



DECEMBER 2025

FiftyNorth Report



Happy Holidays!

Please join us! This newsletter is full of upcoming holiday activities — Free music concerts by the FiftyNorth Band, Chime Choir, Eclectic Strummers, Seasoned Singers and the Troubadours. Holiday party for members to gather and celebrate the holidays. Activities that are joyful reminders of what FiftyNorth is all about- connecting with community and friends!

Our annual fundraiser is now underway. Generous contributions each year keep our continuing programs strong, and joyful activities alive!

Thanks to the supporters that have moved our fundraising thermometer upward. Many have increased their donations to help cover rising costs!

If you have yet to contribute, won't you please join them? Let's fill the thermometer to the top!

Contributions can be mailed to FiftyNorth, 1651 Jefferson Parkway, Northfield MN 55057 or through our website fiftynorth.org.



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by Carla Johnson, Interim Director's Report



WE ARE A STRONG COMMUNITY

A strong community cares for its most vulnerable neighbors—the young, the poor, those with health challenges, and its older adults. Twenty-five years ago, the NCRC, including the FiftyNorth Wellness Center and Pool, was built for that purpose: a place where people can learn, feel supported, stay active, connected, and well at every stage of life.

Still, many of us who are in that “older adult” group may not feel very vulnerable at all. Many of today's older adults are strong, busy, social, and determined to stay that way. We each move along that path in our own way.

There's also a common misunderstanding in town that FiftyNorth is a private club for older adults. We know that isn't true. Many of our programs are open to the public, and we do a good job to invite the community to join us.

You'll find information on our 2026 membership fees in this issue. Renewal begins January 1. For adults ages 50–65, membership is full-pay. If you need financial help, please ask about it when you renew. For many people 65+ with Medicare supplemental insurance, there are membership benefits available—but the real value comes when you use them.

REPORT cont. P3→

HOLIDAY HOURS

- CHRISTMAS EVE 6am-1pm
- CHRISTMAS DAY Closed
- NEW YEARS EVE 6am-1pm
- NEW YEARS DAY CLOSED



NEWS TO NOTE

PAGE 14

- ➡ There have been some updates to the SchedulesPlus system when registering for classes online.
- ➡ 2026 Membership News

Carla Johnson, Interim Director's Report cont.

Health experts offer simple guidance for older adults. Steady movement throughout the week is what matters most:

- About 150 minutes of moderate activity a week (or 30 minutes, five days a week) such as walking, swimming, dancing, or water aerobics
- Strength training 2–3 days a week
- Stretching on most days
- Balance practice at least twice a week

Regular exercise helps you:

- Stay strong and independent
- Support heart and brain health
- Sleep better and improve your mood
- Lower your risk of falls, diabetes, and depression



You can do all of this right here at FiftyNorth. And when insurance-based members take part in fitness activities, reimbursement dollars come back to the center (up to ten visits a month). That's how your health plan "pays" for your membership. These funds help us keep instructors teaching, equipment in good condition, and the building warm and welcoming.

Every visit matters. Please remember to **swipe** your card, **select** your activity, and **save** your selection. Your participation keeps you strong—and helps keep this community strong, too.

Let's stay active, stay connected, and help FiftyNorth thrive.

In community with you,

Carla Johnson, Interim Executive Director (for just a little while longer!)

P.S. Please remember our year-end campaign to support daily operations. Your gift will help us reach our \$155,000 goal and keep FiftyNorth going strong. Thank you for your generosity.



BOARD OF DIRECTORS

Dear Members,

The FiftyNorth Board has authorized us to explore a collaboration with the Northfield Area Family Y to accomplish and strengthen both our missions and best serve the youth, families and senior citizens in Northfield and the neighboring communities we serve.



A positive relationship with our community volunteers and staff leadership has been established and a committee representing both organizations is exploring and analyzing the resources to make recommendations to best serve our community.

- If you have any questions, please contact our Board President, Kathie Taranto.

DECEMBER EVENTS



FIFTYNORTH MEMBER'S **HOLIDAY PARTY**

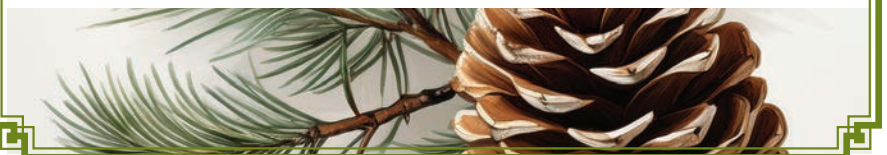
Thursday, December 11 | 4:00PM

Join us for an afternoon of Christmas cheer, filled with music by St. Olaf students! Brass quintet, barbershop quartet, and more will ring the bells of Christmas as we prepare for this festive season! - Treats will follow the performance.

Cost: Free

Space: Room 103 & 105

***Pre-registration** is requested to assist us in preparation of seating and refreshments



DECEMBER EVENTS

IMPORTANT: Advance registration is requested to assist us in preparation of seating and refreshments. Please register to reserve your spot.
 Phone: 507-664-3700 | Website: www.fiftynorth.org

All are welcome! Free and open to the public.

FiftyNorth Holiday Concert Lineup



■ **ECLECTIC STRUMMERS & SINGERS**
CHRISTMAS SING-ALONG

Wednesday, December 3 - 1:00pm

We are a small group of seniors that get together at FiftyNorth on the 1st and 3rd and 5th Wednesdays. We enjoy playing our instruments, singing and laughing, and being together. We have guitars and ukuleles and a mandolin and a banjolele. Come and enjoy the holiday music with a twist of humor!



■ **FIFTYNORTH BAND & CHIME CHOIR CONCERT**
Monday, December 8 - 4:00pm

Ho Ho Ho, we're ready for snow and holiday music! The FiftyNorth Band and the FiftyNorth Chimers are teaming up for a yule-inspired program. Watch and listen for secret agents, dixieland, drummers, bells, and maybe a White Christmas! Come hear our Seasonal Delights. Festive attire encouraged!



■ **TROUBADOURS & SEASONED SINGERS**
HOLIDAY CONCERT

Tuesday, December 16 - 4:00pm

The Troubadours and the Seasoned Singers will take the stage for a heartwarming holiday concert filled with festive favorites and spirited sing-a-longs. This lively performance promises to lift your spirits and bring the community together through the magic of music.



Cost: Free
Space: Room 103 & 105
***Pre-registration** is requested to assist us in preparation of seating and refreshments

Treats after the performance!



DECEMBER EVENTS cont.

DECEMBER MOVIE **MEET ME IN ST. LOUIS**



MEET ME IN ST. LOUIS

Friday, December 12

1:00-3:00pm

\$1 Group fees apply

1944 • Family/Musical • 1h 53m

Set in the early 1900s, Meet Me in St. Louis follows the charming and close-knit Smith family as they navigate life, love, and change in anticipation of the 1904 World's Fair. Centered around the four daughters—particularly the spirited Esther, who falls for the boy next door—the film captures the joys and trials of growing up, family traditions, and the bittersweet possibility of moving away from their beloved hometown. With memorable musical numbers and heartfelt moments, the story celebrates the warmth of home and the enduring bonds of family.

Space: Room 103

A SPECIAL THANK YOU TO RANDALL FERGUSON!



On November 1st, Ranall performed a free concert in support of FiftyNorth. Many people have stopped in the office to let us know what a fantastic event it was. Thank you!



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Cannon Valley Elder Collegium

CVEC conducts lifelong learning courses in the liberal arts for persons 50 and over.

Registration is now open for January classes at cvec.org

HOLIDAY GIVING - Supporting our Community



2 ways to support our community!

1 THE MITTEN TREE TRADITION CONTINUES AT FIFTYNORTH!

Right before Thanksgiving the tree will go up in the lobby. It will be decorated with colorful paper ornaments. FiftyNorth members can take an ornament and replace it by purchasing age-appropriate hats, socks and waterproof mittens or gloves. Let's fill up the tree for elementary kids in the Northfield schools.

Donations will be accepted until December 15th.

2 LINKS APARTMENTS HOLIDAY GIVING INITIATIVE

First, we want to pass along a heart-felt thank you from the tenants and staff of Three Links Apartments. Last year we were able to donate a gift to everyone who requested.

This year, The staff at The Apartments have a special paper ornament for each tenants with their suggested gift ideas. They are on the tree in the lobby. FiftyNorth members may take a Three Links ornament from the tree and return it with the corresponding gift(s) to the collection box in the office.

REMEMBER to attach the paper ornament so it gets to the (coded) recipient.

QUESTIONS: Call Patty Ciernia, program coordinator at (507) 664-3709

IN THE FIFTYNORTH GALLERY



IN THE GALLERY UNTIL DECEMBER 15:

The current gallery show consists of over 50 pieces of artwork from the Northfield High School Art Department.



IN THE GALLERY DECEMBER 15 – 31st:

"USED-A-BIT POP UP SHOP"

The gallery walls will feature an assortment of art prints and original paintings from the Used-A-Bit Shops. You won't want to miss this!



CONNECTION COLLECTION - Decmber features Brenda Bultman's Salt & Pepper Shakers

My fascination with Salt & Pepper shakers started young. My grandmother on my dad's side had a large cabinet full of shakers. I was about 3 years old when I became interested and would sit for hours staring into the cabinet. My father was in the Navy before I was born and would send them home from everywhere he went. The Planters Peanut men were my favorite at age 3

Time passed, my grandmother passed when I was about 5. I never knew what happened to that collection. I really miss looking at that whole collection.

One year at Easter time I saw the cutest Easter basket with two egg shaped S&P shakers inside and I decided I needed to collect shakers like my grandma did.



■ On display through December in the FiftyNorth lobby.

So far, it's been 38 years, all my sets have a story so if you see me in the lobby don't be afraid to ask. My most favorite is the console tv which takes me back to being 5.

— Brenda Bultman

FITNESS NEWS



CRAIG'S CORNER

Talking and Training...

Many of you may notice personal trainers working with clients on a regular basis and notice that there is a lot of chit chat happening... How come? Why would anyone pay a trainer to just talk to them???

There are many reasons that trainers initiate conversation with their clients during the training session.

• **Build rapport:**

It creates a stronger client-trainer relationship, fosters trust, and increases client engagement.

• **Ensure safety and comfort:**

It creates a space where clients feel comfortable expressing concerns and know their boundaries will be respected.

• **Maintain pace:**

Talking helps pace the workout so clients don't get exhausted too quickly. We use RPE (Rate of Perceived Exertion) to tell how the client is working out. We can tell by how fast or slow the client is talking or breathing to understand if the workouts are either too easy or too hard.

• **Provide real-time feedback:**

The trainer can correct form, demonstrate technique, and give reminders as the client is performing the exercise.

• **Motivate:**

Providing feedback and encouragement helps keep the client motivated and on track to achieve their goals.

• **Adapt the plan:**

Communication allows the trainer to adapt the workout based on the client's immediate needs or how they are feeling during the workout.

• **Only Communication:**

We work in a field where many of the clients have limited contact with other individuals and this might be the clients only communication during the day. Talking to their trainer gives the client the chance to communicate and increase their intrinsic mental health.

FiftyNorth offers the top personal trainers in the area. These personal trainers are guaranteed to help you accomplish any and all of your fitness goals. Contact Craig Swenson to find the perfect personal trainer for you and start your journey to a healthier you for 2026. Call Craig: (507) 664-3702.

2026 PERSONAL TRAINING RATES:

	MEMBER	NON MEMBER
Initial Session (1 hr)	\$50	\$65
Subsequent (1 hr)	\$50	\$65
Subsequent (1/2 hr)	\$35	\$45
10 (1 hr) Sessions	\$475	\$625
10 (1/2 hr)	\$325	\$425



FITNESS NEWS



Change in Class Time

TAP DANCE FUSION

Thursdays, Beginning December 4

4:00-4:45pm

Capacity: 20

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

Come and learn the basics of tap dance in a new class that fuses the basics of traditional tap dance with chair tap! The class will be divided into three segments: the first 15 minutes will focus on warming up and basic footwork while seated. The following 15 minutes will explore footwork combinations while standing with the chair available as support (or still seated if preferred). Finally, the last 15 minutes will be spent without (or with) the chair, putting the footwork combinations into routines to set fun music and tap dance hits. All levels are welcome, no experience necessary! Tap shoes, character shoes, or ballroom oxfords are helpful, but not required.

Instructor: Kate Stuart

Space: Fitness Studio



Special Class

WINTER SOLSTICE RESTORATIVE YOGA 2025

(pre-registration required - limited space)

Monday, December 22

6:00-7:30pm

Capacity: 20

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

Registration deadline: December 19

Join Ingrid Freeman for a relaxing, candlelit, restorative yoga class on the evening of Winter Solstice featuring live harp music by the very talented Elinor Niemisto.

Restorative yoga is a passive yoga practice in which you are placed in a shape supported by the various props including bolsters, blankets, blocks and straps.

Following yoga, stay for a few minutes and enjoy some light refreshments as you get to know your fellow yogis.

Instructor: Ingrid Freeman Space: Fitness Studio



VIRTUAL LAND BASED FITNESS CLASSES



INTENSITY KEY:

PINK - High Intensity


BLUE - Mid-range

PURPLE - Gentle

2025 VIRTUAL LAND BASED FITNESS CLASSES (updated December)

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 (VINIYASA) (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							

2025 IN-PERSON LAND BASED FITNESS CLASSES Updated December								
	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)				
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	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (VINYASA) (9:15-10:15)	SOUND BATH AND MEDITATION (9:15-10:15)	SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)	HATHA YOGA (9:15-10:15)		
9:30 AM							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					FOLK DANCE FUSION (11:45-12:45)			
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	HOLD			
12:30 PM								
1:00 PM			INTERMEDIATE LINE DANCING (1-2)					
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	SEATED CHAIR LINE DANCING (2:15-3)	TABLE TENNIS (1:30-3:30)	SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics			
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM	TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)			
4:00 PM	AFTERNOON QI TIME (4:15-4:45)	EASY LINE DANCING (4-4:45)	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				HOLD				
5:30 PM	TABLE TENNIS (5:30-7:30)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) - FREE	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) - FREE	INTENSITY KEY:  PINK: High Intensity BLUE: Mid-range PURPLE: Gentle GOLD: No Open Use			
6:00 PM								
6:30 PM								
7:30 PM						TAI CHI FOR STRENGTH (7-7:45) ROOM 103		

HEALTH & WELLNESS



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

CLASS CANCELLATION POLICY:

We ask that you give us at least 24 hours notice if you need to cancel. If we are able to fill your spot with someone on the waiting list, you will receive 100% refund. If we are unable to fill your spot or if you are a no show you will forfeit your registration fee.

HEALTHY WEIGHT IN 2026

Tuesday, December 30

10:00-11:00am

Capacity: 30

Cost: Free

Receive key principles for effective weight management in 2026. Dr. Noel Aldrich, Licensed Nutritionist, will present the principles that have helped hundreds to lose weight and improve quality of life. Resources will be presented that you can use to help make 2026 a healthy year. Special details for the local Healthy Weight Challenge 2026 will be announced at this presentation. Sign up today!

Presenter: Noel Aldrich, PhD, CNS

Space: Room 103

HEALTHY WEIGHT IN 2026



2025 AQUA FITNESS CLASSES

2025 AQUA FITNESS Updated December

AQUA FITNESS



COLOR KEY:

GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	
6:30 AM						
7:00 AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	OPEN SWIM
7:30 AM						
8:00 AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	OPEN SWIM
8:30 AM						
9:00 AM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT 'N TONE 9:15-10:00AM	AQUAFIT 9:00-9:45AM
9:30 AM						
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	FAMILY SWIM 12-2PM AGE 3+
12:30 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:30 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
2:30 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
3:30 PM						
4:00 PM	WATER VOLLEYBALL 4-5:45PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	WATER VOLLEYBALL 4-5:45PM	
4:30 PM						
5:00 PM		AQUA FUSION 5-5:45PM	OPEN SWIM	AQUA FUSION 5-5:45PM		
5:30 PM						
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:30 PM						
7:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
7:30 PM						
7:45 PM						



Get a healthy start on 2026 with holistic principles and Enter the **Healthy Weight Challenge** and WIN Prizes. **January 17-March 17 (60 day challenge)**

Nutrition education provided by Dr.

Noel Aldrich, Licensed Nutritionist

Physical Fitness Centers include:

- Northfield YMCA
- Northfield Anytime Fitness
- FiftyNorth

Weekly prize drawings for area business sponsors

Weekly video education opportunities

Free Seminar at 10am Tuesday, December 30th at FiftyNorth.

Receive FREE information on effective weight loss principles and resources. Option to register for Healthy Weight Challenge or other resources presented.

Healthy Weight Registration Options:

Single Registration: \$25/person

Team Registration: (2-4 members) \$20/person

Financial guidance that goes beyond the numbers.

Connect with me today to see how your money can do more.



Jason LaVoi, FIC, BFA™
Financial Advisor
507-339-2747 | jason.lavoi@thrivent.com
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Scan to learn more.



31122DK R5-25



LIFE LONG LEARNING CLASSES

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

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

FRONTIERS IN AGING: 'FROM CELLS TO SOCIETY' at St. Olaf College



Jessica Petok



FRONTIERS IN AGING: From Cells to Society at St. Olaf College

Course begins Wednesday, January 7

10:30-12:30pm

Location: Valhalla Room in Buntrock Common on the campus of St. Olaf

Instructor: Jessica Petok, Associate Professor, Department of Psychology and Neuroscience Program

Capacity: 20

Cost: \$0 (NOTE: Once the class curriculum is ready, you will be notified and it will be sent digitally. There is a \$5 fee to FiftyNorth if you would like the materials printed.)

***Pre-registration is required.** Please check your calendar as you are asked to attend all classes if at all possible.

Questions about this program? Contact Patty Ciernia, FiftyNorth Lifelong Learning coordinator at (507) 664-3709 or patty.ciernia@fiftynorth.org

Over the month of January, Professor Jessica Petok from St. Olaf College will be engaging her students on the topic of aging, surveying what is known about the aging mind and brain, and the implications for individuals and societies. What's more, you are invited to take part in this course experience!

WHY DOES JESS PETOK TEACH A SEMINAR COURSE ON AGING? As of 2025, the global population aged 65 and older is estimated at approximately 857 million. According to the World Health Organization, this number is projected to more than double by 2050, reaching 2.1 billion, driven in part by the aging of the baby boom generation and increased life expectancy. Within the next 10 years, elderly adults will comprise about 21% of the U.S. population. Indeed, in Minnesota alone, we will see more people turn 65 this decade than in the past four decades combined! The number of people aged 65+ will likely increase by more than 170,000 people to 1.23 million, or about 20% of the state's population. As we consider this transformation, many are reflecting on what life will be like as we grow older, for ourselves, our families, our nation, and the world. This "silver tsunami" might be a burden, or an opportunity, for society; it all depends on the extent to which we can understand this developmental process and promote healthy and independent living.

Come talk with St. Olaf college students and learn more about the multidisciplinary issues, methods and theories in the study of the aging mind and brain. This course may challenge your ideas of aging and give you some insight into how you can influence your own future!

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. We will try to fill your spot with someone on the waiting list.

FRONTIERS IN AGING: 'FROM CELLS TO SOCIETY' at St. Olaf College

COURSE DETAILS: You will have access to the same readings and viewing materials as the St. Olaf college students and engage them in lively discussion. (*We will notify you when the materials are available to pick up at FiftyNorth.*) Classes will take place on St. Olaf's campus (or perhaps by zoom if there's a snow emergency, its January after all!). You must be able to provide your own transportation to campus. Classes will take place from 10:30am to 12:30pm, and there is one documentary showing between 2 and 4pm. If possible, please commit to all classes (see dates below). Up to 20 seniors are invited to participate. If you've participated before, you are welcome to come again! Though some of the content may be similar, the conversations and students will certainly be different.



Wednesday, January 7 (10:30am to 12:30pm)

Topic: OUR AGING WORLD (What is global, rapid aging? What do we do?)

Location: Valhalla ROOM - 2ND FLOOR, Buntrock Commons

Wednesday, January 14 (10:30am to 12:30pm)

Topic: ETHICS AND POLICIES (Can we "undo" aging? Should we?)

Location: Valhalla ROOM - 2ND FLOOR, Buntrock Commons

Thursday, January 22 (10:30am to 12:30pm)

Topic: SOCIAL COGNITION & WISDOM (How does cognition change as we grow older? Does 'older' really mean 'wiser'?)

Location: Valhalla ROOM - 2ND FLOOR, Buntrock Commons

Tuesday, January 27 (2pm to 4pm)

Topic: ALZHEIMER'S: MOVIE SCREENING, HBO'S "THE MEMORY TAPES"

•Seven people living through various stages of Alzheimer's disease are profiled in this verite documentary.

Please note: this is a very moving and also very challenging movie to watch! Though it is not easy viewing, it's goal is to raise public awareness of the slow and painful erosion of one's mind while those in the caregiving role are helplessly incapable of easing the symptoms or the suffering involved.

Location: Thomas Hall Aditorium 280

This movie is open to all members and friends to attend.

Wednesday, January 28 (10:30am to 12:30pm)

Topic: PATHOLOGICAL AGING (What does less successful aging look like?)

Location: Valhalla ROOM - 2ND FLOOR, Buntrock Commons

Thursday, January 29 (10:30am to 12:30pm)

Topic: FINAL DEBRIEFING – WHAT DOES THIS ALL MEAN? (Topic: Reflections, Wrap-up)

Location: Valhalla ROOM - 2ND FLOOR, Buntrock Commons

VOLUNTEERS

VOLUNTEER OF THE MONTH

Thank you, JOHN DEDZEJ



We'd like to thank John Dedzej for his many contributions to FiftyNorth. He is delightful to work with, dedicated, and an asset to have on our team of volunteers! He is often found snapping photographs of people and events at FiftyNorth. We love his photos! He always has fresh ideas of opportunities we can offer or things we can improve. We are grateful that he shares his perspective and insight. Read below what inspires him to volunteer.



Please visit the "Bee a Volunteer" nook in the FiftyNorth lobby for current volunteer opportunities. If you are interested contact Michelle Brant at 507-664-3707.

H

"Two years ago, when I moved to Northfield, one of the first places I visited was FiftyNorth. From the moment I walked through the doors, the friendly greeting at the front desk and the brief but welcoming conversations with members made it clear—I had found my place.

Since then, I've shared countless conversations, energizing workouts, memorable special events, and every flavor of class imaginable. Whether it's a lively gathering or a quiet moment of connection, FiftyNorth has become a cornerstone of my life here.

Now, I'm honored to give back—as a proud member of the Board of Directors and through sharing event photos that capture the spirit of this vibrant community. I love introducing others to this special place, and I'll keep sharing it with anyone and everyone who's ready to feel at home."

– John Dedzej

H

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.

NOTE: Please arrive 10-15 minutes early to complete registration forms before class begins.

FEES:

•\$32 non-AARP Members,

•\$27 AARP Members; AARP Members please register in person or by phone (you will need your AARP member number)

● **AARP Smart Driving 4-hour Course**
Tuesday, December 2, 2025
1:00-5:00pm

● **AARP Smart Driving 4-hour Course**
Monday, January 5, 2026
9:00-1:00pm

● **AARP Smart Driving 4-hour Course**
Thursday, February 19, 2026
1:00-5:00pm

● **AARP Smart Driving 4-hour Course**
Wednesday, March 11, 2026
9:00-1:00pm



AARP volunteers provide at FiftyNorth free tax preparation of personal income tax and property tax (homeowners and renters) forms for low and moderate-income taxpayers, with special attention to those 60 and older.

Again this year, taxes will be prepared using the **Drop-off Method**. Trained and certified AARP Tax-Aide volunteers will prepare and electronically file individual income tax returns and MN Form M1PR (for Homeowner Property Tax refunds). **Again**, this tax season: ALL Renters refunds will be processed on MN Form M-1, NOT Form M1PR.

➔ Appointments will be taken at the FiftyNorth Receptionist Desk or by phone (664-3700) beginning **Monday, January 12th for Tuesday and Thursday appointments from February 3rd thru April 9th**. Please **arrive 15 minutes** prior to your first appointment with your completed Intake/Interview packet which will be available at the Receptionist Desk beginning January 12th. **The packet will NOT be mailed out**. The appointment date for filing ONLY homeowner property tax refunds will be Thursday, April 16th. . (That appointment can be made beginning January 12th also **IF** the income tax appointment you make is for March 10th or before.) Only taxpayers who file their income tax returns by AARP volunteers can have their homeowner Property Tax form M1PR completed by the volunteers.

CERTAIN TYPES OF RETURNS LISTED BELOW ARE OUT-OF SCOPE SO WE CANNOT DO THEM:

- **SALES OF STOCKS OR MUTUAL FUNDS ON FORM 1099-B OR FORM 8949 WITH MORE THAN TWO LINE ITEMS (I.E. SALES).** NO EXCEPTIONS!
- **SELF-EMPLOYMENT TAXPAYERS WITH EXPENSES.**
- **No taxes withheld from another state OR an obligation to file state income taxes in another state.**
- **No Farm income.**
- **No part-time MN residents. (Full time MN residents only.)**
- **Patronage dividends (Form 1099-PATR – Co-op Distributions) sometimes are out-of-scope BUT are usually in-scope – call the front desk receptionist and ask to be transferred to the tax room to determine.**



➔ **1. FIRST appointment (Tuesday) – arrive 15 minutes early.** This appointment is scheduled for 45 minutes.

- A. Bring with you your completed Intake/interview packet (complete for EACH tax year if more than one) and all of your tax documents.
- B. Go to the Receptionist Desk and a volunteer (e.g. Tax Client Facilitator) will direct you to the proper place.
- C. A Tax-Aide volunteer will review with you your completed Intake/Interview packet and tax documents, and complete an inventory of the documents you presented.
- D. If you are missing even ONE tax form on the day of your first appointment, we cannot do your tax returns.
- E. You will go home and return **two days later** for your second appointment.
- F. Your documents will be placed in locked secure storage and returned to you after the second appointment.

➔ **2. SECOND appointment (Thursday) – arrive 15 minutes early.** This appointment is scheduled for 20 minutes. A tax counselor will review your return with you, print you a copy of your return(s), electronically file your returns with the IRS and State of MN, and return to you all your documents.

The Intake/Interview document needs to be completed before you arrive at your first appointment **OR** arrive **30 minutes** before your first appointment to complete before your appointment.

MEMBERSHIP NEWS

An important reminder:

PLEASE CHECK IN every time that you come into the center.

- ✓ **SWIPE** your card
- ✓ **SELECT** your activity
- ✓ **SAVE** your selection



FiftyNorth

MEMBERSHIP RENEWAL INFORMATION

There are currently over 1850 members with insurance-based memberships that will expire on December 31, 2025.

I can start renewing these for next year after the Medicare enrollment period ends on December 7.

That will give me less than 3 weeks to renew 1800+ memberships. **Please let me know what your insurance and membership choice will be as soon as possible beginning December 8.** It only takes a minute!

Thank you, Elaine Meyers, Operations and Membership Manager | **507-664-3703**

THERE HAVE BEEN SOME UPDATES TO THE SCHEDULESPUS SYSTEM WHEN REGISTERING FOR CLASSES ONLINE.

Using the SignUp Now button will skip the "Save and Proceed to Final Review, and Complete my Order" steps and complete your registration immediately. However, you can only sign up for 1 class.

<u>Dates and Times</u>	(Max seats per person: 1)		<u>Seats</u>
Wed 11/19 8:30-9:00am		SignUp Now -OR- Add To Cart	30
Fri 11/21 8:30-9:00am		SignUp Now -OR- Add To Cart	30
Mon 11/24 8:30-9:00am		SignUp Now -OR- Add To Cart	30
Wed 11/26 8:30-9:00am		SignUp Now -OR- Add To Cart	30
Fri 11/28 8:30-9:00am		SignUp Now -OR- Add To Cart	30

If you want to sign up for more than one class at a time, continue to use the Add to Cart buttons. I hope this information is helpful!

Thank you, Elaine Meyers, Operations and Membership Manager | **507-664-3703**

Thrift and Gift at Used-A-Bit! Proceeds support FiftyNorth programs and services!



Used-A-Bit Household goods and Furniture stores
624 Water Street, River Mall, Northfield
Tues. - Sat. 10am-5pm | (507) 645-1399



2026 Membership Pricing Guide

2026 Non-Insurance Based Membership Fees		
Affiliate	\$35	Annual membership fee; program and user fees extra.
General	\$65	Annual membership fee; program and user fees extra.
Fitness Basic	\$480yr / \$40mo	Includes open use of fitness rooms and pool, fitness groups.
Fitness Plus	\$600yr / \$50mo	Includes open use of fitness rooms and pool, fitness groups, unlimited fitness and aqua classes.
Platinum	\$840yr / \$70mo	Includes open use of fitness rooms and pool, all groups and most FiftyNorth classes. Fees for specialty programs and materials may be required.

Possible 2026 Active & Fit Eligible Insurance Plans: Some Aetna, Cigna, GEHA, LifeMart		
A&F Fitness Basic	\$0	Includes open use of fitness room and pool, fitness groups.
A&F Fitness Plus	\$276yr / \$23mo	Includes open use of fitness rooms and pool, fitness groups, unlimited fitness and aqua classes.
A&F Platinum	\$516yr / \$43mo	Includes open use of fitness rooms and pool, all groups and most FiftyNorth classes. Fees for specialty programs and materials may be required.

Possible 2026 Silver Sneakers Eligible Insurance Plans: BCBS MN, Health Partners, Humana, some Aetna		
SS Fitness Basic	\$0	Includes open use of fitness rooms and pool, fitness groups, and any "Silver Sneakers" titled class.
SS Fitness Plus	\$144yr / \$12mo	Includes open use of fitness rooms and pool, fitness groups, unlimited fitness and aqua classes.
SS Platinum	\$384yr / \$32mo	Includes open use of fitness rooms and pool, all groups and most FiftyNorth classes. Fees for specialty programs and materials may be required.

Possible 2026 Optum Eligible Insurance Plans: AARP United Health Care, OnePass Medica (not the Medica Thrift plan)		
OP Fitness Basic	\$0	Includes open use of fitness room and pool, fitness groups.
OP Fitness Plus	\$144yr / \$12mo	Includes open use of fitness rooms and pool, fitness groups, unlimited fitness and aqua classes.
OP Platinum	\$384yr / \$32mo	Includes open use of fitness rooms and pool, all groups and most FiftyNorth classes. Fees for specialty programs and materials may be required.

Please NOTE:

All insurance companies have some policies that are NOT eligible for these memberships. Only by calling your Insurance Customer Service can you be sure of coverage.

GROUPS@FIFTYNORTH

BINGO!

**MONDAY,
DECEMBER 15
1:00pm-2:00pm**

Room: 103
\$1 Group fee applies



BOOK GROUP

JANUARY 2026



A WALK IN THE PARK by Kevin Fedarko

Two friends, zero preparation, one dream. A few years after quitting his job to pursue an ill-advised dream of becoming a whitewater guide on the Colorado River, Kevin Fedarko was approached by his best friend, National Geographic photographer Pete McBride, with a vision as bold as it was harebrained.



FEBRUARY 2026

THE FROZEN RIVER
by Ariel Lawhon



MARCH 2026

YET HERE I AM by
Jonathan Capehart

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

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

DECEMBER 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 MONDAYS - NEW!	10:00am-12:00pm	Room 105
ARTS / CRAFT - Photography Group	Fridays, 4th	9:30-11:30am	Room 106
CARDS - "Chat" Bridge	Wednesdays	9:30-12:00pm	Room 104
CARDS - 500	Fridays	12:30-4:00pm	Room 104
CARDS - Cribbage	Thursdays	12:45-4:00pm	Room 106
CARDS - Double Deck Pinochle	Mondays	12:15-4:00pm	Room 104
CARDS - Duplicate Bridge	Tuesdays	12:30-4:00pm	Room 104
CARDS - Euchre	Tuesdays	12:30-4:00pm	Room 106
CARDS - Sanctioned Duplicate Bridge	Thursdays	12:00-4:00pm	Room 104
CARDS - Social Bridge	Wednesdays	12:30-4:00pm	Room 104
GAMES - American Mahjongg	Fridays	1:00-3:00pm	Room 106
GAMES - BINGO	Mondays, 3rd	1:00-2:00pm	Room 103
MISC - Book Club	Fridays, 2nd	10:30-12:00pm	Room 102
MISC - History Group	Fridays	10:30-12:00pm	Room 104
MUSIC - Chime Choir	Thursdays	9:30-10:45am	Room 103
MUSIC - Troubadours Men's Choir	Tuesdays	10:00-11:30am	Room 103
MUSIC - Ukulele Orchestra and Assorted Strings	Wednesdays, 1st, 3rd, 5th	1:00-3:00pm	Room 103
MUSIC - The Band Practice	Mondays	4:00-5:00pm	Room 103
MUSIC - Seasoned Singers	Tuesdays	4:00-5:30pm	Room 103
FITNESS GROUPS			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Nordic Walking - ON BREAK	Thursdays	5:00-5:45pm	Courtyard
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.



▲ Alina Ibragimova

TRIP - ALINA IBRAGIMOVA PLAYS MOZART'S THIRD VIOLIN CONCERTO

Friday, January 16, 2026
9:30-3:30pm

With the ability to “collapse any sense of distance between performer and listener” (The Guardian), world-renowned violinist Alina Ibragimova returns to the Ordway to lead the St. Paul Chamber Orchestra on a journey through lighthearted, spirited works by Wolfgang Amadeus Mozart, Joseph Haydn and those they inspired.

***Members from the orchestra are willing to meet our group briefly after the concert.**

■ We will eat at Café Latte after the performance. Lunch is on your own.

Trip Leader: Bob Sullivan

Capacity: 30

Cost: \$125

Registration deadline:

December 16



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MEDIA GROUP

TRIP - FREDERICK DOUGLASS: IN THE SHADOW OF SLAVERY

Sunday, February 15, 2026
1:00-7:30pm

SHELDON THEATER

Playwright and Director: Tom Dugan

A one-man theatrical journey of Douglass' remarkable life; from a childhood in slavery to his perilous escape to freedom. He had intense friendships with Susan B. Anthony, John Brown, and Abraham Lincoln and following the Civil War, continued his crucial work on behalf of former slaves. The story of Frederick Douglass' struggle for African American freedom, as performed by Mel Johnson, Jr., star of Broadway and film, is a fascinating evening of theatre that will inspire, educate and entertain, and leave you moved.

■ We will be stopping to eat at Liberty's Restaurant after the performance. The meal is on your own.

Trip Leader: Jim Pence

Capacity: 30

Cost: \$105

Registration deadline: January 14



Photos from MN History Museum's play "Rollicking!"



Darla DeLong, Pam Toepper, Sharon Henry, Michelle Brant



Brenda Bultman, Myron Lanoue, Eilleen Cooper, Norma Manroe



Guest, Nancy Pleschourt, Pai Yang

MEMBER SERVICES

GRIEF SUPPORT GROUP

2nd Tue every month

December 9

1:00-2:30pm

Room 102 *Please pre-register

Beginning 2026

GRIEF SUPPORT GROUP

2nd Tue every month

January 13, February 10

1:00-2:30pm *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 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

MAKING SENSE OF MEDICARE - MEDICARE ASSISTANCE WITH AGENT OF ALL CARRIERS

Mondays, Wednesdays, Thursdays, Fridays

October 15 – December 5

9:30-3:00pm

Medicare's Annual Enrollment Period

October 15 - December 7

***NOTE: For additional help after December 7, call for appointment: Phone: 952-484-5723**

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

Space: FiftyNorth Gallery Link area, or 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

RICE COUNTY VETERANS SERVICES

Office hours Thursdays 9am-3pm

Call for an appointment: 507-332-6117

Suite YW 110 (youth wing) North side of the NCRC building. Enter through the Community Action Center entrance

FAMILY SERVICE CAREGIVING CONSULTANT

Every Thursday 10:30-11:30am

Location: Consult Room **and** Every other Thursday

December 4, 18

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

507-218-3275

www.familyservicerochester.org

CAREGIVER SUPPORT GROUP

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

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

(Another service by Family Service Rochester):

NEIGHBORS HELPING NEIGHBORS

Neighbors Helping Neighbors provides services to older adults (60+) or adults with disabilities in Rice County by helping them to continue to live independently in their home. Services include yard work, lawn mowing, snow removal, housekeeping, handy worker projects, grocery shopping, friendly visit calls, and transportation. There is a cost for the service which is based on your ability to pay. For more information, please contact Kathy Voss at 507-218-3275.

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 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.

Sing with Us!

Become part of a vibrant, supportive **community choir** that understands and values your journey.

Who can join? People living with dementia and their care partners, and community volunteers. No singing or music-reading experience required!

What's rehearsal like? Weekly 90-minute rehearsals with warm-ups, familiar songs, new music, and social time.

Do we perform? Yes! Each season ends with a community concert.

Join us weekly on Mondays, starting January 19 from 1-3pm
FiftyNorth 1651 Jefferson Pkwy, Northfield
Pre-registration is available:

Michelle Brant at FiftyNorth at (507) 664-3707

Kristin Kivell at kristinkivell@gmail.com

On-site registration is also available.



***Join the
Lifting
Voices
Choir***

We can't wait to sing with you!

Please help spread the word about the new community choir hosted at FiftyNorth. There are pre-registration forms at the receptionist desk at FiftyNorth. We are looking for volunteers to partner with a choir member if the caregiver wishes to not participate in the singing time. We also need volunteer greeters to welcome choir members at the entrance and the choir room 103.

This open to all in the Northfield and surrounding communities. Expect a welcoming environment where music brings us together. Questions: contact Patty (507-664-3709) or Michelle (507 664-3707) at FiftyNorth.

COFFEE HOUSE

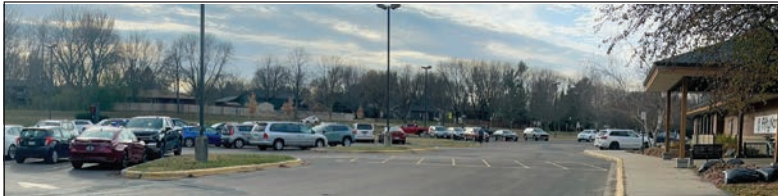


WITH OVER YONDER & MOTH STORYTELLING



ART, CRAFT, & AUTHOR BOOK FAIR





PLEASE SLOW DOWN

Pedestrians always have the right of way. As winter approaches, this is a reminder of the importance of driving slowly in the FiftyNorth parking lot.



PROFESSIONAL DENTAL GROUP

www.pdgdentists.com

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- ✓ Dressing Assistance
- ✓ Balance Support
- ✓ Grooming (Hair Care)
- ✓ Incontinence Care
- ✓ Companionship
- ✓ Meal Preparation
- ✓ Housekeeping & Laundry
- ✓ Safety Supervision
- ✓ Transportation & Errands
- ✓ Pet Care



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OCTOBER DONORS & NEW MEMBERS

OCTOBER 31, 2025

Total Membership: 2,267

OCTOBER DONORS THANK YOU FOR YOUR SUPPORT!

Karen Achberger	Karen Lillibridge
David Appleyard	Tom & Nancy Loesch
Nancy Ashmore & Kenneth Wedding	Janet Mathews
Bernard & Mary Auge	James & Angie Mayr
Lois Bakko	Brynda McCoy
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Warren & Karen Broughton	Elaine Meyers
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Ruth Johnson-Wirth	Patricia Warner
Steve & Ann Jorstad	Phil & Thelma Winter
Patricia Jorstad	
Larry Knudsen & Nola Moen	
Gary & Arlene Kruse	
Myron Lanoue	



OCTOBER NEW MEMBERS

GLAD YOU'RE HERE!

Welcome!

Rafael Perez & Rocio
Ascencio,
Gayle Boesche,
Lewis Brewster,
Lori Freeland,
Earl Graham,
Diane Halverson,
Marlene Halverson,
Lois Hutmacher,
Terry & Michelle LaCroix,
Sonia Lopez,
Becki Maxwell Bender,
Mary Lynn Oglesbee,
Juan Osorio,
Gabriel Rosas Garcia,
Ariel Strichartz



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.

Scan with your smartphone to our website Donate page!

SINGLE LEVEL LIVING HOMES FROM THE MID-400's

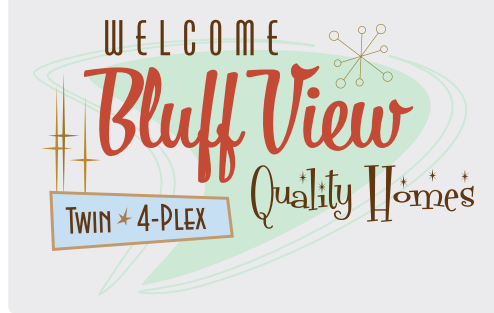


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600 Kraewood Drive

Open House: Friday–Sunday, 1–4pm



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Model Home Address:

414 Ford Street

Open House:

Friday–Sunday, 1–4pm



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UPCOMING INFO MEETING:

Register at www.gracewinliving.com/events

Wednesday, July 16 at 2:00 pm

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

**GRACEWIN
COOPERATIVE**

Questions?
Give us a call!
(507) 222-8960

WWW.GRACEWINLIVING.COM



Happy 50th Anniversary FiftyNorth

This golden anniversary will be heralded by a "Season of Celebration!"

Beginning in spring and lasting through the summer there are great activities planned.

Beginning with: "Swinging into our 50th Dance,

Then and Now-special historical Gallery Show

Cook Book Classic Tasting Event

The Big Fitness Challenge!

Celebrating Seniors on Bridge Square

Summer Celebration Picnic

Golf Event

Ending with a Big Birthday Bash-Will Healy Performing!

STAFF DIRECTORY

■ **Interim Director:**

Carla Johnson
507-664-3701 | carla.johnson@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

Thank You to Our Business Sponsors!

- Community Resource Bank
- Goodney & Etter, PA
- Gracewin Cooperative
- Moersch, Dorsey & Hahn, P.A. Law Firm

- Merchants Bank
- Northfield Physical Therapy
- Thrivent Financial, Eagan

Front Desk (Reception Staff):

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

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



FiftyNorth Hours:

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



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

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