



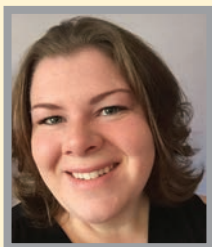
FiftyNorth Report

JANUARY 2023
Where Active Adults Gather.

By Kerry Hjelmgren, Director



— SHARE YOUR DOUGH WITH FIFTYNORTH — *Join our Annual Fund Drive!*



Greetings from FiftyNorth's resident Gingerbread Girl! Through the end of December, be on the lookout for me in my costume trying out our many activities at FiftyNorth. I hope it brings some joy to your day!

At FiftyNorth, we are committed to enhancing your health by offering a multitude of activities, classes, programs, and opportunities for enrichment that nourish your mind, body, and spirit. Each year, we ask you to donate to FiftyNorth so that we can continue to be a partner in improving and maintaining your health and well-being.

OUR ANNUAL FUND DRIVE GOAL IS \$100,000.

We are facing significant financial challenges:

- Memberships are key to our financial stability. While memberships have gradually continued to rise, we have not reached our pre-pandemic membership level of almost 2,000 members. Currently, we have 1,694 members – 100 more than this time last year!
- The need for scholarships has increased by 67% since 2021. So far in 2022, we've granted \$48,906 in membership scholarships to ensure that anyone over 50 has access to our activities, classes, and resources.
- High-quality programming and highly-skilled instructors come at a higher cost. We will strive to continue offering the variety of programming that you enjoy by excellent instructors at the Center and on Zoom!
- Frequent maintenance of our space and equipment is essential. We work around the clock to ensure that the building, fitness equipment and machines, patio, pool, and classrooms are fully functional, safe, clean, and accessible for you.

By contributing to FiftyNorth, you are investing in your health, well-being, and growth, as well as that of your fellow members and our greater community. Your contribution is needed now more than ever! Every dollar you give will help sustain our operations – no amount is too small. Donate online today at <https://fiftynorth.org/donate/>.

Contributions made in December to support 2023 operations are tax-deductible for 2022. You can choose to make a one-time donation or become a sustaining donor by giving monthly. Your donation is vital to FiftyNorth's programs and operations, and critical to our survival and success.

Kerry

PLEASE RISE TO THE OCCASION WITH A DONATION! Thank you for your support!

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Donate now!

Scan with your smartphone!



Time to renew your membership!



IN THE GALLERY

DAN ROGNESS – PHOTOGRAPHY

SYLVIA LANGWORTHY – HAND CRAFTED GNOMES

JANUARY 9 - MARCH 3

ARTIST'S RECEPTION

THURSDAY, JANUARY 12, 4-5PM.

Gallery receptions offer a unique opportunity to talk with the artists to learn about their process and inspirations while enjoying a light spread of hors d'oeuvres, and accompanied by laid-back, live acoustic music by Greg Smith. So much fun — please join us!

BIO – Dan Rogness



Upon his recent retirement, Dan recently moved back to Northfield with his wife after living and working here 30-some years ago. His favorite hobby is photography. His photos have been published in Capture Minnesota, various calendars and brochures, and even on a column at the new Barn Bluff Regional Park entry plaza in Red Wing. Two of Dan's photos are currently on display at City Hall



BIO –Sylvia Langworthy



The original pattern was found late summer at the Northfield Yarn Shop. I began knitting... after about 10 Gnomes I realized they were bearded males. Being an Uppity Woman...I needed equal representation! THE PROBLEM was solved when My friend Deb suggested no beards add braids. (Ala Gnome book) Thence to Nissan and Trolls via Edna Hong's beloved Snippen and d'Aulaire and John Bauer's Trolls. The results are on view here...more are emerging from my ever fertile...too much fertilized mind! ENJOY!

↑ Sylvia's Gnomes are on display in the glass cabinets in the Gallery.

MEMBERS WAYS TO STAY INFORMED



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

Bi-monthly Eblast

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

Monthly Newsletter

Pick up a copy at FiftyNorth, sign up to receive them by email, view them on the website, or receive them by mail.

Check in at FiftyNorth!

See you soon.

MEMBER NEWS



**LITTLE FRIDA CAFÉ
WILL BE CLOSED ON
JANUARY 2, 2023.**

**Menu changes starting in
January at Little Frida café:**

Monday through Thursday Daily Specials will be the option of tacos, enchiladas, taco salad or quesadillas.
Fridays will be American fare.



SHARE A FAVORITE STORY ABOUT NORTHFIELD:

**Tuesday, January 10 a 10:00am
In the Lobby at FiftyNorth**

City of Northfield staff and the Northfield Brand Advisory Committee are meeting with community members about development of a new brand! We want to know Northfield stories and what matters – what is unique about Northfield that community members, businesses, educators, and visitors sets Northfield apart from other cities? We look forward to hearing your comments and stories!



FABRIC DONATIONS FOR BOOMERANG BAGS

Do you have extra fabric? If so, please consider donating it during the months of January and February. In March we will schedule some times for volunteers to cut or rip the fabric and create 'take-n-sew' Boomerang Bag kits. Boomerang kits have all the parts including labels for 3 bags. Completed kits can be set out for volunteer sewers from FiftyNorth and the Library.

There is box labeled "Boomerang Bag fabric donations" outside the main office. Thank you!!!

LIVE MUSIC DURING LUNCH



■ **TUESDAY, JANUARY 17TH -
Elinor Niemisto**

Elinor Niemisto will be playing her harp during lunch on Tuesday, January 17th from 11:30 - 12:30.

Elinor Niemisto is a long-time resident of Northfield, harp teacher and performer. She is currently harp instructor at Carleton College and principal harpist of the Rochester Symphony.

■ **MONDAY, JANUARY 30TH -
David Miller and Phil Peterson**

Music during lunch on Monday, January 30th from 11:30 - 12:30

David Miller and Phil Peterson will be providing music during lunch on Monday, January 30th from 11:30 - 12:30. They will sing, play piano, guitar, and euphonium. Come and listen to this talented duo while enjoying lunch.



**UKULELE ORCHESTRA
& ASSORTED STRINGS**

Hello Budding Musicians,
Have you always wished that you could play an instrument and sing and make a million dollars? I am offering you a chance to make a million dollars worth of fun and memories while laughing with others who want to make music together.

The Fifty-North Ukulele Group (and associated strings) has many openings in our roster, with spots available for people who received a ukulele as a gag present many years ago, and just never got around to playing it. We also have spots for people who wonder why ukulele players always smile when they play the ukulele (you can learn the secret). If you can 'sort of' play a guitar or banjo or bass or mandolin or fiddle or harmonica or kazoo and want to improve your musical abilities, we can find an opening just for you.

Please contact me:
Bob Waldron
952-652-3000 (home)
612-413-7598 (cell)
BobAndIleen@gmail.com

MEMBER NEWS continued from p. 3



FiftyNorth

Help guide the decisions ...

FIFTYNORTH BOARD OF DIRECTORS

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

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



Please Help!

**MEMBERSHIP
RENEWALS
NEEDED NOW!**

We currently have over 1200 members that are insurance-based members whose FiftyNorth memberships will expire on December 31. We always have a huge drop in membership numbers every January because many of you don't renew right away. Please renew your memberships now for 2023 even if you are away for the winter!

If you have no insurance changes and a fitness basic membership with no fee, it only takes about 1 minute; if you have changes, it may take a couple of minutes. Please help by renewing now.

Please contact me with any questions, or to renew by phone.
507-664-3703



Thank you,
Elaine Meyers, Administration Manager
elaine.meyers@fiftynorth.org

ART CLASSES



Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk

CREATIVITY CLASS SESSION 1: HOW DO THEY THINK THIS STUFF UP?

Thursday, January 5

10:00-11:00am

Why are people in the United States more creative than in many other countries? Is it something in the water? In the schools? You'd be surprised to learn that you got a big dose of it, yourself! Come and hear why you're smarter than a fifth grader in other countries, that is. And how to make it work for you.

Instructor: Peggy Sheldon

Capacity: Max 12, Min 3

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

Space: room 102



TAKE JUST ONE OR SIGN UP FOR MORE:

Creativity Class Session 2: What's the big idea?

Thursday, January 12 - 10:00-11:00am

Creativity Class Session 3: Now there's a thought!

Thursday, January 19 - 10:00-11:00am

Creativity Class Session 4: Wanna come out and play?

Thursday, January 26 - 10:00-11:00am



PEGGY SHELDON'S BIO

Peggy Sheldon says she's 73 going on 12, because she loves to play and imagine "what if...?" She has taught Creativity for 25 years, and established the U.S. Academic Triathlon to help Middle Years students become more creative—and have fun doing it! Over 1,100 students each year used her games to experience the joy of creative thinking.

Now she's bringing these fun days of play to FiftyNorth. Drop in and engage your ideas, just for the fun of it.



FUSED GLASS - LET IT SNOW SNOWFLAKE PLATE

Tuesday, January 10

10:00-11:30am

In this class you will get to create your own 5-inch square snowflake fused glass plate. This plate is good for spoon rest on your stove, jewelry by your sink or dresser or soap dish.

Instructor: Geralyn Thelen

Capacity: 10

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

Space: 102

ART CLASSES continued from p.4**SAORI WEAVING****Wednesday, January 18****10:00-12:00pm**

If you have ever wanted to try weaving here is your chance. The looms will be warped and ready for YOU to play with color and texture or simply select one yarn to use throughout the piece, your choice! Remember, no mistakes, just unanticipated design elements!

After a brief demonstration you will be free to weave and will go home with your finished piece. Materials provided.

Instructor: Kathy Anderson**Capacity:** 4**Cost:** \$45 nonmbr, \$35 mbr, \$15 platinum**Space:** Room 102

KATHY ANDERSON'S BIO

Exploring a variety of art mediums after retirement I signed up for a Saori weaving class. And about 3" into my first piece it was clear, THIS was it! I loved seeing the colors and textures emerge and the Saori philosophy of weaving without intention, no mistakes, no rules, and just weave from the heart spoke to me. Thirteen years and shelves (and shelves) of yarn later I still love experimenting with the color and texture of fiber, experiencing the flow of passing one yarn over and under another and most often delighting in the result!

ABSTRACT LANDSCAPE COLLAGE**Tuesday, January 24****9:00-12:00pm**

In this class, you'll create an abstract landscape (12" by 12") combining collage with acrylics. Search through your art, craft or sewing stash for things to use in your piece. It can be papers, fabrics, fibers, ribbons, buttons – anything that catches your eye and makes you smile. For inspiration, browse through magazines or on Pinterest noticing images that make you pause. Make a note of what attracts you. Is it the color, the texture, the subject, the mood? We'll try to capture that in our collages.

Your choice of design, color palette and use of textures all combine to help you discover your "creative fingerprint" or further develop your style. This class doesn't force you to go outside your comfort zone, it allows you to discover what comes naturally to you.

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

PLEASE BRING:

Your inspiration pieces: papers (vintage book and music, painted, tissue, cardboard, etc.) fabric scraps, fibers, ribbons, threads, buttons, tea bags, paper doilies, lace, feathers, etc. If you took the September class, please bring the Stabilo All pencil.

We won't be getting too messy but an apron is always handy.

Other materials provided.

Instructor: Pat Jorstad**Capacity:** 10**Cost:** \$35 nonmbr, \$25 mbr, \$15 plat**Space:** 102

Note: This is the same technique used in the mini abstract landscape class offered last September. But this time you'll make one larger piece.

Note: The earlier class is not a prerequisite.

ART CLASSES ... continued



GNOMES, TROLLS, NISSEN & TOMTENS, OH MY!

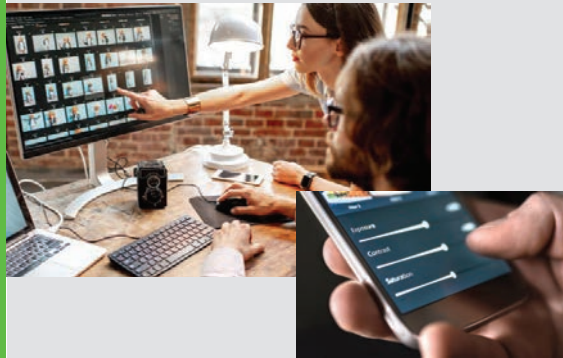
Wednesday, January 25
10:00-11:00am

This presentation will introduce you to these folklore figures. You will discover where they come from, where they work and play, their relationship with humans, their differences and similarities and their appearances in literature.

Presenter: Sylvia Langworthy

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

Space: 102



BASIC PHOTOGRAPHY SHOOTING AND EDITING TIPS

Wednesday, February 1
10:00-11:00am

You will learn some basic tips on how to take better photographs using your camera or cell phone, including composition, lighting, etc. You will also learn some basic editing skills that can be done on your cell phone, or on a computer using a digital camera. Please bring some of your own photographs that can be critiqued during the class.

Instructor: Dan Rogness

Capacity: 10

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

Space: 102

WELLNESS CLASSES

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk



HELPFUL HEALTH HINTS

Mondays & Wednesdays

January 2, 4, 9, 11, 16, 18, 23, 25, 30, February 1, 6, 8, 13, 15, 20, 22, 27
11:30-12:30pm

Improve your workouts and your healthy lifestyle with Nationally Certified Personal Trainer, Rebecca Gummow. Rebecca will key on a new subject each week for 8 weeks. Each week will help increase your workouts, your lifestyle and daily habits to help you increase your strength, flexibility, balance, coordination and cardiovascular endurance. (17 sessions)

Instructor: Rebecca Gummow

Capacity: 12

Cost: \$153 nonmbr, \$119 mbr, \$0 platinum

Space: Room 103



AGING AND FALLS CONVERSATION

AGING AND FALLS CONVERSATION

Tuesday, January 3

10:00-11:00am

As we get older falls eventually happen. Come discuss the tips of the trade that a certified Occupational Therapist has learned over the years to help prevent falls in your own home such as correct footwear, feet strengthening and awareness of your surroundings.

Instructor: Nancy Carriel

Capacity: 15

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

Space: Room 104

WELLNESS CLASSES ... continued



MEDITATION
Wednesdays
January 4, 11, 18, 25,
February 1, 8, 15, 22
10:30-11:15am

Learn ways to meditate to help lower stress, clear negativity from the mind and increase self-awareness, focusing on the moment to help increase creativity, patience, and tolerance.
 (8 sessions)

Instructor: Laurel Carrington
Capacity: 15
Cost: \$72 nonmbr, \$56 mbr, \$0 platinum
Space: Room 106

FITNESS CLASSES

Please pre-register for all classes:
By Phone: 507-664-3700
Online: www.FiftyNorth.org/learn/class
In Person: *FiftyNorth* front desk

Mind, Body,

& Movement, Music

Community

ENLIVEN MOVEMENT
Tuesdays, January 17, 24, 31,
February 7, 14, 21, 28,
March 7
4:00-5:00pm

Bring your sense of curiosity and playfulness as we join together to explore the connection of the body and the mind through gentle movement, music and community. You are likely to experience more ease, less stress and a greater sense of aliveness by participating in Enliven Movement.
 (8 sessions)

Instructor: Susan Dunhaupt
Capacity: 10
Cost: \$72 nonmbr, \$56 mbr, \$0 plus/platinum
Space: Fitness Studio

FITNESS CLASSES



SOMATICS / PILATES MOVEMENT CLASS
Fridays, January 6, 13, 20, 27, February 3, 10, 17, 24
1:00-2:30pm

In this class you'll learn basic somatic exercises to relax tension holding patterns throughout the body, and prepare you for Pilates exercises designed to strengthen and tone. When muscles are tense it's not possible to tone or strengthen them - they're already too tight! With relaxed muscles, you will find the Pilates exercises fun, effective, and enjoyable. We'll work with all the major and support muscle groups to relax and tone arms, legs, belly, back, shoulders, and neck while improving posture, stamina and your overall sense of well-being.
 (8 sessions)

Instructor: Cheryl Ramette- Certified Somatic Educator and Stott Pilates Instructor
Capacity: 15
Cost: \$72 nonmbr, \$56 mbr, \$0 plus/platinum
Space: Fitness Studio

SUSAN DUNHAUPT BIO



Susan has been a psychotherapist in the area for over 25 years. After many years of training and certification as a Rosen Method Bodywork practitioner, she opened her own business about eight years ago in downtown Northfield (ENLIVEN! Bodywork and Counseling). After a lifetime of dancing (ballet, jazz, modern, African, belly dance, musical theater and Rosen Method

movement), Susan is thrilled to finally be offering a movement class of her own at FiftyNorth. Susan has also been seen frequently acting and dancing on stage at the Northfield Arts Guild Theater, the Paradise Theater in Faribault and in the Cities.

2023 VIRTUAL LAND BASED FITNESS CLASSES (updated January 1)

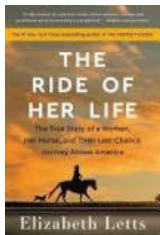
AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)				
6:30 AM								
7:00 AM			SLO FLO YOGA (7-8)					
7:30 AM								
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	STRONG NATION (8-9)	STRENGTH (8-8:45)
8:30 AM	CORE AND MORE (8:30-9)			CORE AND MORE (8:30-9)				
9:00 AM	YOGA STRETCH (9-10)	BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	INTERMEDIATE YOGA (9-10)	SIMPLE STRETCH (9-9:45)		
9:30 AM								
10:00 AM	BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)			
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)			
11:00 AM								
11:30 AM								
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	YOGA BALANCE (1-2)			
12:30 PM								
1:00 PM			LINE DANCING (1-2)					
1:30 PM								
4:00 PM								
4:30 PM								
5:00 PM			CARDIO STRENGTH MIX (5-5:45)					
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								



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

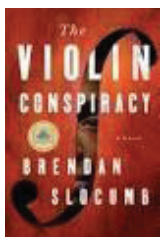
BOOK GROUP@FiftyNorth



JANUARY - THE RIDE OF HER LIFE

by Elizabeth Letts

The triumphant true story of a woman who rode her horse across America in the 1950s, fulfilling her dying wish to see the Pacific Ocean.



FEBRUARY - THE VIOLIN CONSPIRACY

by Brendan Slocumb

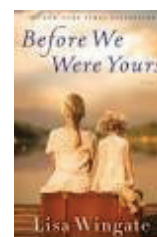
Ray McMillian is a Black classical musician on the rise—undeterred by the pressure and prejudice of the classical music world—when a shocking theft sends him on a desperate quest to recover his great-great-grandfather's heirloom violin on the eve of the most prestigious musical competition in the world.



MARCH - WHEN HARRY MET MINNIE

by Martha Teichner

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



APRIL - BEFORE WE WERE YOURS

by Lisa Wingate

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

AQUA FITNESS

Updated January 1

KEY:



GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	
6:30 AM						
7:00 AM		EARLY BIRD AQUA 7:00-7:45AM		EARLY BIRD AQUA 7:00-7:45AM		OPEN SWIM
7:30 AM	AQUA SUNRISERS 7:15-8AM		AQUA SUNRISERS 7:15-8AM		AQUA SUNRISERS 7:15-8AM	
8:00 AM		AQUA YOGA 8:00-9:00AM		AQUA YOGA 8:00-9:00AM		OPEN SWIM
8:30 AM	SS AQUA AGELESS 8:15-9:00AM		SS AQUA AGELESS 8:15-9:00AM		SS AQUA AGELESS 8:15-9:00AM	
9:00 AM		OPEN SWIM		OPEN SWIM		OPEN SWIM
9:30 AM	S&F AQUA FIT 'N TONE 9:15-10:00AM		S&F AQUA FIT 'N TONE 9:15-10:00AM		S&F AQUA FIT 'N TONE 9:15-10:00AM	
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	FAMILY SWIM 12-2PM
12:30 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:30 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
2:30 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
3:30 PM						
4:00 PM	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						

IN-PERSON LAND BASED FITNESS CLASSES

INTENSITY KEY:

PINK – High Intensity

GOLD – High Intensity (In Fitness Room; no open fitness)

BLUE – Mid-range

PURPLE – Gentle

GREEN – Group Activity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)		
6:30 AM						
7:00 AM	CARDIO DANCE AND DRUMSTICKS (7-7:45)		SLO FLO YOGA (7-8)			
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		HEALTHFINDERS ZUMBA WITH MARIBEL (8-9) FREE
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)		
9:30 AM		CIRCUIT TRAINING (9:30-10:30) NO open use		CIRCUIT TRAINING (9:30-10:30) NO open use	YOGA FUSION (9:30-10:15)	
10:00 AM						TABLE TENNIS (10-12)
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM			LINE DANCING (1-2)		(1-2) Pre-register SOMATICS / PILATES 8-weeks Jan 1-Feb 24	
1:30 PM						
2:00 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)		TABLE TENNIS (1:30-3:30)		
2:30 PM			NORDIC WALKING GROUP (2:15-3)			
3:00 PM						
3:30 PM	TAI CHI FLOW STANDING (3:30-4)		TAI CHI FLOW STANDING (3:30-4)		TAI CHI FLOW STANDING (3:30-4)	
4:00 PM	TAI CHI FLOW CHAIR (4:15-4:45)	(4-5) Pre-register ENLIVEN MOVEMENT 8-weeks Jan 17-Mar 7	TAI CHI FLOW CHAIR (4:15-4:45)		TAI CHI FLOW CHAIR (4:15-4:45)	
4:30 PM						
5:00 PM						
5:30 PM						
6:00 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		
6:30 PM						

LIFE LONG LEARNING CLASSES

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk

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

ALL SENIOR LEARNING NETWORK CLASSES:

Presenter: Senior Learning Network

Capacity: 10

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

Space: 103



SLN - AFRICAN BURIAL GROUNDS NATIONAL MONUMENT, MANHATTAN

Tuesday, January 10

1:00-2:00pm

Come hear the story of African Burial Ground, - a sacred space in lower Manhattan, the oldest and largest known excavated burial ground in North America for both freed and enslaved Africans. It protects the historic role slavery played in building New York. The African Burial Ground is widely acknowledged as one of America's most significant archeological finds of the 20th century. Learn about this once forgotten piece of New York history and how the rediscovery of the burial ground united a community committed to honoring, preserving, and teaching this important history to generations that follow.



SLN - NATIONAL MUSEUM OF THE PACIFIC WAR: ADMIRAL NIMITZ-LESSONS IN LEADERSHIP

Tuesday, January 17

1:00-2:00pm

This museum is a favorite, and we return for a new program—on

Admiral Nimitz. Chester W Nimitz was born in Fredericksburg TX in 1885, and served as the Commander-in-Chief of Allied Forces, Pacific Ocean Area during World War II, rising to the

rank of Fleet Admiral. "As considerable as his tactical skills were, perhaps Nimitz's greatest gift was his leadership ability. Naval historian Robert Love writes that Nimitz possessed "a sense of inner balance and calm that steadied those around him." He also "had the ability to pick able subordinates and the courage to let them do their jobs without interference. He molded such disparate personalities as the quiet, introspective Raymond A. Spruance and the ebullient, aggressive William F. Halsey, Jr. into an effective team." (American Experience) Join us as we learn what made this remarkable man's life a lesson in leadership.



SLN - PLAINS INDIAN CULTURE: YESTERDAY & TODAY BUFFALO BILL CENTER OF THE WEST

Tuesday, January 24

1:00-2:00pm

Join our presenters journeying from past to present, as they share the vibrant cultures of Plains Indian tribes. This program will focus on how northern Plains Indian people's resiliency and

grit have endured and flourished in the face of adversity throughout their history.

We will learn about the traditions and cultures of these tribes' past and how many of these endure and are celebrated today through art, powwow, family, language, and other important components of their cultures.



SLN - FEDERAL HALL NATIONAL MONUMENT

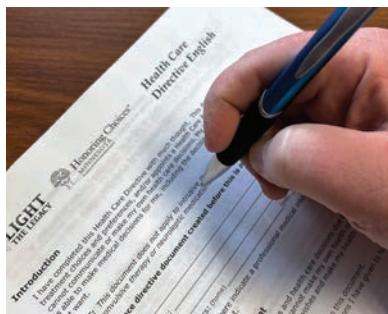
Tuesday, January 31

1:00-2:00pm

When the Constitution was ratified in 1788, New York remained the national capital.

Pierre L'Enfant was commissioned to remodel the City Hall for the new federal government. The First Congress met in the now Federal Hall and wrote the Bill of Rights. George Washington was inaugurated here as the country's first President on April 30, 1789. When the capital moved to Philadelphia in 1790, the building again housed city government until 1812, when Federal Hall was demolished. The current structure on the site was built as a Customs House, opening in 1842. In 1862, Customs moved to 55 Wall Street, and the building became the US Sub-Treasury. Millions of dollars of gold and silver were kept in the basement vaults, until the Federal Reserve Bank replaced the Sub-Treasury system in 1920.

LIFE LONG LEARNING CLASSES



THE MINNESOTA HEALTH CARE DIRECTIVE: A GUIDED TOUR

Monday, January 16

10:00-11:30am

or

ZOOM - THE MINNESOTA HEALTH CARE DIRECTIVE: A GUIDED TOUR

Completing an advance health care directive is the best way to ensure that your health care wishes and values are honored if, for any reason, you are unable to speak for yourself. This class will include an overview of the advance care planning process, a guided walkthrough of the Honoring Choices Minnesota health care directive, and guidance for choosing someone to make decisions on your behalf (a health care agent).

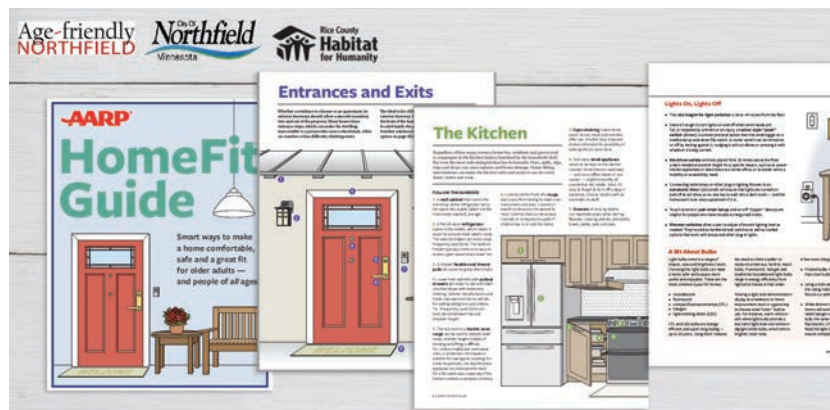
Instructor: Kerry Hjelmgren, Executive Director
Capacity: 15

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

Space: 102

Registration deadline: Friday, January 13

Upon registering, participants should indicate whether they would like a paper copy or emailed copy of the class materials in advance.



UNIVERSAL DESIGN: AGING IN PLACE BECOMES AGELESS SPACE

Wednesday, January 25

10:30-12:00pm

Every 11 seconds someone is treated in an emergency room for a fall that could have been prevented by simple modifications like improved lighting, grab bars, and non-slip mats. This workshop is offered to help people learn how to stay in the home they love by turning where they live into a "lifelong home". It will also show some options for building a Universally Designed home from the ground up.

- We will be joined by Johnson Reiland Builders (a local builder) who are building/modifying homes with Universal Design elements in our community.
- A representative from AARP will share a checklist to keep your home fit.
- Habitat for Humanity will talk about their Aging in Place Programs.

We want to help you change your home, not your address! -
 Coffee and treats provided.

Everyone will receive a copy of the 36-page AARP HomeFit Guide and other helpful resources.

Capacity: 25

Cost: Free

Space: 103

HISTORY GROUP - STARTING NEW SERIES

History Group
Fridays at 10:30-12pm

SKEPTICS GUIDE TO AMERICAN HISTORY

Fridays, January 6 – March 31

NOTE: No sessions on February 10, and March 10. The History Group will begin a new series of lectures with discussion. You can drop in or come every Friday. The sessions will alternate between viewing 1 lecture with facilitated discussion with watching 2 lectures. Each session is about 30 minutes.

Description of series: An award-winning scholar and professor examines commonly held myths and half-truths about American history and invites you to think about what really happened in the nation's past--as opposed to what many believe happened.

Volunteer-led

Capacity: 20

Cost: \$10 lecture series, or \$1 donation drop-in

Space: Room 106



QUESTIONS: Contact Lifelong Learning program coordinator; Patty Ciernia
 patty.ciernia@fiftynorth.org

VOLUNTEER HIGHLIGHT



SAM DEEL

- Pool Monitor

Sam Deel is one of our faithful pool monitors. We would like to thank Sam for providing this valuable service to members at FiftyNorth. Read below how Sam's

health has improved while swimming and monitoring.



I started volunteering when I was using the pool for exercise. That came about because I could not walk for exercise due to pain. A change of diet and the loss of about 25 pounds and I was back to walking pain free. I had been walking for many years, but it was always sporadic and weather dependent. When I started walking pain free, I walked while I was monitoring the pool once a week to start and then went to 3 times a week. I decided I really needed more exercise so a few months ago I went to 5 days a week. At my last check-up my blood sugar A1C number was good. As they say, it is a win/ win for me to be a pool monitor and get my exercise at the same time. It works for me.



If anyone is interested in being a pool monitor, please contact Craig Swenson at 507-664-3702 or craig.swenson@fiftynorth.org or stop in the office.



Movie Fridays!

MOVIES START AT 1:00PM



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



JANUARY 6

BLOOD WORK

2002 110 mins.

Stars: Clint Eastwood - FBI profiler Terry McCaleb almost always gets to the heart of a case. This time, that heart beats inside him. He's a cardiac patient who received a murder victim's heart. And the donor's sister asks him to make good on his second chance by finding the killer. Clint Eastwood produces, directs and stars in this edgy, acclaimed mystery.



JANUARY 13

FIELD OF DREAMS

2004 106 mins.

Stars Kevin Costner If you build it, he will come. With these words, Iowa farmer Ray Kinsella (Kevin Costner) is inspired by a voice he can't ignore to pursue a dream he can hardly believe. Also starring Ray Liotta, James Earl Jones, and Amy Madigan, Field of Dreams is an extraordinary and unforgettable experience that has moved critics and audiences like no other film of its generation. Field of Dreams is a glowing tribute to all who dare to dream.



JANUARY 20

FOUL PLAY

1978 116 min.

Beware of the dwarf, whispers the hitchhiker to the beautiful librarian (Goldie Hawn) as he dies midway through a screening of This Gun Is Mine. Suddenly Hawn is propelled into a world of wild chases, bizarre attempts on her life, and deadly encounters with an assortment of weird underworld characters. She teams with Chevy Chase with hilarious results.



JANUARY 27

THE RON CLARK STORY

2006 90 mins

Three-time Emmy Award nominee Matthew Perry (TV's Studio 60 on the Sunset Strip, Friends) delivers a "superb performance" as real-life inspiration Ron Clark, a passionate and innovative teacher who leaves his small hometown to teach in one of Harlem's toughest schools. But to break through to his students, Clark must use unconventional methods, including his ground-breaking classroom rules, to drive them toward their greatest potential.

TRAVEL GROUP@FiftyNorth



UPCOMING 2023 TRIPS

- APRIL - Institute of Art - Art in Bloom
- APRIL - Paradise Theater- The Play That Goes Wrong
- JUNE - Twins vs. Boston Red Sox
- JULY - Treasure Island Boat Tour
- AUGUST - St Paul Saints
- AUGUST - Ski Show
- OCTOBER - Ordway - Bob Dylan

TRIP - CAT MUSEUM TRIP

Thursday, February 9
11:30-4:00PM

Join FiftyNorth for a day of fun at the Cafesjian Art Trust (CAT) Museum in Shoreview, MN. The CAT museum is known for its worldwide blown glass art. The Cafesjian Art Trust collection is a 3,000+ piece assembly of breathtaking works including studio glass by international artists such as Dale Chihuly, Mary Anne 'Toots' Zynsky, Stanislav Libenský and Jaroslava Brychtová, and Modern and Contemporary artwork by Arshile Gorky, Victor Vasarely, Georges Braque and many other world-renowned artists. Afterwards the group will enjoy lunch at the Churchill St. Restaurant (Lunch is not included in price).

Instructor: Norma Monroe

Capacity: 12

Cost: \$48

Registration Deadline: February 1



TRIP - ORCHESTRA HALL COFFEE CONCERT

Thursday, March 30
9:00-4:30pm

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

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

Trip Leader: Norma Monroe

Capacity: 20

Cost: \$79 Bus and Ticket

\$50 Bus Only (For Season Ticket Holders)

Registration Deadline: February 28

AARP

SMART DRIVING CLASSES



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. Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premium. First timers must take the 8-hour course then a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course. When registering for these classes, indicate AARP Driving Safety and dates of the session.

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 9

9:00-1:00pm

◆ AARP Smart Driving 4-hour Refresher Course
Wednesday, February 15

9:00-1:00pm

◆ AARP Smart Driving 4-hour Refresher Course
Friday, March 17

9:00-1:00pm

◆ AARP 8-hour Smart Driving Class
Wednesday, March 29

9:00-5:00pm

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

*Bring a bag lunch

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!*



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Northfield Area Convention &
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NOVEMBER NEW MEMBERS GLAD YOU'RE HERE!

Mary Bresnahan, Jim Colwell, Roger Fliegel, Ken & Karen Geiger, Angela Johannsen, Susan Nelson, Douglas Ouimette, Valerie Rounds, Karla Schrader, Paula Stewart, Alan Wadleigh, Gerald & Carol Zeise

Winter Walking Indoors



Avoid the ice, wind and blustery temps of Minnesota winter and walk the halls at Northfield High School.

This is no cost and no registration required. Walk Monday through Friday from 6:00am to 7:00am or 3:30pm to 5:00pm.

Must enter the building between 3:30-4:30pm, as building doors lock at 4:30pm. Enter Northfield High School at Door 1.

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

STAFF DIRECTORY

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Elaine Meyers
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Patty Ciernia
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Program Coordinator: Arts/Volunteer/Dining

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Used-A-Bit Shoppe Assistant Manager:

Deb Olien
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Bookkeeper:

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



Front Desk (Reception Staff):

Phone: 507-664-3700 | Fax: 507-664-3720
Mary Brown, Brenda Bultman, Darla DeLong,
Bonnie DuPay, JoAnn Edwardsen, Beth Endert,
Nancy Glodfelty, Cathy Graff, Jane Persons



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

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



Little Frida Cafe & Taco Shop:

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



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Tuesday–Saturday: 10am–5pm
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