



By Kerry Hjelmgren, Director



## RISE AND SHINE AT FIFTYNORTH

It's officially March!



It's officially March – the time of year when animals start waking up from their hibernations. This year, it feels like FiftyNorth is doing the same! The Center is wide awake with activity. Many new members have joined, and many have renewed after waiting to return while the pandemic waxed and waned. It has been three years since COVID went global. A great deal has changed during that time, but what hasn't is

FiftyNorth's commitment to supporting your health, wellbeing, and personal growth.

One of the ways FiftyNorth promotes your wellbeing is by offering a multitude of opportunities for social connection. March is a great time to connect with others to make some new FiftyNorth friends or rekindle friendships that were paused due to isolation. Get involved in one of our groups, try a new class or activity being offered this month (there are SO many!), or check out opportunities to volunteer. If you haven't been to FiftyNorth yet this year, rise and shine! We can't wait to see you.

Kerry

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### DAYLIGHT SAVING



Sunday, March 12

## Lindy Hop Dance Class

Friday, March 31  
6:00-8:00pm

Learn Lindy Hop, an upbeat partner dance, during this introductory class. From 6-7pm we will offer a one-hour lesson to get your feet under you, and then from 7-8 pm we'll invite anyone to dance on the open floor to curated music. Bring a friend and get ready to meet some new ones!

**Presenters:** Carleton College students  
- KatieRose Kimball, Hannah Rosenberg, Karina Yum  
**Capacity:** 20  
**Cost:** No fee  
**Space:** 103



Spring Succulent Garden Class — see page 12



My Experience at the Pentagon on 9/11 — see page 9

# IN THE GALLERY

## ARCADIA CHARTER SCHOOL

MARCH 7 - APRIL 28

Arcadia Charter School is incredibly excited to share our artwork with you! The work displayed in this gallery will feature work from a variety of grade levels and classes (6th to 12th grade). Including but not limited to Art Foundations, 2D Design, 3D Design, Comic Creation and Character Creation. There is a wide variety of mediums, such as acrylic, sculpture, and mixed media pieces. This has been an exciting year with a lot of fun projects. We are incredibly thankful to everyone at FiftyNorth for this amazing opportunity, and we hope you enjoy our gallery submissions!



FRIDAY, MARCH 10  
3:30-4:30PM

### ARTIST'S RECEPTION - ARCADIA GALLERY SHOW

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



by Kate Douglas – 2021 Member Show

## CALLING ALL ARTISTS - WE'VE SET THE DATE

**THE 2023 FIFTYNORTH MEMBER SHOW** will be July 10 through September 1. This will be your chance to shine! More details to follow in the upcoming newsletters.

### MEMBERS WAYS TO STAY INFORMED



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

#### Bi-monthly Eblast

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

#### Monthly Newsletter

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

#### Check in at FiftyNorth!

See you soon.

## VOLUNTEER SPOTLIGHT



### MARIE GERY

We would like to thank Marie Gery for her numerous hours of volunteer work at FiftyNorth and Used-A-Bit. She bakes for events, hangs gallery shows, performs in plays, teaches classes and works at Used-A-Bit... She is a cheerful giver of her time and talents. She is constantly seeking out ways she can be helpful to others in the community. Read below what inspires Marie to volunteer.



Volunteering is a lot like patching my gardening jeans. A necessary activity to make life better, and maybe safer for folks. What I do best: read, write, sing, tell stories, garden: these are activities most folks do, and we can share. We are all one family of earth. Sharing is part of my life and our lives.



If you are interested in volunteering please contact Michelle Loken at 507-664-3707 or michelle.loken@fiftynorth.org.



## VOLUNTEER OPPORTUNITIES



### POPCORN WAGON VOLUNTEER NEWS

Spring, hopefully, is just around the corner. Now would be a good time to think about warm afternoon's visiting with friends & neighbors on Bridge Square.

If this sounds great to you, but you would like more info, contact Lesley @ 507-400-4331.

Also, watch for date in April for an informative meeting with current volunteers. They will have great stories to share.



**FiftyNorth**

*Help guide the decisions ...*

### FIFTYNORTH BOARD OF DIRECTORS

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

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

### CAN YOU HELP? ...

Thank you to all who donated fabric in January and February. We have scheduled 2 afternoons to cut and/or rip the fabric and create 'take-n-sew' Boomerang Bag kits. Boomerang kits have all the parts including labels for 3 bags. Once the kits are completed they can be sent out to volunteer sewers from FiftyNorth and the Library.



**Come to one or both sessions!**  
Refreshments served.

**Facilitator:** Kathy Ness and Patty Ciernia

**Thursday, April 6 and 13**

**1:30-4:30pm**

**Space:** Room 105

Boomerang Bag kit makers needed! Bring your friends!





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

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

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

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

## MEDICATION 101

**Tuesday, March 7**

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

Medications daily prescriptions and over the counter meds can be very confusing and hard to understand when there are multiple prescriptions taken daily. Learn from Tricia Hagedorn, Clinical Pharmacist of Northfield Hospitals and Clinics on how to take medication effectively, store correctly, track your medications, taking over the counter and prescribed medications effectively and how to dispose of medications.

**Instructor:** Tricia Hagedorn (NH and C)

**Capacity:** 20

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

**Space:** 106

## WOMEN AND EXERCISE

**Wednesday, March 15**

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

Regular physical activity that is performed on most days of the week reduces the risk of developing or dying from some of the leading causes of death in the United States. Regular physical activity improves health in women by increasing bone density, muscular strength, regulate hormonal changes and much more. Learn from Marcy Kramer, Doctor of Physical Therapy how exercise can improve your health.

**Instructor:** Marcy Kramer

**Capacity:** 20

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

**Space:** 103

Dr. Noel Aldrich



### NEW COLLABORATION

#### Welcome to Nutrition Proportion

Please help us welcome Noel Aldrich from Nutrition Proportions to FiftyNorth as our new Nutritionist.

Noel Aldrich, PhD, CNS is the founder and senior consultant of Nutrition Proportion in Northfield, MN.

Dr. Aldrich is a licensed nutritionist specializing in digestion and using whole foods to help individuals thrive. He completed graduate studies at the University of Minnesota in the area of Human Biochemistry and has been a faculty member at Northwestern Health Sciences University and at Maryland University of Integrative Health. He is a professional member of the American Nutrition Association and a member of the Weston Price Foundation.

Dr. Aldrich recognizes that nutrition is designed for healing, and he enjoys working with individuals to help them achieve their health goals by practicing healthy habits with whole foods. Dr. Aldrich started his clinical practice in Northfield in 2013 and has worked with clients to reverse diabetes, reduce cholesterol, increase energy, improve sleep, recover from cancer, and lose excess weight.

Outside of clinic practice, Noel enjoys gardening and landscaping, discovering new recipes to experience, and reading good stories. He and his wife have been married for 22 years and they have a daughter and a son who are healthy young adults.

Dr. Aldrich is excited to provide nutrition services to the members of FiftyNorth and help each member to realize their health goals in the coming year through a solid nutrition foundation.

You can learn more about Dr. Noel Aldrich at the clinic website [www.nutritionproportion.net](http://www.nutritionproportion.net)

Or contact Dr. Aldrich by email at [nutritionproportion@gmail.com](mailto:nutritionproportion@gmail.com)

## HEALTH & WELLNESS Cont.

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

### REVERSING TYPE 2 DIABETES Mondays, March 20, 27, April 3 6:30-7:30pm

Diabetes has become one of the leading causes of death in the United States. Diabetes results in a decrease in quality of life and increase in hospital expenses for millions of Americans. Diabetes was one of the underlying health issues associated with COVID hospitalizations in the most recent pandemic.

Back in 1960 only 1% of Americans was diagnosed with Type 2 Diabetes and now this is becoming a threat to all age groups from children to senior citizens.

The mechanism is known for how diabetes happens. There is no mystery to what steps need to be taken to bring diabetes under control and to reverse it. With the right information and support, you can experience increased quality of life and a reduction of medication. For those who are pre-diabetic, the right information can keep you free from medication.

Join Dr. Noel Aldrich for a short series on Reversing Type 2 Diabetes. In the 3 sessions of this series, you will learn:

- How your body handles sugar
- What happens when your body becomes insulin resistant
- A healthy way to control diabetes
- About foods essential for controlling blood sugar
- The consequences of insulin dependence
- Appropriate nutrition supplements to use

**Instructor:** Noel Aldrich  
**Capacity:** 20  
**Cost:** \$27 nonmbr, \$21 mbr, \$0 platinum  
**Space:** 103



### SLEEP 101 Friday, April 7 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 (NH+C)  
**Capacity:** 20  
**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum  
**Space:** 104

## THE NEIGHBOR LADY

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## FITNESS NEWS

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

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

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

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



**NEW HYBRID FITNESS CLASS** (in-person and zoom)

**Beginning Saturday, March 4**

**HATHA YOGA**

**Saturdays, 9:15-10:15am**

This yoga class will build strength, flexibility, and balance through the use of yoga poses. You will begin with an exercise in breathing and light stretching and work towards yoga poses that will incorporate the body in a way that will feel like a full body workout. You will end the practice in a restorative/recovery pose that will feature the body/mind connection. No prior yoga experience is necessary. Yoga mats provided.

**Instructor:** Ingrid Freeman

**Capacity:** 20

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

**NEW CLASS**  
by Ingrid  
Freeman

### SATURDAY TABLE TENNIS TIME CHANGE

**Beginning Saturday, March 4**

**TABLE TENNIS**

**Saturdays**

**10:30am-1:00pm**



The FiftyNorth sponsored Ping Pong group is open to members as well as others in the community. Opportunities for all levels of play abound. The beginner or recreational players are as welcome as those who are interested in advancing their skills to enjoy a sport that is growing in popularity across the country. Learn to play, practice and have fun! Led by member-volunteers.

Fitness Group fees apply

**Pre-registration Required for  
NORDIC WALKING CLASSES**

**Choose the time that works best for you!**



**NORDIC WALKING 101**

**Fridays, April 7, 14, 21, 28**

**12:30-1:30pm**

**OR**

**NORDIC WALKING 101**

**Fridays, April 7, 14, 21, 28**

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

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



# FITNESS GROUP LEADERS NEEDED



We are looking for volunteer leads for the following activities. If you are interested in becoming a lead please contact Craig Swenson, Fitness Coordinator at [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org) 507-664-3702

Group Leads will organize the group on the days and times they meet, any rules or regulations that the group may need to follow, check attendance each time the group meets, communicate with the Fitness Coordinator regarding any questions, concerns, or for assistance.


- Pickleball
- Tennis
- Bowling
- Nordic Walking
- Golf
- Walking
- Bean Bag Toss aka Cornhole

## 2023 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)		SLO FLO YOGA (7-8)			
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		HEALTHFINDERS ZUMBA WITH MARIBEL (8-9) FREE
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)		HATHA YOGA (9:15-10:15)
9:30 AM	YOGA STRETCH (9:15-10:15)		CIRCUIT TRAINING (9:30-10:30) NO open use		CIRCUIT TRAINING (9:30-10:30) NO open use	
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30- 11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	TABLE TENNIS (10:30-1)
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)			<b>INTENSITY KEY:</b> PINK – High Intensity GOLD – High Intensity (In Fitness Room; no open fitness) BLUE – Mid-range PURPLE - Gentle GREEN – Group Activity
1:30 PM						
2:00 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	NORDIC WALKING GROUP (2:15-3)	TABLE TENNIS (1:30-3:30)		
2:30 PM						
3:00 PM						
3:30 PM	TAI CHI FLOW STANDING (3:30-4)		TAI CHI FLOW STANDING (3:30-4)		TAI CHI FLOW STANDING (3:30-4)	
4:00 PM	TAI CHI FLOW CHAIR (4:15-4:45)		TAI CHI FLOW CHAIR (4:15-4:45)		TAI CHI FLOW CHAIR (4:15-4:45)	
4:30 PM						
5:00 PM						
5:30 PM			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						

# AQUA FITNESS

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
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	
2:30 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	KEY:  GREEN: Class GOLD: Group Activity (Open Swim allowed) BLUE: 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						

# VIRTUAL LAND BASED FITNESS CLASSES

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			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 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)		
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	INTERMEDIATE YOGA (9-10)	SIMPLE STRETCH (9-9:45)	
9:30 AM						HATHA YOGA (9:15-10:15)	
10:00 AM	BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)		
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)		
11:00 AM							
11:30 AM							
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)			
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							
5:30 PM			CARDIO STRENGTH MIX (5-5:45)				
6:00 PM							
6:30 PM							
7:00 PM							

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



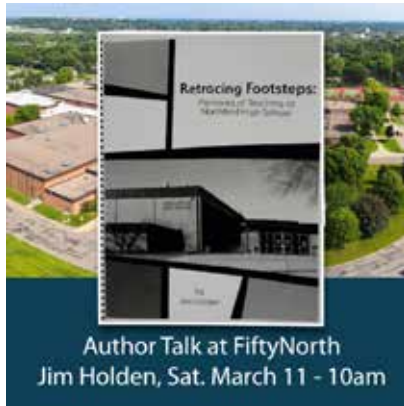
## LIFE LONG LEARNING CLASSES

Please pre-register for all classes:

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

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

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



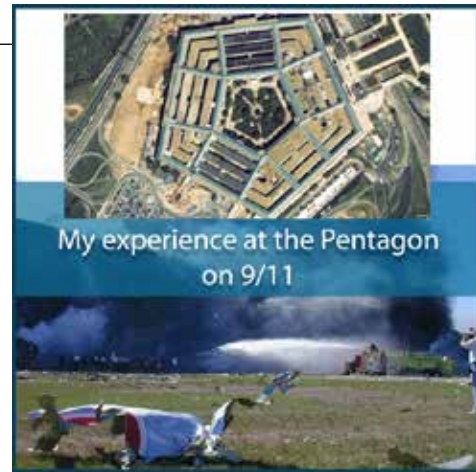
### AUTHOR TALK:

**Jim Holden - Retracing Footsteps**  
**Saturday, March 11**  
**10:00-11:00am**

Jim Holden taught in a variety of settings during his 41-year career, beginning at Minnetonka Junior High School, a year in England, and then in two high schools (Minneapolis Central and Northfield). But he also taught in the education departments at Gustavus and St. Olaf Colleges and in the Cannon Valley Elder Collegium. In his retirement he has written a number of books, including one based on his experience coaching tennis at Northfield High School titled *Tennis in the Northland: a History of Boys' High School Tennis in Minnesota*. In addition, he has written a memoir of that year teaching in England called *A Yank in Queen Elizabeth's Court* and a book about fishing called *Heron Thieves, a Bat out of Hell, and other Flyfishing Stories, Essays, and Poems*.

But *Retracing Footsteps* is a nostalgia trip back to the years when he taught at Northfield High School (NHS) from 1970-91. It is an attempt to give readers a sense of what school life was like during those tumultuous years of social unrest, school innovations, and the Vietnam War. The book is geared especially to former NHS students, teachers, and staff; but he also hopes it will be of interest to other Northfield residents who lived through those years.

**Presenter:** Jim Holden  
**Capacity:** 25  
**Cost:** FREE  
**Space:** Room 103



**MY EXPERIENCE AT THE PENTAGON ON 9/11**  
**Tuesday, March 14**  
**1:00-2:00pm**

The 9/11 hijackers struck at the heart of the US military when they crashed American Airlines Flight 77 into the world-famous Pentagon building. All 64 passengers and crew died, as well as 125 civilian and military personnel at work in the building.

Gary McKay (COL, Ret.) served for a period of 37 years in the MN National Guard and Active duty including twice in Washington, D.C. and tours in Afghanistan and Iraq. While stationed in Washington, D.C. on 11 September, 2001, he was in a meeting in the Pentagon when it was struck by terrorists. Join us as Gary describes the events of the day.

**Presenter:** Gary McKay  
**Capacity:** 25  
**Cost:** \$9 nonmbr, \$7mbr, \$0 platinum  
**Space:** Room 103



**TRUE MINNESOTA GOLD**  
**Wednesday, March 15**  
**10:30-11:30am**

Minnesotans have long been known for their humble nature and work ethic, and as such have long taken great pride in our state's rich sports heritage. Patrick "Packy" Mader's two books feature compelling stories told by more than 100 Minnesota athletes participating in the Olympics, World Championships, and World Cups from 1948

– present. Packy presents an engaging multimedia program as he shares the fascinating conversations he had with these remarkable men and women who honored their sport, their state, and their country on the world stage over the last seven decades and now "give back" to their sport and community. Discover true Minnesota gold!

**Presenter:** Patrick "Packy" Mader  
**Capacity:** 25  
**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum  
**Space:** Room 103

## LIFE LONG LEARNING CLASSES *Continued from p.9*

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

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

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

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



### **BELIEVET PUPPY FOSTER CARE PRESENTATION**

**Monday, March 20**

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

Believet Canine service Partners is a local non-profit organization that trains and provides service dogs, free of charge, to disabled military veterans. Through the work of our dedicated volunteers and trainers, Believet has successfully placed 50 service dogs with a veteran, since the organization began in 2015. As Believet expands to serve more veterans, volunteer roles like fostering is critical. Fosters have the opportunity to work with a Believet trainer to learn puppy raising care, obedience training, and how to give these pups the best start on the road to help our injured veterans. Through their service, our fosters directly give back to our nation's heroes and make a real difference in the lives of veterans and their families, providing freedom, independence, and helping them return to a more normal life.

Believet staff will bring an adult service dog in training and puppies starting the program. If you or someone you know, would like to be a foster for a Believet puppy, join us for this Q&A presentation. For additional information, contact Believet at [foster@believet.org](mailto:foster@believet.org) or 507-216-5736

**Presenters:** Brianna Hohman, Believet Trainer, Wendy Flum, Foster Coordinator and Kayla Zubke, Program Coordinator/Trainer

**Capacity:** 20

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

**Space:** 106

**MATERIALS PROVIDED:** Foster information packet and puppy kisses!



### **ROCK HUNTING III: HEADING SOUTH FOR WARM WEATHER AND NEW ADVENTURES**

**Thursday, March 23**

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

Sandy Dockstader returns for a third presentation to share her recent experience in Arizona and New Mexico.

Arizona and New Mexico are not only a popular location to visit in the winter, it offers many opportunities for rockhounding. The desert and the mountains hold many treasures. All over the area there are abandoned mines and the ruins of sleuths. Join me to see the variety of rocks I found while in the desert and in the mountains. I dug through mine tailings to find amethyst, honey calcite, pyrite, azurite, chrysocolla, agates, carnelian, rainbow wood, wonderstone, fluorite, galena, and cave specimens. The adventures include climbing rough roads, wandering the desert, walking washouts, fighting sand storms and even a blizzard. A winter rockhounding adventure somewhere warm.

**NOTE:** There is a display case in the lobby of FiftyNorth with a collection of Arizona and New Mexico rocks.

**Presenters:** Sandy Dockstader

**Capacity:** 25

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

**Space:** Room 103





## LIFE LONG LEARNING CLASSES

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

**ALL SENIOR LEARNING NETWORK CLASSES:**

**Presenter:** Senior Learning Network

**Capacity:** 20

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

**Space:** 103



**SLN - AMERICAS BATTLEGROUND:  
FREDERICKSBURG & SPOTSYLVANIA NATIONAL  
MILITARY PARK**

**Tuesday, March 7  
1:00-2:00pm**

Fredericksburg, Chancellorsville, Wilderness, and Spotsylvania; this is America's battleground, where the Civil War roared to its bloody climax. No place more vividly reflects the War's tragic cost in all its forms. A town bombarded and looted. Farms large and small ruined. Refugees by the thousands forced into the countryside. More than 85,000 men wounded; 15,000 killed--most in graves unknown.

Fredericksburg and Spotsylvania National Military Park was established to preserve, protect, interpret, and commemorate the battlefields of Fredericksburg, Chancellorsville, the Wilderness, and Spotsylvania Court House. We will gain an understanding and appreciation of the Civil War with emphasis on causes, consequences, and impacts on the American people. Join us as we hear the stories related to these places and how they are relevant today.

**Presenter:** Senior Learning Network

**Capacity:** 20

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

**Space:** 103



**SLN - ABRAHAM LINCOLN HOME NATIONAL  
HISTORIC SITE**

**Tuesday, March 21  
1:00-2:00pm**

Abraham Lincoln believed in the ideal that everyone in America should have the opportunity to improve their economic and social condition. Lincoln's life was the embodiment of that idea. We know him as the sixteenth President but he was also a spouse, parent, and neighbor who experienced the same hopes, dreams, and challenges of life that are still experienced by many people today.

**Presenter:** Senior Learning Network

**Capacity:** 20

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

**Space:** 103



**SLN -  
ZION NATIONAL  
PARK**

**Tuesday, March 28  
1:00-2:00pm**

Zion National Park is a southwest Utah nature preserve distinguished by Zion Canyon's steep

red cliffs. Zion Canyon Scenic Drive cuts through its main section, leading to forest trails along the Virgin River. The river flows to the Emerald Pools, which have waterfalls and a hanging garden. Along the river, partly through deep chasms, is Zion Narrows wading hike. The highlight of Zion National Park is an expansive canyon. Averaging 2,000 feet deep, Zion Canyon offers hiking opportunities along its floor in the 20 to 30 foot wide area known as The Narrows and the challenging area known as The Subway. Join us as we discover this amazing wonder in our National Park System!

**Presenter:** Senior Learning Network

**Capacity:** 20

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

**Space:** 103



## ART CLASSES



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

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

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

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



### MAKE A WOOD CHARCUTERIE BOARD

**Monday, Wednesday, Friday,  
March 13, 15, 17**

**9:30-11:30am**

**OR**

### MAKE A WOOD CHARCUTERIE BOARD

**Monday, Wednesday, Friday,  
April 3, 5, 7**

**9:30-11:30am**

In this class, we will select strips of wood from different species that will complement each other in color and grain. We will cut these to size, plane them and then glue them up to make a blank which will become your cutting board. After the glue sets, we will plane the assembly, square up the ends, round the edges and cut finger-notches using the router table. Finally, we will sand them and finish them with a food-safe oil/wax combination. The finished board -- about 10"-12" wide by 16"-18" long -- will be suitable for serving cold-cuts, cheese, fruit, bread or pastries. It will also do serious kitchen duty for chopping vegetables or slicing meat.

(3 sessions)

**Instructor:** David Peterson

**Capacity:** 4

**Cost:** \$120 (all levels)

**Space:** Cannon Valley Makers, 300 Railway St, Dundas, MN 55019



### SUCCULENT GARDEN CLASS

**Tuesday, March 14**

**9:00-11:00am**

Join the folks from Forget-Me-Not Florist in planting a small succulent garden to brighten up your home while we wait a little longer for Spring! Learn the ins and outs of repotting your choice of two mini succulents. You can finish the project by adding some decorative rocks. Materials provided.

**Instructor:** Therese Chapman

**Capacity:** 12

**Cost:** \$48 nonmbr, \$44 mbr, \$30 platinum

**Space:** 105



### PEG LOOM WEAVING

**Wednesday, March 15**

**1:30-5:30pm**

Learn basic weaving techniques using a peg loom. During class you will learn how to determine the length of warp needed for your project, how to warp the peg loom and how to weave on a peg loom. By the end of class you will have completed a welcome mat sized rug. All materials provided. Peg Looms will be available for sale after class if interested.

**Instructor:** Roxy Smith

**Capacity:** Min 8, Max 15

**Cost:** \$78 nonmbr, \$68 mbr, \$40 platinum

**Space:** 105



**Example of a Peg Loom.**

## ART CLASSES



**WOOD TURNING: VASE OR CANDLEHOLDER**  
**Tuesdays & Thursdays,**  
**March 21, 23, 28, 30**  
**9:30-11:30am**

In this class, each student will learn the basic skills required for turning wood with the grain parallel to the axis on rotation of the lathe. After turning some practice pieces into shavings, participants will decide what kind of finished product they want to make: a vase, a candle holder, a muddler or other item. After shaping the piece, we will sand our work to bring out the grain and create an attractive surface. Before applying a finish to the final product, participants may use one or more



simple methods to add decorative features. Each participant will have access at all times to a lathe. Students are encouraged to come to the makerspace between classes to work. The use

of wood-turning tools is a complex set of skills; practice will enhance your enjoyment of woodturning and satisfy your creativity.  
 (4 sessions)

**Instructor:** David Peterson  
**Capacity:** 3  
**Cost:** \$140 (all levels)  
**Space:** Cannon Valley Makers, 300 Railway St, Dundas, MN 55019



**CALLIGRAPHY WORKSHOP: BRUSH LETTERING**  
**Saturdays, March 25, April 1**  
**9:00-12:00pm**

This workshop will introduce students to Brush Lettering. This currently popular style of writing is easy to learn and could just get you hooked on the wonderful art of calligraphy. This workshop will provide step-by-step demonstration and individualized instruction to help each student produce beautiful letterforms. Proper care of tools, good practice habits, spacing and layout, resources, and other calligraphic possibilities will be presented and explored. By the end of the workshop students will be able to complete a final project of a small piece or a greeting card and envelope. Materials provided. No experience necessary.  
 (2 sessions)

**Instructor:** Sally Wightkin  
**Capacity:** 10  
**Cost:** \$65 nonmbr, \$55 mbr, \$12 platinum  
**Space:** Room 105

**NOTE:** Sally Wightkin is a calligrapher with over 30 years of calligraphy and teaching experience. Sally creates art and teaches other calligraphy workshops in the studio located in the Northrup King Building in Northeast Minneapolis.



Photo from Sally Wightkin's February, 2020 calligraphy class at FiftyNorth.



**STORYTELLING CLASS**  
**Tuesdays, April 4, 11, 18, 25**  
**1:00-2:30pm**

What are the stories without books in your memory library? Family stories? Cultural tales? Imaginative Outer Space, or other Galaxy stories? How do stories work in that required arc? What do you want to do with your stories? Tell them? Perform them? Write them down? Start a memoir? Have fun? We'll start with questions, and maybe come up with answers -- some of them unexpected, and perhaps exactly correct.  
 (4 sessions)

**Presenter:** Marie Gery  
**Capacity:** 18  
**Cost:** \$54 nonmbr, \$42 mbr, \$0 platinum  
**Space:** Far Link

**WEST AFRICAN DRUM CLASS**  
**Tuesdays,**  
**April 4, 11, 18, 25**  
**4:00-4:45pm**

Join David Miller in exploring the rhythms of West Africa! You will learn some common drum patterns (and maybe a song!) from the nations of Ghana, Ivory Coast, and Guinea, played on djembes and other West African percussion instruments. Instruments will be provided.  
 (4 sessions)

**Instructor:** David Miller  
**Capacity:** 8  
**Cost:** \$18 nonmbr, \$14 mbr, \$0 platinum  
**Space:** 103







## Movie Fridays!

MOVIES START AT 1:00PM

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



**MARCH 3**

### A TICKET TO PARADISE

2022 104 mins.

A romantic comedy about the sweet surprise of second chances. George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their love-struck daughter from making the same mistake they once made.

**MARCH 10**

### MRS. DOUBTFIRE

1993 125 mins.

Stars Robin Williams and Sally Field. Daniel is a kind man and a loving father to his three kids Lydia, Chris, and Natalie, but Daniel's wife Miranda sees him as a poor disciplinarian, and a bad role model. Miranda reaches the end of her limited patience, and files for a divorce. Daniel is heartbroken when Miranda is given custody. Daniel discovers that Miranda is looking for a housekeeper, and with help from his brother Frank, a makeup artist, Daniel gets the job, disguised as Mrs. Doubtfire, a Scottish nanny.



**MARCH 17**

**61**

2010 89 min. mins.

In 1961 baseball expanded its season from 154 games to 162, allowing weaker pitching into the major leagues and two New York Yankees teammates--the colorless Roger Maris and golden boy Mickey Mantle--to make an assault on the sport's ultimate record: Babe Ruth's 60 home runs.

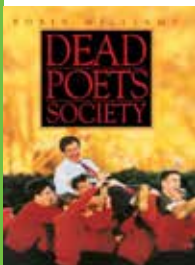


**MARCH 24**

### DEAD POETS SOCIETY

2022 156 mins.

Robin Williams stars as an English teacher who doesn't fit into the conservative prep school where he teaches, but whose charisma and love of poetry inspires several boys to revive a secret society with a bohemian bent. The script is well meaning but a little trite, though director Peter Weir (*The Truman Show*) adds layers of emotional depth in scenes of conflict between the kids and adults.



**MARCH 31**

### CHARIOTS OF FIRE

1981 124 mins.

In this Academy Award winner for Best Picture, two very different men on the same team vie to win Olympic gold to demonstrate to the world the worth of their deeply held--and strongly opposing--convictions. Yet a friendship builds between the two in this true story that is as strong as their desire to win in Chariots of Fire. Paris Olympics, 1924. Scotsman Eric Liddell competes to prove the superiority of his Christian faith, while his teammate, Harold Abrahams, a Jewish Englishman, is driven to win to show the world that Jews are not inferior people.



## BOOK GROUP

@FiftyNorth



**MARCH**

### WHEN HARRY MET MINNIE

by Martha Teichner

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

**APRIL**

### BEFORE WE WERE YOURS

by Lisa Winegate

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

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



## TRAVEL GROUP@FiftyNorth



**TRIP - ORCHESTRA HALL COFFEE CONCERT**  
**Thursday, March 30**  
**9:00-4:30pm**

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

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

**Trip Leader:** Norma Monroe  
**Capacity:** 20  
**Cost:** \$ 79 Bus and Ticket  
 \$ 50 Bus Only (For Season Ticket Holders)  
**Registration Deadline:** February 28

# THE PLAY THAT GOES WRONG

**TRIP - PARADISE THEATER:**  
**THE PLAY THAT GOES WRONG**  
**Thursday, April 6**  
**6:30-10:00pm**

What would happen if Sherlock Holmes and Monty Python had an illegitimate Broadway baby? You'd get The Play That Goes Wrong, Broadway and London's award-winning smash comedy! Called a "gut-busting hit" (The New York Times) and the "funniest play Broadway has ever seen" (HuffPost), this classic murder mystery is chock-full of mishaps and madcap mania delivering "a riotous explosion of comedy" (Daily Beast) that is "tons of fun for all ages!"

**Trip Leaders:** Norma Monroe/Craig Swenson  
**Capacity:** 10  
**Cost:** \$67  
**Registration deadline:** April 3



**TRIP - ART IN BLOOM:**  
**MINNEAPOLIS INSTITUTE OF ART**  
**Thursday, April 27**  
**9:00-2:00pm**

Enjoy a guided tour of the Art in Bloom. Art in Bloom is an annual celebration of art and flower, presented by the Friends of the Institute. Art in Bloom exhibits imaginative floral interpretations of selected works of art from MIA's permanent collection, created by more than 100 individual and commercial florists. You will be mystified by the beauty and fragrance of each piece.

Lunch is on your own, bring a bag lunch or you can get lunch at the Art Institute. Stay after the trip at FiftyNorth and enjoy a cup of coffee with everyone as you discuss the wonderful pieces of art you experienced earlier in the day.

**Trip Leader:** Norma Monroe  
**Capacity:** 30  
**Cost:** \$52  
**Registration deadline:** April 13

**UPCOMING PLANNING FOR 2023 TRIPS**

- MAY - Trip to Pepin
- JUNE - Twins vs. Boston Red Sox
- JULY - Treasure Island Boat Tour
- AUGUST - St Paul Saints
- AUGUST - Ski Show
- SEPT - MN Zoo/CAT Museum

PHOTO FROM THE TRIP TO THE CAFESJIAN ART TRUST



## FIFTYNORTH GROUPS CONT.

GROUPS@FiftyNorth

### MONDAY:

12:30 - Pinochle  
1:00pm - Scrabble  
4:00pm - FiftyNorth Band Practice

### TUESDAY:

12:45pm - Duplicate Bridge  
12:45pm - Euchre  
1:00pm - Hook, Yarn & Needle

### WEDNESDAY:

12:45pm - Social Bridge  
1:00pm - Ukulele Orchestra & Assorted String Group  
(1st & 3rd Wednesday's of the month)  
1:30-3:30pm - Art Club (2nd & 4th Wednesdays)

### THURSDAY:

9:30am - Chime choir  
12:45pm - Cribbage

### FRIDAY:

9:30am - Photography Club (4th Friday of the month)  
10:30am - History Club  
10:30am - Book Club (2nd Friday of the month)  
12:45pm - 500 cards  
1:00pm - American Mahjongg  
1:00pm - Friday Movies



The Northfield Troubadours are starting their winter-spring season. They meet at FiftyNorth on Tuesdays at 10:00 in room 103.

Adult males of any age are welcome without an audition. The only requirement is a love of singing and a willingness to attend most rehearsals and performances. If you are retired or working at home and have a flexible schedule come in and join us.

The group performs a wide selection of songs to a variety of audiences in the area.

Those interested in joining should contact Russ Margulies 507-645-7201 or John Robison 608-692-3123.

## AARP

### SMART DRIVING CLASSES



These courses are designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. 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 premium. First timers must take the 8-hour course then a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

### 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

Friday, March 17

9:00-1:00pm

#### AARP 8-hour Smart Driving Class

Wednesday, March 29

9:00-5:00pm

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

**\*Bring a bag lunch**

#### AARP Smart Driving 4-hour Refresher Course

Wednesday, April 12

1:00-5:00pm

#### AARP Smart Driving 4-hour Refresher Course

Monday, May 15

9:00-1:00pm

#### AARP 8-hour Smart Driving Class

Saturday, June 10

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, June 14

9:00-1:00pm

## MEMBER NEWS



**NAME THAT TUNE & BINGO**  
 Music by David Miller  
 Show Hosted by Michelle Loken  
 and Patty Ciernia

**March 9th from 1:00 – 2:00**  
**Room 103**



Now, just to set the scene, Name That Tune will be played first and Bingo will follow. Yes, we did try arranging these simultaneously... Never the less, this is bound to be fun! ... or something.

Thanks to David Miller who brings his experience on the keyboard and having done Name That Tune for local fundraisers. We're off to a good start.

Program coordinators Michelle and Patty discovered a Bingo cart in the storage room, dusted it off and want to give this a whirl.

**JOIN US FOR A FREE PIANO CONCERT DURING LUNCH AT LITTLE FRIDA'S CAFÉ.**



## PIANO MUSIC DURING LUNCH

**David Miller:**

**Wednesday, March 22 - 11:30-12:30pm**

"My mom tells me that as soon as I was able to get up onto the piano bench, I loved playing the keys and listening to the sounds that the piano produced. I began my piano lessons with my mom when I was five years old, and have been playing ever since! (My mom is still teaching piano and playing gigs at 93 years of age!)

I can play a lot of different instruments, but piano is my 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. On March 22nd, I plan to play piano music of a variety of styles, including the Great American Songbook (jazz standards), the Beatles, movie music, and church music. You may even hear some boogie woogie and ragtime!" — *David Miller*



### HELLO SINGERS,

FiftyNorth is planning a summer picnic on July 11, 2023, and have asked if the Seasoned Singers would like to help in the celebration. Since it's the week after July 4, the repertoire will include some patriotic anthems as well as folk songs arranged for SSA. I may include a few sing-a-long songs as well.

Here is a list of rehearsal dates and times. The performance date is also on a Tuesday but earlier in the day. There will be a \$10 fee to cover the cost of the music and accompanist. It's time to get those vocal chords working again! Please consider joining us!

— *Donna May*



**The Seasoned Singers will perform at the FIFTYNORTH SUMMER PICNIC**  
**July 11th, 2023**

**Rehearsals Room 103 from 4:00pm - 5:30pm**  
**TUESDAYS**

**May 23, 30 June 6, 13, 20, 27**

**July 4 — NO REHEARSAL**

**July 11 — PERFORMANCE AT FIFTYNORTH**

- Noon - Food Served
- 12:30pm - Warm-ups
- 1:00 - 1:30pm Performance

RSVP with a YES or NO to [dmay@churchofsaintagnes.org](mailto:dmay@churchofsaintagnes.org) or call 507-649-7399 if you are willing and available to participate.



## 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!*



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Nancy Ashmore & Kenneth  
Wedding  
Bernard & Mary Auge  
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Gene & Darlene Broughton  
Warren & Karen Broughton  
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Robert Forsgren  
Joyce Francis  
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Gary & Arlene Kruse  
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John & Sharon Micklo  
Barbara Miller  
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Montenegro  
Bill & Pat Nelson  
Naomi Nohava  
Elizabeth Olson  
Kenneth Lee & Donald  
Onsgard  
Mark Ostgarden

Ken & Roberta Persons  
Qixian Qian  
Scott & Patricia Richardson  
Bruce Rippentrop  
Pamela Roberts  
Carol Rutz  
John Besse & Ellen Saul  
Mel & Cheryl Schrader  
Tamara Seymour  
Gary & Dee Spillman  
Kenneth & Sharon Steinhouse  
Craig Swenson  
Allan & Nancy Swenson  
Dale & Rose Turnacliff  
Anne Ulmer  
Linda Wagenbach  
Patricia Warner  
Nanette Winsell  
Reese Winter & Associates

## JANUARY NEW MEMBERS GLAD YOU'RE HERE!

*Welcome!*

Steve & Janine Aaker,  
Stephen Aldrich, Marilyn Anthony,  
Rita Brand, Diane Clapp,  
John & Debbie Foley,  
Susan Gerholdt, Mark Gleason,  
Marie Hagen, Todd Harvey,  
Linda Healy, David Hilleren,  
Evelyn Hoover, Melinda Jackson,  
Daniel & Lori Koch,  
Arturo Larios, Robert Mathews,  
Delores Mickelsen,  
Thomas & Joyce Mode,  
Karen Nord, Tami Peterson,  
Tom & Connie Posch,  
Josie Rawson, Shirley Rawson,  
Greg Schuette, Peter Svien,  
Bruce Thomas, Leon Tietz,  
Thomas Wirtzfeld



### What's happening in Northfield?

**Parks, buildings and much  
more!!**

Please join us at one of these  
open house events to share  
ideas about proposed new  
development projects and  
Riverfront park enhancements.

**Wednesday, March 15th,  
5:30-7:30 PM,  
Northfield Public Library**

**Thursday, March 23rd,  
5:30-7:30 PM,  
Greenvale Community School**

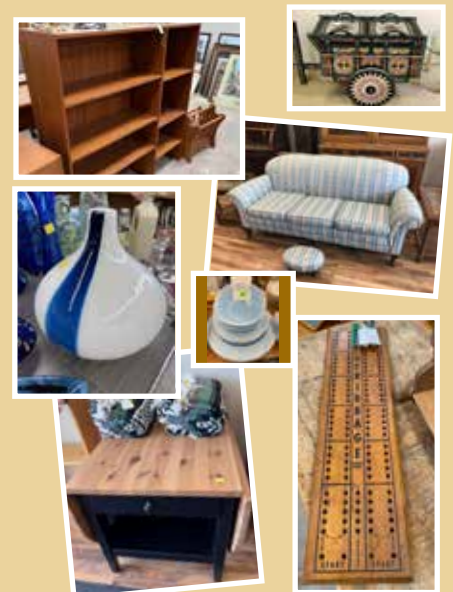
**Thursday, March 30,  
5:30-7:30 PM, FiftyNorth Rm 103**

For more information please  
contact Teresa Jensen at  
tdokterjensen@gmail.com

Jake Reilly at Jake.reilly@  
ci.northfield.mn.us

## USED-A-BIT HOUSEHOLD & FURNITURE SHOPPES

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

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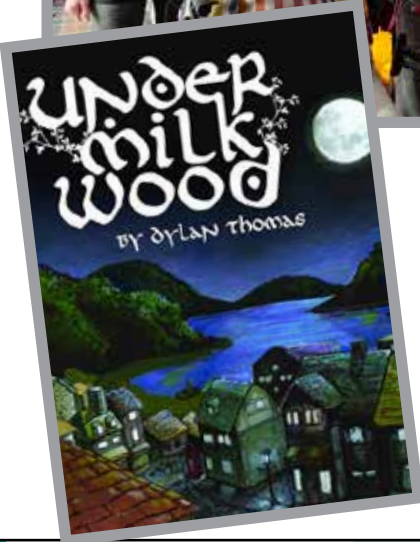
Deb McGuire Lang, PA-C



Kyle Smisek, PA-C



# FIFTYNORTH THEATRE - AUDITIONS IN MARCH



L-R top:  
Rhoda Van Tassel,  
Kay Brown, Holly  
Fischer, Patsy Dew

L-R lower:  
Sylvia Langworthy,  
Marie Gery

## UNDER MILK WOOD AUDITIONS

**Wednesday**

**March 22**

**9:30-11:30am**

If you've always been tempted to be in a play this is a joyous one to experience. Come and enjoy the language of Dylan Thomas as we play with sounds and characters who inhabit this delightful poetic adventure of a small town in Wales/everywhere. The sense of humor and compassion leaps off the page into our hearts and minds.

**Director:** Sylvia Langworthy

**Note:** Rehearsals will run Mondays, Wednesdays & Fridays, March 27 – April 26 with performances Thursday and Friday April 27 & 28.

### 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 Loken  
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  
Mary Brown, Brenda Bultman, Darla DeLong,  
Bonnie DuPay, JoAnn Edwardsen, Beth Endert,  
Nancy Glodfelty, Cathy Graff, Pat Nelson, Jane Persons



**Lobby Hours:**

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



**Fitness Center Hours:**

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



**Pool Hours:**

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



**Little Frida Cafe & Taco Shop:**

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



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

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