



FiftyNorth Report

DECEMBER 2023

By Kerry Hjelmgren, Director



THANK YOU FOR SUPPORTING OUR MEANINGFUL MISSION!

The generosity of our members is something to behold! Our annual fund drive is well underway. This year, we're asking for \$110,000 to support our operations in 2024. So far, we have reached just over \$75,000, with \$35,000 to go! Your support is **essential** to sustain the core staff needed to coordinate our breadth of high-quality classes and meaningful programming, to improve our facility to be more functional and appealing to our 2,000+ members, and to continue scholarships to ensure that everyone has access to FiftyNorth.

I am excited to share FiftyNorth's new mission, vision, and values that your contributions will be supporting:

Mission:

Through programs and services that promote healthy aging and whole-person well-being, we inspire, empower, and enrich a community of active, engaged, and connected adults north of age 50.

Vision:

FiftyNorth is a vibrant, essential, and collaborative organization that enhances the quality of life and sense of purpose of older adults.

Values:

SERVICE EXCELLENCE:

Being of significant benefit to members, the community, and our partners.

INCLUSION:

Welcoming and treating all with respect and embracing diversity.

STEWARDSHIP:

Being socially, financially, and environmentally responsible.

VOLUNTEERISM:

Engaging volunteers in meaningful roles and opportunities vital to FiftyNorth and the greater community.

COLLABORATION:

Pursuing and exploring new information, ideas, and partnerships.

By contributing to FiftyNorth, you are investing in your health, well-being, and growth, as well as that of your fellow members and our greater community. Your contribution is needed now more than ever! Every dollar you give will help us live our new mission – no amount is too small. Contributions made by December 31 are tax-deductible for 2023. Choose to make a one-time donation, or become a sustaining donor by giving monthly. Ask the receptionist for a donation envelope, or donate online at <https://fiftynorth.org/donate/>.

On behalf of all of us here to fulfill FiftyNorth's mission, we are so grateful for your support.

Kerry



INSIDE

In the Gallery	2
Member News	3
Holiday Music Events..	4,5
Membership 2024.....	6,7
Art Classes	8,9
AARP Tax-Aide	10
AARP Smart Driving	11
Fitness News.....	12, 13
Wellness Classes.....	13
Lifelong Learning....	14,15
Book Club.....	7
Travel.....	16,17
Group Calendar	18
Movies	19
Book Group.....	20
Volunteers	20, 21
New Members	20
Donors.....	20

CLOSED
Christmas Day and
New Years Day



Happy Holidays from the
FiftyNorth Staff!

In The FiftyNorth Gallery

KATE DOUGLAS – MIXED MEDIUM

MARTY AMUNDSON – MIXED MEDIUM

EXHIBIT: NOVEMBER 13 — DECEMBER 29

BIO — KATE DOUGLAS

Kate Douglas is an artist and art educator who resides in Northfield. Kate taught art and designed art curriculum for K-12 Northfield students from 1977 to 1998. She taught art methods at St. Olaf College from 1995 to 1999 then moved to St. Paul and taught at Augsburg and St. Kate's for approximately 4 years before becoming full-time at St. Kate's. She officially retired from St. Kate's in 2011.

Over her 43 years of teaching, Kate has continued to draw and paint in oils, watercolor, and other media. She obtained her bachelor degree in K-12 art education and K-6 classroom education and her master's degree in studio art. She has belonged to the AEM, Art Educators of Minnesota and the NAEA, National Art Education Association throughout her teaching career.



Kate's goal in retirement has been to teach art to adults and focus on her own art.

BIO — MARTY AMUNDSON

Years ago, art classes were the focus of my college course work as a freshman at Moorhead State. During my sophomore year, I changed my major from Art education to speech language pathology and entered the world of speech language hearing science and special education in the public schools. Creating and learning about art became a distant memory as marriage, raising a family, and college courses and career development took top priority in my life.

After retiring from a career in special education administration in 2019, I rediscovered my passion for all things art related. I joined FiftyNorth and began attending Art Club as well as taking classes in collage/mixed media, acrylic and watercolor painting. Saori weaving and peg loom weaving are a couple of my favorite creative outlets. In addition to in-person classes, I study and learn via YouTube, Instagram and FaceBook groups. My art supplies and materials have quickly expanded over the past 3 years as I continue to fuel my rekindled love for art.

Best advice I can give you is: join Art Club and learn from fellow members. You will make new friends and continue to learn and grow.

**Art Gallery Reception:**

Exhibitor: Marty Amundson



Art Curator/Handler: Marie Gery and **Exhibitor:** Kate Douglas



MEMBER NEWS & EVENTS



FIFTYNORTH NEEDS YOU!

We have two important ways that you can have a voice in the governance of FiftyNorth.

One: Become a member of the Board of Directors Nominating Committee. The four members of this committee look at the current board to determine gaps in needed skills, create the recruiting message, interview board applicants, and present nominees for a membership vote at the annual meeting.

Two: Apply to become a director. Each year we have a few openings on our Board of Directors. Board members set policy, influence FiftyNorth's direction, and represent members' interests in the governance of FiftyNorth.

If you can contribute your time, talents, thoughtfulness, and leadership and are interested in exploring either of these opportunities, email me at pjorstad@gmail.com.

— Pat Jorstad, President,
FiftyNorth Board of Directors



CALL FOR COMMENTS!

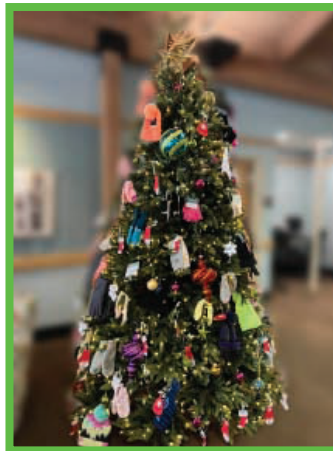
Kerry has been at the helm of FiftyNorth for a little over a year now and it has been exciting to watch as she meshes her skills and experience with the very demanding executive director position.

Now I'm asking you to think back over the past year. Have you had an opportunity to interact with Kerry? Have you observed her in action? I'd like to know. Please email your comments to pjorstad@gmail.com.

Thanks and happy holidays!

— Pat Jorstad, President, Board of Directors

LOVE WARMS THE HEART MITTENS WARM THE HANDS



THE FIFTYNORTH MITTEN TREE

The mitten tree tradition continues at FiftyNorth! Right before Thanksgiving the tree will go up in the lobby. It will be decorated with colorful paper ornaments. FiftyNorth members can take a paper and replace it by purchasing age appropriate hats, socks and waterproof mittens or gloves. Let's fill up the tree for elementary kids in the Northfield schools. Donations will be accepted until December 15th.



DO YOU HAVE DATA ANALYSIS EXPERTISE? DO YOU ENJOY MAKING GRAPHS IN EXCEL?

The Finance Committee is working on a special project, and we need your help! Please contact Kerry at kerry.hjelmgren@fiftynorth.org if you're interested in learning more.

TEMPORARILY CANCELLED DURING COMMUNITY ACTION CENTER'S OPERATION JOY



Tuesday – Thursday, December 5-7

FiftyNorth Program Cancellations due to Operation Joy Tuesday – Thursday, December 5-7

- ★ Tuesday & Wednesday, December 5 + 6 - Little Frida Café (see below)
- ★ Tuesday, December 5 – Troubadours – cancelled
- ★ Tuesday, December 5 – Senior Learning Network – cancelled
- ★ Tuesday, December 5 – Seasoned Singers Rehearsals - cancelled
- ★ Thursday, December 7 – Little Frida Breakfast – see below
- ★ Thursday, December 7 - Chime Choir – cancelled

FiftyNorth Programs Moved to another room

Tuesday, December 5 - Hook Yarn & Needle - moved to room 102
Wednesday, December 6 – Ukulele - moved to room 102

*Little Frida Café will be open for breakfast and lunch for takeout orders only during this time. (pick up at the outside kitchen door on the east side of the building)

To place your order please call: 507-321-1884



MEMBER NEWS & HOLIDAY MUSIC!



CORONA NO MAS

**Thursday, December 14
2:00-3:00pm**

***From the Covid pandemic
comes Corona No Mas!***

When Covid struck, safety protocols prevented these friends from singing and playing in their church. But their love of music prompted them to cautiously come together to make music...

AND the result is what they wish to share with you, a blend of folk, country, Rock & Roll, contemporary Christian & Christmas songs. Join us to sing along or just listen!

Space: room 103

Free will donations appreciated!



FiftyNorth Annual Member Holiday Party

Tuesday, December 12th from 2:00-4:00pm in room 103

2:00 -3:00 Concert by pianist Phil Thompson

3:00 -4:00 Holiday treats and social time

PHIL THOMPSON IN CONCERT

Phil Thompson is an internationally acclaimed pop pianist and is an official Kawai endorsed touring artist. As Phil's current album, Love Themes from the Silver Screen continues to chart on iTunes in the "Top 20" Love Themes albums, he has toured across the globe performing at venues including Mandalay Bay and Caesars Palace in Las Vegas, the MGM Grand in Macau which lead to a featured article in Cosmopolitan Magazine - Hong Kong, and many of the globe's top sporting events including the US Open Tennis Tournament in New York for 3 years in a row, the Rogers Cup, the Shanghai Rolex Masters and China Open, as well as the Wendy's 3 Tour Challenge in Las Vegas. Phil has also headlined on several specialty- themed cruise events, most recently on the "Wine, Dine & Music Cruise" as spotlighted on USA Today with Kenny Loggins and Three Dog Night and Phil has also served as an opening act for artists including Rod Stewart, David Foster, Brian McKnight, The Canadian Tenors, and Clay Aiken to name a few.

Please join us!

A month of merry music during lunch!



MUSIC DURING LUNCH
ECLECTIC STRUMMERS & SINGERS
Friday, December 1

11:30am

Our group "The FiftyNorth Eclectic Strummers & Singers" will perform Christmas songs at Little Frida Cafe on Friday December 1st.

We are seniors and have ukuleles and guitars and a mandolin and a banjo and a bass, and we enjoy playing and singing together. We plan to perform some traditional Christmas carols and some less known Christmas ballads, and some non-traditional stuff. We do not accept tips (nor Figgy Pudding) but we really do welcome enthusiastic applause.

We play and sing together on the 1st and 3rd and 5th Wednesdays of each month at 1:00 at FiftyNorth. We welcome all new members. No audition required. All you need is a smile and a desire to have fun with a musical instrument.

Contact Bob Waldron at 952-652-3000 or BobAndIleen@gmail.com



MUSIC DURING LUNCH
CHIME CHOIR

Friday, December 15

11:30am

Interested in joining the Chime Choir? We've started a new season and looking for new members who enjoy making music.

We meet for an hour on Thursday mornings at 9:30 in room #103. No prior bells or chimes experience needed. Basic music knowledge is a plus. We plan to do a few performances throughout the year.

Contact Marilyn Finneseth at 612-877-0959 for more information.



MUSIC DURING LUNCH
SEASONED SINGERS DURING LUNCH

Wednesday, December 20

11:30am - Noon

JOIN THE SEASONED SINGERS

The Seasoned Singers will begin rehearsals on November 16 to prepare a selection of holiday music for members of FiftyNorth on December 20 during lunch. The Singers also plan to carol at several retirement centers. If you are interested in raising your voices in song contact Donna May at dmay@churchofsaintagnes.org, or call 507-649-7399.

No audition is necessary. You can also simply sign up at the reception desk. The schedule is listed below.

REHEARSALS, ROOM 103

- | | |
|------------------------|------------------------|
| Thursday, Nov. 16, 4pm | Thursday, Dec. 7, 4pm |
| Tuesday, Nov. 21, 5pm | Tuesday, Dec. 12, 5pm |
| Tuesday, Nov. 28, 5pm | Thursday, Dec. 14, 6pm |
| Thursday, Nov. 30, 4pm | |



MUSIC DURING LUNCH
THE FIFTYNORTH BAND

Friday, December 8

11:30am

Are you feeling festive? Come and enjoy the FiftyNorth Band on Dec. 8 at 11:30. A little jazz, a little Christmas, a little Ho Ho Ho! We look forward to seeing *you* there!

Dear FiftyNorth Member:

The Board of Directors has approved a 3% increase in membership dues effective January 1, 2024. Any changes mentioned below are effective January 1, 2024.

Here are some facts about FiftyNorth memberships.

- ❶ **Important to Note:** All members must check in to record your participation. For insurance-based members - if you do not check-in, FiftyNorth does not receive payment toward your membership. We do not automatically get paid by your insurance company. We send in a report of the number of times that you participate and that is how we get paid. The report and payment is based on your participation and YOU CHECKING IN.
- ❷ **NON-INSURANCE** based memberships are generally for members that either are not of Medicare eligible age, or are not affiliated with insurance that offers a fitness benefit.
- ❸ **INSURANCE** based memberships include Active & Fit, Silver Sneakers, and Optum.
- ❹ **Active & Fit** is offered through **some** Aetna, Cigna, GEHA, LifeMart plans.
- ❺ **Silver Sneakers** is offered through **most** BCBS MN, Health Partners, and Humana plans.
- ❻ **Optum is a parent company for One Pass (Medica and UCare), and Renew Active (AARP United Health Care).** There is no specific fitness class offered for free under the Optum plan as there is under Silver Sneakers so we are including the same class benefit as for Silver Sneakers.
- ❼ **All members using an insurance fitness benefit plan must let Elaine Meyers, Membership Manager, know your 2024 insurance information and membership choice between December 8 and December 31.** If you are under the Optum membership (insurance of AARP United Health Care, Medica, or UCare) we will also need a copy of your insurance card. If you do not let her know, your membership will automatically be suspended in the system starting January 1. This means you will not be able to check in until Elaine can reactivate you in the system.

Whew! Memberships are complicated at FiftyNorth. We have no direct affiliation with any of the insurance groups. We contract with a provider representing the insurance groups to send reports to and receive reimbursement from. If you have questions or need help navigating the chart on the next page, please do not hesitate to contact Elaine at 664-3703 or stop in the office.

One more important reminder:

PLEASE CHECK IN every time that you come into the center.

It is a financial lifeline of FiftyNorth.



*There are currently over 1500 members with insurance-based memberships that will expire on December 31, 2023. I can start renewing these for next year after the Medicare enrollment period ends on December 7. That will give me 15 business days to renew 1500+ memberships. Please let me know what your insurance and membership choice will be as soon as possible beginning December 8. It only takes a minute!

Thank you,

Elaine Meyers
507-664-3703

2024 Non-Insurance Based Membership Fees		
Affiliate	\$35	Annual membership fee; program and user fees extra.
General	\$62	Annual membership fee; program and user fees extra.
Fitness Basic	\$440yr / \$38mo	Includes open use of fitness room and pool, fitness groups.
Fitness Plus	\$580yr / \$49mo	Includes open use of fitness room and pool, fitness groups, unlimited fitness and aqua classes.
Platinum	\$645yr / \$54mo	Includes open use of fitness room and pool, all groups and all FiftyNorth classes. Fees for other programs and materials may be required.

2024 Active & Fit Eligible Insurance Plans: Aetna, Cigna, GEHA, LifeMart		
A&F Fitness Basic	\$0	Includes open use of fitness room and pool, fitness groups.
A&F Fitness Plus	\$256yr / \$22mo	Includes open use of fitness room and pool, fitness groups, unlimited fitness and aqua classes.
A&F Platinum	\$321yr / \$27mo	Includes open use of fitness room and pool, all groups and all FiftyNorth classes. Fees for other programs and materials may be required.

2024 Silver Sneakers Eligible Insurance Plans: BCBS MN, Health Partners, Humana, some Aetna		
SS Fitness Basic	\$0	Includes open use of fitness room and pool, fitness groups, and any "Silver Sneakers" titled class.
SS Fitness Plus	\$124yr / \$11mo	Includes open use of fitness room and pool, fitness groups, unlimited fitness and aqua classes.
SS Platinum	\$189yr / \$16mo	Includes open use of fitness room and pool, all groups and all FiftyNorth classes. Fees for other programs and materials may be required.

2024 Optum Eligible Insurance Plans: AARP United Health Care, OnePass Medica & UCare		
OP Fitness Basic	\$0	Includes open use of fitness room and pool, fitness groups.
OP Fitness Plus	\$124yr / \$11mo	Includes open use of fitness room and pool, fitness groups, unlimited fitness and aqua classes.
OP Platinum	\$189yr / \$16mo	Includes open use of fitness room and pool, all groups and all FiftyNorth classes. Fees for other programs and materials may be required.

Please NOTE:

All insurance companies have some policies that are NOT eligible for these memberships. Only by calling your Insurance Customer Service can you be sure of coverage.

ART CLASSES

Please pre-register for all classes:

Phone: 507-664-3700

Online: FiftyNorth.org/classes

In Person: FiftyNorth front desk



COLLAGE AND MONTAGE: Illustrating a Poem

Shadows & Echoes

An Art & Poetry Collaboration

Thursday, January 4th

2:00-4:00pm

Students who are participating in this collaboration will have the opportunity to attend two unique art classes.

Please take one or both of these classes to get ideas, support and inspiration for making your poetry illustration.

A Collage is an exciting and dynamic way to use multiple media, (like papers, cards, pages from books, parts of photos, plus buttons, stencils, beads, string, etc.) to express your own interpretation of the poem.

A Montage is similar, but you use just one material (like papers which can include maps, pages, tissue, clips, music pages, labels, cards...all made of paper!) Be creative..think of a different base for your montage. After you have selected a poem, read it several times to become familiar with the imagery, context and connections.

What does it mean to you? Why did you choose it? Then think about what kinds of art materials would help you to express your vision. This may come from emotion, thought or an image that the poem evokes in you. Mostly, you should have fun and feel good about the process!!

All assembly details will be part of the class including an introduction to some famous artists who have used collage.

Things you should bring:

A pencil

Scissors

Glue (Elmer's or similar)

Choices of paper: see above

We will provide:

Additional papers

Extra collage objects

A table for "material donations and exchanges" will be created.

Adhesives for bonding

Instructor: Kate Douglas

Capacity: 12

Space: 105

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

Registration deadline: December 29



ECHOES & SHADOWS - ART & POETRY COLLABORATION UPDATE

FiftyNorth is excited about the upcoming Poetry and Art Collaboration event. Artists and photographers will create artwork or photos inspired by a poem that has been submitted. Poems and artwork/photography will be displayed side-by-side in the gallery in March and April of 2024.

Submit Poetry on or before December 13th

When you submit your poem (ONLY ONE per person) please include the title, your first and last name, address, phone number and email address, if and where it was published. Submit a paper copy to Michelle in the office or email a Word document to michelle.loken@fiftynorth.org.

Poetry Selection begins December 18th at 8:00 a.m.

Poems will be posted on the FiftyNorth website. Go to the link to make your poetry selection - <https://fiftynorth.org/activities/art-gallery/>. When you have decided on a poetry inspiration piece, contact Michelle at michelle.loken@fiftynorth.org, call 507-664-3707 or stop in the office. When a poem has been spoken for it will be omitted from the selection. Artists and photographers will need to provide their first and last name, email address and phone number.

If you prefer to make your selection in person, hard copies will be available in the office beginning December 18th at 8:00 a.m. See Michelle in the office.

Artwork & Photography will be submitted on or before February 26, 2024.

Exhibit will be on display March 6th – May 3rd, 2024

Reception and Reading will be April 4th, 2024

If you would like more details about the guidelines and timeline or have questions about the collaboration contact Michelle at the contact info above.

ART CLASSES

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

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



ZENTANGLE
Tuesday, January 9
1:00-3:00pm

Let's have some fun and relaxation "tangling" Zentangles. Learn the lingo and techniques to create beautiful patterned designs with Vicki Stanley. I can't wait to see how yours turn out! All materials are included in the class.

Instructor: Vicki Stanley
Capacity: 12
Cost: \$25 nonmbr, \$20 mbr, \$5 platinum
Space: 102
Registration deadline: January 5



LEARN TO KNIT by Making a Cozy, Comfortable and Colorful Cowl
Wednesdays, January 10, 17
10:00-11:30am

In January, 2024, FiftyNorth will offer the first in a series of Learn to Knit classes. Or if you haven't knit in a while and need a refresher course, this one's for you. Soft wool yarn and circular needles will be supplied, and the instructor will even cast on for you to make starting your cowl easier. In the first session you will learn the basic knit stitch, and in the second you'll finish the cowl. Then you will be ready for that chilly January weather!
 (2 sessions)

Instructor: Diane Pearsall
Capacity: 2 minimum, 10 maximum
Cost: \$33 nonmbr, \$29 mbr, \$15 platinum
Space: 102
Registration deadline: January 8, 2024

Photos from the Harvest Dance

October 27 at
 FiftyNorth



Band: The Dave Miller Combo





AARP volunteers provide at FiftyNorth free personal income tax assistance to low and moderate-income taxpayers, with special attention to those 60 and older.



Tax-Aide

Again this year, taxes will be prepared using the **Drop-off Method**. Trained and certified AARP Tax-Aide volunteers will prepare and electronically file individual income tax returns and MN Form M1PR (Property Tax/Renters Refund).

Appointments will be taken at the FiftyNorth Receptionist Desk or by phone (664-3700) **beginning Monday, January 22** for Tuesday and Thursday appointments from February 6th thru April 11th. Please arrive 15 minutes prior to your first appointment with your completed Intake/Interview packet which will be available at the Receptionist Desk beginning January 22nd. The packet will NOT be mailed out. The appointment date for filing only the homeowner Property Tax refund will be Wednesday, April 17th. (That appointment can be made beginning January 22nd also if the income tax appointment you make is for March 19th or before.) Only taxpayers who file their income tax returns by AARP volunteers can have their homeowner (or renter) Property Tax form M1PR completed by the volunteers.

Certain types of returns listed below are OUT-OF SCOPE so we cannot do them:

- SALES OF STOCKS OR MUTUAL FUNDS ON FORM 1099-B OR FORM 8949.
- SELF-EMPLOYMENT TAXPAYERS WITH EXPENSES.
- No taxes withheld from another state OR an obligation to file state income taxes in another state.
- No Farm income.
- No part-time MN residents. (Full time MN residents only.)
- Patronage dividends (Form 1099-PATR – Co-op Distributions) sometimes are out-of-scope BUT are usually in-scope – call the front desk receptionist and ask to be transferred to the tax room to determine.

1 First appointment (Tuesday) – arrive 15 minutes early. This appointment is scheduled for 45 minutes.

- A. Bring with you your completed Intake/interview packet (complete for EACH tax year if more than one) and all of your tax documents.
- B. Go to the Receptionist Desk and a volunteer (e.g. Tax Client Facilitator) will direct you to the proper place.
- C. A Tax-Aide volunteer will review with you your completed Intake/Interview packet and tax documents, and complete an inventory of the documents you presented.
- D. If you are missing even ONE tax form on the day of your first appointment, we cannot do your tax returns.
- E. You will go home and return two days later for your second appointment.
- F. Your documents will be placed in locked secure storage and returned to you after the second appointment.

2 Second appointment (Thursday) – arrive 15 minutes early. This appointment is scheduled for 20 minutes.

A tax counselor will review your return with you, print you a copy of your return(s), electronically file your returns with the IRS and State of MN, and return to you all your documents.

The Intake/Interview document needs to be completed before you arrive at your first appointment OR arrive 30 minutes before your first appointment to complete before your appointment.

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, December 13
9:00-1:00pm

AARP Smart Driving 4-hour Refresher Course
Monday, January 8, 2024
9:00-1:00pm

AARP 8-hour Smart Driving Class
Saturday, January 13, 2024
8:00-4:00pm
THIS IS THE 8-HOUR COURSE FOR FIRST-TIMERS.
 *Bring a bag lunch

AARP Smart Driving 4-hour Refresher Course
Friday, February 9, 2024
9:00-1:00pm

AARP Smart Driving 4-hour Refresher Course
Wednesday, March 13, 2024
9:00-1:00pm

FITNESS CLASSES



WINTER SOLSTICE RESTORATIVE YOGA (pre-registration required)
Thursday, December 21
6:00-7:30pm

Join Ingrid Freeman for a relaxing, candlelit, restorative yoga class on the evening of Winter Solstice featuring live harp music by the very talented Elinor Niemisto.

Restorative yoga is a passive yoga practice in which you are placed in a shape supported by the various props including bolsters, blankets, blocks and straps. Following yoga, stay and enjoy some light refreshments as you get to know your fellow yogis.

Instructor: Ingrid Freeman

Capacity: 18

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



INTRO TO SOMATICS (pre-registration required)
Fridays, December 22, 29, January 5, 12, 19, 26
2:15-3:15pm

Just in time for the Holiday Stress: In the Intro to Somatic Movement 6-week class series you will learn the basic somatic exercises to release chronic tension holding patterns in the front, back, and sides of the body (including shoulders, hips, and neck). By focusing on your internal sensation of movement, the exercises remind the nervous system how to relax muscles to proper resting length, how to utilize full range of motion, and how to move well in daily activities. This awareness allows for more freedom in movement, which increases quality of life. The exercises are simple, gentle, and uplifting.

*Completion of this class series is required in order to register for the Ongoing Somatic Movement class.
 (6 sessions)

Instructor: Cheryl Ramette

Capacity: 12

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

AQUA FITNESS

DECEMBER



COLOR KEY:

GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim

2023 AQUA FITNESS (updated July 1)						
	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	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						

VIRTUAL LAND BASED FITNESS CLASSES

DECEMBER



INTENSITY KEY:

PINK - High Intensity

BLUE - Mid-range

PURPLE - Gentle

2023 VIRTUAL LAND BASED FITNESS CLASSES (updated December)								
AVAILABLE THRU ZOOM								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)				
6:30 AM								
7:00 AM					QIGONG MEDITATION (7-7:30)			
7:30 AM								
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	STRONG NATION (8-9)	STRENGTH (8-8:45)
8:30 AM	CORE AND MORE (8:30-9)						CORE AND MORE (8:30-9)	
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)		SIMPLE STRETCH (9-9:45)	
9:30 AM							QIGONG MEDITATION (9:30-10)	
10:00 AM								
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)			
11:00 AM								
11:30 AM								
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)				
12:30 PM								
1:00 PM			CARDIO STRENGTH MIX (1-1:45)		YOGA BALANCE (1-2)			
1:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)		
6:30 AM						
7:00 AM	CARDIO DANCE AND DRUMSTICKS (7-7:45)	HATHA YOGA (7-7:45)	YOGA STRETCH (7-7:45)	HATHA YOGA (7-7:45)	QIGONG MEDITATION (7-7:30)	
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		HEALTHFINDERS ZUMBA WITH MARIBEL (8-9) FREE
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)		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 (10:30-2:30)
11:00 AM						
11:30 AM					INTERMEDIATE GLOBAL LINE DANCING (11:45-12:45)	
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SOMATICS (1-2) Prerequisite: Intro to Somatics	
12:30 PM						
1:00 PM			LINE DANCING (1-2)			
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)	NORDIC WALKING GROUP (3:30-4:30)	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						



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



INTRO TO INHALERS
Wednesday, December 6
9:00-10:00am

A primer on inhalers: when, why, and how to use them, led by respiratory therapist Roberta Bonrud. She will review the types of inhalers and how to use them. In her experience, over 1/2 of her patients are not getting the most benefit from their inhalers because the medications aren't being inhaled correctly. Roberta has worked at United Hospital for 25 years, the last 9 years in pulmonary rehab where significant time is spent on respiratory medications. Be sure to bring the names of your inhalers with you to class. Topics to be covered are: rescue vs controller, what effect the inhaler has, possible side effects, when and how to use, paying for your inhalers, and inhaler or nebulizer.

Instructor: Roberta Bonrud
Capacity: 20
Cost: \$14 nonmbr, \$12 mbr, \$5 platinum
Space: 106



INTRO TO INHALERS

SENIOR LEARNING NETWORK CLASSES

Senior Learning Network programs are viewed by senior centers from around the country that zoom together. The presenter is at each program location. Following the presentation, there is time for questions and answers.

ALL SENIOR LEARNING NETWORK CLASSES:

Presenter: Senior Learning Network

Capacity: 20

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

Space: 103



SLN - MAPLE SUGAR TIME! INDIANA DUNES NATIONAL HISTORIC PARK

Tuesday, December 19

1:00-2:00pm

Who doesn't love real maple syrup? This truly North American product has a fascinating and rich past from pre-contact tools and methods to modern-day techniques. Join us as a park ranger takes us on the farm trail to explain how Native Americans first boiled maple sap into sugar and how early settlers used large iron kettles to make syrup.



SLN: THE ROOSEVELT STORY: HOLIDAY EDITION

Thursday, December 21

1:00-2:00pm

Special Christmas Edition with FDR

If you have ever heard Jeff Urbin share about Christmas at the Roosevelt White House, you'll know he has plenty to say!

There's always something new to learn, and we'll have lots of fun while we're at it. Join us for our last program of the year celebrating the holidays with the Roosevelts!

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



ROCK TALK

Tuesday, December 5

10:00-11:30am

Bring your ROCKS and let's TALK. Enjoy some coffee and share your rock adventures. It is a time to share and learn. Do you have rocks you want to identify or learn more about? Meet other rock enthusiasts and share your knowledge. Are you interested in lapidary work, do you cut or polish rocks? Bring your rocks and tell the story of how you found them. This is not a class, but an opportunity to share your enthusiasm for rocks.

Leader: Sandy Dockstader

Capacity: 12

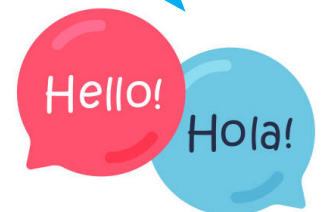
Space: Gallery Link

INTRO TO SPANISH Mondays & Thursdays, January

4,8,11,15,18,22,25,29,

Feb 5,8,12,15,19

10:00-11:00am



Come learn the basics of Spanish with Chris Kauffeld, a Spanish teacher with 30 years of experience. Chris studied, lived and worked in Spain and is passionate about sharing his love for Spanish culture and language with others. Participants will learn pronunciation, greetings, the present, past and future tenses, commands and vocabulary related to travel, pastimes, food and daily activities. Participants will be provided with all needed materials. You will want to bring a writing utensil. Classes will meet every Monday and Thursday (no class February 1st).

(13 sessions)

Instructor: Chris Kauffeld

Capacity: 4 minimum, 12 maximum

Cost: \$115 nonmbr, \$90 mbr, \$0 platinum

Space: 106

Registration deadline: December 31, 2023

LIFE LONG LEARNING CLASSES



CPR AND FIRST AID

Tuesday, January 9
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: room 106



SELF DEFENSE CLASS

Tuesdays, January 9,16,23,30, February 6,13,20,27

4:30-5:30pm

The program focuses on the physical and technical aspects for conflict resolution, which includes skills/techniques such as blocking, striking, kicking, throwing, joint manipulation and grappling. This is a practical course designed for students with little or no experience in martial arts or self-defense to learn the basic necessary skills to protect themselves and their loved ones if ever needed. Wear comfortable clothing or workout clothes.
(8 sessions)

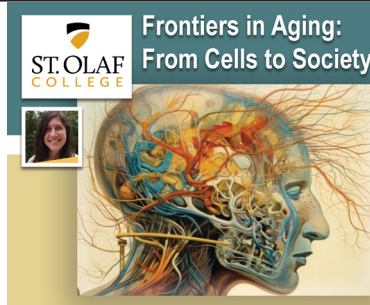
Instructor: Sebastian Burset

Capacity: 4 minimum, 12 maximum

Cost: \$65 nonmbr, \$60 mbr, \$0 platinum

Space: Fitness Studio

Registration deadline: January 8, 2024



FRONTIERS IN AGING: FROM CELLS TO SOCIETY

Fridays, January 5, 12, 19, 26,
10:40am-12:40pm

Thursday, January 25, 2-4pm

Monday, January 29, 10:40am-
12:40pm

Over the month of January, Professor Jessica Petok from St. Olaf College will be engaging her students on the topic of aging, surveying what is known about the aging mind and brain, and the implications for individuals and societies. What's more, you are invited to take part in this course experience! If possible, please commit to all classes. Classes will take place on St. Olaf's campus and up to 18 older adults are invited to participate. You must be able to provide your own transportation to campus. You will have access to the same readings and viewing materials as the students and engage them in lively discussion.

Come talk with students and learn more about the multidisciplinary issues, methods and theories in the study of the aging mind and brain. This course may challenge your ideas of aging, and give you some insight into how you can influence your own future!
(6 sessions)

Instructor: Jessica Petok

Capacity: 18

Cost: \$0

Location: St Olaf (Most likely all classes will be at the Art Barn on campus)

All classes are limited to the first 18 registrants. Cost is free.

Pre-register once for the whole semester.

*Please plan to attend all sessions



CLASSES

■ OUR AGING WORLD

Friday, January 5

10:40am-12:40pm

What is global, rapid aging? What do we do?

■ ETHICS AND POLICIES

Friday, January 12

10:40am-12:40pm

Can we "undo" aging? Should we?

■ SOCIAL COGNITION & WISDOM

Friday, January 19

10:40am-12:40pm

How does cognition change as we grow older? Does 'older' really mean 'wiser'?

DOCUMENTARY

Free and open to the public.

Documentary will be shown at Viking Theater, Buntrock Commons, St. Olaf.

■ THE MEMORY TAPES

Thursday, January 25

2pm - 4pm

Location: Viking Theater

Alzheimer's: Movie Screening, HBO's "The Memory Tapes". Seven people living through various stages of Alzheimer's disease are profiled.

CLASSES

■ PATHOLOGICAL AGING

Friday, January 26

10:40am-12:40pm

What does less successful aging look like?

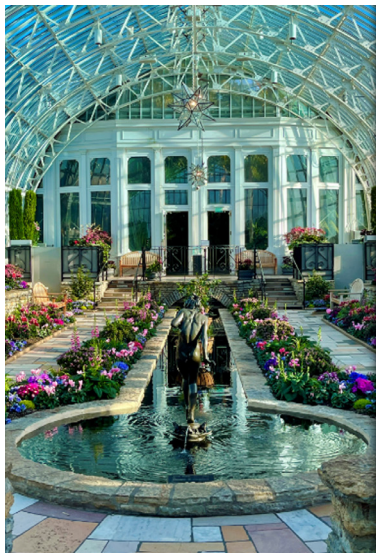
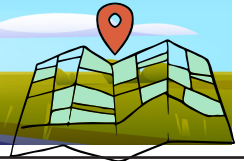
■ FINAL DEBRIEFING

Monday, January 29

10:40am-12:40pm

The final class period will be reflections, wrap-up and debriefing on the course.

TRAVEL GROUP


**Como Zoo and
Conservatory &
The UM Raptor
Center**

**TRIP - COMO ZOO AND CONSERVATORY &
THE U OF M RAPTOR CENTER**
Wednesday, January 17
10:00-4:30pm

Our first stop will be a beautiful walk through to the Como Park Zoo and Conservatory to enjoy the amazing animals and gorgeous flowers in the warmth of their facilities in the dead of winter. Wheel chairs and scooters are available for rent. We might even get to see Sparky the Seal at his best.

In keeping with that spectacular animal theme, our next stop will be just down the road to the U of MN Raptor Center. (Is their motto really, "Get a Grip"? Just kidding.) A project of the School of Veterinary Medicine, the Center is a Minnesota original that has been copied throughout the world.

When injured raptors are found, they are brought to the Center so that veterinary students are able to practice mending their broken bones and nursing them back to health. During the recovery period, the birds are on display for the public to see. (That's us.) And, of course, once they are healthy, a date is set when the birds are released back into the wild. Perhaps you have seen some of those releases on the evening news.

We will have our own 45-minute "group program" and tour that will feature a visit with three raptors, "up close and personal", including a bald eagle. (Part of the visit will be outdoors, so dress warmly.)

We will end with a late lunch (on your own) at Café Latte on Grand Avenue.

Trip Leader: Bob Sullivan

Capacity: 30

Cost: \$60

Registration deadline: January 3

Learning History in Redwing

TRIP - LEARNING HISTORY IN RED WING
Thursday, January 25
9:00-4:00pm

To start the new year we will travel to our neighboring city of Red Wing, Minnesota. The visit will be to see four of their historic places and will start at "Tower View" also known as "The Anderson Center of the Arts". It has been a farm since the mid 1800's and also a research lab connected to Quaker Oats and has 3 art galleries which feature visiting artists and even have some art from Modern Masters.

Next on the list is lunch at Liberty's restaurant. They have a large menu and have been in business almost 50 years.



The third stop is a short walk to the Red Wing Shoe Company and their museum. Enjoy a self-guided tour of stories, pictures and displays about the famous shoes they make.

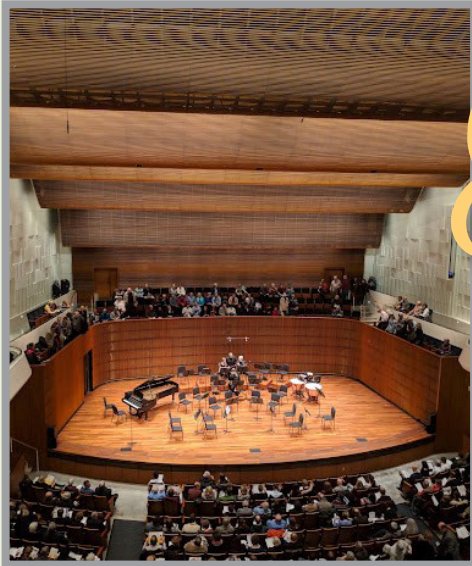
Our last stop is the Red Wing Pottery Museum Showroom and store. I'm sure most of us have had at least one item of this company's craft in our lifetime.

Trip Leader: Carol Nelson

Capacity: 20

Cost: \$60. The cost of lunch is on your own.

Registration deadline: January 11



TRIP - ST. PAUL CHAMBER ORCHESTRA & THE BELL MUSEUM
Friday, February 9
9:30-5:15pm

Beethoven’s masterpiece, the Violin Concerto in D, performed by Russian-born Alina Ibragimova, making her debut with one of the world’s finest chamber orchestras, our beloved St. Paul Chamber Orchestra. You can’t beat that. Also on the program: Jean Sibelius, Romance in C Major and Arnold Schoenberg, Chamber Symphony No. 2.

There will be a “snack basket” available on the bus for those travelers that need a little something to eat mid-day before arriving at the Bell Museum.

But that is just the first stop. Following the concert, we will visit our new and expanded Bell Museum to enjoy an inspiring program in their planetarium on the “Forest” which features, “... members of the Minnesota Orchestra, (and) illuminates the creation of the Stradivarius violin. Beginning in the forests of Italy and concluding in a concert hall, this story illustrates the intimate connections between sound and nature, throughout time and space.”


So, you are at the Bell. Does that ring any in the back of your mind? Perhaps you remember a long time ago (in a galaxyno I won’t go there) a museum of stuffed animals

at the U of MN. Perhaps your Mom or Dad took you there. (Mine did.)

The Bell is now “Minnesota’s Official Natural History Museum”. It still features those spectacular “nature dioramas” but now includes a touch and see lab, virtual programs, and a number of special exhibits. So, prior to and immediately after the planetarium show, you’ll also have time to tour the facility on your own. (The diorama with the Timberwolves on the north shore is still there.)

And then on the way home, just to keep that Russian thing going, we’ll be having a post-concert dinner at Moscow on the Hill, considered by many to be the finest Russian restaurant in the Twin Cities. A bowl of borscht anyone? Maybe not. I’ll settle for the stroganoff. The cost of dinner is on your own.

Trip Leader: Bob Sullivan
Capacity: 25
Cost: \$101
Registration Deadline: January 9



SAVE THE DATE
Guthrie Theater
Wednesday, July 10,
2024
A Frightfully Funny Musical



TRIP: ORCHESTRA HALL COFFEE INTERMEZZO
Thursday, March 21
9:00-4:00pm

Dvorak Symphony No. 8
 Minnesota Orchestra and Pacho Flores – Trumpet Soloist

You will be dancing in your seat from the first note to the last as you listen to Domingo Hindoyan conduct the Minnesota Orchestra with guest trumpet soloist Pacho Flores. In Arturo Marquez’s new trumpet concerto, Flores

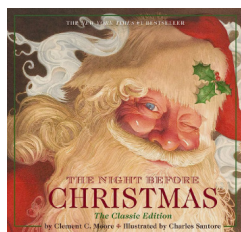
delivers the many colors and flavors of Latin American dance bands while he performs on four different types of trumpets. These concerts conclude with Dvorak’s radiant Eighth Symphony, interwoven with a multitude of folksongs and delightful dance melodies. Late lunch at Gary’s Supper Club – on your own

Trip Leader: Norma Monroe
Capacity: 30
Cost: \$75
Registration deadline: February 29, 2024

GROUPS AT A GLANCE

GROUP ACTIVITIES	Day	Time	Location
ARTS / CRAFT - Art Club	Wednesdays, 2nd & 4th	1:30-3:30pm	Room 105
ARTS / CRAFT - Hook, Yarn & Needle	Tuesdays	1:00-3:00pm	Room 105
ARTS / CRAFT - Photography Group	Fridays, 4th	9:30-11:30am	Room 106
CARDS - "Chat" Bridge	Wednesdays	9:30-12:00pm	Room 104
CARDS - 500	Fridays	12:30-4:00pm	Room 104
CARDS - Cribbage	Thursdays	12:45-4:00pm	Room 106
CARDS - Double Deck Pinochle	Mondays	12:15-4:00pm	Room 104
CARDS - Duplicate Bridge	Tuesdays	12:30-4:00pm	Room 104
CARDS - Euchre	Tuesdays	12:30-4:00pm	Room 106
CARDS - Sanctioned Duplicate Bridge	Thursdays	12:00-4:00pm	Room 104
CARDS - Social Bridge	Wednesdays	12:30-4:00pm	Room 104
GAMES - American Mahjonn	Fridays	1:00-3:00pm	Room 106
GAMES - BINGO	Mondays, 3rd	1:00-2:00pm	Room 103
MISC - Book Club	Fridays, 2nd	10:30-12:00pm	Room 102
MISC - Friday Movie	Fridays	1:00-3:00pm	Room 103
MISC - History Group	Fridays	10:30-12:00pm	Room 104
MISC - Reading With 5th Graders	Wednesdays, 2nd	2:00-2:30pm	Multiple Rooms
MUSIC - Chime Choir	Thursdays	9:30-10:45am	Room 103
MUSIC - FiftyNorth Ukulele Orchestra and Assorted Strings	Wednesdays, 1st, 3rd, 5th	1:00-3:00pm	Room 103
MUSIC - The Band Practice	Mondays	4:00-5:00pm	Room 103
MUSIC - Seasoned Singers	Varies	Late afternoon	Room 103
GROUPS NO LONGER ACTIVE			
ARTS / CRAFT - Joy of Quilting - now included in Hook, Yarn & Needle			If your are interested in restarting these or starting a new group, please talk to a staff member
ARTS / CRAFT - Wood Carving			
GAMES - Scrabble			
FITNESS GROUPS			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Nordic Walking	Thursdays	3:30-4:30pm	Studio, Courtyard
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball - off season, practice only	Thursdays	1:00-3:00pm	Dundas Dome
Pedalers - off season, coffee & walking only	Mondays & Wednesdays	Mornings	Varies

GROUPS



SHARE YOUR FAVORITE HOLIDAY BOOK/STORY

Monday, December 11
9:30-11:30am

Come with a favorite holiday story to share. Spend a precious hour with new found story friends and see where we go and how we find each other. "Go home and read to your adult" Kate DiCamilla

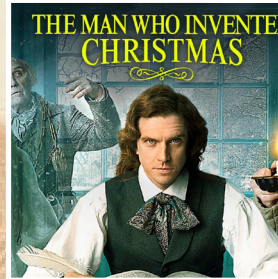
Group Leader: Sylvia Langworthy

Group fee: \$1

Space: room 102

FRIDAY MOVIE GROUP

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



DECEMBER 1 THE MAN WHO INVENTED CHRISTMAS

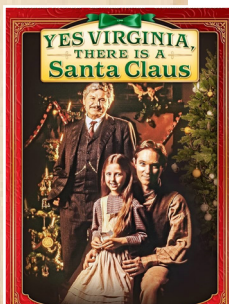
(2017) Drama 104 mins.
In 1843 London, author Charles Dickens finds himself in financial trouble after writing three unsuccessful novels in a row. Desperate for a hit, Dickens relies on real-life inspiration and his vivid imagination to bring Ebenezer Scrooge, Tiny Tim and other classic characters to life in "A Christmas Carol," forever changing the holiday season into the celebration known today.

DECEMBER 8 BIG



(1988) Comedy 103 mins.
Directed by Penny Marshall. After a wish turns 12-year-old Josh Baskin (David Moscow) into a 30-year-old man (Tom Hanks), he heads to New York City and gets a low-level job at MacMillen Toy Company. A chance encounter with the owner (Robert Loggia) of the company leads to a promotion testing new toys. Soon a fellow employee, Susan Lawrence (Elizabeth Perkins), takes a romantic interest in Josh. However, the pressure of living as an adult begins to overwhelm him, and he longs to return to his simple, former life as a boy.

DECEMBER 15 YES, VIRGINIA, THERE IS A SANTA CLAUS



(1991) Family 110 mins.
Inspired by the famous 1897 editorial that has become a holiday staple, Yes Virginia, There Is a Santa Claus, tells the story of young Virginia O'Hanlan (Katharine Isabelle) who, at the urging of her father (Richard Thomas), writes a letter to New York newspaper, The Sun, asking for the truth about the existence of Santa Claus. Reporter Francis Church (screen legend Charles Bronson), who is struggling with the passing of his beloved wife, is tasked by The Sun to answer Virginia's query—and finds himself composing what would become one of the most heartfelt and fondly regarded pieces of writing about the holiday spirit.

Your movie committee movie picks for the Holiday Season are here! Come and enjoy a break from all the hustle and bustle of your holiday preparations.



DECEMBER 22 ELF

(2003) Family 97 mins.
Bring your grandkids—NO SCHOOL!! Once upon a Christmas Eve, an orphan baby crawled into Santa's bag of gifts and was taken to the North Pole. Raised by Papa Elf (Bob Newhart, Buddy (Will Ferrell) comes to realize he doesn't fit in with the other elves. Determined to find a place where he belongs, Buddy searches for his real dad—in New York City! In the Big Apple, buddy finds out why his dad (James Cann) is on the naughty list! But most importantly, he sees that the world is seriously lacking in Christmas spirit, which causes Santa all kinds of problems! So with the help of a beautiful department store elf, Buddy tries to teach his dad and the world the true meaning of Christmas spirit and to prove to everyone that Santa (Ed Asner) really exists!



DECEMBER 29 A SEASON FOR MIRACLES

(1999) 116 mins.
A young woman and her niece and nephew take refuge from social workers who wish to separate them in an abandoned house in Bethlehem, PA, a small town where the Christmas season is full of small miracles. Emilie brings her niece and nephew, Alanna and J.T., to visit their mother in the prison ward of a hospital. While there, a social worker arrives to place the children -- who have been neglected by their drug-addict mother -- into foster care. Emilie and the children hit the road in a desperate attempt to stay together and out of the foster care system. Hours later, tired and hungry, they pull into a diner in the town of Bethlehem. While there, a waitress tells them about a house in town, left vacant when its owner died and left it to a niece who has yet to claim it, where they might stay for the night ...



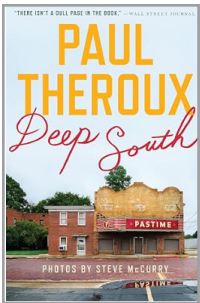
BOOK GROUP



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.

DECEMBER

No book, but the group will meet in to share book titles to recommend to others.



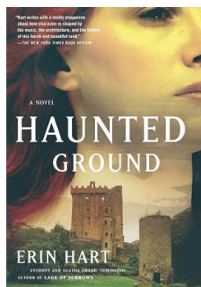
JANUARY 2024

DEEP SOUTH: FOUR SEASONS ON BACK ROADS

by Paul Theroux

Paul Theroux has spent the past fifty years roaming the globe, describing his encounters with remote people and far-flung places in ten best-selling travel books. Now, for the first time, he explores a part of America—the Deep South.

Setting out on a winding road trip, Theroux discovers a region of architectural and artistic wonders, incomparable music, mouth-watering cuisine—and also some of the worst schools, medical care, housing, and unemployment rates in the nation. Yet, no matter where he goes, Theroux meets the unsung heroes of the South, the people who, despite it all, never left, and also those who found their way home and devoted their lives to rebuilding a place they could never live without.



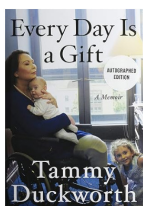
FEBRUARY 2024

HAUNTED GROUND by Erin Hart

*Author Erin Hart will be our guest in February to discuss her book.

When farmers cutting turf in an Irish peat bog make a grisly discovery—the perfectly preserved head of a young woman with long red hair—Irish archaeologist Cormac Maguire and

American pathologist Nora Gavin must use cutting-edge techniques to preserve ancient evidence.



March 2024

EVERY DAY IS A GIFT: A MEMOIR

by Tammy Duckworth

VOLUNTEER NEWS

CLOSING BUDDIES NEEDED

We are in need of more people to be Closing Buddies. These volunteers assist the receptionists with the closing routine and walks the receptionist safely to their vehicle. The Closing Buddies arrive at 7:45 on weekdays and 3:45 on Saturdays. If you would be willing and available to help with this, please contact Michelle at michelle.loken@fiftynorth.org, call 507-664-3707 or stop in the office.



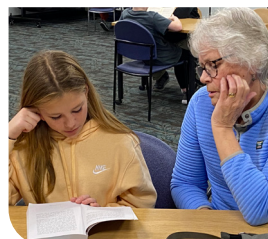
READING WITH 5TH GRADERS

2nd Wednesday of the month
2:00-2:30pm

Reading with Bridgewater students is back! Share your love of reading, support a student, build a connection, and have fun! You will be partnered with 1-3 students to read together - students bring the books; you bring your attention!

*This program started in 2000, and continued each year until the pandemic. We are delighted to bring it back, but we can't do it without your help! Please join us and see why students AND volunteers alike call this one of their favorite parts of their month.

If you would like to be, or are still interested in being a part of this group of reading buddy volunteers, please contact Michelle at 507-664-3707 or michelle.loken@fiftynorth.org



OCTOBER NEW MEMBERS

GLAD YOU'RE HERE!

OCTOBER NEW MEMBERS

Mary Lynn Andrews,
Joseph Auge,
Gary & Patty Bleichner,
Robin Charnell,
Andrea Curley,
Heidi Eyestone,
Calvin & Lynn Feine,
Kathleen Flanary,
Larry Garner,
Jack Greer,
Tim Hanson,
Cathy Hedstrom,
Ryan Johnson,
Keir & Barbara Johnson,
Bob Leistico,
Tim & Marian McKone,
Abraham & Lori Middeldorp,
Robert Nelson,
Peggy Nicolai,
Margie O'Loughlin,
Reino Paananen,
Charles Perkins,
Pat Peterson,
Bruce & Patricia Prigge,
Cicily Punauakee,
George & Amy Rhodes,
Rebecca Seidenkranz,
Kathleen Shea,
Robert & Rebecca Shepard,
David Starch,
Patrick Tomczik,
Cynthia Towsen,
Stephen & Mary Twitchell,
Barbara Vaile,
Nancy Veverka,
Susan Williams,
Tara Wroblewski,
Mary Zappa

Welcome!



DECEMBER VOLUNTEER SPOTLIGHT

FiftyNorth is grateful to Gordon Kelley for all his support since the beginning of our existence. We look forward to him stopping in the office to check out what's coming up next. He encourages us to keep marching forward and is always giving us positive affirmation for what we do at FiftyNorth.

Gordon has volunteered at FiftyNorth, within the community and beyond. We commend him for his generous contributions of time and knowledge.

Gordon sees the value of continually learning and growing, even as we age. Read below how he has lived out those values.

“ ————— ”

I have been a member of FiftyNorth since we opened, October 2000 (or close to that day). From the start I used the exercise equipment. I moved into taking classes in various subjects and soon became an instructor for the AARP Safe Driving class, a class designed for older drivers. Over the years I have volunteered for lots of activities. I have given tours to prospective new members on a number of occasions – too many to count. I like doing this for a couple of reasons: First, this allows the staff to keep working at their job and Second, if I were a prospective new member somewhere, I would enjoy hearing from a member about the place. Over the years I have also volunteered in several other locations. I served for 10 years on the Northfield Planning Commission when I lived in Northfield and I served another 9 years on the Rice County Planning Commission. In those volunteer positions I was able to help shape the future of the city and county. Also, I have served on the Council of 3 different churches over the years and on the Board of Directors of one of my credit unions. Oops, I forgot to mention helping in the popcorn wagon on Bridge Square, and serving on the Board of Directors of FiftyNorth. I am now trying to fully retire and move away from all volunteer jobs (I hope). It has been a fun ride, but now it is time for someone else to have the fun.

“ ————— ”

—GORDON KELLEY

OCTOBER 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!

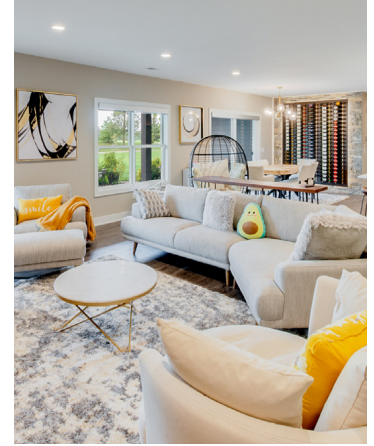
■ The number of FiftyNorth members as of October 31: 2,025

Karen Achberger	Jeanne Estrem	Gary & Arlene Kruse	Patricia Rezac
Ann Albert	Jim & Shirley Evans	Myron Lanoue	Pamela Roberts
David & Joey Appleyard	Michael & Terry Ferrise	Hanard Lien	Gary & Donna Rock
Nancy Ashmore & Kenneth Wedding	Alene Fink	William & Karen Lillibridge	Jan Roetzel
Joseph Auge	Marilyn Finneseth	Tom & Nancy Loesch	Carol Rutz
Bernard & Mary Auge	David & Vicky Follansbee	Ione Lorch	Mary Savina
Lyle & Corby Bakken	Bruce & Mary Kay Forland	Beverly Lubbers	Dean Schoeb
Lois Bakko	Robert Forsgren	Russ & Lynn Margulies	Arland & Mary Schwake
Robert & Teresa Ballentine	John Forsythe	Carol Marshall	John Sevilla
Dianne Barrett	Richard Fott	Janell Martin	Lorraine Sewich
Marie Benson	Joyce Francis	Janet Mathews	Shirley Shaft
Donald & Roberta Bonrud	Stephanie Frey	James & Angie Mayr	Maynard & Jackie Simon
George & Catherine Brophy	Marie Gery	Ruth McCarty	Joyce Skaar
Judy Broske	Janet Gilbertson	Mike & Ann McGovern	Jerry & Jane Skluzacek
Gene & Darlene Broughton	Jeanette Gilbertson	Janet McGrath	Carol Slater
Warren & Karen Broughton	Katy Gillispie	William & Callista Meyer	Phyllis Stade
Kay Brown	Mac & Jacquelyn Gimse	Elaine Meyers	Effie Stein
Mary Brown	Kevin Groebner & Sue Harvey	Bruce & Audrey Moe	Kenneth & Sharon Steinhouse
Brenda Bultman	William & Marjorie Gruszewski	Donna Moen	Joanne Stohl
Evelyn Burry	Joseph & Rita Hadacek	Leone Larson & Tom Moen	Sandra Strachan
Bruce Burton	Bruce & Carol Hamilton	Neil Lutsky & Irene Montenegro	Noel & Lois Stratmoen
Jane Carlson	Douglas Hamilton	Leonard Moore	Shelley Strobel
Clark & Lois Cary	Robert & Barbara Hanisch	Robert Moore	Craig Swenson
Mary Casey	Liz Hankins	Bill & Pat Nelson	Allan & Nancy Swenson
Bill & Nancy Child	Paul & Barbara Hanson	Richard & Raymonde Noer	Robert & Patricia Tabery
Bernice Christensen	Barbara Herzog	Karen Nord	Judith Tarabek
Richard & Sandra Clayton	Kerry Hjelmgren	Mary Ellen North	Rich & Kathie Taranto
Eileen Cooper	John & Nancy Holte	Tom Oleson	Harley Tate
Roger Couture	Richard & Donna Jackson	Elizabeth Olson	Gerald Taylor
Robert & Gail Craig	John Jarvis	Laura A Olson	Sandra Titus
Don & Mary Crook	Georgene Johnson	Kenneth Lee & Donald Onsgard	John Tripp
Cleve Crowningshield	Pat Johnson	Raymond & Mary Ozmun	Elizabeth Truman
Dirk & Marilyn Danks Peterson	Richard Johnson	Dorothy Palmquist Parker	Tom Turgeant & Carla Johnson
Neil & Marilyn Deden	Ruth Johnson-Wirth	Robert Peasley	Dale & Rose Turnacliff
Samuel & Margy Deel	Steve & Ann Jorstad	Roberta Persons	Anne Ulmer
David & Sharon Detert	Patricia Jorstad	Robert Peterson	Edward & Colleen Vitek
ANONYMOUS DONATIONS	Janice Kasa	Claire Pfau	Linda Wagenbach
Winnie Drentlaw	Joni Kilde	Sandy Pieri	Patricia Warner
Jim & Norma Driver	Ken Klimisch	Judith Pinc	Cinda Weber
Carl & Kathy Eckstam-Ames	Ben & Colleen Klotz	John & Chris Pogue	A. DeWayne Wee
JoAnn Edwardsen	Paul Kluge	Mary Polsfuss	Beverly Welch
Chris Ellison	Daryl Knudsen	Qixian Qian	Bob & Lucy Wells
Carol Emery	James & Kay Koch		Jay & Rachel Zoller
Beth Endert	Neidra Krebs		Northfield Area Chamber of Commerce
James Estrem	Karen Kronberg		The Henkel Foundation Inc

CUSTOM HOME BUILDER FOR YOUR AREA



Hills of Spring Creek | NORTHFIELD
Cannon River Valley Estates | DUNDAS
Bluff View | NORTHFIELD



BUILDING ALL OVER NORTHFIELD AND SURROUNDING AREAS!



Featuring windows by:



For almost 50 years Johnson-Reiland has been a family-owned custom build and design firm that is the winner of multiple Reggie awards from Housing 1st Twin Cities builders association.

jrbr.builders | 507.366.1288

Builders ID BC636389



USED-A-BIT

HOUSEHOLD & FURNITURE SHOPPES



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

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

THE NEIGHBOR LADY

Let me do that for you.



Non-medical In-home Senior Care

Companionship • Light Housekeeping
• Tech Support • Errands •

Stacey Greer

theneighborlady.com • 612-839-2286

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 Brant
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, 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