



By Kerry Hjelmgren, *Director*



### EMBRACE THE NEW YEAR AT FIFTYNORTH

As we welcome the new year, it's the perfect time to try something new and enriching. FiftyNorth is brimming with opportunities designed to help you stay active, creative, and curious. Whether you're looking to boost your fitness, explore your artistic side, or dive into lifelong learning, there's a class or program waiting for you.

#### GET MOVING with Fitness Classes



Start the year strong with our variety of fitness classes tailored to all abilities. From gentle yoga and chair exercises to energizing dance sessions, there's something for everyone. Regular physical activity improves strength, balance, and overall well-being. Plus, it's a great way to meet new friends while working toward your health goals. Try one of these new classes this month:

- Seated Chair Line Dancing
- Intro to Tap Dancing

#### UNLEASH Your Inner Artist



Let your creativity shine in our art and craft classes! Whether you're a seasoned artist or a beginner, these sessions are a chance to express yourself and discover hidden talents. Art isn't just fun — it's also known to reduce stress and improve cognitive function. Give one of these upcoming classes a try:

- Using Hammers to Form Sheet Metal
- Make Your Own Collage & Card Papers

#### EXPAND Your Mind with Lifelong Learning



Our lifelong learning programs offer engaging topics that spark curiosity and keep you informed. Learning doesn't stop with age at FiftyNorth! Register for one of these lifelong learning sessions coming up this month:

- Presentation: Concentration Camp Experience & More
- Presentation: Vintage Baseball
- Cooking for One

#### MAKE 2025 YOUR BEST YEAR YET

The new year offers a fresh start to prioritize your health, happiness, and growth. By trying out new classes and programs at FiftyNorth, you'll gain more than just new skills — you'll build connections, boost your confidence, and enrich your life in new ways.



**Ready to get started?** Stop by to pick up a paper copy of the newsletter, or visit [www.fiftynorth.org](http://www.fiftynorth.org) for more details.

Here's to a year full of discovery, creativity, and connection!

*Kerry*

### INSIDE

In the Gallery .....	2
Member News .....	3
Wellness .....	4
Fitness .....	5-7
Art Classes .....	7,8
CPR .....	9
AARP Driving .....	9
Life Long Learning.....	10-12
Member Services .....	13
Volunteer News.....	14
Travel Group.....	15
Group Calendar.....	16
Book Group.....	17
Donors & New Members .....	18
Mini Concert/Travel Talk.....	20
AARP TAX-AIDE .....	21



Thank you for the donations to the Three Links Apartments residents and warm mittens and gloves to our local elementary school children!



# Happy New Year 2025

**CLOSED JANUARY 1**

## IN THE GALLERY

EXHIBIT JANUARY 6 — FEBRUARY 28

### MEET THE ARTISTS:

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



Gerald Hoekstra

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



GOLDEN-BREASTED PUFFLEG



Kathy Ness

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

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





# MEMBER NEWS



The Inaugural show of FiftyNorth's new theatre Group "Lively"!

**THEATER AUDITIONS**  
**Wednesday, January 8**  
**4:00-6:00pm**  
**Location:** Room 103

**THEATER AUDITIONS**  
**Friday, January 10**  
**1:00-2:30pm**  
**Location:** Room 103

Auditions for the Inaugural show of FiftyNorth's new theatre Group "Lively" will be held on January 8th from 4-6 PM and January 10th from 1-2:30 in room 103. The Spring show is a musical revue of growing up in the 50's and 60's. It includes a two-act play written by FiftyNorth's own Peggy Sheldon, and several short stories of 50's and 60's memories. The focus of the show is music and memories. There are lots of opportunities for musicians, singers, emcees and dancers. We are especially looking for women who are willing to form a song and dance group. So put the 8th or 10th of January on your calendar and join the fun.

**Following is a list of people we need for the show:**

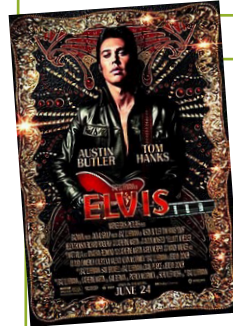
- 2 Act Play 4 Men, 2 Women, Narrator
- Interlude Actors
- Singers (soloists of small groups)
- Men & Women's Song and Dance group
- Musicians
- Emcee
- Song Leaders
- Tech Crew-Computer Operator and Projectionist, Lighting, Sound, Costumes, Artists for the set and promotion poster, Advertising, Ticket Sales.

This will be a very interactive show with the cast involving the audience as much as possible. Peggy Sheldon and Craig Grunzke will be co-directing the show with Dave Miller handling the musical side of the production. See you at the auditions!

## Coffee with Kerry



Meet Kerry Hjelmgren for coffee, conversation and treats in the lobby on **Thursday, January 16 1:00pm.**



## Soup and a Show

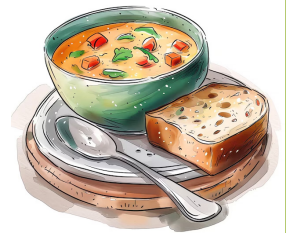
*After soup join us for a show!*

**Friday, January 17**  
 We'll be serving extra soup from the craft/book sale. Serving begins at 11:30 until supplies last.

Choose from chicken wild rice, vegetable beef or baked potato and a slice of bread. Free will donation accepted.

The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.

**ELVIS** – starring Austin Butler and Tom Hanks  
**Room:** 103  
**Show time:** 1:00  
**Cost:** \$1



### FIFTYNORTH NEWSLETTER NO LONGER DELIVERED BY MAIL

Due to the increase in mailing costs, we will no longer mail newsletters. The FiftyNorth Newsletter is always available on our website under the "News" tab. We will continue to send this link to all members with email addresses on file. You may pick up your printed copy at FiftyNorth.

## HEALTH & WELLNESS



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

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

### CLASS CANCELLATION POLICY:

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



### RESHAPE U: HEALTHY HABITS, HEALTHY YOU

(Weight Management and Lifestyle Support)

**Tuesdays**

**January 7, 14, 21, 28**

**February 4, 11, 18, 25**

**March 4, 11, 18, 25**

**5:00-6:00pm**

**Location:** Room 106

\*\*All are welcome: Fifty North Membership not required.

Having at least 4 years of education in nutrition science along with board-certification, NH+C Registered Dietitian Nutritionists are highly equipped to provide science-based nutrition education, in addition to that, they have decades of experience, to help you meet your personal weight and nutrition goals.

#### Weekly Meetings:

5:00 to 5:15 pm Opportunity to weigh or provide home weight (not required).

5:15 to 5:45 pm Topic handout and discussion.

5:45 to 6:00 pm Opportunity to weigh or provide home weight (not required).

(12 sessions)

ReShapeU meetings keep you on track with building healthy habits. Successes and challenges are shared and a topic is discussed at each meeting.

**PRESENTERS:** All sessions will be led by your Northfield Hospital + Clinics (NH+C) Registered Dietitian Nutritionists.

- Kristi Von Ruden, RDN, LD
- Courtney Eby, RDN, LD
- Nicole Robinson, MS, RDN, LD

**Capacity:** MUST HAVE 10 Participants

**\*Cost:** \$120 for 3 months at a time payable to Northfield Hospital + Clinics (credit/debit card only)

**Sign up by calling Kristi Von Ruden of Northfield Hospital and Clinics**

**Phone: 507-646-1410**

**Questions? Email: [dietitian@northfieldhospital.org](mailto:dietitian@northfieldhospital.org)**



### WINTERING

**Tuesdays, January 7, 14, 21, 28**

**5:30-6:15pm**

Do you find yourself struggling with the long season of cold, early darkness and snow and ice? Do you find yourself in a slump every January or February? What if there were a way to rethink this time of year? Using mindset science, we will discuss how to embrace winter as a season to be enjoyed, not endured. This wintertime mindset can teach us not just about embracing the frigid, gray months of the year but also the darker and more challenging seasons of life. - Taken from "How to Winter" by Kari Leibowitz, PhD

**Instructor:** Kristi Huettl

**Capacity:** 20

**Cost:** \$40 Non-members,  
\$32 Members

**Space:** Room 104





# FITNESS NEWS

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

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

## NEW HYBRID FITNESS CLASS (Begins January 8)

### SEATED CHAIR LINE DANCING

Wednesdays  
 2:15-3:00pm

### ZOOM Fitness - SEATED CHAIR LINE DANCING

Seated Line Dance is a class that involves doing dance moves while seated in a chair accompanied by great music! It is suitable for those with limited mobility—whether temporary or permanent—and for those who simply want to try something new. Each class will bring top-of-the-chart music hits from the past and present paired with a variety of arm and leg movements that are all done seated.

**Instructor:** Kate Stuart  
**Capacity:** 20  
**Cost:** \$10 Non-member, \$8 Member, \$0 Fitness Plus  
**Space:** Fitness Studio

## NEW ONGOING FITNESS CLASS (Begins January 3)

### Replacing Tai Chi Tips and Tricks

### AFTERNOON QI TIME

Mondays, Wednesdays, Fridays  
 4:15-4:45pm


Reawaken your willingness to play as you test new distinctions for expanding your inner sense of joy both in and out of class with practice. Benefits that naturally grow over time include gains in vitality, health, balance, and coordination, whole body graceful movement, sense of flow in and out of class and somatic awareness. Great if you want to lessen chronic pain, stiffness, anxiety, the fear of falling and inflammation. We will practice moves from medical qigong routines and the tai chi flow class while letting student input help guide the direction of each class.

**Instructor:** Rob Gersky  
**Capacity:** 10  
**Cost:** \$10 nonmember \$8 member, \$0 fitness plus  
**Space:** Fitness Studio

FITNESS NEWS cont. p. 6 →

## 2025 IN-PERSON LAND BASED FITNESS CLASSES (updated January)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)		
6:30 AM						
7:00 AM	CARDIO DANCE AND DRUMSTICKS (7-7:45)	HATHA YOGA (7-7:45)	YOGA STRETCH (7-7:45)	HATHA YOGA (7-7:45)	TAI CHI (7-8)	
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		ZUMBA GOLD (8-9)
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)	SOUND BATH AND MEDITATION (9:15-10:15)	SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)	HATHA YOGA (9:15-10:15)
9:30 AM	YOGA STRETCH (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open use		CIRCUIT TRAINING (9:30-10:30) NO open use		
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	TABLE TENNIS (10:30-3:45)
11:00 AM						
11:30 AM					FOLK DANCE FUSION (11:45-12:45)	
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM			LINE DANCING (1-2)			
1:00 PM						
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	SEATED CHAIR LINE DANCING (2:15-3)	TABLE TENNIS (1:30-3:30)		
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)	
4:00 PM	AFTERNOON QI TIME (4:15-4:45)		AFTERNOON QI TIME (4:15-4:45)		AFTERNOON QI TIME (4:15-4:45)	
4:30 PM						
5:00 PM						
5:30 PM						
6:00 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		
6:30 PM						
7:00 PM						
7:30 PM						



**INTENSITY KEY:**

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

**VIRTUAL LAND BASED FITNESS CLASSES**



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

2025 VIRTUAL LAND BASED FITNESS CLASSES (updated January)						
AVAILABLE THRU ZOOM						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)		
6:30 AM						
7:00 AM			STRENGTH AND CARDIO (7-7:45)		MOBILITY AND STRETCH (7-7:45)	
7:30 AM						
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH AND STRETCH (8-9)	STRONG NATION (8-9)
8:30 AM	CORE AND MORE (8:30-9)			CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (VINYASA) (9:15-10:15)			SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)
9:30 AM						
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)		SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)
11:00 AM						
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	
12:30 PM						
1:00 PM			CARDIO STRENGTH MIX (1-1:45)			
1:30 PM						
2:00 PM			SEATED CHAIR LINE DANCING (2:15-3)			
2:30 PM						

**AQUA FITNESS**



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

2024 AQUA FITNESS CLASSES (updated September)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	
6:30 AM						
7:00 AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	OPEN SWIM
7:30 AM						
8:00 AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	OPEN SWIM
8:30 AM						
9:00 AM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT 'N TONE 9:15-10:00AM	AQUAFIT 9:00-9:45AM
9:30 AM						
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	FAMILY SWIM 12-2PM AGE 3+
12:30 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:30 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
2:30 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
3:30 PM						
4:00 PM	WATER VOLLEYBALL 4-5:45PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	WATER VOLLEYBALL 4-5:45PM	
4:30 PM			OPEN SWIM			
5:00 PM			AQUA FUSION 5-5:45PM	AQUA FUSION 5-5:45PM		
5:30 PM						
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:30 PM						
7:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
7:30 PM						
7:45 PM						



## FITNESS NEWS - cont.

### NEW SESSION-BASED FITNESS CLASS

#### INTRO TO TAP DANCE

**Thursdays, January 16, 23, 30, February 6, 20, 27 (no class February 13)**  
**4:00-5:00pm**

Tap, flap, and shuffle off to Buffalo in the footsteps of Gene Kelly, Fred Astaire and Eleanor Powell. Have you ever wondered how they danced like that? Come learn the basics of tap with master teacher, Judith Nelson. Tap is great exercise for the body, excellent for the brain, and lots of fun! Tap shoes are helpful, but not required. All levels welcome. No experience necessary. Modifications will be offered as needed. (7 sessions)



**Instructor:** Judith Nelson, MFA  
**Capacity:** 18  
**Cost:** \$60 Non-members, \$48 Members, \$0 Fitness Plus  
**Space:** Fitness Studio

**JUDITH NELSON, MFA**, originally from Northfield, was a professor of dance and theatre at Auburn University, Missouri State University, and Carleton College, where she taught all forms of concert dance and initiated tap programs at several institutions. She danced with the Jose Limón Dance Company and the David Gordon Pick-Up Company, among others, and toured the United States and Europe as a solo artist and in musical theater. An expert in the BrainDance, she incorporates this as a warmup in all her teaching to foster increased body awareness, balance, strength, and clarity of mind. She holds an MFA from the University of Arizona, and a BFA from the University of Utah.

#### MEDICAL QIGONG FOR HEALTH & LONGEVITY

**Thursdays, January 9, 16, 23, 30, February 6, 13, 20, 27**  
**12:00-12:45pm**

Benefits those ready to enhance their personal health and vitality. Helps open and expands your ability to move fully and perhaps with more sense relaxed calm and focus than you thought was possible. We will learn a centuries old routine that you can practice at home. Suitable for seated and standing participants alike, this is one of those classes that can with regular practice gets you on your feet again depending on what issues you are starting out with. (8 sessions)

**Instructor:** Rob Gersky  
**Capacity:** 20  
**Cost:** \$80 Nonmember, \$56 Member, \$0 Fitness Plus  
**Space:** Room 102 or 105

## ART CLASSES

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

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

#### CLASS CANCELLATION POLICY:

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



#### USING HAMMERS TO FORM SHEET METAL

**Tuesdays, January 7, 14, 21**  
**10:00-12:00pm**

In this series of three, two-hour classes, you will learn the basics of forming light-gauge sheet metal (zinc & copper) using various hammers and blocks (anvils). The first item will be a simple candle holder with a zinc base and a copper sleeve. Second, you will make dishes from either copper or zinc. These may be round bowls, shallow trays or variations of these shapes. Finally, you will make a spoon similar to one designed by Alexander Calder. (Calder was most famous for his mobiles made from wire and sheet metal. He once said: I think best in wire.)

This class will be limited to six enrollees so that each participant will have their own tools and space to work.

During the classes, you will be expected to wear safety glasses and hearing protection. Foam earplugs are available at the Cannon Valley Makers; if you prefer muff-type ear protection you should bring your own. CVM also has a small selection of safety glasses; if you have your own, please bring your own. If you normally wear glasses, they are probably adequate, unless the lenses are very small.

Come prepared to have fun taking out your frustrations pounding on a piece of metal and making some interesting items to keep and use at home. Materials provided.

If you have questions, please contact Dave at 815-341-1548 (text or voice).

**Instructor:** David Peterson  
**Capacity:** 6  
**Cost:** \$140 non-member, \$130 member  
**Space:** Cannon Valley Makers, 300 Railway St, Dundas, MN

(Gray steel building kitty-corner from the municipal parking lot.)

**Transportation is on your own**  
**Registration deadline:** January 3

## ART CLASSES - cont.

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

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



### MAKE-YOUR-OWN COLLAGE AND CARD ELEMENTS

**Thursday, January 16**  
**1:00-4:00pm**

If you're a collage artist or enjoy card-making, you know that art supply stores are full of patterned paper. But why buy when you can make your own unique, painted papers!

During this class, you'll have the chance to play with a variety of techniques.

**\*\* Stenciling:** There will be lots of stencils to use to create layers using acrylic paints. Or try stenciling with water colors for a whole different look.

**\*\* Layers, layers, layers:** Alternate colors of acrylic paint to create papers with depth and interest.

**\*\* Ink & Marbles:** Dunk marbles in ink and then roll 'em around on papers. You'll love the look.

**\*\* Printing with vegetables and fruits:** Don't worry, we won't be using potatoes like you did in elementary school. We'll make dazzling papers printing with oranges, lemons, peppers, fennel, garlic, corn cobs and a few other bits of produce.

There will be time to create many papers so you'll go home with a wide assortment. You also may want to swap papers with others for even more variety.

#### MATERIALS PROVIDED:

Assorted papers, acrylics watercolors, marbles, brushes, palette knives, brayers and sponges, assorted fruits and vegetables

**\*PARTICIPANTS** - Please bring an apron, or wear clothes that you don't mind getting some paint on.

Let that inner child out and have fun!

**Instructor:** Pat Jorstad

**Capacity:** 12

**Cost:** \$45 Nonmember, \$35 Member

**Space:** Room 105

**Registration deadline:** January 13

### BEGINNING KNITTING TECHNIQUE CLASS:

#### HOW TO CAST ON

**Wednesday, February 5**

**10:00am-12:00pm**

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

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

**Instructor:** Diane Pearsall

**Capacity:** 10

**Cost:** \$46 Nonmbr, \$44 Mbr

**Space:** 106

**Registration deadline:** January 27th

*Materials provided by instructor*

**INSTRUCTOR NOTE:**

I suggest taking this class if you plan to take Norwegian Mitten class in February.

**SAVE THE DATE**



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

**February 12, 19, and March 5**  
**10:00-12:00pm**



### INTRODUCTION TO PAINTING - STILL LIFE WITH MARK DAEHLIN

**Monday, February 10 and 17**

**1:00 to 3:00**

We will touch on basic concepts of drawing: perspective, ratios, composition, etc. We will paint from a still life I provide, but if you have a subject you want to paint from a photo, you can bring your own photo. We will learn about value, color hue and

intensity, creating the illusion of 3 dimensions on a 2D surface. You can paint in oils, acrylics or watercolor, your choice.

Mark Daehlin, an award-winning fine artist, has been painting professionally since 1979. *Materials provided*

[www.markdaehlinart.com](http://www.markdaehlinart.com)

**Instructor:** Mark Daehlin

**Capacity:** 12

**Cost:** \$52 Nonmbr, \$44 Mbr

**Space:** 105

**Registration deadline:** February 4th





These courses are designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver. Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premiums. Once you take this first-time course, you will then need to take a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

**LOCATION:** ROOM 103

**ALL COURSES ARE 4-HOUR**

**FEES:**

- **\$32 non-AARP Members,**
- **\$27 AARP Members;** AARP Members please register in person or by phone (you will need your AARP member number)
- \$0 AARP United HealthCare Medicare supplemental plan Members (does NOT include Advantage plans); Those with an AARP United HealthCare Medicare supplemental plan must register in person (you will need to bring your insurance card to register, and to class)

■ **AARP Smart Driving**  
Monday, January 13, 2025  
9:00-1:00pm

■ **AARP Smart Driving**  
Tuesday, February 11, 2025  
1:00-5:00pm

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

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

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

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

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



**LIFE LONG LEARNING CLASSES**

**Online:** FiftyNorth.org/classes    **Pre-register for all classes:**  
**In Person:** FiftyNorth front desk    **Phone:** 507-664-3700

**CLASS CANCELLATION POLICY:**

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



**CPR & First Aid Training Class**

**CPR AND FIRST AID**

**Tuesday, January 21**  
**9:00-12:00pm**

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

**Instructor:** Jon Bolster

**Capacity:** 10

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

**Space:** room 106

Life Long Learning Classes cont. p10→



**Cannon Valley Elder Collegium**

The CVEC's purpose is to provide a content-oriented study experience for elder students with senior faculty.

**Class registration is still open for some classes at [www.cvec.org](http://www.cvec.org)**

## LIFE LONG LEARNING CLASSES

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

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



**GET THE SCOOP! CONVERSATIONS** with Barbara Krause  
**Friday, January 10**

**1:00-2:30pm**

And

**GET THE SCOOP! CONVERSATIONS** with Barbara Krause  
**Friday, January 24**

**1:00-2:30pm**

**CONSIDER:**

- We don't know our expiration date.
- Talking and thinking about loss, death, and dying will NOT make it happen sooner.
- Death is not an emergency.
- It is not "out to get us."
- Death is not good or bad—rather it's the meaning we attach to it.

Death just is. It's part of life.

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

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

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

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

**Facilitator:** Barbara Krause

**Capacity:** 20

**Cost:** Free

**Room:** 102

Age-friendly  
**NORTHFIELD**

Sponsored by Age-Friendly Northfield  
[www.agefriendlynorthfield.com](http://www.agefriendlynorthfield.com)



**LET'S TALK TRANSPORTATION  
 FOR ALL  
 IN NORTHFIELD**

**Tuesday, January 14**  
**1:30-3:00pm**

Age-Friendly Northfield's (AFN) Transportation Team has spent the past 18 months researching transportation services in the Northfield Community. Through surveys conducted by AFN, the City of Northfield, and Carleton College's Interfaith Social Action Group and ISIAH Faith in Action's Transportation Listening Sessions, interest was expressed in finding options that had increased flexibility, individual rides over shared rides, on demand options, and options that serve both the City and surrounding community. AFN's Transportation Team discovered that Lyft has been a solution in several rural parts of the state. We are now in the process of sharing what we have learned with Northfield and the surrounding community. Please join us at FiftyNorth on Tuesday, January 14th from 1:30-3:00 PM. All are welcome. Members of the AFN Transportation Team will share information on what Lyft is, how it works, and how Lyft has been an answer for many in other communities who have needed transportation to school, work, medical appointments, social engagements etc. Lyft supports individuals in becoming active and engaged community members. We look forward to seeing you there.

**Presenter:** Age-Friendly Northfield

**Cost:** Free

**Room:** 103

**Capacity:** 35



LIFE LONG LEARNING CLASSES



**HOSPICE BASICS**  
**Wednesday,**  
**January 15**  
**10:30-11:30am**

Hospice isn't just about the last days and weeks of life—it's about living life fully on your own terms.

Join us to learn more about what the hospice benefit has to offer individuals and their loved ones. We will discuss hospice philosophy, services provided by hospice, how hospice is paid for, and indicators for hospice qualification.

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

- Understand and describe hospice philosophy
- Understand, describe, and apply knowledge regarding services provided by hospice
- Understand and describe how hospice is paid for
- Identify and apply knowledge of at least 3 indicators for hospice qualification

**Presenter:** MN Hospice  
**Capacity:** 25  
**Room:** 106  
**Cost:** Free



**WYOMING GREEN RIVER FORMATION**  
**Finds and Adventures**  
**Wednesday, Jan 15**  
**10:30-12:00pm**

Western Wyoming is now mostly rangeland as far as the eye can see. To the north is the Rocky Mountains and to the east is prairie. Kemmerer Wyoming is located in southwest Wyoming. The area is called the Green River Formation. It was covered by freshwater lakes about 52 million years ago. When the lakes dried up, left behind were fish and marine fossils. Left behind was some of the most beautiful Blue Forest Petrified Wood and agatized algae. Join me on my adventure to find rare fish fossils, turritella, fossilized algae and much more. Come see how I split rocks to find these ancient fish fossils and other rocks from Wyoming.

**Presenter:** Sandy Dockstader  
**Capacity:** 25 (minimum 12)  
**Room:** 103  
**Cost:** \$15 Nonmember, \$12 Member



**JAPANESE PRISON CAMP EXPERIENCE and More**  
**Tuesday, January 21**  
**1:30-2:30pm**

My Experience in a Japanese Prison Camp – Hakon Torjesen Disaster Relief Work – Dr. Karen Olness  
 Hakon Torjesen will be describing his experience of spending three teenage years in a Japanese prison camp in China (1942-1945) and also the magical day of liberation. He and his wife Karen, will share how they took their children to work in a refugee camp in Thailand.

Hakon was born in Kristiansand Norway. He spent his childhood in China, where his parents were missionaries. He immigrated to the US in 1947 and became a Naturalized US Citizen in 1954. Hakon holds many degrees and has held numerous positions throughout his career. He is currently enjoying his work as an organic farmer.

Dr. Karen Olness will describe her work to help children displaced by both natural and manmade disasters. This includes training programs in the US and in many other countries and also sending Feel Better Packs to traumatized children.

Karen is board certified in Developmental and Behavioral Pediatrics and Professor Emerita of Pediatrics, Global Health and Disease at Case Western Reserve University. She has been a volunteer relief worker in many countries and in 1996 she initiated programs to train relief workers about the special needs of children in disasters. These workshops continue and have been presented in many countries. She is Medical Director of Health Frontiers, an all volunteer NGO that supports post graduate medical training programs in Laos, and training in disaster management that is focused on children. Karen has received several awards for her work and has published more than 150 articles and books.

**Presenters:** Hakon Torejsen & Dr. Karen Olness  
**Capacity:** 30  
**Cost:** \$10 Nonmember, \$8 Member  
**Space:** Room 103

## LIFE LONG LEARNING CLASSES

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

In Person: FiftyNorth front desk

Pre-register for all classes:

Phone: 507-664-3700

**COOKING FOR ONE****Tuesday, January 28****1:00-2:30pm**

Are you tired of eating leftovers because you can't fix recipes for one? In this class I will show you great tasting recipes that make single servings and recipes that freeze well for the days you don't feel like cooking. This class will also include some vegetarian recipes.

**Instructor:** Gerie Thelen**Capacity:** 12**Cost:** \$30 Nonmember, \$25 Member**Space:** FiftyNorth Kitchen**Registration deadline:** January 24**The Dying Process****THE DYING PROCESS****Tuesday, February 4****10:30—11:30am**

Dying is a HUMAN experience—not a medical event.

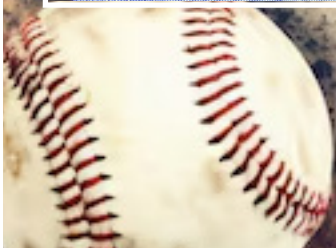
Join us to learn more about the dying process. We will discuss common changes that may occur during the transitional and active stages of dying, as well as comfort and communication strategies anyone can use to provide compassionate care and support at end-of-life.

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

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

**Presenter:** MN Hospice**Capacity:** 25**Cost:** Free**Space:** Room 106**VINTAGE BASEBALL PRESENTATION****Thursday, February 6****1:00-2:00pm**

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

**Instructor:** Scott Richardson**Capacity:** 30**Cost:** \$10 Nonmember, \$8 Member**Space:** Room 103



## MEMBER SERVICES

**MORE HELP FOR MEDICARE OPTIONS**

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

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

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

**Space:** FiftyNorth Consult Room

Available for help with:

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

Stop by or call for appointment.

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

**CAREGIVER SUPPORT GROUP**

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

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

**Facilitator:** Kathy Voss, Caregiver Support Specialist

**Capacity:** 20

**Cost:** Free

**Space:** Generally Room 103, but check the schedule

**TECH SUPPORT**

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



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

**Consultant:** Richard DeBeau

**Space:** Generally Room 104, but check the schedule

**THREE RIVERS COMMUNITY ACTION OLDER ADULT SERVICES SPECIALIST**

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

**Location:** Consult Room

Come in and meet Sarah Kuball, a Three Rivers Community Action Older Adult Services Specialist.

Older Adult Services assist individuals aged 60 and older and their families with information, referrals, and resources that allow persons to remain healthy and independent in their homes and communities.

**NEIGHBORS HELPING NEIGHBORS AT FIFTYNORTH**

**4th Wednesday of the month**  
**11:00am-2:00pm**

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

**Consultant:** Anne Pleskonko, NHN

**Space:** Consult Room



**MINNESOTA'S LINK TO A LOCAL EXPERT**

The Senior LinkAge Line is a free, statewide service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging. <https://mn.gov/senior-linkage-line/>

# VOLUNTEERS

VOLUNTEER OF THE MONTH

January



## WE'D LIKE TO THANK

**NORMA MONROE** for her 12 years of service on the travel committee. She does her research, shares her ideas, and clearly has a love for experiencing new people, places and things. She does it all with gusto!

Norma just planned and lead a fun-filled, overnight, trip to Duluth. She is always up for the challenge of juggling tickets,

hotel rooms and restaurant reservations.

The photo below was taken on a recent trip to the Children's Theater. Please read below what excites Norma about being on the travel committee.

**Hi I'm Norma Monroe.** I really like to travel, to learn new things and experience new places. Northfield Senior Center travel committee was a way to travel for me in 2012. My first scheduled trip as a host was to Circus Juventas, a circus school in St. Paul. I knew the cost of the bus and had reserved wonderful front row tickets. I was ready to go, right? The travel day came, people arrived at the Senior Center and then we waited and waited. No bus. I had forgotten to contract the bus. Some people jumped in their cars and drove there, but others shook their head and went home. After that introductory experience as host, I have traveled with spirited friends and good companions to lots of interesting places.

We have attended plays, concerts, operas at the Guthrie, Ordway, Orpheum, Sheldon, Nor Shor, Paradise, Children's theater, Northrop, Orchestra Hall, Chanhassen and other theaters. We have traveled on overnights to see: Algona POW camp, The Bridges of Madison County, The Surf Ballroom – remembering Buddy Holly, USGS Center for Geological Survey, The Laura Ingalls Wilder Pageant, a PBR Rodeo, MN Trout Hatchery, Lefse Manufacturing and Organic Vegetable Gardens. We traveled to see Dorothy's Red Slippers, "The Nutcracker" and had sleigh rides in the North Woods. We've attended the Science Museum, MN Zoo, Night lights at the Arboretum, and Bachman's Nursery. We saw Russian Faberge eggs and Dale Chihuly blown glassware. Oh yes, we also had lots of great food while trying new restaurants and even watching belly dancing at one. Sports events were also on our travel list. We saw the Lynx, Twins, Saints, and Bayside Waterskiing. Missing from this list is the museums, businesses, breweries and festivals we attended and learned from.

Norma's next trip will be to Chanhassen Dinner Theatre to see "Grease" on February 26th. Please join us for a wonderful performance.

We are looking for more adventure seekers to join us on the travel committee. If you are interested, please contact Michelle Brant at 507-664-3707 or [michelle.loken@fiftynorth.org](mailto:michelle.loken@fiftynorth.org) or stop in the office.

## VOLUNTEERS NEEDED TO MEND CLOTHING OR REPAIR SMALL APPLIANCES



FiftyNorth is partnering with Rice County Environmental Services/Green Corp to offer a Fix-It Clinic on Saturday, February 22nd from 12:00 to 4:00 in room 105 at FiftyNorth. We are looking for volunteers to mend clothing or repair small appliances. Please read the expectations below.

Volunteers are expected to have skills in either mending, sewing, mechanical or electrical repair. They do not have to be skilled in all of these fields. Volunteers will need to have enough expertise to repair clothing, mechanical items such as clocks, or electrical items



such as vacuum cleaners, fans, toasters, or other small appliances. Additionally, volunteers will be teaching participants how to fix their own items and will walk through the design of the item. Not everything will be able to be fixed, so volunteers will also help participants determine what to do with their broken item if it cannot be fixed at the event. While we will do our best to provide the necessary tools and resources, we ask that volunteers bring anything they need to repair items.

Contact Michelle Brant at 507-664-3707 if you would be interested in providing this service.

## TRAVEL GROUP

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

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

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

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



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

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

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

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

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

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

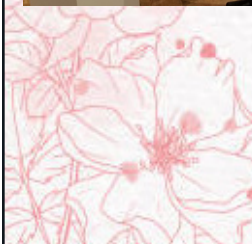


### TRIP - ART IN BLOOM AT THE MINNESOTA INSTITUTE OF ART Friday, April 25 9:00-3:30pm

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

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

Minneapolis Institute of Art





# GROUPS@FIFTYNORTH

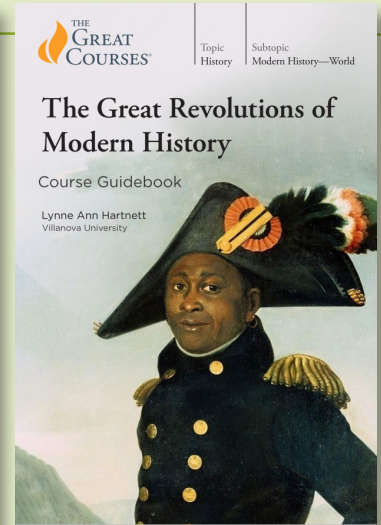
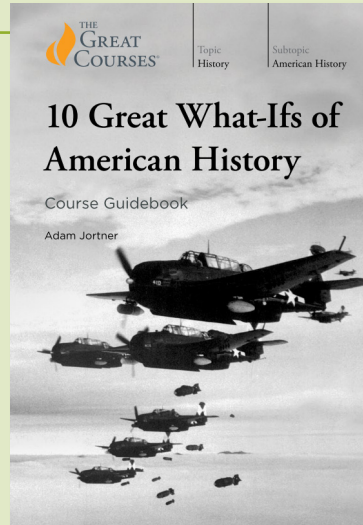
## HISTORY GROUP

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

The two series we will discuss are:

- ❶ **10 Great What-ifs of American History**
- ❷ **The Great Revolutions of Modern History**

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



## GROUP CALENDAR

GROUP ACTIVITIES	Day	Time	Location
ARTS / CRAFT - Art Club	Wednesdays, 2nd & 4th	1:30-3:30pm	Room 105
ARTS / CRAFT - Hook, Yarn & Needle	Tuesdays	1:00-3:00pm	Room 105
ARTS / CRAFT - Photography Group	Fridays, 4th	9:30-11:30am	Room 106
ARTS / CRAFT - Storytelling	Mondays, 2nd	9:30-11:30am	Room 104
CARDS - "Chat" Bridge	Wednesdays	9:30-12:00pm	Room 104
CARDS - 500	Fridays	12:30-4:00pm	Room 104
CARDS - Cribbage	Thursdays	12:45-4:00pm	Room 106
CARDS - Double Deck Pinochle	Mondays	12:15-4:00pm	Room 104
CARDS - Duplicate Bridge	Tuesdays	12:30-4:00pm	Room 104
CARDS - Euchre	Tuesdays	12:30-4:00pm	Room 106
CARDS - Sanctioned Duplicate Bridge	Thursdays	12:00-4:00pm	Room 104
CARDS - Social Bridge	Wednesdays	12:30-4:00pm	Room 104
GAMES - American Mahjongg	Fridays	1:00-3:00pm	Room 106
GAMES - BINGO	Mondays, 3rd	1:00-2:00pm	Room 103
MISC - Book Club	Fridays, 2nd	10:30-12:00pm	Room 102
MISC - History Group	Fridays	10:30-12:00pm	Room 104
MISC - Reading With 5th Graders - <b>ON BREAK</b>	Varies	11:50-12:20pm	Multiple Rooms
MISC - Rock Talk - <b>ON BREAK</b>	Mondays, 2nd	10:30am-12:30pm	Gallery Link
MUSIC - Chime Choir	Thursdays	9:30-10:45am	Room 103
MUSIC - Troubadours Men's Choir	Tuesdays	9:00-11:30am	Room 103
MUSIC - Ukulele Orchestra and Assorted Strings	Wednesdays, 1st, 3rd, 5th	1:00-3:00pm	Room 103
MUSIC - The Band Practice	Mondays	4:00-5:00pm	Room 103
MUSIC - Seasoned Singers	Varies	Late afternoon	Room 103
<b>FITNESS GROUPS</b>			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Pickleball - <b>ON BREAK</b>	Tuesdays & Thursdays	8:00-9:00am	Lions Park
Nordic Walking - <b>ON BREAK</b>	Fridays	10:45-11:30am	Courtyard
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball Practice	Thursdays	10:00-12:00am	Sechler Park
Softball Games	Tuesdays	10:00-11:00am	Sechler Park
Pedalers & Walkers	Mondays & Wednesdays	Mornings	Varies
Walking Group - <b>ON BREAK</b>	Mondays	9:00-10:00am	Careton Arb



## BINGO!!!

**3rd Monday of the month - JANUARY 20**

**1:00-2:00pm**

**Location:** Room 103

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

**\$1 Group Fees apply**

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



**"TAKE A SHOT AT THE PHOTOGRAPHY GROUP!"**

*Drop by at one of the monthly meetings!*

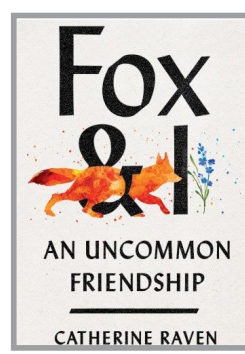
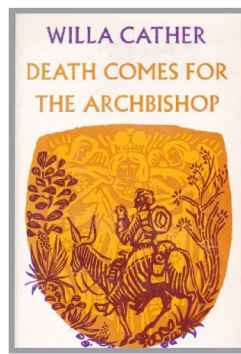
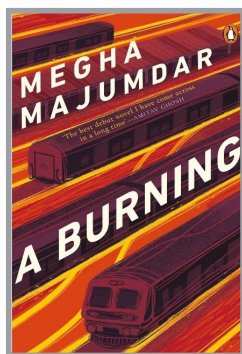
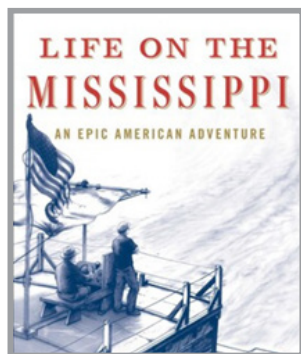
## PHOTOGRAPHY GROUP

The photography group meets on the 4th Friday of the month. They often bring their recent digital images on a flash drive and share them on the smart TV.

Questions:  
 contact Patty Ciernia at [patty.ciernia@fiftynorth.org](mailto:patty.ciernia@fiftynorth.org)



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 2025

**LIFE ON THE MISSISSIPPI** by Rinker Buck

A "blend of history and adventure in which Buck builds a wooden flatboat from the grand 'flatboat era' of the 1800s and sails it down the Mississippi River, illuminating the forgotten past of America's first western frontier"

### February 2025

**A BURNING** by Megha Majumdar

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

### March 2025

**FOX AND I** by Catherine Raven

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

### April 2025

**DEATH COMES FOR THE ARCHBISHOP** by Willa Cather

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

## 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!**

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David Appleyard  
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Diane Boyum  
George & Catherine Brophy  
Judy Broske  
Gene & Darlene Broughton  
Warren & Karen Broughton  
Judeen Brown  
Mary Brown  
Susan Dunhaupt & Dick Brown  
Jim & Judy Cederberg  
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Winnie Drentlaw  
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Beth Endert  
Dan Feinberg  
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Stephanie Frey  
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Mac & Jacquelyn Gimse  
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Kay Hinzman  
Kerry Hjelmgren  
Richard & Donna Jackson  
Robert & Beverly Jacobsen  
Georgene Johnson  
Sam & Patricia Johnson  
Ruth Johnson-Wirth  
Brent Johnston  
Steve & Ann Jorstad  
Patricia Jorstad  
Vinay Khanna  
Joni Kilde  
Dennis & Arlene Kjar  
JoAnn Kleber  
Julie Klock  
Leif & Debora Knecht  
Marv & Rose Kormann  
Gary & Arlene Kruse  
Myron Lanoue  
Tom & Nancy Loesch  
Janet Mathews  
Richard & Donna Maus  
Donna & Jim May  
James & Angie Mayr  
Ruth McCarty  
Mike & Ann McGovern  
Teresa McMahan  
Diane Melbye  
Elaine Meyers  
Todd & Sue Middleton  
Janet Mitchell  
Bruce & Audrey Moe  
Boris & Joyce Mokoff  
Neil Lutsky & Irene Montenegro  
Leslie Moore  
Bill & Pat Nelson  
Robert & Sandra Nyvall  
Elizabeth Olson  
Leona Openshaw  
Charles & Denev Perkins  
Roberta Persons

Sandy Pieri  
Robert & Nancy Pierson  
Mark & Mary Polzin  
Rhonda Reece  
Steve & Barb Reindal  
Barbara Rippley  
John & Karen Robison  
Dee Rogers  
Susan Roosenraad  
Carol Rutz  
Mary Savina  
Marie Frederickson & John Schnorr  
Arland & Mary Schwake  
Peggy Sell  
Robert & Rebecca Shepard  
Jan Shoger  
Kris Shoger  
Joyce Skaar  
Elsie Slinger  
Kenneth & Sharon Steinhouse  
Vic & Dot Swanson  
Lee Swanson  
Craig Swenson  
Curt Swenson  
Allan & Nancy Swenson  
Robert & Patricia Tabery  
Judith Tarabek  
Julian Trangsrud  
John & Vicky Tripp  
Dale & Rose Turnacliff  
Anne Ulmer  
Dan Underwood  
Robert & Donna Vanderhoof  
Linda Wagenbach  
Patricia Warner  
Bob & Lucy Wells  
Rose Werner  
Krista Wilkowske  
Robert & Catherine Williams

## NOVEMBER NEW MEMBERS

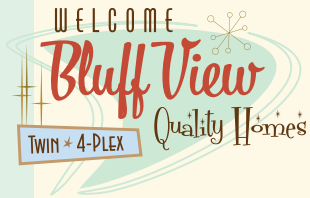
GLAD YOU'RE HERE!

*Welcome!*

**November 30, 2024**  
**Total Membership: 2,146**

Joy Cline, Nancy Dennis, Mary Griep, Glen Grisim, Will & Julie Healy, Sara Jenkins, Sonia Johnson, Donald Kelchner, Rosemarie Lewis, Mary Magnuson, Julie Maxson, Stanley & Carrie Williams Mork, Vivian Nystuen, David Peters, Jim Pierret, Kay Sahlin, Brenda Schommer, Steve Vogel, Karen Wilkerson





**NEW MODEL HOME  
COMING SOON!**  
202 Ford Street East  
Northfield, MN

Johnson-Reiland is excited to have you check out this new community of twinhomes and 4-plex homes built with quality construction. Many lots are available in this ideal location for those looking to downsize or transition to single-level living.



## KRAEWOOD

**MODEL HOME:**  
604 Kraewood Drive  
Northfield, MN

Heavily wooded lots that are just a short walk to colleges and downtown. The new energy efficient model home has main floor living, three bedrooms, two baths, laundry/mud room, spacious foyer, an open floor plan, workshop area, unfinished basement and deck.



*Call Today!*



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- Errands
- Tech Support

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## USED-A-BIT

HOUSEHOLD & FURNITURE SHOPPES  
USED A BIT SHOPPE MANAGER



- Full Time (40 hours per week)
- Starts at \$20 per hour
- Eligible for the following benefits: 401K; health care stipend; paid time off
- Location: River Park Mall in Northfield, MN

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

**Full details online:**  
[www.fiftynorth.org/about/employment/](http://www.fiftynorth.org/about/employment/)



## **MINI CONCERT: CELEBRATION OF LOVE AND FRIENDSHIP, PLUS TRAVEL ADVENTURES WITH JEANIE'S JOURNEYS PRESENTATION**

**Friday, February 14**

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

Mini Concert: Celebration of Love and Friendship - Performed by Dave & Jeanie Johnston Plus Travel Adventures with Jeanie's Journeys Presentation  
Dave and Jeanie Johnston are life-long Minnesotans who grew up in Richfield. They were married in 1980 and they have two adult married children, two grandchildren and two cats who live with them (the 2 cats) in their home in Dayton's Bluff, South Side St. Paul. Dave and Jeanie have been performing together and entertaining people across the Twin Cities and outstate Minnesota for 50 years. With Dave on guitar and vocals, and Jeanie on percussion and vocals they have entertained audiences with Scandinavian Folk Music, Oldies Rock 'n Roll, Country Music and Irish Music. They will bring a mini concert of Love & Friendship to FiftyNorth on Valentine's Day.

**Presenters:** Dave & Jeanie Johnston    **Capacity:** 40

**Cost:** Free    **Space:** Room 103



Dave and Jeanie also own and operate Jeanie's Journeys ([www.Jeanies-Journeys.com](http://www.Jeanies-Journeys.com)), a Tour Company that offers Amazing, Affordable, Travel Adventures to adults 50+. The FiftyNorth leadership has recently decided to partner with Dave and Jeanie to offer travel adventures to the FiftyNorth community. Following the concert, they will make a short presentation of tours being offered through FiftyNorth in 2025. Please join Dave & Jeanie and your FiftyNorth friends for a Valentine's Day '25 celebration of Love & Friendship.

### 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)

#### **Operations and Membership Manager:**

Elaine Meyers  
507-664-3703 | [elaine.meyers@fiftynorth.org](mailto:elaine.meyers@fiftynorth.org)

#### **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  
507-664-3707 | [michelle.loken@fiftynorth.org](mailto:michelle.loken@fiftynorth.org)

#### **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  
507-645-1399 | [deb.olien@fiftynorth.org](mailto:deb.olien@fiftynorth.org)

#### **Bookkeeper:**

Andrea Turini  
507-664-3700 | [accounting@fiftynorth.org](mailto:accounting@fiftynorth.org)



#### **Front Desk (Reception Staff):**

Phone: 507-664-3700 | Fax: 507-664-3720  
Brenda Bultman, Bonnie DuPay, JoAnn Edwardsen, Beth Endert, Cathy Graff, Pat Nelson, Jane Persons, Pam Toepper



#### **Lobby Hours:**

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



#### **Fitness Center Hours:**

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



#### **Pool Hours:**

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



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

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

View newest information online: [fiftynorth.org](http://fiftynorth.org)

Follow FiftyNorth and Used-A-Bit on Facebook!



**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 (for Homeowner Property Tax refunds). NEW beginning this tax season: ALL Renters refunds will be processed on MN Form M-1, NOT Form M1PR.

Appointments will be taken at the FiftyNorth Receptionist Desk or by phone (664-3700) beginning **Monday, January 20th** for Tuesday and Thursday appointments from February 11th thru April 10th. 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 20th. **The packet will NOT be mailed out.** The appointment date for filing ONLY homeowner property tax refunds will be Tuesday, April 15th. (That appointment can be made beginning January 20th also IF the income tax appointment you make is for March 18th or before.) Only taxpayers who file their income tax returns by AARP volunteers can have their homeowner 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 WITH MORE THAN TWO LINE ITEMS (I.E. SALES). NO EXCEPTIONS!**
- **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.