



FiftyNorth Report

SEPTEMBER 2023
Where Active Adults Gather.

By Kerry Hjelmgren, *Director*



BRINGING THE INSIDE OUTSIDE



The next time you visit FiftyNorth, be sure to head out to the patio! FiftyNorth was chosen as a community grant recipient from Age Friendly Minnesota, a part of the Minnesota Department of Human Services. Our \$32,608 grant is focused on making our courtyard and patio area more welcoming, accessible, and age-friendly, which aligns perfectly with Age Friendly Minnesota's mission to make Minnesota the best place to live in at any age.

Our main concerns were replacing the garden beds made of landscape blocks that were caving in and riddled with active wasp nests, and relocating the pollinator garden (and the bees) away from the patio area. The new design allowed us to address both! In addition to the beautiful in-ground gardens planted by Rose Turnacliiff, you can look forward to:

- Raised herb and vegetable garden boxes
- Pollinator peace garden
- Enlarged patio area
- Rocking chairs
- Benches
- New patio chairs
- Outdoor coffee table
- Shade tent for the grassy area
- Patio gazebo
- New folding chairs and tables for outdoor programming
- Portable sound system
- Platform bird feeders
- Giant chess board
- Retractable awning



I will be sending out a short survey via email for you to provide feedback about the courtyard and patio. If you have any other ideas to improve the space, be sure to let us know! In the meantime, bring your coffee or popcorn to the patio, visit with other members in the peace garden, or take a class or two that are offered under the shade tent.

My family is full of incredibly talented, supportive, and dedicated people. Many thanks to Heidi, Scott, Belinda, and Nelson Brosseau, Karen Gervais, and Evelyn and Esther Hjelmgren for working hard alongside me to transform our courtyard and patio into a more age-friendly and welcoming space.

I hope you enjoy the abundance of enhancements provided by Age Friendly Minnesota, and love spending time outdoors at FiftyNorth!

Kerry



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NOTED DATES

LABOR DAY

FiftyNorth will be CLOSED Monday, September 4.

DJJD Parade

FiftyNorth will have a float in the parade Sunday, September 10. Parade starts at 2pm.

Little Frida Cafe Little Frida Cafe will be CLOSED on Thursday and Friday, September 7th and 8th

SWIMMING POOL

The pool reopens after August deep clean on Tuesday, September 5.

Special One Day Gallery Event:

FRIDAY, SEPTEMBER 15, 4-6PM
RIKI NELSON

80 FOR 80

A CELEBRATION OF ART & GIVING

“Art has always given me wings.”

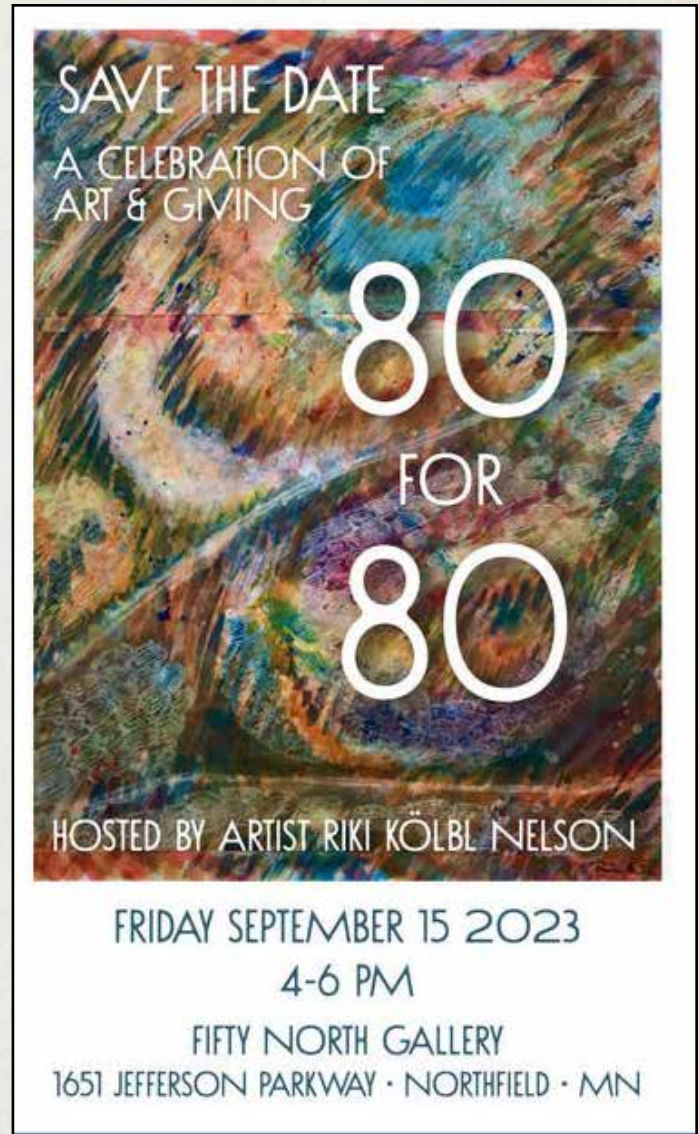
I am a lifelong artist and poet. I've taught classes, workshops, one-on-one, and in schools as a visiting artist. In celebration of my own 80th birthday, I am offering 80 of my works for sale to establish my new art fund through Northfield Shares, the Riki Arts Foundation.

The Riki Arts Foundation provides meaningful opportunities to explore artistic growth for those facing economic and physical challenges. The monies go toward one-on-one tutoring, classes and workshops. Scholarships and small grants will be available.

BIO

Raised in Austria in an era where women's choices were limited and expectations few, Riki Kölbl knew early that she wanted to fly. As a teen she discovered poetry and drawing, finding inspiration in part from the beauty of the nature around her. After secondary school Riki hoped to study art, but since college was considered an unnecessary luxury for a girl, she worked. And she waited. Two years on as a ground hostess for Austrian Airlines, the opportunity to grow her wings came in the literal form of a free airline ticket. She flew to New York, traveled the country on a Greyhound bus, and landed in North Carolina, where she found mentors, a creative community, and the start of an educational journey that would eventually culminate in multiple degrees. Throughout these years, Riki approached every obstacle she encountered as a challenge, and each challenge as an opportunity, building her wings and taking flight, over and over again.

Riki and husband Eric Nelson have called Northfield MN home for more than five decades, raising son Benno and becoming prominent members of Northfield's own richly creative community. Riki's art and poetry career has flourished, and she's been a mentor and a teacher herself, helping many others find their own wings. Creating the Riki Arts Foundation allows her to expand this mentorship by funding meaningful creative and artistic opportunities for others in the Northfield area. The obstacles that women and girls continue to face today are both rugged and numerous, as they are for people who struggle with financial insecurity and physical mobility. The Riki Arts Foundation, with compassion at its core, focuses on these particular communities. The Riki Arts Foundation builds on the deeply earned understanding that no one can learn to fly without help, and that everyone deserves the chance to soar.



Following 80 For 80 in the Gallery:

CHRIS WHILLOCK – *Wood Carving*
MARY BOYLEN – *Multi-Medium*

EXHIBIT: SEPTEMBER 18—NOVEMBER 3

ARTIST'S RECEPTION

MEET CHRIS WHILLOCK & MARY BOYLEN

Monday, September 28, 4-5pm



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. My husband Tom and I moved to Northfield 13 years ago to be closer to our daughter and her family. We love it here! I continue to be inspired by all the people who love art, too. I am an active participant in the art world, but foremost I am an artistic dabbler and maker.

It would be hard to pinpoint my style if you saw the home I grew up in Milwaukee, WI.

Our parents of six active kids, all close in age, allowed us free rein to play throughout our four-story house from the attic to the basement. We were always busy making, breaking, building, destroying or creating something new. The only thing off limits was Dad's big power saw.

I was the kid attracted to the "treasures," always wondering, "what can I make out of this?" Once an aunt sent us a massive box filled with ribbons, yards of lace, buttons, fabric, beads and colored paper. It was the most amazing time of discovery. Whether I was coloring, sewing, painting or drawing, I loved using the colors I am naturally drawn to, which are pinks, blues, greens, yellows, soft orange, and of course reds.

I continued to use all my "treasures" as our daughter grew up. As a newly minted second grade teacher and Meahgan as a second grader herself she was very helpful. She would serve as a creative advisor for some of my teaching ideas. Nothing like an expert! My second graders loved our creative adventures as much as I did and now the grandchildren are ready for more, and I've got "stuff!"

Today I like to visit second hand stores and often something will catch my eye that engages my curiosity, and I think, "maybe I could...reconstruct, rearrange, or reuse this for something else..." Hmm...

Tom is a strong supporter of my endeavors, and he has some of his own. Our home is a mix of pieces that we have collected. Living with our discoveries and the art we have isn't hugely valuable in dollars, but it is colorfully abundant and meaningful to us.

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. The process of creating art makes me happy and brings a state of flow that comes when I am doing something I love.

When I am in the artistic zone, I like to turn on the music, brighten the lights, and immerse myself in my artistic world. I feel blessed to have found a passion that continues to bring happiness and fulfillment to my life.

■ *Mary's full bio can be found in the gallery with her work.*



MEMBER NEWS & HAPPENINGS



THE FOLLOWING FIFTYNORTH MEMBERS PARTICIPATED IN THE MINNESOTA SENIOR GAMES IN TABLE TENNIS AT ST. CLOUD ON AUGUST 3RD.

Here are the results:

Bruce Anderson: gold in singles, silver in doubles, gold in mixed doubles

Armand Boheme: played in singles and doubles

Judeen Brown: silver in singles, gold in doubles, gold in mixed doubles

Jim Colwell: bronze in singles

Tom Drucker: silver in doubles

Vin Khanna: silver in doubles

Yuan Lang: gold in singles, gold in doubles, gold in mixed doubles

Russ Margulies: gold in singles, silver in doubles, gold in mixed doubles

The 2024 Senior Games in St Cloud will be for qualifications to the 2025 National Senior Games in Des Moines, Iowa. I'd like to see more Northfielders participate in the many choices of competition.

Submitted by: Russ Margulies

MUSIC DURING LUNCH



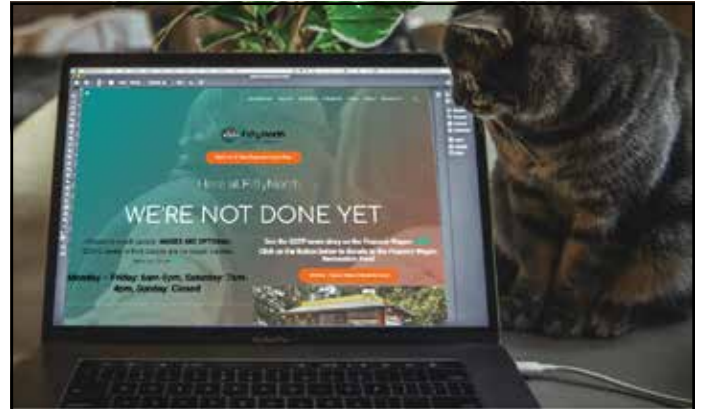
Greg Smith & Friends Wednesday, September 20 at 11:30

We are all members of FiftyNorth. We love to perform music from a wide variety of years and musical styles – Broadway shows, Film award winners, Folk, Rock and inspirational songs are included in our shows. The four of us look forward to playing and singing for you.



Little Frida Café will be **CLOSED** on Thursday and Friday, September 7th and 8th.

The cafe will be open regular hours on Monday, September 11.



Check the website for newly released classes!

Be on the lookout for future classes being offered at FiftyNorth. Checkout our website at www.fiftynorth.org. Click on classes in the upper right-hand corner. Select the category that piques your interest and see the selection of offerings that are posted.

Classes are posted to the website at the time of scheduling so you will see them there first. You are able register in advance for classes, even before they hit the newsletter.



AUTUMN VARIETY SHOW & DINNER

Plans are being made to hold an Autumn Variety Show and Dinner on November 17 and 18 at FiftyNorth. We are looking for some talented folks to participate. Are you a singer? Do you juggle, dance, or know a good skit?

There will be a recruitment session from 3:30 – 5:30 on Friday, September 8th in room 103.

Here's the schedule:

- 3:30 Come if you want to audition for, or show us, a particular act
- 4:15 Show up to read script parts and get an idea of the format
- 5:00 If you're not sure, but might want to try this, attend the meeting to get more details

If none of those times or the date work for you, email Michelle Loken, program coordinator and she will contact organizers. - michelle.loken@fiftynorth.org.

Don't be shy! We can't wait to see you show off your chops!

LIFE LONG LEARNING CLASSES

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes/learning

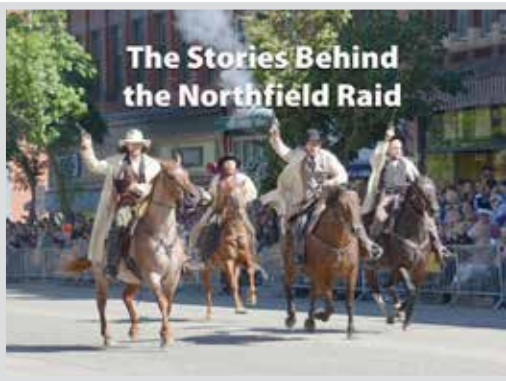
In Person: *FiftyNorth* front desk



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



THE STORIES BEHIND THE NORTHFIELD RAID
Friday, September 8
10:30-12:00pm

On September 7th, 1876 the citizens of Northfield banded together to defeat the nation's most notorious outlaws. Almost 150 years later people come from all over the United States and beyond to hear the story that only we can tell and see the bank and town as only we can present it. But there's more to the story than can ever be told within the confines of a 45 minute tour.

Local expert, Earl Weinmann will answer the questions most often asked on a tour as well as share little known information and controversies that surround the story. Along with a recap of the action in and outside of the bank, in this presentation,

Earl will address such topics as: Why did the gang come so far north? How did the gang get here? Was there a ninth man? If so, who was he? Was Jesse James really here? Why did Jesse James have such a minor role in Northfield? Why did this largely successful gang fail so miserably in Northfield? What happened to the bodies of the dead outlaws on the street? Why did the 1000 man posse fail to capture the gang? How do we know who shot Heywood? And that's just the beginning. Bring your curiosity and questions for a retelling of just one of many events that made Northfield known throughout the world.

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

DIGITAL SERVICE DEMO



LIBRARY DIGITAL SERVICE DEMO -
Learn how to get connected!
Tuesday, September 19
10:00-11:00am

Steve and Tyler from the Northfield Public Library will be leading a hands on workshop showing you how to access the libraries digital services. eBooks, eAudiobooks, streaming music, movies, and TV, are all available for free for library card holders. Don't have a library card? They will also be signing people up for library cards on location! They will help install library applications on your personal devices, and show you how to use the services to access everything the library has to offer. Please remember to charge your device and to bring your email address and password with you. If you are using an iPad or iPhone, bring your appleID and password.

Presenter: Northfield Public Library **Capacity:** 20
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum **Space:** Room 104

MEDICARE CLASS

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes/learning

In Person: *FiftyNorth* front desk



MINNESOTA'S LINK TO A LOCAL EXPERT

MEDICARE 101

Friday, September 22

10:00-11:30am

An introductory class for those turning 65 or going on Medicare soon. When you become eligible for Medicare, you must decide whether to get your healthcare benefits through Original Medicare or a Medicare Health Plan. This class will introduce you to Medicare and your coverage options. You will also receive a copy of the 30-page booklet Medicare 101- Your Guide to Medicare in Minnesota.

Presenter: Cea Grass, Senior Linkage Line Outreach Specialist

Capacity: 30 **Cost:** Free **Space:** 103

MEDICARE - 2 FREE COUNSELING OPTIONS



MINNESOTA'S LINK TO A LOCAL EXPERT

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.

MAKING SENSE OF MEDICARE

Mondays, October 2 – December 4

10:00am-2:00pm

Making sense of all the Medicare options can be overwhelming.

Stop by or call for appointment.

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

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

FITNESS CLASSES

Somatics



INTRO TO SOMATICS

(pre-registration required)

**Fridays, September 1, 8, 15, 22, 29,
October 6**

2:15-3:15pm

Somatic Movements are gentle, slow movements that focus on the internal sensation of movement. Somatic Movements prepare you to move well in whatever activity you love to do. These classes are the best way to keep your Somatic Movement practice current, improve your quality of life, and keep your body and mind grounded. In this 6-week course you will learn the benefits of Somatic Movements and how to integrate Somatics into your daily routine. (6 sessions)

Instructor: Cheryl Ramette, Certified Somatics Instructor

Capacity: 12

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

NEW ON-GOING IN-PERSON CLASS

SOMATICS

***Prerequisite: Intro to Somatics**

Fridays

1:00-2:00pm

Somatic Movements are gentle, slow movements that focus on the internal sensation of movement. Somatic Movements prepare you to move well in whatever activity you love to do. These classes are the best way to keep your Somatic Movement practice current, improve your quality of life, and keep your body and mind grounded.

***Prerequisite:** You must have attended an Intro to Somatics Class.

Instructor: Cheryl Ramette, Certified Somatics Instructor

Capacity: 20

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

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes/fitness

In Person: *FiftyNorth* front desk



BOXING 201

(pre-registration required)

**Wednesdays, September
6, 13, 20, 27**

7:00-7:45pm

In this class we will be working on learning to throw boxing combinations, i.e., specific series of punches such as the old 1-2, left jab, right hand. Because mastering this part of the sweet science is a challenge, the class will be limited

to three students. Sessions will be 50 minutes with Gordon Marino, a world-renowned boxing coach and boxing analyst. Prerequisite: you will need to have taken the Boxing 101 course at or have some background in boxing. (4 sessions)

Instructor: Gordon Marino

Capacity: 3

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



NORDIC WALKING 101

(pre-registration required)

**Wednesdays, Sept. 6, 13, 20, 27
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

AQUA FITNESS

SEPTEMBER



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	
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 AVAILABLE THRU ZOOM

VIRTUAL LAND BASED FITNESS CLASSES

SEPTEMBER



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			SLO FLO YOGA (7-8)		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 AND STRETCH (8-9)	STRONG NATION (8-9)	STRENGTH (8-8:45)
8:30 AM	CORE AND MORE (8:30-9)					CORE AND MORE (8:30-9)	
9:00 AM	YOGA STRETCH (9:15-10:15)	BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)		SIMPLE STRETCH (9-9:45)	
9:30 AM					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							

2023 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)		SLO FLO YOGA (7-8)		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)		HATHA YOGA (9:15-10:15)
9:30 AM	YOGA STRETCH (9:15-10:15)		CIRCUIT TRAINING (9:30-10:30)		QIGONG MEDITATION (9:30-10)	
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	TABLE TENNIS (10:30-2:30)
11:00 AM						
11:30 AM					INTERMEDIATE GLOBAL LINE DANCING (11:45-12:30)	
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 GROUPS

Day and Time Change



NORDIC WALKING GROUP

Thursdays
3:30-4:30pm

Join an indoor 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 and Group Exercise Room

HEALTH & WELLNESS CLASSES

Please pre-register for all classes:

By Phone: 507-664-3700

Online: <https://fiftynorth.org/classes/wellness-classes/>

In Person: FiftyNorth front desk



PRIORITY FOODS: PROTEINS, FATS, AND CARBS

Mondays, September 11, 18, 25 (3 sessions)

6:30-7:30pm

In these three sessions you will learn what foods are essential, or should be top priority, when considering how to budget during economic recession. Dr. Noel Aldrich, Licensed Nutritionist will lead these discussions on the best ways to maximize your nutritional goals while staying within your budget.

Priority Foods covered each session:

September 11 – Protein

September 18 – Fats

September 25 – Carbohydrates

Instructor: Dr. Noel Aldrich

Capacity: 20

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

Space: 103



FALL PREVENTION

Wednesday, September 13

9:00-12:00pm

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

Space: 106



THREE STEPS TO LIFTING MOOD

Monday, September 18

10:30-11:30am

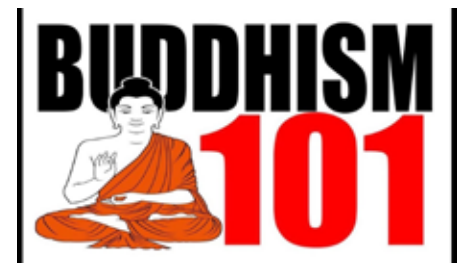
Is some depression a self-protective mechanism gone awry? Learn about an evolutionary model for depression and three proven approaches to improving mood based on this theory. We will also discuss related ancient and modern mythology about guardians gone awry.

Instructor: Drew Weis

Capacity: 20

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

Space: 106



BUDDHISM 101

Wednesdays, September 27, October 4, 11, 18, 25, November 1

10:00-10:50am

Basic Buddhism: An Introduction

Have you ever wondered about the origins of mindfulness meditation practice? Or are you curious about Buddhism, one of the world's major religions with around 400 million adherents? This course offers a brief overview of Buddhist history, practices, and traditions, with some discussion of comparisons with Christianity. (6 sessions)

Instructor: Laurel Carrington

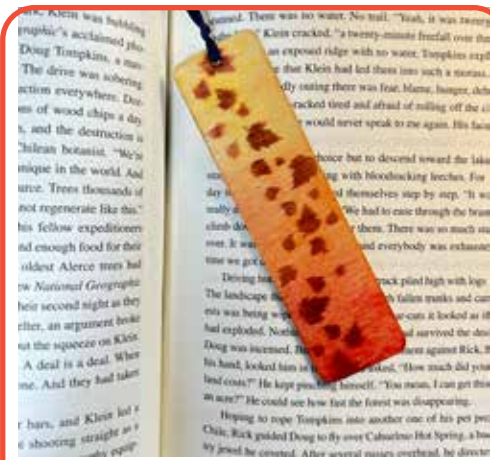
Capacity: 20

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

Space: room 106

ART CLASSES

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



WOOD BURNING - BOOKMARK
Wednesday, September 6
9:00-12:00pm

In this class you will learn the process for creating a fall inspired wood burned bookmark. From preparation to finishing, the step by step instruction will guide you through burning and painting a unique piece of art to keep your spot in your favorite book. You will learn how to apply your design along with basic wood burning and watercolor techniques that can be applied to various crafts.

Instructor: Josie Prins
Capacity: 12
Cost: \$42 nonmbr, \$36 mbr, \$15 platinum
Space: 102
***Registration deadline:** September 4



CREATIVE CAMERA TECHNIQUES
Mondays, September 11 & 25
9:00am-12:00pm, 9:00am-11:00am

If you'd like to learn more about how to use the controls on your camera, this is for you. — We will work with changing the settings to alter the depth of field, and play with ways of using long exposure for creative effects. In the first session we will have an hour-long discussion on the techniques. Then we will drive to Carleton and take a walk through the arboretum (weather permitting) to practice applying these techniques. If the weather does not cooperate we'll shoot photos indoors.

In the second session we will share our images.
 *NOTE: Students should bring their own camera (not a cell phone camera). Bring a flash drive with your images to the second session.
 (2 sessions)

Instructor: Patsy Dew
Capacity: 12
Cost: \$45 nonmbr, \$35 mbr, \$0 platinum
Space: 102



MANDALA DESIGNS
Thursday, September 14
9:00-12:00pm

Many cultures throughout the centuries have experimented with Mandala designs. We will have some fun developing some of our own. Come to class to learn a little history about Mandala designs and to create one. Color will be added with colored pencils or makers.

Markers and colored pencils will be provided. If you have markers or colored pencils you prefer to use, please bring them.

Instructor: Vicki Stanley
Capacity: 15
Cost: \$35 nonmbr, \$30 mbr, \$10 platinum
Space: 102
***Registration deadline:** September 12

ART CLASSES

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

Landscape Painting through the Seasons

AUTUMN



AUTUMN BLISS -

Monday, September 18
2:00-3:00pm

Immerse yourself in the beauty of nature as we embark on day one of a four-day painting series. Sign up for all or as many as you would like! Materials provided. — Experience the enchanting colors as we paint fall foliage.

Instructor: Kate Langlais

Capacity: 10 maximum, 5 minimum

Cost: \$20 nonmbr, \$15 mbr, \$5 platinum per class

Space: 105

***Registration deadline:** September 15

SERENE WINTER WONDERLAND -

Tuesday, September 19
2:00-3:00pm

Day two of a four-day painting series will be painting a serene winter wonderland. Materials provided. — Explore the tranquility and beauty of a winter landscape complete with birch trees.

Instructor: Kate Langlais

Capacity: 10 maximum, 5 minimum

Cost: \$20 nonmbr, \$15 mbr, \$5 platinum per class

Space: 105

***Registration deadline:** September 17

VIBRANT SPRING AWAKENING -

Wednesday, September 20
2:00-3:00pm

Day three of a four-day painting series will be painting a vibrant spring awakening. Materials provided. — Embrace the vibrant colors of spring as we paint blossoming trees, flowers, and wildlife.

Instructor: Kate Langlais

Capacity: 10 maximum, 5 minimum

Cost: \$20 nonmbr, \$15 mbr, \$5 platinum per class

Space: 105

***Registration deadline:** September 18

SUNLIT SUMMER SCENE

Thursday, September 21
2:00-3:00pm

Day four of a four-day painting series will be painting a summer lake scene. Materials provided. — Capture the warmth and brightness of summer at the lake.

Instructor: Kate Langlais

Capacity: 10 maximum, 5 minimum

Cost: \$20 nonmbr, \$15 mbr, \$5 platinum per class

Space: 105

***Registration deadline:** September 19

WINTER



SPRING



SUMMER



ART CLASSES

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

**NEEDLE-FELTED PUMPKINS****Wednesday, September 20****1:30-3:30pm**

In this beginner level needle-felting class, you will make decorative pumpkins that are 100% Shetland wool. All supplies are provided. Just bring your creativity!

Instructor: Cindi Beurskens**Capacity:** 6 minimum, 12 maximum**Cost:** \$30 nonmbr, \$25 mbr, \$10 platinum**Space:** Room 102***Registration deadline:** September 18**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

NOTE: Jeff Sauve has been featured in the Minneapolis StarTribune, Minnesota Historical Society's MNopedia, MinnPost, MPR Radio, and TPT television. An award-winning author and historian, Sauve has written eight books and scores of articles for local and regional publications. After serving 20 years as an archivist at St. Olaf College in Northfield, Minn., he pursued a successful writing career. In 2023, his book, *Murder at Minnesota Point*, was awarded a bronze IPPY (Independent Publisher Book Award) medallion for Midwest non-fiction.

Other titles by Sauve include: *Pioneer Women: Voices of Northfield's Frontier* (2009); *Dear Santa, Mama Wants Hat Pins, Papa, One Mule: A Compilation of Letters from the Northfield News, 1902-1945* (2012); *Milestones and Memories of the St. Olaf Band, 1891-2018* (2019), of which he was co-author; and *St. Olaf Theater: A Centennial Celebration, 1921-2021* (2021).

**FUSED GLASS CHRISTMAS ORNAMENTS****Tuesday, October 10****10:00-11:30am**

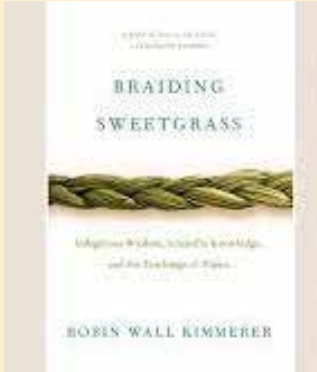
Looking to try fused glass? Here is your chance. In this class you will make three ornaments, a Christmas tree, a snowman and a Christmas ball. The ornaments will make great gifts. Materials provided.

Instructor: Geralyn Thelen**Capacity:** 10**Cost:** \$35 nonmbr, \$30 mbr, \$15 platinum**Space:** 104 ***Registration deadline:** October 7

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.

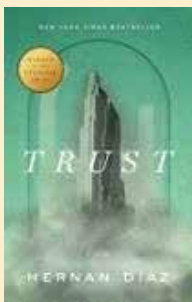
SEPTEMBER



BRAIDING SWEETGRASS
by Robin Wall Kimmerer

Drawing on her life as an indigenous scientist, and as a woman, Kimmerer shows how other living beings--asters and goldenrod,

strawberries and squash, salamanders, algae, and sweetgrass--offer us gifts and lessons, even if we've forgotten how to hear their voices. In reflections that range from the creation of Turtle Island to the forces that threaten its flourishing today, she circles toward a central argument: that the awakening of ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.



OCTOBER TRUST
by Hernan Diaz



NOVEMBER FASCISM: A WARNING
by Madeleine Albright

TRAVEL GROUP



WABASHA STREET CAVES/ST. PAUL Gangster Tour and Pasta Buffet

Tuesday, October 24
9:45-3:00pm

See the only remaining restored Ganger Era site. Historic Tour of extensive caves carved into the hillside in long abandoned mining ventures in the 1800's. Later, was a mushroom farm, and then developed as a Restaurant Casino and Gangsters' Hotspot during the 1930 prohibition era. Newspapers reported of an unsolved gangland murder at the casino. Tour guides point out bullet holes. Some believe the caves are haunted by the murdered mobsters whose bodies were never found. The cave is handicap accessible.

Buffet lunch is included in price (gratuity is not included)

An Italian Mob Buffet will be served in the dining area of the cave.

- NOODLES: Spaghetti, Fettucine, Gluten Free Rotini
- MEATS: Meatballs, Sausage, Chicken ■SAUCES: Alfredo, Meat sauce, Marinara
- Breadsticks, Salad, Assorted Cookies and Bars, Lemonade and Coffee

Trip Leader: Michelle Loken

Capacity: 25

Cost: \$80

Registration Deadline: October 16

CHIME CHOIR

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.



SEPTEMBER BINGO BONANZA!!!
SEPTEMBER 27 • 1-2:00PM

Kerry Hjelmgren will host September's Bingo. Get ready for another fun filled hour of a various Bingo games, postage stamp, four corners...

Bring a friend!



MOVIE GROUP

2023 September Movies

Come and enjoy the cool "Studio 103" while enjoying a movie and free popcorn.

MOVIES START AT 1:00PM

\$1 group fee applies

**ROOM
103**



Movie Fridays!

SEPTEMBER 1

SULLY

(2016) Drama 96 mins.

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot then faced an investigation that threatened to destroy his career and reputation.

SEPTEMBER 8

THE BOOK THIEF

(2013) Drama 131 mins.

In 1938, young orphan Liesel (Sophie Nélisse) arrives at the home of her new foster parents, Hans (Geoffrey Rush) and Rosa (Emily Watson). When Hans, a kindly housepainter, learns that Liesel cannot read, he teaches the child the wonders of the written language. Liesel grows to love books, even rescuing one from a Nazi bonfire. Though Liesel's new family barely scrape by, their situation becomes even more precarious when they secretly shelter a Jewish boy whose father once saved Hans' life.

SEPTEMBER 15

AMADEUS

(1984) Drama 110 mins

Wolfgang Amadeus Mozart (Tom Hulce) is a remarkably talented young Viennese composer who unwittingly finds a fierce rival in the disciplined and determined Antonio Salieri (F. Murray Abraham). Resenting Mozart for both his hedonistic lifestyle and his undeniable talent, the highly religious Salieri is gradually consumed by his jealousy and becomes obsessed with Mozart's downfall, leading to a devious scheme that has dire consequences for both men.

SEPTEMBER 22

THE MIGHTY

(1998) Drama 100 mins.

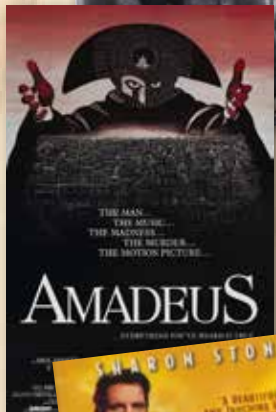
Kevin Dillon (Kieran Culkin) suffers from a disorder known as Morquio's syndrome, which weakens his heart and stunts his growth. Maxwell Kane (Elden Henson) has dyslexia and towers above his classmates. The two couldn't be more different, but, when Kevin is asked to help Maxwell with his reading, they soon bond over their mutual social alienation and absent fathers. Following a run-in with local gang member Blade (Joe Perrino), the two become inseparable.

SEPTEMBER 29

FINDING FORRESTER

(2000) Drama mins.

A unique relationship develops between an eccentric, reclusive novelist and a young, amazingly gifted scholar-athlete. After the novelist discovers that the young athlete is also an excellent writer and secretly takes him on as his protégé, they develop an unlikely friendship. As they learn more about each other, they learn more about themselves, and ultimately, with the help of his new mentor, the basketball star must choose the right path. Although the film is not based on a true story, film critics have compared the character portrayed by Connery with real-life writer J. D. Salinger. Connery later acknowledged that the inspiration for his role was indeed Salinger.



VOLUNTEER NEWS

Reading with 5th Graders! IT'S COMING BACK!



READING BUDDIES NEEDED

We are ramping up for another year of Reading with 5th Graders from Bridgewater Elementary School. Watch for details in the October newsletter about this volunteer opportunity. This is your chance to make a difference!



Jesse & Frank James
& Cole Younger

VOLUNTEER at the Popcorn Wagon! You never know who will stop by.

POPCORN WAGON NEWS

Hello to all!

There is still time to become a volunteer for the popcorn wagon at Bridge Square.

September are busy days, especially with the Defeat of Jesse James Days. We could use lots of volunteers. There are many shifts, and I'm sure we can find one for you!

If you have been thinking about helping, and getting to greet many wonderful town people, please do not hesitate any longer.

Thank you, Lesley Weirich | 507-400-4331

Or email: lesley.weirich@fiftynorth.org

SEPTEMBER VOLUNTEERS SPOTLIGHT



Debbie and David Miller put in numerous hours volunteering at FiftyNorth. They work as a team to organize, direct, and play in the FiftyNorth band. They can be found loading up and hauling music and stands to perform in other locations around Northfield. Both of them used their talent to perform in A Child's Christmas and A Christmas in Wales last December. They have also provided music during lunch, play in our chime choir and they hosted Name That Tune. We are grateful they share their love of music with us at FiftyNorth.

Debbie and David have a long history of volunteerism. Please read below their experiences and what motivates them to volunteer.

“ **David** – I'm enjoying retirement after teaching middle school band for 40 years! I perform in many music ensembles in town: Sweet Jazz, Occasional Jazz, Todd Thompson Band, United Methodist Church Band, Cannon Valley Regional Orchestra, and of course the FiftyNorth Band, which I administer with my wife, Debbie.

I love making music with the FiftyNorth Band. I've really enjoyed getting to know the fine musicians in this group, so when the opportunity arose to help out with the band, I was happy to volunteer by assisting with music selection and rehearsal planning. I also hope to help out at the Used-A-Bit Shoppe with the electronics in the future.

“ **Debbie** – I've been a volunteer since I was in school in the 1970s, when I was in charge of the High School Band uniforms and summer band treats. I've been a college orchestra librarian. I've held several volunteer positions in various Girl Scout councils, dusted library books, tutored kids in math, a variety of jobs! I currently administer the FiftyNorth Band along with Dave.

Truthfully, I volunteer for selfish reasons. I don't see it a labor, but an opportunity. Volunteering allows me to do things I enjoy, and also to try new things. Heads up Popcorn Wagon, I'm coming for you next year!



Save the dates!



**BAND CONCERT
OCTOBER 2
4:00PM**

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).



**DANCING AND DESSERT
FRIDAY, OCTOBER 27TH
7:00 to 9:00PM**

The Dave Miller Combo will be providing 50s, 60s, polka, waltz and jazz music in room 103. All members and their guests are welcome. Fees TBD.

Watch for more details in the October newsletter.

SPRING POETRY & ART EVENT

There's something afoot not done here before
Still in the planning stage, there'll be more
We're thinking together over Poetry and Art
Let's put these together – not keep them apart
March and April seem far away
As time moves on, that's more like a day
Write Poetry first, let it sit, then edit
Art, pick a poem, draw, paint, or carve it.
There's still lots more planning to do
October news will make this clear for you.

Marie Gery, Pat Jorstad, Kate Douglas

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 Smart Driving 4-hour Refresher Course
Wednesday, September 13
9:00-1:00pm**
- **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**

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!*



Donate now!

Scan with your smartphone!

■ The number of FiftyNorth members as of July, 31: 1,925

Welcome!

Karen Achberger
David & Joey Appleyard
Nancy Ashmore & Kenneth Wedding
Bernard & Mary Auge
Lois Bakko
Elizabeth Berry
Judy Broske
Gene & Darlene Broughton
Warren & Karen Broughton
Mary Brown
Brenda Bultman
Bernice Christensen
Eileen Cooper
Neil & Marilyn Deden
Winnie Drentlaw
JoAnn Edwardsen
James & Anne Eidsvold
Chris Ellison
Carol Emery
Gene & Margaret Enders
Beth Endert
James Finholt
Joyce Francis
Stephanie Frey
Marie Gery
Mac & Jacquelyn Gimse
Kevin Groebner & Sue Harvey
Liz Hankins
Kerry Hjelmgren
Susan Hvistendahl
Richard & Donna Jackson
Georgene Johnson
Ruth Johnson-Wirth

Steve & Ann Jorstad
Patricia Jorstad
Joni Kilde
Gary & Arlene Kruse
Myron Lanoue
Tom & Nancy Loesch
Janet Mathews
James & Angie Mayr
Mike & Ann McGovern
Elaine Meyers
John & Sharon Micklo
Norma Monroe
Neil Lutsky & Irene Montenegro
Clinton & Michelle Muench
Jeanette Nelson
Bill & Pat Nelson
Elizabeth Olson
Kenneth Lee & Donald Onsgard
Rieber & Ginny Paulson
Charlie & Lynne Pederson
Ken & Roberta Persons
Carol Rutz
Jerry Sackmaster
Susan Sheridan
Kenneth & Sharon Steinhouse
Dorothy Swanson
Craig Swenson
Allan & Nancy Swenson
Dale & Rose Turnacliff
Anne Ulmer
Linda Wagenbach
Patricia Warner
Glenn & Marcia Wills

JULY NEW MEMBERS

JiSoo & Heather Bae,
Linda Bollenbach,
Bruce Burton,
Brenda Carpenter,
Anabelle Culver,
Cynthia Davis,
Susan Evans,
John Hadro,
Brenda Hadro,
Sherri Jacobson,
Sonja Jennings,
Ruth Kramer,
Francisca Lima Pinzon,
Nalani McCutcheon,
Tim McDonald,
Allene Moesler,
Curtis Olson,
Katherine Sandberg,
Susanne Smith,
Donald Straub,
Carey Trevena,
Jarrod Waterbury,
Marla Welsford

MEMBERS WAYS TO STAY INFORMED



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

Bi-monthly Eblast

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

Monthly Newsletter

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



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

JOIN US FOR THE FALL PARADE OF HOMES!

328



Model Home

Bluff View | NORTHFIELD - 435 FORD STREET



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jrbr.builders | 507.366.1288

Builders ID BC636389



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



New to Medicare

When: **September 20 from 5:30-6:30pm**

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

Why: This class is for people who will be new to Medicare and would like to learn about Medicare Parts A, B, C and D. We will discuss the differences in Medicare Supplemental versus Medicare Advantage plans and gain a better understanding of the Part D prescription coverage programs.

For detailed information: [507.301.4318](tel:507.301.4318)

RSVP to Reply@ThreeLinks.org



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www.FiftyNorth.org

1651 Jefferson Pkwy, Northfield, MN 55057



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

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

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Elaine Meyers
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Program Coordinator: Lifelong Learning/ Community Outreach

Patty Ciernia
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Program Coordinator: Arts/Volunteer/Dining

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Used-A-Bit Shoppe Assistant Manager:

Deb Olien
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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, 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