



MARCH 2026

FiftyNorth REPORT

Marlais Brand, Executive Director



WE CAUGHT THE "LOVE BUG"

Hello Members & Friends of FiftyNorth!

This month we caught the "Love Bug" here at FiftyNorth, didn't we? Isn't it great that love and goodwill are so contagious in this community? I'm learning that FiftyNorth is an excellent reminder of how amazing human beings can be together. This community shows me every day, in every way, that we are not just better together, we create

something bigger than any one of us. To walk in the front door at 8 am, is to be swept up in a wonderful wave of welcome and cheer. You know what they say about a rising tide– it lifts ALL boats. Here at FiftyNorth, the tide is high, and people are jazzed– excited to move! Eager to chat! Ready to learn! This month, the halls have been filled with the music of Lifting Voices, Variety Show auditions and Band at the Grand practice. A new art show went up yesterday– 2D and 3D! A new architectural sketching class started, and folks tried their hand at the dulcimer of all things. The studio and pool are jam packed. Members hustle in

and out of classes, cracking jokes and dispensing hugs. Smiles and laughter are everywhere, every single day. I'm discovering this isn't just a February thing. It's not simply about Valentine's Day. This is about living with your heart EVERY day. Members wait for the doors to open at 6 am, and some linger until we say good-bye at 8pm. People come to FiftyNorth every day expecting to give and receive.

It's a mindset. One of our personal trainers, Brent, told me earlier this week that one thing he's learned in life is to, "wake up every day and make a decision to have the best day possible." Brent says, "it's a mindset thing." Yes, it's a mindset

thing, and it is positively infectious. This world gives us a lot of opportunities to be sad, mad, distressed or lonely. But FiftyNorth gives us all a fighting chance to choose love. Walk in the door, and I bet you'll be bitten by the Love Bug too.

— CONTINUED P.3



Bonnie DuPay
Receptionist -
'Love Bug'

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CELEBRATING OUR 50TH YEAR!

Pictured above: **Did you know?**

↑ The first gathering place for senior was the Quarterback Club. in the '60s. (see more page 4)



↑ First Senior Center named "Leisure Lounge" opened at the First UCC church in 1976.

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IN THE GALLERY at FiftyNorth

IN THE GALLERY: February 17 – March 27

Gail Gates — creative photography

Sandra Sargent — stained glass artist



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.



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.

IN THE LOBBY: April 1 – April 30

Norwegian Billedvev Tapestry Exhibit



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



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

IN THE GALLERY: April 2 – April 30

“Celebrating a Half Century of Service, Then and Now”



“Celebrating a Half Century of Service, Then and Now” Gallery Show Coming in April. We have searched through the archives, finding pictures and newspaper articles and posters highlighting FiftyNorth’s history. We have had wonderful interviews with many who remember those events and times over the past fifty years. It is

all coming together to create a great gallery show in April. The show will include a video of what’s happening now at FiftyNorth. **The reception for the show will be April 10.** At that reception there will be familiar faces. Alene Fink, Marie Gery, Lynne Pederson and others will be telling their stories. Emceed by Kay Brown it will be a fun night walking down memory lane. Join us in celebrating the history of FiftyNorth.



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

Executive Director — cont. p1



As you know, we're celebrating the **Big Five-0** this year, with a whole season of fun. This is going to be a great opportunity to keep leading with heart. Soon enough you'll see a letter from me, asking you to help us get this big party started. I'm asking those who have the means to share their love and help us make FiftyNorth possible for another 50 years. Thanks to the generosity of this community, we are able to share the love with more people— we extend more membership scholarships, make more programs possible, and serve more people just like you. We are not just growing a community, we're growing love and goodwill in greater Northfield in a day and age when the world needs this kind of support. The kindness, generosity and wisdom we share here is a model for the neighborhoods, towns and cities we share out there.

FiftyNorth is making a difference in your life, and you are making a difference in the lives of others.

So, from the bottom of my heart, thank you for leading with your great big hearts! Long live the Love Bug!

Want to share even more love? Come visit me during "Sweet & Salty" hours on Fridays @ 9am or 1pm. You'll find me in what we have affectionately dubbed, "The Roost." The Roost is that little room in the art gallery and it's where I park my ride when I want to pull up a chair and chat with you. I'm all ears—salty or sweet—bring on the feedback! I'm here to serve you, and your perspective helps me do that better.

Keep your eyes peeled for our Season of Celebration Calendar-- there's a whole lot of love on the horizon.

Thank you for being you!

See you in the hot tub :)

Marlaig

EVENTS



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

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

PERFORMANCES:

RESERVE YOUR SEATS! **Friday, March 6, at 7pm, and Saturday, March 7, at 2pm**

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



BAND AT THE GRAND 2026 ! Save the date!!! FREE concert - donations accepted at the door to support FiftyNorth and the FiftyNorth Band. **FOOD** is available for purchase starting at 5pm **AHEAD** of concert.

EVENTS - continued p3

MEMBER NEWS

**SHAKE, RATTLE, AND ROLL SOCK HOP!**

Friday, March 27
7:00-9:00pm

Cost: \$15

Space: Room 103 & 105

Grab your bobby socks and slick back your hair, we're having a party and we want you there!

Join us for a night of shakes, rattles, and rolls as we travel back to the 1950s.

Whether you're a pro at the Hand Jive or just want to enjoy some classic tunes, it's going to be a "swell" time. Music will be provided by DJ Joe. He will be taking song requests from the 50s and 60s.

- **Treats from the 50s era will be served.**
- **Optional attire** - Dress to impress in your 50s best.
- **Be there or be square!**

Advanced 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.

*Artists, Crafters and Authors*

Help us celebrate our 50th Anniversary at our the FiftyNorth Family Festival

Saturday, June 20 11:00-3:00pm

Location: Courtyard, Patio, +

Cost: \$20 nonrefundable fee

Registration deadline: April 20

Register by calling 507-664-3700, or online

We're putting together a curated market of the best local talent to celebrate FiftyNorth's 50th anniversary. We're looking for everything from hand-poured candles, murder mysteries and original canvas art to be at this festival. This is a great opportunity to meet your fans and sell your work in a fun, high-energy environment. This event will be highly publicized.

We are looking for:

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

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



Did you know?

(pictured on front cover: Quarterback Club, mid 1960s)

Minnesotans of a certain vintage might recognize this architectural oddity. In the mid 1960s, a group of Minnesota Vikings—among them, Grady Alderman, Mick Tingelhoff, Bill Brown, and Norm Van Brocklin—started a small chain of fast food joints called the Quarterback Club. The restaurants, with their distinctive



half-football domes, were located mostly in college towns like Northfield, Mankato, Duluth, and Minneapolis's Dinkytown neighborhood. The Northfield location is still favored by our members!

FITNESS NEWS



CRAIG'S CORNER

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



CONGRATULATIONS TO RUTHIE NEUGER!

It is an honor to welcome Ruthie Neuger to be part of the FiftyNorth fitness team. Ruthie is a group exercise instructor for FiftyNorth who teaches onsite aqua fitness classes and numerous offsite Silver Sneakers® classes.

Ruthie Neuger was recently awarded the Breaking Barriers Award through St. Olaf College. Ruthie Neuger is a Title IX pioneer, a first-generation female athlete at St. Paul Johnson High School in the mid 1970's where she lettered in the boys' swim team in 1974 because there were no girls' teams at this time.

Ruthie went on to St. Olaf where she is the record holder for the first female athlete in school history to earn 12 varsity athletic letters in volleyball, basketball and softball. She is one of the first female coaches in the St Olaf athletic department and successfully coached the women's softball team from 2005 to 2015 with 166 career wins and was awarded the 2010 MIAC coach of the year. In 1999 Ruthie Neuger was inducted in the St Olaf Athletic Hall of Fame and in 2019 was awarded the Robert Bonner Distinguished Service Award for her work in the Northfield Community.

Congratulations Ruthie! It is a privilege to have you a part of FiftyNorth and honor to call you my friend.

— Craig



SOMATICS: Now Twice a Week!

Wednesdays 2:15-3:15pm and Fridays 1:00-2:00pm

Instructor: Cheryl Ramette, Certified Somatics Instructor

Capacity: 20

Cost: \$10 Nonmember, \$8 Member, \$0 Fitness Plus/Platinum



This ongoing Somatic Movement class is designed to guide you in developing your somatics practice at home and in your daily life. We will explore variations of the basic somatic exercises, learn new exercises, and address complex somatic patterns such as walking, reaching, balancing - all in the interest of better movement overall. The intention is to help you remain current in your somatics practice, explore movement options, and move freely throughout the day.

Prerequisite: Completion of an Intro to Somatics 4-week class series and instructor approval.

SESSION -BASED FITNESS CLASSES

Looking to try something new? →



Ongoing Fitness Class Changes

- 1 We will be dropping Seated Chair Line Dance Class on Wednesdays.
- 2 We are adding a second Somatics class in the Fitness Studio each week.

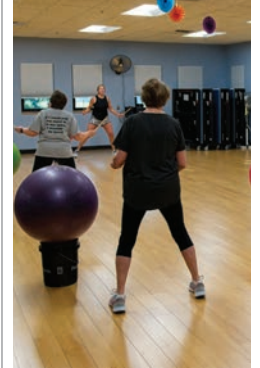
Join the Pedalers Group: information meeting coming in April issue.



Water Volleyball
Monday & Friday
4-5:45pm



Cardio Dance & Drumsticks
7-7:45am



Health Benefits of Qigong

Lowers blood pressure

Strengthens the immune system

Reduces anxiety and depression

Relieves chronic pain



PRE-REGISTRATION REQUIRED

MEDICAL QIGONG FOR A BETTER BACK

(pre-registration required)

Thursdays, March 5, 12, 19, 26, April 2, 9 (6 sessions)

12:00-12:45pm

Capacity: 20

Cost: \$60 Nonmembers, \$48 Members, \$0 FitnessPlus / Platinum

Space: Room: 103 or 105

Instructor: Rob Gersky

Benefits anyone suffering from chronic back pain. Begin to reduce your pain while improving your ability to relax as you regain lost flexibility and ability to complete physical tasks. Learn and modify a set of gentle, yet powerful movements to match your current physical abilities so you can enjoy your personal healing process from day one. Suitable for seated, standing, and transitioning to standing participants.

PRE-REGISTRATION **NOT** REQUIRED



New Limited-time Balance Challenge Class

It's not too late to start!

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/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 improve your strength, power, 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. Initial and final balance assessments help you track your progress. Use of hand weights optional.

Initial Assessments: Monday, March 9th and Monday, April 6th allow you to make this into an 8 week or 4 week personal challenge. Final Assessment: Friday, May 1st. Get started today!

Instructor: Rob Gersky

FITNESS

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 March)

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)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRONG NATION (8-9)	STRENGTH AND DANCE FUSION (8-9)
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)	
9:30 AM						
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 March)

	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	CORE AND MORE (8:30-9)	STRENGTH AND STRETCH (8-9)	CORE AND MORE (8:30-9)	STRENGTH AND STRETCH (8-9)	CORE AND MORE (8:30-9)	STRENGTH AND DANCE FUSION (8-9)			
8:30 AM									
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING VINYASA YOGA (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open use	MEDITATION FITNESS (9:30-10:30) ROOM 106	SOUND BATH AND MEDITATION (9:15-10:15)	SLO FLO YOGA (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open use	BEGINNING HATHA YOGA (9:15-10:15)	HATHA YOGA (9:15-10:15)
9:30 AM									
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						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						SOMATICS (1-2) Prerequisite: Intro to Somatics			
1:00 PM			INTERMEDIATE LINE DANCING (1-2)						
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics	TABLE TENNIS (1:30-3:30)		TABLE TENNIS (10:30-3:45)			
2:00 PM									
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									
5:30 PM	TABLE TENNIS (5:30-7:30)	WELL-BALANCED SILVER SNEAKERS (5-5:45) (STUDIO OR 105)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) - FREE	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders	WELL-BALANCED SILVER SNEAKERS (5-5:45) (STUDIO OR 105)	HOLD (5-5:45)	WELL-BALANCED SILVER SNEAKERS (5-5:45) (STUDIO OR 105)		
6:00 PM									
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
 Wednesday, March 11
 9:00-1:00pm**

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

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

**AARP Smart Driving
 Wednesday, June 10
 9:00-1:00pm**

**AARP Smart Driving
 Thursday, July 9
 9:00-1:00pm**

ART CLASSES -

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

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

CLASS CANCELLATION POLICY FOR LIFE LONG LEARNING & ART CLASSES:

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

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: March 1

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



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



MOSAIC COASTERS

Thursday, March 19

1:00-3:00pm

Capacity: 4 minimum, 10 maximum
Cost: \$30 nonmember, \$26 member,
 \$10 Platinum

Space: Room 105

Registration deadline: March 12

Unplug for a few hours and discover the meditative art of mosaics! In this hands-on workshop, you'll transform a blank base into a vibrant, functional piece of art. Whether you're a seasoned crafter or haven't picked up a glue bottle since grade school, you'll leave with two custom coasters that are perfect for your coffee table or as a handmade gift.

Bring an apron if you wish.

Instructor: Sylvia Fleck –
 Junior at St. Olaf



LIFE LONG LEARNING CLASSES

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



COFFEE WITH A COP
Monday, March 16
9:00-10:00am
Space: Lobby or Room 105
Cost: Free

No agendas. No speeches. Just coffee and conversation. Join us for Coffee with a Cop, a unique opportunity to meet the officers serving your neighborhood. We believe that the best way to build a safer community is through open dialogue and getting to know each other as neighbors. Pull up a chair, grab coffee and a donut, and let's chat."



CPR & First Aid Training Class

CPR and FIRST AID
Tuesday, March 17
9:00-12:00pm
Capacity: 10
Cost: \$72 non-member, \$65 member, \$0 platinum
Space: Room 104

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

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.



AUTHOR TALK:

REAL-WORLD THREATS TO PAGE-TURNING FICTION: Bringing The High-Stakes World Of National Security To Life Through Fiction

Thursday, April 2
1:00-2:30pm
Cost: Free
Room 103
Presenters: Olson and Bruns

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

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

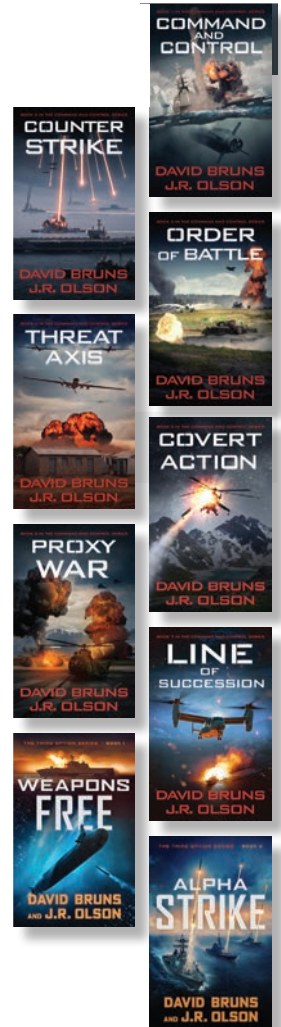
During the course of their decade-long writing partnership, they have published with a Big Five traditional publishing house, released a series through a mid-sized press, crowdfunded novels, and independently published their work.

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

Join the Bruns-Olson writing team for an insider's view into: • The joys and minefields of co-writing • How they research and plot their national security thrillers • The many publishing options available to the modern writer • Managing a creative business partnership for the long-term

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

LEARN MORE AT www.bruns-olson.com



VOLUNTEER OPPORTUNITIES

FIFTYNORTH - USED-A-BIT VOLUNTEER:

*In memory of
Sandra Germundson*



**– Sandra Germundson
Volunteer recognition
and memorial**

Sandra Germundson volunteered at the Used-A-Bit Shoppe for many years, finding deep joy and purpose in her time there. Used-A-Bit offered her a welcoming community, treasured friendships with fellow volunteers, and a daily connection to the broader Northfield community.

Service to others was a constant thread throughout Sandra's life. Volunteering at the Shoppe fit her perfectly. It offered her a meaningful way to give back to the Northfield community, social interaction and joy in meeting and reconnecting with people who visited the shop. Her family frequently heard stories about the people she met and the conversations she enjoyed during each shift.

Sandra passed away in August 2025. In her memory, friends and family donated memorial funds. Because of the joy and fulfillment, she found at the Used-A-Bit Shoppe, her family chose to direct these gifts to FiftyNorth/Used-A-Bit shoppe.



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 are still seeking a few more recipes particularly in the appetizers and soups category.

- 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.

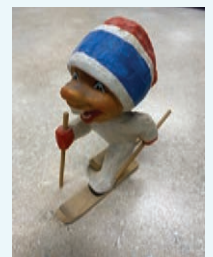
SUBMIT TYPED OR CLEARLY WRITTEN RECIPE(S) BY MARCH 12.

Please drop off your recipe(s) at FiftyNorth receptionist desk. Include your name contact information OR email to resources@fiftynorth.org

— VOLUNTEER CONTINUED P.12

CONNECTION COLLECTION

Stop in FiftyNorth and view the collection case in the lobby.



BOB NYVALL'S SKI COLLECTION

As a once-upon-a-time avid skier, I and my family and friends, journeyed numerous times to Colorado and in Minnesota. During our Colorado trips we managed to ski at several resorts. During these trips our family and friends would visit shops in the ski town. Since I was an addicted skier I had to have a souvenir of the trip. One thing led to another and during the years I have accumulated a collection of miniature skiers. Each one is a story that fuels memories of mountains, hills, fresh snow, green and black diamonds, tired legs, and good times.

VOLUNTEER OPPORTUNITIES

USED-A-BIT

HOUSEHOLD & FURNITURE SHOPPES

VOLUNTEERS NEEDED AT USED A BIT

Fridays: 2-5pm: processing donations

Saturdays: 10am-12pm, 12-2pm, 10am-2pm, or 2-5pm: cashier, furniture store, and/or processing donations

CONTACT:

■ **Used-A-Bit Shoppe Manager:**

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

■ **Used-A-Bit Shoppe Assistant**

Manager: Deb Olien
deb.olien@fiftynorth.org

Help Michael Sweere Piece Together Our Community Story

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



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

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

•**The Goal:** To transform a blank wall into a vibrant landmark.

•**Drop-off Location:** FiftyNorth lobby until April 30th
www.michaelsweeremosaic.com/#/mosaic-gallery/

MARCH 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	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

GROUP ACTIVITIES

BINGO!

**3RD MONDAY,
MARCH 16**
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!



BOOK CLUB

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



MARCH 2026

YET HERE I AM
by Jonathan Capehart



APRIL 2026

THE BOXCAR LIBRARIAN
by Brianna Labuskus



MARCH MOVIE - Friday, March 20

The Apple Dumpling Gang

After three poor orphans are sent to live with gambler Russell Donovan (Bill Bixby), they discover they have actually inherited a large fortune from their dead father. Soon a series of greedy undesirables shows up. They try to get their hands on the money, so, in order to keep things uncomplicated, the kids decide to give their inheritance to a lovable outlaw duo, Theodore (Don Knotts) and Amos (Tim Conway). But there is only one problem -- the gold is locked away in a bank vault.

Release date: 1975 | Running time: 1h 40m



2026 marks the 50th Anniversary of FiftyNorth!
The Troubadours and Seasoned Singers will begin spring rehearsals leading to a 50th Anniversary concert, June 20 at 1pm.

Mark your calendar and plan on joining us!

The Troubadours will begin this year's rehearsals on Tuesday, March 24, rehearsing from 10-11:30am.

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

Music at FiftyNorth Calling all singers!



SEASONED SINGERS



TROUBADOURS

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

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

TRAVEL

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

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



TRIP - 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

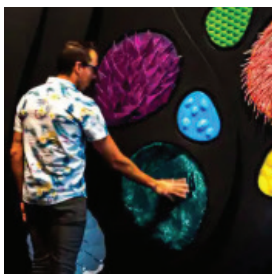
Spring is a time of renewal, color, and beauty, and there's no better place to embrace the season than at Como Conservatory. Whether you're looking for a peaceful stroll among the flowers, or simply an escape from the last traces of winter, the Spring Flower Show is the perfect way to welcome the new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

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

Trip Leader: Michelle Brant

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

TRIP - MINNESOTA LYNX VS TORONTO TEMPO Thursday, May 21

5:30-10:00pm
Capacity: 25
Cost: \$80
Registration deadline: April 17



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



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

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

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



SAVE THE DATE

August 6 & 7
Overnight in Iowa

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



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Would you like to learn more about river cruises or group travel?

Join me!

for a free presentation on
April 14 at 3pm or 6pm

Total Wine - Burnsville — 820 County Rd 42 W

Please RSVP so I know which session you'll be attending

(651) 395-8181

**No purchase required



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 Call or email to start planning your next unforgettable vacation!



SAVE THE DATE – July 22
A Midsummer Night's Dream at THE GREAT RIVER SHAKESPEARE FESTIVAL in Winona

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

MEMBER SERVICES

**ADVANCE CARE PLANNING
OPEN HOUSE****Wednesday, April 1, 2026****4:30-6:00pm****Capacity: 25 Room: 103 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 Wednesday,
April 8, 2026****1:30-3:00pm****Capacity: 25 Cost: Free Room: 103**

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

End of Life Choices Collective (EOLCC)

CLIP & SAVE

**FiftyNorth**Celebrating a Half Century of Service,
Focused on the Future*A Season of Celebration*

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

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

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

APRIL 1-30: *"Celebrating a Half Century of Service" gallery show at FiftyNorth*. Recalling the people and events that have made FiftyNorth the great organization it is.

Reception April 10, with guest speakers, Alene Fink, Lynne Pederson, Marie Gery, and others.

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

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

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

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

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

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

Edward Jones**50th Anniversary
Gold Sponsors**

JANUARY DONORS & NEW MEMBERS

JANUARY DONORS *thank you for your support!*

- | | |
|---------------------------------|--------------------------------|
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| David Appleyard | James & Angie Mayr |
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| Bernard & Mary Auge | Elaine Meyers |
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| Judy Broske | Bruce Oftedahl |
| Warren & Karen Broughton | Susan Oftedahl |
| Judeen Brown | Elizabeth Olson |
| Mary Brown | Jane Persons |
| Carl Caskey | Jim Pierret & Kathy Kramer |
| Bernice Christensen | Greg Loek & Kathleen Rice |
| Eileen Cooper | Carol Rutz |
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| Daryl Knudsen | |
| Gary & Arlene Kruse | |
| Myron Lanoue | |

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.



Cannon Valley Elder Collegium

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In-person or online.

cvec.org

Spring '2026 Term starts March 23.
For information and to register: cvec.org.

Welcome!

JANUARY NEW MEMBERS

GLAD YOU'RE HERE!

- | | |
|-------------------------|-----------------------|
| Laurie Bach | Bradford Maas |
| Marlais Brand | Barbara Mack |
| Cherri Briscoe-Wrolstad | Douglas Nordeen |
| Andi Carlson | Randy Olson |
| Neil Coon | Dan Peterson |
| Donna Fehn | Stacy Rgnonti |
| Jose Esteban Gomez | Daryl & Debra Schmidt |
| Fuentes, | David Sherman |
| Randi Henning | Holly Silkey |
| Mitch Hueman | Ron Slinger |
| Randolph Jennings | Gene Snesrud |
| Kathryn Langdon | Jerry St Clair |
| Dee Larson | Shannon Stokes |
| Bernie Larson | Steven Wilt |
| James Lehman | |

January 31, 2026

Total Membership: 1,930



FiftyNorth

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.

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.

Members of the Nominating Committee:

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

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FiftyNorth

www.FiftyNorth.org

1651 Jefferson Pkwy, Northfield, MN 55057



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



230

600 Kraewood Drive
Northfield, MN

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

Model Home Open: Fri–Sun, 12–6pm



231

2432 Aspen Street
Northfield, MN

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

Model Home Open: Fri–Sun, 12–6pm



227

117 Maple Court
Cannon Falls, MN

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

Model Home Open: Fri–Sun, 12–6pm



Builders ID BC636389



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MARCH 13–APRIL 12, 2026

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STAFF DIRECTORY

Executive Director:

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

Fitness Manager:

Craig Swenson
507-664-3702 | craig.swenson@fiftynorth.org

Operations and Membership Manager:

Elaine Meyers
507-664-3703 | elaine.meyers@fiftynorth.org

Program Coordinator: Lifelong Learning/ Community Outreach

Patty Ciernia
507-664-3709 | patty.ciernia@fiftynorth.org

Program Coordinator: Arts/Volunteer

Michelle Brant
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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
507-645-1399 | deb.olien@fiftynorth.org

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- 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