



APRIL 2026

FiftyNorth REPORT



↑ Computer Lab classroom

Marlais Brand, Executive Director's Report



Greetings FiftyNorth Friends,

Can you believe another month has slipped by? I'm two months into the job, and so many great things have happened in 60 days.

Here's a little sampling of the good stuff:

We had an awesome variety show, followed by a barnstorming Band At the Grand evening, where we kicked off our Season of Celebration and secured a nice pot of donations in honor of our 50th year of service– Thank you, Millers and FiftyNorth Band! Our very own board member, Kay Brown, has already hit our initial 50th fundraising goal! Big thank you to Kay. We took time to tip our tam-o-shanters on a very silly St Paddy's day where Patty balanced no less than 4 leprechaun hats on her head. We also hosted a well-attended FiftyNorth Task Force Community Meeting, and that's what I'd like to follow up on with you here.



Thank you to all the FiftyNorth members who turned out on March 12 to hear a Task Force update and participate in a Q & A. As you know, the Task Force assembled a year and a half ago to investigate collaboration between FiftyNorth and the Northfield

YMCA. Members of both boards met routinely and explored different options for partnership. Some of these options included sharing facilities, sharing instructors, sharing programs and sharing operational services, like human resources or payroll. Then the Task Force visited an interesting model for shared services in Wausau, Wisconsin. The Woodson YMCA of Wausau includes an embedded senior center called, The Landing. The Landing was purpose-built to serve older adults with dedicated social, fitness and learning programs and space. The Landing facilities are part of the general YMCA, but they are separate– younger Y members may not use The Landing facilities, but Landing folks can use all of the greater YMCA facilities. The

Director's Report cont. p2→

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Director's Report cont. from p1—

Landing has a separate entrance, dedicated membership desk, beautiful and extensive social space, weekly lunch service, and separate classrooms, fitness center and studios. They share a 5 lane walking track with the larger Y facility, and they have a warm water pool :)

This first Task Force visit to Wausau sparked interest in this shared service model. Both FiftyNorth and Northfield YMCA board members decided to embark on serious consideration of the model. The question on the table was, "Should FiftyNorth and the Northfield YMCA do something like this together?" The model seemed to have win-win potential for FiftyNorth, the YMCA, and the greater Northfield community.

The joint Task Force then entered into an agreement to share operational information and to look at joining forces in earnest. The Task Force engaged in an initial period of due diligence— looking at mission alignment and financials, and asking hard questions. It should be noted that the FiftyNorth board also considered alternatives to joining forces with the Northfield YMCA— like investing in or purchasing the building we now rent; in the end, it was determined that between significant deferred building maintenance costs, the additional costs of improving the building, and the need to rectify our significant operational loss, FiftyNorth would not have the capacity needed to buy or improve the building or serve as landlord to other tenants.

On February 11, 2026, a second Task Force delegation— this time including me, Craig Swenson, and Northfield YMCA management— headed back to Wausau to spend the day with the Woodson Y CEO, Brian Bailey. We took a 2 hour tour of The Landing and YMCA with Bailey, then spent 2 more hours with him asking questions about The Landing history and operations. Here are some highlights:

The Landing was built and then expanded through 3 capital campaigns (major fundraising with a family foundation). They started with 1300 members and, in five years, grew to 6000 members. Today, The Landing is the biggest driver of membership at the Woodson YMCA, and a health clinic and senior housing are being built adjacent to complement a growing wellness campus in the heart of the city. Another Landing expansion is underway as we speak.

This visit prompted a Task Force consensus that FiftyNorth and the Northfield YMCA should seek respective board resolutions to enter into a second period of due diligence that would include a capital campaign feasibility study, an accounting proforma, and legal representation with the goal of assessing a legal merger between the two organizations, with FiftyNorth and the YMCA of Northfield joining forces to bring wellbeing to all citizens in our community.

By April 1, 2027, both FiftyNorth and the Northfield YMCA will vote on this intent to conduct deeper due diligence, and we will share the results of these dual board resolutions with our membership the first week in April.

So why is FiftyNorth looking at joining forces with the Northfield YMCA?

Below is an overview of what our Task Force members— Kathie Taranto (Board Chair), Carla Johnson (Board Treasurer), Susan Oftedahl (Board member) – shared with our membership on March 12, 2026.

First, the Task Force walked through the timeline of their work to date, then they detailed FiftyNorth's strengths:

- Mission
- Expertise in service of adults north of 50
- 50 years of history and staying power!

Director's Report cont. from p2—

- Strong sense of community
- Dedicated core membership
- Management & Board
- Investments & Endowment
- Personal touch & character
- Warm water pool, hot tub & sauna
- Learning programs, travel, groups, events
- Growth demographic of older adults (65+ to increase 25% in 10 yrs)

Next, they highlighted FiftyNorth's current challenges:

- Annual operational loss in excess of \$250K per year
- Low health insurance reimbursement rates (lower than the YMCA) and limited bargaining power with the big insurers (unlike the YMCA)
- Aging facility with more than 5M in deferred maintenance
- Rented facility with increasing rent due to deferred maintenance costs
- Almost 60% of members are not using facility enough to garner insurance reimbursement
- High & increasing operational costs
- Outdated core systems and technology
- No paid fundraising staff (yet) & no donor management system
- No HR and no healthcare for staff

Then the Task Force shared starter FiftyNorth "Non-Negotiables" for a potential merge:

- Retain identity, FiftyNorth name, character, brand and 50+ mission
- Dedicated fitness, social, learning and club space & facilities
- Warm water pool, hot tub and sauna
- Shared operational services & systems
- Shared (improved) health insurance bargaining
- Dedicated Executive Director and core management team
- Protected endowment
- Dedicated membership services
- Board representation
- Membership scholarships
- Separate entrance with ample and accessible parking

The main question—Why join with the Y?— was then addressed:

● **"Better together"-- amplified mission, reach and services**

- ◇ Cradle-to-grave wellbeing services
- ◇ Improved facilities
- ◇ More member and program capacity
- ◇ Improved and updated operational systems
- ◇ Increased membership management and support
- ◇ Better safety support and systems

● **Increased financial sustainability**

- ◇ Increased revenue (membership and fundraising)
- ◇ Less membership & fundraising competition
- ◇ Built in membership pipeline, retention and growth
- ◇ Stronger insurance reimbursement bargaining
- ◇ Successful membership structure

Director's Report cont. p3—

- ◇ Shared capital campaigning
- ◇ Stronger appeal for foundation \$
- ◇ Increased scholarship \$
- ◇ Shared and reduced organizational risk
- ◇ More leverage with the city
- ◇ Strong shared, centralized and updated operational services and systems
- ◇ Increased communications and marketing bandwidth
- ◇ More visibility— amplified name recognition and awareness
- **Increased staff support and retention**
 - ◇ HR and healthcare
 - ◇ Staff sharing
 - ◇ Increased staff breadth
 - ◇ Staff training

The Task Force shared the forecasted risks of FiftyNorth “going solo”:

- Increased membership & fundraising competition— Y to expand and fundraise regardless – decreasing membership
- Decreasing value proposition
- NCRC rent increases due to deferred maintenance
- Limited city capacity to fund building maintenance and improvements
- Increased 50N spending on facilities to meet membership needs in declining building
- Greater investments to restructure membership and increase rev generation
- Greater investments to execute operational fixes and updates
- Staff attrition
- Limited operational capacity and safety support

Members attending the meeting then shared questions and perspectives. All in all, initial feedback in this meeting was positive and optimistic, with folks excited about this potential partnership.

Note that we also hosted a FiftyNorth board meet-and-greet with YMCA CEO, Tyler Powell and Board Chair, David Jacobsen. In addition, our board met with a focus group of members to share more detail in person, and provide an opportunity for conversation.

Not everyone was able to attend the March Task Force meeting, and I welcome your questions and perspectives as we move forward and consider joining forces with the Northfield YMCA. If both boards vote in favor of the second phase of due diligence, FiftyNorth will host a monthly community meeting to keep members up to speed. And, starting April 2, I will plan to be available every morning at 8 am for drop-in “Sweet & Salty” conversation.

Please give a shout out to the FiftyNorth management team— Elaine, Patty, Craig, Michelle and Fermin—who attended many staff and board meetings to consider the opportunity to join forces with the Northfield YMCA. And thank you to the Front Desk team who have briefed the opportunity and shared their valuable perspectives. There will be more work to come, and I’m very grateful to work with such an energetic and forward-thinking team.

Here’s to 50 more years of FiftyNorth!

Marlaiz





FiftyNorth

ANNUAL MEETING AGENDA

Annual meeting agenda – April 23, 2026

Please mute and put away cell phones

1. Call to order and establish quorum
 2. Welcome
 3. Motion: Review and approve agenda
 Motion: Review and approve minutes for annual meeting of April 24, 2025
 4. Treasurer’s report – Annual financial statement – George Brophy
 5. Fiftieth Anniversary plans – Kay Brown
 6. State of the organization – Marlais Brand
 7. Board of Directors report – Kathie Taranto
 - Introduction of the Board officers
 - Introduction of Directors at Large
 - Recognition of Directors whose terms expire this month
 - Current Committees of the Board
 8. New Business
 - A. Election of officers
 - Present slate of nominees – Pat Jorstad
 - Call for nominations from the floor – Kathie Taranto
 - Motion and vote to accept state of nominees
 - B. Bylaws changes
 - Motion and vote on resolution related to size of Board – Carla Johnson
 - Motion and vote on resolution related to membership committee – Carla Johnson
 - Motion and vote on resolution related to investment committee – George Brophy
 9. Old Business
 10. Motion to adjourn
- Time for general discussion

The Nominating Committee is recommending this slate of nominees be elected to the Northfield Senior Citizens, Inc. Board of Directors in 2026. Each is nominated for a three-year term.

AT-LARGE TERMS TO FILL	NAME	TERM
3 years	George Brophy	2029 (2nd term)
3 years	Vicki Celandier	2029 (1st term)
3 years	William Cowles	2029 (1st term)
3 years	(write in)	2029 (1st term)

FIFTYNORTH ANNUAL MEETING

FIFTYNORTH BYLAWS

FiftyNorth Annual Board Meeting
Thursday, April 23
1:00-3:00pm
Location:
Room 103, Room 105

Members of the Nominating Committee:

Pat Jorstad, Chair, Richard DeBeau
 Scott Richardson, Carla Johnson

The Bylaws of FiftyNorth require that an Annual Meeting be held each April. Along with other business, an election will be held to fill open seats on the Board of Directors.

The Bylaws allow the Board to have between seven and fifteen members. The current Board size, approved by both the Board and the membership, is twelve. To maintain this size, two Board vacancies will be filled this spring.

Serving on the Board of Directors is a chance to help guide the future of FiftyNorth. Board members use their experience and judgment to support the center’s operations and long-term direction.

If you are interested in serving, or know someone who might be, please contact Pat Jorstad (pJORSTAD@gmail.com), Chair of the Nominating Committee, or pick up an application at the office. While all qualified applicants are welcome, the Board is especially interested in individuals with business, finance, or legal experience.

IN THE GALLERY at FiftyNorth

FiftyNorth Invites the Community To attend

“Then and Now”

A Gallery Reception Celebrating

FiftyNorth’s Half Century of Service to the Community.

Friday, April 10

Gallery Show 5:00 ✦ Reception 6:30pm ✦ Program 7:00

The gallery show features historical highlights and pictures of those who have taken the journey with us!

Sharing their stories that night will be Alene Fink, Lynne Pederson, Char Carlson and Marie Gery.

FiftyNorth Gallery Exhibit: April 2nd through April 30.

IN THE LOBBY: April 1 – April 30

Norwegian Billedvev Tapestry Exhibit

FiftyNorth is pleased to host a traveling Norwegian Billedvev Tapestry Exhibit. The Exhibit is being shared by the Valley Grove Preservation Society. You can view them in the lobby at FiftyNorth from April 1st through April 30th.

In 2020 Minneapolis weaver Robbie LaFleur was commissioned by Valley Grove Preservation Society, with funding from the Partners of Sacred Places, to portray and celebrate the history, the people, and the flora and fauna of Valley Grove. The tapestries hang in the 1862 stone church from May through September.



NOTE: See page 15 for details on the Exhibit talk by Margit Johnson.



Official Media & Radio Partner of FiftyNorth’s 50th Anniversary Celebration



MEMBER NEWS

RADIO DRAMEDY AUDITIONS
Wednesday, April 22
9:30-10:30am

and Auditions – April 22nd for Radio Dramedy, directed by Patsy Dew, to be performed on June 20th, as part of the 50th Anniversary Celebrations.

Rehearsals: Mondays and Wednesdays, at 9:30 - 11:30am, beginning on Wed, April 29. Additional rehearsals on Friday mornings (same time) will be added in June.

We will use excerpts from old time radio scripts, including commercials and sound effects.

Voice and acting parts for 8-10 people. There are also singing roles.

To prepare for the audition, familiarize yourself with a short paragraph or poem. Does not need to be memorized.

***Please pre-register for Auditions by April 20th** by calling the front desk at 507-664-3700 or register online at <https://fiftynorth.org/news/>.

RADIO DRAMEDY AUDITIONS
Wednesday, April 22
10:30-11:30am
Location: Room 103



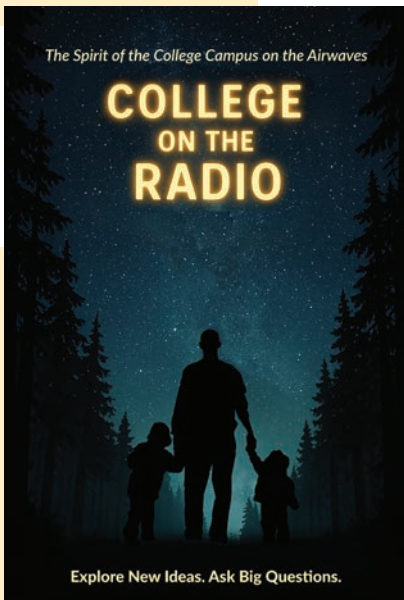
EVENTS

A FiftyNorth, KYMN podcast "College on the Radio" & St. Olaf collaboration. Stay tuned for more programs like this!!

Save the date! You're invited!

College on the Radio — LIVE at St. Olaf College
Four Disciplines. One Conversation.

Join us for a special live, on-stage edition of College on the Radio—an evening of big ideas, engaging conversation, and live music. This 75-minute event brings together four professors from four different disciplines to explore how they understand the world through their fields of study. From Economics to Musicology, Environmental Studies to Astronomy and Physics, each professor offers a distinct perspective—revealing how different ways of thinking shape our understanding of the world, including the growing influence of ideas like artificial intelligence.



EVENT DETAILS:

- ✘ **Date: Wednesday, April 15th**
- ✘ **Time: Pre-show music begins at 5:45 p.m. and the show begins at 6:00 p.m.**
- ✘ **Location: St. Olaf College Campus, Buntrock Commons,** with ample seating inside the venue. Student guides will be available at the entrance. Complimentary appetizers provided.
- ✘ **Notes: This event is FREE and open to the public.**

There is convenient parking in front of Buntrock Commons, and ample seating for guests in the venue. There will be students to guide guests from the front doors of Buntrock Commons to the event.

FEATURING:

- Professor of Economics • Professor of Musicology
- Professor of Environmental Studies • Professor of Astronomy and Physics
- Live St. Olaf College student band woven throughout the program
- A live on stage radio show format
- Audience interaction Come for the music. Stay for the conversation!

EVENTS

Calling all Artists, Crafters and Authors



Help us celebrate our **50th Anniversary** at our the **FiftyNorth Family Festival** **Saturday, June 20 11:00-3:00pm**

Location: Courtyard, Patio, +
Cost: \$20 nonrefundable fee

Registration deadline: April 20
Register by calling 507-664-3700, or online fiftynorth.org/news

We are looking for:

- Artists:** Fine art, photography, sculpture, and digital media.
- Crafters:** Handmade jewelry, ceramics, textiles, woodwork, and more.
- Authors:** Local writers across all genres for book signings and sales.

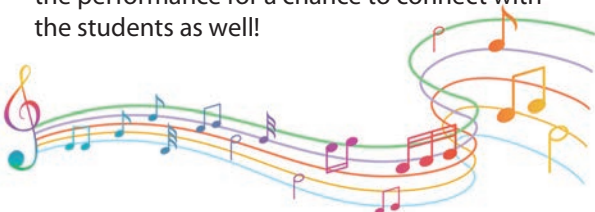
*This is a rain or shine outdoor event. You must supply your own tent, table and chair. You will be given a 12' X 12' space. Set up will be the morning of the event beginning at 8am. All vendors must be ready by 10:45am.



ST. OLAF CONCERT
Tuesday, April 28
7:00-8:00pm
Cost: Free Will Donation
Space: Rooms 103 & 105

Advanced registration is requested to assist us in preparation of seating and refreshments.

Celebrate the joy of Spring with live music from students at St. Olaf College! Groups of strings, brass, and vocalists will announce the change of seasons with festive music! Stick around after the performance for a chance to connect with the students as well!



FIFTYNORTH 50TH ANNIVERSARY DINNER

"5 COURSES FOR THE 50TH"



Join Us for a Unique Dining Experience
Friday, May 15, 6:00pm
Cost: \$50

Register by calling FiftyNorth at 507-664-3700
or register online at <https://fiftynorth.org/news/>

Registration deadline: May 8

NOTE: When registering, please specify if you want the Gluten-free desert option, and your entree choice of Vegetarian or Chicken.

A delicious 5 course meal will be prepared by Ruth's on Stafford using recipes from the FiftyNorth Recipe Booklet. Recipe Booklets will be given as a gift to everyone that attends.

MENU

APPETIZER

Donna May's Scarpaccia
Kim Reis' Sweet and Sour Meatballs
Peggy Sheldon's Artichoke Dip

SOUP

Chris Ellison's Roasted Squash Soup

SALAD

Judy Karlson's Freeform Salad

ENTREE

The DeLong Family's Vegetarian Stuffed Peppers
Diane Herriman's Chicken served over Abrigo Rice
Both are Gluten-free
Kathy Loek-Rice's Asparagus with Herbs

DESSERT

Kay Brown's Individual Strawberry Shortcakes
Gluten-free option

EVENTS

**WORLD TAI CHI & QIGONG DAY**

Saturday, April 25

9:45-12:00pm

Capacity: 40**Cost:** Free**Space:** Room 105

Everyone is welcome! Join Rob Gersky as he leads you in this global, health and wellness, peace and community promoting event!

About World Tai Chi & Qigong Day:

This day is intended to celebrate the many benefits that a Tai Chi & Qigong practice has to offer on an individual, group, and larger scale. Celebrated annually since 1999 to promote health, wellness, peace and bridge economic, social, and political barriers, groups of new and experienced Tai Chi & Qigong "players" gather at 10am in their local time zone to add to the wave of positivity that moves slowly westward around the planet covering six continents 70+ countries, and 100's of cities.

At 10am we'll add to the global "wellness wave" that begins in New Zealand fifteen hours ahead of us and moves westward around the globe with a "no experience necessary" Tai Chi Flow.

At 10:45am we'll continue with Qigong's Five Animal Frolics. Before, in-between and after these there'll be time to socialize, ask questions and share in refreshments. Enjoy noticing how you feel before, during, and after these practices that often look so slow and gentle on the outside it seems hard to imagine how calming, energizing, and connecting they can be on the inside!

A regular Tai Chi / Qigong practice helps reduce pain and inflammation, increase strength, flexibility, coordination, range of motion, and balance. Many find they can learn to shift their inner state of anxiety to something calmer and more peaceful while others feel safer, connecting with their present moment sense of joy.

Facilitator: Rob Gersky**APRIL'S CONNECTION COLLECTION**

by Sandy Dockstader



Collection is on display in the glass cabinets in the lobby.

As a child I went to auctions with my dad. I was always looking for unique things to bid on. Since I had been sewing since I was very young, old sewing kits fascinated me. I purchased a few boxes with sewing kits and thread work supplies in them. I would then try to figure out how to use the tools and the history behind them. This started me collecting unique sewing tools from all eras and countries. I found wooden, bone, and metal tools interesting. My collection includes sewing tools and thread work tools from the early 1900's till today. I learned many different lace making and thread work techniques including bobbin lace, tatting, lucetting, and crochet.

— Sandy Dockstader

**APRIL MOVIE:****The Enchanted Cottage**

Friday, April 17 - 1:00pm

The Enchanted Cottage (1945) is a romantic fantasy-drama starring Dorothy McGuire and Robert Young. A disfigured World War II veteran and a plain maid marry for companionship, but find their love transforms them into beautiful people in their own eyes, suggesting a magical healing power within their cottage home.

FITNESS NEWS



CRAIG'S CORNER

Fitness Manager, Craig Swenson
(507) 664-3702 or
Craig.Swenson@fiftynorth.org



AGING AND STRENGTH TRAINING

Aging is a natural part of life, but strength training as you age plays a powerful role in shaping how you move through the decades. One of the most powerful tools to support healthy aging is strength training. Often overlooked in favor of cardio or flexibility exercises, strength training has profound benefits for bone health, mental health, cardiovascular health, and overall quality of life. Whether you're in your 40s, 60s, or beyond, lifting weights or using resistance bands can help you age with strength, confidence, and independence.

WHY STRENGTH TRAINING MATTERS AS WE AGE:

As we get older, muscle mass naturally declines—a process known as sarcopenia. Without intervention, this loss of strength can lead to reduced mobility, balance issues, and a higher risk of falls or fractures. Strength training as you age combats this decline by building and preserving muscle tissue, supporting bone density, and improving metabolic health.

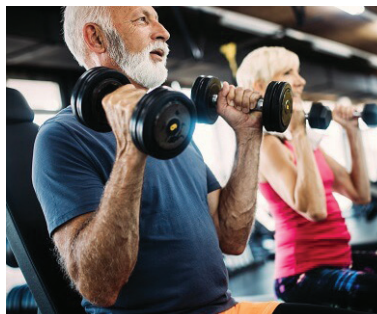
But the benefits extend far beyond the physical. Regular resistance training has been linked to sharper cognition, better mood regulation, and even improved sleep quality. In short, strength training is not just about vanity or fitness—it's about living better, longer.

4 Key Benefits of Strength Training As You Age:

1. Supports Bone Health and Reduces Osteoporosis, Osteopenia Risks
2. Boosts Cardiovascular (Heart) Health
3. Enhances Mental Health and Cognitive Function
4. Enhances Independence and Daily Function

Starting a new exercise routine later in life can feel intimidating, but it doesn't have to be. Here are some simple steps to build confidence and create a sustainable strength program:

1. Start Small and Progress Gradually with your workouts and routines
2. Prioritize Proper Form that is Best for You
3. Aim for Consistency and Not Perfection
4. Join a Group Exercise Class
5. Get a Free Orientation of the Wellness Center to get your self knowledgeable on how to use the equipment properly.
6. Meet with a Certified Personal Trainer
7. Combine your workouts with other healthy habits



FITNESS NEWS



GROUP EXERCISE CHANGES

1 Thursday 8:00am Aqua Yoga will be changing to Total Body Water Exercise

TOTAL BODY WATER EXERCISE
Thursdays, 8 - 9 am, beginning April 2

A total body workout in the warm water pool without the next day stiffness. Join Ruthie Neuger for a great workout. Everything can be modified for easier or more challenging workouts.

Instructor: Ruthie Neuger
Cost: \$10 nonmember, \$8 member, \$0 fitness plus/platinum

2 Somatics will be offered twice a week at 2:15pm

Wednesdays & Fridays, 2:15-3:15pm, beginning April 1
Instructor: Cheryl Ramette, Certified Somatics Instructor
Cost: \$10 nonmember, \$8 member, \$0 fitness plus/platinum

3 Easy Line Dancing, Intermediate Line Dancing, and Folk Dance Classes to end

Both Easy Line Dancing (Tue) and Intermediate Line Dancing (Wed), and Folk Dance (Fri) Classes will end by March 31.

4 Tap Dance Fusion

Tap Dance Fusion will continue through May 2026.

2026 PEDALERS GROUP INFORMATIONAL MEETING

Monday, April 13
10:30-12:00pm
Location: Room 103

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

If you are interested in becoming a part of this group, please join us for an informational meeting on Monday, April 13, at 10:30am in Room 103. This meeting will discuss the 2026 Pedalers' schedule, safety protocols during the trips, important forms that must be completed for emergency contacts and liability waivers and answer any questions that participants may have. There is a \$20 yearly group fee payable to FiftyNorth. Some of the out-of-town rides are on the Cannon Valley Trail. Yearly passes for that trail will be available for a discounted price of \$24 (cash or check only payable to Cannon Valley Trail).

Questions? Please contact Colleen Vitek (cvitek@gmail.com or 919-848-4844).



15TH ANNUAL TABLE TENNIS TOURNAMENT

15TH ANNUAL TABLE TENNIS TOURNAMENT

FiftyNorth (Northfield’s Senior Center) is sponsoring a “friendly, non-sanctioned, and open” table tennis tournament for players (men and women) of all ages on Saturday, May 2nd at the Northfield Middle School.

It will be the 15th annual event. The tournament will feature a choice of three singles events (9:00 AM) and a choice of three doubles events (1:00 PM).

In fifteen years, the tournament has grown to be one of the largest table tennis tournaments held in Minnesota.

Many of the highest rated players in Minnesota including from Rochester and the Twin Cities clubs participate in addition to many local players who are active in one or more of the five sessions of table tennis offered weekly at FiftyNorth. Several players from Carleton and St. Olaf colleges are regular participants.

Spectators are welcome (no charge).

- Entry Forms are available at FiftyNorth, or to receive one electronically, and for more information, contact Tom Graupmann, Tournament Coordinator at tomgraupmann@gmail.com.
- A link to a printable Entry Form is available [HERE](#).



HOPE TO SEE YOU THERE TO SUPPORT OUR FIFTYNORTH PLAYERS!!!

VIRTUAL LAND BASED FITNESS CLASSES



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

2026 VIRTUAL LAND BASED FITNESS CLASSES updated April							
AVAILABLE THRU ZOOM							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM	EXPRESS STRENGTH (6:15-6:45)		EXPRESS STRENGTH (6:15-6:45)				
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 AND STRETCH (8-9)	STRONG NATION (8-9)	STRENGTH AND DANCE FUSION (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							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
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							

AQUA FITNESS



COLOR KEY:

GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim

2026 AQUA FITNESS (updated April)						
	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	TOTAL BODY WATER EXERCISE 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	
12:30 PM						FAMILY SWIM 12-2PM AGE 3+
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						



INTENSITY KEY:

PINK: High Intensity

BLUE: Mid-range

PURPLE: Gentle

GOLD: No Open Use

2026 IN-PERSON LAND BASED FITNESS CLASSES (updated April)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	EXPRESS STRENGTH (6:15-6:45)		EXPRESS STRENGTH (6:15-6:45)			
6:30 AM						
7:00 AM	CARDIO DANCE AND DRUMSTICKS (7-7:45)	HATHA YOGA (7-7:45)	YOGA STRETCH (7-7:45)	HATHA YOGA (7-7:45)	SENIOR AEROBICS (7-7:45)	
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		STRENGTH AND DANCE FUSION (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 VINIYASA YOGA (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open use	MEDITATION FITNESS (9:30-10:30) ROOM 106	SOUND BATH AND MEDITATION (9:15-10:15)	SLO FLO YOGA (9:15-10:15)
10:00 AM					CIRCUIT TRAINING (9:30-10:30) NO open use	BEGINNING HATHA YOGA (9:15-10:15)
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					HOLD (1-2)	TABLE TENNIS (10:30-3:45)
1:30 PM	TABLE TENNIS (1:30-3)					
2:00 PM		TABLE TENNIS (1:30-3:30)	SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics	TABLE TENNIS (1:30-3:30)	SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics	
2:30 PM						
3:00 PM						
3:30 PM	TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)	
4:00 PM	AFTERNOON QI TIME (4:15-4:45)		AFTERNOON QI TIME (4:15-4:45)	TAP DANCE FUSION 4-4:45	AFTERNOON QI TIME (4:15-4:45)	
4:30 PM						
5:00 PM						
5:30 PM	TABLE TENNIS (5:30-7:30)	WELL-BALANCED SILVER SNEAKERS (5-5:45) (STUDIO OR 105)	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders	WELL-BALANCED SILVER SNEAKERS (5-5:45) (STUDIO OR 105)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) - FREE	WELL-BALANCED SILVER SNEAKERS (5-5:45) (STUDIO OR 105)
6:00 PM						
6:30 PM						
7:30 PM						

WELLNESS



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

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



BALANCE SCREENING THROUGH NH+C

Monday, April 20
9:00-11:00am
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)

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

LIFE LONG LEARNING

Pre-register for all classes: **Online:** [FiftyNorth.org/classes](https://www.fiftynorth.org/classes)
Phone: 507-664-3700 **In Person:** FiftyNorth front desk



AARP SMART DRIVING CLASSES

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.

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)

NOTE:

***Please arrive at class 10-15 minutes early to complete registration forms before class starts**

AARP Smart Driving 4-hour Course
Thursday, April 16
1:00-5:00pm

AARP Smart Driving 4-hour Course
Wednesday, June 10
1:00-5:00pm

AARP Smart Driving 4-hour Course
Tuesday, May 19
1:00-5:00pm

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

ADVANCE CARE PLANNING OPEN HOUSE

Wednesday, April 1
4:30-6:00pm
Capacity: 25 Cost: Free Space: Room 103

Don't leave anything to chance! Planning is key. Who will advocate for you if you become physically or mentally unable to speak or make healthcare decisions? Do something now! Start, review, complete, and distribute your Advance Care Directive.

Join Barbara Krause and other trained facilitators in community service from the End of Life Choices Collective (EOLCC) as they answer your questions and offer confidential assistance with this legal document. There is no formal presentation. Drop in @ FiftyNorth any time during our 90-minute Open House. Bring a friend! Materials available on-site. Free and open to all.

QUESTIONS? Email us at eolchoices@gmail.com
Presenters: End of Life Choices Collective (EOLCC)



LIFE LONG LEARNING

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

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



AUTHOR TALK: REAL-WORLD THREATS TO PAGE-TURNING FICTION: Bringing the high-stakes world of national security to life through fiction

Thursday, April 2
1:00-2:30pm

Cost: Free
Room 103

Tomorrow's headlines today is how reviewers often describe the military thrillers of US Navy veterans and co-authors David Bruns and J.R. Olson. This former submarine officer and retired naval intelligence officer co-write novels that take on the national security threats of our modern world.

Their thrillers have sold over a quarter-million copies and garnered over 25,000 reviews.

During the course of their decade-long writing partnership, they have published with a Big Five traditional publishing house, released a series through a mid-sized press, crowdfunded novels, and independently published their work.

Ten years is a long time in the world of writing and publishing. If there's a mistake to be made, they've probably made it. A success to be savored, they've celebrated it.

Join the Bruns-Olson writing team for an insider's view:

- The joys and minefields of co-writing
- How they research and plot their national security thrillers
- The many publishing options available to the modern writer
- Managing a creative business partnership for the long-term

If time allows, they might even dip into their bottomless supply of sea stories from their combined three decades of active duty service in the United States Navy.

Presenters: Olson and Bruns



SPANISH 1: SECOND YEAR SPRING SESSION

Mondays, April 6, 13, 20, 27, May 4
10:00-11:00am
Capacity: 6 minimum, 15 maximum
Cost: \$75 nonmember, \$50 member
Space: Room 106
Registration deadline: March 30

Students will continue to work their way through the Realidades 1 text, with a focus on stem-changing verbs and command formation. The text Realidades 1 will be used. A copy can be purchased for \$25 from the instructor if we are notified 2 weeks before the start of class. Students will be provided with a workbook, an answer key and grammar and vocabulary resources. Contact Michelle Brant at 507-664-3707 if you need a textbook.

(5 sessions) Instructor: Chris Kauffeld

VALLEY GROVE STORIES WOVEN IN WOOL & Alex Laurence Hardanger Fiddle Player Extraordinaire

Tuesday, April 7
1:00-2:00pm
Presenter: Margit Johnson, Valley Grove Preservation Society board member
Capacity: 30
Space: Room 103

Alex Laurence, St. Olaf student and Hardanger fiddle player extraordinaire, will play for 20 minutes as a "prelude" to the tapestry presentation. He will speak briefly about the tradition of Hardanger music and the instrument.

The Norwegian immigrant church buildings at Valley Grove are filled with stories. They began in 1862 when the stone church was built. In 1894 the congregation grew into a larger wooden church that faces the stone church on the same hilltop overlooking the settlers' farms, Nerstrand to the east, and Northfield to the northwest.

In 2021 the Valley Grove Preservation Society commissioned Minneapolis weaver Robbie LaFleur to tell some of the Valley Grove stories in weavings known as billedvev, or Norwegian picture tapestries. Preservation Society board member Margit Johnson will share some of those stories depicted in the weavings and answer your questions about Valley Grove.

The Valley Grove tapestries are on display in the FiftyNorth LOBBY through April 30.

LIFE LONG LEARNING cont. P 15

"When My Time Comes" with Diane Rehm -
Film and discussion on Medical Aid in Dying

→ WEDNESDAY, APRIL 8

1:30-3:00pm **OR**

→ TUESDAY, MAY 5

1:30-3:00pm

Capacity: 25

Cost: Free

Space: Room 103



Spurred on by the death of her husband, the Peabody-award-winning journalist crosses the country to take an in-depth look at medical aid in dying.

(<https://whenmytimecomesmovie.com/>).

Join some members of the informal Northfield Medical Aid in Dying to watch this documentary and participate in discussion after the film. We will include current information on the status of Medical Aid in Dying legislation in Minnesota and answer questions about the topic. We hope this presentation will help you to become better informed and motivated to have a conversation with loved ones and perhaps even with your legislators.

QUESTIONS? Email us at eolchoices@gmail.com

Presenters: End of Life Choices Collective



FRAUD, SCAMS AND ARTIFICIAL INTELLIGENCE AWARENESS

Wednesday, April 22

1:00-2:00pm

Capacity: 40 maximum

Cost: \$10 nonmember, \$8 member, \$0 Platinum

Space: Room 103

Registration deadline: April 17

Have you heard stories from family members or friends that have been taken advantage of in a scam? Concerned about the risk of identity theft? Join us as we uncover common types of scams, dive into how Artificial Intelligence is aiding fraudsters, and talk through steps to keep yourself and your finances safe!

Instructor:

**Melissa Kuhl & Tuan Phan from
Hometown Credit Union**

Pre-register for all classes:

Phone: 507-664-3700

Online: FiftyNorth.org/classes

In Person: FiftyNorth front desk



WHAT IS AN E-BIKE?

Tuesday, April 21

1:30-2:30pm

Capacity: 35

Cost: \$10 Nonmember, \$8 Member, \$0 platinum

Space: Room 103

LET'S EXPLORE E-BIKES! During this 1-hour talk, we'll learn the basics of E-bikes:

- Explain the basic components of an e-bike (motor, battery, pedal assist).
- Demonstrate the different levels of pedal assist and how they work.
- Explain the difference between throttle and pedal assist.
- Show visuals of various e-bike styles (cruiser, step-through, folding).
- Address common misconceptions (e.g., "It's cheating").
- Practical Advice for Safety Considerations
- Proper helmet use and fit.
- Safe riding practices (awareness of surroundings, signaling, etc.).
- E-bike maintenance basics (battery charging, tire pressure).
- Tips for starting and stopping safely.
- Importance of visibility (lights, reflective gear).
- Bike rack information for transporting E-bikes
- Choosing the right E-Bike for you.
- Explain different e-bike styles and their suitability for various needs.
- Discuss factors to consider when purchasing an e-bike (range, battery life, weight, cost).

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

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

CLASS CANCELLATION POLICY FOR LIFE LONG LEARNING & ART CLASSES:

We know your time is valuable, and ours is too. Out of respect for our staff, instructors and other clients, we ask that you give us at least 24 hours notice if you need to cancel. We will try to fill your spot with someone on the waiting list.



COLORFUL OIL PASTEL FLOWERS

Thursday, April 9

9:00-12:00pm

Capacity: 3 min, 8 max

Cost: \$40 nonmember,
\$34 member, \$10 Platinum

Space: Room 106

Registration deadline: April 2

Join Finley Hogan-Underdahl, an art major at St. Olaf, for a fun and creative oil pastel class where you'll make colorful flowers! This is a relaxed, beginner friendly workshop focused on enjoying the process and playing with vibrant colors. You'll leave with a sweet floral piece and it can be perfect for a wall display or simply for the joy of creating.

Instructor: Finley Hogan-Underdahl, Senior at St. Olaf majoring in Art Education



DOT MANDALA ROCKS

Wednesday, April 29

1:00-3:00pm

Capacity: 5 min, 12 max

Cost: \$40 nonmember,
\$34 member, \$10 platinum

Space: Room 105

Registration deadline: April 24

NOTE: Date change from

March 11 to April 29

Rocks are common canvases for mandala artists to paint on. In this class we will paint a mandala on a rock using dots, swooshes, teardrops and other techniques.

Caroline will supply the rocks (which I cast myself), paint, tools and glaze and other materials for finishing your rock. (If you were part of our first mandala class, please bring your tools.)

It will be helpful to have taken the first class but newcomers are also welcome.

Instructor: Caroline Jones



WATERCOLOR & INK BOOKMARK

Tuesday, April 21

10:00-12:00pm

Capacity: 4 min, 12 max

Cost: \$30 nonmember,
\$26 member, \$10 Platinum

Space: Room 105

Registration deadline: April 10

In this class, participants will create a three-dimensional bookmark using watercolor and ink. The bookmark will stick out of the top of a book and can be designed to look like a butterfly perched on top of your book, a flower blooming from the pages, or a small bug crawling along the pages. Participants are welcome to follow examples or create their own simple design. This class is beginner-friendly and focuses on learning basic watercolor techniques and adding ink details. The goal is to make something fun, creative, and usable. No prior art experience is needed.

Instructor:

Kate Gansen – Freshman at St. Olaf

ART CLASSES - CONTINUED



FUSED GLASS PENDANTS

Monday, May 4

10:00-11:30am

Capacity: 8 min, 12 max

Space: Room 102

Cost: \$40 nonmember, \$35 member, \$10 Platinum

Registration deadline: April 27

Here is your chance to allow your creativity to soar. In this class you will get to create your own fused glass pendants. Each person will get to create 5. Not only will you get to create, you also will get a short history lesson on 5000 years of glass. Everything you need to create your pendants is provided. All that is required is an open mind to endless possibilities. A pendant would make a nice Mother's Day gift. The pendants will be fired and delivered back to FiftyNorth by May 7th. This would also be a fun mother/daughter/son or grandchild experience. Each participant would make their own set of 5 pendants and would register separately.

Instructor: Gerie Thelen



VOLUNTEERS

VOLUNTEERS OF THE MONTH

The 50North PlayHouse crew! "It's Showtime!" was a delightful hodgepodge of skits, music, and more featuring volunteers from FiftyNorth.

CAST: Janet Boucher, Marie Gery, Craig Grunzke, Claire Hill, Kim Reis, Dee Rogers, Dale Sheldon, Peggy Sheldon, Rhoda VanTassel and Dick Waters

Also, thank you to —

The Northfield Arts Guild for Be A Lady costuming

The Northfield History Center for Slade Marble's Sheriff badges

The Used-a-Bit Shop for props and costuming

Dick Waters, author, for providing SLADE MARBLE IN THE SHORT TWIG SALOON

* Special Thank You to Ingrid Freeman - Tech Crew *



Special guests: The FiftyNorth Intermediate Line Dance Class, Philip Spensley, and members of the Carleton F.I.S.H. Juggling Team



VOLUNTEER OPPORTUNITIES



50TH ANNIVERSARY Volunteers Needed RIVERWALK MARKET FAIR & FIFTYNORTH FAMILY FESTIVAL

What grand events we have planned! Won't you help us make this "Season of Celebration" successful? Our goal is not only to celebrate, but to reach out into the community to make everyone aware of our great organization.

1

We need volunteers to help us person our **booth at the River Walk Market Fair** Saturday Mornings. The dates are the first two Saturdays of every month from May-September. We need volunteers for two hour shifts that will pass out information about FiftyNorth, and help with the Children's token giveaways. The hours are 9:00-11:00 and 11:00-1:00.

2

We also need volunteers for "**FiftyNorth Family Festival**" on **June 20**. A community wide festival featuring games for everyone, arts, authors and craft booths, booths from local business, entertainment, children's activities, open house and much more at FiftyNorth. The Festival will be from 11:00-4:00. Volunteers will serve two hour shifts and help in the FiftyNorth booth, children's activities, and as needed elsewhere at the festival.

TO REGISTER FOR RIVERWALK:

Call Patty at (507) 664-3709 or stop in the office.

TO REGISTER FOR FiftyNorth Family Festival:

Call Michelle at (507) 664-3707 or stop in the office.



**We're Hiring!
We're Hiring!**



We're Hiring! Popcorn Wagon Volunteer Coordinator!

The FiftyNorth Popcorn Wagon is a beloved community treasure, and a living piece of Northfield history. The Popcorn Wagon Volunteer Coordinator is a fun seasonal role--May-October— and pays \$18 per hour, with a maximum of 20 hours per week. You will recruit, train and schedule Popcorn Wagon volunteers, and ensure that shifts are staffed with friendly, community-oriented volunteers. Your goal is to coordinate, staff, supply and work the FiftyNorth Popcorn Wagon for a successful season of community engagement and joy.

Responsibilities:

- Data—track volunteer info and hours in a Google sheets
- Staffing—recruit, hire and schedule volunteers for all shifts and special events
- Training—train all volunteers to Wagon service
- Calendar—maintain a master Google volunteer calendar
- Coordinate—work with community stakeholders to book the Wagon
- Supplying—make sure Wagon supplies are ordered, inventoried and stocked
- Serving—pitch in for Wagon shifts as needed, supporting volunteers or covering shifts
- Cleaning—ensure that the newly refurbished wagon is kept clean and tidy
- Transportation—line up and oversee Wagon transportation to and from events
- Licensing & Inspection—make sure Wagon meets licensing requirements and schedule inspections as needed

Requirements:

- Love of people and in-person interaction
- Sense of fun and spirit of teamwork
- Organization skills and attention to detail
- Ability to function autonomously and problem-solve independently
- Ability to climb in and out of the Wagon and haul coolers and bags of popcorn

This role reports to the FiftyNorth Program Coordinator.

Email Michelle.Loken@fiftynorth.org to request an application and with any questions.

Application deadline April 23, 2026

VOLUNTEER OPPORTUNITIES

USED-A-BIT

Used-A-Bit volunteers needed now!

We recycle donated goods and keep them out of the landfill, assist customers looking for affordable housewares, enjoy time with a great group of volunteers, and offer flexible scheduling. All proceeds support FiftyNorth, Northfield senior center.

To learn more, pick up a volunteer form at the store (624 Water St. South) or email deb.oliem@fiftynorth.org.



Help Michael Sweere Piece Together Our Community Story

Local artist, Michael Sweere is creating a large-scale mosaic mural at the new ice arena, and he wants your history to be part of the art! FiftyNorth is collecting plates to be repurposed into this permanent masterpiece.

Whether it's a lone patterned dinner plate or a chipped heirloom, you no longer use, your donation will help him build something beautiful from the fragments.

•What he needs:

Dinner plates of different colors, including white. The plates can be chipped or cracked. No thin bone/fine chinaware. The best and most usable are plates that are marked as dishwasher/microwave safe - sometimes called stoneware. See the photo above for examples of what works best for him.

•The Goal:

To transform a blank wall into a vibrant landmark.

•Drop-off Location:

FiftyNorth lobby until April 30th

www.michaelsweeremosaic.com/#/mosaic-gallery/

GROUP ACTIVITIES



FiftyNorth BOOK CLUB

APRIL 10@10:30

The Book Club meets the 2nd Friday of the month at 10:30.

Questions: call Katherine Collman at (507) 645-1357.

APRIL—THE BOXCAR LIBRARIAN by Brianna Labuskus

The Boxcar Librarian by Brianna Labuskus is a historical novel inspired by true events about a Depression-era Boxcar Library in Montana, which used a converted train car to bring books to isolated mining towns.

MAY — A MARRIAGE AT SEA by Sophie Elmhirst



A Marriage at Sea by Sophie Elmhirst is a nonfiction book recounting the true story of Maurice and Maralyn Bailey, a young couple who survived 118 days adrift in the Pacific Ocean after their boat was sunk by a whale in 1972. The book details

their relationship, their ambitious sailing journey, and their harrowing struggle for survival in a small raft, exploring themes of love, obsession, codependence, and endurance as their marriage is tested to its limits. Elmhirst uses the couple's own accounts and diaries to craft a narrative that reads like a novel, blending high-seas adventure with an intimate look at their psychological and emotional challenges.

JUNE —HOW TO AGE DISGRACEFULLY by Clare Pooley



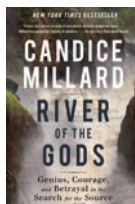
How to Age Disgracefully by Clare Pooley is a humorous novel about a group of eccentric seniors at a community center who team up with a teenage dad and daycare kids to save their building from being sold by the city council, using unconventional and mischievous methods.

JULY —THE LAND OF DREAMS by Vidar Sundstol



The Land of Dreams by Vidar Sundstøl is the first book in the Minnesota Trilogy, a crime fiction series set in the North Shore region of Minnesota, focusing on a U.S. Forest Service officer, Lance Hansen, who investigates a murder that connects to a century-old crime, blending local history, genealogy, and Scandinavian immigrant culture with a mystery. The novel explores themes of guilt, family, and cultural identity, and is known for its strong sense of place and rich historical detail, though it's part of a larger, unresolved story.

AUGUST — RIVER OF THE GODS by Candice Millard



River of the Gods by Candice Millard is a non-fiction book detailing the 19th-century race to find the source of the Nile River, focusing on the rivalry between British explorers Richard Burton and John Hanning Speke, and their guide Sidi Mubarak Bombay.

GROUP ACTIVITIES

BINGO!

**3RD MONDAY,
APRIL 20**
11:00pm-12:00pm
Room: 103
\$1 Group fee applies

ARTS & CRAFT CLUB

The Arts & Craft Club meets Wednesdays 2nd and 4th from 1:30 to 3:30 in room 105.
Stop by and check it out!



2026 marks the 50th Anniversary of FiftyNorth and the Troubadours and Seasoned Singers will begin spring rehearsals leading to a 50th Anniversary concert, June 20 at 1pm. Mark your calendar and plan on joining us!

The Troubadours will rehearsal on Tuesday, March 24, rehearsing from 10-11:30am.

Seasoned Singers will begin this year's rehearsals on Tuesday, April 7, rehearsing from 4-5:30pm.

Please consider joining us! All are welcome who can match pitch and read a score. No formal audition is required and you do not have to be a member of FiftyNorth to participate, so don't hesitate to bring a friend. There is a small fee to help cover the cost of music and accompanist.

Interested? Have questions? Contact Donna May at 507-649-7399, or dmay@churchofsaintagnes.org or simply show up at the first rehearsal and try us out!

APRIL 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	Mondays	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	11:00a12:00pm	Room 103
MISC - Book Club	Fridays, 2nd	10:30-12:00pm	Room 102
MISC - History Group	Fridays	10:30-12:00pm	Room 104
MUSIC - Chime Choir	Thursdays	9:30-10:45am	Room 103
MUSIC - Troubadours Men's Choir	Tuesdays	10:00-11:30am	Room 103
MUSIC - Ukulele Orchestra and Assorted Strings	Wednesdays, 1st, 3rd, 5th	1:00-3:00pm	Room 103
MUSIC - The Band Practice	Mondays	4:00-5:00pm	Room 103
MUSIC - Seasoned Singers	Tuesdays	4:00-5:30pm	Room 103
FITNESS GROUPS			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball Practice	Thursdays	12:30-3:00pm	Dundas Dome
Pedalers & Walkers	Mondays & Wednesdays	Mornings	Varies
Walking Group - ON BREAK	Mondays	9:00-10:00am	Carleton Arb
Senior Bowling Club	Fridays	1:30-3:30pm	Flahertys

TRAVEL

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 and register to go with and assist you. Please indicate on your registration form if you need seating in a handicap section.

In the event you have to cancel out of a trip after the registration deadline, 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.



TRIP - LANDMARK CENTER TOUR - SCHUBERT CLUB MUSIC MUSEUM TOUR- COURTROOM CONCERT

Thursday, April 30
8:00-4:00pm
Capacity: Minimum 20, Maximum 30
Cost: \$75
Registration deadline: April 15

St. Paul's historic Landmark Center, completed in 1902, originally served as the United States Post Office, Courthouse, and Custom House for the state of Minnesota. It was designed by Willoughby J. Edbrooke, who served as Supervising Architect of the U.S. Treasury Department in 1891-92. Learn about the Landmark Center building's history, gangster connections, and restoration.

The Schubert Music Museum on the second floor of Landmark Center was fully redesigned in 2021 to provide even more inspiration, learning, fun and interactivity for visitors as they make their way through the galleries hearing and playing instruments from around the globe, either hands-on or through technology.

Lux String Quartet is a Twin-Cities based ensemble that brings a dynamic edge to performance.

*We will stop at Cosetta to eat. Lunch will be on your own. **Trip Leader:** Michelle Brant

TRIP - MINNESOTA LYNX VS TORONTO TEMPO
Thursday, May 21
5:30-10:00pm
Capacity: 25
Cost: \$80
Registration deadline: April 17



On May 21, 2026, the Minnesota Lynx will host the Toronto Tempo at Target Center in Minneapolis for a regular-season WNBA game. This matchup is marking an early-season contest for the Tempo's inaugural 2026 season.

Trip Leader: Michelle Brant



TRIP - GUYS & DOLLS - CHANHASSEN DINNER THEATRE
Wednesday, June 24

10:00-4:30pm
Capacity: 20 minimum, 31 maximum
Cost: \$131
Registration deadline: May 26

For the first time in over 35 years Chanhassen Dinner Theatres brings you a thrilling and electric staging of Guys and Dolls. From the gritty streets of New York to the colorful cafes of Havana, Guys and Dolls is a wildly entertaining musical comedy to delight audiences of all ages. This fresh production is set in Damon Runyon's mythical New York City in a perfect balance of story, dance, music and romance!

*The cost Includes the bus, play, full meal and gratuity
Trip Leader: Norma Monroe

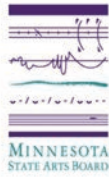
TRIP - MINNESOTA TWINS VS KANSAS CITY ROYALS
Thursday, July 30
10:30-5:00pm
Capacity: 20 minimum, 30 maximum
Cost: \$95
Registration deadline: July 8



Experience the Thrill of Pro Baseball! Don't miss rooting for the Minnesota Twins as they take on the Kansas City Royals! Feel the energy of the crowd, the crack of the bat, and the roar after every home run. It's more than just a game; it's a timeless American tradition, perfect for family fun or cheering with your FiftyNorth friends. Concessions are on your own.

Trip Leader: Michelle Brant

TRAVEL



TRIP - A MIDSUMMER NIGHT'S DREAM - GREAT RIVER SHAKESPEARE FESTIVAL IN WINONA

Wednesday, July 22

10:30-7:30pm

Capacity: 25 minimum, 31 maximum

Cost: \$130

Registration deadline: Monday, July 20

A Midsummer Night's Dream by William Shakespeare directed by Doug Scholz-Carlson

“reason and love keep little company...”

One of Shakespeare's most magical and popular plays, A Midsummer Night's Dream has something new to offer everyone, even those who have seen it many times. Full of confused lovers, mischievous fairies, rulers and some “rude” mechanicals, this play takes us from the structure of Athens to the more free and mysterious forest where confusion reigns and anything can happen!

Midsummer will be directed by Doug Scholz-Carlson, the artistic director of the Great River Shakespeare Festival.

Production will be in the historic 1908 Masonic Building theater, newly acquired by the city of Winona. Historic scenery from the era will be used.

*The cost of this trip Includes: bus, lecture on bus on trip down, play tickets, after the play light meal and conversation with actors, treats on bus on way home.

*NOTE: does not include lunch before the play

Trip Leaders: Bill & Char Carlson 507-645-9642 and Kim Reis 651-894-3946

Doug will be at FiftyNorth on Monday, June 1st at 10:30am to present early insight into this production.

photo:
HOME OF THE HISTORIC MASONIC THEATRE
The theatre stage at the ARC Theatre in Winona.

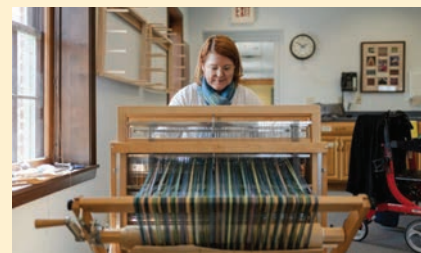


SAVE THE DATE

August 6 & 7

Overnight in Iowa

Highlights of the trip – Field of Dreams in Dyersville, Earthmoving Legacy Center, Vesterheim Norwegian American Museum, Bily Clock Museum



Vesterheim Norwegian American Museum



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MEMBER SERVICES

TWINKLE TOES FOOT CARE

**2nd Monday of each month
(beginning February 2026)**

12:30-4:30pm

Need your toenails trimmed?

Since 1999, Laurie has provided foot care in the Twin Cities Metro Area and the surrounding communities.

She takes clients at FiftyNorth usually on the 2nd Monday of the month from 12:30-4:30pm.

\$65 per session payable to Twinkle Toes Foot Care

APPOINTMENTS: Call the FiftyNorth front desk to make your appointment. **507-664-3700**

MORE HELP FOR MEDICARE OPTIONS

1st Tue every month

12:00-3:00pm

Location: Consult Room

Enrollment Help For Medicare Options

Whether new to Medicare or considering a Medigap plan, receive assistance from licensed local and independent insurance agent Sandra Robertson.

Available for help with:

~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

TECH SUPPORT

2nd Tue every month

9:30-11:30am

Location: Consult Room

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

THREE RIVERS COMMUNITY ACTION OLDER ADULT SERVICES SPECIALIST

3rd Wed every 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.

GRIEF SUPPORT GROUP

2nd Tue every month

1:00-2:30pm

Location: Room 103

*Please pre-register

Join with others in a safe, confidential, and supportive environment for afternoon coffee and an opportunity to make connections, share personal stories and coping strategies with others experiencing grief. You may choose to attend one, two, or all three sessions! Anyone ages 18+ dealing with the loss of a loved one is welcome to attend.

Presented by:

Three Rivers Community Action and Minnesota Hospice

Capacity: 20

Cost: FREE

Space: Room 103

CAREGIVER SUPPORT GROUP

usually the 2nd Thursday every month (no February meeting)

April 9, May 7, June 4, July 16, August 13

1:30-2:30pm

Capacity: 20

Cost: Free

Location: Generally Room 103, but check daily schedule

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

*Please join us "Lifting Voices"
first concert!*



Lifting Voices presents... **Travelin' Tunes**

Saturday, May 2
1:00 PM
FiftyNorth

Lifting Voices is a new choir in Northfield for people living with dementia and their care partners.

Join us for our concert!
We are excited to share our music with the community.
The concert is free, donations will be accepted.

The ensemble is sponsored by a generous rural initiative grant from Giving Voice Chorus, Twin Cities.



Timeline and Guidelines for Echoes & Shadows

In honor of our 50th Anniversary, the theme for this year's collaboration is "A Season of Celebration"

Please create your poems and artwork based on that theme

The Echoes & Shadows event offers a glimpse into the dynamic exchange between different art forms. This year the poetry will be submitted first. Artists will choose the poem that inspires them to create their artwork.

TIMELINE

- The poems must be emailed to michelle.loken@fiftynorth.org no later than June 1st.
- Online viewing and selection of the poems will begin June 3rd.
- <https://fiftynorth.org/activities/art-gallery/>
- Artwork submission will be August 24th – 28th. Drop off your artwork in Michelle's office.
- Gallery Exhibit begins September 1st and ends October 30th.
- Artist Reception will be on September 17th beginning at 4:00. The Poetry Reading will follow promptly at 5:00.

GUIDELINES

- **POETRY** submissions must include – first and last names, phone number, email and type of poem you are submitting.
- Poems should not be more than one page long.
- Poems must be 14-point font size (no smaller) and use Arial font. It must be submitted in a Word Document.
- Poets can submit one poem.
- **ARTWORK** must be inspired by the poem the artist chooses.
- Artwork must be framed and/or 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. Artist statements must not exceed one page and must be 14-point font size and use Arial font and be submitted in a Word Document.
- Art pieces can be created using any medium.
- Artists can submit one piece of artwork.
- 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.
- If you are not able to attend the reading, please find someone to read your poem on your behalf.

CLIP & SAVE 



FiftyNorth

Celebrating a Half Century of Service,
Focused on the Future

A Season of Celebration

MARCH 6 & 7: *The FiftyNorth Playhouse presents "It's Showtime"*. A delightful hodgepodge of skits and musical numbers.

MARCH 13: *FiftyNorth "Band at the Grand"*

MARCH 27: *"Swinging into Our 50th"* A 1950's themed Dance, with a DJ spinning all the greatest hits!

APRIL 1-30: *"Celebrating a Half Century of Service" gallery show at FiftyNorth.*

Recalling the people and events that have made FiftyNorth the great organization it is. **Reception April 10**, with guest speakers, Alene Fink, Lynne Pederson, Marie Gery, and Char Carlson.

MAY 15: *"Five Courses for the 50th"*. A dinner event with table scapes featuring recipes from the FiftyNorth Cookbook created by the Delong family.

JUNE 20: *"FiftyNorth Family Festival"*. A grand event featuring games; Arts, Authors, and Craft Booths, children's activities, booths from local business supporters, entertainment, food and much more!

AUGUST: *Fitness Challenge* for our members, with great prizes.

AUGUST 10: *'Golf Gathering'*. Comradery on the green! Lunch and prizes. Trivia.

SEPTEMBER 1-30: *"Echoes & Shadows"* Gallery exhibit celebrating the concept of "Anniversary".

SEPTEMBER 26: *"FiftyNorth Celebrates 50 Years"*. Featuring *Will Healy* and *"Over and Back"* performing at the High School. Anniversary Cake will be served.

FEBRUARY DONORS & NEW MEMBERS

February 28, 2026
Total Membership: 1,981

FEBRUARY DONORS *thank you for your support!*

- | | | |
|---------------------------------|--------------------------------|-----------------------------|
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| Stephanie Frey | Mary Myos | Patricia Warner |
| Thomas & Linda Gagnon | Pat Nelson | |
| | Susan Oftedahl | |

Welcome!

FEBRUARY NEW MEMBERS

GLAD YOU'RE HERE!

- Christine Bader,
Tamra Bauer,
Jay Clarkson, Ellen Classen, Shane Edwards, Charles Frame, Ron Hebensperger, Marjorie Herrley, Tina Kush, Elizabeth Nelson, John & Lynn Nicolai, Kraig Niebuhr, Mark Nordahl, Doug & Mary Kay Peterson, Margaret (Jo) Swanson, Jody Thomson, Sandra Toombs, Charles Worsfold

FIFTYNORTH *for* 50 MORE YEARS

Thanks to our very own board member, Kay Brown, and generous friends of FiftyNorth, we've raised our first \$50K in honor of our 50th birthday!

Thank you for kick-starting our future. Our goal is to raise another \$200K this year to make FiftyNorth possible for ALL today, and tomorrow. We are future-focused!

If you have the means, please help us deliver our mission for another 50 years. Check out our brand new **donation page** or choose the QR code to give today.

Thanks for your support!

Marlaig



DONATE

You can donate through our website at www.fiftynorth.org or mail a check to FiftyNorth, 1651 Jefferson Parkway, Northfield MN 55057 or stop in to the office.

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FiftyNorth

www.FiftyNorth.org

1651 Jefferson Pkwy, Northfield, MN 55057



FiftyNorth and its programs are made possible in part through support from the City of Northfield.



230

600 Kraewood Drive
Northfield, MN

Designed with many thoughtful and proven age-in-place features in mind, such as zero barrier entry throughout— this very uniquely designed Mid-Century home situated on a densely wooded lot in the heart of Northfield is sure to inspire and impress!

Model Home Open: Fri–Sun, 12–6pm



231

2432 Aspen Street
Northfield, MN

Located on a quiet street in the vibrant Bluff View community, you'll have easy access to walking paths, parks, schools, trails, and local businesses. Perfect for those looking to downsize or simplify, this home offers the ideal blend of tranquility and convenience!

Model Home Open: Fri–Sun, 12–6pm



227

117 Maple Court
Cannon Falls, MN

Bright and beautifully designed, this two bed, two bath twin home offers an open, airy layout with abundant natural light. Thoughtfully built with a barrier-free, single-level floor plan, this home combines style, comfort, and accessibility.

Model Home Open: Fri–Sun, 12–6pm



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Marlais Brand
507-664-3701 | marlais.brand@fiftynorth.org

Fitness Manager:

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

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

Used-A-Bit Shoppe Manager:

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

Used-A-Bit Shoppe Assistant Manager:

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

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

Brenda Bultman, Bonnie DuPay, JoAnn Edwardsen, Bonnie Eliason, Kay Marosi, Jane Persons, Pam Toepper



FiftyNorth: Hours:

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



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

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Tuesday–Saturday: 10am–5pm
Sunday & Monday: Closed