



NOVEMBER 2024

FiftyNorth Report



By Kerry Hjelmgren, *Director*



GREETINGS, MEMBERS AND FRIENDS OF FIFTYNORTH

"There's no place like it!"

With the recent launch of our Annual Fund Drive, we invite you to take part in a meaningful opportunity to support FiftyNorth - a vital resource dedicated to enhancing the quality of life for older adults in our community. When you make a financial contribution to FiftyNorth, you enable our excellent staff and instructors to continue enriching the lives of our 2,000+ members by keeping them moving, learning, creating, engaging, and connecting.

This year, our goal is to raise \$250,000 to support our operations. We aim to:

- maintain and expand our wide variety of programming with first-rate instructors
- provide membership scholarships to those in need to ensure everyone over 50 can participate
- host new member luncheons quarterly
- seek partnerships with more local senior living facilities to bring FiftyNorth's fitness and wellness classes to their residents, and
- collaborate with new and existing community partners who help us live our mission.

If you haven't already, we hope you will make a donation to our Annual Fund Drive! Your contribution will directly enhance our offerings and allow more members of our community to access and experience all that FiftyNorth has to offer. You may donate online at <https://fiftynorth.org/donate/> or send a check to FiftyNorth, 1651 Jefferson Pkwy, Northfield, MN, 55057. Every dollar helps us continue our mission to enhance the lives of our members.

On behalf of all of our staff, thank you for supporting FiftyNorth during this season of giving!

Kerry

Coffee with Kerry

Meet Kerry Hjelmgren for coffee, conversation and treats in the lobby on Friday, November 22 at 9:30am.



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An important reminder:

PLEASE CHECK IN every time that you come into the center.

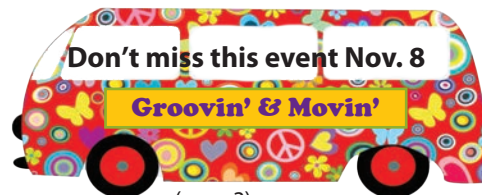
It is the financial lifeline of FiftyNorth.

KEY DATES

- Sunday, Nov. 3: DAYLIGHT SAVINGS - Fall back
- Tuesday, Nov. 5: ELECTION DAY
- Monday, Nov. 11: VETERANS DAY
- Thursday, Nov. 28 & Friday, Nov. 29: **CLOSED FOR THANKSGIVING**

Don't miss this event Nov. 8

Groovin' & Movin'



(see p3)

In the FiftyNorth Gallery

■ NOVEMBER 4TH – DECEMBER 30TH

■ ARTIST RECEPTION NOVEMBER 7TH FROM 4:00 TO 5:00

Pamela Thompspon — COLLAGES



During the 2020 pandemic Pamela S. Thompspon and her academic husband Peter Heckman lived in Eau Claire, WI. After moving to northwestern Wisconsin during a blizzard in early February, she was supposed to help Hmong families improve their English language skills, on top of her day job as editor of the Dunn County News. When neither of those opportunities panned out, Thompspon turned to art to help her cope with the frightening global public health emergency. So, with the 24/7 television news blaring in the background, Thompspon started making collages. Using everyday objects found around her townhouse, she used recycled manila file folders as the canvas and scissors and glue sticks as her paintbrush. She clipped paper scraps from magazines and newspapers and repurposed travel souvenirs, calendars and photos. Devising an artistic storyline through these images gave the collages a theme and a message. In between sets of indoor masked tennis, jigsaw puzzles and a lot of library books, Thompspon created this hopeful, positive and joy-filled collage collection. By the time the vaccines were developed, Thompspon had created a collection of nearly 50 pieces. She hopes you enjoy her collages as much as she had fun making them! ■

Kate Langlais — PORTRAIT AND LANDSCAPE ARTIST



Kate Langlais is a portrait and landscape artist who works primarily with various drawing and painting media such as charcoal, colored pencil, oil and acrylic paint. Some of the works in this show will be familiar to students she has taught here at Fifty North. ■

Pamela Thompspon — JEWELRY COLLECTION



On display the lobby at FiftyNorth.

During the two years Pamela Thompspon lived in Abu Dhabi, United Arab Emirates, she began collecting Islamic jewelry, some authentic antiques, some replicas. Her collection includes enamel Bazuband pendants, tribal silver and lapis centerpieces, Afghan tribal dowry beads, Afghan tribal heirloom dowry beads, Tawiz boxes, Foulet Hamsa pendants, Berber magical amulets, Zar amulets, small silver Tawidhs and Hand of Fatima Louha Hamsa pendants and earrings. Thompspon's mother-of-pearl embossed jewelry box came from Al Bahar Souk in Dubai.

MEMBER EVENTS



Groovin' and Movin'

**Friday, November 8
7:00-9:00pm**

Love the music of the 60s? The jerk, the monkey, heaven knows what moves we make. No partner, no problem, we just dance!

"I Heard it through the Grapevine", FiftyNorth is celebrating the 60s on Friday, November 8 from 7:00 to 9:00 with a D.J. playing all our favorite hits. We may end up "Dancing in the Streets." We hope there "Ain't no Mountain High Enough" to keep you away from this fun event. 60's attire encouraged but not necessary. The night will make us "Glad All Over!"

■ FiftyNorth members will be making "Special Guest Appearances" as: Petula Clark, Janis Joplin, The Angels, Denny Doherty, Tiny Tim & Bob Dylan.

■ Fondue favorites and Jello Jigglers will be served.

Cost: \$10

Register online or in person, or pay at the door.



HOLIDAY
Art, Craft
& Author Book
FAIR

AT FIFTYNORTH

FiftyNorth hosts local authors of mysteries, local and world history, travel memoirs, children's books and more!

The art and craft vendor fair will delight your shopping experience with fine art, photography, jewelry, crafts for your gift giving list!

**December 6th from 8:00 to 2:00
Event room 103 & 105**

If interested in renting a table for \$10 contact Michelle: 507-664-3707 or Patty: 507-664-3709 or stop in the office.

Let's go shopping at FiftyNorth!



**ST. OLAF MUSICIANS IN CONCERT at FiftyNorth
Thursday, November 21
2:00-3:00pm**

Enjoy an afternoon of music performed by St. Olaf students. Music will be traditional classical music and "easily recognizable". The performance will include; a violin viola duo, a string quartet, and a vocalist group as well. *You are sure to be thoroughly entertained!*

Capacity: 80

Cost: Free will donation

Space: room 103

VETERANS DAY COFFEE HOUR
Monday, November 11
10:30-11:30am
Location: Lobby

Happy Veterans Day!
Join us for coffee and treats in the Lobby in honor of our veterans.

Thank you for your service! To those in uniform serving today and to those who have served in the past, we honor you today. Thank you for your sacrifices, for your valor, for your bravery, for protecting us, and for defending our rights. Thank you to all our veterans for your courage, strength and dedication to keeping us safe.

Wishing you a happy Veteran's day!
— FiftyNorth staff

MEMBER EVENTS cont.



Lively!

COME OUT AND "PLAY"!

Northfield Arts Guild Christmas show HOLIDAY RADIO REVUE & CHRISTMAS THIEVES and Dessert

For people who are interested in learning more about the future of Theater at FiftyNorth

Sunday, December 8

2:00-4:30pm

Location: Northfield Arts Guild Theater, and Culver's Restaurant

Transportation is on your own.

DECEMBER 6-15, 2024
HOLIDAY RADIO HOUR REVUE
and
CHRISTMAS THIEVES
ONE ACT BY GREG OLIVER BOGNE

The first half of the show is filled with Holiday music from three different and fabulously talented groups...it's a surprise...for now :)

Christmas Thieves: Uh oh...the pro actors from England can't do the radio show (lutefisk is involved...:), who will save the day? A very

Minnesota-style type of unique set-up for a hilarious comedy.

Following the show, we'll meet at Culver's on Hwy 3 for dessert (on your own) and a discussion about forming a new theater group at FiftyNorth. We're calling the group "Lively" because we want this to be a chance to try new things, act out some jokes and skits, sing and dance to the music.

Watch for upcoming events in the FiftyNorth newsletter, and plan to get involved in finding ways to laugh along with us.

Group Leaders: Craig Grunzke, Dave Miller, Peggy Sheldon

Register: at FiftyNorth

Capacity: 30 Reduced-rate tickets available

Cost: \$14.50

Registration deadline: November 11



*Celebrate
the Holidays
at the FiftyNorth Holiday
Party!*

MONDAY DECEMBER 9TH

2:00-4:00pm | room 103

You're invited to our annual holiday party, featuring seasonal music performances by a string quartet, barbershop quartet, and brass quintet from St. Olaf College. Enjoy time with friends, coffee, and sweet treats following the performance.

Happy holidays from all of us at
FiftyNorth!

Save the dates



*Merry Month of Music
Holiday Events!!!*

ECLECTIC STRUMMERS & SINGERS

Wednesday, December 4 - 1pm

THE TROUBADOURS IN CONCERT

Friday, December 13 - 1pm

FIFTYNORTH BAND CONCERT

Monday, December 16 - 4pm

**THE SEASONED SINGERS & THE CHIME
CHOIR IN CONCERT**

Thursday, December 19 - 1pm



FITNESS NEWS

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

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

Take note: TIME CHANGE



SOMATICS

Fridays,
NEW TIME: 2:15-3:15pm

This ongoing Somatic Movement class is designed to guide you in developing your somatics practice at home and in your daily life. We will explore variations of the basic somatic exercises, learn new exercises, and address complex somatic patterns such as walking, reaching, balancing - all in the interest of better movement overall. The intention is to help you remain current in your somatics practice, explore movement options, and move freely throughout the day.

Prerequisite: Completion of an Intro to Somatics 5-week class series and instructor approval.

Instructor: Cheryl Ramette, Certified Somatics Instructor

Capacity: 20

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

SOMATICS continues p7 →

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)		
6:30 AM						
7:00 AM	CARDIO DANCE AND DRUMSTICKS (7-7:45)	HATHA YOGA (7-7:45)	YOGA STRETCH (7-7:45)	HATHA YOGA (7-7:45)	TAI CHI (7-8)	
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		ZUMBA GOLD (8-9)
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)		BEGINNING HATHA YOGA (9:15-10:15)
9:30 AM	YOGA STRETCH (9:15-10:15)		SOUND BATH AND MEDITATION (9:15-10:15)		CIRCUIT TRAINING (9:30-10:30) NO open use	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)	TABLE TENNIS (10:30-3:45)
11:00 AM						
11:30 AM					FOLK DANCE FUSION (11:45-12:45)	
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM			LINE DANCING (1-2)			
1:30 PM	TABLE TENNIS (1:30-3)			TABLE TENNIS (1:30-3:30)		
2:00 PM		TABLE TENNIS (1:30-3:30)			SOMATICS (2:15-3:15) Prerequisite: Intro to Somatics	
2:30 PM						
3:00 PM						
3:30 PM	TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)	
4:00 PM	TAI CHI FLOW TIPS/TRICKS (4:15-4:45)		TAI CHI FLOW TIPS/TRICKS (4:15-4:45)		TAI CHI FLOW TIPS/TRICKS (4:15-4:45)	
4:30 PM						
5:00 PM						
5:30 PM			HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders			
6:00 PM	TABLE TENNIS (5:30-7:30)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		
6:30 PM						
7:00 PM						
7:30 PM						
7:45 PM						

BLUE –
Mid-range

PURPLE -
Gentle

INTENSITY KEY:
PINK –
High Intensity

GOLD:
No Open Use

VIRTUAL LAND BASED FITNESS CLASSES



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

2024 VIRTUAL LAND BASED FITNESS CLASSES (updated September)							
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				STRENGTH AND CARDIO (7-7:45)		MOBILITY AND STRETCH (7-7:45)	
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)
8:30 AM	CORE AND MORE (8:30-9)			CORE AND MORE (8:30-9)			CORE AND MORE (8:30-9)
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (VINYASA) (9:15-10:15)			SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)	
9:30 AM							HATHA YOGA (9:15-10:15)
10:00 AM							
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)		SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM							
11:30 AM							
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM							
1:00 PM				CARDIO STRENGTH MIX (1-1:45)		YOGA BALANCE (1-2)	
1:30 PM							

AQUA FITNESS



COLOR KEY:
GREEN: Class
GOLD: Group Activity (Open Swim allowed)
BLUE: Open Swim

2024 AQUA FITNESS CLASSES (updated September)						
	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	AQUAFIT 9:00-9:45AM
9:30 AM						
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	FAMILY SWIM 12-2PM AGE 3+
12:30 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:30 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
2:30 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
3:30 PM						
4:00 PM	WATER VOLLEYBALL 4-5:45PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	WATER VOLLEYBALL 4-5:45PM	
4:30 PM			OPEN SWIM			
5:00 PM		AQUA FUSION 5-5:45PM		AQUA FUSION 5-5:45PM		
5:30 PM						
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:30 PM						
7:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
7:30 PM						
7:45 PM						

FITNESS NEWS

Online: FiftyNorth.org/classes

In Person: FiftyNorth front desk

Please pre-register for all classes:

Phone: 507-664-3700

NEW CLASS SERIES

SOMATIC EXERCISE SPECIAL FOCUS CLASS SERIES

Fridays, November 8, 15, 22

1:00-2:00pm

In this three-part class series we will explore how to release holding patterns that cause chronic discomfort and pain in specific areas of the body. We'll explore somatic movement from the center to the periphery, starting with the pelvis and moving to the hands & feet. One of the key tenants of somatic education is that the pain is not always where the problem resides. Through a deeper awareness of how pain originates coupled with simple movements we can incorporate into our daily routine, we will remind our brain and nervous system that it's okay to relax.

By focusing on your internal sensation of movement, somatic exercises remind the nervous system how to release muscles to proper resting length, how to utilize full range of motion, and how to move well in daily activities. This awareness allows for more freedom in movement, which increases quality of life. The exercises are simple, gentle, and uplifting.

Each of the three sessions will address movement and tension holding overall, with special attention to: Pelvis & Hips, November 8; Neck & Shoulders, November 15; Hands & Feet, November 22.

Participants must be able to get up and down off the floor. Please plan to attend all three classes as we will be making connections between the three focus areas during the series.

Instructor: Cheryl Ramette

Capacity: 12

Cost: \$27 Nonmbr, \$21 Mbr, \$0 Platinum

Space: Fitness Studio



AARP DRIVER SAFETY

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. Once you take this first-time course, you will then need to take 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.

LOCATION: ROOM 103 | **ALL COURSES ARE 4-HOUR**

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**
Wednesday, November 13
9:00am-1:00pm

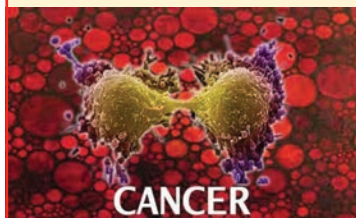
■ **AARP SMART DRIVING**
Monday, December 9
9:00am-1:00pm

■ **AARP Smart Driving**
Monday, January 13, 2025
9:00-1:00pm

■ **AARP Smart Driving**
Tuesday, February 11, 2025
1:00-5:00pm

■ **AARP Smart Driving**
Wednesday, March 12, 2025
1:00-5:00pm

■ **AARP Smart Driving**
Friday, April 18, 2025
9:00-1:00pm



THE 5 MOST COMMON CANCERS

Tuesday, November 5
9:00-10:00am

Breast, lung and bronchus, prostate, and colorectal cancers account for

almost 50% of all new cancer cases in the United States. Northfield Hospital and Clinics will be discussing each of these cancers, their diagnosis, their treatments and prognosis.

Instructor: Northfield Hospital + Clinics

Capacity: 25

Cost: \$9 nonmbr, \$7 mbr, \$5 platinum

Space: room 106

ART CLASSES

Online: FiftyNorth.org/classes **Pre-register for all classes:**
In Person: FiftyNorth front desk **Phone:** 507-664-3700

CLASS CANCELLATION POLICY:

We know your time is valuable, and ours is too. Out of respect for our staff, instructors and other clients, we ask that you give us at least 24 hours notice if you need to cancel. If we are able to fill your spot with someone on the waiting list, you will receive 100% refund. If we are unable to fill your spot or if you are a no show you will forfeit your registration fee.



WEST AFRICAN DRUMMING CLASS

Tuesdays, November 5, 12, 19, 26
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: 12

Cost: \$48 Nonmbr, \$40 Mbr, \$0 Platinum

Space: Room 102 on November 5,
 Room 103 on November 12, 19 & 26



INTRODUCTION TO THE APPLACHIAN (mountain) DULCIMER

Wednesday, November 13
2:00-4:00pm

Do you have a dulcimer at home hiding in a closet, hanging on the wall, or collecting dust in the attic? If you would like to learn more about this fascinating instrument and maybe, learn to play a few tunes, then this two-hour class is for you!

We will discuss the history of this ALL-AMERICAN folk instrument, its variants, components, playing styles, tuning, and more. If you have a dulcimer, bring it to the class. If not, several will be available for your use.

Instructor: Stan Partin

Capacity: 10

Cost: \$18 Nonmbr, \$14 Mbr, \$0 Platinum

Space: room 103

Registration deadline: November 11



WATERCOLOR CHRISTMAS TREES

Thursday, November 14
3:00-4:30pm

Watercolor is such a fun medium! Let's do a very simple yet creative project to prepare for the Christmas season! We will be painting 5" X 7" cards suitable for mailing or hanging. Vicki Stanley will talk about color mixing and brush stroke application. You'll have a jolly time! Materials provided.

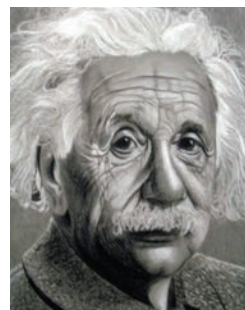
Instructor: Vicki Stanley

Capacity: 12

Cost: \$30 Nonmbr, \$25 Mbr, \$10 Platinum

Space: Room 105

Registration deadline: November 11



CHARCOAL DRAWING CLASS

Tuesday, November 19
9:30-12:30pm

Join us for a comprehensive 3-hour charcoal drawing class that caters to all skill levels. In this hands-on workshop, you'll explore still life, landscape, and portrait drawing (a grid will be available for more ease in the portrait drawing).

Beginners will benefit from step-by-step guidance, while more advanced artists can refine their skills and learn new approaches. Whether you're new to charcoal or looking to enhance your technique, this class offers valuable insights and practical experience to elevate your artistry.

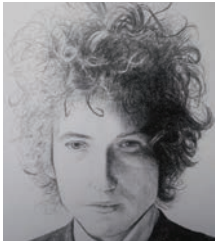
Instructor: Kate Langlais

Capacity: 8 minimum, 12 maximum

Cost: \$60 Nonmbr, \$50 Mbr, \$10 Platinum

Space: Room 102 | **Registration deadline:** November 15

ART CLASSES



PORTRAIT WORKSHOP Monday, November 25 9:30-3:15pm

Join this all-day portrait workshop suitable for all skill

levels, with a focus on beginners. Unlock your artistic potential in a supportive environment while learning facial anatomy, proportions, and techniques for capturing likeness and expression. You'll have the opportunity to explore a wide variety of drawing and painting media through hands-on exercises. Whether you're starting your journey or refining your skills, this immersive workshop promises growth and inspiration. Materials provided.

*There will be a ½ hour break for lunch. Bring a sack lunch. Kate will do a painting demonstration while you eat lunch. Taught by a local professional portrait artist, Kate Langlais.

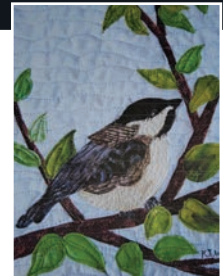
Instructor: Kate Langlais
Capacity: 5 minimum, 8 maximum
Cost: \$90 Nonmbr, \$85 Mbr, \$10 Platinum
Space: Room 105
Registration deadline: November 21



FUSED GLASS ORNAMENT CLASS Tuesday, November 26 10:00-11:30am

Looking to try fused glass? Here is your chance. In this class you will make three ornaments, a Christmas tree, a snowman and a Christmas ball. The ornaments will make great gifts. Materials provided.

Instructor: Geryl Thelen
Capacity: 8 minimum, 12 maximum
Cost: \$40 Nonmbr, \$35 Mbr, \$20 Platinum
Space: Room 102
Registration deadline: November 19



TEXTILE ART CLASS 8" X 10" WALL HANGING QUILT Monday, December 2 10:00-12:00pm

Learn to make a "raw edge applique" collage quilt. No sewing required! Kathy will instruct you on how to cut the pieces using the pattern and how to place the feathers, petals and leaves. The pieces will be ironed onto the 8" X 10" sky fabric. The last step is to attach a binding fabric. Kathy will also demonstrate stitching that can be done on the background sky fabric.

No online registration. Please call the front desk at 507-664-3700 or Elaine Meyers at 507-664-3703 to register. You must choose which print you wish to make at the time of registration so the kits can be prepared before class. You will have your choice of a Cardinal, Poinsettia or Chickadee.

MATERIALS PROVIDED: The kit will include: an assortment of collage fabrics, a pattern and the backing, which is a 3-layer piece consisting of: (background sky fabric, the layer of batting & the back fabric). Also, binding fabric.
NOTE: Bring your own fabric scissors.

Instructor: Kathy Weed
Capacity: 12
Cost: \$30 nonmbr, \$26 mbr, \$12 platinum
Space: Room 102
Registration deadline: November 22

LIFE LONG LEARNING CLASSES

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

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

SPANISH 1: SESSION 2
Mondays & Thursdays
December 2, 5, 9, 12, 16, 19,
January 6, 9, 13, 16, 23,
February 3, 6, 10, 13, 20, 24, 27,
March 3, 6; (No class on 12/26, 12/30, 1/27, 1/30, 2/17)
10:00-11:00am



Continue to expand your Spanish vocabulary, grammar skills and cultural knowledge with this sequel to the fall course. Students will focus on the present tense and question formation in this session. As in the fall, the "Realidades 1" text will be used (available from the instructor for \$20), along with its accompanying workbook and answer key. All materials provided.

■ (No class on 12/26, 12/30, 1/27, 1/30, 2/17)
(20 sessions)

Instructor: Chris Kauffeld
Capacity: Minimum: 8 Maximum: 15
Cost: \$180 Nonmember, \$140 Member
Space: Room 106
Registration deadline: November 25

LIFE LONG LEARNING CLASSES

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

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

CLASS CANCELLATION POLICY:

We know your time is valuable, and ours is too. Out of respect for our staff, instructors and other clients, we ask that you give us at least 24 hours notice if you need to cancel. If we are able to fill your spot with someone on the waiting list, you will receive 100% refund. If we are unable to fill your spot or if you are a no show you will forfeit your registration fee.



GENEALOGY RESEARCH STEPS, TIPS AND TRICKS Tuesday, November 12 1:00-2:00pm



Have you ever wanted to start your genealogy but just don't know how, or where to start? Join Rice County Historical Society Executive Director

Dave Nichols for a presentation on the steps, tips, and tricks to begin your genealogy research. This program is a beginner level introduction that will give you a good understanding of how to conduct your research and what resources are available to help you. Dave will provide handouts and answer any questions on the process. Dave has been with RCHS for 6 years as their Curator and now their Executive Director. He has worked for several other organizations including the Scott County Historical Society, Goodhue County Historical Society, and the Minnesota Historical Society.

Instructor: David Nichols
Capacity: 30
Cost:
 \$9 Nonmbr, \$7 Mbr, \$0 Platinum
Space: Room 103



A NECESSARY WRITING TASK: AN OBITUARY Wednesday & Friday November 13 & 15 9:00-11:00am

When a death is reported in the newspaper, accompanied by an obituary for the deceased, how does that obituary happen? In many cases, stressed family members scramble to meet a deadline set by a funeral home or other site for a service, hoping to capture the essence of the deceased person as well as important information about memorials. Much of the anguish associated with this task can be eliminated by advance planning. This two-session course will give participants a chance to determine the key elements of an obituary and prepare a draft. We will meet on a Wednesday morning from 9-11 to map out the necessary features of an obituary and resume on Friday at the same time to work in pairs on provisional drafts. The goal: preparation of a reasonable draft for someone, perhaps yourself, as well as appreciating the details of this written form.

Note: Carol Rutz retired from Carleton College after 30 years, including writing obituaries for the alumni magazine as well as teaching writing to undergraduates. She has also written obituaries for family members. (2 sessions)

Instructor: Carol Rutz
Capacity: 12
Cost: \$36 nonmbr, \$28 mbr, \$0 platinum
Space: Room 106



CPR AND FIRST AID Tuesday, November 19 9:00-12:00pm

**CPR & First Aid
Training Class**

Students will receive expert training in First Aid and Basic Life Support CPR (adult) including Automatic External Defibrillator (AED). This 3-hour class includes instruction, demonstrations and hands-on activities and culminates in the students earning an American Heart Card. It is appropriate training for Certified Nurse Assistants, healthcare workers, childcare workers, teachers, instructors, and volunteers. Many health care facilities require this training of their employees.

Instructor: Jon Bolster
Capacity: 10
Cost: \$72 nonmbr, \$65 mbr, \$0 platinum
Space: room 106



DEATH DECK - GET THE SCOOP! Wednesday, November 20 1:00-2:00pm

Do you know what people really think and how they feel about end-of-life situations? Consider this one... If a drug were created to provide immortality, would you take it?

- A. *Totally!* Who wouldn't want to live forever?
- B. *Nope.* One lifetime is plenty
- C. *Maybe.* If I could lock in my hottest age

Get the lowdown from others and then see what comes up for you. Join Barbara Krause—Certified Death Midwife and Funeral Celebrant—for some eye-opening conversations. No wrong answers!

Presenter: Barbara Krause
Capacity: 20
Cost: FREE and open to all!
Space: room 102

LIFE LONG LEARNING CLASSES



In The Garden by Matthew Widman

THE REMEMBER PROJECT: In the Garden
Monday, November 18
9:00-11:30am
Doors Open and Refreshments 9:00am
Play and Community Conversation 9:30-11:30am



FiftyNorth is pleased to announce upcoming screened performance of “In the Garden,” one of five plays that make up the Remember Project. The Remember Project is a special program that is designed to help family members, care partners, local businesses, and the broader community be in conversation around dementia and the most well-known form of memory loss, Alzheimer’s disease. All community members are encouraged to attend this program. The setting of “In the Garden” is the home of Arthur Monsetin where his three grown children have come together after the death of their mother to try and help decide a course of action for their beloved father who is struggling with Alzheimer’s disease. While Arthur may wander off at times, lash out in anger or forget the names of his grandchildren, at other times he is lucid, funny, and wise. Long ingrained familial tensions come to the surface when Peter, Karen, and Jamie struggle to treasure their father as they also come to terms with his limitations. Each of Arthur’s children has a very different view about what is best, yet one thing is clear: their love for their father will guide the way.

“This general scenario is taking place with thousands of families across America every day as adult children try their very best to chart a course for loved ones who are experiencing dementia,” said facilitator Danette McCarthy. “It can feel extremely isolating to face decisions about care and to navigate the journey of decision-making as a family. ‘In the Garden’ is a compassionate invitation to help families and friends support each other through the immense challenges and pressures placed on care partners.”

This program is free, though registration is required and seating is limited.

Presenters: The Remember Project
Capacity: 75
Cost: Free
Space: Room 103/105

Sponsored by



THE DEFINING MOMENTS OF OUR LIVES

presented by Earl Weinmann

THE DEFINING MOMENTS OF OUR LIVES
Wednesday, December 18
10:00am-12:00pm

Defining Moments are those times in our lives that have made a positive impact in some meaningful way. They may have changed the nature of a relationship; they might have deepened the knowledge of how we perceive ourselves; or they might have provided the impetus of some greater wisdom in life. In this presentation, we will explore a host of defining moments that were shared across generations and explore how they influenced our lives. To aid in this reflection, participants will be reminded of the soundtrack of our lives synchronized with hundreds of images that brought us joy, sadness and reflection. We will journey along that roller coaster of history and emotions that we have carried us through a common understanding of who we are and how we got here.

*For those participating in this powerful presentation, and to give it added relevance, we ask that you send a digital photo of yourself (alone or with loved ones) to be embedded in the multimedia portion of the program. The photos will not be retained or shared beyond this single presentation. *Please send them at least two weeks before the presentation. You can email the photo to Patty Ciernia at patty.ciernia@fiftynorth.org

Class format: ½ hour introduction, 1 hour music/ image presentation, ½ hour (or more) for the discussion afterward.

Presenter: Earl Weinmann
Capacity: 40
Cost: \$18 nonmbr, \$14 mbr, \$0 platinum
Room: room 103



2025 MEMBERSHIP INFORMATION



Dear FiftyNorth Members,

One of the things that makes FiftyNorth so extraordinary is the well-rounded programming we offer to you: fitness, wellness, lifelong learning, art, social connection, and services. The cost of this robust variety of programming has and will continue to increase.

For years, FiftyNorth’s membership fees have not adequately covered the cost of its programs and classes. The platinum membership level has historically provided access to all classes and programs without additional cost except groups, trips, and specialty classes. In addition, open use, fitness class, and group fees have not been increased since 2016. Unfortunately, this fee structure will not sustain us.

To continue providing our current variety and volume of programming, a subcommittee of the FiftyNorth Finance Committee met monthly with staff to consider membership fee structure changes for 2025. The subcommittee and staff recommended three major changes that were approved by the Board of Directors in September 2024. These changes to FiftyNorth’s membership and activity fee structure will take effect on January 1, 2025:

- 1) **Discontinue the platinum membership level.**
- 2) **Set a member fee and non-member fee to cover individual art, lifelong learning, and wellness class costs.**
- 3) **Increase open use fees, fitness class fees, and group fees by \$1.**

The membership fees for general membership, fitness basic, and fitness plus will not increase next year.

For more information about these changes to our new membership and activity fee structure, please visit with me in the lobby on November 5 at 9:00am or November 14 at 1:00pm. If you have any questions about renewing your membership, please contact Elaine at 507-664-3703.

Thank you for supporting these changes to improve FiftyNorth’s sustainability! Sincerely, Kerry

Have questions?

Kerry will be in the lobby to discuss the new membership fee structure with members:

Tuesday, November 5 at 9:00am and Thursday, November 14 at 1:00pm

2025 MEMBERSHIP LEVELS AND FEES DETAILED					
Membership Option	Affiliate (80+)	General	Fitness Basic Open Use Fitness & Aqua	Fitness Plus Open Use, Fitness & Aqua classes	New in 2025 (Effective 1/1/25)
Annual Membership	\$35	\$62	\$440	\$580	No change
Monthly Fee	NA	NA	\$38	\$49	No change
Open Use: Fitness, Aqua	Member \$5 Non-Member \$8	Member \$5 Non-Member \$8	\$0	\$0	Increased by \$1
Onsite Groups: Fitness & Aqua	Member \$5 Non-Member \$8	Member \$5 Non-Member \$8	\$0	\$0	Increased by \$1
Classes: Fitness & Aqua	Member \$8 Non-Member \$10	Member \$8 Non-Member \$10	\$8	\$0	Increased by \$1
Groups: other	\$2	\$2	\$2	\$2	Increased by \$1
Classes: Art, Lifelong Learning, Wellness, Specialty	Fee	Fee	Fee	Fee	Member & Non-Member Fee Per Class
Other Programs/Trips	Fee	Fee	Fee	Fee	No Change



There are currently almost 1700 members with insurance-based memberships that will expire on December 31, 2024. I can start renewing these for next year after the Medicare enrollment period ends on December 7. That will give me 17 business days to renew 1,650+ memberships. Please let me know what your insurance and membership choice will be as soon as possible beginning December 8. It only takes a minute! Thank you, Elaine Meyers 507-664-3703

2025 Non-Insurance Based Membership Fees		
General (50+)	\$62	Annual membership fee; \$5 per use of wellness center, functional fitness room, warm water pool, sauna, and hot tub during open times.
Affiliate (80+)	\$35	Annual membership fee; \$5 per use of wellness center, functional fitness room, warm water pool, sauna, and hot tub during open times.
Fitness Basic	\$440yr / \$38mo	Includes open use of wellness center, functional fitness room, warm water pool, sauna, hot tub, and fitness groups during open times.
Fitness Plus	\$580yr / \$49mo	Includes open use of wellness center, functional fitness room, warm water pool, sauna, hot tub, and fitness groups during open times, plus unlimited fitness and aqua classes.

2025 Active & Fit Eligible Insurance Plans: Aetna, Cigna, GEHA, LifeMart		
A&F Fitness Basic	\$0	Includes open use of wellness center, functional fitness room, warm water pool, sauna, hot tub, and fitness groups during open times.
A&F Fitness Plus	\$256yr / \$22mo	Includes open use of wellness center, functional fitness room, warm water pool, sauna, hot tub, and fitness groups during open times, plus unlimited fitness and aqua classes.

2025 Silver Sneakers Eligible Insurance Plans: BCBS MN, Health Partners, Humana, some Aetna		
SS Fitness Basic	\$0	Includes open use of wellness center, functional fitness room, warm water pool, sauna, hot tub, fitness groups, and all "Silver Sneakers" titled classes.
SS Fitness Plus	\$124yr / \$11mo	Includes open use of wellness center, functional fitness room, warm water pool, sauna, hot tub, and fitness groups, plus unlimited fitness and aqua classes.

2025 Optum Eligible Insurance Plans: AARP United Health Care, OnePass Medica & UCare		
OP Fitness Basic	\$0	Includes open use of wellness center, functional fitness room, warm water pool, sauna, hot tub, fitness groups, and all "Silver Sneakers" titled classes.
OP Fitness Plus	\$124yr / \$11mo	Includes open use of wellness center, functional fitness room, warm water pool, sauna, hot tub, and fitness groups, plus unlimited fitness and aqua classes.

MEMBER NEWS



The mitten tree tradition continues at FiftyNorth!

Right before Thanksgiving the tree will go up in the lobby. It will be decorated with paper mittens, hats and socks. FiftyNorth members can take a paper and replace it by purchasing age appropriate hats, high socks and waterproof mittens or gloves.

Donations will be accepted until December 15 th .



CALL FOR COMMENTS:



IT IS TIME FOR KERRY'S ANNUAL PERFORMANCE REVIEW.

The FiftyNorth Board is seeking feedback from our members regarding your experience/observation of Kerry's performance this past year.

The Executive Director position is challenging and critical to the success of FiftyNorth in serving our members and the community. Your input is helpful to the Board, and Kerry, in establishing her goals for the coming year.

- ➔ Have you had an opportunity to interact with Kerry?
- ➔ Have you observed her in action?
- ➔ Do you have suggestions for her focus in 2025?

Please email your comments to Kathietaranto@gmail.com by December 15, 2024. Thank you for your input.

Kathie Taranto — President, Board of Directors



READING WITH 5TH GRADERS

The Reading with 5th Graders program will start up again on Tuesday, November 26th. It's going to look a little different this year. We'll only have 27 kids. We won't meet on the same day of the month. Dates for December through May are still being determined. We will gather at 11:50 to 12:20 at FiftyNorth.

Since we are working with children, you will be required to complete a background check form. You will need to provide your social security number. Once the background check is complete the form will be shredded.

If you are interested in this opportunity to make a difference for a 5th grader, please contact Michelle Brant at 507-664-3707 or stop in the office.



Santa's Helpers from FiftyNorth give to those in need at Three Links

I received a call from my past co-workers at Three Links that they no longer have a community partner to support their Senior Santa program.

I'm reaching out to FiftyNorth members who are able to help those in need of a gift at the Three Links Apartments. Many of the tenants do not have family or family that is close enough to visit over the holidays. The Apartments are HUD funded, section 8 units. Their list of items is simple. We all have basic needs and items of comfort that are important to our day to day.

The gifts we collect will be given to the Three Links staff to wrap and disperse to their tenants who sign up for the Senior Santa program. — Thank you for considering helping. Please call me with any questions:

Patty Ciernia, program coordinator (507) 664-3709

IF YOU CAN HELP:

Please bring gifts to the office at FiftyNorth BY DECEMBER 17. There will be a box marked Three Links Care Center. Or call Patty and she can pick up gifts.

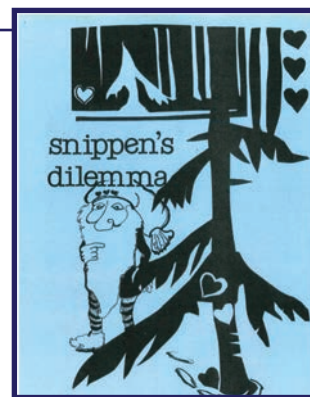
SOME SUGGESTED ITEMS for male and females:

Personal care items; toothpaste, toothbrushes, lotion, toilet paper, nail polish, razor, soap

Puzzles, Fuzzy blankets, Hats/Gloves, Pajamas/ Lounge wear, bath towels, dish towels, nice socks, art coloring books/markers,

Tide laundry pods, dryer sheets

Snacks



READERS THEATRE - OF SNIPPENS DILEMMA PERFORMANCE

Friday, December 6, 6:00-8:00pm

Saturday, December 7, 2:00-4:00pm

Of Snippens Dilemma

by Edna & Howard Hong, St. Olaf College

Adapted by Sylvia Langworthy

We will travel north to the frozen fjords and mountains of Norway. Here we will place one of our most favorite Holiday stories.

"I'm leaving this place... it is no place fit for a Nisse."

Nisse: small gnome-like creatures who can live to be very old. The Nisse live in barns and bring good luck to the family which is good to them by bringing them enough food and a change of clothing during the Christmas holidays.

This story of unselfish love and devotion will be brought to you with Norwegian costumes, folk art, and music, which will set the stage as Snippen begins his journey of discovery. He leaves his old home, where he is no longer appreciated, to find happiness on a rich farm where life will be easier. On his journey he stops at a small farm where poverty and faith welcome him to a life of work and usefulness.

You will delight in the humor and meet the animals who help or hinder him on his journey. You will meet a troll cat, an owl, a squirrel, a rabbit, goats, chickens and a special little girl named Sonia.

THIS IS GREAT FAMILY HOLIDAY ENTERTAINMENT

Capacity: 70

Cost: \$10

Space: Rooms 103/105



VOLUNTEER

spotlight

Becka Coates



Many thanks to Becka Coates for her “decades” of volunteering at our Used A Bit Shoppe. We are fortunate to tap into her unique skill set and knowledge of doll collecting. Used A Bit accepts doll donations and has a variety of dolls for sale. Please read below what piques Becka’s interest in volunteering.

I’ve been a volunteer at Used A Bit very nearly since it opened, decades ago, it seems. I like it because it’s community-building. Friendships spring from working (having fun is more like it) together. We celebrate each other’s birthdays, share each other’s joys, commiserate over each other’s difficulties. I like that there’s a

lot of recycling that happens behind the scenes. The scope of it is astonishing. You’ll see even more community building in the recycling story.

I, personally, receive and process most of our doll donations, because I have expertise stemming from being a member of two doll study clubs for thirty years. At the Shoppe I learn, I teach and share what I know, I research when I don’t know something. I dress, clean, primp hair, repair the dolls if appropriate, I listen to other’s stories about their dolls. I’ve learned a lot of history through this hobby because... did you know that what dolls are made of, for example, reflects what was going on in the world at that point? The Used-a-Bit Shoppe is a rich wellspring of energy where many people’s talents are used to further a cause to better FiftyNorth, but it’s so much more than that. It’s a unique look at what our culture is all about, the good and the bad. The detritus of people’s lives on the one hand, up cycled instead of landing in the dump. You might find yourself philosophizing about life, watching all those “treasures” come in the back door and go out the front.

One day I came in to work my shift, and the chair I occupy was filled by a huge lawn leaf bag filled with matches. Not matchbooks, mind you. No. Match boxes. Hundreds and hundreds of matches. In boxes. Remember the little cardboard drawers that you pulled out that contained wooden match sticks? Yeah. Not only that, but some of those small boxes were lightweight wood, filled with wooden matchsticks! From ALL OVER THE WORLD. A picture of the original owner began to form. Whether or not it was accurate we’ll never know, but what a novel a writer might have spun from just that experience!

— Becka Coates



A SPECIAL THANK YOU to the volunteer group from HomeTown Credit Union in Northfield for the hard work in FiftyNorth courtyard. In honor of Indigenous Peoples Day, each year employees from HomeTown Credit Union spend their day volunteering in the community.

A second special thank you goes to all those FiftyNorth members who came together throughout the season to keep our space a beautiful to hang out.

FiftyNorth volunteer gardeners:

Rose and Dale Turnacliff, Joe and Beth Endert, Paul Selby, Eileen Cooper, Karla and Tim Kuisle, Sharon Boiselle, Elizabeth Olson

The Neighbors Helping Neighbors program services older adults in Northfield.



Join our Volunteer Team!

Lend a hand to an older neighbor. Volunteering is flexible and fun for groups and individuals!

Volunteer service areas include:

- Transportation
- Grocery Shopping
- Housekeeping
- Caregiver Respite
- Yard Work
- Snow Shoveling
- Handy Work
- And so much more!

Neighbors Helping Neighbors

Volunteer Today in Rice Co!

507-361-0442

volunteers@familyservicerochester.org

familyservicerochester.org/volunteering



MEMBER SERVICES



FAMILY SERVICE CAREGIVING CONSULTANT

Thursdays, 11:30-12:30am **New Time**
And
Family Service Caregiving Consultant
Thursdays, 1:00-2:00pm

Kathy Voss
Certified Caregiving Consultant
Family Service Rochester

1625 Hwy 14 East
 Rochester, MN 55904
 507-218-3275
www.familyservicerochester.org

CAREGIVER SUPPORT GROUP

2nd Thursdays of the month
1:30-3:30pm

Join our monthly Caregiver Support group at FiftyNorth. Learn, share, listen, laugh and gain strength and understanding alongside other care partners. Kathy Voss, Caregiver Support Specialist, facilitates the discussion.

Facilitator: Kathy Voss, Caregiver Support Specialist
Capacity: 20
Cost: Free
Space: Generally, Room 103, but check daily schedule



MAKING SENSE OF MEDICARE

Mondays, Wednesdays, Fridays
October 16 – December 6
9:30-2:30pm

Medicare's Annual Enrollment Period
 October 15 - December

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

Space: FiftyNorth Gallery Link area
 Available for help with:

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

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

ADVANCE CARE PLANNING OPEN HOUSE

Wednesday, November 13
1:00-2:30pm
Back by popular demand!



How do you want your final days to unfold? Start, review, or complete your advance care directive. Tell loved ones and medical staff what you want. Don't leave anything to chance!

Trained facilitators will be available to answer your questions and/or assist with this legal document.

Presenters: Sponsored by Northfield Area Information for End-of-Life

Capacity: 20
Cost: FREE and open to all!
Space: Room 102

TECH SUPPORT

2nd Tuesdays of the month
9:30-11:30am



Richard DeBeau, longtime FiftyNorth member will be available to assist members who have questions about their computers, laptops, cell phones, iPads, cameras, or similar devices. He has twenty years of experience building computers as a hobby and have installed Windows and Linux systems on his home computers. He has limited experience with Apple desktop computers. If Richard is not able to solve a problem, he will have suggestions for finding help.

Consultant: Richard DeBeau
Space: Room 104

NEIGHBORS HELPING NEIGHBORS AT FIFTYNORTH

4th Wednesdays of the month
11:00-2:00pm

Anne Pleskonko from Neighbors Helping Neighbors (NHN) will be available to meet in the consult room across from the FiftyNorth offices. Stop in and find out more about the program. The goal is to provide support to keep older adults independent in their homes for as long as possible. Services such as: Grocery Shopping, Handywork, housekeeping, Lawn Care, Respite Care, Seasonal Snow Removal, and Transportation. These services have a sliding scale fee based on your household income.

Consultant: Anne Pleskonko, NHN
Space: Consult Room

THREE RIVERS COMMUNITY ACTION OLDER ADULT SERVICES SPECIALIST

3rd Wednesdays of the month
12:30-2:30pm

Location: Consult Room

Come in and meet Sarah Kuball, a Three Rivers Community Action Older Adult Services Specialist.

Older Adult Services assist individuals aged 60 and older and their families with information, referrals, and resources that allow persons to remain healthy and independent in their homes and communities.

TRAVEL GROUP

In the event you have to cancel out of a trip, you will not receive a refund, unless someone is able to go in your place. If you are not on the bus within 10 minutes of the departure time on the return trip home, you will be responsible for finding your own ride back to FiftyNorth. If you wish to go on a trip and find that it is out of your price range, please inquire in the office about a scholarship.

NOTE: *Trip leaders are unable to provide assistance to anyone that has limited mobility or that uses a wheelchair. Please arrange to have a friend or PCA pay/register to go with and assist you.

Please indicate on your registration form if you need seating in a handicap section.



TRIP - HOW THE GRINCH STOLE CHRISTMAS AT THE CHILDRENS THEATER

Saturday, November 16

9:30-3:30pm

A miserly and miserable, ever-so-cantankerous Grinch has observed the despicable Christmas joy of the Whos with disdain, from a distance, for decades. In this holiday favorite, filled with music and Seussian rhymes, he plots the greatest heist imaginable stealing the very thing they love the most! Until, that is, the smallest of the Whos, tiny Cindy Lou, extends a hand. Through the combination of kindness and community, we witness not only a change in the course of Who-History, but the size and capacity of the old green guy's heart.

This is an 11:00 performance. It's an opportunity to take your grandchildren to a play. *Lunch will follow the play at Gary's Supper Club. The cost of lunch is on your own.

Trip Leader: Norma Monroe

Capacity: 27

Cost: \$100

Registration deadline: November 12



TRIP: THE BRANDENBURG CONCERTOS - ST. PAUL CHAMBER ORCHESTRA

Sunday, December 15

12:15-5:00pm

A very special holiday concert you don't want to miss. As a ticket holder, you may anticipate a transcendent performance of J.S. Bach's seasonal masterpieces, the Brandenburg Concertos (6), with our own illustrious St. Paul Chamber Orchestra at the beautiful Ordway Theater in St. Paul.

These six concertos were composed prior to 1721 featuring various combinations of solo instruments so that each becomes a unique treat to the concert goer's ear. Taken as a whole, most musicologists regard them "as some of the greatest orchestral compositions of the Baroque Era."

Trip Leader: Bob Sullivan | **Capacity:** 30 | **Cost:** \$75

Registration deadline: November 15

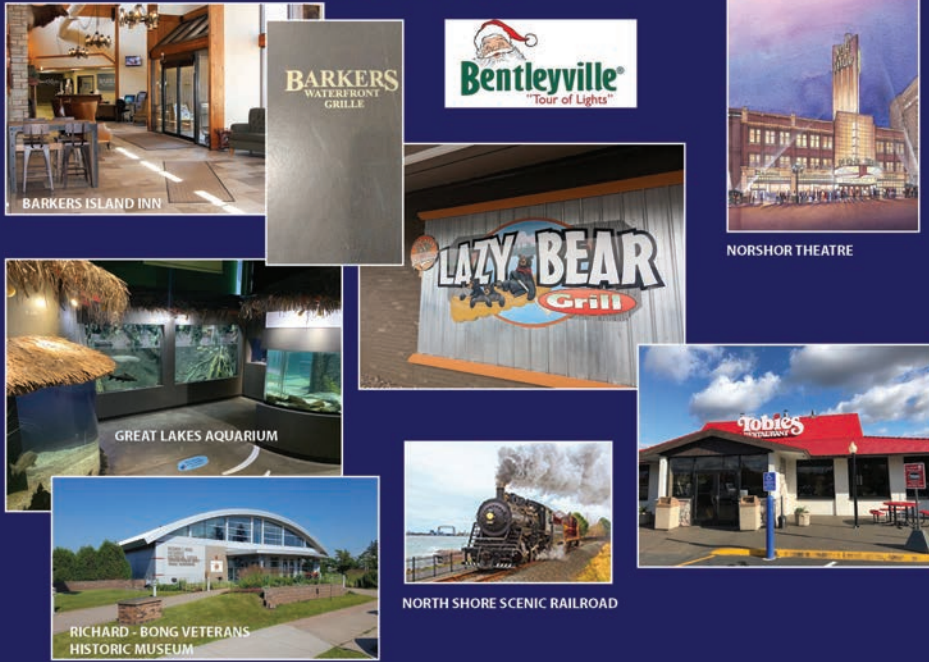


GREASE at the Chanhassen

Wednesday,
February 26, 2025
11:00am performance

TRAVEL GROUP

DULUTH OVERNIGHT TRIP!



**TRIP: DULUTH AND KNIFE RIVER
JULEBYEN FESTIVAL OVERNIGHT
Friday & Saturday, December 6 & 7
8:30am Friday-7:00pm Saturday**

*Trip leaders are unable to provide assistance to anyone that has limited mobility or that uses a wheelchair. Please arrange to have a friend or PCA pay/register to go with and assist you. Please indicate on your registration form if you need seating in a handicap section.

There will be outdoor walking on this trip. We recommend you bring warm clothing. *All food and beverages are on your own.

FRIDAY AGENDA

- ◆ **LAZY BEAR GRILL:** The Best PIE PLACE on I35, fresh roasted coffee, great food and a special gift shop.
- ◆ **GREAT LAKES AQUARIUM:** America’s only freshwater aquarium. There are displays of native fish from both Lake Superior and Erie, exhibits of Great Lakes shipwrecks, and explanations for management of water systems and the invasion of zebra mussels.
- ◆ **RICHARD - BONG VETERANS HISTORIC MUSEUM:** A museum dedicated to LEGACY & local veterans’ stories. Military history from WWII to the present, exhibits of artifacts, equipment, weapons, personal manuscripts.
- ◆ **BARKERS ISLAND INN:** A restaurant KNOWN for good food
- ◆ **BENTLEYVILLE “TOUR OF LIGHTS”:** – Outdoor Walking Tour. There are thousands of lights, new displays this year and other special events. Food and toys are collected each night to support the Salvation Army
- ◆ **NORSHORE THEATRE:** Play “CINDERELLA” main floor seating
- ◆ **BARKERS ISLAND INN:** overnight stay, because of hockey tournaments room options are limited. Breakfast off the menu

SATURDAY AGENDA

- ◆ Ride the **NORTH SHORE SCENIC RAILROAD** to the JULEBYEN (Christmas Village) Nordic tradition celebrated with ethnic foods, crafts, holiday decorations, and music at Knife River; day trip
- ◆ **TOBIE’S RESTAURANT & BAKERY:** Good food at the traditional stop when driving I35
- ◆ **FIFTYNORTH:** return to Northfield

Trip Leader: Norma Monroe (call if you have questions 507-273-0322)

Capacity: 25

Registration deadline: November 4

Cost: Includes room, tickets & bus

- One person in room: \$455 each
- Two people in room: \$370 each
- Three people in room: \$360 each

*Please register in-person or by phone (507-664-3700). Please state who you are rooming with if applicable.



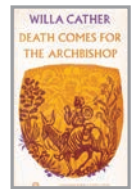
BENTLEYVILLE “TOUR OF LIGHTS”


BOOK GROUP

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

**NOVEMBER 2024****THE LIGHT PIRATE** by Lily Brooks-Dalton

The Light Pirate is a mesmerizing coming-of-age story about one little girl in a time and place where nature is determined to assert her dominance over man. Hurricane Wanda leaves behind wreckage that goes far beyond structural damage. Wanda grows up in an environment that is both unwelcoming and viscerally comforting.

**DECEMBER 2024** - No book for December

We will meet to share book titles we recommend.

JANUARY 2025

LIFE ON THE MISSISSIPPI by Rinker Buck

FEBRUARY 2025

A BURNING by Megha Majumdar

MARCH 2025

FOX AND I by Catherine Raven

APRIL 2025

DEATH COMES FOR THE ARCHBISHOP by Willa Cather


GROUP CALENDAR


Hey! Rock Talk Group is back! 2nd Monday of the month at 10:30. ... they rock !!!!!

GROUP ACTIVITIES	Day	Time	Location
ARTS / CRAFT - Art Club	Wednesdays, 2nd & 4th	1:30-3:30pm	Room 105
ARTS / CRAFT - Hook, Yarn & Needle	Tuesdays	1:00-3:00pm	Room 105
ARTS / CRAFT - Photography Group	Fridays, 4th	9:30-11:30am	Room 106
ARTS / CRAFT - Storytelling	Mondays, 2nd	9:30-11:30am	Room 104
CARDS - "Chat" Bridge	Wednesdays	9:30-12:00pm	Room 104
CARDS - 500	Fridays	12:30-4:00pm	Room 104
CARDS - Cribbage	Thursdays	12:45-4:00pm	Room 106
CARDS - Double Deck Pinochle	Mondays	12:15-4:00pm	Room 104
CARDS - Duplicate Bridge	Tuesdays	12:30-4:00pm	Room 104
CARDS - Euchre	Tuesdays	12:30-4:00pm	Room 106
CARDS - Sanctioned Duplicate Bridge	Thursdays	12:00-4:00pm	Room 104
CARDS - Social Bridge	Wednesdays	12:30-4:00pm	Room 104
GAMES - American Mahjongg	Fridays	1:00-3:00pm	Room 106
GAMES - BINGO	Mondays, 3rd	1:00-2:00pm	Room 103
MISC - Book Club	Fridays, 2nd	10:30-12:00pm	Room 102
MISC - History Group	Fridays	10:30-12:00pm	Room 104
MISC - Reading With 5th Graders - restarts in November	Varies	11:50-12:20pm	Multiple Rooms
MISC - Rock Talk - restarts in November	Mondays, 2nd	10:30am-12:30pm	Gallery Link
MUSIC - Chime Choir	Thursdays	9:30-10:45am	Room 103
MUSIC - Troubadours Men's Choir	Tuesdays	9:00-11:30am	Room 103
MUSIC - Ukulele Orchestra and Assorted Strings	Wednesdays, 1st, 3rd, 5th	1:00-3:00pm	Room 103
MUSIC - The Band Practice	Mondays	4:00-5:00pm	Room 103
MUSIC - Seasoned Singers - starts again Nov 7	Varies	Late afternoon	Room 103
FITNESS GROUPS			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Pickleball - ON BREAK	Tuesdays & Thursdays	8:00-9:00am	Lions Park
Nordic Walking - ON BREAK	Fridays	10:45-11:30am	Courtyard
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball Practice	Thursdays	10:00-12:00am	Sechler Park
Softball Games	Tuesdays	10:00-11:00am	Sechler Park
Pedalers & Walkers	Mondays & Wednesdays	Mornings	Varies
Walking Group - ON BREAK	Mondays	9:00-10:00am	Careton Arb

GROUPS

History Group in November

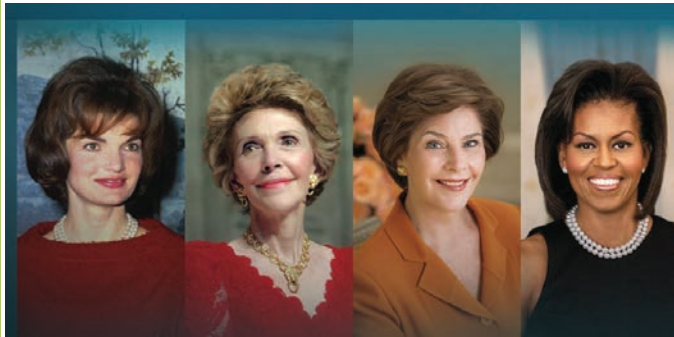
**Group fees apply \$1.
Fridays, 10:30-12pm | room 104**

**The November series is
facilitated by Kay Brown.**

Come to one group session or all!

FIRST LADIES REVEALED

**Documentary | 48min
Friday, November 1, 8, 15, 22 (4-part series)
10:30-12pm | room 104**



Nov. 1: THE POWER OF STYLE

The wives of American Presidents get the honorary title of First Lady. Discover the role style played in their lives, including Jackie Kennedy's, and how style is not only personal, but also political.

Nov. 8: TWIST OF FATE

The wives of American Presidents, First Ladies, often find themselves thrust into roles they never envisaged. Discover what happened to Edith Roosevelt, Lady Bird Johnson and Betty Ford.

Nov. 15: IN TIMES OF WAR

Eleanor Roosevelt and other wives of American presidents often played a significant role in helping their country deal with wartime tragedy and trauma.

Nov. 22: TRAILBLAZERS

America's first ladies are not all content to stay in the background. Women like Eleanor Roosevelt and Hillary Clinton were determined to blaze a trail, fighting for civil and women's rights.

Check out the history group!

What subject do you want to learn more about?

Is there a subject that interests you and would like to present?



**HO! HO! HO! OH NO! NO! NO!
IT'S TIME TO THINK OF THE WINTER HOLIDAYS!!**

**Seasoned Singers prepare for
FiftyNorth's Holiday Celebration**

Enjoy singing without having to commit to an entire year of numerous rehearsals and performances? The Seasoned Singers, directed by Donna May, is a group of women who meet "seasonally" at 50North to perform at various events. Our December concert is scheduled for Thursday, December 19 from 1:00pm - 2:00pm. The Chime Choir will join us as part of 50North's Holiday Celebration. We rehearse on Thursdays from 6:00pm - 7:30pm starting on November 7 in Rm 103. (See the schedule below.). All women are welcome who can match pitch and read a score. No formal audition is required. You do not have to be a member of 50N to participate, so don't hesitate to bring a friend. There is a small fee of \$10 to cover the cost of music. Interested? Have questions? Contact Donna May at 507-649-7399; dmay@churchofsaintagnes.org. or simply show up at the first rehearsal and try us out!

- 1. Thursday, Nov. 7, 2024 6-7:30 pm
- 2. Thursday, Nov. 14 6-7:30 pm
- 3. Thursday, Nov. 21 6-7:30 pm
- 4. Tuesday, Nov. 26 6-7:30 pm
- 5. Thursday, Dec. 5 6-7:30 pm
- 6. Thursday, Dec 12 6-7:30 pm



BINGO!!!

**3rd Monday of the month
1:00-2:00pm
Location: Room 103**

Join us for a fun-filled hour of a various Bingo games including postage stamp, four corners, etc... with a guest host Bingo Caller

\$1 Group Fees apply

**Sponsored by: Elysian Senior Homes
elysianofnorthfield.com
(507) 301-3737**



SEPTEMBER 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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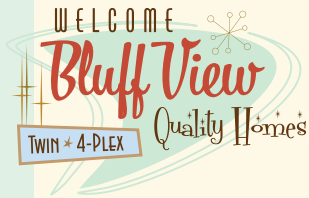


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Scan with your smartphone!

**September, 2024
Total Membership:
2,094**

**SEPTEMBER
NEW MEMBERS**
GLAD YOU'RE HERE!
Welcome!

- Mike & Sandra Ahrens,
- Brian & Cheryl Boesche,
- Sandra Coats,
- Steve & Andrea Frank,
- Connie Hehling,
- Daniel Kellman,
- Kathy Kraemer,
- Fred LaMarche,
- Owen Mibus,
- Margaret Moore,
- Sujata Owens,
- John & Martha Paas,
- Collene Rognlie-Klick,
- Mary Saunders,
- Frances VanHouten,
- Barb Vosejпка,
- Peggy Weaver,
- Lisa Wolkenhauer



**NEW MODEL HOME
COMING SOON!**
202 Ford Street East
Northfield, MN

Johnson-Reiland is excited to have you check out this new community of twinhomes and 4-plex homes built with quality construction. Many lots are available in this ideal location for those looking to downsize or transition to single-level living.



KRAEWOOD

MODEL HOME:
604 Kraewood Drive
Northfield, MN

Heavily wooded lots that are just a short walk to colleges and downtown. The new energy efficient model home has main floor living, three bedrooms, two baths, laundry/mud room, spacious foyer, an open floor plan, workshop area, unfinished basement and deck.



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Ruth's
on
Stafford

7:30-9:30 am



**BREAKFAST ON
TUESDAYS**

Room 105 at
FiftyNorth

OMELETS, made to order every week, plus a muffin or fresh baked bread

- 1 egg omelet – one cup of toppings included — \$7.50
- 2 egg omelet – one cup of toppings included — \$10.50

CREPES, WAFFLES, FRENCH TOAST

- 1st and 3rd weeks of the month –
CREPES with bacon, fresh fruit, cheese — \$10.50
- 2nd and 4th weeks of the month –
WAFFLES with sausage, fresh fruit, cheese
✓ 1/2 waffle: \$7.50 ✓ 1 waffle: \$10.50
- 5th week of the month –
FRENCH TOAST with ham, fresh fruit
✓ 1 piece: \$7.50 ✓ 2 pieces: \$10.50
- 5th week of the month - QUICHE with fresh bread, muffin, or toast — \$10.50

www.FiftyNorth.org

1651 Jefferson Pkwy, Northfield, MN 55057



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

STAFF DIRECTORY

Director:

Kerry Hjelmgren
507-664-3701 | kerry.hjelmgren@fiftynorth.org

Assistant Director/Fitness Coordinator:

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

Administration Manager:

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

Program Coordinator: Lifelong Learning/ Community Outreach

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

Program Coordinator: Arts/Volunteer/Dining

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

Used-A-Bit Shoppe Manager:

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

Used-A-Bit Shoppe Assistant Manager:

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

Bookkeeper:

Andrea Turini
507-664-3700 | accounting@fiftynorth.org



Front Desk (Reception Staff):

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



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

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



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

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

View newest information online: fiftynorth.org

Follow FiftyNorth and Used-A-Bit on Facebook!