



By Lynne Pederson, Director



It's all for the cause.



Last month's road trip went well. No vertigo mishaps. We spent a day at the Henry Doorly Zoo in Omaha and totally enjoyed the rhinoceros, elephants, giraffes, monkeys housed within a rain forest and lots more.

It is a good zoo and worth the drive to get there. After the zoo we drove on and ended at Estes Park, Colorado, the gateway to Rocky Mountain National Park. Interesting times. Due to Covid, entrance to the park is assigned by date and time, that had to be obtained online. I tried several times without getting into the website and gave up. We drove into the park after it opened to the public at 5:00pm. We also took a jeep ride following the original dirt road that was made for tourists to get to the summit. The road was gravel, narrow, and windy. We saw a moose lounging in a lake, and a few marmots among the rocks. The most exciting wildlife that we saw was while looking out over our balcony and seeing a beaver by the side of the parking lot. (see p 8)



There is not much I won't do for the cause. This past weekend, FiftyNorth and Age Friendly Northfield volunteers and staff hosted a table at the Hispanic

Heritage Celebration sponsored by the Northfield Library. The librarian that directed the event was hopeful to have a golf cart available to assist older adults and others in need with a ride to and from the parking areas. I volunteered our very old golf cart that belonged to my mother, who handed it down to my sister and her husband, and then when tired of it handed it down to me. I in turn had given to our son and the grandkids to scoot around their small town. Mom used it to play golf, back in the day when she was able and healthy which has been years ago. My volunteering the golf cart was perhaps a bit hasty and not thought through very well, as it can only carry one passenger at a time and it is old. In my thinking, something is better than nothing...and it is all about the cause. Alas, my golf cart was not used as the Development

Director at the Northfield Retirement Community offered the use of the NRC golf cart. If you have ever imagined a Cadillac of the golf carts this is it! It holds six passengers, it has lights, a back-up beeper and a battery that withstands hills and lasts all day. I drove this all day during the event. I offered rides to every older adult and was turned down by most as they

(Director's message continued on p 2)

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Fall Fling!

You're Invited!!

FiftyNorth Community Band Concert

when:
Monday, October 4

Time: 3:00pm

where: FiftyNorth Courtyard (inside if inclement weather)

Treats:
Pumpkin bars & ice cream

All are welcome!





In The Gallery

By Patty Ciernia, Program Coordinator

On display: OCT 8. thru NOV. 11

Maureen Gale, Watercolor Artist



“The purpose of Art is washing the dust of daily life off our souls.”

~ Pablo Picasso

I have been a watercolor artist since retiring after thirty four years of public school teaching. Inspired by a love

of nature, I look for beauty in every day events, in recreational activities, and in travel with friends and family.

Paintings usually begin with a photo of subjects that capture my attention. Light, shadows, color, and shapes draw me in, sparking curiosity about

how these could translate to a painting. Sketchbooks are sometimes a part of my process, as a journal exercise, a value study, compositional considerations. I

hope to tell the viewers of special places that have inspired me.

Watercolors can lead to moments of spontaneity and surprises. I love to create interest and texture in a painting with a variety of techniques: wet in wet, dry brush, building layers to establish value and contrast. Design and composition challenges are energizing, while working on details can be meditative. Each painting is an experiment that brings new learning, joy and satisfaction.

I am a member of the Paradise Center for the Arts (PCA) and the Minnesota Watercolor Society (MNWS). Exhibitions include Member's Shows in MNWS, PCA, and the PCA Healing Arts Gallery at District One Hospital. — M. Gale Watercolors



NEXT UP IN THE GALLERY:
FiftyNorth Photography Club Nov 15 — Dec 31



Director's Message - cont.



wanted to walk and didn't feel like they needed to ride. My takers were...college kids. Carleton students that had come to the event in Central Park and then were headed downtown. Little did I know that when I offered a ride with the intention of taking them around the block that I would end up downtown, at the Clothes Closet, and the Hispanic grocery store on Hwy. 3. The golf cart was decorated for the Heritage celebration. It had big fluffy flowers tied to each post, a banner of flags on the side, and shiny swirly hangy-downy things dangling from the top of the cart. A golf cart, no matter how fancy or big, is not really meant to go on a road trip. But that is exactly what I ended up doing. There I am driving this colorfully decorated golf cart with items flapping from the roof, with Carleton students riding along, having an exceptionally good time, thinking that this was really cool, and they ask me to take them to a thrift shop. Down the hill by The Grand, I turn on Division Street driving through downtown, pointing out shops and dropping them off at the Clothes Closet at the Water Street Mall. I have no turn signals! I have to get back to the park to pick up people that I thought I was trying to really aide. Luckily any car behind me, was either so surprised to see this spectacle on the road that they just naturally slowed down. I was able to turn – by using the old fashion arm signal and I maneuvered through the side streets and back to the park. Earlier than this, I had offered a ride to another group of Carleton students, thinking that they would turn me down, but were more than excited to take me up on my offer. They filled the seats, and eagerly talked with me. It turns out that they were students all from Houston Texas, here on a scholarship program. Such great, nice kids. They introduced themselves and asked about me, took my information about

(Director's message continued on p 8)



Member News

Check out the Membership Committee



EXCITING VOLUNTEER OPPORTUNITY:

The Membership Committee of FiftyNorth is coming back to life!

Retaining and increasing our membership numbers are essential to both sustain our current programs and craft our future options. The Membership Committee needs your ideas and energy to develop our strategies.

This group is an action oriented committee whether we are increasing our community engagement by our presence at events such as the Hispanic Heritage Celebration, looking at ways to increase our branding, or increasing our outreach to both new and existing community members.

The committee meets once a month. We extend an invitation to you to join our next committee meeting: Tuesday, October 12th, at 11:00 at FiftyNorth. The group's creativity and commitment to increasing our membership will impress you.

Contact the following committee members with any questions or comments:

- Brenda Bultman: bbultman76@gmail.com
- Carla Johnson: carla.l.johnson@gmail.com
- CC Linstroth: cclinstroth@gmail.com
- Jeff Sauve: jsauve64@gmail.com

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.

FLU VACCINE CLINIC

Thursday, October 28
10:00-11:30am
Room 106



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.



HOOK YARN & NEEDLE GROUP IS BACK!!!

Tuesdays
1:00-3:00pm

The FiftyNorth Hook Yarn & Needle group is now meeting on Tuesdays, from 1:00-3:00. Bring a project and join in with fellow yarn lovers.

CHIME CHOIR IS BACK!

Thursdays
9:30-11:00am

The Chime Choir meets September through May from 9:30 to 11am on every Thursday at FiftyNorth. Under the direction of Marilyn Finneseth, the choir makes beautiful music with three octaves of chime notes. Each member of the choir usually plays two chime notes. By counting the rhythms and then playing notes at the appropriate time, those individual notes are magically turned into soothing and inspiring songs. If you have ever played a musical instrument or would like to learn, come try it out.

COMPUTER TECH ASSISTANCE

Tuesdays and Thursdays
3:00-5:00pm

Osa Davis, a Carleton student is coming back to help one-on-one with your computer, laptop, tablet or smart phone questions. No fee.



It's all about **Yoga**

4 Different classes to choose from!

Improve your strength

Improve your flexibility

- 1 GENTLE CHAIR YOGA:** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.
- 2 BEGINNING YOGA:** This practice will move through poses from standing, sitting, and hands and knees. For those who are familiar with yoga there will also be options to increase intensity, if preferred.
- 3 SLO FLO YOGA:** In a typical Slow Flow class, you will practice about half the number of poses you might practice in a Flow class. The pace is meditative, emphasizing peace and calm in body and mind.
- 4 RELAXATION YOGA:** Relaxation yoga is a gentle way to stretch and restore your body and mind. This practice will include breathing exercises, supported poses (with props) and short meditations. The practice is all done either seated or prone on a mat. We'll move slowly between long relaxing poses.



Try it!

2021 IN-PERSON LAND BASED FITNESS CLASSES September (updated September 10)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30 AM	CARDIO & STRENGTH INTERVALS (6:15-7)	STEP INTERVALS (6:15-7)		KICKBOXING AND STRENGTH (6:15-7)	CORE & STRETCH (6:15-7)	
7:00 AM			SLO FLO YOGA (7-8)			
7:30 AM						
8:00 AM	TAI CHI (8-8:45)					
8:30 AM					TAI CHI (8:30-9:15)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open fitness	SLO FLO YOGA (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) No open fitness	
9:30 AM	CARDIO DANCE AND DRUMSTICKS (9:15-10)		CARDIO DANCE (9:15-10)			
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30- 11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	TABLE TENNIS
11:00 AM						
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	LINE DANCING (12-1)	
12:30 PM						
1:00 PM			LINE DANCING (1-2)			
1:30 PM						
2:00 PM	TABLE TENNIS	TABLE TENNIS		TABLE TENNIS		
2:30 PM						
3:00 PM			TABLE TENNIS FOR BEGINNERS (3-4)			
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM		SILVER SNEAKERS STRENGTH (5-5:45)				
5:30 PM						
6:00 PM		RELAXATION YOGA (6:00-6:50)				
6:30 PM						

INTENSITY KEY:



- PINK** – High Intensity
- GOLD** – High Intensity (In Fitness Room; no open fitness)
- BLUE** – Mid-range
- PURPLE** - Gentle
- GREEN** – Group Activity

Get your **toes** wet!

AQUA YOGA: Enjoy ways to relax and work your muscles in the same manner as a land yoga class, but instead in a 89 degree pool. You will use various equipment to help maintain the best poses and stability while you are in the water.

AQUA SUNRISERS & EARLY BIRD AQUA: All of our aquacise classes provide aerobic and strength conditioning using water resistance and buoyancy. They include a warm up, a conditioning phase, a cool down, and stretches.

AQUA AGELESS: All of our Aqua-exercise classes provide a low impact way to work on muscular strength, endurance, flexibility and cardiovascular conditioning. Aqua equipment used at various times in the classes includes: water barbells, noodles, balls and kick boards. Some students use their own ankle or arm weights and water gloves to enhance their workout. Wearing water shoes is also suggested. Each student in the class chooses their own water comfort level. No swimming skills required.

2021 AQUA FITNESS (updated September 1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-6:45AM	
6:30 AM						
7:00 AM	AQUA SUNRISERS 7:00-7:45AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:00-7:45AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:00-7:45AM	OPEN SWIM
7:30 AM						
8:00 AM						OPEN SWIM
8:30 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	
9:00 AM		OPEN SWIM		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	
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
10:30 AM						
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:30 PM						
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
12:30 PM						FAMILY SWIM 12-1:45PM
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:30 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
2:30 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
3:30 PM						
4:00 PM		OPEN SWIM	OPEN SWIM	OPEN SWIM		
4:30 PM	WATER VOLLEYBALL 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		
6:30 PM						

KEY: 

GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim



2021 VIRTUAL LAND BASED FITNESS CLASSES September (updated September 1) AVAILABLE THRU ZOOM

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

INTENSITY KEY: 

PINK – High Intensity

BLUE – Mid-range

PURPLE - Gentle



Wellness Classes

MEDITATION 101

**Tuesdays, October 12, 19, 26, November 2
8:30-9:30am**

Learn about Mediation, the meaning of meditation, the art and practices of meditation in this wonderful 4-week program. Heather Sand a highly educated fitness trainer and trained meditation instructor will help you find ways to lower your stress, become more in tune with your senses, and learn ways to connect better with your mind and body.

(4 sessions)

Instructor: Heather Sand

Capacity: 15

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

Space: 103

Meditation 101 with Heather Sand





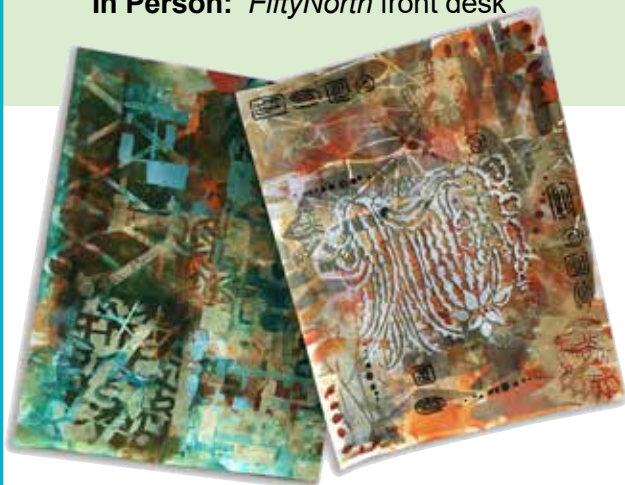
Art Classes

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk



LIMITED PALETTE ACRYLIC PAINTING & STENCILS

Thursday, October 14

10:00-12:00pm

Why limit your color choices when the paint racks are full of colors? In this class, you'll discover just how creative you can be using just two complementary colors mixed in various proportions.

You'll gain experience mixing colors plus creating tints, tones and shades by adding white, black or gray. We'll also discuss basic design and use stencil work to enhance your work.

We start by using a brush or brayer to lay down a layer of acrylic paint followed by three or more layers of stencil work. You'll be amazed at the beautiful paper you can create with this technique. Use it as wall art or in collage projects or as note cards. There will be some holiday stencils, too!

This is a class for people of all skill levels. No experience is needed – just come prepared to play! Materials are provided.

NOTE: Participants will be offered an extra class to work on projects using the pieces created; greeting cards, framed collages etc. Additional class date and time will be scheduled during class.

SUPPLIES INCLUDED

Instructor: Pat Jorstad

Capacity: 10

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

Space: Art Studio



Lifelong Classes

UKULELE FOR NON-DUMMIES!

Tuesdays, October 5, 12, 19, 26,

November 2, 9, 16 (7 sessions)

4:00-5:00pm

Have you always wanted to learn to play the ukulele? Then this is the class for you! We will begin by covering basic playing techniques, including tuning, chording, and strumming and finger picking patterns. Then, we will quickly move on to playing well-known folk, popular, and rock songs. Most people do not realize what lovely music this beautiful Hawaiian instrument is capable of creating. Bring your own ukulele and prepare to wow and amaze your friends!

Instructor: Randy Ferguson

Capacity: max 8, min 6

Cost: \$65 nonmbr, \$50 mbr, \$0 platinum

Space: Room 102

4PM UKULELE class is full.

If waitlist gets to 6, an additional class will be offered.

INTRO TO THE GUITAR

Tuesdays, October 5, 12, 19, 26,

November 2, 9, 16 (7 sessions)

5:15-6:15pm

By the time this class is finished, you will have become an accomplished rock star, (at least in your own mind)! In this introductory class, you will learn basic



guitar techniques, including chording in different keys, strumming and finger picking, as well as a few famous lead guitar riffs, (you will be surprised at how simple some of these are). We will also be playing several songs in different styles, such as folk, pop, and rock. In addition, we will discuss several different types of guitars and techniques of

playing. The goal is to give you a foundation to take off and keep learning on your own.

Instructor: Randy Ferguson

Capacity: max 8, min 6

Cost: \$65 nonmbr, \$50 mbr, \$0 platinum

Space: Room 102

(Lifelong continued on p8)



Director's Message - (cont.)

FiftyNorth and said that they want to come and volunteer. I hope that they do. Their request was to go to El Triunfo market on Hwy 3. I said that I would not drive over the highway but I would drop them off at the corner. To drop them off, we went down the Carleton hill, over the Cannon River bridge, turned into the drive of the Fairfield Inn, go around the roundabout and coming back to stop at the corner by Premier Bank. The kids thought it was great fun, were overjoyed that I would take them, thanked me immensely, jumped off and crossed over to the Market. What a nice group of kids and a great connection made.



The next big cause that you can be involved with is making a donation to the FiftyNorth Annual Fund to support operations. You will be receiving a letter with more information soon via the mail. Remember I will do almost anything for the cause, and I hope that you will also. I am a good friend of the Elf and she hopes you will too.

Oh, by the way look closely at the picture of the beaver by the parking lot that I mentioned earlier. It looks real, doesn't it? When Charlie and went down to investigate why this beaver was still there by the parking lot and did not seem to be moving on, we discovered it was a pile of dirt! REALLY, it looks like a beaver. Until next time...onward and upward.

SPECIAL THANKS: Thank you for helping host the FiftyNorth booth at the Hispanic Heritage Celebration: Richard DeBeau, CC Linstroth and Barb Altstaetter.

Parade of Homes

SEPT 11-OCT 3, 2021 · THURS-SUN, NOON-6 P.M.

257

27100 Pete's Hill Trail ELKO NEW MARKET, MN



- 4 bed / 3 bath / 2 levels / 3,036 sq. ft. / 2 garage stalls
- Lakeville School District (ISD #194)
- Direct access to Pete's Hill Park and across from Boulder Point Golf Club

262

540 River Valley Lane DUNDAS, MN



- 2 bed / 3 bath / 1 level
- 1,454 sq. ft. / 3 garage stalls
- Northfield School District (ISD #659)
- Quiet 55+ neighborhood, great walkability



Johnson-Reiland is a family-owned custom build and design firm that has won multiple Reggie awards – come design your custom home with us today!



jrbr.builders | 507.366.1288

Builders ID BC636389





Lifelong Learning *(cont'd)*

CPR AND FIRST AID

Thursday, October 7
1:00-4:00pm

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



This 3-hour class includes instruction, demonstrations and hands-on activities and culminates in the students earning an American Heart Card. It is appropriate training for Certified

Nurse Assistants, healthcare workers, teachers, instructors, and volunteers. Many health care facilities require this training of their employees.

Instructor: Jon Bolster

Capacity: 8

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

Space: Room 105



PROTECT YOURSELF FROM FRAUD AND IDENTITY THEFT

2 Options to participate

Financial crimes including scams, identity theft and consumer fraud are the most frequently attempted crimes every day in the United States.

In this presentation, we share an inside look at how scammers think, how to safeguard against identity theft and fraud, and what to do if you or someone you know has been a victim.

Presenter: AARP MN Representatives

Capacity: 25

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

Protect Yourself from Fraud and Identity Theft - continued

Group Zoom at FiftyNorth

Wednesday, October 13

1:00-2:00pm

Space: 103

Zoom from home

Wednesday, October 13

1:00-2:00pm

Space: Online



What you need to know!

MEDICARE 101

2 Options to participate

MEDICARE 101: Learn about Medicare Parts A, B, C and D and additional insurance options. We'll help you understand the enrollment process and options that affect personal costs.

Instructor: Chad Wojchik-

Southeast Minnesota Area Agency on Aging

Capacity: 20

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

Group Zoom at FiftyNorth

Medicare 101

Thursday, October 21

1:00-2:30pm

Space: 103

Zoom from home

ZOOM - Medicare 101

Thursday, October 21

1:00-2:30pm

Space: Online



Lifelong Learning *(cont'd)*



The Senior Learning Network has resumed programming. There will be four presentations per month on Tuesday's from 1-2:00PM.

They are not yet allowing individual zoom links as they have done in the past. Instead, they ask that we watch together at FiftyNorth using one zoom.

We'll keep you posted if this changes.



SCOTTS BLUFF NATIONAL MONUMENT

Tuesday, October 5
1:00-2:00pm

"Nebraska, honestly, it's not for everyone"

However, there's a real gem of a natural area and historic site along the North Platte River in western Nebraska that draws visitors

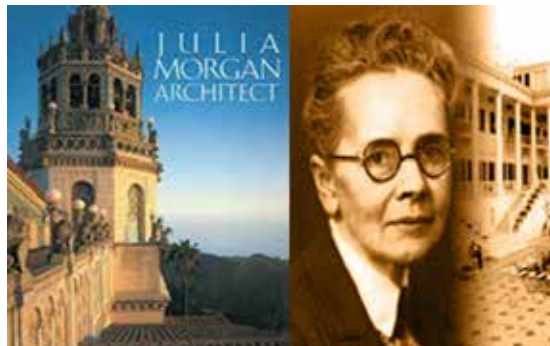
from all over the country and the world. Learn what there is to see and do at Scotts Bluff National Monument. Ponder the travels of the pioneers who saw the bluffs here as a landmark on their travels to Oregon, California and the Salt Lake Valley of Utah. Discover some unique geology. Enjoy the scenery of the North Platte River Valley from the summit of the bluff. Honestly, we think there's something for everyone at Scotts Bluff National Monument.

Presenter: Senior Learning Network

Capacity: 10

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

Space: 103



RETURN TO HEARST CASTLE

Tuesday, October 12
1:00-2:00pm

"From Campsite to Castle" Julia Morgan, Architect

Julia Morgan designed nearly 700 buildings, more than any other architect of the 20th century. Her best known

project, Hearst Castle, is world-renowned for its dramatic beauty. The project became one of the longest and most fascinating collaborations between architect and client, William Randolph Hearst. Join us in a unique presentation with a guide from Hearst Castle who highlights the achievements of the architect and the fascinating, 28 year- long building process of the estate. Showcasing a miniature model of the castle and several historic images, we will see the transformation from a small bungalow on Hearst's family's campsite overlooking San Simeon Bay to the amazing "castle" it is today.

Presenter: Senior Learning Network

Capacity: 10

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

Space: 103



Book Club



JIMMY CARTER PRESIDENTIAL LIBRARY

Tuesday, October 19 | 1:00-2:00pm

“The Extraordinary Life of Jimmy Carter”

Throughout his life, President Carter has found himself in extraordinary circumstances faced with extraordinary opportunities, many of which were brought about by the American Presidency. This presentation will examine civic engagement and discuss the primary sources of the Carter Library and National Archives to address the question, “What is the secret to an extraordinary life?”

Presenter: Senior Learning Network

Capacity: 10

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

Space: 103



NATIONAL MALL AND MEMORIAL PARKS IN WASHINGTON, D.C

Tuesday, October 26 | 1:00-2:00pm

“A Visit to America’s Front Yard”

Visit with a Park Ranger from National Mall and Memorial Parks in Washington, D.C, for a virtual tour of the park sometimes referred to as America’s Front Yard. We will explore the history and symbolism of memorials, such as Lincoln, Thomas Jefferson, Franklin D. Roosevelt, and Martin Luther King, Jr and more!

Presenter: Senior Learning Network

Capacity: 10

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

Space: 103

The Book Club meets the 2nd Friday of the month at 10:30 in the FiftyNorth Courtyard. If inclement weather the Club will meet via zoom.

Questions: Contact Katherine Collman at (507) 645-1357.

OCTOBER - JANE EYRE

by Charlotte Bronte

Jane Eyre (originally published 1847. The novel contains elements of social criticism, with a strong sense of morality at its core, but is nonetheless a novel many consider ahead of its time given the individualistic character of Jane and the novel’s exploration of classism, sexuality, religion, and proto-feminism.



NOVEMBER- THIS CHAIR ROCKS

by Ashton Applewhite

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



■ There will be no book club in December. Book selections resume in January.



TRAVEL TIME



EAGAN OUTLET MALL

Tuesday, October 19
10:00am-4:00pm

Join the fun of shopping at over 100 shops on your own or with friends at the Eagan Outlet Mall with FiftyNorth. The Eagan Outlet Mall provides a covered walkway to protect you from inclement weather. Get your holiday shopping done early and enjoy a late lunch at Dolittles Woodfire Grill. Shop from 11am to 2pm, lunch from 2 to 3pm. Lunch is not included in price.

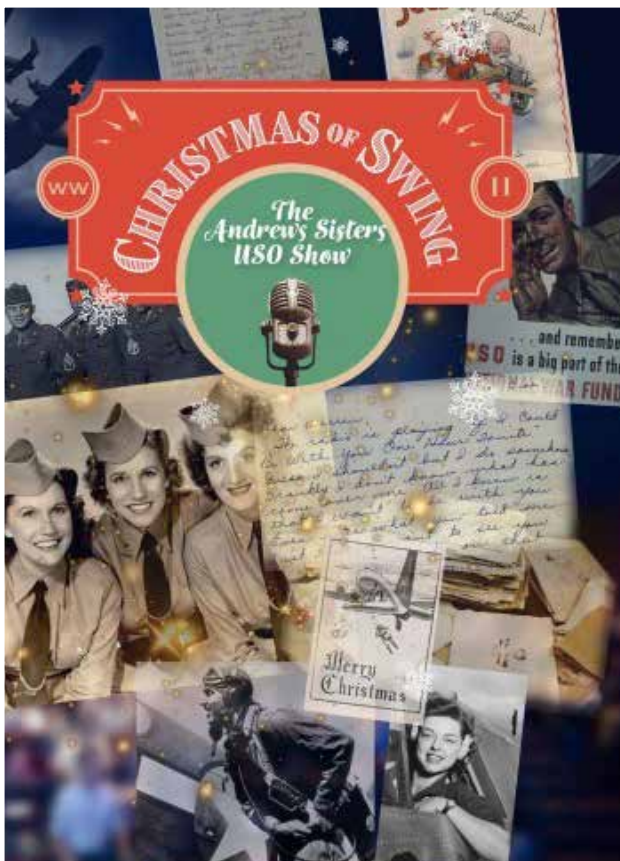
Masks are required on the bus.

Trip Leader: Norma Monroe

Capacity: 20 min, 25 max

Cost: \$33

Registration deadline: October 14



HISTORY THEATER-CHRISTMAS OF SWING

Sunday, November 21
10:45am-5:45pm

Lunch (not included in price) at Joseph's Grill at noon, Christmas of Swing show at 2pm.

Xmas Eve 1944. The Andrews Sisters – Patty, Maxene and LaVerne – are rehearsing their USO show filled with Christmas songs, carols, swing tunes, and special appearances by their friends Bing Crosby and Abbott & Costello.

In this ALL-NEW reimagining of History Theatre's holiday classic, the Andrews Sisters open their mailbag, and letters from men and women serving overseas dance their way into the USO show and into our hearts. These powerful and enlightening stories from people of diverse backgrounds remind us of the importance of family, service, and of a nation united for the common good. On this 80th Anniversary of the start of the US involvement in WWII, Christmas of Swing is a tribute to the men and women who served.

Masks are required on the bus.

Trip Leader: Jim Estrem

Capacity: 20 min, 25 max

Cost: \$75

Registration deadline: October 20





Movie Fridays!

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

**MOVIES
START AT
1:00PM**

1\$ donation is recommended.



OCTOBER 1

MCFARLAND USA

Sports/Family 2015 129 min.

In the tradition of Disney sports movies comes McFarland, USA, based on the inspiring true story of underdogs triumphing over tremendous obstacles. This heartwarming drama follows novice runners who strive to build a cross-country team under Coach Jim White (Kevin Costner) in their predominantly Latino High school. Everyone has a lot to learn about each other, but when Coach realizes the boys' exceptional running ability, things change. Beyond their talent, it's the power of family, commitment to each other and work ethic that transforms them into champions—helping them achieve their own American dream.



OCTOBER 8

JUDY

Drama 2019 119 min.

30 years after rising to global stardom in "The Wizard of Oz," showbiz legend Judy Garland (Renee Zellweger) arrives in London to perform a five-week sold-out run of "The Talk of the Town". While preparing for the shows, Garland battles with management, reminisces with friends and adoring fans, and embarks on a whirlwind romance with soon-to-be fifth husband Mickey Deans—all while bravely struggling to overcome intensifying anxiety and physical decline. Featuring some of her best-known songs, the film celebrates the unyielding spirit and matchless talent of "the world's greatest entertainer."



OCTOBER 15

CAST AWAY

Action/Adventure 2000 143 min.

Tom Hanks "gives one of the towering screen performances of all time" (New York Post) as Chuck Noland, a Fed Ex systems engineer whose ruled-by-the clock existence abruptly ends when a harrowing plane crash leaves him isolated on a remote island. As Chuck struggles to survive, he finds that his own personal journey has only just begun...



OCTOBER 22

GUARDING TESS

Comedy/Family 2004 (timeless) 95 min

(One of my all-time personal favorites!!) What do you do with a former First Lady who's unpredictable, ornery and impossible to please? Anything she wants! Shirley Maclaine and Nicolas Cage star in this comic, compassionate look at life after the White House for two former Washington insiders: First Lady Tess Carlisle and Secret Agent Doug Chesnic. As uproarious as it is uplifting, "Guarding Tess" is a grand mixture of laughter and tears.



OCTOBER 29

HIDDEN FIGURES

History 2016 127 min.

"Hidden Figures" tells the incredible untold story of Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer), and Mary Jackson (Janelle Monáe) - brilliant African-American women working at NASA who served as the brains behind the launch into orbit of astronaut John Glenn, a stunning achievement that turned around the Space Race. The visionary trio crossed all gender and racial lines and inspired generations.



AUGUST Donors

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

Our sincere gratitude to all who have donated.

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



AUGUST New Members

A warm welcome to each of our new members.

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

Carl Ames & Kathy Eckstam-Ames, Kurt Burch, Stephanie Christians, Theresa Craft, Linh Do, Roger Franzen, Kevin Groebner, Robert Haider, Sue Harvey, Colleen Huelman, Maxine Johnston, Amy Khan, Mike Leming, Diane Parker, Timothy Perrizo, Gloria Suarez, Renee Weinkauff

Used-A-Bit Shoppe

2 STORES: Household and Furniture & Art
(Proceeds support *FiftyNorth*)

Open 10AM-5PM, Tues-Saturday

Accepting donations. Please call (507) 645-1399
624 Water St S, Northfield, MN - Riverpark Mall



Millstream Commons

Assisted Living in Beautiful, Downtown Northfield

No waiting list!

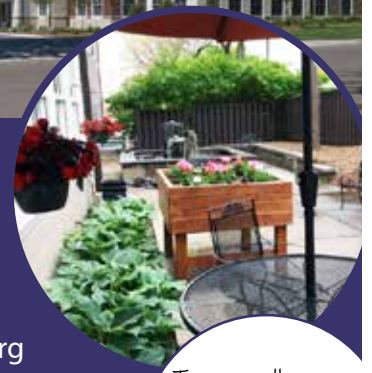
Tour today.

Call/text: 507-649-4947
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threelinks.org

Millstream Commons is an organization of

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We chose Benedictine because...

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

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Benedictine Living Community,
go to blcnorthfield.org or call
(507) 216-4875.

We know community.



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As a woman, your body goes through significant changes during your lifetime, and that means your health needs change too. The highly trained OB/GYNs at the Women's Health Center offer supportive and comprehensive care for women in every stage of life.

- Menopause
- Gynecology surgery
- Urinary incontinence
- Uterine fibroids
- Hysterectomy
- Hysteroscopy



(507) 646-1478



Staff Directory

Director:

Lynne Pederson
507-664-3701 | lynne.pederson@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/ Community Outreach:

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

Used-A-Bit Shoppe Manager:

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

Bookkeeper:

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



Front Desk (Reception Staff):

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



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

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



CaféNorth Hours:

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



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