



By Kerry Hjelmgren, Director



YOU ASKED, WE LISTENED

Member input on our spring survey identified remodeling the FiftyNorth locker rooms as the number one priority to improve member experience and satisfaction. As part of FiftyNorth's ongoing commitment to enhancing the experience of its members, we are in the process of planning a major remodel of our locker room facilities! The Northfield Community Resource Center that houses FiftyNorth is owned and maintained by the City of Northfield. As a responsible tenant, FiftyNorth works directly with City staff for approval and planning of major remodeling projects. This summer, the City and their contractors have been gathering bids from multiple local contractors.

The planned remodel will include:

- replacement of benches, lockers, restroom partitions, fixtures, sinks, and toilets
- renovation of all locker room flooring and tile
- installation of new shower partitions, new changing room areas, and safety bars/handles

Our goal is to create a space that promotes comfort, safety, and privacy for all members, and is easy to keep clean and rust-free. At this time, we await a final project cost estimate and project timeline from the City of Northfield. Thank you for your support and patience as we work to improve our facilities for your benefit. More to come!

Kerry

INSIDE

Gallery 2
 Committee Invitation..... 2
 Alzheimer's Association
 Presentation 3
 Events 4
 Member Services 4
 Health & Wellness 5, 6
 Fitness 7-9
 Art Classes 10-12
 Life Long Learning..... 12-16
 Volunteering..... 17, 18
 Group Calendar..... 18
 Travel Group..... 19, 20
 AARP Driving 21
 Book Group..... 21
 Movies..... 21
 Donors & New Members 22

Alive & Kickin - These Seniors Rock



Register today!

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

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

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

..." Wow! What a show! If you think a concert by a senior choir standing on risers is what you will see, you will be surprised. Alive & Kickin is a full-blown production. Think more like musical theatre. There is so much energy ..."

—Wendy Manuel, Fifty North Member



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

TAKE NOTE

CLOSED:
LABOR DAY: Sept 2

POOL REOPENS:
Tuesday, Sept 3

EVENTS:

- **DJJD Parade 2pm Sept 8:**
 Cheer for the FiftyNorth Used-a-Bit Float.
- **Alzheimer's Association Presentation - 12:30pm Sept 24:**
 at United Methodist Church. Hosted by FiftyNorth.
- **FiftyNorth Band Concert 4:00-5:00pm September 30**
 In the FiftyNorth courtyard
- **Alive N'Kickin - 1pm Oct 2**



In the FiftyNorth Gallery

Cheryl Ramette –

GALLERY SHOW TITLE: PENTIMENTO
SEPTEMBER 3 — NOVEMBER 1



Artist —
 Cheryl Ramette

CHERYL RAMETTE BIO

Art has always been an important part of my life, a way to translate the patterns and shapes of nature through my senses and onto paper. A way to play. Trained primarily in drawing and printmaking, I've most recently appropriated used tea bags as the paper source upon which to paint with natural dyes & watercolors, draw, and imprint organic matter such as indigo leaves. Sometimes I add additional layers through encaustic collagraph or wood cuts creating a pentimento effect. I love the element of surprise and the creativity that arises from allowing the patterns of the dried tea bag paper to guide the piece. Growing and working with indigo plants - fresh and as a dye vat - is also an element of my current body of exploration and work, both on paper and fabric. — *Cheryl Ramette*



ARTIST RECEPTION
September 5— 4:00 to 5:00

SERVICES: RESHAPE U: HEALTHY HABITS, HEALTHY YOU (Weight Management and Lifestyle Support)

**Tuesdays, October 1, 8, 15, 22, 29, November 5, 12, 19, 26,
 December 3, 10, 17**

5:00-6:00pm

Location: Room 102

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

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

Weekly Meetings:

5:00 to 5:15 pm

Opportunity to weigh or provide home weight (not required).

5:15 to 5:45 pm

Topic handout and discussion.

5:45 to 6:00 pm

Opportunity to weigh or provide home weight (not required).

(12 sessions)

NOTE: Visit <https://fiftynorth.org/classes/wellness-classes/> to learn more about the instructors.



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

Kristi Von Ruden, RDN, LD
 Courtney Eby, RDN, LD
 Nicole Robinson, MS, RDN, LD

Capacity: MUST HAVE 10 Participants

Cost: \$40 for 3 months payable to Northfield Hospital + Clinics

SIGN UP by either calling or emailing Kristi Von Ruden of Northfield Hospital and Clinics

Phone: 507-646-1410

Email: dietitian@northfieldhospital.org



Creating an
Age-Friendly
Northfield

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

1) UNDERSTANDING ALZHEIMER’S AND DEMENTIA: A presentation by the Alzheimer’s Association of the Minnesota-North Dakota Chapter. FiftyNorth will host this event at the United Methodist Church of Northfield, Fellowship Hall on September 24. NO registration required.

UNDERSTANDING ALZHEIMER’S AND DEMENTIA

An education program presented by the Alzheimer’s Association®



ALZHEIMER’S IS NOT NORMAL AGING.

It’s a disease of the brain that causes problems with memory, thinking and behavior.

Join us to learn about:

- » The impact of Alzheimer’s.
- » The difference between Alzheimer’s and dementia.
- » Alzheimer’s disease stages and risk factors.
- » Current research and treatments available to address some symptoms.
- » Alzheimer’s Association resources.

**Tuesday, September 24
Alzheimer’s Association
presentation
1:00-2:00pm**

**United Methodist Church;
Fellowship Hall
1401 Maple St, Northfield, MN 55057**

12:30-2:30pm - Visit resource tables with local organizations who provide support for caregivers and those with Dementia and Alzheimer’s.



2) The Remember Project: Fortune Cookies: Monday, October 21, 9-11:30 at FiftyNorth, room 103/105

3) The Remember Project: Into the Garden: Monday, November 18, 9-11:30 at FiftyNorth, room 103/105

The Remember Project programs take a unique approach to building awareness, sharing information, and inviting authentic community conversations about dementia. Audience members will watch the play together, followed by a facilitated conversation. The Remember Project programs are free, REGISTRATION INFORMATION COMING SOON.

EVENTS cont.

**FIFTYNORTH BAND CONCERT****Monday, September 30****4:00-5:00pm****Location:** Courtyard

Come celebrate with the FiftyNorth Band in the courtyard. The merrymaking will include circus music, Yankee Doodling, a Jazz Clarinet, and will also feature trombones, French Horns, and more!

For this special Capstone Concert, the band will incorporate music both written and arranged by several members of the band.

Group Leaders: Debbie & David Miller

*Free will donations appreciated!



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

MEMBER SERVICES

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

Questions about your computers, laptops, cell phones, iPads, cameras, or similar device? Richard has twenty years of experience building computers as a hobby. He has limited experience with Apple desktop computers. If Richard is not able to solve a problem, he will have suggestions for finding help.

Consultant: Richard DeBeau**Space:** Room 104**MORE HELP FOR MEDICARE OPTIONS****2nd Wednesdays of the month****12:00-3:00pm**

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

Space: FiftyNorth in the Gallery Link

No cost or obligation Stop by or call for appointment.

Sandra Robertson, licensed Insurance Agent, # 20381956,

Phone: 952-484-5723 or sandra@sigbrokers.com

CAREGIVER SUPPORT GROUP**2nd Thursdays of the month****1:30-3:30pm**

Join our monthly Caregiver Support group at FiftyNorth.

Learn, share, listen, laugh and gain strength and understanding alongside other care partners. Kathy Voss, Caregiver Support Specialist, facilitates the discussion.

Facilitator: Kathy Voss, Caregiver Support Specialist**Capacity:** 20**Cost:** Free**Space:** Room 103**FAMILY SERVICE CAREGIVING CONSULTANT****Thursdays, 11:30-12:30am New Time****And****Family Service Caregiving Consultant****Thursdays, 1:00-2:00pm****Location:** Consult Room**Kathy Voss: Certified Caregiving Consultant**

Family Service Rochester, 1625 Hwy 14 East, Rochester

507-218-3275

www.familyservicerochester.org**THREE RIVERS COMMUNITY ACTION****OLDER ADULT SERVICES SPECIALIST****3rd Wednesday every month****12:30-2:30pm**

Come in and meet Sarah Kuball, a Three Rivers Community Action Older Adult Services Specialist. Older Adult Services assist individuals aged 60 and older and their families with information, referrals, and resources that allow persons to remain healthy and independent in their homes and communities.

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

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

Consultant: Anne Pleskonko, NHN**Space:** Consult Room**SEPTEMBER IS EMERGENCY PREPAREDNESS MONTH****Tuesday, September 17 from 10:30-12:00pm**

Martha Williams, Emergency Preparedness Coordinator for Rice County will share information regarding Senior Preparedness in the lobby of FiftyNorth. — Rice County Public Health



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

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

CLASS CANCELLATION POLICY:

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

SOUND IMMERSION

Tuesday, September 10
4:00-4:30pm

and/or

SOUND IMMERSION

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

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

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

Instructor: Miki Orr Campbell

Capacity: 15

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

Space: Fitness Studio

FALL PREVENTION

Wednesday, September 11
9:00-11:00am

Falls and fall-related injuries are among the most common but serious medical problems experienced by older adults. Nearly one-third of older people fall each year, half of which fall more than once per year. Over 3 million Americans over the age of 65 visited hospital emergency departments in 2019 due to fall-related injuries, with over 1.6 million being admitted. Learn from Dr. Marcy Kramer how to prevent falls, how to make your living space less of a fall risk, and how to maintain strong bones and muscles that will help lower your chances of fall risks.

Instructor: Dr. Marcy Kramer

Capacity: 20

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

Space: Room 106

MEDITATION

Tuesdays, September 17, 24, October 1, 8, 15, 22
9:30-10:30am

Learn ways to meditate to help lower stress, clear negativity from the mind and increase self-awareness, focusing on the moment to help increase creativity, patience, and tolerance.

(6 sessions)

Instructor: Laurel Carrington

Capacity: 15

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

Space: Room 106



CARPAL TUNNEL 101

Tuesday, October 8
9:00-10:00am

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

Instructor: Northfield Hospital + Clinics

Capacity: 25 (minimum 10)

Cost: \$9 nonmbr, \$7 mbr, \$5 platinum

Space: room 106

SHOULDERS 101

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

The Human shoulder is one of two ball in socket joints in the human body. The shoulder is an instrumental joint that helps with lifting, reaching, and moving the upper body. One Fourth of the US population suffers from shoulder pain. Learn from Dr. Marcy Kramer ways to get your shoulder healthy, keep it healthy and various issues that may occur to your shoulders.

Instructor: Dr. Marcy Kramer


Capacity: 20

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

Space: Room 106

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

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



BLUE –
Mid-range

PURPLE -
Gentle

PINK –
High Intensity

GOLD:
No Open Use

2024 VIRTUAL LAND BASED FITNESS CLASSES (updated September)

AVAILABLE THRU ZOOM

VIRTUAL LAND BASED FITNESS CLASSES



INTENSITY KEY:
PINK –
High Intensity
BLUE –
Mid-range
PURPLE -
Gentle

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

FITNESS NEWS



NEW AQUA CLASS

SATURDAY AQUAFIT

Saturdays, beginning September 7
9:00-9:45am

Saturday Aquafit is a low impact activity that takes the pressure off of the bones, joints and muscles. Water also offers natural resistance, which can strengthen the muscles. Join Naomi Nohava nationally certified Aqua Fitness Instructor for a great and fun workout each and every Saturday morning.

Instructor: Naomi Nohava

Capacity: 20

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

NEW ZOOM ONLY FITNESS CLASSES (KAETHE)

ZOOM Fitness - Strength and Cardio (Kaethe)

Wednesdays, beginning September 4
7:00-7:45am

This class combines functional strength training and heart pumping cardio all in one workout. Build muscle strength and endurance, improve bone density, and keep your heart healthy. This class primarily uses dumbbells, but will occasionally use resistance bands or other optional equipment.

Instructor: Kaethe Boutelle

Class Limit: 35

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

NEW ZOOM FITNESS - MOBILITY AND STRETCH (KAETHE)

Fridays, beginning September 6
7:00-7:45am

This class combines mobility drills, stretching, and joint strengthening exercises to help you increase your range of motion, improve your balance and posture, and reduce your risk of injury. This class is primarily bodyweight only, but will occasionally use light weights, resistance bands or other equipment.

Instructor: Kaethe Boutelle

Class Limit: 35

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

AQUA FITNESS



COLOR KEY:

GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim

2024 AQUA FITNESS (updated September)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	
6:30 AM						
7:00 AM	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	AQUAFIT 9:00-9:45AM
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	
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						
7:45 PM						

FITNESS NEWS

SESSION-BASED IN-PERSON FITNESS CLASS (pre-registration required)

NORDIC WALKING 101

Thursdays, September 5, 12, 19, 26
3:30-4:15pm

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 their joints and various muscle groups. Learn how to walk properly with Nordic Walking Sticks, learn more about the benefits of using Nordic Walking Sticks and the best way to take care of them. Nordic Walking Sticks will be available for participants to use during the duration of the class. However; we have a limited supply. 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

NEW ONGOING IN-PERSON FITNESS CLASS

SOUND BATH AND MEDITATION

Wednesdays (beginning September 18)
9:15-10:00am

Come as you are and use this opportunity to let the soothing vibrations from singing bowl instruments help you relax deeply. A Sound Bath is a healing practice whereby the practitioner guides you in a relaxed, reclining position – often supported in savasana (corpse pose) – and allows the healing sounds of the instruments to “bathe” you in vibration. You will hear the sounds, but more importantly you will feel the vibrations. As you relax more and more through this 45-minute session, you begin to release physical, mental and emotional tensions until you sink into a calm state and simply receive the vibrations.

Sound baths can have a variety of benefits including: improved sleep, decreased anxiety and fatigue, balanced nervous system, lowered blood pressure, increased focus and deep relaxation. Just as a typical bath involves a person immersing themselves in water, a sound bath immerses you in sound, so you feel enveloped in it. Wear comfortable clothing; bring your own yoga mat if you like.

Instructor: Carla Johnson

Capacity: 20

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

Space: Fitness Studio

*Carla Johnson is a certified Practitioner of Sound Therapies, receiving certification through Meditate: School of Mindfulness and Sound. She also leads yoga classes at FiftyNorth and serves on the Board of Directors and chairs the Membership Committee.

IN-PERSON FITNESS CLASSES STARTING BACK UP AFTER SUMMER HIATIS

HATHA YOGA

Tuesdays & Thursdays (starts again September 3)
7:00-7:45am

This Hatha Yoga class includes a warm-up, stretching poses (and sun salutation), muscle strengthening, balancing poses and relaxation.

Instructor: Nancy Veverka

Class Limit: 20

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

YOGA STRETCH

Wednesdays (starts again September 4)
7:00-7:45am

Yoga Stretch is designed to help participants improve flexibility, release tension, and promote relaxation. Focus is on slow, deliberate movements and extended holds to enhance flexibility and reduce stress.

Instructor: Nancy Veverka

Class Limit: 20

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

LINE DANCING

Wednesdays (starts again September 4)
1:00-2:00pm

Line Dancing is more popular than ever, and isn't just about country music anymore! Each week the emphasis will be on fun and fitness as we dance classic line dance favorites (including country line dances) and try out new choreographies from around the globe set to golden hits from years past. No experience needed; please wear indoor shoes suited to the group exercise room.

Instructor: Kate Stuart

Capacity: 20

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

FOLK DANCE FUSION

Fridays (starts again September 4)
11:45-12:45pm

Folk Dance Fusion combines folk dances from around the world with the social spacing of Line Dance for an hour of fun and light to moderate fitness. Each week we will spend most of the time dancing easy to follow favorites after learning a new dance or reviewing a classic. No experience needed; please wear indoor shoes suited to the group exercise room.

Instructor: Kate Stuart

Capacity: 20

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

FITNESS NEWS

FITNESS GROUPS STARTING BACK AFTER SUMMER HIATIS

NORDIC WALKING GROUP (NEW DAY/TIME)

Fridays (starts again September 6)
10:45-11:30am

Join Nordic walking group. Enjoy conversation, laughter and tips to improve your Nordic walking. We have a limited supply of walking poles. Please bring your own if you have them.

Prerequisite: Nordic Walking 101 or similar class
 Fitness Group fees apply

Group Lead: Kate Stuart

Space: Courtyard

WALKING GROUP

Mondays (starts again September 9)
9:00-10:00am

Carleton Arboretum

Experience the outdoors while increasing your strength. Enjoy a walk in the woods and the company of others. The path is quite flat and provides beauty without too much challenge. We will meet at the entrance to Carleton's lower Arb, in the parking lot off Highway 19 just beyond the football stadium. If the trails are muddy or just for a change of pace, we can also use the upper Arb. We will meet in the same place.

Things to bring/wear:

- Sturdy walking shoes/boots, the trails are not paved. They are mostly flat, but are dirt so can be somewhat uneven.
 - Sunscreen, bug/tick spray, water
 - Optional: hat, walking poles
- Dress in layers, or have them available in your car. Minnesota spring weather continues to be unpredictable!

Weather cancelations: If it is raining heavily a half hour before start time, I will cancel the walk. If it is "looking like rain" or lightly sprinkling I will be there in rain gear. Call the FiftyNorth desk to confirm 664-3700.

Group Leader: Marie Frederickson

Capacity: 25

Cost: Free

ART CLASSES

Online: FiftyNorth.org/classes

In Person: FiftyNorth front desk

Please pre-register for all classes:

Phone: 507-664-3700

CLASS CANCELLATION POLICY:

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



NEEDLE-FELTED WINE BAGS

Wednesday, September 11
9:00-11:00am

In this beginner level class, you will create a beautiful needle felted design on a linen wine bag. It really dresses up your wine bottle when entertaining and it also makes a lovely gift. Materials provided.

Instructor: Cindi Beurskens

Capacity: 10

Cost: \$40 Nonmbr, \$35 Mbr, \$10 Platinum

Space: Room 102

Registration deadline: September 6



NEEDLE-FELTED LANDSCAPE

Wednesday, September 11
1:00-4:00pm

Each student will make a 5x7 landscape following step by step instruction to complete the sample shown, but students are free to create their own design. Materials provided.

Instructor: Cindi Beurskens

Capacity: 8

Cost: \$55 Nonmbr, \$50 Mbr, \$10 Platinum

Space: Room 102

Registration deadline: September 6

ART CLASSES

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

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



SEW A TOTE
with Michelle Camp
Wednesdays,
September 18, 25
9:30-11:30am

Still wondering what to do with that sewing machine in the closet? Well drag it out, dust it off and bring it to FiftyNorth and let Michelle Camp teach you how to use it.

We will go over machine functions and basic stitches and then make a tote bag. Bag will have outside pockets and straps. The bag can be one color. The straps and pocket can be a contrasting color. Michelle will provide the pattern.

Materials you need to bring:

Fabric – cotton duck, heavy linen, denim or cotton canvas. One yard of the main color and one yard of a contrasting color. Please wash the fabric in warm water and dry on low, before you come to the class. Bring your own sewing machine;
 Notions: Polyester thread (matching or contrasting)
 *If you do not have a sewing machine, please note that when you register.

Instructor: Michelle Camp
Capacity: 8
Cost: \$36 Nonmbr, \$28 Mbr, \$0 Platinum
Space: Room 105
Registration deadline: September 16



DOT MANDALA CLASS
Monday, September 30
1:00-3:00pm

Mandalas originated in the first century in India. Mandala is a Sanskrit word that is translated as “circle.” The word mandala is associated with circular designs that have repeating colors, shapes, and patterns radiating from the center. They are usually very precise, carefully measured, geometric and symmetrical. Mandalas are found in nature, (snowflakes, flowers, shells) and across all cultures. They are often used as objects of meditation to aid in spiritual development and prayer. The circle represents the universe and the other symbols depict one’s spiritual journey, the cycle of birth-life-death and the interconnectedness of all living things. The creation of a mandala signifies the transformation of a world of suffering into a world of joy.

There are wonderful benefits in painting mandalas. It relaxes the body and mind, cultivates a feeling of peace and happiness, eases stress and worry, and activates your creativity. Besides that, it is fun and enjoyable!

Materials provided. In this class, you will paint a dot mandala on canvas using acrylic paints and a variety of tools.

You will learn how to:

- make dots that are even
- “walk the dots”
- drag the dots to make raindrop shapes
- make swooshes

Instructor: Caroline Jones
Capacity: 12
Cost: \$27 Nonmbr, \$24 Mbr, \$10 Platinum
Space: Room105
Registration deadline: September 26



Cannon Valley Elder Collegium

The CVEC’s purpose is to provide a content-oriented study experience for elder students with senior faculty.

Class registration is still open for some classes
at www.cvec.org www.cvec.org

ART CLASSES CONT.



TEA PARTY

Wednesday, October 2
10:00am-12:00pm

In this class the instructor will guide you through a process she's currently enjoying to create a group project similar to the one shown. Used tea bags as a paper source have their own amazing and beautiful marks which we'll further embellish using natural-pigments inks and

watercolors, pens, pencils, thread, leaf poundings, dried plant material, etc. Additional pieces of old works of art (mine or yours) can be used as a background, adding dimension and color. Each individual piece has its own small frame, each of which will then be attached with magnets to a metal backing to make a 25" X 25" finished piece. Our finished group project will then be on display at FiftyNorth for the duration of Cheryl's tea bag art exhibition.

Tea bags, small frames, and all embellishment materials will be provided – but if you'd like to bring something of your own to incorporate please do! Please stick with natural materials and your own art work scraps. After the exhibit you are welcome to take your pieces home – each participant will make 1-3 pieces depending on how detailed your embellishments.

Tea and cookies will be served.

Instructor: Cheryl Ramette

Capacity: 12

Cost: \$28 Nonmbr, \$24 Mbr, \$10 Platinum

Space: Room 105

Registration deadline: September 27



CROCHET FOR EVERYONE

Wednesdays, October 9, 16
9:00-12:00pm

Have you ever wanted to get chained up in a fun way? Join Michelle Camp and learn to crochet.

The class will teach basic stitches, chaining and the magic loop for granny squares. You will learn how to begin a rag rug.

Supplies you need to bring: Crochet hook size 5 mm or 6mm and 1 skein of medium weight yarn OR a 16mm hook

and 1 skein of heavy weight yarn. No experience necessary.
(2 sessions)

Instructor: Michelle Camp

Capacity: 8

Cost: \$36 Nonmbr, \$28 Mbr, \$0 Platinum

Space: Room 102

LIFE LONG LEARNING



The Gang
...
Why
They Came to
Northfield
...

presented by
Earl Weinmann

JAMES & YOUNGER GANG: WHY DID THEY COME TO NORTHFIELD?

Tuesday, September 3
10:30am-12:00pm

If you are living in or near Northfield you know September is Defeat of Jesse James month. To celebrate, local James & Younger Gang expert and tour guide of 32 years, Earl Weinmann will lead two classes centered around the James & Younger gang and their exploits in Northfield. If you have houseguests that week, what a terrific way to introduce them to our story.

If you only saw the local re-enactment or you wonder what the big deal is around the James & Younger Gang in Northfield, this class is for you. This class will give a brief background of the gang and why they came to Northfield? It will answer why the raid failed so spectacularly and what became of the gang afterward. Whether you're a longtime resident or new to Northfield, you will enjoy the details of one of the most defining moments of Northfield.

Attend one or both; either way, with your attendance, you will become somewhat of an expert yourself.

Presenter: Earl Weinmann

Capacity: 30

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

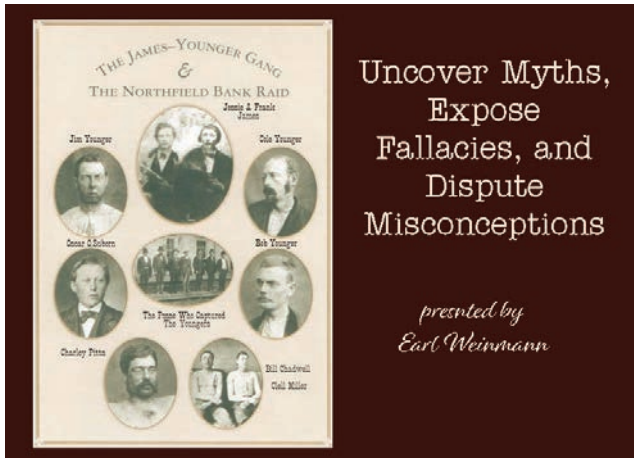
Space: Room 103



LIFE LONG LEARNING

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

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



**JAMES & YOUNGER GANG:
 UNCOVERING MYTHS & MISCONCEPTIONS
 Wednesday, September 4
 10:30am-12:00pm**

If you are living in or near Northfield you know September is Defeat of Jesse James month. To celebrate, local James & Younger Gang expert and tour guide of 32 years, Earl Weinmann will lead two classes centered around the James & Younger gang and their exploits in Northfield. If you have houseguests that week, what a terrific way to introduce them to our story.

This class is a continuation of the September 3rd class but will also stand on its own for those who cannot make the previous class. This class takes a deep dive surrounding the James & Younger Gang to uncover myths, expose fallacies, and dispute some of the misconceptions that seemingly refuse to go away. Was Jesse the leader of the gang? How do we know who shot the teller, J.L. Heywood? Was Northfield suspicious of the gang that morning? What did Cole Younger's last words reveal about the Northfield raid? And many more.

Attend one or both; either way, with your attendance, you will become somewhat of an expert yourself.

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



**SPANISH I
 Mondays & Thursdays
 September 9, 12, 16, 19, 23, 26, 30,
 October 3, 7, 10, 14, 21, 24, 28, 31
 *No class on October 17th
 November 4, 7, 11, 14
 10:00-11:00am**

This class is designed for students with no prior knowledge of Spanish. The Spanish 1st year textbook Realidades will be used and will be available for purchase at the first class for \$25. Students will also receive a link to the workbook and answer key (if requested, FiftyNorth can print copies for those that would like a physical copy). Students will progress from learning the alphabet, basic greetings, numbers, colors, etc. to acquiring the vocabulary and grammar skills to form simple sentences in the present tense and to talk about daily activities and interests. Culture points from the Spanish-speaking world will also be presented and discussed. This class is the first in a series of three 10-week "trimesters" and will meet Mondays and Thursdays from 10a.m. - 11a.m.

(19 sessions = \$9 nonmbr, \$7 mbr per class)

Instructor: Chris Kauffeld
Capacity: min 8, max 15
Cost: \$171 Nonmbr, \$133 Mbr
Space: Room 106



**CPR & First Aid
 Training Class**

**CPR AND FIRST AID
 Tuesday, September 10
 9:00am-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

LIFE LONG LEARNING

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

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



EXTRAORDINARY ADVENTURES IN AFGHANISTAN

Thursday, September 19
1:00-2:00pm

Beyond the war-torn headlines lies an Afghanistan that few get to see: a land of breathtaking landscapes, ancient cities, and a rich tapestry of cultures. Nestled in the heart of Central Asia, Afghanistan was once a vital crossroads of civilizations along the Silk Road, the historic trade route that bridged East and West. From Kabul to Kandahar, Khost, and Bamiyan, Dina Fesler will take you on an extraordinary armchair adventure through Afghanistan, drawing on her fifteen years of dedicated work to empower Afghan youth. Whether you're a history enthusiast, a cultural explorer, or simply curious about the stories the media doesn't tell, this lecture offers a rare chance to connect with a part of the world sure to inspire and fill you with hope.

Presenter: Dina Fesler

Capacity: 30

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

Space: Room 103



THE EXPLOITS OF AN EXPAT: LIVING, WORKING & BENEFITTING FROM A LIFE ABROAD
Thursday, October 3
1:00-2:00pm

When she wasn't teaching Media Studies to Zayed University students in Abu Dhabi, United Arab Emirates or teaching English as a Second Language to Vietnamese youth in Hanoi, Thompson was living the dream of enjoying the expat life to the fullest. Anyone with a zest for travel, a thirst for experiencing new activities and a desire to forge international friendships will appreciate her lively talk filled with scenic landscapes, arresting cityscapes and fun-filled adventures.

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

Capacity: 30

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

Space: Room 103



ANNUAL ST OLAF STORY PARTNER PROGRAM

ANNUAL STORY PARTNER PROGRAM

Meet and Greet - A collaboration with St. Olaf

Thursday, September 26

2:30-3:00pm

Register to be a story partner by September 12!

The students will be here for a quick tour and then meet their Story Partner. From this point you will set your meeting schedule with your Story Partner.

Goals and Expectations:

Junior social work students are paired with an older adult from FiftyNorth. Students practice engagement, listening and generalist skills that they'll use in social work practice while building relationships with older adults. Older adults build a relationship with college-aged students and are expected to share life stories and experiences as able and willing during the sessions.

You and your Story Partner will meet for at least 6 sessions between mid-September and mid-November for 30-60 minutes (more are encouraged if both participants are able and willing).

Location: in-person preferred. Zoom as needed/requested. Pairs may meet at FiftyNorth, on the St Olaf campus, or at an agreed upon local spot.

St Olaf Instructor: Hillary Lamberty

Capacity: 8

Cost: Free

Space: Room 105

Registration deadline: September 12

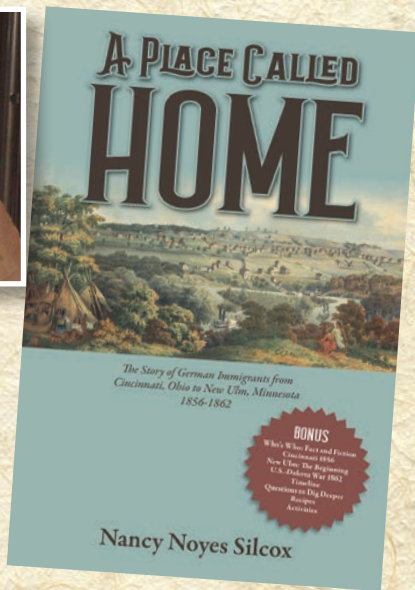
***NOTE:** Your email will be shared with the instructor

Questions: email program coordinator Patty Ciernia at patty.ciernia@fiftynorth.org

AUTHOR TALKS



Nancy Noyes Silcox
Writer, Librarian,
Researcher



AUTHOR TALK: A PLACE CALLED HOME

Friday, September 20

10:30-11:30am

book sales & signing follows talk

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

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

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

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

Author: Nancy Noyes Silcox; FiftyNorth Member

Capacity: 50

Cost: Free

Space: Room 103

www.nancynoyessilcox.com

Author Talk:

Pioneer Women Voices of Northfield's Frontier

Friday, September 27

10:30-12pm

by Jeffery M. Sauve



AUTHOR TALK - PIONEER WOMEN: VOICES OF NORTHFIELD'S FRONTIER

Friday, September 27

10:30-12:00pm

Discover the unique personal stories of some of the pioneering women who settled in Northfield during the 19th century at a special presentation at FiftyNorth. We're pleased to welcome local author and historian Jeff Sauve, whose book, "Pioneer Women: Voices of Northfield's Frontier," received high praise in 2010 when it was honored with the Minnesota History Award for best publication by the Minnesota Alliance of Local History Museums.

During his 45-minute presentation, Sauve will discuss the struggles and triumphs of four determined, adventuresome, and courageous individuals who played a role in shaping the town's beginnings during the 1850s and 1860s. Following the presentation, Sauve will answer audience questions.

Copies of the booklet will be available for sale at \$10 each. Proceeds will benefit the Northfield Historical Society.

Presenter: Jeff Sauve

Capacity: 30

Cost: Free

Space: Room 103



LIFE LONG LEARNING

U.S. POLICING SEMINARS

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

Contact: jmoravchik1525@gmail.com

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

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

US POLICING SEMINAR #1

Monday, October 7

9:30-11:30am

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

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

<https://kymnradio.net/2023/08/18/public-policy-this-week-the-role-of-medical-examiners-with-hennepin-county-chief-medical-examiner-dr-andrew-baker-8-18-23/>

Instructor: Joseph Moravchik

Capacity: Minimum: 7 **Maximum:** 30

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

Space: Room 103

US POLICING SEMINAR #2

Monday, October 14

9:30-11:30am

US POLICING SEMINAR #3

Monday, October 21

9:30-11:30am

US POLICING SEMINAR #4

Monday, October 28

9:30-11:30am

**COMPETING FOR
THE GOAT TROPHY:
St. Olaf and Carleton Football
Tuesday, October 8
1:30-2:30pm**



Longtime Carleton College football coach Bob Sullivan joins local history author Susan Hvistendahl at FiftyNorth to talk about the football rivalry between St. Olaf and Carleton colleges ahead of the upcoming game at St. Olaf at 1pm on Saturday, October 12.

The talk will focus on the "Goat Trophy" which has been awarded to the winning team since 1931 and on Sullivan's career as coach from 1979 to 2000, when he retired with a total record 102 wins, more than any Knights coach. On October 15, 2022, Carleton's football field was named "Bob Sullivan Field" in his honor. Hvistendahl's Historic Happenings books include research on Northfield football and will be available for purchase.

Presenters: Susan Hvistendahl and Bob Sullivan

Capacity: 50

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

Room: Room 103



Welcome
Susan
Hvistendahl!



LIFE LONG LEARNING



Community Action Center



A SNAPSHOT OF FOOD INSECURITY IN NORTHFIELD

Wednesday, September 11
1:30p-2:30

Come spend an hour with Michael Pursell, Food Access Program Director at Community Action Center, learning about food insecurity in your community and what you can do about it. Like the rest of Minnesota and the nation, Rice County is experiencing a historic surge in hunger right now, with food shelves being accessed at record levels year after year.

Nearly 1 in 4 Northfielders received some form of food support from CAC in 2023, and a lot of support for that work comes directly from community members like you who donate their time and resources. We'll tour CAC's primary Northfield food shelf, learn about SuperShelf and CAC's trauma-responsive approach to feeding and supporting the community, talk through various volunteer opportunities, and have time for questions and discussion afterward.

Presenter: Michael Pursell, Food Access Program Director at Community Action Center
Capacity: 35
Cost: Free
Space: Room 103

MEMBER VOLUNTEER OPPORTUNITIES

VOLUNTEERS NEEDED TO MOVE FURNITURE ON WEDNESDAY OR THURSDAY MORNINGS

FiftyNorth needs strong muscles to help move donated furniture to Used-A-Bit. You would be joining a lead volunteer to pick up donated furniture, haul it to Used-A-Bit and unload it. This task is on Wednesday or Thursday mornings at 9:00. This is very flexible and not necessarily every week. The truck is provided. If interested contact Michelle at 507-664-3707 or michelle.loken@fiftynorth.org.

POPCORN WAGON: SEPTEMBER 5-8 - DEFEAT OF JESSE JAMES DAYS!

Another busy time for the wagon. We are looking for volunteers to help serve customers by making popcorn, taking money or serving drinks.

There is a schedule posted at the wagon, also on popcorn wagon door at FiftyNorth. Please consider helping and enjoying the re-enactment from the wagon. Great view!!

For more info contact: Lesley Weirich, Popcorn Wagon Coordinator
EMAIL: lesley.weirich@fiftynorth.org PHONE: 507-400-4331

VOLUNTEER SPOTLIGHT

SEPTEMBER VOLUNTEER SPOTLIGHT



Earl Weinmann

THANK YOU

"When you sign up for one of Earl's classes, you know you're going to learn something new and be highly entertained while doing so.

I have volunteered in Earl's classroom ... years ago. When I reached out to Earl as the historian for all things "Jesse James" a year ago, well, ... the rest is history.

Earl has presented on history topics as well as a 4 part series on Critical Thinking.

Stay tuned for an upcoming series on World War II."

// _____
I have served in a variety of volunteer roles in the community. Most of my volunteer work has been with our youth in our schools and The Northfield History Center. I find working with adults to be a refreshing experience. I love being a part of the exchange of ideas and the enthusiasm and wisdom they bring to every encounter.

—Earl Weinmann

// _____
Patty Ciernia; Program Coordinator

**GROUPS STARTING BACK
AFTER SUMMER HIATIS**

**\$1
Group
fee
applies**

MUSIC - TROUBADOURS MEN'S CHOIR

Tuesdays (starts again September 10)
9:00-11:30am
Location: Room 103

MUSIC - CHIME CHOIR

Thursdays (starts again September 12)
9:30-10:45am
Location: Room 103

ARTS / CRAFT - STORYTELLING GROUP

2nd Monday of the month (starts again September 9)
9:30-11:30am
Location: Room 104

GAMES - BINGO

3rd Mondays of the month (starts again September 16)
1:00-2:00pm
Location: Room 103



Calling Musicians!

The Chime Choir is back!

The FiftyNorth Hand Chimes will be starting a new season on September 12th at 9:30. We welcome new members that would like to try our ensemble. Hand chimes are a pleasant-sounding instrument that are easy to play. Background in music is a plus.

Contact Marilyn Finneseth if you have questions: 612-877-0959.

GROUPS at FiftyNorth

ARTS / CRAFT - Art Club	Wednesdays, 2nd & 4th	1:30-3:30pm	Room 105
ARTS / CRAFT - Hook, Yarn & Needle	Tuesdays	1:00-3:00pm	Room 105
ARTS / CRAFT - Photography Group	Fridays, 4th	9:30-11:30am	Room 106
ARTS / CRAFT - Storytelling starts again Sept 9	Mondays, 2nd	9:30-11:30am	Room 104
CARDS - "Chat" Bridge	Wednesdays	9:30-12:00pm	Room 104
CARDS - 500	Fridays	12:30-4:00pm	Room 104
CARDS - Cribbage	Thursdays	12:45-4:00pm	Room 106
CARDS - Double Deck Pinochle	Mondays	12:15-4:00pm	Room 104
CARDS - Duplicate Bridge	Tuesdays	12:30-4:00pm	Room 104
CARDS - Euchre	Tuesdays	12:30-4:00pm	Room 106
CARDS - Sanctioned Duplicate Bridge	Thursdays	12:00-4:00pm	Room 104
CARDS - Social Bridge	Wednesdays	12:30-4:00pm	Room 104
GAMES - American Mahjonn	Fridays	1:00-3:00pm	Room 106
GAMES - BINGO - starts again Sept 16	Mondays, 3rd	1:00-2:00pm	Room 103
MISC - Book Club	Fridays, 2nd	10:30-12:00pm	Room 102
MISC - Friday Movie	Fridays	1:00-3:00pm	Room 103
MISC - History Group	Fridays	10:30-12:00pm	Room 104
MISC - Reading With 5th Graders - ON BREAK	Wednesdays, 2nd	2:00-2:30pm	Multiple Rooms
MISC - Rock Talk - ON BREAK	Mondays, 2nd	10:00-11:30am	Gallery Link
MUSIC - Chime Choir - starts again Sept 12	Thursdays	9:30-10:45am	Room 103
MUSIC - Troubadours Men's Choir- starts again Sept 20	Tuesdays	9:00-11:30am	Room 103
MUSIC - Ukulele Orchestra and Assorted Strings	Wednesdays, 1st, 3rd, 5th	1:00-3:00pm	Room 103
MUSIC - The Band Practice	Mondays	4:00-5:00pm	Room 103
MUSIC - Seasoned Singers - starts again Nov 7	Varies	Late afternoon	Room 103
FITNESS GROUPS			
Table Tennis	Mon, Tue, Thur, Sat	Check Schedule	Fitness Studio
Pickleball	Tuesdays & Thursdays	8:00-9:00am	Lions Park
Nordic Walking - starts again Sept 6	Fridays (NEW)	10:45-11:30am	Courtyard
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball Practice	Thursdays	10:00-12:00am	Sechler Park
Softball Games	Tuesdays	10:00-11:00am	Sechler Park
Pedalers & Walkers	Mondays & Wednesdays	Mornings	Varies
Walking Group - starts again Sept 9	Mondays	9:00-10:00am	Careton Arb



Sing With the Troubadours

The Troubadours men's chorus is well known through out the Northfield area and they are eager and ready for another season. This chorus is a group of men who enjoy singing as well as a shared friendship and community service. We'd love to meet you and make music together.

No auditions are required and we would love to have you join us as we prepare for concerts at FiftyNorth and many of the assisted-living facilities in the Northfield area. We also entertain the Northfield community with a Spring concert in mid-May.

Our rehearsals are Tuesday mornings from 10:00 to 11:30 starting September 17 at FiftyNorth in room 103. Come check us and our new conductor out. Also, it's not necessary to be a FiftyNorth member to sing with us, so, if you have friends who might be interested, please pass this along to them.

To find out more about us go to Northfield Troubadours on Facebook or our web page: <https://TroubadoursSing.org>

TRAVEL GROUP

CANCELLATION POLICY

In the event you have to cancel out of a trip, you will not receive a refund, unless someone is able to go in your place.

If you are not on the bus within 10 minutes of the departure time on the return trip home, you will be responsible for finding your own ride back to FiftyNorth.

If you wish to go on a trip and find that it is out of your price range, please inquire in the office about a scholarship.

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

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

TRIP - A DAY IN NEW ULM MINNESOTA: HISTORY, MUSIC, BEER AND FOOD Thursday, September 12 8:00-5:00pm

To start the fall trips we are traveling to New Ulm. It is a town with beautiful restored buildings, large old houses, great parks, many monuments and of course, lots of history.

The first stop is the Brown County Museum, where we learn about the beginning of the town and the conflict with the Dakota Tribe and the residents of New Ulm in 1862.

Next stop is the "Minnesota Music Museum Hall of Fame". It has stories, pictures and recordings of the musicians who were born, lived or entertained us in Minnesota throughout the years.

Lunch is at the German restaurant Kaiserhoff. Good food with German or American choices. Lunch cost is on your own.

We finish our tour at the Schell's Brewery with a tour of their company, a tasting time, gift shop, museum and beer garden. They are located on the edge of town in a beautiful park area with peacocks.

Hope you can join us!

Trip Leader: Carol Nelson

Capacity: 30

Cost: \$90

Registration deadline: September 3

New Ulm's Music Hall of Fame ↓



↑ New Ulm's Kaiserhoff



↑ New Ulm's Schells Brewery



New Ulm Brown County Museum

TRAVEL GROUP continued
**TRIP - ORCHESTRA HALL:
OSMO VANSKA & ANTHONY ROSS**

**Thursday, October 31
9:00-4:00pm**

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

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

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

Trip Lead: Bob Sullivan

Capacity: 30

Cost: \$80

Registration deadline: October 3


**TRIP - HOW THE GRINCH STOLE CHRISTMAS AT
THE CHILDRENS THEATER**

**Saturday, November 16
9:30-3:30pm**

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

This is an 11:00 performance. It’s an opportunity to take your grandchildren to a play.

*Lunch will follow the play at Gary’s Supper Club. The cost of lunch is on your own.

Trip Leader: Norma Monroe

Capacity: 27

Cost: \$100

Registration deadline: October 29

TRAVEL GROUP - UPCOMING TRIPS!



Duluth Overnight
December 6-7



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

AARP
DRIVER SAFETY



AARP SMART DRIVING COURSES

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

FEES:

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

■ **AARP SMART DRIVING 4-HOUR COURSE**
Wednesday, September 11
9:00am-1:00pm
Location: Room 103

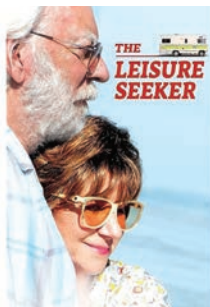
■ **AARP SMART DRIVING 4-HOUR COURSE**
Monday, October 14
9:00am-1:00pm
Location: Room 103

■ **AARP SMART DRIVING 4-HOUR COURSE**
Wednesday, November 13
9:00am-1:00pm
Location: Room 103

■ **AARP SMART DRIVING 4-HOUR COURSE**
Monday, December 9
9:00am-1:00pm
Location: Room 103

FRIDAY MOVIE GROUP SEPTEMBER

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



SEPTEMBER 6
THE LEISURE SEEKER
(2017) Dramatic/Comedy
1hr 52min.

SEPTEMBER 13
GRAN TORINO
(2008) Action/Adventure
1hr 56min.

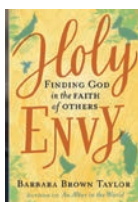


SEPTEMBER 20
CITY SLICKERS
(1991) Comedy 1hr 52min.

SEPTEMBER 27
HARRIET
(2019) Drama 2hr 5min.

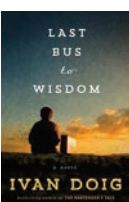
BOOK GROUP

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.



September 2024
HOLY ENVY: FINDING GOD IN THE FAITH OF OTHERS
by Barbara Brown Taylor

The renowned Christian preacher and New York Times bestselling author of *An Altar in the World* recounts her moving discoveries of finding the sacred in unexpected places while teaching world religions.



October 2024
THE LAST BUS TO WISDOM by Ivan Doig

Donal and Herman ride the Greyhound to Wisdom, Montana, in hopes of working on the annual hay harvest. Their particular ride turns out to be the last bus to Wisdom. They meet a tough-looking group of migrant workers who call themselves the Johnson family and travel from one harvest to another. Told from a little boy's point of view, "Last Bus To Wisdom" is an hysterically funny, heart-breaking, redeeming, loving story of adventure, sadness, loss, ...



November 2024
THE LIGHT PIRATE by Lily Brooks-Dalton

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

JULY 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!*

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Welcome!

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GLAD YOU'RE HERE!

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Carrera Morales,
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Scott Ellingson,
Elsie Gabriel,
Audrey Hjermstad,
Vivian Jones,
Patricia Lindell,
Karen Moldenhauer,
Jenelle Mullin,
Kari Ozmun-Flom,
Steve Reece,
Barbara Silkey-Brenk,
Greg & Roxi Smith,
Beverly Tralle,
Maira Walsh,
Lonnie Wobig



Coffee with Kerry

Stop by for coffee,
conversation and treats
on September 13 at 10am.

Meet Kerry and share your
experiences at FiftyNorth!



July 31, 2024
Total Membership:
2039

WELCOME

Bluff View

Quality Homes

TWIN * 4-PLEX



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

OPEN HOUSE:

Fri. Sat. & Sun., 1-4pm at 431 Ford Street.

NEW!

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Fall Parade of Homes!

SEPTEMBER 6-29, 2024

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

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Program Coordinator: Arts/Volunteer/Dining

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Bookkeeper:

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



Front Desk (Reception Staff):

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



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

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



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

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

View newest information online: fiftynorth.org

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