



By Lynne Pederson, Director

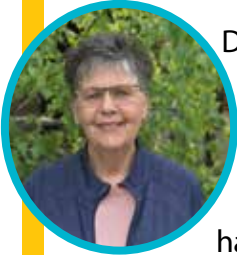
Fall Back  
November 7



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## What's Your Signature?



Do you remember watching the Road to... movies that Bob Hope and Bing Crosby made? I kind of feel like you have had to endure the Charlie and Lynne Road to... This will be last for a few months. On the road again we drove to Albuquerque, New Mexico for the International Balloon Fiesta and on to Sedona, Arizona where Charlie checked-off a long-time bucket list item to ride in a hot air balloon. Both destinations qualified as having great adventures. For the Balloon Fiesta we were up at 4:00am to get to the assigned parking lot by 5:30. Traffic was backed up by 5:00am, being directed by police



patrol so that only certain routes could be taken. The first night we made a practice run to determine how we could get to the balloon field, but was on the wrong route, got caught in stopped traffic, and routed away from the street that we were trying to get to, so we gave up and went back to the hotel. We were smarter by the next day and so we got up at

4:00am to maneuver the route that only required us to make one u turn in the middle of the street to be able to get on the street that would take us to the parking lot. It was like we were rats in a maze and we didn't get the cheese on the first run. By the third day,

we were experts, took the expected route, made the necessary u turn, drove past the traffic cops with their flashlights and arms in constant directional waving motion, and drove right into the assigned parking lot. (I became a member of the Albuquerque Balloon Museum just to get this parking pass.)

*(Director's message continued on p 8)*

The Special Shape Rodeo started in 1989 and now has become the most popular event at the annual Albuquerque International Balloon Fiesta®. Since the Balloon Fiesta started the Special Shape Rodeo in 1989, many events around the world have now added some kind of special shape event to their program.

## SAVE THE DATES! Music in November!

1

**Randall Ferguson**  
Guitarist  
2:00-3:30 PM  
Saturday, Nov. 6  
at FiftyNorth

2

**Two Pianists  
Extrodinaire**  
Richard F. Collman  
& David K. Miller  
3:00-4:00 PM  
Thursday, Nov. 11  
at FiftyNorth

3

**Finnish American Brass  
Band concert**  
with Paul Niemisto  
3:00-4:00PM  
Saturday, Nov. 20  
at The Grand Event  
Center  
*(sponsored by FiftyNorth)*

**FIFTYNORTH CLOSED  
THANKSGIVING DAY**



# In The Gallery

By Patty Ciernia, Program Coordinator

On display: OCT 8. thru NOV. 11

## Maggie Gale, Watercolor Artist



**ARTIST RECEPTION:**  
Thursday, November 4  
4:00-5:00PM at FiftyNorth

Meet the artist and enjoy music by guitarist; Greg Smith. Light appetizers served.

[Click here to View the Gallery Online at FiftyNorth.org](#)

### NEXT UP IN THE GALLERY:

**FiftyNorth Photography Club** Nov 15 — Dec 31



It's Fish On The Menu - by Mary Williams



Here's Looking At You, Kid - by Mary Williams



# Groups Returning



### JOY OF QUILTING

The Joy of Quilting Group will start meeting again on Friday, November 3rd.

**1st & 3rd Friday of every month**  
**9am – 12pm in the Art Studio**

Bring your own project and supplies. Share project ideas and techniques with each other while you craft.

\$1 Group Fees apply



MINNESOTA'S LINK TO A LOCAL EXPERT

**UNDERSTANDING MEDICARE** can sometimes be complicated. If you need fair and unbiased help, you can call Minnesota's Senior LinkAge Line® at 1-800-333-2433. They can help you compare plans so you can choose the one that best fits your needs.

The Senior LinkAge Line is a service of the Minnesota Board on Aging in partnership with Minnesota's area agencies on aging.

## THE NEIGHBOR LADY

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# November Music Events

Questions? Contact Patty Ciernia; program coordinator at (597) 664-3709 or [patty.ciernia@fiftynorth.org](mailto:patty.ciernia@fiftynorth.org)

The concerts are sponsored by FiftyNorth and are free; donations accepted.

## RANDALL FERGUSON IN CONCERT:



### Randy Ferguson

FREE CONCERT  
**2:00-3:30 PM**  
**Saturday, Nov. 6**  
**Room 103/105**

Randy will bring a wide selection of guitars that he will use during his performance. Bring a friend, you won't want to miss this!

## TWO PIANISTS EXTRORDINAIRE:



### Richard F. Collman & David K. Miller

FREE CONCERT  
**3:00 PM**  
**Thursday, Nov. 11,**  
**Room 103/105**

Music of Rachmaninoff, Stephen Foster, Milhaud, Gershwin, and Sousa

## 30th Anniversary Finnish American Brass Band



# Ameriikan Poijat – *Boys Of America*

## Northfield Appearances



This activity is made possible by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts and cultural heritage fund.



**Premiere: *Vintage Dances* by Dan Kallman • CD Release: *Finnish Christmas Music***

FiftyNorth is sponsoring the 30th Anniversary Finnish American Brass Band concert!

**Join us at The Grand on Saturday, November 20 from 3:00-4:00PM.**

The Grand Event Center, 316 Washington St, Northfield, MN 55057



# Fitness News



**NEW TIME** for Silver Sneakers Strength on TUESDAY 4:30 to 5:15pm

**RELAXATION YOGA IS SWITCHING TO INTERMEDIATE YOGA** and time TUESDAY 5:30 to 6:30pm  
 Intermediate Yoga uses many of the same poses from Slow Flow Yoga, sequenced at a quicker rate. There will also be more strength and balance building poses. It is recommended that you have some yoga experience before taking this class. Pose modifications are welcomed and expected. If you're looking for increased cardio and strength, you'll enjoy Intermediate Yoga.

If you would like to know more or have questions about fitness classes, contact Craig Swenson, Assistant Director at (507) 664-3702 or email [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org)

## BOXING WITH GORDON

**Thursdays, November 4, 11, 18, December 2, 9, 16 6:00-7:00pm**

Join the world-famous Gordon Marino, a professor of philosophy, nationally recognized boxing coach, professional boxing analyst and former amateur



boxer for a 6-week program to help build your muscular strength, coordination, and stamina while you learn the basics of boxing. In this class you will learn the correct techniques of boxing, proper training and strengthen not only your body but your mind and attitude.

(6 sessions)

**Instructor:** Gordon Marino

**Capacity:** 10

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



### 2021 IN-PERSON LAND BASED FITNESS CLASSES (updated November 1)

|          | Monday                                | Tuesday                               | Wednesday                                     | Thursday                         | Friday  | Saturday   |
|----------|---------------------------------------|---------------------------------------|---|----------------------------------|---|--|
| 6:00 AM  |                                       |                                       |   |                                  |   |  |
| 6:30 AM  | CARDIO & STRENGTH INTERVALS (6:15-7)  | STEP INTERVALS (6:15-7)               |   | KICKBOXING AND STRENGTH (6:15-7) | CORE & STRETCH (6:15-7)                       |  |
| 7:00 AM  |                                       |                                       | SLO FLO YOGA (7-8)                            |                                  |   |  |
| 7:30 AM  |                                       |                                       |   |                                  |   |  |
| 8:00 AM  | TAI CHI (8-8:45)                      |                                       |   |                                  |   |  |
| 8:30 AM  |                                       |                                       |   |                                  | TAI CHI (8:30-9:15)                           | STRONG Nation™ WITH VICTORIA NOLASCO (8:30-9:30) |
| 9:00 AM  |                                       | BEGINNING YOGA (VINYASA) (9:15-10:15) | CIRCUIT TRAINING (9:30-10:30) NO open fitness | SLO FLO YOGA (9:15-10:15)        | CIRCUIT TRAINING (9:30-10:30) No open fitness |  |
| 9:30 AM  | CARDIO DANCE AND DRUMSTICKS (9:15-10) |                                       | CARDIO DANCE (9:15-10)                        |                                  |   |  |
| 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                                     |
| 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)            | LINE DANCING (12-1)                           |  |
| 12:30 PM |                                       |                                       |   |                                  |   |  |
| 1:00 PM  |                                       |                                       | LINE DANCING (1-2)                            |                                  |   |  |
| 1:30 PM  |                                       |                                       |   | TABLE TENNIS                     |   |  |
| 2:00 PM  | TABLE TENNIS                          | TABLE TENNIS                          |   |                                  |   |  |
| 2:30 PM  |                                       |                                       |   |                                  |   |  |
| 3:00 PM  |                                       |                                       | TABLE TENNIS FOR BEGINNERS (3-4)              |                                  |   |  |
| 3:30 PM  |                                       |                                       |   |                                  |   |  |
| 4:00 PM  |                                       |                                       |   |                                  |   |  |
| 4:30 PM  |                                       | SILVER SNEAKERS STRENGTH (4:30-5:15)  |   |                                  |   |  |
| 5:00 PM  | ZUMBA WITH VICTORIA NOLASCO (5-6)     |                                       | ZUMBA TONING WITH VICTORIA NOLASCO (5-6)      |                                  |   |  |
| 5:30 PM  |                                       | INTERMEDIATE YOGA (5:30-6:30)         |   |                                  |   |  |
| 6:00 PM  |                                       |                                       |   |                                  |   |  |
| 6:30 PM  |                                       |                                       |   |                                  |   |  |

**INTENSITY KEY:**

**PINK** – High Intensity

**GOLD** – High Intensity (In Fitness Room; no open fitness)

**BLUE** – Mid-range

**PURPLE** - Gentle

**GREEN** – Group Activity

# ZUMBA with Victoria



Starts November 1



**Instructor:**  
**Victoria Nolasco**

## ZUMBA WITH VICTORIA NOLASCO

**Mondays, 5:00-6:00pm**

An energizing dance fitness class featuring Latin and International music. While you move and groove to the music, you'll burn lots of calories and have a great time doing it.

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

## ZUMBA TONING

**Wednesdays, 5:00-6:00pm**

Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-

torching, strength-training fitness party. Students learn how to use lightweight toning sticks to enhance rhythm and tone all their target zones, including arms, abs, and thighs.  
**Cost:** \$9 nonmbr, \$7 mbr, \$0 plus/platinum

## STRONG NATION

**Saturdays, 8:30-9:30am**

STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

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

### 2021 AQUA FITNESS (updated September 1)

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

**KEY:**

**GREEN:** Class

**GOLD:** Group Activity (Open Swim allowed)

**BLUE:** Open Swim



## 2021 VIRTUAL LAND BASED FITNESS CLASSES (updated November 1)

### AVAILABLE THRU ZOOM

|          | Monday                               | Tuesday                               | Wednesday                             | Thursday                         | Friday                          | Saturday                    |                               |
|----------|--------------------------------------|---------------------------------------|---------------------------------------|----------------------------------|---------------------------------|-----------------------------|-------------------------------|
| 6:00 AM  | CARDIO & STRENGTH INTERVALS (6:15-7) | STEP INTERVALS (6:15-7)               |                                       | KICKBOXING AND STRENGTH (6:15-7) | CORE & STRETCH (6:15-7)         |                             |                               |
| 6:30 AM  |                                      |                                       |                                       |                                  |                                 |                             |                               |
| 7:00 AM  |                                      |                                       | SLO FLO YOGA (7-8)                    |                                  |                                 |                             |                               |
| 7:30 AM  |                                      |                                       |                                       |                                  |                                 |                             |                               |
| 8:00 AM  | BOOTCAMP (8-9)                       | STRENGTH TRAINING (8-9)               | CARDIO KICKBOXING (8-9)               | STRENGTH TRAINING (8-9)          | STRONG NATION (8-9)             | STRENGTH (8-8:45)           |                               |
| 8:30 AM  |                                      |                                       |                                       |                                  |                                 |                             |                               |
| 9:00 AM  | YOGA STRETCH (9-10)                  | CARDIO DANCE AND DRUMSTICKS (9:15-10) | BEGINNING YOGA (VINYASA) (9:15-10:15) | CARDIO DANCE (9:15-10)           | SLO FLO YOGA (9:15-10:15)       | SIMPLE STRETCH (9-9:45)     |                               |
| 9:30 AM  |                                      |                                       |                                       |                                  |                                 |                             |                               |
| 10:00 AM | BOOTCAMP WITH CARLA (10-10:45)       |                                       | BOOTCAMP WITH CARLA (10-10:45)        |                                  | BOOTCAMP WITH CARLA (10-10:45)  |                             |                               |
| 10:30 AM | SILVER SNEAKERS (10:30-11:30)        | GENTLE CHAIR YOGA (10:30-11:30)       | CORE AND MORE (10:30-11:30)           | SILVER SNEAKERS (10:30-11:30)    | GENTLE CHAIR YOGA (10:30-11:30) | CORE AND MORE (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)            | LINE DANCING (12-1)             |                             |                               |
| 12:30 PM |                                      |                                       |                                       |                                  |                                 |                             |                               |
| 1:00 PM  |                                      |                                       | LINE DANCING (1-2)                    |                                  | YOGA BALANCE (1-2)              |                             |                               |
| 1:30 PM  |                                      |                                       |                                       |                                  |                                 |                             |                               |
| 4:00 PM  |                                      |                                       |                                       |                                  |                                 |                             |                               |
| 4:30 PM  |                                      | SILVER SNEAKERS STRENGTH (4:30-5:15)  |                                       |                                  |                                 |                             |                               |
| 5:00 PM  |                                      |                                       | CARDIO STRENGTH MIX (5-5:45)          |                                  |                                 |                             |                               |
| 5:30 PM  |                                      |                                       |                                       |                                  |                                 |                             |                               |
| 6:00 PM  |                                      |                                       |                                       |                                  |                                 |                             |                               |
| 6:30 PM  |                                      |                                       |                                       |                                  |                                 |                             |                               |
| 7:00 PM  |                                      |                                       |                                       |                                  |                                 |                             |                               |
| 7:30 PM  |                                      |                                       |                                       |                                  |                                 |                             |                               |

**INTENSITY KEY:**



- PINK** – High Intensity
- BLUE** – Mid-range
- PURPLE** - Gentle



## Book Club

The Book Club meets the 2nd Friday of the month at 10:30 in the FiftyNorth Courtyard. If inclement weather the Club will meet via zoom. Questions: Contact Katherine Collman at (507) 645-1357.

**NOVEMBER- THIS CHAIR ROCKS**

*by Ashton Applewhite*

In our youth obsessed culture, we're bombarded by media images and messages about the despairs and declines of our later years. Beauty and pharmaceutical companies work overtime to convince people to purchase products that will retain their youthful appearance and vitality. Wrinkles are embarrassing. Gray hair should be colored and bald heads covered with implants. Older minds and bodies are too frail to keep up with the pace of the modern working world and olders should just step aside for the new generation.

■ No book club in December, resume in January.





# Art Classes

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

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

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

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



## LEARNING TO PAINT WITH THE PRO'S: DAVID HOCKNEY

**Thursdays, November 4, 11, 18**  
**10:00am -1:00pm**

This class will appeal to people who are curious about learning something new or expanding their existing skills of art...or maybe just want to paint. First, we will learn some interesting facts about this particular well-known artist; David Hockney, along with viewing his work. Everyone will then become an apprentice to "the artist" by choosing one provided paper image of the artists' work. If you see an image that you love on the website shown in class we can make a print for you. It is very important that you are happy with your choice. Finally, once we have more information and materials, we will use a very old but trusted technique to begin our work. This is NOT difficult! When the image has been sketched, we will begin painting. (3 sessions)

**Materials:** Please bring the following  
Pencils/eraser, Notebook or sketchbook, Ruler, Art apron (if desired) ALL OTHER MATERIALS PROVIDED

**Instructor:** Kate Douglas

**Capacity:** 10

**Cost:** \$85 nonmbr, \$65 mbr, \$10 platinum

**Space:** TBD



## NATURE INSPIRED COLLAGES WITH A LIMITED PALETTE

**Thursday, December 2**  
**9:00am-12:00pm**

In this class, you will create a lovely series of abstract collages inspired by nature with an aim for simplicity. We'll use a small assortment of acrylic paints, a variety of papers, some brushes and texture tools and complete 4 to 6 pieces of art during the class.

We start by mixing a palette composed of colors found in nature and then use that palette to create several painted papers. Watercolor paper, vintage

book pages, tissue paper, deli paper, kraft paper will all be available. We'll play with texture and pattern using several mixed media techniques.

Next we design small line drawings of botanical shapes to use as focal points in our pieces. Don't worry if you aren't comfortable drawing – there will be shapes to copy and stencils to try.

Once all these elements are ready, you combine the focal points with your painted paper backgrounds to create your nature inspired collage compositions. I think you'll love the way the series of pieces comes together using this process!

This is a class for people of all skill levels. No experience is needed.

\*The previous limited palette class is not a prerequisite but, if you took that class offered in October, you may want to bring along your painted papers.



**MATERIALS PROVIDED**

**Instructor:** Pat Jorstad

**Capacity:** 10

**Cost:** \$35 nonmbr, \$20 mbr, \$10 platinum

**Space:** TBD



## Director's Message - (cont.)

IT WAS ALL WORTH IT... to be among and experience hundreds of huge hot air balloons, in all their splendid colors, designs, special-shapes, twilight balloon glows, and vibrant balloon-filled blue skies. On the grounds, we had what we would consider front row seats as the balloon wagons kept being pulled in, stopping where we were sitting, setting up the balloons and lifting off directly in front of us. Did I say.. IT WAS AMAZING. As we sat watching hundreds of hot air balloons, Charlie turned to me and said that he felt like this should be the 8th Wonder of the World. The balloon shaped rodeos were so cool. There was a Flying Pig, a Unicorn, a Clock, Smokey the Bear, a Wise Owl, Zebra, Parrot, Humpty Dumpty, an Armadillo dressed like a cowboy, and so many more. This is Albuquerque's signature. AMAZING.

Sedona is situated in a valley surrounded by towering red stratified spired rocks. The rocks are

beautiful and the signature of Sedona. Charlie's balloon ride was early morning, so up by 4:00am and at the balloon launch site by 5:45. There were two balloons that launched and paired up throughout the flight. I did not go up due to my vertigo tendencies, but Charlie had a great time with his balloon basket mates. Once the balloon filled, it lifted slowly, and floated up in the western morning sky into the Red Rock area, over the desert, and eventually landing on a service road in the surrounding national park. I became a chase crew of one, by driving the back roads I was able to follow the balloons most of their way. Two bucket-list items, one on the list for 12 years, the other just realized that it needed to be on the list, checked.

The other point to this trip was to meet and spend time with good friends from San Diego. This we did, dined out on good food, had interesting conversations and walked trails that meander through the Red Rocks. As we were looking for a trailhead, Siri our GPS guide navigated us to turn onto Coffee Pot Drive. The street winds through a neighborhood and as we were looking for the trailhead we noticed the side streets off Coffee Pot Drive were named - Grounds Drive, Sanborn Drive, Maxwell





House Drive, and Coffee Cup Drive. You just can't make this up. Sedona must have a City Planner with a good sense of humor.

As we stood looking out the plate glass window in our living room, in awe of the Red Rocks, I said that these were the signature for Sedona as a corn or bean field is to someone in rural Minnesota. I asked our friends what their signature is for them when they go home. They weren't sure, living in the city.



**“My signature is seeing the corn field across the road from our house. What's yours? Coming around the corner and seeing your house? A tree? The front porch? Think about it and you will come up with a descriptor that says belonging.”**



Charlie Pederson with friends

My signature for FiftyNorth is the banner on the brick wall by the front entry. It seems to draw people in. That's my identifier. The Annual Fund Drive has started and you may have received your letter in the mail. This is a signature event for FiftyNorth... it happens every year, when you are asked to donate and we in turn are grateful for what you are able to give. Every dollar counts and sustains the operations. Covid continues to linger and is having a continued effect on many members so that they have not renewed their memberships and are not participating in programs at the center. This is understandable, but the results is that membership numbers are down, and program use is lower than expected. Both are causes in receiving less income than expenses. We will end 2021 with a large deficit and we expect to have a monthly deficit in 2022. As stated in the letter, you can help, donate – as much as you can, renew your membership, participate and check in. Any or all of these are the signature connections to FiftyNorth financial stability. Until next time...onward and upward.





## Lifelong Learning

### CPR AND FIRST AID

**Wednesday, November 10**

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

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



This 3-hour class includes instruction, demonstrations and hands-on activities and culminates in the students earning an American Heart Card. It is appropriate training for Certified Nurse Assistants, healthcare workers, teachers, instructors, and volunteers. Many health care facilities require this training of their employees.

**Instructor:** Jon Bolster

**Capacity:** 8

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

**Space:** Room 105



### SLN - DWIGHT D EISENHOWER PRESIDENTIAL LIBRARY AND MUSEUM

**Tuesday, November 2**

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

From January 20, 1953-January 20, 1961 Dwight D Eisenhower served two terms as President of the United States; brought armistice to Korean War; promoted Atoms for Peace; dealt with crises in



Lebanon, Suez, Berlin, and Hungary and established the U.S. Information Agency. But did you know he also created the Federal Council on Aging? As President he also saw Alaska and Hawaii become states; signed the 1957 Civil Rights Act, the first civil rights legislation since end of Civil War; sent federal

troops to enforce court-ordered integration of Little Rock Central High School and signed the bill creating

the National Aeronautics and Space Administration. Join us at the Presidential Library and Museum as we discover more about our 34th President.

**Presenter:** Senior Learning Network

**Capacity:** 10

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

**Space:** 103



### SLN - NATIONAL MUSEUM OF THE PACIFIC WAR

**Tuesday, November 9**

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

In honor of Veteran's Day, we will take a return visit to the National Museum of the Pacific War. This is always a favorite live tour!

Come and experience key events, numerous artifacts and hear more stories of those that served in the Pacific or the Home Front during WWII. Staff members will take you an island hopping journey from Pearl Harbor to the surrender of Japan as they move through the George H.W. Bush Gallery.

**Presenter:** Senior Learning Network

**Capacity:** 10

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

**Space:** 103

### SLN - ELEPHANT SANCTUARY

**Tuesday, November 16**

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

It's time to re-visit the amazing elephants and hear their stories as we gain an understanding of how they are cared for in captivity. Your audience will foster



compassion for animals and an awareness of animal welfare by hearing about the life stories of our resident elephants. We also discuss what goes into caring for the elephants at The Sanctuary, hopefully

inspiring the next generation of animal caregivers.

**Presenter:** Senior Learning Network

**Capacity:** 10

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

**Space:** 103

## Lifelong Learning *(cont'd)*

### SLN - HOOVER PRESIDENTIAL LIBRARY AND MUSEUM

**Tuesday, November 23**

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

Herbert Clark Hoover (August 10, 1874–October 20, 1964), mining engineer, humanitarian, U.S. Secretary of Commerce and the 31st President of the United States. In addition to public service, Hoover devoted his post-Presidential years to social causes such as the Boys Clubs of America and the Hoover Institution, a research center he had established on the Stanford campus in 1919. He also wrote more than 40 books during those years.

Hoover’s attention returned to Iowa late in the 1950s when he agreed to allow friends and associates to construct a “Presidential library” near the site of his birthplace. Hoover insisted that the building be modest in size in accordance with scale of the other buildings in the community. The former President made his last visit to Iowa on August 10, 1962, to dedicate that building to the American people.

**Presenter:** Senior Learning Network

**Capacity:** 10     **Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum

**Space:** 103



## Wellness



### FOOT CARE 101

**Wednesday, November 17**

**8:30-11:30am**

Learn how important your feet really are... Did you know that your feet have over 7000 nerve ends? Did you know that your feet help guide you with your coordination and stability? In this 3-hour class learn the structure of the foot, tips on how to keep your feet healthy by exercising them and routinely tending to your feet to help keep you on your toes, stable, strong, and coordinated.

**Instructor:** Marcy Kramer

**Capacity:** 15

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

# Two local neighborhoods, ideal for seniors!



**Cannon River Valley Estates** DUNDAS, MN



**Bluff View** NORTHFIELD, MN

## CUSTOM-BUILT HOMES • GREAT LOT CHOICES • MOVE IN SUMMER 2022



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## GROUP ACTIVITIES AT FIFTYNORTH

Try something new! Meet fellow members. All are welcome! Have some **fun!**

|                  |   |
|------------------|---|
| <b>MONDAY</b>    | <p>9:00am - FiftyNorth Pedlers</p> <p>12:45pm - Double Deck Pinochle</p> <p>1:00pm - Table Tennis</p> <p>4:00pm - Water Volleyball</p> <p>4:00pm - FiftyNorth Community Band</p>  |
| <b>TUESDAY</b>   | <p>12:45pm - Duplicate Bridge</p> <p>12:45pm - Euchre</p> <p>1:00pm - Table Tennis</p> <p>1:00pm - Hook, Yarn &amp; Needle</p>  |
| <b>WEDNESDAY</b> | <p>12:45pm - Social Bridge</p> <p>1:00pm - Art Club</p> <p>3:00pm - Beginners Table Tennis</p>  |
| <b>THURSDAY</b>  | <p>9:00am - Softball practice at the Dundas Dome</p> <p>9:30- 11:00am - Chime choir</p> <p>12:45pm - Cribbage</p> <p>1:00pm - Table Tennis</p>  |
| <b>FRIDAY</b>    | <p>9:00am - Joy of Quilting Group (1st and 3rd Fridays of the month)</p> <p>9:30am - Photography Club (last Friday of the month)</p> <p>10:30am - Book Club (2nd Friday of the month)</p> <p>1:00pm - Friday Movies</p> <p>1:30pm - FiftyNorth Open Bowling (Flaherty's Northfield Lanes -Highway 3)</p> <p>4:00pm - Water Volleyball</p> |
| <b>SATURDAY</b>  | <p>10:00am - Table Tennis</p>   |

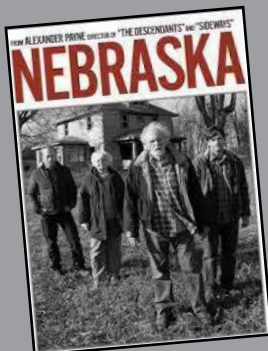




## Movie Fridays!

THE MOVIE GROUP IS BACK!  
Enjoy movies together on the big screen at FiftyNorth.

**MOVIES  
START AT  
1:00PM**  
1\$ donation is  
recommended.



### NOVEMBER 5 NEBRASKA

Dramatic/Comedy 2013 114 min.

When a father (Bruce Dern) and his adult son (Will Forte) embark on a journey to claim a million-dollar prize, what begins as a fool's errand becomes a search for the road to redemption. This is one of my favorite ever films and also my older sisters. We see our family in this movie and find it humorous and also very touching. Come and enjoy!

### NOVEMBER 12 GRAN TORINO

Action/Adventure 2008 116 min.

Korean War vet and retired autoworker Walt Kowalski doesn't much like how his life or his neighborhood has turned out. He especially doesn't like the people next door, Hmong immigrants from Southeast Asia. But events force Walt to defend those neighbors against a local gang that feeds on violence and fear. Clint Eastwood works on both sides of the camera, winning the National Board of Review Award as Best Actor for his bone-deep playing of Kowalski, burnished with experience, grace, and gravitas into a "prime vintage Eastwood performance." This is an excellent movie you won't want to miss. Rated R due to language and violence.

### NOVEMBER 19 LION

Drama 2016 118 min.

Amazing true story from India with 6 Academy Award nominations including Best Picture, about a 5-year old boy, Saroo (Sunny Pawar) who gets lost on a train which travels away from his home and family. Frightened and bewildered, he ends up thousands of miles away in chaotic Kolkata. Somehow, he survives living on the streets, escaping all sorts of terrors and close calls in the process, before ending up in an orphanage that is itself not exactly a safe haven. Eventually Saroo is adopted by an Australian couple (Nicole Kidman and David Wenham), and finds love and security as he grows up in Hobart. As an adult, not wanting to hurt his adoptive parents' feelings, Saroo suppresses his past, his emotional need for reunification and his hope of ever finding his lost mother and brother. But a chance meeting with some fellow Indians reawakens his buried yearning. Armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, Saroo sets out to find his lost family and finally return to his first home.

### NOVEMBER 26 STUBER

Comedy 2019 93 min.

(New-never been shown at the Center before). Get ready for the ride of your life in this high-speed buddy comedy fueled by huge laughs and nonstop action! When a mild-mannered driver named Stu (Kumail Nanjiani) picks up a passenger (Dave Bautista) who turns out to be a cop hot on the trail of a brutal killer, Stu is thrust into a harrowing ordeal in which he desperately tries to hold onto his wits, his life, and his five-star rating.





## September Donors

Lois Bakko, Karen Achberger, David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Bernard & Mary Auge, Dennis & Beth Berry, Judith Bond, Judy Broske, Warren & Karen Broughton, Gene & Darlene Broughton, Mary Brown, Kay Brown, Jim & Phyllis Bull, James & Heather Cannaday, Bernice Christensen, Eileen Cooper, Richard DeBeau & Doris Welke, Neil & Marilyn Deden, Winnie Drentlaw, JoAnn Edwardsen, Chris Ellison, Carol Emery, Beth Endert, Robert Forsgren, Joyce Francis, Stephanie Frey, Marie Gery, Mac & Jacquelyn Gimse, David & Betty Habermas, Jerry & Liz Hankins, Richard & Donna Jackson, Georgene Johnson, Ruth Johnson-Wirth, Patricia Jorstad, Joni Kilde, Gary & Arlene Kruse, Myron Lanoue, Jill Lawrence, C C Linstroth, Greg Loek & Kathleen Rice, Tom & Nancy Loesch, Janet Mathews, James & Angie Mayr, Mike & Ann McGovern, Elaine Meyers, John & Sharon Micklo, Bill & Pat Nelson, Elizabeth Olson, Lynne Pederson, Ken & Roberta Persons, Ken & Roberta Persons, Mary Raney, Bardwell Smith, Kenneth & Sharon Steinhouse, Craig Swenson, Anne Ulmer, Robert & Donna Vanderhoof, Linda Wagenbach, Patricia Warner

### Our sincere gratitude to all who have donated.

We couldn't even come close to doing what we do without your support — *thank you!*



## September New Members

### A warm welcome to each of our new members.

We look forward to seeing you at *FiftyNorth*. — It's sure to be an even better place because you're here!

Paul & Rhonda Andree, Michael & Patti Baker, Nancy Barbour, Carl Behr, Chuck & Julie Cannon, Xuan Do, Bonnie Eliason, Debbie Foley, Kristen Geissler, Delbert & Arlene Gustafson, Pat Higgins, David Hill, Rosellen Jones, Gary & Kathleen Kasten, Leslie McLinden, Kathleen Murphy, Lorie Nelson, Tan Nguyen, Mitch Oldham, Victoria Pliego, Judy Tarabek, Gerald Taylor, Terry Trevena, Walter Wojciechowski



## Volunteers



**POPCORN WAGON:** Thank you to all of the people who volunteered to work at the popcorn wagon on Bridge Square this season.

### 2021 VOLUNTEERS:

Nancy & Ron Glodfelty, Bonnie DuPay, John Ernst, Jerry

Sackmaster, Pat & Bob Tabery, Marilyn & Gordon Kelley, Karen Hoeg, Joyce & Jeff Hoogenakker, Lori Foote & Curt Johnson, Susie & Pete Svaleson, Mary Brown, Dianne Barrett, Jan Matthews, Judy Tonolli, and special thanks to Jerry Gehler and his work crew.



**GARDEN CLUB:** Thank you to everyone who volunteered to make our courtyard a beautiful destination to meet, walk, relax and enjoy nature!

**MEMBERS:** Joe Endert, Erna Janssens-Verbelen, Elizabeth Olson, Carolyn Sanford, Donna May, Rose Turnacliff, Jerry Gehler, Kathy Hart; Lead Gardener.

Looking for more Popcorn Wagon and Garden volunteers next Spring!

## We chose Benedictine because...

*I met my best friend...  
she lives next door.*

For information on your local  
Benedictine Living Community,  
go to [blcnorthfield.org](http://blcnorthfield.org) or call  
(507) 216-4875.

**We know community.**



**Benedictine**

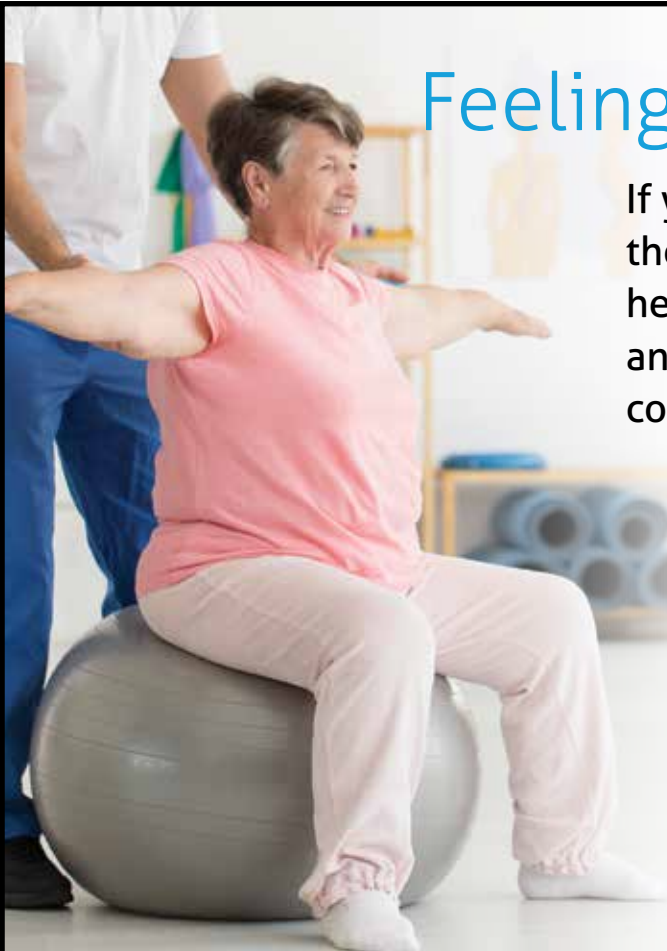
LIVING COMMUNITY | NORTHFIELD



## Feeling a Little **Off Balance?**

If you're feeling dizzy or a loss of balance, the experts at Rehabilitation Services can help. We offer fall prevention, strength and balance programs to help you improve coordination and reaction time.

- Dizziness/vestibular rehabilitation
- Balance evaluation and retraining
- Home safety and fall prevention
- Fall risk assessment
- Injury rehabilitation



 **Northfield  
Hospital + Clinics**

**(507) 646-8800**

## Staff Directory

### Director:

Lynne Pederson  
507-664-3701 | [lynne.pederson@fiftynorth.org](mailto:lynne.pederson@fiftynorth.org)

### Assistant Director/Fitness Coordinator:

Craig Swenson  
507-664-3702 | [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org)

### Administration Manager:

Elaine Meyers  
507-664-3703 | [elaine.meyers@fiftynorth.org](mailto:elaine.meyers@fiftynorth.org)

### Program Coordinator/ Community Outreach:

Patty Ciernia  
507-664-3709 | [patty.ciernia@fiftynorth.org](mailto:patty.ciernia@fiftynorth.org)

### Used-A-Bit Shoppe Manager:

Dolores Kornkven  
507-645-1399 | [dolores.kornkven@fiftynorth.org](mailto:dolores.kornkven@fiftynorth.org)

### Bookkeeper:

Kathy Bjerke  
507-664-3700 | [kathy.bjerke@fiftynorth.org](mailto:kathy.bjerke@fiftynorth.org)



### Front Desk (Reception Staff):

507-664-3700  
Mary Brown, Darla DeLong, Bonnie DuPay,  
Beth Endert, Nancy Glodfelty, Cathy Graff, Pat Nelson,  
Jane Persons



### Lobby Hours:

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



### Fitness Center Hours:

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



### Pool Hours:

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



### CaféNorth Hours:

Pre-order: 507-664-3700 by 11:30 one day prior  
Monday–Friday drive up: 11am–11:30am



**Used-A-Bit Shoppe:** (Donations by appointment)  
624 Water Street, River Mall, 507-645-1399  
Tuesday–Saturday: 10am–5pm  
Sunday & Monday: Closed