

By Lynne Pederson, *Director*

INSIDE



Thank You, Mr. Dickens



Tis' the season of Charles Dickens, the themes from his writings, and the characters that he brings to us, Ebenezer Scrooge, Tiny Tim, Mr.

Fezziwig (gotta love the name) Bob Crachit, and the Ghosts of Past, Present, and Future. Throughout Mr. Dickens books and writings, he presents universal themes about societal conditions, hope, despair. What was published in 1859 holds close to our conditions today as stated in this quote, "It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair."



Today's times include the lingering effects and surges of the Covid pandemic. We live under its filmy cloud, with less limitations as when it began, but still having the need to wear masks, being cautious, causing trepidation and concerns for some. It has had a lasting effect that has brought changes to our lifestyles, and thinking.

A Christmas Carol is a play that no matter how many times you see it, you leave the theater with a feeling of holiday spirit and hope.

Whether intended or not, it is a gift and legacy that Charles Dickens has given to us. Mr. Dickens relays the spirit of change and endurance.

Ebenezer Scrooge in his dreams experiences the presentations of the Ghosts of Past, Present, and Future. He wakes with the realization that life is meaningless without friends and family to share one's wealth and life with and starts anew to embrace others.

The ghosts of past, present, and future may not have knowingly appeared at FiftyNorth, but we have experienced the nightmare of mandates, restrictions, distancing,

(Director's message continued on p12)

In the Gallery	2
Travel News.....	2, 7
Personal Training	3
Wellness Classes.....	4
Fitness News.....	4-6
Book Club.....	7
Membership 2022.....	8, 9
Lifelong Learning.....	10
Art Classes	11
Friday Movies	13
Holiday Party	13
Donors.....	14

FIFTYNORTH HOLIDAY HOURS

- Friday, December 24 closing at 1pm
- Saturday, December 25 – CLOSED
- Friday, December 31 – closing at 1pm
- Saturday, January 1 - CLOSED



SAVE THE DATE:
FiftyNorth
Holiday Party
Monday, December 13
2:00pm

*A Time for Holiday
Music, Cheer and
Conversation*



In The Gallery

On display: November 15. into early January

FiftyNorth Photography Club

The exhibit features a wide array of photography and techniques.

ABOUT THE PHOTOGRAPHY CLUB:

The FiftyNorth Photography Club meet at 9:30am on the last Friday of the month.

This is open to all. Rekindle a past hobby, listen to other photographers share their experiences and techniques.

ARTIST RECEPTION:

Tuesday, Dec. 7 4:00-5:00pm

You will have a chance to hear from the photographers about their work while enjoying music and refreshments.



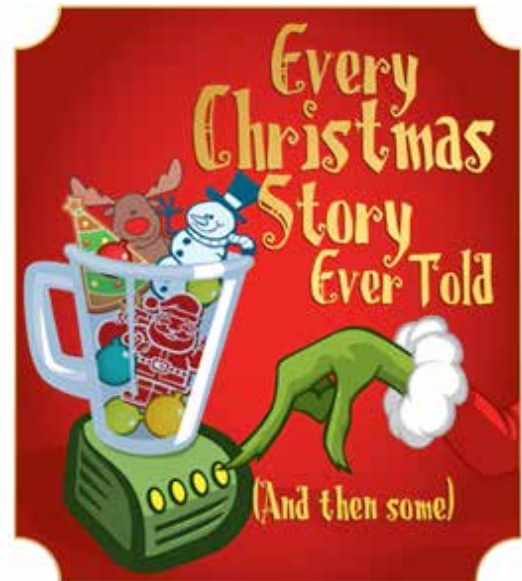
BILL CHILD - "St. Louis River - Jay Cooke State Park"



BILL CHILD - "The New Overlooking the Old"



Travel News!



TRIP - EVERY CHRISTMAS STORY EVER TOLD (AND THEN SOME)

Sunday, December 12

10:00-5:00pm

Little Theatre of Owatonna

Instead of performing Charles Dickens' beloved holiday classic for the umpteenth time, three actors decide to perform every Christmas story ever told-- plus Christmas traditions from around the world, seasonal icons from ancient times to topical pop-culture, and every carol ever sung. A madcap romp through the holiday season. Shop at Cabelas (Bass Pro Shop) for about an hour, then dine at Olivia's Family Restaurant before heading to the Theatre for the Play.

NOTE - Requirements:

BUS - Masks are required on the bus

THEATER -

- Masks are required at the theater
- Must show proof of COVID vaccination, or
- Proof of a negative COVID test within 3 days prior to event.

Trip Leader: Norma Monroe

Capacity: 30

Cost: \$55

Registration Deadline: December 7th



Personal Training at FiftyNorth



*Gift your loved one, a friend or yourself
the gift of health and wellness.*

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. If your goal is to lose those pesky holiday pounds, to build up strength to shovel the bountiful snow that winter has to offer, to help alleviate discomfort and pain from low back or sciatic issues, or to find ways to better your overall health then meeting with a personal trainer is a great option.

FiftyNorth's personal trainers work with you and your schedule to find times that work the best for you to train. They will adapt the fitness program to suit your own personal body needs; they can meet with you on an ongoing basis, check in from time to time, or just meet with you one time to get you on the right yellow brick road to your fitness goals.

Contact one of the personal trainers and start your journey to a new you for 2022. Personal Trainers are able to meet in-person or via zoom.

- **Heather Rataj** (NETA Certified Personal Trainer)
heartlift@zoho.com
651-428-1575
- **Heather Sand** (NETA Certified Personal Trainer)
hsand06@gmail.com
612-718-4998
- **Craig Swenson** (NETA Certified Personal Trainer)
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)



Meet Heather Rataj ...



NETA Certified Personal Trainer, specialty certification in Exercise and Wellness for Older Adults

I have a passion for encouraging people to be their best selves! Every brain and body is unique, and I think it's important to work in our strengths, but also challenge our mental and physical abilities to stay healthy and grow in wellness.

I love many different types of exercise and activities! My favorites are strength, kickboxing, dance, stretch/yoga, hiking and pretty much anything outdoors! I like helping others find activities they will enjoy to stay active. I have a lot of energy and positivity, which I believe is very helpful as a trainer to motivate my clients.



Wellness



Wednesday, December 29

8:30-11:30am

Learn what Vertigo is, how vertigo can affect you, what you can do for vertigo and what are the treatments for Vertigo.

Instructor: Marcy Kramer

Capacity: 15

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

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2021 IN-PERSON LAND BASED FITNESS CLASSES (updated November 1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	CARDIO & STRENGTH INTERVALS (6:15-7)	STEP INTERVALS (6:15-7)	SLO FLO YOGA (7-8)	KICKBOXING AND STRENGTH (6:15-7)	CORE & STRETCH (6:15-7)	
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM	TAI CHI (8-8:45)					
8:30 AM					TAI CHI (8:30-9:15)	STRONG Nation™ WITH VICTORIA NOLASCO (8:30-9:30)
9:00 AM	CARDIO DANCE AND DRUMSTICKS (9:15-10)	BEGINNING YOGA (VINYASA) (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open fitness	CARDIO DANCE (9:15-10)	SLO FLO YOGA (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) No open fitness
9:30 AM						
10:00 AM						TABLE TENNIS
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)	LINE DANCING (12-1)	
12:30 PM						
1:00 PM	TABLE TENNIS	TABLE TENNIS	LINE DANCING (1-2)	TABLE TENNIS		
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM			TABLE TENNIS FOR BEGINNERS (3-4)			
4:00 PM						
4:30 PM		SILVER SNEAKERS STRENGTH (4:30-5:15)				
5:00 PM	ZUMBA WITH VICTORIA NOLASCO (5-6)		ZUMBA TONING WITH VICTORIA NOLASCO (5-6)			
5:30 PM		INTERMEDIATE YOGA (5:30-6:30)				
6:00 PM						
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



3-Session Class

STRENGTH TRAINING FOR WOMEN

Wednesdays, December 15, 22, 29
9:00-11:00am

Strength training can be hard for women with all the myths and legends regarding bulking up and becoming extremely muscular. Learn from a nationally certified personal trainer on how strength training can benefit women over the age of 40, correct ways to strength train in order to build muscular strength properly, build bone density and feel great with your accomplishments.

Learn from the pro on what exercises are great for strengthening your entire body and helping you stay strong and confident in your abilities.

Instructor: Heather Sand

Capacity: 15

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

Space: Room 103

2021 AQUA FITNESS (updated September 1)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-6:45AM	
6:30 AM						
7:00 AM	AQUA SUNRISERS 7:00-7:45AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:00-7:45AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:00-7:45AM	OPEN SWIM
7:30 AM						
8:00 AM						OPEN SWIM
8:30 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	
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	
12:30 PM						FAMILY SWIM 12-1:45PM
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

2021 VIRTUAL LAND BASED FITNESS CLASSES (updated December 1)

AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	CARDIO & STRENGTH INTERVALS (6:15-7)	STEP INTERVALS (6:15-7)		KICKBOXING AND STRENGTH (6:15-7)	CORE & STRETCH (6:15-7)	
6:30 AM						
7:00 AM			SLO FLO YOGA (7-8)			
7:30 AM						
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRONG NATION (8-9)	STRENGTH (8-8:45)
8:30 AM						
9:00 AM	YOGA STRETCH (9-10)	CARDIO DANCE AND DRUMSTICKS (9:15-10)	BEGINNING YOGA (VINYASA) (9:15-10:15)	CARDIO DANCE (9:15-10)	SLO FLO YOGA (9:15-10:15)	INTERMEDIATE YOGA (9-10)
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)	CORE AND MORE (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	CORE AND MORE (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)	LINE DANCING (12-1)	
12:30 PM						
1:00 PM			LINE DANCING (1-2)		YOGA BALANCE (1-2)	
1:30 PM						
4:00 PM						
4:30 PM		SILVER SNEAKERS STRENGTH (4:30-5:15)				
5:00 PM			CARDIO STRENGTH MIX (5-5:45)			
5:30 PM		INTERMEDIATE YOGA (5:30-6:30)				
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						

INTENSITY KEY:

PINK – High Intensity
BLUE – Mid-range
PURPLE - Gentle



Fitness News



Two New ZOOM YOGA Classes Beginning December 3

ZOOM FITNESS - INTERMEDIATE YOGA Tuesdays, 5:30-6:30pm

Intermediate Yoga uses many of the same poses from Slow Flow Yoga, sequenced at a quicker rate. There will also be more strength and balance building poses. It is recommended that you have some yoga experience before taking this class. Pose modifications are welcomed and expected. If you're looking for increased cardio and strength, you'll enjoy Intermediate Yoga. **Inperson at FiftyNorth and now on zoom, too!**

Instructor: Marie Frederickson

Class Limit: 18

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

ZOOM FITNESS - INTERMEDIATE YOGA Fridays, 9:00-10:00am

Led by 200-hour certified yoga teacher, Ingrid Freeman, this yoga class will provide a total body workout. Your workout will include different breathing techniques and how to link them to your activity. You will build strength, flexibility and endurance using familiar and unfamiliar yoga poses which will flow naturally into a short period of relaxation. Some yoga experience is helpful, but not necessary. You should be comfortable being down on the floor. Useful props include a yoga mat, blanket or pillow, blocks and a yoga strap.

Instructor: Ingrid Freeman

Class Limit: 30

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



Travel News!

Continued from p. 2



TRIP - TREASURE ISLAND Wednesday, January 12 10:00-5:00pm

Enjoy the weekly senior discount card day at Treasure Island Casino. Treasure Island Casino is a non-smoking casino and is open to various types of gambling and ways to enjoy time with friends. Try your hand at blackjack, enjoy a great meal at one of their 3 restaurants, or sip a drink at one of their open bars. Masks are required by everyone.

NOTE - Requirements:

Bus - Masks are required on the bus.
Treasure Island -
Masks are required at the casino

Instructor: Norma Monroe

Capacity: 30

Cost: \$37

Registration deadline: January 5

UPCOMING TRIPS

February 2022: Weiderholdt's Supper Club for the Month of Romance

TRAVEL COMMITTEE IS LOOKING FOR MEMBERS

The FiftyNorth Travel Committee meets once a month and is looking for members to join their committee. Committee members will help organize, plan, and lead trips to locations that the travel committee has come up with. To learn more please contact Craig Swenson, Assistant Director.



Book Club

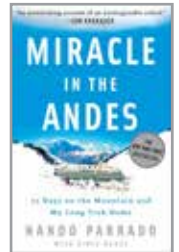
The Book Club meets the 2nd Friday of the month at 10:30 in room 103 Questions: Katherine Collman at (507) 645-1357.

JANUARY

MIRACLE IN THE ANDES: 72 DAYS

by Nando Parrado

Miracle in the Andes is Nando Parrado's true account of his struggle to survive after the plane chartered by his rugby team crashes into the Andes Mountain range near Chile. ... They crashed on a glacial mountain ridge and had only the airplanes remaining fuselage for protection.

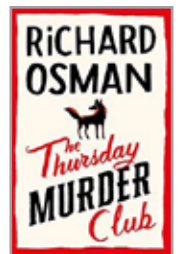


FEBRUARY

THE THURSDAY MURDER CLUB

by Richard Osman

An eclectic group of retired residents at Coopers Chase village meet every Thursday to try their hand at solving old murders. ... But then exceptional luck comes their way when an actual, real-live murder falls into their laps. Tony Curran, developer of the retirement village, is killed.



MARCH

THIS TIME NEXT YEAR WE'LL BE LAUGHING

by Jacqueline Winspear

Jacqueline Winspear's memoir tackles family issues like her paternal grandfather's shellshock, her mother's evacuation from London during the Blitz, her soft-spoken animal-loving father's torturous assignment to an explosives team during WWII, her parents' years living with Romani Gypsies; and Jacqueline's own childhood working on farms in rural Kent, capturing her ties to the land and her dream of being a writer at its very inception.

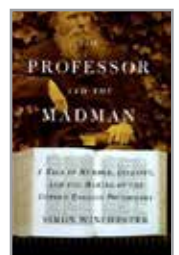


APRIL

THE PROFESSOR AND THE MADMAN

by Simon Winchester

In The Professor and the Madman: A Tale of Murder, Insanity, and the Making of the Oxford English Dictionary, Simon Winchester tells the story of Dr. William C. Minor, a retired American army surgeon found not guilty of murder by reason of insanity in England during the nineteenth century.





Director's Message: 2022

Dear FiftyNorth Member:

The Board of Directors has approved a 3% increase in membership dues effective January 1, 2022. Any changes mentioned below are effective January 1st.

There has not been an increase in dues for the past two years. The chart showing the prices and membership categories is to the right on page 9.

Here are some facts about FiftyNorth memberships:

1. 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.
2. 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.
3. INSURANCE based memberships include Active & Fit, Silver Sneakers, and Optum.
4. Active & Fit is offered through some Aetna, Cigna, GEHA, LifeMart plans.
5. The Medicare Silver & Fit program offered by Health Partners has gone away. If you are under Health Partners you will be in the Silver Sneakers program as changed by Health Partners.
6. Silver Sneakers is offered through most BCBS MN, Health Partners, and Humana plans.
7. Optum is a new program offering OnePass through Medica and UCare, and AARP United Health Care. There is no specific fitness class offered for free under the Optum plan as there is under Silver Sneakers.
8. **All members using an insurance fitness benefit plan must let Elaine Meyers, Membership Manager, know your 2022 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're here to help.



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. Onward and upward. — Lynne Pederson; Director

Important reminder:

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

2022 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	\$412yr / \$36mo	Includes open use of fitness room and pool, fitness groups.
Fitness Plus	\$545yr / \$47mo	Includes open use of fitness room and pool, fitness groups, unlimited fitness and aqua classes.
Platinum	\$604yr / \$52mo	Includes open use of fitness room and pool, all groups and all FiftyNorth classes. Fees for other programs and materials may be required.

2022 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	\$221yr / \$20mo	Includes open use of fitness room and pool, fitness groups, unlimited fitness and aqua classes.
A&F Platinum	\$280yr / \$25mo	Includes open use of fitness room and pool, all groups and all FiftyNorth classes. Fees for other programs and materials may be required.

2022 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	\$89	Includes open use of fitness room and pool, fitness groups, unlimited fitness and aqua classes.
SS Platinum	\$148yr / \$14mo	Includes open use of fitness room and pool, all groups and all FiftyNorth classes. Fees for other programs and materials may be required.

2022 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	\$89	Includes open use of fitness room and pool, fitness groups, unlimited fitness and aqua classes.
OP Platinum	\$148yr / \$14mo	Includes open use of fitness room and pool, all groups and all FiftyNorth classes. Fees for other programs and materials may be required.

NEW

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.



Lifelong Learning



SLN - NATIONAL MUSEUM OF TOYS AND MINIATURES HOLIDAY TOUR

Tuesday, December 7 - 1:00-2:00pm

What could be more fun than to spend the holidays at a Toy Museum? Join us as we take another visit to The Toy and Miniature Museum in Kansas City, KS.

Presenter: Senior Learning Network

Capacity: 10

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

Space: Art Studio

SLN - NEW RIVER GORGE NATIONAL PARK

Thursday, December 9 - 1:00-2:00pm

We're off to see America's Newest National Park in "Wild Wonderful" West Virginia. In December 2020, this 73,000-acre slice of paradise, encompassing a whitewater river, limestone cliffs and deep



canyons, became the country's newest national park.

The lifeblood of the park is the New River, and despite its name it is believed to be one of the oldest rivers in the world.

Presenter: Senior Learning Network

Capacity: 10

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

Space: 103

SLN - CLINTON PRESIDENTIAL LIBRARY AND MUSEUM

Tuesday, December 14 - 1:00-2:00pm

We have another Presidential library on our list! Clinton Presidential Library and Museum is located within the Clinton Presidential Center and Park, which includes the Clinton Foundation (Little Rock office) and the University of Arkansas Clinton School of Public Service. In addition to the archival collections and research facilities, the



Clinton Presidential Library and Museum features exhibits that utilize documents, photographs, videos and interactive stations. The

museum includes replicas of the Oval Office and the Cabinet Room. A timeline and alcoves highlight domestic and foreign policy, while other exhibits focus on life in the White House.

Presenter: Senior Learning Network

Capacity: 10

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

Space: 103

SLN - FDR PRESIDENTIAL LIBRARY AND MUSEUM

Thursday, December 16 - 1:00-2:00pm

Christmas at the White House! 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!

Presenter: Senior Learning Network

Capacity: 10

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

Space: 103



Art Classes

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk



ZOOM - FUSED GLASS: CHEESE PLATE / WALL HANGING

Wednesday, December 8

10:00-11:30am

Learn about the history of fused glass and learn how this process works. In this class you will create a 4" x 7" fused glass wall hanging that can also be used as a cheese tray for your holiday entertainment. No experience necessary. This project is a great introduction to fused glass.

Instructor: Geri Thelen

Capacity: 15

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

Registration deadline: December 3

Space: ZOOM

NOTES:

Zoom link will be emailed to you prior to class. Kits will be available to pick up at FiftyNorth on Monday, December 6. The projects are to be returned to FiftyNorth after class for Geri to fire them in her kiln; then the final piece can be picked up a few days later.

Winner of TWO 2021 Reggie Awards!



Photo by spacecrafting



Photo by Mycah Schradler Photography

27100 Pete's Hill Trail ELKO NEW MARKET, MN

540 River Valley Lane DUNDAS, MN



The prestigious Reggie AwardsSM from Housing First Minnesota honor the exceptional homes in the Parade of HomesSM by recognizing excellence in design and construction. Homes are judged on a wide range of criteria, including design, layout, craftsmanship, quality and value. Johnson-Reiland earned the top spot in two of 14 price categories for all builders of similar size in the state of Minnesota. Schedule a tour of one of these beautiful homes today and come design your custom home with us!



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Builders ID BC636389



THANK YOU, MR. DICKENS*(Continued from front page)*

adapting how space is used to accommodate the mandates. All of this was done so that programs and wellness classes continue to be offered to FiftyNorth members. In the past FiftyNorth closed, the present finds FiftyNorth to be open, slowly growing in numbers, offering familiar programs, the future calls for more and more members to renew and join, embrace good times, and an expansion for more programs to come.

... To hope.

It is the winter of hope rather than despair. December is here and the days are filled with expectations, feelings of good cheer, hope, gift giving, time with families, music, laughter, and fun. December has so many offerings, that it will be hard not to ride this wave of good cheer.

... To celebrate.

The Holiday Party will be December 13 with music by FiftyNorth Community Band, Chime Choir, and singing carols with the Seasoned Singers. The Elf, after sitting on the desktop for many years relentlessly harassing members to give money for the Annual Fund Drive has retired and will not make an appearance as she is back at the Pole drinking nog with Mrs. Claus, but the bell and donation jar will be there.

The Annual Fund Drive is open and your generous donations are welcomed and needed. THANK YOU to those members that have donated. The present fund total is \$63,000

Tis' the season to ...**... To give.**

with the goal of \$80,000. Donations can be mailed, dropped off or made online. And consider signing up as a sustaining donor, giving an equal amount each month.

... To volunteer.

Another way to give is to Volunteer your time.

FiftyNorth is experiencing a shortage of volunteers. This is especially true at the Used a Bit Shoppe. The income made from reselling and repurposing household goods donated to be sold at the Shoppe directly supports FiftyNorth operations. The Shoppe also provides the community an outlet to donate those downsizing items. You can think of the Shoppe as our Tiny

Tim. It needs some immediate help to keep thriving. It needs volunteers. The Shoppe has had many loyal volunteers that have faithfully worked on a weekly basis. Times are a changin' as many of the volunteers are not able to continue their every Tuesday shift due to life circumstances. The days for signing up for four hours every Tuesday may be over. We ask you to consider volunteering your way.

Do you have an hour, two hours that you can fit into your schedule to volunteer? Do you love organizing? Maybe organizing tea cups does not appeal to you, but what about cashiering? Talking with the customers? Working in the backroom repair shop? Researching prices on donated items that are antiques and should be priced accordingly? If you have the time, there will be something to do. If you give an hour, then that frees Dolores, Shoppe Manager, to do other things. Working together sustains FiftyNorth. In the words of Tiny Tim "God bless us everyone".

Until the next time, onward and upward - Lynne





Movie Fridays!

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

**MOVIES
START AT
1:00PM**



DECEMBER 3 BLACK AND BLUE

Action/Adventure 2020 108 min.

(New to the Center). A rookie cop (Naomie Harris) who inadvertently captures the murder of a young drug dealer on her body cam. After realizing that the murder was committed by corrupt cops, she teams up with the one person from her community who is willing to help her (Tyrese Gibson).



DECEMBER 10 THE GOOD LIAR

Drama 2020 109 min.

Career con man, Roy (Ian McKellen) sets his sights on his latest mark, recently widowed, Betty (Helen Mirren), who is worth millions. And he means to take it all! But as the two grow closer, what should have been another simple swindle becomes a high-stakes game of cat and mouse.



DECEMBER 17 THE HUSTLE

Comedy 2019 94 min.

Josephine Chesterfield (Anne Hathaway) is a glamorous, seductive Brit who defrauds gullible wealthy men. Penny (Rebel Wilson) amasses wads of cash by ripping off her marks in neighborhood bars. Despite their different methods, both are masters of the art of the fleece.



Members and Friends of the Center are Invited To:

*FiftyNorth Holiday Party
Monday, December 13 | 2:00pm*

A Time for Holiday Music, Cheer and Conversation

2:00 Carol sing with Seasoned Singers

Intermission: Treats and Conversation

2:30 Chime Choir

Intermission: Treats and Conversation

3:00 Community Band

Coffee, Punch, and Holiday Treats will be served.



October Donors

Lois Bakko,
Forster & Ina Davis,
Karen Achberger,
Paul & Rhonda Andree,
David & Joey Appleyard,
Nancy Ashmore & Kenneth
Wedding,
Bernard & Mary Auge,
Dennis & Beth Berry,
Clayton & Linda Bliese,
Armand & Judith Boehme,
Judy Broske,
Warren & Karen Broughton,
Gene & Darlene Broughton,
Mary Brown,
Evelyn Burry,
James & Heather Cannaday,
Bernice Christensen,
Eileen Cooper,
Tim & Carol Cowles,
Neil & Marilyn Deden,
Winnie Drentlaw,
JoAnn Edwardsen,
Craig & Mary Ellingboe,
Chris Ellison,
Carol Emery,
Beth Endert,
Kenneth & Linnea Erickson,
John & Margaret Ernste,
James Estrem,

Jon & Phyllis Finger,
Robert Forsgren,
Joyce Francis,
Stephanie Frey,
Marie Gery,
Jeanette Gilbertson,
Tim & Jan Gilblom,
Katy Gillispie,
Mac & Jacquelyn Gimse,
Ruth Godfrey,
David & Betty Habermas,
Maxine Halverson,
Robert & Barbara Hanisch,
Jerry & Liz Hankins,
Steven & Claire Hill,
Muriel Inouye,
Richard & Donna Jackson,
John Jarvis,
Norman & Jean Jastram,
Georgene Johnson,
Ruth Johnson-Wirth,
Patricia Jorstad,
Marie Kainer,
Alice Kevern,
Joni Kilde,
Marsha Kitchel,
Douglas & Patricia Kriesel,
Gary & Arlene Kruse,
Myron Lanoue,
Larry & Ann Larson,

Douglas & Carol
Lennartson,
C C Linstroth,
Tom & Nancy Loesch,
Edward & Ann Lufkin,
Monica Lynch,
Russ & Lynn Margulies,
Janet Mathews,
James & Angie Mayr,
Brynda McCoy,
Mike & Ann McGovern,
Elaine Meyers,
John & Sharon Micklo,
Joyce Mokoff,
Bill & Pat Nelson,
Richard & Raymonde Noer,
Tom Oleson,
Laura A Olson,
Elizabeth Olson,
Dorothy Palmquist,
Lynne Pederson,
Ken & Roberta Persons,
John & Chris Pogue,
Mary Raney,
Patricia Rezac,
Gary & Donna Rock,
Dee Rogers,
Arland & Mary Schwake,
Bonnie Sherman,
Corinne Simonson,

Bardwell Smith,
Dale & Kathy Sommers,
Gary & Dee Spillman,
Beverly Steberg,
Kenneth & Sharon
Steinhouse,
Pete & Mary Stolley,
Dorothy Swanson,
Craig Swenson,
Rich & Kathie Taranto,
Tom Turgeant & Carla
Johnson,
Anne Ulmer,
Dan & Rhoda Van Tassel,
Marlene Vanasek,
Robert & Donna
Vanderhoof,
Linda Wagenbach,
David Walonick,
Patricia Warner,
Glenn & Marcia Wills,
Sherry Witherell,
Roger Zimmerman &
Karen Kronberg

Our sincere gratitude to all who have donated.

We couldn't even come close to doing what we do without your support — *thank you!*



October New Members

Martha Baird,
Sharon Boisselle,
Joni Cromer,
Daniel & Carrie Dauner,

Bob Davies,
Barbara Gratton,
Anna Hamilton,
Lesly Martinez Reyes,

Scott Ogden,
Catherine Olson,
Leona Openshaw,
Neil Pommeranz,

Erik Pritchard,
Julie Schlomann,
Annette Scott

We look forward to seeing you at *FiftyNorth*. — It's sure to be an even better place because you're here!

A warm welcome to each of our new members.

Don't let pain slow you down.

We offer high-quality care
that's close to home.

- Hip Replacement
- Knee replacement
- Shoulder Surgeries
- Fracture Care
- Chronic Tendonitis
- Minimally Invasive Surgery



(507) 646-8900



Hans
Bengtson, MD



Clint
Muench, MD



Paul
Meyer, OPA



Ashley
Erichson, PA-C



Deb
McGuire Lang, PA-C



Kyle
Smisek, PA-C

We chose Benedictine because...

*I met my best friend...
she lives next door.*

For information on your local
Benedictine Living Community,
go to blcnorthfield.org or call
(507) 216-4875.

We know community.



Staff Directory

Director:

Lynne Pederson
507-664-3701 | lynne.pederson@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/ Community Outreach:

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

Used-A-Bit Shoppe Manager:

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

Bookkeeper:

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



Front Desk (Reception Staff):

507-664-3700
Mary Brown, Darla DeLong, Bonnie DuPay,
Beth Endert, Nancy Glodfelty, Cathy Graff, Pat Nelson,
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



CaféNorth Hours:

Pre-order: 507-664-3700 by 11:30 one day prior
Monday–Friday drive up: 11am–11:30am



Used-A-Bit Shoppe: (Donations by appointment)
624 Water Street, River Mall, 507-645-1399
Tuesday–Saturday: 10am–5pm
Sunday & Monday: Closed