

By Kerry Hjelmgren, Director



A TIME OF GRATITUDE



It's the special time of year we all give thanks, and I have repeatedly done so since I began my new role two months ago. Thank you - treasured members - for making me feel as though I've received an enormous hug from the FiftyNorth community. You've supported my vision for FiftyNorth's future, deepened my connections to the Northfield community, provided endless encouragement, shared numerous so-bad-they're-good jokes, and bolstered my grit.

I am grateful for our valuable conversations. It has been such a pleasure to get to know FiftyNorth from your perspective. Many of you describe it as your home away from home. You've shared countless ways in which FiftyNorth supports your health and well-being. You whole-heartedly support its growth. Thank you for being a member of FiftyNorth, and for giving us the privilege of enriching your life in new ways!

Kerry

...Happy Holidays from all of us at FiftyNorth!

THE MITTEN TREE TRADITION CONTINUES

The Community Action Center is no longer collecting hats and mittens for Operation Joy. However; the mitten tree tradition continues at FiftyNorth! We are now collecting for the Northfield elementary schools. The tree is decorated with paper mittens, hats and socks. 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 16th.



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SAVE THE DATE:

**FiftyNorth
Holiday Party
Wednesday, Dec. 14
1:00pm**

*A Time for Holiday
Music, Cheer and treats!*

**FIFTYNORTH
HOLIDAY HOURS**

CLOSED:

- Saturday, December 24
- Saturday, December 31

IN THE GALLERY PATSY DEW – PHOTOGRAPHY & ART BOXES

November 28 - January 6



ARTIST'S RECEPTION

DECEMBER 1, 4-5PM

Gallery receptions offer a unique opportunity to talk with the artists to learn about their process and inspirations while enjoying a light spread of hors d'oeuvres, wine, cheese and dessert bites, and accompanied by laid-back, live acoustic music by Greg Smith. So much fun — please join us!



ON THE FIFTYNORTH STAGE THE UPPITY WOMEN ARE BACK!

Friday, December 2 ■ 3:00pm



A Christmas Memory
by Truman Capote



A Child's Christmas in Wales
by Dylan Thomas



The Uppity Women –

Once again we approach the holidays with a sense of awe at our memories. This season of the year seems more than no other to bring our memories of childhood anticipation and wonder. Stories - family - music and joy and special food fill our hearts and minds. As a cast we once again tell our tales during rehearsal as laughter guides our work. We have chosen these two pieces as they support and sustain our lives, hopes and dreams.

A Note from the Director –

The Uppity Women, as you see them today, have grown together over the past years. In that time, we have explored language through works by Shakespeare, Dickinson, Robert Frost, E.E. Cummings and more. Through that exploration we have broadened our literary presentation skills through laughter, storytelling and the sharing of ourselves with one another.
– Sylvia Langworthy

TICKETS: Adults \$10, children 12 and under \$5 Pre-purchase tickets at reception desk at FiftyNorth or purchase at the door. - Coffee and treats following performance.

MEMBERS WAYS TO STAY INFORMED



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

Bi-monthly Eblast

Sign up to receive our email news update bi-monthly. If you do not receive them, call the front desk at (507) 664-3700.

Monthly Newsletter

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

Check in at FiftyNorth!

See you soon.

MEMBER NEWS

OPERATION JOY - FIFTYNORTH GROUPS & LUNCHES CANCELLED TUESDAY – THURSDAY, DECEMBER 6-8

The Community Action Center will be using Rooms 103 and 105 for the annual Operation Joy. FiftyNorth cancellations are as follows:

- Tuesday & Wednesday, Dec. 6+7 - Little Frida Café
- Tuesday, Dec. 6 - Hook Yarn & Needle
- Thursday, Dec. 8 - Woodcarving
- Thursday, Dec. 8 - Chime Choir

Thank you Richard and David!



PIANO DUO PERFORMANCE

of Richard Collman and David Miller -

DID YOU MISS THE CONCERT? We will play a video recording of the Piano Concert in the lobby at FiftyNorth on Monday, December 5 at 10:30am and again on Monday, December 12th at 10:30am.

It's time to celebrate!

Members and Friends of
FiftyNorth are Invited To:

FiftyNorth Holiday Party

Wednesday, December 14 | 1:00pm

A Time for Holiday Music, Cheer
and Conversation

■ ■ ■

FiftyNorth Community Band
Chime Choir
Ukulele Group

Carol sing with Seasoned Singers

■ ■ ■

Coffee, Punch, and
Holiday Treats will be served.



LIVE MUSIC DURING LUNCH DEC. 9

David & Debbie Miller will be playing live music Wednesday, December 9, from 11:30 – 12:30. The Millers will play Holiday music on a variety of instruments including clarinet, bass clarinet, flute and piano. NOTE: You can come and enjoy the music without purchasing a lunch.

PICTURES: TURN A WOODEN BOWL OR PLATTER CLASS IN NOVEMBER

Thanks to David Perterson, FiftyNorth member and part of the Cannon Valley Makers for teaching the November class.



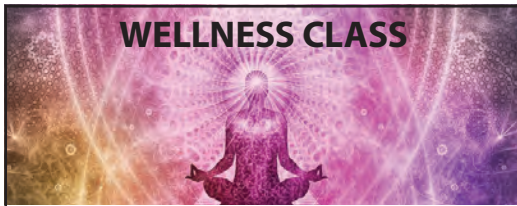
Left: David & John
Below: Brenda



Left: Jim & Kathleen



Attendees:
John Bade
Brenda Jonason
Catherine Williams
Jim Haas
Kathleen Rice



WELLNESS CLASS

MEDITATION

**Wednesdays, January 4, 11, 18, 25,
February 1, 8, 15, 22
10:30-11:15am**

Learn ways to meditate to help lower stress, clear negativity from the mind and increase self-awareness, focusing on the moment to help increase creativity, patience, and tolerance.
(8 sessions)

Instructor: Laurel Carrington

Capacity: 15

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

Space: Room 106

Give the gift of a FiftyNorth Personal Trainer this Holiday for your health or one of your friends!



FiftyNorth offers three of the top personal trainers in the area. These three personal trainers are guaranteed to help you accomplish any and all of your fitness goals. Contact one of the personal trainers and start your journey to a new you for 2023. Personal Trainers are able to meet in-person or via zoom.

ALL INSTRUCTORS:
(NETA Certified Personal Trainer)

- **Heather Rataj**
heartlift@zoho.com - (651) 428-1575
- **Heather Sand**
hsand06@gmail.com 612-718-4998
- **Craig Swenson**
craig.swenson@fiftynorth.org
507-664-3702

PERSONAL TRAINING FEES:

Full Hour: \$40 per hour (member), \$45 per hour (non member)

1/2 Hour: \$25 per 1/2-hour (member), \$30 per 1/2-hour (non member)

(Package of 10)

1-hour personal training sessions:
\$380 (member), \$420 (non member)

(Package of 10)

1/2-hour personal training sessions:
\$235 (member), \$285 (non member)

GIFT CERTIFICATES available at the front desk.

VIRTUAL LAND BASED FITNESS CLASS AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)	STEP INTERVALS (6:10-6:50)	EXPRESS STRENGTH (6:10-6:40)				
6:30 AM								
7:00 AM			SLO FLO YOGA (7-8)					
7:30 AM								
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	STRONG NATION (8-9)	STRENGTH (8-8:45)
8:30 AM	CORE AND MORE (8:30-9)			CORE AND MORE (8:30-9)			CORE AND MORE (8:30-9)	
9:00 AM	YOGA STRETCH (9-10)	CARDIO DANCE AND DRUMSTICKS (9:15-10)	BEGINNING YOGA (VINAYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	INTERMEDIATE YOGA (9-10)	SIMPLE STRETCH (9-9:45)	
9:30 AM								
10:00 AM	BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)			
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)	SILVER&FIT (12-12:45)			
12:30 PM								
1:00 PM			LINE DANCING (1-2)		YOGA BALANCE (1-2)			
1:30 PM								
4:00 PM								
4:30 PM								
5:00 PM			CARDIO STRENGTH MIX (5-5:45)					
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								

AQUA FITNESS

	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		EARLY BIRD AQUA 7:00-7:45AM		EARLY BIRD AQUA 7:00-7:45AM		OPEN SWIM
7:30 AM	AQUA SUNRISERS 7:15-8AM		AQUA SUNRISERS 7:15-8AM		AQUA SUNRISERS 7:15-8AM	
8:00 AM		AQUA YOGA 8:00-9:00AM		AQUA YOGA 8:00-9:00AM		OPEN SWIM
8:30 AM	SS AQUA AGELESS 8:15-9:00AM		SS AQUA AGELESS 8:15-9:00AM		SS AQUA AGELESS 8:15-9:00AM	
9:00 AM		OPEN SWIM		OPEN SWIM		OPEN SWIM
9:30 AM	S&F AQUA FIT ' N TONE 9:15-10:00AM		S&F AQUA FIT ' N TONE 9:15-10:00AM		S&F AQUA FIT ' N TONE 9:15-10:00AM	
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
10:30 AM						
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:30 PM						
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	FAMILY SWIM 12-1:45PM
12:30 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:30 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
2:30 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
3:30 PM						
4:00 PM		OPEN SWIM	OPEN SWIM	OPEN SWIM		
4:30 PM	WATER VOLLEYBALL 4-5:45PM				WATER VOLLEYBALL 4-5:45PM	
5:00 PM		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		
6:30 PM						

KEY:



GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim

IN-PERSON LAND BASED FITNESS CLASSES

2022 IN-PERSON LAND BASED FITNESS CLASSES (updated November)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-8:50)	STEP INTERVALS (6:10-6:50)	EXPRESS STRENGTH (6:10-6:40)		
6:30 AM						
7:00 AM			SLO FLO YOGA (7-8)			
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		HEALTHFINDERS ZUMBA WITH MARIBEL (8-9) FREE
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINIYASA) (9:15-10:15)				
9:30 AM	CARDIO DANCE AND DRUMSTICKS (9:15-10)			SLO FLO YOGA (9:15-10:15)	YOGA FUSION (9:30-10:15)	
10:00 AM				CIRCUIT TRAINING (9:30-10:30) NO open fitness		
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 (10-12)
11:00 AM						
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM			LINE DANCING (1-2)			
1:30 PM						
2:00 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)		TABLE TENNIS (1:30-3:30)		
2:30 PM			NORDIC WALKING GROUP (2:15-3)			
3:00 PM						
3:30 PM	TAI CHI FLOW STANDING (3:30-4)		TAI CHI FLOW STANDING (3:30-4)		TAI CHI FLOW STANDING (3:30-4)	
4:00 PM	TAI CHI FLOW CHAIR (4:15-4:45)		TAI CHI FLOW CHAIR (4:15-4:45)		TAI CHI FLOW CHAIR (4:15-4:45)	
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		
6:30 PM						

INTENSITY KEY:

PINK – High Intensity

GOLD – High Intensity (In Fitness Room; no open fitness)

BLUE – Mid-range

PURPLE – Gentle

GREEN – Group Activity



TRAVEL GROUP@FiftyNorth



TRIP - CHURCH BASEMENT LADIES – PLOWIN' THRU
Tuesday, January 17
11:15-4:00pm

The Church Basement Ladies are at it again at the Ames Center in Burnsville. In the 9th installment of

the highly successful series, the year is 1975 and all your favorite characters are back! Whether this is your first visit to the basement or you've seen 'em all, you won't want to miss this brand new show. Come along as the ladies don their polyester pantsuits and sing, dance and laugh their way thru this hilarious and touching new musical, PLOWIN' THRU.

Trip Leader: Norma Monroe

Capacity: 26

Cost: \$72

Registration Deadline: December 23

FUTURE TRIP IDEAS !

The FiftyNorth Travel Committee has come up with trip ideas for 2023. Please see below for tentative trips. Travel Committee meets once a month to discuss trips and ideas. Our next meeting is Wednesday, December 7th at 1 pm. We need more members to help arrange and lead trips. For more information please contact Craig Swenson, 507-664-3702.

February 2023

- The Cafesjian Art Trust (CAT) Museum in Shoreview, MN

March 2023

- Orchestra Hall March 30th

April 2023

- Minnesota Institute of Art: Art in Bloom

May 2023

- Paradise Theater in Faribault

June 2023

- Minnesota Twins Vs. Boston Red Sox Game

July 2023

- Saint Paul Saints Game
- Ski Show in Albert Lea

August 2023

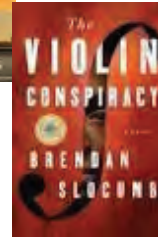
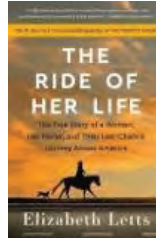
- St. Paul Saints Game
- Treasure Island Boat Trip

BOOK GROUP@FiftyNorth

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

DECEMBER - NO BOOK

However; the Book Club will meet to share other book titles that we are reading. If you choose we will have lunch together after the meeting at Little Frida Café and Taco Shop in FiftyNorth.



JANUARY

THE RIDE OF HER LIFE

by Elizabeth Letts

FEBRUARY

THE VIOLIN CONSPIRACY

by Brendan Slocumb

MARCH

WHEN HARRY MET MINNIE

by Martha Teichner

APRIL

BEFORE WE WERE YOURS

by Lisa Wingate



ART GROUP@FiftyNorth

NEW FORMAT STARTING IN JANUARY: FIFTY NORTH ART CLUB 2023

Kate Douglas and Pat Jorstad facilitators

The FiftyNorth Art Club will change to a new format beginning January 11, 2023. They will start meeting on the SECOND and FOURTH Wednesday of each month from 1:30 to 3:30pm in room 105.

2nd Wednesday: VIDEO WEDNESDAY

We will explore virtual art museum collections, learn about artists, art techniques, skills, tips and more. Please bring a smallish personal journal to record, write or draw in during the video.

4th Wednesday: WORK WEDNESDAY

You will work on art of your choice or work on the "video" presentation or write about the museum visit. For the first Work Wednesday you should bring your dedicated journal, a pen or pencil, and we will provide other needed supplies.

Members do not need an art background to attend the Art Club and will not be judged or graded. The intention is to have fun and also learn a few things. We can build an art community whose goal is: to have fun, be supportive, be brave and take risks, offer honest opinions to those who ask for it or to ask members to give feedback in a positive way.



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

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 23rd for Tuesday and Thursday appointments from February 7th thru April 11th.

Please arrive 5 minutes prior to your first appointment with your completed Intake/Interview document which will be available at the Receptionist Desk beginning January 23rd. The document will NOT be mailed out. The appointment date for filing only the homeowner Property Tax refund will be Wednesday, April 19th and that appointment can be made beginning January 23rd also. Only taxpayers who file their income tax returns by AARP volunteers prior to April 19th 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, NOT JUST INCOME.**
- ➔ **No taxes withheld from another state OR an obligation to file state income taxes in another state.**
- ➔ **No Farm income.**
- ➔ Patronage dividends (Form 1099-PATR – Co-op Distributions) ARE now often in-scope – call the front desk receptionist and ask to be transferred to the tax room to determine.

NOTE: Full time MN residents only.



AARP SMART DRIVING CLASSES



These courses are designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver. Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premium. First timers must take the 8-hour course then a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course. When registering for these classes, indicate AARP Driving Safety and dates of the session.

FEES:

- **\$32 non-AARP Members,**
 - **\$27 AARP Members;** AARP Members please register in person or by phone (you will need your AARP member number)
 - **\$0 AARP United HealthCare Medicare supplemental plan Members** (does NOT include Advantage plans); Those with an AARP United HealthCare Medicare supplemental plan must register in person (you will need to bring your insurance card to register, and to class)
 - ◆ AARP Smart Driving 4-hour Refresher Course Monday, December 5 9:00-1:00pm
 - ◆ AARP Smart Driving 4-hour Refresher Course Monday, January 9 9:00-1:00pm
 - ◆ AARP Smart Driving 4-hour Refresher Course Wednesday, February 15 9:00-1:00pm
 - ◆ AARP Smart Driving 4-hour Refresher Course Friday, March 17 9:00-1:00pm
 - ◆ AARP 8-hour Smart Driving Class Wednesday, March 29 9:00-5:00pm
- THIS IS THE 8-HOUR COURSE FOR FIRST-TIMERS.**
*Bring a bag lunch



Dear FiftyNorth Member:

The Board of Directors has approved a 3% increase in membership dues effective January 1, 2023. Any changes mentioned below are effective January 1st.

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 2023 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.

Important reminder:

PLEASE CHECK IN EVERY TIME
that you come into the center.
It is a financial lifeline of
FiftyNorth.

One more important reminder:

PLEASE CHECK IN every time that you come into the center.
It is a financial lifeline of FiftyNorth.

2023 Non-Insurance Based Membership Fees		
Affiliate	\$35	Annual membership fee; program and user fees extra.
General	\$60	Annual membership fee; program and user fees extra.
Fitness Basic	\$425yr / \$37mo	Includes open use of fitness room and pool, fitness groups.
Fitness Plus	\$562yr / \$48mo	Includes open use of fitness room and pool, fitness groups, unlimited fitness and aqua classes.
Platinum	\$625yr / \$53mo	Includes open use of fitness room and pool, all groups and all FiftyNorth classes. Fees for other programs and materials may be required.

2023 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	\$238yr / \$21mo	Includes open use of fitness room and pool, fitness groups, unlimited fitness and aqua classes.
A&F Platinum	\$301yr / \$26mo	Includes open use of fitness room and pool, all groups and all FiftyNorth classes. Fees for other programs and materials may be required.

2023 Silver Sneakers Eligible Insurance Plans: BCBS MN, Health Partners, Humana		
SS Fitness Basic	\$0	Includes open use of fitness room and pool, fitness groups, and any "Silver Sneakers" titled class.
SS Fitness Plus	\$106yr / \$10mo	Includes open use of fitness room and pool, fitness groups, unlimited fitness and aqua classes.
SS Platinum	\$169yr / \$15mo	Includes open use of fitness room and pool, all groups and all FiftyNorth classes. Fees for other programs and materials may be required.

2023 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	\$106yr / \$10mo	Includes open use of fitness room and pool, fitness groups, unlimited fitness and aqua classes.
OP Platinum	\$169yr / \$15mo	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.

LIFE LONG LEARNING CLASSES

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk



CPR AND FIRST AID Tuesday, December 20

**CPR & First Aid
Training Class** 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.

Instructor: Jon Bolster

Capacity: 10

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

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

ALL SENIOR LEARNING NETWORK CLASSES:

Presenter: Senior Learning Network

Capacity: 10

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

Space: 103



SLN - FDR PRESIDENTIAL LIBRARY AND MUSEUM: CHRISTMAS AT THE WHITE HOUSE!

Tuesday, December 6
1:00-2:00pm

If you have ever heard Jeff Urbin share about Christmas at the Roosevelt White

House, you'll know he has plenty to say!



SLN - THE NATIONAL ARCHIVES: "RIGHTFULLY HERS"

Tuesday, December 13
1:00-2:00PM

Join us from The National Archives as they share about the American Women and the Fight for the Vote!



SLN - VIRTUAL TOUR OF ST. PAUL'S CHURCH NATIONAL HISTORIC SITE (MT. VERNON NY)

Tuesday, December 20
1:00-2:00pm

With images, documents and live narration, the tour explores the historic significance and cultural features of the 18th century masonry church.



Movie Fridays!

MOVIES START AT 1:00PM



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



DECEMBER 2 (Special time: 10am) THE HUNT FOR RED OCTOBER

1990 135 mins. Drama
Stars Sean Connery. The Hunt for Red October is based on Tom Clancy's bestseller and starring Sean Connery and Alec Baldwin is the movie you won't want to miss.



DECEMBER 9 SEABISCUIT

1993 141 mins. Family
Based on the inspiring true story of three men - a jockey, a trainer and a businessman - and the undersized racehorse who took the entire nation on the ride of a lifetime.



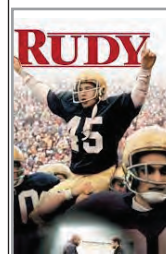
DECEMBER 16 THE FAMILY STONE

2005 103 mins.
Join the eccentric Stone family for a holiday gathering filled with unexpected surprises. Before the festivities are over, love affairs will unravel, new ones will form, outrageous secrets will be revealed and the family will come together like never before.



DECEMBER 23 THE MAN WHO INVENTED CHRISTMAS

2018 104 mins.
The Man Who Invented Christmas tells the magical journey that led to the creation of Ebenezer Scrooge (Christopher Plummer), Tiny Tim and other classic characters from A Christmas Carol.



DECEMBER 30 RUDY

1993 120 mins. Sports
A delightful true story starring Sean Austin. Nothing can stop his impossible dream of playing football for Notre Dame. From the time he's a young boy, Rudy (Sean Austin) is determined to join the Fighting Irish. ...Rudy proves when he goes to heroic, occasionally hilarious, lengths to win admission to Notre Dame.

ART CLASSES



Please pre-register for all classes:
By Phone: 507-664-3700
Online: www.FiftyNorth.org/learn/classes



FUSED GLASS - CHRISTMAS TREE WALL ART Tuesday, December 6 10:00-11:30am

Try your hand at the adorable fused glass Christmas tree wall art that also can be used as small cheese tray. This makes a great holiday gift.

Instructor: GERALYN THELÉN
Capacity: 10
Cost: \$45 nonmbr, \$35 mbr, \$20 platinum
Space: 102



CREATING ORIGAMI BOXES Friday, December 9 1:00-2:30pm

You will learn two ways of folding a square piece of paper into a box. The first most basic method (the "Masu box") can form the top of the box, while the second method, using a larger piece of paper, will create a taller "bottom" of the box. These boxes can be fun ways to personalize the gifts you give.

Materials will be provided. You may also want to bring paper to experiment with (magazines, photos, art papers, printer paper).

Helpful tools: ruler, scissors or paper-cutter

Instructor: Patsy Dew
Capacity: 10
Cost: \$30 nonmbr, \$20 mbr, \$5 platinum
Space: Room 102



CREATE YOUR OWN HOLIDAY CENTERPIECE Thursday, December 15 1:30-3:00pm

Create your own holiday centerpiece with the guidance of florist Ann Blastervold. The arrangement will consist of assorted winter greens with accents of red and white flowers. Pine cones and glass balls

will add to the finishing touches. All floral materials will be provided. Please bring a garden clipper if you have one.

Instructor: Ann Blastervold
Capacity: 10
Cost: \$45 nonmbr, \$35 mbr, \$25 platinum
Space: 105

Ann has always enjoyed nature and gardening. She has worked in the floral department at Family Fare in Northfield for over 23 years.



MAGICAL WINTER TREES - A Multi-generational Multi-media Art Experience Thursday, December 29 1:30-3:30pm

This grandparent plus grandchild/grandchildren activity is designed to create individual art works where everyone can help a family member PLUS everyone takes home a beautiful painting.

We will begin by hearing a poem (you will get a copy) to inspire your art work. The instructor will then show a few examples to get you started. We will be using a variety of art materials and tools to create the image. Materials will be provided, but consider bringing a smock/old T-shirt for yourself and for children.

The processes we will explore are creating an original surface, printmaking and painting. The global contributions of trees will be an overall theme and provide options for personal marks on your painting.

Instructor: Kate Douglas **Capacity:** 16
Cost: \$40 nonmbr, \$30 mbr, \$15 platinum, \$0 children
Space: 105

CLASSES IN THE ARTS



FUSED GLASS - LET IT SNOW SNOWFLAKE PLATE

Tuesday, January 10
10:00-11:30am

In this class you will get to create your own 5-inch square snowflake fused glass plate. This plate is good for spoon rest on your stove, jewelry by your sink or dresser or soap dish.

Instructor: GERALYN THELEN

Capacity: 10

Cost: \$45 nonmbr, \$35 mbr, \$25 platinum

Space: 102

PICTURED BELOW: Some of the attendees working on their fused glass ornaments in November.



Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: FiftyNorth front desk

Creativity

CREATIVITY CLASS SESSION

1: HOW DO THEY THINK THIS STUFF UP?

Thursday, January 5

10:00-11:00am

Why are people in the United States more creative than in many other countries? Is it something in the water? In the schools? You'd be surprised to learn that you got a big dose of it, yourself! Come and hear why you're smarter than a fifth grader in other countries, that is. And how to make it work for you.

Instructor: Peggy Sheldon

Capacity: Max 12, Min 3

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

Space: room 102

SAVE THE DATE FOR MORE CREATIVITY CLASS SESSIONS

with Peggy Sheldon

Creativity Class Session 2: What's the big idea?

Thursday, January 12

10:00-11:00am

Creativity Class Session 3: Now there's a thought!

Thursday, January 19

10:00-11:00am

Creativity Class Session 4: Wanna come out and play?

Thursday, January 26

10:00-11:00am



PEGGY SHELDON'S BIO



Peggy Sheldon says she's 73 going on 12, because she loves to play and imagine "what if...?" She has taught Creativity for 25 years, and established the U.S. Academic Triathlon to help Middle Years students become more creative—and have fun doing it! Over 1,100 students each year used her games to experience the joy of creative thinking. Now she's bringing these fun days of play to FiftyNorth. Drop in and

engage your ideas, just for the fun of it.

Four sessions. Take just one or sign up for more. They're inflation-proof entertainment.

CURRENT GROUPS AT FIFTYNORTH

Group activities at FiftyNorth are as diverse as the people who attend them. They are designed to provide social interaction, skill enhancement, and fun!

Most groups teach beginner skills. Fees are \$1 or less for members, \$2 or less for non-members. Feel free to click on the subcategories or view all of our group activities in our FiftyNorth Calendar.

MUSIC GROUPS:

Chime Choir

Thursdays, 9:30-11:00am

Leader: Marilyn Finneseth

FiftyNorth Band

Mondays, 4:00-5:00pm

Leader: David Miller

FiftyNorth Ukulele Orchestra and Assorted Strings

1st & 3rd Wednesdays, 1:00-3:00pm

Leader: Bob Waldron

Movie Group -

Every Friday at 1pm

Leader: Diane Gehler

Travel Group -

The Travel Committee plans, schedules, and escorts all events. Call Craig Swenson for meeting time: (507) 664-3702

Hook, Yarn, and Needle -

Tuesdays 1-3pm

Art Club, Wednesdays 1-3pm

(see article p.11)

Quilting - 1st & 3rd Fridays 9am-12pm

Book Club -

2nd Friday of the month at 10:30am.

Leader: Katherine Collman

American Mahjongg -

Fridays, 1-3pm

Scrabble -

Mondays, 1-3pm

The History Group -

Fridays, 10:30am-12pm

(Not meeting in December. Next meets January 6)

For information contact Patty Ciernia; coordinator, at patty.ciernia@fiftynorth.org

CARD GROUPS:

500 — Fridays, 12:45-3pm

Cribbage — Thursdays, 12:45-4pm

Social Bridge — Wednesdays, 12:45-4pm

Duplicate Bridge — Tuesdays, 12:45-4pm

Euchre — Tuesdays, 12:45-4pm

Double-Deck Pinochle — Mondays, 12:30-4pm

Softball

During the winter months the Softball team is meeting at the Dundas Dome on Thursdays at 1 pm. New players are always welcome! For more information, contact Craig Swenson at 507-664-3702 or craig.swenson@fiftynorth.org.

Ping Pong

Singles/Doubles - Monday, 1-3pm

Tuesday, Thursday, 1-3:30pm

Saturdays, 10-12pm

Water Volleyball - Mondays and Fridays, 4 - 5:45 pm

Pedalers - Mondays 9-11am, Wednesdays 8:30-10:30am

The biking/walking group had their last ride on Nov 2. Walkers are continuing to meet during the winter for coffee and then a walk. But, location changes for a variety of reasons. Sign up for the distribution list. Contact Elaine Meyers: (507) 664-3703

Try something new!



THE NEW FURNITURE/ART SHOPPE



**Support our FiftyNorth
Used-A-Bit Shoppes
this Holiday Season!**

**The Used-A-Bit Shoppe has
two locations.**

Furniture/Art store and the Home-goods store. They are located next door to each other.



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

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!*

Karen Achberger
David & Joey Appleyard
Nancy Ashmore & Kenneth Wedding
Bernard & Mary Auge
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Anne Ulmer
Linda Wagenbach
Patricia Warner



Scan QR code with smart phone and be taken directly to Donation page for FiftyNorth.

OCTOBER NEW MEMBERS GLAD YOU'RE HERE!

Luverne Bresnahan, Susan Caton, Michael Crombie, Jackie Haskins, Vicki Heisler, Frank & Lou Heng, Julie Ims, Daryl Knudsen, Dan & Gloria Sterud, Randy Swenson, Teri Thompson, David Wagman & Susan Warrington, Polly Wiebke



Kerry Hjelm and program coordinator; Michelle Loken pictured behind the scenes of the holiday decorating day at FiftyNorth.

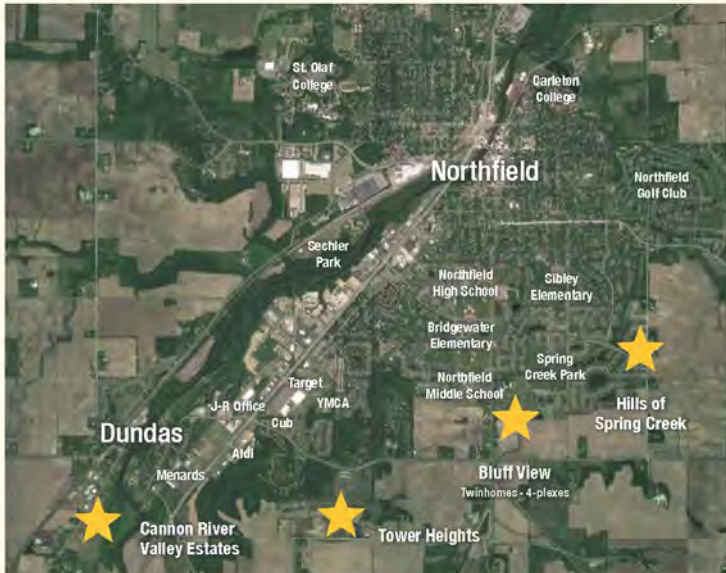
Women's Health, **With You For Life**

As a woman, your body goes through significant changes during your lifetime, and that means your health needs change too. The highly trained OB/GYNs at the Women's Health Center offer supportive and comprehensive care for women in every stage of life.

- Menopause
- Gynecology surgery
- Urinary incontinence
- Uterine fibroids
- Hysterectomy
- Hysteroscopy

 **Northfield
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(507) 646-1478



Single-Family DEVELOPMENTS

Hills of Spring Creek | NORTHFIELD

- Miles of paved walking trails in the neighborhood
- Close to parks and soccer fields
- Walkout lots, great prices

Tower Heights | DUNDAS

- Walkout, lookout and slab lots available
- Corner and oversize lots available – call now for best selection!

Cannon River Valley Estates | DUNDAS

- 4-acre private park and adjacent to DNR property
- Excellent walkability – sidewalks to downtown Dundas and river trails parks
- Association for snow and grass
- Slab lots – only a few left!
- 80% of households will be 55+

Multi-Family DEVELOPMENTS

Bluff View | NORTHFIELD

- Single-level living
- Fully accessible townhomes and twinhomes

Come design your custom home with us today!

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



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Builders ID BC636389



www.FiftyNorth.org

1651 Jefferson Pkwy, Northfield, MN 55057



STAFF DIRECTORY

Director:

Kerry Hjelmgren
507-664-3701 | kerry.hjelmgren@fiftynorth.org

Assistant Director/Fitness Coordinator:

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

Administration Manager:

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

Program Coordinator: Lifelong Learning/ Community Outreach

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

Program Coordinator: Arts/Volunteer/Dining

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

Used-A-Bit Shoppe Manager:

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

Used-A-Bit Shoppe Assistant Manager:

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

Bookkeeper:

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



Front Desk (Reception Staff):

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



Lobby Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–2pm
Sunday: Closed



Fitness Center Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–2pm
Sunday: Closed



Pool Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–2pm
Sunday: Closed



Little Frida Cafe & Taco Shop:

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



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

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