



# FiftyNorth Report

**JULY 2023**  
Where Active Adults Gather.

**CLOSED  
JULY 4**

By Kerry Hjelmgren, *Director*

## INSIDE

### **PARTNERSHIPS IN FITNESS** THROUGHOUT OUR COMMUNITY



**D**id you know that FiftyNorth is a partner in helping older adults stay active throughout our community? Instructors Craig Swenson, Marcy Kramer, and Rebecca Gummow offer FiftyNorth's high-quality fitness programming at several locations in Northfield to keep older adults moving! Our offerings include full body exercise classes to improve strength, endurance, stability, and balance. Our instructors are masters at adapting exercise routines to match the unique needs and abilities of participants.



1000 Cannon Valley Drive.



FiftyNorth is proud to partner with 1000 Cannon Valley Drive, Kildahl Park Pointe, Northfield Retirement Community (ParkView East, Northfield Manor, Evergreen Lodge, Cannon Valley Suites, & Fountain Fitness Center), and our newest partner, Benedictine Living Community. Our first class at Benedictine Living Community in June welcomed 47 participants!

Do you see a need for fitness classes geared toward older adults somewhere in the Northfield area? Let us know! We would love to explore new opportunities for collaboration. One of my major goals for FiftyNorth is to broaden our impact in the community, and become the partner of choice for healthy aging. We are well on our way!

*Kerry*



▲ Craig Swenson pictured teaching a fitness class at the Benedictine Living Community in Northfield.

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**Now Serving Breakfast!**  
Menu & details page 10




**Please remember to check in every time.**

# POPCORN WAGON REVIVAL EVENT

Wednesday, August 23 - 6:00-7:30pm



Vera Johansen purchased the 1918 popcorn wagon and brought it to Northfield in May of 1978.

### SAVE THE DATE!

FiftyNorth is planning a very special event to raise funds for the restoration of our 105 year old Popcorn Wagon.

Local historian, Susan Hvistendahl, will take us on a journey through the history of this Northfield icon. We will have details in our August Newsletter including a Popcorn Wagon poetry writing contest with winners presenting at the event. There will be Popcorn recipes and yes, ... popcorn music!

Stay tuned for upcoming details. Set aside the evening of August 23 and plan to pop in.

## FIFTYNORTH GALLERY: 2023 MEMBER OPEN SHOW

JULY 10 THROUGH SEPTEMBER 8

Calling **ALL** members who wish to participate in the 2023 Member Open Show in the FiftyNorth Gallery. The exhibit runs from July 10 to September 8. Please submit one piece of art, photography, mixed media, fiber art, etc. Submit art between July 3 and July 7.

### NOTE:

⇒ All art must have a hanging wire on the back or be able to sit in the glass display cases.

⇒ Please write or attach to the back: artist name, title of the piece, medium, year created and price if you wish to sell it.



If your creative flare shines by making delicious baked artistry, we'd like to invite you to share your tasty creations at the reception on July 13.

*See you there!*

**Members Artist's Reception**  
**July 13**  
**4:00-5:00pm**



### IMPORTANT DATES:

- Submit artwork between 7/3 - 7/7
- Members Artist's Reception is 7/13 from 4-5pm
- Member Show runs 7/10-9/8

### TO SUBMIT ART:

Please contact Michelle if you wish to submit art or baked goods. She can be reached at 507-664-3707, michelle.loken@fiftynorth.org or stop in the office.

### MEMBERS WAYS TO STAY INFORMED



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

### Bi-monthly Eblast

Receive our bi-monthly email news update. Call to sign up, (507) 664-3703.

### Monthly Newsletter

Copies available at FiftyNorth, by email, on the website, or by mail.



Ideas & suggestions can be left in the 'Idea Jar' near the receptionists desk.

## MEMBER NEWS & HAPPENINGS

### MUSIC DURING LUNCH



Left to Right: Jim Sipe, Nancy Schumacher, Roger Couture, Bob Waldron, Gail Noren, Krista Wilkowske

#### THE FIFTYNORTH ECLECTIC STRUMMERS & SINGERS

**Monday, July 31  
11:30**

For your dining entertainment at Little Frida Café in FiftyNorth on July 31st at 11:30 we will have The FiftyNorth Eclectic Strummers & Singers.

The tunes that will be performed are from the fifties, sixties and seventies and tend to be pop, folk and country.

This wonderful group has been around for two years under the name The FiftyNorth Ukulele Orchestra. Unfortunately, that name implied a disciplined organization that was performance oriented. Our new name more closely reflects our true nature, which is a group of people who casually get together at FiftyNorth at 1:00 for two hours every 1st and 3rd and 5th Wednesday of each month, to entertain each other by playing music together. We have ukuleles and guitars, banjoleles, a mandolin and a bass and are looking for more people to join our group. We currently have about ten members and would like to limit our group to about fifty, so if you are interested, please contact Bob Waldron at 952-652-3000 - Home, 612-413-7598 - Cell or bobandileen@gmail.com.

#### JULY BINGO BONANZA!!!

**Tuesday, July 18  
1:00-2:00pm**



Guest host Jim Pence will be calling Bingo on July 18 from 1-2pm in room 103. Join us for a fun filled hour of a various Bingo games, postage stamp, four corners...

**It's FREE  
Bring a friend!**



**The RAVE Brass will perform at FiftyNorth on Thursday, July 27 at 7:00PM in room 103.**

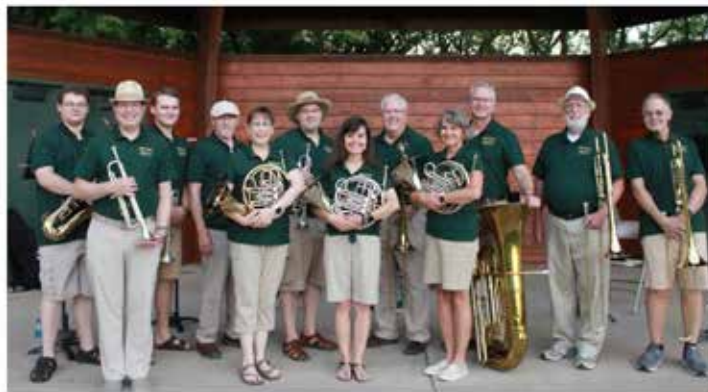


Photo by Rebecca Lundquist

#### ABOUT THE BAND:

RAVE Brass (Rosemount, Apple Valley, Eagan Brass) is the all-volunteer brass ensemble of the Rosemount Community Band and was formed in 2017. The group is made up of members of the Rosemount Community Band, and the name stands for the cities in which the members live: Rosemount, Apple Valley and Eagan. RAVE Brass performs free, live music for the communities in Rosemount and the surrounding cities in Dakota County throughout the year at both indoor and outdoor city venues, senior living centers, area churches, the Dakota County Fair and at civic festivals and events. In 2020, when larger bands were forced into hiatus due to the pandemic, RAVE Brass moved rehearsals outdoors and held outdoor performances throughout the summer and fall for residents of senior living centers in the Rosemount and Apple Valley area. Through these concerts as well as with all of their performances, RAVE Brass strives to achieve its mission to enrich the lives of others through music and to inspire youth and adults to continue to play music throughout their lives.

Instagram: @RAVEBrass2020

Facebook: @RAVEBrass2020

The music at Vintage Band Festival 2023 in Northfield, Minnesota will begin at 9:00 am and continue without interruption until 10:00 pm. Twelve bands from an array of musical genres will perform on the Wenger stage in Bridge Square throughout the day on Saturday, July 29, 2023.

## LIFE LONG LEARNING CLASSES

**Please pre-register for all classes:**

**By Phone:** 507-664-3700

**Online:** [www.FiftyNorth.org/classes/learning](http://www.FiftyNorth.org/classes/learning)

**In Person:** *FiftyNorth* front desk



### GARDENING BASICS — GET GROWING!

**Thursday, July 13**  
**10:00-11:00am**

No green thumb? Have you always wanted to try to start a patio pot? Come learn the basics about what a plant needs to survive. Bring your questions about gardening and what keeps you from trying to have your own garden. We will talk about the different types of gardens and how gardening has changed and how the climate is changing gardening in Minnesota.

**Presenter:** Rose Turnacliff

**Capacity:** 25

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

**Space:** Room 104

### WHAT'S 'GROW-IN ON' in the FiftyNorth Patio Gardens?

**Tuesday, July 18**  
**1:00-2:00pm**

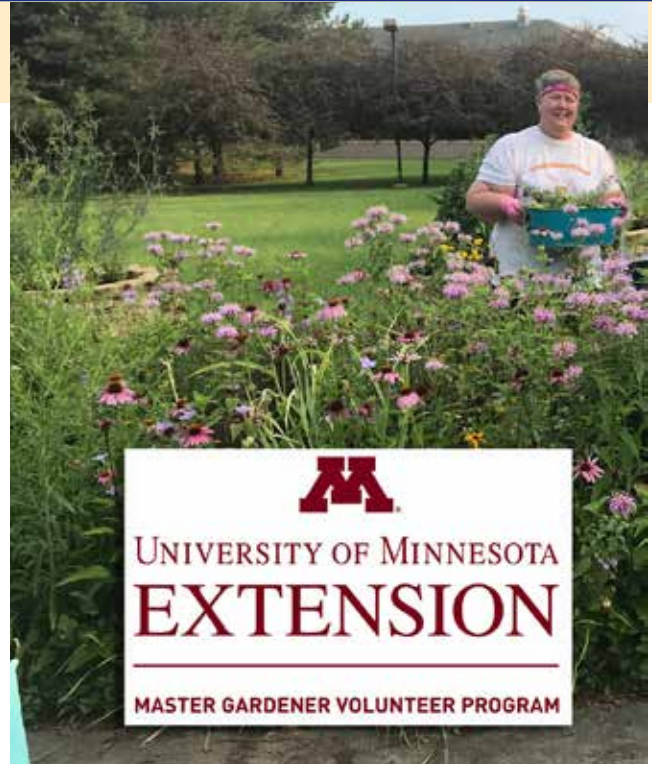
Come take a backyard tour of the patio gardens at FiftyNorth. Learn a bit of the history of the gardens and how they came to be. We will take a look at the current gardens with a specific look at what is growing in the two perennial flower beds by the cement slab north of the pool area and the tomato garden at the west end of the garden area.

**Presenter:** Rose Turnacliff

**Capacity:** 25

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

**Space:** Room 104



### I THOUGHT TOMATOES WERE SUPPOSED TO BE REALLY BIG AND ALWAYS RED?

**Wednesday, July 26**  
**11:00-12:00pm**

In our class we will look at the amazing tomato that does not have to be red and is considered a fruit. We will talk about that more in class. Learn about heirloom tomatoes and what it means when a tomato is determinate and indeterminate. Do you want to plant a hybrid tomato or a cultivar? Can you keep tomato seeds and start them again next spring to grow new tomato plants next year? How? What is blossom end rot and how can I prevent that?

**Presenter:** Rose Turnacliff

**Capacity:** 25

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

**Space:** Room 104



### ROSE TURNACLIFF:

I am a Master Gardener Intern currently. I need to complete 50 hours of volunteer hours which will mostly be done at FiftyNorth. After that, I will be a Master Gardener and each year I will continue with some volunteer hours and some continuing education hours. I will be meeting monthly with the Rice County Master Gardeners and working on projects like the teaching garden at the Rice County Fair.



**“WHEN MY TIME COMES” with Diane Rehm: Film and discussion on Medical Aid in Dying**

**Wednesday, July 19  
10:00-11:30am**

Spurred on by the death of her husband, the Peabody-award-winning journalist crosses the country to take an in-depth look at medical aid in dying. She

speaks to people on all sides of the issue, uncovering the pros and cons, the facts and the misinformation surrounding this controversial practice that is now legal in nine states and the District of Columbia. The result is both moving and informative – an eye-opening documentary that is sure to provoke strong reactions and thoughtful conversations among viewers of all ages and backgrounds (<https://whenmytimecomesmovie.com/>).

Join some members of the informal Northfield Medical Aid in Dying group (Mary Carlsen, Karen Mader, Brynda McCoy and Anne Meyer Ruppel) to watch this documentary and participate in a facilitated discussion after the film. We will include current information on the status of Medical Aid in Dying legislation in Minnesota and answer questions about the topic. We hope this presentation will help you to become better informed and motivated to have a conversation with loved ones and perhaps even with your legislators.

**Presenters:** Representatives of the Medical Aid in Dying group  
**Capacity:** 25  
**Cost:** FREE  
**Space:** Room 103



**CAREGIVING FORUM**  
**Thursday, July 20  
10:00-11:30am**

**New date!**  
 rescheduled from June

Neighbors Helping Neighbors will present a forum on caregiving with information and resources for caregivers, care recipients, and respite care. Learn about caregiving plans, preparing to be a caregiver, caregiver support, and respite services.

**Note:** Neighbors Helping Neighbors is a program of Family Services Rochester serving Northfield and Rice County.

**Presenter:** April Sutor, MPA of Family Services Rochester  
**Capacity:** 25  
**Cost:** Free  
**Space:** Room 103

**INFORMATION SESSION: Age-friendly Northfield & Rice County Neighbors Helping Neighbors**

**Tuesday, July 25  
11:00-11:45am**

Anne will present an overview of Rice County Neighbors Helping Neighbors and what services they can provide to Northfield older adults 60+ living in our community. Patty Ciernia will present the newly completed 5-year report from Age-friendly Northfield. She will share highlights of their current projects and what is in the works for the rest of 2023.



↑ **Presenters:** Anne Pleskonko, Rice County Neighbors Helping Neighbors and Patty Ciernia, Age-Friendly Northfield  
**Capacity:** 25  
**Cost:** Free  
**Space:** Room 103

**HIKING 68 MINNESOTA STATE PARKS: A RETIREE'S ODYSSEY**

**Thursday, August 10  
1:00-2:00pm**

You want to explore Minnesota and you love hiking and nature. What path should you take? Join the Hiking Club of Minnesota State Parks and Trails! Hear from a retiree who took the path(s) and hiked 68 state parks in five years. Explore with her the natural and historical wonders of our state parks.

**Presenter:** Cathy Larson, Retired Environmental Scientist  
**Capacity:** 25  
**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum  
**Space:** Room 103





**Please pre-register for all classes:**

**By Phone:** 507-664-3700

**Online:** <https://fiftynorth.org/classes/wellness-classes/>

**In Person:** *FiftyNorth* front desk



### JOINT HEALTH 101

**Wednesday, July 12**

**9:00-12:00pm**

Joints are the place where two bones come together. The body has numerous types of joints and move in various different ways and service numerous functions to the movement of the human body. Learn from Dr. Marcy Kramer ways to strengthen your joints effectively and learn ways to keep your joints healthy as you age.

**Instructor:** Dr. Marcy Kramer

**Capacity:** 20

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

**Space:** 106

### VERTIGO 101

**Wednesday,**

**August 9**

**9:00-12:00pm**



Vertigo is a sensation that the environment around you is spinning in circles. It can make a person feel dizzy and off-balance. Vertigo can affect individuals at some of the most inconvenient times and carry on for days. Learn from Dr. Marcy Kramer what Vertigo is and what can you do to battle the effects of vertigo.

**Instructor:** Dr. Marcy Kramer

**Capacity:** 20

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

**Space:** 106

## FITNESS GROUPS — WALKING GROUPS!



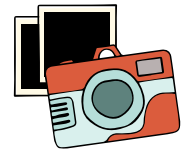
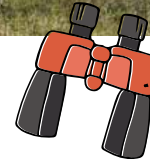
### ■ WALKING GROUP

**Mondays**

**9:30-10:30am**

**Group Leader:** Marie Frederickson

⇒ **Carleton Arboretum**



Meet in the West Gym Parking lot. As you drive out of Northfield on Highway 19, you will pass the Carleton football stadium and the West Gym. Shortly afterwards the parking lot is on your left. We will meet there and head into the lower Arb.

### ■ WALKING GROUP

**Fridays**

**8:00-9:00am**

**Group Leader:** Marie Frederickson

⇒ **St. Olaf Natural Lands**



Take some pictures along the way!

Meet in the NW corner of the Tostrud parking lot. From the main entrance to St. Olaf from Highway 19, drive up the hill, take the round-about to continue straight ahead. Shortly after the roundabout there will be a road to the left, Campus Drive. Follow it down the hill. There is a large parking lot on the right side. We will meet at the lower end of the lot, close to Campus Drive.

### THINGS TO BRING/WEAR:

- Sturdy walking shoes/boots, the trails are not paved. They are mostly flat, but are dirt so can be somewhat uneven.
- Sunscreen, bug/tick spray, water
- Optional: hat, walking poles

Dress in layers, or have them available in your car. Minnesota spring weather continues to be unpredictable!

Weather cancellations: If it is raining heavily a half hour before start time, I will cancel the walk. If it is "looking like rain" or lightly sprinkling I will be there in rain gear. Call the FiftyNorth desk to confirm 664-3700.



### NORDIC WALKING GROUP

**Wednesdays**

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

Join an indoor Nordic walking group. Enjoy conversation, laughter and tips to improve your Nordic walking. We have a limited supply of walking

poles. Please bring your own if you have them.

**Prerequisite:** Nordic Walking 101 or similar class

Fitness Group fees apply

**Group Lead:** Kate Stuart

**Space:** Courtyard and Group Exercise Room

**FITNESS CLASSES**

**Please pre-register for all classes:** **Online:** <https://fiftynorth.org/classes/fitness/on-going-land/>  
**By Phone:** 507-664-3700 **In Person:** FiftyNorth front desk



**NEW PERSONAL TRAINING OPPORTUNITY**

**PILATES REFORMER PERSONAL TRAINING**

Work one-on-one with Cheryl Ramette on FiftyNorth’s Pilates Reformer. Cheryl is a certified STOTT Pilates mat and reformer instructor with many years of teaching experience. She will work one-on-one with you to help you increase strength, mobility, flexibility, and core strength with the Pilates Reformer.

1-hour Personal Training Sessions must be previously arranged with the trainer. To set up your appointment contact Cheryl Ramette directly [cherylramette33@yahoo.com](mailto:cherylramette33@yahoo.com)

**Instructor:** Cheryl Ramette  
**Cost:** \$45 nonmbr, \$40 mbr  
**Space:** Service Room



**NEW FITNESS GROUP ACTIVITY**

**CORNHOLE**  
**Thursdays**  
**1:00-3:00pm**

Cornhole is a lawn game that is popular in North America

in which players or teams take turns throwing fabric bean bags at a raised, angled board with a hole in its far end. The goal of the game is to score points by either landing a bag on the board or putting a bag through the hole. FiftyNorth’s Cornhole set will be available every Thursday from 1 to 3 pm to play in the FiftyNorth Courtyard.

**Group Led**  
**Cost:** Free  
**Space:** Courtyard

**FITNESS CLASSES**

**Nordic Walking 101**  
**Thursdays, July 6, 13, 20, 27**  
**3:30-4:15pm**

Nordic Walking is the newest craze in the fitness world. Studies are finding that Nordic walking helps increase stability, coordination, cardiovascular endurance, and allows for individuals to enjoy hikes and walks with less discomfort



in joints and various muscle groups. Learn from Kate Stuart how to walk properly with Nordic Walking Sticks, learn more about the benefits of Nordic Walking Sticks and the best way to take care of your Nordic Walking Sticks. Nordic Walking sticks will be available for participants to use during the duration of

the class. If you have your own Nordic walking sticks you are welcome to bring them too.

(4 sessions)  
**Instructor:** Kate Stuart  
**Capacity:** 6  
**Cost:** \$36 nonmbr, \$28 mbr, \$0 plus/platinum  
**Space:** Courtyard and Fitness Studio



**ADVANCE YOUR PICKLEBALL SKILLS**

**Friday, Saturday, July 14, 15**  
**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:** 103 July 14; July 15 meet at Middle School Tennis Courts

## FITNESS NEWS



### NEW ONGOING IN-PERSON CLASSES TAI CHI FLOW TIPS AND TRICKS

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

In this class we'll slow down and point out more distinctions related to movement, posture, breathing, and intention than gets directly addressed in the earlier Tai Chi Flow class. These distinctions will add to your enjoyment in a Tai Chi Flow class as well as potentially bring more effectiveness and joy to everyday tasks such as bending, walking, sitting, and anything else one might do in a body! As always class is open to any experience level and whatever body you've brought with you today. We'll be reminding each other that Tai Chi is meant to be played and help each other connect with the beauty that's inside all of us!

**Instructor:** Rob Gersky

**Capacity:** 10

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

**Space:** Fitness Studio

### TWO DAYS AND TIMES QIGONG STANDING MEDITATION

**Wednesdays**  
**9:30-10:00am**

**Fridays**  
**7:00-7:30am**

The perfect opportunity to experiment with several variations of standing meditation practice to find what works best for you. We'll practice for short intervals gradually increasing how long we stay in one position as a group while also encouraging people to take a break when individually needed. This class will help unravel our unconscious human distress response tendency to tense, contract, and make ourselves small when we are at our most effective as humans when we are open, expansive, and relaxed.

Class will include simple qigong exercises as a warmup to get and keep the qi flowing and support optimal health. Note: This class can accommodate those who prefer/need to sit.

**Instructor:** Rob Gersky

**Capacity:** 10

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

**Space:** Fitness Studio

### BODYMIND BOOTCAMP

**Fridays**  
**7:45-8:15am**

This experiential class will offer participants who may struggle with stress, pain, and getting stuck in their heads new distinctions and skills for leading more open, relaxed, expansive, and effective lives. Participants will learn movement skills focusing on breath, movement, posture and intention to help them better regulate their nervous systems. All movement experiments will be optional so participants can opt out at any time.

**Instructor:** Rob Gersky

**Capacity:** 10

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

**Space:** Fitness Studio

### GROUP EXERCISE CHANGES: Tai Chi Flow Standing and Tai Chi Flow Chair Combined

**TAI CHI FLOW**  
**Mondays, Wednesdays, Fridays**  
**3:30-4:00pm**

This gentle, slow moving meditation doubles as moving medication naturally relieving pain and inflammation while increasing joint health, flexibility, and balance.

#### **Good news!**

There are no forms to remember or be corrected on so you can deepen into the continuous flow experience in class and with regular practice in your daily life as well. Tai Chi Flow will be modified for all abilities.

**Instructor:** Rob Gersky

**Capacity:** 10

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

**Space:** Fitness Studio



# AQUA FITNESS

JULY



**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						

## 2023 VIRTUAL LAND BASED FITNESS CLASSES (updated July)

### AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)				
6:30 AM								
7:00 AM			SLO FLO YOGA (7-8)					
7:30 AM								
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	STRONG NATION (8-9)	STRENGTH (8-8:45)
8:30 AM	CORE AND MORE (8:30-9)			CORE AND MORE (8:30-9)			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)		SIMPLE STRETCH (9-9:45)		
9:30 AM						HATHA YOGA (9:15-10:15)		
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			LINE DANCING (1-2)		YOGA BALANCE (1-2)			
1:30 PM								
4:00 PM								
4:30 PM								
5:00 PM			CARDIO STRENGTH MIX (5-5:45)					
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								

# VIRTUAL LAND BASED FITNESS CLASSES

JULY



**INTENSITY KEY:**

**PINK -** High Intensity

**BLUE -** Mid-range

**PURPLE -** Gentle

**2023 IN-PERSON LAND BASED FITNESS CLASSES (updated July)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)		
6:30 AM						
7:00 AM	CARDIO DANCE AND DRUMSTICKS (7-7:45)		SLO FLO YOGA (7-8)		QIGONG MEDITATION (7-7:30)	
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)	BODYMIND BOOTCAMP (7:45-8:15)	HEALTHFINDERS ZUMBA WITH MARIBEL (8-9) FREE
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)		HATHA YOGA (9:15-10:15)
9:30 AM	YOGA STRETCH (9:15-10:15)		CIRCUIT TRAINING (9:30-10:30) NO open use		QIGONG MEDITATION (9:30-10)	
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30- 11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	TABLE TENNIS (10:30-1)
11:00 AM						
11:30 AM					INTERMEDIATE GLOBAL LINE DANCE (11:45-12:30)	
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM			LINE DANCING (1-2)			
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	NORDIC WALKING GROUP (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	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			HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders			
6:00 PM		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		
6:30 PM						

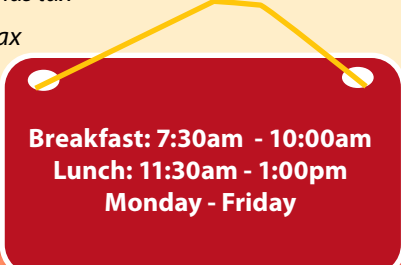


**INTENSITY KEY:**  
**PINK** – High Intensity  
**BLUE** – Mid-range  
**PURPLE** – Gentle  
**GOLD**: No Open Use



● The Good Morning Menu ●

- 2 Eggs, 2 slices of bacon, roasted potatoes, toast — \$6.75 plus tax
  - 1 Egg, 1 slice of bacon, roasted potatoes, toast — \$5.25 plus tax
  - Breakfast burrito-Large tortilla filled with beans, eggs, bacon, cheese, sour cream chips and salsa —\$8.00 plus tax
  - Pancakes: 2 pancakes — \$6.50 plus tax
  - 1 Waffle — \$6.50 plus tax
- Juice and milk will be available



**Breakfast: 7:30am - 10:00am**  
**Lunch: 11:30am - 1:00pm**  
**Monday - Friday**



Rise and Dine at Little Frida

**ART CLASSES**

**Please pre-register for all classes:**

**By Phone:** 507-664-3700 | **Online:** [www.FiftyNorth.org/classes](http://www.FiftyNorth.org/classes) | **In Person:** FiftyNorth front desk



**BEGINNING WATERCOLOR FLOWER DESIGNS**

**Friday, July 14**  
**9:00-11:30am**

Are you a beginning watercolorist or would you like to learn how? We will be painting three simple flower designs. These will be on 5" X 7" watercolor paper that can be matted and framed or sent as a card in an envelope to a friend.

**Instructor:** Vicki Stanley

**Capacity:** 15

**Cost:** \$35 nonmbr, \$30 mbr, \$10 platinum

**Space:** 102



**MAKING INKS AND PAINTS "A QUICK STUDY"**

**Thursday, July 27**  
**1:30-5:30pm**

We are surrounded by color and with some coaxing we can make paints, inks, dyes and more from plants, food scraps, trees, and flowers from the garden. I will bring buckthorn berries and dried marigolds just in case nothing is blooming.

Participants will make basic inks and grind pigments for watercolor paints. You will paint a cover for a small nature journal and add blank inside pages with a stab binding.

Students will take home a one-ounce bottle of ink, a watercolor sample card, and a Nature Journal for future painting and drawing. Materials provided.

**Instructor:** Judy Saye-Willis

**Capacity:** 12

**Cost:** \$56 Nonmbr, \$48 mbr, \$20 platinum

**Space:** 105



**SUNSET PAINTING**

**Thursday, August 3**  
**10:00-11:00am**

Join us for this fun and casual sunset painting class taught by a local artist. You'll learn the techniques and skills needed to create a stunning masterpiece while enjoying a social atmosphere. Kate will guide you step by step, from selecting the perfect color palette to creating the perfect brushstrokes to capture the essence of a sunset. Whether you're a beginner or an experienced artist, this class is perfect for anyone looking to tap into their creative side and create a beautiful work of art to take home! Materials provided.

**Instructor:** Kate Langlais

**Capacity:** 10 max. 5 min

**Cost:** \$30 nonmbr, \$20 mbr, \$5 platinum

**Space:** room 102



# Summer Picnic & Music in the Courtyard



Celebrate summer and enjoy a picnic lunch with fellow FiftyNorth Members under the tent in the courtyard.

**12:00pm** Buffet opens

**12:40pm** FiftyNorth Brass Ensemble

**1:00pm** FiftyNorth Seasoned Singers

Purchase your \$8.50 ticket(s) at the FiftyNorth front desk by Friday, July 7.

## *Menu includes:*

- Pulled Pork Sandwich
- Coleslaw
- Potato Chips & Pickle
- Lemonade
- Cookie



## AARP SMART DRIVING PROGRAM



**AARP**® Smart Driver Program

These courses are designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver. Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premiums. First timers must take the 8-hour course then a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

■ **\$32 non-AARP Members,**

■ **\$27 AARP Members; AARP Members please register in person or by phone (you will need your AARP member number)**

■ **\$0 AARP United HealthCare Medicare supplemental plan Members (does NOT include Advantage plans);**

■ **Those with an AARP United HealthCare Medicare supplemental plan must register in person (you will need to bring your insurance card to register, and to class)**

- **AARP Smart Driving 4-hour Refresher Course**  
**Monday, July 10**  
**9:00-1:00pm**
- **AARP Smart Driving 4-hour Refresher Course**  
**Wednesday, August 9**  
**9:00-1:00pm**
- **AARP Smart Driving 4-hour Refresher Course**  
**Wednesday, August 9**  
**9:00-1:00pm**
- **AARP Smart Driving 4-hour Refresher Course**  
**Wednesday, September 13**  
**9:00-1:00pm**
- **AARP 8-hour Smart Driving Class**  
**Saturday, October 14**  
**8:00-4:00pm**  
**THIS IS THE 8-HOUR COURSE FOR FIRST-TIMERS.**  
**\*Bring a bag lunch**
- **AARP Smart Driving 4-hour Refresher Course**  
**Wednesday, October 25**  
**9:00-1:00pm**
- **AARP Smart Driving 4-hour Refresher Course**  
**Wednesday, December 13**  
**9:00-1:00pm**

## CPR AND FIRST AID WITH JON BOLSTER



### CPR AND FIRST AID

**Tuesday, August 8**  
**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:** 102

## Movie Fridays!

MOVIES START AT 1:00PM



This month we have selected some of “Bob’s” and “Diane’s” favorite patriotic movies just for your enjoyment. They are both serious and funny (mostly funny). Do come and keep cool in our little theater, Studio 103, while you enjoy your “free” popcorn too!



**JULY 7**

### RENAISSANCE MAN

(1994) Comedy 128 mins.

Expect big laughs when funnyman Danny DeVito joins forces with talented director Penny Marshall to deliver a lively five-star comedy you’re going to love! DeVito plays a down-on-his-luck businessman who desperately takes the only job offered – a teacher in the U. S. Army. His mission: keep a ragtag bunch of underachieving misfits from flunking out of basic training! Be on the alert for laughter as this unlikely new teacher and his underdog class unexpectedly inspire each other to be all they can be!



**JULY 14**

### THE AMERICAN PRESIDENT

(1995) Comedy 103 mins.

With the end of his first term in sight, widowed U.S. President Andrew Shepherd (Michael Douglas) knows that overwhelming public support will guarantee his re-election. But when he falls in love with lobbyist Sydney Ellen Wade (Annette Bening), Shepherd’s supporters question the relationship, and his approval ratings drop. As a rival presidential candidate goes on the attack, Shepherd must choose between his political career and his love for Sydney.



**JULY 21**

### DAVE

(1993) Comedy 110 mins.

Shifty White House chief of staff Bob Alexander (Frank Langella) hatches a scheme to use a double for the president (Kevin Kline) at a public photo opportunity. Small business owner Dave Kovic (also Kline) fits the bill, but after the president suffers a debilitating stroke, opportunist Alexander arranges for Dave to step in full time without even informing the First Lady (Sigourney Weaver). It doesn’t take long before the press, the nation and the president’s wife realize something is different.



**JULY 28**

### DANCES WITH WOLVES

(1990) Drama 181 mins.

A Civil War soldier develops a relationship with a band of Lakota Indians. Attracted by the simplicity of their lifestyle, he chooses to leave his former life behind to be with them. Having observed him, they give him the name Dances With Wolves. Soon he is a welcomed member of the tribe and falls in love with a white woman who has been raised in the tribe. Tragedy results when Union soldiers arrive with designs on the land.

## BOOK GROUP@FiftyNorth



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.



**JULY**

### SAFE FROM THE SEA – by Peter Geye

Set against the powerful lakeshore landscape of northern Minnesota, *Safe from the Sea* is a heartfelt novel in which

a son returns home to reconnect with his estranged and dying father thirty-five years after the tragic wreck of a Great Lakes ore boat that the father only partially survived and that has divided them.



**AUGUST**

### SOMEWHERE IN THE UNKNOWN WORLD by Kao Kalia Yang

From “an exceptional storyteller,” *Somewhere in the Unknown World* is a collection of powerful

stories of refugees who have found new lives in Minnesota’s Twin Cities, told by the award-winning author of *The Latecomer* and *The Song Poet*. Yang presents these refugees’ lives with a poignant honesty that puts prejudice to shame and opens doors to the heart.



The History Club meets every Friday, 10:30-12pm. (\$1 group fee)

**JULY’S THEME:** History of Jazz

**AUGUST’S THEME:** Minnesota History

## VOLUNTEER NEWS



### POPCORN WAGON NEWS

We are so excited to have the popcorn wagon back on Bridge Square and looking amazing. New windows, door, wood trim and fresh paint job. Please stop by and take a look.

We are always looking for great volunteers. Our shifts are 3 hours:

- Tuesday – Friday 11am-2pm and 2-5pm (beginning July 10: Monday – Friday)
- Saturdays 9-11am and 11am-1pm (Saturdays are busy and Farmers Market is right there also).

- ⇒ Thursday, July 27 is Crazy Daze &
  - ⇒ Saturday, July 29 is Vintage Band day.
- Two busy & fun events with plenty to see and do.

If you need more information please call me. I am always available to answer any questions. Lesley Weirich 507-400-4331 or email [lesley.weirich@fiftynorth.org](mailto:lesley.weirich@fiftynorth.org)



### MEALS ON WHEELS VOLUNTEERS NEEDED

#### AUGUST 14TH – AUGUST 19TH - FIFTYNORTH VOLUNTEER WEEK

Volunteers are needed for delivering Meals on Wheels the week of August 14th – August 19th. This is your chance to provide this wonderful service to people in your community. If you are interested in volunteering to deliver meals during that week, please contact Michelle Loken at 507-664-3707 or [michelle.loken@fiftynorth.org](mailto:michelle.loken@fiftynorth.org) or stop in the office.



BOB TABERY

Bob Tabery is one of our loyal Meals on Wheels delivery people. Bob has been involved with the Meals on Wheels program for 7 years. Please read below why Bob enjoys delivering meals.

**“I volunteer for Meals on Wheels to serve the community in need. It keeps me active and gives me the opportunity to have conversations with the people on the route.”**

—BOB TABERY

Delivering Meals on Wheels to people in Northfield is one of the volunteer opportunities offered at FiftyNorth. It’s a fun way to meet people and provide a much needed service in the community.

FiftyNorth is on the schedule to deliver meals the week of August 14th through 19th. If you are willing to deliver a route, please contact Michelle Loken at 507-664-3707, [michelle.loken@fiftynorth.org](mailto:michelle.loken@fiftynorth.org) or stop in the office.

**WHY VOLUNTEER?** As a whole, volunteers receive much more than they give. It counteracts the effects of stress, anger and depression. It makes you happy and increases your social skills and confidence. It makes this world a better place. It allows us to step back from our own personal experience and evaluate things. And it provides a sense of purpose.

If you would like to learn about volunteer opportunities at FiftyNorth, please contact Michelle Loken at [michelle.loken@fiftynorth.org](mailto:michelle.loken@fiftynorth.org).

## TRAVEL GROUP@ FiftyNorth



### GREAT RIVER SHAKESPEARE FESTIVAL: WINTER'S TALE Wednesday, July 12 10:30-7:30pm

*Shakespeare Trip  
Is BACK!*



After several years of "Covid Hibernation" the bus trip to attend the Great River Shakespeare Festival (GRSF) is back. GRSF is returning for Season 20 to the Winona University Stage. We will be there to attend this Shakespeare favorite Winter's Tale directed by Artistic Director Doug Scholz-Carlson.

Winter's Tale was part of the GRSF inaugural season in 2004. This play from late in Shakespeare's life explores Grace in complex poetry. Leontes, King of Sicilia, is stuck in the false belief that his wife, Hermione, is unfaithful to him. Trusted advisors and friends cannot change him, evidence to the contrary does not move him. Artistic Director Doug Scholz-Carlson has prepared an insightful presentation of this play with the GRSF professional actors. As with all three of this season's plays you will come away with questions and new insights. These can be explored with the actors and Director during our box meal together after the play. The box meal will be a sandwich option with sides. **Please specify when registering if you want to sit with someone specific. \*Please specify your sandwich choice: Turkey or Vegetarian**

**Trip Leaders:** Bill and Char Carlson  
**Capacity:** min 20, max 45  
**Cost:** \$125  
**Registration deadline:** July 7



### SPIRIT OF THE WATER CRUISE AT TREASURE ISLAND RESORT Tuesday, July 18 10:30-4:00pm

Join us on a relaxing two-and-a-half-hour private tour down the Mississippi River while enjoying the scenery of the historical sites, lock and dam #3, and wild life. The tour is fully narrated by Captain Sid. INCLUDED is a full business lunch buffet.

***This is not a public tour so it will be only FiftyNorth guests on board.***

The SPIRIT OF THE WATER yacht is a luxurious 150 passenger cruise vessel docked at Treasure Island's marina located in Sturgeon Lake along the river. The main deck seats up to 70 people comfortable and the upper deck, which is accessed by a winding stair case, will seat about 50 people.

**Trip Leader:** Jim Estrem  
**Capacity:** 55  
**Cost:** \$99  
**Registration Deadline:** July 1





**CIRCUS JUVENTAS - EXCALIBUR PERFORMANCE**  
**Wednesday, August 2**  
**11:30-6:00pm**

An original, themed show with a story line, the summer show highlights the best of contemporary circus arts, with a strong blending of circus, dance, and theater. Circus Juventas works hard to

make this a transformative experience from the moment the audience walks into the arena.

A sword pulled from stone. A prophecy fulfilled. Swirling in the depths of a lake shrouded in mist, the legend of King Arthur is brought forth once again. With tales of chivalrous knights, secrets, romance, betrayal, and an ancient lineage rediscovered, join us as we dive into the world of Arthurian legends. Quest alongside Lancelot and Gawain. Join the young king as he comes to power under the watchful eye of the enigmatic sorcerer, Merlin. We'll soar with dragons and unearth old magics to discover a circus spectacular worthy of a king.

Seats are close to floor level. This is a 3-hour performance with an intermission. Concession stands are available to purchase food items on your own.

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

**Trip Leader:** Michelle Loken  
**Capacity:** 14  
**Cost:** \$75  
**Registration Deadline:** July 26



**WATERSKI SHOW EDGEWATER PAVILION, ALBERT LEA**  
**Thursday, August 10**  
**4:00-9:30pm**

Our first stop will be dinner at The 112 ON BROADWAY in Albert Lea at 5pm. Meal cost is on you own. We will then head over to see the BAYSIDE SKI TEAM perform at the Edgewater Pavilion; they are one of the Midwest Region competitive ski teams. One of the team members will narrate and explain the competition rules and how points are earned for each skiing run. We will also learn about the boats used, their engines, and how much power is required for each pull.

**\*Bring a lawn chair and a jacket.**

**Trip Leader:** Norma Monroe  
**Capacity:** 30  
**Cost:** \$43  
**Registration deadline:** August 1

**ST PAUL SAINTS VS. LOUISVILLE BATS**  
**Wednesday, August 16**  
**5:30-11:00pm**



Minor League St. Paul Saints will be hosting the Louisville Bats. Join FiftyNorth for a night filled with fastballs, home runs, and strike outs at CHS stadium.

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

**Trip Leader:** Craig Swenson  
**Capacity:** 25  
**Cost:** \$60  
**Registration deadline:** August 4



**WABASHA STREET CAVES/ST. PAUL Gangster Tour and Pasta Buffet**

**Tuesday, October 24**  
**9:45-3:00pm**

See the only remaining restored Ganger Era site. Historic Tour of extensive caves carved into the hillside in long abandoned mining ventures in the 1800's. Later, was a mushroom farm, and then developed as a Restaurant Casino and Gangsters' Hotspot during the 1930 prohibition era. Newspapers reported of an unsolved gangland murder at the casino. Tour guides point out bullet holes. Some believe the caves are haunted by the murdered mobsters whose bodies were never found. The cave is handicap accessible.

Buffet lunch is included in price (gratuity is not included)

An Italian Mob Buffet will be served in the dining area of the cave.

- Noodles: Spaghetti, Fettucine, Gluten Free Rotini
- Meats: Meatballs, Sausage, Chicken
- Sauces: Alfredo, Meat sauce, Marinara
- Breadsticks
- Salad
- Assorted Cookies and Bars
- Lemonade and Coffee

**Trip Leader:** Michelle Loken  
**Capacity:** 25  
**Cost:** \$80  
**Registration Deadline:** October 16

## MAY 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!*

■ The number of FiftyNorth members as of May, 31: 1,862



**Donate now!**  
Scan with your smartphone!

## Welcome!

Susan Babcock,  
Guillermo Barojas Aguilar &  
Lucila Velezquez,  
Pamela Bicek,  
Lucia Brenis Aguilar,  
Dennis & Nancy Butler,  
Maria Carreno,  
Sandra Cripps,  
Eugene Eggert,  
Roseanne Galegher,  
Sharon Giefer,  
Tim Goodwin,  
Linda Henderson,  
Brenda Jirik,  
Geoff Leathers,  
Glen & Linda Lundell,  
Jesus Martinez,  
Celia Nichols,  
Tom Pfoutz,  
Michael Poegel,  
Brian Price,  
John Robison,  
Amy Weed,  
Jay & Rachel Zoller

Karen Achberger  
David & Joey Appleyard  
Nancy Ashmore & Kenneth Wedding  
Bernard & Mary Auge  
Lois Bakko  
Judy Broske  
Gene & Darlene Broughton  
Warren & Karen Broughton  
Mary Brown  
Brenda Bultman  
Bernice Christensen  
Eileen Cooper  
Tim & Carol Cowles  
Neil & Marilyn Deden  
Winnie Drentlaw  
JoAnn Edwardsen  
Chris Ellison  
Carol Emery  
Beth Endert  
Alene Fink  
Marilyn Finneseth  
Joyce Francis  
Stephanie Frey  
Marie Gery  
Mac & Jacquelyn Gimse  
Kevin Groebner & Sue Harvey  
Joseph & Rita Hadacek  
Liz Hankins  
Kerry Hjelmgren  
Richard & Donna Jackson  
Georgene Johnson  
Ruth Johnson-Wirth

Steve & Ann Jorstad  
Patricia Jorstad  
Marie Kainer  
Joni Kilde  
Gary & Arlene Kruse  
Myron Lanoue  
Tom & Nancy Loesch  
Louise Lucas & Michael Elbein  
Janet Mathews  
Judy Matson  
James & Angie Mayr  
Mike & Ann McGovern  
Elaine Meyers  
John & Sharon Micklo  
Neil Lutsky & Irene Montenegro  
Bill & Pat Nelson  
Elizabeth Olson  
Kenneth Lee & Donald Onsgard  
Raymond & Mary Ozmun  
Ken & Roberta Persons  
John & Margot Peterka  
Carol Rutz  
Jerry & Jane Skluzacek  
Kenneth & Sharon Steinhouse  
Craig Swenson  
Allan & Nancy Swenson  
Dale & Rose Turnacliff  
Anne Ulmer  
Linda Wagenbach  
Patricia Warner  
Phil & Thelma Winter



*Come and watch the games!*

### FIFTYNORTH SOFTBALL

July 11	Home vs. Cannon Falls
July 18	Away vs. Owatonna
July 25	Home vs. Faribault
August 1	Away vs. Cannon Falls
August 8	Home vs. Owatonna
August 15	Away vs. Faribault
August 22	Year-end tourney at Cannon Falls

# BLUFF VIEW SINGLE FAMILY DEVELOPMENTS



## Model Home

Bluff View | NORTHFIELD - 300 FORD STREET



**MODEL HOME HOURS FRIDAY-SUNDAY 1-4PM** (CALL TO CONFIRM)



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**MARVIN**



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**Three Links and Senior Linkage Line present:**

**2023 FREE Educational Series**

Three Links and the Senior Linkage Line have teamed up.

Join us for a **FREE** lunch and learn more about how the Senior LinkAge Line can help you.

**How the Senior Linkage Line can help you**

When: **July, 19th from 12-1 pm**

Where: **Three Links Chapel**  
815 Forest Ave

Enter at the Care Center main entrance

Why: The Senior LinkAge Line helps older Minnesotans and caregivers find answers and connect to the services and support they need.

For detailed information: **507.301.4318**

RSVP to [Reply@ThreeLinks.org](mailto:Reply@ThreeLinks.org)



[ThreeLinks.org](http://ThreeLinks.org)

## THE NEIGHBOR LADY

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### Non-medical In-home Senior Care

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Serving Northfield and Cannon Falls communities

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

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 Loken  
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, Nancy Glodfelty, Cathy Graff, Pat Nelson,  
Jane Persons, Pam Toepper



### Lobby Hours:

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



### Fitness Center Hours:

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



### Pool Hours:

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



### Little Frida Cafe & Taco Shop:

Breakfast: Monday-Friday 7:30am-10:00am **NEW!**  
Lunch: Monday-Friday 11:30am -1:00pm  
Call 507-321-1884 for takeout



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

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