



By Kerry Hjelmgren, Director



This month, I have a lot of stuff to say about...stuff!

STRUT YOUR STUFF

FiftyNorth's home goods and furnishings store, the Used-a-Bit Shoppe, has been receiving a steady stream of donations this year. It accepts donations year-round, and sells items year-round. Its outstanding volunteers help Dolores and Deb take in contributions, fix them up, price them, and sell them.

This year, FiftyNorth's Defeat of Jesse James Days parade float will celebrate the Used-a-Bit Shoppe and the incredible support it provides for FiftyNorth's operations and programs.

The parade is a joyous community event, and we hope our members will help us showcase this important part of FiftyNorth! We need parade volunteers to help decorate and put together the FiftyNorth float and/or walk alongside the float and hand out FiftyNorth free class passes to spectators. Special parade shirts will be provided to all volunteers who sign up by August 15. If you'd like to participate, please sign up at the FiftyNorth reception desk.

Float decorating/building shift: Friday, September 6 from 9am – 3pm

Parade shift: Sunday, September 8 from 1pm – 5pm



SHOW YOUR STUFF

At 'Coffee with Kerry' this month, a member mentioned that he had an interesting collection of currency from other countries. It made me wonder what else our members might be collecting! Behind every collection lies a narrative - a story and memories that serve as tangible reminders of lives well-lived, of journeys taken, and of lessons learned along the way. Sharing what is meaningful to us can foster connection, new interests, and understanding. Whether you have a passion for stamps, coins, marbles, dolls, trains, postcards, antiques, or any other beloved collectibles, we invite you to be a part of a new opportunity to share them and their history with fellow

members: FiftyNorth's Collection Connection! We encourage you to bring in your collections and share your passion with others who appreciate the art of collecting or love a good story. If you have a collection you'd like to share, contact Patty Ciernia at 507-664-3709 or patty.ciernia@fiftynorth.org.



COLLECTION CONNECTION

Kerry

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FIFTYNORTH ANNUAL POOL CLOSURE

The Pool will be closed August 18th through September 2nd for its annual pool cleaning. It will reopen Tuesday, September 3rd.

During the closure the Northfield YMCA Pool will be open to FiftyNorth users for free. You will need to check in at the YMCA each time you go and register with their staff for usage of the pool.



Now showing in the FiftyNorth Gallery

Karen Rapp – Mixed Medium

GALLERY SHOW: JULY 1 — AUGUST 30

“My love for knitting, crocheting and needlework came at the tender age of five when my mother decided it was time for a bored little girl to have a productive hobby. My very first endeavor was when my mom took one of my dad’s white handkerchiefs and carefully drew an elephant on it for me to embroider and I haven’t stopped since. That was 78 years ago!! Thru God’s blessings, I still have keen eyesight and my arthritis isn’t so bad that I can’t work at least eight hours a day on my projects. I am so looking forward to exhibiting on the Fifty North Wall and hope you enjoy my work.”

— Karen F. Rapp



Photo from Artist’s Reception July 11.

MEMBER NEWS

THE SUNDOWNERS CAR CLUB WILL BE CRUISIN’ ON INTO THE FIFTYNORTH PARKING LOT. Stop in to check out old and new rides and talk to the owners.

Sweet Spokes will have ice cream available during the car show. Enjoy the unique experience of purchasing treats from a bicycle modeled after an old-fashioned soda fountain shoppe.



AT FIFTYNORTH



SUNDOWNERS CAR CLUB
NORTHFIELD

SWEET SPOKES

SWEET RIDES & SWEET SPOKES
Save the Date - August 15, 5-7pm

MEMBER NEWS CONT.



**FiftyNorth will have a float in the 2024
Defeat of Jesse James Days Parade
SUNDAY, SEPTEMBER 8 AT 2:00PM**

We are looking for Parade Volunteers to help:

- **Decorate the FiftyNorth float** - The float will celebrate FiftyNorth's Used-a-Bit Shoppe.
FRIDAY, SEPTEMBER 6 FROM 9AM – 3PM
- **Walk with the float.** Hand out free class passes along the Parade route and help us showcase FiftyNorth in our community.
SUNDAY, SEPTEMBER 8 FROM 1PM – 5PM

If you'd like to participate, sign up at the reception desk and let us know your T-shirt size.

Deadline to order free T-shirt is August 15.

**PARADE
T-SHIRTS will be
provided.**



RECENT FACILITY IMPROVEMENTS



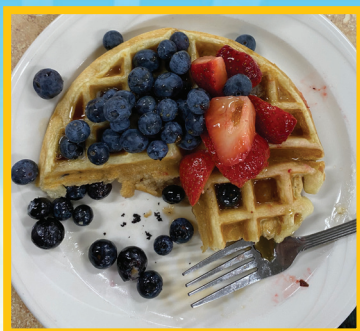
We are so grateful to the City of Northfield for managing the installation of the 20-foot retractable awning over the pool patio just in time for our annual picnic! Enjoy a game of chess or checkers in the shade, or have coffee with a friend at one of the new picnic tables. Find a FiftyNorth staff member to extend the awning for you anytime the breeze is mild.

**Coffee
with Kerry**

**August 16
9:00am
FiftyNorth
Lobby**



BREAKFAST TUESDAYS



**Cooked on site by Ruth's on Stafford
7:30-9:30am | Room 105 at FiftyNorth**

¢50 discount on each item when paying with cash

OMELETS, made to order every week, plus a muffin or fresh baked bread

- 1 egg omelet – one cup of toppings included — \$7.50
- 2 egg omelet – one cup of toppings included — \$10.50

CREPES, WAFFLES, FRENCH TOAST

- 1st and 3rd weeks of the month –
CREPES with bacon, fresh fruit, cheese — \$10.50
- 2nd and 4th weeks of the month –
WAFFLES with sausage, fresh fruit, cheese
✓ 1/2 waffle: \$7.50 ✓ 1 waffle: \$10.50
- 5th week of the month –
FRENCH TOAST with ham, fresh fruit
✓ 1 piece: \$7.50 ✓ 2 pieces: \$10.50
- 5th week of the month - QUICHE with fresh bread, muffin, or toast — \$10.50

MEMBER SERVICES



TECH SUPPORT 2nd Tuesdays of the month 9:30-11:30am

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

Consultant: Richard DeBeau
Space: Room 104

Help for Medicare Options

MORE HELP FOR MEDICARE OPTIONS 2nd Wednesdays of the month 12:00-3:00pm

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

Stop by or call for appointment.

Sandra Robertson, licensed Insurance Agent,
20381956,
Phone:952-484-5723
sandra@sigbrokers.com



CAREGIVER SUPPORT GROUP

Thursday, August 15
1:00-3:00pm
Location: Room 103

Learn, share, listen, laugh and gain strength and understanding alongside other care partners. Kathy Voss, Caregiver Support Specialist, facilitates the discussion.

Facilitator: Kathy Voss, Caregiver Support Specialist
Capacity: 20
Cost: Free
Space: Room 102

FAMILY SERVICE CAREGIVING CONSULTANT

Thursdays
10:00-11:00am and
1:00-2:00pm
Location: Consult Room

Kathy Voss
Certified Caregiving Consultant
Family Service Rochester, 1625 Hwy 14 East, Rochester
507-218-3275
www.familyservicerochester.org



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

MEMBER SERVICES continued p8→



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

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.



MEDICAL QIGONG FOR CHRONIC PAIN AND INFLAMMATION INTRODUCTION AND Q&A SESSION

**Thursday, August 1
 1:00-1:45pm**

Helps answer the following and more questions for anyone generally interested or considering the eight week "Medical Qigong for Chronic Pain and inflammation" workshop beginning on August 8th:

- What is Qigong? (pronounced "chee-gong")
- How can a Qigong practice help with my chronic (or acute) pain and inflammation? With my general health and wellness?
- Can the practices be adapted to my unique situation, so my self-care truly feels like self-care?

Instructor: Rob Gersky
Capacity: 15
Cost: Free
Space: Room 102

About the Instructor: Rob Gersky helps those over 50 who want to heal lifelong struggles by effectively reducing the impact of early childhood embodied trauma. Rob is a Minnesota Licensed Acupuncturist with specific training in movement-based approaches to better body/mind awareness and skills-building to improve stuck patterns from past "overwhelms".

MEDICAL QIGONG FOR CHRONIC PAIN AND INFLAMMATION

**Thursdays, August 8, 15, 22, 29, September 5, 12, 19, 26
 1:00-1:45pm**

Learn how to better manage your pain and inflammation with regular practice of these powerful, centuries old self-care movements. We'll practice a routine of six core movements each class and break down the key distinctions of one or two of them each class so you can learn the details you need to practice on your own. Suitable for anyone who wants to move with more ease and vitality relative to your current ability.

(8 sessions)

Instructor: Rob Gersky
Capacity: 10
Cost: \$72 nonmbr, \$56 mbr, \$0 platinum
Space: Room: 102



**SOUND IMMERSION
 Tuesday, August 13
 4:00-4:30pm**

Miki Orr Campbell is the owner of Zensational in Faribault. Miki is a certified vibrational sound therapy practitioner and psychic medium. There are many benefits to sound and vibrational therapy, and it is being recognized as a positive and powerful influence on our

bodies at all levels; physically, mentally, emotionally and spiritually. Experiencing sound immersion allows you to reach deeper and deeper states of relaxation which allows the body to repair itself naturally. Enjoy a 30-minute sound immersion class using singing bowls, tuning forks and chimes as you rest and feel the positive effects of sound therapy.

*If you prefer, bring your own yoga mat, blanket and bolster.

Instructor: Miki Orr Campbell
Capacity: 15
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: Fitness Studio



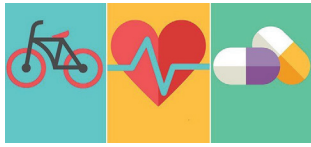
**VERTIGO 101
 Wednesday, August 14
 9:00-11:00am**

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 the effects of vertigo.

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



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



 Northfield
Hospital + Clinics

**HEART DISEASE:
PREVENTION AND CARE**
Thursday, August 15
2:00-3:00pm

Dr. David McIntyre is a Family Medicine physician at Northfield Hospital + Clinics. He will give an overview of heart disease, including:

- How heart disease affects the body
- Prevention
- Detection
- Managing heart disease

Instructor: NH+C - Dr. David McIntyre
Capacity: 30
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: Room 103

 Northfield
Hospital + Clinics

COLON HEALTH
Tuesday, August 20
9:00-10:00am

Randolph Reister, MD, FACP is an Internal Medicine specialist at Northfield Hospital + Clinics. He's also a skilled endoscopist who performs colonoscopies. In partnership with Northfield Hospital and Clinics, Dr. Reister gives an overview of colon cancer, colon cancer prevention & screening, including:

- Risk factors
- Lowering your own risk
- Colonoscopies, explained

Instructor: NH+C - Dr. Randolph Reister, M.D
Capacity: 20
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: Room 104

 Northfield
Hospital + Clinics



JOINT REPLACEMENTS
Tuesday, August 27
12:00-1:00pm

Dr. Hans Bengtson, Orthopedic MD, Orthopedic Surgery Specialist from Northfield Hospitals and Clinics will

talk about Joint Replacements. How to prepare for a joint replacement, what to expect during and after the procedure, and answer questions about joint replacements.

Instructor: Dr. Hans Bengtson
Capacity: 25
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: Room 103

 Northfield
Hospital + Clinics



**NEWLY DIAGNOSED
CANCER PATIENTS**
Tuesday, September 3
9:00-10:00am

Over a 1.9 Million people each year are diagnosed with Cancer. Many are left with questions of what should I do, who do I talk to, where do I go. Northfield Hospital and Clinics will be discussing the treatments, the diagnosis and prognosis of newly diagnosed Cancer Patients.

Instructor: Northfield Hospital + Clinics
Capacity: 25
Cost: \$9 nonmbr, \$7 mbr, \$5 platinum
Space: Room 106

 Northfield
Hospital + Clinics

RESCHEDULED MEDICATION 101
Thursday, September 5
9:00-10:00am

Northfield Hospital pharmacist Tricia Hagedorn, Pharm.D, BCOP, gives an overview on taking and managing your medications – prescription and over the counter.

Learn how to take medication effectively; how to store medication safely; how to keep track of your medications; how to dispose of medication effectively; taking OTC meds safely, and an overview of medication reconciliation process.

Get a handy pill organizer to take home.

Instructor: Northfield Hospital + Clinics
Capacity: 25
Cost: \$9 nonmbr, \$7 mbr, \$5 platinum
Space: room 103

SOUND IMMERSION
Tuesday, September 10
4:00-4:30pm

Miki Orr Campbell is the owner of Zensational in Faribault. Miki is a certified vibrational sound therapy practitioner and psychic medium.

Instructor: Miki Orr Campbell
Capacity: 15
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: Fitness Studio

SEE FULL DESCRIPTION p5

2024 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)				TAI CHI (7-8)	
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		ZUMBA GOLD (8-9)
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)	HATHA YOGA (9:15-10:15)
9:30 AM	YOGA STRETCH (9:15-10:15)		CIRCUIT TRAINING (9:30-10:30) NO open use			
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30- 11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	TABLE TENNIS (10:30-3:45)
11:00 AM						
11:30 AM						
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					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	TABLE TENNIS (5:30-7:30)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
7:45 PM						



BLUE –
Mid-range

PURPLE -
Gentle

PINK –
High Intensity

GOLD:
No Open Use

INTENSITY KEY:

2024 VIRTUAL LAND BASED FITNESS CLASSES (updated May)

AVAILABLE THRU ZOOM

**VIRTUAL
LAND
BASED
FITNESS
CLASSES**



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						
7:30 AM						
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH AND STRETCH (8-9)	STRONG NATION (8-9)
8:30 AM	CORE AND MORE (8:30-9)			CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)	HATHA YOGA (9:15-10:15)
9:30 AM						
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM			CARDIO STRENGTH MIX (1-1:45)		YOGA BALANCE (1-2)	
1:30 PM						

AQUA FITNESS

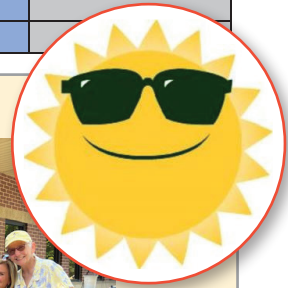


COLOR KEY:

- GREEN:** Class
- GOLD:** Group Activity (Open Swim allowed)
- BLUE:** Open Swim

2024 AQUA FITNESS (updated January)						
	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	OPEN SWIM
1:30 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
2:30 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
3:30 PM						
4:00 PM	WATER VOLLEYBALL 4-5:45PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	WATER VOLLEYBALL 4-5:45PM	
4:30 PM						
5:00 PM		AQUA FUSION 5-5:45PM		AQUA FUSION 5-5:45PM		
5:30 PM						
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:30 PM						
7:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
7:30 PM						
7:45 PM						

FIFTYNORTH SUMMER PICNIC



↑Kerry Hjelmgren & Board member; George Brophy cooking up the hotdogs.



↑Board member, Naurine Lennox serving lunch.



↑Picnic Sponsors: The Benedictine Living Community of Northfield



↑Picnic in courtyard



Special thanks to "Just Friends" band for entertaining!→



PRESS RELEASE JUNE 2024

GREAT NEWS FOR OLDER DRIVERS IN MINNESOTA

Drivers ages 55 and older who have never taken a class to keep safe on the roads and get a break on their car insurance may now have an incentive to sign up — it won't take as much time. A law going into effect July 1 shortens classes for first-time participants from eight hours to four, matching the same length of refresher courses that drivers seeking to keep their state-mandated 10% discount on their auto insurance premiums must take every three years. AARP has been working for several years at both the National and State levels, to get the 8-hour, first time class eliminated. "We're thankful for the change and hopeful it will encourage even more drivers to take a course to keep their skills sharp," said Josh Dunning, Vice President and National Director of AARP Driver Safety which manages the AARP Smart Driver™ course. "The driving landscape has changed dramatically in the time since most drivers received their driver's licenses. It's critical that as drivers, we keep up with these changes to remain independent and confident behind the wheel."

AARP offers their Smart Driver courses (sometimes known as "55 and Alive" or defensive driving classes) in hundreds of locations around the state. By taking a driver refresher course, drivers learn the current rules of the road, defensive driving techniques, and how to operate their vehicle more safely in today's increasingly challenging driving environment. Over nine in 10 course participants report changing at least one key driving behavior for the better from what they learned in the course and over eight in ten participants felt that information they learned in the course has prevented them from being in a crash. ■



Cannon Valley Elder Collegium

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

**September class registration is now open
at www.cvec.org**



AARP SMART DRIVING COURSES

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

- **AARP Smart Driving 4-hour Course**
Wednesday, August 14
1:00-5:00pm
Location: Room 103
- **AARP Smart Driving 4-hour Course**
Wednesday, September 11
9:00am-1:00pm
Location: Room 103
- **AARP Smart Driving 4-hour Course**
Monday, October 14
9:00am-1:00pm
Location: Room 103
- **AARP Smart Driving 4-hour Course**
Wednesday, November 13
9:00am-1:00pm
Location: Room 103
- **AARP Smart Driving 4-hour Course**
Monday, December 9
9:00am-1:00pm
Location: Room 103

ART CLASSES

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

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

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.



SHIBORI & INDIGO CLASS

Saturdays, August 3, 10
9:00-12:00pm

We will be using Japanese shibori resist techniques including stitching, clamp resist and arashi. This class will take you beyond rubber bands, stir sticks and clothespins and provide you with

the opportunity to design and dye more complex work.

The first session will be working with shibori techniques and the second session dying in an indigo vat. If you took the indigo fresh leaf dyeing class, you can use a dyed piece, do a shibori resist on it and over dye in the indigo vat. (The window pane sample)

Supplies that will be included: Two pieces of Japanese kimono cotton (12"x 18") for samples and materials for the indigo vat.

*Judy will also bring blank silk and cotton scarves and bandannas that can be purchased separately.

Instructor: Judy Saye-Willis

Capacity: 12

Cost: \$65 Nonmbr, \$55 Mbr, \$10 Platinum

Space: Room 105

Registration deadline: July 29



BEGINNER BEAD WEAVING JEWELRY CLASS

Wednesday, August 28

10:30am-2:30pm

There will be a one-hour lunch break

Embark on a captivating journey into bead weaving tailored for individuals aged 50 and above. You'll start by selecting your crystal color and together, we will make a beaded jewelry set using step-by-step hands-on instructions. You'll leave with a stunning necklace and earring set that reflects your newfound skills and creativity. If you can hold a needle, this class is for you! All materials and additional lighting will be provided.

Instructor: Andrea Turini

Capacity: Minimum 3, Maximum 8

Cost: \$56 Nonmbr, \$50 Mbr, \$15 Platinum

Space: Room 102

Registration deadline: August 23



PORTRAIT WORKSHOP

Monday, September 9

9:30-3:00pm

Join this all-day portrait workshop suitable for all skill levels, with a focus on beginners. Unlock your artistic potential in a supportive environment while learning facial anatomy, proportions, and techniques for capturing likeness and expression. You'll have the opportunity

to explore a wide variety of drawing and painting media through hands-on exercises. Whether you're starting your journey or refining your skills, this immersive workshop promises growth and inspiration. Materials provided.

*There will be a ½ hour break for lunch. Bring a sack lunch. Kate will do a painting demonstration while you eat lunch.

Taught by a local professional portrait artist, Kate Langlais.

Instructor: Kate Langlais

Capacity: 5 minimum, 8 maximum

Cost: \$90 Nonmbr, \$85 Mbr, \$10 Platinum

Space: Room 105

Registration deadline: September 5

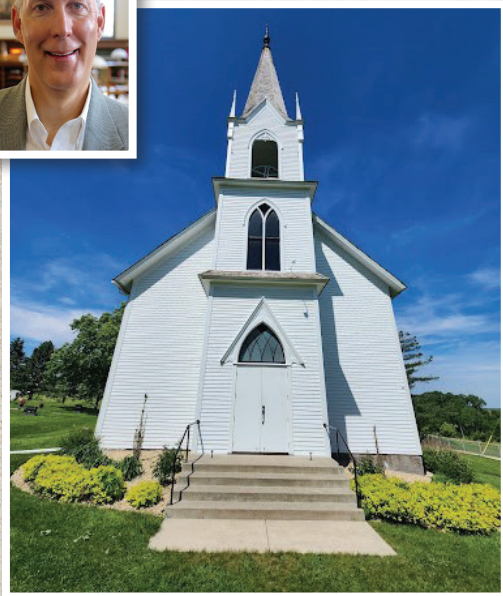
LIFE LONG LEARNING

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

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

Tour with Historian

- Jeff Sauve



NOONTIME ORGAN RECITAL & CEMETERY STROLL AT VALLEY GROVE CHURCH

Wednesday, August 7
11:45-2:00pm

We'll start the afternoon enjoying an organ recital performed by Noah Klein. Noah graduated from the Jacobs School of Music at Indiana University with a BM in Organ Performance, studying under Dr. Janette Fishell. He was the Musical Intern for Tabernacle Presbyterian Church in Indianapolis, Indiana. Back home in Northfield, Minnesota, Noah plays for local churches in the area as well as organ recital series throughout southern Minnesota.

Join local historian, author, and FiftyNorth member Jeff Sauve as he takes participants on a 40-minute stroll through the historic Valley Grove Cemetery. Stops along the way will feature history of the two church buildings, explanations of headstone symbolism and stories of interesting people from the past.

*Meet at 11:45 in the FiftyNorth parking lot. We will carpool to Valley Grove Church. Please eat lunch before you come.

*There is a port-a-potty on the premises.

Leader: Jeff Sauve

Cost: \$9 Nonmbr, \$7 Mbr, \$0 Platinum

Space: Valley Grove Church



NORTHFIELD PUBLIC SCHOOLS UPCOMING REFERENDUM INFORMATION SESSION

Wednesday, August 14
6:00-7:00pm

The Northfield Public School District has been seeking the right pathway to address the facility problems at Northfield High School since 2017. On March 11, 2024, the Northfield Board of Education directed district administration to prepare a three question bond referendum to be held in conjunction with the general election on Nov. 5, 2024. This referendum will address these problems which include safety, academic and music learning spaces, athletic programs and spaces, and antiquated equipment and building systems.

Superintendent Dr. Matt Hillmann will recap the board's process, explain how the bond referendum can solve these problems, and provide an opportunity to ask questions.

Presenter: Superintendent Dr. Matt Hillmann

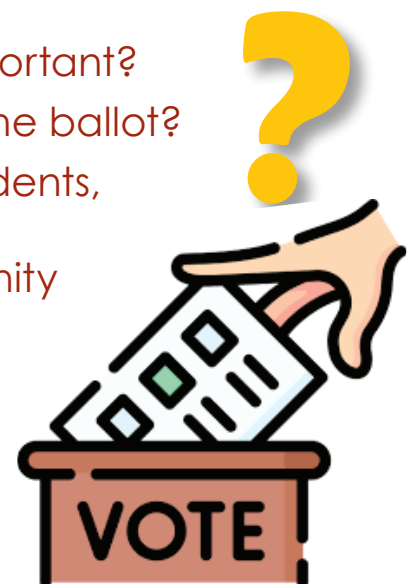
Capacity: 35

Cost: Free

Space: Room 103

Note: Dr. Hillman will present this information again on Thursday, October 17, 1pm.

- Why is it important?
- What is on the ballot?
- How will students, staff and the community benefit?
- What does the plan include?



LIFE LONG LEARNING continued



The Gang ... Why They Came to Northfield ...

*presented by
Earl Weinmann*

JAMES & YOUNGER GANG: WHY DID THEY COME TO NORTHFIELD?

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

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

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

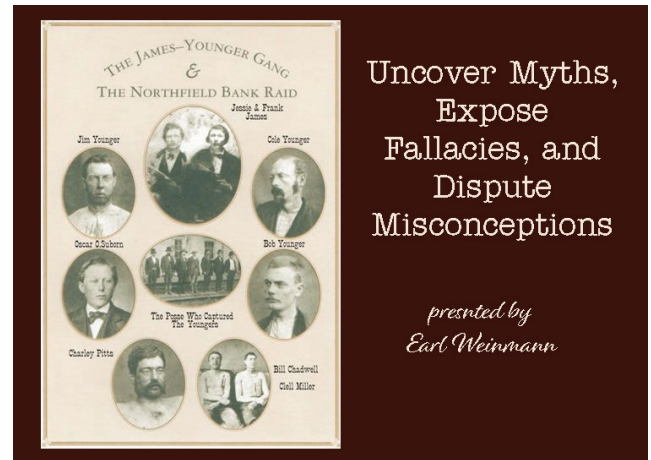
Attend one or both; either way, with your attendance, you will become somewhat of an expert yourself.

Presenter: Earl Weinmann

Capacity: 30

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

Space: Room 103



Uncover Myths, Expose Fallacies, and Dispute Misconceptions

*presented by
Earl Weinmann*

JAMES & YOUNGER GANG: UNCOVERING MYTHS & MISCONCEPTIONS

**Wednesday, September 4
10:30am-12:00pm**

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

This class is a continuation of the September 3rd class but will also stand on its own for those who cannot make the previous class. This class takes a deep dive surrounding the James & Younger Gang to uncover myths, expose fallacies, and dispute some of the misconceptions that seemingly refuse to go away. Was Jesse the leader of the gang? How do we know who shot the teller, J.L. Heywood? Was Northfield suspicious of the gang that morning? What did Cole Younger's last words reveal about the Northfield raid? And many more

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

Presenter: Earl Weinmann

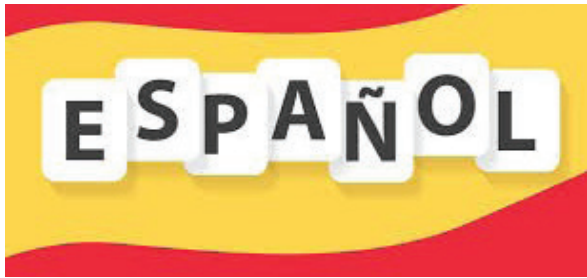
Capacity: 30

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

Space: Room 103



LIFE LONG LEARNING continued



SPANISH I

Mondays & Thursdays

September 9, 12, 16, 19, 23, 26, 30,

October 3, 7, 10, 14, 21, 24, 28, 31

***No class on October 17th**

November 4, 7, 11, 14

10:00-11:00am

This class is designed for students with no prior knowledge of Spanish. The Spanish 1st year textbook Realidades will be used and will be available for purchase at the first class for \$25. Students will also receive a link to the workbook and answer key (if requested, FiftyNorth can print copies for those that would like a physical copy). Students will progress from learning the alphabet, basic greetings, numbers, colors, etc. to acquiring the vocabulary and grammar skills to form simple sentences in the present tense and to talk about daily activities and interests. Culture points from the Spanish-speaking world will also be presented and discussed. This class is the first in a series of three 10-week “trimesters” and will meet Mondays and Thursdays from 10a.m. - 11a.m.

Instructor: Chris Kauffeld

Capacity: 15

Cost: \$171 nonmbr, \$133 mbr

Space: Room 106



CPR & First Aid Training Class

CPR AND FIRST AID

Tuesday, September 10

9:00am-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: room 106

VOLUNTEERS NEEDED



HEALTHY COMMUNITY INITIATIVE HELPS RECRUIT FOR AMERICORPS POSITIONS TO SERVE THE YOUTH OF RICE COUNTY.

These members do great work in our community, keeping kids engaged and on track in school. Currently, our greatest need is for two types of positions in both Northfield

and Faribault: Math Corps Tutors and Promise Fellows. If these positions are not a fit for you, perhaps you know someone who might be interested. Please help us spread the word!

MATH CORPS

Are you looking for a way to stay engaged in the community? Do you like spending time with young kids? Become a tutor with Math Corps! There are several openings for the upcoming school year in elementary schools in Rice County. This is a great, flexible position for people of all ages with multiple options between 10 and 35 hours per week. You don't need to be a mathematician - you will be tutoring basic elementary math skills and will have training and support.

Benefits include a stipend every two weeks (up to \$1000) and an educational award (up to \$5,176) that can be transferred to a family member if you are over age 55. Health insurance and child care assistance are available for full-time members.

Candidates must be 18 years or older, be a U.S. citizen and have a H.S. diploma or GED. Must have an interest in connecting with young people and helping them thrive. For more information, go to healthycommunityinitiative.org/ Americorps or email Americorps@healthyinitiative.org.

PROMISE FELLOWS

Do you know a young person looking for a job this fall? There are many openings for AmeriCorps Promise Fellows in Rice County. Promise Fellows work with middle school and high school students keeping them engaged and connected. This 35 hour per week position can be an excellent opportunity for a year of service or for someone figuring out what they want to do next while building a resume.

There are many benefits of service with AmeriCorps, including an educational award upon completion of \$5,176. This money can be applied to existing loans or future tuition, room and board. During service, Promise Fellows earn a stipend of \$1,067 every two weeks. Promise Fellows are also eligible for health insurance, child care assistance and student loan forbearance.

Candidates must be 18 years or older, be a U.S. citizen and have a H.S. diploma or GED. Must have an interest in connecting with young people and helping them thrive. For more information, go to healthycommunityinitiative.org/ Americorps or email Americorps@healthyinitiative.org.

VOLUNTEERS NEEDED

MEALS ON WHEELS VOLUNTEERS NEEDED

FiftyNorth is on the schedule to deliver Meals on Wheels the week of August 12th – 17th. We still have a couple of routes to fill. If you are willing and available to deliver during that week please contact Michelle Brant at 507-664-3707, email michelle.loken@fiftynorth.org or stop in the office.

POPCORN WAGON

Welcome to all new popcorn wagon volunteers and i hope you are enjoying your time at Bridge Square and meeting & greeting everyone.

September is busy for the wagon with Jesse James Days. That is Sept 5-8. We have plenty of shifts to fill and i hope you will consider joining the team and having fun. There would be another person to help you get everything set up & work equipment.

Think about joining & partner up with a friend or enjoy meeting new people. Contact me for more info.

Lesley Weirich, Popcorn Wagon Coordinator, 507-400-4331

lesley.weirich@fiftynorth.org

GROUPS: UPDATE

WALKING GROUP UPDATE:

The walking group that meets at the Carleton arboretum from 9:00-10:00 am on Mondays, will be taking a break for the month of August. We will begin again on Monday, September 9. We plan to walk through Sept and October (weather permitting). No need to sign up, just show up shortly before 9:00 am at the Arb parking lot on Highway 19. Hope you can join us!.



GROUPS at FiftyNorth

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
ARTS / CRAFT - Storytelling Group - ON BREAK ●	Mondays, 2nd	9:30-11:30am	Room 104
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 - ON BREAK ●	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 - ON BREAK ●	Wednesdays, 2nd	2:00-2:30pm	Multiple Rooms
MISC - Rock Talk - ON BREAK ●	Mondays, 2nd	10:00-11:30am	Gallery Link
MUSIC - Chime Choir - ON BREAK ●	Thursdays	9:30-10:45am	Room 103
MUSIC - FiftyNorth Troubadours Men's Choir - ON BREAK ●	Tuesdays	9:00-11:30am	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 - ON BREAK ●	Varies	Late afternoon	Room 103
FITNESS GROUPS			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Pickleball	Tuesdays & Thursdays	8:00-9:00am	Lions Park
Nordic Walking ON BREAK ●	Thursdays	3:30-4:30pm	Studio, Courtyard
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball Practice	Thursdays	10:00-12:00am	Sechler Park
Softball Games	Tuesdays	10:00-11:00am	Sechler Park
Pedalers & Walkers	Mondays & Wednesdays	Mornings	Varies
Walking Group - ON BREAK ●	Mondays	9:00-10:00am	Careton Arb

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.

LIMITED MOBILITY: Trip leaders are unable to provide assistance to anyone that has limited mobility or that uses a wheelchair. Please arrange to have a friend or PCA pay/register to go with and assist you.

Please indicate on your registration form if you need seating in a handicap section.

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 - MN STATE CAPITOL TOUR

Thursday, August 29

9:00-2:30pm

Explore locations throughout the building that show the work and methods that went into creating the capitol when it was built in 1905, then explore restoration work that was completed in 2017. This will be a 90-minute tour.

Lunch will be at Burger Moe's. The menu includes burgers, soups, salads, paninis, pizza... The cost of lunch will be on your own.

Trip Leader: Michelle Brant

Capacity: 30

Cost: \$60

Registration deadline: August 15



↑New Ulm's Schells Brewery

New Ulm's Music Hall of Fame↓



New Ulm Brown County Museum



↑New Ulm's Kaiserhoff

TRIP - A DAY IN NEW ULM MINNESOTA: HISTORY, MUSIC, BEER AND FOOD

Thursday, September 12

8:00-5:00pm

To start the fall trips we are traveling to New Ulm. It is a town with beautiful restored buildings, large old houses, great parks, many monuments and of course, lots of history.

The first stop is the Brown County Museum, where we learn about the beginning of the town and the conflict with the Dakota Tribe and the residents of New Ulm in 1862.

Next stop is the "Minnesota Music Museum Hall of Fame". It has stories, pictures and recordings of the musicians who were born, lived or entertained us in Minnesota throughout the years.

Lunch is at the German restaurant Kaiserhoff. Good food with German or American choices. Lunch cost is on your own.

We finish our tour at the Schell's Brewery with a tour of their company, a tasting time, gift shop, museum and beer garden. They are located on the edge of town in a beautiful park area with peacocks.

Hope you can join us!

Trip Leader: Carol Nelson

Capacity: 30

Cost: \$90

Registration deadline: September 3

TRAVEL GROUP continued



TRIP - HOW THE GRINCH STOLE CHRISTMAS AT THE CHILDRENS THEATER

**Saturday, November 16
9:30-3:30pm**

A miserly and miserable, ever-so-cantankerous Grinch has observed the despicable Christmas joy of the Whos with disdain, from a distance, for decades. In this holiday favorite, filled with music and Seussian rhymes, he plots the greatest heist imaginable stealing the very thing they love the most! Until, that is, the smallest of the Whos, tiny Cindy Lou, extends a hand. Through the combination of kindness and community, we witness not only a change in the course of Who-History, but the size and capacity of the old green guy's heart.

This is an 11:00 performance. It's an opportunity to take your grandchildren to a play.

*Lunch will follow the play at Gary's Supper Club. The cost of lunch is on your own.

Trip Leader: Norma Monroe

Capacity: 27

Cost: \$100

Registration deadline: October 29



SAVE THE DATE

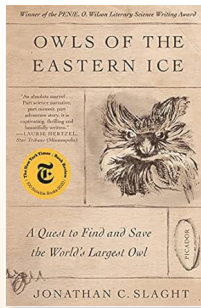
**GREASE at the Chanhassen
Wednesday, February 26, 2025**

11:00 performance

Details will follow

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.

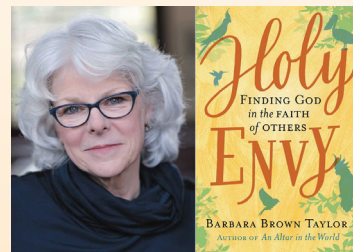


August 2024

OWLS OF THE EASTERN ICE: A QUEST TO FIND AND SAVE THE WORLD'S LARGEST OWL

by Jonathan Slaght

A chance encounter with this huge, strange bird was to change wildlife researcher Jonathan C. Slaght's life beyond measure. This is the story of Slaght's quest to safeguard the elusive owl from extinction.

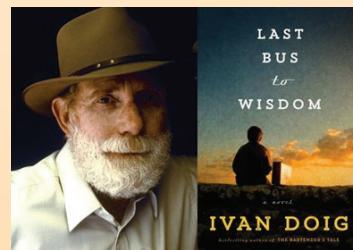


September 2024

HOLY ENVY: FINDING GOD IN THE FAITH OF OTHERS by Barbara Brown Taylor

The renowned Christian preacher and New York Times bestselling author of *An Altar in the World* recounts her moving discoveries of finding the

sacred in unexpected places while teaching world religions. *Holy Envy* explores the many different ways religions conceptualize the world, the divine, our lives, and ourselves—and why understanding other religions should force us to question our own.

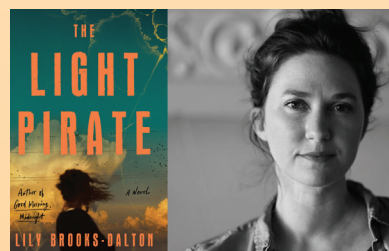


October 2024

THE LAST BUS TO WISDOM by Ivan Doig

Donal and Herman ride the Greyhound to Wisdom, Montana, in hopes of working on the annual hay harvest. Their particular ride turns out to be the last bus to Wisdom.

They meet a tough-looking group of migrant workers who call themselves the Johnson family and travel from one harvest to another. Told from a little boy's point of view, "Last Bus To Wisdom" is an hysterically funny, heart-breaking, redeeming, loving story of adventure, sadness, loss, ...



November 2024

THE LIGHT PIRATE by Lily Brooks-Dalton

The *Light Pirate* is a mesmerizing coming-of-age story about one little girl in a time and place where nature is determined to assert her dominance over man.

Hurricane Wanda leaves behind wreckage that goes far beyond structural damage. Wanda grows up in an environment that is both unwelcoming and viscerally comforting.



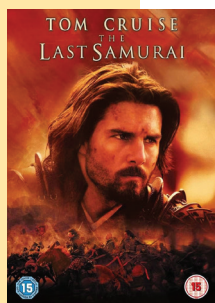
FRIDAY MOVIE GROUP

AUGUST MOVIES

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



**ROOM
103**

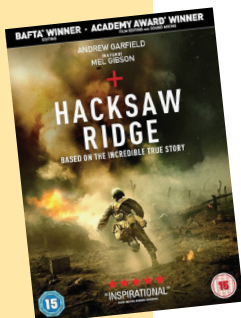


**AUGUST 2
THE LAST SAMURAI**

(2003) Action Adventure 2hr 34min
December 2003 saw the release of director Edward Zwick's *The Last Samurai*, a sweeping epic charting the end of Meiji-era Japan and the extinction of a noble band of warriors.

**AUGUST 9
HACKSAW RIDGE**

(2016) War/Drama 2hr 18min
The true story of Pfc. Desmond T. Doss (Andrew Garfield), who won the Congressional Medal of Honor despite refusing to bear arms during WWII on religious grounds. Doss was drafted and ostracized by fellow soldiers for his pacifist stance but went on to earn respect and adoration for his bravery, selflessness and compassion after he risked his life -- without firing a shot -- to save 75 men in the Battle of Okinawa.



**AUGUST 16
FORT APACHE**

(1948) Western 2hr 8min
When arrogant and stubborn Civil War hero Lieutenant Colonel Owen Thursday (Henry Fonda) arrives in Arizona with his daughter, Philadelphia (Shirley Temple), to assume command of the Fort Apache outpost, he clashes with level-headed Captain Kirby York (John Wayne). Viewing the local Native Americans through an ignorantly negative lens, Thursday is determined to engage them in battle for his own glory, despite the warnings of York -- an act of folly that will have dire consequences.



**AUGUST 23
GLADIATOR**

(2000) Action Adventure 2hr 35min
Set in Roman times, the story of a once-powerful general forced to become a common gladiator. The emperor's son is enraged when he is passed over as heir in favor of his father's favorite general.



**AUGUST 30
EL DORADO**

(1966) Western/Action 2hr 6min
Starring John Wayne and Robert Mitchum. The film is about a gunfighter who comes to the aid of an old friend who is a drunken sheriff struggling to defend a rancher and his family against another rancher trying to steal their water. The supporting cast features James Caan, Charlene Holt, Ed Asner, and Jim Davis.

trying to steal their water. The supporting cast features James Caan, Charlene Holt, Ed Asner, and Jim Davis.

COMMUNITY EVENTS



Join us

**NORTHFIELD SHARES
A DINNER**

AUGUST 25 | 4PM

NORTHFIELDSHARES.ORG

NORTHFIELD SHARES A DINNER

**Sunday, August 25
4:00pm**

We invite Northfield residents to join us for this unique community celebration along Division Street in Downtown Northfield. We will gather for a free meal, share conversations, and enjoy family-friendly activities and live entertainment.

Registration opens on July 21st at northfieldshares.org.

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!*

Karen Achberger
David Appleyard
Nancy Ashmore & Kenneth
Wedding
Bernard & Mary Auge
Lois Bakko
Gene & Susan Bauer
George & Catherine Brophy
Judy Broske
Gene & Darlene Broughton
Warren & Karen Broughton
Mary Brown
Bernice Christensen
Eileen Cooper
Robert & Gail Craig
Neil & Marilyn Deden
Winnie Drentlaw
JoAnn Edwardsen
Chris Ellison
Carol Emery
Gene & Margaret Enders
Beth Endert
Stephanie Frey
Marie Gery
Katy Gillispie
Mac & Jacquelyn Gimse
Kevin Groebner & Sue Harvey
Dorothy Hammer
Kerry Hjelmgrn

Richard & Donna Jackson
Georgene Johnson
Ruth Johnson-Wirth
Steve & Ann Jorstad
Patricia Jorstad
Joni Kilde
Gary & Arlene Kruse
Myron Lanoue
Tom & Nancy Loesch
Janet Mathews
James & Angie Mayr
Mike & Ann McGovern
Elaine Meyers
Norma Monroe
Neil Lutsky & Irene Montenegro
Bill & Pat Nelson
Elizabeth Olson
Kenneth Lee & Donald Onsgard
Raymond & Mary Ozmun
Roberta Persons
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Kenneth & Sharon Steinhouse
Craig Swenson
Allan & Nancy Swenson
Judith Tarabek
Dale & Rose Turnacliff
Anne Ulmer
Linda Wagenbach
Patricia Warner



Donate now!

Scan with your
smartphone!

Welcome!

JUNE NEW MEMBERS

GLAD YOU'RE HERE!

Ann Christensen,
Darrin Corbin,
Julie Davidson,
Hai Thanh & Sang Do,
Dung Do,
David & Brenda Fischer,
Chris Frigerio,
Darlene Hand,
Marie Jacob,
Sandra Jensen,
Larry Jensen,
Michael & Tricia Kasa,
Perry Kruse,
Donald & Judy Lee,
Karla Miller,
Phuong Nguyen,
Kat Rohl,
Susan Scott,
Janet Sletten,
Janis Truax,
Nicci Vosejpka,
Catharina Vossen,
Wayne Weaver,
Larry Winn



Housekeeping Positions in Rice County
Part-time Flexible Days/Hours
\$16.50/hour

Apply now www.familyservicerochester.org
Click CAREERS then Click HOUSEHOLD HELPER

Helping older adults in our community.
A division of Family Service Rochester

■ Membership total: June 30, 2024 = 2021

WELCOME

Bluff View

Quality Homes

TWIN * 4-PLEX



Come Visit Us!

Johnson-Reiland is excited to have you check out this new community of twinhomes and 4-plex homes built with quality construction. Many lots are available in this ideal location for those looking to downsize or transition to single-level living.

OPEN HOUSE:

Fri. Sat. & Sun., 1-4pm at 431 Ford Street.

NEW!

Twin homes now available in Cannon Falls by the High School. Call today!

Save The Date!

Bluff View Summer Block Party

August 15, 2024 5-8pm
431 Ford Street Northfield, MN

Invite your friends to this neighborhood event!

Check our Facebook page for updates:
Johnson Reiland Builders and Remodelers, Inc.



jrbr.builders | 507.366.1288

Builders ID BC636389



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• Tech Support • Errands •

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Serving Northfield and Cannon Falls communities

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Two stores right next to each other!
640 Water Street, River Mall Northfield

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

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

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Administration Manager:

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Program Coordinator: Lifelong Learning/ Community Outreach

Patty Ciernia
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Program Coordinator: Arts/Volunteer/Dining

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Used-A-Bit Shoppe Assistant Manager:

Deb Olien
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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, 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

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