



JANUARY 2026

Report

Celebrating 50 years!

by Carla Johnson, Interim Director's Report



A Fresh Start and a Year of Celebration and Possibility

January invites us to pause and take stock. This past year was a full one at FiftyNorth—challenging at times, but also full of growth. As we turn the page and enter 2026, I'm reminded how steady this community is. Your presence, your volunteer hours, your patience, and your good humor make this place what it is.

Welcoming Our New Executive Director

Later this month, we will welcome Marlais Brand as our next Executive Director. She brings deep experience in the Minnesota nonprofit world and a warm interest in the creativity and wisdom of older adults. Once she has had a chance to settle in, we'll invite everyone to a meet-and-greet, with more informal opportunities to say hello in the weeks that follow. When you see her in the hall or lobby, please introduce yourself—she's eager to get to know you.

Strengthening Our Foundation

Over the past six months, our board and staff have been working quietly but steadily to shore up the pieces that help this organization thrive:

- Clear staff roles and better support systems within the NCRC and at the Used-A-Bit Shoppe
- Sound financial practices, including the establishment of an endowment fund
- Careful planning for our aging building and equipment
- A more sustainable fundraising approach
- Closer ties with partners in the community

You'll see this work continue through the spring as we begin our 50th anniversary celebration.

REPORT cont. P2 →



MILLER VARIETY SHOW AUDITIONS

Monday, January 19

9:30-11:30am

Directors: Debbie & David Miller

Space: Room 103

Team Miller (Debbie & Dave) is putting together a March Variety Show!

Auditions will be held for Reading Parts on Monday, January 19.

→ Rehearsals will begin on January 26 and run every Monday and Wednesday from 9:30 to 11:30 a.m. through February 25.

→ Dress Rehearsals will be March 2 and March 5 from 5:00-8:00 p.m.

→ Performances will be Friday, March 6, 7:00 p.m., and Saturday, March 7, 2:00 p.m.

Put on your **Big Personality**, and we will see you there!



INSIDE THE REPORT

Member News	2
Gallery	3
Collection Connection.....	3
January Movie.....	4
Craig's Corner.....	4
Fitness	5, 6
Wellness Class	7
Art Classes	8, 9
Life Long Learning Classes ..	9-11
AARP Smart Driving	11
Volunteer of the Month	12
Volunteer Opportunities ..	12, 13
Book Group & Group Calendar	13
Travel	14
2025 Photo Highlights	15
Services.....	16
AARP Tax Aide	17
Donors/New Members	18

2025 fund drive is nearing our goal!

(Details in February Report.)



Carla Johnson, Interim Director's Report cont.

Growing Membership and Program Reach

This past year brought encouraging membership growth—now more than 2,300—and strong participation across fitness, arts, wellness, and lifelong learning. In 2026, we hope to welcome even more neighbors who haven't yet discovered FiftyNorth. Your word-of-mouth remains our best outreach tool. If you bring a friend along for a class or a cup of coffee, you're doing more for this community than you may realize.

Aging with Strength and Spirit

One thing I've learned during my time here is that aging is not a retreat—it's an expansion. This community is full of people who keep learning, creating, and showing up for one another. That spirit will carry us through 2026 and beyond.

Thank You,

Thank you for your trust and your patience during this leadership transition. It has been an honor to serve as your Interim Executive Director. I look forward to supporting a smooth handoff to Marlais and being part of this community as it continues to flourish.



FROM THE SEARCH COMMITTEE



THANK YOU.

The FiftyNorth Executive Director Search Committee extends its sincere thanks to everyone who participated in the recent candidate interviews and "meet and greet" sessions. Each of the finalists shared how welcome they felt, and your presence and good spirit helped turn a long day into a truly positive experience.



Marlais Brand

Your thoughtful input played an important role in this successful search. We look forward to everyone getting to know Marlais in the weeks ahead.

Pat Jorstad, Kathie Taranto, Susan Oftedahl, Kathy Rice, Marcia Stanton, and Vicki Celander

RENEW YOUR MEMBERSHIP

MEMBERSHIP NEWS FOR MEMBERS WITH INSURANCE-BASED MEMBERSHIP PLANS

Well, as of this writing I have only been able to renew about 220 memberships for 2026 of the over 1800 that need to be completed. This is in part due to the changes people have had to make with their insurance plans for 2026 and the inability to verify coverage until January 1. Please don't be surprised if you come in after January 1st and find you don't have a membership. I will work through this as fast as possible, but I will need your help and patience.



Please let me know what your insurance and membership choice will be as soon as possible. It only takes a minute!

Thank you,
Elaine Meyers
507-664-3703

An important reminder:

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



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

JANUARY MOVIE



84 CHARING CROSS ROAD

Friday, Jan 16

1:00pm

Space: Room 103

Cost: \$1 group fee applies

84 Charing Cross Road refers to a beloved true story, first a book, then stage/film adaptations, about the heartwarming 20-year correspondence between New York writer Helene Hanff and Frank Doel, a bookseller at the London shop Marks & Co. at that address, bonding over books and developing a deep, transatlantic friendship through letters, famously adapted into a 1987 film starring Anne Bancroft and Anthony Hopkins.

IN THE GALLERY



COMING UP NEXT IN THE GALLERY: ROBERT NYVALL
GALLERY SHOW: JANUARY 6 – FEBRUARY 12
ARTIST RECEPTION JANUARY 15, 4-5PM

BIO: ROBERT NYVALL

I am a retired U. of Minnesota Professor of Plant Pathology. I grew up on a farm in northern Minnesota and after high school, joined the Marine Corps. I was stationed on Okinawa and Guantanamo Bay Cuba.

After my service I attended the U. of Minnesota, majoring in Forest Management. During this time I married my life’s companion, Sandra, who has blessed me with two wonderful children and in turn, four grandchildren and two great grandchildren.

I became interested in plant diseases while working as a laboratory technician in the Plant Pathology Department at the U. of Minnesota. I was admitted to graduate school at the University, majoring in plant pathology and minoring in soil science. I obtained my Ph.D. in 1969.

After graduation I worked on a post doctorate at Washington State U. researching diseases of peas and other vegetable crops. In 1971 I joined the faculty at Iowa State U. working on corn and soybean diseases. After 16 years, I returned To Minnesota as a professor on the faculty of the U. of Minnesota; first serving as an administrator of the NorthCentral Research and Outreach Station in Grand Rapids and then as a research plant pathologist working on diseases of cultivated wild rice and biological control of weeds.

My avocations, besides painting, are gardening, reading, history, traveling, and golf. I am primarily interested in the life of Captain James Cook, the American Civil War, World War II and biographies of historical figures.

I have been painting with oils for over 50 years. Landscapes, water, animals, and especially old barns are my primary subjects. Many of my commissioned works are paintings of old barns on family farms requested by the family members before these buildings are either burned down for fire practice or slowly rot away like an old carcass. Sadly, most of these grand old buildings are disappearing from rural America. And that is why I choose to paint them before the memories are gone.

CONNECTION COLLECTION: Emily Burt's Mice



Mice, mice, mice!

In 1982 Emily Burt’s daughter gave her a Chimney Sweep Mouse as a gift. Emily has been collecting mice figurines ever since. Some of them are from Norway, Japan, Belgium and Spain. Emily has received several figurines as gifts over a 44-year time span. You can see her collection in the glass case in the lobby at FiftyNorth.

FITNESS NEWS

Call Fitness Manager; Craig Swenson to learn more about personal training and arrange an appointment: (507) 664-3703 or Craig.Swenson@fiftynorth.org



CRAIG'S CORNER

FiftyNorth is excited to announce the addition of two new personal trainers - Brent Betterley and Lucy Lou.



BRENT BETTERLEY NETA Certified Personal Trainer

Bio: Brent retired from being a Licensed Psychologist in 2015. He has been a member of FiftyNorth since 2015. He describes himself as a, "lifelong gym rat" who was challenged by Craig Swenson to become a personal trainer about a year ago.

Brent's Favorite Quote:

"If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them"- Henry David Thoreau



LUCY LOU NETA Certified Personal Trainer

Bio: I started dancing as a young child, competed in gymnastics as a teenager and took my love of movement into my twenties teaching dance-based fitness classes. Moved to Northfield (the first time) in 1985 and taught classes for community ed for many years. I am excited to have continued my fitness journey into my seventies.

I raised two children in Northfield, owned "Anna's Closet" (a boutique in downtown Northfield) for many years, moved to St. Paul for a decade and am now happily back living in Northfield. I started working out at FiftyNorth five years ago and love the community.

Lucy's Favorite quote, seen in my college dorm:

"You are the people your parents warned you about!" I think it still applies!

NEW SESSION BASED CLASS

INTRO TO TAP DANCING

Fridays, January 23, 30, February 6, 13, 20, 27

5:30-6:30pm

Cost: \$75 nonmbr, \$60 mbr, \$0 plus/platinum

Space: Fitness Studio

Registration deadline: January 16

Tap, flap, and shuffle off to Buffalo in the footsteps of Gene Kelly, Fred Astaire and Eleanor Powell. Have you ever wondered how they danced like that? Come learn or refresh the basics of tap with master teacher, Judith Nelson. Tap is great exercise for the body, excellent for the brain, and lots of fun! Tap shoes are helpful but not required. All levels welcome. No experience necessary. Modifications will be offered as needed.

Intro to Tap Dancing



Judith Nelson was a professor of dance and theatre at Auburn University, Missouri State University, and Carleton College, where she taught all forms of concert dance and initiated tap programs at several institutions. She danced with the Jose Limón Dance Company and the David Gordon Pick-Up Company, among others, and toured the United States and Europe as a solo artist and in musical theater. An expert in the BrainDance, she incorporates this as a warmup in all her teaching to foster increased body awareness, balance, strength, and clarity of mind. She holds an MFA from the University of Arizona, and a BFA from the University of Utah. Judith lives in Rhinebeck, New York.

Instructor: Judith Nelson

Capacity: 20

FITNESS NEWS

NEW ONGOING IN-PERSON CLASSES

SENIOR AEROBICS

Fridays, 7-7:45am
Capacity: 20
Cost: \$10 nonmbr, \$8 mbr,
 \$0 fitness plus/platinum

This is a low-impact cardio class for all levels. Enhance your circulation, experience more range of motion while building strength and endurance.

Instructor: Lucy Lou
Space: Fitness Studio



PILATES REFORMER PERSONAL TRAINING ENDS

Thank you, Cheryl!
 FiftyNorth extends our sincere appreciation to Cheryl Ramette for her 2½ years of dedicated Pilates Reformer instruction. Cheryl has helped many of us grow stronger, move with more confidence, and better understand our own bodies. We are pleased to share that Cheryl will continue to be part of the FiftyNorth community by teaching somatics classes in 2026. We are grateful for her skill, care, and ongoing commitment to our members.

MEDICAL QIGONG FOR HEALTH AND LONGEVITY

(pre-registration required)
Thursdays, January 15, 22, 29, February 12, 19, 26
(no class February 5)

12:00-12:45pm
Capacity: 20
Cost: \$60 Nonmembers, \$48 Members,
 \$0 FitnessPlus / Platinum

Boost your personal energy with this fun to practice, centuries old medical qigong routine. Benefits



include increased vitality, stamina, balance, and ease of movement. Beginners encouraged and all levels are welcomed. (6 sessions)

Instructor: Rob Gersky
Space: Room: 102 or 105

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

	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		BEGINNING YOGA (VINYASA) (9:15-10:15)	SOUND BATH AND MEDITATION (9:15-10:15)	SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)	HATHA YOGA (9:15-10:15)
9:30 AM	YOGA STRETCH (9:15-10:15)					
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)		HOLD	
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	SEATED CHAIR LINE DANCING (2:15-3)	TABLE TENNIS (1:30-3:30)	SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics	
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)	
4:00 PM	AFTERNOON QI TIME (4:15-4:45)	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			HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders			
6:00 PM	TABLE TENNIS (5:30-7:30)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) - FREE		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) - FREE		
6:30 PM						
7:30 PM		TAI CHI FOR STRENGTH (7-7:45) ROOM 103				

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

FITNESS NEWS

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	
7:30 PM						
7:45 PM						

VIRTUAL LAND BASED FITNESS CLASSES



INTENSITY KEY:

PINK – High Intensity

BLUE – Mid-range

PURPLE - Gentle

2026 VIRTUAL LAND BASED FITNESS CLASSES (updated January)						
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 TRAINING AND STRETCH (8-9)	STRONG NATION (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						
5:00 PM						

← **NEW!**
Afternoon Q-Time available online!

MWF: 4:15-4:45

Instructor:
Rob Gersky



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.



PERIPHERAL NEUROPATHY

Wednesday, January 14

11:30-1:00pm

Capacity: 30

Cost: FREE

Go from feeling overwhelmed and frustrated due to neuropathy, to improving your symptoms and your quality of life naturally. Reduce the symptoms of your neuropathy or reverse it without the use of medications, injections or surgery. Identify the 3 biggest mistakes people make when treating their neuropathy so you can avoid them and have success.

Presenter: Dr. Cody Rodewald

Space: Room 103

* Dr. Cody Rodewald has treated over 3,000 neuropathy and spinal cases. He got his Doctor of Chiropractic from Palmer College of Chiropractic and his Board Certification in Chronic Pain & Neuropathy from the American College of Physical Medicine.



PROFESSIONAL
DENTAL
 GROUP

www.pdgdentists.com

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

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
 Connect with me: [f](#) [in](#)



Scan to learn more.

thrivent

31122DK R5-25



2026

- Weekly Prize Drawings
- Weekly nutrition videos
- Healthy Motivation
- Join with others for fun



Enter the Healthy Weight Challenge and WIN Prizes!

January 17 - March 17

(60 day challenge)

Register by January 16

Healthy Weight Registration Option:

Single Registration \$25 / person
 Team Registration (2 - 4 members) \$20 / person

<https://www.nutritionproportion.net/healthyweight>



ART CLASSES

Pre-register for all classes:

Phone: 507-664-3700

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

In Person: FiftyNorth front desk

CLASS CANCELLATION POLICY FOR LIFE LONG LEARNING 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.



UNLEASH YOUR INNER ARTIST: INTRODUCTION TO JUNK JOURNALING

Monday, January 12

1:00-3:00pm

Cost: \$38 nonmember, \$26 member, \$10 platinum

Registration deadline: Monday, January 5

Do you love vintage style, collecting ephemera, and giving new life to old things? Then join us for this hands-on workshop and discover the magic of Junk Journaling! A Junk Journal is a beautiful, personalized book made from recycled and found materials like old book pages, envelopes, maps, lace, and scrap paper. It's a space for creative play, memory-keeping, and mixed-media art. Journaling is beneficial for mental and emotional clarity, stress reduction and processing thoughts and emotions.

In this beginner-friendly class, you will:

- Learn how to construct a basic journal cover.
- Explore techniques for distressing paper, adding pockets, and creating interactive elements.
- Get tips on where to find the best "junk" and how to build visually rich, layered pages.
- Walk away with your own unique, in-progress Junk Journal and the skills to keep creating!

Bring your own papers, lace, buttons...

FiftyNorth will provide the 6" X 8" spiral bound journal and some decorative paper.

Instructor: Hilda Lucas-Guzman

Capacity: 4 minimum, 10 maximum

Space: Room 105



INTERGENERATIONAL HAT OR HEADBAND KNITTING CLASS WITH FIFTYNORTH AND CARLETON COLLEGE

Fridays, January 16, 23

3:00-5:00pm

Capacity: 12 maximum – 6 Carleton students and 6 FiftyNorth members

Cost: \$50

Registration deadline: January 9

FiftyNorth and Carleton College are offering an intergenerational hat/headband knitting class. Students who take this class should be able to knit and purl.

To support local and sustainable farming and animal husbandry, you'll be knitting with yarn from The Layzee Farmer, LLC owned by Jennifer Therbold near Clear Lake, MN.

In the first class you will review the knit and purl stitch and begin the hat or headband. In the second session you'll finish the hat, complete with pom-pom, or the headband. There will be two weeks between classes for you to knit the bulk of the project.

In the second class you will also have the opportunity to talk to Jennifer Therbold via Zoom about her experiences as a shepherdess.

The instructor will supply the yarn and needles. She will even cast on your project for you, which will make it easier to get started.
(2 sessions)

Instructor: Diane Pearsall

Space: Weitz Center for Creativity Room 131 – 320 3rd St. E, Northfield. Use the 3rd St. entrance.

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
Course begins Wednesday, January 7
10:30-12:30pm

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



Jessica Petok

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 email patty.ciernia@fiftynorth.org

See full course description online [HERE](#)

- **Wednesday, January 7 (10:30am to 12:30pm)**
Topic: OUR AGING WORLD
- **Thursday, January 22 (10:30am to 12:30pm)**
Topic: SOCIAL COGNITION & WISDOM
- **Tuesday, January 27 (2pm to 4pm)**
Topic: ALZHEIMER'S: MOVIE SCREENING, HBO'S "THE MEMORY TAPES"
- **Wednesday, January 28 (10:30am to 12:30pm)**
Topic: PATHOLOGICAL AGING
- **Thursday, January 29 (10:30am to 12:30pm)**
Topic: FINAL DEBRIEFING – WHAT DOES THIS ALL MEAN?



CPR & First Aid Training Class

CPR and FIRST AID
Tuesday, January 20, 2026
9:00-12:00pm

Capacity: 10

Cost: \$72 non-member, \$65 member, \$0 platinum

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

Instructor: Jon Bolster

Space: room 104



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.

Questions? Email us at eolchoices@gmail.com

Presenters: End of Life Choices Collective (EOLCC)

Space: Room 103

LIFE LONG LEARNING CLASSES

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

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



"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. The result is both moving and informative – an eye-opening documentary that is sure to provoke strong reactions and thoughtful conversations among viewers of all ages and backgrounds (<https://whenmytimecomesmovie.com/>).

Join some members of the informal Northfield Medical Aid in Dying to watch this documentary and participate in discussion after the film. We will include current information on the status of Medical Aid in Dying legislation in Minnesota and answer questions about the topic. People of all backgrounds can be found in support of – and in opposition to – this option for end of life planning. We hope this presentation will help you to become better informed and motivated to have a conversation with loved ones and perhaps even with your legislators.

Questions? Email us at eolchoices@gmail.com

Presenters: End of Life Choices Collective (EOLCC)

Space: 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.

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
Monday, January 5
9:00-1:00pm

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

AARP Smart Driving 4-hour Course
Wednesday, June 10
9:00-1:00pm

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

SAVE THE DATES!



MAKING SENSE OF WAR: How Vietnam Changed Everything

Award winning author Paul Kluge will share an in-depth view over two sessions: **Thursday and Friday, February 27 and 28, 1:00-2:30pm.**

2024 Distinguished Favorite, an Independent Press Award
Weeds of War: Those Who Bled at Dien Bien Phu

2025 Literary Titan Gold Award
The Tilted Palace: Weeds of Misfortune



VOLUNTEERING

VOLUNTEERS

VOLUNTEER OF THE MONTH



Thank you, KIM REIS

We'd like to thank Kim Reis for all of the ways she gives of her time and talent to FiftyNorth. She is newly retired and is fully embracing this season in life. She isn't afraid to try new experiences. Read below what Kim enjoys about FiftyNorth and the people here.

When I was preparing to retire, I knew I needed to cultivate a new social circle and FiftyNorth was the perfect place to do that. Not only fitness but music, art, games, and travel. It is a great place to try new things. They won't all be your thing but you might find something wonderful by stretching your comfort zone just a little.

Music is my favorite activity so I am involved as much as I can be. Too bad I gave up the flute after fifth grade or I would be in the band as well. I have some ideas for fun trips that I would like to do so I joined the Travel committee. I have made new friends on every trip I've done and attended some wonderful events. I want everyone to know how great FiftyNorth is so the Marketing committee is a great place to do that. Our goal is to spread the word about all that we do and to make sure people know about us. We planned several opportunities to do that this fall with booths at Riverwalk and Hispanic Heritage Day, and an entry in the Defeat of Jesse James parade. The big push will be the 50th Anniversary celebrations in 2026.

— Kim Reis



RICE COUNTY IS COORDINATING TWO FIX-IT CLINICS

March 14th, 8:30am-12pm at FiftyNorth

Dear Fixers and Menders,

Calling all local crafters, sewers, tinkerers, and repairers of all kinds! This winter, Rice County is putting on two Fix-It Clinics in partnership with FiftyNorth and the Unitarian Universalist Fellowship of Northfield. In these events, members of the public can bring in broken clothing and small appliances for volunteers to help fix, keeping still-useful goods out of landfills and saving money and resources that would otherwise go to replacing them. This wouldn't be possible if not for volunteer experts such as yourself being there and helping out.

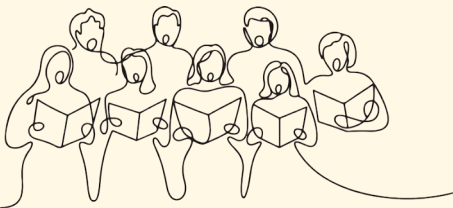
If you are at all interested, please take a moment to fill out the survey linked below. If you know anyone who might be interested, feel free to send this survey to them as well. The more the merrier!

[SurveyMonkey Link](#)

Thank you so much for taking the time read and fill this out, and for lending your expertise to help our community and the planet!

In service, —Fern Schiffer

Fern Schiffer | Minnesota GreenCorps Member
Rice County Environmental Services
320 3rd Street North West | Faribault, Minnesota | 55021
507-333-3891 | fern.schiffer@ricecountymn.gov



NORTHFIELD LIFTING VOICES CHOIR

Calling all volunteers! Northfield Lifting Voices choir will start rehearsals on Monday, January 19 from 1:00-2:30pm They will continue to meet weekly until their May performance. They will use room 103 for practice and 105 for a half-hour social time with treats.

We are looking for people who are interested in helping weekly or occasionally in these areas:

- Drop off store-bought or home-made snacks/treat. (ideas; Cutie oranges, grapes, cheese & crackers)
- Arrive around 2:00pm to set up a table with the treats, napkins and clean up afterward.
- Greeter at the front door and a greeter outside of room 103.
- Greeter to hand out name lanyards, 3-ring music binder and finding their choir chair.

Contact us if you can help with treats: Patty Ciernia (507) 664-3709 or Michelle Brant at (507) 664-3707.

VOLUNTEERING CONT.



SEEKING TECH-SAVVY VOLUNTEER TO SET UP FOR MONTHLY MOVIES

We are looking for a volunteer who is knowledgeable and willing to set up the technology for streaming our monthly movies or using the DVD player and also put equipment away. If you are interested in this volunteer opportunity, please contact Michelle Brant at 507-664-3707.



USED-A-BIT NEEDS VOLUNTEERS EVERY OTHER SATURDAY

- 10:00 to 2:00 in the furniture section
- 10:00 to 2:00 pricing items – 2 openings
- 2:00 to 5:00 pricing items – 2 openings

If you are interested in these volunteer opportunities, please contact Fermin Notario Ponce at 507-645-1399

BOOK GROUP

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



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

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 - ON BREAK	Tuesdays	10:00-11:30am	Room 103
MUSIC - Ukulele Orchestra and Assorted Strings	Wednesdays, 1st, 3rd, 5th	1:00-3:00pm	Room 103
MUSIC - The Band Practice	Mondays	4:00-5:00pm	Room 103
MUSIC - Seasoned Singers - ON BREAK	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.



SHELDON THEATER

**TRIP - FREDERICK DOUGLASS:
IN THE SHADOW OF SLAVERY**

Sunday, February 15

1:00-7:30pm

SHELDON THEATER, Red Wing

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 enslaved people. The story of Frederick Douglass' struggle for African American freedom, as performed by Mel Johnson, Jr., star of Broadway and film, is a fascinating afternoon of theatre that will inspire, educate, 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:** minimum 20, maximum 30

Cost: \$105 **Registration deadline:** January 14



**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



VACATION MODE
Travel Agency

JEAN THARES

(651) 395-8181

jean.thares@cruiseplanners.com

"With adventures across 25+ countries, I bring firsthand insight and industry expertise to every trip I plan."

Explore the World of Travel with Expert Guidance

- River Cruises
- Guided Land Tours
- Ocean Cruises
- Fundraising Trips
- Groups, Families, Reunions
- Celebration Trips
- Personalized Service
- Save Time & Money
- Benefits & Amenities
- Maximize Your Budget
- Your Travel Advocate
- Peace of Mind

Travel Partners



JourneysByJean.com • Jean.Thares@CruisePlanners.com
Call or email to start planning your next unforgettable vacation!

A Few Highlights from 2025...



Volunteer Appreciation event



Echoes & Shadows



Popcorn Wagon on its way to a Carleton event



Pedalers ride the Cannon Valley Trail



MN Twins game



Holidays at Used-a-Bit



FiftyNorth Band at The Grand



Sunset Summer Social



Mardi Gras



Senior Prom



Art In Bloom: MIA



SPAM Museum & Hormel House



Webb & Miller - Two Piano Jazz

MEMBER SERVICES

TWINKLE TOES FOOT CARE

2nd Monday of each month (beginning February 2026)

12:30-4:30pm

Need your toenails trimmed?

Since 1999, Laurie has provided foot care in the Twin Cities Metro Area and the surrounding communities. She takes clients here at FiftyNorth usually on the 2nd Monday of the month from 12:30-4:30pm.

\$65 per session payable to Twinkle Toes Foot Care

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

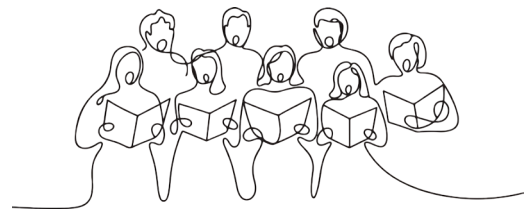
*Please pre-register.

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. This is a 3-month, limited-time support group. You may choose to attend one, two, or all three sessions! Anyone ages 18+ dealing with the loss of a loved one is welcome to attend. **Presented by:** Three Rivers Community Action and Minnesota Hospice

Capacity: 20

Cost: FREE

Space: Room 103



LIFTING VOICES CHOIR REHEARSALS

Every Mon

January 19 through May 18

1:00-3:00pm

Location: Room 103

Become part of the 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 experience required! *What's rehearsal like?* Weekly 90-minute rehearsals with warm-ups, familiar songs, new music, and social time. Each season ends with a community concert. Questions: contact Patty Ciernia at FiftyNorth (507) 664-3709

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

2nd Thursday every month

1:30-3:30pm

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



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.

NOVEMBER DONORS & NEW MEMBERS

November 30, 2025

Total Membership: 2,306

NOVEMBER DONORS THANK YOU FOR YOUR SUPPORT!

Karen Achberger
Ann Albert
Richard & Wendy Allen
Warren & Cindy Allevan
David Appleyard
Nancy Ashmore & Kenneth
Wedding
Bernard & Mary Auge
Matt Bailey
Lyle & Corby Bakken
Lois Bakko
Robert & Teresa Ballentine
Dianne Barrett
Marie Benson
Dennis & Beth Berry
Rose Berthelsen
Gary & Patty Bleichner
Brian & Cheryl Boesche
Sharon Boisselle
Diane Boyum
Rita Brand
Al & Jean Bronnenberg
George & Catherine Brophy
Judy Broske
Warren & Karen Broughton
Judeen Brown
Mary Brown
Susan Dunhaupt & Dick Brown
Bob & Lin Bruce
Brenda Bultman
Evelyn Burry
Chuck & Julie Cannon
Clark & Lois Cary
Carl Caskey
Steve Chambers
Bernice Christensen
Steve & Patty Ciernia
Eileen Cooper
Don & Mary Crook
Cleve Crowningshield
Dirk & Marilyn Danks Peterson
Neil & Marilyn Deden
Samuel & Margy Deel
Gary & Connie DeGrote
Kathy Eckstam-Ames
Larry & JoAnn Edwardsen
Martha Egersdorf
Bonnie Eliason
Chris Ellison
Beth Endert
Michael & Terry Ferrise
Jon & Phyllis Finger
Alene Fink
David & Vicky Follansbee
Swan Toftness Foundation
Rick & Ingrid Freeman
Stephanie Frey
Marie Gery
Jeanette Gilbertson
Mac & Jacquelyn Gimse
Becky Boling & Doug Green

Bonnie Gretz
James & Marilyn Gryn
Anne Haga
Mary Hahn
Dorothy Hammer
Robert & Barbara Hanisch
Connie Hehling
Charles & Anita Hellie
Sharon Henry
Barbara Herzog
Mary Ho
Bob & Pat Hohertz
Torild Homstad
Richard & Donna Jackson
Douglas Padilla & Susan Jacobsen
Steven Jakeman
John Jarvis
Georgene Johnson
Pat Johnson
Sam & Patricia Johnson
Ruth Johnson-Wirth
Steve & Ann Jorstad
Patricia Jorstad
Janet Kelling
Marsha Kitchel
JoAnn Kleber
Ken Klimisch
Ben & Colleen Klotz
Daryl Knudsen
James & Kay Koch
James & Kay Kohl
Neidra Krebs
Douglas & Patricia Kriesel
Gary & Arlene Kruse
Charles Kyte
Myron Lanoue
Larry & Ann Larson
Carol Lawrence
Douglas & Carol Lennartson
Gail Lewis
Bill & June Libbey
Tom & Nancy Loesch
Beverly Lubbers
Alvina Marek
Russ & Lynn Margulies
Carol Marshall
Janet Mathews
James & Angie Mayr
Ruth McCarty
Brynda McCoy
Mike & Ann McGovern
Tim & Marian McKone
Diane Melbye
William & Callista Meyer
Elaine Meyers
Janet Mitchell
Bruce & Audrey Moe
Boris & Joyce Mokoff
Norma Monroe
Neil Lutsky & Irene Montenegro
Amy Moore

Mary Myos
Pat Nelson
Dale Ness
Susan Oftedahl
Duane Olawsky
Tom Oleson
Elizabeth Olson
Laura A Olson
Leona Openshaw
Raymond & Mary Ozmun
Dorothy Palmquist Parker
Stan & Nancy Partin
Julie Paulsen
Joan Paulson
Douglas Pederson
Jane Persons
Jim Pierret
Judith Pinc
John & Chris Pogue
Mark & Mary Polzin
Qixian Qian
Steve & Rhonda Reece
Steve & Barb Reindal
Kimberly Reis
Ben & Patricia Rezac
Barbara Rippley
Sandra Robertson
John & Karen Robison
Gary & Donna Rock
Dee Rogers
Carol Rutz
Marie Frederickson & John Schnorr
Peggy Sell
Lorraine Sewich
Susan Sheridan
Bonnie Sherman
Jan Shoger
Stephen & Nancy Silcox
Lee Skaar
Jerry & Jane Skluzacek
Carol Slater
Betty Sorbo
Shannon Spahr
Linda Stanton
David & Barbara Starch
Effie Stein
Kenneth & Sharon Steinhouse
Emery Stephens
Joanne Stohl
Shelley Strobel
Peter & Susan Svaleson
Dot Swanson
Craig Swenson
Allan & Nancy Swenson
Robert & Patricia Tabery
Judith Tarabek
Rich & Kathie Taranto
Pam Toepper
Julian Trangrud
John & Vicky Tripp

Dale & Rose Turnacliiff
Anne Ulmer
Chris Valek
Robert & Donna Vanderhoof
Edward & Colleen Vitek
Linda Wagenbach
Martha Wallace
Patricia Warner
Richard DeBeau & Doris Welke
Krista Wilkowske
Stephen & Colleen Zastrow

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 QR code with your smartphone to our website Donate page.



Welcome!

**NOVEMBER
NEW MEMBERS**
GLAD YOU'RE HERE!

Jason & Karin Bartlett,
Eleanor (Ellie) Bortolussi,
Lois Braun, Laurie Dehn,
Vicki Dilley, Jeremy Downes
& Wiebke Kuhn, Robert Ellis,
James & JoAnn Golden,
Dean & Cara Granholm,
Bryan & Stacey Greer,
Lola Groves, Ian Luker,
Diane Menning,
Alice Moersch,
Roseann Penn,
Shannon Spencer,
Pat Swiggum, Elden Zempel

SINGLE LEVEL LIVING HOMES FROM THE MID-400's

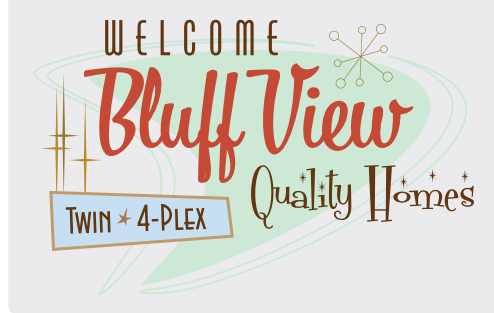


KRAEWOOD

From the \$600's

Model Home Address:
600 Kraewood Drive

Open House: Friday–Sunday, 1–4pm



The Redwood Plan

Age-in-place, barrier-free design!

Model Home Address:

414 Ford Street

Open House:

Friday–Sunday, 1–4pm



JOHNSON-REILAND
BUILDERS & REMODELERS



Builders ID BC636389

Call today to start your dream home!



jrbr.builders

507.366.1288



THE NEIGHBOR LADY

Let me do that for you.



Non-medical Senior Home Care

- Companion Care
- Errands
- Tech Support

To do Lists and more...



Stacey Greer

theneighborlady.com • 612-839-2286

Serving Northfield and Cannon Falls communities

TRUST
LOCAL.
BUILD
STRONG.

Services

- Roofing
- Siding
- Windows
- Gutters

507-301-3626

millersbergconstruction.com





FiftyNorth

www.FiftyNorth.org

1651 Jefferson Pkwy, Northfield, MN 55057



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

Right at Home[®] In Home Care & Assistance

STAY AT HOME WITH SUPPORT

A little extra help keeps you independent and safe.

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



**SERVING
NORTHFIELD**

**NO
HOURLY
MINIMUMS**

Call
612-230-6763

for a **FREE** Care Consultation

*Serving Dakota, Ramsey, Rice
and Washington Counties*

HEMOCARETC.COM



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