



FiftyNorth Report

OCTOBER 2023
Where Active Adults Gather.

By Kerry Hjelmgren, Director



CELEBRATE FALL AT FIFTYNORTH



I have always thought of autumn as a party thrown by nature. After the leaves become their stunning array of colors, they fall just like confetti! We are certainly celebrating the changing of the season at FiftyNorth with many special fall events this month. Bring your families and friends to celebrate our new and improved patio area, enjoy the amazingly talented Limestones in concert, and bring your dancing shoes to the Harvest dance!

If you have stayed busy outdoors this summer, we look forward to welcoming you back to the Center. Good times are ahead. Find them this fall at FiftyNorth!

Kerry

YOU'RE INVITED TO...



FALL, FARE, AND FRIENDS at FiftyNorth Friday, October 6 5:30-8:00pm

Join us to celebrate the grant from Age Friendly Minnesota that enabled us to make FiftyNorth's patio, garden, and courtyard a more welcoming, accessible, and functional space!

Enjoy delicious fare from Ruth's on Stafford, a gourmet hot chocolate bar, and gather with friends around the fire pits, play yard games, and take in an outdoor movie with popcorn. Bring a blanket to keep you cozy during the movie. FREE EVENT!

CALL 507-664-3700 TO RSVP. We are looking forward to the first of many gatherings in our refreshed and improved outdoor space!



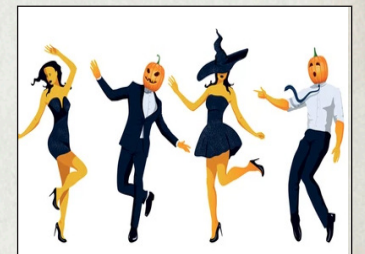
THE LIMESTONES Saturday, October 21 2:00-3:00pm

We are pleased to announce The Limestones will perform live in concert at FiftyNorth. The Limestones are a student run tenor/base acapella group that has been rockin the music scene at St Olaf college since the 90s. They've sung pop, rock, jazz, country, and everything in between! The current group is made up of 9 talented singers, who bridge the gap between majors and class years through a passion for great music.

Cost: \$10
Space: Room 103
Register at the front desk or Register online: fiftynorth.org/news/

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A fun evening awaits at the HARVEST DANCE! Friday, October 27 7:00pm

Celebrate fall at FiftyNorth! Bring a friend or two, show off your costume (optional), and enjoy live music, dancing, and dessert. The Dave Miller Combo will play a mixture of 50s, 60s, polka, waltz and jazz music in room 103. Desserts served.

Cost: \$8/person
Space: Room 103/105
Register at the front desk or Register online: fiftynorth.org/news/

In The FiftyNorth Gallery

CHRIS WHILLOCK – *Wood Carving*
MARY BOYLEN – *Multi-Medium*
EXHIBIT: **SEPTEMBER 18—NOVEMBER 3**



CHRIS WHILLOCK
– *Wood Carving*

Chris Whillock is from Faribault and teaches woodcarving throughout the USA. His father is nationally-known artist, carver Ivan Whillock. Chris was editor of

CARVING Magazine for 7 years and runs a tool & supply business out of his downtown Faribault studio.

www.whillockwoodcarving.com



MARY BOYLEN
– *Multi-Medium*

Hello! My name is Mary Boylen. I am an active participant in the art world, but foremost I am an artistic dabbler and maker. I'm always eager to explore new mediums and techniques. These days I am mostly involved with watercolor, experimenting with acrylics, paper collage, and dabbling in oils. I tend to focus on one discipline for several weeks and alternate among the four. However, one thing remains consistent in all my pieces - they brim with color.



Special Gallery Event

SHAPES AND SHADOWS - Presented by Kay Brown

EXHIBIT: **NOVEMBER 6— VETERAN'S DAY NOVEMBER 11**

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

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

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

Presenter: Kay Brown
Capacity: 30 **Cost:** Free **Space:** Room 103
Registration deadline: November 6
(READ FULL DESCRIPTION page 14)







Join our Annual Fund Drive



The FiftyNorth Fall Fund Drive is underway!

Greetings, FiftyNorth community! One of the best responses we received from the FiftyNorth annual membership survey was "If you can't find something fulfilling to do at FiftyNorth, it's your own fault!" FiftyNorth's ultimate goal is to enhance your quality of life physically, emotionally, and intellectually. We invest in your health, well-being, and interests through a variety of programs, classes, activities, resources, and experiences. We firmly believe that *health is wealth* for our members. In contrast, for a non-profit like FiftyNorth, *wealth is health!* In order to continue to provide you with the programs you value and new programs you'll love, every year we ask that you make a donation to support FiftyNorth's operations.

Our Annual Fund Drive is now open! This year, our goal is \$110,000. We are facing significant financial challenges over the coming year:

-  **Health insurance provider reimbursements are not sufficient to make ends meet.** Insurance-based memberships make up 76% of all FiftyNorth memberships. For the majority of members, each check-in results in a small payment to FiftyNorth. Additionally, if you do not check in, we do not receive even that small payment. Appeals to insurance companies to increase reimbursement rates have been unsuccessful for several years.
-  **Scholarships are needed now more than ever.** So far in 2023, we've granted over \$50,000 in membership scholarships to ensure that everyone over 50 has access to our activities, classes, and resources regardless of ability to pay.
-  **High-quality programming and highly-skilled instructors come at a higher cost.** A full range of great instructors are in high demand. We are committed to offering a wide variety of programs, classes, activities, and trips to enrich your life. Like everything else since the pandemic, the cost of these opportunities has increased.
-  **Along with our members, the FiftyNorth facility is actively aging!** Our spaces and equipment require regular maintenance and TLC. We are evaluating and redesigning our current space to maximize its functionality and usefulness to accommodate FiftyNorth's growing membership.

YOU can help FiftyNorth overcome these challenges!

- ✓ Make a donation.
- ✓ Check-in *every time* you come to FiftyNorth.
- ✓ Refer knowledgeable instructors to our staff.
- ✓ Share your ideas for improving our facility.

By contributing to FiftyNorth, you are investing in your health, well-being, and growth, as well as that of your fellow members and our greater community. Your contribution is needed now more than ever! Every dollar you give will help sustain operations over the coming year – no amount is too small. Donate online today at <https://fiftynorth.org/donate/>.

Contributions made in 2023 to support 2024 operations are tax deductible for 2023. Make a one-time donation, or become a monthly sustaining donor. Your contribution is vital for FiftyNorth to not only survive, but thrive! Thank you for your generous support!

Kerry



MEMBER NEWS & HAPPENINGS



Treats served following the concert!

FIFTYNORTH BAND CONCERT

Monday, October 2
4:00-5:00pm

Cross your fingers for great weather Monday, October 2, because The FiftyNorth Band will present a concert in the courtyard! Come and enjoy the music, which will include marches, blues, novelty pieces (there might be meowing!) and even some old sitcom theme songs. The concert begins at 4:00 pm.

We hope to see you there! (Concert will move indoors to Room 103 in case of inclement weather).



Pitch in on the Patio this Fall!

Monday, October 9 - 8:30-11:30
FiftyNorth Courtyard

On Monday, October 9, from 8:30-11:30 we need some volunteers to help us stack and cover outdoor furniture, pack up the chess board, take down the courtyard party tent, and complete fall garden clean-up. Meet in the courtyard.

NOTE: We will be joined by some employees of HomeTown Credit Union as they are volunteering in the community in honor of Indigenous Peoples' Day celebrated across the United States on the second Monday in October.

QUESTIONS: Contact Patty Ciernia at (507) 664-3709 or patty.ciernia@fiftynorth.org

FLU VACCINE CLINIC -
Rice County Public Health
Monday, October 16
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.



← Special thanks to John Ernste for his hard work getting supplies to Bridge Square.

POPCORN WAGON NEWS

Labor Day has come & gone along with Jesse James Days.

But the popcorn wagon is still going strong & showing off her new look.

I want to thank all the wonderful volunteers who took time from their busy lives to work the many hours it takes to cover this event.

The Wagon will only be open Saturday's 9am-1pm till mid-October (weather permitting). If you would like to be a part of this great team, please stop by some Saturday and chat with a volunteer.

For more info contact: Lesley Weirich 507-400-4331 OR e-mail lesley.weirich@fiftynorth.org



MAKING SENSE OF MEDICARE

Mondays, October 2 through December 4
10:00am-2:00pm

Making sense of all the Medicare options can be overwhelming. Whether new to Medicare or questioning your current plan, receive assistance from licensed local and independent insurance agent Sandra Robertson.

Space: FiftyNorth in the Gallery Link

Available for help with:

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

Stop by or call for appointment.

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

MEDICARE COUNSELING

3rd Wed every month
10:00am-2:00pm

South East Minnesota Area Agency on Aging Consults (SEMAAA)

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

MEMBER NEWS & HAPPENINGS



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.



TROUBADOURS MEN'S CHOIR CONCERT

Thursday, November 9

1:00-2:00pm

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

Capacity: 40

Cost: Free will offering optional

Space: Room 103



Save the Date for a Fun Mexican Pop-up Dinner at Little Frida Cafe

Specialty five course meal including mocktails

Friday, November 10th

5:30 to 7:30pm

Limited seating - For reservations email estradacateringnorthfield@gmail.com

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

Open to the public and members of FiftyNorth.



Age-friendly Northfield presents a continuation of the Housing Information sessions.

TOUR DE'AGE NORTHFIELD

Wednesday, October 18

2pm-4pm

■ NO REGISTRATION REQUIRED

Age-friendly Northfield has arranged for an open house tour at three locations in the area. Each location provides opportunity to learn about housing options as we age. Tours will be given at all locations every half hour; 2:00pm, 2:30pm, 3:00pm and 3:30pm. You will be given an information sheet on all the homes, greeted by a representative from Age-Friendly and receive a tour by the home owner.

Visit one or all three homes.

TOUR LOCATIONS

UNIVERSAL DESIGN:

- Bob Thacker and Karen Cherewatuk residence
505 Ivanhoe Ave, Northfield

NEW MODEL HOME:

- Johnson Reiland Builders: zero entry, universal design
435 Ford Street and 300 Ford Street

ATTACHED ADU (Accessory Dwelling Unit):

- Vicki and Lee Dilley residence
714 Highland Ave, Northfield

Join representatives from Age-friendly Northfield for a follow-up discussion at Imminent Brewing beginning at 4:00pm.

Questions, contact Patty Ciernia at patty.ciernia@fiftynorth.org or call (507) 664-3709

SENIOR LEARNING NETWORK CLASSES

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

ALL SENIOR LEARNING NETWORK CLASSES:

- Presenter:** Senior Learning Network
- Capacity:** 20
- Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum
- Space:** 103

Senior Learning Network is BACK!



SLN - FORT FREDERICA: HISTORY COMES ALIVE ON BEAUTIFUL ST. SIMONS ISLAND!

Tuesday, October 3
1:00-2:00pm

Three years after founding Georgia in 1733, Gen. James Edward Oglethorpe established Fort Frederica to defend the fledgling colony against Spanish attack from Florida. — Join us as we learn about this beautiful island that is both a popular vacation spot as well as an important time and place in US History.



SLN - MUSIC OF THE SEA AT THE MYSTIC!

Tuesday, October 10
1:00-2:00pm

“What shall we do with a drunken sailor?” Join us with one of our favorite partners, The Mystic Seaport Museum as we listen and learn! We will hear all about the history of sea chanteys and their use, as we listen along in interactive songs with a live musician!



SLN - AMERICAN HISTORY, ALIVE IN STONE: MT RUSHMORE!

Tuesday, October 17
1:00-2:00pm

Majestic figures of Washington, Jefferson, Roosevelt and Lincoln. Join us as we discover the carving history and current conditions of Mount Rushmore National Memorial.



SLN - WIND CAVE NATIONAL PARK: DISCOVER TWO PARKS IN ONE!

Tuesday, October 24
1:00-2:00pm

Wind Cave National Park protects two very different worlds - one deep within the earth, the other a sunlit world of many resources. Join us as we learn more about this beautiful national park!

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

LIFE LONG LEARNING CLASSES

CPR AND FIRST AID Tuesday, October 10 9:00-12:00pm

Students will receive expert training in First Aid and Basic Life Support CPR (adult) including Automatic External Defibrillator (AED). This 3-hour class includes instruction, demonstrations and hands-on activities and culminates in the students earning an American Heart Card. It is appropriate training for Certified Nurse Assistants, healthcare workers, childcare workers, teachers, instructors, and volunteers. Many health care facilities require this training of their employees.

Instructor: Jon Bolster

Capacity: 10

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

Space: room 106



CPR & First Aid Training Class

MINNESOTA ROCKS AND MORE Thursday, October 19 1:00-2:00pm



Minnesota Rocks and More!

Minnesota is known for Lake Superior Agates. The glaciers helped to move many beautiful rocks into our farm fields, lakes and streams. Join Sandra Dockstader to learn more about the rocks you can find in Minnesota and take home a lake

superior agate of your own. These nodules were formed in volcanic material. Not only are there banded Lake Superior Agates, but many more types. Learn new theories of how these types of agates were formed and see examples. Sandra will be bringing rocks to view including amazing lake superior agates, mary ellen jasper, binghamite, geodes and thundereggs. Learn the legends and metaphysical properties of the rocks found in Minnesota. Sandra has traveled around the nation finding many different types of rocks. If you are interested in rocks, come see some great examples and learn more about where they were found. Some rocks will be available for you to purchase and take home a bit of the mineral world.

Presenter: Sandra Dockstader

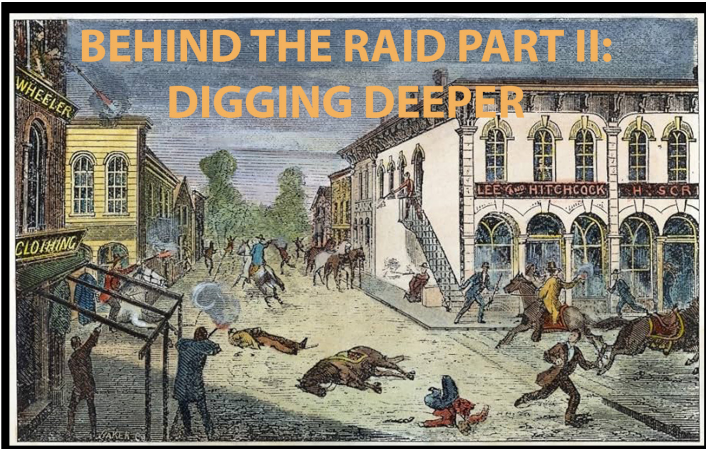
Capacity: 25

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

Space: Room 103

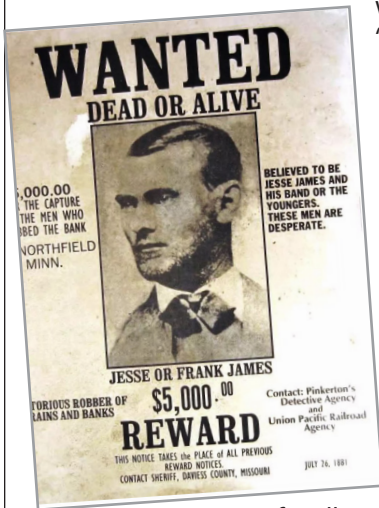
VIEW ROCK DISPLAY in the lobby!

LIFE LONG LEARNING CLASSES



BEHIND THE RAID PART II: DIGGING DEEPER
Friday, October 20
10:30-11:30am

In part one (September 8), there was a presentation and discussion about the events surrounding the Northfield raid and its aftermath. Now, in part 2, we go deeper behind the scenes to discuss the myths, stories, and controversies about the raid and its participants? We will discuss those infamous “bullet holes” at the bank. Did Jesse really die or was it a hoax? Did Jesse and Frank bury their money somewhere in the Ozarks. What did Heywood do to cause Frank James to shoot him? That’s just a taste of what’s to come in this story behind the raid.



BIO: For thirty years Earl Weinmann has been a tour guide, teacher and an instructor for all aspects of the James and Younger Gang and their association with Northfield. He has assisted students in publishing three books about Northfield history and the Raid. His programs have been featured in national publications, radio, television and his expertise was recently featured on the History Channel in the Jesse James documentary, “I Was There”.

Presenter: Earl Weinmann
Capacity: 30
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: Room 103



INTRO TO CHINESE LANGUAGE & CULTURE
Tuesdays & Thursdays, October 24, 26,
November 2, 7, 9, 14 (NO class on Halloween)
5:30-6:30pm

Participants are invited to join sessions led by St. Olaf Chinese majors about a wide variety of Chinese cultural topics including games, art, and food. Each week we will learn basic Chinese language to accompany each topic, the history behind each topic, and a hands-on activity.

Individualized sessions. Come to one or all six.

- Oct. 24th Topic: Festival (Mid-Autumn Festival)
- Oct. 26th Topic: Tea culture
- Nov. 2nd Topic: Chinese board games
- Nov. 7th Topic: Chinese paper cutting
- Nov. 9th Topic: Calligraphy
- Nov. 14th Topic: Food (Boba tea)

We hope you will join us! No class October 31. (6 sessions)

Please pre-register so they know how many are attending each session.

Presenters: St. Olaf students majoring in Chinese
Capacity: 12
Cost: free
Space: 102

HEALTH & WELLNESS

BRAIN HEALTH
Wednesday, October 11
9:00-12:00pm



The human brain is responsible for how the body works intrinsically and extrinsically. Brain health refers to how well a person brain functions across several areas. Aspects of brain health includes motor function, cognitive function, emotional function, and tactile function. Brain health can be affected by age-related changes in the brain, injuries such as a stroke, or even a traumatic brain injury, mood disorders, substance abuse and even disease like Alzheimers. While some factors affecting the brain cannot be changes there is still lifestyle changes that might make a difference. Learn ways to help improve your brain health.

Instructor: Dr. Marcy Kramer
Capacity: 20
Cost: \$27 nonmbr, \$21 mbr, \$0 platinum
Space: 106

FITNESS CLASSES

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes/fitness

In Person: *FiftyNorth* front desk

Raelene spends her time encouraging people to take care of their most important asset - their health and wellness. To date, Raelene has encouraged thousands to choose a life with fun fitness built in but she also seeks to inspire all to celebrate their strength and beauty today.

NEW SESSION-BASED CLASSES

RIP STRENGTH TRAINING (pre-registration required)

Tuesdays, October 3, 10, 17, 24, 31, November 7
3:45-4:30pm

This class uses dumbbells for all-over body strength training set to music. Lift your way to fitness with this energetic all-over strength-training program set to music. This class uses a low weight, high-rep model with barbells and body-weight exercises.

Participants warm up and then follow along to the music, completing weight-training exercises for each body part using traditional strength moves such as squats, dead-rows, presses, curls, and lunges.

(6 sessions)

Instructor: Raelene Ostberg

Capacity: 20

Cost: \$54 nonmbr, \$42 mbr, \$0 plus/platinum

Space: Fitness Studio

RESTORE AND STRETCH (pre-registration required)

Tuesdays, October 3, 10, 17, 24, 31, November 7
4:45-5:30pm

Join us for this all-over body stretch class set to calming music. Flow between dynamic stretching and holds as you release tight muscles from head to toe! This class is for anyone who wishes to improve overall flexibility, foster recovery from other fitness activities, relax your mind and body, or just enjoy a break from the rush of everyday life.

(6 sessions)

Instructor: Raelene Ostberg

Capacity: 20

Cost: \$54 nonmbr, \$42 mbr, \$0 plus/platinum

Space: Fitness Studio

MEET RAELENE:

Raelene Ostberg started her fitness journey when she was invited to start teaching kickboxing at a local Northfield gym in 2008. In 2012, Raelene's life was



changed forever when she became a licensed Zumba Instructor. Her class in Northfield grew from a small local establishment to the Northfield Ballroom - a wonderful space where an enthusiastic and welcoming group of 50-100 people participate in Zumba classes with Raelene each week.

From 2014-2023, Raelene was a fitness instructor at the Northfield YMCA.

At the Y, Raelene added RIP strength training classes, stretch/restore, core burst, and Strong Nation to her Zumba classes. Her Strong and Strength

classes were filled to the brim due to her high energy and enthusiasm. Raelene has continued her education, attending numerous Zumba Conventions and Strong Nation Sync Summits to continue to hone her skills and bring her classes to the next level. She also regularly travels to teach fitness at resorts in the Caribbean and beyond.

Raelene alternates between teaching fitness classes and presenting as a motivation speaker and early childhood expert. She has an M.Ed. in Family Education and a B.A. in Theatre from the University of Minnesota. She is known for her inspirational multimedia presentations designed to lower stress and increase success for early childhood educators and the trainers and leaders that support them. From Keynote to breakout, her high-quality trainings bring evidence-based strategies and tangible tools that can be applied right away, personally and professionally. Participants appreciate Raelene's enthusiasm, energy, and theatrical storytelling that bring these critical tools to life. ■

AQUA FITNESS

OCTOBER



COLOR KEY:

- GREEN:** Class
- GOLD:** Group Activity (Open Swim allowed)
- BLUE:** Open Swim

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

2023 VIRTUAL LAND BASED FITNESS CLASSES (updated October)

AVAILABLE THRU ZOOM

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

VIRTUAL LAND BASED FITNESS CLASSES

OCTOBER



INTENSITY KEY:

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

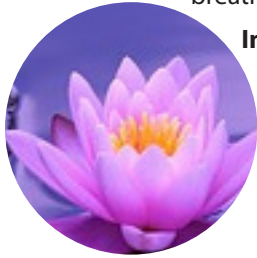
FITNESS CLASSES

SESSION BASED FITNESS CLASS

NEW ONGOING FITNESS CLASS

IN-PERSON BEGINNING HATHA YOGA
ZOOM Fitness - Beginning Hatha Yoga (Carla)
Fridays, beginning October 6
9:15-10:15am

You will be guided through a full hour Hatha Yoga Session where you will practice hatha yoga poses at a slow, and controlled pace while you focus on your breathing through each pose.



Instructor: Carla Johnson
Capacity: 20

NORDIC WALKING 101 (pre-registration required)
Wednesdays, October 4, 11, 18, 25
2:15-3:00pm



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

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

2023 IN-PERSON LAND BASED FITNESS CLASSES (updated 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)				QIGONG MEDITATION (7-7:30)	
7:30 AM						
8:00 AM		STRENGTH AND STRETCH (8-9)		STRENGTH AND STRETCH (8-9)		HEALTHFINDERS ZUMBA WITH MARIBEL (8-9) FREE
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	BEGINNING HATHA YOGA (9:15-10:15)	HATHA YOGA (9:15-10:15)
9:30 AM	YOGA STRETCH (9:15-10:15)		CIRCUIT TRAINING (9:30-10:30) NO open use			
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	TABLE TENNIS (10:30-2:30)
11:00 AM						
11:30 AM					INTERMEDIATE GLOBAL LINE DANCING (11:45-12:45)	
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SOMATICS (1-2) Prerequisite: Intro to Somatics	
12:30 PM						
1:00 PM			LINE DANCING (1-2)			
1:30 PM	TABLE TENNIS (1:30-3)	TABLE TENNIS (1:30-3:30)		TABLE TENNIS (1:30-3:30)		
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	TAI CHI FLOW (3:30-4)		TAI CHI FLOW (3:30-4)	NORDIC WALKING GROUP (3:30-4:30)	TAI CHI FLOW (3:30-4)	
4:00 PM	TAI CHI FLOW TIPS/TRICKS (4:15-4:45)		TAI CHI FLOW TIPS/TRICKS (4:15-4:45)		TAI CHI FLOW TIPS/TRICKS (4:15-4:45)	
4:30 PM						
5:00 PM						
5:30 PM			HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders			
6:00 PM	TABLE TENNIS (5:30-7:30)	HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		HEALTHFINDERS ZUMBA WITH MARIBEL (6-7) FREE		
6:30 PM						

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

FITNESS NEWS: Pilates Reformer *with Cheryl Ramette*



1:1 PILATES REFORMER SESSIONS

FiftyNorth now has its own Pilates Reformer and 1:1 instructor sessions with a certified trainer, Cheryl Ramette. The Pilates Reformer is a piece of equipment that assists you to exercise safely and effectively in a lying down position using springs, ropes, and a sliding seat to adjust changes in resistance. This helps reduce direct pressure on the joints.

Exercise on the reformer is especially effective for strengthening the stabilizer muscles around the shoulders, knees, and hips, and keeping the bones healthy. It builds strength, mobility, and flexibility through a series of interesting exercises are fun to do and build overall muscle tone and fitness.

During a 1:1 Pilates Reformer session with Cheryl you will learn how to safely strengthen, tone, and properly use all of your muscles. She will adapt the exercises to fit your fitness goals and any ailments or injuries you have.

Sign up today with Cheryl Ramette through the center, or contact her directly at **(503) 956-5369** if you have further questions.

FEES:

Full Hour: \$40 (member), \$45 (non member)

1/2 Hour: \$25 (member), \$30 (non member)

(Package of 10) 1-hour sessions:

\$380 (member), \$420 (non-member)

(Package of 10) 1/2-hour sessions:

\$235 (member), \$285 (non-member)

ART CLASSES

Please pre-register for all classes:

Phone: 507-664-3700

Online: FiftyNorth.org/classes

In Person: FiftyNorth front desk



WRITING YOUR HOLIDAY MEMORIES

Wednesdays, October 4, 11, 18, 25

10:00-11:30am

A personal story crafted from childhood memories makes a special and lasting gift to family and friends during the holiday season.

Join award-winning author and FiftyNorth member, Jeff Sauve, as he guides participants through four 90-minute writing sessions that will rekindle joyful recollections and inspire attendees to put pen to paper.

This class is open to all levels of writers. As a celebration at the conclusion of the four sessions, we will hold an evening event where those who choose to can read one of their stories. *Bring your own pen, paper or electronic device.

Presenter: Jeff Sauve

Capacity: 6 min, 16 max

Cost: \$54 nonmbr, \$42 mbr, \$0 platinum

Space: room 102



FUSED GLASS CHRISTMAS ORNAMENTS

Tuesday, October 10

10:00-11:30am

Looking to try fused glass? Here is your chance. In this class you will make three ornaments, a Christmas tree, a snowman and a Christmas ball. The ornaments will make great gifts. Materials provided.

Instructor: GERALYN THLEN **Capacity:** 10

Cost: \$35 nonmbr, \$30 mbr, \$15 platinum **Space:** 104

***Registration deadline:** October 7



BASICS OF WOODCARVING (9AM)

Tuesday, October 17

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

BASICS OF WOODCARVING (1PM)

Tuesday, October 17

1:00-4:00pm

Learn the basics of woodcarving including use of tools, wood selection, safety and more. Students will work on a variety of small hand-held projects. Ages 14 to 114, tools available for use and/or purchase. All materials provided.

Chris Whillock is from Faribault and teaches woodcarving throughout the USA. His father is nationally-known artist, carver Ivan Whillock. Chris was editor of CARVING Magazine for 7 years and runs a tool & supply business out of his downtown Faribault Studio. www.whillockwoodcarving.com

Instructor: Chris Whillock

Capacity: 12

Cost: \$60 nonmbr, \$50 mbr, \$30 platinum

Space: room 102

***Registration deadline:** October 13

Two Times to choose from!

ART CLASSES

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

POETRY & ART COLLABORATION INFORMATION SESSION

Wednesday, October 18
4:00-5:00pm

Echoes & Shadows
"Poetry is an echo, asking a shadow to dance"
Carl Sandburg

FiftyNorth is excited to announce an upcoming Poetry & Art Collaboration Event. Artists and Photographers will create artwork or photos inspired by a poem that has been submitted. Poems and artwork and photography will be displayed side-by-side in the gallery in March and April of 2024.

- ▲ Poets will submit their poems on or before December 13th.
- ▲ Artists and Photographers will select a poem on December 15th.
- ▲ Artists and Photographers will create their interpretation of the poem and must submit a framed piece on or before February 26th.

GUIDELINES

- Poets, artists and photographers do not have to be members of FiftyNorth to submit an entry.
 - Poems, artwork and photography do not have to be created in a class at FiftyNorth
 - Art pieces and photographs must be inspired by a poem that has been submitted.
 - Art pieces can be created using any medium in any style.
 - No entry fee
 - Poets will have an opportunity to read their poems on April 4th.
 - Artists and photographers will be encouraged to comment on their work April 4th.
 - Please do not submit a poem and artwork as a pair. The purpose of the exhibit is to create collaboration.
 - Artwork or photography must be framed and ready to hang.
 - Poems should not be more than one page.
- All people interested in writing poetry and those interested in creating artwork or photography inspired by a piece of submitted poetry are invited to attend this session. The process for this event will be explained, a guideline and a timeline will be handed out. Please register online, by phone or in person. If you are unable to attend but are interested in participating, please contact Michelle Loken at michelle.loken@fiftynorth.org.

Instructors:

Pat Jorstad, Kate Douglas, Marie Gery

Cost: Free

Space: Room 102



PAPER EMBROIDERY HOLIDAY CARDS

Thursday, October 19
9:30-11:30am

Paper embroidery is a fun, easy-to-learn way to create wonderful holiday or other occasion cards. You don't need to have any experience with embroidery. In this class you'll learn at least three simple stitches to make festive 3D designs on cards.

You'll learn how to use a template and needle or awl to punch the needed holes for your pattern. You can choose one of the holiday designs we'll have available. Pick your threads from the many colors we'll have and then start embroidering. We'll also explore some of the many ways you can finish your cards.

We'll provide supplies for you to complete up to 3 cards in the class and the ideas to inspire you to make many more at home. **NOTE:** No experience with embroidery on fabric or paper is necessary. Come and have fun! Materials provided.

Instructor: Pat Jorstad assisted by Lyn Margulies

Capacity: 12

Cost: \$28 nonmbr, \$24 mbr, \$10 platinum

Space: 102

Registration deadline: October 17

IMPROVISATION CLASS

Friday, November 3
9:00-10:30am

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

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

Instructor: Sylvia Langworthy

Capacity: 15

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

Space: 103

Registration deadline: November 1

ART CLASSES

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



POETRY CLASS
Monday, November 6
1:00-3:00pm

POETRY/ART – WHAT’S UP?

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

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

Bring your own pen and paper.

Instructor: Marie Gery

Capacity: 15

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

Space: 102

Registration deadline: November 4



PEG LOOM WEAVING
Wednesday, November 8
1:00-5:00pm

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

Instructor: Wendi Piller

Capacity: 12

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

Space: 102

Registration deadline: November 6

Wool from Wendi’s Jacob Sheep



WEST AFRICAN DRUM CLASS

Tuesdays, November 7, 14, 21, 28
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:** 8

Cost: \$36 nonmbr, \$28 mbr, \$0 platinum **Space:** 103

Registration deadline: November 5



ART CLASSES

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

The Story of a Vietnam Vet

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

Spanning 40-years of work, the show centers around the theme of "Shapes and Shadows." Whether it was the shapes related to war and peace, the shapes of justice and injustice, shapes behind other artist's works, shapes in landscapes, and even the shapes related to his own cancer, he challenges the viewer to think.

Galen served two tours of duty as a sniper in Vietnam. His piece from his Viet Nam Series, "Always Just Under the Surface" shows the shapes of his insignias under a dark surface. Those insignias reappear in many forms throughout the entire collection. His journey as an artist began after returning from war and ended in 2013 with his passing.

Galen's work has been shown in numerous galleries across the United States and in Europe, including the Smithsonian's Exhibit, "New Works on Paper." His art is in many private collections. Galen was a Northfield resident for a number of years and served on the Northfield Arts Guild gallery committee.

Kay A. Brown, curator of the exhibit was featured in the Minnesota Public Television's series "Vietnam Remembered." She currently is involved in FiftyNorth's history group.

A reception will be held on Wednesday, Nov. 8 at 5:00pm, followed at 6:30 by Kay A. Brown sharing Galen's story through letters written from Vietnam and memories of his children, Melissa Sullivan and Jessica Brown. The gallery show will run from Nov.6 through Veteran's Day.

Presenter: Kay Brown

Capacity: 30

Cost: Free

Space: Room 103

Registration deadline: November 6

UPCOMING EVENTS



TWO PIANISTS EXTRAORDINAIRE – Richard Collman and David Miller Performance on Saturday, November 11th at 2:00pm.

Coffee and treats will be served.

Free will donation



FIFTYNORTH 2023 VARIETY SHOW: LAUGHIN' OUT LOUD

Friday, November 17, 2023 at 7:00 p.m.
Saturday, November 18, 2023 at 7:00 p.m.
Room 103 and 105

TRAVEL GROUP



MAYOWOOD AND PLUMMER HOUSE TOUR

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

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

The Plummer House is on Quarry Hill built in 1921 for Dr. Henry Stanley Plummer and his wife, Daisy. He was one of the first doctors on the Mayo staff. The expansive grounds include a greenhouse, water tower, garage and gazebo. Dr. Plummer designed the unified medical record which is still in use today. The main floor of the house is handicap accessible. The upper floors are not handicap accessible. Mayowood is a country home, built in 1910. It has 38 rooms and is a concrete construction. Dr. Charles and Edith Mayo and their two children lived there. Mayowood has an elevator.

Lunch is arranged at the Canadian Honker Restaurant. The meal is included in the price. Gratuity is on your own.

Please join Carol Nelson for this delightful trip.

Trip Leader: Carol Nelson

Capacity: 20

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

Registration deadline: November 29

FRIDAY MOVIE GROUP

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

ROOM
103



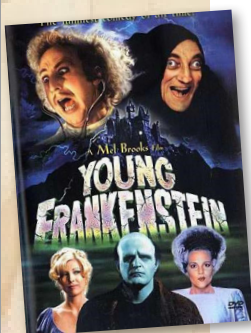
Scary Movie Picks for October!



OCTOBER 6

BEETLEJUICE

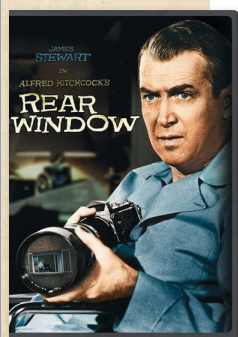
(1988) FAMILY 92 MINS.
After Barbara (Geena Davis) and Adam Maitland (Alec Baldwin) die in a car accident, they find themselves stuck haunting their country residence, unable to leave the house.



OCTOBER 13

YOUNG FRANKENSTEIN

(1974) Comedy 106 mins.
Respected medical lecturer Dr. Frederick Frankenstein (Gene Wilder) learns that he has inherited his infamous grandfather's estate in Transylvania. Arriving at the castle, Dr. Frankenstein soon begins to recreate his grandfather's experiments with the help of servants Igor (Marty Feldman), Inga (Teri Garr) and the fearsome Frau Blücher (Cloris Leachman).



OCTOBER 20

REAR WINDOW

(1954) Thriller 113 mins.
Staring Jimmy Stewart, Grace Kelly, and Raymond Burr. Alfred Hitchcock's classic story of a recuperating news photographer who believes he has witnessed a murder. Confined to a wheelchair after an accident, he spends his time watching the occupants of neighboring apartments through a telephoto lens and binoculars and becomes convinced that a murder has taken place.

OCTOBER 27

WAIT UNTIL DARK

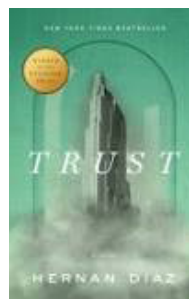
(1967) Thriller 108 mins.
After a flight back home, Sam Hendrix (Efrem Zimbalist Jr.) returns with a doll he innocently acquired along the way. As it turns out, the doll is actually stuffed with heroin, and a group of criminals led by the ruthless Roat (Alan Arkin) has followed Hendrix back to his place to retrieve it. When Hendrix leaves for business, the crooks make their move -- and find his blind wife, Susy (Audrey Hepburn), alone in the apartment. Soon, a life-threatening game begins between Susy and the thugs.



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.

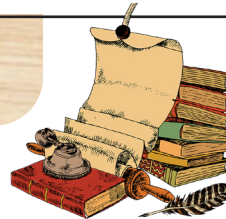


OCTOBER
TRUST
by Hernan Diaz



NOVEMBER
FASCISM: A WARNING
by Madeleine Albright

HISTORY GROUP



\$1 group fee applies

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

HISTORY GROUP IN OCTOBER

"ICONIC AMERICA" PBS/TPT

In this eight-episode documentary series, David Rubenstein explores America's 400-year history through a close examination of iconic national symbols such as the Hollywood Sign, Fenway Park, American cowboys and the Statue of Liberty: indelible artifacts, places and archetypes. Each episode tells the story of an American Symbol to reveal its origins, significance and the arc of its resonance.

- Friday, Oct 6:** The Statue of Liberty
- Friday, Oct 13:** Stone Mountain
- Friday, Oct 20:** No class- (Instead, register for "BEHIND THE RAID Part II" - see page 7)
- Friday, Oct 27:** Fenway Park

Questions? Contact Patty Ciernia, program coordinator, at (507) 664-3709 or patty.ciernia@fiftynorth.org

CHIME CHOIR GROUP

Come join the fun! FiftyNorth Chime Choir is starting a new season on October 12th. Looking for new members who enjoy making music.

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

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



BINGO BONANZA!!!

OCTOBER 31 • 1-2:00PM • \$1 Group Fee Applies
Costumes Welcome!

Guest host Gordon Kelley will be calling Bingo on October 31 from 1–2pm in room 103. Join us for a fun filled hour of a various Bingo games, postage stamp, four corners...

Bring a friend!

VOLUNTEER NEWS

Reading with 5th Graders! It's Back!



READING WITH 5TH GRADERS
2nd Wednesday of the month
Wednesday, October 11
2:00-2:30pm

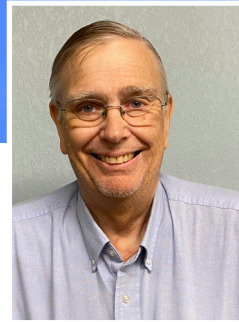
Reading with Bridgewater students is back! Share your love of reading, support a student, build a connection, and have fun! You will be partnered with 1-3 students to read together - students bring the books; you bring your attention!

Join us the second Wednesday of the month, 2:00-2:30, beginning October 11th.

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

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

OCTOBER VOLUNTEER SPOTLIGHT



Meet Bob Sullivan

Bob Sullivan is an invaluable volunteer at FiftyNorth. He can be found monitoring the pool, helping on movie days and most recently, he joined the travel committee. We look forward to future adventures with Bob leading the way. Please read below what motivates Bob to volunteer.

Although the divine may be found in everyone, including ourselves, we find it serving others. That's the best reason I can think of for volunteering. It also gets me out of the house, and is both fun and interesting (but so is golf).

—Robert O. Sullivan



CLOSING BUDDIES NEEDED

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

AARP SMART DRIVING PROGRAM



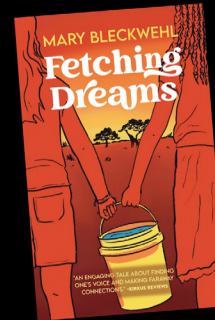
These courses are designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver. Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate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

- **\$32 non-AARP Members,**
 - **\$27 AARP Members; AARP Members please register in person or by phone (you will need your AARP member number)**
 - **\$0 AARP United HealthCare Medicare supplemental plan Members (does NOT include Advantage plans);**
 - **Those with an AARP United HealthCare Medicare supplemental plan must register in person (you will need to bring your insurance card to register, and to class)**
- **AARP 8-hour Smart Driving Class**
Saturday, October 14
8:00-4:00pm
THIS IS THE 8-HOUR COURSE FOR FIRST-TIMERS.
***Bring a bag lunch**
 - **AARP Smart Driving 4-hour Refresher Course**
Wednesday, October 25
9:00-1:00pm
 - **AARP Smart Driving 4-hour Refresher Course**
Wednesday, December 13
9:00-1:00pm

AUTHOR TALK: MARY BECKWEHL

AUTHOR TALK BY MARY BECKWEHL FETCHING DREAMS

Sometimes it takes a village...and sometimes, it just takes two girls



MARY BLECKWEHL AUTHOR TALK: FETCHING DREAMS

Friday, October 27
10:30-11:30am

Fetching Dreams: Sometimes it takes a village...and sometimes, it just takes two girls. Mary Bleckwehl's second novel, *Fetching Dreams*, is a riveting and often heartbreaking story of using one's voice to make a difference. In a shockingly authentic story, two girls from very different cultures break all the rules to bring change and opportunity to an African village where dreams have trouble surviving and fetching water is a dangerous and time-consuming task. Reviewers have called it an unforgettable, eye-opening must-read.

Author bio: Mary Bleckwehl is a local author who has spent her career promoting literacy and the love of reading. She grew up in a big family on a dairy farm in NE Iowa, graduating from Waukon High School, Wartburg College, and Lesley University. Although there were few books in her childhood home, she learned that both magic and knowledge blossomed in words once she began school. Mary taught school in Northfield for many years and still subs in between her author commitments. She and her husband, Bill, have three adult children and two grandchildren. On October 27 from 10:30-11:30, Mary will be sharing the inspiration behind her new book, *Fetching Dreams*, at FiftyNorth. This is her twelfth published book. Her books will be available for purchase and signing at the October 27 event for those interested.

Presenter: Mary Bleckwehl
Capacity: 25
Cost: free
Space: 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!*



Donate now!
Scan with your smartphone!

■ The number of FiftyNorth members as of August 31: 1,937

Welcome!

Karen Achberger
Mike & Laura Kay Allen
Bradley & Barbara Anderson
David & Joey Appleyard
Nancy Ashmore & Kenneth Wedding
Bernard & Mary Auge
Lois Bakko
Jean Brandt
Judy Broske
Gene & Darlene Broughton
Warren & Karen Broughton
Kay Brown
Mary Brown
Brenda Bultman
Bernice Christensen
Anne Marie Conwell
Eileen Cooper
Neil & Marilyn Deden
Gary & Connie DeGrote
Winnie Drentlaw
JoAnn Edwardsen
Chris Ellison
Carol Emery
Beth Endert
Joyce Francis
Stephanie Frey

Leah Garlie
Karen Gervais
Marie Gery
Mac & Jacquelyn Gimse
Kevin Groebner & Sue Harvey
Delores Gustafson
Dorothy Hammer
Liz Hankins
Jan Harrision
Kerry Hjelmgren
Evelyn Hoover
Richard & Donna Jackson
Georgene Johnson
Ruth Johnson-Wirth
Steve & Ann Jorstad
Patricia Jorstad
Joni Kilde
Dick & JoAnn Kleber
Gary & Arlene Kruse
Myron Lanoue
Tom & Nancy Loesch
Ted Suss & Janet Marti
Janet Mathews
James & Angie Mayr
Mike & Ann McGovern
Elaine Meyers
John & Sharon Micklo

Neil Lutsky & Irene Montenegro
Bill & Pat Nelson
Dale Ness
Elizabeth Olson
Laura A Olson
Kenneth Lee & Donald Onsgard
Susan Pedersen
Roberta Persons
Paul Ruppel
Carol Rutz
Carol Slater
Kenneth & Sharon Steinhouse
Linda Storlie
Craig Swenson
Allan & Nancy Swenson
Robert & Patricia Tabery
Julie Thorsheim
Randy & Pam Toepper
Dale & Rose Turnacliff
Anne Ulmer
Linda Wagenbach
Patricia Warner

AUGUST NEW MEMBERS

Kristen Anderson,
Scott & Heidi Brosseau,
Mark & Lori Coleman,
Anne Marie Conwell,
Wayne Dellerman,
Douglas Hamilton,
Walter Jones,
John & Kay Marosi,
Lisa McCarthy,
Karen McDonald,
Julie Morton,
Richard & Frieda Olin,
Lisa Olson,
Sandra Rabalais,
Wendell Refior,
Julie Seedorf,
Betsy Shaw,
Deb Todhunter,
Jane Wiemerslage

FIFTYNORTH 2023 SHIRT & SWEATSHIRT ORDER

Use code **FIFTYNORTH** to enter site.

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; Sunday October 22, (11:59pm)

Port & Company Core Blend Tee



4 colors

\$17.00

Mid Weight Fleece Crewneck Sweatshirt



5 colors

\$25.00

Port & Company Long Sleeve Essential Tee



4 colors

\$20.00

Mid Weight Fleece Pullover Hooded Sweatshirt



6 colors

\$30.00

Port & Company Ladies Essential Tee



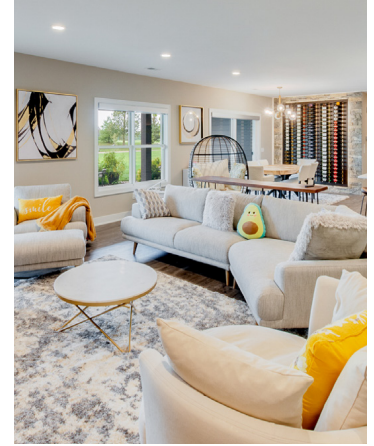
5 colors

\$17.00

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Three Links and Senior LinkAge Line Present:

2023 FREE Senior Education Series

Three Links and the Senior LinkAge Line have teamed up to offer senior education

Free Lunch Medicare Annual Update

When: October 18th 12-1 pm

**Where: Three Links Chapel
815 Forest Ave
Enter at the Care Center main entrance**

Why: Learn about the most recent changes in Medicare benefits and coverage. This presentation is to understand changes for the following calendar year in the Medicare program as well as an overview of advantage/cost/part D plan offerings.

For detailed information: **507.301.4318**

RSVP to Reply@ThreeLinks.org

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ThreeLinks.org



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.

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Beth Endert, Nancy Glodfelty, Cathy Graff, Pat Nelson,
Jane Persons, Pam Toepper



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

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



Little Frida Cafe & Taco Shop:

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



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

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