individuals becoming active and engaged community members.

### Next steps in the Lyft development process are:

- ➔ Meet with local Lyft drivers who are in the Northfield area to learn about their experiences with the driver application process and better understand the types of rides they are providing.
- ➔ Determine drivers' interest in helping recruit and train new drivers for the program.
- ➔ Select dates, times and location for driver training and promote these opportunities to the community.
- ➔ Continue sharing our findings and updates with the community as we progress.

If you have questions or would like more information, please feel free to contact one of the following AFN Transportation Team Members.

- Nan Just: justzyx1@gmail.com 651-734-3796
- Chris Johnson: chrisj@semaaa.org 507-288-6944
- Christine Sartor: csartor@northfieldretirement.org 507-664-3480



Sponsored by Age-Friendly Northfield  
www.agefriendlynorthfield.com

Age-friendly Northfield and its programs are made possible in part through financial contributions by the City of Northfield.



**Online:** FiftyNorth.org/classes  
**In Person:** FiftyNorth front desk

#### CLASS CANCELLATION POLICY:

We ask that you give us at least 24 hours notice if you need to cancel. If we are able to fill your spot with someone on the waiting list, you will receive 100% refund. If we are unable to fill your spot or if you are a no show you will forfeit your registration fee.



#### **DEMENTIA 101** **Wednesday, April 9** **9:00-11:00am**

Dementia is currently the seventh leading cause of death among all diseases and one of the major causes of disability and dependency among older people globally. During this class Marcy Kramer, Doctor of Physical Therapy will discuss the leading causes of dementia, signs, symptoms and various treatments.

**Instructor:** Marcy Kramer

**Capacity:** 25

**Cost:** \$20 Nonmember, \$16 Member

**Space:** Room 106

#### **SENIOR SUPPLEMENTS**

**Thursday, April 17**  
**10:00-11:30am**

What nutrition supplements are important in our senior years? What supplements may not be necessary? Join Dr. Noel Aldrich, Licensed Nutritionist, to discuss what role supplements provide in our lives. Bring your supplement questions, and brands. Receive resources for identifying the supplements right for you.

**Presenter:** Dr. Noel Aldrich, Licensed Nutritionist

**Capacity:** 20

**Cost:** \$25 Nonmembers, \$15 Members

**Space:** Room 104



#### **PERIPHERAL NEUROPATHY**

**Wednesday, April 23**  
**11:00-1:00pm**

Go from feeling overwhelmed and frustrated due to neuropathy, to improving your symptoms and your quality of life naturally. Reduce the symptoms of your neuropathy or reverse it without the use of medications, injections or surgery. Identify the 3 biggest mistakes

people make when treating their neuropathy so you can avoid them and have success.

**Presenter:** Dr. Cody Rodewald

**Capacity:** 30

**Cost:** FREE

**Space:** Room 103

\* Dr. Cody Rodewald has treated over 3,000 neuropathy and spinal cases. He got his Doctor of Chiropractic from Palmer College of Chiropractic and his Board Certification in Chronic Pain & Neuropathy from the American College of Physical Medicine.



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 premiums. Once you take this first-time course, you will then need to take 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.

#### **ALL COURSES ARE 4-HOUR |**

**LOCATION:** ROOM 103

#### **FEES:**

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

■ **AARP Smart Driving**  
**Friday, April 18, 2025**  
**9:00-1:00pm**

■ **AARP Smart Driving**  
**Monday, May 12, 2025**  
**9:00-1:00pm**

■ **AARP Smart Driving**  
**Wednesday, June 11, 2025**  
**1:00-5:00pm**

■ **AARP Smart Driving**  
**Thursday, July 17, 2025**  
**4:00-8:00pm**

## MEMBER SERVICES

**MEDICARE ASSISTANCE WITH AGENT OF ALL CARRIERS**  
**2nd Wednesday of the month**  
**12:00-3:00pm**

Whether new to Medicare or questioning your current plan, receive assistance from licensed local and independent insurance agent Sandra Robertson.

**Space:** FiftyNorth Consult Room

Available for help with:

- Multiple Plan options/multiple carriers to fit your needs and budget.
  - Plan analysis and review
  - Assistance in enrolling when eligible
  - No cost or obligation
- Stop by or call for appointment.

Sandra Robertson, licensed Insurance Agent, # 20381956,  
 Phone:952-484-5723  
 sandra@sigbrokers.com

**FAMILY SERVICE CAREGIVING CONSULTANT**

**Every other Thursday**  
**10:30-11:30am (Location: Consult Room) and**  
**2:00-3:00pm (Location: Consult Room)**  
 Call Kathy for an appointment

**Kathy Voss**

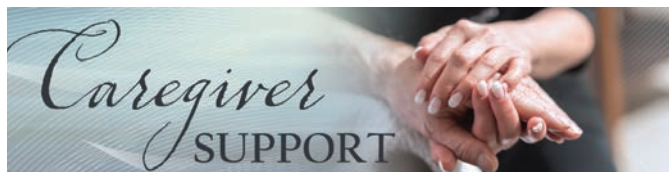
Certified Caregiving Consultant

Family Service Rochester

1625 Hwy 14 East, Rochester, MN 55904

**507-218-3275**

[www.familyservicerochester.org](http://www.familyservicerochester.org)



**CAREGIVER SUPPORT GROUP**

**2nd Thursday of the month**  
**1:30-3:30pm**

Join our monthly Caregiver Support group at FiftyNorth. Learn, share, listen, laugh and gain strength and understanding alongside other care partners. Kathy Voss, Caregiver Support Specialist, facilitates the discussion.

**Facilitator:** Kathy Voss, Caregiver Support Specialist

**Capacity:** 20

**Cost:** Free

**Space:** Generally Room 103, but check the schedule



**TECH SUPPORT**

**2nd Tuesday of the month**  
**9:30-11:30am**

Richard DeBeau, longtime FiftyNorth member will be available to assist members who have questions about their computers, laptops, cell phones, iPads, cameras, or similar devices. He has twenty years of experience building computers as a hobby and have installed Windows and Linux systems on his home computers. He has limited experience with Apple desktop computers. If Richard is not able to solve a problem, he will have suggestions for finding help.

**Consultant:** Richard DeBeau

**Space:** Generally Room 104, but check the schedule



**THREE RIVERS COMMUNITY Action Older Adult Services Specialist**  
**3rd Wednesday of the month**  
**12:30-2:30pm**  
**Location:** Consult Room

Come in and meet Sarah Kuball, a Three Rivers Community Action Older Adult Services Specialist.

Older Adult Services assist individuals aged 60 and older and their families with information, referrals, and resources that allow persons to remain healthy and independent in their homes and communities.



**NEIGHBORS HELPING NEIGHBORS AT FIFTYNORTH**  
**4th Wednesday of the month**  
**11:00am-2:00pm**

Anne Pleskonko from Neighbors Helping Neighbors (NHN) will be available to meet in the consult room across from the FiftyNorth offices. Stop in and find out more about the program. The goal is to provide support to keep older adults independent in their homes for as long as possible. Services such as: Grocery Shopping, Handywork, housekeeping, Lawn Care, Respite Care, Seasonal Snow Removal, and Transportation. These services have a sliding scale fee based on your household income.

**Consultant:** Anne Pleskonko, NHN

**Space:** Consult Room

**Sale opens: April 1**  
**Sale closes: April 30**

Order your FiftyNorth swag. See the instructions below.  
 If you need help with the ordering process, stop in the office and Michelle or Patty would be happy to help you.



ONLINE STORE ACCESS  
 Link: <https://larsonsprinting.itemorder.com/>  
 Code: FIFTYNORTH25  
 Opens: Tuesday, April 1st  
 Closes: Wednesday, April 30th





















## FiftyNorth Spirit Wear 2025

Follow all steps until you receive a confirmation number to ensure your order was submitted. Please allow 2-3 weeks AFTER the store closes for your order to be fulfilled and ready for pickup through FiftyNorth.

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://larsonsprinting.itemorder.com> and enter sale code: **FIFTYNORTH25**
2. Choose your items and add them to your cart
3. Securely checkout with your credit card

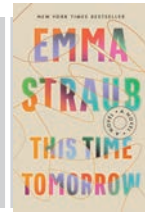
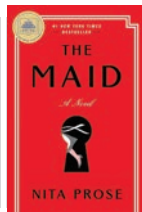
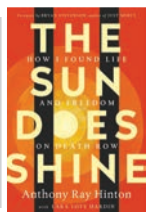
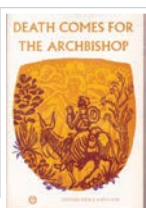
Online Store Deadline: **Wednesday April 30th, 2025 (11:59pm CDT)**

|   |  |  |  |   |  |
|---|--|--|--|---|--|
| <p><b>Core Blend Tee</b></p>  <p>6 Colors<br/>\$17.00</p>                         | <p><b>Long Sleeve Core Blend Tee</b></p>  <p>4 Colors<br/>\$22.00</p>            | <p><b>Ladies Cotton Essential Tee</b></p>  <p>6 Colors<br/>\$17.00</p>                     | <p><b>Cotton Essential Tee</b></p>  <p>7 Colors<br/>\$17.00</p>                    | <p><b>Ladies Long Sleeve Cotton Tee</b></p>  <p>7 Colors<br/>\$22.00</p>                  | <p><b>Long Sleeve Cotton Tee</b></p>  <p>6 Colors<br/>\$22.00</p>                      |
| <p><b>Mid Weight Fleece Crewneck Sweatshirt</b></p>  <p>9 Colors<br/>\$25.00</p> | <p><b>Mid Weight Fleece Hooded Sweatshirt</b></p>  <p>11 Colors<br/>\$30.00</p> | <p><b>Women's Core Fleece Pullover Hooded Sweatshirt</b></p>  <p>6 Colors<br/>\$35.00</p> | <p><b>Core Fleece Full-Zip Hooded Sweatshirt</b></p>  <p>8 Colors<br/>\$37.00</p> | <p><b>Ladies Core Fleece Full-Zip Hooded Sweatshirt</b></p>  <p>6 Colors<br/>\$37.00</p> | <p><b>Ladies Sport-Wick Stretch 1/4-Zip Pullover</b></p>  <p>9 Colors<br/>\$37.00</p> |
| <p><b>Sport-Wick Stretch 1/4-Zip Pullover</b></p>  <p>7 Colors<br/>\$37.00</p>   | <p><b>Port Authority Essential Zip Tote</b></p>  <p>8 Colors<br/>\$17.00</p>    | <p><b>Port Authority Cotton Canvas Tote</b></p>  <p>5 Colors<br/>\$15.00</p>              | <p><b>Port Authority Gym Bag</b></p>  <p>4 Colors<br/>\$30.00</p>                | <p><b>Richardson 112 Mesh Back Trucker Cap</b></p>  <p>7 Colors<br/>\$25.00</p>          | <p><b>Port Authority Garment-Washed Cap</b></p>  <p>5 Colors<br/>\$20.00</p>          |

# GROUPS@FIFTYNORTH

## BOOK GROUP

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



**APRIL 2025**

**DEATH COMES FOR THE ARCHBISHOP**

by Willa Cather

Death Comes for the Archbishop traces the friendship and adventures of Bishop Jean Latour and vicar Father Joseph Vaillant as they organize the new Roman Catholic diocese of New Mexico.

**MAY 2025**

**THE SUN DOES SHINE**

by Anthony Ray Hinton

An extraordinary memoir that chronicles Hinton's life, his wrongful conviction, and his resilience during the 30 years he spent on death row in Alabama.

**JUNE 2025**

**THE MAID**

by Nita Prose

A captivating mystery that revolves around Molly Gray, a socially awkward and endearing hotel maid who finds herself entangled in a murder investigation. Molly, who struggles with social cues and has a passion for cleanliness and order, takes great pride in her work at the Regency Grand Hotel

**JULY 2025**

**THE MIGHTY RED: A NOVEL**

by Louise Erdrich

The Mighty Red by Louise Erdrich is a poignant novel set in the Red River Valley, exploring themes of environmental degradation, economic instability, and the complexities of human relationships.

**AUGUST 2025**

**THIS TIME TOMORROW**

by Emma Straub  
A heartfelt novel that blends time travel with themes of family, love, and self-discovery. The story follows Alice Stern, who is about to turn 40 and is grappling with her father's declining health. On the night of her birthday, Alice unexpectedly wakes up as her 16-year-old self in 1996.

## GROUP CALENDAR

| GROUP ACTIVITIES   | Day                       | Time                   | Location        |
|--|---------------------------|------------------------|-----------------|
| ARTS / CRAFT - Art Club                                  | Wednesdays, 2nd & 4th     | 1:30-3:30pm            | Room 105        |
| ARTS / CRAFT - Hook, Yarn & Needle                       | Tuesdays                  | 1:00-3:00pm            | Room 105        |
| <b>ARTS / CRAFT - Knitting Group NEW</b>                 | <b>Fridays</b>            | <b>10:00am-12:00pm</b> | <b>Room 105</b> |
| ARTS / CRAFT - Photography Group                         | Fridays, 4th              | 9:30-11:30am           | Room 106        |
| CARDS - "Chat" Bridge                                    | Wednesdays                | 9:30-12:00pm           | Room 104        |
| CARDS - 500  | Fridays                   | 12:30-4:00pm           | Room 104        |
| CARDS - Cribbage   | Thursdays                 | 12:45-4:00pm           | Room 106        |
| CARDS - Double Deck Pinochle                             | Mondays                   | 12:15-4:00pm           | Room 104        |
| CARDS - Duplicate Bridge                                 | Tuesdays                  | 12:30-4:00pm           | Room 104        |
| CARDS - Euchre   | Tuesdays                  | 12:30-4:00pm           | Room 106        |
| CARDS - Sanctioned Duplicate Bridge                      | Thursdays                 | 12:00-4:00pm           | Room 104        |
| CARDS - Social Bridge                                    | Wednesdays                | 12:30-4:00pm           | Room 104        |
| GAMES - American Mahjongg                                | Fridays                   | 1:00-3:00pm            | Room 106        |
| GAMES - BINGO  | Mondays, 3rd              | 1:00-2:00pm            | Room 103        |
| MISC - Book Club   | Fridays, 2nd              | 10:30-12:00pm          | Room 102        |
| MISC - History Group                                     | Fridays                   | 10:30-12:00pm          | Room 104        |
| MISC - Rock Talk - <b>ON BREAK</b>                       | Mondays, 2nd              | 10:30am-12:30pm        | Gallery Link    |
| MUSIC - Chime Choir                                      | Thursdays                 | 9:30-10:45am           | Room 103        |
| MUSIC - Troubadours Men's Choir                          | Tuesdays                  | 10:00-11:30am          | Room 103        |
| MUSIC - Ukulele Orchestra and Assorted Strings           | Wednesdays, 1st, 3rd, 5th | 1:00-3:00pm            | Room 103        |
| MUSIC - The Band Practice                                | Mondays                   | 4:00-5:00pm            | Room 103        |
| MUSIC - Seasoned Singers                                 | Varies                    | Late afternoon         | Room 103        |
| <b>FITNESS GROUPS</b>                                    |                           |                        |                 |
| Table Tennis   | Mon, Tue, Thur, Sat       | Check Schedule         | Fitness Studio  |
| Pickleball - <b>ON BREAK</b>                             | Tuesdays & Thursdays      | 8:00-9:00am            | Lions Park      |
| Nordic Walking - <b>New Day / Time beginning April 3</b> | Thursdays                 | 4:45-5:30pm            | Courtyard       |
| Water Volleyball   | Mondays & Fridays         | 4:00-5:45pm            | Pool            |
| Softball Practice  | Thursdays                 | 12:00-2:00pm           | Dundas Dome     |
| Softball Games - <b>ON BREAK</b>                         | Tuesdays                  | 10:00-11:00am          | Dundas Dome     |
| Pedalers & Walkers                                       | Mondays & Wednesdays      | Mornings               | Varies          |
| Walking Group - <b>beginning May 5</b>                   | Mondays                   | 9:00-10:00am           | Careton Arb     |

## TRAVEL

In the event you have to cancel out of a trip, you will not receive a refund, unless someone is able to go in your place. If you are not on the bus within 10 minutes of the departure time on the return trip home, you will be responsible for finding your own ride back to FiftyNorth. If you wish to go on a trip and find that it is out of your price range, please inquire in the office about a scholarship.

**NOTE:** \*Trip leaders are unable to provide assistance to anyone that has limited mobility or that uses a wheelchair. Please arrange to have a friend or PCA pay/register to go with and assist you. Please indicate on your registration form if you need seating in a handicap section.



### TRIP - ST. OLAF ORCHESTRA & CHOIR AT ORCHESTRA HALL

**Saturday, April 19**  
**1:30-7:30pm**

The St. Olaf College Orchestra has been recognized by countless critics as one of the finest college orchestras in the land, while the Choir is nothing short of world renowned. These ensembles are precious gems domiciled in our backyard, and every opportunity to hear them in a combined, full concert is precious. This year, in celebration of their 150th anniversary, the Music Department is hosting an event at Orchestra

Hall in Minneapolis. The April 19th concert will feature performances of both the choir and orchestra. Don't miss this one! Dinner at Café Latte will follow the concert. The cost of dinner at Café Latte is on your own.

**Trip Leader:** Robert Sullivan, Jr.

**Capacity:** 30

**Cost:** \$90

**Registration deadline:** April 10



### TRIP - ART IN BLOOM AT THE MINNEAPOLIS INSTITUTE OF ART

**Friday, April 25**  
**9:00-3:30pm**

Enjoy this self-guided experience throughout the campus. Marvel over the imaginative floral interpretations of selected works of art from Minneapolis Institute of Art's permanent collection, created by more than 100 commercial florists and individual artists. Guests are invited to experience the floral fragrance throughout the museum. Browse floral-inspired merchandise in the Art in Bloom Pop-up Shop. There is a gift store and a Café onsite. Lunch is on your own.

**Trip Leader:** Norma Monroe

**Capacity:** 31

**Cost:** \$60

**Registration deadline:** April 14



### TRIP - JAMES EHNES PLAYS DVORAK AT ORCHESTRA HALL

**Thursday, May 15**  
**9:30am-3:30pm**

An all-Czech concert featuring works by Walker's Folksongs, Dvorak's Violin

Concerto, Smetana's Tabor from Ma vlast and Janacek's Sinfonietta. Edward Gardner, conducting and James Ehnes, on the violin.

A performance of one of classical music's great violin concertos is not something that should be ignored, especially one in concert with the Minnesota Orchestra; and James Ehnes, the guest violinist, has been highly praised for interpretation of Dvorak's work as "absolutely sensational" noting his "warm, singing tone" and "infectious, vivacious". A stop at Café Latte will follow the concert before heading home. Dinner will be on your own.

**Trip Leader:** Robert Sullivan, Jr.

**Capacity:** 30

**Cost:** \$80

**Registration deadline:** April 15



### TRIP - ST PAUL SAINTS VS NORFOLK TIDES

**Tuesday, May 20**  
**9:15am-4:00pm**

Join us as FiftyNorth travels to CHS field to watch the St. Paul Saints play against the Norfolk Tides. Meals, snacks and drinks are not included in price. (CHS Field is a cashless venue, so credit/debit cards are required).

**Trip Leader:** Craig Swenson

**Capacity:** 25

**Cost:** \$75

**Registration deadline:** May 13



TRAVEL



**TRIP - LAKEWOOD CEMETERY, GARDENS AND CHAPEL**

**Monday, May 5**  
**2:30-8:30pm**

Lakewood was founded in 1871, four years after Minneapolis was incorporated and 13 years after Minnesota achieved statehood. That year, Minneapolis boasted 13,000 residents and the city’s southern edge was where Franklin Avenue is today.

Since its founding as a “garden cemetery” in 1871, Lakewood has been distinguished by its commitment to its natural landscape. This excellence is now formally acknowledged in Lakewood’s new designation as an accredited Level 2 Arboretum, the only one in the state of Minnesota. Only the Minnesota Landscape Arboretum ranks higher. This arboretum designation recognizes that Lakewood’s 250-acre grounds are a dedicated green space where trees and shrubs are intentionally cultivated for scientific and educational purposes. Lakewood is home to a biodiverse tree canopy of more than 4,000 trees, thousands of other shrubs and specialty plants, myriad wildlife and a thoughtfully planned ecosystem.

FAMOUS MEMORIALS:

- Hubert H. Humphrey – Minneapolis mayor, U.S. Senator and Vice President of the United States
- Rudy Perpich (1928-1995) – longest serving governor of Minnesota
- Paul Wellstone (1944-2002) – popular U.S. Senator from 1991 until his death in 2002
- Franklin C. Mars (1884-1934) – creator of the Milky Way candy bar
- Tiny Tim (1932-1996) – famous and beloved entertainer
- ....and many more !

A knowledgeable step-on guide will board our bus and lead our group on a fascinating tour of the grounds. There will also be time to peruse through the Welcome Center. We will stop for dinner at Gary’s Supper Club. The cost of the meal will be on your own.

**Trip Leader:** Jim Pence  
**Capacity:** 30  
**Cost:** \$65  
**Registration deadline:** April 21



**TRIP - GRSF SHAKESPEARE IN WINONA - COMEDY OF ERRORS**

**Wednesday, July 9**  
**10:30am-7:30pm**

*By William Shakespeare*  
*Directed by Doug Scholz-Carlson*

“To the world I am like a drop of water that in the ocean seeks another drop”.

Experience the uproarious mayhem of Shakespeare’s The Comedy of Errors! In this masterful blend of wit and whimsy, two sets of identical twins, separated at birth, create a riotous tapestry of mistaken identities and slapstick antics in the vibrant city of Ephesus. As love, loyalty, and chaos intertwine, the characters find themselves caught in a whirlwind of confusion, leading to heart-warming revelations and hysterical mix-ups.

With its sharp dialogue and lively pace, The Comedy of Errors is a celebration of the human experience, reminding us of the love that binds us—even when time and space parts us. Join us for a bold, new staging of this beloved farce.

The trip includes the bus ride, lecture on the bus on trip down, play tickets, a light meal and conversation with the actors after the play, treats on bus on way home.

**NOTE:** does not include lunch before the play.

**Trip Hosts:**  
Bill & Char Carlson, 507-645-9642 if you have questions

**Capacity:** max 38, min 20

**Cost:** \$130

**Registration deadline:** July 6



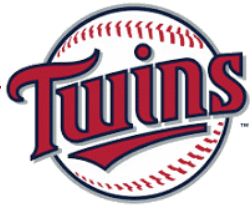
**REGISTER TODAY FOR THE FREE INFORMATION SESSION!**

**Doug Scholz-Carlson: Great River Festival Production Presentation**

**Friday, May 16**  
**10:30-12:00pm**

Doug has given us insight into the Great River Shakespeare Festival’s productions.

**TRAVEL** continued from p 17



**TRIP - MN TWINS VS BOSTON RED SOX**  
**Wednesday, July 30**  
**10:15-5:00pm**

Join FiftyNorth for a day filled with fun at Target Field as we watch the Minnesota Twins take on the Boston Red Sox. Make sure to dress appropriately for the weather, bring a glove to catch a fly ball, wear your MN Twins attire with pride and bring your homer hankies.

\*Target Field is a cashless facility. All concessions and merchandise stands accept all major credit/debit cards, Apple Pay and Google Pay.

**Trip Leader:** Craig Swenson  
**Cost:** \$85 meal not included  
**Capacity:** 28  
**Registration deadline:** July 23



**HELP US REDESIGN THE LOBBY!**

The FiftyNorth Facilities Committee is looking for volunteers to join a subcommittee to update and redesign the FiftyNorth lobby. The Board of Directors has approved capital

improvements to the FiftyNorth lobby in 2025. We will incorporate input from our member survey, staff, and Board Committees, and develop a new design to better meet our needs for functionality, usage, and comfort. Interested? Contact Kerry Hjelmgren, Executive Director, at 507-664-3701 or Kerry.hjelmgren@fiftynorth.org.

**FEBRUARY DONORS** THANK YOU FOR YOUR SUPPORT!

**Our sincere gratitude to all who have donated.** We couldn't even come close to doing what we do without your support — *thank you!*

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**FEBRUARY NEW MEMBERS**

GLAD YOU'RE HERE!

*Welcome!*

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 Shirley Buchberger, Diana Patricia  
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 James Nystuen, Bruce Ohland,  
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**FEBRUARY 28, 2025**  
**Total Membership: 2,117**



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# BarberShop Quartet Day

At The



April, 11<sup>th</sup> 2025

4pm-8pm

Tickets: \$5

Taco Bowl over Chips  
Loaded with Chicken or Beef  
\$18.00

Come Enjoy the Harmonies



# VOLUNTEERS

## VOLUNTEER OF THE MONTH



A special thanks to Sharon Henry for sharing her time and talents by painting the volunteer nook in our lobby. She painted store windows for years and now we have the opportunity to enjoy her artistic abilities.

Sharon is quick to say yes when asked to help at events, teach art classes and share about the children's books she's written. Please read what inspires Sharon to volunteer at FiftyNorth and out in the community.

We moved to Northfield in 1992, not knowing anyone in town. When my kids were young, I got involved in being a Cubmaster and co-leader of Girl Scouts. I like helping people and giving back to the community. I enjoy exercise classes, which I've been doing since the Northfield Athletic club was around. With three kids and a husband that worked out of town, it was something I did just for "me".

I volunteer because I enjoy engaging with others. Their smiles and spirit are contagious. I've made a lot of new friends and rekindled longtime friends. I also believe that with many hands we can accomplish a lot. Everyone at FiftyNorth is happy, we share experiences, which are both enriching and rewarding. We are very fortunate to have this wonderful resource in our community. Plus, the staff are welcoming and greet you when you walk through the door, I love that.

I've recently joined the event planning committee at FiftyNorth and enjoyed painting the mural in the volunteer nook. Soon I'll start volunteering at the Northfield library. FiftyNorth is truly my Happy Place!

### STAFF DIRECTORY

**Director:**

Kerry Hjelmgren  
507-664-3701 | kerry.hjelmgren@fiftynorth.org

**Assistant Director/Fitness Coordinator:**

Craig Swenson  
507-664-3702 | craig.swenson@fiftynorth.org

**Operations and Membership Manager:**

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

**Program Coordinator: Lifelong Learning/  
Community Outreach**

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

**Program Coordinator: Arts/Volunteer/Dining**

Michelle Brant  
507-664-3707 | michelle.loken@fiftynorth.org

**Used-A-Bit Shoppe Manager:**

Fermin Ponce  
507-645-1399 | fermin.ponce@fiftynorth.org

**Used-A-Bit Shoppe Assistant Manager:**

Deb Olien  
507-645-1399 | deb.olien@fiftynorth.org

**Bookkeeper:**

Andrea Turini  
507-664-3700 | accounting@fiftynorth.org



**Front Desk (Reception Staff):**

Phone: 507-664-3700 | Fax: 507-664-3720  
Brenda Bultman, Bonnie DuPay, JoAnn Edwardsen,  
Bonnie Eliason, Beth Ender, Cathy Graff, Pat Nelson,  
Jane Persons, Pam Toepper



**Lobby Hours:**

Monday-Friday: 6am-8pm  
Saturday: 7am-4pm  
Sunday: Closed



**Fitness Center Hours:**

Monday-Friday: 6am-8pm  
Saturday: 7am-4pm  
Sunday: Closed



**Pool Hours:**

Monday-Friday: 6am-8pm  
Saturday: 7am-4pm  
Sunday: Closed



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

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

View newest information online: [fiftynorth.org](http://fiftynorth.org)

Follow FiftyNorth and Used-A-Bit on Facebook!