



FiftyNorth Report



By Kerry Hjelmgren, *Director*



ANNUAL MEMBER SURVEY, IMPORTANT OPPORTUNITY

Annual Member Survey: Available in March 2024!

We're in the midst of the uplifting but unpredictable season of sprinter! I hope this means the weather hasn't been a deterrent for you to engage in programming at FiftyNorth. As we await the arrival of true spring, we have an important opportunity for you. The FiftyNorth Annual Member Survey will be available for members to complete online or on paper during the entire month of March. On March 1, watch for an e-blast with the link to the survey, or pick up a paper copy of the survey at the front desk. Every year, we will ask for your ideas, input, and feedback about FiftyNorth to help shape its bright future.



Our Board of Directors, Committees, and Staff look forward to learning about what is benefitting you, what needs improvement, what should be prioritized, and what novel programming you would like to see at FiftyNorth. Thank you for embracing this important opportunity to make your voice heard!

Kerry



Craig Swenson's Core & More Class surprised Craig with personalized T-shirts reflecting all their favorite Craig-isms!

Text on the back of the shirts:
"You've got this!", "It's just your abs telling you they LOVE you!", "...options to make this harder...", "If I could pull my navel in to my spine, I wouldn't be here!"



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SPRING AHEAD!
Daylight Savings
Sunday,
March 10



Get your
FiftyNorth SWAG!
See page 2



Happy Easter - March 31



In The FiftyNorth Gallery

EXHIBIT:

ECHOES & SHADOWS

1st Annual Poetry & Art Collaboration



APRIL 4 AT 4:00PM

There will be an Artist & Poets Reception in the FiftyNorth Gallery followed by a **POETRY READING AT 5:00PM** in room 103.

On display in the Gallery March 4 — May 3

Nearly 30 FiftyNorth members submitted poetry and equally as many artists created visual media to pair with a poem they selected.

Neither the artist nor the poet knows the name of the poet/artist they will be presented with in the gallery. The names of the individuals will be known when the Gallery Exhibit is hung on March 4.

APRIL IS NATIONAL POETRY MONTH

Launched by the Academy of American Poets in April 1996, National Poetry Month is a special occasion that celebrates poets' integral role in our culture and that poetry matters. Over the years, it has become the largest literary celebration in the world, with tens of millions of readers, students, K-12 teachers, librarians, booksellers, literary events curators, publishers, families, and—of course—poets, marking poetry's important place in our lives.



The Spring SWAG sale is on!

Order your FiftyNorth items by Sunday, March 31

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://larsonsprinting.itemorder.com/>
2. Enter the store code: 50NORTH24
3. Choose your items and add them to your cart
4. Securely checkout with your credit card



Port & Company Core Blend Tee



4 Colors

\$17.00

Mid Weight Fleece Crewneck Sweatshirt



5 Colors

\$25.00

Port & Company Long Sleeve Essential Tee



4 Colors

\$20.00

Mid Weight Fleece Pullover Hooded Sweatshirt



6 Colors

\$30.00

Port & Company Ladies Essential Tee



5 Colors

\$17.00

Port & Company Core Fleece Full-Zip Hooded Sweatshirt



6 Colors

\$37.00

There are several colors to choose from. Click on the color options to choose.

QUESTIONS? Contact Michelle at (507) 664-3707 or email michelle.Loken@fiftynorth.org

MEMBER NEWS & EVENTS



FAREWELL TO MARIA ESTRADA

and her crew at Little Frida Café and Taco Shop. It has been a pleasure working with them and we wish them the best in their new adventures. March 29th is their final day in the cafeteria at FiftyNorth. Please stop in for lunch or breakfast and say good-bye.

NEIGHBORS HELPING NEIGHBORS (NHN) is a nonprofit program run by Family Service Rochester in Rice and Olmsted Counties. This program aids seniors (60+) and persons with disabilities, helping to keep them safe and independent in their homes, no matter where home is, be it a house, an apartment, an assisted living, or a nursing home. The program is able to help provide a variety of chore services like transportation, caregiver respite, handy work, grocery shopping, companionship, seasonal chores, housekeeping, and more. NHN partners with volunteers to complete a majority of these tasks, and volunteers are vital to the nonprofit's operation.

To learn more about this program and its services, or to volunteer your time with NHN, please visit FamilyServiceRochester.org/Senior-Independence or call 507-287-2010.

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

MORE HELP FOR MEDICARE OPTIONS Wednesdays thru March 2024 2:00-4:00pm

Stop by or call for appointment.

Open Enrollment For Medicare Advantage Plans January, February, March 2024. Whether new to Medicare or questioning your current plan, receive assistance from licensed local and independent insurance agent Sandra Robertson.

Space: FiftyNorth in the Gallery Link

Available for help with:

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

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

TEA AND A VINTAGE FASHION SHOW *Coming soon to FiftyNorth!*

Clothes tell wonderful stories!

We have already received pictures of vintage clothing from our members like the one shown here of Janet Kelling's mother's wedding dress. The tea is planned for May 16 and there will be a fashion show with stories about each outfit. What a delightful way to celebrate past years of styles!

We have soldier's uniforms from WWI, Viet Nam and Korea. A "flapper" and sorority dress will be modeled!



We are still looking for your stories and outfits, jewelry and accessories from 1960 and older. If you have any that you would like to share email Michelle at michelle.loken@fiftynorth.org by March 28.

The Northfield Historical Society will also be lending some of their collection to be shown.



Artists Reception ASIAN BRUSH HORSE PAINTING Capstone Event Wednesday, March 27 6:00-7:00pm **Location:** Lobby

Thanks to funding from the Southeastern Minnesota Arts Council we are pleased to offer an Asian Brush Horse Painting Class. Following the class, artwork will be displayed in the lobby. Please join us for an Artist's Reception. Sweets and savory treats will be served.

(CLASS INFORMATION is on page 6.)

MEMBER NEWS & EVENTS



**The FiftyNorth Players
Radio Variety Show Theater
Casting Call**

**Wednesday, March 13
3:00-5:00pm
Location: Room 103**

The FiftyNorth Players will once again present an old-time radio variety program with funny skits, commercials from the 1940's and '50's, a musical number or two, and lots of laughter and fun.

A Casting Call is scheduled for Wednesday, March 13, 3:00 P.M. in Room 103. We encourage anyone who might be interested in being part of the show to come to the gathering on March 13. It is always nice to have new people join in!

There will be three performances of the show:

Friday, April 5, 7:00pm.
Friday, April 12, 7:00pm
Saturday, April 13, 2:00pm



Mark your calendars.
Plan now to attend.

You won't want to miss the fun as the FiftyNorth Players spoof some of your favorite programs from "the good ol' days."

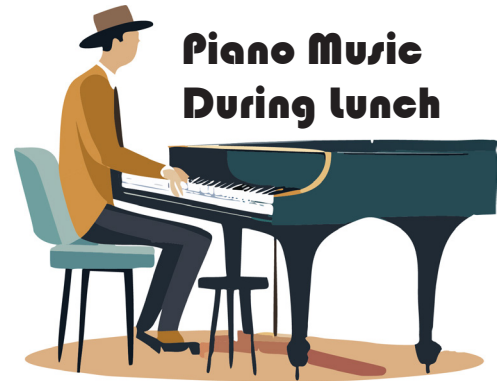


FIFTYNORTH BAND CONCERT

**Monday, March 18
4:00-5:00pm
Location: Room 103**

Come one, come all to the FiftyNorth Band Concert! The band will present a program that includes a cavalcade of tunes! Get ready for cartoon music, a sleuthing theme, a Civil War march, and there may even be a Lost Piccolo Player! Be There or Be Square!

Group Leaders: Debbie & David Miller
*Free will → donations appreciated!



**Piano Music
During lunch**

**MUSIC DURING LUNCH with DAVID MILLER
Monday, March 25
11:30-1:00pm
Location: Room 103/105**

Come and listen to David Miller's piano music!

David began piano lessons with his Mom at five years old, and has been playing ever since! He plays a lot of different instruments, but piano is his favorite because it has a huge range of notes, you can play melody, accompaniment, and bass simultaneously, and it sounds great in such a variety of genres! There is also so much great repertoire for the piano due to long history of keyboard instruments.



ART CLASSES

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.

INTRO TO PORTRAIT PHOTOGRAPHY

Friday, March 1
9:30-11:30am

Bring your personal camera (SLR or cell phone) with an understanding of how it works! This class will focus on the principles of portrait photography including lighting, gentle posing, working with different background materials, and how to help people feel more comfortable while being photographed.



Instructor: Margie O'Loughlin
Capacity: 4 minimum, 8 maximum
Cost: \$18 nonmbr, \$14 mbr, \$0 platinum
Space: Room 103
Note: Margie O'Loughlin ran her own photography studio for 20+ years in South Minneapolis.

KNITTING BED SOCKS
Wednesdays, March 6, 13
10:00-11:30am

Keep your toes toasty with knitted bed socks!
In March FiftyNorth will offer the third in a series of Learn to Knit classes. Students will knit a pair of striped bed socks. The class is for beginners or those who haven't knitted in a long time. These socks are tubular without a heel, so even the beginners will be successful. It is helpful to know how to knit and purl, but not necessary.



In the first session we'll cast on both socks and knit a little ribbing. Then you'll learn an easy technique for knitting two-color stripes. In the second session we'll finish the socks. The instructor will supply soft, wool yarn and needles.

- The techniques you'll learn in this class:
1. How to knit with four double pointed needles.
 2. Helix knitting, a cool and easy way to create stripes.
 3. How to decrease for the toe of a sock.
- (2 sessions)

Instructor: Diane Pearsall
Capacity: 12
Cost: \$47 nonmbr, \$41 mbr, \$20 platinum
Space: room 106
Registration deadline: March 1

FUSED GLASS SUNCATCHER
Monday, March 11
10:00-11:30am

Does winter have you dreaming of spring? In this class you can create your own one of a kind flower garden out of fused glass to hang in your window. All materials provided.



Instructor: Geralyn Thelen
Capacity: 12
Cost: \$40 nonmbr, \$35 mbr, \$20 platinum
Space: room 103
Registration deadline: March 7

ROUND RUG WEAVING CLASS USING PEG LOOM AND JACOB SHEEP CORESPUN

Thursday, March 21
1:00-5:00pm

In this class you will learn a more advanced technique of weaving wedge shaped segments which will construct a round rug. You will learn to determine the varying lengths of warp string needed and several options for constructing the wedges. You will complete a round rug of approximately 20" diameter. Materials provided.

Prerequisite: basic peg loom rug weaving class in which you have completed a welcome mat sized rectangular rug.

Instructor: Wendi Piller
Capacity: 8
Cost: \$101 nonmbr, \$93 mbr, \$65 platinum
Space: room 103
Registration deadline: March 18



ART CLASSES

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

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



**GENTLE GARDENING:
 Create Your Own Sanctuary
 Presentation**

**Wednesday, March 20
 10:00-11:00am**

Do you need a break from winter? This will be a chance to focus on warmer weather and gardening. Whether it's a simple container garden or filling your yard with plantings, paths and water features. This presentation will remind us of the benefits of gardening, plus tips for creating a garden, and/or container garden, and what not to do. There will also be time for questions.

Sharon Boisselle, a seasoned gardener, (has been gardening in one form or another for four decades). Sharon began her career by completing the two-year Landscape/Horticulture program at Dakota County Technical College, then became certified with the Minnesota Nursery and Landscape Association while supervising the greenhouse at Dundee Nursery. She is currently a seasonal employee at Turtle Creek Nursery in Owatonna.

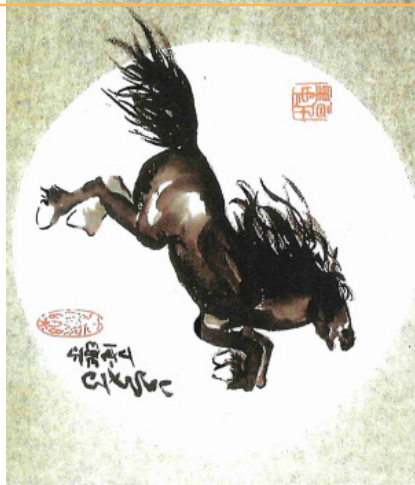
Jeff Damm, local professional gardener (www.thedammgardener.com) will also be sitting in on this presentation. He will answer questions for those who may need assistance with installation or maintenance of existing plantings.

Presenters: Sharon Boisselle & Jeff Damm

Capacity: 30

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

Space: room 103



**BEGINNING ASIAN BRUSH HORSE
 PAINTING**

**Wednesday, March 27
 10:00-4:00pm**

Students will be introduced to the four treasures of Asian Brush Horse Painting – the brush, the ink, the paper and the ink stone. You will be taught the correct way to hold a Sumi-e brush. Students will learn to write “horse” six different ways in Asian calligraphy using black ink from Japan or China. You will use the Asian rice paper as well as other quality paper of various colors. will demonstrate a simple horse form using charcoal and give you step-by-step instructions on how to draw a horse using ink on rice paper. Students will create 2 to 4 horses, plus calligraphy.

Please bring a lunch or dine at Little Frida Café in the next room.

Students should bring – a 25" X 20" piece of wool to put under the rice paper. If you have Sumi ink or brushes, please bring them. Optional – bring a camera, notepad, photos of horses that you have taken or have permission to use.

Your artwork will be displayed in the lobby at FiftyNorth and there will be an artist reception/Capstone Event March 27 from 6:00 to 7:00pm.

Instructor: Susanne Crane

Capacity: 15

Cost: Free

Space: Room 103

Registration deadline: March 20

*This class is being offered through a grant from Southeastern Minnesota Arts Council

SUSANNE CRANE ~ ARTIST BIO

I've been an artist my entire life. I wrote and illustrated my 1st memoir at age 7 to document a trip to Germany. I double majored in Art/English in college and then went on to create and manage 2 art galleries in Minneapolis.

I met Dee Teller in 2004 at my solo exhibition in Albert Lea. She came up to me beaming and said, "You paint your dreams. I could be your mentor!" She took my phone number and then proceeded to include me in numerous shows and made introductions for me with many great art organizers who I now consider my friends.

We went on art retreats, I took her Sumi-e classes, and then, in 2009 I accompanied her as her assistant on a trip to China. We went to 9 Universities and art schools and saw the amazing terracotta soldiers in Xian and walked the Great Wall. I learned a lot.

Dee was amused to find that I'm a Fire Horse in the Chinese Zodiac. She asked me to try the horse and was amazed when I did a frontal view with the horse running right off the paper towards the viewer. I had worked with horses and had one briefly, so I was already familiar with their anatomy.

Apparently, the horse is the most difficult to master. It came naturally to me.

I'm also a teacher, working in Minneapolis enrichment programs for over 30 years and in my own program for 8 1/2 years. It keeps me inspired and current.

I am honored to teach Dee's class. I believe she'll be with us if she can, guiding my hand.

~Susanne

ART CLASSES

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

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



DRAGON LORE
 Monday, April 1st
 Time: 9:30 to 11:30

2024 Year of the Dragon
 – Dragons and their

stories from around the world from China to Scotland. Just when we thought we knew the what and where of Dragons, another culture is heard from and we are off and running to another place and time. Everyone knows what a Dragon looks like! We shall explore and find Dragons from folklore around the world!

Instructor: Sylvia Langworthy
Capacity: 15
Cost: \$18 Nonmbr, \$14 Mbr, \$0 Platinum
Space: 103
Registration deadline: N/A



ABSTRACT



ABSTRACT

QUILT



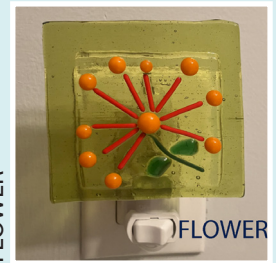
QUILT

SAILBOAT



SAILBOAT

FLOWER



FLOWER

FUSED GLASS NIGHT LIGHT

Tuesday, April 9
 10:00-11:30am

Let your light shine bright with a colorful night light. In this class you will select colorful glass to create your own night light. Please indicate which design you wish to create (Abstract, Flower, Quilt, Sailboat) when you register by calling 507-664-3700 or register at the front desk. All materials provided.

Instructor: GERALYN THELEN
Capacity: 12
Cost: \$40 nonmbr, \$35 mbr, \$20 platinum
Space: Room 105
Registration deadline: April 5



Carleton

INTERGENERATIONAL HAT KNITTING CLASS with Carleton Students
 Saturday, April 6
 10:30-12:00pm

FiftyNorth and Carleton College are offering an intergenerational hat knitting class.

This class is for beginners who have had a little experience with the knit stitch. It does not have to be recent experience.

To support local and sustainable farming and animal husbandry, you'll be knitting with local yarn, milled by Theresa Bentz of Badgerface Fiber, Northfield. And some of it will be dyed (by your instructor) with flowers from the Salt of the Earth dye garden, also near Northfield, managed by Maddy Bartsch.

In the first class you will review the knit stitch and start the hat. The following week, in the second session you'll finish the hat, complete with pompom.

The instructor will supply the yarn and needles. She will even cast on your project for you, which will make it easier to get started.

Instructor: Diane Pearsall
Capacity: 6 from FiftyNorth
Cost: \$50 nonmbr, \$45 mbr, \$25 platinum
Space: Weitz Center for Creativity - Room 136, 320 3rd Street East, Northfield, MN
 Enter the building through the main doors on 3rd Street
Registration deadline: April 1

LIFE LONG LEARNING CLASSES

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.

"WHEN MY TIME COMES" with Diane Rehm Film and discussion on Medical Aid in Dying
Thursday, March 7
1:30-3:00pm
OR



"WHEN MY TIME COMES" with Diane Rehm Film and discussion on Medical Aid in Dying
Tuesday, March 12
6:00-7:30pm

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 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.

Presenters: Representatives of the Medical Aid in Dying

Capacity: 25

Cost: Free

Space: Room 103

As You Wish



ADVANCE CARE PLANNING

ADVANCE CARE PLANNING OPEN HOUSE

Saturday, March 9
9:00-10:30am

Come and work in the presence of others to put your wishes and values into words. Start, complete, or revise your Advance Care Directive with the assistance of trained facilitators. Gain peace of mind and a thumbs up from family and healthcare.

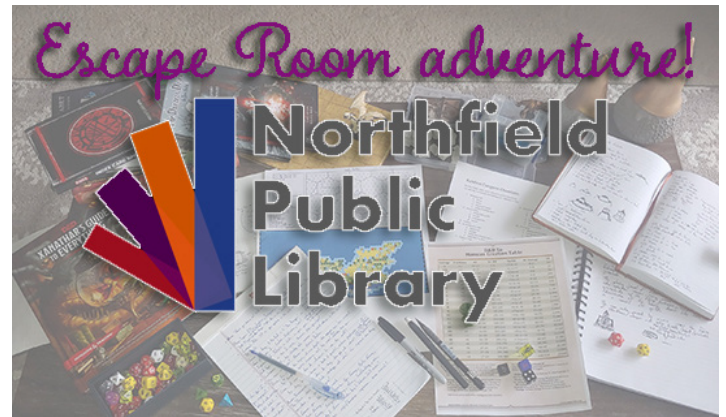
QUESTIONS? Contact: Mary Carlsen, mscarlsen1@gmail.com or Barbara Krause, barbara@inthethickofthings.com

Presenters: Northfield Advanced Care Planning Group

Capacity: 25

Cost: Free

Space: Room 103



ESCAPE ROOM ADVENTURE! CHOOSE 1 OF 4 SESSIONS

Test your mettle in this fun and challenging series of mysteries and puzzles! Can you uncover the secrets and find the lost treasure in this fantasy dungeon themed escape room? Planned and prepared by library staff and the Teen Advisory Board. We will run 4 sessions of our custom escape room.

Presenters: Library Staff and Teen Advisory Board

Capacity: minimum 3, maximum 6

Cost: free

Space: Room 106

Choose 1 of the 4 sessions:

Escape Room Adventure!
Monday, March 11
8:00-8:45am

Escape Room Adventure!
Monday, March 11
10:00-10:45am

Escape Room Adventure!
Monday, March 11
9:00-9:45am

Escape Room Adventure!
Monday, March 11
11:00-11:45am

This experience consists of a series of different types of puzzles and mysteries that are worked on and solved as a group.

You don't want to miss this!!!

LIFE LONG LEARNING

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

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



↑ Indigo Bunting

INTRO TO BIRDING PRESENTATION

Tuesday, March 12
1:30-2:30pm

Ever wish you could identify those unusual birds that show up at your feeder occasionally? Or the ones you see along the rural roads in winter? Interested in birding as a hobby but not sure how to get started? Which binoculars? Where to go? How to identify birds? Gerry will give you some insights on how to get started and, using his own photographs, will talk about birds and birding in Minnesota.

Presenter: Gerry Hoekstra

Capacity: 30

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

Space: Room 103



CPR & First Aid Training Class

CPR AND FIRST AID
Wednesday, March 20
2:00-5:00pm

Students will receive expert training in First Aid and Basic Life Support CPR (adult) including Automatic External Defibrillator (AED). This 3-hour

class includes instruction, demonstrations and hands-on activities and culminates in the students earning an American Heart Card. It is appropriate training for Certified Nurse Assistants, healthcare workers, childcare workers, teachers, instructors, and volunteers. Many health care facilities require this training of their employees.

Instructor: Jon Bolster

Capacity: 10

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

Space: room 105

LEARN ABOUT FOOD WASTE IN RICE COUNTY



AmeriCorps



Save money, get more food on plates, and help understand why reducing how much food we throw away can improve the environment.

FOOD WASTE IN RICE COUNTY:

Why It Matters

Thursday, March 14

1:30-2:30pm

Delia Denis Minnesota GreenCorps Member who is working for Rice County, will share ways to save money, get more food on plates, and help understand why reducing how much food we throw away can improve the environment!

There are about 100 billion meals being thrown away in the united states every year. It's estimated that anywhere from 30-40% of edible food is wasted. People are beginning to notice that the US is the third highest contributor in to food waste in the world. Delia's work this year involves educating others on food waste, getting companies to compost, and donate food to food shelves to assist others in need.

Presenter: Delia Denis

Capacity: 25

Cost: Free

Space: Room 103



Cannon Valley Elder Collegium

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

CVEC focuses on a desire for a life-long learning.

The courses of study are selected to provide rich academic experiences in the liberal arts.

Registration is now open.
View all classes at www.cvec.org

LIFE LONG LEARNING



SPANISH - BEYOND THE BASICS Mondays & Thursdays April 1, 4, 8, 11, 15, 18, 22, 25, 29 10:00-11:00am

This is a continuation of Intro to Spanish offered in January and February or a refresher class for people that have had some Spanish in the past. The grammar that will be covered includes command formation and the simple past. Vocabulary covered will have to do with jobs/offices, bedrooms, restaurants, hotels and airports. Students will also learn how to describe where an object is located. Participants will be provided with all needed materials. You will want to bring a writing utensil. Classes will meet every Monday and Thursday. (9 sessions)

Instructor: Chris Kauffeld

Capacity: 15

Cost: \$81 nonmbr, \$63 mbr, \$0 platinum

Space: Room 106

Registration deadline: March 28



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

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



Individual sessions. Sign up for as many sessions as you like. \$10 per session

If you have always wished that you could have fun and play a ukulele, Bob Waldron is offering you a chance to make that wish come true. He is offering private lessons for a very limited time. Each lesson lasts forty-five minutes.

For complete beginners he will teach you how to get started with the ukulele, teach you three chords, and two strumming patterns, and have you playing three songs. With these three chords, you will be able to learn a hundred other songs on your own.

For novice players, Bob will teach you four more chords and another strumming pattern. With these, you can easily play more than a thousand songs.

Please bring your own ukulele. If you do not have one, Bob is willing to lend you one for a brief period of time.

Instructor: Bob Waldron

Capacity: 1

Cost: \$10 per session

Space: Consult Room

ONE-ON-ONE UKULELE LESSONS

Choose from 2 lesson times on any Wednesday listed below:

• 11:00-11:45am

OR

• 12:00-12:45pm

Wednesday, March 6, 13, 20, 27

Wednesday, April 3, 10, 17, 24

Wednesday, May 1, 8, 15



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

FEES:

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

■ AARP SMART DRIVING 4-HOUR REFRESHER COURSE

Wednesday, March 13

9:00-1:00pm

■ AARP 8-hour Smart Driving Class

Saturday, April 6

8:00-4:00pm

Location: Room 103

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

*Bring a bag lunch

■ AARP Smart Driving 4-hour Refresher Course

Thursday, April 18

1:00-5:00pm

Location: Room 103

■ AARP Smart Driving 4-hour Refresher Course

Monday, May 13

9:00-1:00pm

Location: Room 103

LIFE LONG LEARNING

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

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



JOE MORAVCHIK

THE CURRENT STATE OF US POLICING

Wednesdays, April 3, 10, 17, 24
 9:00-11:00am

NOTE: This is a 4-part series; not individual signups.

We will examine the current state of policing in America: the laws, amendments and court cases that guide policing; the authority and role of the police; police operations and philosophies; police discretion;

police terminology such as reasonable articulable suspicion, totality of circumstances, and probable cause; searches; surveillance and technology; police and the media; crimes and contemporary cases; and the importance of the role of policing, and community trust in policing. The goal is to broaden understanding and provide needed context for the serious and important public policy discussions regarding policing that are underway at the local, state, and federal levels of government.

Course Materials and Class Schedule: Each class will involve lectures guided by PowerPoint/Google Slides, short videos, music, and occasional partner work to set up our class discussions. This is primarily a discussion course. Preparation for class will include optional reading of contemporary police cases and crime news articles, and listening to podcasts. Joe will provide the readings for all classes at the first meeting of the class.

CLASS #1: In our first class, you'll learn about Joe's career, the traditional role of police in our society, and the major changes and challenges to police service, focusing on the past 25 years, including The North Hollywood Shootout, Columbine, September 11, 2001, Technology and Surveillance, and the George Floyd in-custody death.

To prepare for class, listen to the KYMN podcast Public Policy This Week, originally broadcast Sept. 30th, 2022. Joe and St. Paul Police Chief Todd Axtell (Ret.) discuss their police careers and the current state of U.S. policing: <https://kymnradio.net/2022/09/30/public-policy-this-week-chief-todd-axtell-ret-of-the-st-paul-police-dept/>.

CLASS #2: In our second class, we're going to be joined in class by the Chief of, or a patrol officer from, the Northfield P.D. to discuss and examine directly a modern patrol car and the equipment of a police officer. Additionally, we will discuss police operations, and policing theory—from the broken windows theory to predictive policing. Further, some of the court cases that guide police service: Terry v. Ohio, Minnesota v. Dickerson, Chimel v. California, Miranda v. Arizona, New York v. Belton, and Arizona v. Gant.

To prepare for class, listen to the KYMN podcast Public Policy This Week, July 15 2022 edition. Joe interviews Dr. James Densley, an expert on the topic of mass shootings: <https://kymnradio.net/2022/07/15/public-policy-this-week-gun-violence-and-mass-shootings-with-dr-james-densley/>

CLASS #3: In our third class, we will discuss the media's role in breaking down police/public trust, referencing the national cases of Louis Gates Jr., Freddie Gray, and Michael Brown. In addition, we will discuss a profession in crisis as we examine the cases of former Minnesota police officers that have received worldwide attention—Jeronimo Yanez, Derek Chauvin, Thomas Lane, Kim Potter, and Ryan Londregan.

To prepare for class, listen to the KYMN podcast Public Policy This Week August 18th, 2023 edition. Joe interviews Dr. Andrew Baker of the Hennepin County Medical Examiner's Office on the topic of the role of the medical examiner:

<https://kymnradio.net/2023/08/18/public-policy-this-week-the-role-of-medical-examiners-with-hennepin-county-chief-medical-examiner-dr-andrew-baker-8-18-23/>

CLASS #4: In our fourth class, we will discuss the modern role of police in our society. Class discussion will focus on the topics of recruiting/hiring, training, and trust; the relationship between the District Attorney's Office and the police; the homeless, drug addicted and mentally ill; repeat offenders, incarceration and recidivism, interventions, and the undercurrent of violence in society. Joe will also discuss cases in his career pertaining to the topics discussed this date.

To prepare for class, listen to the KYMN podcast Public Policy This Week, June 23, 2023 edition. Joe interviews Dr. James Densley on the topic of gangs: <https://kymnradio.net/2023/06/23/public-policy-this-week-gangs-and-gang-violence-withdr-james-densley-6-23-23/>.

A second podcast is also offered. Listen to the KYMN podcast Public Policy This Week, December 2, 2022 edition. Joe interviews Northfield Police Chief Mark Elliott, and Rice County Behavioral Health Supervisor Dante Hummel-Langerfeld on the topic of 1st Responder Mental Health Care: <https://kymnradio.net/2022/12/02/public-policy-this-week-mental-health-and-law-enforcement/>
(This is a 4-part series; not individual signup)

Instructor: Joe Moravchik

Capacity: 20

Cost: \$72 nonmbr, \$56 mbr, \$0 platinum

Space: Room 103

Registration deadline: April 1

NOTE: Joe Moravchik has a B.S. from the University of Wisconsin-Whitewater and a J. D. from the William Mitchell College of Law. Holder of a State of Wisconsin DOJ Board of Standards Police Officer's License, he did his training at the Milwaukee County Sheriff's & Police Academy. Rising through the ranks of the Racine, WI Police Department he was a multi-time winner of the Wisconsin Attorney General's prestigious Exemplary Officer Award for high quality performance and professional dedication. Contact: jmoravchik1525@gmail.com



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.



SLEEP 101 Friday, March 1 9:00-10:00am

Sleep can be hard to find for some and easy to come by for others. Stacey Zell, Respiratory Therapist from

the Sleep Center at Northfield Hospital and Clinics will discuss the importance of sleep, the importance of monitoring your sleep cycle and ways to better improve your sleep.

Instructor: Stacey Zell, Respiratory Therapist, NH+C

Capacity: 20

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

Space: room 106

Embodiment

/əmbədēmənt/ n.

The process of acknowledging and expressing the physical, bodily elements of one's thoughts, feelings, and beliefs.

Embodiment: How Are You? And How Do You Want To Be?

**Monday, March 4
10:00-11:00am**

This class addresses the distinctions between exercise, mindfulness, and embodiment. We'll explore the physical and mental health benefits of an embodiment practice and its supportive role in healing embodied trauma. Bring your questions! A great way to find out if the Basic Embodiment class is a good fit for you!

Instructor: Rob Gersky

Capacity: 20

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

Space: Room 106



Heart Health and Nutrition Tuesdays, March 5, 12, 19 5:00-6:00pm

What are the essentials to keep your "ticker ticking"? Licensed Nutritionist Noel Aldrich will lead a series

of presentations to discuss the essentials of heart health. Lifestyle choices in activity and food intake make a big difference in how the human body responds. In this series, Dr. Aldrich will review some of the primary food choices that are causing heart disease, and what are the best options for reversing heart disease.

Primary topics to be covered include:

- Inflammation
- Blood Pressure
- Cholesterol

Instructor: Noel Aldrich

Capacity: 20

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

Space: Room 106



QIGONG AND TAI CHI PRACTICE:

What Benefits Can I Get?

Thursday, March 7

11:00-12:00pm

Learn more about the physical and mental health benefits of these lifelong practices which are life enhancing regardless of how old you are. Both practices can be adapted to your individual needs and are as invigorating as they are calming. Bring your questions!

Instructor: Rob Gersky

Capacity: 20

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

Space: Room 103

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

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

BASIC EMBODIMENT:

Physical Skills Shifting Inner Struggles

Fridays, March 8, 15, 22, 29, April 5, 12, 19, 26
10:00-11:00am

Benefits: Calm your anxiety, boost low energy, set better boundaries, and increase focus and confidence. Practice will also improve balance, coordination, and stability.

Each week you'll be invited to test a different set of tai chi and yoga-based postures that shift "how you are" to "how you've wanted to be." You'll be invited to test variations in each pose and notice the inner impact. There will be time to share, reflect, and give yourself homework. Practice the postures for several months for lasting shifts. Don't take anyone's word for it. Test and practice.

This class asks you to set aside the tendency to think you already know what will happen. You can expect two postures over four weeks to potentially bring about strong emotional responses. You can opt out of any exercise at any time. You can also get help in calibrating the intensity of an exercise so you can learn something useful rather than getting overwhelmed.

(8 sessions)

Instructor: Rob Gersky

Capacity: 10

Cost: \$72 nonmbr, \$56 mbr, \$0 platinum



NEUROLOGICAL DISORDERS

Wednesday, March 20

9:00-11:00am

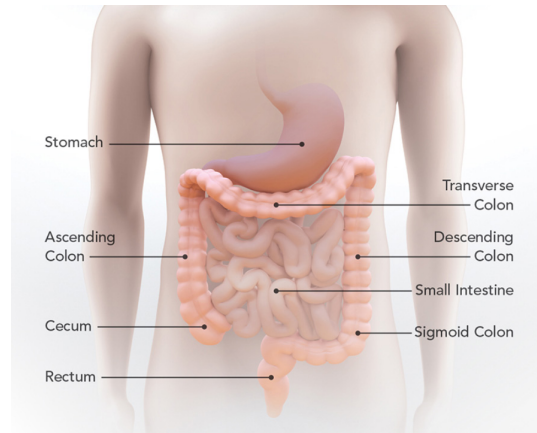
Up to 1 billion people, nearly one in six of the world's population suffer from neurological disorders, from Alzheimers, and Parkinsons disease, strokes, Multiple Sclerosis and epilepsy to migraine, brain injuries and neuro-infections. Dr. Marcy Kramer will discuss the various neurological disorders that affect our society, what are the warning signs, symptoms, and treatments for the various neurological disorders.

Instructor: Dr. Marcy Kramer

Capacity: 20

Cost: \$18 nonmbr, \$14 mbr, \$0 platinum

Space: Room 106



COLON CANCER

Thursday, April 4

9:00-10:00am

Colon Cancer is the 4th most commonly diagnosed cancers and the 2nd leading cause of cancer death. Half of all new colon cancer diagnosis are in people 66 years of age and younger. In partnership with Northfield Hospital and Clinics, learn the pathology of colon cancer, signs and symptoms, causes, and treatments of Colon Cancer.

Instructor: NH+C - Dr. Randolph Reister, M.D

Capacity: 20

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

Space: Room 106



Hip Health 101

Wednesday, April 10

9:00-11:00am

Over 450,000 hip replacements are done yearly in the United States with a success rate of 95%. Dr. Marcy Kramer, Doctor of Physical Therapy will discuss the mechanics of the human hip, ways to keep your hip health, and treatments for injured or worn hips.

Instructor: Dr. Marcy Kramer

Capacity: 20

Cost: \$18 nonmbr, \$14 mbr, \$0 platinum

Space: Room 106

AQUA FITNESS



COLOR KEY:

GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim

| 2024 AQUA FITNESS (updated March) | | | | | | |
|-----------------------------------|-----------------------------------|-----------------------------|-----------------------------------|-----------------------------|-----------------------------------|---------------------------|
| | 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 | | | OPEN SWIM | | | |
| 5:00 PM | | AQUA FUSION 5-5:45PM | | AQUA FUSION 5-5:45PM | | |
| 5:30 PM | | | | | | |
| 6:00 PM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | |
| 6:30 PM | | | | | | |
| 7:00 PM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | OPEN SWIM | |
| 7:30 PM | | | | | | |
| 7:45 PM | | | | | | |

VIRTUAL LAND BASED FITNESS CLASSES



INTENSITY KEY:

PINK – High Intensity

BLUE – Mid-range

PURPLE - Gentle

| 2024 VIRTUAL LAND BASED FITNESS CLASSES (updated March) | | | | | | | | |
|---|------------------------------------|---|------------------------------------|---------------------------------|-----------------------------------|----------------------------|-------------------------|-------------------|
| AVAILABLE THRU ZOOM | | | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
| 6:00 AM | | CARDIO & STRENGTH INTERVALS (6:10-6:50) | | EXPRESS STRENGTH (6:10-6:40) | | | | |
| 6:30 AM | | | | | | | | |
| 7:00 AM | | | | | QIGONG MEDITATION (7-7:30) | | | |
| 7:30 AM | | | | | | | | |
| 8:00 AM | BOOTCAMP (8-9) | STRENGTH TRAINING (8-9) | STRENGTH AND STRETCH (8-9) | CARDIO KICKBOXING (8-9) | STRENGTH TRAINING (8-9) | STRENGTH AND STRETCH (8-9) | STRONG NATION (8-9) | STRENGTH (8-8:45) |
| 8:30 AM | CORE AND MORE (8:30-9) | | | CORE AND MORE (8:30-9) | | | | |
| 9:00 AM | YOGA STRETCH (9:15-10:15) | BEGINNING YOGA (VINYASA) (9:15-10:15) | | SLO FLO YOGA (9:15-10:15) | BEGINNING HATHA YOGA (9:15-10:15) | | SIMPLE STRETCH (9-9:45) | |
| 9:30 AM | | | QIGONG MEDITATION (9:30-10) | | | | 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 | | | CARDIO STRENGTH MIX (1-1:45) | | YOGA BALANCE (1-2) | | | |
| 1:30 PM | | | | | | | | |
| 4:00 PM | | | | | | | | |
| 4:30 PM | | | | | | | | |
| 5:00 PM | | | | | | | | |
| 5:30 PM | | | | | | | | |
| 6:00 PM | | | | | | | | |
| 6:30 PM | | | | | | | | |
| 7:00 PM | | | | | | | | |

2024 IN-PERSON LAND BASED FITNESS CLASSES (updated March)

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



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

Volunteer Group Leaders Needed



FiftyNorth is looking volunteer group leads for the following activities:

Outdoor Pickleball at Lions Club Park will be starting up tentatively in April and we are in need of volunteer(s) pickleball group lead.

Bowling at Flaherty’s would be a great opportunity for a new FiftyNorth group to form. There has not been a bowling group since pre-covid and there is a lot of fun to be had!

What is a Group Lead? This person or person(s) would bring the sign-up sheet to the designated location for the group. The sheet needs to be signed by all participants and then brought back to FiftyNorth on the same day. The group leads will help run the activity and help participants learn how to play the activity and understand the rules.

If you are interested, please contact Craig Swenson at craig.swenson@fiftynorth.org or call at 507-664-3702

FITNESS NEWS

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

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



DANCE
Tuesday,
May 14,
6 - 8pm

SCANDINAVIAN FOLK DANCING CLASS - buckle-y shoes and partner are OPTIONAL!

Tuesdays, April 2, 9, 16, 23, 30, May 7, 14
4:00-5:00pm

Whether you are looking to practice your Polka, refresh your Reinlender, or work on your Walz, we've got you covered! No experience is necessary. Mary & John Klockeman will offer instruction in Polka, Schottische/Reinlender, Waltz/Vals, Circle Dance/Langdans, and perhaps a Gangar, Pols, or Reel/Ril.

•Wear shoes suitable for dancing. No tennis shoes.
(7 sessions)

Instructors: Mary & John Klockeman

Capacity: 20

Cost: \$63 nonmbr, \$49 mbr, \$0 plus/platinum

Space: Fitness Studio

Mary and John have over 40 years of experience in Scandinavian folk-dancing. It's all for fun! There is no final exam, but there will be a DANCE, so you can try out your moves.

SAVE THE DATE -

Tuesday, May 14, 6 - 8pm

Live Music provided by Hüttenänny



INTRO TO SOMATIC MOVEMENT (pre-registration required)

Fridays, April 5, 12, 19, 26, May 3
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.
(5 sessions)

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

Instructor: Cheryl Ramette, Certified Somatics Instructor

Capacity: 12

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

PERSONAL FITNESS TRAINING



INDIVIDUAL SESSIONS 1-TO-1

Personal Trainers:

Craig Swenson, Ingrid Freeman, Heather Sand,
Heather Rataj

Cost: 1 Hour Session \$45 nonmbr, \$40 member

Cost: 1/2 Hour Session \$30 nonmbr, \$25 member



Meet with a Personal Trainer one-on-one to enhance your workout routines and help you reach your goals. Our certified Personal Trainers are nationally recognized trainers who are able to adapt any workout routine to suite your needs. Don't let your goals pass you by, set up a time with a trainer to get back on track.

For more information or to set up an appointment with a trainer; contact
Craig Swenson (507) 664-3702.

GROUP SCHEDULE

| GROUP ACTIVITIES | Day | Time | Location |
|---|---------------------------|----------------|----------------|
| ARTS / CRAFT - Art Club | Wednesdays, 2nd & 4th | 1:30-3:30pm | Room 105 |
| ARTS / CRAFT - Hook, Yarn & Needle | Tuesdays | 1:00-3:00pm | Room 105 |
| ARTS / CRAFT - Photography Group | Fridays, 4th | 9:30-11:30am | Room 106 |
| CARDS - "Chat" Bridge | Wednesdays | 9:30-12:00pm | Room 104 |
| CARDS - 500 | Fridays | 12:30-4:00pm | Room 104 |
| CARDS - Cribbage | Thursdays | 12:45-4:00pm | Room 106 |
| CARDS - Double Deck Pinochle | Mondays | 12:15-4:00pm | Room 104 |
| CARDS - Duplicate Bridge | Tuesdays | 12:30-4:00pm | Room 104 |
| CARDS - Euchre | Tuesdays | 12:30-4:00pm | Room 106 |
| CARDS - Sanctioned Duplicate Bridge | Thursdays | 12:00-4:00pm | Room 104 |
| CARDS - Social Bridge | Wednesdays | 12:30-4:00pm | Room 104 |
| GAMES - American Mahjongg | Fridays | 1:00-3:00pm | Room 106 |
| GAMES - BINGO | Mondays, 3rd | 1:00-2:00pm | Room 103 |
| MISC - Book Club | Fridays, 2nd | 10:30-12:00pm | Room 102 |
| MISC - Friday Movie | Fridays | 1:00-3:00pm | Room 103 |
| MISC - History Group | Fridays | 10:30-12:00pm | Room 104 |
| MISC - Reading With 5th Graders | Wednesdays, 2nd | 2:00-2:30pm | Multiple Rooms |
| MISC - Storytelling | Mondays, 2nd | 9:30-11:30am | Room 104 |
| MUSIC - Chime Choir | Thursdays | 9:30-10:45am | Room 103 |
| MUSIC - FiftyNorth Ukulele Orchestra and Assorted Strings | Wednesdays, 1st, 3rd, 5th | 1:00-3:00pm | Room 103 |
| MUSIC - The Band Practice | Mondays | 4:00-5:00pm | Room 103 |
| MUSIC - Seasoned Singers | Varies | Late afternoon | Room 103 |

| FITNESS GROUPS | | | |
|--|----------------------|----------------|-------------------|
| Table Tennis | Mon, Tue, Thur, Sat | Check Schedule | Fitness Studio |
| Nordic Walking | Thursdays | 3:30-4:30pm | Studio, Courtyard |
| Water Volleyball | Mondays & Fridays | 4:00-5:45pm | Pool |
| Softball - off season, practice only | Thursdays | 1:00-3:00pm | Dundas Dome |
| Pedalers - off season, coffee & walking only | Mondays & Wednesdays | Mornings | Varies |



BINGO BONANZA!!!

MONDAY, March 18

1-2:00pm

\$1 Group Fee Applies

Join us for a fun filled hour of a various Bingo games, postage stamp, four corners...**Bring a friend!**



THE SEASONED SINGERS

The Seasoned Singers will begin rehearsals on March 12th to prepare for a concert during this year's Volunteer Recognition event that is scheduled for Tuesday, April 30th at 1:00. If you are interested in raising your voice in song contact

Donna May at dmay@churchofsaintagnes.org or call 507-649-7399. No audition is necessary. You can also simply sign up at the reception desk for a one-time yearly \$10 fee. The schedule is listed below.

Rehearsals 4-5:30pm, room 103

Tuesdays, March 12, 19, 26, April 2, 9, 16, 23



NEW GROUP

STORYTELLING GROUP
(beginning February 12)
2nd Monday every month
9:30-11:30am

Come with a favorite story to share. Spend a precious hour with new found story friends and see where we go and how we find each other.

Group Leader: Sylvia Langworthy

Group fee: \$1

Space: room 104



ROCK TALK

Meeting each month on the 2nd Mondays

10:00-11:30am (March 11)

Bring your ROCKS and let's TALK. Enjoy some coffee and share your rock adventures. It is a time to share and learn.

Leader: Sandy Dockstader **Capacity:** 12

Space: Gallery Link

TRAVEL GROUP



TRIP: ORCHESTRA HALL COFFEE INTERMEZZO

Thursday, March 21

9:00-4:00pm

Dvorak Symphony No. 8

Minnesota Orchestra and Pacho Flores – Trumpet Soloist

You will be dancing in your seat from the first note to the last as you listen to Domingo Hindoyan conduct the Minnesota Orchestra with guest trumpet soloist Pacho Flores. In Arturo Marquez's new trumpet concerto, Flores delivers the many colors and flavors of Latin American dance bands while he performs on four different types of trumpets. These concerts conclude with Dvorak's radiant Eighth Symphony, interwoven with a multitude of folksongs and delightful dance melodies.

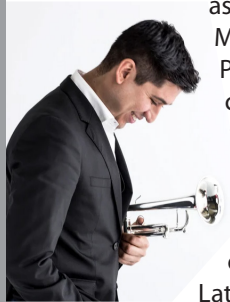
Late lunch at Gary's Supper Club –

on your own

Trip Leader: Norma Monroe

Capacity: 30

Cost: \$75



VS.



TRIP - MINNESOTA TWINS VS. LA DODGERS

Wednesday, April 10

11:00-4:00pm

Join FiftyNorth for a fun-filled day when we travel to Target Field and root on the Minnesota Twins as they host the LA Dodgers. 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.

Trip Leader: Craig Swenson

Capacity: 25

Cost: \$88

Registration deadline: April 5

TRIP - US BANK STADIUM & MILL CITY FLOUR MUSEUM TOURS

Thursday, April 18

8:45-4:00pm

Our first stop of the day will be a 90-minute tour of the US Bank Stadium. We will see the Vikings locker room, Legacy Ship, Stadium Art Collection, premium clubs and suites, field area, interview rooms and the Thomson Reuters Press Level. The tour is handicap accessible but it is approximately one mile of walking. Wheelchair assistance is not available during the tour so please plan accordingly. Wear comfortable shoes. Please visit <http://www.usbankstadium.com> to learn what items are not permitted into the stadium.

Lunch will be on your own at the Farmer's Kitchen and Bar. For a sneak peek at the menu go to www.farmerskitchenandbar.com.

Our final stop will be a short walking distance from the restaurant to the Mill City Flour Museum. The feature of this location will be the Flour Tower. This elevator show travels through eight levels of the building and back through time as you experience the sights and sounds of the workers and machines that made Minneapolis the flour milling capital of the world. This includes a visit to the rooftop observation deck for a panoramic view of the Mississippi River and St. Anthony Falls. There will also be some time available to roam the museum and gift shop on your own.

Trip Leader: Michelle Brant

Capacity: 25

Cost: \$105

Registration Deadline: April 3



US BANK STADIUM

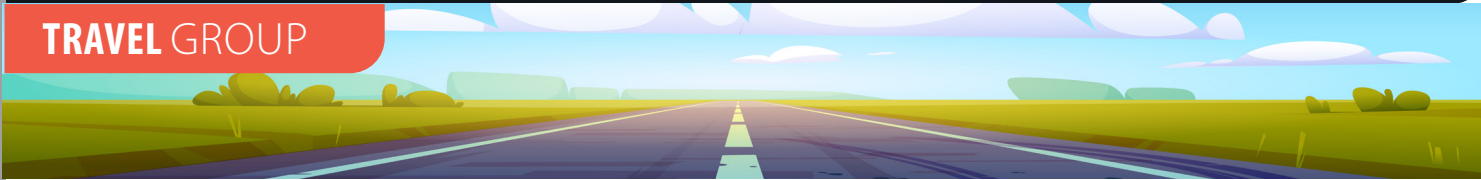


MILL CITY FLOUR MUSEUM



FARMERS KITCHEN & BAR

TRAVEL GROUP



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

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 - 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



Cannon Valley Elder Collegium

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

CVEC focuses on a desire for a life-long learning. The courses of study are selected to provide rich academic experiences in the liberal arts.

Registration is now open.
View all classes at www.cvec.org

FRIDAY MOVIE GROUP

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

MARCH MOVIES



MARCH 1: LINCOLN (2013) Drama 150mins. Steven Spielberg directs Daniel Day-Lewis with an all-star ensemble cast including Sally Field, Tommy Lee Jones and Joseph Gordon-Levitt. This inspiring and revealing drama focuses on the 16th President's tumultuous final four months in office.



MARCH 8: THE BLUES BROTHERS (2016) Comedy 148 mins. Comedy icons John Belushi and Dan Aykroyd star in the outrageously funny musical comedy, The Blues Brothers. After the release of Jake Blues (Belushi) from prison, he and brother, Elwood (Aykroyd) take their blues band back on the road in an attempt to raise money for the orphanage where they were raised. Havoc ensues as the brothers seek redemption on their "mission from God".



MARCH 15: CHAMPIONS (2023) Family 124 mins. Woody Harrelson stars in the hilarious and heartwarming story of a former minor-league basketball coach who is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go farther than they ever imagined.



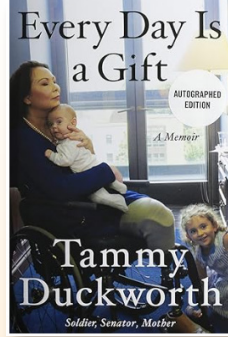
MARCH 22: ST. VINCENT (2014) Family 102mins. Bill Murray and Melissa McCarthy star in this hilarious comedy. Maggie, a single mother, moves into a new home in Brooklyn with her 12-year old son, Oliver. Forced to work long hours, she has no choice but to leave Oliver in the care of their new neighbor, Vincent, a retired curmudgeon with a desire for alcohol and gambling. An odd friendship soon blossoms between the improbable pair.



MARCH 29: WHEN A MAN LOVES A WOMAN (1994) 124 min. Two of Hollywood's most popular stars, Meg Ryan and Andy Garcia deliver critically acclaimed performances in this inspiring motion picture hit. As Alice and Michael, they are a passionate couple whose once stable marriage is rocked by Alice's increasing dependence on alcohol. As they strive to overcome this challenge, they discover a renewed sense of love and commitment. Infused with hope and riveting star performances, When A Man Loves A Woman is a must-see story of fiery passion—and the enduring power of love.

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.



MARCH
EVERY DAY IS A GIFT: A MEMOIR
by Tammy Duckworth

In Every Day Is a Gift, Tammy Duckworth takes readers through the amazing—and amazingly true—stories from her incomparable life. In November of 2004, an

Iraqi RPG blew through the cockpit of Tammy Duckworth's U.S. Army Black Hawk helicopter. The explosion, which destroyed her legs and mangled her right arm, was a turning point in her life. But as Duckworth shows in Every Day Is a Gift, that moment was just one in a lifetime of extraordinary turns. ...

APRIL THE ONLY WOMAN IN THE ROOM
by Marie Benedict

MAY MASTER SLAVE HUSBAND WIFE
by Ilyon Woo

JUNE -THE BEST OF ME
by David Sedaris

JULY
THE FIREKEEPER'S DAUGHTER
by Angeline Boulley

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



VOLUNTEERING



MARCH VOLUNTEER SPOTLIGHT

Kay Adkins Brown

We would like to thank Kay Brown for sharing her time and talents as a volunteer at FiftyNorth. She has a wealth of knowledge and a plethora of fun ideas we benefit from. This woman makes things happen and does it with a stylish flare! Read her story below about returning to Northfield and getting involved at FiftyNorth.



"A man goes away from his home and it is in him to do it. He lies in strange beds in the dark, and the wind is different in the trees. He walks in the street and there are the faces in front of his eyes, but there are no names for the faces. The voices he hears are not the voices he carried away in his ears a long time back when he went away. The voices he hears are loud. They are so loud he does not hear for a long time at a stretch those voices he carried away in his ears. but there comes a minute when it is quiet, and he can hear those voices he carried away in his ears a long time back. He can make out what they say, and they say: Come back. They say: Come back, boy. So he comes back."

— **Robert Penn Warren, *All the King's Men***

After being gone for nearly thirty years, the voices in my ears told me to come "home." But what was I to expect after being away for that long? Things had changed, many I knew were no longer in Northfield. How could I reestablish myself in the community? FiftyNorth provided the answer. I started swimming and connected with a welcoming group including Greg Smith who played guitar one wonderful day pool side. The staff, most notably, Patty Ciernia and Michelle Brant were equally as welcoming! I went to an art opening, and low and behold, there were people there I hadn't seen in years-Rikki Nelson, Marie Gery and Dorothy Parker.

At FiftyNorth I had the opportunity to be involved with the History Group. So many new friends resulted in that connection, including Jenn Smith, Eileen Cooper, Darla DeLong, Jean Larson, Vicki Celendar, Paul Kluge and others.

So why do I volunteer at FiftyNorth?

"Make new friends and keep the old, one is silver the other is gold."
FiftyNorth has provided both for me. — Kay Adkins Brown



Kay serves as a facilitator for the Friday History group, created a gallery show featuring the works of Vietnam vet, Galen Brown, and is a member of the Development committee. She is also helping coordinate the tea and Vintage Fashion show in May. Kay is pictured here modeling a 1940's dress worn by her aunt, Adeline Adkins.

VOLUNTEERING



WELCOME ALL! POPCORN WAGON: Informational Meeting for 2024 Season! Monday, April 8 9:30am - room 105

Spring temperatures just around the corner, and perfect time to think about afternoons at Bridge Square and visiting with friends at the popcorn wagon.

There will be an informational meeting on Monday, April 8, 9:30am in Room 106.

Current volunteers will be on hand to share some of their experiences.

If you would like more information come join us April 8, or call Lesley @ 507-400-4331.

I look forward to meeting you.

— Lesley



GARDEN GROUP: Informational meeting Monday, March 18 1:00pm - Room 105

Mark your calendars for our Spring garden Club informational meeting.

We rely on volunteers to help out staff with the care of the courtyard area. We'll talk about what to grow in the new raised beds, help select a variety of hanging baskets and potted plants for fill planters.

There will be opportunities for deadheading, watering, light sweeping and general care for the area. We have funds from last year's Courtyard improvement grant to purchase plants and vegetables. Hope to see you there! - Patty

CAN'T MAKE THE MEETING?

Contact program coordinator, Patty Ciernia for more information.
(507) 664-3709 or
patty.ciernia@fiftynorth.org

USED-A-BIT

HOUSEHOLD & FURNITURE SHOPPES



Two stores right next to each other!
640 Water Street, River Mall Northfield

Shope Hours: Tues - Sat 10am-5pm
Donation accepted: Tues-Sat 10am-2pm
(507) 645-1399

JANUARY DONORS THANK YOU FOR YOUR SUPPORT!

Our sincere gratitude to all who have donated. We couldn't even come close to doing what we do without your support — *thank you!*



Donate now!

Scan with your smartphone!

■ The number of FiftyNorth members as of January 31: 1,759

| | | |
|---------------------------------|--------------------------------|--------------------------------|
| Karen Achberger | James Gill | Elaine Meyers |
| Stephen Aldrich | Mac & Jacquelyn Gimse | Todd & Sue Middleton |
| Bradley Anderson | Richard Goodwin | Neil Lutsky & Irene Montenegro |
| Bruce Anderson | Thomas Graupmann | Neil Lutsky & Irene Montenegro |
| David & Joey Appleyard | Kevin Groebner & Sue Harvey | Bill & Pat Nelson |
| David & Joey Appleyard | Dorothy Hammer | Richard & Tammy Nodland |
| Nancy Ashmore & Kenneth Wedding | Liz Hankins | Curtis Olson |
| Bernard & Mary Auge | Todd Harvey | Elizabeth Olson |
| Lois Bakko | Carl Henry | Kenneth Lee & Donald Onsgard |
| Donald & Roberta Bonrud | Kerry Hjelmgren | Robert Peasley |
| George & Catherine Brophy | Gerald Holzer | Roberta Persons |
| Judy Broske | Richard & Donna Jackson | Carol Rutz |
| Gene & Darlene Broughton | Georgene Johnson | Shelley Silkey |
| Warren & Karen Broughton | Ruth Johnson-Wirth | Stu Sinykin |
| Judeen Brown | Eric & Kari Johnsrud | Kenneth & Sharon Steinhouse |
| Mary Brown | Steve & Ann Jorstad | Craig Swenson |
| Bernice Christensen | Patricia Jorstad | Allan & Nancy Swenson |
| Steve & Patty Ciernia | Vinay Khanna | Judith Tarabek |
| Jim Colwell | Joni Kilde | Dale & Rose Turnacliff |
| Eileen Cooper | Gary & Arlene Kruse | Anne Ulmer |
| Neil & Marilyn Deden | Hongyuan Lang | Linda Wagenbach |
| Winnie Drentlaw | Myron Lanoue | Patricia Warner |
| Thomas Drucker & Betsy Brandt | Tom & Nancy Loesch | Mark Zach |
| Mike Eaves | Glen & Linda Lundell | |
| JoAnn Edwardsen | Neil Lutsky & Irene Montenegro | |
| Chris Ellison | Russ & Lynn Margulies | |
| Carol Emery | Janet Mathews | |
| Beth Endert | James & Angie Mayr | |
| Stephanie Frey | Mike & Ann McGovern | |
| Marie Gery | | |

Welcome!

JANUARY NEW MEMBERS

GLAD YOU'RE HERE!

Amy Allin, Mark Anlauf, Paul Brennan, Deanna Cross, Roland & Mary Davidson, George Davis, Richard Deuser, Jeff Dykema, Edward (Ted) Farmer, Linda Frost, Francisco Gaytan, Michael Golownia, Mary Jo Grove, Mary Hagen, Becky Holter, Randy Kramer, Colin Krodell, Cindy Lawson, Virginia Malecha, Justine Malinski, Paul Meyer, Debby Nitz, Kenneth Palma, Sam Patterson & Christine Lac, Renell Pettinelli, Mark & Mary Polzin, Bill Schwalbe, Edna Scoville, Kris Sharp, Elsie Slinger, Martha Swedin, Neal & Cindy Wilson, Mark Witt

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

Assistant Director/Fitness Coordinator:

Craig Swenson
507-664-3702 | craig.swenson@fiftynorth.org

Administration Manager:

Elaine Meyers
507-664-3703 | elaine.meyers@fiftynorth.org

Program Coordinator: Lifelong Learning/ Community Outreach

Patty Ciernia
507-664-3709 | patty.ciernia@fiftynorth.org

Program Coordinator: Arts/Volunteer/Dining

Michelle Brant
507-664-3707 | michelle.loken@fiftynorth.org

Used-A-Bit Shoppe Manager:

Dolores Kornkven
507-645-1399 | dolores.kornkven@fiftynorth.org

Used-A-Bit Shoppe Assistant Manager:

Deb Olien
507-645-1399 | deb.olien@fiftynorth.org

Bookkeeper:

Kathy Bjerke
507-664-3700 | 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



Little Frida Cafe & Taco Shop:

Breakfast: Monday–Friday 7:30am–10:00am
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