

# FiftyNorth Report

By Kerry Hjelmgren, *Director*



survey says...

## WE'RE LISTENING & TAKING ACTION

Every member's voice matters at FiftyNorth. That's why we recently conducted our annual member survey, gathering insights from 402 of you to better understand your needs and ideas for improvement. The results have been enlightening—and we're excited to share the key takeaways and the actions we're taking to enhance your experience. Thanks to your feedback, we're launching several improvements and efforts:

### WHAT WE HEARD & WHAT WE'RE DOING:

#### **Make locker room changing areas and showers private**

- ➔ Adding dry changing areas & shower partitions in both locker rooms (in August!).

#### **Redesign the lobby to reduce noise during fitness classes**

- ➔ Convening a lobby redesign committee to plan a lobby remodel.

#### **Clean up excess clutter**

- ➔ Scheduling monthly staff 'declutter days' to address specific areas of clutter.

#### **Provide a third lap lane for lap swim**

- ➔ Adding a third lap lane when we reopen the pool in September.

#### **Post photos of staff and board members**

- ➔ Created a staff/board photo directory for the lobby coffee area.

#### **Offer platinum membership**

- ➔ Offering a new platinum membership level on July 1 (watch for your invitation)

#### **Schedule more programming later in the day**

- ➔ Reviewing afternoon room usage with programming staff.

#### **Provide transportation to and from FiftyNorth**

- ➔ Supporting Age Friendly Northfield's efforts to bring Lyft to Northfield.

#### **Resume SEMCAC midday meals**

- ➔ Exploring meal options with SEMCAC under its new management.



Your insight is invaluable in helping us create a more vibrant, enjoyable, and meaningful member experience. Do you have more ideas? We'd love to hear them! Write them down and drop them into the idea jar next to the reception desk. If you have more to share, stop by the staff offices to talk with us. Thank you for your feedback. We will use it wisely to shape the future of FiftyNorth!

Kerry

## JUNE 2025

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**FiftyNorth will be  
CLOSED Thursday, June 19**

**JUNETEENTH  
FREEDOM DAY**

### COFFEE WITH KERRY

**Monday, June 9 - 10:00am**



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

### SUNSET SUMMER SOCIAL

**Tuesday, June 17**

**7:00-9:00pm**

**(See page 4)**



## IN THE FIFTYNORTH GALLERY

EXHIBIT ON DISPLAY JUNE 2 — JULY 10

ARTIST RECEPTION JUNE 12 | 4:00-5:00PM

**“For the Love of Color”** - Kathy Miller Watercolor Exhibit

I am a watercolor artist who lives in Northfield, Minnesota, and spends part of the year with my husband in Albuquerque, New Mexico. Earning both a Bachelors and Master's degree in education, I spent 22 years as a 4th and 6th grade classroom teacher, mostly in the neighboring town of Lakeville.

A year before retiring in 2007, I shared with my 4th grade students during our Morning Circle discussion, “I think there’s a painting in me somewhere,” and soon after I took my first watercolor class. I immediately fell in love with the medium. The new retirement chapter of my life enabled me to focus all of my creative energy on learning as much as possible about the medium of watercolor. Throughout the next several years I attended numerous watercolor workshops in Minnesota, as well as New Mexico and Monet’s Garden in Giverny, France. I now teach watercolor classes and workshops in my downtown Northfield studio, as well as various other venues.



Nature has always been my constant source of inspiration for my paintings, as is evident in my landscape, flora, bird and still life pieces that evolve from photographs taken of my surroundings. Although I see my compositions as abstract patterns of overall shapes and values, for most of my painting career I have portrayed my subject matter in a realistic style. I love rich details and highly saturated colors that I juxtapose with soft edges and muted colors that often create a rather impressionistic manner. My goal is always to capture the moment in time when the light turns the ordinary into the extraordinary. My love of color and light are an integral part in all of my paintings.



For the last few years I have felt a shift coming in my approach to capturing what I have to say on paper. This transition has come to reality in a form that might be called “Abstract Realism” or perhaps “Abstract Expressionism.” In addition to painting with watercolors, I have begun to add acrylic paints and acrylics inks, often applying the paint directly from the tubes with palette knives or the inks with eyedroppers. Most of the newer pieces have been mounted on cradled birch panels and preserved with UV protective acrylic varnishes. Each painting has become an experiment of “I wonder what would happen if . . .” Because of this approach, the effect created is quite different, often much looser with fewer details, other times more geometrical and bold. In every painting, no matter what style I’ve used, there seems to be an urgent need on my part to get as much richly saturated color on the paper as possible!!! It brings so much joy to me - and hence the title of this exhibit at FiftyNorth - “For the Love of Color!”



All of my work can be seen on my website at [www.kmillerwatercolors.com](http://www.kmillerwatercolors.com). I can be contacted at [kathy@kmillerwatercolors.com](mailto:kathy@kmillerwatercolors.com). Any questions regarding the paintings or anything else can be directed to my email address.

Thank you, FiftyNorth, for the opportunity to share my artwork. I hope FiftyNorth visitors enjoy the exhibit!



## MEMBER NEWS

### ECHOES & SHADOWS: POETRY & ART COLLABORATION



**Artists, it's time!!!**

Artists, it's time to submit your artwork for the Echoes & Shadows Art and Poetry Collaboration. Email a photo of your artwork to [michelle.loken@fiftynorth.org](mailto:michelle.loken@fiftynorth.org) **on or before June 6th**. Include an artist statement, your name,

phone number, email address, medium and sale price if you wish to sell the piece. You will be notified at a later date about the details of hanging the gallery show which will be in September & October.



Poets, get ready to choose the artwork that inspires you to create a poem. The artwork will be posted on our website on the gallery page beginning June 11th. Use the following link to view the artwork -

<https://fiftynorth.org/activities/art-gallery/>.

- ❑ Contact Michelle at 507-664-3707 or the email above with your selection choice.
- ❑ Once a piece has been selected it will be removed from the website.
- ❑ Poems should not be more than one page
- ❑ Poetry should be inspired by the artwork you selected
- ❑ Poems are due on or before August 13th

**Poetry Readings & Artist Reception -  
September 18, 5-7pm**



### CALLING ALL DOLLS!

**Wednesday, June 18**

**10:30-11:30 in room 105**

**Cost: FREE**

Here's your chance to get those old dolls out of the closet, dust them off and come to show & tell. Program coordinator, Patty Ciernia and receptionist, Kay Marosi discovered their mutual love of dolls. While growing up, both loved their dolls and loved it when their daughters played with dolls. Well, their girls are all grown up so this is the perfect time to share.

We'll gather for a roundtable show and tell and enjoy some light refreshments.

**Pictured:** Patty is with one of her mother's dolls from Italy. The Lenci Doll company hand paints felted dolls. Meet Rosamunda (1990). Patty's maiden name is Lenci. She will also bring fully restored Charlie McCarthy, Diana Durbin and Shirley Temple.

Kay is with the 35th Anniversary Barbie of 1959. Kay is all things Barbie!!!

### JUNE'S COLLECTION CONNECTION



### SANDRA NYVALL BRIDE & GROOM COLLECTION

June is traditionally known as wedding month, so it is appropriate that Sandra Nyvall is sharing her charming and whimsical bride and groom collection with us this month. Each piece captures the tender moments and joyous spirit of a wedding day. Read Sandra's comments below about her collections.

"My owl, pansy, autumn leaves, Santa and Pilgrim collections were all intentional. Some began in the 1960s.

The brides and grooms just happened. Our children were both married in the 1990s. The Russ trolls were a couple's shower decorations for our son. The wooden paper dolls were a gift to our daughter from her maid of honor.

And then, as any collector knows, brides and grooms just appeared! We did display them as table decorations for our 60th anniversary. — Enjoy!"





# FiftyNorth

**FiftyNorth staff is seeking members with certain expertise who would be willing to volunteer their time to benefit FiftyNorth!**

- ❶ Are you an attorney with a current license who would review waivers/agreement language?
- ❷ Are you a skilled grant writer? If so, please consider volunteering to assist with developing or editing proposals for grant funding.

If you are interested in sharing your professional gifts with us, please contact Kerry Hjelmgren, Executive Director, at 507-664-3701 or [kerry.hjelmgren@fiftynorth.org](mailto:kerry.hjelmgren@fiftynorth.org).



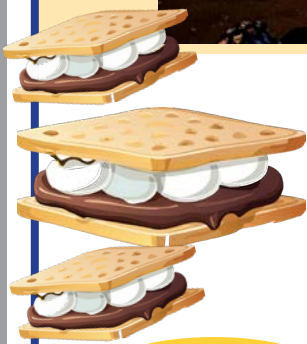
**EVENT VOLUNTEERS** caught on camera! Thanks to everyone who helps with events!



## EVENT NEWS

# SUNSET Summer Social

**Tuesday, June 17 7:00-9:00pm**



**Get ready for some summer sizzle!** Come connect with friends old and new in a relaxed atmosphere. Think cool drinks, good company, and easy conversation as we soak up the best of summer. It's the perfect way to unwind and enjoy a mid-week treat!

Munchies and Mocktails will be served. Live music will be playing in the background. Yard games will be out for those that wish to play. Come and enjoy the height of summer in our lovely backyard and patio.

Enjoy smores on the bonfire!

**Cost: \$10**

(\*Pre-registration is requested to assist us in preparation of seating and refreshments.)

**Space:** Patio and Courtyard, in case of inclement weather, this event will be held in rooms 103 and 105.



## FITNESS NEWS



### Wellness Walk at FiftyNorth

16 lengths from the bookshelves of FiftyNorth to the double doors of the Community Action Center is equivalent to 1 mile.

#### WALK FOR WELLNESS AT FIFTYNORTH

The next time you have a checkup, don't be surprised if your physician recommends walking. Yes, the simple activity that you've been doing since you were about a year old is now being called "the closest thing to a wonder drug," in the words of Dr. Thomas Frieden, former director of the CDC.

Of course, you probably know that any physical activity, including walking, is a boost to your overall health. Get your walks in at FiftyNorth by using the hallway! Rain or shine, with air conditioning in the summer and no ice in the winter. Watch for signs to guide your way this summer!



Here's a great opportunity to get more confident about riding your bike around town!



#### GROUP INFORMATION - PEDALERS

The pedalers/walkers have a Monday morning coffee and walking group year-round. For the biking season, we've added a guided hour-long in-town bike ride on Monday mornings. We travel on the bike-friendly roads and paths in Northfield and Dundas. To find out more, please email Colleen Vitek, cvitek@gmail.com or text: 919-848-4844.



#### BECOME A FIFTYNORTH EXERCISE INSTRUCTOR!

Are you into fitness and exercise and want to share your enthusiasm? Join FiftyNorth's Group Exercise Instructors and Trainers. FiftyNorth will help you become a nationally certified instructor or personal trainer. We are looking for instructors to teach ongoing classes and to sub for regular instructors.

For more information, please contact Craig Swenson, Fitness Director, at 507-664-3702 or [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org).

## SESSION-BASED CLASSES

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

**Phone:** 507-664-3700

**Online:** [FiftyNorth.org/classes](https://fiftynorth.org/classes)

**In Person:** FiftyNorth front desk



#### NORDIC WALKING 101 (pre-registration required)

**Thursdays, June 5, 12, 26**  
**(no class June 19)**  
**5:00-5:45pm**

A Nordic Walking 101 class is a fantastic introduction to an engaging and effective way to enhance your walking

routine. You'll learn the fundamental techniques of using specialized poles to propel yourself forward, transforming a regular walk into a full-body workout. This class covers proper pole handling, stride technique, posture, and how to adapt your approach for varying terrains. Expect to discover how Nordic walking can improve your cardiovascular health, engage your core and upper body muscles, reduce impact on your joints, and boost your overall fitness while enjoying the outdoors. It's a fun, social, and accessible activity for people of all fitness levels! Nordic Walking sticks will be available to use during the class. If you have your own you are welcome to bring them too. (3 sessions, no class June 19)

**Instructor:** Kate Stuart

**Capacity:** 6

**Cost:** \$ 30 non member, \$24 member

**Space:** Courtyard

## 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 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						

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

	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)		
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 (VINYASA) (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)	SEATED CHAIR LINE DANCING (2:15-3)	TABLE TENNIS (1:30-3:30)	SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics	
2:00 PM						
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 (4:15-4:45)	
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						



INTENSITY KEY:

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

## LOCATION: ROOM 103

# AARP®

## SMART DRIVER COURSE

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.

**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 4-hour Course**  
**Wednesday, June 11, 2025**

1:00-5:00pm

**AARP Smart Driving 4-hour Course**  
**Thursday, July 17**

4:00-8:00pm

**AARP Smart Driving 4-hour Course**  
**Tuesday, August 19**

1:00-5:00pm

**AARP Smart Driving 4-hour Course**  
**Thursday, September 18**

9:00-1:00pm

**AARP Smart Driving 4-hour Course**  
**Tuesday, October 14**

9:00-1:00pm





FiftyNorth sponsored the 14th Annual Northfield Table Tennis Tournament for players (men and women) of all ages on Saturday, May 3rd at the Northfield Middle School. The tournament featured a choice of three singles events and three doubles events.

In fourteen years, the tournament has grown to be one of the largest table tennis tournaments held in Minnesota (with 87 participants this year)! Many of the highest rated players in Minnesota including from Rochester and the Twin Cities clubs participated in addition to players from Iowa, and North and South Dakota. Also playing were many local players some who are active in one or more of the five sessions of table tennis offered weekly at FiftyNorth. Six players from Carleton College and one student from St. Olaf participated in the tournament as well.

Event winners in Singles were Mandy Yu, Martin Leyhe, and FiftyNorth member Todd Harvey.

Winners in Doubles included Mandy and Abigail Yu, Joel Lidstrom and Max Elliott, and Marcel Nienhuis and Nya Nienhuis.

Other participants from FiftyNorth finishing as medalist included: Vinay Khanna (U700 Singles 2nd Place), and Russ Margulies and Vinay Khanna (U1400 Doubles 3rd Place).

Additional FiftyNorth players who competed in the tournament this year included Bruce Anderson, Gregg Anderson, Don Bonrud, Jim Colwell, Tom Drucker, Jim Gill, Jerry Holzer, Hongyuan Lang, Neil Lutsky, and Stu Sinykin.

The tournament was especially highlighted by a high number of young players, ages 8-17 who played exceptionally well. The tournament does not split by gender, or have any age restrictions or age levels, so it's common to see multi-generational matches i.e. males/females who may be 8, 9, or 10-years old competing with players in their 50's, 60's, 70's, and 80's!

*Congratulations!*



Don Bonrud returns a serve



Multi-generational matches



Russ Margulies and Vinay Khanna (U1400 Doubles 3rd Place)





**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.



#### EXERCISE AND OSTEOPOROSIS

**Wednesday, June 11**

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

Approximately 10 million Americans have osteoporosis and another 44 million Americans have low bone density, placing them at increased risk of Osteoporosis. Osteoporosis is a bone disease that develops when bone mineral density and bone mass decreases, or when the structure and strength of bone changes. This can lead to a decrease in bone strength that can increase the risk of fractures (broken bones). Learn from Dr. Marcy Kramer the pathology of Osteoporosis, the symptoms, concerns, and treatment of osteoporosis.

**Instructor:** Marcy Kramer

**Capacity:** 25

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

**Space:** Room 106



#### DIABETES AND PRE DIABETES

**Wednesday, June 25**

**5:00-6:00pm**

Type 2 diabetes can increase the risk of developing cardiovascular disease, atherosclerosis, stroke, peripheral artery disease and chronic kidney disease.

NH+C clinic RN care coordinators teach you:

- How Type 2 diabetes is diagnosed
- Managing diabetes, at home and with your provider
- Pre-diabetes risks and management

**Presenter:** Northfield Hospital and Clinics

**Capacity:** 20

**Cost:** FREE

**Space:** Room 104

**Registration deadline:** June 23



#### BALANCE SCREENING THROUGH NH+C

**Monday, June 23**

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

One on One screening with a Northfield Hospital + Clinics physical therapist to check your balance and risk of falls. A 5-10 minute session using professional screening tools.

**Provider:** NH+C

**Capacity:** 6 - 1 for each time slot

**Cost:** FREE

**Space:** Room 104

**Appointment times to choose from:**

9:00am 10:00am

9:20am 10:20am

9:40am 10:40am

(If you register online, your appointment time is chosen when you click on check out)



#### TAKING CARE OF YOUR HANDS AND FEET

**Wednesday, July 9**

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

Your hands and feet are extremely vital to everyday living and tasks. Learn how to take care of your feet and hands and how to combat common issues that develop with your hands and feet over time.

**Instructor:** Marcy Kramer

**Capacity:** 25

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

**Space:** Room 106

## LIFE LONG LEARNING CLASSES

**Pre-register for all classes:**  
**Phone:** 507-664-3700

**Online:** [FiftyNorth.org/classes](https://FiftyNorth.org/classes)  
**In Person:** FiftyNorth front desk



### THE UNITED STATES AGENCY FOR INTERNATIONAL DEVELOPMENT (USAID):

**What does it do and why it's important**

**Tuesday, June 3**

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

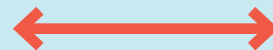
Stephen Silcox, a Returned Peace Corps Volunteer and Retired Foreign Service Officer for the United States Agency for International Development (USAID) will present a brief history of USAID and its many programs over the years. He will show how American farmers, manufacturers, drug companies and non-profit organizations, as well as American consultants benefit from foreign assistance in addition to recipients of foreign aid. The current attempt to eliminate USAID will have many negative impacts on the United States and will encourage autocrats in Russia, China and elsewhere to gain allies in developing countries. He will make a 20 to 30-minute presentation followed by a question and answer period.

**Presenter:** Stephen Silcox

**Capacity:** 30

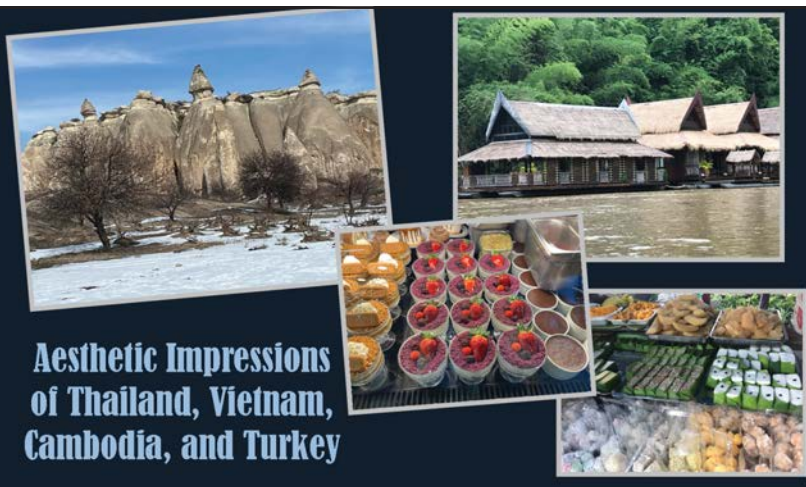
**Cost:** \$10 Nonmbr, \$8 Mbr

**Space:** Room 103



### CLASS CANCELLATION POLICY FOR LIFE LONG LEARNING AND ART CLASSES:

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.



### Aesthetic Impressions of Thailand, Vietnam, Cambodia, and Turkey

### AESTHETIC IMPRESSIONS OF THAILAND, VIETNAM, CAMBODIA, AND TURKEY

**Thursday, June 26**

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

Since 2017 I've traveled to Thailand 8 times, spending between 4-8 weeks per visit, mostly in Bangkok visiting family but with side trips to a variety of other areas of the country. Most memorable were Kanchanaburi on the River Kwai where I stayed on a riverboat hotel, and Surin where silk for the royal family is woven using huge bamboo looms. Two years ago, I met a friend in Vietnam and we traveled around

together there and in Cambodia for about 10 days, exploring small towns, the countryside, and visiting the temples of Angkor Wat. This past winter I met up with two friends in Turkey where we explored the endless wonders of Istanbul, Cappadocia with its natural stone structures known as fairy chimneys which to this day are used as cave dwelling (and cave hotels!) As an artist I've been smitten by the visual and sensual aspects of these places: the food which in all these locations is abundant, beautifully prepared, and often surprisingly luxurious; the creative and shopping culture including traditional craft markets, food markets, fashion, and innovation; the differences in how work is done on the streets and how the towns are set up to function even with overwhelming populations. Bangkok is home to 8 million people, Istanbul to 18 million people. I'd like to share some of my favorite moments - not necessarily the typical tourist attractions although some of those are spectacular - but the things that most impress me day by day about the people and the places, and the way art and culture are integrated in daily living through food, relationship, and environment. Please join me a casual conversation, with some photos and relics, and a selection of interesting desserts popular in Thailand and Turkey.

**Presenter:** Cheryl Ramette

**Capacity:** Minimum 5 Maximum 15

**Cost:** \$35 Nonmbr, \$20 Mbr

**Space:** Room 103

**Registration deadline:** June 19





## ART CLASSES

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

### LEARNING BASIC WATERCOLOR TECHNIQUES THROUGH CARD MAKING

**Tuesday & Wednesday, June 24 & 25****1:00-5:00pm**

With the price of greeting cards continually increasing, now's the time to jump on board and start making your own! You can design and create cards that express exactly what you want to say in a one-of-a-kind way. In this workshop, you'll learn basic watercolor techniques that will enable you to do just that! All are welcome, whether you are a beginner or have previous watercolor experience.

Through multiple demonstrations, I'll guide you through the painting techniques such as wet-on-wet, wet-on-dry, glazing, spattering, and lifting off. You'll have lots of practice time as I "work the room" giving suggestions and one-on-one guidance. This will be followed by step-by-step demos using these techniques to create various card designs. Blank cards and envelopes will be provided and time will be spent on assembling the final creations!! All materials will be provided.

(2 sessions)

**Instructor:** Kathy Miller**Capacity:** Minimum 5, Maximum 15**Cost:** \$88 Nonmbr, \$73 Mbr**Space:** Room 105

### IN & AROUND FIFTYNORTH caught on camera!



Bridgewater 5th Grade Artisit reception — photo by John Dedzej



← Japanese Calligraphy class

↓ David Miller directing the FiftyNorth Band — photo by John Dedzej



↑ Origami class



↑ Paul Van Dyke - Veterans Telling Stories



← Eileen Cooper; one of the courtyard volunteers: "The Buds".



# VOLUNTEERS

## VOLUNTEER OF THE MONTH



Mange tusen takk to Bev Johnson for her many hours of volunteer service at the Used-A-Bit Shoppe.

Bev is known for her knack for folding fitted sheets. Not an easy task! Bev's motivation for volunteering was to get to know folks in the community when she first moved to Northfield. Bev quickly connected with fellow volunteers and says it so much fun to come to work. Read Bev's description of her volunteer experiences.

I found Used-A Bit when I moved to Northfield from Grand Marais, MN about 9 years ago. I needed a way to get acquainted with people and the community. It worked! I began working in the back room waiting for things to get marked so I could put them on shelves for customers. While I waited, I washed dishes, scrubbed pots and pans, and made coffee pots useable. It wasn't long before I became hooked on seeing those pots and pans sparkle again...I know...I inherited too many Norwegian genes. At some point we had a huge influx of bed linens so I began folding and sizing sheets and pillowcases, comforters, bedspreads and blankets. It didn't take long before the table linens started making their debut! They are more demanding and often have to have multiple spot removers attack those holiday dinner stains. They also like to be pressed.

Despite all of the scrubbing, cleaning and folding, I was able to find some wonderful people that became good friends. I am so blessed to have had great managers that gave me the ok to "be fussy" and take up space on days other than what is on the schedule. Last but not least...we enjoy the ability to laugh, talk with customers, tell stories, and be surprised once in awhile when we open the bag that was delivered a bit ago! — **Bev Johnson**

Volunteers needed at Used-A-Bit on the following days and times:

## USED-A-BIT

### TUESDAY

- 1 volunteer needed in pricing from 2-5

### WEDNESDAY

- 2 volunteers needed in pricing from 10-2
- 1 volunteer needed as cashier from 4-5
- 1 volunteer needed in pricing from 2-5

### THURSDAY

- 2 volunteers needed in pricing from 2-5

### FRIDAY

- 1 volunteer in pricing from 2-5
- 1 volunteer in furniture from 2-5

### SATURDAY

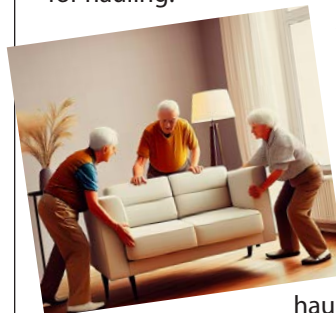
- 1 volunteer needed as cashier from 10-2
- 1 volunteer needed as cashier from 2-5
- 2 volunteers needed in pricing from 10-2
- 2 volunteers needed in pricing from 2-5

If you are interested in volunteering at Used-A-Bit contact Fermin Ponce at 507-645-1399 or [fermin.ponce@fiftynorth.org](mailto:fermin.ponce@fiftynorth.org)



## Volunteer Furniture & Popcorn Wagon Transport Leader and Team Members Needed

We need people with strong backs and muscles to haul furniture from private homes to Used-A-Bit on Wednesday or Thursday mornings at 9:00. This is on as needed basis. We are looking for someone to lead the team and team members. We are also in need of someone with a vehicle and trailer suitable for hauling.



We periodically move the popcorn wagon to St. Olaf and Carleton for special events and we need people willing to haul it to storage at the end of the season.

If you are willing to haul these items contact

Michelle Brant at 507-664-3707 or [michelle.loken@fiftynorth.org](mailto:michelle.loken@fiftynorth.org)



## 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 Thursday morning****10:30-11:30am (Location: Consult Room)**

and also

**Every other Thursday afternoon: May 8, May 22****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

**CAREGIVER SUPPORT GROUP****1st OR 2nd Thursday of the month****1:30-3:30pm****May 8, June 5, July 3, August 14**

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.

## MEMBERS:

## DID YOU KNOW?

If your health insurance supports your FiftyNorth membership, the insurance company reimburses us only \$3.80 per fitness visit, caps the number of reimbursed visits to 10 per month, and pays for only one fitness visit per day. Unfortunately, this reimbursement does not cover the actual cost of your membership. To help us make up the difference, please consider a donation to FiftyNorth! Visit [FiftyNorth.org](http://FiftyNorth.org) and click on '[Donate](#).' Thank you for your support!



## 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 - 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 (a box meal that includes a sandwich, chips, small salad and cookie. The sandwich options are turkey or vegetarian) 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



### 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.

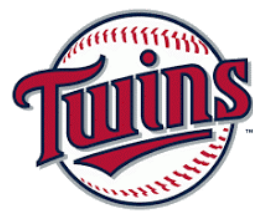
\*Target Field is a cashless facility. All concessions and merchandise stands accept all major credit/debit cards, Apple Pay and Google Pay.

**Trip Leader:** Craig Swenson

**Cost:** \$85 meal not included

**Capacity:** 28

**Registration deadline:** July 23





## TRAVEL

**TRIP - SPAM MUSEUM & HORMEL HOUSE TOUR****Tuesday, August 12****8:30-2:30pm**

Step inside the Spam museum, and you're greeted by a variety of exhibits chronicling the history of SPAM through the years. Exhibit topics range from the ways SPAM packaging has changed over the years, to its role in winning World War II, a colorful "SPAM Around the World" exhibit showcasing the far-reaching culinary and cultural influence SPAM has throughout the globe, and a handful of interactive exhibits younger visitors adore.

As you wander through the museum, you'll almost certainly be approached by SPAMBassadors handing out tasty SPAMples—lightly pan-fried cubes of SPAM served on pretzel-rod skewers—and we highly recommend indulging. These tasty treats come in hard-to-find flavors you may not have eaten before like teriyaki, hickory smoke, black pepper, hot & spicy and more. All 15 flavors are available for purchase in the gift shop, along with any number of fun, SPAM-themed gifts and memorabilia.

Our second stop will be the Hormel Historic Home which was built in 1871. The historic home's mission is honoring and preserving the home and family legacy of George A. and Lillian Hormel by celebrating, inspiring, and enriching the lives of everyone in the community. Accessibility: The upstairs of the Hormel Historic Home is not fully accessible as there are two flights of stairs. However, we have a virtual tour experience of the upstairs for visitors.

**We'll be eating lunch at the Hormel House at 11:30.**

\*The meal and gratuity are included in the cost of the trip. If you register in person or by phone (507-664-3700), choose one of the following options from

the menu below. If you register online, you will receive a phone call to add your meal option.

**CHICKEN SALAD ON CROISSANT**

Chicken salad served on a fresh buttery croissant accompanied by fresh fruit, potato chips, small dessert, coffee and water.

**PASTA BUFFET**

Spaghetti and penne pastas, traditional spaghetti sauce, alfredo sauce, meatballs, grilled chicken, olive oil, grilled vegetables, parmesan cheese, Italian style salad, garlic bread, small dessert, coffee and water.

**GRILLED CHICKEN STRIPS**

Grilled strips of juicy chicken breast served on a bed of wild rice blend, house salad with parmesan peppercorn dressing, dinner roll, a small dessert, coffee and water.

**Capacity:** Minimum: 20 Maximum: 30

**Cost:** \$90

**Trip Leader:** Jim Pence

**Registration deadline:** July 28





## TRAVEL CONTINUED

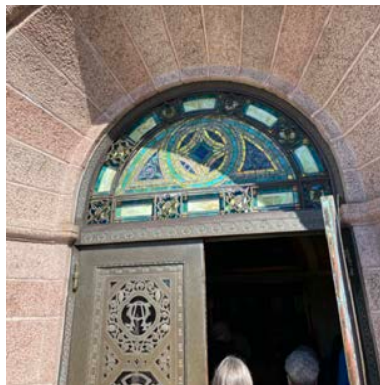
## Rescheduled!!!!

**TRIP - ST PAUL SAINTS VS IOWA CUBS****Wednesday, August 6****11:15-5:00pm**

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

**Trip Leader:** Craig Swenson**Capacity:** 25**Cost:** \$75**Registration deadline:** August 4

Photos from the  
Lakewood Cemetery trip

**TRIP - DAKOTA POW WOW IN MANKATO****Saturday, September 20****9:00-7:00pm**

We are partnering with the Rice County Historical Society as we travel to Mankato for the 53rd Annual Wacipi, or Pow Wow! This is a great opportunity for attendees to learn, see, and experience Dakota Culture from the Dakota themselves. This bus tour will leave at 9am and arrive in Mankato at about 11am. There will be classes, dances, shops, and traditional Dakota food. Attendees are encouraged to bring cash for the shops and food vendors. On the way back, we plan to stop at the Mankato Pizza ranch for dinner, this cost is included in your ticket. Come along with us to the Wacipi and discover what makes Dakota culture so wonderful!

**\*Please Note:** This is a rain or shine event and there will be quite a bit of walking.

**Trip Leaders:** Michelle Brant from FiftyNorth and David Nichols from the Rice County Historical Society

**Capacity:** 27

**Cost:** \$70 – includes the buffet dinner at the Pizza Ranch. Lunch is on your own at the Pow Wow.

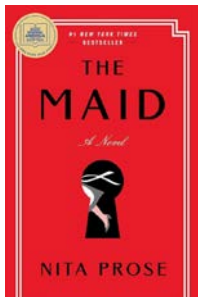
**Registration deadline:** September 5



## GROUPS@FIFTYNORTH

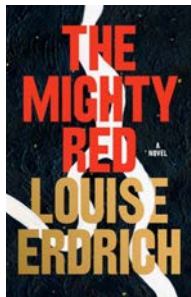
## BOOK GROUP

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

**JUNE 2025****THE MAID** by Nita Prose

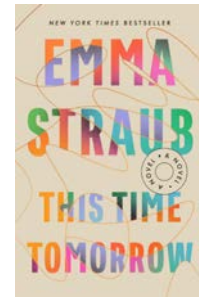
A captivating mystery that revolves around Molly Gray, a socially awkward and endearing hotel maid who finds herself entangled in a murder investigation. Molly, who struggles with social cues

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
ARTS / CRAFT - Knitting Group	Fridays	10:00am-12:00pm	Room 105
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
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	Tuesdays & Thursdays	8:00-9:00am	Lions Park
Nordic Walking	Thursdays	<b>5:00-5:45pm</b>	Courtyard
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball Practice *(will switch to 10am when warmer)	Thursdays	*12:00-2:00pm	Sechler Park
Softball Games - <b>beginning June 3</b>	Tuesdays	10:00-11:00am	Sechler Park +
Pedalers & Walkers	Mondays & Wednesdays	Mornings	Varies
Walking Group	Mondays	9:00-10:00am	Carleton Arb



**Chair**  
**Kathie Taranto**



**Vice Chair**  
**Susan Oftedahl**



**Secretary**  
**Carla Johnson**



**Treasurer**  
**George Brophy**



**Immediate Past President**  
**Pat Jorstad**



**Karen Gervais**



**Gerald Johnson**



**Charles Skinner**



**Kay Brown**



**Naurine Lennox**



**Leif Knecht**



**Richard DeBeau**



**John Dedzej**

## FIFTYNORTH BOARD OF DIRECTORS

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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!*



**Donate now!**

Scan with your  
smartphone!

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Kenneth & Sharon Steinhouse  
Craig Swenson  
Allan & Nancy Swenson  
Judith Tarabek  
Julie Thorsheim  
Pam Toepper  
Dale & Rose Turnacliiff  
Anne Ulmer  
Linda Wagenbach  
Patricia Warner  
Nanette Winsell

### APRIL NEW MEMBERS GLAD YOU'RE HERE!

*Welcome!*

Sandra Ackerman  
Kimberly Broekemeier  
Fletcher Coolidge  
William & Christine Houston  
Steven Jakeman  
Lori Koester  
Lisa Kraml  
Lucy Martinez  
Roxie Maxa  
Debra Nordhausen  
Virginia (Gini) Sartor  
Wendell Spittle  
J P Torres Fuentes  
Brian Tutewohl  
Anne Varley

**APRIL 30, 2025**  
**Total Membership: 2,155**





# COME VISIT US! FRIDAY–SUNDAY 1–4 PM

## CANNON FALLS



**Twin Homes & Single Family  
from the 400's**

*Located by the High School off 72nd Avenue*

**Model Home: UNDER CONSTRUCTION**

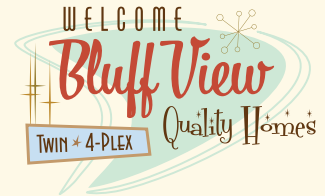
## ELKO NEW MARKET



**Model Home  
Address:**  
9975  
Kari Way

**Twin Homes & Custom Single  
Family from the high 500's**

## NORTHFIELD



**Model Home Address:** 202 Ford Street East



**Model Home Address:**  
**UNDER CONSTRUCTION**  
600 Kraewood Drive

22 Heavily wooded lots  
steps from downtown  
and both colleges!



Builders ID BC636389



**Golf Course lots from the 60's**

*Call today to start your dream home!*



**jrbr.builders**

**507.366.1288**



# THE NEIGHBOR LADY

Let me do that for you.



## Non-medical Senior Home Care

- Companion Care
- Errands
- Tech Support

To do Lists and more...



**Stacey Greer**

theneighborlady.com • 612-839-2286

Serving Northfield and Cannon Falls communities

# USED-A-BIT

HOUSEHOLD & FURNITURE SHOPPES



Two stores right next to each other!  
640 Water Street, River Mall Northfield

**Shope Hours: Tues -Sat 10am-5pm**  
**Donation accepted: Tues-Sat 10am-2pm**  
**(507) 645-1399**



# FiftyNorth

www.FiftyNorth.org

1651 Jefferson Pkwy, Northfield, MN 55057



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

2025 FiftyNorth Softball Team Schedule				
Games are Tuesdays at 10am unless noted.				
Date	Game			Notes
3-Jun	Team A	vs Rochester	@ Home	
	Team B	vs Cannon Falls	@ Home	
10-Jun	Team A	NO GAME		
	Team B	vs Owatonna	@ Owatonna	
12-Jun	Team A	vs Owatonna	@ Owatonna	Thursday
17-Jun	Team A	vs Faribault	@ Home	
	Team B	vs Faribault	@ Home	
24-Jun	Team A	vs Rochester	@ Rochester	
	Team B	vs Cannon Falls	@ Cannon Falls	
1-Jul	Team A	NO GAME		
	Team B	vs Owatonna	@ Home	
3-Jul	Team A	vs Owatonna	@ Home	Thursday
8-Jul	Team A	vs Faribault	@ Faribault	
	Team B	vs Faribault	@ Faribault	
15-Jul	Team A	vs Rochester	@ Home	
	Team B	vs Cannon Falls	@ Home	
22-Jul	Team A	NO GAME		
	Team B	vs Owatonna	@ Owatonna	
24-Jul	Team A	vs Owatonna	@ Owatonna	Thursday
29-Jul	Team A	vs Faribault	@ Home	
	Team B	vs Faribault	@ Home	
5-Aug	Team A	vs Rochester	@ Rochester	
	Team B	vs Cannon Falls	@ Cannon Falls	
12-Aug	Team A	NO GAME		
	Team B	vs Owatonna	@ Home	
14-Aug	Team A	vs Owatonna	@ Home	Thursday
19-Aug	Team A	vs Faribault	@ Faribault	
	Team B	vs Faribault	@ Faribault	
26-Aug	2025 End of year get together at Faribault			



## 2025 SENIOR A&B SOFTBALL LEAGUE

- All games start at 10:00. Games are on Tuesdays unless noted.
- A GAMES at Sechler 2 (far west fields)
- B GAMES are at Sechler 1 (by the Pavilion)
- Home team has batting practice at 9:00am
- Visitors have batting practice at 9:30am
- Home team furnishes 2 new balls
- Each team furnishes their own ump

## Out of town field locations:

○ Faribault fields are in Alexander Park by the Fairgrounds:

1814 2nd Ave NW, Faribault, MN 55021

○ Owatonna games: Steele County Fairgrounds

SE 18th St, Owatonna, MN 55060

○ Cannon Falls fields are by the water plant off Hwy 19

○ Rochester fields are at the McQuillan Softball Complex, Field #1, 1655 Marion Road SE

FiftyNorth Senior Softball Managers:

Bruce (612) 718-4989

Chuck: (507) 581-0592

## 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 Notario Ponce

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

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

Deb Olien

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

### Used-A-Bit Shoppe Special Projects Coordinator:

Dolores Kornkven

507-645-1399 | dolores.kornkven@fiftynorth.org



### Front Desk (Reception Staff):

Phone: 507-664-3700 | Fax: 507-664-3720

Brenda Bultman, Bonnie DuPay, JoAnn Edwardsen, Bonnie Eliason, Cathy Graff, Kay Marosi, Pat Nelson, Jane Persons, Pam Toepper

### Bookkeeper:

Andrea Turini

507-664-3700 | accounting@fiftynorth.org



### 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