



# FiftyNorth Report

JANUARY  
2024  
3

By Kerry Hjelmgren, *Director*



## IN APPRECIATION, ALWAYS

Happy New Year, FiftyNorth members! We are gearing up for another exciting year of activity, fulfillment, and fun at FiftyNorth! Although 2024 is already upon us, I am still filled with such appreciation for the season of giving we just witnessed. FiftyNorth's future looks so bright. Why? Because of you! I've said from the start that giving what you can to support FiftyNorth's operations will come right back

to benefit you through the programs, facilities, opportunities, and services we provide. There are so many creative ways to give to FiftyNorth, and in 2023, our members did it all and gave their all.

### The gift of your TREASURE.

Thank you for donating to FiftyNorth's 2023 Annual Fund Drive! Our goal to support operations was larger than ever before: \$110,000. Thanks to you, WE REACHED OUR GOAL! When we say we can't do all that we do without your support, we mean it. You make our robust programming possible with your donations. Thank you for supporting our mission so we can fulfill it for all of our members. This June, we launched the popcorn wagon restoration fundraiser, and you showed up for it! Right now, the wheels are being sandblasted, refurbished, and repainted to be ready to go for next season. Another significant way we receive financial support is from estate gifts to FiftyNorth. We are grateful to receive an annual contribution from the Pat Lamb and Ele Hansen Charitable Fund, which is managed by Northfield Shares. This year, Northfield Shares is interested in hearing from our members. How does FiftyNorth add value and purpose to your life? Share your thoughts in an email: [karijohnson@northfieldshares.org](mailto:karijohnson@northfieldshares.org).

### The gift of your TALENT.

There is no shortage of members benefiting others with their special talents. Our dedicated board members care deeply about the staff, functionality, impact, and sustainability of FiftyNorth. The fleet of treat bakers make our celebrations superior. A master of Excel spreadsheets and graphs is working on a data analysis project for the Finance committee. Even Santa Claus attended our holiday party to bring joy to other members! What are you really good at? FiftyNorth can always use your expertise.

### The gift of your THINGS.

FiftyNorth was recently the lucky recipient of a beautiful pool table from Rita Olson and Dr. Keith Olson. We are so grateful for this addition to our indoor activities, and to the

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Dinner  
& Magic  
Show

Wednesday,  
February 14  
6:00-8:00pm



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**DIRECTOR'S MESSAGE** – continued

City of Northfield for allowing us to place the pool table in NCRC's far link. Members can check out pool balls from the office, and pool cues are hanging on the wall just inside the northernmost double doors. In addition, several members brought us holiday decorations to spice up FiftyNorth this fall! Others donated their housewares and furniture down at the Used-a-Bit Shoppe to help FiftyNorth thrive.

**The gift of your TIME.**

Hundreds of FiftyNorth volunteers directly contribute to the well-being of our organization, programs, staff, and community. Pool monitors ensure that our members and guests safely enjoy the pool, hot tub, and sauna. Popcorn wagon volunteers actively connect with Northfield community members and visitors. Used-a-Bit Shoppe volunteers keep it running like a well-oiled machine to get as much on the shelves as possible. Group leaders streamline our recreational, card game, and music groups so our members can try new things or continue to do what they love.

However you chose to give to FiftyNorth in 2023, thank you for enabling FiftyNorth to continue to thrive. We are so happy to be here for you. Thank you for being here for us. Best wishes for a happy and healthy 2024!

Kerry

**In The FiftyNorth Gallery**

EXHIBIT: JANUARY 2 — MARCH 1, 2024

OPENING RECEPTION: JANUARY 11 — 4PM-5PM

**JULIE FAKLER – VISUAL ARTIST**

Julie Fakler is a fiscal year 2023 recipient of a Creative Support for Individuals grant from the Minnesota State Arts Board. This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

**BIO: 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 – ARTIST****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 holds a Master in Painting from Regis University, Denver, CO.

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 &amp; EVENTS

**MUSIC DURING LUNCH DAVID MILLER**

**Friday, January 19**  
**11:30**

Come and listen to David Miller's piano music during lunch on Friday, January 19 at 11:30am. David began piano lessons with his mom at five years old, and has been playing ever since! He plays a lot of different instruments, but piano is his favorite because it has a huge range of notes, you can play melody, accompaniment, and bass simultaneously, and it sounds great in such a variety of genres! There is also so much great repertoire for the piano due to long history of keyboard instruments.

**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

**THREE RIVERS COMMUNITY ACTION**  
**OLDER ADULT SERVICES SPECIALIST**  
**3rd Wednesday every month**  
**12:30-2:00pm**

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



**Wednesday, February 14**

**6:00-8:00pm**

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 6pm, with Magic at 7pm

**Pre-registration is required.**

**Menu**

- ★ 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
- ★ Cheesecake with a chocolate drizzled topping and strawberries.

**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.

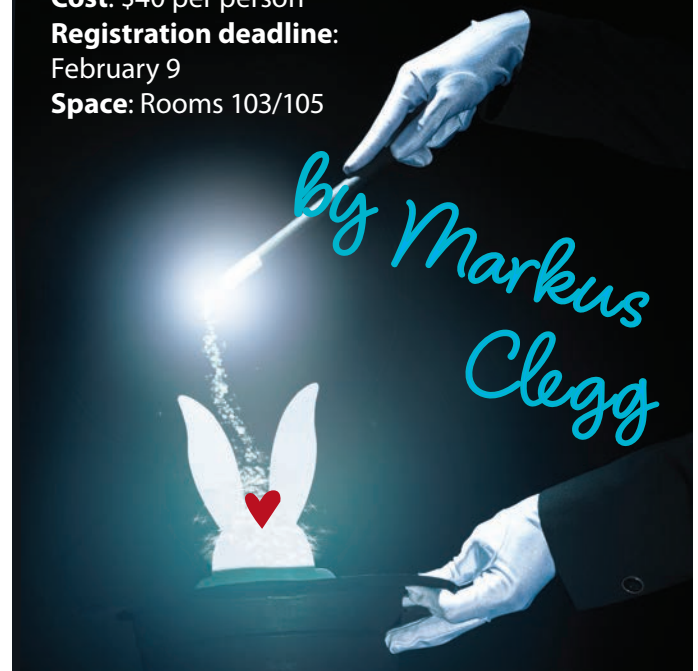
**Capacity:** 70

**Cost:** \$40 per person

**Registration deadline:**

February 9

**Space:** Rooms 103/105





### NUTRITIONAL COACHING

Develop personalized nutrition plans to improve your body chemistry, strengthen the immune system, restore energy, and increase quality of life. Noel

provides resources to develop personal understanding and knowledge of your body and in the food made to support your body and its functions.

In your first initial consultation Noel will dive into the history of your health and nutrition and help you understand the nutritional needs that your body personally may need. A package of 10 half hour sessions can be purchased after the first session to continue on with help from Noel to enhance your needs and nutritional goals.

**Please contact Noel directly to schedule your appointment. (651-323-8163)**

**Instructor:** Noel Aldrich

■ NUTRITIONAL COACHING INITIAL CONSULTATION  
**(1 hr) Initial Consultation Cost:** \$90 nonmbr, \$80 mbr

■ NUTRITIONAL COACHING FOLLOW UP  
CONSULTATION 1/2 HR

Available only after Initial Consultation

**½ Hour Session Cost:** \$45 nonmbr, \$40 mbr

**Package Cost:** (10 – ½ hr sessions)  
\$420 nonmbr, \$380 mbr



### REVERSING DIABETES (in-person)

**Mondays, January 15, 22, 29**

**2:00-3:15pm**

**OR**

### REVERSING DIABETES (ZOOM)

**Mondays, January 15, 22, 29**

**2:00-3:15pm**

Diabetes has become one of the leading causes of death in the United States. Diabetes results in a decrease in quality of life and increase in hospital expenses for millions of Americans. Diabetes was one of the underlying health issues associated with COVID hospitalizations in the most recent pandemic.

Back in 1960 only 1% of Americans was diagnosed with Type 2 Diabetes and now this is becoming a threat to all age groups from children to senior citizens.

The mechanism is known for how diabetes happens. There is no mystery to what steps need to be taken to bring diabetes under control and to reverse it. With the right information and support, you can experience increased quality of life and a reduction of medication. For those who are pre-diabetic, the right information can keep you free from medication. Join Dr. Noel Aldrich for a short series on Reversing Type 2 Diabetes. In these sessions, you will learn:  
(3 sessions)

- How your body handles sugar
- What happens when your body becomes insulin resistant
- A healthy way to control diabetes
- About foods essential for controlling blood sugar
- The consequences of insulin dependence
- Appropriate nutrition supplements to use

**Instructor:** Noel Aldrich

**Capacity:** 25

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

**Space:** 106 or online



**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

**Foot Care 101**



**FOOT CARE 101**  
**Wednesday, January 3**  
**9:00-11:00am**

Your feet are one of the most important structures of the body. The feet help with balance, coordination and everyday movements. Learn the anatomy and physiology of the human foot. Learn how to take care of your feet properly, and learn about the possible ailments that may occur to your feet as you age and how we can treat those ailments.

**Instructor:** Marcy Kramer  
**Capacity:** 20  
**Cost:** \$18 nonmbr, \$14 mbr, \$0 platinum  
**Space:** Room 106



**HEART HEALTH 101**  
**Wednesday, February 7**  
**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

# AQUA FITNESS

DECEMBER



**COLOR KEY:**

**GREEN:** Class

**GOLD:** Group Activity (Open Swim allowed)

**BLUE:** Open Swim

2023 AQUA FITNESS (updated July 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	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						OPEN SWIM
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						
5:00 PM		AQUA FUSION 5-5:45PM	OPEN SWIM	AQUA FUSION 5-5:45PM		
5:30 PM						
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:30 PM						
7:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
7:30 PM						

# VIRTUAL LAND BASED FITNESS CLASSES

DECEMBER



**INTENSITY KEY:**

**PINK** – High Intensity

**BLUE** – Mid-range

**PURPLE** - Gentle

2023 VIRTUAL LAND BASED FITNESS CLASSES (updated December)							
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 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)				
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)		YOGA BALANCE (1-2)		
1:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							

## 2023 IN-PERSON LAND BASED FITNESS CLASSES (updated November)

	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)	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			
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 (10:30-2:30)
11:00 AM						
11:30 AM					INTERMEDIATE GLOBAL LINE DANCING (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)	SOMATICS (1-2) Prerequisite: Intro to Somatics	
12:30 PM						
1:00 PM			LINE DANCING (1-2)			
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)	NORDIC WALKING GROUP (3:30-4:30)	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						



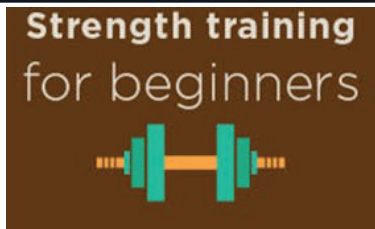
**INTENSITY KEY:**  
**PINK** – High Intensity  
**BLUE** – Mid-range  
**PURPLE** - Gentle  
**GOLD:** No Open Use



**YOGA FOR BEGINNERS**  
 (pre-registration required)  
**Wednesdays,**  
**January 3, 17, 24, 31**  
**2:15-3:15pm**  
**No class January 10**

Great Offering for those that have always wanted to try yoga. Yoga is the all-around best choice for a combination of strength, balance, flexibility and mindfulness. Join 200-hour certified yoga teacher, Ingrid Freeman, as she leads you through some of the most common yoga poses and breathing techniques currently used in yoga practices worldwide. This is a 4-week course. You will learn proper technique for poses frequently used and build the confidence to join in group yoga classes or do your own practice at home. Additional needs for the program: Wear comfortable clothing that you can stretch in...shoes are generally not worn during yoga.  
 (4 sessions)

**Instructor:** Ingrid Freeman  
**Capacity:** 8  
**Cost:** \$36 nonmbr, \$28 mbr, \$0 plus/platinum  
**Space:** Fitness Studio



**STRENGTH TRAINING FOR BEGINNERS**  
 (pre-registration required)  
**Wednesdays,**  
**January 3, 10, 17, 24**  
**8:30-9:30am**

Great Offering for those that have always wanted to start a strength training program. As you may have heard, strength training is one of the most important things you can do for yourself as you age. Join Certified Personal Trainer, Ingrid Freeman as she leads you through the most important strength training exercises, teaches you how to use hand weights or your own body weight to build strength, stamina, flexibility and stability. You will build a strength program that you will easily be able to do at home, practice performing the exercises correctly and learn how to log your progress.  
 (4 sessions)

**Instructor:** Ingrid Freeman  
**Capacity:** 5  
**Cost:** \$36 nonmbr, \$28 mbr, \$0 plus/platinum  
**Space:** 102

## ART CLASSES

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

Online: [FiftyNorth.org/classes](https://www.fiftynorth.org/classes)  
In Person: FiftyNorth front desk

**PORTRAIT OF YOUR PETS IN CLAY**

**Mondays, January 15, 22, 29**

**1:30-3:30pm**

Artist Julie Fakler will teach you step by step on how to create a portrait of your pet in clay. In class you'll learn about composition, carving clay, color, and under glazing. January 15th students will carve their pet portrait in a slab of clay. January 22nd students will glaze their pet portrait. January 29th students will have time to reflect on the class and will get to see everyone's finished pieces! Email your pet photo to [juliefakler@gmail.com](mailto:juliefakler@gmail.com) and Julie will print your photo on cardstock. Please email your photo to Julie by January 13th. Wear clothes to class that can get dirty. Materials provided. (3 sessions)

**Instructor:** Julie Fakler

**Capacity:** Minimum 5, Maximum 10

**Cost:** \$65 nonmbr, \$55 mbr, \$20 platinum

**Space:** 105

**Registration Deadline:** January 11, 2024

### Abstract Acrylic Series

**ABSTRACT ACRYLIC SERIES**

**Tuesday, January 16**

**1:00-4:00pm**

Come and learn a fun and quick technique for creating a series of abstract acrylic paintings. We'll use one sheet of watercolor paper divided into four separate sections using painter's tape. The goal is to loosen up and just move paint around so we'll forget that the tape is there and paint the entire sheet.

Anyone can participate in this class but it is part of the Echoes & Shadows Art & Poetry Collaboration project. Therefore, we'll spend time talking about basing an art piece on a poem and exploring how emotions are evoked by different colors and different brush techniques.

Once you've decided on your design, you'll choose a palette of three colors of acrylic paint. Stenciling in neutral colors will be added to provide contrast in the painting. Let the paint and marks fly and, when it feels complete, we'll remove the tape to reveal our four pieces.

This is a class for people of all skill levels. No experience is needed – just come prepared to play!

All materials provided.

**ECHOES & SHADOWS PARTICIPANTS:**  
Bring the poem you have chosen to illustrate

**Instructor:** Pat Jorstad

**Capacity:** 12

**Cost:** \$32 nonmbr, \$26 mbr, \$5 platinum

**Space:** room 102

**Registration deadline:** January 14

**IRIS FOLDING**

**Tuesday, January 23**

**1:00-3:00pm**

Iris folding is one of those techniques that looks complicated but is really very simple to master. If you know how to count, you know half the technique already! The rest is very easy to learn. Lightweight papers are used – origami paper, gift wrap, magazine pages, tissue paper. You can even recycle junk mail. Patterns direct you in folding your papers to create wonderful designs for use in art journaling, individual art pieces or cards. We'll learn iris folding by making valentines. But other patterns will be available so you can branch out and try some different designs. We'll provide supplies for you to complete up to 3 simple cards in the class and give you ideas to inspire you to embellish the cards and make many more at home. No experience with iris folding is necessary. Come and have fun!

\*PARTICIPANTS: Everything you need will be provided but, if you have the following paper arts tools, please bring: Small, portable paper cutters or guillotines Sharp small "fussy-cutting" scissors Lightweight valentine themed papers.

**Instructor:** Pat Jorstad & Lynn Margulies

**Capacity:** 12

**Cost:** \$25 nonmbr, \$20 mbr, \$5 platinum

**Space:** 102

**Registration deadline:** January 19



ART CLASSES *continued*



Photo credit: Spinnerknitter

**KNITTING A HAT**

**Wednesdays, February 7 & 14**  
**10:00-11:30am**

In February FiftyNorth will offer the second in a series of Learn to Knit classes. Let's knit a cozy hat! This class is for beginners who already know the knit stitch, and for those who need a refresher course. In the first session you will learn how to cast on and knit simple ribbing. In the second session you will finish the hat, complete with a pom-pom. Soft wool yarn and circular needles will be supplied. Then you will be ready for that windy February weather!

**Instructor:** Diane Pearsall  
**Capacity:** 10 maximum, 2 minimum  
**Cost:** \$50 nonmbr, \$45 mbr, \$25 platinum  
**Space:** Room 106  
**Registration deadline:** February 5

January Author Talk



Books will be available to purchase following the Author Talk.

**IRISH WEEDS – THOSE WHO SURVIVE**

**Wednesday, January 10**  
**10:30-11:30am**

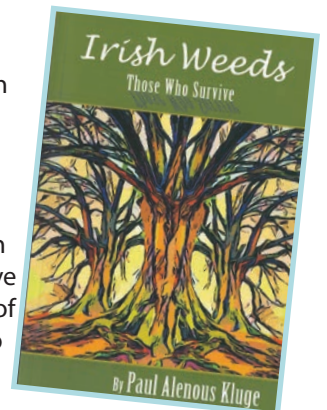
Paul Kluge brings home novel number two. His second historical fiction makes it a series he calls Vietnam Re-Visits. His first, *Weeds of War: Those Who Bled at Dien Bien Phu* portrays the unlikely partnering of sworn enemies: a French Foreign Legionnaire from Ireland, and a Viet Minh soldier proficient and female. When the French-Indochina War ends in 1954, Patrick and Thuy can be together, but not safely. Now seen as collaborators by both enemy flanks, their harrowing escape from Vietnam ends the novel but not the story.

This second novel, *Irish Weeds: Those Who Survive*, picks up mid-escape, with Patrick and Thuy trying to reach Northern Ireland, Patrick's home of origin. Security and peace seem assured there. Their journey is filled with challenges and people sure to resonate with lovers of history and bold characters. In family there is love, and also dysfunction. Race seems to invite unpleasant finger-pointing toward the biracial couple, and rumblings of the yet to be Troubles of Northern Ireland shake the vision of peace and security. The proposed answer to their dilemma comes as a surprise, yet it appears foolhardy to those of us who know of or remember a bit of recent history. Then again, our history is Patrick and Thuy's future.

NOTE: Friday, January 12th, Paul will begin teaching an 8-week course for the Cannon Valley Elder Collegium, *Vietnam History, Myths, and Misunderstandings*. [www.cvec.org](http://www.cvec.org)



The series becomes a trilogy as Kluge completes a third novel in 2024. It will conclude the story, and also serve as a degree of cleansing to the tainted myths of the American-Vietnam War and the generation tagged with being the first Americans to have lost a war. May factual revision of the Vietnam War bring peace to the troops.



**Presenter:** Paul Kluge  
**Capacity:** 25  
**Cost:** free  
**Space:** Room 103

## LIFE LONG LEARNING CLASSES

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

Online: [FiftyNorth.org/classes](https://FiftyNorth.org/classes)  
In Person: FiftyNorth front desk



### CPR & First Aid Training Class

#### CPR AND FIRST AID

Tuesday, January 9

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

**Space:** room 106



#### SELF DEFENSE

Tuesdays, January 9, 16, 23, 30,

February 6, 13, 20, 27

4:30-5:30pm

The program focuses on the physical and technical aspects for conflict resolution, which includes skills/techniques such as blocking, striking, kicking, throwing, joint manipulation and grappling. This is a practical course designed for students with little or no experience in martial arts or self-defense to learn the basic necessary skills to protect themselves and their loved ones if ever needed. Wear comfortable clothing or workout clothes.

(8 sessions)

**Instructor:** Sebastian Bursat

**Capacity:** 4 minimum, 12 maximum

**Cost:** \$65 nonmbr, \$60 mbr, \$0 platinum

**Space:** Fitness Studio

**Registration deadline:** January 8, 2024



#### THE PERFECT PORTION PLATE AND MORE

Tuesday, January 16

2:00-4:00pm

A cooking class that will help you prepare healthy, tasty meals that can be adapted to gluten free. This class is about prepping foods that make meal preparation fast and delicious. You will receive a

cookbook with recipes and a fused glass (5" X 5") portion control plate. Geralyn will teach some of the recipes in class for you to try.

**Instructor:** Geralyn Thelen

**Capacity:** 15 maximum, 6 minimum

**Cost:** \$68 nonmbr, \$64 mbr, \$40 platinum

**Space:** 105

**Registration deadline:** January 12



Citizens' Climate Lobby

#### SAVE MONEY AND HELP SAVE THE PLANET, TOO!

Wednesday, January 24

10:30-12:00pm

Have you heard of the Inflation Reduction Act (IRA), passed by Congress in 2022? Did you know that the IRA can help you pay for home improvements and appliances that will make your home more efficient and more comfortable? Please join us at FiftyNorth to learn how you can save energy and money, and help preserve a livable planet.

We'll discuss the benefits available through the IRA for home electrification. These include tax credits and rebates, some quite large. The presenters are leaders of Citizens' Climate Lobby's Northfield chapter. They will also describe what they do and invite anyone interested to help. Citizens' Climate Lobby is a non-profit, nonpartisan grassroots group that advocates for climate change solutions.

**Presenters:** Alan Anderson, Janet Petri, and Howard White

**Capacity:** 25

**Cost:** Free

**Space:** Room 103

**LIFE LONG LEARNING** *continued*



**Hiking the Olle Trail  
on Jeju Island,  
South Korea**



**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 Jesu Island ... or anywhere in between! 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](mailto:patty.ciernia@fiftynorth.org)



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**

**Monday, January 8, 2024  
9:00-1:00pm**

**■ AARP 8-HOUR SMART DRIVING CLASS**

**Saturday, January 13, 2024  
8:00-4:00pm**

**THIS IS THE 8-HOUR COURSE FOR FIRST-TIMERS.**

**\*Bring a bag lunch**

**■ AARP SMART DRIVING 4-HOUR  
REFRESHER COURSE**

**Friday, February 9, 2024  
9:00-1:00pm**

**■ AARP SMART DRIVING 4-HOUR  
REFRESHER COURSE**

**Wednesday, March 13, 2024  
9:00-1:00pm**

# Snapshots from December

## JANUARY VOLUNTEER SPOTLIGHT



MEET CHRIS & JOHN POGUE

CHRIS AND JOHN POGUE always go above and beyond to help us out at FiftyNorth. They see a need and tackle it. They mentor, decorate, vacuum, pick up stray bingo chips... We are grateful to have this humble and kind couple on our team of volunteers. Please read below the volunteer experiences they enjoy.



We really don't see ourselves as volunteers in the true sense of the word. We have signed up to be Story Partners with St. Olaf social work students for three years and to help with set up for certain events. But most of the time, we have just pitched in when needed to assist staff and instructors (who we think are great!) by helping set up chairs for exercise classes, cleaning up and putting things away after programs and other events, delivering the pickleball roster to the center, etc. We try to encourage others to check out FiftyNorth to take advantage of the wide variety of programs and activities available and enjoy the camaraderie!



Thank you to everyone who helped support our elementary youth by providing warm hats and mittens to the Mitten Tree. They were delivered on Dec. 21 and received by very grateful teachers.



Eclectic Strummers & Singers



FiftyNorth Band Holiday performance



CORONA NO MAS



Chime Choir Holiday performance



Seasoned Singers Holiday performance



Needle-felted Gnomes



Krumkake Making Class

TRAVEL GROUP



**Como Zoo and Conservatory & The UM Raptor Center**



**TRIP - COMO ZOO AND CONSERVATORY & THE U OF M RAPTOR CENTER**  
**Wednesday, January 17**  
**10:00-4:30pm**

Our first stop will be a beautiful walk through to the Como Park Zoo and Conservatory to enjoy the amazing animals and gorgeous flowers in the warmth of their facilities in the dead of winter. Wheel chairs and scooters are available for rent. We might even get to see Sparky the Seal at his best.

In keeping with that spectacular animal theme, our next stop will be just down the road to the U of MN Raptor Center. (Is their motto really, "Get a Grip"? Just kidding.) A project of the School of Veterinary Medicine, the Center is a Minnesota original that has been copied throughout the world.

When injured raptors are found, they are brought to the Center so that veterinary students are able to practice mending their broken bones and nursing them back to health. During the recovery period, the birds are on display for the public to see. (That's us.) And, of course, once they are healthy, a date is set when the birds are released back into the wild. Perhaps you have seen some of those releases on the evening news.

We will have our own 45-minute "group program" and tour that will feature a visit with three raptors, "up close and personal", including a bald eagle. (Part of the visit will be outdoors, so dress warmly.)

We will end with a late lunch (on your own) at Café Latte on Grand Avenue.

**Trip Leader:** Bob Sullivan  
**Capacity:** 30  
**Cost:** \$60  
**Registration deadline:** January 3



**TRIP - LEARNING HISTORY IN RED WING**  
**Thursday, January 25**  
**9:00-4:00pm**

To start the new year we will travel to our neighboring city of Red Wing, Minnesota. The visit will be to see four of their historic places and will start at "Tower View" also known as "The Anderson Center of the Arts". It has been a farm since the mid 1800's and also a research lab connected to Quaker Oats and has 3 art galleries which feature visiting artists and even have some art from Modern Masters.

Next on the list is lunch at Liberty's restaurant. They have a large menu and have been in business almost 50 years.

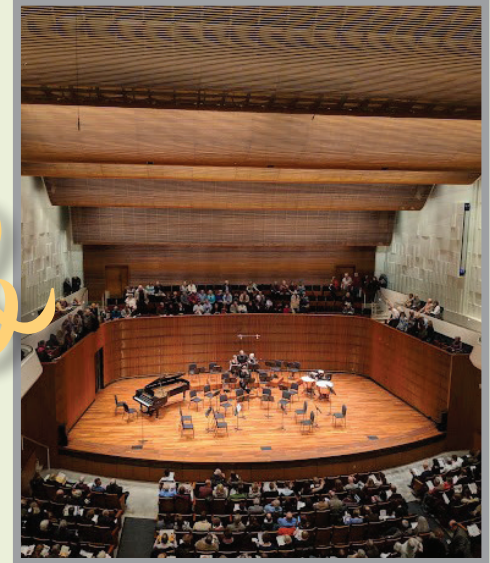


The third stop is a short walk to the Red Wing Shoe Company and their museum. Enjoy a self-guided tour of stories, pictures and displays about the famous shoes they make.

Our last stop is the Red Wing Pottery Museum Showroom and store. I'm sure most of us have had at least one item of this company's craft in our lifetime.

**Trip Leader:** Carol Nelson  
**Capacity:** 20  
**Cost:** \$60. The cost of lunch is on your own.  
**Registration deadline:** January 11

## TRAVEL GROUP



### TRIP - ST. PAUL CHAMBER ORCHESTRA & THE BELL MUSEUM

Friday, February 9

9:30-5:15pm

Beethoven's masterpiece, the Violin Concerto in D, performed by Russian-born Alina Ibragimova, making her debut with one of the world's finest chamber orchestras, our beloved St. Paul Chamber Orchestra. You can't beat that. Also on the program: Jean Sibelius, Romance in C Major and Arnold Schoenberg, Chamber Symphony No. 2.

There will be a "snack basket" available on the bus for those travelers that need a little something to eat mid-day before arriving at the Bell Museum.

But that is just the first stop. Following the concert, we will visit our new and expanded Bell Museum to enjoy an inspiring program in their planetarium on the "Forest" which features, "... members of the Minnesota Orchestra, (and) illuminates the creation of the Stradivarius violin. Beginning in the forests of Italy and concluding in a concert hall, this story illustrates the intimate connections between sound and nature, throughout time and space."

So, you are at the Bell. Does that ring any in the back of your mind? Perhaps you remember a long time ago (in a galaxy ....no I won't go there) a museum of stuffed animals

at the U of MN. Perhaps your Mom or Dad took you there. (Mine did.)

The Bell is now "Minnesota's Official Natural History Museum". It still features those spectacular "nature dioramas" but now includes a touch and see lab, virtual programs, and a number of special exhibits. So, prior to and immediately after the planetarium show, you'll also have time to tour the facility on your own. (The diorama with the Timberwolves on the north shore is still there.)

And then on the way home, just to keep that Russian thing going, we'll be having a post-concert dinner at Moscow on the Hill, considered by many to be the finest Russian restaurant in the Twin Cities. A bowl of borscht anyone? Maybe not. I'll settle for the stroganoff. The cost of dinner is on your own.

**Trip Leader:** Bob Sullivan

**Capacity:** 25

**Cost:** \$101

**Registration Deadline:** January 9



**SAVE THE DATE**  
Guthrie Theater  
Wednesday, July 10,  
2024

*A Frightfully Funny  
Musical "Little Shop  
of Horrors"*



### 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

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

**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**



**BINGO BONANZA!!!**

**MONDAY, January 22 • 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!**

**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 for ten weeks, beginning January 12.**

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](mailto:patty.ciernia@fiftynorth.org)

**\$1 group fee applies**

**ROCK TALK**

Meeting each month on the 2nd Mondays  
10:00-11:30am (January 8)

**NEW GROUP**



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

## BOOK GROUP



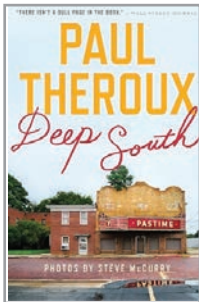
The Book Club meets the 2nd Friday of the month at 10:30. May participate via Zoom. Questions: call Katherine Collman at (507) 645-1357.

### JANUARY 2024

#### DEEP SOUTH: FOUR SEASONS ON BACK ROADS

by Paul Theroux

Paul Theroux has spent the past fifty years roaming the globe, describing his encounters with remote people and far-flung places in ten best-selling travel books. Now, for the first time, he explores a part of America—the Deep South. Setting out on a winding road trip, Theroux discovers a region of architectural and artistic wonders, incomparable music, mouth-watering cuisine—and also some of the worst schools, medical care, housing, and unemployment rates in the nation. Yet, no matter where he goes, Theroux meets the unsung heroes of the South, the people who, despite it all, never left, and also those who found their way home and devoted their lives to rebuilding a place they could never live without.



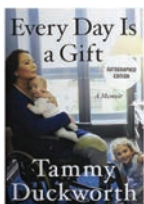
### FEBRUARY 2024

#### 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 2024

#### EVERY DAY IS A GIFT: A MEMOIR

by Tammy Duckworth

## FRIDAY MOVIE GROUP

MOVIES START AT 1:00PM

\$1 group fee applies

### 2024 JANUARY MOVIES

ROOM  
103



### JANUARY 5

#### OPPENHEIMER

(2023) History 181 mins.

Oppenheimer thrusts audiences into the mind of physicist J. Robert Oppenheimer (Cillian Murphy), whose landmark work on the Manhattan Project created the first atomic bomb. An unprecedented cinematic event, Oppenheimer features an all-star cast that includes Emily Blunt, Matt Damon, Robert Downey Jr., Florence Pugh, Josh Hartnett, and Casey Affleck. Written and directed by Christopher Nolan.



### JANUARY 12

#### BOOK CLUB

(2018) Comedy 103 mins.

Four lifelong friends' lives are turned upside down to hilarious ends when their book club attempts to shake things up by tackling the infamous Fifty Shades of Grey. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter. Stars Diane Keaton, Jane Fonda, Candice Bergen, Andy Garcia, Don Johnson, Craig T Nelson, and Richard Dryfuss.



### JANUARY 19

#### BOOK CLUB THE NEXT CHAPTER

(2023) 107 mins.

The highly anticipated sequel follows our four best friends as they take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-life-time cross-country adventure.

### JANUARY 26

#### HOW THE WEST WAS WON

(1962) History 164 mins.

Setting off on a journey to the west in the 1830s, the Prescott family run into a man named Linus (James Stewart), who helps them fight off a pack of thieves. Linus then marries daughter Eve Prescott (Carroll Baker), and 30 years later goes off to fight in the Civil War with their son, with bloody results. Eve's sister, Lily (Debbie Reynolds), heads further west and has adventures with a professional gambler (Gregory Peck), stretching all the way to San Francisco and into the 1880s.







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



**Tax-Aide**

**AARP volunteers provide at FiftyNorth free tax preparation of personal income tax and property tax (homeowners and renters) forms for 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 22nd for Tuesday and Thursday appointments from February 6th thru April 11th. Please arrive **15 minutes** prior to your first appointment with your completed Intake/Interview packet which will be available at the Receptionist Desk beginning January 22nd. The packet will NOT be mailed out. The appointment date for filing only the homeowner Property Tax refund will be Wednesday, April 17th. . (That appointment can be made beginning January 22nd also if the income tax appointment you make is for March 19th or before.) Only taxpayers who file their income tax returns by AARP volunteers 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.**
- **No part-time MN residents. (Full time MN residents only.)**
- **Patronage dividends (Form 1099-PATR – Co-op Distributions) sometimes are out-of-scope BUT are usually in-scope – call the front desk receptionist and ask to be transferred to the tax room to determine.**

**1. First appointment (Tuesday)** – arrive 15 minutes early. This appointment is scheduled for 45 minutes.

- 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. Tax 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 (Thursday)** – arrive 15 minutes early. This appointment is scheduled for 20 minutes.

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 30 minutes before your first appointment to complete before your appointment.

## NOVEMBER 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 October 31: 2,066

# Welcome!

Karen Achberger  
Richard & Wendy Allen  
David & Joey Appleyard  
Nancy Ashmore & Kenneth  
Wedding  
Bernard & Mary Auge  
Lois Bakko  
Roxanne Baumann  
Peter Beck  
Sherry Behrens  
Rose Berthelsen  
Charles Black & Barbara Bofenkamp  
Diane Boyum  
George & Catherine Brophy  
Judy Broske  
Gene & Darlene Broughton  
Warren & Karen Broughton  
Judeen Brown  
Mary Brown  
Bob & Lin Bruce  
Madonna Budin  
Heather Candels  
Jim & Judy Cederberg  
Bernice Christensen  
Evonne Clay  
Linda Collette  
Eileen Cooper  
Linda Davis  
Richard DeBeau & Doris Welke  
Neil & Marilyn Deden  
Gary & Connie DeGrote  
John & Nancy Dennis  
Patsy Dew  
Winnie Drentlaw  
JoAnn Edwardsen  
Chris Ellison  
Carol Emery  
Beth Endert  
Joyce Francis  
Stephanie Frey  
Karen Gervais  
Marie Gery  
Mac & Jacquelyn Gimse  
Leota Goodney  
Becky Boling & Doug Green  
Bonnie Gretz  
Dennis Grinde  
Kevin Groebner & Sue Harvey  
Delores Gustafson  
Helene Haapala

Erling & Connie Halverson  
Liz Hankins  
Charles & Anita Hellie  
Reid & Gail Hendershot  
Kerry Hjelmgren  
Mary Ho  
Richard & Donna Jackson  
Georgene Johnson  
Gerald Johnson  
Sam & Patricia Johnson  
Ruth Johnson-Wirth  
Steve & Ann Jorstad  
Patricia Jorstad  
Kenneth & Patricia Kangas  
Alice Kevern  
Vinay Khanna  
Joni Kilde  
Kenneth & Marlena Kirton  
Gayle Klauser  
Dick & JoAnn Kleber  
James Knezz  
Vernon & Joan Koester  
Pam Koester  
Arlys Kreis  
Douglas & Patricia Kriesel  
Gary & Arlene Kruse  
Myron Lanoue  
Larry & Ann Larson  
Carol Lawrence  
Naurine Lennox  
Tom & Nancy Loesch  
Charlene Lucken  
Kevin & Monica Lynch  
John Dedzej & Wendy Manuel  
Ted Suss & Janet Marti  
Janet Mathews  
Richard & Donna Maus  
Donna & Jim May  
Anne Mayer  
James & Angie Mayr  
Brynda McCoy  
Mike & Ann McGovern  
Rebecca McMullen  
Elaine Meyers  
Todd & Sue Middleton  
Diane Miller  
Janet Mitchell  
Joyce Mokoff  
Neil Lutsky & Irene Montenegro  
Julie Morton

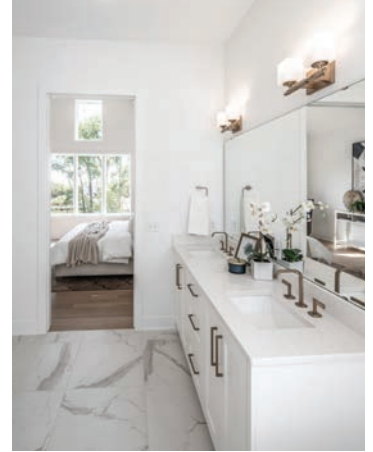
Eric & Riki Nelson  
Bill & Pat Nelson  
Sue Norsted  
Robert & Sandra Nyvall  
Deb Olien  
Elizabeth Olson  
Kenneth Lee & Donald  
Onsgard  
Dorothy Palmquist Parker  
Joan Paulson  
Roberta Persons  
Bernice Pulju  
Wendell Refior & Marla  
Welsford  
Ramona Revne  
Carol Rutz  
Marie Frederickson &  
John Schnorr  
Peggy Sell  
Mark & Patty Shaw  
Beth Sherwin  
Brenda Sielaff  
Stephen & Nancy Silcox  
John Simek  
Corinne Simonson  
Donald & Corrine  
Slaughter  
Dan & Linda Stadler  
Linda Stanton  
Kenneth & Sharon  
Steinhouse  
Sharon Stoeck  
Craig Swenson  
Curt Swenson  
Allan & Nancy Swenson  
Dale & Rose Turnacliff  
Anne Ulmer  
Dan Underwood  
Robert & Donna  
Vanderhoof  
Linda Wagenbach  
Patricia Warner  
Lowell Miller & Kathy  
Wiertsema-Miller  
Michael & Letti Zenner

### NOVEMBER NEW MEMBERS

David Becker,  
Janet Boucher,  
Mary Carey,  
Maria Cashman,  
Cecelia A Condit,  
S Courtenay DelMoral,  
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## STAFF DIRECTORY

### **Director:**

Kerry Hjelmgren  
507-664-3701 | [kerry.hjelmgren@fiftynorth.org](mailto:kerry.hjelmgren@fiftynorth.org)

### **Assistant Director/Fitness Coordinator:**

Craig Swenson  
507-664-3702 | [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org)

### **Administration Manager:**

Elaine Meyers  
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### **Program Coordinator: Lifelong Learning/ Community Outreach**

Patty Ciernia  
507-664-3709 | [patty.ciernia@fiftynorth.org](mailto: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](mailto:dolores.kornkven@fiftynorth.org)

### **Used-A-Bit Shoppe Assistant Manager:**

Deb Olien  
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### **Bookkeeper:**

Kathy Bjerke  
507-664-3700 | [kathy.bjerke@fiftynorth.org](mailto: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



### **Pool Hours:**

Monday–Friday: 6am–8pm  
Saturday: 7am–4pm  
Sunday: Closed



### **Little Frida Cafe & Taco Shop:**

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