



FiftyNorth Report

FEBRUARY 2023
Where Active Adults Gather.

By Kerry Hjelmgren, Director



STRIVING FOR BETTER AT FIFTYNORTH Annual Fund Drive Success!



Our 2022 Annual Fund Drive is now complete! In total, you generously gave \$97,000! In the coming year, we can do so much MORE because of you! Your donations enable us to offer more classes, more programming, make more improvements to the facility, and provide more membership scholarships to those in need. We couldn't do this without you, our donors, both loyal and new. We will strive to make FiftyNorth a place where you feel fulfilled, and where you feel you belong. Thank you for giving us this opportunity every day.

If you haven't yet come in to FiftyNorth this year, we would love to see you! We've got something for everybody:

- Did you make a new year's resolution to be more active? Come in or stay home and try out a fitness class in the studio or on zoom.
- Need a safe, ice-free place to walk this winter? Walk the stretch of the first floor of the NCRC building. Fifteen lengths, door to door, equals one mile.
- Looking for some new perspectives? Enjoy an upcoming lifelong learning session.
- Need some inspiration? Visit our art gallery to see some new creations.
- Want to see the stars? Enjoy a Friday afternoon movie, along with some fresh popcorn.
- Need a spa day? Take a dip in the warm pool or hot tub, and warm up in the sauna.
- Want to catch up after the holidays? Have a chat with friends over coffee in the lobby.

However you enjoy FiftyNorth, we hope to see you soon!

Kerry

RANDY FERGUSON GUITARIST

Saturday, February 18th at 2:00 p.m. - Room 103/105
Freewill donation accepted at concert



Classical and flamenco guitarist Randall Ferguson will present a program on the history and evolution of the guitar, from the stately court music of Renaissance Europe to the exciting, syncopated dance rhythms of Spanish Flamenco. He will be playing antique and modern instruments dating from 1785, 1830, 1850, 1900, and 1917 to present that include classical, flamenco, and acoustic guitars, renaissance lute, Baroque lute, banjo, mandolin, and ukulele. Please join us for a wonderful afternoon of string music. Bach to Beatles.

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NEW EXTENDED HOURS

MONDAY-FRIDAY 6AM-8PM
SATURDAY 7AM-2PM
SUNDAY CLOSED

Happy Valentine's Day!



IN THE GALLERY

DAN ROGNESS – PHOTOGRAPHY

SYLVIA LANGWORTHY – HAND CRAFTED GNOMES

JANUARY 9 - MARCH 3



SYLVIA LANGWORTHY – HAND CRAFTED GNOMES



DAN ROGNESS – PHOTOGRAPHY



UP NEXT

ARCADIA CHARTER SCHOOL March 6 – April 28

VOLUNTEER SPOTLIGHT



NAURINE LENNOX

FiftyNorth Closing Buddy



I volunteer to be a closing buddy because I want to help in a small way. For the person on duty, walking around alone in an empty building especially after dark can be spooky and unsettling. Being a "buddy" is a brief but important chore. I live nearby so it does not interrupt my day very much.



We are so grateful to Naurine for her willingness to provide this important service to members and staff at FiftyNorth. Thank you, Naurine!

- If you would like to volunteer to be a closing buddy or would like information on what it entails, please contact Michelle Loken. She can be reached at 507-664-3707 or michelle.loken@fiftynorth.org.

MEMBERS WAYS TO STAY INFORMED



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

Bi-monthly Eblast

Receive our email news update bi-monthly. If you are not receiving them and would like to sign up, call (507) 664-3703

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

PIANO MUSIC DURING LUNCH



■ TUESDAY, FEBRUARY 14

During lunch from 11:30 - 12:30 at the Little Frida Cafe on Tuesday, February 14, Rachel Coltvet, a FiftyNorth member and resident of Northfield will be sharing a variety of piano music

"Growing up on a small farm in Iowa and having an old upright piano in the back room of the

house proved to be a spot where a young girl could discover the magic of music. Plucking out on the keys melodies heard on the radio was a start and then some piano lessons from a neighbor began a lifetime of enjoyment."



FiftyNorth

Help guide the decisions ...

FIFTYNORTH BOARD OF DIRECTORS

The FiftyNorth Board of Directors is looking for volunteers willing to serve on the Board. We need volunteers to help guide the decisions that address the needs of our membership, help us to continue to grow and expand as well as partnering with our community.

Interested? Contact Rita Olson, chair of the nominating committee at rrkmcc@aol.com or Richard DeBeau, co-chair at rldebeau@gmail.com to request an application or to receive additional information.

MEDICARE COUNSELING

3rd Wed every month 10am-2pm

South East Minnesota Area Agency on Aging Consults (SEMAAA)

Cea Grass, Senior Linkage Line Outreach Specialist with SEMAAA will be coming to FiftyNorth on the third Wednesday of each month to answer questions about Medicare coverage, choosing the best supplement plan, long term care and insurance, and other concerns of aging adults. This is a drop-in service and no appointment is needed.

DECEMBER NEW MEMBERS

GLAD YOU'RE HERE!

Merlyn Blaisdell, Michael & Julie Daly, Thomas Gagnon, Donald Katra, Carter & Yvonne Leland, Robert & Nancy Pierson, Craig Tidemann, Francis & Linda Veit

Welcome!

FIFTYNORTH BIKERS AND WALKERS GROUP

There are two groups, with some overlap of people. We meet year round on Mondays for coffee and walking. We meet on Wednesdays for biking starting in April and continuing as long as the weather allows. The photo is from a ride on the Cannon Valley Trail in November, 2022. There's an in town bike ride, and an out of town ride that goes on nearby trails and then has lunch, either a picnic or at a restaurant. Please join us! There's a weekly email telling you where we're meeting. Please send a note to Colleen Vitek, cvitek@gmail.com, to get added to the weekly email, if you want to find out more.



NEW PICKLEBALL OPPORTUNITY: HIRING PART TIME SUPERVISOR

Age-friendly Northfield is partnering with the Northfield Public Schools Community Education to offer FREE Pickleball at the High School Gym on Sundays from 12-4PM during the winter season. WE FIRST NEED TO HIRE A SUPERVISOR!

Job Opportunity: We are in need of one person or a couple to set up and take down the nets and equipment before and after practice and remain at the gym over this 5-hour period. This person will be paid \$17.89 per hour for 5 hours each Sunday. This indoor Pickleball practice runs through April and will begin once we have filled this position. The supervisors need to be able to move the nets (approx. 20 -25 lbs. each)

TO APPLY, CONTACT Mellissa Bernhard by email or phone: mbernhard@northfieldschools.org or 507.664.3502.

FIFTYNORTH EXPANSION COMMITTEE UPDATE



On behalf of the FiftyNorth Expansion Committee, I want to thank the many FiftyNorth members who took time to fill out the City of Northfield Parks and Recreation Capital Investment Plan survey in October 2022. You showed your strong support for all FiftyNorth does. FiftyNorth was ranked second priority for suggested improvements.

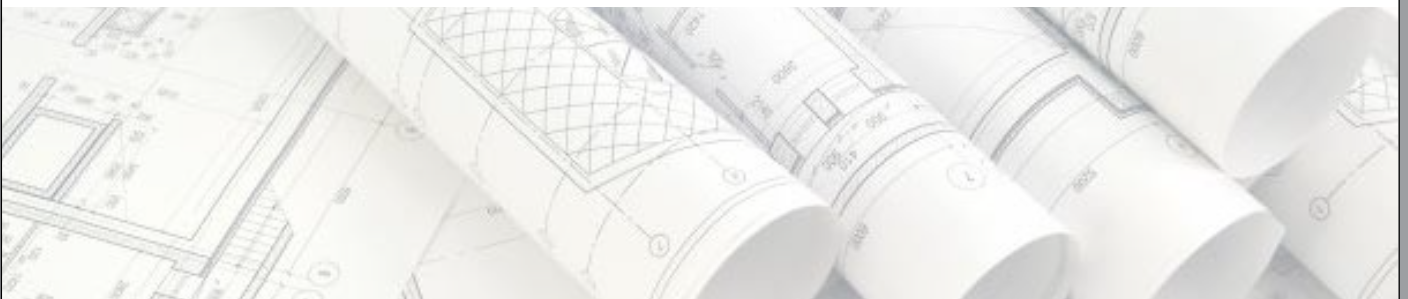
At its January 11, 2023 meeting, the City Council accepted a 10-year parks and recreation improvement plan which includes numerous projects throughout the community. Because the NCRC building is under the umbrella of the Parks and Recreation department, FiftyNorth's expansion project has been included in that 10-year plan. This is a great disappointment, as it is not the timetable we expected.

The City will now begin the process of prioritizing the many proposed projects to improve parks and to add indoor recreation facilities for all ages throughout the community. FiftyNorth will be one of the organizations that will be consulted in that process. We will collaborate guided by the information we've gathered from you, the members of FiftyNorth, over the last four years.

The Expansion Committee has now been merged into the Facilities Committee. Kerry Hjelmgren and this committee will work as closely with the City as possible to ensure that our vital programs and facilities remain among the best in the Midwest. Over the coming months and years, you will see improvements and updates to our facilities at FiftyNorth that have been identified by our members, staff, committees, and Board.

Thank you to the members of the Expansion Committee for their tireless efforts on behalf of all FiftyNorth members.

Patricia Jorstad, *FiftyNorth Board President*



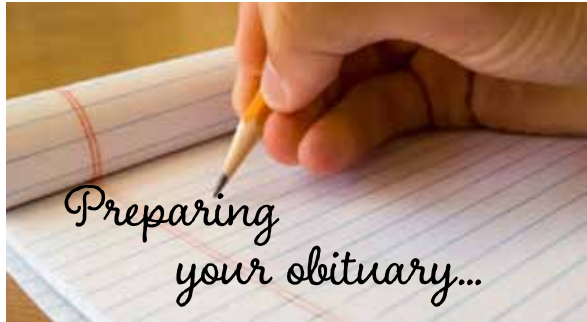
LIFE LONG LEARNING CLASSES

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk



A NECESSARY WRITING TASK: AN OBITUARY

Monday & Friday

February 6 & 10

9:00-11:00am

When a death is reported in the newspaper, accompanied by an obituary for the deceased, how does that obituary happen? In many cases, stressed family members scramble to meet a deadline set by a funeral home or other site for a service, hoping to capture the essence of the deceased person as well as important information about memorials. Much of the anguish associated with this task can be eliminated by advance planning.



This two-session course will give participants a chance to determine the key elements of an obituary and prepare a draft. We will meet on a Monday morning from 9-11 to map out the necessary features of an obituary and resume on Friday at the same time to work in pairs on provisional drafts. The goal: preparation of a reasonable draft for someone, perhaps yourself, as well as appreciating the details of this written form.

Instructor: Carol Rutz

Capacity: 12

Cost: \$18 nonmbr, \$14 mbr, \$0 plat

Space: 106

Note: Carol Rutz retired from Carleton College after 30 years, including writing obituaries for the alumni magazine as well as teaching writing to undergraduates. She has also written obituaries for family members.



CPR AND FIRST AID

Tuesday, February 21

9:00-12:00pm

Students will receive expert training in First Aid and Basic Life Support CPR (adult) including Automatic External Defibrillator (AED). This 3-hour class includes instruction, demonstrations and hands-on activities and culminates in the students earning an American Heart Card. It is appropriate training for Certified Nurse Assistants, healthcare workers, childcare workers, teachers, instructors, and volunteers. Many health care facilities require this training of their employees.

Instructor: Jon Bolster

Capacity: 10

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



Jacqui Dorsey



Potholes and Pitfalls in Estate Planning



POTHOLES AND PITFALLS IN ESTATE PLANNING

Monday, February 27

9:30-11:00am

When it comes to estate planning, One Size does not fit all! Let's talk about the steps you can take to address your goals, your family make-up and the nature of your assets.

Presenter: Jacqui Dorsey

Capacity: 25

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

Space: Room 103



**HVISTENDAHL, MOERSCH,
DORSEY & HAHN, P.A.**

311 South Water Street • P.O. Box 651
Northfield, MN • 55057-0651

LIFE LONG LEARNING CLASSES

... continued

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

ALL SENIOR LEARNING NETWORK CLASSES:

Presenter: Senior Learning Network

Capacity: 10

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

Space: 103

SLN - Polynesian Wayfinders:

Mystic Seaport Museum

Tuesday, February 7

1:00-2:00pm

Brian from the Planetarium at Mystic: Brian traveled to the Pacific recently and did his own research of the Polynesian skies! This show offers a unique perspective on star lore as well as navigation.

SLN - Selma To Montgomery

National Historic Trail

Tuesday, February 14

1:00-2:00pm

The Selma to Montgomery National Historic Trail was established by Congress in 1996 to commemorate the events, people, and route of the 1965 Voting Rights March in Alabama.

SLN - Richard Nixon Presidential Library and Museum

Tuesday, February 21

1:00-2:00pm

Join us for a virtual tour of the library and museum from a presenter who will share the stories from the museum that cover much of President Nixon's life and his extraordinary accomplishments prior to becoming the 37th President of the United States.

SLN - New River Gorge National Park, West Virginia

Tuesday, February 28

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.

AARP

SMART DRIVING CLASSES



AARP SMART DRIVING

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.

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

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**

ART CLASSES



Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk



WATERCOLOR: Process, Technique and Flowing Color

Tuesday & Thursday, February 14 & 16
1:30-3:30pm

Students in this class will have an opportunity to explore the process of creating beautiful watercolor paintings using exciting techniques including wet on wet, wet on dry, blooms, push and pull, and tips like using straws, wax, pushing and pulling warm and cool colors, spattering, bleeding, resisting, blocking and many more.

Preferred Pre-requisite to this class, 2 Art Club Sessions; Wednesdays, January 25 and February 8.

In these two sessions we will look at videos about watercolor techniques, and make reference grids to use in your own work. If you cannot make it to one or both of these sessions click on these links to view on YouTube.

<https://www.youtube.com/watch?v=9YlpRMwJJfs>

<https://youtu.be/qDqpmSwyHqQ>

https://youtu.be/_hCqIZM4s0

<https://youtu.be/1Fgkwcym4j4>

Please Bring: If you have watercolor sets at home, please bring them (no tubes). Your favorite brushes; we will be using lots of flat-wide (1-inch) brushes. If you have a special brush that you like, bring it but mark it with your name.
Instructor: Kate Douglas

Capacity: 10

Cost: \$40 nonmbr, \$30 mbr, \$15 platinum

Space: 105



FUSED GLASS HEART GARDEN STAKE

Monday, February 20
10:00-11:30am

Love is in the air with this fused glass heart garden stake. Perfect for any garden. Get a start on your spring gardens. Materials provided.

Instructor: Gerie Thelen

Capacity: 10

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

Space: 104



ONLINE POTTERY CLASS

Fridays, Feb 24, March 3, 10, 17, 24
5:00-6:00pm

FiftyNorth is partnering with The Arts Guild to offer this pottery class. Instructed by Fred Gustafson, a professional ceramicist and Guild instructor, Fred Gustafson is offering a ceramics class for older adults. If you've wanted to try your hand at ceramics and work with clay, this is the class for you. We will meet online on Fridays and share the fun of working with clay.

Presenter: Fred Gustafson

Capacity: 12

Cost: \$75 Includes 5 sessions, clay, glaze and firing

Space: Students can Zoom from home or Zoom from room #105 at FiftyNorth

NOTES: Clay can be picked up February 22nd after 1:00 in the office at FiftyNorth.

MATERIALS PROVIDED: All materials are provided by The Arts Guild

CANCELLED

HEALTH & WELLNESS



Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk

NUTRITION 101

Tuesday, February 7
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 routines.

Instructor:

Kristi Von Ruden, Dietician Nutritionist (NH and C)

Capacity: 20

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

Space: 106

HEART HEALTH

Wednesday, February 8
9:00-12:00pm

The human heart, a fist sized organ sitting in the middle of our chest and 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: \$27 nonmbr, \$21 mbr, \$0 platinum

Space: 103

MEDICATION 101

Tuesday, March 7
10:00-11:00am

Medications daily prescriptions and over the counter meds can be very confusing and hard to understand when there are multiple prescriptions taken daily. Learn from Tricia Hagedorn, Clinical Pharmacist of Northfield Hospitals and Clinics on how to take medication effectively, store correctly, track your medications, taking over the counter and prescribed medications effectively and how to dispose of medications.

Instructor: Tricia Hagedorn (NH and C)

Capacity: 20

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

Space: 106

WOMEN AND EXERCISE

Wednesday, March 8
9:00-12:00pm

Regular physical activity that is performed on most days of the week reduces the risk of developing or dying from some of the leading causes of death in the United States. Regular physical activity improves health in women by increasing bone density, muscular strength, regulate hormonal changes and much more. Learn from Marcy Kramer, Doctor of Physical Therapy how exercise can improve your health.

Instructor: Marcy Kramer

Capacity: 20

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

Space: 103



FEBRUARY FITNESS CHANGES AND ADDITIONS

Slight time change and addition of in-person at FiftyNorth

NOTE:
YOGA STRETCH NOW HYBRID
(VIA ZOOM AND IN PERSON)

YOGA STRETCH

Mondays

9:15-10:15am (NEW TIME)

Lengthening and holding positions of yoga to help increase flexibility and strength with each pose.

Instructor: Ingrid Freeman

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



BOXING 101*

Mondays, February 6, 13, 20, 27
5:00-7:00pm

Join the world-famous Gordon Marino, a professor of philosophy, former boxer, veteran boxing trainer, and award winning boxing

analyst, along with professional boxer and former Minnesota Feather Weight Champion Vicente Alfaro for a 4-week program in which you will acquire the basics of “the sweet science”.e.g. boxing stance, footwork, jab etc. In learning how to throw and block punches you will also enhance your coordination, stamina, and physical as well as mental strength. Finally, having graduated from this introductory class you will be able to watch boxing with an educated eye.
(4 sessions)

Instructor: Gordon Marino

Capacity: 5

Cost: \$36 nonmbr, \$28 mbr, \$0 platinum

Space: Fitness Studio

***Pre-registration required**

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

	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)		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 (VINAYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)		
9:30 AM	YOGA STRETCH (9:15-10:15)		CIRCUIT TRAINING (9:30-10:30) NO open use		CIRCUIT TRAINING (9:30-10:30) NO open use	YOGA FUSION (9:30-10:15)
10:00 AM						TABLE TENNIS (10-12)
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30- 11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM			LINE DANCING (1-2)		(1-2) Pre-register SOMATICS / PILATES 8-weeks Jan 1-Feb 24	
1:30 PM						
2:00 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	NORDIC WALKING GROUP (2:15-3)	TABLE TENNIS (1:30-3:30)		
2:30 PM						
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)	(4-5) Pre-register ENLIVEN MOVEMENT 8-weeks Jan 17-Mar 7	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	(5-7) Pre-register BOXING 101 4-weeks Feb 6-27		HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders			
6:00 PM		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		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

AQUA FITNESS

Updated January 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	
6:30 AM						
7:00 AM		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
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
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		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			
5:30 PM				AQUA FUSION 5-5:45PM		
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						

KEY: 

GREEN: Class


GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim

VIRTUAL LAND BASED FITNESS CLASSES

Updated February 2023

		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			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 (9:15-10:15)	BEGINNING YOGA (VINYASA) (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)				
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								

INTENSITY KEY: 

PINK – High Intensity

BLUE – Mid-range

PURPLE – Gentle

TRAVEL GROUP@FiftyNorth



TRIP - ORCHESTRA HALL COFFEE CONCERT
Thursday, March 30
9:00-4:30pm

More than two decades have passed since English conductor Paul McCreesh stood onstage at Orchestra Hall, and his return comes with an oratorio that has not been performed by the Orchestra in just as long. The Minnesota Chorale takes the stage with the Orchestra for Haydn's *The Creation*, featuring soprano Joëlle Harvey, tenor Robert Murray and bass-baritone Kevin Deas. It will be a joyful celebration of new life, community voices, and nature all together.

After the concert the group will eat lunch in a downtown area- restaurant not confirmed
(Lunch is NOT included in price).

Trip Leader: Norma Monroe
Capacity: 20
Cost: \$ 79 Bus and Ticket
 \$ 50 Bus Only (For Season Ticket Holders)
Registration Deadline: February 28



TRIP - ART IN BLOOM:
MINNEAPOLIS INSTITUTE OF ART
Thursday, April 27
9:00-2:00pm

Enjoy a guided tour of the Art in Bloom. The Art in Bloom is an annual celebration of art and flower, presented by the Friends of the Institute. Art in Bloom exhibits imaginative floral interpretations of selected works of art from MIA's permanent collection, created by more than 100 individual and commercial florists. You will be mystified by the beauty and fragrance of each piece.

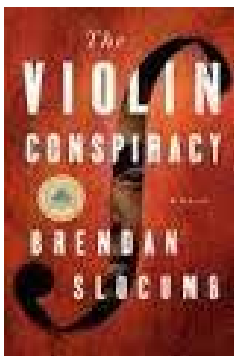
Lunch is on your own, bring a bag lunch or you can get lunch at the Art Institute. Stay after the trip at FiftyNorth and enjoy a cup of coffee with everyone as you discuss the wonderful pieces of art you experienced earlier in the day.

Trip Leader: Norma Monroe
Capacity: 30
Cost: \$52
Registration deadline: April 13



BOOK GROUP@FiftyNorth

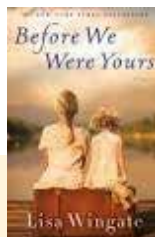
The Book Club meets the 2nd Friday of the month at 10:30. Meetings are in room 105 and also may participate via Zoom. Questions: call Katherine Collman at (507) 645-1357.



FEBRUARY - THE VIOLIN CONSPIRACY
 by *Brendan Slocumb*
 Ray McMillian is a Black classical musician on the rise—undeterred by the pressure and prejudice of the classical music world—when a shocking theft sends him on a desperate quest to recover his great-great-grandfather's heirloom violin on the eve of the most prestigious musical competition in the world.



MARCH - WHEN HARRY MET MINNIE
 by *Martha Teichner*
 A memoir of love and loss, of being in the right place at the right time, and of the mysterious ways a beloved pet can bring people together, from CBS Sunday Morning News correspondent and multi-E Emmy-Award-winning Martha Teichner. There are true fairy tales.



APRIL - BEFORE WE WERE YOURS
 by *Lisa Wingate*
 Based on one of America's most notorious real-life scandals—in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country.

The Northfield Public Library invites all to join one or both of their book groups:

- 1) Contemporary Women Writers Book Group
- 2) Crime Fiction Book Group

Contact Jamie Stanley for details: jamie.stanley@ci.northfield.mn.us

GROUPS@FiftyNorth

MONDAY:

12:30 Pinochle
1:00pm - Scrabble
4:00pm - FiftyNorth Band Practice

TUESDAY:

12:45pm - Duplicate Bridge
12:45pm - Euchre
1:00pm - Hook, Yarn & Needle

WEDNESDAY:

12:45pm - Social Bridge
1:00pm - Ukulele Orchestra & Assorted String Group
(1st & 3rd Wednesday's of the month)
1:30-3:30pm - Art Club (2nd & 4th Wednesdays of the month)

THURSDAY:

9:30am - Chime choir
12:45pm - Cribbage

FRIDAY:

9:30am - Photography Club (4th Friday of the month)
10:30am - History Club
10:30am - Book Club (2nd Friday of the month)
12:45pm - 500 cards
1:00pm - American Mahjongg
1:00pm - Friday Movies

PHOTOS FROM THE SAORI WEAVING CLASS on Wednesday, January 18

Instructor, Kathy Anderson is pictured with student and their weaving projects.



Kathy Anderson



Movie Fridays!

MOVIES START AT 1:00PM



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



FEBRUARY 3

GROUNDHOG DAY

2008 101 mins.

Bill Murray is at his wry, wisecracking best in this riotous romantic comedy about a weatherman caught in a personal time warp on the worst day of his life. Teamed with a relentlessly cheerful producer (Andie MacDowell) and a smart-aleck cameraman (Chris Elliott), TV weatherman Phil Connors (Bill Murray) is sent to Punxsutawney, Pennsylvania, to cover the annual Groundhog Day festivities.



FEBRUARY 10

BRIDGES OF MADISON COUNTY

2010 135 mins.

World-traveling National Geographic photographer Robert Kincaid and Iowa housewife Francesca Johnson aren't looking to turn their lives upside down. Each is at a point in life where expectations are behind them. Yet four days after they meet, they don't want to lose the love they've found. (Robert James Waller's rhapsodic bestseller)



FEBRUARY 17

ERIN BROCKOVICH

2000 132 mins

Julia Roberts stars as Erin Brockovich, a feisty young mother who fought for justice any way she knew how. Desperate for a job to support herself and her three children, she convinces attorney Ed Masry (Albert Finney) to hire her, and promptly stumbles upon a monumental law case against a giant corporation. Now, Erin's determined to take on this powerful adversary even though no law firm has dared to do it before.



FEBRUARY 24

A RIVER RUNS THROUGH IT

1992 124 mins

Two brothers, Norman and Paul, grow up in a strict Montana Presbyterian priest's family. In the morning they memorize biblical commandments at school, and in the afternoon, they indulge in their hobby - fishing. Years pass. Paul becomes a reporter for a local newspaper. Norman is a teacher of literature. The brothers have a completely different character. Nevertheless, they are united by one child's passion for fly fishing.



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 **10 minutes** prior to your first appointment with your completed Intake/Interview packet which will be available at the Receptionist Desk beginning January 23rd. **The packet 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.
- No taxes withheld from another state OR an obligation to file state income taxes in another state.
- No Farm income.
- Full time MN residents only.
- 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.**

1 First appointment – arrive 10 minutes early.

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

2 Second appointment – arrive 10 minutes early.

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

The Intake/Interview document needs to be completed before you arrive at your first appointment **OR** arrive 20 minutes before your first appointment to complete before your appointment

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!*



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continued p. 15

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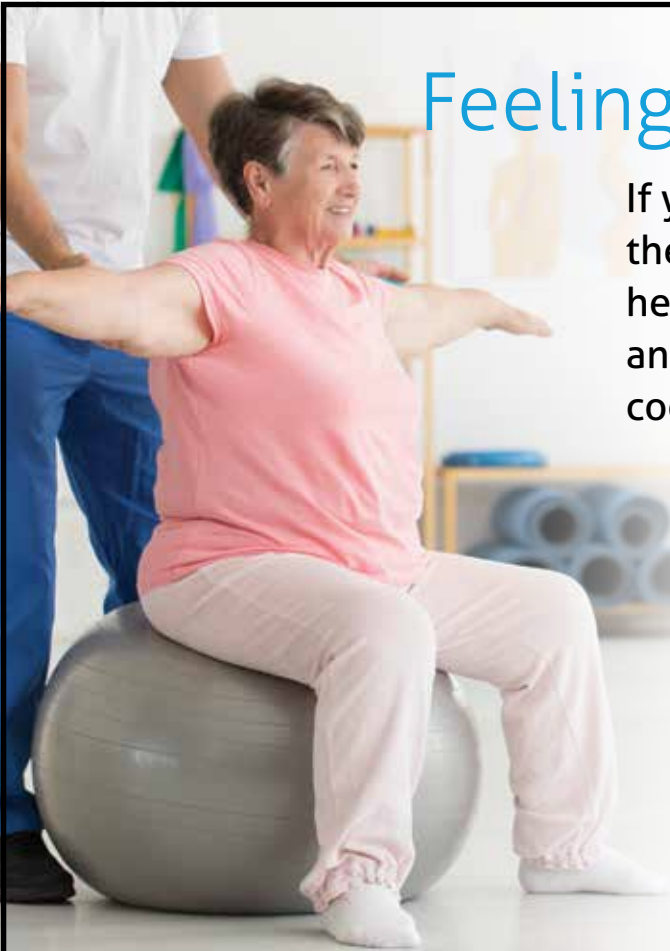
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1651 Jefferson Pkwy, Northfield, MN 55057



FiftyNorth and its programs are made possible in part through financial contributions by the City of Northfield.

STAFF DIRECTORY

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Elaine Meyers
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Program Coordinator: Lifelong Learning/ Community Outreach

Patty Ciernia
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Program Coordinator: Arts/Volunteer/Dining

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Used-A-Bit Shoppe Manager:

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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–Friday: 6am–8pm
Saturday: 7am–2pm
Sunday: Closed



Fitness Center Hours:

Monday–Friday: 6am–8pm
Saturday: 7am–2pm
Sunday: Closed



Pool Hours:

Monday–Friday: 6am–8pm
Saturday: 7am–2pm
Sunday: Closed



Little Frida Cafe & Taco Shop:

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



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