



NOVEMBER 2025

FiftyNorth Report



by Carla Johnson, Interim Director's Report



PROGRESS OFTEN HAPPENS THROUGH STEADY, MEANINGFUL STEPS

As autumn deepens and we near the end of the year, I'm reminded that progress often happens through steady, meaningful steps. The warmth of fall programs, the fun of community gatherings, and the activity in our building all show the strength and spirit of FiftyNorth.

At the same time, we're working on some important tasks — our lease with the City, staff changes, and needed building updates. Balancing the joy of member activities with the serious work of keeping FiftyNorth strong is our focus this season, and it's inspiring to see both staff and members stepping up.

We also want to be open with you. Through the end of September, FiftyNorth had a \$300,000 operating loss. This is a serious challenge that reminds us to plan carefully and seek new support. Income from our investments has helped us get through this time, but it can't keep us going forever. The Board and its Finance Committee are

REPORT cont. P3→

INSIDE THE REPORT

- Gallery 2
- Connection Collection..... 2
- Member News..... 3, 12
- Events 4, 5
- Fitness News..... 6, 7
- Wellness Classes..... 8
- Art Classes 8, 9
- Life Long Learning..... 10, 11
- AARP Smart Driving 11
- Volunteer of Month..... 12
- Travel 13
- Group Schedule 14
- Book Group..... 15
- NEW Art Group 15
- Member Services 16
- Grief Support Group..... 16
- Medicare Message..... 17
- Donors/New Members 18
- Contact Us!**..... 20

EVENTS AT FIFTYNORTH

COFFEE HOUSE



Bring your own mug!



WITH OVER YONDER & MOTH STORYTELLING

COFFEE HOUSE EVENT WITH OVER YONDER AND MOTH STORYTELLING

Friday, November 7
6:00-8:00pm

Don't miss this ... every voice has a story to tell.

Over Yonder is an innovative musical duo from Northfield, Minnesota, featuring Martha Larson on cello and Brian Johnson on guitar. Their music blends the emotional depth of classical cello with the earthy authenticity of folk and Americana, creating a sound that is distinctly their own. Over Yonder's wide-ranging style taps into everything from folk and bluegrass to classical, jazz and Motown.

Join us for an evening of true stories, told live on stage. Inspired by the age-old art of sharing tales. Moth Storytelling brings people together to celebrate the power of personal narrative. Each story is a unique journey, offering a glimpse into another's life, filled with humor, heartbreak, and unexpected moments. Come listen, laugh, and be moved as brave storytellers from all walks of life share their authentic experience.

Coffee, tea and treats will be served. Bring your own coffee mug.

Capacity: 60 **Cost:** \$10 **Space:** Room 103

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

EVENTS cont. p4→

VETERAN'S DAY



NOVEMBER 11: Honoring those who have served and those currently serving our country.

DAYLIGHT SAVING TIME ENDS



SUNDAY, NOVEMBER 2 with clocks rolling back one hour at 2 a.m.

MEDICARE MESSAGE P17



Important News About Your Medicare Plans for 2026

See page 17

In the FiftyNorth Gallery Exhibit: Northfield High School Art Department



Gallery show is November 4th – December 15th.

NOTE: As per the request of the teachers there will not be a formal reception.

The November show will consist of over 50 pieces of artwork from the Northfield High School Art Department.

All artwork is freshly produced since the beginning of this 2025-26 school year! These upper level (grade 10-12th grade) art students apply knowledge of observational drawing, imagination, the elements and principles of art and these pieces will feature particularly skillful use of contrast and line. The pieces chosen for display will be created by the first semester Drawing & Painting I & II students. These students are very committed to creating high quality work in a variety of drawing & painting media as well as some collage.

”

"At Northfield High School we have a thriving Visual Art Department. Many students take time to learn and grow their artistic muscles and we think we have some of the most talented students on the planet! After taking the prerequisite course called Art Foundation, students have the option to take 14 other studio art classes, including Art Exploration, Photography, Graphic Design & Illustration, Filmmaking, Watercolor I & II, Drawing & Painting I & II, Printmaking, Sculpture, Potter's Wheel I & II & III, and Honor's Art."

”



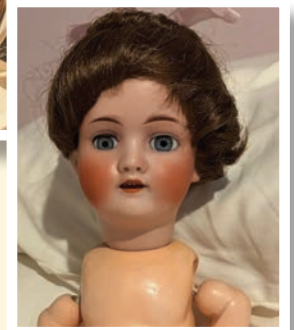
CONNECTION COLLECTION: by Lisa Olson

As a child I loved my baby dolls. When I was about 10 or 12, I found a book at the library about antique dolls. I'd never seen anything so beautiful in my life! I fell in love with them. After that, sometimes on a weekend, my mom and I would go antiquing, looking for dolls. We didn't always find one we wanted, but we always had fun looking. I purchased my first antique doll at about age 12. Shown in picture. (She is in need of restringing, so I didn't bring her.)

My father's older sister (b. 1917) gave me all her dolls before she passed. Most are too large to display here, or need restringing. One of them is also pictured here. Two of the Cupies are from her.

One bisque doll was given to me by a great aunt, my father's Aunt Olga. I was very young, maybe 6 or 8, but I remember her handing me the doll.

Displayed here are a combination of inherited, purchased and dolls given to me. If they were inherited, I labeled them as such. — *Lisa Olson*



”

Interim Director's Report - cont.

PROGRESS OFTEN HAPPENS THROUGH STEADY, MEANINGFUL STEPS

watching our finances closely and reviewing every major expense — including the Executive Director Search, legal work for our City lease, and the first phase of locker room improvements. Our goal is to keep FiftyNorth stable now and strong for the future.

November begins our Annual Fund Drive — a time when we turn to the friends and neighbors who make our work possible. You may already have received a letter from Brad, Darla, Greg, Kathy, Eileen, and Leif — members who care deeply about this place — asking for your support and, if you can, an increase in your gift this year. Your donations help us cover higher costs and keep FiftyNorth the welcoming, lively community we all value.

You've heard this before, but it's worth repeating: membership fees cover only part of what it takes to run our programs. Many of us are fortunate to have free memberships through Medicare Supplemental plans. When you check in for fitness, we do receive some insurance reimbursement, but your gifts fill the gap that makes everything else possible.

Every gift — large or small — truly matters. Please consider increasing your annual donation this year. Together, we can keep FiftyNorth strong, spirited, and thriving for everyone who calls this place home.

— Carla Johnson, Interim Executive Director



EXECUTIVE DIRECTOR SEARCH UPDATE

We've had an excellent response to our search for FiftyNorth's next Executive Director and have completed the first round of interviews. In early November, we'll invite several strong candidates for in-person interviews here at FiftyNorth. Later in the month, members will have a chance to meet and visit with the two or three finalists.

We're encouraged by the quality of applicants and confident we'll find the right person to lead FiftyNorth into the future. Thank you for your continued interest, input, and support throughout this important process.

— Pat Jorstad, Search Chair

GETTING READY FOR OUR 50TH ANNIVERSARY!



Next year FiftyNorth will celebrate its 50th anniversary. In 1976, the first Senior Center named the "Leisure Lounge" opened in the basement of the First UCC Church. How we have grown! FiftyNorth is preparing an exhibit to tell the story of these fifty years.

Dust off your albums, or your parents' albums, check your memorabilia boxes, help us create our 50th Anniversary Historical Exhibit!

Any pictures, newspaper clippings, printed programs of events, early membership cards, letters - we would love to include them! We are especially looking for all things related to the early Senior Center and FiftyNorth between the years 1970-1990.

If you have any thing to share, and we hope you do, please contact Patty Ciernia at patty.ciernia@fiftynorth.org



Looking back...



"Blazing Guns" 2015 Theatre performance: Lin Bruce, Peggy Sheldon, Dan Van Tassel



2017 Northfield Senior Center was re-branded to FiftyNorth.

EVENTS AT FIFTYNORTH

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

Phone: 507-664-3700 Website: www.fiftynorth.org



CLASSICAL AND FLAMENCO GUITARIST RANDALL FERGUSON

Saturday, November 1

2:00-3:30pm

Classical and Flamenco guitarist Randall Ferguson will present a program on the history and evolution of the guitar, from the stately court music of Renaissance Europe to the exciting, syncopated dance rhythms of Spanish Flamenco. He will be playing antique and modern instruments dating from 1785, 1835, 1854, 1900, 1917, and 1932 to present, including classical and Flamenco guitars, Renaissance and Baroque lutes, banjo, mandolin and ukulele. Please join us for a wonderful afternoon of string music! Bach to Beatles!

Capacity: 70

Cost: Free Will Donations appreciated

Space: Room 103/105



NOVEMBER MOVIE: NEW IN TOWN

Monday, November 10

1:00-3:00pm

2009 - Comedy/Romance

1h 37m

Lucy Hill (Renée Zellweger), an ambitious executive, lives the high life in Miami. She loves climbing the corporate ladder as well as all the material goods that her success can buy. When she is offered a temporary assignment to restructure a factory in a backwater town, she eagerly accepts and anticipates a huge promotion in the pipeline. However, what Lucy gets is a life-changing experience and romance with the man of her dreams (Harry Connick Jr.).

\$1 Group fees apply

Space: Room 103

HOLIDAY Art, Craft & Author Book FAIR

AT FIFTYNORTH

ART, CRAFT, VENDOR, AND AUTHOR BOOK FAIR

Saturday, November 22

9:00am-1:00pm

Event room 103 & 105

FiftyNorth hosts local authors of mysteries, local and world history, travel memoirs, children's books and more!

The art and craft vendor fair will delight your shopping experience with fine art, photography, jewelry, crafts for your gift giving list!



Let's go
shopping at
FiftyNorth!



EVENTS AT FIFTYNORTH

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

Phone: 507-664-3700 Website: www.fiftynorth.org



ECLECTIC STRUMMERS & SINGERS CHRISTMAS SING-ALONG

Wednesday, December 3
1:00-2:00pm

Please come join the FiftyNorth Eclectic Strummers and Singers for a fun filled program of holiday songs. Some are traditional, some are funny, some will be new to you, and many will be sing-alongs.

We are a small group of seniors that get together at FiftyNorth on the 1st and 3rd and 5th Wednesdays. We enjoy playing our instruments, singing and laughing, and being together. We have guitars and ukuleles and a mandolin and a banjo.

We normally play for our own enjoyment and seldom play for the public. On December 3rd we will be playing a few of the hundreds of songs that we play during our Wednesday jam sessions. Come join us and we can help you get into the holiday spirit.

Cider, coffee and cookies will follow.

Space: Rooms 103

Cost: Free

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



FiftyNorth Band and Chime Choir Concert

FIFTYNORTH BAND and CHIMES CONCERT

Monday, December 8
4:00-5:00pm

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

Come hear our Seasonal Delights. Festive attire encouraged! Cider, coffee and cookies will follow.

Space: Rooms 103 & 105

Cost: Free

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



SAVE THE DATES!



READER'S THEATER - A CHRISTMAS CAROL

Performances:
 Friday, Dec. 5 at 7:00pm
 Saturday, Dec. 6 at 2:00pm



FIFTYNORTH HOLIDAY PARTY

Thursday, Dec. 11
 4:00pm



SEASONED SINGERS TROUBADOURS

perform
 Tuesday, Dec 16
 4:00pm

FITNESS NEWS

FITNESS CLASS ADDED TO THE ZOOM LINEUP

STRENGTH AND DANCE FUSION (INGRID)

Saturdays
8:00-9:00am



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

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

Instructor: Ingrid Freeman **Capacity:** 30 **Cost:** \$10 nonmbr, \$8 mbr, \$0 fitness plus/platinum **Space:** Online

FITNESS GROUP CHANGES BEGINNING NOVEMBER 1

- Softball Practice** Thursdays 12:30-3pm Location: Dundas Dome
- Nordic Walking** Thursdays ON BREAK
- Walking Group** Mondays ON BREAK

2025 IN-PERSON LAND BASED FITNESS CLASSES Updated November

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	EXPRESS STRENGTH (6:15-6:45)		EXPRESS STRENGTH (6:15-6:45)			
6:30 AM						
7:00 AM	CARDIO DANCE AND DRUMSTICKS (7-7:45)	HATHA YOGA (7-7:45)	YOGA STRETCH (7-7:45)	HATHA YOGA (7-7:45)		
7:30 AM						
8:00 AM	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 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						
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)	
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						TABLE TENNIS (10:30-3:45)
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)	TAP DANCE FUSION (3:45-4:45)	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)		AFTERNOON QI TIME (4:15-4:45)	
4:30 PM						
5:00 PM				HOLD		
5:30 PM	TABLE TENNIS (5:30-7:30)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) - FREE	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) - FREE		
6:00 PM						
6:30 PM						
7:30 PM						



INTENSITY KEY:

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

VIRTUAL LAND BASED FITNESS CLASSES



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

2025 VIRTUAL LAND BASED FITNESS CLASSES (updated November)

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 (8-9)	STRENGTH AND STRETCH (8-9)	STRONG NATION (8-9)	STRENGTH AND DANCE FUSION (8-9)
8:30 AM	CORE AND MORE (8:30-9)			CORE AND MORE (8:30-9)			CORE AND MORE (8:30-9)	
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (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								

AQUA FITNESS



COLOR KEY:
GREEN: Class
GOLD: Group Activity (Open Swim allowed)
BLUE: Open Swim

2025 AQUA FITNESS CLASSES

2025 AQUA FITNESS Updated November

	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		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						



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

CLASS CANCELLATION POLICY:

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



**HEALTHY BRAIN,
HEALTHY YOU!**

**Tuesday, November 18
6:00-7:00pm**

Discover the key nutrients supporting healthy brain activity, and the common deficiencies associated with Alzheimer's, Depression, and Brain Fog. Join Dr. Noel Aldrich, Licensed Nutritionist, as he presents the current research on brain health and gives an outline for the foods and nutrients you want to prioritize to improve clarity of mind and quality of life.

Instructor: Noel Aldrich
Capacity: 20
Space: Room 106
Cost: \$10 Non Members, \$8 Members, \$0 Platinum

ART CLASSES

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

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

CLASS CANCELLATION POLICY FOR LIFE LONG LEARNING AND ART CLASSES:

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



WEST AFRICAN DRUM CLASS

**Tuesdays,
November 4, 11, 18, 25
4:00-5:00pm**

Join David Miller in exploring the rhythms and stories of West Africa! You will learn some common drum patterns (and maybe a song!) from the nations of Ghana, Ivory Coast, and Guinea, played on djembes and other West African percussion instruments. Instruments will be provided.
 (4 sessions)

Instructor: David Miller
Capacity: 12 Maximum, 4 Minimum
Cost: \$50 Nonmember, \$40 Member, \$0 Platinum
Space: Rooms 102 and 106

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

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



FUSED GLASS ORNAMENT CLASS

Monday, November 17
10:00-11:30am

Get into the festive spirit and create your own beautiful fused glass Christmas ornaments! In this fun and engaging class, you'll learn the basics of glass fusing as you design and assemble unique holiday decorations.

Under GERALYN's guidance, you'll arrange pre-cut colorful pieces of glass, exploring different shapes, textures, and decorative elements. GERALYN will fire your creations in a kiln, transforming them into one-of-a-kind ornaments perfect for your tree, as gifts, or to adorn your home.

No prior glass experience is necessary – just bring your creativity and holiday cheer!

All materials will be provided. Your finished ornaments will be available for pickup approximately a week after the class once they've been fired and cooled.

Instructor: GERALYN Thelen

Capacity: 8 minimum, 12 maximum

Cost: \$45 nonmember, \$35 member, \$10 Platinum

Space: Room 104

Registration deadline: November 10



FUSED GLASS NIGHTLIGHT

Monday, December 1
10:00-11:30am

Illuminate your home with a handmade touch! In this fun and relaxed class, you'll delve into the captivating world of fused glass to create your very own unique nightlight.

You'll learn the basic techniques of:

- Glass cutting and breaking: Safely and effectively shaping your glass pieces.
- Design and composition: Arranging your glass to create a visually appealing design.
- Preparing your piece for firing: Ensuring a successful transformation in the kiln.

We'll provide a vibrant array of pre-cut glass pieces, and other embellishments to spark your creativity. Whether you prefer abstract patterns, whimsical scenes, or elegant designs, you'll have the freedom to let your imagination shine.

At the end of the class, your beautiful glass creation will be taken to our studio kiln for firing. Once cooled, your fused glass piece will be fitted with a nightlight base, ready for you to pick up and proudly display in your home or give as a thoughtful, handmade gift.

What to Bring: Just your creativity and a desire to have fun! All materials and tools will be provided. Join us for a relaxing morning of artistic exploration and create a luminous piece of functional art!

Instructor: GERALYN Thelen

Capacity: 8 minimum, 12 maximum

Cost: \$45 nonmember, \$35 member, \$10 Platinum

Space: Room 104

Registration deadline: November 24

LIFE LONG LEARNING CLASSES

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

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

CLASS CANCELLATION POLICY FOR LIFE LONG LEARNING AND ART CLASSES:

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



CPR AND FIRST AID

Tuesday, November 4
9:00-12:00pm

Students will receive expert training in First Aid and Basic Life Support CPR (adult) including Automatic External Defibrillator (AED). This 3-hour class includes instruction, demonstrations

and hands-on activities and culminates in the students earning an American Heart Card. It is appropriate training for Certified Nurse Assistants, healthcare workers, childcare workers, teachers, instructors, and volunteers. Many health care facilities require this training of their employees.

Instructor: Jon Bolster

Capacity: 10

Cost: \$72 nonmember, \$65 member

Space: room 104



5 KEYS TO RETIRING FEARLESSLY

Tuesday, November 18
1:00-2:00pm

Are you wondering if you'll have enough

saved for your retirement? Join this dynamic workshop packed with strategies to help secure your financial future. Learn how you can retire with confidence by addressing your biggest financial concerns and sharing practical strategies for a secure future.

- Build guaranteed income and protect your savings from market volatility.
- Optimize your retirement plan for tax efficiency and long-term growth.
- Safeguard your finances and loved ones from life's "what ifs."

Presenter: Jason LaVoi – Thrivent Financial

Capacity: 20

Space: Room 102

Cost: Free

ADVANCE CARE PLANNING OPEN HOUSE

As You Wish

Tuesday, November 25
1:30-3:00pm

ADVANCE CARE PLANNING

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? Contact: Mary Carlsen, mscarlsen1@gmail.com or Barbara Krause, barbara@inthethickofthings.com

Presenters: End of Life Choices Collective (EOLCC)

Capacity: 25

Cost: Free

Space: Room 103



UTAH'S WILDERNESS AND ROCK TREASURES

UTAH'S WILDERNESS AND ROCK TREASURES

Wednesday, November 12

1:00-2:00pm

Have you ever driven on the pony express, walked on desert sands or climbed a slippery slope with a rattle snake? When you're out rockhounding you find many adventures! Join me to relive my adventures in Utah. Come see wildfire flame opal, red beryl, Picasso jasper and much more. Learn where this rocks and minerals come from and how to find them.

Presenter: Sandra Dockstader

Capacity: 30 max, 8 minimum

Cost: \$10 Nonmember \$8 Member \$0 Platinum

Space: Room 103

Registration deadline: November 6

LIFE LONG LEARNING



"WHEN MY TIME COMES"

with **Diane Rehm**

Film and discussion on Medical Aid in Dying Tuesday, November 18 1:30-3:00pm

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 group (Mary Carlsen, Karen Mader, Brynda McCoy and Anne Meyer Ruppel) 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.

Presenters: Representatives of the Medical Aid in Dying group
Capacity: 25
Cost: Free
Space: Room 103

AARP SMART DRIVING COURSES

Location: Room 103

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

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

FEES:

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

**AARP Smart Driving
 4-hour Course
 Thursday, November 13
 9:00-1:00pm**

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

Find your style at Used-A-Bit



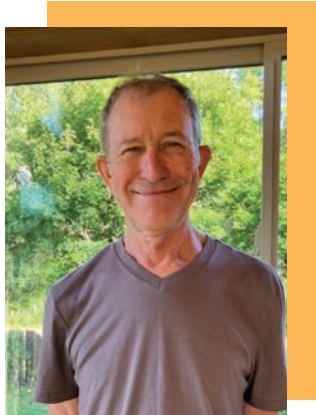
Used-A-Bit Household goods and Furniture stores
 624 Water Street, River Mall, Northfield
 Tues. - Sat. 10am-5pm | (507) 645-1399



VOLUNTEERS

VOLUNTEER OF THE MONTH

Thank you, JOHN SCHNORR



John Schnorr is one of our volunteer Closing Buddies. He has a quiet presence but a big impact. We can always count on him to assist our receptionists to make sure our members, employees and building are safe and sound. We'd like to thank John for his diligent service. Please read below what inspires John to volunteer.

Pure and simple, FiftyNorth is all about the camaraderie. The workout room, sauna, and Tax Aide volunteering are all great, but it's really about connecting with people. — *John Schnorr*

Please consider volunteering to be a Closing Buddy. One of our Buddies is a snowbird so we are looking for someone to cover Friday evenings, 7:40 to 8:00, from January through April. If you are interested contact Michelle Brant at 507-664-3707.

MEMBER NEWS



**CITY OF NORTHFIELD
Environmental Quality Commission,
hosts SHRINK YOUR CARBON
FOOTPRINT**

Monday, November 17

6pm-7:30pm

Free and open to the public

FiftyNorth Room 103

Join us for an informative evening, hosted by the City of Northfield Environmental Quality Commission, focused on reducing energy costs, exploring home energy efficiency and electrification options, and discovering ways to shrink your carbon footprint. The event will feature presentations from local speakers, success stories from the community, and practical tips for making your home and transportation more energy-efficient and sustainable.

HOLIDAY GIVING - Supporting our Community



*2 ways to support our
community!*

1 THE MITTEN TREE TRADITION CONTINUES AT FIFTYNORTH!

Right before Thanksgiving the tree will go up in the lobby. It will be decorated with colorful paper ornaments. FiftyNorth members can take an ornament and replace it by purchasing age-appropriate hats, socks and waterproof mittens or gloves. Let's fill up the tree for elementary kids in the Northfield schools. **Donations will be accepted until December 15th.**

2 LINKS APARTMENTS HOLIDAY GIVING INITIATIVE

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

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

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

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 - ROLLIICKING WINTER CARNIVAL AT THE MINNESOTA HISTORY THEATER

**Sunday, November 23
12:30-7:00pm**

A gust of icy wind changes everything! Follow St. Paul's own Clarence "Cap" Wigington and his wife Viola as their Winter Carnival ice palace design plunges them into the magical realm of King Boreas. They'll encounter iconic Minnesota figures, from bygone poets to racing legends, all woven into the vibrant tapestry of the Carnival's myth and history. Discover the strange, wonderful heart of a tradition built on resilience, imagination, and the enduring spirit of our snowy state.

■ We'll be stopping to eat after the play. The meal will be on your own.

Trip Leader: Norma Monroe
Capacity: 31
Cost: \$97

Registration deadline: November 4



**TRIP - HANDEL'S MESSIAH, ORDWAY THEATRE, ST. PAUL
Sunday, December 21
12:30-6:30pm**

"For unto us a child is born, unto us a son is given."

(Is. 9:6) One of many passages throughout Messiah that transforms our hearts in unforgettable melodies and brings us back to that which is sacred during the holidays.

The concert will be three hours long and take place on the winter solstice. That's the downside. The upside is that the Ordway Theater is on Rice Park which will be beautifully decorated for the holidays. So, we may just be able to hold off re-boarding the bus, to give our group a chance to stretch your legs strolling through the park.

Trip Leader: Bob Sullivan
Capacity: 30
Cost: \$100
Location: Ordway Theatre in St. Paul
Registration deadline: November 21



▲ Alina Ibragimova

TRIP - ALINA IBRAGIMOVA PLAYS MOZART'S THIRD VIOLIN CONCERTO

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

With the ability to "collapse any sense of distance between performer and listener" (The Guardian), world-renowned violinist Alina Ibragimova returns to the Ordway to lead the St. Paul Chamber Orchestra on a journey through lighthearted, spirited works by Wolfgang Amadeus Mozart, Joseph Haydn and those they inspired. Alfred Schnittke's Moz-Art à la Haydn is an out-of-the-box take on an unfinished musical fragment by Mozart, written in the humorous spirit of the two titular composers known for their humor. With a ghostly "fun house atmosphere" (New York Times) full of musical quotations, the work involves dueling violinists, lighting effects, and an ending reminiscent of Haydn's Farewell Symphony — hang on tight for this program full of whimsy à la Mozart!

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

Trip Leader: Bob Sullivan
Capacity: 30
Cost: \$125

Registration deadline:
December 16

GROUPS@FIFTYNORTH

BINGO!

**MONDAY,
NOVEMBER 17
1:00pm-2:00pm**

Room: 103
\$1 Group fee applies



HISTORY GROUP
meets every Friday at
10:30-12pm in room 104.



PHOTOGRAPHY GROUP
meets the 4th Friday of the
month 9:30-11:30am in
room 106.



FiftyNorth
Where Active Adults Gather.

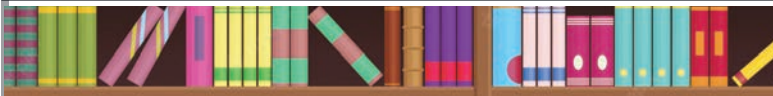
flahertys
northfield lanes

BOWLING Club
FOR SENIORS 50+

Every Friday: 1:30pm (non-competitive)
Cost: \$10 per person includes 3 games and shoes paid to Flahertys
A FiftyNorth group lead will have the sign-in sheet.

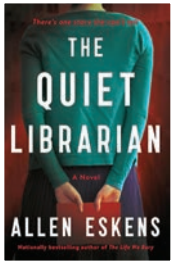
NOVEMBER GROUP CALENDAR

GROUP ACTIVITIES	Day	Time	Location
ARTS / CRAFT - Art Club	Wednesdays, 2nd & 4th	1:30-3:30pm	Room 105
ARTS / CRAFT - Hook, Yarn & Needle	Tuesdays	1:00-3:00pm	Room 105
ARTS / CRAFT - Knitting Group	Fridays	10:00am-12:00pm	Room 105
ARTS / CRAFT - Photography Group	Fridays, 4th	9:30-11:30am	Room 106
CARDS - "Chat" Bridge	Wednesdays	9:30-12:00pm	Room 104
CARDS - 500	Fridays	12:30-4:00pm	Room 104
CARDS - Cribbage	Thursdays	12:45-4:00pm	Room 106
CARDS - Double Deck Pinochle	Mondays	12:15-4:00pm	Room 104
CARDS - Duplicate Bridge	Tuesdays	12:30-4:00pm	Room 104
CARDS - Euchre	Tuesdays	12:30-4:00pm	Room 106
CARDS - Sanctioned Duplicate Bridge	Thursdays	12:00-4:00pm	Room 104
CARDS - Social Bridge	Wednesdays	12:30-4:00pm	Room 104
GAMES - American Mahjonn	Fridays	1:00-3:00pm	Room 106
GAMES - BINGO	Mondays, 3rd	1:00-2:00pm	Room 103
MISC - Book Club	Fridays, 2nd	10:30-12:00pm	Room 102
MISC - History Group	Fridays	10:30-12:00pm	Room 104
MUSIC - Chime Choir	Thursdays	9:30-10:45am	Room 103
MUSIC - Troubadours Men's Choir	Tuesdays	10:00-11:30am	Room 103
MUSIC - Ukulele Orchestra and Assorted Strings	Wednesdays, 1st, 3rd, 5th	1:00-3:00pm	Room 103
MUSIC - The Band Practice	Mondays	4:00-5:00pm	Room 103
MUSIC - Seasoned Singers	Tuesdays	4:00-5:30pm	Room 103
FITNESS GROUPS			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Nordic Walking - ON BREAK	Thursdays	5:00-5:45pm	Courtyard
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball Practice	Thursdays	12:30-3:00pm	Dundas Dome
Pedalers & Walkers	Mondays & Wednesdays	Mornings	Varies
Walking Group - ON BREAK	Mondays	9:00-10:00am	Carleton Arb
Senior Bowling Club	Fridays	1:30-3:30pm	Flahertys



BOOK GROUP

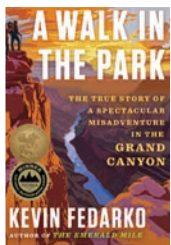
The Book Club meets the 2nd Friday of the month at 10:30. Questions: call Katherine Collman at (507) 645-1357.



NOVEMBER 2025

THE QUIET LIBRARIAN by Allen Eskens

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



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

The Frozen River is a historical mystery novel set in 1789 Maine, centered on midwife Martha Ballard, who investigates a murder and a separate alleged rape linked to the dead man found in a frozen river.



MARCH 2026

YET HERE I AM by Jonathan Capehart

Pulitzer Prize winning writer, editor and TV host Jonathan Capehart recounts powerful stories from his life about embracing identity, picking battles, seizing opportunity and finding his voice.



APRIL 2026

THE BOXCAR LIBRARIAN

by Brianna Labuskes

The Boxcar Librarian by Brianna Labuskes is a historical novel inspired by true events about a Depression-era Boxcar Library in Montana, which used a converted train car to bring books to isolated mining towns.



FiftyNorth Art Club

Creativity, Cultivation, and Connection

Are you looking for a welcoming place to nurture your creativity, explore your favorite medium, and connect with other artists? The FiftyNorth Art Club is the perfect space for you!

We are a vibrant group of both amateur and professional visual artists who gather on the 2nd and 4th Wednesday of each month to create, share ideas, and build community. Each of us brings our own unique perspective and style, making our time together rich with inspiration. Some of us paint with watercolors, others prefer acrylics, while others explore collage or mixed media. The variety of talent and imagination in the room makes every session fresh and exciting.

Our gatherings are relaxed and supportive. There's no formal instruction - just the joy of working alongside fellow creatives who understand the satisfaction of putting brush to paper, arranging a collage, or experimenting with new techniques. Whether you're beginning your artistic journey or have years of experience, you'll find encouragement and camaraderie here.

We invite you to bring your own art project to work on, whatever it may be, and enjoy the companionship of like-minded individuals. The FiftyNorth Art Club is not only about making art, but also about making connections. Many friendships have formed through the simple act of creating side by side.

So bring your supplies, your imagination, and your enthusiasm, and join us for an afternoon of creativity and connection. We'd love to welcome you into our circle of artists.

Please join us - the FiftyNorth Art Club meets on the 2nd and 4th Wednesday of every month from 1:30 pm to 3:30 pm.

Creativity, Cultivation, and Connection

FiftyNorth Art Club



MEMBER SERVICES

GRIEF SUPPORT GROUP

2nd Tue every month

No November meeting, December 9

1:00-2:30pm

Room 102

*Please pre-register



Beginning 2026

GRIEF SUPPORT GROUP

2nd Tue every month

January 13, February 10

1:00-2:30pm

***Please pre-register**

Join with others in a safe, confidential, and supportive environment for afternoon coffee and an opportunity to make connections, share personal stories and coping strategies with others experiencing grief.

You may choose to attend one, two, or all 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

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

Mondays, Wednesdays, Thursdays, Fridays

October 15 – December 5

9:30-3:00pm

Medicare's Annual Enrollment Period

October 15 - December 7

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

Space: FiftyNorth Gallery Link area, or Consult Room

Available for help with:

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

Stop by or call for appointment.

Sandra Robertson, licensed Insurance Agent, # 20381956

Phone: 952-484-5723

sandra@sigbrokers.com

SENIOR LINKAGE LINE newly renamed: MINNESOTA AGING PATHWAYS

(800) 333-2433 Minnesota Aging Pathways (formerly the Senior LinkAge Line) is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. Minnesota Aging Pathways connects older Minnesotans and their caregivers with the services and support they need.

RICE COUNTY VETERANS SERVICES

Office hours Thursdays 9am-3pm

Call for an appointment: 507-332-6117

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

FAMILY SERVICE CAREGIVING CONSULTANT

Every Thursday • 10:30-11:30am

and Every other Thursday

October 9, 23 • 2:00-3:00pm

Location: Consult Room

Call Kathy Voss for an appointment

Certified Caregiving Consultant

Family Service Rochester

507-218-3275

www.familyservicerochester.org

CAREGIVER SUPPORT GROUP

1st or 2nd Thursday of the month

1:30-3:30pm

November 6, December 4

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

Facilitator: Kathy Voss, Caregiver Support Specialist

Capacity: 20 **Cost:** Free

Space: Generally Room 103, but check the schedule

TECH SUPPORT

2nd Tuesday of the month

9:30-11:30am

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

Consultant: Richard DeBeau

Space: Generally Room 104, but check the schedule

THREE RIVERS COMMUNITY ACTION OLDER ADULT SERVICES SPECIALIST

3rd Wednesday of the month

12:30-2:30pm

Location: Consult Room

Come in and meet Sarah Kuball, a Three Rivers Community Action Older Adult Services Specialist. Older Adult Services assist individuals aged 60 and older and their families with information, referrals, and resources that allow persons to remain healthy and independent in their homes and communities.



IMPORTANT NEWS ABOUT YOUR MEDICARE PLANS FOR 2026



What's Changing?

- **Costs are going up:** Almost all **Medicare** plans will cost **more** starting in 2026.
- **Fewer choices:** UCare is going away state-wide. If you live in **Rice County**, you will have fewer plan options. You will only be able to choose plans from two companies: **BlueCross BlueShield** and **Medica**. Surrounding counties will still have many options to choose from.



Your Gym Membership is Important!

- You need a special "**fitness benefit**" included in your insurance plan to keep your **free gym membership** at **FiftyNorth**.
- **Good News:** Most insurance companies have plans that include this important fitness benefit.
- **A Plan to AVOID:** Medica has a plan called the "**Thrift Plan**," which **does NOT** include the fitness benefit. You should **NOT** choose that one if you want to keep your free gym membership.



Don't Drop Your Extra Coverage!

- Some people are thinking about dropping their **Supplemental Plan** (the extra insurance you buy) because it costs too much and just keep **Original Medicare**.
- **Be Careful:** It is that **Supplemental Plan** that currently lets you have the **free Fitness Basic membership** at FiftyNorth.
- **A Possible Solution:** Medica offers a **\$0 (free) premium plan** that does include the fitness benefit. This could be a good option if you are worried about costs!



What You Should Do Next

Because of these changes, it's very important to check your plan for 2026.

Make your choices before the Annual Enrollment Period ends **December 7, 2025**

1. **Talk to your insurance agent** to look at your options.
2. If you don't have an agent, you can call **Sandra Robertson** and make an appointment with her to review and discuss your options. Sandra is an independent insurance agent who uses space here at FiftyNorth 4 days a week. **Sandra Robertson's Phone Number: (952) 484-5723**

Operations and Membership Manager, — Elaine Meyers

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

SEPTEMBER DONORS & NEW MEMBERS

SEPTEMBER DONORS THANK YOU FOR YOUR SUPPORT!

SEPTEMBER 30, 2025
Total Membership: 2,245



David Appleyard
 Nancy Ashmore & Kenneth
 Wedding
 Bernard & Mary Auge
 Lois Bakko
 George & Catherine Brophy
 Judy Broske
 Warren & Karen Broughton
 Mary Brown
 Carl Caskey
 Bernice Christensen
 Eileen Cooper
 Tim & Carol Cowles
 Neil & Marilyn Deden
 Larry & JoAnn Edwardsen
 Chris Ellison
 Beth Endert
 Stephanie Frey
 Marie Gery
 Mac & Jacquelyn Gimse
 Bonnie Gretz
 Dorothy Hammer
 Torild Homstad
 Richard & Donna Jackson
 Cheryl Jirik
 Georgene Johnson
 Ruth Johnson-Wirth
 Steve & Ann Jorstad
 Patricia Jorstad
 Gary & Arlene Kruse
 Myron Lanoue

Rosemary Larson
 Mailing Name
 Eric Lenz
 Tom & Nancy Loesch
 Janet Mathews
 James & Angie Mayr
 Mike & Ann McGovern
 Elaine Meyers
 Neil Lutsky & Irene
 Montenegro
 Pat Nelson
 Susan Oftedah
 Karen Oiseth
 Elizabeth Olson
 Jane Persons
 Carol Rutz
 Jerry & Jane Skluzacek
 Kenneth & Sharon
 Steinhouse
 Craig Swenson
 Allan & Nancy Swenson
 Judith Tarabek
 Thomas Thorman
 Pam Toepper
 Dale & Rose Turnacliff
 Anne Ulmer
 Barbara Vaile
 Linda Wagenbach
 Patricia Warner

SEPTEMBER NEW MEMBERS

GLAD YOU'RE HERE!

Welcome!

Sherry Bell,
 James Bohnhoff,
 Pamela Bongers,
 Jaye DelCarlo,
 Amy Gernon,
 Ann Gregory-Bjorklund,
 Anne Haga,
 Lori Hagerty,
 Nancy Hellerud,
 Ruth Lacefield,
 Bill & June Libbey,
 Donna Mangan,
 Carol E Reed,
 Lee Skaar,
 Marci Welch,
 Steven & Jennifer Wingate,
 Kevin & Susan Wunderlich,
 Carina Zick



Donate now!
Scan with your
smartphone!

TRUST LOCAL.
BUILD STRONG.

Services

- Roofing
- Siding
- Windows
- Gutters

507-301-3626

millersbergconstruction.com



SINGLE LEVEL LIVING HOMES FROM THE MID-400's

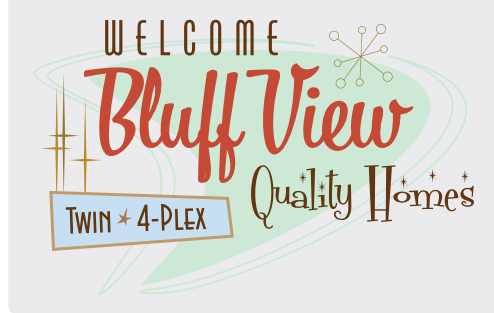


KRAEWOOD

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

MODERN, ACTIVE 55+ HOMES COMING SOON TO NORTHFIELD



NOW ACCEPTING RESERVATIONS!

- Home Ownership with Equity
- Upgraded Modern Finishes
- Indoor/Outdoor Amenities
- Flexible Payment Options
- Spacious Floor Plans
- Heated Parking
- Maintenance-Free
- Pet Friendly

UPCOMING INFO MEETING:

Register at www.gracewinliving.com/events

Wednesday, July 16 at 2:00 pm

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

GRACEWIN
COOPERATIVE

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

WWW.GRACEWINLIVING.COM



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

■ **Assistant Director/Fitness Coordinator:**

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, 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