



FiftyNorth Report

AUGUST 2025

By Carla Johnson, *Interim Director*



Dear Friends,

The Greek philosopher Heraclitus said it best:

“The only constant in life is change.”

And right now, FiftyNorth is deep in it.

We’re in the midst of a staff transition — moving from one Executive Director, through this interim period, and preparing to welcome a new leader.

In August, we’ll temporarily close the pool for annual cleaning and repairs. We’re also refreshing spaces across the building: a new table and chairs in the lobby, and the start of long-awaited updates to our locker rooms.

Some of these changes are welcome and overdue. Others may feel inconvenient or unclear. Change often brings opinions — on how things should be done, when, and by whom. It can leave us feeling unsettled, especially when we don’t have all the answers.

So I want to say this plainly: I see it. I get it. I thank you. Thank you for your patience, your questions, your flexibility. Thank you for sticking with us.

I’ve been deeply moved by the warmth you’ve shown me in this interim role. My job is to guide the organization through this transition — to support the Board, the staff, and all of you. I’ll do my best to keep communication clear and open. That said, there may be times we miss something. Not out of disregard, but because that’s how change works sometimes. When that happens, let us know.

HERE’S WHAT’S AHEAD DURING THE AUGUST CLOSURE:

- New privacy stalls in both the women’s and men’s shower rooms
- Deep cleaning and needed repairs in the pool and hot tub
- Plans underway for Phase II of locker room upgrades later this year: new partitions, lockers, benches, floor tile repair and new sauna if supply chains allow



These improvements are designed with cleanliness, accessibility, and durability in mind. We won’t be moving walls or expanding square footage — we know the space is tight — but we’ll make the most of what we have. And wherever possible, we’ll keep you informed in advance.

In community, Carla Johnson
Interim Executive Director

P.S. During our pool closure, August 11 through September 1, the YMCA is allowing FiftyNorth members access to their pool. Please check in at their front desk.

■ Carla Johnson may be reached at (507) 664-3701 or carla.johnson@fiftynorth.org



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TRANSPORTATION FAIR:
Tuesday, Aug. 26 (Page 3)



LOST AND FOUND TABLE

All items on the Lost and Found table will be removed and discarded or donated at the end of each month. If you have misplaced something please check the table asap!

DJJD Parade Planning Meeting

Tuesday, August 5 at
10:30-11:30, see PAGE 15

IN THE FIFTYNORTH GALLERY

Mark Daehlin – Mixed Medium & Josie Prins - Pyrography
Gallery Show: July 14 – August 29



Save the date!
Artist Reception
Thursday, August 7, 4-5pm



JOSIE PRINS

My work is inspired by nature’s ability to speak to the soul, extending all that is good, true and beautiful to our hearts. References for my paintings are taken primarily from my own photography which gives me the opportunity to appreciate and reflect on the innate creativity and beauty that is found in nature. Through my art I create space to pause and experience the conversation between nature and soul, witnessing its ability to heal, inspire and transform.

Using pyrography and watercolor, I create paintings that explore this conversation. Each element that is used in my artistic process is very intentional. Wood is used as a canvas for my paintings to bring an element of growth and natural beauty. The wood grain adds movement to each piece as the eye explores the various aspects of the work. For my underpaintings, I use burning to map out the composition in order to make way for renewal and creation. Watercolor fills these voids providing a sense of renewal and clarity allowing for the story to peek through. It adds an element of transparency that gives space to experience the conversation between wood, burns and pigments much like the conversation between nature and our soul.

I invite viewers to experience this connection with me as I explore the intricate beauty that has been created around us. I invite them to discover the moments of light that emerge from the ashes of our past when we are healed and renewed, much like nature’s ability to remain balanced through changing seasons giving space for loss and life. ■

MARK DAEHLIN

Mark Daehlin, an award-winning fine artist, has been painting professionally since 1979. He’s mastered airbrush, acrylics, oil both in studio and in the field (Plein aire). He has taught beginners to professionals alike in dozens of classes over the years. Mark studied plein air painting under Rich Kochenash and Bryan Stewart. He has written several articles in professional journals and authored dozens of instructional videotapes. His work is collected across North America, Europe and Malaysia. He loves teaching and sharing the joys of discovery in the arts.



AUGUST’S COLLECTION CONNECTION ■ ROBERT NYVALL: Gardeners & Lawn Mowers Collection

Our previous property was an acre city lot filled with gardens and an expansive lawn. It was the frequent destination of garden clubs and visitors who came to admire our many gardens.

The collections started randomly as knickknacks discovered on vacations or during visits to interesting stores. The gardeners and lawn mowers caught my fancy as they related to our beautiful gardens filled with colorful flowers and a large swath of lawn that had to be frequently mowed.



Robert’s collection is on display in the lobby glass case.



EXECUTIVE DIRECTOR SEARCH UPDATE

The FiftyNorth Board of Directors is beginning the search for our next Executive Director. We are in the process of forming a search committee to guide this important work, and we will share the names of committee members in a future newsletter.

We are pleased to announce that Pat Jorstad has agreed to chair the search committee and will lead the process on behalf of the Board. The committee is currently reviewing the Executive Director job description to ensure it reflects the current and future needs of the organization.

Our goal is to have a new Executive Director in place by the end of the year. We welcome suggestions—if you know someone who may be a strong candidate, please reach out to Pat at pat.jorstad@fiftynorth.org.

The position will be open to both internal and external applicants, and we look forward to identifying the right leader for FiftyNorth’s next chapter.

Kathie Taranto

FiftyNorth Board of Directors Chair

Creating an **Age-Friendly Northfield**

TRANSPORTATION RESOURCE FAIR

Join us for a free event!

Learn about local agencies & businesses offering transportation support, including public transit, volunteer driver programs, and other resources to help you **stay mobile in the Northfield area.**

Tuesday 26 August 2025

9 a.m.-11 a.m. Please join us anytime!

FiftyNorth 1651 Jefferson Pkwy Room 103

CONTACT US

Nan Just 651-734-3796

agefriendlynorthfield.com

Age-friendly NORTHFIELD
Our operation is made possible, in part, by assistance from the City of Northfield.



EVENT

COWBOY CONCERT

Performed by Dave & Jeanie Johnston
Plus Travel Presentation with Jeanie’s Journeys
Tuesday, September 9
1:00-2:30pm

Dave & Jeanie Johnston will be presenting a Cowboy Concert of country songs and cowboy humor & sing-a-long songs for the FiftyNorth Community. Dave & Jeanie are life-long church musicians who have performed across the metro area and outstate Minnesota for over 40 years. They bring a wonderful blend of music, humor and joy to all of their performances.

Following the mini-concert they will give a brief presentation of their travel company, Jeanie’s Journeys, and tell the group about the Amazing Affordable Adventures that they lead older adults on across the U.S.A. and the world! Please join us for all the fun! Wear your cowboy boots and hats if you wish. Coffee and treats will be served.

Presenters: Dave & Jeanie Johnston
Capacity : 40
Cost: Free **Space:** Room 103



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



See page 15 for exciting travel opportunities!



2025 STORY PARTNER PROGRAM

Students are partnered with FiftyNorth members

STORY PARTNER PROGRAM ~ St. Olaf Social Work Collaboration

Professor Kimberly Doran will coordinate the annual St. Olaf Social Work Collaboration this year. She is looking for about 11 participants from FiftyNorth. Kimberly will collect the students' interest surveys and work to match the pairs and coordinate the initial site visit. The date for the site visit has yet to be confirmed in early September.

GOALS AND EXPECTATIONS: Junior social work students are paired with an older adult from the Northfield community. Students practice engagement, listening and generalist skills that they'll use in social work practice while building relationships with older adults. Older adults build a relationship with college-aged students and are expected to share life stories and experiences as able and willing during the sessions.

NUMBER OF SESSIONS: at least 6 sessions between mid-Sept and mid-November (more are encouraged if both participants are able and willing)

LOCATION: in-person preferred. Virtual as needed/ requested.

LENGTH OF EACH SESSION: 30-60 minutes. Pairs may meet at FiftyNorth, on the St Olaf campus, or at an agreed upon local spot.

ST OLAF INSTRUCTOR: Professor Kimberly Durant

NUMBER OF PARTICIPANTS NEEDED: 11

COST: Free

TO REGISTER: Sign up at the front desk or call or email program coordinator Patty Ciernia:

Patty.Ciernia@fiftynorth.org or
call (507) 664-3709

REGISTRATION DEADLINE: August 20

*NOTE: Your email will be shared with the Professor

COME VISIT US! FRIDAY–SUNDAY 1–4 PM

CANNON FALLS



HARDWOOD ESTATES

Twin Homes & Single Family
from the 400's

Located by the High School off 72nd Avenue

Model Home: **UNDER CONSTRUCTION**

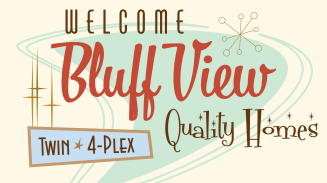
ELKO NEW MARKET



Model Home
Address:
9975
Kari Way

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

NORTHFIELD



Model Home Address: 202 Ford Street East

Model Home Address:
UNDER CONSTRUCTION
600 Kraewood Drive

22 Heavily wooded lots
steps from downtown
and both colleges!



KRAEWOOD



Builders ID BC636389

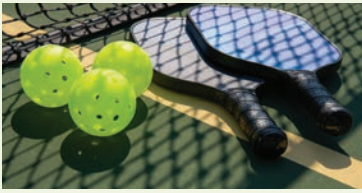


Call today to start your dream home!

jrbr.builders | 507.366.1288



FITNESS NEWS



PICKLEBALL

FiftyNorth has made the difficult decision to stop having a volunteer-led pickleball group. We encourage those that are

interested in pickleball to still stay in touch with each other and remain active in pickleball at many of the locations in and around Northfield that offers pickleball.

THE FOLLOWING CLASSES WILL BE CANCELLED FOR AUGUST AND RESUME IN SEPTEMBER

Nordic Walking Group - Thursdays 5pm

Easy Line Dancing - Tuesdays 4pm

Intermediate Line Dancing - Wednesdays 1pm

Seated Chair Line Dancing - Wednesdays 2:15pm

Tap Dance Fusion - Thursdays 3:45pm

Folk Dance Fusion - Fridays 11:45am

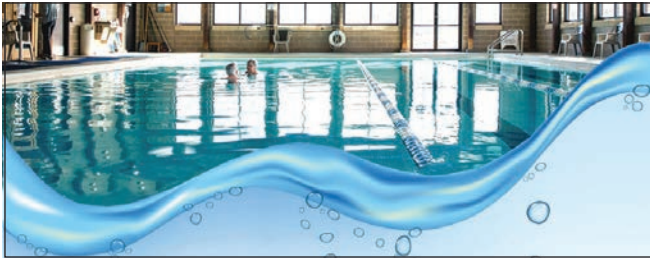
VOLUNTEERS NEEDED FOR MOVING LAP LANES

FiftyNorth is looking for a volunteer on the following days and times to help put in lap lanes or take them out starting in September.

MONDAYS 1pm and/or 4pm

WEDNESDAYS 1pm and/or 4pm

FRIDAYS 1pm and/or 4pm



2025 IN-PERSON LAND BASED FITNESS CLASSES (updated August)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---|---|---|---|--|---------------------------------|
| 6:00 AM | | CARDIO & STRENGTH INTERVALS (6:10-6:50) | | EXPRESS STRENGTH (6:10-6:40) | | |
| 6:30 AM | | | | | | |
| 7:00 AM | CARDIO DANCE AND DRUMSTICKS (6:45-7:30) | HATHA YOGA (7-7:45) | YOGA STRETCH (7-7:45) | HATHA YOGA (7-7:45) | | |
| 7:30 AM | | | | | | |
| 8:00 AM | | STRENGTH AND STRETCH (8-9) | | STRENGTH AND STRETCH (8-9) | | 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 | | BEGINNING YOGA (VINYASA) (9:15-10:15) | SOUND BATH AND MEDITATION (9:15-10:15) | SLO FLO YOGA (9:15-10:15) | BEGINNING HATHA YOGA (9:15-10:15) | HATHA YOGA (9:15-10:15) |
| 9:30 AM | YOGA STRETCH (9:15-10:15) | CIRCUIT TRAINING (9:30-10:30) NO open use | | CIRCUIT TRAINING (9:30-10:30) NO open use | | |
| 10:00 AM | | | | | | |
| 10:30 AM | SILVER SNEAKERS (10:30-11:30) | GENTLE CHAIR YOGA (10:30- 11:30) | SILVER SNEAKERS (10:30-11:30) | GENTLE CHAIR YOGA (10:30-11:30) | SILVER SNEAKERS (10:30-11:30) | TABLE TENNIS (10:30-3:45) |
| 11:00 AM | | | | | | |
| 11:30 AM | | | | | HOLD (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 | | | HOLD (1-2) | | HOLD | |
| 1:30 PM | TABLE TENNIS (1:30-3) | TABLE TENNIS (1:30-3:30) | HOLD (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) | HOLD (4-4:45) | AFTERNOON QI TIME (4:15-4:45) | HOLD (3:45-4:45) | AFTERNOON QI TIME (4:15-4:45) | |
| 4:30 PM | | | | | | |
| 5:00 PM | | | | HOLD (5-5:45) | | |
| 5:30 PM | | | HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders | | | |
| 6:00 PM | TABLE TENNIS (5:30-7:30) | HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE | | HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE | | |
| 6:30 PM | | | | | | |
| 7:30 PM | | | | | | |



INTENSITY KEY:

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

VIRTUAL LAND BASED FITNESS CLASSES



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

2025 VIRTUAL LAND BASED FITNESS CLASSES (updated July)

AVAILABLE THRU ZOOM

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|----------|------------------------------------|---|------------------------------|------------------------------------|-----------------------------------|-------------------------------|-------------------------|
| 6:00 AM | | CARDIO & STRENGTH INTERVALS (6:10-6:50) | | EXPRESS STRENGTH (6:10-6:40) | | | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | STRENGTH AND CARDIO (7-7:45) | | MOBILITY AND STRETCH (7-7:45) | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | BOOTCAMP (8-9) | STRENGTH TRAINING (8-9) | STRENGTH AND STRETCH (8-9) | CARDIO KICKBOXING (8-9) | STRENGTH TRAINING (8-9) | STRENGTH AND STRETCH (8-9) | STRONG NATION (8-9) |
| 8:30 AM | CORE AND MORE (8:30-9) | | | CORE AND MORE (8:30-9) | | | CORE AND MORE (8:30-9) |
| 9:00 AM | YOGA STRETCH (9:15-10:15) | BEGINNING YOGA (VINYASA) (9:15-10:15) | | SLO FLO YOGA (9:15-10:15) | BEGINNING HATHA YOGA (9:15-10:15) | | |
| 9:30 AM | | | | | | | HATHA YOGA (9:15-10:15) |
| 10:00 AM | | | | | | | |
| 10:30 AM | SILVER SNEAKERS (10:30-11:30) | GENTLE CHAIR YOGA (10:30-11:30) | | SILVER SNEAKERS (10:30-11:30) | GENTLE CHAIR YOGA (10:30-11:30) | SILVER SNEAKERS (10:30-11:30) | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | SILVER SNEAKERS BALANCE (12-12:45) | SILVER&FIT (12-12:45) | | SILVER SNEAKERS BALANCE (12-12:45) | SILVER&FIT (12-12:45) | | |
| 12:30 PM | | | | | | | |
| 1:00 PM | | | CARDIO STRENGTH MIX (1-1:45) | | | | |
| 1:30 PM | | | | | | | |
| 2:00 PM | | | | | | | |
| 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 | | 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 – 3 LAP LANES | OPEN SWIM | OPEN SWIM – 3 LAP LANES | OPEN SWIM | OPEN SWIM – 3 LAP LANES | |
| 1:30 PM | | | | | | |
| 2:00 PM | OPEN SWIM – 3 LAP LANES | OPEN SWIM | OPEN SWIM – 3 LAP LANES | OPEN SWIM | OPEN SWIM – 3 LAP LANES | OPEN SWIM |
| 2:30 PM | | | | | | |
| 3:00 PM | OPEN SWIM – 3 LAP LANES | OPEN SWIM | OPEN SWIM – 3 LAP LANES | OPEN SWIM | OPEN SWIM – 3 LAP LANES | OPEN SWIM |
| 3:30 PM | | | | | | |
| 4:00 PM | WATER VOLLEYBALL 4-5:45PM | OPEN SWIM | | OPEN SWIM | | WATER VOLLEYBALL 4-5:45PM |
| 4:30 PM | | | | | | |
| 5:00 PM | | OPEN SWIM | | OPEN SWIM | | |
| 5:30 PM | | AQUA FUSION 5-5:45PM | | AQUA FUSION 5-5:45PM | | |
| 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 | | | | | | |

FITNESS NEWS

ONGOING FITNESS CLASSES

Saturday Zumba Gold is being replaced with:



STRENGTH AND DANCE FUSION

**Saturdays, beginning August 2
8:00-9:00am**

Strength and Dance Fusion is a new class being offered on Saturday mornings. This class will feature a variety of strength building routines using hand weights as well as easy dance routines to music from the 60's, 70's and 80's. We might sneak in a little Zumba Gold. Did you know that dancing is good for your memory and you can build muscle at any age?

Start your Saturday with a fun workout! No experience is necessary.....beginners are always welcome! No special equipment is needed, but tennis shoes and a full water bottle are recommended.

Instructor: Ingrid Freeman

Capacity: 30

Cost: \$10 nonmbr, \$8 mbr, \$0 fitness plus/platinum

Space: Fitness Studio



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.

Pre-register for all classes:

Online: FiftyNorth.org/classes

In Person: FiftyNorth front desk



EXERCISE AND PARKINSONS

Wednesday, August 13

9:00-11:00am

Around 50,000 people in the United States are diagnosed with Parkinson's Disease each year. One in 10 are diagnosed before the age of 50. Parkinson's is a central nervous system disease that disrupts the dopamine in the brain.

Marcy Kramer, doctor of physical therapy will be presenting a talk on Parkinson's Disease. Learn what is Parkinson's disease, how does it affect the person with this disease and what are ways to help treat the symptoms of Parkinson's with exercise

Instructor: Marcy Kramer

Capacity: 25

Cost: \$20 Nonmember, \$16 Member

Space: Room 106

USED-A-BIT

HOUSEHOLD & FURNITURE SHOPPES



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



FALL PREVENTION

Wednesday, September 10

9:00-11:00am

Falls and fall-related injuries are among the most common but serious medical problems experienced by older adults. Nearly one-third of older people fall each year, half of which fall more than once per year. Over 3 million Americans over the age of 65 visited hospital emergency departments in 2019 due to fall-related injuries, with over 1.6 million being admitted. Learn from Dr. Marcy Kramer how to prevent falls, how to make your living space less of a fall risk, and how to maintain strong bones and muscles that will help lower your chances of fall risks.

Instructor: Marcy Kramer

Capacity: 25

Cost: \$20 Nonmember, \$16 Member

Space: Room 106

ART CLASSES

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

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

CLASS CANCELLATION POLICY FOR LIFE LONG LEARNING AND ART CLASSES:

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



PLEIN AIR PAINTING CLASS

Tuesday, August 5
1:00-4:00pm
Location: Off Site

Mark Daehlin, award winning landscape and wildlife artist, teaches the basics in this intro to the Joys of Plein Air Painting. We'll be painting live, outdoors in natural light.

We will talk about:

- **Acrylic painting basics**
- **Value (Light and dark)**
- **Hue (Color tones and mixes)**
- **Composition**

Small canvases, mixed media paper, brushes, and acrylic paint and easels will be provided.

Bring your own sunscreen and hat.

We will be painting in my yard - on Division St by Woodley - in my wife's gardens. There's a variety of subject matters to choose from.

Text me in advance with questions. 612-327-9667

Instructor: Mark Daehlin

Capacity: 5 minimum, 8 maximum

Space: 904 Division St. S, Northfield – Suzanne Daehlin's garden

Cost: \$53 nonmember, \$38 member, \$10 Platinum

Registration deadline: August 4



PHOTOGRAPHY FOR SENIORS:

Capture, Create, and Share
Mondays, September 8, 15, 22
2:00-3:30pm

Discover the joy of photography in this fun and accessible 3-part class designed just for adults 50 and older! Whether you're using a smartphone or a basic 35mm camera, you'll learn how to take beautiful portraits and stunning nature photos, enhance your images with free editing tools, and share your memories with family and friends.

In this class, you will:

- Learn easy camera techniques for better photos
- Practice taking portraits and nature shots
- Explore free apps to save and enhance your pictures
- Share photos digitally or through printed books/ cards
- Create simple photo stories to preserve your memories

No experience needed – just bring your camera or smartphone and your curiosity!

Instructor: John Dedzej

Capacity: 3 minimum, 10 maximum

Space: Room 102

Cost: \$45 Nonmember, \$36 member, \$0 Platinum

Registration deadline: September 2

ART CLASSES



HARDANGER EMBROIDERY
Wednesdays, September 10, 17, 24
10:00-12:00pm

Handanger Embroidery is a form of openwork counted thread embroidery worked on even-weave fabric. In this class you will complete a coaster sized doily which will include learning 4 stitches. If you can do counted cross-stitch, this is easier. Join the class and enjoy the beauty of Hardanger. Materials will be provided. A small scissors will also be needed but will be discussed about the type in class. Table lamps will be provided for additional lighting for each person.

Instructor: Sue Flotterud
Capacity: 4 minimum, 8 maximum
Space: Room 102
Cost: \$64 Nonmember, \$58 Member, \$10 Platinum
Registration deadline: September 3



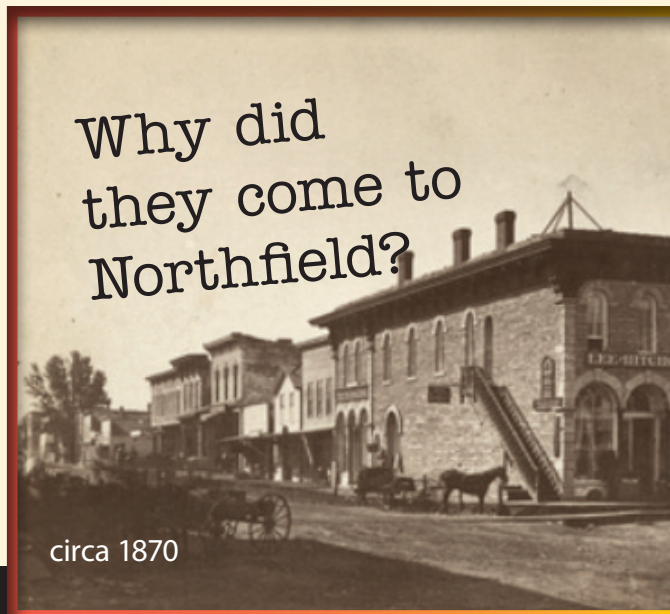
Cannon Valley Elder Collegium

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

Registration is now open for Fall classes at cvec.org

LIFE LONG LEARNING CLASSES

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



circa 1870

JAMES & YOUNGER GANG:
Why did they come to Northfield?
Tuesday, September 2
10:30am-12:00pm

If you are living in or near Northfield you know September is Defeat of Jesse James month. To celebrate, local James & Younger Gang expert and tour guide of 32 years, Earl Weinmann will lead two classes centered around the James & Younger gang and their exploits in Northfield. If you have houseguests that week, what a terrific way to introduce them to our story.

If you only saw the local re-enactment or you wonder what the big deal is around the James & Younger Gang in Northfield, this class is for you. This class will give a brief background of the gang and why they came to Northfield? It will answer why the raid failed so spectacularly and what became of the gang afterward. Whether you're a longtime resident or new to Northfield, you will enjoy the details of one of the most defining moments of Northfield.

Attend one or both; either way, with your attendance, you will become somewhat of an expert yourself.

Presenter: Earl Weinmann
Capacity: 30
Cost: \$10 nonmbr, \$8 mbr, \$0 platinum
Space: Room 103
Registration deadline: August 26

LIFE LONG LEARNING CLASSES - CONTINUED

JAMES & YOUNGER GANG: Uncovering Myths & Misconceptions Wednesday, September 3 10:30am-12:00pm

If you are living in or near Northfield you know September is Defeat of Jesse James month. To celebrate, local James & Younger Gang expert and tour guide of 32 years, Earl Weinmann will lead two classes centered around the

James & Younger gang and their exploits in Northfield. If you have houseguests that week, what a terrific way to introduce them to our story.

This class is a continuation of the September 2nd class but will also stand on its own for those who cannot make the previous class. This class takes a deep dive surrounding the James & Younger Gang to uncover myths, expose fallacies, and dispute some of the

misconceptions that seemingly refuse to go away. Was Jesse the leader of the gang? How do we know who shot the teller, J.L. Heywood? Was Northfield suspicious of the gang that morning? What did Cole Younger's last words reveal about the Northfield raid? And many more

Attend one or both; either way, with your attendance, you will become somewhat of an expert yourself.

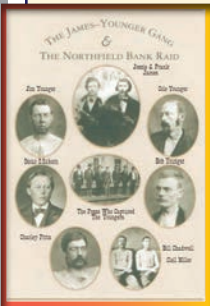
Presenter: Earl Weinmann

Capacity: 30

Cost: \$10 nonmbr, \$8 mbr, \$0 platinum

Space: Room 103

Registration deadline: August 27



HISTORIC WALKING TOUR: NORTHFIELD CEMETERY Tuesday, Sept. 23 (Raindate Tuesday, Sept. 30) 1:00pm-2:00pm

Join noted local historian and FiftyNorth member Jeff Sauve on a 45-minute walking tour of the Northfield Cemetery. A name on a gravestone is a story waiting to be discovered, such as Peter Ramsdell, a Civil War veteran who drowned while attempting to rescue three young boys flailing in the Cannon River; Gilbert Onstad, a shopkeeper who defied the James-Younger gang; Gunder Lockrem, who tragically perished in a blizzard; and Catherine Meade, a Civil War-era nurse, and her husband, Owen, who may have been murdered—his death is one of Northfield's oldest mysteries. There will be a stop at the potter's field where unmarked graves hold fascinating accounts of forgotten souls.

Jeff Sauve is an engaging speaker who enjoys sharing his passion for public history. He spent many years working as an archivist at St. Olaf College and later became the curator at the Northfield History Center. As a widely published author and sought-after speaker, he brings a wealth of knowledge and enthusiasm to his presentations.

The tour takes place outdoors, so please wear walking shoes. Note: the cemetery grounds are uneven in some areas. There are no restrooms in the cemetery. Northfield Cemetery is located across from Northfield High School on Division Street South.



•We will meet at the cemetery's front gate.

•Time for refreshments and questions following the tour.

Free will donation will be accepted to support the cemetery following the tour.

Capacity: Max 20

Location: Northfield Cemetery

Cost: \$10nonmbr, \$8 mbr, 0\$ platinum

Registration deadline: September 16

CPR AND FIRST AID

Tuesday, September 9

9:00-12:00pm

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

Instructor: Jon Bolster

Capacity: 10

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

Space: room 105



**CPR & First Aid
Training Class**



Benedictine

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Order until 10am Mon. & Thurs.



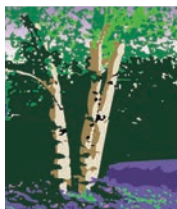
Featuring TRADITIONAL CATERING but also welcomes CUSTOM REQUEST.

Ideas for custom requests:

- Meals to take to the Cabin
- Dish to Pass
- Single Dish for event
- Food for a Friend

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(507) 645-5264 1501 Clinton Ln, Northfield, MN 55057

AARP® SMART DRIVER COURSE

AARP SMART DRIVING COURSES

Location: Room 103

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

FEES:

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

AARP Smart Driving 4-hour Course

Tuesday, August 19

1:00-5:00pm

AARP Smart Driving 4-hour Course

Thursday, September 18

9:00-1:00pm

AARP Smart Driving 4-hour Course

Tuesday, October 14

1:00-5:00pm

AARP Smart Driving 4-hour Course

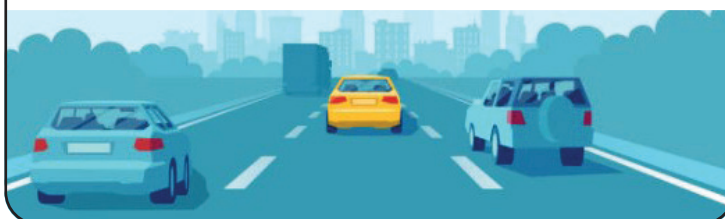
Thursday, November 13

9:00-1:00pm

AARP Smart Driving 4-hour Course

Tuesday, December 2

1:00-5:00pm



MEMBER SERVICES

MEDICARE ASSISTANCE WITH AGENT OF ALL CARRIERS

2nd Wednesday of the month
12:00-3:00pm

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

Space: FiftyNorth Consult Room

Available for help with:

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

Sandra Robertson, licensed Insurance Agent, # 20381956,
 Phone:952-484-5723

sandra@sigbrokers.com

FAMILY SERVICE CAREGIVING CONSULTANT

Every Thursday morning
10:30-11:30am (Location: Consult Room)
 and also

Every other Thursday afternoon: Aug 14, 28
2:00-3:00pm (Location: Consult Room)

Call Kathy for an appointment

Kathy Voss

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

CAREGIVER SUPPORT GROUP

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

August 14, September 11, October 9,
November 6, December 4

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

Facilitator: Kathy Voss, Caregiver Support Specialist

Capacity: 20

Cost: Free

Space: Generally Room 103, but check the schedule

TECH SUPPORT



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

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

Consultant: Richard DeBeau

Space: Generally Room 104, but check the schedule

THREE RIVERS COMMUNITY ACTION
Older Adult Services Specialist

3rd Wednesday of the month
12:30-2:30pm

Location: Consult Room

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

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



A message from a
 community partner:

**Are YOU interested in
 supporting early literacy?**

SEEKING TUTORS FOR NORTHFIELD AND
FARIBAULT AMERICORPS POSITIONS

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

To apply, or if you have questions, email:
americorps@healthycommunityinitiative.org

MEMBER SERVICES

*you're invited to the new
grief support group*



**2nd Tuesday of every month
August 12, September 9, October 14
1:00-2:30pm**

**Please pre-register:
Phone: 507-664-3700**

Online: fiftynorth.org/services
In Person: FiftyNorth front desk

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. This is a 3-month, limited-time support group. 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.

August 12, 2025 - (Register by Friday, August 8)
September 9, 2025 - (Register by Friday, September 5)
October 14, 2025 - (Register by Friday, October 10)

Presented by:

Three Rivers Community Action and Minnesota Hospice

Capacity: 20

Cost: FREE

Space: Room 102

"We hope members will find the professional facilitators beneficial and help us spread the word in our community about this new group. - Please consider coming or sharing the information about the group with someone who has experienced a loss."

— Patty Ciernia,
FiftyNorth Outreach Coordinator



VOLUNTEERS

VOLUNTEER OF THE MONTH

Our Green-Thumbed Dynamos:
The FiftyNorth "Buds"



This month, we're shining a well-deserved spotlight on our incredible garden volunteers! While every hand makes our green spaces flourish, this month we want to give a special shout-out to the "Buds" for their outstanding energy and dedication.

Their passion is evident in every thriving plant and every meticulously cared-for corner of our garden. They're proof that when you put your heart into it, amazing things bloom! Thank you, for all you do! Your energy is infectious, and we're so grateful to have you as part of our gardening family.

THE BUDS:

Back row: Eileen Cooper, Patty Ciernia, Pam Toepper
Front row: Martha Swedin, Sharon Henry

TRAVEL

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

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

TRIP - ST PAUL SAINTS VS IOWA CUBS

Wednesday, August 6
11:15-5:00pm



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

Trip Leader: Craig Swenson

Capacity: 25

Cost: \$75

Registration deadline: August 4



TRIP - DAKOTA POW WOW IN MANKATO

Saturday, September 20
9:00-7:00pm

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

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

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

Capacity: 27

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

Registration deadline: September 5



TRIP - JACK-O-LANTERN SPECTACULAR AT THE MINNESOTA ZOO

Tuesday, OCTOBER 21
4:30-9:00pm

Stroll through a glowing trail of thousands of artist-carved pumpkins during this enchanting after-hours experience at the Minnesota Zoo. Back by popular demand, the Jack-O-Lantern Spectacular features larger-than-life displays, seasonal sounds, and festive food and beverages—all surrounded by the magic of the natural world.

The display is on a ½ mile paved zoo trail. Wheelchairs are available to use. Electric scooters are available to rent for \$30.

Trip Lead: Norma Monroe

Capacity: 31

Cost: \$75

Registration deadline: October 20



TRAVEL



TRIP - ROLLIICKING WINGER CARNIVAL AT THE MINNESOTA HISTORY THEATER

Sunday, November 23

12:30-7:00pm

When Saint Paul city architect Clarence “Cap” Wigington is tasked with designing a glorious ice palace for the Winter Carnival, he and his wife Viola get much more than they bargained for when the magic of the Carnival enters their lives. With a gust of icy wind, Viola and Cap are whisked away into the realm of King Boreas and find themselves at the center of the epic myth that drives the festival. In this magical land of the North Wind, historical figures from the Carnival’s long and storied history are seeking a new King to bring back the magic and see in Cap’s brilliance the leader they’ve been hoping for. Meanwhile, jealous Fire Lord Vulcanus and his right-hand woman Klondike Kate see in Viola an opportunity to disrupt the winter king and end the festival once and for all. In a journey through both myth and history, they meet Minnesota figures from 19th-century amateur poets to champion snowmobile racers, all of whom helped make the Winter Carnival a lasting and marvelous tradition. As the realm discovers the magic in creativity and community, Cap and Viola melt the ice that has formed between them, and the power of the Winter Carnival is ignited once again.

In this brand-new musical comedy adventure, playwright Rachel Teagle and composer Keith Hovis explore the strange and wonderful world of the Saint Paul Winter Carnival and the resilience, imagination, and heart that make Minnesota such a wonderful place, especially in the snow.

We’ll be stopping to eat after the play.

The meal will be on your own.

Trip Leader: Norma Monroe

Capacity: 31

Cost: \$97

Registration deadline: October 20

DJJD Parade Meeting

Tuesday, August 5 at 10:30-11:30

Are you interested in walking in the parade with FiftyNorth members? Join us at the meeting to brainstorm ideas.



FiftyNorth has partnered with Jeanie’s Journeys to offer extended trips. FiftyNorth will receive a small kickback for any trip you book through Jeanie’s Journeys. Check out full itineraries and prices on their website –

<https://www.jeanies-journeys.com>

or call 612-229-5276 M-F 9am-5pm

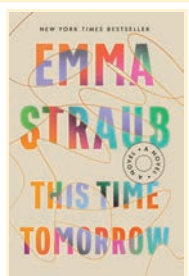
HERE ARE A FEW OF THE 2025 TRIPS

- **HOSTFEST WITH OLE & LENA**
September 24th-27th
- **WARREN’S CRANBERRY FESTIVAL & WISCONSIN DELLS**
September 25th -26th
- **FALL FOLIAGE IN DOOR COUNTY**
October 6th-9th
- **FALL COLORS VIA TRAIN TO CHICAGO**
October 13th – 17th
- **CAPTIVATING CANYONLANDS SOUTHWEST TOUR**
October 14th-23rd
- **FALL FOLIAGE CRUISE NEW ENGLAND & CANADA**
October 17th – 25th
- **FIRESIDE CHRISTMAS & MYSTERY**
October 30th – November 1st
- **CHRISTMAS TIME IN BRANSON**
November 4th – 9th
- **CHRISTMAS IN NEW YORK**
November 17th – 21st

GROUPS@FIFTYNORTH

BOOK GROUP

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



AUGUST 2025

THIS TIME TOMORROW by Emma Straub

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

SEPTEMBER 2025

THE HEAVEN AND EARTH GROCERY STORE

by James McBride

Set in Pottstown, Pennsylvania in 1972. A human skeleton has been discovered at a construction site. Who holds the secrets of this discovery? The answer might be found among the residents of Chicken Hill, a neighborhood where immigrant Jews and African Americans have lived side by side for decades, sharing life's sorrows and joys—and looking out for each other in a community facing discrimination. It flashes back to explore its connection to a town's Black, Jewish and immigrant history.

OCTOBER 2025

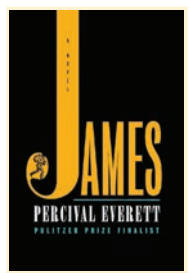
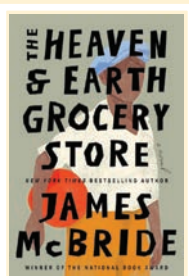
JAMES by Percival Everett

A novel that reimagines Mark Twain's *The Adventures of Huckleberry Finn* from the perspective of Jim, the enslaved man. The story follows Jim as he escapes his enslavement after learning he will be sold, joining forces with Huck Finn, who is also on the run. Together, they navigate the Mississippi River, facing dangers, prejudice, and the complexities of freedom while Jim grapples with his desire to reunite with his family.

NOVEMBER 2025 **THE QUIET LIBRARIAN**

by Allen Eskens

the story of Hana Babic, a seemingly ordinary librarian in Minnesota, who is forced to confront her hidden past as a Bosnian war refugee and fierce resistance fighter. When her best friend is murdered, Hana must protect her friend's grandson while grappling with the return of her former identity as Nura Divjak, the legendary "Night Mora". The novel explores themes of trauma, survival, and the long shadow of war, told through dual timelines.



OUTDOOR

PICTURE SHOW
ON THE PATIO

Wednesday, August 20
7:00-9:00pm

Location:
Courtyard, Patio

KARATE KID:
LEGENDS

2025, Family/Action, 1h 34m

Starring: Jackie Chan; Ben Wang; Joshua Jackson; Sadie Stanley; Ming-Na Wen; Wyatt Oleff; Aramis Knight; Ralph Macchio.

After moving to New York City with his mother, kung fu prodigy Li Fong struggles to let go of the past as he tries to fit in with his new classmates. When a new friend needs his help, Li enters a karate competition -- but his skills alone aren't enough. With help from Mr. Han and Daniel LaRusso, he soon learns to merge two styles into one for the ultimate martial arts showdown.

Group fees apply

**PLEASE Pre-register so we can
accommodate seating**



BINGO!

MONDAY, AUGUST 18
1:00pm-2:00pm

Room: 103 | Group fees apply

Art, Craft, Vendor, & Author Book Fair

Saturday, November 22 | 9:00-1:00pm



We're excited to announce our upcoming Art, Craft, Vendor, and Author Book Fair on Saturday, November 22 from 9am to 1pm at FiftyNorth, and we're currently looking for amazing vendors!

If you create unique crafts, are an author and sell your books, or showcase your art, we'd love to have you. This is a fantastic opportunity to showcase your work. Secure your spot! We're now accepting vendor applications. Don't miss out on this chance to reach new customers!

Tables will be provided by FiftyNorth. If you are interested in renting a space 8' long X 6' deep for \$10, **register online** or in person.

Set up will be the day before from 2 to 4pm, and at 7am the morning of the sale. Details about the event, setup, take down along with a waiver & release of liability form will be emailed to you after registration.

If you are a food vendor you must be licensed.

Space: Room 103 & 105

Cost: \$10 per table/space

Registration deadline: November 1



GROUP CALENDAR

| GROUP ACTIVITIES | Day | Time | Location |
|---|---------------------------|-----------------|----------------|
| ARTS / CRAFT - Art Club | Wednesdays, 2nd & 4th | 1:30-3:30pm | Room 105 |
| ARTS / CRAFT - Hook, Yarn & Needle | Tuesdays | 1:00-3:00pm | Room 105 |
| ARTS / CRAFT - Knitting Group | Fridays | 10:00am-12:00pm | Room 105 |
| ARTS / CRAFT - Photography Group | Fridays, 4th | 9:30-11:30am | Room 106 |
| CARDS - "Chat" Bridge | Wednesdays | 9:30-12:00pm | Room 104 |
| CARDS - 500 | Fridays | 12:30-4:00pm | Room 104 |
| CARDS - Cribbage | Thursdays | 12:45-4:00pm | Room 106 |
| CARDS - Double Deck Pinochle | Mondays | 12:15-4:00pm | Room 104 |
| CARDS - Duplicate Bridge | Tuesdays | 12:30-4:00pm | Room 104 |
| CARDS - Euchre | Tuesdays | 12:30-4:00pm | Room 106 |
| CARDS - Sanctioned Duplicate Bridge | Thursdays | 12:00-4:00pm | Room 104 |
| CARDS - Social Bridge | Wednesdays | 12:30-4:00pm | Room 104 |
| GAMES - American Mahjongg | Fridays | 1:00-3:00pm | Room 106 |
| GAMES - BINGO | Mondays, 3rd | 1:00-2:00pm | Room 103 |
| MISC - Book Club | Fridays, 2nd | 10:30-12:00pm | Room 102 |
| MISC - History Group | Fridays | 10:30-12:00pm | Room 104 |
| MUSIC - Chime Choir - on HOLD for summer | Thursdays | 9:30-10:45am | Room 103 |
| MUSIC - Troubadours Men's Choir - on HOLD for summer | 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 - on HOLD for summer | Varies | Late afternoon | Room 103 |
| FITNESS GROUPS | | | |
| Table Tennis | Mon, Tue, Thur, Sat | Check Schedule | Fitness Studio |
| Nordic Walking - on HOLD for August | Thursdays | 5:00-5:45pm | Courtyard |
| Water Volleyball | Mondays & Fridays | 4:00-5:45pm | Pool |
| Softball Practice | Thursdays | 10:00am-12:00pm | Sechler Park |
| Softball Games | Tuesdays | 10:00-11:00am | Sechler Park + |
| Pedalers & Walkers | Mondays & Wednesdays | Mornings | Varies |
| Walking Group | Mondays | 9:00-10:00am | Carleton Arb |

JUNE 31, 2025
Total Membership: 2,191

DONORS & NEW MEMBERS

JUNE DONORS THANK YOU FOR YOUR SUPPORT!

Our sincere gratitude to all who have donated. — thank you!

- | | | |
|------------------------------------|-----------------------------------|--------------------------------|
| Karen Achberger | Stephanie Frey | Susan Oftedahl |
| David Appleyard | Marie Gery | Elizabeth Olson |
| Nancy Ashmore & Kenneth Wedding | Mac & Jacquelyn Gimse | Jane Persons |
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| Chris Ellison | Kim Muhlenbruck | David W Yutesler |
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| Beth Endert | | |



Donate now!
 Scan with your
 smartphone!

JUNE NEW MEMBERS
 GLAD YOU'RE HERE!

- Welcome!*
- Victoria Beussman,
 Gary Bollinger,
 Guillermo Calderon Garcia,
 Judith Eotvos,
 Shirley Falck,
 Christine Hellyer,
 Brian & Patty Jermeland,
 Cyndi Jones,
 Tracy Kochendorfer,
 Amy Larsen,
 Carolyn (Linde) Manlove,
 Marcelina Posadas Nanes,
 Iain & Suzy Procter,
 John Roling,
 Dixie Schaffer,
 Galen Smith,
 Cindy Winters

**DOLLAR FOR DOLLAR
 MATCHING CHALLENGE**



Double Your Giving Impact

FIFTYNORTH IS LOOKING FOR **NEW** CONTRIBUTORS TO HELP TAKE US INTO OUR 50TH YEAR!
 FiftyNorth relies on donations from its members and friends to help cover operating costs. As we approach our 50th year, new contributions are essential.

IF YOU HAVE NEVER DONATED BEFORE, now is the perfect time!
Your donation will be doubled!

Thanks to a generous matching gift of \$5,000 from the Board and Friends of FiftyNorth every dollar you give will be doubled, making an even greater impact on FiftyNorth and the people we serve.

ALL GIFTS MADE BY NEW DONORS WILL BE MATCHED DOLLAR-FOR-DOLLAR. Your \$10 becomes \$20, \$50 becomes \$100. Every bit counts twice! There is no donation too small.

You can also become a monthly contributor to help sustain FiftyNorth, for as little as \$10 a month.

This match won't last long, the challenge is scheduled to run now until the end of August, or until \$5,000 in new matching donations has been reached, so please act now.

Together we can keep our FiftyNorth Community active, engaged and connected!

[Donate online at FiftyNorth.org](https://www.fiftynorth.org)



Introducing College on the Radio, a new program from KYMN, coming this summer.



College on the Radio is a unique educational radio/podcast program that brings the spirit of the college campus learning environment to the airwaves.

In each episode, we will explore intriguing subjects across a broad spectrum of disciplines—from the mysteries of the cosmos to the complexities of human history; from groundbreaking scientific discoveries to philosophical debates.

Our guests, from our two local colleges, St. Olaf and Carleton, and from the Cannon Valley Elder Collegium, are the experts—scholars, researchers, teachers, writers, and pathfinders. We will engage them in thought-provoking, enriching on-air conversations.

The objective is to activate curiosity, and to inspire a love of lifelong learning, by providing an experience each week that is as enjoyable as it is enlightening. We invite our listeners to tune in, explore new ideas, ask big questions, and expand their understanding, from the voices that are shaping the world of knowledge.

Host: Joe Moravchik, J.D. | **Contact:** jmoravchik1525@gmail.com | 507-321-1855

DEBUTS: Wednesday, August 6th at 9 am

LISTEN: Every Wednesday morning with a new guest and topic. Following each show it will be added to the KYMN website, and the major podcast services.

NOTE from Patty Ciernia, program coordinator:
Stay tuned! We are working on opportunities to host LIVE at FiftyNorth.

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Wednesday, September 17

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Bookkeeper:

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



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

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



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Sunday & Monday: Closed