



By Kerry Hjelmgren, *Director*



EMBRACE ADVENTURE with FIFTYNORTH & JEANIE'S JOURNEYS

FiftyNorth's commitment to keeping our members active, connected, and engaged isn't restricted to the city limits of Northfield! A new partner, Jeanie's Journeys, specializes in crafting travel experiences that cater specifically to the unique needs and desires of older adults. Jeanie and her spouse have planned tours and traveled the world for over 30 years. Travel expert, Jeanie Johnston, founded Jeanie's on the basis that travel should not cost a fortune but be accessible to all those who are willing to explore and experience. She prides herself on being the best and most cost-efficient tour operator in the Midwest. They create tailored itineraries that balance adventure with relaxation, and take the stress out of traveling by planning and leading the trips they coordinate.



We hope the trips offered to our members through Jeanie's Journeys provide new opportunities for our members to be active, learn about different cultures, histories, and traditions, and make new friends and social connections with fellow travelers. Check out pages 16 & 17 of the newsletter for details about our first trip with Jeanie and David Johnston.

Adventure awaits!

Kerry

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COLLECTION CONNECTION Janet Kelling's Button Collection



Janet Kelling has been collecting buttons for over 50 years. She picks them up on trips as souvenirs, antique stores or bids on a jar of buttons at auctions. Finding the perfect buttons has become like a treasure hunt. Janet's love for sewing and buttons started when she was nine years old. She sewed a doll blanket and a dress made out of a chicken feed bag for a 4-H project. She said, "it was the ugliest dress she's ever seen." She learned to sew on a treadle sewing machine. Her father realized the treadle just wouldn't do and bought her an electric sewing machine. Janet and her husband were farmers and she did sewing and alterations for other people besides all the chores of farming. Stop in and see Janet's unique and interesting button collection.

IN THE GALLERY

EXHIBIT JANUARY 6 — FEBRUARY 28

MEET THE ARTISTS:

Join us for the Artists reception on January 30 from 4pm-5pm.



Gerald Hoekstra

GERALD HOEKSTRA is a resident of Northfield. Before retiring to a life of birding and photography, he was Professor of Music at St. Olaf College. As a photographer, he focuses primarily on wildlife, especially birds, but also on landscapes and architecture. The photographs in this exhibit come from three different trips to Ecuador, including one to the Galapagos Islands (which belong to Ecuador). Hoekstra has birded and photographed wildlife in South America, Central America, Europe, and South Africa, as well as throughout the U.S. and Canada. His photographs appear in Bob Janssen's *Birds in Minnesota*, Kim Eckert's *A Birders' Guide to Minnesota*, *The Hummingbird Handbook*, and the recently released monumental volume *The Breeding Birds of Minnesota* (U. of MN Press), as well as in several birding apps. They can often be seen on the home page of the Minnesota Ornithologists' Union (moumn.org) and in *Minnesota Birding*, the newsletter of the MOU.



GOLDEN-BREASTED PUFFLEG



Kathy Ness

KNESS DESIGNS is the result of my passion for upcycling and creating beautiful and unique clothing and other useful items. I use recycled materials to create one of a kind pieces that are both stylish and sustainable. Each item is handmade with love and attention to detail, and I strive to make the world a better place by reducing waste and giving new life to pre-loved items. I invite you to browse my collections and join me on my mission to create a more sustainable future.

I retired from the Northfield Public Library 8 years ago and am enjoying following my creative passions and volunteering.



EVENTS



MINI CONCERT: CELEBRATION OF LOVE AND FRIENDSHIP, PLUS TRAVEL ADVENTURES WITH JEANIE'S JOURNEYS PRESENTATION
Friday, February 14
1:00-2:00pm

The FiftyNorth travel group invites you to learn about Jeanie's Journeys. After meeting with Dave, we believe there are exciting opportunities for our members to join in on their travel tours. Come join us for a fun mini-concert and travel talk to celebrate love and friendship!
 Free Refreshments & Fun!

Presenters: Dave & Jeanie Johnston **Capacity :** 40
Cost: Free **Space:** Room 103

Coffee with Kerry



Join Kerry Hjelmgren, Executive Director of FiftyNorth, for our monthly coffee get-together! Enjoy casual conversation and delicious treats in the lobby while sharing your ideas and talking about how you're making the most of FiftyNorth. Kerry will be there to answer any questions you may have.

Friday, February 21
10:00am



Bring a friend!



PIZZA AND A PICTURE SHOW

Pizza & Salad
Friday, February 21
11:30
Location: Room 103, Room 105



Pizza and salad will be served in room 105 beginning at 11:30, while supplies last.

♥ Free will donation accepted.



After Pizza, join us at 1:00pm for the Picture Show!
"LEAP YEAR"
 2010, 1 HR 40 MINS. PG

When yet another anniversary passes without a marriage proposal from her boyfriend, Anna (Amy Adams) decides to take action. Aware of a Celtic tradition that allows women to pop the question on Feb. 29, she plans to follow her lover to Dublin and ask him to marry her. Fate has other plans, however, and Anna winds up on the other side of the Emerald Isle with handsome, but surly Irishman (Matthew Good) who may just lead Anna down the road to true love.

Space: Room 103
Show time: 1:00pm
Cost: \$1 Group fee applies

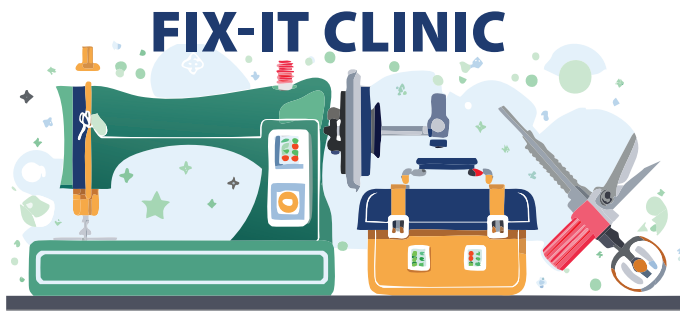


ST. OLAF STUDENTS CONCERT & RECEPTION
Thursday, March 6
2:00-3:00pm

Join us for an afternoon performance of St. Olaf chamber musicians, with a reception to follow.

Space: Room 103
 ♥ Free Will donation would be appreciated.

EVENTS cont.



FIX-IT CLINIC

Sign up to come to a Fix-it Clinic

Saturday, February 22

12:00-4:00pm

Room 105

Cost: Free

● FiftyNorth is partnering with Rice County and Minnesota Green Corps to offer this free event.

Do you have damaged clothing or appliances and are looking for a way to repair them so they don't have to be thrown away?

Fix-it Clinics are an opportunity to have your items fixed by volunteers while they teach you how to do repairs yourself. Not everything will be able to be fixed, so volunteers will also help participants determine what to do with their broken item if it cannot be fixed at the event. Please do not bring more than two items and nothing oversized.

If you are interested in bringing damaged items to be repaired or mended at this event, please contact Jacob Butler at Jacob.butler@ricecountymn.gov or 507-333-3891, and identify what items you plan on bringing so we can match you with a volunteer.



Please pre-register for all classes:

Phone: 507-664-3700

Online: [FiftyNorth.org/classes](https://www.fiftynorth.org/classes)

In Person: FiftyNorth front desk

CLASS CANCELLATION POLICY:

We know your time is valuable, and ours is too. Out of respect for our staff, instructors and other clients, we ask that you give us at least 24 hours notice if you need to cancel. If we are able to fill your spot with someone on the waiting list, you will receive 100% refund. If we are unable to fill your spot or if you are a no show you will forfeit your registration fee.

Reverse
Diabetes?



REVERSING DIABETES

Tuesday, February 4

6:30-8:00pm

Location: ONLINE through ZOOM

Type 2 Diabetes causes decreased quality of life and increased health costs. Reversing diabetes and reducing medications is possible using whole foods. Join Dr. Noel Aldrich, Licensed Nutritionist, in this introductory presentation on how to reverse diabetes, and manage your blood sugar effectively. The presentation is online, so you can participate in the discussion from home.

Instructor: Dr. Noel Aldrich, Licensed Nutritionist

Cost: \$35 nonmember, \$25 member



Cardiac Care

CARDIAC CARE

Wednesday, February 12

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: 25

Cost: \$20 Nonmember, \$16 Member

Space: Room 103

FITNESS NEWS

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

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



The early bird gets the worm! Rise and shine and join us for this fun class!



TIME CHANGE FOR CARDIO DANCE AND DRUMSTICKS!

CARDIO DANCE AND DRUMSTICKS

Mondays

6:45-7:30am

Location: Fitness Studio

What better way to workout and burn calories than to dance and beat on drums to some great music. Cardio Dance will help increase your cardiovascular endurance, coordination, stability, and hand and eye coordination. This class promises to leave you with a smile on your face and feeling accomplished.

Instructor: Heather Rataj


Cost: \$10 nonmbr, \$8 mbr, \$0 fitness plus



FITNESS NEWS cont. p. 6 →

2025 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 (6:45-7:30)	HATHA YOGA (7-7:45)	YOGA STRETCH (7-7:45)	HATHA YOGA (7-7:45)	TAI CHI (7-8)	
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		ZUMBA GOLD (8-9)
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)	SOUND BATH AND MEDITATION (9:15-10:15)	SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)	HATHA YOGA (9:15-10:15)
9:30 AM	YOGA STRETCH (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open use		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			LINE DANCING (1-2)			
1:00 PM						
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	SEATED CHAIR LINE DANCING (2:15-3)	TABLE TENNIS (1:30-3:30)		
2:00 PM						
2:30 PM						
3:00 PM	TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)	
3:30 PM	AFTERNOON QI TIME (4:15-4:45)		AFTERNOON QI TIME (4:15-4:45)		AFTERNOON QI TIME (4:15-4:45)	
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		
6:00 PM	TABLE TENNIS (5:30-7:30)					
6:30 PM						
7:00 PM						
7:30 PM						

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

VIRTUAL LAND BASED FITNESS CLASSES



INTENSITY KEY:
PINK – High Intensity
BLUE – Mid-range
PURPLE - Gentle

2025 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			STRENGTH AND CARDIO (7-7:45)		MOBILITY AND STRETCH (7-7:45)		
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)
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)	
9:30 AM							
10:00 AM							
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)		SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM							
11:30 AM							
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM							
1:00 PM			CARDIO STRENGTH MIX (1-1:45)				
1:30 PM							
2:00 PM			SEATED CHAIR LINE DANCING (2:15-3)				
2:30 PM							

AQUA FITNESS



COLOR KEY:
GREEN: Class
GOLD: Group Activity (Open Swim allowed)
BLUE: Open Swim

2025 AQUA FITNESS CLASSES						
	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	AQUAFIT 9:00-9:45AM
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						

ART CLASSES

Pre-register for all classes:
Phone: 507-664-3700

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

CLASS CANCELLATION POLICY:

We know your time is valuable, and ours is too. Out of respect for our staff, instructors and other clients, we ask that you give us at least 24 hours notice if you need to cancel. If we are able to fill your spot with someone on the waiting list, you will receive 100% refund. If we are unable to fill your spot or if you are a no show you will forfeit your registration fee.

Beginning Knitting Technique Class: HOW TO CAST ON



BEGINNING KNITTING TECHNIQUE CLASS: HOW TO CAST ON

Wednesday, February 5
10:00am-12:00pm

In this 2-hour class you will learn different ways to cast on. First, you'll cast on to knit a small swatch (that you can use to get gauge in the upcoming Norwegian class). Then we'll practice casting on for a project on circular needles and/or double pointed needles. We'll review the long-tail method first and learn a variation of it. Then you'll learn a knitted cast-on. You'll also practice different ways to join your work in the round.

The instructor will supply needles, markers, and yarn for this class. Bring something to write with and a small scissors.

Instructor: Diane Pearsall
Capacity: 10
Cost: \$48 Nonmbr, \$44 Mbr
Space: Room 106
Registration deadline: February 3
Materials provided by instructor



LET'S KNIT A PAIR OF SELBU MITTENS OR TRADITIONAL NORWEGIAN MITTENS

Wednesdays, February 12, 19, March 5
10:00-12:00pm (3 sessions)

In this 3-session class you'll learn about the history of Norway's famous Selbu mittens (patterned mittens from the Selbu region) and then knit

your own customized pair. We'll be using the 8-pointed star motif, a well-known symbol of Norwegian knitwear. The pattern is a very traditional one often made with black stars on a white background. The palm is done in a small, repeated pattern, and the cuff will be ribbed, as women's mittens from Selbu usually are.

The instructor will supply wool yarn and needles. There will be homework between classes.

Skill level for class: Advanced beginner.

You should already know how to knit and purl, cast on and join in the round with either double points or two circular needles. It is also helpful, but by no means necessary, to have a little experience knitting with two colors in one row.

Techniques learned in this class:

- How to read a chart
- How to knit with two colors: stranding, dominance, tension, etc.
- How to knit the thumb gusset and later the thumb
- How to decrease for the tip of a traditional mitten

Instructor: Diane Pearsall
Capacity: 10
Cost: \$85 Nonmbr, \$79 Mbr
Space: Room 106
Registration deadline: February 5

ART CLASSES CONT. P 8→

PHOTOS from the December Holiday Arts, Crafts & Author Fair at FiftyNorth.



ART CLASSES



INTRODUCTION TO PAINTING - STILL LIFE WITH MARK DAEHLIN

Monday, February 10, 17

1:00 to 3:00

We will touch on basic concepts of drawing: perspective, ratios, composition, etc. We will paint from a still life I provide, but if you have a subject you want to paint from a photo, you can bring your own photo. We will learn about value, color hue and intensity, creating the illusion of 3 dimensions on a 2D surface. You can paint in oils, acrylics or watercolor, your choice.

Mark Daehlin, an award-winning fine artist, has been painting professionally since 1979. He's mastered airbrush, acrylics, oil both in studio and in the field (Plein aire). He has taught beginners to professionals alike in dozens of classes over the years. Mark studied plein air painting under Rich Kochenash and Bryan Stewart. He has written several articles in professional journals and authored dozens of instructional videotapes. His work is collected across North America, Europe and Malaysia. He loves teaching and sharing the joys of discovery in the arts. www.markdaehlinart.com (2 sessions)

Materials provided

- Choose a 5x7 or 9x12 canvas for your painting.

www.markdaehlinart.com

Instructor: Mark Daehlin

Capacity: 12

Cost: \$52 Nonmbr, \$44 Mbr

Space: 105

Registration deadline: February 4th

LIFE LONG LEARNING CLASSES

Online: FiftyNorth.org/classes

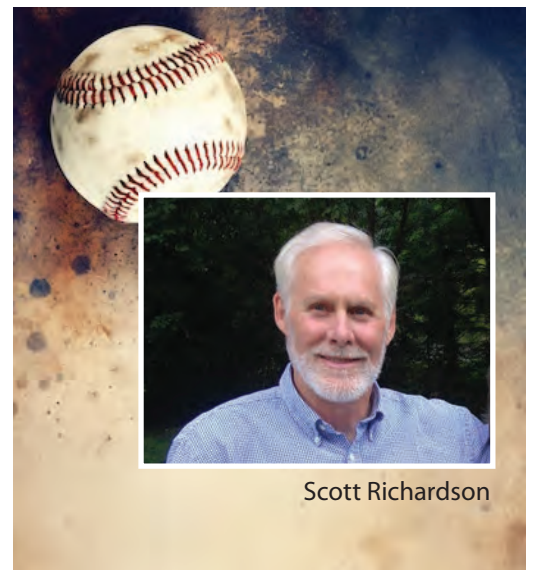
In Person: FiftyNorth front desk

Pre-register for all classes:

Phone: 507-664-3700

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Scott Richardson

VINTAGE BASEBALL PRESENTATION

Thursday, February 6

1:00-2:00pm

Scott "Rabbit" Richardson helped revive Northfield's fabled baseball team, the Silver Stars, in 2003. It was vintage baseball, played with rules from the 1860s --- no called balls and strikes, no gloves, balls caught on the bounce were outs, and the ball was almost always in play, even if it landed in the lap of one of the fans. He will cover some of Northfield's glorious baseball history, explain some of the differences in the spirit and the rules of play, and share stories of the Silver Stars in contemporary times.

Presenter: Scott Richardson

Capacity: 30

Cost: \$10 Nonmember, \$8 Member

Space: Room 103

LIFE LONG LEARNING CLASSES

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

Pre-register for all classes:
Phone: 507-664-3700

**THE DYING PROCESS**

Tuesday, February 4
10:30—11:30am

Dying is a HUMAN experience—not a medical event.

Join us to learn more about the dying process. We will discuss common changes that may occur during the transitional and active stages of dying, as well as comfort and communication strategies anyone can use to provide compassionate care and support at end-of-life.

Upon completion of this class, participants will be able to:

- Describe at least 3 common changes that may occur physically, mentally, emotionally, socially, and/or spiritually from the transitional through active stages of the dying process
- Describe at least 3 common signs of active dying
- Recognize at least 3 common signs of physical, emotional, mental, social, and/or physical discomfort at end-of-life and describe some basic comfort measures caregivers can provide during the dying process
- Describe and utilize at least 3 basic communication techniques for supporting the dying at end-of-life
- Understand and describe the role of hospice at end-of-life

Presenter: MN Hospice

Capacity: 25

Cost: Free

Space: Room 106

**AUTHOR TALK:****OUT OF FOCUS: A CAREGIVER'S SEARCH FOR CLARITY BY PATSY DEW**

Thursday, February 13
1:00-2:00pm

Join author Patsy Dew for an overview of her recent book; OUT of FOCUS: A Caregiver's Search for Clarity.

Excerpt from Query letter:

Ours had been a long, happy marriage. The youngest of our four children had moved on to college. Tom was at the height of his career as a legislative analyst; I loved my job on the staff of a senior center. We had more time for each other, and retirement still seemed far into the future. Easing into comfortable old age, however, was not to be.

Tom started showing signs of significant memory issues, which turned out to be the beginnings of Alzheimer's disease.

OUT OF FOCUS: A Caregiver's Search for Clarity is a collection of thirty-nine pieces, each a page or less in length, that I wrote about us during the last eight years of Tom's life.

Some of the pieces are prose, some are poetry, all fit in the genre of memoir. Each piece is paired with one of my photographs, chosen as metaphoric interpretations of the writing. Together these pieces tell the story of enduring love amid a changing relationship.

In this memoir I do not offer a prescription for getting through a difficult journey. Instead I hope these heartfelt pages may serve as a sympathetic companion for others who would help a loved one suffering from dementia.

Author: Patsy Dew

Capacity: 40

Cost: \$10 Nonmbr, \$8 Mbr

Space: Room 103

LIFE LONG LEARNING CLASSES



GET THE SCOOP! CONVERSATIONS with Barbara Krause
Friday, February 7
1:00-2:30pm

And
GET THE SCOOP! CONVERSATIONS with Barbara Krause
Friday, February 28
1:00-2:30pm

What scares you the most about dying?

- A) Fear of the unknown
- B) The pain of the process
- C) It happening too soon

Some people believe there is nothing positive about death and dying. They avoid the subject in any way they can. Why? Resisting loss, death, and dying gives them a false sense of security, power, or control. The truth is, that consistently denying, being stubborn, or anticipating the worst keeps us separate from fully living our lives. We're always looking over our shoulders, anxious and fearful. That is not living!

Face-to-face conversations about loss, death, and dying show us that others have similar concerns. We are not alone in our thinking and feeling! We are just like others—AND, learning together is a bonus. Ahhhh, a ginormous burden lifts. Longed for relief settles in. Peace of mind is at hand.

Find out current thinking, facts, opinions, and myths about end-of-life situations.

Join Barbara Krause—Certified Death Midwife; Loss, Death, and Dying facilitator; speaker, author, and Funeral Celebrant—for eye-opening, twice a month conversations. Everything is on the table.

Facilitator: Barbara Krause
Capacity: 20
Cost: Free
Room: 102

SAVE THE DATES:
 March sessions are
 Friday, March 7 &
 Friday, March 21



Sponsored by Age-Friendly Northfield
www.agefriendlynorthfield.com



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

ADVANCE CARE PLANNING



ADVANCE CARE PLANNING OPEN HOUSE
Thursday, February 20
9:00-10:30am

Come and work in the presence of others to put your wishes and values into words. Start, complete, or revise your Advance Care Directive with the assistance of trained facilitators. Gain peace of mind and a thumbs up from family and healthcare.

Questions?

Contact: Mary Carlsen, mscarlsen1@gmail.com or Barbara Krause, barbara@inthethickofthings.com

Presenters: Northfield Advanced Care Planning Group

Capacity: 25

Cost: Free

Space: Room 103



MN Hospice: UNDERSTANDING GRIEF
Tuesday, March 4
10:30-11:30am

Have you ever worried about how you or others experience grief?

Do you wonder if there is a right or wrong way to grieve?

Join us to learn more about different types of grief, as well as how grief is experienced physically, emotionally, socially, and spiritually. We will discuss strategies for coping with grief in healthy ways, the importance of self-care, inhibitors to healthy grieving, and when it may be time to seek professional assistance.

Upon completion of this class, participants will be able to:

- Understand and describe uncomplicated grief, anticipatory grief, and ambiguous grief
- Understand and describe the physical, emotional, and spiritual experience of grief
- Identify several inhibitors to healthy grieving and when it may be time to seek professional assistance
- Identify and implement several strategies for coping with grief in healthy ways

Presenters: MN Hospice

Capacity: 25

Cost: Free

Space: Room 106

MEMBER SERVICES



MORE HELP FOR MEDICARE OPTIONS

**First & Third Tuesdays
January through March 2025
12:00-3:00pm**

Open Enrollment For Medicare Advantage Plans
January, February, March 2025

Whether new to Medicare or questioning your current plan, receive assistance from licensed local and independent insurance agent Sandra Robertson.

Space: FiftyNorth Consult Room

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

FAMILY SERVICE CAREGIVING CONSULTANT

**Every other Thursday beginning January 16
10:30-11:30am**

Location: Consult Room
and

2:00-3:00pm

Location: Consult Room

Call Kathy for an appointment

Kathy Voss

Certified Caregiving Consultant
Family Service Rochester
1625 Hwy 14 East
Rochester, MN 55904
507-218-3275
www.familyservicerochester.org



CAREGIVER SUPPORT GROUP

**2nd Thursday of the month
1:30-3:30pm**

Join our monthly Caregiver Support group at FiftyNorth. Learn, share, listen, laugh and gain strength and understanding alongside other care partners. Kathy Voss, Caregiver Support Specialist, facilitates the discussion.

Facilitator: Kathy Voss, Caregiver Support Specialist

Capacity: 20

Cost: Free

Space: Generally Room 103, but check the schedule



TECH SUPPORT

**2nd Tuesday of the month
9:30-11:30am**

Richard DeBeau, longtime
FiftyNorth member will be

available to assist members who have questions about their computers, laptops, cell phones, iPads, cameras, or similar devices. He has twenty years of experience building computers as a hobby and have installed Windows and Linux systems on his home computers. He has limited experience with Apple desktop computers. If Richard is not able to solve a problem, he will have suggestions for finding help.

Consultant: Richard DeBeau

Space: Generally Room 104, but check the schedule



THREE RIVERS COMMUNITY ACTION OLDER ADULT SERVICES SPECIALIST

**3rd Wednesday of the month
12:30-2:30pm**

Location: Consult Room

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.

NEIGHBORS HELPING NEIGHBORS AT FIFTYNORTH

4th Wednesday of the month

11:00am-2:00pm

Anne Pleskonko from Neighbors Helping Neighbors (NHN) will be available to meet in the consult room across from the FiftyNorth offices. Stop in and find out more about the program. The goal is to provide support to keep older adults independent in their homes for as long as possible. Services such as: Grocery Shopping, Handywork, housekeeping, Lawn Care, Respite Care, Seasonal Snow Removal, and Transportation. These services have a sliding scale fee based on your household income.

Consultant: Anne Pleskonko, NHN

Space: Consult Room

VOLUNTEERS

VOLUNTEER OF THE MONTH



February

FiftyNorth would like to thank JIM PENCE for his volunteer service as our monthly Bingo caller. His quick wit, humor, ready smile, and friendly demeanor add to the fun of the game.

Jim also serves as a member of the travel committee. He is currently researching destinations for upcoming trips this summer. He will be a very welcoming host. Please consider joining him for an adventure.

Read below Jim's motivation for sharing his time and talents with folks at FiftyNorth.

As I approached retirement age recently, I started looking for a resource to get some exercise and develop my enjoyment of a social life. I've always been involved with people and relationships are important to me and to the community, especially in these days of electronic social media.

I was surprised to find the friendliness of the staff and members as I got involved with water volleyball, bingo, the travel committee and the exercise room. Discovering the offerings of classes and activities was beyond anything I thought possible.



It was only natural for me to contribute, or volunteer back with my friends and acquaintances in this unique resource that most communities could only dream of. I look forward to listening to the stories of new friends and renewing old relationships from years gone by. I volunteer because it not only seems to encourage other people but it energizes me with something I look forward to doing. I volunteer because I enjoy it. I recognize the sacrifice of many people to make FiftyNorth the quality establishment it

is. Spiritually speaking, I volunteer because I believe we are all called to contribute in a positive way. To cultivate kindness and friendliness with our community. To encourage those less fortunate. To make our society a better place, even if it's in a small smile or sharing a cup of coffee or bag of popcorn around the welcoming reception area. There are countless blessings to be found at FiftyNorth in meeting new people, discovering what a wonderful world this can be.

The travel committee meets the first Thursday of the month from 9:00 to 10:00. If planning and leading trips piques your interest, we encourage you to join us. Contact Michelle Brant at 507-664-3707 if you have any questions.



VOLUNTEER OPPORTUNITY

Join the
Events Planning Committee
at *FiftyNorth!*

We're excited to announce the formation of a planning committee for events at FiftyNorth. We're looking for enthusiastic volunteers to join our team and help make events successful.

Your contributions will be invaluable as we work together to:

- Develop a list of events our members want to see happen in 2025
- Plan logistics and refreshments
- Promote the events
- Set up/decorate or work at the event or clean up afterwards

Planning sessions will be for an hour once a month. We will be meeting on Thursday, February 6, at 3:00pm in room 105.

No prior event planning experience is necessary! We welcome individuals with a variety of skills and interests.

To volunteer, please email Michelle at michelle.loken@fiftynorth.org or call 507-664-3707.



COMING SOON!



Darla DeLong, a member of the Membership Committee, is pictured working on the new Volunteer Nook in the FiftyNorth lobby. The Nook will be the place to see all the Volunteer Opportunities. ...stay tuned!



BOOK GROUP

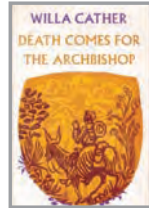
The Book Club meets the 2nd Friday of the month at 10:30. May participate via Zoom. Questions: call Katherine Collman at (507) 645-1357.



February 2025

A BURNING by Megha Majumdar

This is an electrifying debut novel about three unforgettable characters who find their lives entangled in the wake of a catastrophe. They seek to rise-to the middle class, to political power, to fame in the movies.



March 2025

FOX AND I by Catherine Raven

But friends cannot always save each other from the uncontained forces of nature. Fox and I is a poignant and dramatic tale of friendship, transformation, and coping with inevitable loss—and of how that loss can become meaningful.



April 2025

DEATH COMES FOR THE ARCHBISHOP by Willa Cather

Death Comes for the Archbishop traces the friendship and adventures of Bishop Jean Latour and vicar Father Joseph Vaillant as they organize the new Roman Catholic diocese of New Mexico.

GROUP CALENDAR

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
ARTS / CRAFT - Storytelling	Mondays, 2nd	9:30-11:30am	Room 104
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 - History Group	Fridays	10:30-12:00pm	Room 104
MISC - Rock Talk - ON BREAK	Mondays, 2nd	10:30am-12:30pm	Gallery Link
MUSIC - Chime Choir	Thursdays	9:30-10:45am	Room 103
MUSIC - Troubadours Men's Choir	Tuesdays	10:00-11:30am	Room 103
MUSIC - 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
Pickleball - ON BREAK	Tuesdays & Thursdays	8:00-9:00am	Lions Park
Nordic Walking - ON BREAK	Fridays	10:45-11:30am	Courtyard
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball Practice	Thursdays	12:00-2:00pm	Dundas Dome
Softball Games ON BREAK	Tuesdays	10:00-11:00am	Dundas Dome
Pedalers & Walkers	Mondays & Wednesdays	Mornings	Varies
Walking Group - ON BREAK	Mondays	9:00-10:00am	Careton Arb

GROUPS@FIFTYNORTH

HISTORY GROUP

The History Group meets every Friday from 10:30-12:00pm in room 102. Volunteer facilitator; Kay Brown will be showing episodes from the Great Courses.

The series we will discuss:

1 10 Great What-ifs of American History

For information, contact program coordinator Patty Ciernia at (507) 664-3709 or patty.ciernia@fiftynorth.org



BINGO!!!

3rd Monday of the month - February 17
1:00-2:00pm

Location: Room 103

Join us for a fun-filled hour of a various Bingo games including postage stamp, four corners, etc... with a guest host Bingo Caller

\$1 Group Fees apply

Sponsored by: Elysian Senior Homes
elysianofnorthfield.com
(507) 301-3737



REHEARSALS BEGIN FOR THE SPRING CONCERTS

TroubaSours



THE TROUBADOURS

The Troubadours will begin rehearsals on Feb. 11 for a joint Spring concert with the Seasoned Singers on May 13. The Troubadours are a volunteer group of men who enjoy the camaraderie of singing and sharing this joy with others. All rehearsals are at FiftyNorth in Room 103 on Tuesdays from 10:00AM - 11:30AM. No audition is necessary. If you are interested or have questions please contact Donna May at dmay@churchofsaintagnes.org or call 507-649-7399; or you can sign up at the FiftyNorth reception desk.

Rehearsals: Feb. 11, 18, 25
March 4, 11, 18, 25
April 1, 8, 15, 22, 29
May 6

Concert: Tuesday, May 13, 4:00pm

Cost: group fee applies



THE SEASONED SINGERS

The Seasoned Singers will begin rehearsals on March 11 for a joint Spring concert with the Troubadours on May 13. The Seasoned Singers are a volunteer group of women who enjoy lifting their voices in song to lift the spirits of their listeners. All rehearsals are at FiftyNorth in Room 103 on Tuesdays from 4:00PM - 5:30PM. No audition is necessary. If you are interested or have questions please contact Donna May at dmay@churchofsaintagnes.org or call 507-649-7399 or you can sign up at the reception desk.

Rehearsals: March 11, 18, 25
April 1, 8, 15, 22, 29
May 6

Concert: Tuesday, May 13, 4:00pm

Cost: group fee applies

TRAVEL GROUP

In the event you have to cancel out of a trip, you will not receive a refund, unless someone is able to go in your place. If you are not on the bus within 10 minutes of the departure time on the return trip home, you will be responsible for finding your own ride back to FiftyNorth. If you wish to go on a trip and find that it is out of your price range, please inquire in the office about a scholarship.

NOTE: *Trip leaders are unable to provide assistance to anyone that has limited mobility or that uses a wheelchair. Please arrange to have a friend or PCA pay/register to go with and assist you.

Please indicate on your registration form if you need seating in a handicap section.

**TRIP - GREASE AT CHANHASSEN DINNER THEATRES
Wednesday, February 26
9:30-4:30pm**



Greased-back hair and leather jackets, ponytails and poodle skirts, fast cars and rock-n-roll. Grease is back at Chanhassen Dinner Theatres! Experience the nostalgia of high school in the '50s – peer pressure, love, and teenage life set against the campy backdrop of Rydell High! Discover the drama, comedy, and pop-culture satire that has made Grease one of the most popular productions of all time! Don't forget the music, with songs like "Summer Nights," "We Go Together," "Greased Lightnin'," "Beauty School Dropout" and so many others, including the hits you love from the movie. Have fun as you groove and bop along!

Trip Leader: Norma Monroe
Capacity: 31
Cost: \$130
Registration deadline: January 28

**TRIP - Minnesota Frost vs. Toronto Sceptres
Sunday, March 30
10:30-3:30pm**

The Minnesota Frost is a professional women's ice hockey team based in Saint Paul, Minnesota. It is one of the six charter franchises of the Professional Women's Hockey League. The Frost host games at the Xcel Energy Center. In 2024, the Frost won the PWHL's inaugural Walter Cup championship.

Join us as we cheer on Minnesota's newest Pro sports team. The puck will drop at 12:00. There will be time prior to the game to visit the concession stands. All food and beverages will be on your own.

Capacity: 20
Cost: \$90
Trip Leader: Michelle Brant
Registration deadline: March 20



**TRIP - ART IN BLOOM AT THE MINNESOTA INSTITUTE OF ART
Friday, April 25
9:00-3:30pm**

Enjoy this self-guided experience throughout the campus. Marvel over the imaginative floral interpretations of selected works of art from Minneapolis Institute of Art's permanent collection, created by more than 100 commercial florists and individual artists. Guests are invited to experience the floral fragrance throughout the museum. Browse floral-inspired merchandise in the Art in Bloom Pop-up Shop. There is a gift store and a Café onsite. Lunch is on your own.

Trip Leader: Norma Monroe
Capacity: 31
Cost: \$60
Registration deadline: April 14



FiftyNorth is partnering with Jeanie's Journeys Tour Company to offer extended travel opportunities.

FiftyNorth is partnering with Jeanie's Journeys Tour Company to offer a 3-day tour to the Pella Tulip Festival May 1-3, 2025. Beautiful & colorful tulips are everywhere to be found at this annual event that draws thousands of people to Pella, Iowa. You will experience the beauty of this charming farming community in central Iowa founded by Dutch immigrants in the mid 1800's. In addition, the tour will also take you to the Amana Colonies in East central Iowa. The Amana communities were established by German immigrants in the mid 1800's and we will be joining them to celebrate the annual Mai Fest. You will be able to sample delicious German food and drink as you enjoy the people and sites of this quaint midwestern community.

Pick up location Flying J (Hwy 19 & I35). Best if you could be dropped off, or you could make arrangements with Flying J to keep your vehicle there for \$20 per day.

Register through Jeanie's Journey by following this link – <https://www.jeanies-journeys.com/tuliptime>. If you have any questions, reach out to Jeanie's Journeys at 612-229-5276.

Beautiful & colorful tulips...and so much more!





Join Jeanie's Journeys in a celebration of Spring with both Dutch and German parades! View thousands of tulips in Pella, Iowa and sing along to the German music in Amana, Iowa! Along the way, enjoy a stop at the "Surf Club" an icon of rock and roll.

Day 1 | Home to Iowa!

Board the motor coach for a spring "Tulip Time" getaway! There will be a minimum of two pick up spots, one in the north metro and one in the south. Pickups are based on where the majority of signups for this tour come from. Then head southward to Iowa! Stops will be made for coffee and a lunch breaks along the way. Your first stop will be a special visit to the "Surf Ballroom" in Clear Lake, where famous rockers used to perform. It's like walking back in time and straight into the 50's! After the tour, head to West Des Moines where you will check into your hotel for the night. Enjoy an included 5:30 Kickback Dinner with drinks at your hotel.

Drury Dinner Included

HOTEL: DRURY INN WEST DES MOINES

Day 2 | Pella Tulip Time!

After a HUGE included breakfast, depart your hotel to attend the Tulip Festival in the charming town of Pella, Iowa. The town is filled with the sights, tastes, and sounds reminiscent of Holland. Enjoy the Molengracht (Dutch Marketplace) for shopping and the special festivities of Tulip Time. Visit the Dutch Village featuring a life size windmill, Dutch dancers and more! Shop at the local flea market with over 100 vendors. Enjoy the Tulip Time Parade from seats in the grandstand. Then it's time to depart for the Amana Colonies to enjoy an included Amana German dinner this evening with all the fixings! After dinner, depart for your hotel to check in and relax for the rest of the evening.

Breakfast/Dinner Included

HOTEL: HOLIDAY INN EXPRESS CORALVILLE

Day 3 | Amana, IA to Home

This morning, following an included breakfast, head out to the Amana Colonies to enjoy the German Maifest

PER PERSON RATES:

\$598 Double \$698 Single

Deposit: \$200 per person at time of booking

Final payment: April 1, 2025

Cancellation Policy: Full refund only with travel insurance. Without travel insurance, refunds based on recoverable expenses.

Travel Insurance: Price per person

\$55 Double \$57 Single

Due at booking. Travel insurance cost is Non-Refundable. Purchase anytime on our website.

tour|RATINGGo Travelers | Level 1-Easy: 1-3 miles walking each day.



People who use a cane, walker or wheelchair are welcome on these tours but *strongly encouraged* to bring a Helper or a PCA and necessary equipment to assist them throughout the tour.

festivities! Experience the Maifest Parade and all the springtime festivities of the Amana Colonies with oompah bands and delectable foods everywhere! Depart shortly after lunch on your own for home with wonderful memories of Springtime in Iowa!

Breakfast included

TOUR INCLUSIONS:

- 4 Meals
- Tulip Time and Maifest Parades
- Admission to the Dutch Village and windmill
- Surf Club Tour
- Services of a professional tour director throughout

NOT INCLUDED:

- Optional sightseeing, meals not listed in itinerary
- Tips to tour director & bus driver
- Any other items not specifically mentioned as included in the itinerary.

Jeanie's Journeys P.O. Box 480042 Minneapolis, MN 55448 612-229-5276 www.jeanies-journeys.com

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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Eileen Cooper	Muriel Inouye	Sue Norsted	Martha Wallace
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Beth Endert	Joni Kilde	Sandra Robertson	
Christopher & Joan Ennis	James Knezz	Lee & Kitty Runzheimer	
John & Margaret Ernste	Terry Krampitz	Carol Rutz	
Nina Errington	Gary & Arlene Kruse	Carolyn Sanford	
Edward (Ted) Farmer	Pat Lamb	Marie Schlink	

DECEMBER NEW MEMBERS

GLAD YOU'RE HERE!

Welcome!

DECEMBER 31, 2024
Total Membership: 2,161

Pam Benedict, Linda Couture, Cheryl Jirik, Betsy & Sharon Lane-Getaz, Donna Limback-Reyelts, Pat May, Eric Melaas, Marylu Miller, Brenda Niebuhr, Cheryl Rempel, Pete W Schwamb, Sarah Snider, Timothy (Tim) Sommer, Vicki Stockey, Bernice Timmerman, Kat Wahl, Mark Welinski, Sarah Wiekert

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 possession!



Come Visit Us!

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Builders ID BC636389



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- Starts at \$20 per hour
- Eligible for the following benefits: 401K; health care stipend; paid time off
- Location: River Park Mall in Northfield, MN

Send your cover letter and resume to:
 Kerry Hjelmgren, Executive Director
 kerry.hjelmgren@fiftynorth.org

Full details online:
www.fiftynorth.org/about/employment/



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. Once you take this first-time course, you will then need to take 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.

LOCATION: ROOM 103
ALL COURSES ARE 4-HOUR

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**
Tuesday, February 11, 2025
1:00-5:00pm

■ **AARP Smart Driving**
Wednesday, March 12, 2025
1:00-5:00pm

■ **AARP Smart Driving**
Friday, April 18, 2025
9:00-1:00pm

■ **AARP Smart Driving**
Monday, May 12, 2025
9:00-1:00pm

■ **AARP Smart Driving**
Wednesday, June 11, 2025
1:00-5:00pm

■ **AARP Smart Driving**
Thursday, July 17, 2025
4:00-8:00pm

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

Operations and Membership Manager:

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

**Program Coordinator: Lifelong Learning/
Community Outreach**

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

Program Coordinator: Arts/Volunteer/Dining

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

Used-A-Bit Shoppe Manager:

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

Used-A-Bit Shoppe Assistant Manager:

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

Bookkeeper:

Andrea Turini
507-664-3700 | accounting@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



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

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

View newest information online: fiftynorth.org

Follow FiftyNorth and Used-A-Bit on Facebook!