



By Kerry Hjelmgren, Director



APRIL IS VOLUNTEER APPRECIATION MONTH AT FIFTYNORTH



We are grateful to our FiftyNorth volunteers every single day of the year, but now that April is here, we are excited to officially celebrate National Volunteer Appreciation Month! Volunteers are the heart and soul of a non-profit organization. At FiftyNorth, the Used-a-Bit Shoppe, and the Popcorn Wagon, our volunteers are truly a vital resource. **THANK YOU** to the 185 individuals who generously give their

time, talent, and energy to make a positive impact on our organization and community. We couldn't do all that we do without their commitment and involvement! My goal is for our volunteers to find continued purpose and fulfillment through their role, and witness the value they add to our organization every day.

Volunteer retention has been a great challenge since the COVID-19 pandemic began, and we are still recovering from it. We have relied heavily on the volunteers who have stuck with us since early 2020. If you know a FiftyNorth volunteer personally, please join us in thanking them for their contribution to the richness and success of FiftyNorth!

If you would like to become part of our volunteer family, please contact Michelle Loken, Volunteer Coordinator at 507-664-3707 to learn about available volunteer opportunities.

Kerry

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CHEERS TO OUR VOLUNTEERS!

We will honor and celebrate our FiftyNorth volunteers on Monday, April 17 from 1:00-2:00pm. FiftyNorth volunteers will be invited to enjoy a dessert bar and social hour. A short program will feature acknowledgments from staff, along with prize drawing giveaways.

If you have supported FiftyNorth as a volunteer in the past year, you will receive an invitation to attend the event and ask that you RSVP to the receptionist (507) 664-3700.



We look forward to celebrating over 160 of you!

ANNUAL MEETING
THURSDAY, APRIL 20
1:00PM

UNDER MILK WOOD
PERFORMANCE
■ Thursday,
April 27 3PM
■ Friday, April 28 3PM

EXTENDED HOURS
SATURDAYS UNTIL
4PM - starting April 1.
No foolin'!

You're invited to the 60th Annual Northfield Hospital Auxiliary Book Fair, April 25 through 29.

It's an anniversary event big enough to fill an arena – and fill the hearts of book lovers across the region.

The popular Northfield Hospital Auxiliary Book Fair marks its 60th anniversary this year, filling Northfield Ice Arena with more than 70,000 unique items: books, DVDs, CDs, LPs, puzzles and games.



DONATE BOOKS AT THE NORTHFIELD ICE ARENA:
Tuesday, April 11 - Friday, April 14 (9 am - 5 pm)
Saturday, April 15 (9 am - 1 pm)
Monday, April 17 - Friday, April 21 (9 am - 5 pm)
Friday, April 21 is the last day to donate.

GLADLY ACCEPTING:

- Hardcover books and paperbacks
- Children's books in good condition
- DVDs, CDs, vinyl records
-

CANNOT BE ACCEPTED:

- Moldy or mildewed books
- Textbooks published before 2018
- English-language dictionaries
- Encyclopedias
- Readers' Digest Condensed Books
- Norton anthologies
- Magazines
- VHS tapes
- Cassettes
- 78 RPM records

NORTHFIELD HOSPITAL AUXILIARY BOOK FAIR
Tuesday, April 25- Saturday, April 29

Northfield Ice Arena
 1280 Bollenbacher Drive

■ **Tuesday, April 25: 5 - 9 pm**

■ **Wed-Fri, April 26-28: 9 am - 9 pm**
 (Friday is half-off day)

■ **Sat, April 29: \$5 bag sale (bags provided)**
8 am - 12:30 pm (then FREE books 1 - 3 pm)

All items are good or excellent condition. Books are sorted by subject for easy browsing. That makes the Auxiliary Book Fair special, compared to other book sales. Most items are priced under \$5. Rare and specialty items are also available. Credit and debit cards are welcome.

The Auxiliary Book Fair has raised \$1.2 million to support projects at Northfield Hospital and scholarships.

As a partner to Northfield Hospital, the Auxiliary supports high health standards for the community, to protect volunteers and shoppers. Please stay home if you're not feeling well.



Join the excitement and follow developments on Facebook: facebook.com/Auxiliarybookfair

MEMBERS WAYS TO STAY INFORMED



Follow **both** FiftyNorth and the Used-A-Bit Shoppe Facebook pages!

Bi-monthly Eblast

Receive our email news update bi-monthly. If you are not receiving them and would like to sign up, call (507) 664-3703

Monthly Newsletter

Pick up a copy at FiftyNorth, sign up to receive them by email, view them on the website, or receive them by mail.

Check in at FiftyNorth!

See you soon.

MEMBER NEWS



GARDEN GROUP MEETING

Monday, April 24
10:00-11:00am

We welcome anyone interested in volunteering in the patio garden area at FiftyNorth. The beautiful patio area is enjoyed throughout the season with outdoor band concerts, coffee groups, walking path or just for a refreshing rest outdoors. Volunteers are needed for spring and fall cleanup days, spring planting and scheduled watering. We will discuss in more detail at the meeting. You can commit as much or as little time as you wish. We will also need one or two people to lead this group. The Lead will help organize a watering schedule and communicate amongst Garden Group members.

If you are interested and unable to make the meeting, contact Patty at (507) 664-3709 or patty.ciernia@fiftynorth.org.



FIFTYNORTH CHIME GROUP PERFORMANCE DURING LUNCH

Thursday, April 20, 11:30am

HISTORY OF THE CHIME CHOIR

Marilyn Wing held the first practice of the Hand Chime group on Jan. 22, 2004. It started with 2 octaves, then grew to 3+ octaves as more people joined.

Over the years there have been over 50 people involved in playing. It takes 8 to 10 players at one time. All of our members share a love of music and enjoy being part of a group that plays music for the pleasure of others.

If you would like to try playing chimes, talk to any member of the group. Typically, we practice from September to May with performances in December and late spring.

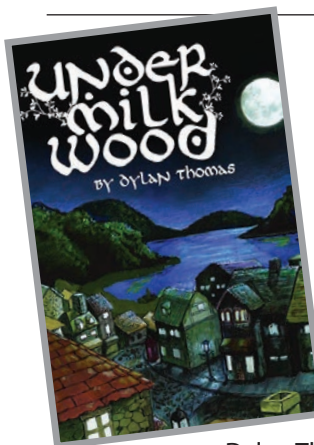
Our repertoire includes a variety of music, from classics to old favorites with a few seasonal pieces added in. I have been the director since 2011 when Marilyn Wing retired. I can be reached at (612) 877-0959 if you have questions or would like the chimes to play for your organization. — Marilyn Finneseth



PLAY BINGO!

Thursday, April 6
1:00-2:00pm
Room 103

FiftyNorth's program coordinators Michelle and Patty hosted Bingo in March for the first time in several years. They hope to get a bigger crowd for April's Bingo. Bring your friends and join in on Thursday, April 6 at 1:00. Who knows? You could be a winner!



UNDER MILK WOOD PERFORMANCE

Thursday, April 27 3:00PM &
Friday, April 28 3:00PM

Come and enjoy the language of Dylan Thomas as we play with sounds and characters who inhabit this delightful poetic adventure of a small town in Wales/everywhere. The sense of humor and compassion leaps off the page into our hearts and minds. This is a reader's performance - you won't want to miss!

Directed by Sylvia Langworthy

Tickets available at FiftyNorth front desk or at the door.

\$10 ADULTS \$5 CHILDREN 10 & UNDER

Open Seating. Doors open at 2:45.



FIFTYNORTH ANNUAL MEETING

Thursday, April 20 | Time: 1:00pm
Room 103/105

The Annual Meeting will be held on Thursday, April 20, 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 2022, upcoming projects for 2023, and an invitation to participate in FiftyNorth's first annual membership experience survey. Outgoing board of directors will be recognized, and members will vote on nominees to join the board for three-year terms.

GET TO KNOW THE BOARD:
The FiftyNorth Board
of Directors invites all
members to attend.



Sponsored by
Northfield's Healthy
Community Initiative

Sign Up Today!

Come learn about signs, symptoms and how to respond to youth with mental health concerns!

Adult Mental Health First Aid has information and skills that everyone in our community should know about. Community members need us all to be prepared to listen and to be aware of the resources available!

When: 8:30am-5pm on Friday, April 14th

Where: Northfield Community Resource Center
1651 Jefferson Parkway, Northfield, MN

***Registration required as spaces are limited!**
Email laura@healthycommunityinitiative.org

Need a resource?

<https://healthycommunityinitiative.org/resources/>

VOLUNTEER NEWS

MEALS ON WHEELS VOLUNTEERS: The week of May 15th – May 20th

Volunteers are needed for delivering Meals on Wheels the week of May 15th – May 20th. This is your chance to provide this wonderful service to people in your community. If you



are interested in volunteering to deliver meals during that week, please contact Michelle Loken at 507-664-3707 or michelle.loken@fiftynorth.org or stop in the office.



PREP FABRIC TO SIZE FOR BOOMERANG BAG KITS:

Thank you to all who donated fabric in January and February. We have scheduled 2 afternoons to cut and/or rip the fabric and create 'take-n-sew' Boomerang Bag kits.

Boomerang kits have all the parts including labels for 3 bags. Once the kits are completed they can be sent out to volunteer sewers from FiftyNorth and the Library.

Come to one or both sessions! Refreshments served.

Facilitator: Kathy Ness and Patty Ciernia

Thursday, April 6 and 13

1:30-4:30pm

Space: Room 105



POPCORN WAGON VOLUNTEER NEWS

Spring, hopefully, is just around the corner. Now would be a good time to think about warm afternoon's visiting with friends & neighbors on Bridge Square.

If this sounds great to you, but you would like more information:

Come and meet current popcorn wagon volunteers and learn about this fun volunteer opportunity!

Wednesday, April 5 at 9:00am in room 106.

Doughnuts and coffee will be served.

VOLUNTEER SPOTLIGHT

LORI FOOTE



Many thanks to Lori Foote for her volunteer service at the popcorn wagon. We

appreciate that she represents FiftyNorth out in the community. Please read below what inspires Lori to volunteer.



The popcorn wagon is a staple to downtown Northfield and is anticipated each spring by volunteers and city residents alike. As a popcorn wagon volunteer, I look forward to each time I am scheduled to work in the wagon. I will sometimes bring a book to read in case business is a bit slow but often, the book goes unread and is replaced by friends or tourists stopping by for a chat between customers. On warm days, I enjoy watching the children dance around the fountain trying very hard to honor a parent's request to 'not get wet'.

The popcorn wagon is a part of all of Northfield's special summer events. Being a part of all the smiles and happiness during the Saturday market fair is a favorite time, especially when the musicians are playing in full view and sound from the wagon. Other favorite times are during community band nights, vintage band fest, Defeat of Jesse James Days and being on the Carleton campus giving free popcorn to incoming students, outgoing graduates and the returning alumni.

Volunteering at the popcorn wagon is easy to do. The time commitment is limited to a 2-3 hour shift and can be done on occasion or a set time each week. Our fearless leader, Leslie, makes sure the schedule is filled and the wagon is fully stocked. And if Leslie is out of commission, she has John along with a whole set of core volunteers who willingly step in and help out. Leslie makes sure any new volunteer is scheduled with a veteran volunteer until they've gotten the hang of it and feel comfortable. Busier shifts will have 2 volunteers working the wagon to keep things moving smoothly and stress free. We are always looking for additional volunteers and once you are a volunteer, you will find all the resources you need to be successful and enjoy yourself.

If you are interested in volunteering at the popcorn wagon, please contact Leslie Weirich at 507-400-4331.

HOT TUB TIME MACHINE

Stepping slowly down the blue and white tiled steps into the hot, clear, swirling, bubbling water, fingers touching the stainless steel ship's railing for safety as you descend into the unknown, into history...



— BY JAY GROSSMAN
NCRC FACILITY MANAGER

Four thousand years ago in ancient Egypt they used hot water baths with essential oils and flowers as aromatherapy, and while the Greeks built pools around volcanic springs to capture the hot, mineral-rich water, making lavish alabaster cauldrons in 1500 B.C. on isles that ended up covered in ash from volcanic eruptions, the Romans in 200 B.C. designed the first thermae, a luxurious facility with hot baths, saunas, gyms and massage parlors. Some of those baths still stand in part today, and ancient British legend says Celtic kings used them long before the Romans colonized England. As did the Japanese a thousand years ago, who soaked in ofuros and onsens, or hot springs, and believed that the elder members instilled their wisdom into the water for younger bathers to absorb. So as you sit on the tiled underwater bench in our FiftyNorth hot tub, you are experiencing the same restorative bathing pastime as these ancient people, meditating and relaxing your spirit, resting and perhaps visiting as well... Our own medicinal hot springs, as it were, our sacred meeting place of vapors, began as a 75 square foot hole in the ground dug by excavators almost 25 years ago, squared up by surveyors, built by concrete laborers and plumbers who fit into the ground cpvc pipes and special spa fixtures such as hydro therapy jets and hydro jet suction fittings, and electricians who ran conduit through all that so that there could be an LED light in a stainless steel niche tucked away at the bottom of the steps, safely underwater.

Flow with the water now, as you relax there, either through the main drain at the bottom of the hot tub, or through the skimmer that sits there like a gaping tiled mouth sipping the minuscule debris off of the water's surface and back through the pipes to the mechanical room to the Hayward large capacity cartridge filter tank, using a cluster of four pleated filters collecting dirt down to 10 microns while allowing the newly cleaned water to flow on through the filters at 60 gpm so that all of the 1,200 gallons of spa water is filtered every 20 minutes. At the end of each month the filters are removed, rinsed off, bathed in acid and put back into service, having to be replaced with new ones every couple years. On the concrete wall next to the filters is the Aquasol chemical feeder, which measures the oxidation reduction potential of the spa water. ORP sensors don't measure chlorine but rather the dissolved oxygen. Contaminants in the water consume oxygen and result in a reading of less dissolved oxygen. The higher the ORP level, the more ability the water has to destroy contaminants like microbes. The chemical controller then measures, in mv, the free chlorine available for disinfection, while ph sensors measure the balance between acid and base as a hydrogen ion concentration in the water, maintaining a level of 7.4, which is about the level of the blood in your body, adding muriatic acid as needed as the ph level drifts up. Filtered and chemically adjusted water then travels through a Raypak 250,000 btu natural gas heater's heat exchanger to the 2 hp Whisperflo circulation pump at 102 degrees and back to the the four inlets below the bench where you are sitting. Two 3/4 hp jet pumps, one for each side of the spa and with their own individually plumbed pipes, supply a separate, enjoyable, hot water bubble bath experience.



...An experience the ancient Egyptians, Japanese, Romans and Greeks would probably have appreciated.

FITNESS NEWS

PICKLEBALL

Beginning April 4 at Riverside Park WEATHER PERMITTING Tuesdays and Thursdays through October 31 8:00-9:00am



Pickleball is the newest outdoor sport that everyone is getting into. Learn how to play pickleball, the rules and regulations and meet new people while having a blast at Pickleball. Paddles and balls are provided.

**Group led
Capacity: 16**

ST. OLAF COLLEGE

Collaboration with St. Olaf College

COMMUNITY DANCE CLASS OPPORTUNITY AT ST. OLAF COLLEGE

**Thursdays, April 6, 13, 20
2:30-3:30pm**

**St. Olaf Campus, Center for Art and Dance:
Dance Studio 1**



Join the students in Dance 280/281 for a Community Dance class on Thursday afternoons, April 6, 13 and 20. The class will meet from 2:30-3:30 pm in Dance Studio 1 in the Center for Art and Dance on the St. Olaf College campus.

Community Dance encompasses many different types of social and communal dance. Over the course of the three class sessions you'll have an opportunity to learn dances drawn from a number of different cultural traditions. Some will be done in circles, others danced in pairs while interacting with the group. We'll also do one or two "line dances" that are danced individually.

No previous experience is required and no need to bring a partner. Street shoes/shoes worn outside are not permitted in the dance studio, so participants should be prepared to dance barefoot or bring a pair of clean-soled tennis shoes or dance shoes to change into.
(3 sessions)

At the end of the three-session course, participants are invited to return on Friday, April 21 (7:30 pm) or Saturday, April 22 (2 pm & 7:30 pm) for a free concert featuring dances from around the world performed by St. Olaf College's Veselica International Dance Ensemble.

Questions? Contact Craig... Or Anne von Bibra (vonbibra@stolaf.edu) (507) 786-3663.

**Capacity: 25
Fee: Free**

REGISTER NOW!!!



PEDALERS INFORMATIONAL MEETING Thursday, April 13 1:00-2:00pm

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 2023 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.



Table tennis at FiftyNorth

12TH ANNUAL NORTHFIELD TABLE TENNIS TOURNAMENT NORTHFIELD MIDDLE SCHOOL GYM

**Saturday, May 6
9:00-5:00pm**

We will host the 12th Annual Northfield Table Tennis Tournament, drawing quality players from southeastern Minnesota. If you want to play, you must pre-register. You have a choice of 3 events; singles and doubles. The entry form is available online to download or pick up the form at the front desk. (No online registration.)

Entry Fees:

**1 Event - Singles Only: \$35, Doubles Only: \$35
2 Events - Both Singles and Doubles: \$40**

Free to spectators!

FITNESS CONTINUED...

Pre-registration Required for
NORDIC WALKING CLASSES

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



NORDIC WALKING 101
Fridays, April 7, 14, 21, 28
12:30-1:30pm



NORDIC WALKING 101
Fridays, April 7, 14, 21, 28
2:00-3:00pm

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 Sticks and the best way to take care of your Nordic Walking Sticks. Nordic Walking sticks will be available for participants to use during the duration of the class. If you have your own Nordic Walking Sticks you are welcome to bring them too.
(4 sessions)

Instructor: Kate Stuart
Capacity: 6
Cost: \$36 nonmbr, \$28 mbr, \$0 plus/platinum
Space: Courtyard and Fitness Studio

*Choose the
time that works
best for you!*

2023 IN-PERSON LAND BASED FITNESS CLASSES (updated April)

	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)		SLO FLO YOGA (7-8)			
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)				
9:30 AM	YOGA STRETCH (9:15-10:15)			SLO FLO YOGA (9:15-10:15)	YOGA FUSION (9:30-10:15)	HATHA YOGA (9:15-10:15)
10:00 AM		CIRCUIT TRAINING (9:30-10:30) NO open use		CIRCUIT TRAINING (9:30-10:30) NO open use		
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30- 11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	TABLE TENNIS (10:30-1)
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			LINE DANCING (1-2)			
1:30 PM						
2:00 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	NORDIC WALKING GROUP (2:15-3)	TABLE TENNIS (1:30-3:30)		
2:30 PM						
3:00 PM						
3:30 PM	TAI CHI FLOW STANDING (3:30-4)		TAI CHI FLOW STANDING (3:30-4)		TAI CHI FLOW STANDING (3:30-4)	
4:00 PM	TAI CHI FLOW CHAIR (4:15-4:45)		TAI CHI FLOW CHAIR (4:15-4:45)		TAI CHI FLOW CHAIR (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		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		
6:30 PM						

HEALTH & WELLNESS



SLEEP 101

SLEEP 101

Friday, April 7

9:00-10:00am

Sleep can be hard to find for some and easy to come by for others. Stacey Zell, Respiratory Therapist from the Sleep Center at Northfield Hospital and Clinics will discuss the importance of sleep, the importance of monitoring your sleep cycle, and ways to better improve your sleep.

Instructor: Stacey Zell (NH&C)

Capacity: 20

Cost: \$9 nonmbr, \$7 mbr, \$0 platinum

Space: 104



THE BENEFITS OF HEALTHY FEET

Wednesday, April 12

9:00-12:00pm

Your feet are a complex combination of bones, joints, ligaments, muscles, and tendons. This means that everything needs to be working correctly to support an active lifestyle. Healthy feet are the foundation of your entire body—both literally and figuratively. They help with your balance, posture, and mobility. Learn from Marcy Kramer, Doctor of Physical Therapy the anatomy of your feet, how to care for your feet, keep them strong and healthy.

Instructor: Marcy Kramer

Capacity: 20

Cost: \$27 nonmbr, \$21 mbr, \$0 platinum

Space: 106

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: FiftyNorth front desk

Agging & Fall Conversation



AGING AND FALLS CONVERSATION

Wednesday, April 26

2:00-3:00pm

As we get older falls eventually happen. Come discuss the tips of the trade that a certified Occupational Therapist has learned over the years to help prevent falls in your own home such as correct footwear, feet strengthening and awareness of your surroundings.

Instructor: Nancy Carriel

Capacity: 15

Cost: \$9 nonmbr, \$7 mbr, \$0 platinum

Space: 102



ORAL HEALTH FOR OLDER ADULTS:

Tips for keeping your gums and teeth healthy as you age

Friday, May 5

9:30-10:30am

Taking care of your teeth and gums as you get older can prevent problems like toothaches, tooth decay, and tooth loss. A healthy mouth also makes it easier for you to eat well and enjoy food.

It's especially important to take care of your teeth and gums if you have a health condition like diabetes or heart disease — or if you're taking medicines that can cause oral health problems.

Learn tips and healthy habits from Heather; Professional Dental Group in Northfield.

Presenter: Heather; Professional Dental Group, Northfield

Capacity: 25

Cost: \$9 nonmbr, \$7 mbr, \$0 platinum

Space: Room 103

HEALTH & WELLNESS CONTINUED...



LEARNING ABOUT YAMAS AND NIYAMAS OF YOGA

Fridays, May 5, 12, 19, 26

9:00-10:00am

Namas and Niyamas- taking yoga off the mat and into everyday life.

In this series we will learn about the yoga guidelines for living daily life by exploring the Sutras of Pantanjali which have formed the basis of modern day yoga.

TOPICS INCLUDE:

- how character development supports your physical yoga practice.
- why to incorporate the yamas and niyamas in a modern world.
- how lifestyle yoga can bring body, mind and spirit into harmony.
- practical ways to weave these teaching into every day moments.

Instructor: Heather Sand

Capacity: 20

Cost: \$36 nonmbr, \$28 mbr, \$0 platinum

Space: Room 104

BENEFITS OF EXERCISE

Wednesday, May 10

9:00-12:00pm

What can exercise do for me? Can Exercise help improve my ailments, my joint pain, my mood or even my cognitive functioning? Dr. Marcy Kramer will help you understand the benefits of exercise on the human body. Learn how exercise not only improves your heart and muscles but it can benefit your entire body and the way it functions.

Instructor: Dr. Marcy Kramer

Capacity: 20

Cost: \$27 nonmbr, \$21 mbr, \$0 platinum

Space: 106



TACO SHOP

ESTRADA CATERING at FiftyNorth

\$5 daily special plus tax



Serving 11:30 to 1:00pm



Additional Mexican food options available.



Dine in or call to order take out & pick up in room 105.

MONDAY

Taco salad with your choice of meat and toppings

TUESDAY

TACO TUESDAY

One taco with choice of meat and toppings

WEDNESDAY

American Fare

THURSDAY

Quesadilla with your choice of meat

FRIDAY

Enchilada platter

(507) 321-1884

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ART CLASSES



Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: FiftyNorth front desk



MAKE A WOOD CHARCUTERIE BOARD

Monday, Wednesday, Friday
April 3, 5, 7
9:30-11:30am

In this class, we will select strips of wood from different species that will complement each other in color and grain. We will cut these to size, plane them and then glue them up to make a blank which will become your cutting board. After the glue sets, we will plane the assembly, square up the ends, round the edges and cut finger-notches using the router table. Finally, we will sand them and finish them with a food-safe oil/wax combination. The finished board -- about 10"-12" wide by 16"-18" long -- will be suitable for serving cold-cuts, cheese, fruit, bread or pastries. It will also do serious kitchen duty for chopping vegetables or slicing meat. (3 sessions)

Instructor: David Peterson

Capacity: 4

Cost: \$120 (all levels)

Space: Cannon Valley Makers,
300 Railway St, Dundas, MN 55019



WEST AFRICAN DRUM CLASS

Tuesdays, April 4, 11, 18, 25
4:00-4:45pm

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

Instructor: David Miller

Capacity: 12

Cost: \$18 nonmbr, \$14 mbr,
\$0 platinum

Space: 103



STORYTELLING CLASS

Tuesdays, April 4, 11, 18, 25
1:00-2:30pm

What are the stories without books in your memory library? Family stories? Cultural tales? Imaginative Outer Space, or other Galaxy stories? How do stories work in that required arc? What do you want to do with your stories? Tell them? Perform them? Write them down?

STORYTELLING CONT.

Start a memoir? Have fun? We'll start with questions, and maybe come up with answers -- some of them unexpected, and perhaps exactly correct. (4 sessions)

Presenter: Marie Gery

Capacity: 18

Cost: \$54 nonmbr, \$42 mbr,
\$0 platinum

Space: Far Link



LANDSCAPE PAINTING

Wednesday, April 12
4:00-5:00pm

Paint along with a local artist as she shows you how to create a beautiful landscape on canvas. This class is great for beginners as well as more experienced painters. Kate will show you the simplest way to set up your landscape and then show more detailed things you can paint you can pick and choose from. Each student will get an 8x10 canvas to paint on and we will use good quality tempera paint. (It is not super washable so dress in clothes you don't mind getting paint on.) Materials provided.

Kate Langlais holds a Bachelor's degree in Fine Arts and has been teaching art classes for 14 years. She primarily works in oil paint, charcoal, and graphite pencil as she strives to

ART CLASSES

LANDSCAPE CONT.

create realistic portraits and landscapes. You can see examples of her work at www.katelanglais.com

Instructor: Kate Langlais

Capacity: 10 Max, 5 Min

Cost: \$30 nonmbr, \$20 mbr, \$10 platinum

Space: 105



SAORI WEAVING START TO FINISH

Tuesday, April 25

9:00-2:00pm

If you think you might be interested in getting a rigid heddle loom this class will give you an opportunity to experience the weaving process from beginning to end. You will start by preparing the loom (warping it) and then move on to the actual weaving. We'll break for bite to eat. Pack a lunch or eat at Little Frida Café across the hall. All materials are provided.

Instructor: Kathy Anderson

Capacity: 3

Cost: \$60 nonmbr, \$50 mbr, \$15 platinum

Space: 102

Coming up in early May



PRESERVING YOUR MEMORIES

Tuesday, May 2

1:00-2:30pm

Do you have precious photos stuck on your devices? Have you always wanted to share your stories, but just didn't know how to begin? In this overview class you will learn the steps involved to preserve your memories and determine your style. In addition, you will create 4 greeting cards that you can use to share a photo. Materials provided.

Instructor: Lori Koch

Capacity: 12

Cost: \$28 nonmbr, \$24 mbr, \$10 platinum

Space: 102

WOOD TURNING DEMONSTRATION

Wednesday, May 3

10:00-11:00am

Have you ever wanted to learn the skill of wood turning or just see how this beautiful craft is done? This is an opportunity to watch a wood turning project from beginning to end. There will be time for questions throughout the demonstration. You will be standing most of the time for a closeup view. You may want to bring a pen, notepad, lawn chair and camera. This will be in



John's heated workshop. Space is limited, so sign up early.

*Transportation will be on your own.

Presenter: John Van Ast

Capacity: 10

Cost: No fee

Space: Offsite - John's workshop, 1810 Prairie St., Northfield, MN

LIFE LONG LEARNING CLASSES

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: FiftyNorth front desk



m MINNESOTA
SENIOR LINKAGE LINE

PROTECT YOURSELF FROM FRAUD

Cea Grass, Senior Linkage Line
Investigator Mark Kohn, Northfield P.D.



**CPR & First Aid
Training Class**

CPR AND FIRST AID

Tuesday, April 18

9:00-12:00pm

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

Instructor: Jon Bolster

Capacity: 10

Cost: \$72 nonmbr, \$65 mbr, \$0 platinum

PROTECT YOURSELF FROM FRAUD

Wednesday, April 26

1:00-2:30pm

Mark Kohn, Private Investigator with the Northfield Police Department will be joined by Cea Grass, Outreach Specialist from the MN Senior Linkage Line. Cea will present an overview of the services offered at the Senior Linkage Line including where to get the right help with Medicare and Medicaid questions and the widespread problem of older adult fraud and scam prevention.

Presentors: Mark Kohn, Private Investigator; Nfld PD

Cea Grass, Senior Linkage Line

Capacity: 25

Cost: Free

Space: room 103

DOWNSIZING AND DECLUTTERING

Wednesday, April 19 | 10:30-12:00pm

Downsizing and decluttering...

So Why Does All This Matter?

- The largest amount of people EVER requiring healthcare (boomers & their parents).
- Two generations attach PRIDE to their STUFF because of hard work & memories.
- An impending shortage of affordable housing for downsizing.
- Rising costs of healthcare: more services provided within the home.

The #1 thing that impedes people from leaving their home and/or getting healthcare into their homes is THE STUFF.

Meghan from AARP MN will discuss helpful tips on downsizing and decluttering and the reasons behind people hanging on to stuff. Northfielder, Stacey Greer will share experiences from her business The Neighbor Lady and Malcom Watt will give information on how to get rid of stuff. This will be a fun presentation you won't want to miss! Treats provided.

Age-friendly NORTHFIELD HOUSING WORKSHOP #3

AARP
Minnesota

Downsizing and Decluttering

You Can't Take it With You



Presenters:

Meghan Redmond; AARP Minnesota | Associate State Director
Stacey Greer; The Neighbor Lady
Malcom Watt; The Junk Truck

Capacity: 25

Cost: Free

Space: Room 103

LIFE LONG LEARNING CLASSES

Senior Learning Network programs are viewed by senior centers from around the country. The presenter is onsite at each program location and presents to us via ZOOM. Following the presentation, there is time for questions and answers live, with the presenter.

ALL SENIOR LEARNING NETWORK CLASSES:

Presenter: Senior Learning Network

Capacity: 20

Cost: \$9 nonmbr, \$7 mbr, \$0 platinum

Space: 103

FRONTIER ARMY MUSEUM: HISTORY OF FORT LEAVENWORTH

Tuesday, April 4 | 1:00-2:00pm

In 1827 Colonel Henry Leavenworth was handpicked to establish a new post along the Missouri River. The post would provide an escort along the Santa Fe Trail, to protect the western frontier and be a show of force to the Native American tribes settled in the area. ... currently the oldest continually operating post west of the Mississippi River.

FDRS FINAL LAST DAYS AND LEGACY: FDR PRESIDENTIAL LIBRARY/MUSEUM: THE WORLD HE LEFT US

Tuesday, April 11 | 1:00-2:00pm



As the anniversary of FDR's death 78 years ago is remembered on April 12th, we will look at the final months of Roosevelt's life. These months were a race against time as the war, a window to create a new world order and his very life were drawing to a close. Join us as one of our favorite educators, Jeff Urbin, explores FDR's final push to put the world on a stable footing and examines the lasting results of his efforts.

PRESIDENTIAL INAUGURATIONS

Tuesday, April 18 | 1:00-2:00pm



Presidential inaugurations represent the peaceful transfer of power in the United States. National Mall and Memorial Parks is home to presidential memorials and includes Pennsylvania Avenue National Historic Site, which has been the scene of many inaugurations. Join us as we learn about presidents represented on the National Mall and their historic inaugurations.

PETRIFIED FOREST NATIONAL PARK

Tuesday, April 25 | 1:00-2:00pm



Petrified Forest National Park is located in the greater Painted Desert—they are not two separate parks. While the Painted Desert encompasses about 1500 square miles, the park is over 200,000 acres—and not desert! Actually, the main environment is short-grass prairie or intermountain-basin, semi-arid grassland.

It is dry here, but there is snow in the winter and rain during the monsoon. Explore with us both the nature and history of this fascinating place from prehistoric peoples to the Civilian Conservation Corps. From early explorers to Route 66 motorists, the park has many stories to tell.

AARP

SMART DRIVING CLASSES



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 premium. 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.

•\$32 non-AARP Members,

•\$27 AARP Members; AARP Members please register in person or by phone (you will need your AARP member number)

•\$0 AARP United HealthCare Medicare supplemental plan Members (does NOT include Advantage plans); Those with an AARP United HealthCare Medicare supplemental plan must register in person (you will need to bring your insurance card to register, and to class)

AARP Smart Driving 4-hour Refresher Course

Wednesday, April 12

1:00-5:00pm

AARP Smart Driving 4-hour Refresher Course

Monday, May 15

9:00-1:00pm

AARP 8-hour Smart Driving Class

Saturday, June 10

8:00-4:00pm

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

***Bring a bag lunch**

AARP Smart Driving 4-hour Refresher Course

Wednesday, June 14

9:00-1:00pm

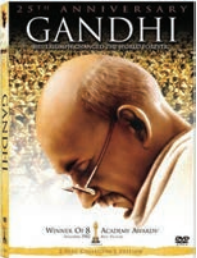


Movie Fridays!

MOVIES START AT 1:00PM



Enjoy free popcorn and movies together on the big screen at FiftyNorth. \$1 donation is recommended.



APRIL 7 GANDHI

2007 191 mins.

Sir Ben Kingsley stars as Mohandas Gandhi in Lord Richard Attenborough's riveting biography of the man who rose from simple lawyer to worldwide symbol of peace and understanding. A critical masterpiece, GANDHI is an intriguing story about activism, politics, religious tolerance and freedom.



APRIL 14 THE FABELMANS

2022 151 mins.

A deeply personal portrait of 20th Century American childhood, Steven Spielberg's The Fabelmans is a coming-of-age story about a young man's discovery of a shattering family secret and an exploration of the power of movies to help us see the truth about each other and ourselves. Inspired by Spielberg's own childhood, The Fabelmans is written by Spielberg and Pulitzer Prize-winning playwright Tony Kushner who has earned Oscar nominations for his screenplays for Spielberg's Lincoln and Munich.



APRIL 21 GO LARGE

2022 96 min. mins.

Comedy Stars: Bryan Cranston and Annette Benning When retiree Jerry Selbee discovers a mathematical loophole in the Massachusetts lottery, he and his wife Marge go on an exciting multi-million dollar winning spree with the goal to revive their small Michigan town. But when a selfish college student cheats the system, Jerry must find a way to make the game fair for all. Inspired by a remarkable true story.



SATURDAY, APRIL 29 A MAN CALLED OTTO

2023 126 mins.

Comedy starring Tom Hanks, Mariana Treviño, and Truman Hanks "A Man Called Otto" tells the story of Otto Anderson (Tom Hanks), a grump who no longer sees purpose in his life following the loss of his wife. Otto is ready to end it all, but his plans are interrupted when a lively young family moves in next door, and he meets his match in quick-witted Marisol. She challenges him to see life differently, leading to an unlikely friendship that turns his world around.

1:00PM

Starting this April you will see many new release movies shown in our very own "Studio 131". Remember that's free popcorn and a movie! This month, except for "Gandhi", all the movies are new releases. Gandhi is new to us as I just received it from Amazon. Come to room 103, relax and enjoy our movies with your popcorn.

Special Saturday Showing!

TRAVEL GROUP@ FiftyNorth

Visit PEPIN

TRIP - WISCONSIN HISTORY DAY TRIP

**Monday, May 15
9:00-4:30pm**

Join a fun filled day of learning history along the Mississippi River and west coast of Wisconsin.

The First stop is in Pepin, the birth place of the famous author, Laura Ingalls Wilder. The museum is about the early years of her life in the "Big Woods" and also has a good display of the history of Pepin. Lunch will be in Pepin and is NOT included in the price.

We will then venture south to explore the Wisconsin "Modern Stonehenge". It is a modern megalithic wonder built by Kristin Beck. Everyone who visits here can enjoy the energetic place where you can feel the energy from the land, stones, soil, and plants. It is a sanctuary of peace and beauty. We will have a visual show and then time to walk the area.

Our last stop is in the Castlerock Museum. It is filled with displays of arms and armors, beginning with ancient Greece to early modern period. It is a visit through 2000 years of history. The owner and founder of the museum started the exhibit when he was 10 years old and bought a Civil War musket for just \$3.

If you enjoy history this would be a great day for you. We may even find an ice cream stop on the way home.

Trip Leader: Carol Nelson

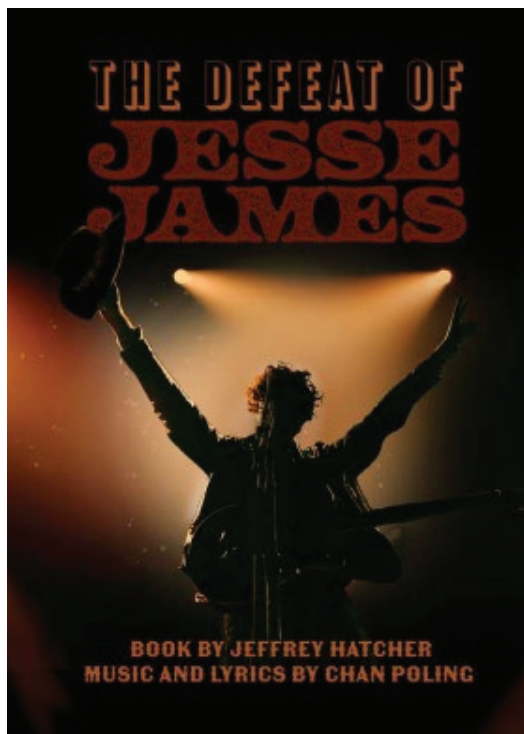
Capacity: 30

Cost: \$80

Registration deadline: May 5



TRAVEL CONT.



TRIP - DEFEAT OF JESSE JAMES AT THE HISTORY THEATRE

**Thursday, May 25
6:00-11:00pm**

1876. It's the last gig for Jesse James: a one-night-only farewell concert starring America's most notorious desperado. Join Jesse as he reenacts his dramatic rise and fall in this mix of Honky Tonk Cabaret and Wild West Show, with a Grand Finale at a place called Northfield, Minnesota. Featuring special guest stars and a few surprises - even for Jesse.

Trip Leader: Michelle Loken
Capacity: 20
Cost: \$80
Registration Deadline: April 24

PLANNING IS IN THE WORKS FOR THESE UPCOMING TRIPS:

- JUNE: Twins vs. Boston Red Sox
- JULY: Treasure Island Boat Tour
- AUGUST: St. Paul Saints
- AUGUST: Ski Show
- SEPTEMBER: MN Zoo/CAT Museum

BOOK GROUP@FiftyNorth

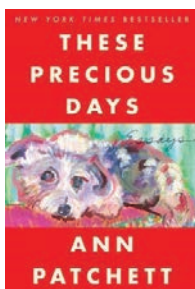


The Book Club meets the 2nd Friday of the month at 10:30. Meetings are in room 105 and also may participate via Zoom. Questions: call Katherine Collman at (507) 645-1357.



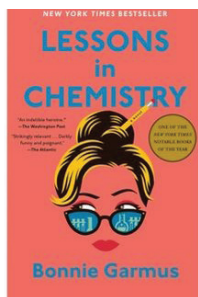
APRIL

BEFORE WE WERE YOURS by Lisa Wingate
Based on one of America's most notorious real-life scandals—in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country—Lisa Wingate's riveting, wrenching, and ultimately uplifting tale reminds us how, even though the paths we take can lead to many places, the heart never forgets where we belong.



MAY

THESE PRECIOUS DAYS by Ann Patchett
At the center of These Precious Days is the title essay, a surprising and moving meditation on an unexpected friendship that explores "what it means to be seen, to find someone with whom you can be your best and most complete self." When Patchett chose an early galley of actor and producer Tom Hanks' short story collection to read one night before bed, she had no idea that this single choice would be life changing. It would introduce her to a remarkable woman—Tom's brilliant assistant Sooki—with whom she would form a profound bond that held monumental consequences for them both.



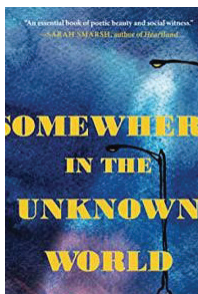
JUNE

LESSONS IN CHEMISTRY by Bonnie Garmus
Lessons in Chemistry (2022) is a bestselling novel by Bonnie Garmus about women's lives, careers, and struggle for empowerment in the late 50s and early 60s. It follows the story of Elizabeth Zott, a brilliant chemist who is forced to become a television chef when she finds herself a young, single mother.



JULY

SAFE FROM THE SEA by Peter Gey



AUGUST

SOMEWHERE IN THE UNKNOWN WORLD by Kao Kalia Yang

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



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Linda Davis	Patricia Jorstad	& Donald Onsgard	

FEBRUARY NEW MEMBERS

GLAD YOU'RE HERE!

Michael Adams, Eymard & Mary Ellen Boehmer, Peter & Kathryn Dahl,
 Bryan & Cheri Dahlen, Kirk Douglas, David Drentlaw, KristIn Duell,
 Darryl Gannon, Michelle Gillen, Jeffrey Henry, Jenne Herbst, Deb Holmgren,
 Larry Jensen, Jeffrey Jirik, Joyce Koltavy, Kim Kortsch, Lucy Lou, Debra Muotka,
 Michelle Nicolai, Larry Olson, Anne Olson, Dan Otte, Michael & Tina Scott,
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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

Assistant Director/Fitness Coordinator:

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

Administration Manager:

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

Program Coordinator: Lifelong Learning/ Community Outreach

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

Program Coordinator: Arts/Volunteer/Dining

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

Used-A-Bit Shoppe Manager:

Dolores Kornkven
507-645-1399 | dolores.kornkven@fiftynorth.org

Used-A-Bit Shoppe Assistant Manager:

Deb Olien
507-645-1399 | deb.olien@fiftynorth.org

Bookkeeper:

Kathy Bjerke
507-664-3700 | kathy.bjerke@fiftynorth.org



Front Desk (Reception Staff):

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



Lobby Hours:

Monday–Friday: 6am–8pm
Saturday: 7am–4pm (starting April 1)
Sunday: Closed



Fitness Center Hours:

Monday–Friday: 6am–8pm
Saturday: 7am–4pm (starting April 1)
Sunday: Closed



Pool Hours:

Monday–Friday: 6am–8pm
Saturday: 7am–4pm (starting April 1)
Sunday: Closed



Little Frida Cafe & Taco Shop:

Monday–Friday 11:30 am –1:00pm
Call 507-321-1884 for takeout



Used-A-Bit Shoppe: (Donations by appointment)

624 Water Street, River Mall, 507-645-1399
Tuesday–Saturday: 10am–5pm
Sunday & Monday: Closed