



# FEBRUARY 2026 Report



## February is Heart Health Month

Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable.

### HEART HEALTH

**Wednesday, February 11**

**9:00-11:00am**

**Capacity: 25**

**Cost:** \$20 nonmember, \$16 member, \$0 platinum

**Space:** room 106



Instructor:  
Dr. Marcy Kramer

The human heart, a fist-sized organ sitting in the middle of our chest, is one of the most vital organs in the human body. This organ controls the blood flow of approximately 1.5 gallons of blood throughout the human body. Our body depends upon the heart for all of our basic functions. Learn about the structure of the human heart and how we can keep our heart healthy, and even strengthen our heart health as we age. Marcy Kramer, Doctor of Physical Therapy will discuss the leading causes of heart disease, signs, symptoms and the numerous treatments.

**TO REGISTER**

**Online:** FiftyNorth.org

**In Person:** FiftyNorth front desk

**Call:** (507) 664-3700

## Celebrating Our 50th Year!

Pictured above is a group of members in a fitness class in the current fitness studio.



*welcome!*

Help us in welcoming Marlais Brand as the new Executive Director of FiftyNorth.

Watch for upcoming Meet & Greets.

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## The 50North PlayHouse presents: *It's Showtime!*



*the Millers*

A delightful hodgepodge of skits and musical numbers directed by Debbie & Dave Miller. — You may spot Villains, Dancers, Jokes, The Wild West, Booing and Hissing, Tongue Twisters, and, of course, Musical Interludes!

**RESERVE YOUR SEATS!**



**Performances are Friday, March 6, at 7:00 p.m., and Saturday, March 7, at 2:00 p.m.**

**Cost:** \$10

\*Important: Advance registration is requested to assist us in preparation of seating and refreshments. Please register online at or at the front desk in person or phone 507-664-3700

# IN THE GALLERY

## COMING UP NEXT IN THE GALLERY:

**Gail Gates** — creative photography

**Sandra Sargent** — stained glass artist

## GALLERY SHOW:

February 17 – March 27

## ARTIST RECEPTION:

February 26, 4-5pm



### GAIL GATES

My creative photography starts with an image I take with my Nikon or iPhone, and then it blossoms with my imagination and iPhone apps or other software. Sometimes the photo looks more like traditional photography, and other times it is impressionistic. There are usually multiple layers of artistic images combined to arrive at what ultimately gets printed.

I hold a Master of Liberal Arts degree from Metropolitan State University and am pretty much always looking at the world to conjure my next playful composition. My husband and chubby cat keep me grounded, thankfully!

— Gail Gates



### SANDRA SARGENT

Sandra Sargent creates stained glass using classic techniques that honor the long tradition of the medium while allowing space for a contemporary voice. Each piece is carefully handmade, with close attention to craftsmanship, balance, and the way light interacts with color and texture.



Nature is her primary source of inspiration. She is drawn to birds, flowers, and organic forms that suggest movement, growth, and quiet resilience. These subjects allow her to explore both structure and softness—strong lead lines paired with gentle curves, layered glass, and subtle shifts in color.

Through her work, Sargent aims to create pieces that feel timeless yet personal, rooted in traditional methods but alive in the present moment. When light passes through the glass, it completes the work, inviting viewers to slow down, observe, and connect with the natural beauty reflected in each design.

## CONNECTION COLLECTION: Gary Hanna's Die Cast Cars



**GARY HANNA** has been collecting Die-Cast cars throughout a 20-year time span. He became interested in collecting them when he started watching NASCAR races. He purchases cars from antique dealers, magazines or online. His favorite car in the collection is the 1934 Ford Coupe. The collection will be on display in the glass case in the lobby at FiftyNorth in the month of February.



## FUN FACTS:

### The History of Die-Cast Cars

*Did you know?* Die-cast toy cars have been around for more than 100 years. The first models appeared in the early 1900s, made from simple metal molds. By the 1930s, companies like Dinky Toys and Tootsietoy were producing more detailed miniature vehicles that became childhood staples. The hobby exploded in the 1950s–70s with brands like Matchbox, Corgi, and Hot Wheels, turning these tiny cars into a worldwide phenomenon. Today, die-cast cars are beloved by collectors of all ages for their craftsmanship, nostalgia, and connection to automotive history.

NEWS and EVENTS



**FEBRUARY ROUND-UP AT JUST FOOD**

FiftyNorth will be the recipient of the February ‘Round up’ (to the next dollar) at Just Food. Just Food is open to all not just members. At Just Food we believe in more than just selling groceries. We support other organizations within our community that are working towards building a more vibrant, equitable and sustainable community. Our community round up program donates thousands of dollars annually to local causes that are supported by our community of shoppers. The small round up donations at the register adds up to an impact donation to local organizations.

**Open Daily 8:00 a.m. - 9:00 p.m.**  
**516 Water St S • Northfield, MN**  
**(507) 650-0106**

**Wish Wall Now in the FiftyNorth Lobby**

Share your hopes and dreams for the next 250 years of the United States

The Rice County Historical Society and the Carleton College class HIST 216: History Beyond the Walls with Dr. Serena Zabin are partnering to host eight Wish Walls throughout Rice County.

Wish Walls are coordinated by Made By Us, a nationwide network of 500+ museums. Share your hopes and dreams for the next 250 years of the United States, for the country and Rice County, Minnesota, by answering the question **"On our 250th, what's your wish for America's future?"** Responses will be shared on social media throughout the spring, and collected by the Rice County Historical Society to look at again at our next anniversary.

The Wish Wall will be in the lobby until February 20.

**BAND AT THE GRAND 2026 ! Save the date!!!** FREE concert - donations accepted at the door to support FiftyNorth and the FiftyNorth Band.

**FIFTYNORTH BAND PERFORMS AT THE GRAND EVENT CENTER**  
**Friday, March 13 at 6:30pm**

# The Band at The Grand

A fun evening awaits!  
 Food available for purchase starting at 5pm AHEAD of concert. FREE concert - Donations accepted at the door in support of FiftyNorth and the FiftyNorth Band.

## February Movie

**SOME LIKE IT HOT**  
**Friday, February 20**  
**1:00-3:00pm**  
**Space:** Room 103  
**Cost:** \$1 group fee applies  
 1959 • Comedy/Musical • 2 hours

Some Like It Hot is a classic comedy about two male musicians, Joe (Tony Curtis) and Jerry (Jack Lemmon), who witness a mob hit in Prohibition-era Chicago and flee town disguised as women, joining an all-female band heading to Florida, where they fall for the singer Sugar Kane (Marilyn Monroe) while trying to avoid gangsters and maintain their disguises, leading to chaotic gender bending, mistaken identities, and hilarious romantic pursuits.

## Carla Johnson, Interim Director



### A Note from Our Interim Executive Director

February is American Heart Month—a good time to focus on the health that keeps us moving and the connections that keep us strong. At FiftyNorth, heart health shows up every day: in our fitness classes, in the pool, and in the friendships formed in hallways, over coffee, and yes, popcorn after class. With Valentine’s Day as a reminder to show care and gratitude, this feels like the right moment to pause and say thank you to the people who make this community so special.

As my time as Interim Executive Director comes to a close, I want to thank the FiftyNorth community for its trust and support during a year of transition. It has been a privilege to serve and to work alongside such dedicated staff, volunteers, and board members.

Over the past several months, we focused on keeping FiftyNorth strong and steady. We welcome our new Executive Director, Marlais Brand. We’ve strengthened our financial footing, updated staff policies, invested in our facility, and continued to deliver high-quality fitness, wellness, and community programs. We also laid thoughtful groundwork for future partnerships, including careful exploration of collaboration with the YMCA and other community partners.

Looking ahead, 2026 is an exciting year. We will celebrate FiftyNorth’s 50th anniversary, continue serving older adults in meaningful ways, and build on a solid foundation for the future.

I am grateful for the opportunity to serve during this important time and look forward to staying involved at FiftyNorth—as a fitness instructor and as a returning member of the Board. Thank you for being part of this community and for all you do to make FiftyNorth a welcoming and vibrant place.



**SAVE THE DATE:** The Annual Meeting is Thursday April 23.

## FiftyNorth Bylaws



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

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

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

### Members of the Nominating Committee:

- Pat Jorstad, Chair
- Richard DeBeau
- Brad Anderson
- Scott Richardson
- Carla Johnson

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



There are several fun events in the planning stages for FiftyNorth's 50th Anniversary.

In preparation for the special upcoming May 15 dinner "**5 Courses for the 50th**", we are looking for volunteers to submit a favorite recipe and also to design a tablescape.



Sample themes

## 1 Design a Tablescape!

Seeking visual creatives to design tablescapes for the upcoming "**5 Courses for the 50th**" event on Friday, May 15th from 6:00 to 8:00. Choose a unique theme, from Tuscan Summer, Kentucky Derby... the possibilities are endless. Designers must provide their own tableware for 5 courses, glassware, silverware, linens and unique décor. There will be 6 place settings per table.

There will be prizes awarded for 1st, 2nd, and 3rd place for the best tablescape design.

If you are interested in showcasing your tablescape design, please contact Michelle Brant at 507-664-3707 and identify your tablescape theme on or before February 28.

## 2 A Call for Favorite Recipes!



To commemorate the "**5 Courses for the 50th**" occasion, we're creating a FiftyNorth curated recipe collection to celebrate our 50th anniversary — it will highlight the flavors, traditions, and stories that make our community so special.

We invite you to submit favorite recipe(s) from any of the five sections:

- 1 appetizer
- 2 soup
- 3 salad
- 4 main course
- 5 dessert

The cookbook committee will notify you if your recipe will be published.

Please include a brief note (a few sentences) about why this recipe matters to you. Is it a family classic? A holiday tradition? A dish that always brings people together?

Note: There will be limited space so be brief, if possible. We will contact you if editing is needed.

**SUBMIT TYPED OR CLEARLY WRITTEN RECIPE(S) BY FEBRUARY 28.**

1) Please drop off your recipe(s) at FiftyNorth receptionist desk. Include your name contact information.

2) email to [resources@fiftynorth.org](mailto:resources@fiftynorth.org)

## FITNESS NEWS



## CRAIG'S CORNER

Fitness Manager; Craig Swenson  
(507) 664-3703 or [Craig.Swenson@fiftynorth.org](mailto:Craig.Swenson@fiftynorth.org)

**MEDITATION**

Tuesdays

9:30-10:30am

**Instructor:** Laurel Carrington**Capacity:** 18**Cost:** \$10 Nonmbr/

\$8 Mbemember/ \$0 Plus/Platinum

**Space:** Room 106

cultivating awareness

calming the mind

MEDITATION

← **FiftyNorth offers a great meditation class with Laurel Carrington. Please see Laurels Message below:**

"I want to invite anyone who is interested in meditation to come join our Tuesday morning class at FiftyNorth! Whether you are an experienced meditator or are just curious about it, we would love to have you.

Meditation is a practice that most people have heard of, but not a lot of people have tried it. Furthermore, many have a distorted impression of what it is. Here are some things that meditation is not: it is not a technique for emptying your mind, nor is it something that has to be practiced sitting cross-legged on the floor. It is not necessary to withdraw from the world (although sometimes we might wish we could!). Finally, it does not consist of just one technique; there are many approaches to meditation. You might prefer one approach over another, and that's not a problem because there is always something for everyone.

**What is it, then?** Meditation is an approach to calming the mind and cultivating awareness. With practice, you can allow thoughts to come and go without attaching to any of them. Meditation enables you to recognize unwholesome thoughts and emotions that may arise, such as envy, resentment, hopelessness, and shame, and cultivate wholesome ones such as love, compassion, and joy.

Notice that I did not say that you need to repress or eliminate unwholesome feelings. Trying to do that leads only to frustration, to the point of wanting to quit your practice. But as you get skilled in awareness, you can observe how these things affect you, especially in the body. Calming the mind brings an ability to see things clearly and increases the cultivation of inner peace. The result is support for physical and mental health.

So I encourage you to come and check us out, at 9:30 on Tuesdays in room 106. While you're at it, you may feel inspired to move on to the chair yoga class at 10:30, for a twofold dose of relaxing practice. I hope to see you soon!" — Laurel Carrington

## NEW TEMPORARY ONGOING FITNESS CLAS

PRE-REGISTRATION **NOT** REQUIRED**WELL-BALANCED SILVER SNEAKERS**

Mondays, Wednesdays, Fridays

February 9 through May 1

5:00-5:45pm

**Capacity:** 20**Cost:** \$10 nonmember, \$8 member, \$0 fitness plus / platinum**Space:** Mon/Wed/some Fri - room 105 / Friday - Fitness Studio

SilverSneakers® Well-Balanced Program: is a 12-Week Balance Improvement and Fall Risk Reduction Self-challenge.

Join us as you enhance your strength, balance, coordination, reaction time, and flexibility/mobility. Each week we'll cover tips



to help you minimize fall risk and enhance your ability to respond safely. Supportive movements and regular practice will help you reach your self-chosen goals. Supportive assessments in Week 1 and Week 12 will help you measure your progress. Optional use of hand weights. Appropriate for seated and standing participants.

**Instructor:** Rob Gersky

**NEW SESSION BASED CLASS****PRE-REGISTRATION REQUIRED****SOMATIC MOVEMENT: SEATED & STANDING**

(pre-registration required)

**Fridays, February 6, 13, 20, 27****2:15-3:15pm****Capacity:** 15**Cost:** \$40 nonmember/ \$32 member/  
\$0 fitness plus / platinum**Space:** Fitness Studio

Somatic Movement: Chair & Standing is a 4 week class series where you will learn ways to do basic Somatic exercises while seated on a chair and standing. Somatic exercise movements release chronic tension holding patterns in the front, back, and sides of the body (including shoulders, hips, and neck). By focusing on your internal sensation, your nervous system remembers how to relax muscles to proper resting length, how to utilize full range of motion, and how to move more freely in daily activities, increasing your overall quality of life. The exercises are simple, gentle, and uplifting.

You will complete the series knowing how to continue to practice on your own, and how to use the exercises during the day to reset chronic tension holding patterns. No need to be able to get up and down off the floor. Handout provided. Please plan to attend all class sessions in the series.

(4 sessions)

**Instructor:** Cheryl Ramette, Certified (Hanna) Somatics Educator (CCSE)**STRENGTH TRAINING FOR BEGINNERS**

(pre-registration required)

**Fridays, February 6, 13, 20, 27, March 6, 13**  
**8:00-9:00am****Capacity:** 10**Cost:** \$60 nonmember, \$48 member,  
\$0 fitness plus / platinum**Space:** Room 103**Registration deadline:** February 5

This is a new offering for those who have always wanted to start a strength training program. As you may have heard, strength training is one of the most important things you can do for yourself as you age.

Join personal trainer, Ingrid Freeman, as she leads you through the most important strength training exercises, teaches you how to use hand weights or your own body weight to build strength, stamina, flexibility and stability. You will build a strength program that you will easily be able to do at home, practice performing the exercises correctly and learn how to log your progress.

■ This offering is limited to 10 participants, so be sure to sign up soon! Come dressed in comfortable clothing and shoes.  
(6 sessions)

**Instructor:** Ingrid Freeman, (NETA certified PT)

**FITNESS** cont. p7

**2026 AQUA FITNESS CLASSES**

**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	

**2026 VIRTUAL LAND BASED FITNESS CLASSES (Updated February)**

**AVAILABLE THRU ZOOM**

**VIRTUAL LAND BASED FITNESS CLASSES**



**INTENSITY KEY:**

**PINK –** High Intensity

**BLUE –** Mid-range

**PURPLE –** Gentle

	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 TRAINING (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)							
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)			
9:30 AM							HATHA YOGA (9:15-10:15)	
10:00 AM								
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)		SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)		
11:00 AM								
11:30 AM								
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)				
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM	AFTERNOON QI TIME (4:15-4:45)		AFTERNOON QI TIME (4:15-4:45)		AFTERNOON QI TIME (4:15-4:45)			
4:30 PM								

2026 IN-PERSON LAND BASED FITNESS CLASSES (updated February)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	EXPRESS STRENGTH (6:15-6:45)		EXPRESS STRENGTH (6:15-6:45)			
6:30 AM						
7:00 AM	CARDIO DANCE AND DRUMSTICKS (7-7:45)	HATHA YOGA (7-7:45)	YOGA STRETCH (7-7:45)	HATHA YOGA (7-7:45)	SENIOR AEROBICS (7-7:45)	
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		STRENGTH AND DANCE FUSION (8-9)
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM						
9:30 AM	YOGA STRETCH (9:15-10:15)	BEGINNING VINYASA YOGA (9:15-10:15)	SOUND BATH AND MEDITATION (9:15-10:15)	SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)	HATHA YOGA (9:15-10:15)
10:00 AM		CIRCUIT TRAINING (9:30-10:30) NO open use		CIRCUIT TRAINING (9:30-10:30) NO open use		
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30- 11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	TABLE TENNIS (10:30-3:45)
11:00 AM						
11:30 AM					FOLK DANCE FUSION (11:45-12:45)	
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM			INTERMEDIATE LINE DANCING (1-2)		SOMATICS (1-2) Prerequisite: Intro to Somatics	
1:30 PM						
2:00 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)		
2:30 PM					HOLD (2:15-3:15)	
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 (5-5:45)		
5:30 PM		WELL-BALANCED S. S. (5-5:45) (STUDIO OR 105)	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders	WELL-BALANCED S. S. (5-5:45) (STUDIO OR 105)	WELL-BALANCED SILVER SNEAKERS (5-5:45) (STUDIO OR 105)	
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		TAI CHI FOR STRENGTH (7-7:45) ROOM 103				



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

# AARP® SMART DRIVER COURSE



These courses are designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver. Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premiums.

Once you take this first-time course, you will then need to take a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

Location: Room 103

**FEES:**

- \$32 non-AARP Members,
- \$27 AARP Members; AARP Members please register in person or by phone (you will need your AARP member number)

**NOTE:**

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

**AARP Smart Driving 4-hour Course**  
**Tuesday, February 17**  
**1:00-5:00pm**

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

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

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

# LIFE LONG LEARNING CLASSES

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

**CLASS CANCELLATION POLICY FOR LIFE LONG LEARNING & ART CLASSES:**  
 We know your time is valuable, and ours is too. Out of respect for our staff, instructors and other clients, we ask that you give us at least 24 hours notice if you need to cancel. We will try to fill your spot with someone on the waiting list.



**MAKING SENSE OF ONE WAR**  
**Thursday / Friday, February 26 & 27**  
**1:00-2:30pm**  
**Capacity:** 15 minimum, 40 maximum  
**Cost:** \$30 nonmember, \$24 member, \$0 platinum  
**Space:** Room 103  
**Registration deadline:** February 23

We might agree that war either makes little sense or absolutely no sense at all. To dig into one war, FiftyNorth offers one class over back-to-back days, Thursday and Friday, February 26 & 27, an hour and a half each day.

Paul Kluge, the award-winning author of the trilogy he calls Vietnam Re-Visits will be at the lectern. His first historical novel is Weeds of War which awakens us to the French-Indochina War when Vietnam was yet a discontented colony. Irish

Weeds, the second of the trilogy speaks of the 1950s world, particularly Northern Ireland and the coming Troubles there. Essentially, The Troubles was a thirty-year war against colonization. The Tilted Palace, published recently, is the one novel that speaks to the reasoning and the emotional cost of war, particularly the Vietnam War. Much of the information Paul offers comes from these writings. Our two classes can't make all things better, but we can address and even confront reasoning of the time, misconceptions, myths, and the perceived reality coming from this one war. For more than a decade our government's engagement in Vietnam caused mayhem and bloodshed in the jungles of Indochina as well as the streets of America. "Why can't we all just get along," as Rodney King, the victim of police brutality in Los Angeles asked in 1991?

Our class will take a quick peek at prehistoric Indochina, then place a bold stare on the American presidents of three decades. After that, a dig into North Vietnam leadership as well as their sponsors, the Soviet Union and Red China. Finally, we will look at the consequences of this war, a conflict in a country with which we now trade freely, and where Americans enthusiastically travel as safe and satisfied tourists. Was the war, the sacrifice, the cost and the mayhem all for naught? We will dig deeply and just maybe reveal a ray of light.

(2 sessions)  
**Presenter:** Paul Kluge

## ADVANCE CARE PLANNING OPEN HOUSE

**Wednesday, February 4, 2026**  
**4:30-6:00pm**  
**Capacity:** 25 **Cost:** Free

Don't leave anything to chance! Planning is key. Who will advocate for you if you become physically or mentally unable to speak or make healthcare decisions? Do something now! Start, review, complete, and distribute your Advance Care Directive. Join Barbara Krause and other trained facilitators in community service from the End of Life Choices Collective (EOLCC) as they answer your questions and offer confidential assistance with this legal document. There is no formal presentation. Drop in @ FiftyNorth any time during our 90-minute Open House. Bring a friend! Materials available on-site. Free and open to all.

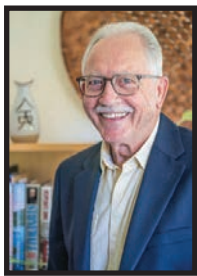
## "WHEN MY TIME COMES" with Diane Rehm - Film and discussion on Medical Aid in Dying

**Thursday, February 5, 2026**  
**1:30-3:00pm**  
**Capacity:** 25 **Cost:** Free

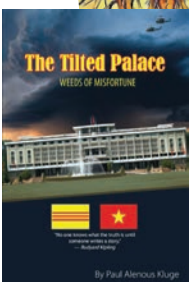
Spurred on by the death of her husband, the Peabody-award-winning journalist crosses the country to take an in-depth look at medical aid in dying. She speaks to people on all sides of the issue, uncovering the pros and cons, the facts and the misinformation surrounding this controversial practice that is now legal in nine states and the District of Columbia. Join some members of the informal Northfield Medical Aid in Dying to watch this documentary and participate in discussion after the film. We will include current information on the status of Medical Aid in Dying legislation in Minnesota and answer questions about the topic.

**Questions? Email us at**  
[eolchoices@gmail.com](mailto:eolchoices@gmail.com)

**Presenters:**  
 End of Life Choices Collective (EOLCC)  
**Space:** Room 103



Paul Kluge



## ART CLASSES

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



### DULCIMER WORKSHOP

Wednesday, February 11

1:00-2:00pm

Cost: Free

**Registration deadline:** February 4

Ross Sutter will bring a set of easy to play one-string dulcimers so that every participant will have the opportunity to play their own instrument. In the course of just a short 45-minute workshop every participant will learn to play simple tunes on the instrument using a number system so that even those who can't read music will be successful.

This is a project that has been developed over the past twenty-seven years with some of the finest music teachers and classroom teachers in Minnesota. In fact, two of the people who were most instrumental in developing this workshop with Ross are retired music teachers who live in Northfield: Dr. Elizabeth Olson and Nancy Huppert. Both had long and stellar careers teaching in Minneapolis and Farmington School districts.

For the past three years Ross has been giving monthly workshops at the Schubert Club Music Museum teaching participants of all ages, from five to eighty-five years old, how to play the one-string dulcimer. This year the staff at the Schubert Club Music Museum have decided to take the workshop on the road and will be doing workshops in Northfield and Farmington.

To learn more view link to Ross Sutter's web site:

<https://rosssutter.com/the-dulcimer-project>

**This workshop is presented in partnership with Schubert Club.**

**Instructor:** Ross Sutter

**Capacity:** 30

**Space:** Room 103

### CLASS CANCELLATION POLICY FOR LIFE LONG LEARNING & ART CLASSES:

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



### ARCHITECTURAL SKETCHING AND WATERCOLOR

Thursday, February 12, 2026

1:00-4:00pm

**Capacity:** 5 minimum, 8 maximum

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

**Space:** Room 105

**Registration Deadline:** February 5

Bring along a photo of a beloved home, cabin, church, or other meaningful place and learn how to transform it into a personal watercolor keepsake.

In this class, we'll begin by loosely sketching the structure's design, focusing on capturing its unique character and charm rather than precise perfection. Then we will bring the scene to life using watercolor paint.

Guided step-by-step, you'll learn approachable techniques for architectural sketching and watercolor layering. By the end of class, you will have created your own loose watercolor 5"x7" "architectural portrait" that celebrates a special place close to your heart.

**Instructor:** Allison Albright



### FUSED GLASS SUNCATCHER

Tuesday, February 24, 2026

10:00-11:30am

**Capacity:** 8 minimum, 15 maximum

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

**Registration deadline:** February 17

Bring a piece of handcrafted light into your home with this beautiful, four-inch, fused glass suncatcher. Crafted from carefully selected art glass, this piece features a floral design, bursting with color. When hung in a window, it captures the sunlight, casting vibrant and shimmering reflections across the room.

- Technique: Each piece of glass is hand-cut by the instructor and you'll arrange it before being fired in a kiln at temperatures exceeding 1400°F (760°C). This creates a durable, smoothly finished surface.

- Hanging: Includes a secure wire loop for easy hanging.

**Instructor:** GERALYN THELEN

**Space:** Room 105

## ART CLASSES - cont.inued p11

### EGG-STRAVAGANZA A ZENTANGLE INSPIRED ART CLASS



#### EGG-STRAVAGANZA: A ZENTANGLE INSPIRED ART CLASS

**Monday, March 2**

**1:00-3:00pm**

**Capacity:** 3 minimum, 15 maximum

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

**Space:** Room 106

**Registration deadline:** February 23

Let's give Spring a quick art start! Learn new Zentangle patterns while creating artwork that will focus on decorating an egg shape. You will be given step by step instructions for each pattern. We'll begin drawing patterns with black markers and then switch to colored markers to make the patterns pop. This class is guaranteed to brighten your day! Double the pleasure by sending your artwork as a card to brighten a friend's day. Join Joyce Francis, Certified Zentangle Teacher, for this spring oriented Zentangle project. No previous experience with Zentangle is required. Just jump in and you'll catch on quickly.

**Materials provided.**

**Instructor:** Joyce Francis

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

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



#### HEIRLOOM REIMAGINED: "WEARABLE STORIES"

**Thursday, March 5**

**9:00-11:00am**

**Capacity:** 4 minimum, 8 maximum

**Cost:** \$45 nonmember, \$40 member, \$25 Platinum

**Space:** Used-A-Bit Furniture Shoppe - located at: 624 Water St, River Mall, Northfield

**Registration deadline:**

Thursday, February 26

Transform broken, forgotten, or antique jewelry pieces—including everything from single earrings to tangled chains and costume gems—into stunning, new works of art. Each design is a unique collage, preserving the history and shine of the original materials while giving them a vibrant new life as wall art or decorative objects. It's a sustainable way to keep your cherished memories sparkling.

An assortment of jewelry will be provided. If you have jewelry you would prefer to use, please bring it with you. Other supplies will be provided. Frames will be on your own. Safety glasses are recommended, please bring them if you have them.

Materials provided by FiftyNorth.

**Instructor:** Finley Hogan-Underdahl – St. Olaf senior art education major



#### DOT MANDALA ROCKS

**Wednesday, March 11**

**1:00-3:00pm**

**Capacity:** 5 minimum, 12 maximum

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

**Space:** Room 105

**Registration deadline:**  
March 6

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

Caroline will supply the rocks (which I cast myself), paint, tools and glaze and other materials for finishing your rock. (If you were part of our first mandala class, please bring your tools.) It will be helpful to have taken the first class but newcomers are also welcome.

**Instructor:** Caroline Jones

# VOLUNTEERS

VOLUNTEER OF THE MONTH

*Thank you,*

FIFTYNORTH:

## EVENT PLANNING COMMITTEE

Teamwork enables us to accomplish more than we can do on our own. Our gifts complement one another's abilities and we enjoy planning together.

FiftyNorth can't say thank you enough to this amazing group of volunteers. They do anything from help planning the events, setting up, decorating, serving food, cleaning up and everything in between. We know we can depend on them to show up and they do a great job of making events extra special.

**PICTURED:**

back row (L/R) CC Linstroth, Chris Poque, Eileen Cooper, Pam Toepper, John Poque  
 middle row (L/R) Judy Karlson, Shannon Spahr, Sharon Henry, Clare Roos, Julie Paulsen  
 front row (L/R) Greg Smith, Wendy Manuel, Gail Lewis



## VOLUNTEERING

### UPDATE FROM FIX-IT CLINIC

Dear Fixers and Menders,

We are still looking for citizen experts to volunteer at our events at FiftyNorth on March 14th and the Unitarian Universalist Fellowship of Northfield on February 21st. These sustainability events absolutely depend on the generous donation of your time and skills, and all are welcome to come and help.

**We had an unfortunate error with SurveyMonkey, so we kindly ask that those who have already filled out the survey to fill it out again to ensure that we have everyone accounted for. Thank you for your time.**

Here is the link to the sign-up page:  
 (or use QR code)

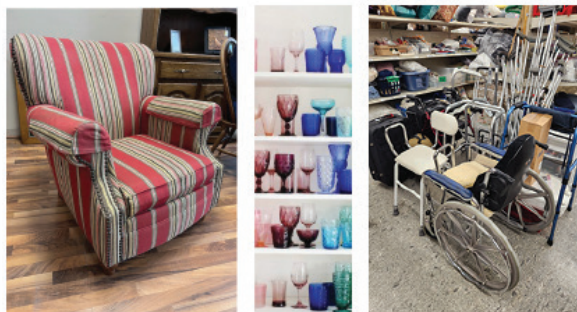
<https://www.surveymonkey.com/r/JD8HV9J>

— In Service, Fern Schiffer



## USED-A-BIT

HOUSEHOLD & FURNITURE SHOPPES



Two stores right next to each other!  
 640 Water Street, River Mall Northfield

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

**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.

Thanks to our adventurous members that traveled with Jeanie’s Journeys FiftyNorth received a generous commission check of \$1,976.

We would like to continue the partnership with Jeanie’s Journeys in 2026. Look at the full listing of destinations, itineraries and prices Jeanie’s Journeys has planned for this year. Details can be found on this link:

<https://www.jeanies-journeys.com> or call 612-229-5276. See a few of the upcoming trips below.



Cruising the Pacific Northwest

■ April 24th – May 2nd



Grand Hotel at Mackinac Island

■ May 9th – 13th



Springtime in Myrtle Beach

■ May 11th - 15th



The Best of Ireland

■ August 22nd – 28th



**TRIP - COMO ZOO CONSERVATORY & SCIENCE MUSEUM OF MINNESOTA**  
**Tuesday, March 24**

**8:30-4:45pm**

**Capacity:** 20 minimum, 31 maximum

**Cost:** \$120

**Registration deadline:** March 3

Spring is a time of renewal, color, and beauty, and there’s no better place to embrace the season than at Como Conservatory. Whether you’re looking for a peaceful stroll among the flowers, or simply an escape from the last traces of winter, the Spring Flower Show is the perfect way to welcome the new season. We will have an opportunity to tour behind the scenes in the Conservatory.

**Science Museum** - Skin: Living Armor, Evolving Identity uncovers the uniquely complex organ that protects humans and animals: skin. Featuring a range of specimen collections and interactive experiences, the exhibit explores the shape-shifting and color-changing nature of skin and the technology and innovations it inspires. The Omnitheater show has not been selected yet. You will get a chance to peruse through the gift store.

Lunch location to be determined. Lunch will be on your own.

**Trip Leader:** Norma Monroe

**SCIENCE MUSEUM OF MN -**





**LANDMARK CENTER TOUR**

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

**Thursday, April 30**

**8:00-4:00pm**

**Capacity:** Minimum 20, Maximum 30

**Cost:** \$75

**Registration deadline:** April 15

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

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

Lux String Quartet is a Twin-Cities based ensemble that brings a dynamic edge to performance. The members of this creative quartet contribute a wide spectrum of musical perspectives,

and frequently collaborate with local and international artists. The group is committed to performing 20th and 21st-century repertoire, as well as works by living composers, including Twin Cities' own David Evan Thomas and the Dean of Music at The Juilliard School, David Ludwig.

\*We will stop at Cosetta to eat. Lunch will be on your own.

**Trip Leader:** Michelle Brant



**COURTROOM CONCERT**



**TRIP - MINNESOTA TWINS VS KANSAS CITY ROYALS**

**Thursday, July 30**

**10:30-5:00pm**

**Capacity:** 20 minimum, 30 maximum

**Cost:** \$95

**Registration deadline:** July 8

Experience the Thrill of Pro Baseball!

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

Concessions are on your own.

**Trip Leader:** Michelle Brant



**SAVE THE DATE – June 24th**  
**Guys & Dolls at the Chanhassen Dinner Theater**



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## MEMBER SERVICES

### FIX-IT-CLINIC

**Saturday, March 14**

**9:00am-12:00pm**

**Presented by:** Volunteers from FiftyNorth, Rice County, and Minnesota Green Corps.

**Cost:** Free

**Space:** Room 103 / 105

Do you have damaged clothing, a lamp, electronic devices or small appliances and are looking for a way to repair them so they don't have to be thrown away? Sign up to come to a Fix-it Clinic at FiftyNorth!

FiftyNorth is partnering with Rice County and Minnesota Green Corps to offer this free event.

Fix-it Clinics are an opportunity to have your items fixed by volunteers while they teach you how to do repairs yourself. Not everything will be able to be fixed, so volunteers will also help participants determine what to do with their broken item if it cannot be fixed at the event. Please do not bring more than two items and nothing oversized.

➔ If you are interested in bringing damaged items to be repaired or mended at this event, please contact: Fern Schiffer at fern.schiffer@ricecounty.gov or 507-333-3891, and identify what items you plan on bringing so we can match you with a volunteer.

### TWINKLE TOES FOOT CARE

**2nd Monday of each month**

**(beginning February 2026)**

**12:30-4:30pm**

Need your toenails trimmed?

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

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

\$65 per session payable to Twinkle Toes Foot Care

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

### MORE HELP FOR MEDICARE OPTIONS

**1st Tue every month**

**12:00-3:00pm**

**Location:** Consult Room

Enrollment Help For Medicare Options

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

Available for help with:

~Plan analysis and review

~Assistance in enrolling when eligible

~No cost or obligation

Stop by or call for appointment.

Sandra Robertson, licensed Insurance Agent, # 20381956,

**Phone:** 952-484-5723

sandra@sigbrokers.com

### TECH SUPPORT

**2nd Tue every month**

**9:30-11:30am**

**Location:** Consult Room

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

**Consultant:** Richard DeBeau

### GRIEF SUPPORT GROUP

**2nd Tue every month**

**1:00-2:30pm**

**Location:** Room 103

\*Please pre-register

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

**Presented by:**

Three Rivers Community Action and Minnesota Hospice

**Capacity:** 20

**Cost:** FREE

**Space:** Room 103

### THREE RIVERS COMMUNITY ACTION OLDER ADULT SERVICES SPECIALIST

**3rd Wed every month**

**12:30-2:30pm**

**Location:** Consult Room

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

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

### CAREGIVER SUPPORT GROUP

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

**March 12, April 9, May 7, June 4, July 16, August 13**

**1:30-2:30pm**

**Capacity:** 20

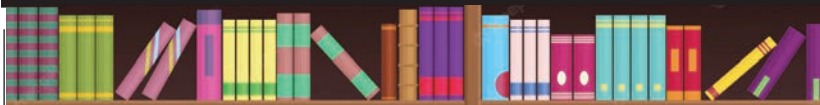
**Cost:** Free

**Location:** Generally Room 103, but check daily schedule

Join our monthly Caregiver Support group at FiftyNorth.

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

**Facilitator:** Kathy Voss, Caregiver Support Specialist



## BOOK GROUP

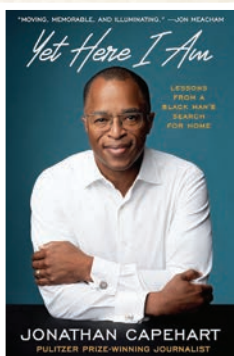
The Book Club meets the 2nd Friday of the month at 10:30. Questions: call Katherine Collman at (507) 645-1357.



**FEBRUARY 2026**

**THE FROZEN RIVER**

by Ariel Lawhon



**MARCH 2026**

**YET HERE I AM**

by Jonathan Capehart



**APRIL 2026**

**THE BOXCAR LIBRARIAN**

by Brianna Labuskus

## BINGO!

**MONDAY,  
FEBRUARY 16  
TEMPORARY TIME  
CHANGE!!!  
11:00pm-12:00pm**

Room: 103  
\$1 Group fee applies



## ARTS & CRAFT CLUB

The Arts & Craft Club meets Wednesdays 2nd and 4th from 1:30 to 3:30 in room 105.

Stop by and check it out!



## JANUARY GROUP CALENDAR

GROUP ACTIVITIES	Day	Time	Location
ARTS / CRAFT - Art Club	Wednesdays, 2nd & 4th	1:30-3:30pm	Room 105
ARTS / CRAFT - Hook, Yarn & Needle	Tuesdays	1:00-3:00pm	Room 105
ARTS / CRAFT - Knitting Group	Mondays	10:00am-12:00pm	Room 105
ARTS / CRAFT - Photography Group	Fridays, 4th	9:30-11:30am	Room 106
CARDS - "Chat" Bridge	Wednesdays	9:30-12:00pm	Room 104
CARDS - 500	Fridays	12:30-4:00pm	Room 104
CARDS - Cribbage	Thursdays	12:45-4:00pm	Room 106
CARDS - Double Deck Pinochle	Mondays	12:15-4:00pm	Room 104
CARDS - Duplicate Bridge	Tuesdays	12:30-4:00pm	Room 104
CARDS - Euchre	Tuesdays	12:30-4:00pm	Room 106
CARDS - Sanctioned Duplicate Bridge	Thursdays	12:00-4:00pm	Room 104
CARDS - Social Bridge	Wednesdays	12:30-4:00pm	Room 104
GAMES - American Mahjongg	Fridays	1:00-3:00pm	Room 106
GAMES - BINGO	Mondays, 3rd	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 - <b>ON BREAK</b>	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 - <b>ON BREAK</b>	Tuesdays	4:00-5:30pm	Room 103
<b>FITNESS GROUPS</b>			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Nordic Walking - <b>ON BREAK</b>	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 - <b>ON BREAK</b>	Mondays	9:00-10:00am	Carleton Arb
Senior Bowling Club	Fridays	1:30-3:30pm	Flahertys

## DECEMBER DONORS &amp; NEW MEMBERS

December 31, 2025

Total Membership: 2,317

## DECEMBER DONORS THANK YOU FOR YOUR SUPPORT!

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 Ruth Johnson-Wirth  
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 Steve & Ann Jorstad  
 Patricia Jorstad  
 Brent Betterley & Nancy Just  
 Kenneth & Marlena Kirton  
 Dennis & Arlene Kjar  
 Leif & Debora Knecht  
 Arlys Kreis  
 Gary & Arlene Kruse  
 Myron Lanoue  
 Steve Albers & Cathy Larson  
 Leone Larson & Tom Moen  
 Bev Legler  
 Gail Lewis  
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■ **Fitness Manager:**

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■ **Operations and Membership Manager:**

Elaine Meyers  
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■ **Program Coordinator: Lifelong Learning/Community Outreach**

Patty Ciernia  
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■ **Program Coordinator: Arts/Volunteer**

Michelle Brant  
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■ **Used-A-Bit Shoppe Manager:**

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

■ **Used-A-Bit Shoppe Assistant Manager:**

Deb Olien  
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**FiftyNorth: Hours:**

Monday–Friday: 6am–8pm  
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