



By Kerry Hjelmgren, *Director*



FOSTERING A DEMENTIA FRIENDLY COMMUNITY IN NORTHFIELD, AND BEYOND

The chances are high that you know someone who has been affected by dementia. This fall, FiftyNorth is partnering with Age Friendly Northfield and Family Service Rochester to educate the public about dementia with the Alzheimer's Association in September, and start a

community conversation about dementia with The Remember Project by Trellis in October and November. As the number of older adults continues to rise, the number of people diagnosed with dementia does, too. Therefore, our community must learn how to understand, accommodate, and support individuals living with dementia and their caregivers.

Dementia encompasses a spectrum of cognitive disorders that lead to a progressive decline in memory, reasoning, and overall mental function. It is an umbrella term that includes various conditions such as Alzheimer's disease, the most common form of dementia. With over 55 million people globally living with dementia, its impact is both widespread and deeply personal.

The Alzheimer's Association estimates that currently:

- ✂ 6.7 million Americans have Alzheimer's disease
- ✂ 10.7% of Minnesota's 65+ population has Alzheimer's disease
- ✂ Rice County, where FiftyNorth is situated, follows suit at 10.6%. **That means approximately 1,200 people have Alzheimer's disease in Rice County.**

These numbers will continue to grow, and are expected to double by 2060. This is why it is crucial for communities to become dementia friendly communities: an environment where dignity is preserved, challenges are addressed with empathy, and inclusivity is a core value.

The Remember Project by Trellis is an initiative that utilizes the arts and facilitates community conversations to spread awareness and understanding about dementia and its challenges. Join us on October 21 and November 18 from 9-11:30am at FiftyNorth to take part in a conversation that will enable our community to become dementia friendly.



Fortune Cookies by Bonnie Dudovitz

Watch the Trailer for In The Garden on YouTube



See details on page 12



In The Garden by Matthew Widman



Kerry

Watch the Trailer for Fortune Cookie on YouTube

INSIDE

Fall Events	2
Annual Fund Drive.....	3
SWAG clothing sale.....	4
Member News.....	5
Member Services.....	5, 6
Health & Wellness	6, 8, 9
Fitness	7, 8
Life Long Learning.....	10-13
Art Classes	14-16
Art Gallery	16
Volunteering.....	17
Travel Group.....	18-20
Group Calendar.....	20
Book Group.....	21
Movies Announcement	21
AARP Driving	22
Donors & New Members	22

TAKE NOTE



Breakfast on Tuesday Mornings!

Cooked on site by Ruth's on Stafford
7:30-9:30am | Room 105 at FiftyNorth

Omelets, Crepes, Waffles and French Toast

Coffee with Kerry

Meet Kerry Hjelmgren for coffee, conversation and treats in the lobby on Friday, October 11 at 10am.



FALL EVENTS



Alive & Kickin - These Seniors Rock

ALIVE & KICKIN - These Seniors Rock
Wednesday, October 2
1:00-2:00pm

Come and spend an hour with Alive & Kickin as we share our musical message redefining aging, honoring seniors & inspiring everyone. This season we are highlighting our Best Of Songs from 14 seasons! Get ready to Rock n' Roll with us and break barriers around aging!

Capacity: 80
Cost: \$20
Space: Rooms 103/105

*This activity is made possible by the voters of Minnesota through a Minnesota State Arts Board Operating Support grant, thanks to a legislative appropriation from the arts and cultural heritage fund.



Groovin' and Movin'

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

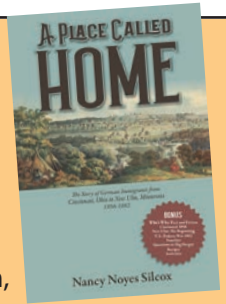
Love the music of the 60s? The jerk, the monkey, heaven knows what moves we make. No partner, no problem, we just dance!

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

FiftyNorth members will be making "Special Guest Appearances" as: Petula Clark, Janis Joplin, The Angels and more. Fondue favorites and Jello Jigglers will be served.

Cost: \$10
Register online or in person. Pay at the door.

AUTHOR TALK:
A PLACE CALLED HOME
Saturday, October 12
10:00-11:00am
book sales & signing follows



The Story of German Immigrants from Cincinnati, Ohio to New Ulm, Minnesota 1856-1862

Follow the story of the fictional Beck family as they travel by steamboat from Cincinnati, Ohio to the new western frontier settlement of New Ulm, Minnesota in 1857. They and their neighbors face unexpected challenges. Constructing a house, growing a garden, hunting and fishing for food, and building a community while surviving sickness, prairie fires, weather extremes, and mosquitoes. In 1862, they defend their town against an attack by frustrated, starving and desperate Dakota warriors.

The Dakota gave up land they had lived on for generations in several treaties in the early 1800s. U.S. government policies tried to assimilate them into European farming methods and culture. The Dakota were left dependent on yearly payments of food, supplies and money that always seemed to be late and too little.

Inspired by memoirs, personal accounts and historical sources, fact and fiction blend in this novel of tragedy and survival in a place both the Dakota people and the settlers called home.

Author: Nancy Noyes Silcox; FiftyNorth Member
Capacity: 50
Cost: Free
Space: Room 103

MEMBER SERVICES



FAMILY SERVICE CAREGIVING CONSULTANT

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

Kathy Voss
Certified Caregiving Consultant
Family Service Rochester
 1625 Hwy 14 East
 Rochester, MN 55904
 507-218-3275
www.familyservicerochester.org



TECH SUPPORT

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

Richard DeBeau, longtime FiftyNorth member will be available to assist members

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

Consultant: Richard DeBeau
Space: Room 104



MORE HELP FOR MEDICARE OPTIONS

2nd Wednesdays of the month
thru October 9
 12:00-3:00pm

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

Space: FiftyNorth in the Gallery Link
Available for help with:

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

Stop by or call for appointment.

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

CAREGIVER SUPPORT GROUP

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

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

Facilitator: Kathy Voss, Caregiver Support Specialist
Capacity: 20

Cost: Free

Space: Generally, Room 103, but check daily schedule

THREE RIVERS COMMUNITY ACTION OLDER ADULT SERVICES SPECIALIST

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

Location: Consult Room

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

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



FLU VACCINE CLINIC - RICE COUNTY PUBLIC HEALTH

Tuesday, October 15
 8:30-9:30am

Location: Room 102
 Provided by Rice County Public Health

If you are on Medicare (Part B) or Medical Assistance (Medicaid), bring your program card to the clinic and Public Health will bill Medicare or Medical Assistance for you.



ADVANCE CARE PLANNING OPEN HOUSE

Wednesday, October 16
 9:00-10:30am

Back by popular demand!

How do you want your final days to unfold? Start, edit, or complete your advance care directive. Tell loved ones and medical staff what you want at end-of-life. There is no formal presentation. Meet with trained facilitators who will answer your questions and offer confidential assistance with this legal document. No pre-registration needed. Drop in at any time during the 90 minutes.

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

Cost: Free

Space: Room 105

FiftyNorth Spirit Wear 2024



















Store code: FIFTYNORTH24

You can now purchase your items online in 3 easy steps:

1. Scan the QR code or go online to <https://larsonsprinting.itemorder.com/>
2. Choose your items and add them to your cart
3. Securely checkout with your credit card



Online Store Deadline: Friday November 1st, 2024 (11:59pm CDT)

<p>Core Blend Tee</p>  <p>6 Colors \$17.00</p>	<p>Long Sleeve Core Blend Tee</p>  <p>4 Colors \$22.00</p>	<p>Ladies Cotton Essential Tee</p>  <p>6 Colors \$17.00</p>	<p>Cotton Essential Tee</p>  <p>7 Colors \$17.00</p>	<p>Ladies Long Sleeve Cotton Tee</p>  <p>7 Colors \$22.00</p>	<p>Long Sleeve Cotton Tee</p>  <p>6 Colors \$22.00</p>
<p>Mid Weight Fleece Crewneck Sweatshirt</p>  <p>8 Colors \$25.00</p>	<p>Mid Weight Fleece Hooded Sweatshirt</p>  <p>9 Colors \$30.00</p>	<p>Core Fleece Full-Zip Hooded Sweatshirt</p>  <p>8 Colors \$37.00</p>	<p>Ladies Core Fleece Full-Zip Hooded Sweatshirt</p>  <p>7 Colors \$37.00</p>	<p>Ladies Sport-Wick Stretch 1/4-Zip Pullover</p>  <p>5 Colors \$37.00</p>	<p>Sport-Wick Stretch 1/4-Zip Pullover</p>  <p>5 Colors \$37.00</p>
<p>Port Authority Essential Zip Tote</p>  <p>8 Colors \$17.00</p>	<p>Port Authority Cotton Canvas Tote</p>  <p>5 Colors \$15.00</p>	<p>Port Authority Gym Bag</p>  <p>4 Colors \$30.00</p>	<p>Richardson 112 Mesh Back Trucker Cap</p>  <p>7 Colors \$25.00</p>	<p>Port Authority Garment-Washed Cap</p>  <p>5 Colors \$20.00</p>	<p>Knit Beanie</p>  <p>6 Colors \$17.00</p>

Order your FiftyNorth Swag through the Larson Printing online store. Ordering opens October 1st and closes November 1st. Delivery will be around November 25th. You will be notified when your order is ready to pick up in the office at FiftyNorth. Payment is due when you order.

T-shirts, sweatshirts and long sleeve t-shirts are available in men and women's sizes and a variety of colors. New options are baseball caps, stocking hats and bags.

TO ORDER Scan QR Code above **or** go to the link below and type in **FIFTYNORTH24** as the Store Code.

ONLINE STORE: <https://larsonsprinting.itemorder.com/>

If you need assistance with the ordering process, stop in the office and Michelle or Patty will help you.

<p>Pom Pom Beanie</p>  <p>5 Colors \$17.00</p>	<p>Sportsman 8 Inch Knit Beanie</p>  <p>6 Colors \$17.00</p>
--	--

Several NEW options to choose from!

MEMBER SERVICES cont. p5

Neighbors Helping Neighbors
Chore and Support Services

NEIGHBORS HELPING NEIGHBORS AT FIFTYNORTH
4th Wednesdays of the month
11:00-2:00pm

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

Consultant: Anne Pleskonko, NHN
Space: Consult Room

MAKING SENSE OF MEDICARE
Mondays, Wednesdays, Fridays
October 16 – December 6
9:30-2:30pm



Medicare's Annual Enrollment Period
October 15 - December 7

Whether new to Medicare or questioning your current plan, receive assistance from licensed

local and independent insurance

agent Sandra Robertson.

Space: FiftyNorth Gallery Link area

Available for help with:

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

Stop by or call or text for appointment.

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

MEMBER NEWS



LEAVES FOR JOE'S ROSES

Joe Endert, who has tended our beautiful rose garden, has asked for leaves to cover the rose bushes when preparing them for winter. If you have extra leaves you could donate to this cause, please leave them next to the building by the rose garden in yard waste bags.



HOLIDAY 
Art, Craft
& Author Book
FAIR

AT FIFTYNORTH

Looking for authors and crafty vendors to sell their books, arts and crafts at our upcoming
Holiday Art, Craft & Author Book Fair
on December 6th from 8:00 to 2:00.

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

FITNESS NEWS

Congratulations!



Fifteen Table Tennis players from FiftyNorth entered and competed in age brackets in the 2024 Minnesota Senior Games.

The top 3 in each age bracket of the Singles, Doubles, Mixed Doubles categories, along with the 4th place winners, have qualified to compete in the National Senior Games in Des Moines, Iowa 2025.

Eleven of the fifteen qualified.

**RESULTS GOLD, SILVER,
BRONZE AND 4TH:**

Bruce Anderson - B and S
Armand Boehme - S and S
Judeen Brown - G and G and G
Tom Drucker - S
Mike Eaves
Todd Harvey
Jerry Holzer
Vin Khanna - G and B
Hong Yuan Lang - G and G and B
Neil Lutzke - G and S
Russ Margulies - G and S and 4th
Todd Middleton
Irene Montenegro - G and G and G
Stu Sinykin - G and G and G
Jim Colwell



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

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

CLASS CANCELLATION POLICY:

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



*ReShape U:
Healthy Habits,
Healthy You*



RESHAPE U: HEALTHY HABITS, HEALTHY YOU (WEIGHT MANAGEMENT AND LIFESTYLE SUPPORT)

Tuesdays, October 1, 8, 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17
5:00-6:00pm

Location: Room 102

**All are welcome: Fifty North Membership not required.

Having at least 4 years of education in nutrition science along with board-certification, NH+C Registered Dietitian Nutritionists are highly equipped to provide science-based nutrition education, in addition to that, they have decades of experience, to help you meet your personal weight and nutrition goals.

WEEKLY MEETINGS: (12 sessions)

5:00 to 5:15 pm Opportunity to weigh or provide home weight (not required).

5:15 to 5:45 pm Topic handout and discussion.

5:45 to 6:00 pm Opportunity to weigh or provide home weight (not required).

Presenters: All sessions will be led by your Northfield Hospital + Clinics (NH+C) Registered Dietitian Nutritionists.

Kristi Von Ruden, RDN, LD

Courtney Eby, RDN, LD

Nicole Robinson, MS, RDN, LD

***Cost:** \$40 per month for 3 months at a time (\$120) payable to Northfield Hospital + Clinics (credit/debit card only)


Registration (and questions) call or email Kristi Von Ruden of Northfield Hospital and Clinics

Phone: 507-646-1410

Email: dietitian@northfieldhospital.org

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

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



BLUE –
Mid-range

PURPLE -
Gentle

INTENSITY KEY:
PINK –
High Intensity

GOLD:
No Open Use

2024 VIRTUAL LAND BASED FITNESS CLASSES (updated September)

AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)		
6:30 AM						
7:00 AM			STRENGTH AND CARDIO (7-7:45)		MOBILITY AND STRETCH (7-7:45)	
7:30 AM						
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH AND STRETCH (8-9)	STRONG NATION (8-9)
8:30 AM	CORE AND MORE (8:30-9)			CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)	
9:30 AM						
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM			CARDIO STRENGTH MIX (1-1:45)		YOGA BALANCE (1-2)	
1:30 PM						

VIRTUAL LAND BASED FITNESS CLASSES



INTENSITY KEY:
PINK –
High Intensity

BLUE –
Mid-range

PURPLE -
Gentle

AQUA FITNESS



COLOR KEY:

GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim

2024 AQUA FITNESS (updated September)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	
6:30 AM						
7:00 AM		EARLY BIRD AQUA 7:00-7:45AM		EARLY BIRD AQUA 7:00-7:45AM		OPEN SWIM
7:30 AM	AQUA SUNRISERS 7:15-8AM		AQUA SUNRISERS 7:15-8AM		AQUA SUNRISERS 7:15-8AM	
8:00 AM		AQUA YOGA 8:00-9:00AM		AQUA YOGA 8:00-9:00AM		OPEN SWIM
8:30 AM	SS AQUA AGELESS 8:15-9:00AM		SS AQUA AGELESS 8:15-9:00AM		SS AQUA AGELESS 8:15-9:00AM	
9:00 AM		OPEN SWIM		OPEN SWIM		
9:30 AM	S&F AQUA FIT 'N TONE 9:15-10:00AM		S&F AQUA FIT 'N TONE 9:15-10:00AM		S&F AQUA FIT 'N TONE 9:15-10:00AM	AQUAFIT 9:00-9:45AM
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	
12:30 PM						FAMILY SWIM 12-2PM AGE 3+
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		OPEN SWIM	OPEN SWIM	OPEN SWIM		
4:30 PM	WATER VOLLEYBALL 4-5:45PM				WATER VOLLEYBALL 4-5:45PM	
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						
7:45 PM						



CLASS CANCELLATION POLICY:

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

Please pre-register for all classes:

Phone: 507-664-3700

Online: FiftyNorth.org/classes

In Person: FiftyNorth front desk



SHIFTING CHRONIC STRESS AND ANXIETY INTO MORE JOY AND PERSONAL FULFILLMENT

Thursdays, October 3, 10, 17, 24, 31, November 7, 14, 21, December 5, 12, 19, 26
1:00-1:45pm

Learn how to better manage your stress and anxiety! With regular practice you will improve your skill in shifting these sub optimal states into a more joyful and personally fulfilling place. Get clearer about what you are doing in your body when you are stressed and what you can do differently to shift to something that reflects how you've wanted to be. This 12-week workshop provides a foundation of new skills for shifting into a more calm, grounded and relaxed place that you can practice and apply wherever you are. As this is a movement-based class built around Qigong healing principals you will likely discover other positive co effects on your physical health and vitality. Appropriate for standing and seated participants.

Instructor: Rob Gersky

Capacity: 30

Cost: \$108 nonmbr, \$84 mbr, \$0 platinum

Space: Room 102



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

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



CARPAL TUNNEL 101
Tuesday, October 8
9:00-10:00am

Northfield Hospital and Clinics will be discussing what is Carpal Tunnel, How is Carpal Tunnel is diagnosed, and treatments of Carpal Tunnel Syndrome.

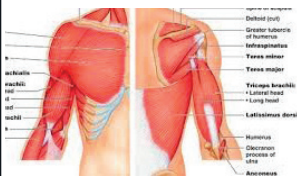
Instructor: Northfield Hospital + Clinics
Capacity: 25
Cost: \$9 nonmbr, \$7 mbr, \$5 platinum
Space: room 106

SOUND IMMERSION
Tuesday, October 8
4:00-4:30pm

Miki Orr Campbell is the owner of Zensational in Faribault. Miki is a certified vibrational sound therapy practitioner and psychic medium. There are many benefits to sound and vibrational therapy, and it is being recognized as a positive and powerful influence on our bodies at all levels; physically, mentally, emotionally and spiritually. Experiencing sound immersion allows you to reach deeper and deeper states of relaxation which allows the body to repair itself naturally. Enjoy a 30-minute sound immersion class using singing bowls, tuning forks and chimes as you rest and feel the positive effects of sound therapy.

*If you prefer, bring your own yoga mat, blanket and bolster.

Instructor: Miki Orr Campbell
Capacity: 15
Cost: \$9 Nonmbr, \$7 Mbr, \$0 Platinum
Space: Fitness Studio



SHOULDERS 101
Wednesday, October 9
9:00-11:00am

The Human shoulder is one of two ball in socket joints in the human body. The shoulder is an instrumental joint that helps with lifting, reaching, and

moving the upper body. One Fourth of the US population suffers from shoulder pain. Learn from Dr. Marcy Kramer ways to get your shoulder healthy, keep it healthy and various issues that may occur to your shoulders.

Instructor: Dr. Marcy Kramer
Capacity: 20
Cost: \$18 nonmbr, \$14 mbr, \$0 platinum
Space: Room 106



HEART HEALTHY SERIES
Tuesdays,
October 15, 22, 29
3:30-4:30pm

Do you want to keep your heart healthy? Registered dietician nutritionists can help.

In Partnership of NH+C and FiftyNorth, this 3-class series covers nutrition and physical activity to help prevent and control heart disease.

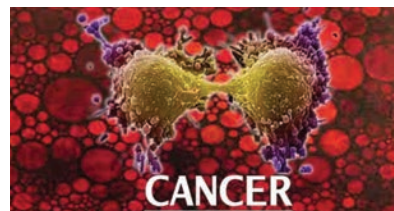
- Reading labels
- Sodium, fat, and sugar recommendations
- Tips and tricks for dining out
- Heart-healthy recipes
- Physical activity

Sessions are led by a Registered Dietitian Nutritionist from Northfield Hospital + Clinics, who provides science-based nutrition education.

NH+C's Registered Dietitian Nutritionists are board-certified and have 4+ years of education in nutrition science, plus decades of experience to help you meet your personal weight and nutrition goals. (3 sessions)

Instructors: Northfield Hospital + Clinics Registered Dietitian Nutritionists
Capacity: 20
Cost: \$87 nonmbr, \$81 mbr, \$0 platinum
Space: Room 102

Have questions? call Craig Swenson, FiftyNorth Fitness Coordinator at 507-664-3702



THE 5 MOST COMMON CANCERS
Tuesday, November 5
9:00-10:00am

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

Instructor: Northfield Hospital + Clinics
Capacity: 25
Cost: \$9 nonmbr, \$7 mbr, \$5 platinum
Space: room 106

LIFE LONG LEARNING CLASSES

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

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

CLASS CANCELLATION POLICY:

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



Joe Moravchik, J.D.

U.S. POLICING SEMINARS

Joe Moravchik, J.D., a retired police officer, and lecturer on police and law topics, returns this October to Fifty North for four seminars with topics of discussion all shaped by requests from our membership.

Contact: jmoravchik1525@gmail.com

Overview: We will examine current subjects related to policing in America in a discussion-based format. The goal of the seminars is to broaden understanding and provide needed context for the serious and important public policy discussions regarding policing that are underway at local diners, in the media, and at every level of government.

More about the Seminars, and the Class Schedule: Each of our four seminar classes will involve lectures guided by Google Slides, short videos, and partner work to set up our class discussions. The seminars are set up for question and answer, and discussion.

US POLICING SEMINAR #1

Monday, October 7 | 9:30-11:30am

Seminar #1 - In our first seminar this fall, we are going to discuss Crime Scene Investigation; what occurs when the police arrive to investigate a death under suspicious circumstances. Topics will include real Case Studies, Chain of Custody, Grid Searches, Biological Evidence, Digital Evidence, Latent Prints, and the Role of the Medical Examiner, among other related topics. Let's see how television programming compares to what crime scene investigation is really like.

In preparation for our class, you may want to listen for context to the KYMN podcast Public Policy This Week August 18th, 2023 edition. Joe interviews Dr. Andrew Baker of the Hennepin County Medical Examiner's Office on the Role of the Medical Examiner.

Link to KYMN

Instructor: Joseph Moravchik

Capacity: Minimum: 7 Maximum: 30

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

Space: Room 103

US POLICING SEMINAR #2

Monday, October 14 | 9:30-11:30am

Seminar #2 - In our second seminar, we are going to discuss the high profile police officer failures in Minnesota that have affected police morale, performance, recruiting standards and objectives, and public trust - Jeronimo Yanez, Mohamed Noor, Derek Chauvin, and Kim Potter. Plus the case of Thomas Lane - wrongful political prosecution? You may have ideas for how to rebuild police-community trust, and on police reform.

To prepare for class, you may want to listen to the KYMN podcast Public Policy This Week, originally broadcast Sept. 30th, 2022. Joe and St. Paul Police Chief Todd Axtell (Ret.) discuss their police careers and the current state of U.S. policing.

Link to KYMN

Instructor: Joseph Moravchik

Capacity: Minimum: 7 Maximum: 30

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

Space: Room 103

US POLICING SEMINAR #3

Monday, October 21 | 9:30-11:30am

Seminar #3 - In our third seminar, we are going to discuss how the media played a significant role in undermining police service, analyzing the national cases of Louis Gates Jr., Michael Brown, and Freddie Gray. Police-community trust is founded in honest work, and also honest narratives. We will talk over how the media got these stories wrong, and the fallout from it.

Instructor: Joseph Moravchik

Capacity: Minimum: 7 Maximum: 30

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

Space: Room 103

US POLICING SEMINAR #4

Monday, October 28

9:30-11:30am

Seminar #4 - In our fourth seminar, we are going to discuss police Use of Force; when, and for what reasons the police can put their hands on, or draw a weapon on, a citizen, guided by law. We'll start with what is called the force option continuum, consider cases, and debate use of force and de-escalation.

Instructor: Joseph Moravchik

Capacity: Minimum: 7 Maximum: 30

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

Space: Room 103

LIFE LONG LEARNING CLASSES

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

THE EXPLOITS OF AN EXPAT: LIVING, WORKING & BENEFITING FROM A LIFE ABROAD

Thursday, October 3

1:00-2:00pm



When she wasn't teaching Media Studies to Zayed University students in Abu Dhabi, United Arab Emirates or teaching English as a Second Language to Vietnamese youth in Hanoi, Thompson was living the dream of enjoying the expat life to the fullest. Anyone with a zest for travel, a thirst for experiencing new activities and a

desire to forge international friendships will appreciate her lively talk filled with scenic landscapes, arresting cityscapes and fun-filled adventures.

Presenter: Pamela S. Thompson,
Editor of the Northfield News

Capacity: 30

Cost: \$9 Nonmbr, \$7 Mbr, \$0 Platinum

Space: Room 103



NORTHFIELD PUBLIC SCHOOLS UPCOMING REFERENDUM INFORMATION SESSION

Thursday, October 17

1:00-2:00pm

The Northfield Public School District has been seeking the right pathway to address the facility problems at Northfield High School since 2017. On March 11, 2024, the Northfield Board of Education directed district administration to prepare a three question bond referendum to be held in conjunction with the general election on Nov. 5, 2024. This referendum will address these problems which include safety, academic and music learning spaces, athletic programs and spaces, and antiquated equipment and building systems.

Superintendent Dr. Matt Hillmann will recap the board's process, explain how the bond referendum can solve these problems, and provide an opportunity to ask questions.

Presenter: Superintendent Dr. Matt Hillmann

Capacity: 35

Cost: Free

Space: Room 103

COMPETING FOR THE GOAT TROPHY:

St. Olaf and Carleton Football

Tuesday, October 8

1:30-2:30pm

Longtime Carleton College football coach Bob Sullivan joins local history author Susan Hvistendahl at FiftyNorth to talk about the football rivalry between St. Olaf and Carleton colleges ahead of the upcoming game at St. Olaf at 1pm on Saturday, October 12. The talk will focus on the "Goat Trophy" which has been awarded to the winning team since 1931 and on Sullivan's career as coach from 1979 to 2000, when he retired with a total record 102 wins, more than any Knights coach. On October 15, 2022, Carleton's football field was named "Bob Sullivan Field" in his honor. Hvistendahl's Historic Happenings books include research on Northfield football and will be available for purchase.

Presenters: Susan Hvistendahl and Bob Sullivan

Capacity: 50

Cost: Free

Room: 103



Carleton College Archives



LIFE LONG LEARNING CLASSES

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



FIFTYNORTH RECEIVES GRANT FROM THE DEPT OF HUMAN SERVICES with Family Service Rochester. FiftyNorth received financial support from Age-Friendly Northfield and received a grant to support Alzheimer’s and dementia awareness and education in the Northfield Area. This fall there will be three events; free and open to the public.



THE REMEMBER PROJECT: Fortune Cookies
Monday, October 21
9:00-11:30am
Doors Open and Refreshments - 9:00am
Play and Community Conversation - 9:30-11:30am

FiftyNorth proudly presents “Fortune Cookies,” a community event that helps family members, caregivers, local businesses, and the broader community be in a conversation around the subject of dementia, as well as the most well-known form of memory loss which is Alzheimer’s Disease. All community members are welcome to attend these Remember Project events.

This program takes a unique approach to building awareness, sharing information, and inviting authentic community conversations. Audience members come together for a coffee and refreshments and then watch the play together, followed by a facilitated conversation.

“Fortune Cookie”: “Our ultimate goal,” said Danette McCarthy, founder and producer, “is to assist community members and leaders consider new ways to think about memory loss and to become aware of local resources that support families who are dealing with a diagnosis of dementia or Alzheimer’s Disease.”

Written by Bonnie Dudovitz, “Fortune Cookies” is her first play. In it, the character of Mona is a high-energy entrepreneur who always has a project on the front burner. She is the life of the party and her enthusiasm is both funny and charming. Though at age 80, Mona’s memory is sharp, she fears memory loss and has seen too much of it among friends and neighbors. With Mona as the guide in this brisk 16-minute play, we learn that Mona has a plan to counter the effects of future memory loss and she is willing to go to great lengths to do so! As the audience gets to know Mona and her son, David, they find themselves with an opportunity to consider one of the biggest hurdles to creating a truly dementia-friendly Northfield: the need to understand how knowledge and compassion are essential to keeping families out of crisis.

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

Presenters: The Remember Project

Capacity: 75

Cost: Free

Space: Room 103/105



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

FiftyNorth is pleased to announce upcoming screened performance of “In the Garden.” The combination of watching a play together followed by facilitated discussion is an excellent way to help create better understanding about the challenges facing those with memory loss as well as their families and friends. Don’t miss the remarkable theatrical video format that the Remember Project artists have created.

Sponsored by



Creating an
Age-Friendly Northfield

LIFE LONG LEARNING CLASSES



CRUISE SHIPS & RIVERBOATS - Lets Explore!

Tuesday, October 22

1:00-2:00pm

Are you ready to trade your car keys for a stateroom key? Today, we're setting sail on a thrilling exploration of cruises, from cruise ships to riverboats—an incredible way to discover the world in comfort and style. Like our train adventure, these floating resorts offer a world of relaxation, excitement, and unforgettable experiences. Let's embark on an exciting journey to explore the world.

Wondering what life onboard is like? We'll spill the beans on everything from luxurious accommodations to exciting activities. Discover how to effortlessly board your ship, whether you are traveling solo, with a partner, or with the whole family. We'll also navigate the waters of accessibility, ensuring everyone feels welcome and comfortable.

Prepare to tantalize your taste buds! We'll explore the diverse dining options, from casual buffets to gourmet restaurants and special dietary needs. And let's not forget the entertainment! From dazzling shows to live music, there's something for everyone.

Just like our train adventures, we want to answer all your questions and hear about your adventures! The Travel With Us agents are here to guide you through the exciting world of cruise and riverboat travel. Get inspired by the incredible destinations you can visit, share your travel stories with fellow adventurers, and don't miss this chance to embark on your next unforgettable journey!

Ready to set sail? Let's explore the possibilities together! Visit TravelWithUs.vacations or follow us on Facebook, Instagram, and TikTok for more information and inspiration!

Presenters: Leah and Shanna with Travel With Us

Capacity: 40

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

Space: Room 103

ART CLASSES

Online: FiftyNorth.org/classes

Pre-register for all classes:

In Person: FiftyNorth front desk

Phone: 507-664-3700

CLASS CANCELLATION POLICY:

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



PAINT YOUR PET

Monday & Tuesday, October 14 & 15

10:00am-12:00pm

Artist Julie Fakler will teach you step by step on how to paint a portrait of your pet. In class you'll learn about under painting, form, shape and color. In the first class we will complete the first layer of colors (paint), and we'll return the next day to add a second layer of colors (paint). If time allows for more layers can be added to your masterpiece. Email a photo of your pet to juliefakler@gmail.com and she can print it out for you. Please email your photo by October 11th. Wear clothes that can get paint on them.

(2 sessions)

Instructor: Julie Fakler

Capacity: 10

Cost: \$46 nonmbr, \$38 mbr, \$10 platinum

Space: Room 105

Registration deadline: October 9



PHOTO: FiftyNorth member, Sue Gallegar with her painting in previous Paint Your Pet 2.0 class.

ART CLASSES

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

Pre-register for all classes:
Phone: 507-664-3700

CLASS CANCELLATION POLICY:

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



Karen Herseth Wee and Riki Köbl Nelson
 Women who began Northfield Women Poets

PENCHANT POETS AND THEIR POEMS – WHAT WAKES HER IN THE NIGHT

Thursday, October 17

5:00-7:00pm

What Wakes Her In The Night, their fifth anthology of poems, is not yet a New York Times best seller. On the other hand, it offers great reading and listening. For more than fifty years, these women have been writing and creating a conversation where all voices are welcome. Northfield Women Poets evolved to Penchant as poets moved away from Northfield. With distance, bimonthly meetings are now held on Zoom.

Poems sometimes rhyme, or not. Sometimes long poems, or not. Poems may begin to simmer on a walk, a quiet time by a lake, a mouse in the house, a new baby, a dance, or a Scrabble tile.

During the first part of the time, each Penchant poet will read from her own work for a few minutes. Voices you hear will be as different as the poems. After the readings, there will be time for questions.

Copies of the book will be available for sale at \$20 each.
 Coffee and cookies will be served after the reading.

5-6pm Reading | 6-7pm Coffee and cookies

Presenters: Penchant Poets

Capacity: 60

Cost: Free

Space: Room 103



KNIT SOCKS WITH HEELS

Wednesdays, October 23,

November 6, 20

10:00-12:00pm

Have you wanted to knit socks but are intimidated by the heel? Take this class and discover it's actually pretty easy, and the result will be impressive too! Students will knit a pair of simple striped crew socks with a traditional heel.

This class is for beginners who know how to knit and purl. That's it. You'll learn the rest of the techniques in class. And you don't have to know how to use double-pointed needles. The instructor will supply wool yarn and needles . . . and even cast on for you! All classes are two hours.

As you can see there is homework between the classes, but you'll have two weeks to complete each homework assignment.

1st class, Oct 23:

We'll start the socks using the magic loop method (one long circular needle) and learn to knit stripes. Homework for class 2: Knit the legs of both socks.

2nd class, Nov 6:

We'll knit the heel flap and turn the heel. Homework for class 3: Knit the feet of the socks up to the toe.

3rd class, Nov 20:

You'll learn how to shape the toe and finish the socks.

The techniques you'll learn in this class:

- How to knit magic loop.
- How to change colors for the stripes.
- How to knit a heel flap and turn a heel.
- How to decrease for the toe of a sock.

Materials provided.

(3 sessions)

Instructor: Diane Pearsall

Capacity: 10

Cost: \$86 Nonmbr, \$74 Mbr, \$32 Platinum

Space: Room 105

Registration deadline: October 16

ART CLASSES



IRIS FOLDING HOLIDAY CARDS

Thursday, October 24

1:00-4:00pm

Iris folding is one of those techniques that looks complicated but is really very simple to master. If you know how to count, you know half the technique already! The rest is very easy to learn. Lightweight papers are used – origami paper, gift wrap, magazine pages, tissue paper. You can even recycle junk mail. Patterns direct you in folding your papers to create wonderful designs for use as Christmas cards, stand-alone art pieces or in art journaling. We'll learn iris folding by making Christmas trees and ornaments. We'll provide supplies for you to complete up to 3 simple cards in the class and give you ideas to inspire you to embellish the cards and make many more at home. No experience with iris folding is necessary. Come and have fun!

PARTICIPANTS: Everything you need will be provided but, if you have the following paper arts tools, please bring: Small portable paper cutters or guillotines Sharp small "fussy-cutting" scissors, lightweight holiday themed papers.

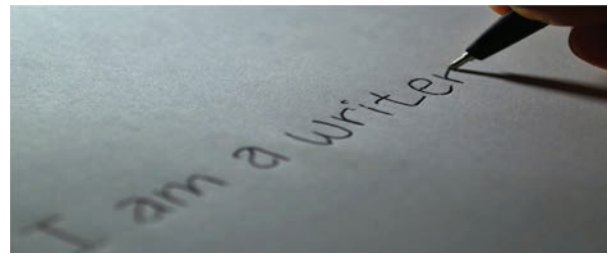
Instructors: Pat Jorstad & Lynn Margulies

Capacity: 12

Cost: \$35 nonmbr, \$30 mbr, \$10 platinum

Space: Room 105

Registration deadline: October 21



WRITING AND PUBLISHING A BOOK

Tuesday, October 29

10:00-11:15am

Discover how to write, publish, and market a book. You may have long harbored a desire to try writing and publishing a book of fiction or share a subject of personal interest; now is your chance to move forward on that goal. Local author Patrick "Packy" Mader was an elementary teacher inspired by a young girl and the result is six published books. From starting gun to finish line, learn the process of taking your idea to print. Handouts and links to a Power Point slide show and sources will be available.

Instructor: Patrick "Packy" Mader

Capacity: 20

Cost: \$9 Nonmbr, \$7 Mbr, \$0 Platinum

Space: Room 102



POTTERY CLASS - CLAY TRINKET DISHES & CLAY MICE

Mondays, November 4, 1:00-4:00pm

November 11, 1:00-3:00pm

In the first class you will be making trinket dishes and cute little mice out of clay. You each will be given a piece of slab rolled clay. Your clay will be your canvas of creativity. You will have your choice of textures or underglaze transfers. These will be rolled into or transferred onto your clay. We then will cut them out using your choice of cookie cutters which will be provided. Next step you will form your trinket dishes. Then with your left-over clay we will hand build some cute mice. You will initial the bottom of your projects. I will bring these projects to my studio to dry and fire. In the second class we will paint all of your pieces. I will have a variety of paints to choose from. These projects will come home with me to be fired one last time. I will return them to FiftyNorth on November 13. We will make this a fun class!

(2 sessions)

Instructor: Barb Vosejpk

Capacity: Minimum: 6 Maximum: 12

Cost: \$60 Nonmbr, \$50 Mbr, \$15 Platinum

Space: Room 105

Registration deadline: October 30



Art Classes cont. p.16→

CLASSES IN THE ARTS



West African Drumming Class Tuesdays, November 5, 12, 19, 26 4:00-4:45pm

Join David Miller in exploring the rhythms of West Africa! You will learn some common drum patterns (and maybe a song!) from the nations of Ghana, Ivory Coast, and Guinea, played on djembes and other West African percussion instruments. Instruments will be provided.

(4 sessions)

Instructor: David Miller

Capacity: 12

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

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

Thank You Float Volunteers!!



Thank you to the amazing group of volunteers who helped build, decorate, and celebrate FiftyNorth's DJJD Grand Parade float! We are so proud of the Used-a-Bit Shoppe and its contributions to FiftyNorth's programming. We appreciate all who gave their time and effort over the DJJD weekend to help make our float a success!

In the FiftyNorth Gallery

ROGER FLIEGEL - Woodwork Artist

SEPTEMBER 3 — NOVEMBER 1



It's hard to believe that Roger Fliegel has only been woodworking for four years. The man clearly has a gift. Please check out the glass cases in the lobby at FiftyNorth and see his masterpieces.

Roger's son Dan taught him the craft. The two of them recently put up a 30' X 70' shop on Dan's property in Lindale, Texas. Dan is the Vice President of an advanced woodworking organization known as the East Texas Turners. Roger drives to Texas three to four times a year to visit his son and they work in their shop together.

Roger does not sell his creations but gives them away as gifts. He keeps a few of his favorite pieces and displays them in his home, along with his other collections of NASCAR memorabilia, toy farm equipment and enough baseball caps to wear a different one every day of the year.

Roger has lived in this area his entire life. He has his own shop at his home in Dundas. His career at Cannon Valley Coop spanned over 41 years. He loves to travel. He especially enjoys going to NASCAR races.

We are happy to have him as a member at FiftyNorth and we are grateful that he is sharing his talent with us.

VOLUNTEER

At FiftyNorth, we are dedicated to keeping our members active, connected, and engaged.

One of the ways to engage at FiftyNorth is to join one of the many committees that help fulfill its mission. Several established committees are seeking member volunteers to ensure that member perspectives are represented in discussions and decision-making. Volunteering on a committee provides you with a regular opportunity to have a meaningful impact on the lives of older adults in our community.

Available Committees:

1. Membership Committee
 - Focus: member experience & satisfaction
 - Meets monthly; second Tuesday at 11am
 - Chaired by: Carla Johnson
2. Development Committee
 - Focus: fundraising & donor relations
 - Meets monthly; third Tuesday at 1pm
 - Chaired by: Lee Runzheimer
3. Marketing Committee
 - Focus: communicating about 50N to the community/ community events
 - Meeting frequency TBD
 - Chaired by: Nancy Ashmore
4. Facilities Committee
 - Focus: building/grounds maintenance projects, improvements, and progress
 - Meets monthly; second Tuesday at 9am
 - Chaired by: Jerry Johnson
5. Travel Committee
 - Focus: generating trip ideas and coordinating regional trips/ adventures
 - Meets every other month; first Thursday at 9am
 - Chaired by: Michelle Brant

Get Involved: You are invited to attend an upcoming committee meeting to discover whether it's a good fit for you. If you are interested in joining one of our committees or would like more information, please reach out to Kerry Hjelmgren, Executive Director: 507-664-3701.

Thank you for considering this important opportunity to contribute to FiftyNorth!

Looking for Courtyard & Grounds Cleanup Volunteers

Monday October 14, 9:00-11:30am

In honor of Indigenous Peoples Day, HomeTown Credit Union of Northfield will provide 3 employee volunteers to help us cleanup and winterize the FiftyNorth Courtyard and pick up cuttings from the entrance area shrubs. If you can help, please bring your own gloves and dress for the weather. We will postpone if it's raining. Call or email Patty if you can help: patty.ciernia@fiftynorth.org or (507) 664-3709



2023 Volunteer Crew



THANK YOU POPCORN VOLUNTEERS

The Popcorn wagon had 4 very busy days during DJJD. We could not have asked for better weather. So many people stopping by to visit & get snacks.

Many, many thanks to all volunteers who worked so hard, especially John Ernste.

The Wagon will be open Saturdays only for September & October during Farmers Market, along with third Thursdays. Please stop by and say "hello".

We will go to Carleton September 10 for "move in" day & October 18 for "family weekend". On October 5 wagon will be at St Olaf for "homecoming".

This has been a great season and a "thank you" to all who have supported us. Please think about joining the "popcorn wagon crew" next year.

Lesley Weirich, Popcorn Wagon Coordinator

TRAVEL GROUP

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

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

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



**TRIP - ORCHESTRA HALL:
OSMO VANSKA & ANTHONY ROSS**
Thursday, October 31
9:00-4:00pm

For some concert goers, his return might be considered “apocalyptic” — and on Halloween no less. Perhaps this morning’s “apparition” will help ward off the affects of those spirits soon to follow in the evening. All kidding aside, the return of Music Director Laureate Osmo Vanska is always a big deal. The concert will include William Walton’s Cello Concerto — with soloist, Anthony Ross, the orchestra’s principal cellist — Sergei Prokofiev’s wartime Fifth Symphony, and Donghoon Shin’s Upon His Ghostly Solitude.

This latter piece was premiered in 2023 by Vanska and the Los Angeles Philharmonic. It was “inspired by W.B. Yeat’s emotionally complex poem, ‘Nineteen Hundred and Nineteen’ and its disconcerting relevance to worldwide events today.”

Performance time: 11:00am. Following the concert, our group will swing by the ever-popular Café Latte for a late buffet lunch. Soups, sandwiches, salads, pastries. Going Dutch, of course. Then homeward bound.

Trip Lead: Bob Sullivan
Capacity: 30
Cost: \$80
Registration deadline: October 3



**TRIP - HOW THE GRINCH STOLE CHRISTMAS
AT THE CHILDRENS THEATER**
Saturday, November 16
9:30-3:30pm

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

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

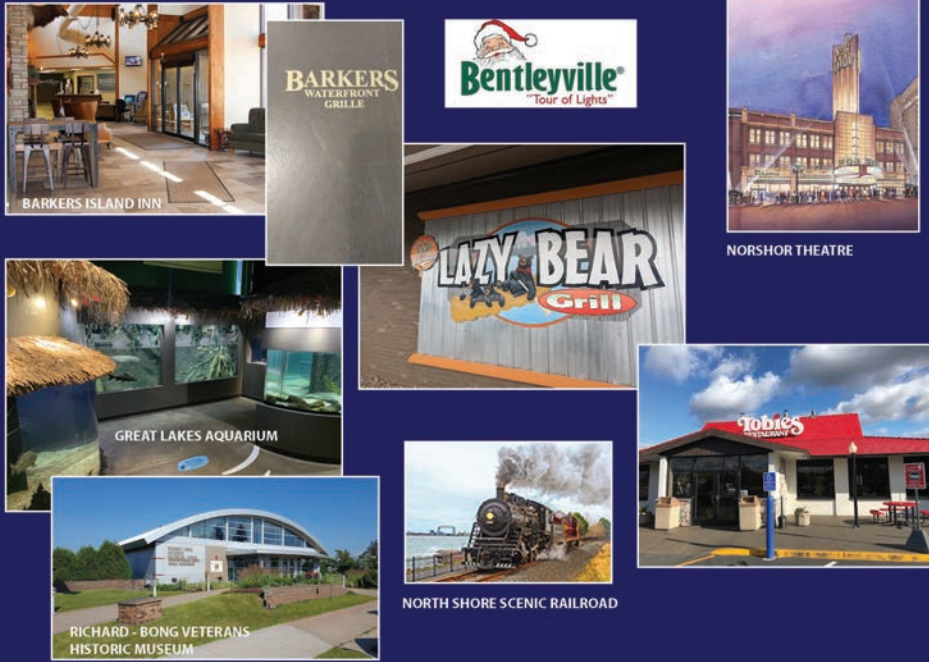
Trip Leader: Norma Monroe
Capacity: 27
Cost: \$100
Registration deadline: October 29



GREASE at the Chanhassen
Wednesday,
February 26, 2025
11:00am performance

TRAVEL GROUP

DULUTH OVERNIGHT TRIP!



TRIP: DULUTH AND KNIFE RIVER

JULEBYEN FESTIVAL OVERNIGHT
Friday & Saturday, December 6 & 7
8:30am Friday-7:00pm Saturday

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

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

FRIDAY AGENDA

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

SATURDAY AGENDA

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

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

Capacity: 25

Registration deadline: November 4

Cost: Includes room, tickets & bus

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

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



BENTLEYVILLE “TOUR OF LIGHTS”

TRAVEL GROUP



TRIP: THE BRANDENBURG CONCERTOS - ST. PAUL CHAMBER ORCHESTRA

Sunday, December 15
12:15-5:00pm

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

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

Trip Leader: Bob Sullivan | **Capacity:** 30 | **Cost:** \$75
Registration deadline: November 15

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

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

GROUP CALENDAR

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

GROUPS

readers theatre



Readers Theatre - OF SNIPPEN'S DILEMMA

Information Meeting

Friday, October 18

10:00-11:30am

Sylvia Langworthy will share the background on her work with Edna Hong as Snippen's Dilemma merged from her folktale to several performances at the Masque Youth Theatre. If you have any memories of Edna and Howard Hong please come and share them with the group.

Space: Room 103

Readers Theatre - OF SNIPPEN'S DILEMMA

Auditions

Wednesday, October 23

10:00-12:00pm

We will explore this delightful Folktale through a Reader's Theatre performance. Come prepared to read and bring this Holiday Treat to FiftyNorth. Voices, Voices, Voices will bring the characters to life.

Rehearsals will be Mondays and Wednesdays from 9:30 to 11am beginning October 28. Performances are Friday, December 6, at 6pm and Saturday, December 7, at 2pm.

Director: Sylvia Langworthy

Capacity: 12 actors and actresses

Space: Room 103



ANNOUNCEMENT: Friday afternoon movies at FiftyNorth will end as of October 1. Please join us in saying a big THANK YOU to Diane Gehler for sharing her extensive movie collection with FiftyNorth members each week, over the years!



BINGO!!!

3rd Monday of the month

1:00-2:00pm

Location: Room 103

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

\$1 Group Fees apply

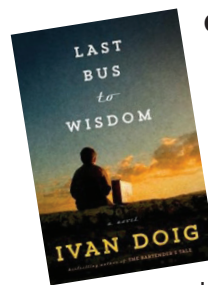
Sponsored by:

Elysian Senior Homes
 elysianofnorthfield.com
 (507) 301-3737



BOOK GROUP

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



October 2024

THE LAST BUS TO WISDOM by Ivan Doig

Donal and Herman ride the Greyhound to Wisdom, Montana, in hopes of working on the annual hay harvest. Their particular ride turns out to be the last bus to Wisdom.

They meet a tough-looking group of migrant workers who call themselves the

Johnson family and travel from one harvest to another. Told from a little boy's point of view, "Last Bus To Wisdom" is an hysterically funny, heart-breaking, redeeming, loving story of adventure, sadness, loss, ...



November 2024

THE LIGHT PIRATE by Lily Brooks-Dalton

The Light Pirate is a mesmerizing coming-of-age story about one little girl in a time and place where nature is determined to assert her dominance over man.

AARP DRIVER SAFETY



AARP SMART DRIVING COURSES

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

FEES:

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

■ AARP SMART DRIVING 4-HOUR COURSE

Monday, October 14

9:00am-1:00pm

Location: Room 103

■ AARP SMART DRIVING 4-HOUR COURSE

Wednesday, November 13

9:00am-1:00pm

Location: Room 103

■ AARP SMART DRIVING 4-HOUR COURSE

Monday, December 9

9:00am-1:00pm

Location: Room 103

AUGUST 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!*

- | | |
|---------------------------------|-----------------------------|
| Karen Achberger | Community Resource Bank |
| David Appleyard | Carol Rutz |
| Nancy Ashmore & Kenneth Wedding | Kenneth & Sharon Steinhouse |
| Bernard & Mary Auge | Daryl Stokesbary |
| Lois Bakko | Craig Swenson |
| Armand & Judith Boehme | Allan & Nancy Swenson |
| George & Catherine Brophy | Judith Tarabek |
| Judy Broske | Dale & Rose Turnacliff |
| Gene & Darlene Broughton | Anne Ulmer |
| Warren & Karen Broughton | Linda Wagenbach |
| Mary Brown | Patricia Warner |

- Bernice Christensen
Eileen Cooper
Neil & Marilyn Deden
Winnie Drentlaw
JoAnn Edwardsen
Chris Ellison
Carol Emery
Beth Endert
Stephanie Frey
Marie Gery
Mac & Jacquelyn Gimse
Kevin Groebner & Sue Harvey
Dorothy Hammer
Barbara Hanson
Kerry Hjelmgren
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
Elaine Meyers
Neil Lutsky & Irene Montenegro
Bill & Pat Nelson
Elizabeth Olson
Kenneth Lee & Donald Onsgard
Roberta Persons
Judy Preston



Donate now!

Scan with your smartphone!



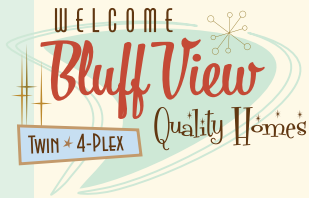
August 31, 2024
Total Membership:
2,065

AUGUST NEW MEMBERS

GLAD YOU'RE HERE!

Welcome!

- Allison Albright,
Dennis Baker,
Susan Beelman,
Lucille Christensen,
Jill Davenport,
Laurie Kuehn,
Nevis Martinez,
Kaarina Mindaly,
Howard Puczko,
Loren Reichert,
Jesse Rushton,
Glenn & Kathleen Tanamachi,
Mark Winter



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

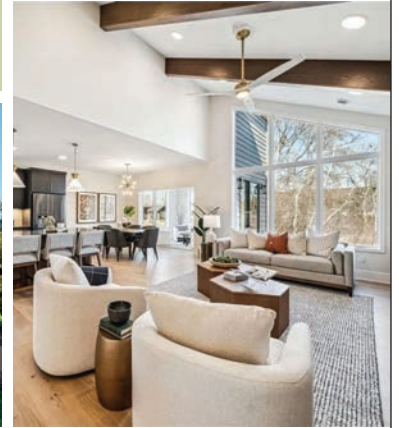
NEW MODEL HOME COMING SOON!
202 Ford Street East
Northfield, MN



KRAEWOOD

MODEL HOME:
604 Kraewood Drive
Northfield, MN

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



Call Today!



jrbr.builders

507.366.1288

Builders ID BC636389

THE NEIGHBOR LADY

Let me do that for you.



Non-medical In-home Senior Care

Companionship • Light Housekeeping
• Tech Support • Errands •

Stacey Greer

theneighborlady.com • 612-839-2286

Serving Northfield and Cannon Falls communities

INFORMATION ON VOTING IN THE 2024 ELECTION

Wednesday, October 23
2:30-3:30pm



The best ideas come from the people in Minnesota. The work of the Secretary of State's office doesn't just happen behind a desk in St. Paul. It happens throughout the states in places like Rice County.

That's why Secretary Steve Simon travels to all 87 counties every year so he can meet with and listen to Minnesotans. Secretary Simon will visit the Northfield community on Wednesday, October 23.

All are welcome to attend this open community meeting. The meeting is co-sponsored by the League of Women Voters-Northfield Cannon Falls and FiftyNorth.

This visit will highlight voting in the 2024 election, how and why you should participate. He will also outline some of the new laws governing Minnesota elections, including pre-registration of 16- and 17-year-olds and restoring the right to vote to those no longer incarcerated. Secretary Simon will also address threats to our elections, including dis/misinformation and AI technology. You'll learn what the Secretary of State's office is going to fight back and strengthen the trust we have in elections. The event will end with a Q&A.

Presenter: Steve Simon

Capacity: 40 | **Cost:** Free | **Space:** Room 103

www.FiftyNorth.org

1651 Jefferson Pkwy, Northfield, MN 55057



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

STAFF DIRECTORY

Director:

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

Assistant Director/Fitness Coordinator:

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

Administration Manager:

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

Program Coordinator: Lifelong Learning/ Community Outreach

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

Program Coordinator: Arts/Volunteer/Dining

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

Used-A-Bit Shoppe Manager:

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

Used-A-Bit Shoppe Assistant Manager:

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

Bookkeeper:

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



Front Desk (Reception Staff):

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



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

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



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

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

View newest information online: fiftynorth.org

Follow FiftyNorth and Used-A-Bit on Facebook!