



FiftyNorth Report

SEPTEMBER 2025

by Carla Johnson, Interim Director



Best Laid Plans...

One of my husband's favorite sayings is, "the best laid plans of mice and men." Did you know this comes from an old Scottish poem written in 1785 by Robert Burns.

The original line was:

The best laid schemes o' mice an' men / Gang aft agley

In modern English, it means:

The best laid plans of mice and men often go awry.

Burns wrote it after accidentally plowing through a mouse's nest — who knew? The idea is simple: no matter how carefully you plan, unexpected things can happen.

And here we are... September... already!

Our annual August pool closing gave us time to tackle a few projects — but not all of them. The pool and hot tub got a deep cleaning. The hot tub was tested for leaks. The sauna now runs hotter with a brand-new heater. Hallway carpet outside the locker rooms was replaced. Soon, new bottom-up window blinds will be installed in the pool area without interrupting use.

DIRECTOR'S MESSAGE cont. →

"ECHOES & SHADOWS" September Art & Poetry Collaboration



IN THE FIFTYNORTH GALLERY: Twenty-five years ago in 2000, Beverly Voldseth, a member of Northfield Women Poets, lived in Goodhue. Marie Marvin had purchased the former Carnegie Library in Zumbrota and was turning it into a center for the arts. These two friends sat down and pondered:

What can we do to combine poetry and art into a celebration for both?

Together they nurtured this idea and watched it grow year after year. Zumbrota, the Twin Cities, Red Wing, Northfield, and others now offer opportunities for artists and poets to work together and present their work.

Twenty-five years later, the reality of art with poetry continues, is strong, and gives both poet and artist the opportunity to expand their art and craft as words and images lead to a gift for each other and for the community at large to share and appreciate.

— Marie Gery

Save the dates!

- Poems and artwork will be exhibited side by side in the Art Gallery at FiftyNorth September 3rd through October 31st.
- The Artist/Poet Reception and Poetry Reading will be Thursday, September 18 in the gallery. The reception begins at 4:00 and the readings at 4:30 in room 103



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**CLOSED MONDAY
SEPTEMBER 1**



CALLING ALL DJJD PARADE WALKERS!



Are you interested in walking in the DJJD parade with the FiftyNorth banner? Sunday, September 7 at 2pm. Contact Patty: (507) 664-3709

by Carla Johnson, Interim Director— continued

Some projects will take a little longer. Because of permit and supply chain delays, new shower room partitions will be installed later in September and may require closing the pool or locker rooms for a short time.

We've also received bids for Phase II of the locker room remodel, which we hope to complete before the end of 2025. This next phase will bring new lockers, benches, a women's vanity, repaired tile, new toilet partitions, and new fixtures. This work will require closing the locker rooms again for a period of time, and we'll keep you updated.

Working on facility projects means working closely with the City — which also means following building codes and permit requirements. Sometimes that takes longer, but it's worth it to do things right and keep our facility in good shape for the next 25 years.

Meanwhile, we're:

- Beginning the 2026 budget process with the Board and staff
- Negotiating a new lease agreement with the City of Northfield
- Moving forward with the Search Committee to hire our next Executive Director
- Preparing for a busy fall as members return from summer travels and outdoor activities



Even with "best laid plans," there's always something unexpected — but together, we'll keep moving forward.

MEMBER NEWS: CC Linstroth



2025 JOSEPH LEE HEYWOOD DISTINGUISHED SERVICE AWARD RECIPIENT: Cecilia (CC) Linstroth

The Defeat of Jesse James Days Committee has announced that the 2025 Joseph Lee Heywood Distinguished Service Award will be presented to Cecilia (CC) Linstroth.

CC is the 42nd recipient of this prestigious honor and will be celebrated on Wednesday, September 3, 2025, during the Joseph Lee Heywood Distinguished Service Award Banquet at the Northfield Ballroom—one of the official kick-off events for the Defeat of Jesse James Days celebration.

As noted in her nomination, "CC has given to the Northfield community and contributed to its betterment through her dedication and involvement in local government and nonprofit organizations. She has provided leadership and valuable input during her continued years of service and active participation. CC is especially passionate about the issue of literacy and has worked to develop literacy curriculum for several years, sharing her expertise and knowledge with educators and parents."

FiftyNorth is thrilled to recognize CC for this well-deserved honor. She has served on our Board of Directors, chaired the Membership Committee, and currently contributes her time on the Events Committee. Congratulations, CC—this recognition is a testament to your remarkable service and dedication to our community!

Advocate for FiftyNorth – Your presence makes a difference



Advocate for FiftyNorth with Your City Council, Mayor, and at Council Meetings

Council Members:

Kathleen Holmes, Chad Beumer, Peter Dahlen, Jessica Peterson White, Brad Ness, and Davin Sokup

Mayor: Erica Zweifel

Advocate for FiftyNorth with Your City Council, Mayor, and at Council Meetings

We need your voice! Elected officials respond positively when their constituents attend meetings and speak about the issues that matter to them. As the City Council considers the 2026 budget, we encourage you to attend a Council meeting to share your support for FiftyNorth and its impact on our community.

You can find dates and times for Council meetings on the [City Council website](#)

SEPTEMBER MEETINGS INCLUDE:

- 1 Tuesday, September 9 – 6:00 PM Work Session and Council Meeting
- 2 Tuesday, September 16 – 6:00 PM Work Session
- 3 Tuesday, September 23 – 6:00 PM Council Meeting

Your presence makes a difference— thank you for standing with FiftyNorth!

Update from FiftyNorth Search Committee

By Pat Jorstad, Search Committee Chair



TIMELINE:

- **Position Posting:**
Mid-September
- **Interviews Begin:**
Early October
- **Final Selection & Offer:**
By late November

The FiftyNorth Executive Director Search Committee has officially begun its work! FiftyNorth continues to thrive—offering events and classes our community values and experiencing steady growth. Continuing this momentum is essential, and our goal is to identify the right leader to guide us into the future.

SEARCH COMMITTEE MEMBERS:

- Pat Jorstad, Search Committee Chair
- Kathie Taranto, Board of Directors President
- Susan Oftedahl, Board of Directors Vice President
- Vicki Celandier, Board Member
- Marcia Stanton, FiftyNorth Member
- Kathy Rice, FiftyNorth Member

Carla Johnson, Acting Executive Director, is assisting the committee with logistics and administrative support.

We are partnering with Strategic Consulting and Coaching (SCC) to guide our search, including targeted recruitment and candidate evaluation. Renae Oswald-Anderson, SCC partner, has met with staff, board members, and the committee to define the desired experience and skills for our next executive director.

If you know someone who may be interested in applying, please direct them to the FiftyNorth website starting September 15 when applications become available.

For questions, please email me at pat.jorstad@fiftynorth.org.

Communication for POOL UPDATES



NOTE: ALL POOL UPDATES WILL BE SENT TO MEMBERS BY EMAIL AND SIGNAGE AT FIFTYNORTH.

SEPTEMBER'S COLLECTION CONNECTION ■ SHANNON SPAHR



I HAVE TWO SMALL COLLECTIONS - MINIS AND TRINKET BOXES.

These minis were collected over 15-20 years from roadside stops, boutique stores, museum gift shops or anywhere I found them. To make the "cut" for my collection, the mini has to appeal to me in some way, such as shape, color or facial expression. They are perfect souvenirs since they take up very little room in a suitcase.

The trinket box collection was started about 12 years ago when my older sister brought me one from Paris. The color

and sparkle really caught my attention - and yes, they're also a type of mini. I proposed that we start exchanging them as Christmas gifts. We enjoyed doing that until about 2 years ago when my sister developed dementia. They have become even more meaningful to me since then. She still has hers in her curio cabinet and remembers what they are. This is my collection and about half of hers - borrowed with permission.

Shannon's collection is on display in the lobby glass case.

FITNESS NEWS

ONGOING CLASSES SCHEDULE UPDATES AND CHANGES

NEW TAI CHI FOR STRENGTH Tuesdays 7:00-7:45pm

Learn a basic Tai Chi Ball routine as you learn to move with your whole body in a more flowing, relaxed, and coordinated way! Build fluid strength while improving circulation and balance. Each session will include practicing our 20-minute routine in a continuous flow plus focused instruction on specific principles of Tai Chi movement that will help you let go of less integrated and more tension-filled movement patterns.

Instructor: Rob Gersky

Capacity: 20

Cost: \$10 nonmember \$8 member, \$0 plus/platinum

Space: Room 103

TUESDAY CARDIO & STRENGTH INTERVALS CLASS (6:10am, Fitness Studio and ZOOM) is ending August 26.

THURSDAY EXPRESS STRENGTH (6:10am, Fitness Studio and ZOOM) is ending August 28

NEW EXPRESS STRENGTH classes beginning on Mondays (September 8th) and Wednesdays (September 3rd) from 6:15-6:45am

EXPRESS STRENGTH

Wednesdays, beginning September 3

6:15-6:45am

Mondays, beginning September 8

6:15-6:45am

Location: Fitness Studio and ZOOM

Start your day out right by getting a full body workout in 30 minutes. Nationally certified trainer Heather Rataj will put you through a vigorous half hour workout targeting all the major muscle groups of the upper and lower body.

Instructor: Heather Rataj

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

There is a small time-change for Cardio Dance and Drumsticks beginning Monday September 8

CARDIO DANCE AND DRUMSTICKS

NEW TIME

Mondays, beginning September 8

7:00-7:45am

Location: Fitness Studio

What better way to workout and burn calories than to dance and beat on drums to some great music. Cardio Dance will help increase your cardiovascular endurance, coordination, stability, and hand and eye coordination. This class promises to leave you with a smile on your face and feeling accomplished.

Instructor: Heather Rataj

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

THE FOLLOWING GROUP AND CLASSES WILL BEGIN AGAIN IN SEPTEMBER



Nordic Walking Group - Thursdays 5pm

Easy Line Dancing - Tuesdays 4pm

Intermediate Line Dancing - Wednesdays 1pm

Seated Chair Line Dancing - Wednesdays 2:15pm

Tap Dance Fusion - Thursdays 3:45pm

Folk Dance Fusion - Fridays 11:45am

SESSION-BASED OR ONE-TIME CLASSES PRE-REGISTRATION REQUIRED



SOMATIC MOVEMENT: SEATED & STANDING (pre-registration required)

Fridays, September 12, 19, 26

1:00-2:00pm

Pre-registration required.

Somatic Movement: Chair & Standing is a 3-week class series where you will learn modifications of basic somatic exercises that can be done seated on a chair or standing. Somatic exercise movements release chronic tension holding patterns in the front, back, and sides of the body (including shoulders, hips, and neck). By focusing on your internal sensation, your nervous system remembers how to relax muscles to proper resting length, how to utilize full range of motion, and how to move more freely in daily activities, increasing your overall quality of life. The exercises are simple, gentle, and uplifting. You will complete the series knowing how to continue to practice on your own.

No need to be able to get up and down off the floor. Handout provided.

Please plan to attend all class sessions in the series. (3 sessions)

Instructor: Cheryl Ramette, Certified Somatics Educator (CCSE)

Capacity: 15

Cost: \$30 nonmember, \$24 member, \$0 fitness plus/platinum

Space: Fitness Studio



FITNESS NEWS cont.

PILATES REFORMER PERSONAL TRAINING SESSIONS WITH CHERYL RAMETTE

Pilates reformer sessions will help you increase strength, mobility, and flexibility. Exercise on the reformer is especially effective for strengthening the stabilizer muscles around the joints, including the shoulders, knees, and hips, and for keeping the bones healthy. The exercises are fun, and it's a great way to develop core awareness as well as to gain overall functional muscle tone and fitness. Cheryl is a certified STOTT Pilates mat and reformer instructor with many years of teaching experience.

Cost: \$40/hr

- Personal Training Sessions must be previously arranged with the trainer.

To set up a reformer session contact Cheryl directly.

Cheryl Ramette

Email: cherylramette33@yahoo.com

Phone: 503.956.5369



2025 IN-PERSON LAND BASED FITNESS CLASSES (updated September)						
	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		CIRCUIT TRAINING (9:30-10:30) NO open use		CIRCUIT TRAINING (9:30-10:30) NO open use		
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	TABLE TENNIS (10:30-3:45)
11:00 AM						
11:30 AM					FOLK DANCE FUSION (11:45-12:45)	
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM			INTERMEDIATE LINE DANCING (1-2)		HOLD	
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	SEATED CHAIR LINE DANCING (2:15-3)	TABLE TENNIS (1:30-3:30)	SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics	
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)	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				NORDIC WALKING GROUP (5-5:45)		
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		TAI CHI FOR STRENGTH (7-7:45) ROOM 103				
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 September)

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)
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			CARDIO STRENGTH MIX (1-1:45)				
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 September)

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

FITNESS NEWS cont.

INTRODUCTION TO THE BENEFITS OF TAI CHI AND QIGONG (pre-registration required)

Tuesday, September 16

1:00-2:00pm

This will be experiential as well as informational. Join us as we talk about the benefits of these personal healing and embodiment support practices that will gently move you from pain to more joy and personal fulfillment in late adulthood. And if you are choosing it in the moment, test out some experiential distinctions to help give you a taste of what offering(s) may best help you in the coming months. No experience necessary.

Instructor: Rob Gersky

Capacity: 30

Cost: Free

Space: Room 103



Photo of Rob Gersky leading Tai Chi in Central Park



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.



FALL PREVENTION

Wednesday, September 10

9:00-11:00am

Falls and fall-related injuries are among the most common but serious medical problems experienced by older adults. Nearly one-third of older people fall each year, half of which fall more than once per year. Over 3 million Americans over the age of 65 visited hospital emergency departments in 2019 due to fall-related injuries, with over 1.6 million being admitted. Learn from Dr. Marcy Kramer how to prevent falls, how to make your living space less of a fall risk, and how to maintain strong bones and muscles that will help lower your chances of fall risks.

Instructor: Marcy Kramer

Capacity: 25

Cost: \$20 Nonmember, \$16 Member, \$0 Platinum

Space: Room 106

BALANCE SCREENING THROUGH NH+C

Monday, September 15

9:00-11:00am

One on One screening with a Northfield Hospital + Clinics physical therapist to check your balance and risk of falls. A 5-10 minute session using professional screening tools.

Provider: NH+C

Capacity: 6 - 1 for each time slot

Cost: FREE

Space: Room 104

Appointment times to choose from:

9:00am 10:00am

9:20am 10:20am

9:40am 10:40am



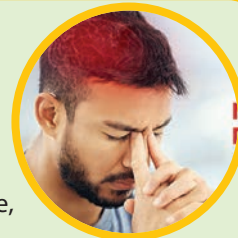
(If you register online, choose your appointment time after you click on check out)

NEUROLOGICAL DISORDERS

Wednesday, October 8

9:00-11:00am

Up to 1 billion people, nearly one in six of the world's population suffer from neurological disorders, from Alzheimer's, and Parkinson's disease, strokes, Multiple Sclerosis and epilepsy to migraine, brain injuries and neuro-infections. Dr. Marcy Kramer will discuss the various neurological disorders that affect our society, what are the warning signs, symptoms, and treatments for the various neurological disorders.



Instructor: Marcy Kramer
Capacity: 25

Cost: \$20 Nonmbr, \$16 Mbr, \$0 Platinum
Space: Room 106

ART 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.



PHOTOGRAPHY FOR SENIORS:

Capture, Create, and Share
Mondays, September 8, 15, 22
2:00-3:30pm

Discover the joy of photography in this fun and accessible 3-part class designed just for adults 50 and older! Whether you're using a smartphone or a basic 35mm camera, you'll learn how to take beautiful portraits and stunning nature photos, enhance your images with free editing tools, and share your memories with family and friends.

In this class, you will:

- Learn easy camera techniques for better photos
 - Practice taking portraits and nature shots
 - Explore free apps to save and enhance your pictures
 - Share photos digitally or through printed books/cards
 - Create simple photo stories to preserve your memories
- No experience needed – just bring your camera or smartphone and your curiosity!

Instructor: John Dedzej

Capacity: 3 minimum, 10 maximum

Space: Room 102

Cost: \$45 Nonmember, \$36 member, \$0 Platinum

Registration deadline: September 2



HARDANGER EMBROIDERY

Wednesdays, September 10, 17, 24
10:00-12:00pm

Hardanger Embroidery is a form of openwork counted thread embroidery worked on even-weave fabric. In this class you will complete a coaster sized doily which will include learning 4 stitches.

If you can do counted cross-stitch, this is easier. Join the class and enjoy the beauty of Hardanger.

Materials will be provided. A small scissors will also be needed but will be discussed about the type in class. Table lamps will be provided for additional lighting for each person.

Instructor: Sue Flotterud

Capacity: 4 minimum, 8 maximum

Space: Room 102

Cost: \$64 Nonmember, \$58 Member, \$10 Platinum

Registration deadline: September 3



Cannon Valley Elder Collegium

The CVEC's purpose is to provide a content-oriented study experience for elder students with senior faculty.

**Class registration is still open for
some Fall classes.**



Art, Craft, Vendor, & Author Book Fair

Saturday, November 22 | 9:00-1:00pm

We're looking for amazing vendors!

**Don't miss out on this chance to reach
new customers!**

Tables will be provided by FiftyNorth. If you are interested in renting a space 8' long X 6' deep for \$10, **register online** or in person. **Cost:** \$10 per table/space

ART CLASSES



SHARE YOUR STORY: STORYTELLING WORKSHOP

Fridays, October 3, 10, 17, 24
10:00-11:00am

Everyone has life stories. Sharing stories can make our hearts bigger. This workshop of four sessions will teach The Moth storytelling method. “The Moth is a nonprofit organization that celebrates the commonality and diversity of human experience through the art and craft of true, personal storytelling.” The workshop will also teach you how to overcome your fear of speaking publicly.

You will learn how to choose the story you want to tell and how to have stakes in your story, explaining why this story is important to you. You will practice a great first line that grabs attention. How to avoid meandering in your story is learned through sharing with everyone in the group. Perhaps best of all, you will overcome your nervousness. At the end you will be able to share your story by telling it to an audience, not reading it. This is our goal – sharing our stories publicly and have fun!

Wendy Manuel has taught public speaking, participated in speaking contests and spoke publicly in a wide variety of circumstances – sales, lobbying, and preaching. She is a believer that storytelling makes us human and able to relate to one another.

(4 sessions)

Instructor: Wendy Manuel

Capacity: 3 minimum, 8 maximum

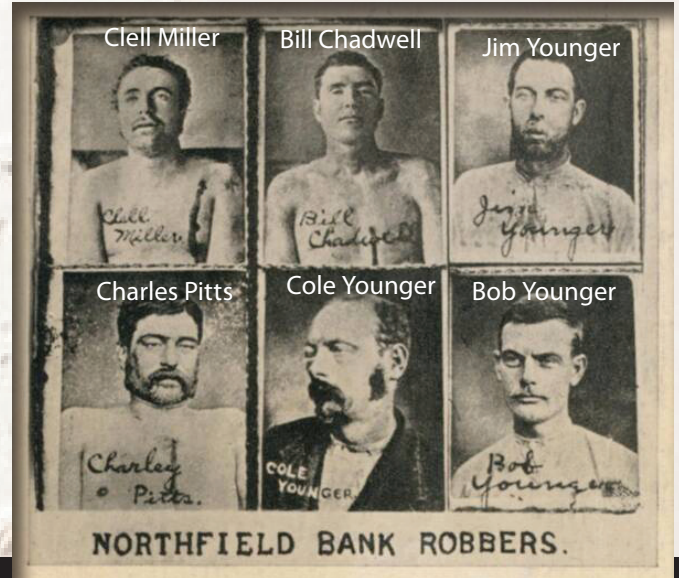
Space: Room 106

Cost: \$60 nonmember, \$48 member, \$0 Platinum

Registration deadline: September 26

LIFE LONG LEARNING CLASSES

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



JAMES & YOUNGER GANG: Why did they come to Northfield?

Tuesday, September 2
10:30am-12:00pm

If you are living in or near Northfield you know September is Defeat of Jesse James month. To celebrate, local James & Younger Gang expert and tour guide of 32 years, Earl Weinmann will lead two classes centered around the James & Younger gang and their exploits in Northfield. If you have houseguests that week, what a terrific way to introduce them to our story.

If you only saw the local re-enactment or you wonder what the big deal is around the James & Younger Gang in Northfield, this class is for you. This class will give a brief background of the gang and why they came to Northfield? It will answer why the raid failed so spectacularly and what became of the gang afterward. Whether you're a longtime resident or new to Northfield, you will enjoy the details of one of the most defining moments of Northfield.

Attend one or both; either way, with your attendance, you will become somewhat of an expert yourself.

Presenter: Earl Weinmann

Capacity: 30

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

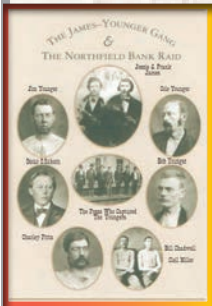
Space: Room 103

LIFE LONG LEARNING CLASSES - CONTINUED

**JAMES & YOUNGER GANG:
Uncovering Myths & Misconceptions**

**Wednesday, September 3
10:30am-12:00pm**

If you are living in or near Northfield you know September is Defeat of Jesse James month. To celebrate, local James & Younger Gang expert and tour guide of 32 years, Earl Weinmann will lead two classes centered around the



James & Younger gang and their exploits in Northfield. If you have houseguests that week, what a terrific way to introduce them to our story.

This class is a continuation of the September 2nd class but will also stand on its own for those who cannot make the previous class. This class takes a deep dive surrounding the James & Younger Gang to uncover myths, expose fallacies, and dispute some of the

misconceptions that seemingly refuse to go away. Was Jesse the leader of the gang? How do we know who shot the teller, J.L. Heywood? Was Northfield suspicious of the gang that morning? What did Cole Younger's last words reveal about the Northfield raid? And many more

Attend one or both; either way, with your attendance, you will become somewhat of an expert yourself.

Presenter: Earl Weinmann

Capacity: 30

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

Space: Room 103

Myths & Misconceptions



**HISTORIC WALKING TOUR:
NORTHFIELD CEMETERY**

**Tuesday, Sept. 23 (Raindate Tuesday, Sept. 30)
1:00pm-2:00pm**

Join noted local historian and FiftyNorth member Jeff Sauve on a 45-minute walking tour of the Northfield Cemetery. A name on a gravestone is a story waiting to be discovered, such as Peter Ramsdell, a Civil War veteran who drowned while attempting to rescue three young boys flailing in the Cannon River; Gilbert Onstad, a shopkeeper who defied the James-Younger gang; Gunder Lockrem, who tragically perished in a blizzard; and Catherine Meade, a Civil War-era nurse, and her husband, Owen, who may have been murdered—his death is one of Northfield's oldest mysteries. There will be a stop at the potter's field where unmarked graves hold fascinating accounts of forgotten souls.

Jeff Sauve is an engaging speaker who enjoys sharing his passion for public history. He spent many years working as an archivist at St. Olaf College and later became the curator at the Northfield History Center. As a widely published author and sought-after speaker, he brings a wealth of knowledge and enthusiasm to his presentations.

The tour takes place outdoors, so please wear walking shoes. Note: the cemetery grounds are uneven in some areas. There are no restrooms in the cemetery. Northfield Cemetery is located across from Northfield High School on Division Street South.

•We will meet at the cemetery's front gate.

•Time for refreshments and Q&A following the tour.

Free will donation will be accepted to support the cemetery following the tour.

Capacity: Max 30

Location: Northfield Cemetery

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

Registration deadline: September 16



CPR AND FIRST AID

Tuesday, September 9

9:00-12:00pm



**CPR & First Aid
Training Class**

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 non-member, \$65 member

Space: room 105

LIFE LONG LEARNING CLASSES



SPANISH II: FALL TRIMESTER

Mondays & Wednesdays

September 15, 17, 22, 24, 29

October 1, 6, 8, 22, 27, 29 (No class on Oct 13, 15, 20)

November 3, 5, 10, 12, 17, 19

9:45-10:45am

If you are a new student, this course (which is a continuation of last year's Spanish course) is a good fit if you are familiar with some basic vocabulary and the present tense of regular verbs. Students will be using the Realidades 1 Spanish text and will resume where last year's course left off in the spring: Unit 5A. The fall trimester will focus on the present tense of stem-changing and irregular verbs, possessive adjectives, the differences between the verbs ser and estar, how to make comparisons and how to form commands. Vocabulary will focus on celebrations, how to order in a restaurant, rooms and items in a house, and typical chores.

*Participants will need to order a copy of the Realidades 1 textbook prior to the class; participants can choose to have the instructor provide the textbook. The cost is \$25, payable to Chris Kauffeld. Please specify at the time of registration if you want Chris to order a textbook.

(No class on 10/13, 10/15, 10/20)

(17 sessions)

Instructor: Chris Kauffeld

Capacity: Minimum 8, Maximum 15

Cost: \$150 nonmember, \$130 member

Space: Room 106

Registration deadline: September 8

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.

As You Wish



ADVANCE CARE PLANNING

ADVANCE CARE PLANNING OPEN HOUSE

Tuesday, September 23

1:30-3:00pm

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

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MEMORY CARE

(507) 512-5720

www.blcnorthfield.org

MEMBER SERVICES

MEDICARE ASSISTANCE WITH AGENT OF ALL CARRIERS

2nd Wednesday of the month
12:00-3:00pm

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

Space: FiftyNorth 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

NEW GRIEF SUPPORT GROUP

Presented by MN Hospice and
 Three Rivers Community Action



Please pre-register: **Online:** fiftynorth.org/services
Phone: 507-664-3700 **In Person:** FiftyNorth front desk

2nd Tuesday of every month
September 9, October 14
1:00-2:30pm

Join with others in a safe, confidential, and supportive environment for afternoon coffee and an opportunity to make connections, share personal stories and coping strategies with others experiencing grief. This is a 3-month, limited-time support group. You may choose to attend one, two, or all three sessions! Anyone ages 18+ dealing with the loss of a loved one is welcome to attend.

September 9, 2025 - (Register by Friday, September 5)
October 14, 2025 - (Register by Friday, October 10)

Presented by:

Three Rivers Community Action and Minnesota Hospice

Capacity: 20

Cost: FREE

Space: Room 102

All are welcome!

TECH SUPPORT



2nd Tuesday of the month
9:30-11:30am

Richard DeBeau, longtime FiftyNorth member will be available to assist members who have questions about their computers, laptops, cell phones, iPads, cameras, or similar devices. He has limited experience with Apple desktop computers. If Richard is not able to solve a problem, he will have suggestions for finding help.

Consultant: Richard DeBeau

Space: Generally Room 104, but check the schedule

THREE RIVERS COMMUNITY ACTION
 Older Adult Services Specialist

3rd Wednesday of the month
12:30-2:30pm

Location: Consult Room

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

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

FAMILY SERVICE CAREGIVING CONSULTANT

Every Thursday Morning
10:30-11:30am

Location: Consult Room
 and

Every other Thursday Afternoon
September 11, 25

2:00-3:00pm

Location: Consult Room

Call Kathy for an appointment

Kathy Voss

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

September 11, October 9, 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

VOLUNTEER

VOLUNTEERS
VOLUNTEER OF THE MONTH



Thank you, Amy!

FiftyNorth would like to give a shout out to Amy Moore who volunteers as a pool monitor. Her dedication and watchful eye help keep our pool a safe and enjoyable place for our members and their grandchildren. Please read below what motivates Amy to volunteer.

It's hard to believe I've been doing this for 16 years. I always enjoy watching the kids and grandparents play in the pool. There are some lap swimmers whose stamina amazes me. I really appreciate the knowledgeable staff at Fifty North.

Amy



Bringing food, family & friends together at your place or ours.

Monday and Thursday
We prepare COMFY carry out or delivered meals for you!

"Homemade" meals for Heat & Eat.

(Delicious entree, fresh baked bread, dessert, soup & salad)
Menus posted Sunday eve, & Wed eve.
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- Meals to take to the Cabin
- Dish to Pass
- Single Dish for event
- Food for a Friend

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Age-friendly NORTHFIELD

Age-Friendly Northfield is encouraging attendance at the upcoming event, the **State of the State of DEI in Minnesota**, featuring State Representative Kristi Pursell. This nonpartisan event, sponsored by ARLA (Anti-Racism Learning & Advocacy) and Bethel Church, is designed to provide a current update about diversity, equity and inclusion in the state.

DEI affects many different groups including seniors, the disabled, veterans, and as well as groups defined by race, ethnicity, gender, and sexual orientation.

Age-Friendly Northfield is committed to ensuring that people over the age of 50 in our community have support from city, county and state services.

After a short presentation about DEI, the audience will be able to submit written questions for Representative Pursell.

State of the State of DEI
Wednesday, September 24, 2025
11 a.m. to 12 p.m.
Bethel Lutheran Church
1321 North Ave., Northfield

TRAVEL

In the event you have to cancel out of a trip, 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.

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/register to go with and assist you. Please indicate on your registration form if you need seating in a handicap section.



TRIP - DAKOTA POW WOW IN MANKATO

Saturday, September 20

9:00-7:00pm

LIMITED SPOTS AVAILABLE.

Trip Leaders: Michelle Brant from FiftyNorth and David Nichols from the Rice County Historical Society

Capacity: 27

Cost: \$70 – includes the buffet dinner at the Pizza Ranch. Lunch is on your own at the Pow Wow.

Registration deadline: September 5



TRIP - JACK-O-LANTERN SPECTACULAR AT THE MINNESOTA ZOO

Tuesday, OCTOBER 21

4:30-9:00pm

Stroll through a glowing trail of thousands of artist-carved pumpkins during this enchanting after-hours experience at the Minnesota Zoo. Back by popular demand, the Jack-O-Lantern Spectacular features larger-than-life displays, seasonal sounds, and festive food and beverages—all surrounded by the magic of the natural world.

The display is on a ½ mile paved zoo trail. Wheelchairs are available to use. Electric scooters are available to rent for \$30.

Trip Lead: Norma Monroe

Capacity: 31

Cost: \$75

Registration deadline: October 20

Rollicking!

A WINTER CARNIVAL MUSICAL

Journey into the Heart of Minnesota's Icy Imagination.

TRIP - ROLICKING WINTER CARNIVAL AT THE MINNESOTA HISTORY THEATER

Sunday, November 23

12:30-7:00pm

When Saint Paul city architect Clarence “Cap” Wigington is tasked with designing a glorious ice palace for the Winter Carnival, he and his wife Viola get much more than they bargained for when the magic of the Carnival enters their lives. With a gust of icy wind, Viola and Cap are whisked away into the realm of King Boreas and find themselves at the center of the epic myth that drives the festival. In this magical land of the North Wind, historical figures from the Carnival’s long and storied history are seeking a new King to bring back the magic and see in Cap’s brilliance the leader they’ve been hoping for. Meanwhile, jealous Fire Lord Vulcanus and his right-hand woman Klondike Kate see in Viola an opportunity to disrupt the winter king and end the festival once and for all. In a journey through both myth and history, they meet Minnesota figures from 19th-century amateur poets to champion snowmobile racers, all of whom helped make the Winter Carnival a lasting and marvelous tradition. As the realm discovers the magic in creativity and community, Cap and Viola melt the ice that has formed between them, and the power of the Winter Carnival is ignited once again.

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: October 20

TRAVEL



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



TRIP - ALINA IBRAGIMOVA PLAYS MOZART’S THIRD VIOLIN CONCERTO

Friday, January 16, 2026

9:30-3:30pm

Trip Leader: Bob Sullivan

Capacity: 30

Cost: \$125

SEPTEMBER MOVIE: SULLY
WEDNESDAY, 24TH
1:00PM



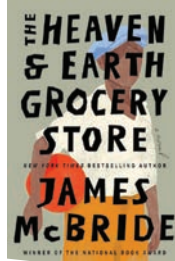
When pilot Chesley "Sully" Sullenberger lands his damaged plane on the Hudson River in order to save the flight's passengers and crew, some consider him a hero while others think he was reckless.

\$1 Group Fee applies

GROUPS@FIFTYNORTH

BOOK GROUP

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

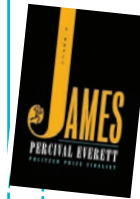


SEPTEMBER 2025

THE HEAVEN AND EARTH GROCERY STORE

by James McBride

Set in Pottstown, Pennsylvania in 1972. A human skeleton has been discovered at a construction site. Who holds the secrets of this discovery? The answer might be found among the residents of Chicken Hill, a neighborhood where immigrant Jews and



African Americans have lived side by side for decades, sharing life’s sorrows and joys—and looking out for each other in a community facing discrimination. It flashes back to explore its connection to a town’s Black, Jewish and immigrant history.

OCTOBER 2025 JAMES *by Percival Everett*

NOVEMBER 2025 THE QUIET LIBRARIAN *by Allen Eskens*

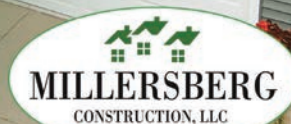
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AARP Smart Driving 4-hour Course

Thursday, September 18

9:00-1:00pm

AARP Smart Driving 4-hour Course

Tuesday, October 14

1:00-5:00pm

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

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)

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 - on HOLD	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 HOLD	Varies	Late afternoon	Room 103
FITNESS GROUPS			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Nordic Walking	Thursdays	5:00-5:45pm	Courtyard
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball Practice	Thursdays	10:00am-12:00pm	Sechler Park
Softball Games	Tuesdays	10:00-11:00am	Sechler Park +
Pedalers & Walkers	Mondays & Wednesdays	Mornings	Varies
Walking Group	Mondays	9:00-10:00am	Carleton Arb

MUSIC GROUPS



FIFTYNORTH HAND CHIME CHOIR

Calling musicians that would like to have fun playing in our Hand Chime Choir.

OUR FIRST PRACTICE WILL BE ON THURSDAY, SEPTEMBER 11 AT 9:30 IN ROOM 103.

We play a variety of types of music. Classic, Disney, religious, pop, etc. Something for everyone.

Looking for old and new members to play full time or as substitutes.

Questions ~ Contact Marilyn Finneseth at 612-877-0959 or finnesethmarilyn@gmail.com



Looking for new members!

2025 TROUBADOURS FALL AND HOLIDAY SCHEDULE

The Troubadours feature a senior mens four-part choir of tenors, leads, baritone and bass singers who perform throughout the Northfield area.

Rehearsal DAY: TUESDAYS
Troubadours 10:00am - 11:30am
(9 rehearsals)

Oct 14, 21, 28, Nov. 4, 11, 18, 25, December. 2, 9

Concert: December 16, 4:00pm

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!



FIFTYNORTH BAND CONCERT

Monday, October 6

Come one, come all to the FiftyNorth Band Fall Concert

There will be sweet efforts from the clarinets, a new Tango from South America, a march or two, maybe elephants and panthers, and definitely jazz!

Weather permitting, we will be outdoors. Treats and a good time will be had by all!

Space: Patio or rooms 103 & 105

Cost: Free

Pre-registration is requested.



HO! HO! HO! OH NO! NO! NO!

IT'S TIME TO THINK OF THE WINTER HOLIDAYS!!

Seasoned Singers prepare for FiftyNorth's Holiday Celebration

Enjoy singing without having to commit to an entire year of numerous rehearsals and performances? The Seasoned Singers, directed by Donna May, is a group of women who meet "seasonally" at FiftyNorth to perform at various events. Our December concert is scheduled for **Tuesday, December 16 at 4:00PM.**

The Troubadours will join us as part of FiftyNorth's Holiday Celebration. We rehearse on Tuesdays from 4:00pm - 5:30pm starting on October 14 in Rm 103. All women are welcome who can match pitch and read a score. No formal audition is required. 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 of \$10 to cover the cost of music.

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!

Rehearsals: Tuesdays, 4:00pm - 5:30pm

Oct 14, 21, 28, Nov. 4, 11, 18, 25, December. 2, 9

Concert: December 16, 4:00pm

JUNE 31, 2025

Total Membership: 2,217

DONORS & NEW MEMBERS

JULY DONORS THANK YOU FOR YOUR SUPPORT!

Our sincere gratitude to all who have donated. — *thank you!*



Donate now!
Scan with your smartphone!

Karen Achberger
David Appleyard
Nancy Ashmore & Kenneth Wedding
Bernard & Mary Auge
Lois Bakko
Gene & Susan Bauer
Diane Boyum
Mickey Brodin
George & Catherine Brophy
Judy Broske
Warren & Karen Broughton
Kay Brown
Mary Brown
Carl Caskey
Bernice Christensen
Eileen Cooper
Richard DeBeau & Doris Welke
Neil & Marilyn Deden
John Dedzej & Wendy Manuel
Larry & JoAnn Edwardsen
Chris Ellison
Beth Endert
Stephanie Frey

Marie Gery
Mac & Jacquelyn Gimse
Bonnie Gretz
Dennis & Janet Hahn
Dorothy Hammer
Richard & Donna Jackson
Dave & Char Jacobsen
Tom Turgeant & Carla Johnson
Georgene Johnson
Gerald Johnson
Ruth Johnson-Wirth
Steve & Ann Jorstad
Patricia Jorstad
Leif & Debora Knecht
Gary & Arlene Kruse
Myron Lanoue
Naurine Lennox
Eric Lenz
Tom & Nancy Loesch
Janet Mathews
James & Angie Mayr
Camille McCann
Mike & Ann McGovern
Elaine Meyers

Neil Lutsky & Irene Montenegro
Pat Nelson
Susan Oftedahl
Elizabeth Olson
Brian Panettiere
Jane Persons
Community Resource Bank
Greg Loek & Kathleen Rice
Carol Rutz
John Simek
Charles & Christine Skinner
Kenneth & Sharon Steinhouse
Craig Swenson
Allan & Nancy Swenson
Judith Tarabek
Rich & Kathie Taranto
Pam Toepper
Dale & Rose Turnacliff
Anne Ulmer
Robert & Donna Vanderhoof
Linda Wagenbach
Patricia Warner
Richard & Jeanne Waters

JULY NEW MEMBERS
GLAD YOU'RE HERE!

Welcome!
Gary Bullemer,
Claudia Castillo Leon,
Troy Cohrs,
Karen Cole,
Mary David,
Jose & Leticia Duque,
Karen Ganzhorn,
Shirley Grant,
Joan (Joannie) Johnson,
James Lemke,
Alan & Lynette Marks,
Naime (Naomi) Munggai,
Kim Samuelson Schauss,
Susan Schockemoehl,
Nancy Walker,
Nat Wilson



COWBOY CONCERT

Performed by **Dave & Jeanie Johnston**
Plus Travel Presentation with **Jeanie's Journeys**
Tuesday, September 9
1:00-2:30pm

Dave & Jeanie Johnston will be presenting a Cowboy Concert of country songs and cowboy humor & sing-a-long songs for the FiftyNorth Community. Dave & Jeanie are life-long church musicians who have performed across the metro area and outstate Minnesota for over 40 years. They bring a wonderful blend of music, humor and joy to all of their performances.

Following the mini-concert they will give a brief presentation of their travel company, Jeanie's Journeys, and tell the group about the Amazing Affordable Adventures that they lead older adults on across the U.S.A. and the world! Please join us for all the fun! Wear your cowboy boots and hats if you wish. Coffee and treats will be served.

Presenters: Dave & Jeanie Johnston
Capacity : 40
Cost: Free **Space:** Room 103

Bierman, Benson & Langehough Funeral Home
Invites you to a **FREE Seminar** for Northfield Area Residents at FiftyNorth - room 103/105

2 sessions: 11:30am or 6:00pm

- Enjoy pizza and a 90 minute program by a panel of experts exploring some very important topics.
- Funeral PrePlanning ■ Legal Tools ■ Medical Assistance
 - Identity Theft & Senior Fraud ■ Pet Cremation

Contact us today to reserve your spot - Space is Limited!
Call: (507) 645-4153 or Email: office@NorthfieldFuneral.com



BINGO!
MONDAY, SEPTEMBER 15
1:00pm-2:00pm
Room: 103
\$1 Group fee applies

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■ **Assistant Director/Fitness Coordinator:**

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■ **Operations and Membership Manager:**

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

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

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

Michelle Brant
507-664-3707 | michelle.loken@fiftynorth.org

■ **Used-A-Bit Shoppe Manager:**

Fermin Notario Ponce
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FiftyNorth Hours:

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