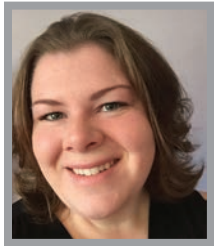




By Kerry Hjelmgren, Director



POP ON OVER TO OUR POPCORN WAGON PARTY & RESTORATION FUNDRAISER!



On August 23, join us at FiftyNorth from 6:00-7:30pm to celebrate our beloved Popcorn Wagon's 105th year! See the custom-made improvements to the wagon so far, learn about the history of our wagon from Susan Hvistendahl, enjoy live music and popcorn, and help us raise funds for the next phase of restoration. Next winter, we're hoping for new metal on the carriage, restored wheels, new paint, and an updated awning. The wagon supports FiftyNorth's daily operations. Thank you for helping us ensure it will continue popping for many years to come!



Can't wait to donate?

Donate online anytime! I look forward to celebrating with you...down to the last kernel!

Kerry



You're invited!

**Wednesday, August 23
6:00-7:30PM**

6:00 PM:

Popcorn Wagon Social & Restoration Review
Live music and free popcorn from the wagon on the FiftyNorth patio!

6:30 PM:

History of FiftyNorth's 1918 Popcorn Wagon. Local author Susan Hvistendahl will present in Room 103.

7:00 PM:

Live music from Randy Ferguson in the lobby & book signing. Hvistendahl's books and new 3rd edition of "Historic Happenings," vol. 1, available for purchase.

INSIDE

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ANNUAL POOL CLOSURE

August 20 through September 4.
(see page 7)



FIFTYNORTH GALLERY: 2023 MEMBER OPEN SHOW

JULY 10 THROUGH SEPTEMBER 8



Marie Larson



John Van Ast



Carrie Dauner



Pat Jorstad



Michelle Loken



Kate Douglas



Craig Swenson

Sample images of FiftyNorth Member's artwork on display.
Stop by to see the complete Gallery Show!



Please remember to check in every time.
FiftyNorth existence depends on it!

MEMBERS WAYS TO STAY INFORMED



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

Bi-monthly Eblast

Receive our bi-monthly email news update. Call to sign up, (507) 664-3703.

Monthly Newsletter

Copies available at FiftyNorth, by email or on the website.



Ideas & suggestions can be left in the 'Idea Jar' near the receptionists desk.

MEMBER NEWS & HAPPENINGS

MUSIC DURING LUNCH

Marilyn Finneseth Piano Performance
Wednesday, August 16
11:30-12:30pm



Marilyn Finneseth

My life has always been filled with music. Singing in the car was the norm as I grew up. Whether it was to soothe us young children or later to sing in harmony as a family. I learned to play the piano as a grade schooler, and continued to play after our piano teacher had to give up teaching. Mom said – “just sit down and play – you don’t need lessons”. Since

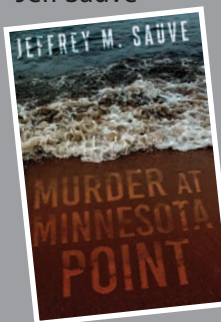
her sister and a sister-in-law were both self-taught pianists, she figured my sister and I could do it too. (Besides, I didn’t like practicing for lessons). Long story short – I continued to play what I wanted. Then after my children were old enough, I started playing for the Sunday school at church. As a mother, I didn’t have much time to devote to it until everyone had grown up and I started to spend more time at the piano.

Later, I took a job in the Activity Department at NRC doing music, hand chimes, crafts and other things with the residents. That really helped me develop my style of playing. I continued there after I retired; working 8 hours a week doing sing-a-longs and general listening sessions until 2022.

Today I direct the FiftyNorth Hand Chime Choir and sing in the choir and play Hand Bells at St. Peter’s Church here in Northfield. It’s never work when you love what you’re doing.



Jeff Sauve



AUTHOR TALK: JEFF SAUVE
MURDER AT MINNESOTA
POINT

— *The Backstory*

Thursday, August 24
1:00-2:30pm

Community members are invited to an author talk with Northfield historian and award-winning author Jeff Sauve on his book, *Murder at Minnesota Point* on Thursday, August 24 from 1:00 to 2:30.

Billed as the crime of the century in 1894, *Murder at Minnesota Point* tells the twisted, sensational true story of a young, unidentified woman slain on the isolated sandy shores of Minnesota Point in Duluth, Minnesota. This best-

selling book is the result of the author’s exhaustive 10-year study that traces the villain’s descent into ruin. In June 2023, *Murder at Minnesota Point*, was awarded a bronze IPPY (Independent Publisher Book Award) medallion for Midwest non-fiction. The author’s talk will provide the backstory on how the book developed.

Presenter: Jeff Sauve

Capacity: 30

Cost: Free event

Space: Room 103



AUGUST BINGO BONANZA!!!
Monday, August 28
1:00-2:00pm

Guest host Jim Pence will be calling Bingo on Monday, August 28 from 1–2pm in room 103. Join us for a fun filled hour of a various Bingo games, postage stamp, four corners...

Bring a friend!



\$1 Group
Fee Applies

ART CLASSES

Please pre-register for all classes:

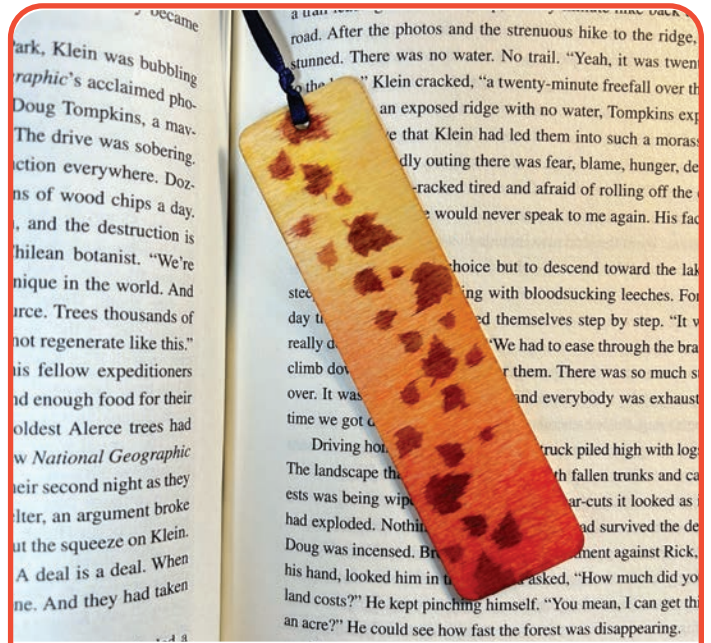
By Phone: 507-664-3700 | Online: www.FiftyNorth.org/classes | In Person: FiftyNorth front desk



SUNSET PAINTING
Thursday, August 3
10:00-11:00am

Join us for this fun and casual sunset painting class taught by a local artist. You'll learn the techniques and skills needed to create a stunning masterpiece while enjoying a social atmosphere. Kate will guide you step by step, from selecting the perfect color palette to creating the perfect brushstrokes to capture the essence of a sunset. Whether you're a beginner or an experienced artist, this class is perfect for anyone looking to tap into their creative side and create a beautiful work of art to take home! Materials provided.

Instructor: Kate Langlais
Capacity: 10 max. 5 min
Cost: \$30 nonmbr, \$20 mbr, \$5 platinum
Space: room 102



WOOD BURNING - BOOKMARK
Wednesday, September 6
9:00-12:00pm

In this class you will learn the process with creating a fall-inspired wood burned bookmark. From preparation to finishing, the step by step instruction will guide you through burning and painting a unique piece of art to keep your spot in your favorite book. You will learn how to apply your design along with basic wood burning and watercolor techniques that can be applied to various crafts.

Instructor: Josie Prins
Capacity: 12
Cost: \$42 nonmbr, \$36 mbr, \$15 platinum
Space: 102

USED-A-BIT

HOUSEHOLD & FURNITURE SHOPPES

Shope Hours: Tues-Sat 10am-5pm
 Donations accepted: Tues-Sat 10am-2pm
(507) 645-1399

HOUSEHOLD STORE

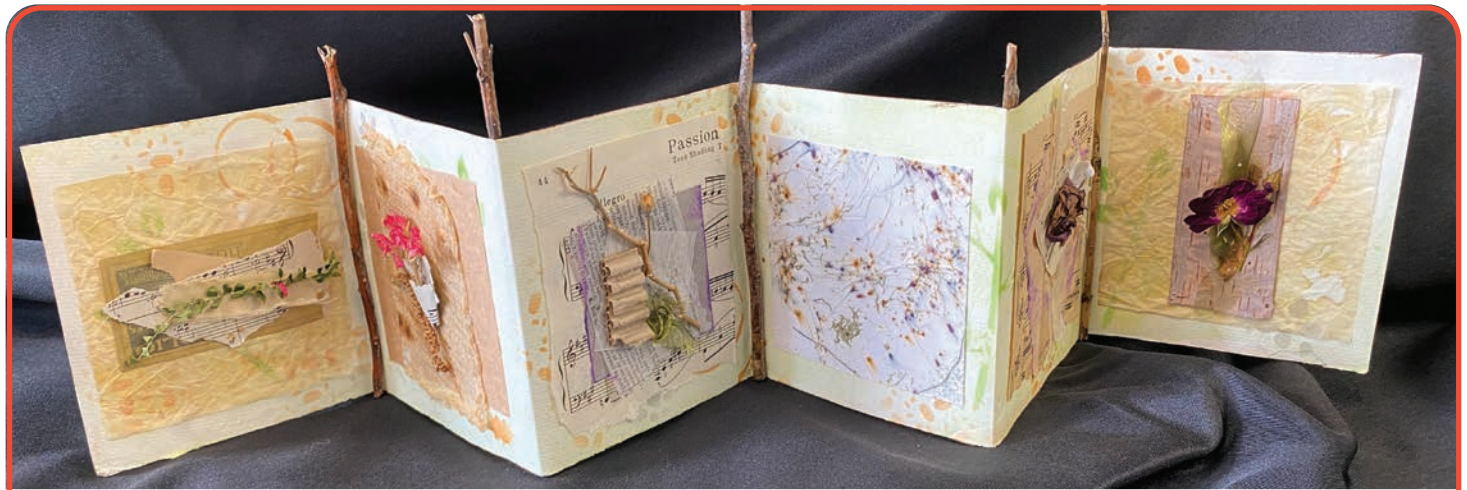


HOUSEHOLD GOODS STORE
 624 WATER STREET, RIVER MALL

ART CLASSES

Please pre-register for all classes:

By Phone: 507-664-3700 | Online: www.FiftyNorth.org/classes | In Person: FiftyNorth front desk



BOTANICAL ART JOURNAL - ACCORDION DESIGN

Tuesdays, August 15, 22
1:30-4:00pm

In this class, we'll make an "accordion" style art journal and fill it with botanical bits like twigs, leaves, flower petals, and anything else you find. You'll learn several techniques that you can use over and over in additional books. I'll show you how to make faux botanical handmade paper, faux rice paper, botanical bundles, wish sticks, collages and more. In the first session, we'll make faux handmade papers, paint and stencil the background of your journal pages, and use coffee and tea to dye various types of paper and cheesecloth. We'll be making a mess with white glue so you may want to bring an apron and gloves if you don't want sticky fingers. In the second session, we'll create botanical bundles and wish sticks, and then you'll fold and fill your journal with all your beautiful creations. Last, but not least, we'll add the finishing touches.

*MATERIALS STUDENTS SHOULD BRING TO SESSION #2:

Botanical bits – twigs, leaves, flower petals, dried flowers (I'll explain how to dry flowers in less than 2 minutes using a microwave), acorns, tree bark, moss, lichens, small pebbles, etc.

Instructor: Pat Jorstad

Capacity: 12

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

Space: 105

FURNITURE STORE



Used-A-Bit
proceeds support



FiftyNorth

Stop by often!

FURNITURE & ART SHOPPE
640 WATER STREET, RIVER MALL





FiftyNorth will have a float in the 2023 Defeat of Jesse James Days Parade! SUNDAY, SEPTEMBER 10 AT 2:00PM



We are looking for Parade Volunteers to help:

- **Decorate the FiftyNorth float** - The float will have a Popcorn Wagon theme celebrating the 105th year and current restoration.
- **Hand out small bags of popcorn** along the Parade route.
- **Walk with the float** and help us showcase FiftyNorth in our community.

If you'd like to participate, contact Kerry Hjelmgren for more details. Kerry.Hjelmgren@fiftynorth.org

PARADE T-SHIRTS will be provided.

DEADLINE: August 10



FITNESS NEWS

AUGUST FITNESS CHANGES

NOW HYBRID – ZOOM CLASS ADDED

● QIGONG STANDING MEDITATION

Wednesdays
9:30-10:00am
Fridays
7:00-7:30am
Instructor: Rob Gersky

TIME CHANGE

● ZOOM FITNESS - CARDIO STRENGTH MIX (Stacey)

Wednesdays
New time: 1-1:45pm
Instructor: Stacey Popp

CLASS CANCELLED – DUE TO LOW ATTENDANCE

● YOGA FUSION

Fridays
9:30-10:15am

CLASSES/GROUPS CANCELLED

⇒ FOR AUGUST ONLY

■ IN-PERSON LINE DANCING -

Will resume **Wednesday, September 6**
Wednesdays 1pm
Instructor: Kate Stuart

■ ZOOM FITNESS - LINE DANCING (Kate) –

Will resume **Wednesday, September 6**
Wednesdays 1pm
Instructor: Kate Stuart

■ NORDIC WALKING GROUP –

Will resume **Wednesday, September 6**
Wednesdays
2:15-3:00pm
Group Lead: Kate Stuart

■ INTERMEDIATE GLOBAL LINE DANCE –

Will resume **Friday, September 1**
Fridays
11:45-12:30pm
Instructor: Kate Stuart



ANNUAL POOL CLOSURE

We are closing the pool August 19th (Saturday) after the center is closed until September 4th and re opening on September 5th (Tuesday). During the closure we will clean the pool, fix any issues with the pool and pool area and deep clean the pool and locker rooms.

There will be free passes available at FiftyNorth to use at the YMCA for their open swim and water group exercise classes while the FiftyNorth pool is closed. You will need to come in daily to get your pass before going over to the Northfield YMCA pool.



PILATES REFORMER PERSONAL TRAINING SESSIONS With Cheryl Ramette

Pilates reformer sessions will help you increase strength, mobility, and flexibility. Exercise on the reformer is especially effective

for strengthening the stabilizer muscles around the joints, including the shoulders, knees, and hips, and for keeping the bones healthy. The exercises are fun, and it's a great way to supplement any PT rehab program as well as gain overall functional muscle tone and fitness.

Cheryl is a certified STOTT Pilates mat and reformer instructor with many years of teaching experience.

Personal Training Sessions must be previously arranged with the trainer.

To set up a reformer session contact Cheryl directly at:

cherylramette33@yahoo.com

Instructor: Cheryl Ramette

Cost: \$45 nonmbr, \$40 mbr

AQUA FITNESS

JULY



COLOR KEY:

GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim

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

2023 VIRTUAL LAND BASED FITNESS CLASSES (updated August)

AVAILABLE THRU ZOOM

VIRTUAL LAND BASED FITNESS CLASSES

JULY



INTENSITY KEY:


PINK – High Intensity

BLUE – Mid-range

PURPLE – Gentle

	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			SLO FLO YOGA (7-8)		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)	
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO 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			NO August classes HOLD for Line Dancing	CARDIO STRENGTH MIX (1-1:45)	YOGA BALANCE (1-2)			
1:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								

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

	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)		QIGONG MEDITATION (7-7:30)	
7:30 AM					MIND BODY Re CAMP (7:45-8:15)	
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						
9:30 AM	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (VINYASA) (9:15-10:15)	QIGONG MEDITATION (9:30-10)	SLO FLO YOGA (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30)	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)	 <p>INTENSITY KEY: PINK – High Intensity BLUE – Mid-range PURPLE - Gentle GOLD: No Open Use</p>
11:00 AM						
11:30 AM					NO August classes HOLD for Intermediate Global Line Dancing	
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			NO August classes HOLD for Line Dancing			
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	NO August Group HOLD for NORDIC WALKING GROUP	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						



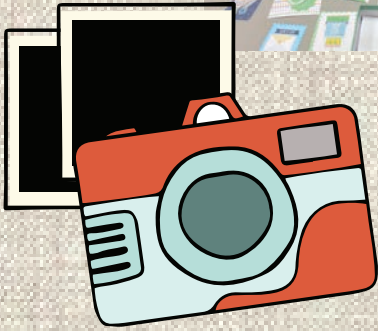
Please pre-register for all classes:
By Phone: 507-664-3700
Online: <https://fiftynorth.org/classes/wellness-classes/>
In Person: FiftyNorth front desk



VERTIGO 101
Wednesday, August 9
9:00-12:00pm

Vertigo is a sensation that the environment around you is spinning in circles. It can make a person feel dizzy and off-balance. Vertigo can affect individuals at some of the most inconvenient times and carry on for days. Learn from Dr. Marcy Kramer what Vertigo is and what can you do to battle its effects.

Instructor: Dr. Marcy Kramer
Capacity: 20
Cost: \$27 nonmbr, \$21 mbr, \$0 platinum
Space: 106



Card Making Class



Fused Glass Garden Stakes Class



... caught on camera



Royal Hat Making Class & Tea Party



"Music during Lunch" in July



FiftyNorth & Age-Friendly Northfield at Pride in the Park



Hatha Yoga on Saturday mornings:
Elinor Niemisto played harp during class on July 15



Part of the FiftyNorth Pickleball Group



FiftyNorth Pedalers Group in Lanesboro



2023 Members Gallery Reception



2023 FiftyNorth Summer Picnic



MN Twins Game



Watercolor Class



FiftyNorth Softball 2023



LIFE LONG LEARNING CLASSES

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes/learning

In Person: *FiftyNorth* front desk

CPR AND FIRST AID WITH JON BOLSTER



CPR AND FIRST AID

Tuesday, August 8

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

Space: 102

HIKING 68 MINNESOTA STATE PARKS: A RETIREE'S ODYSSEY

Thursday, August 10

1:00-2:00pm

You want to explore Minnesota and you love hiking and nature. What path should you take? Join the Hiking Club of Minnesota State Parks and Trails! Hear from a retiree who took the path(s) and hiked 68 state parks in five years. Explore with her the natural and historical wonders of our state parks.

Presenter: Cathy Larson,
Retired Environmental Scientist

Capacity: 25

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

Space: Room 103



LIFE LONG LEARNING – *continued*



CUTTING THE CORD: STREAMING SERVICES MADE SIMPLE

Tuesday, August 22

10:00-11:00am

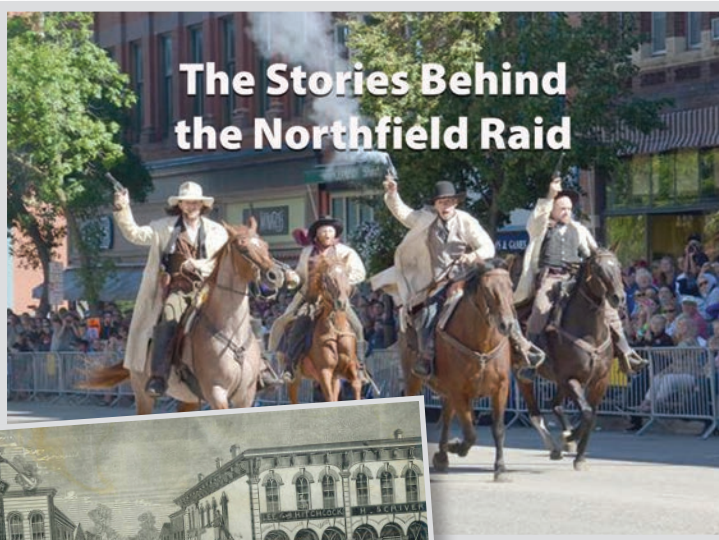
Join us for an informative program on demystifying streaming TV. Steve and Tyler will explain the benefits of streaming TV and how it can help you save money and access more content than traditional cable or satellite TV. They'll also introduce you to some of the most popular streaming services, such as Netflix, Hulu, Disney+, YouTube TV, and more, and explain how to access them using devices like smart TVs and streaming devices. For anyone tired of the high cost of cable, this program is perfect for anyone looking to learn more about the world of streaming TV.

Presenters: Steve and Tyler from the Northfield Public Library

Capacity: 25

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

Space: Room 103



THE STORIES BEHIND THE NORTHFIELD RAID

Friday, September 8

10:30-12:00pm

On September 7th, 1876 the citizens of Northfield banded together to defeat the nation's most notorious outlaws. Almost 150 years later people come from all over the United States and beyond to hear the story that only we can tell and see the bank and town as only we can present it. But there's more to the story than can ever be told within the confines of a 45 minute tour.

Local expert, Earl Weinmann will answer the questions most often asked on a tour as well as share little known information and controversies that surround the story. Along with a recap of the action in and outside of the bank, in this presentation, Earl will address such topics as: Why

did the gang come so far north? How did the gang get here? Was there a ninth man? If so, who was he? Was Jesse James really here? Why did Jesse James have such a minor role in Northfield? Why did this largely successful gang fail so miserably in Northfield? What happened to the bodies of the dead outlaws on the street? Why did the 1000 man posse fail to capture the gang? How do we know who shot Heywood? And that's

just the beginning. Bring your curiosity and questions for a retelling of just one of many events that made Northfield known throughout the world.

For thirty years Earl Weinmann has been a tour guide, teacher and an instructor for all aspects of the James and Younger Gang and their association with Northfield. He has assisted students in publishing three books about Northfield history and the Raid. His programs have been featured in national publications, radio, television and his expertise was recently featured on the History Channel in the Jesse James documentary, "I Was There".

Presenter: Earl Weinmann **Capacity:** 30

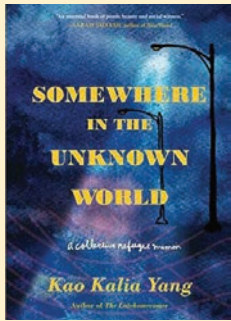
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum **Space:** Room 103



BOOK GROUP@FiftyNorth

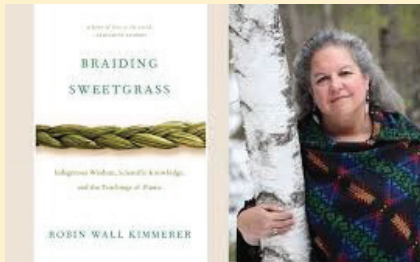


The Book Club meets the 2nd Friday of the month at 10:30. May participate via Zoom. Questions: call Katherine Collman at (507) 645-1357.



AUGUST
SOMEWHERE IN THE UNKNOWN WORLD
 by Kao Kalia Yang
 From "an exceptional storyteller," Somewhere in the Unknown World is a collection of powerful stories of refugees who have found new

lives in Minnesota's Twin Cities, told by the award-winning author of The Latecomer and The Song Poet. Yang presents these refugees' lives with a poignant honesty that puts prejudice to shame and opens doors to the heart.



SEPTEMBER
BRAIDING SWEETGRASS
 by Robin Wall Kimmerer



OCTOBER
TRUST
 by Hernan Diaz

NOVEMBER
FASCISM: A WARNING
 by Madeleine Albright

Movie Fridays!

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



ROOM 103



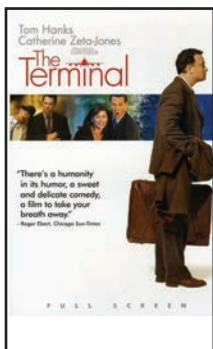
AUGUST 4
BLIND SIDE

(2009) Sports 129 mins.
 Michael Oher (Quinton Aaron), a homeless black teen, has drifted in and out of the school system for years. Then Leigh Anne Tuohy (Sandra Bullock) and her husband, Sean (Tim McGraw), take him in. The Tuohys eventually become Michael's legal guardians, transforming both his life and theirs.



AUGUST 11
THE KING'S SPEECH

(1995) 103 mins. History
 England's Prince Albert (Colin Firth) must ascend the throne as King George VI, but he has a speech impediment. Knowing that the country needs her husband to be able to communicate effectively, Elizabeth (Helena Bonham Carter) hires Lionel Logue (Geoffrey Rush), an Australian actor and speech therapist, to help him overcome his stammer. An extraordinary friendship develops between the two men, as Logue uses unconventional means to teach the monarch how to speak with confidence.



AUGUST 18
THE TERMINAL

(2004) 129 mins. Comedy
 When Viktor Navorski (Tom Hanks), an Eastern European tourist, arrives at JFK in New York, war breaks out in his country and he finds himself caught up in international politics. Because of the war, the Department of Homeland Security won't let him enter or exit the United States. He's trapped at JFK -- indefinitely. While living at the airport, Viktor falls for a flight attendant (Catherine Zeta-Jones). She may have feelings for him too. But what good is love if Viktor can't leave the terminal?



AUGUST 25
CATCH ME IF YOU CAN

(1990) Comedy 122 mins.
 Frank Abagnale, Jr. (Leonardo DiCaprio) worked as a doctor, a lawyer, and as a co-pilot for a major airline -- all before his 18th birthday. A master of deception, he was also a brilliant forger, whose skill gave him his first real claim to fame: At the age of 17, Frank Abagnale, Jr. became the most successful bank robber in the history of the U.S. FBI Agent Carl Hanratty (Tom Hanks) makes it his prime mission to capture Frank and bring him to justice, but Frank is always one step ahead of him.

VOLUNTEER NEWS

VOLUNTEERS NEEDED

We would like to request help setting up/tearing down tables and chairs and doing a variety of tasks for events at FiftyNorth. The tasks could potentially include taking tickets, passing out programs, putting on tablecloths, making centerpieces, helping someone carry a glass or plate to a seating spot... If you would consider volunteering for special events, please stop in the office and talk to Michelle Loken or email her at michelle.loken@fiftynorth.org or call 507-664-3707.



MEALS ON WHEELS VOLUNTEERS NEEDED

AUGUST 14TH – AUGUST 19TH - FIFTYNORTH VOLUNTEER WEEK

Volunteers are needed for delivering Meals on Wheels the week of August 14th – August 19th. 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.

AUGUST VOLUNTEER SPOTLIGHT



JIM ESTREM

Jim Estrem has been a long-time volunteer on the travel committee. His attention to detail has made him a valuable asset to the team. We'd like to thank Jim for his volunteer service. Please read below why Jim has such a long history of organizing and leading adventures with FiftyNorth.



I was a John Deere farm equipment dealer-owner for thirty years here in Northfield. Therefore; when my partner and I sold the business in January 2011, I was asked by my neighbor, Sheila Roehrick, if I wanted to volunteer on the Senior Center travel committee.

With my experience and background helping people, I thought the travel committee would be a good position in organizing trips and hosting them. I have been on the committee for twelve years and have enjoyed hosting river cruises, MN Twins and Saint Paul Saints games, plays and a Amish farm tour.

My favorite trips were always the river cruises and putting the meals together.

However, the time has come to leave the travel committee for other journeys in life. It has been a pleasure to work with the staff at FiftyNorth and all the current and past members of the travel committee who have volunteered these past twelve years. I want to thank all of you who have traveled with me and hope these experiences have been enjoyable. My last day on the committee will be August 3rd.

—JIM ESTREM



TRAVEL GROUP@ FiftyNorth



WATERSKI SHOW EDGEWATER PAVILION, ALBERT LEA

Thursday, August 10
4:00-9:30pm

Our first stop will be dinner at The 112 ON BROADWAY in Albert Lea at 5pm. Meal cost is on you own.



We will then head over to see the BAYSIDE SKI TEAM perform at the Edgewater Pavilion; they are one of the Midwest Region competitive ski teams. One of the team members will narrate and explain the competition rules and how points are earned for each skiing run. We

will also learn about the boats used, their engines, and how much power is required for each pull.

***Bring a lawn chair and a jacket.**

Trip Leader: Norma Monroe

Capacity: 30

Cost: \$43

Registration deadline: August 1

ST PAUL SAINTS VS. LOUISVILLE BATS

Wednesday, August 16
5:30-11:00pm



Minor League St. Paul Saints will be hosting the Louisville Bats. Join FiftyNorth for a night filled with fastballs, home runs, and strike outs at CHS stadium.

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

Trip Leader: Craig Swenson

Capacity: 25

Cost: \$60

Registration deadline: August 4



WABASHA STREET CAVES/ST. PAUL Gangster Tour and Pasta Buffet

Tuesday, October 24
9:45-3:00pm

See the only remaining restored Ganger Era site. Historic Tour of extensive caves carved into the hillside in long abandoned mining ventures in the 1800's. Later, was a mushroom farm, and then developed as a Restaurant Casino and Gangsters' Hotspot during the 1930 prohibition era. Newspapers reported of an unsolved gangland murder at the casino. Tour guides point out bullet holes. Some believe the caves are haunted by the murdered mobsters whose bodies were never found. The cave is handicap accessible.

Buffet lunch is included in price (gratuity is not included)

An Italian Mob Buffet will be served in the dining area of the cave.

Noodles: Spaghetti, Fettucine, Gluten Free Rotini

Meats: Meatballs, Sausage, Chicken

Sauces: Alfredo, Meat sauce, Marinara

Breadsticks

Salad

Assorted Cookies and Bars

Lemonade and Coffee

Trip Leader: Michelle Loken

Capacity: 25

Cost: \$80

Registration Deadline: October 16

AARP SMART DRIVING PROGRAM



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.

- **\$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, August 9
9:00-1:00pm
- **AARP Smart Driving 4-hour Refresher Course**
Wednesday, August 9
9:00-1:00pm
- **AARP Smart Driving 4-hour Refresher Course**
Wednesday, September 13
9:00-1:00pm
- **AARP 8-hour Smart Driving Class**
Saturday, October 14
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, October 25
9:00-1:00pm
- **AARP Smart Driving 4-hour Refresher Course**
Wednesday, December 13
9:00-1:00pm



The Good Morning Menu

- 2 Eggs, 2 slices of bacon, roasted potatoes, toast — \$6.75 *plus tax*
- 1 Egg, 1 slice of bacon, roasted potatoes, toast — \$5.25 *plus tax*
- Breakfast burrito—Large tortilla filled with beans, eggs, bacon, cheese, sour cream chips and salsa —\$8.00 *plus tax*
- Pancakes: 2 pancakes — \$6.50 *plus tax*
- 1 Waffle — \$6.50 *plus tax*

Juice and milk will be available



Yum!

Breakfast: 7:30am - 10:00am
Lunch: 11:30am - 1:00pm
Monday - Friday



JUNE 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!

■ The number of FiftyNorth members as of June, 30: 1,890

Karen Achberger
Berit Anfinson
David & Joey Appleyard
Nancy Ashmore & Kenneth Wedding
Bernard & Mary Auge
Dianne Bach
Lois Bakko
Dianne Barrett
Gene & Susan Bauer
Roxanne Baumann
Mary Baumbach
Diane Boyum
Judy Broske
Gene & Darlene Broughton
Warren & Karen Broughton
Mary Brown
Brenda Bultman
Bernice Christensen
Jan Christophersen
Eileen Cooper
Neil & Marilyn Deden
Gary & Connie DeGrote
Winnie Drentlaw
JoAnn Edwardsen
Chris Ellison
Carol Emery
Beth Endert
Jim & Shirley Evans
Geno Fragnito
Joyce Francis
Stephanie Frey
Jodine Friedow
Marie Gery
Mac & Jacquelyn Gimse
Ross & Sandra Griffin
Kevin Groebner & Sue Harvey
Delores Gustafson
Dorothy Hammer
Liz Hankins
Kerry Hjelmgren
Richard & Donna Jackson
Georgene Johnson
Ruth Johnson-Wirth

Steve & Ann Jorstad
Patricia Jorstad
Joni Kilde
Paul & Anne Klinefelter
Gary & Arlene Kruse
LaSina Kude
Jeanine & Dave Landsverk
Myron Lanoue
Tom & Nancy Loesch
Janet Mathews
James & Angie Mayr
Ruth McCarty
Mike & Ann McGovern
Kevin Merkle
Elaine Meyers
Rich & Jeannie Michel
John & Sharon Micklo
Joyce Mokoff
Neil Lutsky & Irene Montenegro
Bill & Pat Nelson
Elizabeth Olson
Kenneth Lee & Donald Onsgard
Ken & Roberta Persons
Regina Robbins
Carol Rutz
Jerry Sackmaster
Arland & Mary Schwake
Erin Smith
Kenneth & Sharon Steinhouse
Craig Swenson
Allan & Nancy Swenson
Harley Tate
Dale & Rose Turnacliff
Anne Ulmer
Marlene Vanasek
Robert & Donna Vanderhoof
Linda Wagenbach
Patricia Warner
Christopher Weber
James & Mary Weidner
Marilyn Will

Welcome!

JUNE NEW MEMBERS

Linda Boyd Rosen
Erika Broadhead
Catherine Brophy
Pamela Burnham
Nancy Cedar
Lori Coleman
Margaret Gergen
Jan Gytri
Barb Hannes
Maynard & Jackie Simon
Becky Koenigs
Jeffrey & Lori Krohn
Keith Langlie
Sundae Morse
Catherine Murphy
Heidi Sheen
Joshua Taylor
Lloyd & Jackie Thorsen
Annette Wakeman
Drew & Lisa Weis
Witt Widmer

BLUFF VIEW SINGLE FAMILY DEVELOPMENTS



Model Home

Bluff View | NORTHFIELD - 300 FORD STREET



MODEL HOME HOURS FRIDAY-SUNDAY 1-4PM (CALL TO CONFIRM)



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MARVIN



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Three Links and Senior LinkAge Line Present:

2023 FREE Senior Education Series

Three Links, the Senior LinkAge Line and the Northfield Police Department have teamed up to offer senior education

Free Lunch

Protect Yourself Against Fraud

When: **August 16th from 12-1 pm**

Where: **Three Links Chapel**
815 Forest Ave

Enter at the Care Center main entrance

Why: **Protect yourself against Fraud!**
Learn how to identify and avoid fraud. You will also learn about other help and services in MN.

For detailed information: **507.301.4318**

RSVP to Reply@ThreeLinks.org



ThreeLinks.org



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Serving Northfield and Cannon Falls communities

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

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
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
Sunday: Closed



Fitness Center Hours:

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



Pool Hours:

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



Little Frida Cafe & Taco Shop:

Breakfast: Monday–Friday 7:30am–10:00am
Lunch: Monday–Friday 11:30am–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