



By Kerry Hjelmgren, Director



## OUTDOOR FUN, FITNESS, AND, FELLOWSHIP AT FIFTYNORTH

Thanks to great input from our members and the remaining funds from our Age Friendly Minnesota grant, FiftyNorth now has a variety of fun outdoor activities for members to use on the patio or the grassy area. When you're ready to play, all of the sports equipment and games are in the two rolling carts outside under the pergola. Check out a game or equipment when you take it outside, and check it back in when you return it to the cart.

### Here are your options:

- Badminton
- Volleyball
- Croquet
- Putting Green
- Corn hole
- Giant Chess
- Giant Checkers
- Giant Dominos
- Giant Connect 4
- Bocce Ball
- Yard Dice
- Lawn Darts

Later this month, an outdoor power tower for strength training and fitness will be added to the patio. Also, you will have two new picnic tables with shade umbrellas to enjoy with friends. Come and see all of the fun additions to FiftyNorth to help you stay active, and enjoy the great outdoors in spring, summer, and fall!

*Kerry*

### DINING UPDATES:



**Breakfast on Tuesdays starting June 4 from Ruth's on Stafford**  
Available from 7:30-9:30am  
Room 105 at FiftyNorth

#### MENU

- On the savory side – omelets, made to order
- On the sweet side – crepes, waffles, pancakes



**Lunch on Thursdays starting June 6 from The Hideaway**

Order from custom FiftyNorth Menu. Order by noon on Tuesday for pickup at FiftyNorth between 12pm-1pm

Access the online order form:



- 1) FiftyNorth home page on website
- 2) Desktop link on FiftyNorth lobby computer
- 3) Scan this QR code with your smart phone

#### MENU

- 1/2 deli sandwich
- 6" hoagie
- Garden salad
- Soup of the day
- Chips
- Cookies

#### HOW TO USE QR CODE:

Open the camera app on your phone or tablet. Focus the camera on the QR code by gently tapping the code. You'll go to the Order Form via your phone's web browser, which will launch automatically.

#### NEED HELP?

Contact Patty at (507) 664-3709 or Michelle at (507) 664-3707

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#### POPCORN WAGON IS OPEN!

Stop by Bridge Square and enjoy popcorn from FiftyNorth's newly restored 1918 Popcorn Wagon.

Looking for more volunteers!  
See schedule on pool exit door.

#### FIFTYNORTH CLOSED — WEDNESDAY, JUNE 19



### In The FiftyNorth Gallery

GALLERY SHOW: MAY 3 – JUNE 28

Mother and Daughter Generational Gallery Show

BIO – ANDREA (ANDI) CURLEY – Mixed Medium

BIO – EDDENE BAKKER – Mixed Medium



BIO – ANDREA (ANDI) CURLEY – Mixed Medium

Art has always been in my life. In 1974 I attended Wisconsin State University River Falls as an Art Major. For an art assignment I painted Grim Hall RD's office walls with a Salvador Dali surrealistic style with melting clocks. For another art project, an artist friend and I organized painting a mural on the second floor corridor walls of Crabtree Hall that we were residents. During the summer of my second year, I had gotten a job testing and debugging on an IBM Mainframe and my career shifted to IT. My free time was spent painting murals on walls, garage doors, garden chairs, tools, dirt bike tanks and acrylic paintings on request. While working

for Northwest Airlines, I painted a wall mural in the area I worked as a Mainframe Operator and another mural down a long corridor of a plane and the ports we flew to worldwide. I was one of 4 artists the airline selected to show their work for a weekend during an employee party in Camp Snoopy at the MOA. In 2010 I received a ribbon on a watercolor I submitted to the Minneapolis Institute of Art Foot in the Door event for local Minnesota Artists, which hung at MIA for 5 weeks.

We lost our Mom in 2011 and wanted to share her work with all of you.

BIO – MY MOM EDDENE BAKKER – Mixed Medium

My Mom was my teacher and mentor in the Arts. In the 1950's she held art classes in our home growing up. She also ran a gallery with her artist friends, above a bakery on Robert Street in West St. Paul. We would sometimes run down to the movie theater while she was with customers. In the 1960's she was taking classes at the Minneapolis College of Art and Design. I spent many summer weekends with her setting up at Art Fairs throughout the city parks and town squares just north in White Bear, Hugo, North Branch.... Later in life, we continued to attend many classes and would watercolor together weekly.

### MEMBER NEWS & EVENTS

**FiftyNorth  
CLOSED —  
Wednesday,  
June 19**



**FIFTYNORTH SUMMER PICNIC!**  
**Thursday, July 11 — 12-1:00pm**  
**Entertainment by "Just Friends"**  
(formerly Corona No Mas)



### COMMUNITY STREET DANCE

Division Street, Downtown Northfield

**JULY 13**

**Dance Lessons at 4:30**

**Live Music at 5:00pm**

**FUN for  
ALL  
AGES!!!**

**FREE  
EVENT**

Live Music by:

- ✓ Los Rebeldes and
- ✓ Jivin' Ivan & The Kings of Swing

✓ Bounce House

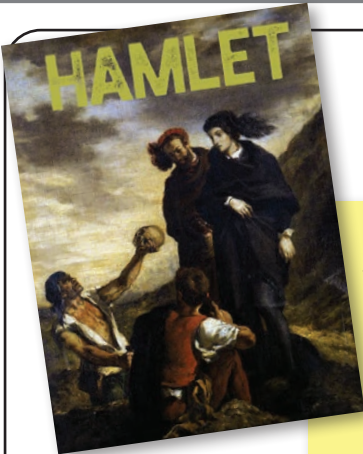
✓ Transportation from Assisted living Residences by All Around Townie Tours & Transportation

Enjoy local restaurant specials or bring your own picnic!

**SPONSORED BY:** AGE-FRIENDLY NORTHFIELD, THE CITY OF NORTHFIELD AND NORTHFIELD PUBLIC SCHOOLS COMMUNITY EDUCATION



MEMBER NEWS & EVENTS *continued*



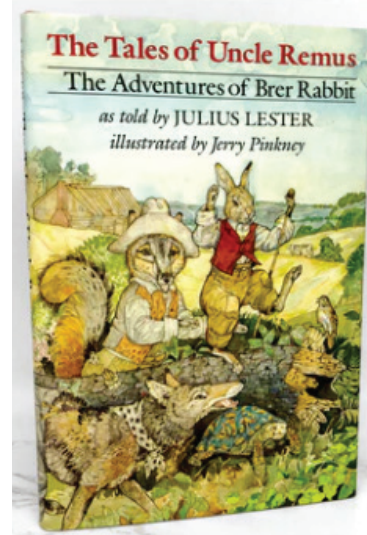
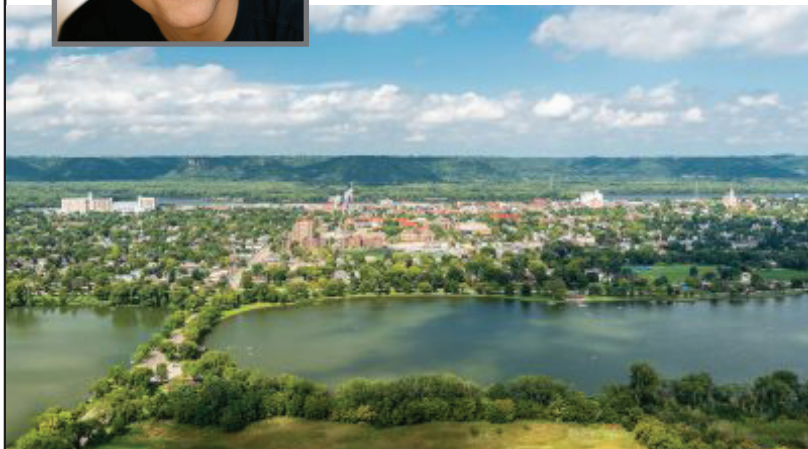
*A special introduction to the Shakespeare Festival in Winona!*

**DOUG SCHOLZ-CARLSON PRESENTS AN INTRODUCTION TO: GREAT RIVER SHAKESPEARE**  
**Monday, June 3 at 11:00-12:00pm**

Doug Scholz-Carlson, Great River Shakespeare Festival's Artistic Director, will provide an entertaining and insightful introduction to the Festival and to the featured Shakespeare play we will attend on our planned trip WEDNESDAY, JULY 10 (Trip details on page 16). This year's play is Hamlet. As in the past, this promises to be an educational and entertaining session. Plan to attend this open and free event.



**Presenter:** Doug Scholz-Carlson  
**Capacity:** 30  
**Cost:** Free and open to the public  
**Room:** 103



**THE TALES OF UNCLE REMUS**  
**Friday, June 28**  
**3:00-4:00pm**

Hi ya'll, I am Michelle Elisabeth and I am a teller of tales. Some of ya'll may know me from the Uppity Ladies, but I am also a storyteller. I was born and raised in Louisiana and grew up hearing the tales of Uncle



Remus. Those are the ones I chose to learn and tell.

The stories are the morality tales the Africans brought with them, just changing the animals from the African to the American South. The characters are the trickster rabbit and the cunning fox and a host

of others. I hope you will join me June 28 at FiftyNorth for an afternoon of tales.

**Presented by:** Michelle Elisabeth  
**Capacity:** 50  
**Space:** Room 103

- Free will donations appreciated!
- Treats will be served

## MEMBER SERVICES

### Help for Medicare Options



#### MORE HELP FOR MEDICARE OPTIONS

**2nd Wednesday of the month**  
**12:00-3:00pm**

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

**Space:** FiftyNorth in the Gallery Link

Available for help with:

*Multiple Plan options/multiple carriers to fit your needs and budget - Plan analysis and review - Assistance in enrolling when eligible*

No cost or obligation

Stop by or call for appointment.

**Sandra Robertson, licensed Insurance Agent,**  
**# 20381956,**

**Phone:952-484-5723** [sandra@sigbrokers.com](mailto:sandra@sigbrokers.com)



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

Come in and meet Sarah Kuball, a Three Rivers Community Action Older Adult Services Specialist. Older Adult Services assist individuals aged 60 and older and their families with information, referrals, and resources that allow persons to remain healthy and independent in their homes and communities.

**Location:** Consult Room



#### CAREGIVER SUPPORT GROUP

**Thursday, JUNE 6**  
**1:00-3:00pm**

**Location:** Room 103

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:** Room 102

#### Family Service Caregiving Consultant

**Thursdays**  
**10:00-11:00am**

and

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

**Location:** Consult Room

**Kathy Voss**

**Certified Caregiving Consultant**

Family Service Rochester, 1625 Hwy 14 East, Rochester,  
MN 55904

507-218-3275

[www.familyservicerochester.org](http://www.familyservicerochester.org)

# FITNESS NEWS

13TH ANNUAL TABLE TENNIS TOURNAMENT

## FiftyNorth sponsored the 13th Annual Northfield Table Tennis Tournament

The tournament for players (men and women) of all ages was hosted Saturday, May 4th at the Northfield Middle School. The tournament featured a choice of three singles events and three doubles events.



**I**n thirteen years, the tournament has grown to be one of the largest table tennis tournaments held in Minnesota (with 86 participants this year)! Many of the highest rated players in Minnesota including from Rochester and the Twin Cities clubs participated in addition to many local players who are active in one or more of the five sessions of table tennis offered weekly at FiftyNorth. Ten players from Carleton College participated in the tournament as well.

Event winners in Singles were Mandy Yu, Jiangchen Ren, Jayden Wang and in Doubles Mandy and Abigail Yu, Edi Schechtinger and Sith Bounkeo, and FiftyNorth members Neil Lutsky and Irene Montenegro. More participants from FiftyNorth finishing as medalist included: Mark Zach and Jim Gill (partners in the U-1400 Doubles Division 2nd Place), Don Bonrud U-700 Singles 2nd Place, and Mark Zach U-700 Singles 3rd Place.

Additional FiftyNorth players who competed in the tournament this year included Bruce Anderson, Gregg Anderson, Armand Boehme, Edwin Bush, Jim Colwell, Tom Drucker, Mike Eaves, Todd Harvey, Vin Khanna, Russ Margulies, and Stu Sinykin.

The tournament was especially highlighted by a high number of young players, ages 8-17 who played exceptionally well. The tournament does not split by gender, or have any age restrictions or age levels, so it's common to see multi-generational matches i.e. males/females who may be 8, 9, or 10 years old competing with players in their 50's, 60's, 70's, and 80's!



Neil Lutsky and Irene Montenegro: Doubles 1st Place



Jim Gill and Mark Zach: Doubles 2nd Place U-700



Don Bonrud: Singles 2nd Place U-700



Mark Zach: Singles 3rd Place U-700



## FITNESS NEWS continued p5



### Fitness classes paused for the summer

The following fitness classes and group will be on hiatus this summer – June, July, and August returning after Labor Day in September.

- ① **LINE DANCING: Wednesdays - 1:00-2:00pm**    ② **NORDIC WALKING GROUP: Thursdays - 3:30-4:15pm**  
 ③ **FOLK DANCE FUSION: Fridays - 11:45am-12:45pm**

### NEW ONGOING FITNESS CLASS

#### TAI CHI

**Fridays beginning June 14**

**7:00-8:00am**

Open hand, Yang Style, long form Tai Chi class. Classes will begin with a series of gentle exercises. Loose fitting clothes are a good choice, clothes that you are comfortable moving in. Soft-soled shoes (or bare feet) are desirable.

These exercises build balance, flexibility, and a kind of core strength and deep posture that form the heart of the form. After practicing these exercises, we begin building 'the form'.

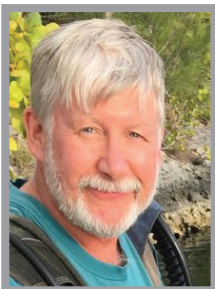
This is a long form, so the practice challenges and develops memory skills while deepening a unique form of body-awareness. It is both a martial art, and a moving meditation.

The practice moves one to a good, and powerful place.

**Instructor:** Eric Cole

**Capacity:** 30

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



#### MEET ERIC COLE

Eric Cole is a Biology Professor at St. Olaf College, teaching since 1993.

During that time, he has led a variety of Tai Chi Classes both through the Paracollege,

and later in more informal one-on-one settings with faculty, students

and staff. Cole has practiced Tai Chi since 1980 when he studied both Wu and Yang styles in Seattle,

Washington. Since then he has worked to develop forms from a number of wonderful teachers in traditional open hand, Jian sword, and Gunshu staff. The practice he hopes to establish at FiftyNorth will begin by tackling the heroic, 108 movement Yang style open-hand form. 'Practicing even a few Tai Chi movements with attention to refinement, delivers deep and satisfying benefits'. Among those benefits are balance, core strength, limberness, and moments of radiant peace.

### NEW SESSION-BASED FITNESS CLASSES

#### PICKLEBALL 101 (pre-registration required)

**Friday & Saturday, June 7 & 8**

**8:00-10:00am**

Pickleball is one of the fastest growing sports. Pickleball is great for hand and eye coordination, stability, cardiovascular endurance, and a great way to meet new people. Learn from Bruce Hamilton how to improve your serving, hitting, ball placement, and the basic rules of Pickleball. First day is in class session and the second day you will utilize what you have learned on the courts at the Northfield Middle School with drills from Bruce Hamilton.

(2 sessions)

**Instructor:** Bruce Hamilton

**Capacity:** 16

**Cost:** \$36 nonmbr, \$28 mbr, \$0 plus/platinum

**Space:** June 7 - Room 106, June 8 - meet at Middle School Tennis Courts.



#### INTRO TO SOMATIC MOVEMENT (pre-registration required)

**Fridays, June 14, 21, 28, July 12, 19 (no class July 5)**

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

In the Intro to Somatic Movement 5-week series you will learn the basic somatic exercises to release chronic tension holding patterns in the front, back, and sides of the body (including shoulders, hips, and neck). By focusing on your internal sensation of movement, the exercises remind the nervous system how to relax muscles to proper resting length, how to utilize full range of motion, and how to move well in daily activities. This awareness allows for more freedom in movement, which increases quality of life. The exercises are simple, gentle, and uplifting. You must be able to get down and up from floor; okay if need to use a chair for this.

(5 sessions) - no class July 5

\*Completion of this 5-session class series is required in order to participate in the Ongoing Somatics classes.

\*Please plan to attend all class sessions in the series.


**Instructor:** Cheryl Ramette, Certified Somatics Educator (CCSE)

**Capacity:** 15

**Cost:** \$45 nonmbr, \$35 mbr, \$0 plus/platinum

**2024 IN-PERSON LAND BASED FITNESS CLASSES (updated June)**

	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	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)	HATHA 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
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)	OUTDOOR YOGA (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						TABLE TENNIS (10:30-3:45)	
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					SOMATICS (1-2) Prerequisite: Intro to Somatics		
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)		TABLE TENNIS (1:30-3:30)			
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)		
4:00 PM	TAI CHI FLOW TIPS/TRICKS (4:15-4:45)		TAI CHI FLOW TIPS/TRICKS (4:15-4:45)		TAI CHI FLOW TIPS/TRICKS (4:15-4:45)		
4:30 PM							
5:00 PM							
5:30 PM	TABLE TENNIS (5:30-7:30)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE			
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
7:45 PM							



**INTENSITY KEY:**

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

**2024 VIRTUAL LAND BASED FITNESS CLASSES (updated May)**

**AVAILABLE THRU ZOOM**

**VIRTUAL LAND BASED FITNESS CLASSES**



**INTENSITY KEY:**

- PINK –** High Intensity
- BLUE –** Mid-range
- PURPLE -** Gentle

	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						
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)		YOGA BALANCE (1-2)	
1:30 PM						

← AQUA FIT CLASS

890

48,000

gallons of water



↑ WATER VOLLEYBALL GROUP

↑ LAP LANES

SAUNA & WHIRLPOOL

2024 AQUA FITNESS (updated January)

**AQUA FITNESS**



**COLOR 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	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	OPEN SWIM
7:30 AM						
8:00 AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	OPEN SWIM
8:30 AM						
9:00 AM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM
9:30 AM						
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	FAMILY SWIM 12-2PM AGE 3+
12:30 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:30 PM						
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						
7:45 PM						





**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.

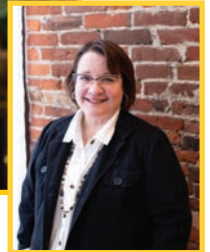


**MEDICATION 101**  
**Monday, June 3**  
**9:00-10:00am**



Northfield Hospital and Clinics will be discussing the importance of taking medications as they are prescribed, how to store medications, dispose of medications, and possible counter actions of some medications.

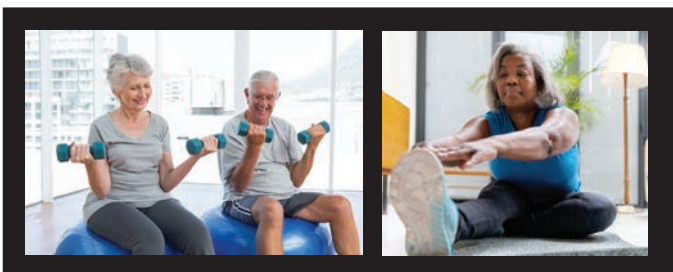
**Instructor:** Northfield Hospital + Clinics  
**Capacity:** 25  
**Cost:** \$9 nonmbr, \$7 mbr, \$5 platinum  
**Space:** room 106



**SOUND IMMERSION**  
**Tuesday, June 18**  
**4:00-4:30pm**

Miki Orr Campbell is the owner of Zensational in Faribault. Miki is a certified vibrational sound therapy practitioner and psychic medium. There are many benefits to sound and vibrational therapy, and it is being recognized as a positive and powerful influence on our bodies at all levels; physically, mentally, emotionally and spiritually. Experiencing sound immersion allows you to reach deeper and deeper states of relaxation which allows the body to repair itself naturally. Enjoy a 30-minute sound immersion class using singing bowls, tuning forks and chimes as you rest and feel the positive effects of sound therapy.

**Instructor:** Miki Orr Campbell  
**Capacity:** 15  
**Cost:** \$9 Nonmbr, \$7 Mbr, \$0 Platinum  
**Space:** Fitness Studio



**BENEFITS OF EXERCISE**  
**Wednesday, June 12**  
**9:00-11:00am**

What can exercise do for me? Can exercise help improve my ailments, my joint pain, my mood or even my cognitive functioning? Dr. Marcy Kramer will help you understand the benefits of exercise on the human body. Learn how exercise not only improves your heart and muscles, but also how it can benefit your entire body and the way it functions.

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



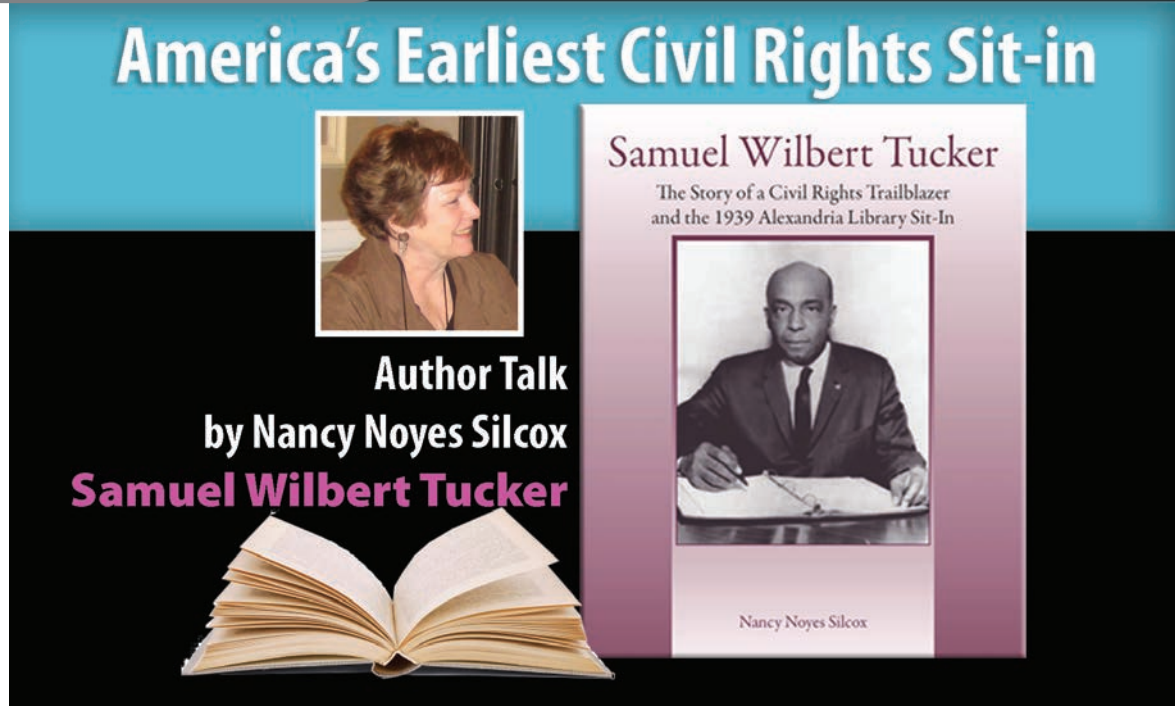
**HAND CARE**  
**Wednesday, July 10**  
**9:00-11:00am**

The human hand has 27 bones, 29 major joints, 123 ligaments, and 34 muscles. The human hand helps with numerous daily functions that help us communicate, and live a healthy life. Learn from Dr. Marcy Kramer how can you improve the overall health of your hands and keep your hands healthy.

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



## AUTHOR TALK



**Nancy Noyes Silcox presents -**

**SAMUEL WILBERT TUCKER: The Story of a Civil Rights Trailblazer ...**

**Friday, June 21**

**10:30-12:00pm**

America's Earliest Civil Rights Sit-in

Samuel Wilbert Tucker: The Story of a Civil Rights Trailblazer and the 1939 Alexandria Library Sit-in

Refused a library card at the public library, twenty-six-year-old African American lawyer Samuel W. Tucker organized a sit-in to protest the library's whites-only policy in 1939. He defended the protesters when they were arrested for disorderly conduct. Facing down Virginia's "massive resistance" to school desegregation after the 1954 Brown v Board decision, he continued to fight unrelentingly for fairness, equality and justice.

Author Nancy Noyes Silcox's presentation includes details about the sit-in and Tucker's career as a civil rights lawyer. She shares stories of her research journey that led her to unexpected connections and information.

Silcox wrote Tucker's biography to help young readers understand that change requires the determination and courage of many ordinary people, not only the ones who become famous.

Growing up in New Ulm, Silcox now lives in Northfield. As a Peace Corps volunteer in 1968, she served in Guyana, South America. She has been a school librarian in Alexandria, Virginia, Egypt, Belgium and Ukraine.

Currently, Silcox is working on *A Place Called Home: The Story of German Immigrants from Cincinnati, Ohio to New Ulm, Minnesota 1856-1862*. It's a coming-of-age historical fiction about adjusting to change, experiencing tragedy during the US-Dakota War of 1862 and learning to survive and build a community in a new place.

For more information, visit her website: [www.nancynoyessilcox.com](http://www.nancynoyessilcox.com)

Samuel Tucker books will be on sale after the presentation.

**Presenter:** Nancy Noyes Silcox

**Capacity:** 50 | **Cost:** Free | **Space:** Room 103

Don't miss  
this fascinating  
presentation by  
FiftyNorth member,  
Nancy Silcox!

## ART CLASSES

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

Please 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.

**WATERCOLOR COMPOSITION**

**Thursday, June 6**  
**9:30-11:30am**

Let's paint a summer time watercolor composition! You will have the opportunity to experiment with several different watercolor techniques, and enjoy the process of creating something beautiful!

\*Please bring any drawings or photos of images you may want to incorporate into your art piece.... Or use the ones I will have available at the class. I look forward to seeing you!

**Instructor:** Vicki Stanley

**Capacity:** 12

**Cost:** \$28 Nonmbr, \$24 Mbr, \$10 Platinum

**Space:** Room 105

**Registration deadline:** June 4

**SUN DYEING**

**Wednesdays, June 12 & 26**  
**9:00-12:00pm**

You can dye an assortment of fabrics by letting the sun be the heat source and do all the work in half gallon mason jars for two weeks. The dye materials may come from the garden, kitchen, or be wood shavings and dye extracts to complete a rainbow of dyed fabrics. I will pre-dye some fabric in indigo and we will dye it in onion skins for greens.

We will dye an assortment of fabrics, silk bandanas, cotton fat quarters, wool yarn and fleece. The students will set up six or more 1/2 gallon mason jars with fabric and dye materials and we will set them outside in the dye garden for two weeks for dyeing. Each student will take home a bandana and sample card of fabrics with all the colors. We should have enough dyed cotton left over to make a banner, that could be another project.

NOTE: Bring onion skins and avocado pits if you have some.  
 (2 sessions)

**Instructor:** Judy Saye-Willis

**Capacity:** 12

**Cost:** \$105 nonmbr, \$84 mbr, \$25 platinum

**Space:** Room 105

**Check out the Art Club!**

The FiftyNorth Art Club meets the 2nd and 4th Wednesday of the month from 1:30-3:30 in room 105.

We can build an art community whose goal is: learn something new, have fun, be supportive, be brave and take risks, offer honest opinions to those who ask for it or to ask members to give feedback in a positive way.





**\*CHANGE COMING JULY 1ST ON CLASS REQUIREMENTS**

These courses are designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver. Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premiums. First timers must take the 8-hour course then a refresher course every 3 years to continue the discount. **\*After July 1, 2024 Minnesota will no longer require first-time students to take the 8-hour class.** First-timers can start with the 4-hour class then a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

**FEES:**

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

■ **AARP Smart Driving 4-hour Refresher Course**  
**Wednesday, June 12**

**1:00-5:00pm**  
**Location: Room 103**

■ **AARP Smart Driving 4-hour Refresher Course**  
**Tuesday, July 2**

**1:00-5:00pm**  
**Location: Room 103**

■ **AARP Smart Driving 4-hour Refresher Course**  
**Wednesday, August 14**

**1:00-5:00pm**  
**Location: Room 103**

■ **AARP Smart Driving 4-hour Refresher Course**  
**Wednesday, September 11**

**9:00-1:00pm**  
**Location: Room 103**

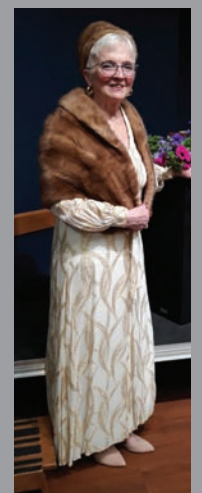
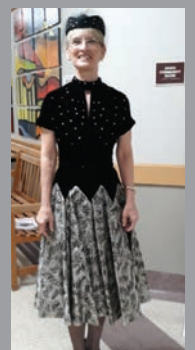
■ **AARP Smart Driving 4-hour Refresher Course**  
**Monday, October 14**

**9:00-1:00pm**  
**Location: Room 103**

■ **AARP Smart Driving 4-hour Refresher Course**  
**Wednesday, November 13**

**9:00-1:00pm**  
**Location: Room 103**

**Photos from the Vintage Fashion Show & Victorian Tea**





## 2024 SENIOR A&B SOFTBALL LEAGUE

- All games start at 10:00. Games are on Tuesdays unless noted.
- A GAMES at Sechler 2 (far west fields)
- B GAMES are at Sechler 1 (by the Pavilion)
- Home team has batting practice at 9:00am
- Visitors have batting practice at 9:30am
- Home team furnishes 2 new balls
- Each team furnishes their own umps

### Out of town field locations:

- Faribault fields are in Alexander Park by the Fairgrounds:  
1814 2nd Ave NW, Faribault, MN 55021
  - Owatonna games: Steele County Fairgrounds  
SE 18th St, Owatonna, MN 55060
  - Cannon Falls fields are by the water plant off Hwy 19
  - Rochester fields are at the McQuillan Softball Complex, Field #1, 1655 Marion Road SE
- FiftyNorth Senior Softball Managers:  
Bruce (612) 718-4989  
Chuck: (507) 581-0592

2024 FiftyNorth Softball Team Schedule				Notes
Games are Tuesdays at 10am unless noted.				
Date	Game			
21-May	Team A	vs Rochester	@ Home	
	Team B	vs Cannon Falls	@ Home	
28-May	Team A	<b>NO GAME</b>		
	Team B	vs Owatonna	@ Owatonna	
30-May	Team A	vs Owatonna	@ Owatonna	Thursday
4-Jun	Team A	vs Faribault	@ Home	
	Team B	vs Faribault	@ Home	
11-Jun	Team A	vs Rochester	@ Rochester	
	Team B	vs Cannon Falls	@ Cannon Falls	
18-Jun	Team A	<b>NO GAME</b>		
	Team B	vs Owatonna	@ Home	
20-Jun	Team A	vs Owatonna	@ Home	Thursday
25-Jun	Team A	vs Faribault	@ Faribault	
	Team B	vs Faribault	@ Faribault	
2-Jul	<b>NO GAMES</b>			
9-Jul	Team A	vs Rochester	@ Home	
	Team B	vs Cannon Falls	@ Home	
16-Jul	Team A	<b>NO GAME</b>		
	Team B	vs Owatonna	@ Owatonna	
18-Jul	Team A	vs Owatonna	@ Owatonna	Thursday
23-Jul	Team A	vs Faribault	@ Home	
	Team B	vs Faribault	@ Home	
30-Jul	Team A	vs Rochester	@ Rochester	
	Team B	vs Cannon Falls	@ Cannon Falls	
6-Aug	Team A	<b>NO GAME</b>		
	Team B	vs Owatonna	@ Home	
8-Aug	Team A	vs Owatonna	@ Home	Thursday
13-Aug	Team A	vs Faribault	@ Faribault	
	Team B	vs Faribault	@ Faribault	
20-Aug	<b>TOURNAMENT HOSTED BY NORTHFIELD</b>			

## GROUPS at FiftyNorth

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 Group	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 - ON BREAK	Mondays, 3rd	1:00-2:00pm	Room 103
MISC - Book Club	Fridays, 2nd	10:30-12:00pm	Room 102
MISC - Friday Movie	Fridays	1:00-3:00pm	Room 103
MISC - Growing Connections	Tuesdays, 2nd	10:30-11:30am	Patio / Room 105
MISC - History Group	Fridays	10:30-12:00pm	Room 104
MISC - Reading With 5th Graders - ON BREAK	Wednesdays, 2nd	2:00-2:30pm	Multiple Rooms
MISC - Rock Talk - ON BREAK	Mondays, 2nd	10:00-11:30am	Gallery Link
MUSIC - Chime Choir - ON BREAK	Thursdays	9:30-10:45am	Room 103
MUSIC - FiftyNorth Troubadours Men's Choir	Tuesdays	9:00-11:30am	Room 103
MUSIC - FiftyNorth Ukulele Orchestra and Assorted Strings	Wednesdays, 1st, 3rd, 5th	1:00-3:00pm	Room 103
MUSIC - The Band Practice	Mondays	4:00-5:00pm	Room 103
MUSIC - Seasoned Singers	Varies	Late afternoon	Room 103
<b>FITNESS GROUPS</b>			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Pickleball	Tuesdays & Thursdays	8:00-9:00am	Lions Park
Nordic Walking ON BREAK	Thursdays	3:30-4:30pm	Studio, 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	Mondays & Wednesdays	Mornings	Varies



*On Break for Summer:*

Several Groups are taking a break for the summer months. Check back on this page in September to see if your favorite group is back!

*On Break for Summer:*

**BINGO - ON BREAK**

**Reading With 5th Graders - ON BREAK**

**Rock Talk - ON BREAK**

**Chime Choir - ON BREAK**

**Nordic Walking ON BREAK**



**NEW Group!**

**GROWING CONNECTIONS**  
2nd Tue every month  
10:30-11:30am

Whether you are a beginning gardener or a well-seasoned gardener, grab a cup of coffee and connect with other gardeners as we share problems, successes or just down to earth gardening advice! Bring photos of your gardens and/or favorite plants to share with others.

**\$1 Group fee applies**

**Group Leader:** Sharon Boisselle

**Space:** Patio or Room 105

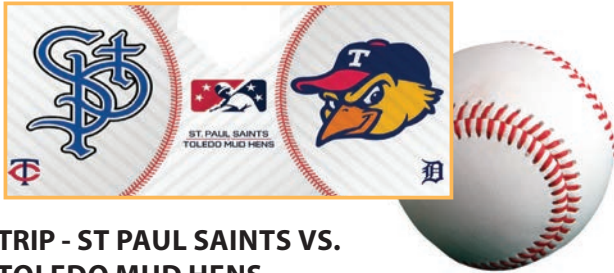
## TRAVEL GROUP

## CANCELLATION POLICY

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.



**TRIP - ST PAUL SAINTS VS. TOLEDO MUD HENS**  
**Wednesday, June 19**  
**11:00-5:00pm**

Join FiftyNorth as we travel to CHS field and cheer on the St. Paul Saints as they host the Toledo Mud Hens. The cost of food is NOT included in the price. \*CHS Field is a cashless venue. Please bring a credit/debit card for your food and/or merchandise purchases.

\*Please specify when registering if you want to sit with someone specific.

**Group Leader:** Craig Swenson

**Capacity:** 25

**Cost:** \$70

**Registration deadline:** June 14



**TRIP - GUTHRIE THEATER: LITTLE SHOP OF HORRORS - A FRIGHTFULLY FUNNY MUSICAL**

**Wednesday, July 10**  
**11:15-5:00pm**

On Skid Row, Mr. Mushnik plans to shutter his failing florist shop when

his timid staffer Seymour presents an exotic-but-wilted flytrap named Audrey II. Convinced it will boost business, Seymour encourages Mr. Mushnik to display the peculiar plant, which Seymour successfully revives. As Audrey II draws much-needed crowds to the shop, Seymour makes a disturbing discovery: It needs fresh blood (and lots of it) to grow — a secret that forces Seymour into a Faustian bargain to keep his fame and fortune intact. A hilarious mashup of science fiction, horror and musical theater, this cult classic boasts Motown-inspired hits like "Feed Me (Git It)," "Suddenly, Seymour" and "Little Shop of Horrors." Late lunch on your own. Location to be determined.

**Trip Leader:** Norma Monroe

**Capacity:** 35

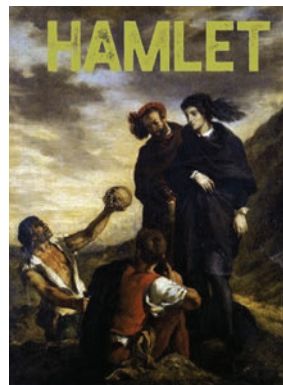
**Cost:** \$80

**Registration Deadline:** June 12



**TRIP - GREAT RIVER SHAKESPEARE FESTIVAL: HAMLET**  
**Wednesday, July 10**  
**10:30-7:30pm**

We will again have a bus load of folks traveling to Winona to attend a performance of Hamlet directed by Doug Scholz-Carlson. As an added treat we will enjoy seeing long time company member Tarah Flanagan playing the role of Hamlet, with a cast of professional actors from the Great River Festival company. Yes, this staging will be different! But with Doug as director and the amazing



Tarah playing Hamlet we will be treated with a new creative version of Shakespeare by folks who really can play Shakespeare. Those of you who have been before and those who are new to the Festival will all have a great enriching experience. The cost of the trip will include the bus, play tickets, after play box meal with the actors and Director. Doug will also visit FiftyNorth in June to present a

preview of the play and answer your questions about the play. More details as the play develops in rehearsal. So mark your calendars for July 10th and come prepare for a summer treat.

The box meal will be a sandwich option with sides.

■ Please specify your sandwich choice: Turkey or Vegetarian

■ Please specify when registering if you want to sit with someone specific.

**Trip Leaders:** Bill and Char Carlson

**Capacity:** min 20, max 45

**Cost:** \$125

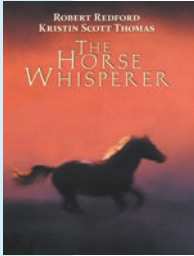
**Registration deadline:** July 5



FRIDAY MOVIE GROUP

JUNE MOVIES

MOVIES START AT 1:00PM  
\$1 group fee applies



**JUNE 7**  
**THE HORSE WHISPERER**

1998 170 mins.  
Stars: Robert Redford directed himself for the first time in this romantic drama. A young teen, Grace Maclean, played by Scarlett Johansson, is critically injured in a horse-riding accident that leaves both rider and horse emotionally destroyed. Her mother, a savvy business woman, played by Kirsten Scott Thomas, goes on a mission to heal her daughter and the horse by brining both of them to the “horse whisperer” (Robert Redford), a cowboy renowned for rehabilitating traumatized horses.



**JUNE 14**  
**MIRACLE**

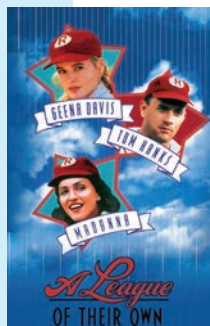
2004 135 mins.  
Filled with exhilarating nonstop hockey action and heart-racing suspense, it’s the inspiring true story behind one of the greatest moments in sports history - the 1980 United States ice hockey team’s triumphant Olympic victory against the Soviet Union. Kurt Russell gives a brilliant performance as the dynamic and determined coach Herb Brooks, who had an impossible dream -- beat the seemingly unbeatable Soviets at their own game.



**JUNE 21**  
**RAIN MAN**

1988 135 mins.  
Callous hustler, Charlie Babbitt (Tom Cruise) is busy working on his next deal when he receives word that his estranged father has died. After traveling back to Ohio from Los Angeles for the funeral, Charlie is miffed to find that although he will receive a vintage Buick from his father’s estate, he isn’t getting a cent of the three-million-dollar fortune. Instead, Charlie finds that the money has been

left to the caretakers of his institutionalized autistic brother, Raymond (Dustin Hoffman). ...



**JUNE 28**  
**A LEAGUE OF THEIR OWN**

1992 127 mins.  
Hanks stars as Jimmy Dugan, a washed-up ball player whose big-league days are over. Hired to coach in the All-American Girls Baseball League of 1943 – while the male pros are at war – Dugan finds himself drawn back into the game by the heart and heroics of his “all girl” team. Jon Lovitz adds a scene-stealing cameo as the sarcastic scout who recruits Dottie Hanson, the “baseball dolly” with a Babe Ruth swing. Teammates Lori Petty and

Rosie O’Donnell round out the roster, taking the team to the World Series.

BOOK GROUP

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



**JUNE 2024**  
**LAST CIRCLE OF LOVE**  
by Lorna Landvik

A funny, heartwarming story about a feisty group of women who shake, spice, and heat things up with a “recipe” book for romance, from the bestselling author of Angry Housewives Eating Bon Bons.



**July 2024**  
**THE FIREKEEPER'S DAUGHTER**  
by Angeline Boulley

A ground-breaking, heart-racing thriller perfect for fans of Angie Thomas and Tommy Orange An instant no.

1 New York Times Bestseller, April 4 2021  
Winner of the Goodreads Choice Awards for YA Fiction, 2021 Winner of CrimeFest Best YA Crime Fiction Prize, 2022. Eighteen-year-old Daunis has always felt like an outsider with her mixed heritage, both in her hometown and on the nearby Ojibwe reservation. After she witnesses a shocking murder, Daunis reluctantly agrees to go undercover for the FBI, who are convinced a drug trafficking ring are behind it.



**August 2024**  
**OWLS OF THE EASTERN ICE: A QUEST TO FIND AND SAVE THE WORLD'S LARGEST OWL**  
by Jonathan Slaght

A chance encounter with this huge, strange bird was to change wildlife researcher Jonathan C. Slaght’s life

beyond measure. This is the story of Slaght’s quest to safeguard the elusive owl from extinction.



## APRIL DONORS THANK YOU FOR YOUR SUPPORT!

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Allan & Nancy Swenson  
Judith Tarabek  
Dale & Rose Turnacliff  
Anne Ulmer  
Robert & Donna Vanderhoof  
Linda Wagenbach  
Patricia Warner

■ Membership total: April 30, 2024 = 1945

*Welcome!*  
**APRIL NEW MEMBERS**

GLAD YOU'RE HERE!

Stella Capek,  
Alfred Christensen,  
Fernanda Corona,  
Kevin Gilbert,  
Cindy Godfrey,  
Joe Hansmeyer,  
Joan Henriksen,  
Heidi Hoffman,  
Douglas Holmgren,  
Kristi Huettl,  
Terry Johnson,  
Gail Lewis,  
Borris Mokoff,  
Gerald (Doc) Nicolai,  
Joyce Nicolai,  
Wayne & Doreen Perleberg,  
Laura Rawson,  
Darwin Tilstra,  
David Twaites,  
Phillip Wyld

### NEW VENDING MACHINES in the FiftyNorth lobby



- If you use a debit card to purchase food from the vending machine there will be an \$8 hold on your bank account. A \$5 hold will be placed on beverage purchases. The correct amount of the transaction will be posted to your account the following day.
- To check the price on a beverage, key in the code for the item and the price will show up in the display.
- All ingredients for the food items are from local vendors.
- The food will be changed out every 2 to 3 days.
- If for some reason you do not get the product you select, there is an envelope on the left side of the beverage machine. Fill out the envelope and you will receive a refund the next time the machine is serviced.
- The packaging and the microwave give the suggested cooking time.
- Individuals must cleanup after themselves, including the use of the microwave and toaster. There are wipes on the counter.
- The machines accept \$1 and \$5 bills. They do dispense change.
- Follow the prompts on machine displays.

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1651 Jefferson Pkwy, Northfield, MN 55057



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

## STAFF DIRECTORY

### Director:

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

### Assistant Director/Fitness Coordinator:

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

### Administration Manager:

Elaine Meyers  
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:

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



### Front Desk (Reception Staff):

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



### Lobby Hours:

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



### Fitness Center Hours:

Monday–Friday: 6am–8pm  
Saturday: 7am–4pm  
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)

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