



FiftyNorth Report

MARCH 2025

By Kerry Hjelmgren, *Director*



ANNUAL MEMBER SURVEY

Make Your Voice Heard



It's that time of year, again! We want to hear from you about your experience as a member of FiftyNorth. The **FiftyNorth Annual Member Survey** will be available for members to complete online or on paper during the entire month of March. On March 1, watch for an e-blast with the link to the survey, or pick up a paper copy of the survey at the front desk. You'll see some new questions this year! Every spring, we will ask for your ideas, input, and feedback about FiftyNorth to ensure that the vision for FiftyNorth's future remains member-driven.

Our Board of Directors, Committees, and Staff look forward to learning about what is benefitting you, what needs improvement, what should be prioritized, and what new programming you would like to see at FiftyNorth. If you have any questions or would like to discuss your feedback, please schedule a time to talk with me: 507-664-3701 or kerry.hjelmgren@fiftynorth.org.

Thank you for making your voice heard!

Kerry

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HELP US REDESIGN THE LOBBY!

The FiftyNorth Facilities Committee is looking for volunteers to join a subcommittee to update and redesign the FiftyNorth lobby. The Board of Directors has approved capital improvements to the FiftyNorth lobby in 2025. We will incorporate input from our member survey, staff, and Board Committees, and develop a new design to better meet our needs for functionality, usage, and comfort. Interested? Contact Kerry Hjelmgren, Executive Director, at 507-664-3701 or Kerry.hjelmgren@fiftynorth.org.

COLLECTION CONNECTION

Andrea Curley shares Kachina Collection



Andrea Curley is sharing her Kachina collection with us. Check out this interesting and unique collection. It will be on display in the lobby for the month of March.

These are Native American (Hopi and Navajo) Kachina figures that Andrea's mother collected. Kachina's were ceremonial gifts usually given to the tribe's young representing the tribe's beliefs and teachings. The Kachina's were not played with but proudly displayed in their home with the belief their presence would ward off evil spirits and bring good fortune to their community.




In the U.S., clocks will officially spring forward at **2 a.m. Sunday, March 9, 2025**



Community MARKET FAIR
MORE THAN A HOME & GARDEN SHOW

STOP BY AND VISIT FIFTYNORTH'S BOOTH!

Saturday Mar 29, 2025
9:00 AM - 3:00 PM
Dundas Dome
There is no fee to attend.

IN THE GALLERY

EXHIBIT OPENS MARCH 6

MEET THE ARTISTS:

Join us for the Artists reception on March 13 from 4pm-5pm.

ROSE KORMANN BIO

From a very early age quilts have interested and fascinated me. I wondered how they made those beautiful blankets. My first teaching experience was on the Turtle Mountain Reservation in Belcourt, North Dakota. During those years one of my students was Darlene. Fast forward twenty years Darlene and I found ourselves employed by the same district as counselors. As our adult friendship developed, I expressed my desire to learn to quilt. Darlene told me her mother was taking quilting lessons on the Reservation, she, in turn, would teach Darlene what she had learned. Darlene offered to then teach me. My student became my teacher. Quilting is therapeutic for me, I can lose myself trying to figure out a pattern, deciding on color combination, placement of the blocks and completing a quilt. It gives me great joy when all goes well and I can gift my quilts to others. I am thrilled to be helping my oldest grandchild make a t-shirt quilt from her St Olaf basketball days.

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



ANDREA TURINI BIO

I am a local designer who creates classically elegant beaded statement jewelry that is comfortable and easy to wear. I balance bold colors with unique contrasts to create pieces that seamlessly transition between seasons and styles. My designs use the highest quality Japanese seed beads and Swarovski crystals. They are unique and timeless pieces that coordinate and compliment your outfit, mood and lifestyle. Explore my work at www.AndreaTuriniJewelry.com

EVENTS *Bring a friend!*



**MARDI GRAS THEME!
ST. OLAF STUDENTS IN
CONCERT**
Thursday, March 6
2:30-3:30pm

Join us for an afternoon performance of the St. Olaf Chamber musicians followed by a Mardi Gras themed reception! Wear your Mardi Gras colors if you wish!

Room 103 -
Free will donation appreciated!



CELEBRATE NATIONAL PI DAY!

PIE AND PICTURE
Friday, March 14
12:30 Pie served
1:00pm Movie starts

Based on a true story, Mark Wahlberg stars in this award winning movie. An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.

● Please pre-register so we have an idea how many pies to order.

Room 105 - Cost: \$5 for Pie

Coffee with Kerry



**Friday,
March 14
10:00am**

Join Kerry Hjelmgren, Executive

Director of FiftyNorth, for our monthly coffee get-together! Enjoy casual conversation and delicious treats in the lobby while sharing your ideas and talking about how you're making the most of FiftyNorth. Kerry will be there to answer any questions you may have.

Jerry Johnson, FiftyNorth Board Member brings his fellow musicians from around the metro together for a memorable evening of music and fellowship.



**FRIDAY, March 21
5:00-7:00pm**

Dimestore Watch is a country alt/roots rock band that covers the deeper cuts of the Americana songbook. We introduce listeners to some of the lesser known tunes from familiar singer/songwriters combining elements of bluegrass, traditional country and rockabilly in unique arrangements. 15 years playing in Twin Cities/Northfield.

Cost: \$10 **Space:** Room 103/105



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

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

Cost: \$10
Space: Rooms 103 & 105



FiftyNorth

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

The Band *at the* **The Grand**

FiftyNorth Band performs from 6:30-8:00pm.

**Doors open at 5pm, restaurant is open for dinner;
serving food until 6:30pm.**



A fun evening awaits!

**Food and drink are available for purchase and
donations accepted in support of FiftyNorth and the FiftyNorth Band.**



These courses are designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver. Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premiums. Once you take this first-time course, you will then need to take a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

ALL COURSES ARE 4-HOUR | LOCATION: ROOM 103

FEES:

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

■ **AARP Smart Driving**
Wednesday, March 12, 2025
1:00-5:00pm

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

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

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

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

FITNESS NEWS

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

ONGOING FITNESS CLASS RETURNING

SOMATICS
Every Friday beginning March 7
2:15-3:15pm
Location: Fitness Studio

This ongoing Somatic Movement class is designed to guide you in developing your somatics practice at home and in your daily life. We will explore variations of the basic somatic exercises, learn new exercises, and address complex somatic patterns such as walking, reaching, balancing - all in the interest of better movement overall. The intention is to help you remain current in your somatics practice, explore movement options, and move freely throughout the day.

Instructor: Cheryl Ramette, Certified Somatics Instructor
Capacity: 20
Cost: \$10 Nonmember, \$8 Member, \$0 Fitness Plus

Prerequisite:

Completion of an Intro to Somatics 4-week class series and instructor approval.

SESSION-BASED CLASSES - PRE-REGISTRATION REQUIRED

INTRO TO SOMATIC MOVEMENT (pre-registration required)
Fridays, March 7, 14, 21, 28
1:00-2:00pm
Location: Fitness Studio

Introduction to Somatic Movement is a 4-week class series where you'll learn basic somatic exercises you can do at home. The exercises are designed to release chronic discomfort and tension holding patterns throughout the body, including shoulders, hips, back, and neck. By focusing on your internal sensation of movement, the exercises remind the nervous system how to relax muscles to proper resting length, how to utilize full range of motion, and how to move well in daily activities. (4 sessions)



Instructor: Cheryl Ramette, Certified Somatics Educator (CCSE)
Capacity: 15
Cost: \$40 Nonmember, 32 Member, \$0 Fitness Plus

MEDICAL QIGONG FOR CHRONIC PAIN AND INFLAMMATION
Thursdays, March 6, 13, 20, 27, April 3, 10, 17, 24
12:00-12:45pm

Learn how to better manage your pain and inflammation with regular practice of these powerful, centuries old self-care movements. We'll practice a routine of six core movements each class and break down the key distinctions of one or two of them each class so you can learn the details you need to practice on your own. Suitable for anyone who wants to move with more ease and vitality relative to your current ability.



(8 sessions)
Instructor: Rob Gersky
Capacity: 20
Cost: \$80 Nonmember, \$64 Member, \$0 Fitness Plus
Space: Room 106

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							
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				SILVER SNEAKERS (10:30-11:30)			SILVER SNEAKERS (10:30-11:30)
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				SILVER SNEAKERS BALANCE (12-12:45)			SILVER SNEAKERS BALANCE (12-12:45)
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 March)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)		
6:30 AM						
7:00 AM	CARDIO DANCE AND DRUMSTICKS (6:45-7:30)	HATHA YOGA (7-7:45)	YOGA STRETCH (7-7:45)	HATHA YOGA (7-7:45)	TAI CHI (7-8)	
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		ZUMBA GOLD (8-9)
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM						
9:30 AM	YOGA STRETCH (9:15-10:15)	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)
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)		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						
7:00 PM						
7:30 PM						




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




Please pre-register for all classes:
Phone: 507-664-3700
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.



AN INTRODUCTION TO THE BENEFITS OF QIGONG PRACTICE
Wednesday, March 5
10:00-11:00am
 An Introduction to the Benefits of Qigong Practice 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 103



BENEFITS OF EXERCISE
Wednesday, March 12
9:00-11:00am
 What can exercise do for me? Can exercise help improve my ailments, my joint pain, my mood or even my cognitive functioning? Dr. Marcy Kramer will help you understand the benefits of exercise on the human body. Learn how exercise not only improves your heart and muscles, but also how it can benefit your entire body and the way it functions.
Instructor: Marcy Kramer
Capacity: 25
Cost: \$20 Nonmember, \$16 Member
Space: Room 106



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.



SECRET TO ENERGY

Thursday, March 13

10:00-11:30am

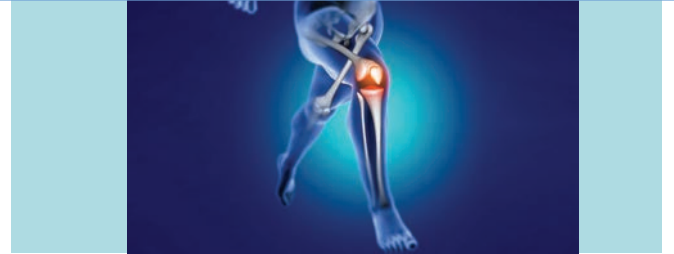
Do you not have as much energy as you would like to have? What is the secret to increasing your energy? Join Dr. Noel Aldrich, Licensed Nutritionist, as he presents how energy is made in your body and what are the common roadblocks that can stop energy production. Receive a checklist to identify what foods can slow down energy production and what foods will help fuel greater energy.

Instructor: Dr. Noel Aldrich

Capacity: 20

Cost: \$25 Nonmember, \$15 Member

Space: Room: 104



Healthy Bones, Healthy You

Thursday, March 27

10:00-11:30am

Are you concerned about Osteopenia, Osteoporosis, and weakened bones? Join Dr. Noel Aldrich, Licensed Nutritionist, to learn how bone tissue gets weakened and what lifestyle practices can reverse this trend. Identify the resources available to help you strengthen your bones and improve your quality of life.

Instructor: Dr. Noel Aldrich

Capacity: 20

Cost: \$25 Nonmember, \$15 Member

Space: Room: 104



BALANCE SCREENING THROUGH NH+C

Monday, March 24

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

9:20am

9:40am

10:00am

10:20am

10:40am

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



DEMENTIA 101

Wednesday, April 9

9:00-11:00am

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

Instructor: Marcy Kramer

Capacity: 25

Cost: \$20 Nonmember, \$16 Member

Space: Room 106

Second Annual Echoes & Shadows Event



"Poetry is an echo, asking a shadow to dance" — Carl Sandberg

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. Be on the lookout for upcoming art and poetry classes that can spark artistic exploration and discovery.

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
- Poems, artwork, or photography do not have to be created in a class at FiftyNorth
- Poetry must be inspired by artwork that was submitted
- Art pieces can be created using any medium
- There will not be an entry fee
- Artists can submit one piece of artwork
- Poems should not be more than one page
- Poets can submit one poem
- Do not submit artwork and poetry as a pair. The purpose of the exhibit is to create a collaboration
- 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
- Poetry submissions must include – first and last names, phone number and email

Upcoming art classes – Watercolor Painting – March 27, Bead Weaving Jewelry – March 29, Embroidery – April 9, Collage class – April 21, Japanese Calligraphy – May 21, Japanese Origami – May 28

Upcoming poetry writing classes – April 30 & May 7

ART CLASSES

Pre-register for all classes:

Phone: 507-664-3700

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

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.



CREATING AN ABSTRACT FLORAL - Watercolor Painting

Thursday, March 27

1:00-4:00pm

Join Marty Amundson as you discover the beauty of watercolor painting. A step-by-step approach with demonstrations and explanation of basic watercolor principles are included in the lesson. Learn how to mix and vary paint consistencies, apply paint to paper (wet on wet, wet on dry, pushing, pulling) and select brushes/paper. Come and explore how to follow your intuition, loosen up and enjoy creating an abstract floral.

<https://youtu.be/VVJEidqYWA?si=shvdgm8QjdJx31W9>

Materials are provided. If you prefer to bring your own watercolor paints and brushes, please do so. Please view this video before attending the class:

Instructor: Marty Amundson

Capacity: max 15, min 8

Cost: \$48 nonmember, \$38 member

Space: Room 105

Registration deadline: March 21

ART CLASSES

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

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



BEADWEAVING NECKLACE AND EARRINGS

Saturday, March 29
10:00-1:00pm

Embark on a captivating journey into beadweaving tailored for individuals aged 55 and above. Together, we will make a beaded jewelry set using step-by-step hands-on instructions. You'll leave with a stunning necklace and earring set that reflects your newfound skills and creativity. If you can hold a needle, this class is for you! All materials and additional lighting will be provided.

ANDREA'S BIO: I am a local designer who creates classically elegant beaded statement jewelry that is comfortable and easy to wear. I balance bold colors with unique contrasts to create pieces that seamlessly transition between seasons and styles. My designs use the highest quality Japanese seed beads and Swarovski crystals. They are unique and timeless pieces that coordinate and compliment your outfit, mood and lifestyle. Explore my work at

www.AndreaTuriniJewelry.com

Instructor: Andrea Turini
Capacity: Minimum 3, Maximum 8
Cost: \$68 Nonmember, \$53 Member
Space: Room 105
Registration deadline: March 21



"TELL ME A STORY" - STORYTELLING CLASS

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

As this past year has shown, we are all storytellers on some level or another. We tell stories about anything and everything! We tell about things that have happened during our day, events which have happened to our friends, our children, our pets and everything else. As we share our experiences it will help us to sharpen, discover, focus and expand our own personal skills while having a lot of FUN! "Tell me a Story!" (3 sessions)

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



SOAP MAKING

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

Unleash your creativity and explore the rich tradition of soap making in this introductory melt and pour soap making class. In this class, you'll not only learn the modern, easy-to-master technique of melt and pour soap making, but also dive into the fascinating history of soap and discuss some early soap making methods and materials.

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



HAND EMBROIDERY CLASS

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

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

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

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

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.



MN Hospice:

UNDERSTANDING GRIEF

Tuesday, March 4
10:30-11:30am

Have you ever worried about how you or others experience grief?

Do you wonder if there is a right or wrong way to grieve? Join us to learn more about different types of grief, as well as how grief is experienced physically, emotionally, socially, and spiritually. We will discuss strategies for coping with grief in healthy ways, the importance of self-care, inhibitors to healthy grieving, and when it may be time to seek professional assistance.

Upon completion of this class, participants will be able to:

- Understand and describe uncomplicated grief, anticipatory grief, and ambiguous grief
- Understand and describe the physical, emotional, and spiritual experience of grief
- Identify several inhibitors to healthy grieving and when it may be time to seek professional assistance
- Identify and implement several strategies for coping with grief in healthy ways

Presenters: MN Hospice

Capacity: 25

Cost: Free

Space: Room 106



CPR AND FIRST AID

Tuesday, March 11
1:00-4:00pm

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 105



GET THE SCOOP! CONVERSATIONS with Barbara Krause

Friday, March 7

1:00-2:30pm

GET THE SCOOP! CONVERSATIONS with Barbara Krause

Friday, March 21

1:00-2:30pm

What do you believe happens when you die?

- It's either heaven or hell. You know, depending
- Your soul spends a little time in bliss, and then you reincarnate
- Total black-out. That's all folks

Some people believe there is nothing positive about death and dying. They avoid the subject in any way they can. Why? Resisting loss, death, and dying gives them a false sense of security, power, or control. The truth is, that consistently denying, being stubborn, or anticipating the worst keeps us separate from fully living our lives. We're always looking over our shoulders, anxious and fearful. That is not living!

Face-to-face conversations about loss, death, and dying show us that others have similar concerns. We are not alone in our thinking and feeling! We are just like others—AND, learning together is a bonus. Ahhhh, a ginormous burden lifts. Longed for relief settles in. Peace of mind is at hand.

Find out current thinking, facts, opinions, and myths about end-of-life situations.

Join Barbara Krause—Certified Death Midwife; Loss, Death, and Dying facilitator, speaker, author, and Funeral Celebrant—for eye-opening, twice a month conversations. Everything is on the table. Sponsored by Age-Friendly Northfield. Sessions are free and open to the public.

Facilitator: Barbara Krause

Capacity: 20

Cost: Free

Room: Room 103

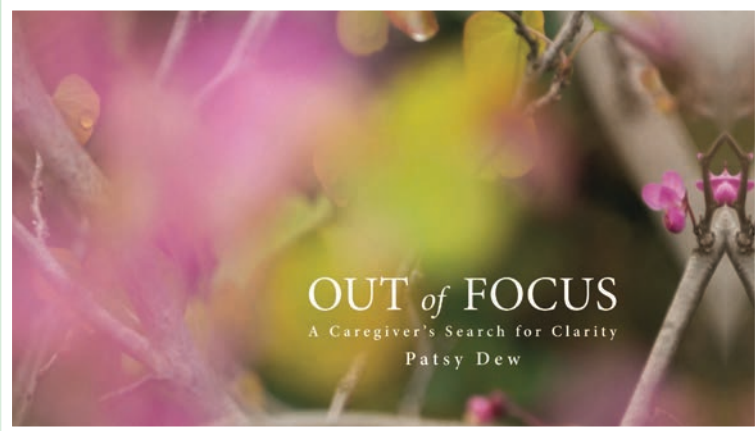
Age-friendly
NORTHFIELD



Sponsored by Age-Friendly Northfield
www.agefriendlynorthfield.com

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

LIFE LONG LEARNING



AUTHOR TALK:
OUT OF FOCUS: A CAREGIVER'S SEARCH FOR CLARITY BY PATSY DEW
Tuesday, March 25
6:00-7:00pm

Join author and FiftyNorth member Patsy Dew for an overview of her recent book; *OUT of FOCUS: A Caregiver's Search for Clarity*.

Excerpt from Query letter:

Ours had been a long, happy marriage. The youngest of our four children had moved on to college. Tom was at the height of his career as a legislative analyst; I loved my job on the staff of a senior center. We had more time for each other, and retirement still seemed far into the future. Easing into comfortable old age, however, was not to be.

Tom started showing signs of significant memory issues, which turned out to be the beginnings of Alzheimer's disease.

OUT OF FOCUS: A Caregiver's Search for Clarity is a collection of thirty-nine pieces, each a page or less in length, that I wrote about us during the last eight years of Tom's life.

Some of the pieces are prose, some are poetry, all fit in the genre of memoir. Each piece is paired with one of my photographs, chosen as metaphoric interpretations of the writing. Together these pieces tell the story of enduring love amid a changing relationship.

In this memoir I do not offer a prescription for getting through a difficult journey. Instead I hope these heartfelt pages may serve as a sympathetic companion for others who would help a loved one suffering from dementia.

Author: Patsy Dew
Capacity: 40
Cost: FREE
Space: Room 103

Author Talk



Book sales & signing follows talk



SPANISH 1:
Session 3
Mondays & Thursdays
March 24, 27
April 3, 7, 10, 14, 17, 28
May 1, 5, 8, 12, 15

(No class on April 21, April 24)
10:00-11:00am

This is a continuation of the fall and winter Spanish courses. Students will continue to work with the *Realidades 1* text. Class focus will be on vocabulary acquisition and conjugating regular verbs in the present tense and using this vocabulary and grammar structure in conversation. Class discussions will include cultural information regarding current events, art, history, cuisine, dance and music. As in the fall and winter semester, the "Realidades 1" text will be used (available from the instructor for \$20), along with its accompanying workbook and answer key. All materials provided.

(No class on 4/21, 4/24)
(13 sessions)

Instructor: Chris Kauffeld
Capacity: Minimum 8, Maximum 15
Cost: \$105 nonmember, \$95 member,
Space: Room 106
Registration deadline: March 17



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

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

Here are the key components of the presentation:

Being Prepared for the future: Understand the essential legal documents required, such as power of attorney and advance directives, to protect your loved one's wishes and rights.

Managing the Cost of Care: Learn about the different financial resources available, including Medicare, Medicaid, and long-term insurance, to help manage the financial aspects of caregiving.

Facilitating Difficult Conversations: Develop strategies for discussing sensitive topics like end-of-life care and financial planning with your loved one to ensure their wishes are respected.

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

LIFE LONG LEARNING

ESTATE PLANNING



Jacqui Dorsey



HVISTENDAHL, MOERSCH,
DORSEY & HAHN, P.A.

FRIEND OR FOE?

HOW YOUR CHILDREN'S RELATIONSHIP AFFECTS ESTATE PLANNING

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

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

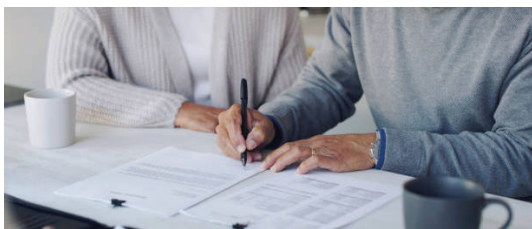
Learn practical solutions to protect both your estate plan and the child in charge. Your questions are welcome.

Presenters: Jacqui Dorsey

Capacity: maximum 25

Cost: \$10 nonmember, member \$8

Space: Room 103



VOLUNTEERS

VOLUNTEER OF THE MONTH

MARCH



FiftyNorth would like to thank Glenda Jones!

Glenda leaves bags on the hooks by the FiftyNorth Library corner.



The reason I sew bags and quilts is I enjoy giving and I like to be busy. It's in my blood. Both of my grandmothers did the same. — Glenda Jones



Glenda has been a long-time volunteer with the Boom-a-Rang project in Northfield. Volunteers meet to cut and prepare kits for the Boom-a-rang bags and then those who sew put kits together for use at drop off spots in the community. This project helps eliminate the use of plastic bags! So far Northfield volunteers have sewn 9,000 Boomerang Bags from donated fabric!

GROUPS@FIFTYNORTH



HISTORY GROUP

The History Group meets every Friday from 10:30-12:00pm in room 102. Volunteer facilitator; Kay Brown will be facilitating episodes from the Great Courses.

LIBERTY ON TRIAL IN AMERICA: CASES THAT DEFINED FREEDOM, you will learn how liberty increased in our country when individuals sued for freedoms and when cases were brought specifically to test the limits of the Constitution.

LIBERTY ON TRIAL IN AMERICA series begins Friday, March 7.

GROUP cont. p14→

GROUPS@FIFTYNORTH

CHIME CHOIR The Chime Choir is looking for new members! Stop in on Thursdays 9:30-10:45 and check it out!



BINGO!!!

3rd Monday of the month - March 17
1:00-2:00pm
Location: Room 103

Join us for a fun-filled hour of a various Bingo games including postage stamp, four corners, etc... with a guest host Bingo Caller

\$1 Group Fees apply

BOOK GROUP

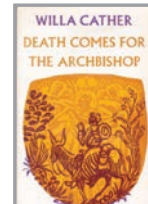
The Book Club meets the 2nd Friday of the month at 10:30. Questions: call Katherine Collman at (507) 645-1357.



March 2025
FOX AND I

by Catherine Raven

But friends cannot always save each other from the uncontained forces of nature. Fox and I is a poignant and dramatic tale of friendship, transformation, and coping with inevitable loss—and of how that loss can become meaningful.



April 2025
DEATH COMES FOR THE ARCHBISHOP

by Willa Cather

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

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 - 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 - ON BREAK	Tuesdays & Thursdays	8:00-9:00am	Lions Park
Nordic Walking - ON BREAK	Fridays	10:45-11:30am	Courtyard
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball Practice	Thursdays	12:00-2:00pm	Dundas Dome
Softball Games - ON BREAK	Tuesdays	10:00-11:00am	Dundas Dome
Pedalers & Walkers	Mondays & Wednesdays	Mornings	Varies
Walking Group - ON BREAK	Mondays	9:00-10:00am	Careton Arb

REHEARSALS BEGIN FOR THE SPRING CONCERTS

THE SEASONED SINGERS

The Seasoned Singers will begin rehearsals on March 11 for a joint Spring concert with the Troubadours on May 13. The Seasoned Singers are a volunteer group of women who enjoy lifting their voices in song to lift the spirits of their listeners. All rehearsals are at FiftyNorth in Room 103 on Tuesdays from 4:00PM - 5:30PM. No audition is necessary. If you are interested or have questions please contact Donna May at dmay@churchofsaintagnes.org or call 507-649-7399 or you can sign up at the reception desk.

Rehearsals:
 March 11, 18, 25
 April 1, 8, 15, 22, 29
 May 6

Concert:
 Tuesday, May 13
 4:00pm

Cost:
 group fee applies

Seasoned Singers



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 - Minnesota Frost vs. Toronto Sceptres
 Sunday, March 30
 10:30am-3:30pm**

The Minnesota Frost is a professional women’s ice hockey team based in Saint Paul, Minnesota. It is one of the six charter franchises of the Professional Women’s Hockey League. The Frost host games at the Xcel Energy Center. In 2024, the Frost won the PWHL’s inaugural Walter Cup championship.

Join us as we cheer on Minnesota’s newest Pro sports team. The puck will drop at 12:00. There will be time prior to the game to visit the concession stands. All food and beverages will be on your own.



Capacity: 20
Cost: \$90
Trip Leader:
 Michelle Brant
Registration deadline:
 March 20



**TRIP - St. Olaf
 Orchestra
 & Choir at
 Orchestra Hall
 Saturday, April 19
 1:30-7:30pm**

The St. Olaf College Orchestra has been

recognized by countless critics as one of the finest college orchestras in the land, while the Choir is nothing short of world renowned. These ensembles are precious gems domiciled in our backyard, and every opportunity to hear them in a combined, full concert is precious. This year, in celebration of their 150th anniversary, the Music Department is hosting an event at Orchestra Hall in Minneapolis. The April 19th concert will feature performances of both the choir and orchestra. Don’t miss this one! Dinner at Café Latte will follow the concert. The cost of dinner at Café Latte is on your own.

Trip Leader: Robert Sullivan, Jr.
Capacity: 30
Cost: \$90
Registration deadline: April 1

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 - ART IN BLOOM AT THE MINNEAPOLIS INSTITUTE OF ART

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

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

Trip Leader: Norma Monroe
Capacity: 31
Cost: \$60
Registration deadline: April 14



TRIP - JAMES EHNES PLAYS DVORAK AT ORCHESTRA HALL
Thursday, May 15
9:30am-3:30pm

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

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

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

Trip Leader: Robert Sullivan, Jr.
Capacity: 30
Cost: \$80
Registration deadline: April 15

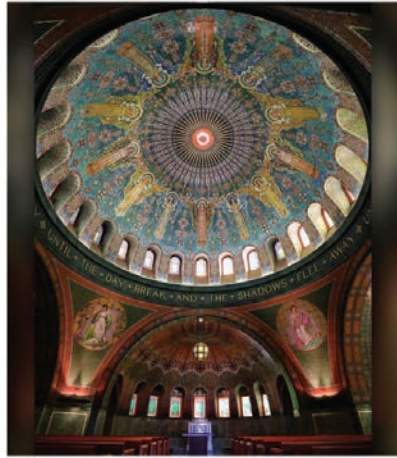


TRIP - ST PAUL SAINTS VS NORFOLK TIDES
Tuesday, May 20
9:15am-4:00pm

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

Trip Leader: Craig Swenson
Capacity: 25
Cost: \$75
Registration deadline: May 13

TRAVEL



TRIP - LAKEWOOD CEMETERY, GARDENS AND CHAPEL

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

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

Since its founding as a “garden cemetery” in 1871, Lakewood has been distinguished by its commitment to its natural landscape. This excellence is now formally acknowledged in Lakewood’s new designation as an accredited Level 2 Arboretum, the only one in the state of Minnesota. Only the Minnesota Landscape Arboretum ranks higher.

This arboretum designation recognizes that Lakewood’s 250-acre grounds are a dedicated green space where trees and shrubs are intentionally cultivated for scientific and educational purposes. Lakewood is home to a biodiverse tree canopy of more than 4,000 trees, thousands of other shrubs and specialty plants, myriad wildlife and a thoughtfully planned ecosystem.

FAMOUS MEMORIALS:

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

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

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

MEMBER SERVICES

MORE HELP FOR MEDICARE OPTIONS

**First & Third Tuesdays
January through March 2025**

12:00-3:00pm

Open Enrollment For Medicare Advantage Plans
January—March 2025

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

Space: FiftyNorth Consult Room

Available for help with:

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

Stop by or call for appointment.

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

FAMILY SERVICE CAREGIVING CONSULTANT

**Every other Thursday beginning January 16
10:30-11:30am (Location: Consult Room) and**

2:00-3:00pm (Location: Consult Room)

Call Kathy for an appointment

Kathy Voss

Certified Caregiving Consultant
 Family Service Rochester
 1625 Hwy 14 East, Rochester, MN 55904
507-218-3275

www.familyservicerochester.org

CAREGIVER SUPPORT GROUP

2nd Thursday of the month

1:30-3:30pm

Join our monthly Caregiver Support group at FiftyNorth.

Learn, share, listen, laugh and gain strength and understanding alongside other care partners. Kathy Voss, Caregiver Support Specialist, facilitates the discussion.

Facilitator: Kathy Voss, Caregiver Support Specialist

Capacity: 20

Cost: Free

Space: Generally Room 103, but check the schedule

MEMBER SERVICES CONTINUED


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

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

Consultant: Richard DeBeau

Space: Generally Room 104, but check the schedule


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

Location: Consult Room

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

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


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

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

Consultant: Anne Pleskonko, NHN

Space: Consult Room

JANUARY 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!*

Karen Achberger	Jerry & Diane Gehler	Elaine Meyers
Bradley Anderson	Marie Gery	Neil Lutsky & Irene Montenegro
David Appleyard	Mac & Jacquelyn Gimse	Bill & Pat Nelson
Nancy Ashmore & Kenneth Wedding	Sharon Goodman	Elizabeth Olson
Bernard & Mary Auge	Dorothy Hammer	Jim & Bonnie Olson
Lois Bakko	Kerry Hjelmgren	Raymond & Mary Ozmun
Roxanne Baumann	Richard & Donna Jackson	Roberta Persons
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Eileen Cooper	JoAnn Kleber	Allan & Nancy Swenson
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Stephanie Frey	James & Angie Mayr	
	Mike & Ann McGovern	



Donate now!

Scan with your smartphone!

JANUARY NEW MEMBERS

GLAD YOU'RE HERE!

Welcome!

John & Cynthia Allerson, Scott Anderson, Julie Bailey, Michael Budd, Paula Chirpich, Jim Couture, Karen Doherty, Janice Dunker, Todd Edwardsen, Pam Enfield, Kathy Fontaine, Mary Frazier, Janet Greer, Tammy Hanek, Audrey Hart, Keith & Jan Holt, Maia Homstad, Mary Johnson, Daniel Jones, Bryan & Genell Kylo, Gene Larson, Luis Evelio Lemus Castro, Antonia Maat, Anayensi Madrigal, Jane McGough, Debbie Moreau, Tom Murry, Brett Norgaard, Gilbert & Gloria Pangburn, JoAnne Paul, Bruce Stewart, Colin Tinnel, JoAnn Wellbrock, David Wood, Mary Beth Youngblut

JANUARY 31, 2025
Total Membership: 2,068

WELCOME
Bluff View
 Quality Homes
 TWIN * 4-PLEX

CAREFREE LIVING in picturesque
 Northfield, Minnesota!

Four homes are
 available for quick
 possession!



Come Visit Us!

Johnson-Reiland is excited to have you check out this new community of twinhomes and 4-plex homes built with quality construction. Many lots are available in this ideal location for those looking to downsize or transition to single-level living.

OPEN HOUSE HOURS:

Friday, Saturday & Sunday 1-4pm
 202 & 214 Ford Street East in Northfield



jrbr.builders | 507.366.1288

Builders ID BC636389



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



Cannon Valley Elder Collegium

The CVEC's purpose is to provide a content-oriented study experience for elder students with senior faculty.

Class registration is still open for some classes
 at www.cvec.org





2025 PEDALERS GROUP INFORMATIONAL MEETING

Tuesday, April 1

1:00-2:30pm

Location: Room 103

The Pedalers group is the FiftyNorth bike group that meets twice weekly for in-town and out-of-town rides and/or walks.

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



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:

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

Used-A-Bit Shoppe Assistant Manager:

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

Bookkeeper:

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



Front Desk (Reception Staff):

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



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

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



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

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

View newest information online: fiftynorth.org

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