



FiftyNorth Report

MAY 2023

With Active Adults Gather.

By Kerry Hjelmgren, Director

SHAPE FIFTYNORTH'S FUTURE WITH INPUT FROM MEMBERS



Recently, seven months into my role as Executive Director, someone asked me whether FiftyNorth feels like it's mine yet. My answer in the moment was, "not yet." However, now that I've had time to reflect on their question, I understand why it's important for the answer to always be "no."

FiftyNorth is a membership organization of 1,775 members (and counting!). It should never feel like it's mine. For you, our members, it should always feel like it's yours. I am here to lead the organization into its next exciting phase of growth and potential. Since I was interviewed for my position, I have listened carefully to members' ideas for improvement, engagement, and collaboration. My goal is to shape FiftyNorth's future with input from our members - those who participate in classes and programming, use the facility, volunteer their time and talent, and represent the Center out in the community.



In that spirit, I am excited to launch an opportunity for all members to share their valuable ideas, input, and feedback.

FiftyNorth's First Annual Membership Experience Survey will be available for members to complete online or on paper during the month of May.

On May 1, please watch for an e-blast with the link to the survey, or pick up a paper copy of the survey at the front desk. Staff look forward to hearing your perspective about what is benefiting you, what needs improvement, what should be prioritized, and what novel programming we should bring to FiftyNorth. Thank you for embracing this important opportunity to make your voice heard!

Kerry

INSIDE

- Art Gallery..... 2
- Member News 3
- Fitness Group News..... 4
- Fitness News..... 5-7
- Art Classes 8-9
- Author Talks 10
- Lifelong Learning..... 11
- Health & Wellness ... 12-14
- AARP Driving..... 14
- Senior Learning Network 15
- Volunteer News..... 15
- Friday Movies 16
- Book Club..... 16
- Travel Group..... 17
- Donors..... 18
- NEW FiftyNorth T-shirts 21

Memorial Day
Monday, May 29
FiftyNorth CLOSED

★ ★ ★ ★ ★
MEMORIAL DAY
REMEMBER AND HONOR



MEMBERS WAYS TO STAY INFORMED



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

Bi-monthly Eblast

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

Monthly Newsletter

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

FiftyNorth T-shirt sale p.19

IN THE GALLERY

GERI THELEN – FUSED GLASS

KATHY WEED – QUILTING

MAY 2 - JUNE 26

Kathy Weed - BIO

A native of Northfield, my mother was an inspiration for me, she taught me to sew in my youth, then I joined 4-H and made clothing projects.

As a teenager I would design & construct my own clothes. Having children was the next phase, and I made baby quilts,... many years & many bed quilts for all my family.

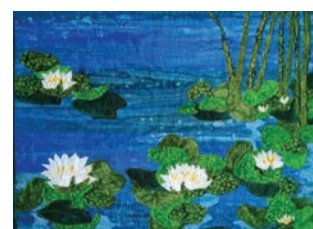
Then, a friend and I decided to design & make a “nature scene” wall quilt. I was hooked!

The Nature of Quilting, has been my theme: trees, flowers, birds. Now that I’m retired, I have plenty of time for my passion of quilting. I love all the steps; design, color, fabrics, & finally the quilting to bring a piece to life. And, now sharing with you the end result.

— Sincerely, Kathy

ARTIST’S RECEPTION

THURSDAY, MAY 4TH FROM 4-5PM



KATHY WEED – QUILTING

Geri Thelen - BIO

Everyone has a story to tell ... and each of our stories is important...

For some reason, my stories do not come out in words; but when I work with glass...my heart sings and the glass talks to me.

Each piece of glass I create is formed in my heart and is produced with great love.

My designs include two-dimensional pieces, sculptures, and installations, and honor the significance of women’s hands in the history of art and design. Thank you and enjoy!

— GERALYN THELEN



GERI THELEN – FUSED GLASS



“Northern Lights”

CALLING ALL ARTISTS – 2023 Member Show!

We’re excited to announce the 2023 member show is set for July 10th through September 8th. Details will be coming in the June Newsletter. Anyone can submit artwork for review by the Gallery Committee.



MEMBER NEWS



FIFTYNORTH BAND CONCERT

Tuesday, May 30

2:30-3:30pm

The FiftyNorth Band will be in concert on Tuesday, May 30th from 2:30 to 3:30pm in our courtyard. The band has grown since their last performance; be sure to come and hear them! Musical choices will include marches, familiar tunes, and more. In case of inclement weather, the concert will be moved indoors to room 103. Coffee and cookies will be served during the performance.

Come and enjoy the music!

- Donations are accepted and greatly appreciated.

PIANO PERFORMANCE

DURING LUNCH - Marilyn Finneseth

Wednesday, May 17th at 11:30am



Marilyn Finneseth

My life has always been filled with music. Singing in the car was the norm as I grew up. Whether it was to soothe us young children or later to sing in harmony as a family. I learned to play the piano as a grade schooler, and continued to play after our piano teacher had to give up teaching piano. Mom said, "just sit down and play – you don't need lessons". Since her sister and a sister-in-law were both self-taught pianists; she figured my

sister and I could do it too. (Besides I didn't like practicing for lessons). Long story short – I continued to play what I wanted. Then after my children were old enough, I started playing for the Sunday school at church. As a mother, I didn't have much time to devote to it until everyone had grown up and I started to spend more time at the piano. Later, I took a job in the Activity Department at NRC doing music, hand chimes, crafts and other things with the residents. That really helped me develop my style of playing. I continued there after I retired until 2022. Today I direct the FiftyNorth Hand Chimes and sing in the choir and play Hand Bells at St. Peter's Church.

"It's never work when you love what you're doing."

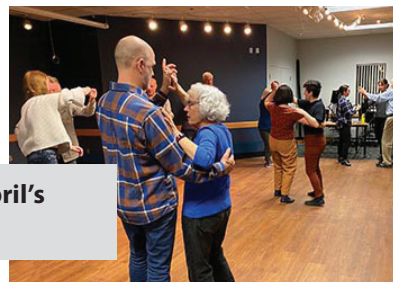


Photo from April's Lindy Hop

LINDY HOP SWING DANCE LESSON & OPEN DANCING

Friday, May 19

6:00-8:00pm

Learn Lindy Hop, an upbeat partner dance, or practice your basics during this beginner class. From 6-7pm we will offer a one-hour lesson to get your feet under you.

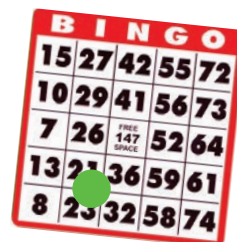
Dancers of all skill levels are welcome from 7-8pm. You do not have to attend the class in order to join us for the open dance portion of the evening. We'll dance to curated music. Get ready to cut a rug!

Presenters: Katie Rose Kimball & Karina Yum – Carleton College students

Capacity: 20 for the one-hour lesson

Cost: No fee

Space: 103



PLAY BINGO!

Wednesday, May 24

1:00-2:00pm

Room 103

FiftyNorth's program coordinators Michelle and Patty will host another lively round of Bingo in May. They have been learning from the players that there is a wide variety of Bingo games. In May we will play 4-Corners, Letter Patterns, Outer Edge and traditional. Bring your friends and join in on Wednesday, May 24 at 1:00. Who knows? You could be a winner!



Save the Date!

Help spread the word.

Tuesday, June 13, FiftyNorth and Neighbors Helping Neighbors will present a free forum on caregiving with information and resources for caregivers, care recipients, and respite care. Learn about caregiving plans, preparing to be a caregiver, caregiver support, and respite services.

FITNESS GROUPS NEWS *Let's get moving!*

NORTHFIELD PEDALERS BIKE GROUP Mondays & Wednesdays, 9:00am (times may change with warmer weather)



MONDAYS AND WEDNESDAYS (MONDAYS IN TOWN RIDE/ WEDNESDAYS OUT OF TOWN RIDE)

The Pedalers Group is a fun energetic group that does in town rides and out of town rides. Join in the weekly fun with the Pedalers Group on either Mondays or Wednesdays. Each ride will have a leader to follow, please make sure to wear a helmet, bring a water bottle, dress accordingly for the weather, communicate with the group while on the ride, and bring identification cards. For more information please contact Colleen Vitek at cvitek@gmail.com

- Leaders:** Colleen and Ed Vitek / Jim and Angie Mayr
- Yearly fee:** \$20 Paid to FiftyNorth
- Yearly Trail Pass fee:** \$20 (cash or check payable to Cannon Valley Trail)
- Space:** Meet at FiftyNorth

(Meeting time changes as it gets colder). During the winter with the snow still on ground the Pedalers Group Meets at Carleton's Weitz Center (320 3rd Street East, where College Street and 3rd Street intersect) every Monday morning 9:00 am for coffee and a walk at 10:00 am.

FIFTYNORTH SOFTBALL GAMES 2023 (BEGINNING TUESDAY, MAY 23) Tuesdays, 10:00am



The FiftyNorth Softball Team is looking for more participants to join the Softball team. Join the fun of the FiftyNorth Senior Softball team that welcomes both women and men. League rules that women must be over the age of 40 and men must be over the age of 50. Each week the team will compete either at home or away on Tuesdays at 10am and have practice on Thursdays at 10am at Sechler Park in Northfield. For more information please contact Bruce Forland 612-718-4989.

- Leaders:** Chuck Tenessen and Bruce Forland
- Yearly fee:** \$20 (Money goes towards equipment, jerseys, hats, and refreshments)
- Space:** Sechler Park

Come & watch!
Support our teams!

WALKING AT ST OLAF AND CARLETON WALKING GROUP (BEGINNING MONDAY, MAY 1) Mondays (9:30 to 10:30am) Fridays (8:00 to 9:00am)



The next time you have a check-up, don't be surprised if your doctor hands you a prescription to walk. Yes, this simple activity that you've been doing since you were about a year old is now being touted as "the closest thing we have to a wonder drug," in the words of Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention.

FiftyNorth is excited to be offering a Walking Group beginning in May on Mondays (9:30 to 10:30 am) and Fridays (8:00 am to 9:00 am) led by Marie Frederickson, an avid fitness professional of FiftyNorth. Marie will be leading the group through the beautiful 800-acre Carleton Cowling Arboretum on Mondays, and the spectacular 325-acre Natural Lands of St. Olaf College on Fridays.

- Group Leader:** Marie Frederickson
- Capacity:** 25
- Cost:** Free

2023 SENIOR SOFTBALL LEAGUE NORTHFIELD SCHEDULE

All Games on Tuesday **Games start at 10:00am**

Home Games played at Sechler Park

Date	Teams
May 23	Home vs. Cannon Falls
May 30	Away vs. Owatonna
June 6	Home vs. Faribault
June 13	Away vs. Cannon Falls
June 20	Home vs. Owatonna
June 27	Away vs. Faribault
July 11	Home vs. Cannon Falls
July 18	Away vs. Owatonna
July 25	Home vs. Faribault
August 1	Away vs. Cannon Falls
August 8	Home vs. Owatonna
August 15	Away vs. Faribault
August 22	Year-end tourney at Cannon Falls

Faribault fields are in Alexander Park by the Fairgrounds
Owatonna fields are by the Fairgrounds
Cannon Falls fields are by the water plant off Hwy 19
Manager: Bruce (612) 718-4989 Chuck: (507) 581-0592

FITNESS NEWS

SESSION-BASED CLASSES – Pre-registration required

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



NORDIC WALKING 101

Thursdays, May 4, 11, 18, 25 (4 sessions)
3:30-4:30pm

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.

Instructor: Kate Stuart

Capacity: 6

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

Space: Courtyard and Fitness Studio



Pre-registration required.

SOMATICS

Fridays, May 12, 19, 26, June 2, 9, 16 (6 sessions)
1:00-2:30pm

Somatic Movements are gentle, slow movements that focus on the internal sensation of movement. Somatic Movements prepare you to move well in whatever activity you love to do. These classes are the best way to keep your Somatic Movement practice current, improve your quality of life, and keep your body and mind grounded. In this 6-week course you will learn the benefits of Somatic Movements and how to integrate Somatics into your daily routine.

*Individuals must be able to get up and down from the floor.

Instructor: Cheryl Ramette- Certified Somatic Educator and Stott Pilates Instructor

Capacity: 15

Cost: \$54 nonmbr, \$42 mbr, \$0 plus/platinum



PICKLEBALL 101

Friday & Saturday, May 12 & 13
8:00-10:00am

Pickleball is one of the fastest growing sports. Pickleball is great for hand and eye

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

2 sessions

Instructor: Bruce Hamilton

Capacity: 16

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

Space: May 12 – room 103,

May 13 meet at Middle School Tennis Courts.

NEW ONGOING FITNESS CLASS INTERMEDIATE GLOBAL LINE DANCE

Fridays
12:00-12:45pm



If you're an experienced line dancer and/or pick steps up quickly, this is the class for you! Using both recent and classic line dance choreographies, we will review the patterns, try the sequence once or twice, put on the music, and off we go. The music will be mostly pop hits from the 1950s through the 80s, with a few country hits and a few international tunes for variety. Intensity level: light to moderate.

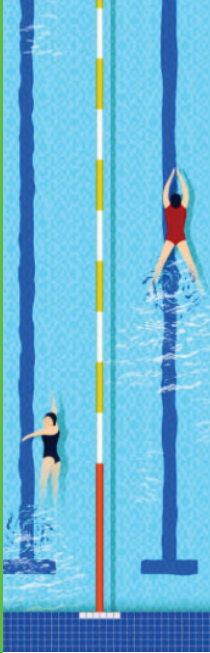
Instructor: Kate Stuart

Capacity: 20

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

Space: Fitness Studio

LAP LANE POOL RULES:



A Gentle Reminder of the FiftyNorth Lap Lane Pool Rules to keep everyone safe and having a good time.

- Please make sure that you take a soap shower before using all areas of the pool area.
- FiftyNorth Lap Lanes are NOT available during aqua fitness class times.
- Lap Lanes are used for LAP SWIMMING ONLY; please do not use the lap lanes for walking, stretching, or anything other than lap swimming.
- Please try to buddy up when using the lap lanes. This allows for more than one person using the lap lane at a time and will help cut down on wait time
- If Lap Lanes are full please put your name on the white board labeled "lap lanes". The next person on the list will be able to enter the pool lanes once a spot opens up. Please remember to take your name off of the board once you have used the lanes.
- Sign up Board is not for reservations, we do not reserve times or days for lap lane usage.
- Please do not use the open swim area for lap swimming.
- Avoid wide strokes in crowded lanes
- Please be nice. The simple act of always being nice to your fellow swimmers, regardless of their ability is the most important rule to follow.

2023 IN-PERSON LAND BASED FITNESS CLASSES (updated May)

	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		YOGA FUSION (9:30-10:15)
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)	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)	INTERMEDIATE GLOBAL LINE DANCE (12-12:45)		
12:30 PM							
1:00 PM			LINE DANCING (1-2)				
1:30 PM				TABLE TENNIS (1:30-3:30)			
2:00 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	NORDIC WALKING GROUP (2:15-3)				
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							



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

AQUA FITNESS

MAY



COLOR KEY:

GREEN: Class

GOLD:
Group Activity
(Open Swim
allowed)

BLUE:
Open Swim

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

2023 VIRTUAL LAND BASED FITNESS CLASSES (updated May)

AVAILABLE THRU ZOOM

VIRTUAL LAND BASED FITNESS CLASSES

MAY



INTENSITY KEY:

PINK –
High Intensity

BLUE –
Mid-range

PURPLE –
Gentle

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)				
6:30 AM								
7:00 AM			SLO FLO YOGA (7-8)					
7:30 AM								
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	STRONG NATION (8-9)	STRENGTH (8-8:45)
8:30 AM	CORE AND MORE (8:30-9)						CORE AND MORE (8:30-9)	
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								
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)			
11:00 AM								
11:30 AM								
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)				
12:30 PM								
1:00 PM			LINE DANCING (1-2)		YOGA BALANCE (1-2)			
1:30 PM								
4:00 PM								
4:30 PM								
5:00 PM			CARDIO STRENGTH MIX (5-5:45)					
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								

ART CLASSES



Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: FiftyNorth front desk



PRESERVING YOUR MEMORIES

Tuesday, May 2

1:00-2:30pm

Do you have precious photos stuck on your devices? Have you always wanted to share your stories, but just didn't know how to begin? In this overview class you will learn the steps involved to preserve your memories and determine your style. In addition, you will create 4 greeting cards that you can use to share a photo. Materials provided.

Instructor: Lori Koch

Capacity: 12

Cost: \$28 nonmbr, \$24 mbr, \$10 platinum

Space: 102



JEWELRY MAKING

Thursday, May 11

1:00-3:00pm

Jillian will give a short talk about different jewelry making techniques and then you will design and make a necklace, and a pair of earrings. Participants will learn basic wire working and

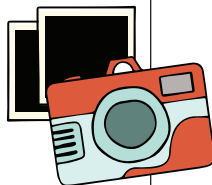
stringing techniques. Materials provided.

Instructor: Jillian Steger

Capacity: 8

Cost: \$38 nonmbr, \$34 mbr, \$20 platinum

Space: 102



ROSEMALING WOODEN HEARTS

Saturday, May 13

9:00-12:00pm

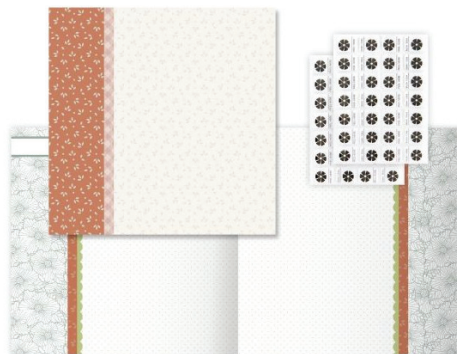
Come learn rosemaling in the Hallingdal style with Lyn Rein. The class will cover basic strokes and embellishments while painting this 5" wide heart with oil paints. Materials provided.

Instructor: Lyn Rein

Capacity: Min 3, Max 8

Cost: \$32 nonmbr, \$26 mbr, \$5 platinum

Space: 102



SCRAPBOOKING BASICS

Tuesday, May 16

1:00-3:00pm

Learn how to tell your story with your photos and words. This 2-hour class will teach you all the basics about photo safety, organizing your photos, planning your scrapbook album project, and the steps to go through to create great page layouts! Bring 6-10 photos of a recent event and I'll provide the rest! What's the story you want to share?

Instructor: Lori Koch

Capacity: 12

Cost: \$43 nonmbr, \$39 mbr, \$25 platinum

Space: 102

Composition/Still-life

Inspired by Paul Cezanne & Henri Matisse



KATE DOUGLAS
Art Instructor

COMPOSITION DRAWING & COLOR

Thursdays, May 18 & 25

1:30-3:30pm

Composition is about how you arrange your subject within the picture area. When you create a drawing, painting, etc. composing requires a keen observation and the use of many, if not all, elements and principles of art. In this class we will create one or more still-lives using pencils, erasers and viewing guides. The following week, we will add color to one or more of your drawings. This class will incorporate a wide variety of drawing techniques. Materials provided (if you have a set of pastels, please bring them)

2 sessions:

- Session 1 - room 102 – Composition & Drawing
- Session 2 - room 105 – Composition & Color

Instructor: Kate Douglas

Capacity: 12

Cost: \$40 Nonmbr, \$30 mbr, \$15 platinum

Space: 102 & 105



FUN FELTED FUNGI

Monday, May 22

1:00-3:30pm

From whimsical to realistic, needle felt a one-of-a-kind mushroom. Using animal fiber, an armature, and a barbed needle, learn the fun process of needle felting. Create your uniquely shaped and colored mushroom and adorn it with specialty fibers, tiny felted acorns, or ladybugs. Finish your project off with a hanger to display your creation.

Materials included.

Instructor: Char Johnson

Capacity: Min 2, Max 8

Cost: \$30 nonmbr, \$25 mbr, \$8 platinum

Space: 102



CARD MAKING CLASS

Tuesday, May 23

1:00-2:30pm

Do you love to send cards but think they cost too much to buy? Why not create your own cards and save money? You may think you're not creative but if you can follow instructions, like paint by number, you can create your own handmade cards. Yes, really! You will create 12 cards during this class. Materials provided.

Instructor: Lori Koch

Capacity: 12

Cost: \$43 nonmbr, \$39 mbr, \$25 platinum

Space: 102

May Author Talks



Books will be available to purchase following the Author Talks.

AUTHOR TALK: "Dust Yourself Off: The Gravel Road to a Good Life"

Saturday, May 13

10:00-11:30am

Dust Yourself Off: The Gravel Road to a Good Life chronicles the life of Muriel Henrickson Sandhei and her family in Fort Ransom, North Dakota, during roughly the first half of the 20th century. While Muriel was a quintessential Norwegian-American farm girl, she was forced to leave home at age 18. Death and tragedy visited her regularly in her 20s-30s, when time and again she challenged the traditional norms of what it meant to be a farm woman in her day. Muriel's quiet yet bold courage helped create this touching family biography, rich in historical details and local color.

The book's author, Tricia Velure, is a personal historian who helps elders share their life stories with their families. She grew up on her family's cattle and small grains farm



near Kathryn, North Dakota, and earned degrees in English and history from Valley City State University and a master's degree in history from North Dakota State University. Co-author Tom Sandhei is a retired school administrator who grew up on his parents' and grandparents' farms near Fort Ransom, North Dakota. He graduated from Valley City State College, began teaching, then earned a master's degree in elementary school administration from North Dakota State University. His career in education spanned almost 40 years. Velure and Sandhei have lived in suburban Minneapolis/St. Paul since the 1990s.

Presenters: Tricia Velure and Tom Sandhei

Capacity: 25

Cost: FREE

Space: Room 103



Children's Author and
Illustrator:
Sharon Henry



AUTHOR TALK: Sharon Henry "Good Day, Sad Day, SAME DAY"

Wednesday, May 24

10:30-12:00pm

Sharon Henry shares her book and real-life experiences with mental health.

Local artist Sharon Henry known for her 35-year career of painting storefront windows in Northfield and central MN. Henry also painted

and delivered pottery for "Country Crocks" for 11 years. She enriched elementary students when she taught "Watch Me Draw" art classes for 8 years. She is currently working at Three Links Care Center and plans to retire this October.

She is the author and illustrator of two children's books. Just Fishing 2021 and Good Day, Sad Day, Same Day: A Day With My Mommy Who Has Bipolar Disorder" 2018. Her first book was inspired by a personal experience when a family member was diagnosed with bipolar disorder.

Sharon will present how she cared for and nurtured her young grandson as they learned how to cope with a loved one who has a mental illness. With her book she hopes to help reduce stigma, bring awareness, and comfort families going through a difficult time. Join us as Sharon shares her book and real-life experience.

Presenter: Sharon Henry

Capacity: 25

Space: Room 103

Cost: Free



MAY IS MENTAL HEALTH AWARENESS MONTH

NAMI (National Alliance on Mental Illness) support group meets twice a month, the first and third Tuesday at St. John's Lutheran Church.

LIFE LONG LEARNING CLASSES

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

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

Funeral and Cremation Planning

FUNERAL AND CREMATION PLANNING
Wednesday, May 17
10:00-11:00am

There's a lot that goes into planning a funeral, but making those arrangements beforehand gives you time to consider all of your options and make sure that you're covering all of the necessary details. Join us for this informative session to learn about green burial, aqua cremation and other burgeoning forms of final disposition, along with funeral and cremation planning, with time for open discussion.

Presenters: Benson and Langehough Funeral Home and Bierman Funeral Home

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



Attention All Women, The Seasoned Singers Need You!



Enjoy singing without having to commit to an entire year of numerous rehearsals and performances? Are your vocal cords in need of a little exercise? Then consider the following activity. The Seasoned Singers is reconvening to perform at the July 11, 2023 50N Get Together. The Get Together will include picnic food, fellowship, and a 30 minute performance and sing-a-long. The repertoire will include American folk songs arranged for SSA and a few sing-a-longs.

6 rehearsals are scheduled on the following Tuesdays: May 23, 30, June 6, 13, 20, 27 from 4:00pm - 5:30pm in Rm #103. No rehearsal on July 4. The performance is from 1:00pm - 1:30pm on July 11.

A \$10 fee is requested to cover the cost of music. Registration and payment may be made at the front desk.

Interested? Have questions?
 Contact Donna May dmay@churchofsaintagnes.org or call 507-649-7399.

The Troubadours

in concert with special guest Malin Fritz Walrod



Internationally acclaimed opera singer, Northfield native & St. Olaf graduate

Sunday, May 21 • 3pm

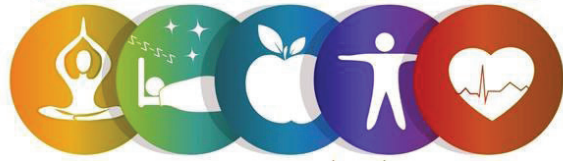
St. Peter's Lutheran Church
418 Sumner Street East, Northfield

Free Admission



This activity is made possible by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the Arts and Cultural Heritage Fund.

HEALTH & WELLNESS



ORAL HEALTH FOR OLDER ADULTS:

Tips for keeping your gums and teeth healthy as you age

Friday, May 5

9:30-10:30am

Taking care of your teeth and gums as you get older can prevent problems like toothaches, tooth decay, and tooth loss. A healthy mouth also makes it easier for you to eat well and enjoy food.

It's especially important to take care of your teeth and gums if you have a health condition like diabetes or heart disease — or if you're taking medicines that can cause oral health problems.

Learn tips and healthy habits from Heather; Professional Dental Group in Northfield.

Presenter: Heather; Professional Dental Group, Northfield

Capacity: 25

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

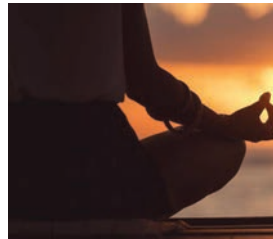
Space: Room 103

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: *FiftyNorth* front desk



LEARNING ABOUT YAMAS AND NIYAMAS OF YOGA

Fridays, May 5, 12, 19, 26

9:00-10:00am

Namas and Niyamas- taking yoga off the mat and into everyday life.

In this series we will learn about the yoga guidelines for living daily life by exploring the Sutras of Pantanjali which have formed the basis of modern day yoga.

■ TOPICS INCLUDE:

- how character development supports your physical yoga practice.
- why to incorporate the yamas and niyamas in a modern world.
- how lifestyle yoga can bring body, mind and spirit into harmony.
- practical ways to weave these teachings into every day moments.

Instructor: Heather Sand

Capacity: 20

Cost: \$36 nonmbr, \$28 mbr, \$0 platinum

Space: Room 104



BENEFITS OF EXERCISE

Wednesday, May 10

9:00-12:00pm

What can exercise do for me? Can exercise help improve my ailments, my joint pain, my mood or even my cognitive functioning?

Dr. Marcy Kramer will help you

understand the benefits of exercise on the human body. Learn how exercise not only improves your heart and muscles but also how it can benefit your entire body and the way it functions.

Instructor: Dr. Marcy Kramer

Capacity: 20

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

Space: 106

HEALTH & WELLNESS CONTINUED...



HEART HEALTH

Monday, May 8
6:30-7:30pm

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: 25

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

Space: 103



QUIT SMOKING PROGRAM

Tuesday, May 30
9:00-10:00am

It’s hard to quit smoking. You know you should . . . and maybe worry that you can’t. Take heart: you can do it, and your provider can help.

Dr. Randolph Reister of Northfield Hospital + Clinics explains why you should quit, how you can, and what gets better when you do.

Dr. Reister sees patients in the Northfield Clinic.

Presenter: Dr. Randolph Reister

Capacity: 25

Cost: Free

Space: Room 103



INTRO TO INHALERS

INTRO TO INHALERS

Wednesday, May 10
1:00-2:00pm

A primer on inhalers - when, why, and how to use them. Respiratory therapist Roberta Bonrud will review the types of inhalers and how to use them. In her experience, over half of

her patients are not getting the most benefit from their inhalers because the medications aren’t being inhaled correctly.

■ Topics Roberta will cover:

- mechanism of action
- rescue vs controller inhaler
- the side effects
- which to use first, rescue or controller?
- how to use an inhaler
- paying for them via coupons, Part B-D nebs, Canada, costplusdrugs.com,
- neb or inhaler?

■ **Bring the names of your inhalers with you to class.**

Instructor: Roberta Bonrud

Capacity: 20

Cost: \$14 nonmbr, \$12 mbr, \$0 platinum

Space: 103

Note: Roberta has worked at United Hospital for 25 years, the last 9 years in pulmonary rehab where significant time is spent on respiratory medications.



Wound Care

WOUND CARE

Friday, June 2
10:00-11:00am

A program in partnership with Northfield Hospital + Clinics Wound Healing Team.

Jillian Simon who leads the Wound Healing Center at Northfield Hospital and Clinics will talk about skin care, how to prevent wounds, diabetes and wounds, what your skin can tell about your health, treatment options, and information about how Hyperbaric Oxygen works, and how it can help.

Presenter: Jillian Simon, APRN, FNP-BC, CWON

Capacity: 20

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

Space: 103

HEALTH & WELLNESS CONT.



NUTRITIONAL COACHING: INITIAL CONSULTATION (1 HR)

Tuesdays or Thursdays
1:00-4:00pm

DESCRIPTION: Develop personalized nutrition plans to improve your body chemistry, strengthen the immune system, restore energy, and increase quality of life. Noel provides resources to develop personal understanding and knowledge of your body and in the food made to support your body and its functions.

In your first initial consultation Noel will dive into the history of your health and nutrition and help you understand the nutritional needs that your body personally may need. A package of 10 half hour sessions can be purchased after the first session to continue on with help from Noel to enhance your needs and nutritional goals.



Please contact Noel directly to schedule your appointment. (651-323-8163)

Nutritional Coach: Noel Aldrich
Initial Consultation Cost: \$90 nonmbr, \$80 mbr

NUTRITIONAL COACHING: FOLLOW UP CONSULTATIONS (1/2 HR)

Tuesdays or Thursday
1:00-4:00pm
(SAME DESCRIPTION AS ABOVE)

Nutritional Coach: Noel Aldrich

Available only after Initial Consultation
½ Hour Session Cost: \$45 nonmbr, \$40 mbr
Package Cost: (10 – ½ hr sessions) \$420 nonmbr, \$380 mbr

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 premiums. First timers must take the 8-hour course then a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

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

AARP Smart Driving 4-hour Refresher Course
Monday, 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

LIFE LONG LEARNING CLASSES

Senior Learning Network programs are viewed by senior centers from around the country. The presenter is onsite at each program location and presents to us via ZOOM. Following the presentation, there is time for questions and answers live, with the presenter.

ALL SENIOR LEARNING NETWORK CLASSES:

Presenter: Senior Learning Network

Capacity: 20

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

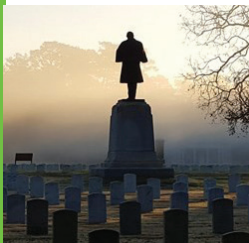
Space: 103



SLN - THE STORY OF BUFFALO BILL- WILLIAM F CODY: BUFFALO BILL CENTER OF THE WEST

**Tuesday, May 2
1:00-2:00pm**

The complicated story of Cody's life and his exploits in the American West and later in performances depicting that "Wild West" will be examined.



SLN - ANDERSONVILLE NATIONAL HISTORIC SITE

**Tuesday, May 9
1:00-2:00pm**

Andersonville is the deadliest ground of the Civil War. The program will overview of Civil War prison statistics and why Andersonville was chosen as a location

for a prison site using modern photos of the prison and photos from 1860.



SLN - "BRAVO" - NATIONAL PORTRAIT GALLERY

**Tuesday, May 16
1:00-2:00pm**

A showcase of the performers who brought arts to life. Beginning in years when artists performed only live and without microphones, "Bravo!" covers the technological evolution.



SLN - THE JOHNSTOWN FLOOD NATIONAL MEMORIAL:

The Stunning Story of one of America's Greatest Tragedies

**Tuesday, May 23
1:00-2:00pm**

The Johnstown Flood killed 2,209 people in one of the country's worst disasters.

VOLUNTEER NEWS



DONNA MAY

We are so grateful to Donna May for her volunteer service. Giving back to the community is what motivates Donna to share her time and talents. If you would like to volunteer at FiftyNorth, please contact Michelle Loken at 507-664-3707, michelle.loken@fiftynorth.org or stop in the office and chat.

"Volunteering is my way of saying "Thank You." I became a member many years ago after a car accident. I needed a place to help me recover and there was a warm water pool at 50N right in my back yard! What a blessing! I not only fell in love with the facility but I found a place to share my passions for singing, gardening, reading, art, and baking. Volunteering has proved the extra blessing of making new friends...and I continue to find all of this in one place! So, Thank You!" – Donna May



POPCORN WAGON NEWS

Thank you to all who came to informational meeting last month. We had a great turnout. Volunteers are always welcome & needed. If you think you might like to see what the popcorn wagon is all about, please call Lesley and give it a try.

■ **Opening day at Bridge Square May 24!**

Lesley Weirich

507-400-4331

Email lesley.weirich@fiftynorth.org

Movie Fridays!

MOVIES START AT 1:00PM



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



May 5: THE LEGEND OF BAGGER VANCE

(2001) Drama 127 mins.

The Legend of Bagger Vance is one of the great movies of our time. It is a story of how people must find the potentials within themselves no matter how life has beaten them up or pushed them down. As Bagger Vance says, "We have to get passed all of the Could-Haves and Should-Haves and Would Haves and find our Real Selves, that true self that we came into this world to be".



May 12: WHERE THE CRAWDADS SING

(2022) 125 mins.

From the best-selling novel comes a captivating mystery. Where the Crawdads Sing tells the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world.



May 19: THE GOOD HOUSE

(2022) Drama 103 mins.

Sigourney Weaver delivers a stellar performance as Hildy Good, a realtor in an idyllic New England town, whose wickedly funny tongue and seeming success mask her life's one dark truth: She enjoys her wine a bit too much. But Hildy's good at keeping it together—until, that is, a rekindled romance with high school flame Frank Getchell (Kevin Kline) sets in motion a chain of events that forces a decades-in-the-making confrontation with Hildy's buried past.



May 26: TOP GUN—MAVERICK

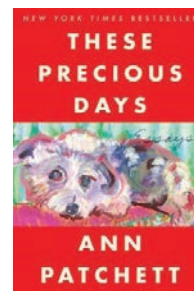
(2022) Action/Adventure 130 mins.

After more than thirty years of service as a top naval aviator, Pete "Maverick" Mitchell (Tom Cruise) is where he belongs, pushing the envelope as a courageous test pilot. Yet, Maverick must confront the ghosts of his past when he returns to TOPGUN to train a group of elite graduates and comes face to face with Lt. Bradshaw (Miles Teller), the son of his former wingman "Goose".

BOOK GROUP@FiftyNorth



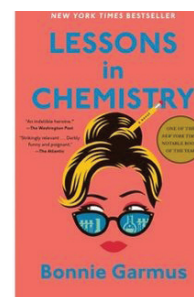
The Book Club meets the 2nd Friday of the month at 10:30. May participate via Zoom. Questions: call Katherine Collman at (507) 645-1357.



MAY THESE PRECIOUS DAYS

by Ann Patchett

At the center of These Precious Days is the title essay, a surprising and moving meditation on an unexpected friendship that explores "what it means to be seen, to find someone with whom you can be your best and most complete self." When Patchett chose an early galley of actor and producer Tom Hanks' short story collection to read one night before bed, she had no idea that this single choice would be life changing. It would introduce her to a remarkable woman—Tom's brilliant assistant Sooki—with whom she would form a profound bond that held monumental consequences for them both.



JUNE

LESSONS IN CHEMISTRY by Bonnie Garmus

Lessons in Chemistry (2022) is a bestselling novel by Bonnie Garmus about women's lives, careers, and struggle for empowerment in the late 50s and early 60s. It follows the story of Elizabeth Zott, a brilliant chemist who is forced to become a television chef when she finds herself a young, single mother.



JULY

SAFE FROM THE SEA by Peter Geye



AUGUST

SOMEWHERE IN THE UNKNOWN WORLD

by Kao Kalia Yang

TRAVEL GROUP@ FiftyNorth



WISCONSIN HISTORY DAY TRIP

Monday, May 15
9:00-4:30pm

Join a fun filled day of learning history along the Mississippi River and west coast of Wisconsin.



The First stop is in Pepin, the birth place of the famous author, Laura Ingalls Wilder. The museum is about the early years of her life in the “Big Woods” and also has a good display of the history of Pepin. Lunch will be in Pepin and is NOT included in the price.

We will then venture south to explore the Wisconsin “Modern Stonehenge”. It is a modern megalithic wonder built by Kristin Beck. Everyone who visits here can enjoy the energetic place where you can feel the energy from the land, stones, soil, and plants. It is a sanctuary of peace and beauty. We will have a visual show and then time to walk the area.

Our last stop is in the Castlerock Museum. It is filled with displays of arms and armors, beginning with ancient Greece to early modern period. It is a visit through 2000 years of history. The owner and founder of the museum started the exhibit when he was 10 years old and bought a Civil War musket for just \$3.

If you enjoy history this would be a great day for you. We may even find an ice cream stop on the way home. Please specify when registering if you want to sit with someone specific.

Trip Leader: Carol Nelson

Capacity: 30

Cost: \$80

Registration deadline: May 5



MINNESOTA TWINS VS. BOSTON RED SOX

Thursday, June 22
10:30-4:00pm



Join FiftyNorth for a fun-filled day at Target Field to see the Minnesota Twins take on the 2022 World Series Champions Boston Red Sox. Root for the home team with great seats, great food, and great company.

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

Trip Leader: Craig Swenson

Capacity: 25

Cost: \$65

Deadline: June 2



SPIRIT OF THE WATER CRUISE AT TREASURE ISLAND RESORT

Tuesday, July 18
10:30-4:00pm

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

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

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

Trip Leader: Jim Estrem

Capacity: 55

Cost: \$99

Registration Deadline: July 1

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



Minor League St. Paul Saints will be hosting the Louisville Bats. Join FiftyNorth for a night filled with fastballs, home runs, and strike outs at CHS stadium. Please specify when registering if you want to sit with someone specific.

Trip Leader: Craig Swenson

Capacity: 25

Cost: \$60

Registration deadline: August 4

MARCH 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 March 31, 2023 is: 1775

Karen Achberger
Azna Amira
David & Joey Appleyard
Nancy Ashmore & Kenneth
Wedding
Bernard & Mary Auge
Katherine Baker
Lois Bakko
Robert Beske
Judy Broske
Gene & Darlene Broughton
Warren & Karen Broughton
Mary Brown
Brenda Bultman
Bernice Christensen
Eileen Cooper
Daniel Corcoran
Neil & Marilyn Deden
Winnie Drentlaw
JoAnn Edwardsen

Chris Ellison
Carol Emery
Beth Endert
St Paul & MN Community
Foundation
Joyce Francis
Stephanie Frey
Marie Gery
Mac & Jacquelyn Gimse
Kevin Groebner & Sue
Harvey
David & Betty Habermas
Liz Hankins
Carl Henry
Shirley Herreid
Richard & Donna Jackson
Georgene Johnson
Karen L Johnson
Ruth Johnson-Wirth
Steve & Ann Jorstad

Patricia Jorstad
Marie Kainer
Joni Kilde
Marsha Kitchel
Gary & Arlene Kruse
Myron Lanoue
Helen Larson
Jean Larson
Tom & Nancy Loesch
Janet Mathews
James & Angie Mayr
Mike & Ann McGovern
Elaine Meyers
John & Sharon Micklo
Bruce & Audrey Moe
Neil Lutsky & Irene
Montenegro
Mary Neikirk
Bill & Pat Nelson
Elizabeth Olson

Kenneth Lee & Donald
Onsgard
Laurel Pankow
Ken & Roberta Persons
Rachel Peterson
Brett Reese
Richard Roth
Carol Rutz
Karen Sellers
Shelley Silkey
Kenneth & Sharon
Steinhouse
Craig Swenson
Allan & Nancy Swenson
Dale & Rose Turnacliff
Anne Ulmer
Robert & Donna Vanderhoof
Linda Wagenbach
Patricia Warner

MARCH NEW MEMBERS GLAD YOU'RE HERE!

Shannon Baldwin, Cherol Benjamin,
James Bongers, Ralph & Donna Brauer,
Curtis Buchite, Carlos Carillo, Jodi DiMaggio,
Kurt Gytri, Eleanor Haase, Sharon Henry,
Neal Hostetler, Joseph & Susan Hudson,
Pamala Jacobel, Judy Kaul, Marvin Korbel,
Jeff & Ann Lund, Troy Mechura, LaVerne Mieska,
Jon Reid, Becky Rekward, Eileen Seeley,
Karie Svien, Julia Uleberg Swanson,
Karen Workman, JoAnna Zachman

Welcome!



April Volunteer Appreciation Event



SINGLE & MULTI-FAMILY DEVELOPMENTS



Hills of Spring Creek | NORTHFIELD
Cannon River Valley Estates | DUNDAS
Bluff View | NORTHFIELD



COME DESIGN YOUR CUSTOM HOME WITH US TODAY!



Featuring windows by:
MARVIN



For almost 50 years Johnson-Reiland has been a family-owned custom build and design firm that is the winner of multiple Reggie awards from Housing 1st Twin Cities builders association.

jrbr.builders | **507.366.1288**

Builders ID BC636389



ROYAL

New FiftyNorth T-Shirts



**HEATHER
GREY**



SANGRIA



SAPPHIRE

**SAMPLE T-SHIRT
SIZES WILL BE
HANGING IN THE
LOBBY**

FiftyNorth T-shirts are available for purchase online through Larson's Printing of Northfield.

Type in this URL and then enter the code:
<https://larsonsprinting.itemorder.com/shop/sale/>

Use code FIFTY23 to enter the FiftyNorth store.

- Ordering begins May 8th and ends May 20th.
- Orders will arrive at FiftyNorth for distribution approximately June 12th.
- Port & Company Core Blended T-shirts
- 50/50 cotton/poly

The t-shirts are \$17.00 with sizes 2X-Large - 4X-Large with additional fees.

- Adult Small
- Adult Medium
- Adult Large
- Adult X-Large
- Adult 2X-Large (+\$2.00)
- Adult 3X-Large (+\$3.00)
- Adult 4X-Large (+\$4.00)



**Question on ordering:
Call program coordinators:
Patty (507) 664-3709 or
Michelle (507) 664-3707**

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 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
Brenda Bultman, Bonnie DuPay, JoAnn Edwardsen,
Beth Endert, Nancy Glodfelty, Cathy Graff, Pat Nelson,
Jane Persons, Pam Toepper



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

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



Little Frida Cafe & Taco Shop:

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