



# FiftyNorth Report

APRIL 2024

By Kerry Hjelmgren, Director



## NATIONAL VOLUNTEER APPRECIATION MONTH ...MAKING AN IMPACT AT FIFTYNORTH

It is National Volunteer Appreciation Month, and at FiftyNorth, we have a great deal of thanks to give! Volunteers make an enormous impact through every pillar of FiftyNorth - at the Center, at the Used-a-Bit Shoppe, and at the Popcorn Wagon. THANK YOU, VOLUNTEERS, for selflessly giving your time, talent, and energy to benefit our organization, our members, and our community. FiftyNorth would not exist without your generous commitment to it.

Some volunteer roles are steady and predictable, while others change daily. This year, we want to shine a spotlight on our 55+ amazing Used-a-Bit Shoppe volunteers, who continue to ride the pandemic-induced tsunami of decluttering and downsizing efforts with ease. Every volunteer role is different, but equally important for the Shoppe to function smoothly. Receiving donation drop-offs, inspecting, sorting, cleaning, and pricing donation items, greeting customers, cashiering, researching artwork and unique items, picking up furniture donations around town, setting up holiday items each month...and more!

In 2023, the Used-a-Bit Shoppe contributed \$73,000 to FiftyNorth's operations. We pour this into our programming, staff, and facility to make FiftyNorth the incredible place it is. I am extremely grateful for the support from our volunteers who made this happen by working hard alongside Dolores and Deb. If you know a FiftyNorth volunteer personally, please join me in thanking them this month for their contribution to our organization's well-being!

Kerry



We will honor our FiftyNorth volunteers on Tuesday, April 30 from 1:00 - 2:00pm. If you have supported FiftyNorth as a volunteer in the past year, you will receive an invitation to attend the event. We look forward to celebrating you!

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### Radio Variety Show Theater with the FiftyNorth Players



Three show times to choose from!  
(Details page 2)

- Friday, April 5, 7:00pm
- Friday, April 12, 7:00pm
- Saturday, April 13, 2:00pm

### In The FiftyNorth Gallery



**APRIL 4 AT 4:00PM**

There will be an Artist & Poets Reception in the FiftyNorth Gallery followed by a **POETRY READING AT 4:30PM** in room 103.

## ECHOES & SHADOWS

### 1st Annual Poetry & Art Collaboration

**On display in the Gallery March 4 — May 3**

Nearly 30 FiftyNorth members submitted poetry and equally as many artists created visual media to pair with a poem they selected. This exhibit is a must see! Beautiful, creative pieces accompany the poetry as you walk through the Gallery at FiftyNorth.

Pictured:  
Pat Jorstad artwork and cranes accompany the Poetry of Leslie Schultz

## MEMBER NEWS & EVENTS

### Radio Variety Show Theater

with the  
FiftyNorth  
Players



### THE FIFTYNORTH PLAYERS RADIO VARIETY SHOW THEATER

The FiftyNorth Players will once again present an old-time radio variety program with funny skits, commercials from the 1940's and '50's, a musical number or two, and lots of laughter and fun.

There will be three performances of the show:

- Friday, April 5, 7:00pm.
- Friday, April 12, 7:00pm
- Saturday, April 13, 2:00pm



**Location:** Room 103

**Cost:** \$10

**Register:** online under 'NEWS' tab > 'EVENTS' or at the front desk



*You won't want to miss the fun as the FiftyNorth Players spoof some of your favorite programs from "the good ol' days."*

## MEMBER NEWS & EVENTS



### BEAU CHANT CONCERT

**Monday, April 22**  
**7:00-7:45pm**

Beau Chant is an adult community choir based in Faribault with members from the surrounding towns and south metro. Member ages range from 24 to 83. Beau Chant was founded in 2013 by Dione Peterson Belling, who remains the director to this day. The choir performs a wide range of music with the mission of coming together to share their love of singing with their audiences.

**MC:** Tom Powers

**Capacity:** 75

**Cost:** \$0, Free will donations appreciated

**Space:** Room 103/105

*For more information please look at their website – [beauchantmn.com](http://beauchantmn.com) or google Beau Chant community Choir.*

### VICTORIAN TEA AND VINTAGE FASHION SHOW

**THURSDAY, MAY 16**  
**3:00-5:00PM**

Out of the cedar closet and onto the runway come fabulous fashions from bygone eras. FiftyNorth will host a Victorian tea and vintage fashion show. This show has a twist; the clothes have stories.

Loaned by members of FiftyNorth and the Northfield Historical Society, the outfits whisper tales of weddings, prom nights, cocktail parties, and speak-easies!

Following the show afternoon tea will be served with scones, finger sandwiches, and little desserts in typical tea tradition.

Guests are welcome to wear their own items of vintage fashion!

**Vintage committee:** Kay Brown, Marie Gery, Dina Fesler, Michelle Brant

**Capacity:** 50

**Cost:** \$25

**Space:** Rooms 103/105

## MEMBER SERVICES

### NEIGHBORS HELPING NEIGHBORS (NHN)

is a nonprofit program run by Family Service Rochester in Rice and Olmsted Counties. This program aids seniors (60+) and persons with disabilities, helping to keep them safe and independent in their homes, no matter where home is, be it a house, an apartment, an assisted living, or a nursing home. The program is able to help provide a variety of chore services like transportation, caregiver respite, handy work, grocery shopping, companionship, seasonal chores, housekeeping, and more. NHN partners with volunteers to complete a majority of these tasks, and volunteers are vital to the nonprofit's operation.

To learn more about this program and its services, or to volunteer your time with NHN, please visit [FamilyServiceRochester.org/Senior-Independence](http://FamilyServiceRochester.org/Senior-Independence) or call 507-287-2010.

### THREE RIVERS COMMUNITY ACTION OLDER ADULT SERVICES SPECIALIST

**3rd Wednesday every month**

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

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.

**Location:** Consult Room

### MORE HELP FOR MEDICARE OPTIONS

**2nd Wednesday of the month**

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

Open Enrollment For Medicare Advantage Plans January, February, March 2024. Whether new to Medicare or questioning your current plan, receive assistance from licensed local and independent insurance agent Sandra Robertson.

**Space:** FiftyNorth in the Gallery Link  
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

**Sandra Robertson, licensed Insurance Agent,**  
**# 20381956,**  
**Phone:952-484-5723 [sandra@sigbrokers.com](mailto:sandra@sigbrokers.com)**



Photo: Laura & Henry Kelling



## MEMBER SERVICES



### GRIEF SUPPORT GROUP

**Mondays, April 1, 8, 15, 22, 29, May 6, 13, 20, Jun 3, 10  
6:00-7:15pm**

**Location:** Room 104

Build a Life after loss program is based on a personal plan of moving through grief by:

1. Coping
2. Understanding
3. Discovery
4. Resolving
5. Rebuilding

Each week we will be moving through a powerful program that helps to process and heal. In addition to the lessons each week, this includes a toolkit building somatic practice, yoga pose, journal prompt and therapeutic art technique. This is about hope and healing. Come prepared to do the work.

No session May 27

(10 sessions)

**Lead:** Heather Sand | **Cost:** Free

### Join us for a Scandinavian Folkdance

**Tuesday, May 14  
6:00-8:00pm**  
Room 103/105



Music will be provided by the band, Hütännny. They play traditional Scandinavian Folkdance music. They are a group of friends who gather regularly to play informally at The Contented Cow in Northfield on Thursday nights. Their repertoire includes waltzes, schottisches, polkas, ganglats (walking dances), and the occasional hambo. They have performed at a number of local festivals. Their repertoire is posted online and they are open to anyone who wants to come and share in the fun.

\*Treats will be served.



### NEW CAREGIVER SUPPORT GROUP Thursday, April 11 1:00-2:00pm

Join our new Caregiver Support group at FiftyNorth.

Learn, share, listen, laugh and gain strength and understanding alongside other care partners.

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

**Capacity:** 20

**Cost:** Free

**Space:** Room 103

*The group plans to meet monthly when a convenient time and day is decided amongst members.*



**Non-medical Senior Home Care**  
Companion Care • Errands  
• Technology Support • Light Housekeeping  
...and more

**Stacey Greer - 612-839-2286**  
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GET TO KNOW THE BOARD:  
The FiftyNorth Board  
of Directors invites all  
members to attend.

## FIFTYNORTH ANNUAL MEETING: *Reaching New Heights!*

Thursday, April 25 | Time: 1:00pm

Room 103/105

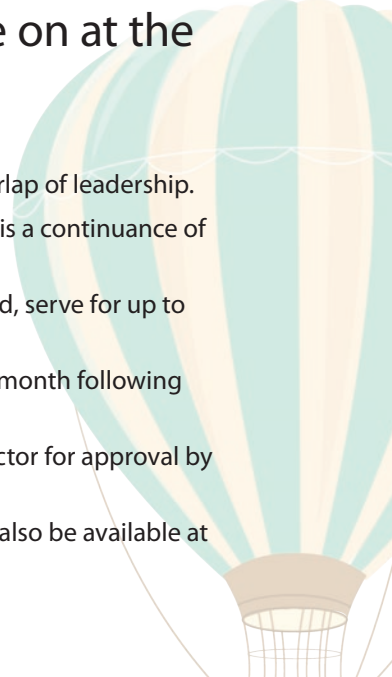


The Annual Meeting will be held on Thursday, April 25, starting at 1pm. All FiftyNorth members are invited to attend. A short program will be followed by a business meeting, which will include a financial summary of the past year, successes in 2023, and upcoming projects for 2024. Outgoing board of directors will be recognized, and members will vote on nominees to join the board for three-year terms.

The FiftyNorth Board of Directors has proposed the following updates to the bylaws, which members will vote on at the April 25 annual meeting:

- Election of board officers will be staggered so there is a continuance and overlap of leadership.
- The Vice President shall be the preferred nominee for President so that there is a continuance of leadership.
- The immediate past President may, at their option and the option of the Board, serve for up to one year as an ex-officio member of the Board of Directors with voice and vote.
- Board members begin their terms of office at midnight on the first day of the month following their election at the annual meeting.
- Membership dues will be reviewed and recommended by the Executive Director for approval by the Board.

Copies of the complete Bylaws are available in the FiftyNorth office. Copies will also be available at the annual meeting.





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. First timers must take the 8-hour course then 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.

#### 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 8-hour Smart Driving Class

**Saturday, April 6**

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

**Location: Room 103**

**THIS IS THE 8-HOUR COURSE FOR FIRST-TIMERS.**

**\*Bring a bag lunch**

#### ■ AARP Smart Driving 4-hour Refresher Course

**Thursday, April 18**

**1:00-5:00pm**

**Location: Room 103**

#### ■ AARP Smart Driving 4-hour Refresher Course

**Monday, May 13**

**9:00-1:00pm**

**Location: Room 103**

#### ■ AARP Smart Driving 4-hour Refresher Course

**Wednesday, June 12**

**1:00-5:00pm**

**Location: Room 103**

## MUSIC CLASSES



### UKULELE LESSONS

Individual sessions. Sign up for as many sessions as you like.  
\$10 per session

If you have always wished that you could have fun and play a ukulele, Bob Waldron is offering you a chance to make that wish come true. He is offering private lessons for a very limited time. Each lesson lasts forty-five minutes.

For complete beginners he will teach you how to get started with the ukulele, teach you three chords, and two strumming patterns, and have you playing three songs. With these three chords, you will be able to learn a hundred other songs on your own.

For novice players, Bob will teach you four more chords and another strumming pattern. With these, you can easily play more than a thousand songs.

Please bring your own ukulele. If you do not have one, Bob is willing to lend you one for a brief period of time.

**Instructor:** Bob Waldron

**Capacity:** 1

**Cost:** \$10 per session

**Space:** Consult Room

#### One on One Ukulele Lessons

Wednesday, April 3 (11:00-11:45am)

OR

#### One on One Ukulele Lessons

Wednesday, April 3 (12-12:45pm)

#### One on One Ukulele Lessons

Wednesday, April 10 (11-11:45am)

OR

#### One on One Ukulele Lessons

Wednesday, April 10 (12-12:45pm)

#### One on One Ukulele Lessons

Wednesday, April 17 (11-11:45am)

OR

#### One on One Ukulele Lessons

Wednesday, April 17 (12-12:45pm)

#### One on One Ukulele Lessons

Wednesday, April 24 (11-11:45am)

OR

#### One on One Ukulele Lessons

Wednesday, April 24 (12-12:45pm)



#### One on One Ukulele Lessons

Wednesday, May 1 (11-11:45am)

OR

#### One on One Ukulele Lessons

Wednesday, May 1 (12-12:45pm)

#### One on One Ukulele Lessons

Wednesday, May 8 (11-11:45am)

OR

#### One on One Ukulele Lessons

Wednesday, May (12-12:45pm)

#### One on One Ukulele Lessons

Wednesday, May 15 (11-11:45am)

OR

#### One on One Ukulele Lessons

Wednesday, May 15 (12-12:45pm)



ART CLASSES

**CLASS CANCELLATION POLICY:**

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.



**DRAGON LORE**  
**Monday, April 1st**  
**Time: 9:30 to 11:30am**

2024 Year of the Dragon – Dragons and their stories from around the world from

China to Scotland. Just when we thought we knew the what and where of Dragons, another culture is heard from and we are off and running to another place and time. Everyone knows what a Dragon looks like! We shall explore and find Dragons from folklore around the world!

**Instructor:** Sylvia Langworthy  
**Capacity:** 15  
**Cost:** \$18 Nonmbr, \$14 Mbr, \$0 Platinum  
**Space:** 103  
**Registration deadline:** N/A



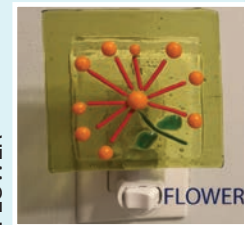
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QUILT



SAILBOAT



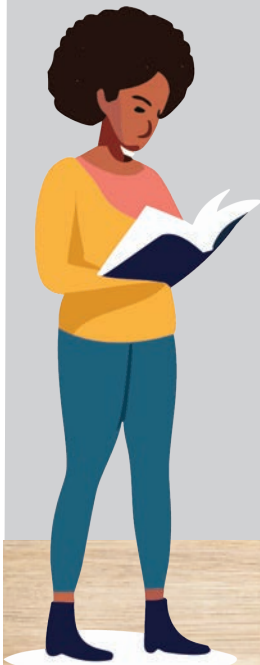
FLOWER

**ECHOES & SHADOWS POETRY READING & ARTIST STATEMENTS**

**Thursday, April 4**  
**4:30pm**

**Echoes & Shadows –**  
**1st Annual Poetry & Art Collaboration**  
**Gallery show - March 4th - May 3rd**

In honor of National Poetry Month there will be an Artist Reception in the FiftyNorth Gallery on April 4th at 4:00, followed by a Poetry Reading and Artist Statements at 4:30 in room 103.



**FUSED GLASS NIGHT LIGHT**

**Tuesday, April 9**  
**10:00-11:30am**

Let your light shine bright with a colorful night light. In this class you will select colorful glass to create your own night light. Please indicate which design you wish to create (Abstract, Flower, Quilt, Sailboat) when you register by calling 507-664-3700 or register at the front desk. All materials provided.

**Instructor:** Geralyn Thelen  
**Capacity:** 12  
**Cost:** \$40 nonmbr, \$35 mbr, \$20 platinum  
**Space:** Room 105  
**Registration deadline:** April 5

## ART CLASSES

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

**Please pre-register for all classes:**  
**Phone:** 507-664-3700

### UNEARTHING THE LANGUAGE OF ART



### UNEARTHING THE LANGUAGE OF ART

**Thursdays, April 11, 18**  
**1:30-3:30pm**

In this class you will be encouraged to UNEARTH the layers that define the elements of drawing and the principles of design.

Over many centuries this language has been embraced and fine-tuned by many

disciplines other than visual art and design. These include music, science, math and more. Grasping the essence of this language will add depth and richness to your art.

Please bring an object that you consider interesting from different angles and has some kind of personal connection to you such as a pair of shoes, kitchen objects or tools, or a mini-still-life (three objects that you can re-arrange). A little tablet for note-taking would be handy.

All other materials will be provided.

(2 sessions)

**Instructor:** Kate Douglas

**Capacity:** 12

**Cost:** \$46 nonmbr, \$38 mbr, \$10 platinum

**Space:** room 105

**Registration deadline:** April 8th



### STAINED GLASS SUNCATCHER

**Saturday, April 27**

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

Stained glass has depicted stories, landscapes, scenery, and abstract designs for centuries. Many of our most historical buildings include windows that make vibrant colored sunlight dance across the walls. In this class you will make your own 5-inch round suncatcher and experience the art of making sunlight dance. You will learn to cut and break sheets of glass into the shape that fits your piece. Once each piece is cut you will add the copper foil and complete the piece by soldering it all together. You will go home with a beautiful piece ready to hang in your window.

Wear closed toed shoes and clothes that can get dirty. You will be working with glass, chemicals, a soldering iron, and lead. Safety glasses and plastic gloves will be provided (You can bring your own if you prefer).

**Instructor:** Sandra Sargent of Bending Sunlight Glassworks

**Capacity:** 8

**Cost:** \$57 nonmbr, \$51 mbr, \$30 platinum

**Space:** room 102

**Registration deadline:**

April 26



### FIFTYNORTH HOSTS 13TH ANNUAL TABLE TENNIS TOURNAMENT

FiftyNorth (Northfield's Senior Center) is sponsoring a "friendly, non-sanctioned, and open" table tennis tournament for players (men and women) of all ages on **Saturday, May 4th at the Northfield Middle School**. The tournament will feature a choice of three singles events (9:00 AM) and a choice of three doubles events (1:00 PM).

In thirteen years, the tournament has grown to be one of the largest table tennis tournaments held in Minnesota. Many of the highest rated players in Minnesota including from Rochester and the Twin Cities clubs participate in addition to many local players who are active in one or more of the five sessions of table tennis offered weekly at FiftyNorth. Several players from Carleton and St. Olaf colleges are regular participants.

For an entry form or more information, see FiftyNorth's website at <http://fiftynorth.org/> or send an email to Tom Graupmann, Tournament Coordinator at [tomgraupmann@gmail.com](mailto:tomgraupmann@gmail.com). Spectators are welcome.



ART CLASSES

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

Please pre-register for all classes:  
 Phone: 507-664-3700



**DESIGN & PLANT YOUR OWN SPRING PATIO POT**

**Monday, April 29**

**2:00-4:00pm**

Learn how to design and plant your own Spring patio pot using cool weather annuals.

Materials included: annuals, fiber patio pot, soil, moss, and instruction from Rachel!

**Instructor:** Rachel Kinny

**Capacity:** 12

**Cost:** \$65 nonmbr, \$60 mbr, \$50 platinum

**Space:** Room 105

**Registration deadline:** April 24



**APPLIQUE CLASS**

**Tuesday, April 30**

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

This class is an introduction into applique. Wool is a soft and enjoyable fabric to work with. We will be using wool to create coasters that are

decorative and usable. An easy stitch, called a blanket stitch, is used to add beads and complete a fun project. Materials will be provided. Please bring a scissors.

**Instructor:** Carol Maziarka

**Capacity:** 10

**Cost:** \$38 nonmbr, \$30 mbr, \$10 platinum

**Space:** Room 102

**Registration deadline:** April 26

View Carol's applique pillows in the FiftyNorth lobby!



**PAINTING BIRDHOUSE GARDEN GOURDS**

**Wednesday, May 1**

**10:00-12:00pm**

Organic Art can be beautiful and beneficial to our feathered friends. Please join Andrea Curley in painting garden gourds that she has prepped for this event and take home your own special creation. She will instruct you on how to seal your gourd after painting for anyone that wants to preserve their birdhouse longer. Birds actually prefer natural organic settings for their homes but sometimes people like to preserve these for decorative pieces of art. Andrea will bring inspirational magazine cutouts to spark your creativity. All materials will be provided.

**Instructor:** Andrea Curley

**Capacity:** 15

**Cost:** \$25 nonmbr, \$20 mbr, \$5 platinum

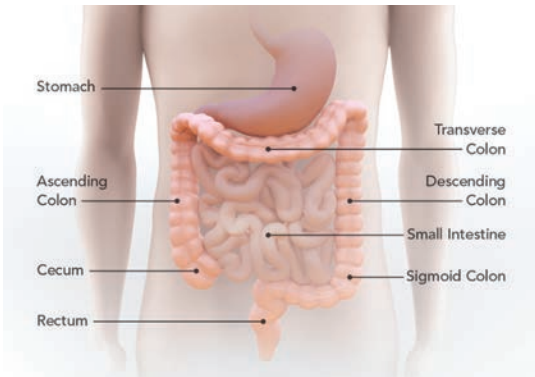
**Space:** room 105

**Registration deadline:** April 26



**CLASS CANCELLATION POLICY:**

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.



**COLON CANCER**

**Thursday, April 4**  
**9:00-10:00am**

Colon Cancer is the 4th most commonly diagnosed cancers and the 2nd leading cause of cancer death. Half of all new colon cancer diagnosis are in people 66 years of age and younger. In partnership with Northfield Hospital and Clinics, learn the pathology of colon cancer, signs and symptoms, causes, and treatments of Colon Cancer.

**Instructor:** NH+C - Dr. Randolph Reister, M.D  
**Capacity:** 20  
**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum  
**Space:** Room 106



**HIP HEALTH 101**  
**Wednesday, April 10**  
**9:00-11:00am**

Over 450,000

hip replacements are done yearly in the United States with a success rate of 95%. Dr. Marcy Kramer, Doctor of Physical Therapy will discuss the mechanics of the human hip, ways to keep your hip health, and treatments for injured or worn hips.

**Instructor:** Dr. Marcy Kramer  
**Capacity:** 20  
**Cost:** \$18 nonmbr, \$14 mbr, \$0 platinum  
**Space:** Room 106



**GLUTEN FREE COOKING**

**Tuesday, April 16**  
**10:00-12:00pm**

Join GERALYN Thelen for a cooking class that will help you prepare healthy, tasty meals that can be adapted to gluten free. During the class GERALYN will be demonstrating how to make a Quiche,

Italian Stir Fry and a Mediterranean Salad. Class participants will be taste testing each dish. You will receive a cookbook with recipes to take home.

**Instructor:** GERALYN Thelen  
**Capacity:** 10  
**Cost:** \$35 nonmbr, \$30 mbr, \$10 platinum  
**Space:** FiftyNorth Kitchen - enter through room 105  
**Registration deadline:** April 12

**SOUND HEALING**  
**Wednesday, April 17**  
**1:30-2:30pm**

Sound Healing is a gentle relaxing and meditative experience where the sound waves, vibrations and frequencies from multiple instruments will bring you into a deep state of rest, relaxation and self-healing.

The benefits from Sound Healing: It calms your mind, body and soul by reducing stress and anxiety, increases your focus and clarity, boosts your mood, reduces feelings of anger, improves sleep, promotes emotional well-being, and strengthens the immune system.

What to expect during a session – During the Sound Healing session Maria will start by using her Elk Hide Drum. She will drum over the top of you, then she will play a variety of different instruments from Crystal singing bowls, Tibetan singing bowls, rain stick, ocean drum, gong, chimes and tingsha. Each instrument has its own healing properties and benefits.

Maria Voorhees-Reinke is an Intuitive Energy and Sound Healer from Lake City, MN. She has been doing Energy Healing for 7 years and Sound Healing for over 4 years.

**Instructor:** Maria Voorhees-Reinke  
**Capacity:** 15 minimum, 20 maximum  
**Cost:** \$40 nonmbr, \$35 mbr, \$0 platinum  
**Space:** Fitness Studio  
**Registration deadline:** April 12





## HEALTH & WELLNESS

### PERIPHERAL NEUROPATHY



#### PERIPHERAL NEUROPATHY SEMINAR

**Wednesday, April 24**  
**12:00-2:00pm**

Go from feeling overwhelmed and frustrated due to neuropathy, to improving your symptoms and your quality of life naturally. Reduce

the symptoms of your neuropathy or reverse it without the use of medications, injections or surgery. Identify the 3 biggest mistakes people make when treating their neuropathy so you can avoid them and have success.

**Instructor:** Dr. Cody Rodewald  
**Capacity:** 30  
**Cost:** Free  
**Space:** 103

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



#### WOUND CARE

**Monday, May 6**  
**9:00-10:00am**

A program in partnership with Northfield Hospital + Clinics Wound Healing Team.

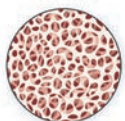
Jillian Simon who leads the Wound Healing Center at Northfield Hospital and Clinics will talk about

skin care, how to prevent wounds, diabetes and wounds, what your skin can tell about your health, treatment options, and information about how Hyperbaric Oxygen works, and how it can help.

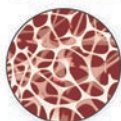
**Presenter:** Jillian Simon, APRN, FNP-BC, CWON  
**Capacity:** 20  
**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum  
**Space:** Room 106

#### Osteoporosis

High bone density  
Healthy



Low bone density  
Osteoporosis



Healthy spine



Spine with osteoporosis



#### OSTEOPOROSIS PREVENTION

**Wednesday, May 8**  
**9:00-11:00am**

Approximately 10 million Americans have osteoporosis and another 44 million Americans have low bone density, placing them at increased risk of Osteoporosis.

Learn from Dr. Marcy Kramer the pathology of Osteoporosis, the symptoms, concerns, and treatment of osteoporosis.

**Instructor:** Dr. Marcy Kramer  
**Capacity:** 20  
**Cost:** \$18 nonmbr, \$14 mbr, \$0 platinum  
**Space:** Room 106

## FITNESS NEWS

Please pre-register for all classes:

**Phone:** 507-664-3700

**Online:** FiftyNorth.org/classes

**In Person:** FiftyNorth front desk



#### SCANDINAVIAN FOLK DANCING CLASS - buckle-y shoes and partner are OPTIONAL! Tuesdays, April 2, 9, 16, 23, 30, May 7, 14 4:00-5:00pm

Whether you are looking to practice your Polka, refresh your Reinlender, or work on your Walz, we've got you covered! No experience is necessary. Mary & John Klockeman will offer instruction in Polka, Schottische/Reinlender, Waltz/Vals, Circle Dance/Langdans, and perhaps a Gangar, Pols, or Reel/Ril.

•Wear shoes suitable for dancing. No tennis shoes. (7 sessions)

**Instructors:** Mary & John Klockeman

**Capacity:** 20

**Cost:** \$63 nonmbr, \$49 mbr, \$0 plus/platinum

**Space:** Fitness Studio

Mary and John have over 40 years of experience in Scandinavian folk-dancing. It's all for fun! There is no final exam, but there will be a DANCE, so you can try out your moves.

**SAVE THE DATE -**  
**Tuesday, May 14, 6 - 8pm**  
**Live Music provided**  
**by Hütenännny**





## FITNESS NEWS

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

## FITNESS GROUPS



### NORDIC WALKING 101

**Wednesdays, April 3, 10, 17, 24**  
**2:15-3:00pm**

Nordic Walking is the newest craze in the fitness world. Studies are finding that Nordic walking helps increase stability, coordination, cardiovascular endurance, and allows for individuals to enjoy hikes and walks with less discomfort in joints and various muscle groups. Learn from Kate Stuart how to walk properly with Nordic Walking Sticks, learn more about the benefits of Nordic Walking

and the best way to take care of your Nordic Walking Sticks. Nordic Walking Sticks will be available for participants to use during the class. We have a limited supply of walking poles. Please bring your own if you have them.  
 (4 sessions)

**Instructor:** Kate Stuart

**Capacity:** 6

**Cost:** \$36 nonmbr, \$28 mbr, \$0 plus/platinum

**Space:** Courtyard and Fitness Studio



### INTRO TO SOMATIC MOVEMENT

**(pre-registration required)**  
**Fridays, April 5, 12, 19, 26, May 3**  
**2:15-3:15pm**

In the Intro to Somatic Movement 5-week series

you will learn the basic somatic exercises to 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 of movement, the exercises remind the nervous system how to relax muscles to proper resting length, how to utilize full range of motion, and how to move well in daily activities. This awareness allows for more freedom in movement, which increases quality of life. The exercises are simple, gentle, and uplifting. You must be able to get down and up from floor.  
 (5 sessions)

**Instructor:** Cheryl Ramette, Certified Somatics Instructor

**Capacity:** 12

**Cost:** \$45 nonmbr, \$35 mbr, \$0 plus/platinum

■ *Completion of this 5-session class series is required in order to participate in the ongoing Somatics classes.*

### NORDIC WALKING GROUP

**Thursdays, beginning April 4**  
**3:30-4:15pm**

Join an indoor Nordic walking group. Enjoy conversation, laughter and tips to improve your Nordic walking. We have a limited supply of walking poles. Please bring your own if you have them.

**Prerequisite:** Nordic Walking 101 or similar class

**Group Lead:** Kate Stuart

**Space:** Courtyard and Group Exercise Room

**Fitness Group fees apply**

**Information Meeting**  
**Mon. April 29**

### WALKING GROUP

**INFORMATION MEETING**

**Monday, April 29**

**9:00-9:30am**

**Location:** Room 102

A FiftyNorth Walking Group will begin on Monday May 6 and repeat each Monday until July 29, from 9:00-10:00 am. If you have any questions or would like more information please attend the information session. These will be walks over fairly flat terrain. We will walk in both the lower and upper Arb at Carleton. Marie Frederickson will lead the walks.

### WALKING GROUP

**Mondays, May 6 – July 29**  
**9:00-10:00am**  
**Carleton Arboretum**

Experience the outdoors while increasing your strength. Enjoy a walk in the woods and the company of others. The path is quite flat and provides beauty without too much challenge. We will meet at the entrance to Carleton's lower Arb, in the parking lot off Highway 19 just beyond the football stadium. If the trails are muddy or just for a change of pace, we can also use the upper Arb. We will meet in the same place.

Things to bring/wear:

- Sturdy walking shoes/boots, the trails are not paved. They are mostly flat, but are dirt so can be somewhat uneven.
- Sunscreen, bug/tick spray, water
- Optional: hat, walking poles

Dress in layers, or have them available in your car.

Minnesota spring weather continues to be unpredictable!

Weather cancellations: If it is raining heavily a half hour before start time, I will cancel the walk. If it is "looking like rain" or lightly sprinkling I will be there in rain gear. Call the FiftyNorth desk to confirm 664-3700.

**Group Leader:** Marie Frederickson

**Capacity:** 25

**Cost:** Free

# FITNESS GROUPS



## PEDALERS GROUP INFORMATIONAL MEETING

Wednesday, April 3

10:00-11:30am

Location: Room 105



The Pedalers group is the FiftyNorth bike group that meets twice a week for in-town and out-of-town rides.

If you are interested in becoming a part of this group, please join us for an informational meeting. This meeting will discuss the 2024 Pedalers schedule, safety protocols during the trips, the bike passes, important documents that must be completed for emergency contacts and waivers, and answer any questions that participants may have.

## NORTHFIELD PEDALERS BIKE / WALKING GROUP

Mondays & Wednesdays

9:00-12:00pm

Mondays and Wednesdays (Mondays in town ride/ Wednesdays out of town ride)

The Pedalers Group is a fun energetic group that does in town rides and out of town rides. Join in the weekly fun with the pedalers group on either Mondays or Wednesdays. Each ride will have a leader to follow, please make sure to wear a helmet, bring a water bottle, dress accordingly for the weather, communicate with the group while on the ride, and bring identification cards. For more information please contact Colleen Vitek at cvitek@gmail.com

**Leaders:** Colleen and Ed Vitek / Jim and Angie Mayr

**Yearly fee:** \$20 Paid to FiftyNorth

**Yearly Trail Pass fee:** \$24 (cash or check payable to Cannon Valley Trail)

**Space:** Meet at FiftyNorth

(Meeting time changes as it gets colder). During the winter with the snow still on ground the Pedalers Group Meets at Carleton's Weitz Center (320 3rd Street East, where College Street and 3rd Street intersect) every Monday morning 9:00 am for coffee and a walk at 10:00 am. We are looking to gently start the Pedalers Group biking season in April.

### VIRTUAL LAND BASED FITNESS CLASSES



INTENSITY KEY:

**PINK** – High Intensity

**BLUE** – Mid-range

**PURPLE** - Gentle

### 2024 VIRTUAL LAND BASED FITNESS CLASSES (updated March)

#### AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)				
6:30 AM								
7:00 AM					QIGONG MEDITATION (7-7:30)			
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 (8-8:45)
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)	SIMPLE STRETCH (9-9:45)	
9:30 AM				QIGONG MEDITATION (9:30-10)			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			CARDIO STRENGTH MIX (1-1:45)		YOGA BALANCE (1-2)			
1:30 PM								
4:00 PM								
4:30 PM								

# LIFE LONG LEARNING CLASSES

## CLASS CANCELLATION POLICY:

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.



### SPANISH - BEYOND THE BASICS

**Mondays & Thursdays**  
**April 1, 4, 8, 11, 15, 18, 22, 25, 29**  
**10:00-11:00am**

This is a continuation of Intro to Spanish offered in January and February or a refresher class for people that have had some Spanish in the past. The grammar that will be covered includes command formation and the simple past. Vocabulary covered will have to do with jobs/offices, bedrooms, restaurants, hotels and airports. Students will also learn how to describe where an object is located. Participants will be provided with all needed materials. You will want to bring a writing utensil. Classes will meet every Monday and Thursday.

(9 sessions)

**Instructor:** Chris Kauffeld

**Capacity:** 15

**Cost:** \$81 nonmbr, \$63 mbr, \$0 platinum

**Space:** Room 106

**Registration deadline:** March 28

## AQUA FITNESS



**COLOR KEY:**

**GREEN:** Class

**GOLD:** Group Activity (Open Swim allowed)

**BLUE:** Open Swim

2024 AQUA FITNESS (updated March)						
	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	OPEN SWIM
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	
12:30 PM						FAMILY SWIM 12-2PM AGE 3+
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		OPEN SWIM	OPEN SWIM	OPEN SWIM		
4:30 PM	WATER VOLLEYBALL 4-5:45PM				WATER VOLLEYBALL 4-5:45PM	
5:00 PM			OPEN SWIM			
5:30 PM		AQUA FUSION 5-5:45PM		AQUA FUSION 5-5:45PM		
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						



# LIFE LONG LEARNING

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

Please pre-register for all classes:  
 Phone: 507-664-3700



JOE MORAVCHIK

## THE CURRENT STATE OF US POLICING

Wednesdays, April 3, 10, 17, 24

9:00-11:00am

**NOTE: This is a 4-part series; not individual signups.**

We will examine the current state of policing in America: the laws, amendments and court cases that guide policing; the authority and role of the police; police operations and philosophies; police discretion; police terminology such as reasonable articulable suspicion, totality of circumstances, and probable cause; searches; surveillance and technology; police and the media; crimes and contemporary cases; and the importance of the role of policing, and community trust in policing. The goal is to broaden understanding and provide needed context for the serious and important public policy discussions regarding policing that are underway at the local, state, and federal levels of government.

Course Materials and Class Schedule: Each class will involve lectures guided by PowerPoint/Google Slides, short videos, music, and occasional partner work to set up our class discussions. This is primarily a discussion course. Preparation for class will include optional reading of contemporary police cases and crime news articles, and listening to podcasts. Joe will provide the readings for all classes at the first meeting of the class.

**Instructor:** Joe Moravchik **Capacity:** 20

**Cost:** \$72 nonmbr, \$56 mbr, \$0 platinum **Space:** Room 103

View full description on page 22

2024 IN-PERSON LAND BASED FITNESS CLASSES (updated March)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)		
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)	QIGONG MEDITATION (7-7:30)	
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		HEALTHFINDERS ZUMBA WITH MARIBEL (8-9) FREE
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open use	QIGONG MEDITATION (9:30-10)	SLO FLO YOGA (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open use
9:30 AM	YOGA STRETCH (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)	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			LINE DANCING (1-2)		SOMATICS (1-2) Prerequisite: Intro to Somatics	
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)		TABLE TENNIS (1:30-3:30)		
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)	
4:00 PM	TAI CHI FLOW TIPS/TRICKS (4:15-4:45)		TAI CHI FLOW TIPS/TRICKS (4:15-4:45)		TAI CHI FLOW TIPS/TRICKS (4:15-4:45)	
4:30 PM						
5:00 PM						
5:30 PM			HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders			
6:00 PM	TABLE TENNIS (5:30-7:30)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		
6:30 PM						
7:00 PM						
7:30 PM						
7:45 PM						

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

## LIFE LONG LEARNING



### CPR & AED FIRST AID

#### CPR AND FIRST AID

Monday, April 8

2:00-5:00pm

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 nonmbr, \$65 mbr,  
\$0 platinum

**Space:** room 105

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

**Please pre-register for all classes:**  
**Phone:** 507-664-3700

### Special tour for FiftyNorth members of the new Maggie Lee exhibit at the Northfield Historical Society



Maggie Lee circa 1965



#### TOUR MAGGIE LEE EXHIBIT WITH FIFTYNORTH MEMBERS

Friday, April 19

10:30-11:30am

Maggie Lee is iconic to Northfield. She broke barriers for women in journalism, she was one of our community's biggest cheerleaders and she was just a great person. Come to the Northfield History Museum for a tour of the new exhibit dedicated to one of the Northfield Historical Societies founding members.

**NOTE:** Meet at Northfield Historical Society or carpool with others from FiftyNorth.

**Tour Guide:** Mark Thornton

**Capacity:** 20

**Cost:** Free; donations at the Historical Society are welcomed

**Location:** Northfield Historical Society, 408 Division St S, Northfield, MN

**Registration deadline:** April 17



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

Monday, April 22

1:00-2:00pm

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. P

**Presenters:** Representatives of the Medical Aid in Dying group

**Capacity:** 25

**Cost:** Free

**Space:** Room 103

## As You Wish



#### ADVANCE CARE PLANNING

**ADVANCE CARE  
PLANNING  
OPEN HOUSE  
Saturday, April 20  
9:00-10:30am**

Come and work

in the presence of others to put your wishes and values into words. Start, complete, or revise your Advance Care Directive with the assistance of trained facilitators. Gain peace of mind and a thumbs up from family and healthcare.

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

**Presenters:** Northfield Advanced Care Planning Group

**Capacity:** 25

**Cost:** Free

**Space:** Room 104 & 106

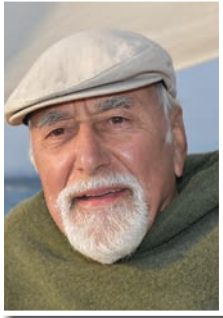
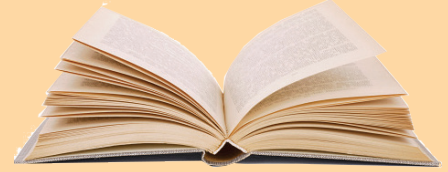
## AUTHOR TALK: Book Launch for *Beyond Barron*

by Dan Van Tassel

**SATURDAY, APRIL 20**

**10:00AM - Author presents *Beyond Barron***

**10:45: Meet the Author, Book Sales**



**B**eyond Barron, the second volume of a memoir initiated by the publication of *Back to Barron* (in 2008), encompasses captivating humor and telling detail to narrate the story of author Van Tassel and his wife's life together and their kindred careers. It focuses on schools and colleges and universities attended, taught at, and visited; homes purchased, built, modified, and redecorated; vehicles and pets acquired; and travels and forms of recreation that served as accompaniments to their academic careers and enhancements of family life.

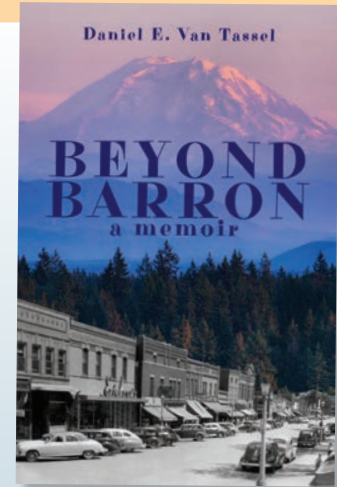
Following the saga of attending three very different high schools, a chunk of time at St. Olaf College culminates in Van Tassel's earning a BA degree and his meeting a girl at a Fourth of July festival whom he falls in love with and marries that fall. Upon completing a grad degree at the University of Iowa, he takes an instructorship at Concordia College, while Rhoda becomes a "Cobber" and earns two more years toward her BA degree prior to the couple's moving to California, and Chapman College for a year, where he teaches and she finishes her BA. Between colleges and squeezed in during the summer, they indulge in a grand tour of Europe, chronicled in the author's *Journey by the Book* (2022). He with a PhD and she an MA, they move to Pacific Lutheran University, during which eleven-year tenure they have two children and build a house. In vignettes, anecdotes, catalogs and annotated lists reminiscent of an epic, and as scenes in a drama, the book traces in bas-relief the Van Tassels' scholarly, administrative, and pedagogical achievements, additional moves (to Muskingum College, in Ohio, later to Cal State San Marcos, and, upon retirement, back to Minnesota), and recreational activities, including acting in plays, u-picking fruit and harvesting organically-grown vegetables, skiing, swimming, and boating as well as numerous trips and adventures within the US and beyond.

**Author:** Dan Van Tassel

**Capacity:** 50

**Cost:** Free

**Space:** room 103



In a lively, fun to read style, Daniel E. Van Tassel's memoir *Beyond Barron* combines humor and insight to record an indelibly stunning variety of lifetime experiences.

Chronicling the lives and adventures of a pair of academics whose numerous and diverse avocations enhanced their careers and family life, the book fascinates like a kaleidoscope.

### WHAT OTHERS ARE SAYING:

"Not many of us take the time to review our lives, much less to trace the threads weaving in and out across our various pursuits, but Dan Van Tassel has done just that in this comprehensive survey of his contributions to college and university teaching and administration, his shared love of art and architecture with his wife Rhoda, their enthusiasm in building and renovating houses, zest for adventure, and not least, love for their children, friends, and numerous pets. With humility, humor and joy, Dan assembles memories of a life well lived. What a remarkable numbering of his days." — Margaret Odell, Professor Emerita of Religion, St. Olaf College.



## GROUP SCHEDULE

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 - Photography Group	Fridays, 4th	9:30-11:30am	Room 106
CARDS - "Chat" Bridge	Wednesdays	9:30-12:00pm	Room 104
CARDS - 500	Fridays	12:30-4:00pm	Room 104
CARDS - Cribbage	Thursdays	12:45-4:00pm	Room 106
CARDS - Double Deck Pinochle	Mondays	12:15-4:00pm	Room 104
CARDS - Duplicate Bridge	Tuesdays	12:30-4:00pm	Room 104
CARDS - Euchre	Tuesdays	12:30-4:00pm	Room 106
CARDS - Sanctioned Duplicate Bridge	Thursdays	12:00-4:00pm	Room 104
CARDS - Social Bridge	Wednesdays	12:30-4:00pm	Room 104
GAMES - American Mahjongg	Fridays	1:00-3:00pm	Room 106
GAMES - BINGO	Mondays, 3rd	1:00-2:00pm	Room 103
MISC - Book Club	Fridays, 2nd	10:30-12:00pm	Room 102
MISC - Friday Movie	Fridays	1:00-3:00pm	Room 103
MISC - History Group	Fridays	10:30-12:00pm	Room 104
MISC - Reading With 5th Graders	Wednesdays, 2nd	2:00-2:30pm	Multiple Rooms
MISC - Storytelling	Mondays, 2nd	9:30-11:30am	Room 104
MUSIC - Chime Choir	Thursdays	9:30-10:45am	Room 103
MUSIC - FiftyNorth 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	Varies	Late afternoon	Room 103
<b>FITNESS GROUPS</b>			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Pickelball	Tuesdays & Thursdays	8:00-9:00am	Lions Park
Nordic Walking	Thursdays	3:30-4:30pm	Studio, Courtyard
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball - off season, practice only	Thursdays	1:00-3:00pm	Dundas Dome
Pedalers -	Mondays & Wednesdays	Mornings	Varies

## TRAVEL GROUP

### TRIP - US BANK STADIUM & MILL CITY FLOUR MUSEUM TOURS

Thursday, April 18

8:45-4:00pm

Our first stop of the day will be a 90-minute tour of the US Bank Stadium. We will see the Vikings locker room, Legacy Ship, Stadium Art Collection, premium clubs and suites, field area, interview rooms and the Thomson Reuters Press Level. The tour is handicap accessible but it is approximately one mile of walking. Wheelchair assistance is not available during the tour so please plan accordingly. Wear comfortable shoes. Please visit <http://www.usbankstadium.com> to learn what items are not permitted into the stadium.

Lunch will be on your own at the Farmer's Kitchen and Bar. For a sneak peek at the menu go to [www.farmerskitchenandbar.com](http://www.farmerskitchenandbar.com).

Our final stop will be a short walking distance from the restaurant to the Mill City Flour Museum. The feature of this location will be the Flour Tower. This elevator show travels through eight levels of the building and back through time as you experience the sights and sounds of the workers and machines that made Minneapolis the flour milling capital of the world. This includes a visit to the rooftop observation deck for a panoramic view of the Mississippi River and St. Anthony Falls. There will also be some time available to roam the museum and gift shop on your own.

**Trip Leader:** Michelle Brant | **Capacity:** 25  
**Cost:** \$105 | **Registration Deadline:** April 3



**TRAVEL GROUP**

**CANCELLATION POLICY**

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.



**TRIP - ST PAUL SAINTS VS. TOLEDO MUD HENS**

**Wednesday, June 19**  
**11:00-5:00pm**

Join FiftyNorth as we travel to CHS field and cheer on the St. Paul Saints as they host the Toledo Mud Hens. The cost of food is NOT included in the price. \*CHS Field is a cashless venue. Please bring a credit/debit card for your food and/or merchandise purchases.

\*Please specify when registering if you want to sit with someone specific.

**Group Leader:** Craig Swenson

**Capacity:** 25

**Cost:** \$70

**Registration deadline:** June 14



**TRIP - GUTHRIE THEATER: LITTLE SHOP OF HORRORS - A FRIGHTFULLY FUNNY MUSICAL**

**Wednesday, July 10**  
**11:15-5:00pm**

On Skid Row, Mr. Mushnik plans to shutter his failing florist shop when

his timid staffer Seymour presents an exotic-but-wilted flytrap named Audrey II. Convinced it will boost business, Seymour encourages Mr. Mushnik to display the peculiar plant, which Seymour successfully revives. As Audrey II draws much-needed crowds to the shop, Seymour makes a disturbing discovery: It needs fresh blood (and lots of it) to grow — a secret that forces Seymour into a Faustian bargain to keep his fame and fortune intact. A hilarious mashup of science fiction, horror and musical theater, this cult classic boasts Motown-inspired hits like "Feed Me (Git It)," "Suddenly, Seymour" and "Little Shop of Horrors." Late lunch on your own. Location to be determined.

**Trip Leader:** Norma Monroe

**Capacity:** 35

**Cost:** \$80

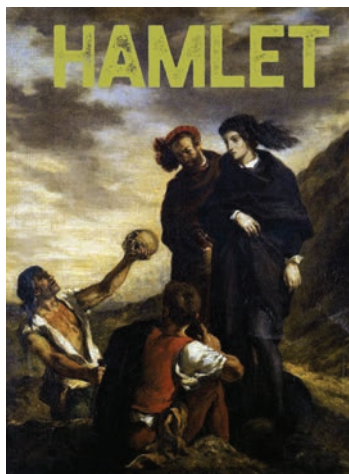
**Registration Deadline:** June 12



**TRIP - GREAT RIVER SHAKESPEARE FESTIVAL: HAMLET**

**Wednesday, July 10**  
**10:30-7:30pm**

We will again have a bus load of folks traveling to Winona to attend a performance of Hamlet directed by Doug Scholz-Carlson. As an added treat we will enjoy seeing long time company member Tarah Flanagan playing the role of Hamlet, with a cast of professional actors from the Great River Festival company. Yes, this staging will be different! But with Doug as



director and the amazing Tarah playing Hamlet we will be treated with a new creative version of Shakespeare by folks who really can play Shakespeare. Those of you who have been before and those who are new to the Festival will all have a great enriching experience.

The cost of the trip will include the bus, play tickets, after play box meal with the actors and Director. Doug will also visit FiftyNorth

in June to present a preview of the play and answer your questions about the play. More details as the play develops in rehearsal. So mark your calendars for July 10th and come prepare for a summer treat.

The box meal will be a sandwich option with sides.

■ Please specify your sandwich choice: Turkey or Vegetarian

■ Please specify when registering if you want to sit with someone specific.

**Trip Leaders:** Bill and Char Carlson

**Capacity:** min 20, max 45

**Cost:** \$125

**Registration deadline:** July 5



## FRIDAY MOVIE GROUP

MOVIES START AT 1:00PM  
\$1 group fee applies

### APRIL MOVIES



This month consists of requests from patrons of studio 103. That is to say friends who come to see my movies at the Senior Center. If you have a request, just ask me. I might have it in my large collection of movies and would be so very happy to share it with you. I am now trying to purchase a couple of the new movies out for academy awards for 2023. So far they are not for sale. —Diane Gehler



**April 5**  
**Rooster Cogburn**

(1975) Western 108 mins.  
Stars John Wayne and Katherine Hepburn A band of drunken thugs overruns a small village in the Indian Nation that is run by Minister Goodnight and his daughter Eula and proceed to violate and kill the villagers. Miss Goodnight teams up with ruthless Marshal Rooster J. Cogburn to go after them and bring them to justice.



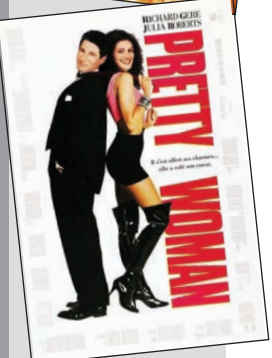
**April 12**  
**Barbie**

(2023) Comedy\Musical 114 mins.  
I could not find a synopsis of this movie. I purchased it to please the patrons at the senior center. I have to say I loved it!! Please come and be so surprised. It does have a story, a strong lesson, much dancing and music, and much to make you laugh. Again, I am so happy I purchased this movie and happy to share it with all my friends at FiftyNorth



**April 19**  
**Oppenheimer**

(2023) Historical Drama 180 min. (3hr.)  
Christopher Nolan's breathtaking global true story phenomenon about the father of the atomic bomb stars Cillian Murphy, Emily Blunt, Matt Damon, Robert Downey Jr., and Florence Pugh.



**April 26**  
**Pretty Woman**

(1990) Romantic Comedy 117mins.  
When streetwise Vivian meets billionaire Edward, their lives are worlds apart. But Vivian's lively spirit challenges Edward's no-nonsense approach to life, and soon they're falling in love! Stares Richard Gere and Julia Roberts

## BOOK GROUP



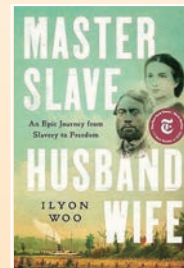
The Book Club meets the 2nd Friday of the month at 10:30. May participate via Zoom. Questions: call Katherine Collman at (507) 645-1357.



**APRIL** THE ONLY WOMAN IN THE ROOM  
by Marie Benedict

Desperate to escape her controlling husband and the rise of the Nazi party, Hedy disguises herself and flees from Austria to London in

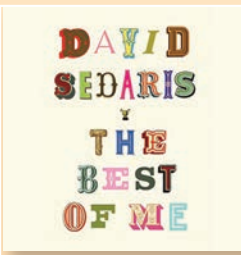
1937. She lands in Hollywood, and becomes the beautiful screen star Hedy Lamarr. But her guilt for surviving, when so many in her birth country perished, ultimately move her to action.



**MAY** MASTER SLAVE HUSBAND WIFE  
by Ilyon Woo

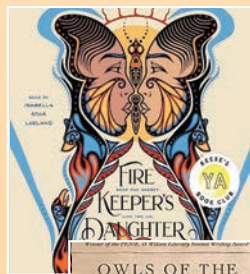
Presents the remarkable true story of Ellen and William Craft, who escaped slavery through daring, determination, and disguise, with Ellen passing as a

wealthy, disabled white man and William posing as "his" slave.



**JUNE**-THE BEST OF ME  
by David Sedaris

In these stories, Sedaris shops for rare taxidermy, hitchhikes with a lady quadriplegic, and spits a lozenge into a fellow traveler's lap.



**JULY** THE FIREKEEPER'S DAUGHTER  
by Angeline Boulley



**AUGUST** - OWLS OF THE EASTERN ICE: A QUEST TO FIND AND SAVE THE WORLD'S LARGEST OWL  
by Jonathan Slaght



## VOLUNTEERING

## APRIL VOLUNTEER SPOTLIGHT



*John Ernste*

**Many thanks to John Ernste** for his 8 years of volunteer service at the iconic popcorn wagon on Bridge Square. He has been invaluable to the operations of the popcorn wagon. Please read below the various activities John does to make popping popcorn go smoothly.

**A**t the start of the 2023 season I thought I had just signed up to be the volunteer who buys beverages and stocks the wagon with drinks, popcorn, and cleaning supplies.

With Lesley injuring her ankle, I took on a lot more:

- ♥ daily checking supplies, something Lesley had always done.
- ♥ developed an Excel spreadsheet for monthly worker schedules. Also for special events like DJJD and Vintage Band
- ♥ worked with Carleton and with Jerry Gehler to get the wagon moved, set up, and returned to Bridge Square
- ♥ the remodeled wagon had a broken keylock that I replaced.
- ♥ delivered a non-functional popcorn kettle to our contractor in Hudson, WI, for repairs.
- ♥ started a new tradition of giving free popcorn to the winning team after the St Olaf - Carleton football game. Theater City of Northfield donated \$100 for doing this!
- ♥ began an arrangement with the Northfield Arts Guild to sell them popcorn for their outdoor plays and picnics.
- ♥ lastly I got us on KSTP news!

FiftyNorth is looking for more volunteers to work at the popcorn wagon this upcoming season. Please contact Lesley Weirich at 507-400-4331 if you are interested.

## VOLUNTEERING WITH HABITAT FOR HUMANITY

We are working right now in Northfield and are looking for volunteers for construction or bringing lunch to the construction crew. We work Tuesdays, Thursdays, and Saturdays from 7:45-3. Volunteering with Habitat is a great way to stay active and support families here in our community. Construction skills are not necessary. Habitat will provide all of the tools and materials. Lunch is provided by volunteers from our community. If you enjoy cooking, you may want to sign up to bring lunch to the construction crew. Questions can be directed to Jodi at [jodihabitat@gmail.com](mailto:jodihabitat@gmail.com) or 507-403-7868.

Jodi Wagner  
Community Engagement Coordinator  
Rice County Habitat for Humanity

**FIFTYNORTH IS SEEKING STRONG VOLUNTEERS TO ASSIST THE USED A BIT SHOPPE AND THE POPCORN WAGON!**



Volunteers pick up furniture donations for Used-a-Bit around town on Thursday mornings from 9-10am (trailer provided), and assist with loading and

unloading the popcorn wagon from its custom trailer when it opens for the season, closes for the season, and visits Carleton and St. Olaf a few times throughout the year.

If you are interested, please contact Kerry Hjelmgren at 507-664-3701.

**WELCOME ALL! *Just a reminder!***  
**POPCORN WAGON:**

**Informational Meeting for 2024 Season!**  
**Monday, April 8**  
**9:30am - room 105**

There will be an informational meeting on Monday, April 8, 9:30am in Room 106.

Current volunteers will be on hand to share some of their experiences.

If you would like more information come join us April 8, or call Lesley @ 507-400-4331.

I look forward to meeting you.— Lesley



JOE MORAVCHIK

## THE CURRENT STATE OF US POLICING

Wednesdays, April 3, 10, 17, 24

9:00-11:00am

NOTE: This is a 4-part series;  
not individual signups.

**CLASS #1:** In our first class, you'll learn about Joe's career, the traditional role of police in our society, and the major changes and challenges to police service, focusing on the past 25 years, including The North Hollywood Shootout, Columbine, September 11, 2001, Technology and Surveillance, and the George Floyd in-custody death.

To prepare for class, listen to the KYMN podcast Public Policy This Week, originally broadcast Sept. 30th, 2022. Joe and St. Paul Police Chief Todd Axtell (Ret.) discuss their police careers and the current state of U.S. policing: <https://kymnradio.net/2022/09/30/public-policy-this-week-chief-todd-axtell-ret-of-the-st-paul-police-dept/>.

**CLASS #2:** In our second class, we're going to be joined in class by the Chief of, or a patrol officer from, the Northfield P.D. to discuss and examine directly a modern patrol car and the equipment of a police officer. Additionally, we will discuss police operations, and policing theory—from the broken windows theory to predictive policing. Further, some of the court cases that guide police service: Terry v. Ohio, Minnesota v. Dickerson, Chimel v. California, Miranda v. Arizona, New York v. Belton, and Arizona v. Gant.

To prepare for class, listen to the KYMN podcast Public Policy This Week, July 15 2022 edition. Joe interviews Dr. James Densley, an expert on the topic of mass shootings: <https://kymnradio.net/2022/07/15/public-policy-this-week-gun-violence-and-mass-shootings-with-dr-james-densley/>

**CLASS #3:** In our third class, we will discuss the media's role in breaking down police/public trust, referencing the national cases of Louis Gates Jr., Freddie Gray, and Michael Brown. In addition, we will discuss a profession in crisis as we examine the cases of former Minnesota police officers that have received worldwide attention—Jeronimo Yanez, Derek Chauvin, Thomas Lane, Kim Potter, and Ryan Londregan.

To prepare for class, listen to the KYMN podcast Public Policy This Week August 18th, 2023 edition. Joe interviews Dr. Andrew Baker of the Hennepin County Medical Examiner's Office on the topic of the role of the medical examiner:

<https://kymnradio.net/2023/08/18/public-policy-this-week-the-role-of-medical-examiners-with-hennepin-county-chief-medical-examiner-dr-andrew-baker-8-18-23/>

**CLASS #4:** In our fourth class, we will discuss the modern role of police in our society. Class discussion will focus on the topics of recruiting/hiring, training, and trust; the relationship between the District Attorney's Office and the police; the homeless, drug addicted and mentally ill; repeat offenders, incarceration and recidivism, interventions, and the undercurrent of violence in society. Joe will also discuss cases in his career pertaining to the topics discussed this date.

To prepare for class, listen to the KYMN podcast Public Policy This Week, June 23, 2023 edition. Joe interviews Dr. James Densley on the topic of gangs: <https://kymnradio.net/2023/06/23/public-policy-this-week-gangs-and-gang-violence-withdr-james-densley-6-23-23/>.

A second podcast is also offered. Listen to the KYMN podcast Public Policy This Week, December 2, 2022 edition. Joe interviews Northfield Police Chief Mark Elliott, and Rice County Behavioral Health Supervisor Dante Hummel-Langerfeld on the topic of 1st Responder Mental Health Care: <https://kymnradio.net/2022/12/02/public-policy-this-week-mental-health-and-law-enforcement/>  
(This is a 4-part series; not individual signup)

**Instructor:** Joe Moravchik

**Capacity:** 20

**Cost:** \$72 nonmbr, \$56 mbr, \$0 platinum

**Space:** Room 103

**NOTE:** Joe Moravchik has a B.S. from the University of Wisconsin-Whitewater and a J. D. from the William Mitchell College of Law. Holder of a State of Wisconsin DOJ Board of Standards Police Officer's License, he did his training at the Milwaukee County Sheriff's & Police Academy. Rising through the ranks of the Racine, WI Police Department he was a multi-time winner of the Wisconsin Attorney General's prestigious Exemplary Officer Award for high quality performance and professional dedication.

Contact: [jmoravchik1525@gmail.com](mailto:jmoravchik1525@gmail.com)

## FEBRUARY DONORS THANK YOU FOR YOUR SUPPORT!

**Our sincere gratitude to all who have donated.** We couldn't even come close to doing what we do without your support — *thank you!*



**Donate now!**

Scan with your smartphone!

■ Membership total: February 29, 2024: 1841

Karen Achberger  
David Appleyard  
Nancy Ashmore & Kenneth Wedding  
Bernard & Mary Auge  
Lois Bakko  
George & Catherine Brophy  
Judy Broske  
Gene & Darlene Broughton  
Warren & Karen Broughton  
Mary Brown  
Jim Bull  
William & Charlotte Carlson  
Bernice Christensen  
Eileen Cooper  
Neil & Marilyn Deden  
Winnie Drentlaw  
JoAnn Edwardsen  
Chris Ellison  
Carol Emery  
Beth Endert  
Burton Fleming  
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Marie Gery  
Mac & Jacquelyn Gimse

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Craig Swenson  
Allan & Nancy Swenson  
Judith Tarabek  
Dale & Rose Turnacliff  
Anne Ulmer  
Timothy & Jean Vick  
Linda Wagenbach  
Patricia Warner

## Welcome!

### FEBRUARY NEW MEMBERS

GLAD YOU'RE HERE!

Karen Altmann, Deborah (Deb) Anderson, Martin (Marty) Benson, Susan Boxrud, Kendall (Ken) Davidson, Mairi Doerr, Teresa Douglas, Dean Ness & Sandra Drentlaw, Shaun Efrima, E Duane Engstrom, Debra Fawcett, Lee Freeman, Jody Greenslade, Sharon Jackson, Linda Jensen, Mary Cot) LaFond, Jean Liebenstein, Chucks Madhav, Gerald & Judith Mergens, John Morse, Lori Olson, Alison Pew, Barbara Piper, Rory Rice, Steven Rinderknecht, Barbara Rippley, Sandra Robertson, Stephen & Amy Samuels, Jody Saxton West, Ricky Schultz, Geraldine (Geri) Storch, Sue Suter, Karla Swanson, Joanne Talbot, Dee Tomczik, Julie Windschitl, August & Betty Ziegler



[www.FiftyNorth.org](http://www.FiftyNorth.org)

1651 Jefferson Pkwy, Northfield, MN 55057



FiftyNorth and its programs are made possible in part through financial contributions by the City of Northfield.

## STAFF DIRECTORY

### Director:

Kerry Hjelmgren  
507-664-3701 | [kerry.hjelmgren@fiftynorth.org](mailto:kerry.hjelmgren@fiftynorth.org)

### Assistant Director/Fitness Coordinator:

Craig Swenson  
507-664-3702 | [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org)

### Administration Manager:

Elaine Meyers  
507-664-3703 | [elaine.meyers@fiftynorth.org](mailto:elaine.meyers@fiftynorth.org)

### Program Coordinator: Lifelong Learning/ Community Outreach

Patty Ciernia  
507-664-3709 | [patty.ciernia@fiftynorth.org](mailto:patty.ciernia@fiftynorth.org)

### Program Coordinator: Arts/Volunteer/Dining

Michelle Brant  
507-664-3707 | [michelle.loken@fiftynorth.org](mailto:michelle.loken@fiftynorth.org)

### Used-A-Bit Shoppe Manager:

Dolores Kornkven  
507-645-1399 | [dolores.kornkven@fiftynorth.org](mailto:dolores.kornkven@fiftynorth.org)

### Used-A-Bit Shoppe Assistant Manager:

Deb Olien  
507-645-1399 | [deb.olien@fiftynorth.org](mailto:deb.olien@fiftynorth.org)

### Bookkeeper:

Kathy Bjerke  
507-664-3700 | [kathy.bjerke@fiftynorth.org](mailto:kathy.bjerke@fiftynorth.org)



### Front Desk (Reception Staff):

Phone: 507-664-3700 | Fax: 507-664-3720  
Brenda Bultman, Bonnie DuPay, JoAnn Edwardsen,  
Beth Endert, Cathy Graff, Pat Nelson, Jane Persons,  
Pam Toepper



### Lobby Hours:

Monday–Friday: 6am–8pm  
Saturday: 7am–4pm  
Sunday: Closed



### Fitness Center Hours:

Monday–Friday: 6am–8pm  
Saturday: 7am–4pm  
Sunday: Closed



### Pool 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

View newest information online: [fiftynorth.org](http://fiftynorth.org)

Follow FiftyNorth and Used-A-Bit on Facebook!