



By Kerry Hjelmgren, Director



TAKE A LEAP, INTO THE FUTURE OF FIFTYNORTH

Since 2024 is a leap year, we have a whole extra day this month – and we’re going to make it count.

On leap day, February 29, join us as we leap into envisioning the future of FiftyNorth! Register for and attend one of three sessions offered throughout the day and contribute your thoughts and ideas about our facility, programming, marketing, membership, and fundraising. What do you want to see at FiftyNorth 1, 3, 5, and 10 years from now? We want the voices of our members to be front and center in this conversation. Ideas - big or small - we want to hear them all. Thank you for participating in this special conversation about FiftyNorth’s future!

REGISTER FOR AND ATTEND ONE OF THREE SESSIONS:

Thursday,
February 29
8:00am

Thursday,
February 29
1:00pm

Thursday,
February 29
6:00pm

Can't make it to FiftyNorth on leap day?

There are more ways to share your ideas with us!

- In the month of March, our second annual member experience survey will open up for feedback! It will be available online or on paper. Look for more details in our next newsletter.
- The idea jar is available at the front desk year-round. If you have a suggestion, idea, or feedback, write it down and add it to the jar! Staff reviews submissions once per week.

Kerry



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CRITICAL THINKING
with Carl Weinmann
(4 sessions)

This “Critical Thinking” presentation will test our belief systems, analyze our thinking and how we often deceive ourselves. (see p. 10)

Dinner & Magic Show
Register by Feb. 9

In The FiftyNorth Gallery

EXHIBIT: JANUARY 2 — MARCH 1, 2024

JULIE FAKLER



JULIE FAKLER

Julie Fakler is a visual artist that creates pet portraits in paint, clay, and other two-dimensional mediums. Julie fell in love with clay while learning the raku clay process. That is when she discovered that she could create her painting style in clay!

Her first raku firing was in 2016, and she has been creating animal portraits in clay ever since that first firing. Julie now creates more portraits in clay than any other medium. She does a lot of commissions, yes, she can create a portrait of your beloved animal in clay.

REBECCA TOLLE



REBECCA TOLLE

Rebecca Tolle is a professional artist living in Northfield, MN. She owns TOLLE FINE ART, 508 Division St., Northfield. She has been teaching classes and workshops for 15 years. She loves teaching and especially strives to teach her students that art is more than just being accurate in depicting their subject matter, it is about a connectedness and being attune to Art that is personal and bringing that feeling into their art.

MEMBER NEWS & EVENTS



FiftyNorth



BOARD OF DIRECTORS

FIFTYNORTH NEEDS YOU! Join the Board!

Contribute your time, talents, thoughtfulness, and leadership to FiftyNorth by applying to become a member of the FiftyNorth Board of Directors. Board members set policy, influence FiftyNorth's direction, and represent members' interests in the governance of FiftyNorth. In April, the Board of Directors will have openings for directors and officers.

If you are interested in supporting FiftyNorth in this meaningful way, email me at pjorstad@gmail.com.

— Pat Jorstad, President, *FiftyNorth Board of Directors*

THREE RIVERS COMMUNITY ACTION OLDER ADULT SERVICES SPECIALIST 3rd Wednesday every month 12:30-2:30pm

Come in and meet Sarah Kuball, a Three Rivers Community Action Older Adult Services Specialist. Older Adult Services assist individuals aged 60 and older and their families with information, referrals, and resources that allow persons to remain healthy and independent in their homes and communities.

Location: Consult Room

MORE HELP FOR MEDICARE OPTIONS Wednesdays thru March 2024 2:00-4:00pm

Open Enrollment For Medicare Advantage Plans January, February, March 2024. Whether new to Medicare or questioning your current plan, receive assistance from licensed local and independent insurance agent Sandra Robertson.

Space: FiftyNorth in the Gallery Link

Available for help with:

- Multiple Plan options/multiple carriers to fit your needs and budget.
- Plan analysis and review
- Assistance in enrolling when eligible
- No cost or obligation

Stop by or call for appointment.

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

MEMBER NEWS & EVENTS



**MUSIC DURING LUNCH
OVER YONDER
Friday, February 16
11:30-12:30pm**



A VICTORIAN TEA & VINTAGE FASHION SHOW

Planning for a Victorian Tea & Vintage Fashion Show is underway.

We are looking for vintage clothing and jewelry from 1960 and older, the models to wear them and the stories that match the outfit.

If you have Vintage clothing you are willing to share or if you, your mom, daughter or granddaughter are willing to walk down the runway, contact Michelle at michelle.loken@fiftynorth.org or call 507-664-3707. Our goal is to have twenty outfits to be modeled. If we have more submitted they will be on display at the event. Please send a photo of the piece of clothing to the email above on or before March 1st.

Dig through the trunks in your attic and see what fun finds you discover!

The event will be held Thursday, May 16 from 3-5:00pm at FiftyNorth.



WEDNESDAY, FEBRUARY 14

Dinner & Magic Show

Join us for a fabulous Valentine's Dinner and Magic Show. Come on your own or bring your friends or family for a fun evening of dining and magic. Dinner at 6, with Magic at 7. ***Pre-registration is required.** Please call the front desk to register with meal selection. (507-64-3700)

Hocus Pocus is a light hearted, family friendly show that is guaranteed to delight. You will witness amazing magic with objects such as a rope, cards, rings and eggs, as well as participate in a group "mind reading" experiment. The show finishes with an incredible and rarely seen act of hand show art.



BEEF OPTION

An apple salad with mixed greens, green apple slices, dried cranberries, candied pecans, Parmesan cheese tossed in an apple cider and maple syrup vinaigrette.
Roast beef, mashed potatoes & gravy, glazed carrots, bread

FISH OPTION

(same salad as above)
Lemon pepper panko crusted tilapia
Rice, glazed carrots, salad, bread.

Dessert for all

Cheesecake with a chocolate drizzled topping and strawberries.

Capacity: 70

Cost: \$40 per person

Registration deadline: February 9

Space: Rooms 103/105

ART CLASSES

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

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



VALENTINE COOKIE DECORATING CLASS

Monday, February 12
2:30-4:00pm

P/J Creations would love to share decorating sugar cookies with royal icing for Valentine's.

The class will include: 12 sugar cookies, 3 colored icings, a cookie scribe, and a tray to take cookies home.

We will decorate 6

cookies together, using several different techniques to create some beautiful designs on heart cookies. Cookies will be baked prior to the class.

Instructor: Pamela Davis

Capacity: 12

Cost: \$40 nonmbr, \$35 mbr, \$25 platinum

Space: 105

Registration deadline: February 9



Muppet Puppet



Tube Puppet

CREATE AND BUILD A PUPPET

Monday, February 19
9:30-11:30am

Create and build a puppet...Tube or Muppet...choose which style at the time of registration so the base materials can be prepared. Bring any decorative pieces your creations may require to class! Also bring your own scissors, needle and thread.

*Please register in person or by phone at the front desk with your puppet choice of Tube or Muppet. 507-664-3700

Instructor: Sylvia Langworthy

Capacity: 12

Cost: \$38 nonmbr, \$34 mbr, \$20 platinum

Space: room 103

Registration deadline: February 12



KNITTING BED SOCKS

Wednesdays, March 6, 13
10:00-11:30am

Keep your toes toasty with knitted bed socks! In March FiftyNorth will offer the third in a series of Learn to Knit classes. Students will knit a pair of striped bed socks. The class is for beginners or those who haven't knitted in a long time. These socks are tubular without a heel, so even the beginners will be successful. It is helpful to know how to knit and purl, but not necessary.

In the first session we'll cast on both socks and knit a little ribbing. Then you'll learn an easy technique for knitting two-color stripes. In the second session we'll finish the socks. The instructor will supply soft, wool yarn and needles.

The techniques you'll learn in this class:

1. How to knit with four double pointed needles.
2. Helix knitting, a cool and easy way to create stripes.
3. How to decrease for the toe of a sock.

(2 sessions)

Instructor: Diane Pearsall

Capacity: 12

Cost: \$47 nonmbr, \$41 mbr, \$20 platinum

Space: room 106

Registration deadline: March 1

ART CLASSES

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

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



NEEDLE FELTED DRYER BALLS

Wednesday,
February 21
10:00-12:00pm

What is a dryer ball? It's a natural way to fluff and reduce dryer time. They act the same way as a dryer sheet, but without the chemicals. Using Shetland wool from my ewes, you will be needle-felting a decorative dryer ball. Materials provided.

Instructor: Cindi Beurskens
Capacity: 12 maximum, 6 minimum
Cost: \$30 nonmbr, \$25 mbr, \$10 platinum
Space: room 106
Registration deadline: February 19



WATERCOLOR GREETING CARDS

Thursday, February 22
1:30-3:30pm

Express yourself and send a very unique and personal greeting card to friends or family. Sharon will help you create a one of a kind watercolor card. There will be samples to get your creative juices flowing. Make the design as simple or detailed as you wish. Materials will be provided.

Instructor: Sharon Henry
Capacity: 12
Cost: \$35 nonmbr, \$30 mbr, \$10 platinum
Space: Room 105
Registration deadline: February 20



WET-FELTING EASTER EGGS

Wednesday, February 21
1:30-3:30pm

In this beginner level, wet-felting class, you'll be combining water, soap and wool together to create beautiful mosaic Easter Eggs. Use them to decorate a wreath, hang from a tree or place in a basket. Each student will make 5 eggs. Materials provided.

NOTE: Please bring your own hand towel.
Instructor: Cindi Beurskens
Capacity: 12 maximum, 6 minimum
Cost: \$30 nonmbr, \$25 mbr, \$10 platinum
Space: room 105
Registration deadline: February 19

Echoes & Shadows Update

ECHOES & SHADOWS – POETRY & ART COLLABORATION UPDATE

Open Art Session - Wednesday, February 14th from 1:30 to 3:30. Anyone who wants some input on their artwork or photograph for the Echoes & Shadows Event is invited to attend this session. Kate Douglas, Pat Jorstad and Marie Gery will be available to offer advice or answer any questions you may have about your piece for the collaboration.

■ Framed Artwork or Photography is due on or before February 26th. Bring your submissions into the office with your name and contact information on the back. The exhibit will be on display March 4th – May 3rd. The reception & poetry reading will be on April 4th, beginning at 4:00.

ART CLASSES

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

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



INTRO TO PORTRAIT PHOTOGRAPHY

Friday, March 1
9:30-11:30am

Bring your personal camera (SLR or cell phone) with an understanding of how it works! This class will focus on the principles of portrait photography including lighting, gentle posing, working with different background materials, and how to help people feel more comfortable while being photographed.



Instructor: Margie O'Loughlin
Capacity: 4 minimum, 8 maximum
Cost: \$18 nonmbr, \$14 mbr, \$0 platinum
Space: Room 103
Registration deadline: February 25

Note: Margie O'Loughlin ran her own photography studio for 20+ years in South Minneapolis.



▲ KATE DOUGLAS

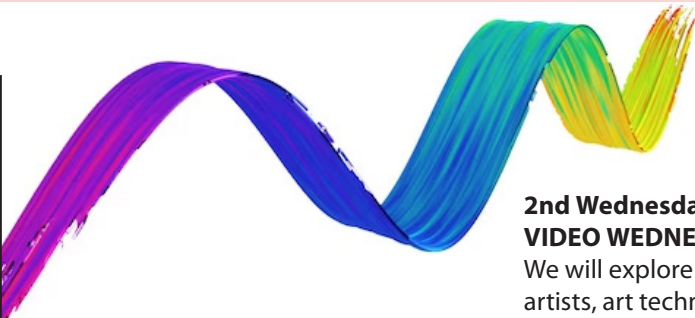
FiftyNorth Art Club

Kate Douglas and Pat Jorstad facilitators

The FiftyNorth art club meets on the 2nd & 4th Wednesday of each month from 1:30-3:30pm in room 105.



▲ PAT JORSTAD



2nd Wednesday VIDEO WEDNESDAY

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

4th Wednesday WORK WEDNESDAY

We will work on art projects or your choice or work on the "video" presentation from the 2nd Wednesday. Bring a project you are working on or use art supplies available to members in the art space.

Stop in and check it out!

You do not need any art background to attend the Art Club and will not be judged or graded. The intention is 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.



NUTRITION 101
Tuesday, February 6
9:00-10:00am

Kristi Von Ruden a Dietician Nutritionist from Northfield Hospital and Clinics will go over the importance of nutrition and hydration as we age. Many of us may not know the basic daily recommendations of nutritional needs and ways that we can incorporate healthy choices in our healthy routines.

Instructor: Kristi Von Ruden
Capacity: 20
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: Room 106



HEART HEALTH 101
Wednesday, February 14
9:00-11:00am

The human heart, a fist sized organ sitting in the middle of our chest, is one

of the most vital organs in the human body. This organ controls the blood flow of approximately 1.5 gallons of blood throughout the human body. Our body depends upon the heart for all of our basic functions. Learn about the structure of the human heart and how we can keep our heart healthy, and even strengthen our heart health as we age. Marcy Kramer, Doctor of Physical Therapy will discuss the leading causes of heart disease, signs, symptoms and the numerous treatments.

Instructor: Marcy Kramer
Capacity: 20
Cost: \$18 nonmbr, \$14 mbr, \$0 platinum
Space: Room 103



SLEEP 101
Friday, March 1
9:00-10:00am

Sleep can be hard to find for some and easy to come by for others. Stacey Zell, Respiratory Therapist from the Sleep Center at Northfield Hospital and Clinics will discuss the importance of sleep, the importance of monitoring your sleep cycle and ways to better improve your sleep.

Instructor: Stacey Zell, Respiratory Therapist, NH+C
Capacity: 20
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: room 106



AQUA FITNESS



COLOR KEY:

GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim

2024 AQUA FITNESS (updated January)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	
6:30 AM						
7:00 AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	OPEN SWIM
7:30 AM						
8:00 AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	OPEN SWIM
8:30 AM						
9:00 AM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM
9:30 AM						
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	FAMILY SWIM 12-2PM AGE 3+
12:30 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
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			OPEN SWIM			
5:00 PM		AQUA FUSION 5-5:45PM		AQUA FUSION 5-5:45PM		
5:30 PM						
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:30 PM						
7:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
7:30 PM						
7:45 PM						

VIRTUAL LAND BASED FITNESS CLASSES



INTENSITY KEY:

PINK – High Intensity

BLUE – Mid-range

PURPLE - Gentle

2024 VIRTUAL LAND BASED FITNESS CLASSES (updated January)								
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)			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)					HATHA YOGA (9:15-10:15)	
10:00 AM								
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)			
11:00 AM								
11:30 AM								
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	YOGA BALANCE (1-2)			
12:30 PM								
1:00 PM			CARDIO STRENGTH MIX (1-1:45)					
1:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								

2024 IN-PERSON LAND BASED FITNESS CLASSES (updated January)

	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)	CIRCUIT TRAINING (9:30-10:30) NO open use	BEGINNING HATHA YOGA (9:15-10:15)
9:30 AM	YOGA STRETCH (9:15-10:15)		CIRCUIT TRAINING (9:30-10:30) NO open use			
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30- 11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	TABLE TENNIS (10:30-3:45)
11:00 AM						
11:30 AM					FOLK DANCE FUSION (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)		
12:30 PM						
1:00 PM			LINE DANCING (1-2)		SOMATICS (1-2) Prerequisite: Intro to Somatics	
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)		TABLE TENNIS (1:30-3:30)		
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)	
4:00 PM	TAI CHI FLOW TIPS/TRICKS (4:15-4:45)		TAI CHI FLOW TIPS/TRICKS (4:15-4:45)		TAI CHI FLOW TIPS/TRICKS (4:15-4:45)	
4:30 PM						
5:00 PM						
5:30 PM	TABLE TENNIS (5:30-7:30)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
7:45 PM						



INTENSITY KEY:

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

FITNESS NEWS

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

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

Suspended until Spring

NORDIC WALKING GROUP (Thursdays 3:30pm)

Update to the description:

LINE DANCING
Wednesdays, 1:00-2:00pm

*Line Dancing is more popular than ever, and isn't just about country music anymore! Each week the emphasis will be on fun and fitness as we dance classic line dance favorites (including country line dances) and try out new choreographies from around the globe set to golden hits from years past. No experience needed; please wear indoor shoes suited to the group exercise room.

Instructor: Kate Stuart
Capacity: 20
Cost: \$ 9 nonmbr, \$ 7 mbr, \$ 0 plus/platinum
Space: Fitness Studio

INTERMEDIATE GLOBAL LINE DANCE has changed to:

FOLK DANCE FUSION
Fridays, 11:45-12:45pm

Folk Dance Fusion combines folk dances from around the world with the social spacing of Line Dance for an hour of fun and light to moderate fitness. Each week we will spend most of the time dancing easy to follow favorites after learning a new dance or reviewing a classic. No experience needed; please wear indoor shoes suited to the group exercise room.

Instructor: Kate Stuart
Capacity: 20
Cost: \$ 9 nonmbr, \$ 7 mbr, \$ 0 plus/platinum
Space: Fitness Studio

LIFE LONG LEARNING CLASSES

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

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



HIKING THE OLLE TRAIL ON JEJU ISLAND, SOUTH KOREA

Tuesday, February 6
1:00-2:30pm

The Olle Trail is a long-distance walking path that meanders primarily along the coastline of volcanic formed Jeju Island, South Korea. It consists of 27 continuous routes - 264 miles in total. Walking the island, one can step into the Sea of Japan on the east, East China Sea to the south, and the Yellow Sea on the west. The trail was founded in 2007 and completed in 2013.

In March 2023, retired elementary teacher and FiftyNorth member, Glo Sterud and a friend backpacked the Olle Trail. Discover the culture, food, wonders, and tips for walking this island known as the Hawaii of South Korea. Find out how achievable a journey like this can be. This was Glo's fourth trip to South Korea and her first long distance hiking adventure.

Presenter: Glo Sterud
Capacity: 30
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: Room 103



Are you interested in sharing a travel experience amongst FiftyNorth members? From Minnesota to ... anywhere! We'd love to hear from you. We can share your photos on the big TV or help in any way. Contact Patty Ciernia, program coordinator at (507) 664-3709 or patty.ciernia@fiftynorth.org

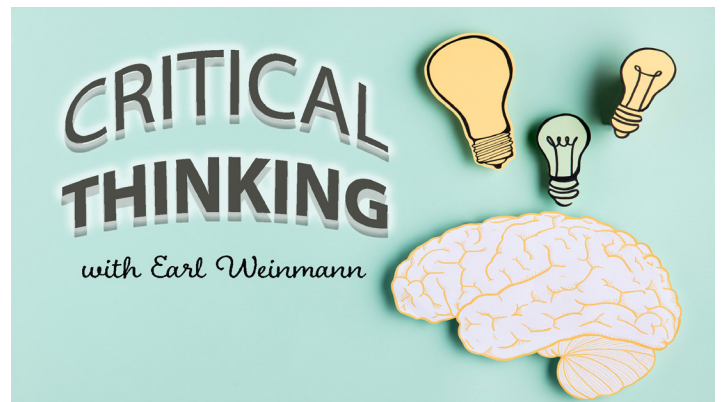


PREPARING EMOTIONALLY FOR RETIREMENT DISCUSSION

Monday, February 12
10:30-12:00pm

Whether big change is welcome or not, it's still big, and it can be a challenge. We welcome you to join local psychologist, Drew Weis, in a guided discussion about resilience (emotional and psychological) in the face of significant change, with a focus on preparing for retirement.

Discussion Leader: Drew Weis
Capacity: 30
Cost: Free
Space: 103



CRITICAL THINKING

Mondays & Thursdays, February 12, 15, 19, 22
1:00-2:30pm

Humans have the greatest brain in the animal kingdom. Unfortunately, it evolved for an environment far different from the one we currently inhabit. This can lead to self-deception, errors in thinking, and faulty judgment. This "Critical Thinking" presentation will test our belief systems, analyze our thinking and how we often deceive ourselves. Using a wealth of examples and experiments upon conclusion, each will have a better understanding of how to evaluate claims, misinformation and deliberate fraud. (4 sessions)

Presenter: Earl Weinmann
Capacity: 25
Cost: \$36 nonmbr, \$28 mbr, \$0 platinum
Space: Room 103

LIFE LONG LEARNING *continued*




Carrie Robarge Carroll,
Executive Director of Northfield Shares

NORTHFIELD SHARES: Who we are, What we do!
Tuesday, February 20
10:30-11:30am

What is Northfield Shares? What is a community foundation? What do they do?

How does Northfield Shares partner with individuals, families, nonprofits, businesses in creating a vibrant, healthy community?

Curious? Join us to hear from Carrie Robarge Carroll, Executive Director of Northfield Shares to learn the answer to these questions and more.

Presenter: Carrie Robarge Carroll,
Executive Director of Northfield Shares
Capacity: 25
Cost: Free
Space: Room 106



ROCKHOUDING IN NATURE'S BEAUTY
TIMES TWO
Wednesday, February 28
1:00-2:30pm

Colorado is one of the most beautiful places on earth. The views from the mountains are amazing. I was able to go rockhounding in Colorado two times looking for the rocks and gems it hides. Both years I stayed in Woodland park where the deer are living in your backyard. I found blue barite in the rolling hills near Hartsel at 10,000 feet above sea level. The Florissant Fossil Beds reveal fossils in volcanic mud from 34 million years ago. I found topaz, amazonite, and smokey quartz in the foothills of Pike's Peak, fluorite at St. Peter's Dome, and bladed Calcite near Penrose. We took a very rocky road up to the top of a mountain to find rare botryoidal fluorite. Each year I found Colorado to be beautiful and unpredictable. I will share the scenery, adventures and finds on this high-altitude trip.

Presenter: Sandy Dockstader
Capacity: 25
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: Room 103



HISTORY OF THE INDIGENOUS PEOPLE OF RICE COUNTY
Friday, February 23
10:30-11:30am

The history of the Indigenous people of Rice County is long, going back to 13,000 years ago. Today, it is more important than ever that we learn the history of these people. Dave Nichols, Executive Director of the Rice County Historical Society, will discuss the history of the Dakota, and specifically the Wahpekute who called modern day Rice County their home. The presentation will briefly cover the archaeology of the area before moving into what we know about the people who lived in Rice County. He will also address the history of Settler and Indigenous Relations from first contact until the War of 1862."

Presenter: Dave Nichols, Executive Director Rice County Historical Society
Capacity: 25
Cost: Free
Space: Room 103

LIFE LONG LEARNING *continued*

UKULELE LESSONS WITH BOB WALDRON



Individual sessions. Sign up for as many sessions as you like. \$10 per session

If you have always wished that you could have fun and play a ukulele, Bob Waldron is offering you a chance to make that wish come true. He is offering private lessons for a very limited time. Each lesson lasts forty-five minutes.

For complete beginners he will teach you how to get started with the ukulele, teach you three chords, and two strumming patterns, and have you playing three songs. With these three chords, you will be able to learn a hundred other songs on your own.

For novice players, Bob will teach you four more chords and another strumming pattern. With these, you can easily play more than a thousand songs.

Please bring your own ukulele. If you do not have one, Bob is willing to lend you one for a brief period of time.

Instructor: Bob Waldron

Capacity: 1

Cost: \$10 per session

Space: Consult Room

ONE-ON-ONE UKULELE LESSONS

Wednesday, February 28	Wednesday, April 10
• 11:00-11:45am	• 11:00-11:45am
• 12:00-12:45pm	• 12:00-12:45pm
Wednesday, March 6	Wednesday, April 17
• 11:00-11:45am	• 11:00-11:45am
• 12:00-12:45pm	• 12:00-12:45pm
Wednesday, March 13	Wednesday, April 24
• 11:00-11:45am	• 11:00-11:45am
• 12:00-12:45pm	• 12:00-12:45pm
Wednesday, March 20	Wednesday, May 1
• 11:00-11:45am	• 11:00-11:45am
• 12:00-12:45pm	• 12:00-12:45pm
Wednesday, March 27	Wednesday, May 8
• 11:00-11:45am	• 11:00-11:45am
• 12:00-12:45pm	• 12:00-12:45pm
Wednesday, April 3	Wednesday, May 15
• 11:00-11:45am	• 11:00-11:45am
• 12:00-12:45pm	• 12:00-12:45pm



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.

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**
Friday, February 9
9:00-1:00pm

■ **AARP SMART DRIVING 4-HOUR REFRESHER COURSE**
Wednesday, March 13
9:00-1:00pm

■ **AARP 8-hour Smart Driving Class**
Saturday, April 6
8:00-4:00pm

Location: Room 103
THIS IS THE 8-HOUR COURSE FOR FIRST-TIMERS.
***Bring a bag lunch**

■ **AARP Smart Driving 4-hour Refresher Course**
Thursday, April 18
1:00-5:00pm
Location: Room 103

■ **AARP Smart Driving 4-hour Refresher Course**
Monday, May 13
9:00-1:00pm
Location: Room 103

GROUP SCHEDULE

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 Mahjongg	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

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

TRAVEL GROUP

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



Save the date!



APRIL 10

The Twins Game will be April 10th at 12:10 pm. The Twins will be going against the Dodgers.



JULY 10

Guthrie Theater
Wednesday, July 10

A Frightfully Funny Musical "Little Shop of Horrors"

GROUP NEWS

\$1 group fee applies



BINGO BONANZA!!!

MONDAY, February 19

1-2:00PM

\$1 Group Fee Applies

Join us for a fun filled hour of a various Bingo games, postage stamp, four corners... **Bring a friend!**



THE SEASONED SINGERS

The Seasoned Singers will begin rehearsals on March 12th to prepare for a concert during this year's Volunteer Recognition event that is scheduled for

Tuesday, April 30th at 1:00. If you are interested in raising your voice 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 for a one-time yearly \$10 fee. The schedule is listed below.

Rehearsals 4-5:30pm, room 103

Tuesdays, March 12, 19, 26, April 2, 9, 16, 23

HISTORY GROUP
Meeting each FRIDAY
10:30-12PM



A new session will begin Friday, January 12 and facilitated by Kay Brown. The session will run until the end of March.

In this session, the History Group will be exploring "Tyrants and Terrorism" focusing on the 20th Century and forward. The sources for this will be "Utopia and Terror" from the Great Courses Teaching Company and "How to Become a Tyrant" a six episode Netflix docu-series.

Questions? Contact Patty Ciernia, program coordinator, at (507) 664-3709 or patty.ciernia@fiftynorth.org



NEW GROUP

STORYTELLING GROUP
(beginning February 12)
2nd Monday every month
9:30-11:30am

Come with a favorite story to share. Spend a precious hour with new found story friends and see where we go and how we find each other.

Group Leader: Sylvia Langworthy

Group fee: \$1

Space: room 104

MAPLE STREET RAG REHEARSALS

1st Wednesday each month

4:00-5:00pm

Part of the FiftyNorth Band

Group Leader: Fletcher Coolidge

Space: room 103



NEW GROUP

ROCK TALK

Meeting each month on the 2nd Mondays

10:00-11:30am (February 12)

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



FRIDAY MOVIE GROUP

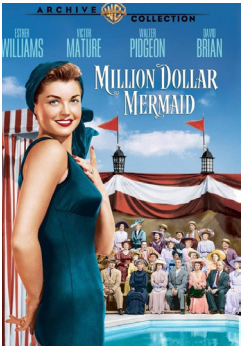
MOVIES START AT 1:00PM
\$1 group fee applies

FEBRUARY MOVIES



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.



**February 2
Million Dollar Mermaid**

(1952) Romantic Comedy
Biopic of Australian swimming champ and entertainer Annette Kellerman. After overcoming polio, Kellerman achieves fame and creates a scandal when her one-piece bathing suit is considered indecent.



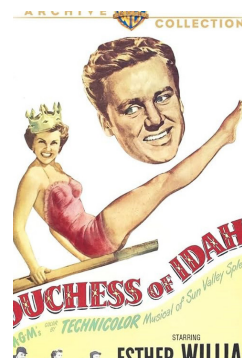
**February 9
Thrill of a Romance**

(1945) Romantic Comedy
A swim teacher and a wealthy businessman are married after a brief courtship. A charming war hero falls in love with this newly-married woman, after her husband abandons her on their honeymoon for the sake of a business meeting.



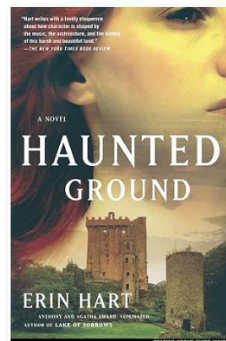
**February 16
Neptune's Daughter**

(1949) Romantic Comedy
A swimsuit fashion designer is determined to protect her scatterbrained sister from a South American heartbreaker, but a case of mistaken identity complicates matters.



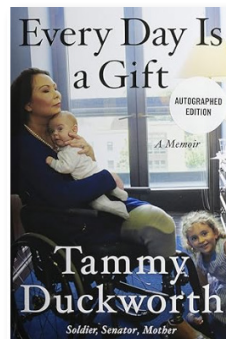
**February 23
Duchess of Idaho**

(1950) Romantic Comedy
Ellen Hallet is in love with her playboy boss, but is too timid to do anything about it. Her roommate Chris devises a plan to help her: she follows him on his trip to Sun Valley, Idaho and plays the over attentive female, hoping he'll send for Ellen, who often plays his "fiancée" when he has a female he can't discourage otherwise. Complications arise when Chris catches the eye of band leader Dick Layn and lands in a triangle with the two men.



**FEBRUARY
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
EVERY DAY IS A GIFT:
A MEMOIR**

by Tammy Duckworth
In Every Day Is a Gift, Tammy Duckworth takes readers through the amazing—and amazingly true—stories from her incomparable life. In November of 2004, an Iraqi RPG blew through the cockpit of Tammy Duckworth's U.S. Army Black Hawk helicopter. The explosion, which destroyed her legs and mangled her right arm, was a turning point in her life. But as Duckworth shows in Every Day Is a Gift, that moment was just one in a lifetime of extraordinary turns.
The biracial daughter of an American father and a Thai-Chinese mother, Duckworth faced discrimination, poverty, and the horrors of war—all before the age of 16. As a child, she dodged bullets as her family fled war-torn Phnom Penh. As a teenager, she sold roses by the side of the road to save her family from hunger and homelessness in Hawaii. Through these experiences, she developed a fierce resilience.



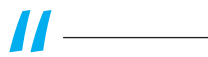
**APRIL
THE ONLY WOMAN IN THE ROOM**

by Marie Benedict
A powerful novel based on the incredible true story of the glamour icon and scientist whose groundbreaking invention revolutionized modern communication.



FEBRUARY VOLUNTEER SPOTLIGHT

Darla DeLong

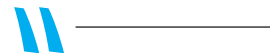


A wonderful February to all the people at FiftyNorth that make me smile!

You could say I jumped into FiftyNorth by way of the pool and have been making waves ever since. My volunteer activities started about eight years ago in the Sunshine Café. While working there I enjoyed meeting a variety of people who added sunshine to my day. I continue to hold the “free lunch” component of that café near to my heart. Hopefully, I can combine my work on the Rice County board of The Salvation Army with FiftyNorth and the Community Action Center to provide a similar option for people in need of a hot meal.

Currently my favorite volunteer committee is the Membership Committee, where we try to keep a pulse on members’ wants and needs in order to suggest and/or implement these ideas. If you’re a new member, you might remember the creative African drumming during the new member luncheon that our committee initiated. It was me, and my friend Wendy. Drumming is a very new skill I’ve been learning, and I bet you can guess where. (By the way, any committee welcomes new ideas and members.) Yet, my most visible effort is in the book corner. I guess I developed that responsibility on my own. It is hard for me to walk by any books without noticing titles and straightening them. Highlighting and rotating the selections would be a dream come true, so, if you have some extra books to donate, yeah! Bring them in. There is no check out procedure. Take what you want and enjoy a good read. Know that the books sorted off the shelves are donated to the Hospital Auxiliary book fair once a year. Also, to be noted, our book club is hosting Erin Hart this month to supplement the reading of her novel THE HAUNTED GROUND. It is about a dead body found in an Irish peat bog. I’m looking forward to it.

So, you might have noticed, I am a ready volunteer to share any information I have about FiftyNorth. See you around and know that your smile always adds some sunshine to my day.



PERSONAL FITNESS TRAINING



INDIVIDUAL SESSIONS 1-TO-1

Personal Trainers:
Craig Swenson, Ingrid Freeman, Heather Sand,
Heather Rataj

Cost: 1 Hour Session \$45 nonmbr, \$40 member
Cost: 1/2 Hour Session \$30 nonmbr, \$25 member

Meet with a Personal Trainer one-on-one to enhance your workout routines and help you reach your goals. Our certified Personal Trainers are nationally recognized trainers who are able to adapt any workout routine to suite your needs. Don’t let your goals pass you by, set up a time with a trainer to get back on track.



For more information or to set up an appointment with a trainer; contact **Craig Swenson (507) 664-3702**.



FiftyNorth



Find the words in the puzzle that relate to FiftyNorth. Words can go in any direction. Words can share letters as they cross over each other.

L Z D G B T G L N P A C M W D G S N X M
 D L N R R O O N O L O Y I X L G I U I P
 Y J A A A O O P C H I M E S W N N T M A
 Z O V B P Y C K S S F R E Z A O N R Y R
 S E G B E O T O C I T N Q V L J E I V T
 L T E A R L F R T L G A B H K H T T O I
 P D M N R T K N U N U Y F A I A E I L E
 G L Q J B M E C I O N B Y F N M L O U S
 U A S A O S G N I Q C I Z O G D B N N Z
 D C L V S A R T G P R I O H C U A E T L
 Z L I L R A H S R E L A D E P K T D E L
 W E C D E I T S M S A U N A N U H R E I
 S Q D L S R S G A Z E B O C U L E A R M
 E H D T Q E Y S T H G I E W X E E G S D
 W E O Y H E E E F F O C V C G L U R A A
 O R Q C G W O G C R I B B A G E P W U E
 Y A Y D E G Z P H O T O G R A P H Y D R
 T T I G N R Z Z T A B C K D Z Z F B B T
 R R V I Z T Y R E T T E L S W E N X S V
 B C B R E C E P T I O N I S T S B V G G

- | | | | |
|-----------|-----------|---------------|--------------|
| art | courtyard | newsletter | softball |
| band | cribbage | nutrition | staff |
| bingo | fitness | parties | table tennis |
| book club | gallery | pedalers | travel |
| bridge | garden | photography | treadmill |
| cards | gazebo | pickleball | ukulele |
| chess | history | pool | volunteers |
| chimes | learning | popcorn | walking |
| choir | mahjonn | receptionists | weights |
| coffee | movies | sauna | yoga |

DECEMBER 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 December 31: 2,111

Karen Achberger	Kevin Groebner & Sue Harvey	Laurel Pankow
Dave & Mitzi Ackerman	James & Marilyn Gryc	Roberta Persons
Bradley Anderson	Annette Gust	Gary & Bonnie Peterson
David & Joey Appleyard	Dorothy Hammer	Roberta Peterson
Nancy Ashmore & Kenneth Wedding	Liz Hankins	Robert & Edie Quam
Bernard & Mary Auge	Katherine Hanson	Patricia Rezac
Lois Bakko	Karl & Dao Hella	John & Karen Robison
Dennis & Beth Berry	Kay Hinzman	Lee & Kitty Runzheimer
James Haas & Kathy Bjerke	Kerry Hjelmgren	Carol Rutz
Sharon Boisselle	Bob & Pat Hohertz	Greg & Barb Schmidt
Mickey Brodin	Gail Hoxie-Setterstrom	Mel & Cheryl Schrader
George & Catherine Brophy	Phyllis Hullett	Nancy Schumacher & Jim Sipe
Judy Broske	Muriel Inouye	Kay Smith
Gene & Darlene Broughton	Richard & Donna Jackson	Kenneth & Sharon Steinhouse
Warren & Karen Broughton	Georgene Johnson	Daryl Stokesbary
Mary Brown	Miranda Johnson	Vic & Dot Swanson
Quinten & Emily Burt	Ruth Johnson-Wirth	Craig Swenson
Bernice Christensen	Steve & Ann Jorstad	Allan & Nancy Swenson
Eileen Cooper	Patricia Jorstad	Harley Tate
Bill & Laurie Cowles	Brent Betterley & Nancy Just	Dale & Rose Turnaclairf
Jennifer Cox-Johnson	Gordon & Marilyn Kelley	Anne Ulmer
Neil & Marilyn Deden	Joni Kilde	Erwin & Judy Ulrich
Winnie Drentlaw	Dennis & Arlene Kjar	Robert & Donna Vanderhoof
JoAnn Edwardsen	Marv & Rose Kormann	Linda Wagenbach
Chris Ellison	Gary & Arlene Kruse	Charles Wagner
Sharon Ellsworth	Pat Lamb	Martha Wallace
Carol Emery	Myron Lanoue	Patricia Warner
Edward & Mary Emery	Steve Albers & Cathy Larson	Marilyn Will
Beth Endert	Tom & Nancy Loesch	Phil & Thelma Winter
Christopher & Joan Ennis	Janet Mathews	David & Linda Wolf
Jon & Phyllis Finger	James & Angie Mayr	Jeff Wood
Robert Forsgren	Mike & Ann McGovern	
Joyce Francis	Elaine Meyers	
Stephanie Frey	Abraham & Lori Middeldorp	
Gerry & Carol Gengenbach	Neil Lutsky & Irene Montenegro	
Marie Gery	Robert Moore	
Mac & Jacquelyn Gimse	Bill & Pat Nelson	
Catherine Graff	Dale Ness	
Ross & Sandra Griffin	Elizabeth Olson	
	Kenneth Lee & Donald Onsgard	

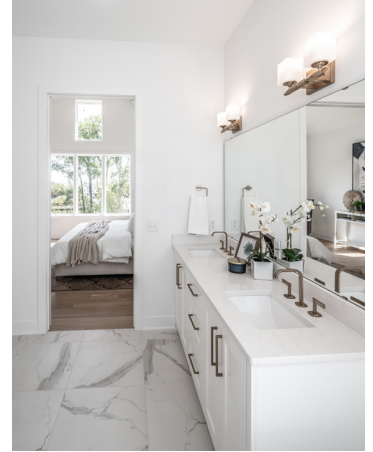
Welcome!

DECEMBER NEW MEMBERS

Rena Bathke,
Alan Bergman
& Shawntel Harry,
Amy Canfield,
Arlene Eliason,
F. Patrick & Carol Fraher,
Barbara Frame,
Diane Frederick,
Charlene Gernon,
Wes Gollnick,
Cynthia Green,
Jerry Groth,
Noemi Gutierrez Hernandez,
James Hagerty,
Fred Huemoeller,
Al Kloos,
Diana LaReaux,
Paul & Amy Lunderby,
Vince Mako,
Steve & Debi McClellan,
Rick Nelson,
Ruthmary Nowak,
Peggy Olmanson,
Mark & Michelle Osborn,
Cynthia Peterson,
Carmen Pomponio,
Vic Swanson

SINGLE & MULTI-FAMILY DEVELOPMENTS

**VISIT OUR WEBSITE BELOW
FOR MORE INFORMATION!**



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jrbr.builders | 507.366.1288

Builders ID BC636389



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HOUSEHOLD & FURNITURE SHOPPES



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

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

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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
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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
Sunday: Closed



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