



By Kerry Hjelmgren, *Director*



THE POWER OF COMMITTEES

Greetings, FiftyNorth members! We received over 400 responses to our annual membership survey this year. Thank you for sharing your thoughts, ideas, and questions with our staff and Board of Directors. Much of your feedback focused on ideas for new programming, membership fees, and facility enhancements.

Nonprofits like FiftyNorth thrive on mission-driven work, but behind every successful organization is a structure that supports strategy, decision-making, and action. One of the most vital components of that structure? Committees.

Committees are more than just small groups of volunteers, staff, and board members — they are engines of progress. Whether it's the development committee planning a fundraiser, the finance committee overseeing the annual budget, or the membership committee evaluating member satisfaction, these groups bring focus and momentum to specific areas of FiftyNorth's strategic plan and mission.

Why do committees matter?



① Focused Expertise

Committees allow FiftyNorth to tap into the skills and passions of members, volunteers, and board members. When individuals are grouped by area of expertise or interest, they're more likely to stay engaged and contribute meaningfully.

② Increased Efficiency

With dedicated groups handling specific aspects of the organization, FiftyNorth can operate more efficiently. Instead of one large board making all decisions, committees can explore issues in depth and bring well-considered recommendations to the full board.

③ Stronger Engagement

Serving on a committee gives members, volunteers, and board members a deeper sense of ownership and involvement. It's a chance to lead, collaborate, and see the direct impact of their contributions.

④ Better Decision-Making

Committees are ideal for brainstorming, research, data analysis, and in-depth discussion. This process often leads to more informed decisions and stronger organizational outcomes.

Strong committees build strong nonprofits. They empower our members, improve governance, and help FiftyNorth stay mission-focused and adaptable. Would you like to volunteer on one of our committees to support our mission? Attend an upcoming committee meeting to see if it fits with your interests.

Contact Kerry at 507-664-3701 or kerry.hjelmgren@fiftynorth.org for the meeting schedule this month.



THE POWER OF COMMITTEES

continued on page 2→

INSIDE

In the Gallery	2
Spring Concerts	3
Member News	4, 5
Fitness	5-7
Art Classes	8
Life Long Learning	9-11
Wellness	12
Member Services	13
Book Group	15
Groups Calendar	15
Travel	16
Community Partners News	17
Volunteer of the Month	17
Donors/New Members	18
AARP Smart Driving	19

POP-UP CONCERT



FIFTYNORTH CHIME CHOIR

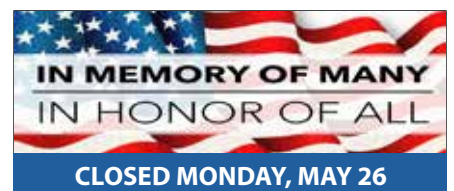
Join us in room 103 on Thursday,
May 1 at 10:00am for an
impromptu Spring concert!
(See back cover)

Coffee with Kerry

Tuesday, May 6, 9:30am



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



THE POWER OF COMMITTEES continued

HERE ARE THE FIFTYNORTH COMMITTEES CURRENTLY SEEKING MEMBER OR COMMUNITY MEMBER VOLUNTEERS:

Development Committee

Purpose: Guide and execute fundraising efforts to meet the budget of the organization.

Facilities Committee

Purpose: Assure that the facility space is well maintained, equipped for member use, organized to provide the best use and appears welcoming to users.

Finance Committee

Purpose: Review and manage FiftyNorth's finances and investments, and recommend the annual operating budget to the Board of Directors.

Marketing Committee

Purpose: Support FiftyNorth's staff and Board in developing, implementing, and evaluating a marketing and communications strategy that advances FiftyNorth's mission. Focus: external audiences.

Membership Committee

Purpose: Oversee and assure the stability and growth of the organization's membership. Focus: internal audiences.



Thank you for considering turning your valuable feedback and ideas into supportive action!

IN THE FIFTYNORTH GALLERY

EXHIBIT ON DISPLAY MAY 5 - MAY 30

ARTIST RECEPTION MAY 12 | 8:30am-9:20am



BRIDGEWATER STUDENTS ART

Thank you for visiting our art show by Mrs. Holden's Class and for supporting artists in our community! The Bridgewater art program serves about 575 students in grades kindergarten to fifth grade under the direction of Ms. Kate Woodstrup for the last 16 years. The artists at Bridgewater have art class once a week for about an hour. The structure of our program follows the National Art Education Association and Minnesota State Standards with themes surrounding the areas of create, present, respond, and connect. The program strives to not only develop artistic ways of thinking and problem solving, but also to create personal works of art that tell our stories and allow us to express our feelings. We greatly appreciate your support of our young artists and please keep helping our art programs!

ARTIST'S RECEPTION: MONDAY, MAY 12 | Special time of 8:30am to 9:20am

Please plan attend the reception on Monday, May 12th from 8:30 to 9:20 and support the Bridgewater Elementary students.

Spring Concerts!



SEASONED SINGERS AND TROUBADOURS SPRING CONCERT

Tuesday, May 13

4:00-5:00pm

Come "Tip Toe through the Tulips" and Sing-a-long to "My Favorite Things" as you listen to "Spring" music and choral selections from familiar musicals.

Refreshments will be served after the concert.

*Free will donations appreciated.

Space: Room 103

***IMPORTANT:** Advance registration is requested to assist us in preparation of seating and refreshments. Please register to reserve your spot.



*This activity is made possible by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund.

Seasoned Singers & The Troubadours in Concert



FIFTYNORTH BAND CONCERT

Monday, May 19

4:00-5:00pm

Come one, come all to hear the FiftyNorth Band in Concert! Count on a bit of star-spangled music, an ode to a local building, and of course, a march or two! There will be some old, some new, mostly borrowed, but there won't be any blues!

Weather permitting, this concert will be outside!

Cost: Free

Space: FiftyNorth Patio and Courtyard
(Room 103 in case of inclement weather)

***IMPORTANT:** Advance registration is requested to assist us in preparation of seating and refreshments. Please register to reserve your spot.



*This activity is made possible by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund.



A special thank you to the FiftyNorth Band for performing at The Grand Event Center on April 5th.

Photo: Debra Miller, Claire Hill and David Miller

MEMBER NEWS



USED-A-BIT
HOUSEHOLD & FURNITURE SHOPPES

Meet Fermin!

FiftyNorth's Used a Bit Shoppe has a new manager! Fermin Ponce took over the management role from Dolores Kornkven, who will continue

to work on special projects for Used-a-Bit. Fermin has lived in Northfield for 24 years, and is deeply committed to serving the community through this important role. Stop by or volunteer at the Shoppe in River Park Mall between 10am-5pm Tuesday through Saturday, and meet Fermin!

Make a difference in your community! Used-A-Bit is seeking enthusiastic volunteers! 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.



REMEMBERING BERIT ANFINSON

May 22, at 2:00 pm

FROM BERIT'S FAMILY:

All are welcome to attend a Dedication Party on Thursday, May 22, at 2:00 pm to honor and remember Berit Anfinson, long time FiftyNorth member who loved the pool and gardens. We will be dedicating a 3 person glider, end table and planter from By The Yard which have been purchased for FiftyNorth with the memorials received honoring Berit.

Coffee, lemonade and apple crisp will be served.

FIFTYNORTH GARDEN GROUP INFORMATION MEETING:

Saturday May, 17

10:00-11:00am

Space: Courtyard

Can you give a bit of time to support the care of the FiftyNorth courtyard?



SEEKING TUTORS FOR NORTHFIELD AND FARIBAULT AMERICORPS POSITIONS

In Rice County, the Healthy Community Initiative is seeking applicants who enjoy working with students in grades K-3 and 4-5, working one-on-one or in small groups, supporting early literacy, reading, or math skills. Whether you bring your own educational background or no experience, AmeriCorps provides training in strategies proven to help young learners. Full and part-time positions are available. Benefits include a stipend and an educational award that can be transferred to a child or grandchild.

To apply, or if you have questions, email:

americorps@healthycommunityinitiative.org

HOMETOWN CREDIT UNION WILL BE IN THE FIFTYNORTH LOBBY

on Monday, May 12, 9:00-11:30am. Their information table is for anyone interested in learning more information about HomeTown Credit Union. They are a not-for-profit cooperative that exists to serve the financial needs of its member owners.



MOVIE DAY!!!

Tuesday May 27

Time 1:00

Space: Room 103

Growing up impoverished in small-town Texas, young Rickey Hill shows an extraordinary ability for hitting a baseball, despite being burdened by leg braces from a degenerative spinal disease. His stern, pastor father (DENNIS QUAID) discourages Rickey from playing baseball to protect him from injury, and to have him follow in his footsteps and become a preacher. As a young man, Rickey (COLIN FORD) becomes a baseball phenomenon. His desire to participate in a try-out for a legendary major league scout divides the family and threatens Rickey's dream of playing professional baseball.

MAY'S COLLECTION CONNECTION



JUDY KARLSON'S VINTAGE HANGER COLLECTION

I have collected antique and vintage clothing hangers for over 50 years!

My interest in collecting started in my youth as I joined my mother on antiquing adventures. Eventually and with limited 'fun' money for my seemingly insatiable yen for hunting and gathering vintage goods, a wooden hanger with some interesting wording for under \$5 was a treasure; hangers became my collection focus. My favorites are those with a deep golden patina on old wood, and wording that tells a story about its origin and perhaps how it was used in the past. Many are from dry cleaners or clothing storage units, several from hotels and resorts; all have advertising on them as well as the address, city and state of the shop or business from which they came originally. Many states are represented as well as European countries. I have found them at garage and tag sales, flea markets, yard sales, antique stores, estate sales, thrift stores and some have been given to me by friends who often are curious about the whole idea of collecting in the first place and then.....collecting hangers?? My personal collection numbers in the hundreds, they are displayed throughout my home and I use them in my closets too! I also sell them at Vintage Goods, my shop within The Goat in downtown Northfield. — Judy Karlson

Judy's hangers will be displayed in the coffee area in the lobby.

**FITNESS GROUPS**

The FiftyNorth Softball schedule will be posted in the June Newsletter.

**PICKLEBALL**

Tuesdays & Thursdays
beginning May 13
8:00-9:00am

Looking for a fun, social, and competitive way to stay active? Join our pickleball group! Whether you're a seasoned player or just picking up a paddle for the first time, we welcome all skill levels. Enjoy fast-paced games, friendly competition, and a great community that's all about having a good time on and off the court. Come play, improve your game, and make new friends—let's rally together! Paddles and balls will be provided.

Leader: Craig Swenson

Cost: FREE

Capacity: 16

Space: Lions Park

**FiftyNorth Softball Game/Practice 2025**

Tuesdays & Thursdays
10:00-12:00pm

Practice – Thursdays

Games – Tuesdays beginning Tuesday, June 3
(Sechler Park and away)

Games will start June 3 and every Tuesday thereafter through August. We will probably be practicing afternoons for several weeks yet but will be 10 am on Thursdays when weather is warm enough.

Step up to the plate and rediscover the thrill of the game! Joining the FiftyNorth softball league is more than just a chance to play—it's an opportunity to stay active, build friendships, and enjoy the camaraderie that only sports can bring. Whether you're a seasoned player or new to the diamond, our league welcomes all skill levels. Imagine the crack of the bat, the cheers from teammates, and the satisfaction of a great play—all while getting fresh air and staying in shape. Don't let age keep you from the joy of competition and teamwork. Grab your glove, and come be part of something special!

Leaders: Chuck Tennesen, Bruce Forland

Space: Sechler Park



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								
7:30 AM				STRENGTH AND CARDIO (7-7:45)			MOBILITY AND STRETCH (7-7:45)	
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								
2:30 PM				SEATED CHAIR LINE DANCING (2:15-3)				

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						

SESSION-BASED CLASSES

Please pre-register for all session classes:

Phone: 507-664-3700

Online: FiftyNorth.org/classes

In Person: FiftyNorth front desk

MEDICAL QIGONG FOR A BETTER BACK

Thursdays, May 8, 15, 22, 29, June 5, 12, 26, July 3

(no class June 19)

12:00-12:45pm

Benefits anyone suffering from chronic back pain. Begin to reduce your pain while improving your ability to relax as you regain lost flexibility and ability to complete physical tasks. Learn and modify a set of gentle, yet powerful movements to match your current physical abilities so you can enjoy your personal healing process from day one. Suitable for seated, standing, and transitioning to standing participants.

(8 sessions - no class on June 19)

Instructor: Rob Gersky**Capacity:** 20**Cost:** \$80 Nonmember, \$64 Member, \$0 Fitness Plus**Space:** Room 103 **Instructor:** Rob Gersky**Capacity:** 20**Cost:** \$80 Nonmember, \$64 Member, \$0 Fitness Plus**Space:** Room 102

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									
9:30 AM	YOGA STRETCH (9:15-10:15)	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)			
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)	TABLE TENNIS (10:30-3:45)			
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)	FOLK DANCE FUSION (11:45-12:45)				
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	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									



BLUE –
Mid-range

PURPLE –

INTENSITY KEY: Gentle

PINK –

High Intensity

GOLD:

No Open Use

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.



JAPANESE CALLIGRAPHY

Wednesday, May 21

1:00-2:30pm

Japanese calligraphy is the fine art of writing. Traditionally, it uses a brush and charcoal ink. Join us to learn the art of calligraphy to connect the body and mind.

Instructor: Sayaka Yamazaki

Capacity: Minimum 3, Maximum 10

Cost: \$35 Nonmember, \$20 Member

Space: Room 102

Registration deadline: May 14



JAPANESE ORIGAMI

Wednesday, May 28

1:00-2:30pm

Origami is the Japanese art of paper folding. Create almost anything, animals, flowers, birds, and more. Join us to learn a fun way to exercise your fingers and your mind.

Instructor: Sayaka Yamazaki

Capacity: Minimum 3, Maximum 7

Cost: \$35 Nonmember, \$20 Member

Space: Room 102

Registration deadline: May 21

SAYAKA YAMAZAKI BIO:

Sayaka Yamazaki was born and grew up in Tokyo, Japan. She graduated from a University in Japan and earned another bachelor degree in the United States. Her grandmother taught her how to make origami at the age of four and she taught her children the art of origami at home. The ancient practice of paper folding has been passed down through generations.

Sayaka learned calligraphy in elementary school in Japan and brought the calligraphy set from Japan to share Japanese art and writing. She has taught Japanese language, art, culture, and more at Concordia Language Camp, Japanese school, charter and public schools, community centers, and in an assisted living care center. She also taught private Japanese classes, piano lessons and cooking classes at the Community Education Center.

Sayaka is looking forward to sharing her experiences about the beauty of Japan.



The Echoes & Shadows event offers a glimpse into the dynamic exchange between different art forms. This year we will be showcasing how visual arts can inspire poetry.

TIMELINE

- A photo of the artwork can be emailed to michelle.loken@fiftynorth.org **by June 6.**
- Online viewing and selection of artwork will begin **June 11**
<https://fiftynorth.org/activities/art-gallery/>
- Poetry submission will be due on August 13. Email your poem to Michelle at the email address above
- Gallery Exhibit begins September 2nd and ends October 31st
- Artist Reception and Poetry Reading will be on September 18 beginning at 4:00pm

GUIDELINES

- ☐ Artists, photographers and poets do not have to be members of FiftyNorth
- ☐ Artwork, photography or poems do not have to be created in a class at FiftyNorth
- ☐ Artwork must be framed and have a hook that works with our hanging system
- ☐ Artwork submissions must include – first and last names, phone number, email, medium and sale price. Artist will receive 65% of a sale
- ☐ Artist should provide an Artist Statement when submitting their artwork
- ☐ Art pieces can be created using any medium
- ☐ Artists can submit one piece of artwork
- ☐ Poetry submissions must include – first and last names, phone number and email
- ☐ Poetry must be inspired by artwork that was submitted
- ☐ Poems should not be more than one page
- ☐ Poets can submit one poem to michelle.loken@fiftynorth.org
- ☐ Do not submit artwork and poetry as a pair. The purpose of the exhibit is to create a collaboration
- ☐ There will not be an entry fee

Upcoming art classes – Japanese Calligraphy – May 21st, Japanese Origami – May 28th

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.



The **SENIOR LINKAGE LINE** is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the services and support they need.

MEDICARE 101

Tuesday, May 6

1:30-2:00pm

Medicare can be complicated, but the Senior LinkAge Line is here to help. Whether you've been on Medicare for a few years and just need a refresher, or you're brand new to Medicare, Medicare 101 will help you understand the basics so you can manage your health care options.

Presenter: Senior Linkage Line

Cost: Free

Space: Room 102

Capacity: Minimum of 5

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 - (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.

AVAILABLE SLOTS at the time of printing:

2:30	3:30
3:00	4:00

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

Capacity: 12

Cost: Free

Space: Southwest parking lot at FiftyNorth

LIFE LONG LEARNING CLASSES

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



CPR AND FIRST AID

Tuesday, May 13
9:00-12:00pm

Students will receive expert training in First Aid and Basic Life Support CPR (adult) including Automatic External Defibrillator (AED). This 3-hour class includes instruction, demonstrations and hands-on activities and culminates in the students earning an American Heart Card. It is appropriate training for Certified Nurse Assistants, healthcare workers, childcare workers, teachers, instructors, and volunteers. Many health care facilities require this training of their employees.

Instructor: Jon Bolster

Capacity: 10

Cost: \$72 non-member, \$65 member

Space: room 104

JAPANESE LANGUAGE & CULTURE

JAPANESE CULTURE AND LANGUAGE

Wednesday, May 14
1:00-2:30pm

Begin your journey of discovery into the culture of Japan and learn some basic Japanese language. Learn about traditional clothes, toys, and art that depict Japan's rich cultural heritage.

Explore, write, and practice common phrases such as hello, how are you, thank you, please, and good-bye.

Instructor: Sayaka Yamazaki

Capacity: 3 Minimum, 12 Maximum

Cost: \$30 Nonmember, \$15 Member

Space: Room 102

Registration deadline: May 9

SAYAKA YAMAZAKI BIO:

Sayaka Yamazaki was born and grew up in Tokyo, Japan. She graduated from a University in Japan and earned another bachelor degree in the United States. Her grandmother taught her how to make origami at the age of four and she taught her children the art of origami at home. The ancient practice of paper folding has been passed down through generations. Sayaka learned calligraphy in elementary school in Japan and brought the calligraphy set from Japan to share Japanese art and writing. She has taught Japanese language, art, culture, and more at Concordia Language Camp, Japanese school, charter and public schools, community centers, and in an assisted living care center. She also taught private Japanese classes, piano lessons and cooking classes at the Community Education Center. Sayaka is looking forward to sharing her experiences about the beauty of Japan.



DOUG SCHOLZ-CARLSON: GREAT RIVER FESTIVAL PRODUCTION PRESENTATION

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

What can go wrong with two sets of identical twins in a Shakespeare comedy?

Doug Scholz-Carlson will maybe give us the answer as he again comes to FiftyNorth. For twenty years Doug has given us insight into the Great River Shakespeare Festival's productions. As the Artistic Director of GRSF, he gives us a look at what goes into putting on a production. GRSF in it's 22nd season is a resident company of 9 professional actors from all over the country that come together for a summer of Shakespeare in Winona. FiftyNorth has sponsored a trip every year, except during the COVID outbreak.

Doug grew up in Northfield, getting his start at the Northfield Arts Guild under Myrna Johnson. He has acted and directed at most Twin City theaters, and across the country. Most recently he is working with the Metropolitan Opera in New York and will be working with the Minnesota Opera this spring on 'The Barber of Seville'.

Capacity: 30

Cost: Free and open the public

Space: Room 103

LIFE LONG LEARNING CLASSES

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

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



VETERANS TELLING STORIES READING

Saturday, May 17

2:00-3:30pm

Join us for an afternoon of storytelling as local writers from the Veteran and Veteran Family community share their work.

Capacity: 40

Cost: Free

Space: Room 103



InHome Senior Care:

HOME SAFETY & EMERGENCY PREPAREDNESS

Thursday, May 22

10:00-11:30am

Pre-registration required.

InHom Senior Care presents 'Home Safety & Emergency Preparedness', as part of their Caring for the Caregiver; Family Caregiver Education Series.

Here are the key components of the presentation:

Preparing for Emergencies: Learn how to create an emergency plan tailored to your loved one's specific needs, including natural disasters or medical emergencies.

Home Safety Checks: Regular safety assessments to ensure the home environment is free of hazards that could lead to accidents or injuries.

Using Technology to Enhance Safety: Explore the use of medical alert systems, smart home devices, and other technologies that can provide peace of mind and quick access to emergency services.

Presenters: InHom Senior Care

Capacity: maximum 25, minimum 12

Cost: Free (please register a week ahead by May 15)

Room: Room 103



MONEY SAVING PROGRAMS & SERVICES

MN Senior Linkage Line*

Tuesday, May 27

1:30-2:00pm

Learn about programs that can lower Medicare premiums, deductibles and out-of-pocket costs. Find out about who qualifies, how to apply for assistance and learn about program benefits. We'll also cover Medicare preventive services, like free screenings, vaccines and wellness visits.

Cost: Free

Space: Room 102

*The Senior LinkAge Line is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the services and support they need.



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

Registration deadline: May 27



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



AN INTRODUCTION TO THE BENEFITS OF QIGONG PRACTICE

Thursday, May 1
12:00-1:00pm

Come learn more about what Qigong (pronounced Chee-gong) is and how it may help you in this informational and experiential hour. Benefits include decreased pain and inflammation, better balance and range of motion, and increased sense of vitality. Bring your questions and learn about the options for adapting the movements to your unique needs.

Instructor: Rob Gersky
Capacity: 20
Cost: Free
Space: Room 102



VERTIGO 101

Wednesday, May 14
9:00-11:00am

Vertigo is a sensation that the environment around you is spinning in circles. It can make a person feel dizzy and off-balance. Vertigo can affect individuals at some of the most inconvenient times and carry on for days. Learn from Dr. Marcy Kramer what Vertigo is, what are the signs and symptoms, and what can you do to battle the effects of vertigo.

Instructor: Marcy Kramer
Capacity: 25
Cost: \$20 Nonmember, \$16 Member
Space: Room 106

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.



MANAGING YOUR BLOOD PRESSURE

Tuesday, May 20
3:00-4:00pm

Uncontrolled high blood pressure can lead to heart attack, heart disease, congestive heart failure, stroke and other problems.

NH+C clinic RN care coordinators teach you:

- Why your blood pressure matters to your health
- What you can do, including diet and exercise
- What your provider can do, including medication and monitoring

Get your blood pressure checked during the session. See demos of equipment for home.

Presenters: Northfield Hospital and Clinics

Capacity: 20

Cost: FREE

Space: Room 102

Registration deadline: May 18

Save the Date:

 Saturday, May 10, 2025
 At 10AM - 4PM

Emmaus Church, 712 Linden St
 N. Northfield MN 55057



NORTHFIELD HOLISTIC HEALTH SUMMIT 2025

THEME: HEALTHY NERVES, HEALTHY BRAIN

- \$45.00 for the day
- Lunch included, by Cafe Shawn
- Learn about food for your brain
- Explore fresh ways to pursue health



Learn about Acupuncture, Traditional Chinese Herbal Medicine, Chiropractic, Mental Health, Homeopathy, Light therapy and more...

- **Presenters:** Noel Aldrich, Aaron Schindler, Jeff Kotulski, Peter Ahlers-Nelson, Donovan Belcourt, Rustianna Mechura, Kassie Kaas, Ellen Saul, Sujata Owens



Ticket Sales End May 5th

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 and click on '[Donate](#).' Thank you for your support!



MODERN, ACTIVE 55+ HOMES COMING SOON TO NORTHFIELD. NOW ACCEPTING RESERVATIONS!



Artist Renderings. Furniture is for illustrative purposes only and is not included with purchase.

- Home Ownership with Earned Equity
- Spacious Floor Plans
- Upgraded Modern Finishes
- Indoor/Outdoor Amenities
- Heated Parking
- Maintenance-Free
- Flexible Payment Options
- Pet Friendly

*Fitness Center, Pickleball Court,
Hobby Rooms, Gardening & More!*



BONUS

Members who reserve their home prior to construction start will be able to choose unit finishes including cabinetry, counters, flooring, and more!

UPCOMING INFO MEETINGS:

Register at www.gracewinliving.com/events

Tuesday, May 13 at 3:00 pm

Edina Senior Center
5280 Grandview Square
Edina, MN 55436

Wednesday, June 11 at 10:00 am

Buckham West (formerly the Faribault Senior Center)
19 West Division Street
Faribault, MN 55021

Thursday, June 12 at 1:00 pm

Gracewin Cooperative Sales Office
2018 Jefferson Road, Suite I
Northfield, MN 55057

Questions?
Give us a call!

(507) 222-8960 (local)

(855) 472-2396 (toll free)

GRACEWIN
COOPERATIVE

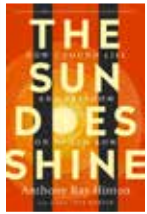


WWW.GRACEWINLIVING.COM

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.



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

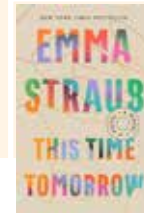


JULY 2025

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
ARTS / CRAFT - Knitting Group NEW	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
MISC - Rock Talk - ON BREAK	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
FITNESS GROUPS			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Pickleball - beginning May 13	Tuesdays & Thursdays	8:00-9:00am	Lions Park
Nordic Walking	Thursdays	5:00-5:45pm	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 - beginning June 3	Tuesdays	10:00-11:00am	Sechler Park +
Pedalers & Walkers	Mondays & Wednesdays	Mornings	Varies
Walking Group - beginning May 5	Mondays	9:00-10:00am	Carleton 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 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



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



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

See page 10
for details

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



VOLUNTEERS

VOLUNTEER OF THE MONTH

We'd like to thank Dan Corcoran for his volunteer service. He is always ready and willing to help at the popcorn wagon. He is a faithful and reliable volunteer. You can usually see Dan covering a shift in the wagon on Saturday or at community events.

"We asked Dan what inspires him to volunteer. He responded, "wanting to help the people and places that have done so much for me..."

If you are interested in volunteering at the popcorn wagon or would like information about other volunteer opportunities, please reach out to Michelle at michelle.loken@fiftynorth.org or call 507-664-3707 or stop in the office.

COMMUNITY PARTNERS INFORMATION

Age-friendly NORTHFIELD

HAVE YOU EVER WORKED FOR THE SOCIAL SECURITY ADMINISTRATION?

Age-Friendly Northfield and the Public Library would like to develop a local support program that would help people establish their on-line Social Security accounts. (An online account is a secure way to interact with the Social Security Administration online.) We would, also, help people get organized if an in-person appointment is needed. Might you be willing to lend your knowledge to help us develop this local support? Please contact: cclinstroth@gmail.com

NOTE: Northfield is among 31 communities in Minnesota and 940 communities across the country. The common thread among the communities and states enrolled in the AARP age-friendly network is the belief that the places where we live are more livable, and better able to support people of all ages, when local leaders commit to improving the quality of life for the very young, the very old, and everyone in between.

AARP engages with elected officials, partner organizations and local leaders to guide communities through the age-friendly network's assessment, planning, implementation and evaluation processes.

www.agefriendlynorthfield.com
agefriendlynorthfield@gmail.com



In recent years, nursing homes have faced significant challenges. Now, we're confronted with the possibility of substantial funding cuts that non-profit providers like us, and the communities we support, rely on. We urge you to reach out to your legislators and request their support in safeguarding rural nursing homes and the seniors who depend on them. <https://www.gis.lcc.mn.gov/iMaps/districts/>

We support HF500/SF1531, a bill that restores state spending and budget oversight to an elected Legislature, not a board appointed by the Governor. We are extremely troubled by the actions of an unelected Board in tying the hands of future legislatures, minimizing the voice of employers throughout local communities in Minnesota and impeding on quality of life for residents.

By way of background, the Nursing Home Workforce Standards Board was enacted into session law Chapter 53, Article 3 under Minnesota Statutes Chapter 181, and is deeply flawed. This unelected Board was provided with broad authority from the legislature to impart rules and mandates on nursing home facilities without financial appropriation, and has yielded expedited rulemaking to bypass public hearing obligations, ignore the completion of a statement of need and reasonableness (SONAR) of the promulgated rules, and entirely dismiss the perspective of employers while stating it is a "collaborative process."

We would greatly appreciate your support. Contact us with questions: mark.rentz@sfhs.org.

Deanna Carlson, LNHA, LALD
 Campus Administrator Three Links Health Services

SEEKING GRANT WRITERS


Do you have experience with grant writing or telling an organization's story?

If so, the FiftyNorth Development Committee needs your help! If you are interested in helping us achieve our grant-related goals, please contact Kerry Hjelmgren, Executive Director, at 507-664-3701. Thank you!

SPECIAL THANKS



A special shoutout to Josh Bisel and FiftyNorth members; Jim & Angie Mayr for the excellent presentation on Ebikes 101 in April.



MARCH 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!*



Donate now!

Scan with your smartphone!

Karen Achberger
David Appleyard
Nancy Ashmore & Kenneth Wedding
Bernard & Mary Auge
Lois Bakko
Audrey Benjamin
George & Catherine Brophy
Judy Broske
Warren & Karen Broughton
Kay Brown
Mary Brown
Brenda Bultman
Bernice Christensen
Ginger Church
Donavon Pautzke & Jeanne Cloud
Mark & Judy Code
Eileen Cooper
Allan & Darlene Cox
Neil & Marilyn Deden
Bonnie DeLong
Bonnie DuPay
Larry & JoAnn Edwardsen
Chris Ellison
Carol Emery
Beth Endert
Catharine Eyberg
St Paul & MN Community

Foundation
Stephanie Frey
Marie Gery
Mac & Jacquelyn Gimse
Dorothy Hammer
Shirley Herreid
Kerry Hjelmgren
Richard & Donna Jackson
Georgene Johnson
Karen L. Johnson
Ruth Johnson-Wirth
Steve & Ann Jorstad
Patricia Jorstad
Joni Kilde
Gary & Arlene Kruse
Perry & Ruth Kruse
Myron Lanoue
Jean Larson
Karen Lillibridge
Tom & Nancy Loesch
Carol Marshall
Janet Mathews
James & Angie Mayr
Donovan & Leora McGee
Mike & Ann McGovern
Lori McIntyre
Dean & Constance Merrell
Elaine Meyers
Neil Lutsky & Irene

Montenegro
Bill & Pat Nelson
Susan Oftedahl
Elizabeth Olson
Dorothy Palmquist Parker
Jane Persons
Dennis & Marjorie Randolph
Jean Reuter
Helen Rockey
Carol Rutz
Mel & Cheryl Schrader
Kenneth & Sharon Steinhouse
Craig Swenson
Allan & Nancy Swenson
Susan Swenson
Judith Tarabek
Dale & Rose Turnacli
Anne Ulmer
Robert & Donna Vanderhoof
Mary Viereck
Linda Wagenbach
Patricia Warner
Marilyn Will
Robert & Catherine Williams

MARCH NEW MEMBERS
GLAD YOU'RE HERE!

Welcome!

Erin Borchert,
Robert Bowlin,
Ed & Editha Holt,
Grant Johnson,
Barry Kuhlman,
Karen McLaughlin,
Raymond Monten,
Christina Prehall,
Denise Reuvers,
Neil & Elizabeth Rowley,
Rick Schmitz,
Pat & Brenda Shelby,
Luverne Wallace,
Paul & Margaret Wingate

MARCH 31, 2025
Total Membership: 2,136



AARP SMART DRIVING COURSES



Location: Room 103

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.

AARP Smart Driving 4-hour Course
Thursday, May 29
1:00-5:00pm

AARP Smart Driving 4-hour Course
Monday, May 12
9:00-1:00pm

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

AARP Smart Driving 4-hour Course
Thursday, November 13
9:00-1:00pm

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.

Craig beat the odds!

CRAIG GRUNZKE a member of the FiftyNorth Cribbage Group gets a perfect hand!!!

"I've been playing cribbage for 60 years and had never seen a perfect hand. The odds of getting one are 216,580 to 1. I've been playing at FiftyNorth on Thursdays for almost three years."



CHIME CHOIR CONCERT

Thursday, May 1

10:00-11:00am

Location: Room 103

Experience the enchanting sounds of the FiftyNorth Chime Choir as they present a delightful program of music. Their intricate ringing will fill the air with beautiful harmonies – a perfect way

to relax, be inspired, and enjoy a peaceful way to start the day.

Group Leader: Marilyn Finneseth

Free will donations appreciated



*This activity is made possible by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund.

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

Used-A-Bit Shoppe Special Projects Coordinator:

Dolores Kornkven

507-645-1399 | dolores.korkven@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, Cathy Graff, Kay Marosi, 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

Follow FiftyNorth and Used-A-Bit on Facebook!