



FiftyNorth Report

JUNE 2023
Where Active Adults Gather.

By Kerry Hjelmgren, *Director*



KEEP THE FIFTYNORTH POPCORN WAGON POP POP POPPING!



When you think of FiftyNorth, you might think of popcorn. There are two good reasons for that. Our wonderful receptionists keep fresh popcorn available in the lobby throughout the day for all to enjoy. Popcorn is also an important part of FiftyNorth's identity in the community. Just recently, the FiftyNorth Popcorn Wagon returned to Bridge Square for its opening day. This means warm weather is here to stay (for a while, anyway)!



In 1979, Vera Johansen brought the iconic 1918 red popcorn wagon to Bridge Square. She operated it for ten years before selling it to Paul Sherwin, who then sold it to Wayne and Beth Sherwin. After Wayne died in 1994, pledges were secured to purchase the wagon for Northfield Senior Center volunteers to operate. The wagon was refurbished and reopened on Bridge Square in May 1995. FiftyNorth's volunteers have kept it popping ever since. It has become a charming staple of downtown

(Kerry's article continued p. 2)

At FiftyNorth, YOUR INPUT LEADS TO IMPROVEMENT.

As member experience surveys have been rolling in, we have already seen a clear trend: our members want the locker rooms cleaned more thoroughly and frequently.



The cleanliness of our facility is of utmost importance, so we have taken immediate action. On June 1, Service Master will begin daily after-hours cleaning and sanitizing of the locker rooms and pool deck areas. These extra cleaning efforts are sure to improve your experience at FiftyNorth! If you have any questions or comments about these services, please contact Kerry at 507-664-3701 or kerry.hjelmgren@fiftynorth.org.

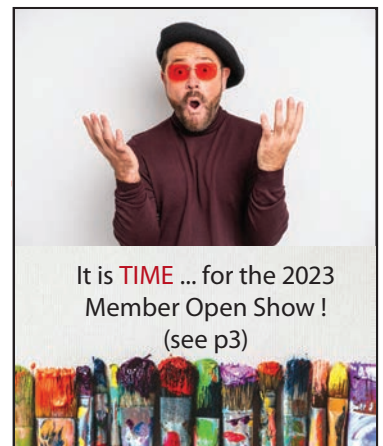
If you haven't yet completed the membership experience survey, it will be open until June 9.

We value your input! Please share your feedback:
<https://form.jotform.com/231204468515048>

Thank you for participating!

INSIDE

- 2023 Member Show 3
- Meet the FiftyNorth Board of Directors 4-6
- Fitness News..... 7-9
- Member News 9
- Lifelong Learning..... 10
- Senior Learning Network 11
- AARP Driving..... 12
- Health & Wellness 12
- Art Classes 13
- Friday Movies 14
- Book Club..... 14
- Volunteer News..... 15
- Travel Group..... 17
- Donors..... 18



It is **TIME** ... for the 2023 Member Open Show!
(see p3)



Popcorn Wagon Opening
May 24 on Bridge Square

(Kerry's article cont.)

Northfield. Such a well-known staple deserves some attention! So, this September the popcorn wagon will be the theme of FiftyNorth's Defeat of Jesse James Days parade float.

Unfortunately, time and weather have a way of wearing things out. The popcorn wagon ages along with us, and just like we may need a hip or knee replaced, its parts need replacement too. Last fall, it became clear that our beloved popcorn wagon needed a great deal of love and attention. As you can imagine, refurbishment of a vintage popcorn wagon requires custom-built materials.

The first phase of custom restoration was completed this spring. It involved refurbishing the rusty axels and springs, and replacing the wood window frames, the door, and window panes. The second phase of restoration lies ahead of us. It will include refurbishing the rusty metal carriage and wheels, a new paint job, and a new awning during winter 2023-24. The estimated total cost for both phases of this extensive custom restoration is \$50,000.

For 28 years, the popcorn wagon has been an immense boon to FiftyNorth. Not only do popcorn and soda sales support our operations, but it also provides a unique opportunity from May through October of every year for our organization and volunteers to connect with the Northfield community and its visitors. This year is the 105th birthday of our popcorn wagon. We hope that you will help us give it a new lease on life. Please consider contributing to the Popcorn Wagon Restoration Fund to help us reach the goal of \$50,000. We can't keep the popcorn wagon popping without your support!

Kerry

"This September the popcorn wagon will be the theme of FiftyNorth's Defeat of Jesse James Days parade float."



"This year is the 105th birthday of our popcorn wagon. We hope that you will help us give it a new lease on life."



IN THE GALLERY

GERALYN THELEN – FUSED GLASS

KATHY WEED – QUILTING

MAY 2 - JUNE 26

KATHY WEED – QUILTING



GERALYN THELEN - FUSED GLASS



FIFTYNORTH GALLERY: 2023 MEMBER OPEN SHOW

JULY 10 THROUGH SEPTEMBER 8

Calling all members who wish to participate in the 2023 Member Open Show in the FiftyNorth Gallery. The exhibit runs from July 10 to September 8. Please submit one piece of art, photography, mixed media, fiber art, etc. Submit art between July 3 and July 7.

NOTE:

⇒ All art must have a hanging wire on the back or be able to sit in the glass display cases.

⇒ Please write or attach to the back: artist name, title of the piece, medium, year created and price if you wish to sell it.



If your creative flare shines by making delicious baked artistry, we'd like to invite you to share your tasty creations at the reception on July 13.



IMPORTANT DATES:

- Submit artwork between 7/3 - 7/7
- Members Artist's Reception is 7/13 from 4-5pm
- Member Show runs 7/10-9/8

TO SUBMIT ART:

Please contact Michelle if you wish to submit art or baked goods. She can be reached at 507-664-3707, michelle.loken@fiftynorth.org or stop in the office.

MEMBERS WAYS TO STAY INFORMED



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

Bi-monthly Eblast

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

Monthly Newsletter

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



Ideas & suggestions can be left in the 'Idea Jar' near the receptionists desk.



FIFTYNORTH - MEET THE 2023 BOARD OF DIRECTORS



PAT JORSTAD
President

PAT JORSTAD has been a member of the FiftyNorth Board of Directors since 2018. After 17 years working in radio and 7 years in study abroad support, she decided a big change was needed. So, she went to law school at William Mitchell in St. Paul. Pat retired in 2017 from Thomson Reuters in Eagan where she was a project manager and business analyst. She continues to do contract work as an attorney editor.

FiftyNorth filled a big hole in Pat's life caused by her retirement. When she found herself with time to volunteer, it seemed natural to seek a position on the Board of Directors. She wants to do her part to ensure that FiftyNorth remains the vibrant center it is now with the ability to meet future challenges. Pat finds that being on the board is a very fulfilling way to give back to FiftyNorth.



LEE RUNZHEIMER
Vice President

LEE RUNZHEIMER currently serves on the FiftyNorth Board as Vice President after previously serving as the Treasurer. He also co-chairs the development committee with Kathie Taranto. In Northfield, he was previously involved as one of the founding members of Just Food Co-op. He served on their Board as Director and also Treasurer during the period of initial heavy fundraising, and monitoring financial results during the growth period of start-up losses, until profitable. He was also involved in the successful launch of the Northfield Area Family YMCA, including serving on the Board, the capital campaign, and the site selection committee. His forty-plus years of business and non-profit experience have been in the areas of financing small businesses, and starting, managing, and expanding successful businesses and non-profit organizations.



NANCY ASHMORE
Secretary

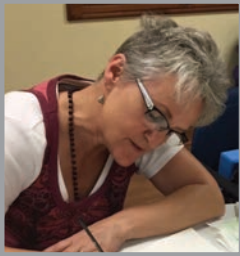
NANCY ASHMORE is in her second term on the board of FiftyNorth, the first one occurring a year or two after she began accompanying her mother to aquacise and other activities. It was such a valuable resource for her, providing her with new friends and fulfilling activities when she moved here from Montana in the early middle stages of Alzheimer's. To Nancy's delight, it did the same for her after she left her job as director of publications at St. Olaf to start her own freelance editing/writing business (a sometimes solitary enterprise). It continues to do so, providing her with exercise and social contact. She feels that the volunteer work she has done here in communications, membership recruitment, facilities, and marketing is simply payback for all that the Center's given her for going on two decades.

At FiftyNorth you'll find Nancy in the pool or in a meeting, or you'll find her at the Cannon Valley Maker's Space, and at home you'll find her working on the newsletter of the National Association of Geoscience Teachers or a local history while in the company of her husband Ken Wedding, a retired social studies teacher, their son David, his best buddy (also David), and an adorable and adored rescue bichon. Nancy is a graduate of Carleton (Asian history), where she was also director of publications, and a former employee of the Japanese Consulate in NYC. She has lived in Texas, Montana, North Dakota, Tokyo, New York and, since 1976, here in Northfield. And yes, her hair has been known to turn purple now and then.



COLLEEN VITEK
Treasurer

COLLEEN VITEK is a Twin Cities native, but spent 35 years in North Carolina before she and her husband retired to Northfield in 2019. Most of her working years were in finance at IBM, but she started her career as a CPA. Colleen likes to be outside, especially biking and hiking. Mondays and Wednesdays with FiftyNorth's biking and walking groups are high points of her week. Continuing to use her financial skills, working with the other Board members and staff to make FiftyNorth a better place for its members, and meeting more members is what motivates her to serve on the Board. The Board is made up of people who are, to paraphrase Snoop Dogg, "always being a giver and trying to give more than they receive."



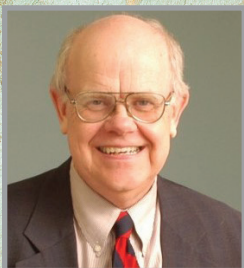
SIGRID AUSTIN

SIGRID AUSTIN moved to the Northfield area in 2007. As a business owner and lifetime student of the human mind and body connection, she brings special people knowledge, intuition and discernment skills as well as conflict solution experience gained in her professional career and personal life. As a member of the board she plans to support the mission of growing greater awareness of this amazing, continuously changing organization in our community. Sigrid believes it is important to listen with an open heart and be respectful in considering other points of view as progress is made. In the past, she has taught yoga classes at FiftyNorth and gains great benefits in implementing wellness measures in her own life, including swimming, somatic education, biking and yoga.



PAT BAKER

PAT BAKER has had a rewarding career. She was responsible for obtaining and developing independent and supported employment job sites in the community for individuals with various disabilities. Once established, she provided the necessary supports and supervision to ensure the success of the job placements. Pat now enjoys spending time with friends and family, and loves to do crafts.



GEORGE BROPHY

GEORGE BROPHY has had a rich career in leadership as the President/CEO of the Development Corporation of Austin, serving as a business and economic development consultant, serving as interim CEO/Executive Director for nonprofits, and teaching at the college level for many years. He was involved in the board of directors for Mower County Historical Society, Austin Area Catholic Schools Foundation, Salvation Army-Austin, Mower County Senior Citizens, and the Austin Area Foundation. George is currently a member of the City of Northfield Arts and Culture Commission. He enjoys fishing, especially with his sons. He also enjoys model railroading with another son and his grandsons who also live in Northfield. George was a member of the Senior Center in Austin, MN where he and his family lived for years, and so much appreciated what the Center did for community members, especially those who are place-bound. He sees the same spirit at FiftyNorth and is thrilled to be offered the opportunity to be a part of what we are. He sees a bright and motivated Senior Center here, one that gives reason for newcomers to want to be a part of Northfield. He uses our workout facilities so often, and loves the conversation that goes with the exercise. Great people and great place!



RICHARD DEBEAU

RICHARD DEBEAU is a retired Chemical Dependency Counselor, Independent Clinical Social Worker, and Family Therapist. His primary focus was emotionally disturbed adolescents and their families. Since retiring and relocating to Northfield, he has been active in several climate action groups, the Human Rights Commission and volunteered with the Community Action Center, the Northfield Rotary Club, St. Peter's Lutheran Church, and FiftyNorth. Richard was motivated to serve on the FiftyNorth Board of Directors through his experience volunteering in the Computer Lab, as a member of Northfield Pedalers, and the FiftyNorth Photography Club.



KAREN GRANDSTRAND
GERVAIS, PHD

KAREN GRANDSTRAND GERVAIS, PHD, is a clinical and health policy bioethicist, and has been the Director of the Minnesota Center for Health Care Ethics in St. Paul since 1994. She received her BA from Oberlin College, and her PhD in philosophy from the University of Minnesota. In 1986 she published her first book, *Redefining Death*, with Yale University Press. For 30 years, she was a visiting philosophy professor at St. Olaf College, and a resident of Northfield since 2001.

Karen served as a member of the Minnesota Commission on End-of-Life Care and the Minnesota Department of Health's Task Force on Health and Bioterrorism. Funded by MDH and the Centers for Disease Control, Gervais co-directed the Minnesota Pandemic Ethics Project on rationing health care resources in a severe pandemic, co-authoring "For the Good of Us All: Ethically Rationing Health Resources in Minnesota in a Severe Influenza Pandemic." Throughout the COVID pandemic, she worked on case consultation and policy development for health systems and hospitals. Currently, she serves on the Palliative Care Advisory Council of the Minnesota Department of Health.

Transitioning into retirement, Gervais wishes to serve her Northfield community by participating in its organizations serving citizens age 50+. In 2010, she joined FiftyNorth, primarily to play table tennis. Based on her 29 years directing a 501(c)(3) organization, she hopes to support FiftyNorth's programming and organizational goals as a Board member. Karen is also the proud mother of FiftyNorth's Executive Director, Kerry Hjelmgren.



JERRY JOHNSON

JERRY JOHNSON is a retired public school teacher. He is married to Amy, also a retired public school teacher. They live on a small acreage south of Dundas. They have three grown children, and three grandchildren with another on the way. He has broad interests in gardening, cooking, reading, camping, and music. At FiftyNorth, he enjoys swimming in the warm water pool, taking a sauna, and "talking smart" with friends.

KEN LEE is a graduate of Stillwater High School and The Academy of Hairdressing and Cosmetology, St. Paul. For more than 50 years of his life, he worked as a Cosmetologist at 5 different locations in St. Paul until his retirement in 2015. He served on the board of the Minnesota Cosmetology Association for many years and also served as a platform instructor for that organization. He was later presented with the Vera Slater Award in recognition of his years of service.

Music always played an important part in Ken's life. He studied voice for 35 years with Agnes Lisowsky in St. Paul, and sang in group recitals given by her pupils. He sang for many years in the choir at Roseville Lutheran Church. After moving to Northfield, he also sang for a number of years in the church choir at St. John's Lutheran Church, under the direction of Carolyn Jennings.

He has served on the Board of Directors at FiftyNorth for a number of years. His volunteer activities at FiftyNorth have been extremely varied: volunteer dishwasher, early morning opener and coffee brewer, as well as popcorn popper in the popcorn wagon on the Square. He has also helped organize several Donor Recognition events, including two 1960s-style "Sock Hops" and other events. He has acted in several melodramas at FiftyNorth and sings First Tenor in the Northfield "Troubadours" Mens' Chorus under the direction of Gretchen Gillis. Those are some of the highlights of his life.



KEN LEE



KATHIE TARANTO

KATHIE TARANTO moved to Northfield in 2020 to be closer to family. She grew up on a family-owned farm near Nerstrand. She attended high school in Faribault, then became a Registered Nurse. Kathie worked in nursing and hospital administration for most of her career spanning 45 years. Before she retired in 2015, her last role was as President of the University of Minnesota Masonic Children's Hospital. Kathie joined FiftyNorth because of its many programs, the opportunities to make new friends, and to be involved in the community.

FITNESS NEWS

SESSION-BASED CLASSES – Pre-registration required

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



NORDIC WALKING 101
Thursdays, June 1, 8, 15, 22
3:30-4:30pm

Nordic Walking is the newest craze in the fitness world. Studies are finding that Nordic walking helps increase stability, coordination, cardiovascular endurance, and allows for individuals to enjoy hikes and walks with less discomfort in joints and various muscle groups. Learn from Kate Stuart how to walk properly with Nordic Walking Sticks, learn more about the benefits of Nordic Walking Sticks and the best way to take care of your Nordic Walking Sticks. Nordic Walking sticks will be available for participants to use during the duration of the class. If you have your own Nordic walking sticks you are welcome to bring them too.
 (4 sessions)

Instructor: Kate Stuart
Capacity: 6
Cost: \$36 nonmbr, \$28 mbr, \$0 plus/platinum
Space: Courtyard and Fitness Studio

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)		
6:30 AM						
7:00 AM	CARDIO DANCE AND DRUMSTICKS (7-7:45)		SLO FLO YOGA (7-8)			
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		HEALTHFINDERS ZUMBA WITH MARIBEL (8-9) FREE
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)				
9:30 AM	YOGA STRETCH (9:15-10:15)			SLO FLO YOGA (9:15-10:15)	YOGA FUSION (9:30-10:15)	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						TABLE TENNIS (10:30-1)
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	INTERMEDIATE GLOBAL LINE DANCE (12-12:45)	
12:30 PM						
1:00 PM			LINE DANCING (1-2)			
1:30 PM						
2:00 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)	NORDIC WALKING GROUP (2:15-3)	TABLE TENNIS (1:30-3:30)		
2:30 PM						
3:00 PM						
3:30 PM	TAI CHI FLOW STANDING (3:30-4)		TAI CHI FLOW STANDING (3:30-4)		TAI CHI FLOW STANDING (3:30-4)	
4:00 PM	TAI CHI FLOW CHAIR (4:15-4:45)		TAI CHI FLOW CHAIR (4:15-4:45)		TAI CHI FLOW CHAIR (4:15-4:45)	
4:30 PM						
5:00 PM						
5:30 PM			HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders			
6:00 PM		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		
6:30 PM						



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

AQUA FITNESS

MAY



COLOR KEY:

GREEN: Class

GOLD:

Group Activity
(Open Swim allowed)

BLUE:

Open Swim

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

VIRTUAL LAND BASED FITNESS CLASSES

MAY



INTENSITY KEY:

PINK – High Intensity

BLUE – Mid-range

PURPLE - Gentle

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

FITNESS NEWS -

FITNESS INSTRUCTOR HIGHLIGHT

SHEILAH GILES



Experience Yoga Fusion with Sheilah Giles, Fridays 9:30 to 10:15 am.

Yoga Fusion is a routine that Sheilah developed quite a few years ago that features Hatha Yoga poses that will stretch and strengthen you from head to toe. Yoga Fusion begins and ends with Shavasana. After Shavasana the class starts out with standing poses, then moves to the mat for more core work. All poses are fine for beginners - Sheilah does the same routine each time, only changing the balance poses for variety. You should leave feeling rested, refreshed and relaxed!!

MEMBER NEWS

PIANO PERFORMANCE

DURING LUNCH - JoAnn Edwardsen
Wednesday, June 21 at 11:30am



↑ Mickey Brodin, Lyle Matson, JoAnn and Larry Edwardsen

Our families were very musical, at family gatherings we would always bring out the guitars and start singing. Lyle and Mickey have sung together at 50 North and at nursing homes. Although Larry strummed his guitar at home, Lyle was able to talk Larry into bringing his guitar and join the group at the nursing home. JoAnn has sung with St. Dominic church choir and cantors with her sister Barb at church.

Please Think About It...

We want members to sign up and attend our Lifelong Learning, Wellness, and Art classes. However, we have a few members who sign up for multiple classes that don't have a fee for them, then don't show up or call to cancel their registration.

Please think about this... we have capacities set on the classes and you are taking a spot in the class. At times we have people on a waiting list for a class. People on the waiting list could have participated if we had known that you were not planning to attend.



If you are not going to be able to attend a class that you have registered for, please call the front desk to cancel your registration. This may open the space up for someone else (507-664-3700).



One Stop Shop for Minnesota Seniors

FREE MEDICARE CONSULTS AND MORE

3rd wednesday of the month
10am-2pm

Senior LinkAge Line & 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.



PLAY JUNE BINGO! Thursday, June 29 1:00-2:00pm

Join FiftyNorth's program coordinators, Michelle and Patty, as they host the June Bingo Bonanza! Win like never B-4! Bring your friends, expect some laughs and comradery and who knows, you could be a winner! Free event.

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

DOUG SCHOLZ-CARLSON PRESENTS GREAT RIVER SHAKESPEARE

Monday, June 5
11:00-12:45pm



Doug Scholz-Carlson, Great River Shakespeare Festival's Artistic Director, will provide an entertaining and insightful introduction to this, the 20th season of the Festival and to the featured Shakespeare play we will attend on our

planned trip. This year's play is *The Winter's Tale*. As in the past, this promises to be an educational and entertaining session. Plan to attend this open and free event.

Presenter: Doug Carlson

Capacity: 30

Cost: Free and open to the public



HIAWATHALAND TRANSIT & HART VOLUNTEER PROGRAM INFORMATION SESSION

Thursday, June 8
10:30-11:30am

Hiawathaland Transit is a public transportation service that operates in Northfield. There are two routes and a Dial-A-Ride service that is available. We also offer the Faribault-Northfield Connect Route that goes between the two communities. We are currently in the process of doing route re-designs. Hours of operation vary based on the service. We will share this information and also opportunities to volunteer and/or use the HART Volunteer Transportation Program.

Presenter: Dianne Ford, Transportation Operations Manager

Capacity: 25

Cost: Free

Space: Room 102

CAREGIVING FORUM

Tuesday, June 13
10:00-11:30am

Age-friendly Northfield and Neighbors Helping Neighbors will present a forum on caregiving with information and resources for caregivers, care recipients, and respite care. Learn about caregiving plans, preparing to be a caregiver, caregiver support, and respite services.

Note: Neighbors Helping Neighbors is a program of Family Service of Rochester serving Northfield and Rice County.

Presenter: April Sutor, MPA of Family Service Rochester

Capacity: 25

Cost: Free

Space: Room 103

Caregiving Forum



Tuesday, June 20
10:30-11:30am

WHAT IS NORTHFIELD SHARES?

What is a community foundation?

What do they do?

How does Northfield Shares partner with individuals,

families, nonprofits, businesses in creating a vibrant, healthy community?

Curious? Join us to hear from Carrie Robarge Carroll, Executive Director of Northfield Shares to learn the answer to these questions and more. (We hope members consider coming as FiftyNorth has received grants to support our work from Northfield Shares.)

Presenter:

Carrie Robarge Carroll, Executive Director of Northfield Shares

Capacity: 25

Cost: Free

Space: Room 103

CPR AND FIRST AID

Wednesday, June 21 | 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, childcare workers, teachers,

instructors, and volunteers.

Instructor: Jon Bolster

Capacity: 10

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



LIFE LONG LEARNING CLASSES

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

ALL SENIOR LEARNING NETWORK CLASSES:

Presenter: Senior Learning Network

Capacity: 20

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

Space: 103



NORTH TO ALASKA!

Tuesday, June 27

1:00-2:00pm

On January 3, 1959, President Eisenhower signed a special proclamation admitting the territory of Alaska into the Union as the 49th and largest state.

Join us as we take a virtual trip to Alaska, via the Alaska Public Lands Information Center representing natural, historical, and cultural features throughout the state. Wandering among the exhibits, visitors get a mini tour of Alaska. We look forward to learning all about this vast state of Alaska, "The Last Frontier".



HOMESTEAD NATIONAL HISTORIC PARK

Tuesday, June 6

1:00-2:00pm

"Homesteading, Women's Suffrage, and The Wizard of Oz"

This presentation explores the women's suffrage and homesteading themes in Frank L.

Baum's, *The Wonderful Wizard of Oz*. The program highlights the ways those themes remain prominent in retellings of the classic tale. It uses brief vocal music elements to demonstrate the many interpretations of this American fairytale; including, songs from the 1939 Judy Garland film: *The Wizard of Oz*. *Homesteading, Women's Suffrage, and the Wizard of Oz*, is an engaging program that explores the experiences that helped Baum shape his iconic story.



RETURN TO THE ELEPHANT SANCTUARY!

Tuesday, June 13

1:00-2:00pm

Since 1995, The Elephant Sanctuary in Tennessee has provided elephants retired from performance and exhibition with a safe refuge and the companionship of other

elephants. The facility has grown from 110 acres to 3,060 acres and has provided sanctuary to 29 elephants, making it North America's largest natural habitat refuge for captive elephants.

We are excited to return to the Elephant Sanctuary in Tennessee and learn about their newest residents!

SMITHSONIAN'S NATIONAL MUSEUM OF ASIAN ART

Tuesday, June 20

1:00-2:00pm

Cherry Blossoms: Japanese Custom of "Flower Viewing"
What is it about cherry trees, or Sakura, that makes them so beloved? During this interactive webinar, we will explore Hanami, the traditional Japanese custom of "flower viewing." Through paintings, woodblock prints, and other art forms, we will discover Japanese symbols, values, and traditions associated with blooming cherry trees.

↓ This is not a FiftyNorth class. No pre-registration.

Public Meeting Invitation Proposed Water Treatment Facility

WHAT

Public informative meeting about the proposed water treatment facility.

Discussing cost-effective ways to treat Manganese.

WHEN

June 27th

From 6:00 - 7:00 PM

WHERE

FIFTYNORTH

1651 Jefferson Pkwy
Northfield, MN 55057





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 8-hour Smart Driving Class**
Saturday, June 10
8:00-4:00pm
 THIS IS THE 8-HOUR COURSE FOR FIRST-TIMERS.
 *Bring a bag lunch
 - **AARP Smart Driving 4-hour Refresher Course**
Wednesday, June 14
9:00-1:00pm
 - **AARP Smart Driving 4-hour Refresher Course**
Monday, July 10
9:00-1:00pm
 - **AARP Smart Driving 4-hour Refresher Course**
Wednesday, August 9
9:00-1:00pm



Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: *FiftyNorth* front desk



WOUND CARE

Friday, June 2

10:00-11:00am

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

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

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

Capacity: 20

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

Space: 103



OSTEOPOROSIS 101

Wednesday, June 14

9:00-12:00pm

Our skeletal system is the framework of our body. Making sure we keep our bones healthy is very important as we age. Our bones help with stability, coordination, posture, strength and overall daily activities. Studies show that bone density can decrease as we age due to numerous internal and external factors. Learn from Dr. Marcy Kramer ways to fight the decline of bone density and keep your bones healthy through exercise, movement, and nutrition.

Instructor: Dr. Marcy Kramer

Capacity: 20

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

Space: 106

ART CLASSES



Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: FiftyNorth front desk



HAT MAKING CLASS

Wednesday, June 7

9:30-12:30pm

HATS, HATS, HATS...let your imagination fly as you build your own Dowager Duchess Downton Abbey Hat. Sylvia will sew the hat and brim before the class begins. Gather any bits and pieces...flowers, old jewelry, buttons and bows to decorate. Examples of the hats are on display in the lobby.

Instructor: Sylvia Langworthy

Capacity: 10

Cost: \$42 Nonmbr, \$36 mbr, \$15 platinum

Space: 102

A HAT PARADE & TEA PARTY WITH THE DAMES

Thursday, June 8

2:30-4:00pm

A HAT PARADE through the lobby will be staged at 2:30, then a Tea Party and Scones with the Dames will be served in the courtyard (room 105 in case of inclement weather) following the parade.



FLOWER ARRANGING

Thursday, June 15

1:30-2:30pm

Learn tips and tricks to create a beautiful flower arrangement. Professional florist Ann Blastervold will share how to cut, preserve and arrange flowers.

*Bring your own 9" tall vase and clippers if you have them. Flowers will be provided.

Instructor: Ann Blastervold – Florist at Family Fare

Capacity: 10

Cost: \$29 nonmbr, \$27 mbr, \$20 platinum

Space: 105



FUSED GLASS GARDEN STAKE

Tuesday, June 27

10:00-11:30am

Here is your chance to create a one-of-a kind garden stake. It's guaranteed to make a statement in your flower bed. No experience necessary.

Instructor: GERALYN Thelen

Capacity: 10

Cost: \$45 nonmbr, \$35 mbr, \$25 platinum

Space: 102

Movie Fridays!

MOVIES START AT 1:00PM



Enjoy free popcorn and movies together on the big screen at FiftyNorth. (\$1 group fee)



JUNE 2 AFRICAN QUEEN

1951 105 mins. Dramatic/Comedy
This is a fun action-adventure story starring two of the greats, Humphrey Bogart (as Charlie Allnut, a Canadian mechanic and steamboat pilot/operator) and Katharine Hepburn (as Rose Sayer, a British Methodist missionary, brother to a minister, both stationed in German East Africa in the village of Kungdu in 1914 just as World War I is starting).



JUNE 9 MAGNIFICENT SEVEN

1960 128 mins. Action/Adventure
A small Mexican farming village tries to hire a gunman to protect them from terrorizing bandits but end up with seven, each of whom have taken the job for a different reason.



JUNE 16 SHENANDOAH

1965 106 mins. History/War
With the integrity and depth of an epic, Shenandoah tells the dramatic story of a man caught in a dilemma. James Stewart stars as a Virginia farmer during the Civil War. ...When his son is taken prisoner, Stewart goes to search for the boy. Seeing first-hand the horrors of war, he is at last forced to take his stand.



JUNE 23 FROM HERE TO ETERNITY

1953 118 mins.
In this landmark film, passion and tragedy collide on a military base as a fateful day in December 1941 draws near. Private Prewitt (Montgomery Clift) is a soldier and former boxer being manipulated by his superior and peers. His friend Maggio (Frank Sinatra) tries to help him but has his own troubles. Sergeant Warden (Burt Lancaster) and Karen Holmes (Deborah Kerr) tread on dangerous ground as lovers in an illicit affair.



JUNE 29 FRIENDLY PERSUASION

1984 137 mins. Family
The interaction between Gary Cooper as Jess and Dorothy McGuire as his wife is superior. They are a Quaker family who are pacifists living during the Civil War and trying to stick to their faith believing there has to be a better way to settle things than getting involved in a war.

HISTORY GROUP@FiftyNorth



The History Club meets every Friday, 10:30-12pm. (\$1 group fee)

JUNE'S THEME: We will view a selection of 30-minute videos from "History of the Ancient World" from The Great Courses. As an example, the first two we chose are:

Being a Dead Egyptian

Mummies. The Book of the Dead. Tomb robbers. Death was big business in ancient Egypt, and in this lecture you'll discover Egyptian beliefs about the afterlife and the journey from this world to the next. You'll learn how to make a mummy and how to get past Osiris at the gates to the afterlife....

Being an Egyptian Worker

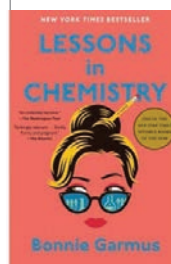
As an ancient Egyptian, you might have been a farmer, a herdsman, a craftsman, a hunter, or, most dangerously, a miner. Take a tour of people in the professions that would be available to you in the village of Deir el-Medina- from educated scribes to the...

Questions: contact Patty Ciernia at patty.ciernia@fiftynorth.org or stop in the office

BOOK GROUP@FiftyNorth



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



JUNE LESSONS IN CHEMISTRY

by Bonnie Garmus

The book is about women's lives, careers, and struggle for empowerment in the late 50s and early 60s. It follows the story of Elizabeth Zott, a brilliant chemist who is forced to become a television chef when she finds herself a young, single mother.



JULY SAFE FROM THE SEA – by Peter Geye

Set against the powerful lakeshore landscape of northern Minnesota, Safe from the Sea is a heartfelt novel in which a son returns home to reconnect with his estranged and dying father thirty-five years after the tragic wreck of a Great Lakes ore boat that the father only partially survived and that has divided them.

VOLUNTEER NEWS



POPCORN WAGON NEWS

Update, popcorn wagon will be at Bridge Square May 23, for opening day May 24, 2023 at 11:00am. We are always looking for wonderful volunteers who would enjoy being at the wagon, meeting local neighbors and out-of-towners.

Our shifts are 3 hours; 11-2 & 2-5. The wagon will go to Carleton on June 9th for Graduation & June 16 & 17 for Reunions. This is great fun, just making popcorn & handing it out. A chance to meet students, faculty & parents.

If you need more information please call me. I am always available to answer any questions. Lesley Weirich 507-400-4331 or email lesley.weirich@fiftynorth.org



CHIME CHOIR UPDATE

The Chime Choir ended spring on a good note with places opening up again so the choir could do programs for them. The Chime Choir outreach this spring was: Northfield Retirement Center, Millstream Commons, Benedictine Living Center, and Little Frida Cafe.

The Chime Choir is now on summer break. They will meet again weekly beginning Thursday, September 14, 9:30-10:45am. If you are interested in joining the choir please contact Marilyn Finneseth at 612-877-0959 for more information.



↑Photo: Jim and Angie Mayr, and Ed and Colleen Vitek

We are grateful for the teamwork of the volunteer leaders of the Pedaler group. They do a great job of organizing pedaling adventures. Please read below a snippet about the fabulous four.

Jim, Angie, Ed and Colleen lead the FiftyNorth Pedalers, choosing a variety of trails to ride and nearby restaurants or picnic spots for lunch for the Wednesday out of town rides.

On Monday mornings, Ed & Colleen can usually be found having coffee before walking or biking with the in-town group.

Jim and Angie are Wisconsin natives and have been riding with the FiftyNorth group almost since moving to Northfield area 10 years ago. Ed and Colleen are Twin Cities natives, but spent most of their adult lives in North Carolina. They've been riding with the FiftyNorth group since moving to Northfield four years ago.

WHY VOLUNTEER? As a whole, volunteers receive much more than they give. It counteracts the effects of stress, anger and depression. It makes you happy and increases your social skills and confidence. It makes this world a better place. It allows us to step back from our own personal experience and evaluate things. And it provides a sense of purpose.

If you would like to learn about volunteer opportunities at FiftyNorth, please contact Michelle Loken at michelle.loken@fiftynorth.org

TRAVEL GROUP@ FiftyNorth



MINNESOTA TWINS VS. BOSTON RED SOX

Thursday, June 22

10:30-4:00pm

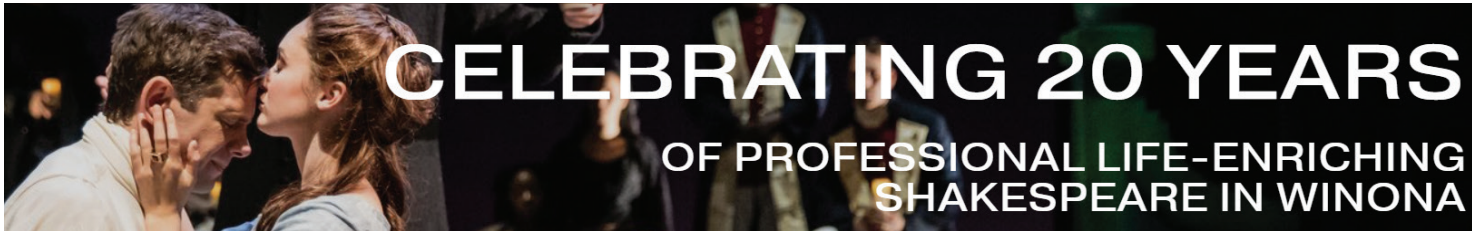
Join FiftyNorth for a fun-filled day at Target Field to see the Minnesota Twins take on the 2022 World Series Champions Boston Red Sox. Root for the home team with great seats, great food, and great company. Please specify when registering if you want to sit with someone specific.

Trip Leader: Craig Swenson

Capacity: 25

Cost: \$65

Deadline: June 2



*Shakespeare Trip
Is BACK!*



GREAT RIVER SHAKESPEARE FESTIVAL:

WINTER'S TALE

Wednesday, July 12

10:30-7:30pm

After several years of "Covid Hibernation" the bus trip to attend the Great River Shakespeare Festival (GRSF) is back. GRSF is returning for Season 20 to the Winona University Stage. We will be there to attend this Shakespeare favorite Winter's Tale directed by Artistic Director Doug Scholz-Carlson.

Winter's Tale was part of the GRSF inaugural season in 2004. This play from late in Shakespeare's life explores Grace in complex poetry. Leontes, King of Sicilia, is stuck in the false belief that his wife, Hermione, is unfaithful to him. Trusted advisors and friends cannot change him, evidence to the contrary does not move him. Artistic Director Doug Scholz-Carlson has prepared an insightful presentation of this play with the GRSF professional actors. As with all three of this season's plays you will come away with questions and new insights. These can be explored with the actors and Director during our box meal together after the play. The box meal will be a sandwich option with sides. Please specify when registering if you want to sit with someone specific.

*Please specify your sandwich choice: Turkey or Vegetarian

Trip Leaders: Bill and Char Carlson

Capacity: min 20, max 45

Cost: \$125

Registration deadline: July 7



SPIRIT OF THE WATER CRUISE AT TREASURE ISLAND RESORT

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

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

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

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

Trip Leader: Jim Estrem
Capacity: 55
Cost: \$99
Registration Deadline: July 1



CIRCUS JUVENTAS - EXCALIBUR PERFORMANCE

**Wednesday, August 2
11:30-6:00pm**

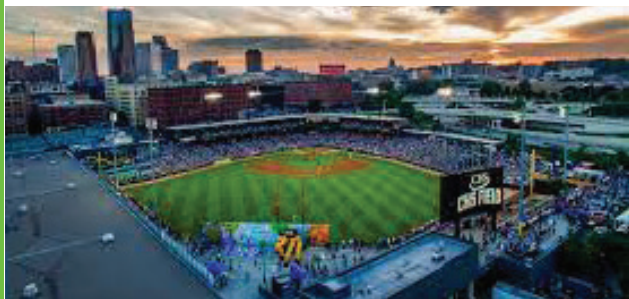
An original, themed show with a story line, the summer show highlights the best of contemporary circus arts, with a strong blending of circus, dance, and theater. Circus Juventas works hard to make this a transformative experience from the moment the audience walks into the arena.

A sword pulled from stone. A prophecy fulfilled. Swirling in the depths of a lake shrouded in mist, the legend of King Arthur is brought forth once again. With tales of chivalrous knights, secrets, romance, betrayal, and an ancient lineage rediscovered, join us as we dive into the world of Arthurian legends. Quest alongside Lancelot and Gawain. Join the young king as he comes to power under the watchful eye of the enigmatic sorcerer, Merlin. We'll soar with dragons and unearth old magics to discover a circus spectacular worthy of a king.

Seats are close to floor level. This is a 3-hour performance with an intermission. Concession stands are available to purchase food items on your own.

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

Trip Leader: Michelle Loken
Capacity: 14
Cost: \$75
Registration Deadline: June 29



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



Minor League St. Paul Saints will be hosting the Louisville Bats. Join FiftyNorth for a night filled with fastballs, home runs, and strike outs at CHS stadium.

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

Trip Leader: Craig Swenson
Capacity: 25
Cost: \$60
Registration deadline: August 4

APRIL 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 April 30: 1,825

Karen Achberger
Berit Anfinson
David & Joey Appleyard
Nancy Ashmore & Kenneth Wedding
Bernard & Mary Auge
Lois Bakko
Judy Broske
Gene & Darlene Broughton
Warren & Karen Broughton
Mary Brown
Brenda Bultman
Ronald & Ginny Chatlos
Bernice Christensen
Eileen Cooper
Cleve Crowningshield
Neil & Marilyn Deden
Winnie Drentlaw
JoAnn Edwardsen
Chris Ellison
Carol Emery
Beth Endert
Joyce Francis
Stephanie Frey
Marie Gery
Jeanette Gilbertson
Mac & Jacquelyn Gimse
Kevin Groebner & Sue Harvey
David & Betty Habermas
Maxine Halverson
Liz Hankins
Richard & Donna Jackson
Georgene Johnson
Ruth Johnson-Wirth
Steve & Ann Jorstad
Patricia Jorstad
Joni Kilde
Gary & Arlene Kruse

Myron Lanoue
Tom & Nancy Loesch
Janet Mathews
James & Angie Mayr
Mike & Ann McGovern
William & Callista Meyer
Elaine Meyers
John & Sharon Micklo
Neil Lutsky & Irene Montenegro
Bill & Pat Nelson
Elizabeth Olson
Kenneth Lee & Donald Onsgard
Ken & Roberta Persons
Roberta Peterson
Carol Rutz
Beverly Steberg
Kathryn Steichen
Kenneth & Sharon Steinhouse
Dorothy Swanson
Craig Swenson
Curt Swenson
Allan & Nancy Swenson
Dale & Rose Turnacliff
Anne Ulmer
Linda Wagenbach
Patricia Warner
Harland & Evelyn Wegner
Darlene Witt

Welcome!

APRIL NEW MEMBERS

GLAD YOU'RE HERE!

Holli Alladin
Martha Anderson
Theresa Baird
Lynne Feininger
Michael & Terry Ferrise
John Fried
Steven & Wanda Huettl
Phyllis Hullett
Steven Krause
Genell Laabs
Janell Martin
Leonard Moore
Karen Morris
Mary Polsfuss
Xun Pompomio
Carol Slater
Linda Urness

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Attention All Women, The Seasoned Singers Need You!



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

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

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

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

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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

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

Assistant Director/Fitness Coordinator:

Craig Swenson
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Administration Manager:

Elaine Meyers
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Program Coordinator: Lifelong Learning/ Community Outreach

Patty Ciernia
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Program Coordinator: Arts/Volunteer/Dining

Michelle Loken
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Used-A-Bit Shoppe Manager:

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

Used-A-Bit Shoppe Assistant Manager:

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

Bookkeeper:

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



Front Desk (Reception Staff):

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



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

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



Little Frida Cafe & Taco Shop:

Monday–Friday 11:30am–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