



FiftyNorth Report

NOVEMBER 2023

By Kerry Hjelmgren, *Director*



NEW MEMBERS, WELCOME EVENT!



At this moment, as we are composing our November newsletter, we just reached a new FiftyNorth membership record of 2,000 members! WOW! These days, welcoming new members is definitely the norm. With this wonderful membership milestone met, the Membership Committee will begin hosting New Member Luncheons three times per year. So, if you became a new member during the first three quarters of 2023, you will

be receiving an invitation via email or mail for our first new member luncheon - to be held this November. The next New Member Luncheon will be in March, 2024.

The goals for these special luncheons are to help new members jump into their membership, learn more about all that FiftyNorth

has to offer, and find out how best to access every opportunity. There is so much! At the luncheon, new members can look forward to a delicious taco salad from Little Frida's Café, the opportunity to get to know other new members and meet the staff, learn about how to get involved, enjoy a full tour of the facility, and have all of their questions answered.

Our annual membership survey from last spring revealed that new members don't always feel comfortable joining established groups at FiftyNorth. So, here is my request to FiftyNorth's seasoned members: if you see someone you don't know at FiftyNorth, please welcome them and introduce yourself. We've all been the new person in the room, and know it can be challenging to feel comfortable in a new space with new people. With your help, our new members will become seasoned members in no time!

Welcome to FiftyNorth, new members! Thank you for becoming part of our FiftyNorth family.

Kerry

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Happy Thanksgiving

CLOSED
THURSDAY NOVEMBER 23
AND FRIDAY NOVEMBER 24



Daylight Savings Time
November 5



NEW MEMBER
luncheon

Special Gallery Event

SHAPES AND SHADOWS - Presented by Kay Brown

EXHIBIT: NOVEMBER 6— VETERAN'S DAY NOVEMBER 11

RECEPTION: WEDNESDAY, NOV. 8 AT 5:00PM,
followed at 6:30 by Kay A. Brown's presentation.



SHAPES AND SHADOWS Kay Brown talk
Wednesday, November 8
6:30-7:30pm

The Story of a Vietnam Vet

The story of Galen A. Brown, Vietnam U.S. Marine veteran, Purple Heart recipient and artist will be presented in two parts at the Fifty North Gallery. The first part is a gallery show exhibiting a collection of Galen's art and the second will be his Vietnam story shared by Kay A. Brown.

Presenter: Kay Brown

Capacity: 30 **Cost:** Free **Space:** Room 103

Registration deadline: November 6

In The FiftyNorth Gallery

KATE DOUGLAS – MIXED MEDIUM

MARTY AMUNDSON – MIXED MEDIUM

EXHIBIT: NOVEMBER 13 — DECEMBER 29 • RECEPTION: THURSDAY, NOVEMBER 16, 4PM

BIO — KATE DOUGLAS

Kate Douglas is an artist and art educator who resides in Northfield. Kate taught art and designed art curriculum for K-12 Northfield students from 1977 to 1998. She taught art methods at St. Olaf College from 1995 to 1999 then moved to St. Paul and taught at Augsburg and St. Kate's for approximately 4 years before becoming full-time at St. Kate's. She officially retired from St. Kate's in 2011.

Over her 43 years of teaching, Kate has continued to draw and paint in oils, watercolor, and other media. She obtained her bachelor degree in K-12 art education and K-6 classroom education and her master's degree in studio art. She has belonged to the AEM, Art Educators of Minnesota and the NAEA, National Art Education Association throughout her teaching career.



Kate's goal in retirement has been to teach art to adults and focus on her own art.

BIO — MARTY AMUNDSON

Years ago, art classes were the focus of my college course work as a freshman at Moorhead State. During my sophomore year, I changed my major from Art education to speech language pathology and entered the world of speech language hearing science and special education in the public schools. Creating and learning about art became a distant memory as marriage, raising a family, and college courses and career development took top priority in my life.

After retiring from a career in special education administration in 2019, I rediscovered my passion for all things art related. I joined FiftyNorth and began attending Art Club as well as taking classes in collage/mixed media, acrylic and watercolor painting. Saori weaving and peg loom weaving are a couple of my favorite creative outlets. In addition to in-person classes, I study and learn via YouTube, Instagram and FaceBook groups. My art supplies and materials have quickly expanded over the past 3 years as I continue to fuel my rekindled love for art.

Best advice I can give you is: join Art Club and learn from fellow members. You will make new friends and continue to learn and grow.



MEMBER NEWS & EVENTS



TROUBADOURS MEN'S CHOIR CONCERT

Thursday, November 9

1:00-2:00pm

The Troubadours have been entertaining locally for over forty years. They are an all-male choir. They sing a wide variety of musical selections.

Capacity: 40 **Cost:** Free will offering optional

Space: Room 103



NAME THAT TUNE

Thursday, November 30

1:00-2:00pm

In a fun and energetic battle, you will experience an interactive game designed around the classic "Name That Tune" game show. Our host David Miller will introduce the game, categories and scoring. Participants will listen to brief snippets of music and be asked to identify the song, the band or artist and perhaps a trivia question for extra points. Sing along, tap your toes or snap your fingers to the beat. Put your knowledge of your favorite songs and artists to the test!

Presenter: David Miller **Capacity:** 30

Cost: Free **Space:** Room 103



TWO PIANISTS EXTRAORDINAIRE – Richard Collman and David Miller

Performance on Saturday, November 11 at 2:00pm

The Collman-Miller Piano Duo was formed in 2011. Richard and David have performed at the Northfield Retirement Center, Becketwood Manor in Minneapolis, the Grand Rapids MN summer arts series, Staples-Motley arts series, and at house music salons.

Richard F. Collman began piano study with his mother. He has degrees from UMD, Yale Divinity School (M. Div.) Univ. of Notre Dame (MM Music & Liturgy). Combining a career in ministry & music, he retired in Northfield in 2006. He remains active in arts promotion, piano, organ (part-time at St. Peter's Lutheran) and also plays Celtic harp for Northfield Hospital Hospice program. In 2007, he founded the Northfield Noontime Organ Recitals.

David K. Miller has a degree in music education from MSU-Moorhead with study at the Academy of Music in Vienna. He taught music for over 30 years near Eugene OR. In Northfield since 2008, he performs as a piano soloist, accompanist, and arranger in music like "Jesse" and melodramas at FiftyNorth. David also accompanies I Cantanti Chamber.

Presenters: Richard Collman and David Miller

Capacity: 75

Cost: Free-will donations appreciated

Space: Room 103/105

MEMBER NEWS & HAPPENINGS



LOVE WARMS THE HEART MITTENS WARM THE HANDS

THE FIFTYNORTH MITTEN TREE

The mitten tree tradition continues at FiftyNorth! Right before Thanksgiving

the tree will go up in the lobby. It will be decorated with colorful paper ornaments. FiftyNorth members can take a paper and replace it by purchasing age appropriate hats, socks and waterproof mittens or gloves. Let's fill up the tree for elementary kids in the Northfield schools. Donations will be accepted until December 15th.



MAKING SENSE OF MEDICARE Mondays & Fridays through December 4 9:00am-2:00pm

Whether new to Medicare or questioning your current plan, receive assistance from licensed local and independent insurance agent Sandra Robertson.
Space: FiftyNorth in the Gallery Link

Available for help with:

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

Stop by or call for appointment.

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

MEDICARE COUNSELING 3rd Wednesday of every month 10:00am-2:00pm

South East Minnesota Area Agency on Aging Consults (SEMAAA)

Cea Grass, Senior Linkage Line Outreach Specialist with SEMAAA will be coming to FiftyNorth on the third Wednesday of each month to answer questions about medicare coverage, choosing the best supplement plan, long term care and insurance, and other concerns of aging adults. This is a drop-in service and no appointment is needed.



Reserve your spot for a Fun Pop-up Dinner at Little Frida Cafe

**Friday, November 10th
5:30 to 7:30pm**

Limited seating - For reservations email estradacateringnorthfield@gmail.com

For more information call Maria Estrada at 507-321-1884.

Open to the public and members of FiftyNorth.



INDIVIDUAL CHARCUTERIE BOARD

BERRY SALAD:

Mixed greens, fresh berries, candied pecans and blue cheese tossed in a white wine vinaigrette.

MAIN:

Stuffed salmon with sweet mexican street corn, topped with a tamarind balsamic glaze served over green poblano rice.

SECOND COURSE:

Steak and veggies skewers with Saffron patatas bravas

DESSERT:

Cheesecake topped with roasted butter, brown sugar & pineapple

MOCK TAIL: #1 Sangria

Coffee and water

This is a plated dinner.

PRICE:

\$45.00 per person - Includes tax and 18% gratuity



A month of music during lunch!



MUSIC DURING LUNCH ECLECTIC STRUMMERS & SINGERS

Friday, December 1
11:30am

Our group "The FiftyNorth Eclectic Strummers & Singers" will perform Christmas songs at Little Frida Cafe on Friday December 1st.

We are seniors and have ukuleles and guitars and a mandolin and a banjo and a bass, and we enjoy playing and singing together. We plan to perform some traditional Christmas carols and some less known Christmas ballads, and some non-traditional stuff. We do not accept tips (nor Figgy Pudding) but we really do welcome enthusiastic applause.

We play and sing together on the 1st and 3rd and 5th Wednesdays of each month at 1:00 at FiftyNorth. We welcome all new members. No audition required. All you need is a smile and a desire to have fun with a musical instrument.

Contact Bob Waldron at 952-652-3000 or BobAndlleen@gmail.com



MUSIC DURING LUNCH CHIME CHOIR

Friday, December 15
11:30am

Interested in joining the the Chime Choir? We've started a new season and looking for new members who enjoy making music.

We meet for an hour on Thursday mornings at 9:30 in room #103. No prior bells or chimes experience needed. Basic music knowledge is a plus. We plan to do a few performances throughout the year.

Contact Marilyn Finneseth at 612-877-0959 for more information.



**PRACTICE
STARTS
NOV. 16**

MUSIC DURING LUNCH SEASONED SINGERS DURING LUNCH

Wednesday, December 20
11:30am - Noon

JOIN THE SEASONED SINGERS

The Seasoned Singers will begin rehearsals on November 16 to prepare a selection of holiday music for members of FiftyNorth on December 20 during lunch. The Singers also plan to carol at several retirement centers. If you are interested in raising your voices in song contact Donna May at dmay@churchofsaintagnes.org, or call 507-649-7399.

No audition is necessary. You can also simply sign up at the reception desk. The schedule is listed below.

<u>REHEARSALS, ROOM 103</u>	Thursday, Dec. 7, 4pm
Thursday, Nov. 16, 4pm	Tuesday, Dec. 12, 5pm
Tuesday, Nov. 21, 5pm	Thursday, Dec. 14, 6pm
Tuesday, Nov. 28, 5pm	
Thursday, Nov. 30, 4pm	

**Concert - Music During Lunch:
Wednesday, December 20, 11:30am - Noon**



MUSIC DURING LUNCH THE FIFTYNORTH BAND

Friday, December 8
11:30am

Are you feeling festive? Come and enjoy the FiftyNorth Band on Dec. 8 at 11:30. A little jazz, a little Christmas, a little Ho Ho Ho! We look forward to seeing *you* there!

ART CLASSES

Please pre-register for all classes:

Phone: 507-664-3700

Online: [FiftyNorth.org/classes](https://www.fiftynorth.org/classes)

In Person: FiftyNorth front desk



IMPROVISATION CLASS

Friday, November 3

9:00-10:30am

"All the world's a stage and all the men and women merely players and one man in his time plays many parts" Shakespeare. As we work with one another it has been said "We don't stop playing because we grow old. We grow old because we stop playing." GB Shaw.

Come play with us...no scripts necessary! Just your good selves and a desire to see...hear...listen to one another and as we play... we shall find...."we are such stuff as dreams are made on..."Shakespeare.

Instructor: Sylvia Langworthy

Capacity: 15

Cost: \$15 nonmbr, \$11 mbr, \$0 platinum

Space: 103

Registration deadline: November 1

POETRY CLASS

Monday, November 6

1:00-3:00pm

POETRY/ART – WHAT'S UP?

This is not the usual poetry class. Why? For one thing, nobody is a usual poet. Each one who writes poetry comes with their own outlook, set of skills, creativity, patience, and limited time. Looking ahead to the Poetry/Art plan for the Gallery at FiftyNorth for March and April, we'll be looking at various ways to put a poem together: ballad, villanelle, cinquain, haiku, ghazal, and a couple of light verse forms: limerick and double dactyl. Now a bit about sonnets:

*A young man named Will
Often took up a new quill
Wrote a sonnet every day
Love offered a lot to say*

Bring your own pen and paper.

Instructor: Marie Gery

Capacity: 15

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

Space: 102

Registration deadline: November 4



PEG LOOM WEAVING

Wednesday, November 8

1:00-5:00pm

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

ABOUT THE SHEEP FIBER:

Jacob sheep are spotted sheep with colored patches on a white or cream background. The colored patches display a range of shades from very light gray to deep gray, dark chocolate and black. The tips are sometimes sun-bleached brown which adds to the warmth of many colors. Dark and light fibers can be blended together for a very wide variety of tones and effects which makes for so much potential for creativity and patterns in gorgeous, natural colors.

Jacob sheep fiber is described by fiber enthusiasts as "soft soft". It is medium grade, which means it has a slightly greater fiber diameter than fine wools. Breed standard ranges from 26.4 to 36.2 microns with an average staple length of 4-7 inches. It is soft, springy, open, has good loft and is low in lanolin. Fabric made using Jacob sheep fiber is next-to-the-skin comfortable, lightweight, warm and drapery. It is beautiful for hand spinning and weaving. Additionally, the fibers take natural and acid dyes very well if you enjoy color work. It is also very good for felting projects, felting quickly and easily.

Because Jacobs are a rare breed, their fleeces, roving and yarn can be difficult to find locally sourced. Our flock is registered with the Livestock Conservancy and we participate in the ShaveEmtoSaveEm program. You can participate in the conservation of this beautiful breed by your patronage of our fiber shop. You may visit our website at [NorthWindsJacobs.com](https://www.northwindsjacobs.com) to see images of the sheep, fiber and projects for sale as well as the story of our farm's journey.

Instructor: Wendi Piller

Capacity: 12

Cost: \$101 nonmbr, \$93 mbr, \$65 platinum

Space: 102

Registration deadline: November 6

ART CLASSES

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

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

**SHAPES AND SHADOWS — Kay Brown talk****Wednesday, November 8****6:30-7:30pm**

The Story of a Vietnam Vet

The story of Galen A. Brown, Vietnam U.S. Marine veteran, Purple Heart recipient and artist will be presented in two parts at the Fifty North Gallery. The first part is a gallery show exhibiting a collection of Galen's art and the second will be his Vietnam story shared by Kay A. Brown.

Presenter: Kay Brown **Capacity:** 30**Cost:** Free **Space:** Room 103**Registration deadline:** November 6**OBITUARY WRITING****Monday, Thursday,****November 13, 16****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 Monday morning from 9-11 to map out the necessary features of an obituary and resume on Thursday 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.

Presenter: Carol Rutz **Capacity:** 16 **Cost:** \$18 nonmbr, \$14 mbr, \$0 platinum **Space:** room 102**FUSED GLASS CHRISTMAS TREE CHEESE TRAY****Tuesday, November 14****10:00-11:30am**

Try your hand at an adorable fused glass Christmas tree cheese tray. This will make a great holiday gift. Materials provided. Measures approximately 4" x 7".

Instructor: GERALYN Thelen**Capacity:** 10**Cost:** \$40 nonmbr, \$35 mbr, \$20 platinum**Space:** 104
**CREATING ARTFUL ORNAMENTS:
 Pyrography and Watercolor Workshop**
Wednesday, November 15**1:00-3:00pm**

Unlock your creativity while creating beautiful, handmade ornaments that combine the art of pyrography and watercolor. By the end of this workshop you will create a stunning winter landscape ornament that captures the beauty and tranquility of winter through the use of mixed media. Materials included.

Instructor: Josie Prins**Capacity:** 12 **Cost:** \$42 nonmbr, \$36 mbr, \$15 platinum **Space:** 102**Registration deadline:** November 13

ART CLASSES

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

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

**MAKING KRUMKAKE - From Grandma's Kitchen****Monday, December 4****10:00-11:30am**

Krumkake originated in Norway about 1,000 years ago. Krumkake means "bend cake". In a survey done in Norway, krumkake is the most favored cookie by 74.54%!

Krumkake is made with flour, eggs, sugar, and cream. Some people stuff the cones with a stiff, sweet whipping cream. Come join us in making a batch of krumkake, and of course tasting!!

Instructors: Bev Jacobsen & Pat Zeller**Capacity:** 10 **Cost:** \$15 nonmbr, \$10 mbr, \$0 platinum **Space:** Room 102**Registration deadline:** November 30**NEEDLE-FELTED GNOMES****Monday, December 4****1:00-3:00pm**

Join Cindi Beurskens for a beginner-level needle felting project, a Christmas Gnome Ornament! I'll take you step by step through this easy and fun craft. All materials are provided. Just bring your imagination.

Instructor: Cindi Beurskens**Capacity:** 6 minimum, 12 maximum**Cost:** \$30 nonmbr, \$25 mbr, \$10 platinum**Space:** Room 102**Registration deadline:** November 30**TEXTILE ART CLASS 8" X 10" WALL HANGING QUILT****Tuesday, December 5****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 floral 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 Sunflower.



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:** 10**Cost:** \$30 nonmbr, \$26 mbr, \$12 platinum**Space:** 102 **Registration deadline:** December 1

FITNESS CLASSES

NEW ONGOING FITNESS CLASSES IN-PERSON ONLY

YOGA STRETCH (with Nancy)
Wednesdays
7:00-7:45am

Yoga Stretch is designed to help participants improve flexibility, release tension, and promote relaxation. Focus is on slow, deliberate movements and extended holds to enhance flexibility and reduce stress.

Instructor: Nancy Veverka
Class Limit: 20
Cost: \$9 nonmbr, \$7 mbr,
\$0 plus/platinum



NANCY VEVERKA

- 200-hour Registered Yoga Teacher Training program in Rishikesh, India
- Yin Yoga Teacher Training

HATHA YOGA (with Nancy)
Tuesdays & Thursdays
7:00-7:45am **STARTS OCT. 31**

This Hatha Yoga class includes a warm-up, stretching poses (and sun salutation), muscle strengthening, balancing poses and relaxation.

Instructor: Nancy Veverka
Class Limit: 20
Cost: \$9 nonmbr, \$7 mbr, \$0 plus/platinum



NEW SESSION-BASED CLASS (PRE-REGISTRATION REQUIRED)

STRENGTH TRAINING FOR BEGINNERS
(pre-registration required)

Wednesdays
November 1, 8, 15, 22
8:30-9:30am

This is a new offering for those who have always wanted to start a strength training program. As you may have heard, strength training is one of the most important things you can do for yourself as you age. Join personal trainer, Ingrid Freeman, as she leads you through the most important strength training exercises, teaches you how to use hand weights or your own body weight to build strength, stamina, flexibility and stability. You will build a strength program that you will easily be able to do at home, practice performing the exercises correctly and learn how to log your progress.

This offering is limited to 5 participants, so be sure to sign up soon!
Come dressed in comfortable clothing and shoes.

(4 sessions)

Instructor: Ingrid Freeman
Capacity: 5
Cost: \$36 nonmbr, \$28 mbr, \$0 platinum
Space: 102

MEET THE YOGA INSTRUCTORS



CARLA JOHNSON

- *NETA Certified Personal Trainer
- *NETA Senior Yoga Certified
- *Yoga Center Retreat
- *Certified Yoga Instructor
- **Yoga Classes with Carla**
- Fridays Beginning Hatha Yoga 9:15am



CHERYL RAMETTE

- *Certified STOTT Pilates Instructor
- *Certified Somatics Educator
- **Yoga Classes with Cheryl**
- Fridays 1:00pm Somatics
- Fridays 2:15pm Intro to Somatics (Session Based Class)

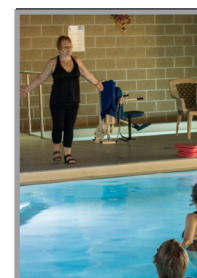


INGRID FREEMAN

- *200 hour registered yoga teacher with additional certifications in yin yoga, restorative yoga and yoga for sensitive populations as a result of traumatic experiences.

- *Personal Training Certification
- *Group Exercise Certification
- *Pilates Mat Certification
- *Barre Certification
- *Strength Training for Older Adults
- *Zumba Certified Instructor

- **Yoga Classes with Ingrid:**
- Mondays 9:15am Yoga Stretch
- Saturdays 9:15am Hatha Yoga



MARIE FREDERICKSON

- *Silver Sneaker Chair Yoga Instructor
- *200 Hour Yoga Teacher Certification
- *Aqua Yoga Certified Instructor
- *Numerous Other Certifications

AQUA FITNESS

NOVEMBER



COLOR KEY:

GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim

2023 AQUA FITNESS (updated July 1)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	
6:30 AM						
7:00 AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	OPEN SWIM
7:30 AM						
8:00 AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	OPEN SWIM
8:30 AM						
9:00 AM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT 'N TONE 9:15-10:00AM	OPEN SWIM
9:30 AM						
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	FAMILY SWIM 12-2PM age 3+
12:30 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	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						

VIRTUAL LAND BASED FITNESS CLASSES

NOVEMBER



INTENSITY KEY:

PINK – High Intensity

BLUE – Mid-range

PURPLE – Gentle

2023 VIRTUAL LAND BASED FITNESS CLASSES (updated October)								
AVAILABLE THRU ZOOM								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)				
6:30 AM								
7:00 AM					QIGONG MEDITATION (7-7:30)			
7:30 AM								
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	STRONG NATION (8-9)	STRENGTH (8-8:45)
8:30 AM	CORE AND MORE (8:30-9)						CORE AND MORE (8:30-9)	
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)	SIMPLE STRETCH (9-9:45)		
9:30 AM			QIGONG MEDITATION (9:30-10)					HATHA YOGA (9:15-10:15)
10:00 AM								
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)			
11:00 AM								
11:30 AM								
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)			
12:30 PM								
1:00 PM			LINE DANCING (1-2)	CARDIO STRENGTH MIX (1-1:45)	YOGA BALANCE (1-2)			
1:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								

2023 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)	QIGONG MEDITATION (7-7:30)	
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		HEALTHFINDERS ZUMBA WITH MARIBEL (8-9) FREE
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA 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			
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 (10:30-2:30)
11:00 AM						
11:30 AM					INTERMEDIATE GLOBAL LINE DANCING (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)	SOMATICS (1-2) Prerequisite: Intro to Somatics	
12:30 PM						
1:00 PM			LINE DANCING (1-2)			
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)		TABLE TENNIS (1:30-3:30)		
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)	NORDIC WALKING GROUP (3:30-4:30)	TAI CHI FLOW (3:30-4)	
4:00 PM	TAI CHI FLOW TIPS/TRICKS (4:15-4:45)		TAI CHI FLOW TIPS/TRICKS (4:15-4:45)		TAI CHI FLOW TIPS/TRICKS (4:15-4:45)	
4:30 PM						
5:00 PM						
5:30 PM	TABLE TENNIS (5:30-7:30)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		
6:00 PM						
6:30 PM						



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

AARP SMART DRIVING PROGRAM

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

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

■ **AARP Smart Driving 4-hour Refresher Course**
Wednesday, December 13
9:00-1:00pm



NOTE: Classes starting in 2024 will be in the FiftyNorth December newsletter.

SENIOR LEARNING NETWORK CLASSES

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

ALL SENIOR LEARNING NETWORK CLASSES:

Presenter: Senior Learning Network

Capacity: 20

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

Space: 103

SLN - EISENHOWER BIRTHPLACE HISTORIC SITE:



From Humble Roots
Tuesday, November 7
1:00-2:00pm

Dwight David "Ike" Eisenhower was born in the bedroom of the two-story house in Denison, TX. on Oct. 14, 1890. He was the only one of David and Ida

Eisenhower's seven children born in Texas.

SLN - ACADIA NATIONAL PARK:



What Makes Acadia, Acadia?
Tuesday, November 14
1:00-2:00pm

Acadia National Park is mostly located on Mount Desert Island, the largest island off the coast of Maine. The park stretches across about half of the island, roughly divided by Somes Sound to create east and west sides.

SLN - LEWIS AND CLARK NATIONAL HISTORIC TRAIL



Tuesday, November 21
1:00-2:00pm

The Lewis and Clark National Historic Trail winds nearly 4,900 miles through the homelands of more than 60 Tribal nations! It follows the historic outbound and inbound routes of the Lewis and Clark Expedition of 1803-1806 from Pittsburgh, Pennsylvania to the Pacific Ocean.

SLN - MARTIN LUTHER KING NATIONAL MEMORIAL (DC)



Tuesday, November 28
1:00-2:00pm

Dr. King's memorial is the first to honor an African American individual on the National Mall. This space is a place to contemplate Martin Luther King, Jr.'s legacy: a non-violent philosophy striving for freedom, justice, and equality.

See FULL descriptions online & on the bulletin board at FiftyNorth!

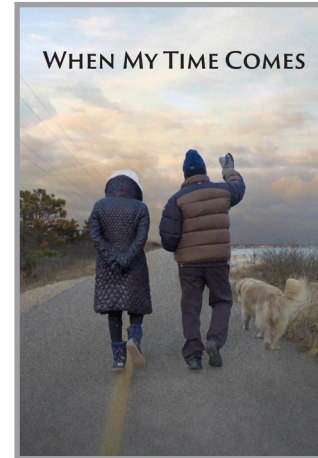
LIFE LONG LEARNING CLASSES

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: FiftyNorth front desk



"WHEN MY TIME COMES"
with Diane Rehm -
Film and discussion on Medical Aid in Dying

Monday, November 13
10:00-11:30am

Spurred on by the death of her husband, the Peabody-award-winning journalist crosses the country to take an in-depth look at medical aid in dying. She speaks to people on all sides of the issue, uncovering the pros and cons, the facts and the misinformation surrounding this controversial practice that is now legal in nine states and the District of Columbia. The result is both moving and informative – an eye-opening documentary that is sure to provoke strong reactions and thoughtful conversations among viewers of all ages and backgrounds. (<https://whenmytimecomesmovie.com/>).

Join several members of the informal Northfield Medical Aid in Dying group (including Mary Carlsen, Karen Mader, Brynda McCoy and Anne Meyer Ruppel) to watch this documentary and participate in discussion after the film. We will include current information on the status of Medical Aid in Dying legislation in Minnesota and answer questions about the topic. People of all backgrounds can be found in support of – and in opposition to – this option for end of life care. We hope this presentation will help you to become better informed and motivated to have a conversation with loved ones and perhaps even with your legislators.

Presenters: Representatives of the Medical Aid in Dying group

Capacity: 25

Cost: Free

Space: Room 103

LIFE LONG LEARNING CLASSES

continued

WOMEN IN THE CIRCUS PRESENTATION

Monday, November 13

1:00-2:00pm

“The Smallest Circus on Earth” is a collection of 16 pieces, some small and some large. They commemorate a time in our history here in the Midwest when people got together for a break in their routine and to be entertained. Light hearted, colorful as well as educational, this circus will put a bright spot in your day. Artist Trudi Schaefer will talk about why she created this circus and the history of the three female



circus performers that she chose to highlight in the collection. Trudi’s collection will be on display in the glass case in the lobby beginning November 6th.

Presenter: Trudi Schaefer
Capacity: 30
Cost: Free
Space: 103



SHOULD I STAY OR SHOULD I GO?

Educational Housing Series sponsored by

Age-friendly Northfield

Wednesday, November 29

10:30 am - Noon

Deciding the next housing chapter of your life can be complicated. This workshop will answer financing questions whether you’re considering staying in your home and remodeling it to meet your current needs or if it’s time to sell and buy a different home that better suits you. Paula Norgaard with Cambria Mortgage and Chris Graupman with Wells Fargo will talk about traditional mortgages, home equity loans, reverse mortgages, etc. Join us to help you answer the question: “Should I Stay or Should I Go”?

Presenters: Paula Norgaard with Cambria Mortgage and Chris Graupman with Wells Fargo

Capacity:30

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

Space: 103

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

FASCISM: A WARNING

by Madeleine Albright

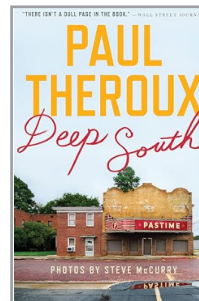
A Fascist, observes Madeleine Albright, ‘is someone who claims to speak for a whole nation or group, is utterly unconcerned with the rights of others, and is willing to use violence and whatever other means are necessary to achieve the goals he or

she might have.’

Fascism: A Warning is a book for our times that is relevant to all times. Written with wisdom by someone who has not only studied history but helped to shape it, this call to arms teaches us the lessons we must understand and the questions we must answer if we are to save ourselves from repeating the tragic errors of the past.

DECEMBER

No book discussion



JANUARY 2024

DEEP SOUTH: FOUR SEASONS ON BACK ROADS

by Paul Theroux

Paul Theroux has spent the past fifty years roaming the globe, describing his encounters with remote people and far-flung places in ten best-selling travel books. Now, for the first time, he explores a part of America—the Deep South. Setting out on a winding road trip,

Theroux discovers a region of architectural and artistic wonders, incomparable music, mouth-watering cuisine—and also some of the worst schools, medical care, housing, and unemployment rates in the nation. Yet, no matter where he goes, Theroux meets the unsung heroes of the South, the people who, despite it all, never left, and also those who found their way home and devoted their lives to rebuilding a place they could never live without.



February 2024

HAUNTED GROUND

by Erin Hart

March 2024

EVERY DAY IS A GIFT: A MEMOIR

by Tammy Duckworth

TRAVEL GROUP

MAYOWOOD AND PLUMMER HOUSE TOUR

Wednesday, December 6
9:00-4:00pm

Tour of two beautiful old homes in Rochester. To get into the Christmas spirit we will travel to Rochester and tour 2 beautiful, historic homes decorated for Christmas.

The Plummer House is on Quarry Hill built in 1921 for Dr. Henry Stanley Plummer and his wife, Daisy. He was one of the first doctors on the Mayo staff. The expansive grounds include a greenhouse, water tower, garage and gazebo. Dr. Plummer designed the unified medical record which is still in use today. The main floor of the house is handicap accessible. The upper floors are not handicap accessible.

Mayowood is a country home, built in 1910. It has 38 rooms and is a concrete construction. Dr. Charles and Edith Mayo and their two children lived there. Mayowood has an elevator.

Lunch is arranged at the Canadian Honker Restaurant. The meal is included in the price. Gratuity is on your own. Please join Carol Nelson for this delightful trip.

Trip Leader: Carol Nelson

Capacity: 20

Cost: \$90 – includes the bus, tours and lunch

Registration deadline: November 29



AMERICAN MAHJONGG

Fridays
1:00-3:00pm

Group fees apply (\$1)

Volunteer-led

Mahjongg is a game in which players collect combinations of tiles in order to create a winning hand.

All levels of players are welcome! Lessons provided if needed.

If you have a game set and/or current card, it is suggested but not required that you bring it with you.

If you have any questions or would like to know more, feel free to contact Bev Legler at 952-857-9745.



BINGO BONANZA!!!

MONDAY, NOVEMBER 20 ● 1-2:00PM ● \$1 Group Fee Applies

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

HISTORY GROUP

\$1 group fee applies | Volunteer-led

The History Group meets every Friday from 10:30-12:00pm in room 104. We choose an area of interest and then select from documentaries or series-based educational programs. Join us every Friday or pop in any Friday.



HISTORY GROUP IN NOVEMBER:
NATIVE PEOPLES OF NORTH AMERICA

Join the Smithsonian and an award-winning professor to recount an epic story of resistance and accommodation, persistence and adaption, and extraordinary hardship and survival.

We view two thirty-minute segments and then discussion follows. Here are a few of the segments that we will begin with:

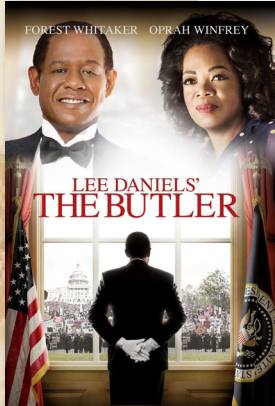
1. Native America: A Story of Survival
2. The Columbian Exchange: New Worlds for All
3. The Native South and Southwest in the 1600s
4. Werowocomoco and Montauk in the 1600s

Questions? Contact Patty Ciernia, program coordinator, at (507) 664-3709

FRIDAY MOVIE GROUP

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

ROOM
103



November 3 THE BUTLER

(2013) 132 mins.
After leaving the South as a young man and finding employment at an elite hotel in Washington, D.C., Cecil Gaines (Forest Whitaker) gets the opportunity of a lifetime when he is hired as a butler at the White House. Over the course of three decades, Cecil has a front-row seat to history and the inner workings of the Oval Office. However, his commitment to his "First Family" leads to tension at home, alienating his wife (Oprah Winfrey) and causing conflict with his anti-establishment son.



November 10 GUARDING TESS

(1994) Drama/Comedy 96mins.
Doug Chesnic (Nicolas Cage), an agent with the Secret Service Uniformed Division, is assigned to protect former first lady Tess Carlisle (Shirley MacLaine). Chesnic finds the job demeaning and a challenge because of Tess' high-maintenance personality and petty demands. He's desperate to get another assignment, but she insists that he remain head of her security detail, using her influence with the current president to get her way. When she's kidnapped, however, Chesnic's feelings change.



November 17 THE BUCKET LIST

(2007) Drama/Comedy 97mins.
Billionaire Edward Cole (Jack Nicholson) and car mechanic Carter Chambers (Morgan Freeman) are complete strangers, until fate lands them in the same hospital room. The men find they have two things in common: a need to come to terms with who they are and what they have done with their lives, and a desire to complete a list of things they want to see and do before they die. Against their doctor's advice, the men leave the hospital and set out on the adventure of a lifetime.

SATURDAY
NOVEMBER
25



BLACK SATURDAY "all day" MOVIE SPECIAL

Since we cannot have a Friday movie on November 24, you will love our "BLACK SATURDAY" movie picks. Come for an all-day Christmas "old time" movie rally. Watch one, two, or all three movies! Bring some lunch! Bring your kids and your grandkids. Make it a family affair!

SATURDAY, NOVEMBER 25



10:00am IT'S A WONDERFUL LIFE

(1947) Family 130 mins.
Voted the #1 Most Inspiring Film of All Time by AFI's 100 Years... 100 Cheers - It's A Wonderful Life has had just that. With the endearing message that "no one is a failure who has friends," Frank Capra's heartwarming masterpiece continues to endure, and after 70 years this beloved classic still remains as powerful and moving as the day it was made.



12:30pm THE STAR

(1974) Comedy 86 mins.
Bo, a brave donkey, and all his new hilarious animal friends go on the adventure of their dreams filled with lots of laughter. Animated story of the Nativity.



2:10pm MIRACLE ON 34TH STREET

(1947) Family 101 mins.
One Kris Kringle, a department-store Santa Claus, causes quite a commotion by suggesting customers go to a rival store for their purchases. But this is nothing to the stir he causes by announcing that he is not merely a make-believe St. Nick, but the real McCoy!. This special rendering of this Yuletide fantasy is a heartwarming treat for the entire family.

GROUPS AT A GLANCE

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

HEALTH & WELLNESS



Rob Gersky

BASIC EMBODIMENT: Physical Skills for Shifting Inner Struggles

Thursdays, November 2, 9, 16, 30

9:30-10:30am

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

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

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

(4 sessions)

Instructor: Rob Gersky

Capacity: 10

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

VOLUNTEER NEWS

CLOSING BUDDIES NEEDED

We are in need of more people to be Closing Buddies. These volunteers assist the receptionists with the closing routine and walks the receptionist safely to their vehicle. The Closing Buddies arrive at 7:45 on weekdays and 3:45 on Saturdays. If you would be willing and available to help with this, please contact Michelle at michelle.loken@fiftynorth.org, call 507-664-3707 or stop in the office.

READING WITH 5TH GRADERS 2nd Wednesday of the month Wednesday, November 8 2:00-2:30pm



Reading with Bridgewater students is back! Share your love of reading, support a student, build a connection, and have fun! You will be partnered with 1-3 students to read together - students bring the books; you bring your attention!

*This program started in 2000, and continued each year until the pandemic. We are delighted to bring it back, but we can't do it without your help! Please join us and see why students AND volunteers alike call this one of their favorite parts of their month.

If you would like to be, or are still interested in being a part of this group of reading buddy volunteers, please contact Michelle at 507-664-3707 or michelle.loken@fiftynorth.org



Thank you Courtyard Cleanup Helpers!

A special thank you to the crew from HomeTown Credit Union and the FiftyNorth volunteers who dedicated a morning to winterizing the courtyard and pruned the southeast side of the building. Amazing! We never expected to accomplish so much.

FIFTYNORTH VOLUNTEERS:
Karla Kuisle, Eileen Cooper and Rose Turnacliff

NOVEMBER VOLUNTEER SPOTLIGHT

MEET EILEEN COOPER



We would like to thank Eileen Cooper for baking cookies and bars for special events here at FiftyNorth.

Many people have enjoyed Eileen's sweet treats. She is always willing to bake and serve her confections whenever asked to help out. We appreciate her service with a smile, kind demeanor and calm presence.

Please read Eileen's reflections of growing up surrounded by the comforts of food and family.



Why do I volunteer at FiftyNorth?
Let me count the ways ...

In a small way, it's an opportunity to give back to a most worthy organization. Volunteering together for a cause brings me happiness.

The staff here is forever thankful for even the least amount of volunteer work.

Helping out by baking for events is what I really like to do. I believe I'm in the spirit of my mom who enjoyed being a hostess, which she never saw as work, for so many family and friend get-togethers.

When we eat together, we share more than food. It binds us together with fellowship, laughter, and a good time!



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!*



Donate now!

Scan with your smartphone!

■ The number of FiftyNorth members as of September 30: 1,970

Karen Achberger
David & Joey Appleyard
Nancy Ashmore & Kenneth Wedding
Bernard & Mary Auge
Lois Bakko
Judith Bond
Judy Broske
Gene & Darlene Broughton
Warren & Karen Broughton
Mary Brown
Brenda Bultman
Bernice Christensen
Eileen Cooper
Richard DeBeau & Doris Welke
Neil & Marilyn Deden
Winnie Drentlaw
JoAnn Edwardsen
Chris Ellison
Carol Emery
Beth Endert
Joyce Francis
Stephanie Frey

Marie Gery
Mac & Jacquelyn Gimse
Kevin Groebner & Sue Harvey
Dennis & Janet Hahn
Liz Hankins
Kerry Hjelmgren
Richard & Donna Jackson
Beverly Jacobsen
Carol Jacobson
Georgene Johnson
Ruth Johnson-Wirth
Steve & Ann Jorstad
Patricia Jorstad
Joni Kilde
Gary & Arlene Kruse
Jeanine & Dave Landswerk
Myron Lanoue
Greg Loek & Kathleen Rice
Tom & Nancy Loesch
Janet Mathews
James & Angie Mayr
Mike & Ann McGovern

Elaine Meyers
John & Sharon Micklo
Neil Lutsky & Irene Montenegro
Bill & Pat Nelson
Elizabeth Olson
Kenneth Lee & Donald Onsgard
Roberta Persons
Mary Polsfuss
Carol Rutz
Al Schrader
FamilyFoundation
Arland & Mary Schwake
Kenneth & Sharon Steinhouse
Craig Swenson
Allan & Nancy Swenson
Joshua Taylor
Dale & Rose Turnacliff
Anne Ulmer
Linda Wagenbach
Patricia Warner

Welcome!

SEPTEMBER NEW MEMBERS

Matt Bailey
Jane Carlson
Kenneth Carpenter
Athena Coupland
John Dedzej
Phillip Friesen & Cynthia Edwards
Phillip Forshee & Dawn Malecha
Curt Gilbertson
Michele Goinsalvos
Christopher Hentges
Elizabeth Hubbard
Carol Koger
Arthur & Kathleen Kopseng
Tim & Karla Kuisle
Jeffrey Latterell
Deb Loy
Wendy Manuel
Debra Norman
Milton Peterson
Teresa Price
Sandra Raabolle
Rhonda Reece
John & Mary Jo Roberts
Randi Samuelson
Abigail Schulte
Donna Sindelar
Kathryn Vold
Rose Werner
Jeff Wood
Susan Wunderlich

FiftyNorth receptionists

Left to right:

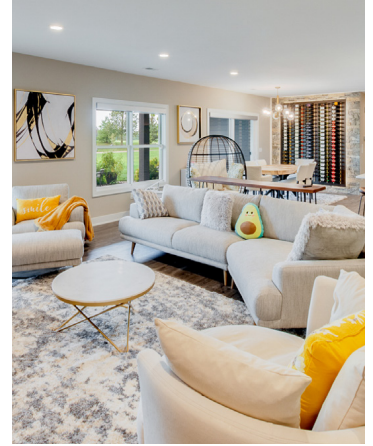
Pam Toepper	Jane Persons	Bonnie DuPay
JoAnn Edwardsen	Pat Nelson	Cathy Graff
Brenda Bultman	Beth Endert	



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Cannon River Valley Estates | DUNDAS
Bluff View | NORTHFIELD



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Builders ID BC636389



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

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www.FiftyNorth.org

1651 Jefferson Pkwy, Northfield, MN 55057



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

STAFF DIRECTORY

Director:

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

Assistant Director/Fitness Coordinator:

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

Administration Manager:

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

Program Coordinator: Lifelong Learning/ Community Outreach

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

Program Coordinator: Arts/Volunteer/Dining

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

Used-A-Bit Shoppe Manager:

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

Used-A-Bit Shoppe Assistant Manager:

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

Bookkeeper:

Kathy Bjerke
507-664-3700 | kathy.bjerke@fiftynorth.org



Front Desk (Reception Staff):

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



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

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



Little Frida Cafe & Taco Shop:

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



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

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