



By Kerry Hjelmgren, *Director*



FUTURE FARE AT FIFTYNORTH

We have some delicious news! Starting in June, you will have a variety of tasty, healthy, and affordable meal, beverage, and snack options to look forward to at FiftyNorth. While Michelle is still working hard to coordinate details, here's what we have planned so far:

Menu

Breakfast on Tuesdays from Ruth's on Stafford Available from 7:30-9:30am

MENU

- On the savory side – omelets, made to order
- On the sweet side – crepes, waffles, pancakes



Lunch on Thursdays from The Hideaway Order ahead for pickup between 11:30am-1pm (Look for ordering details in the June newsletter)

MENU

- ½ deli sandwich
- 6" hoagie
- Garden salad
- Soup of the day
- Chips
- Cookies



Snacks, Beverages & Meal Items from Twin City Deli Vending available every day, anytime!

MENU

- Fresh sandwiches
- Salads with local ingredients
- Heat & eat meals
- Fresh and cut fruit
- Yogurt
- Meat & Cheese sticks
- Water, Soda, Sparkling Water, Juice
- ...and more!



It's good to have choices! Are there other food options you would like to have available at FiftyNorth? What types of cooking or baking classes would you enjoy? Let us know by emailing your ideas to Michelle at Michelle.Loken@fiftynorth.org.

Kerry



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TAKE NOTE

- CORONA NO MAS CONCERT Thursday, May 2
- SCANDINAVIAN FOLKDANCE Tuesday, May 14
- VICTORIAN TEA & VINTAGE FASHION SHOW Thursday, May 16
- FIFTYNORTH BAND CONCERT Monday, May 20
- **CLOSED MEMORIAL DAY Monday, May 27**

Details on p12



In The FiftyNorth Gallery

GALLERY SHOW: MAY 3 – JUNE 28

ARTIST RECEPTION: THURSDAY, MAY 23, 4PM

Mother and Daughter Generational Gallery Show

BIO – ANDREA (ANDI) CURLEY – Mixed Medium

BIO – EDDENE BAKKER – Mixed Medium



BIO – ANDREA (ANDI) CURLEY – Mixed Medium

Art has always been in my life. In 1974 I attended Wisconsin State University River Falls as an Art Major. For an art assignment I painted Grim Hall RD's office walls with a Salvador Dali surrealist style with melting clocks. For another art project, an artist friend and I organized painting a mural on the second floor corridor walls of Crabtree Hall that we were residents. During the summer of my second year, I had gotten a job testing and debugging on an IBM Mainframe and my career shifted to IT. My free time was spent painting murals on walls, garage doors, garden chairs, tools, dirt bike tanks and acrylic paintings on request. While working for Northwest Airlines, I painted a wall mural in the

area I worked as a Mainframe Operator and another mural down a long corridor of a plane and the ports we flew to worldwide. I was one of 4 artists the airline selected to show their work for a weekend during an employee party in Camp Snoopy at the MOA. In 2010 I received a ribbon on a watercolor I submitted to the Minneapolis Institute of Art Foot in the Door event for local Minnesota Artists, which hung at MIA for 5 weeks.

We lost our Mom in 2011 and wanted to share her work with all of you.

BIO – MY MOM EDDENE BAKKER – Mixed Medium

My Mom was my teacher and mentor in the Arts. In the 1950's she held art classes in our home growing up. She also ran a gallery with her artist friends, above a bakery on Robert Street in West St. Paul. We would sometimes run down to the movie theater while she was with customers. In the 1960's she was taking classes at the Minneapolis College of Art and Design. I spent many summer weekends with her setting up at Art Fairs throughout the city parks and town squares just north in White Bear, Hugo, North Branch.... Later in life, we continued to attend many classes and would watercolor together weekly.

A Special Thank You!



A special thank you to the cast, musicians and director; Dick Waters for the Radio Variety Show Theatre performances in April.

DIRECTOR:
Dick Waters

SOUND:
Dale Sheldon

CAST:

Rhoda Van Tassel
Dee Rogers
Peggy Sheldon
Debbie Miller
Linda Henderson
Janet Boucher

Jim Stenglein
David Miller
Craig Grunzke
Richard Collman
Dick Waters

MUSICIANS:

David Miller
Peggy Sheldon
Janet Boucher
Fletcher Coolidge
Bob and Ann Gregory-Bjorklund

MEMBER SERVICES



Kathy Voss

NEW CAREGIVER SUPPORT GROUP

Thursday, May 9
1:00-3:00pm
Location: Room 103

Join our new 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
10:00-11:00am
 And
1:00-2:00pm
Location: Consult Room

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

MORE HELP FOR MEDICARE OPTIONS

2nd Wednesday of the month
12:00-3:00pm

Open Enrollment For Medicare Advantage Plans January, February, March 2024. 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
Sandra Robertson, licensed Insurance Agent, # 20381956,
Phone:952-484-5723 sandra@sigbrokers.com

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



GAIT ANALYSIS

Matt Neuger, who is teaching a Biomechanics class at St. Olaf this term is seeking 5 people who are interested in participating as clients for a gait analysis.

What does this entail?

Clients will have their range of motion tested, do a brief walking test, and then walk through our camera system with the reflective markers and have a video analysis performed. They won't get their results immediately but will get a summary sent to them.

Sessions are 45 minutes and the 5 openings are:

May 6, 11-11:45am or 12-12:45pm
May 8, 11-11:45am or 12-12:45pm
 or **May 10, 11-11:45am**

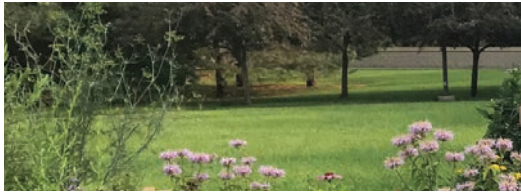
The gait analysis is held in Skoglund 103 on St. Olaf's campus. There is ample visitor parking outside of the Skoglund/Tostrud main entrance. If you have gait issues and would like to participate, contact Patty Ciernia to register and sign the waiver.

Patty Ciernia, program coordinator:
 Stop by her office, call (507) 664-3709 or email patty.ciernia@fiftynorth.org

FITNESS NEWS

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

NEW CLASS OFFERING



OUTDOOR YOGA (MARIE) – in-person only

Wednesdays May 1-July 31

10:30-11:30am

Location: Courtyard

Enjoy the outdoors while practicing yoga. We will use breath and movement to calm our minds and strengthen our bodies. Overall, this will be an easy to moderate level class. Options will be given to find your level of comfort. Each class will be 45 min of practice and 15 min of discussion. The first 10 sessions will explore the yamas and niyamas, the philosophy of yoga. There will be handouts on the week's topic. If it is too cold, hot, wet or buggy we will practice indoors.

Instructor: Marie Frederickson

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

ZUMBA GOLD®

ZUMBA GOLD

in-person only

Saturdays beginning

May 4

8:00-9:00am

Coming to a 50North near you.....Zumba Gold!

Put on your dancing shoes (or tennies) and come ready to rock out to many familiar and some new tunes. We'll start with a warm up and then mix it up until it's time to cool down. What better way to get a workout than dancing! Unlike the quick steps, turns, and knee twisting moves in regular Zumba, Zumba Gold uses comfortable movements that are more suited to our aging bodies.

Come and join Zumba Gold certified teacher Ingrid Freeman on Saturday mornings beginning the first Saturday in May.

Wear comfortable clothes and shoes and bring your water bottle. See you soon!

Instructor: Ingrid Freeman

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



FITNESS CLASS OFFERINGS



NORDIC WALKING 101 pre-registration required

Thursdays, May 2, 9, 16, 23

3:30-4:15pm

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

DISCONTINUED

THE FOLLOWING FITNESS CLASSES WILL END IN APRIL:

WEDNESDAYS

- **QiGong Standing Meditation, 9:30-10am,** ending April 24

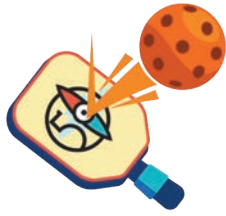
FRIDAYS

- **QiGong Standing Meditation, 7-7:30am,** ending April 26

SATURDAYS

- **HealthFinders Zumba, 8-9am,** ending April 27
- **ZOOM – Strength, 8-8:45am,** ending April 27
- **ZOOM – Simple Stretch, 9-9:45am,** ending April 27

FITNESS GROUPS



PICKLEBALL GROUP

Tuesdays & Thursdays
8:00-9:00am

Location: Riverside Park

Pickleball is the newest sport that many people are getting into. Learn how to play pickleball, the rules and regulations and meet new people while having a blast. Paddles and balls are provided.

WALKING GROUP

Mondays, May 6 – July 29

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

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



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

	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)			
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	SLO FLO YOGA (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open use	BEGINNING HATHA YOGA (9:15-10:15)	
9:30 AM							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)	OUTDOOR YOGA (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM							
11:30 AM					FOLK DANCE FUSION (11:45-12:45)	TABLE TENNIS (10:30-3:45)	
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)			
12:30 PM							
1:00 PM			LINE DANCING (1-2)		SOMATICS (1-2) Prerequisite: Intro to Somatics		
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)		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

INTENSITY KEY:

VIRTUAL LAND BASED FITNESS CLASSES



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

2024 VIRTUAL LAND BASED FITNESS CLASSES (updated May)							
AVAILABLE THRU ZOOM							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM		CARDIO & STRENGTH INTERVALS (6:10-6:50)		EXPRESS STRENGTH (6:10-6:40)			
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRENGTH AND STRETCH (8-9)	STRONG NATION (8-9)
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							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)		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)	SILVER&FIT (12-12:45)		
12:30 PM							
1:00 PM			CARDIO STRENGTH MIX (1-1:45)		YOGA BALANCE (1-2)		
1:30 PM							

AQUA FITNESS



COLOR KEY:
GREEN: Class
GOLD: Group Activity (Open Swim allowed)
BLUE: Open Swim

2024 AQUA FITNESS (updated January)						
	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						OPEN SWIM
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						



CLASS CANCELLATION POLICY:

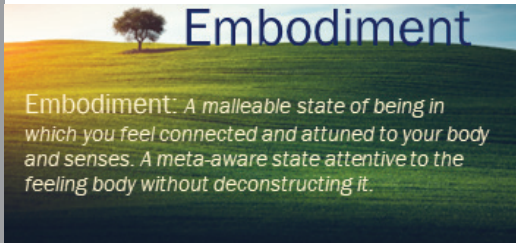
We know your time is valuable, and ours is too. Out of respect for our staff, instructors and other clients, we ask that you give us at least 24 hours notice if you need to cancel. If we are able to fill your spot with someone on the waiting list, you will receive 100% refund. If we are unable to fill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

Please pre-register for all classes:

Phone: 507-664-3700

Online: FiftyNorth.org/classes

In Person: FiftyNorth front desk



INTRODUCTION TO EXPANDED EMBODIMENT

**Friday, May 3
10:00-11:00am**

An experiential introduction to

embodiment for the merely curious or those considering the Expanded Embodiment: Uniting Ethics and Power Workshop.

Instructor: Rob Gersky

Capacity: 20

Cost: Free

Space: Room 105



Expanded Embodiment Workshop: Uniting Ethics and Power

**Fridays, May 10, 17, 24, 31
10:00-11:00am**

Better manage how you feel and move in your body. Practices increase the ease with which you can perform everyday activities, calm fear and reduce anxiety, and increase your sense of effortless and graceful movement. Complements and expands on Basic Embodiment practices.

(4 sessions)

Instructor: Rob Gersky

Capacity: 20

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

Space: Room 105



**SKIN CARE
Monday, May 6
9:00-10:00am**

A program in partnership with Northfield Hospital + Clinics Wound Healing Team.

Wound healing expert Jillian Simon, FNP, CWON explains how skin protects you . . . and how to protect your skin. Aging, exposure, and some

medical conditions can make skin fragile. Jillian explains how to protect your skin, warning signs to watch for, and when to get medical care. Get tips to keep your skin healthy, on the outside and from the inside.

Jillian is a medical provider at the Wound Healing Center at Northfield Hospital.

Presenter: Jillian Simon, FNP, CWON

Capacity: 20

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

Space: Room 106



MEDICATION 101

**Monday, June 3
9:00-10:00am**

Northfield Hospital pharmacist Tricia Hagedorn, Pharm.D, BCOP, gives an overview on taking and managing your medications – prescription and over the counter.

Learn how to take medication effectively; how to store medication safely; how to keep track of your medications; how to dispose of medication effectively; taking OTC meds safely, and an overview of medication reconciliation process. Get a handy pill organizer to take home.

Instructor: Northfield Hospital + Clinics

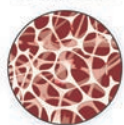
Capacity: 25

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

Space: room 106

Osteoporosis

High bone density Healthy Low bone density Osteoporosis



Healthy spine

Spine with osteoporosis



OSTEOPOROSIS PREVENTION

**Wednesday, May 8
9:00-11:00am**

Approximately 10 million Americans have osteoporosis and another 44 million Americans have low bone density, placing them at increased risk of Osteoporosis.

Learn from Dr. Marcy Kramer the pathology of Osteoporosis, the symptoms, concerns, and treatment of osteoporosis.

Instructor: Dr. Marcy Kramer

Capacity: 20

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

Space: Room 106

LIFE LONG LEARNING CLASSES

CLASS CANCELLATION POLICY:

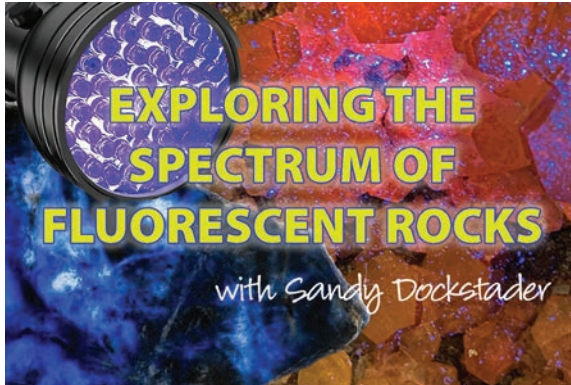
We know your time is valuable, and ours is too. Out of respect for our staff, instructors and other clients, we ask that you give us at least 24 hours notice if you need to cancel. If we are able to fill your spot with someone on the waiting list, you will receive 100% refund. If we are unable to fill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

Please pre-register for all classes:

Phone: 507-664-3700

Online: FiftyNorth.org/classes

In Person: FiftyNorth front desk



EXPLORING THE SPECTRUM OF FLUORESCENT ROCKS

Monday, May 13

1:00-2:30pm

Prepare to be dazzled as we delve into the mesmerizing world of rocks that emit vibrant colors when exposed to ultraviolet light. Throughout this presentation, we'll explore the fascinating array of hues and wavelengths exhibited by various types of fluorescent rocks. From the cool blues of sodalite to the fiery oranges of calcite, each rock offers a unique spectacle, unveiling the hidden beauty of the mineral kingdom under UV illumination. Get ready to embark on a journey of discovery through the radiant spectrum of fluorescent rocks. The presentation will be at 1pm on May 13th. Join us at 10:00 that morning for the FiftyNorth Rock Talk Group (\$1 group fee) and share your love of rocks.

Presenter: Sandy Dockstader

Capacity: 25

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

Space: Room 103



CPR AND FIRST AID

Tuesday, May 14

9:00-12:00pm

**CPR & First Aid
Training Class**

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



NORTHFIELD PUBLIC SCHOOLS UPCOMING REFERENDUM

Information Session

Monday, May 20

10:30-11:30am

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

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

Presenter: Superintendent Dr. Matt Hillmann

Capacity: 35

Cost: Free

Space: Room103

NOTE: Dr. Hillmann will present this information again on Wednesday, August 14, 6pm and Thursday, October 17, 1pm.

Register today for the trip to the GREAT RIVER

SHAKESPEARE FESTIVAL: HAMLET
Wednesday, July 10



See page 17
for details!

DOUG SCHOLZ-CARLSON PRESENTS GREAT RIVER SHAKESPEARE

Monday, June 3 at 11:00-12:00pm

Doug Scholz-Carlson, Great River Shakespeare Festival's Artistic Director, will provide an entertaining and insightful introduction to the Festival and to the featured Shakespeare play we will attend on our planned trip. This year's play is Hamlet. As in the past, this promises to be an educational and entertaining session. Plan to attend this open and free event.

Presenter: Doug Scholz-Carlson

Capacity: 30

Cost: Free and open to the public

Room: 103



ART CLASSES

CLASS CANCELLATION POLICY:

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

Please pre-register

for all classes:

Phone: 507-664-3700

Online: FiftyNorth.org/classes

In Person: FiftyNorth front desk



PAINTING BIRDHOUSE GARDEN GOURDS

**Wednesday, May 1
10:00-12:00pm**

Organic Art can be beautiful and beneficial to our feathered friends. Please join Andrea Curley in painting garden gourds that she has prepped for this event and take home your own special creation. She will instruct you on how to seal your gourd after painting for anyone that wants to preserve their birdhouse longer. Birds actually prefer natural organic settings for their homes but sometimes people like to preserve these for decorative pieces of art. Andrea will bring inspirational magazine cutouts to spark your creativity. All materials will be provided.

Instructor: Andrea Curley

Capacity: 15

Cost: \$25 nonmbr, \$20 mbr, \$5 platinum

Space: room 105

Registration deadline: April 26



**TEXTILE ART
CLASS - 8" X 10"**
Wall Hanging Quilt
**Monday, May 20
10:00-12:00pm**
Learn to make a "raw edge applique" collage quilt. No sewing required!

Kathy will instruct you on how to cut the pieces using the pattern and how to place the feathers, petals and leaves. The pieces will be ironed onto the 8" X 10" sky fabric. The last step is to attach a binding fabric. Kathy will also demonstrate stitching that can be done on the background sky fabric.

No online registration. Please call the front desk at 507-664-3700 or Elaine Meyers at 507-664-3703 to register. You must choose which print you wish to make at the time of registration so the kits can be prepared before class.

You will have your choice of a Chickadee, Purple Tulips, or Pink Posies

MATERIALS PROVIDED: The kit will include: an assortment of collage fabrics, a pattern and the backing, which is a 3-layer piece consisting of: (background sky fabric, the layer of batting & the back fabric). Also, binding fabric.

NOTE: Bring your own fabric scissors.

Instructor: Kathy Weed

Capacity: 10

Cost: \$30 nonmbr, \$26 mbr, \$12 platinum

Space: room 102

Registration deadline: May 13



BASICS OF WOODCARVING

**Wednesday, May 22
9:00-12:00pm**

Or

BASICS OF WOODCARVING
**Wednesday, May 22
1:00-4:00pm**

Learn the basics of woodcarving including use of tools, wood selection, safety and more. Students will work on a wooden spoon and if time permits, they will work on a variety of other projects. Tools available for use or purchase. All materials provided.

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

Instructor: Chris Whillock

Capacity: 12

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

Space: room 102

ART CLASSES continued



EXPLORATION IN OILS USING COLD WAX
Tuesday, May 14
1:00-3:30pm

Cold wax (a non-heated and cold creamy looking substance) is made out of beeswax. It is mixed into oil paint. It has a great translucent effect that allows light to pass through previous layers. The medium works well

with a process-driven approach to painting. Using tools besides a brush such as chopsticks, spreaders, window squeegees, and many types of mark making tools, you can give your painting a sense of history with the textures you can achieve. Lots of fun and a sense of discovery with where this leads your painting and also helps to produce texture in a quick way. Materials provided.

Instructor: Rebecca Tolle
Capacity: 4 minimum, 8 maximum
Cost: \$73 nonmbr, \$69 mbr, \$18 platinum
Space: Room 103
Registration deadline: May 9



WATERCOLOR COMPOSITION
Thursday, June 6
9:30-11:30am

Let's paint a summer time watercolor composition! You will have the opportunity to experiment with several different watercolor techniques, and enjoy the process of creating something beautiful!
 *Please bring any drawings or photos of images you may want to incorporate

into your art piece.... Or use the ones I will have available at the class. I look forward to seeing you!

Instructor: Vicki Stanley
Capacity: 12
Cost: \$28 Nonmbr, \$24 Mbr, \$10 Platinum
Space: Room 105
Registration deadline: June 4



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.

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 Refresher Course**
Monday, May 13

9:00-1:00pm
Location: Room 103

■ **AARP Smart Driving 4-hour Refresher Course**
Wednesday, June 12

1:00-5:00pm
Location: Room 103

■ **AARP Smart Driving 4-hour Refresher Course**
Tuesday, July 2

1:00-5:00pm
Location: Room 103

■ **AARP Smart Driving 4-hour Refresher Course**
Wednesday, August 14

1:00-5:00pm
Location: Room 103

■ **AARP Smart Driving 4-hour Refresher Course**
Wednesday, September 11

9:00-1:00pm
Location: Room 103

FIFTYNORTH EVENTS



They're back!!!

CORONA NO MAS CONCERT Thursday, May 2 2:00-3:00pm

It's true! They're coming back!!!!
Corona No Mas is a band that plays a blend of folk, country, Rock & Roll, and contemporary Christian songs.
You won't want to miss them!

Space: room 103

*Free will donations are appreciated!



FIFTYNORTH NEW MEMBER LUNCHEON Tuesday, May 7 11:30-1:30pm Location: Room 103

This is an invitation-only event



Join us for a Scandinavian Folkdance

Tuesday, May 14
6:00-8:00pm

Music will be provided by the band, Hütenänny. They play traditional Scandinavian Folkdance music. They are a group of friends who gather regularly to play informally at The Contented Cow in Northfield on Thursday nights from 7 to 9 PM. Their repertoire includes waltzes, schottisches, polkas, ganglats (walking dances), and the occasional hambo. They have performed at several local festivals. Their repertoire is posted online and they are open to anyone who wants to come and share in the fun.

*Treats will be served.

Cost: \$5

Space: room 103

VICTORIAN TEA AND VINTAGE FASHION SHOW

Thursday, May 16
3:00-5:00pm

Out of the cedar closet and onto the runway come fabulous fashions from bygone eras. FiftyNorth will host a Victorian tea and vintage fashion show. This show has a twist; the clothes have stories.

Loaned by members of FiftyNorth and the Northfield Historical Society, the outfits whisper tales of weddings, prom nights, cocktail parties, and speak-easies!

Following the show afternoon tea will be served with scones, finger sandwiches, and little desserts in typical tea tradition.

Guests are welcome to wear their own items of vintage fashion!

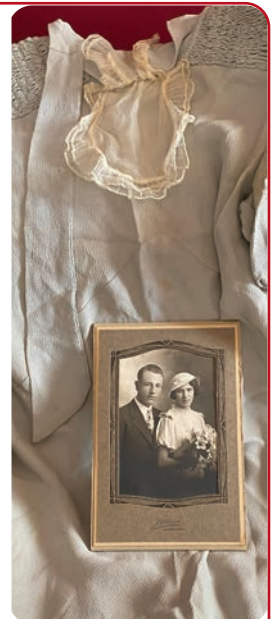
Vintage committee: Kay Brown, Marie Gery, Dina Fesler

Capacity: 60

Cost: \$25

Space: Rooms 103/105

Registration deadline: May 6



↑**PHOTO:**
Laura & Henry Kelling



FIFTYNORTH BAND CONCERT

Monday, May 20
4:00-5:00pm

Location: Room 103

Come one, come all to the FiftyNorth Band Concert!

The band will present a program that includes a cavalcade of tunes! Get ready for cartoon music, a sleuthing theme, a Civil War march, and there may even be a Lost Piccolo Player! Be There or Be Square!

Group Leaders: Debbie & David Miller

*Free will donations appreciated!

VOLUNTEER OF THE MONTH

MAY VOLUNTEER SPOTLIGHT



Bob Waldron

We would like to thank Bob Waldron for volunteering at FiftyNorth as a group leader of the Eclectic Strummers and Singers. They are a happy group and find great joy in spending time together. There is always an open invitation to anyone wanting to join them.

Recently, Bob has volunteered to teach ukulele lessons. Some of our members are taking advantage of his offer.

We appreciate Bob's light-hearted humor and willingness to share his love of music with us at FiftyNorth.

I volunteer!

When growing up, my mother was a grade school teacher (and Cub Scout leader) and my dad was a respected business leader (and volunteer fireman) and both were very active in church and community projects. My brother and sisters and I were 'forced' to volunteer for these projects and it was the normal accepted way of life.

When I retired 27 years ago, I volunteered at my local senior center creating custom computer solutions to their business needs and helping the local Red Cross.

My wife and I created a computer education curriculum and taught computer usage and eMail and Word Processing and 'Internet searches for medical information', to seniors in three different senior housing facilities.

For the past few years, I have been volunteering at 50-North to gather together a group of people that like to strum on guitars and ukuleles and mandolins and banjoleles and basses and laugh and sing or hum along with others. This group is now called the FiftyNorth Eclectic Strummers (and singers).

All of my life, I have not done volunteer work in order to make anybody's life better or easier or more meaningful. All of my volunteer work has been for me. It helps me satisfy my unending desire to find out how things work and how to improve them. Many people have benefitted (sometimes greatly) from my volunteer work, but I did not do it for them. I did it for me. That may seem silly and selfish, but I think that it may stem from the fact that my parents taught me that you don't help other people in order to make them feel better, you help them to make yourself feel better. I volunteer because it makes me feel better.

— Bob Waldron

VOLUNTEERS NEEDED



FiftyNorth helps the Meals on Wheels program twice a year. We have a few openings left for May:

A volunteer is needed for the pink route on Tuesday, May 21.

A volunteer is needed for the blue route on Thursday, May 23rd.

Volunteers are needed for the blue and green route on Friday, May 24th.

Sign up at the front desk. Questions, contact Michelle at 507-664-3707

TWO OPPORTUNITIES TO HELP WITH OUR POPCORN WAGON:

1 Popcorn wagon will be arriving mid-May to Bridge Square, and open to all on May 17. Still could use some volunteers who love to visit with friends/neighbors on Bridge Square.

Our shifts will be Tuesday-Friday 11-2 & 2-4:30. Saturdays 9-11 & 11-1.

Sign up with a friend! If you think you would love to do this, please contact me. Popcorn Wagon Coordinator, Lesley Weirich 607-400-4331

2 THE WAGON IS COMING OUT OF STORAGE! CAN YOU HELP?

● **Monday, May 13, 9:00am**

Asking for volunteers to help push the wagon off the trailer at FiftyNorth for spring cleaning.

● **Wednesday, May 15 around 9:30am**

Asking for volunteers to help load the wagon back on the trailer, and unload it at Bridge Square.



GROUP ACTIVITIES	Day	Time	Location
ARTS / CRAFT - Art Club	Wednesdays, 2nd & 4th	1:30-3:30pm	Room 105
ARTS / CRAFT - Hook, Yarn & Needle	Tuesdays	1:00-3:00pm	Room 105
ARTS / CRAFT - Photography Group	Fridays, 4th	9:30-11:30am	Room 106
CARDS - "Chat" Bridge	Wednesdays	9:30-12:00pm	Room 104
CARDS - 500	Fridays	12:30-4:00pm	Room 104
CARDS - Cribbage	Thursdays	12:45-4:00pm	Room 106
CARDS - Double Deck Pinochle	Mondays	12:15-4:00pm	Room 104
CARDS - Duplicate Bridge	Tuesdays	12:30-4:00pm	Room 104
CARDS - Euchre	Tuesdays	12:30-4:00pm	Room 106
CARDS - Sanctioned Duplicate Bridge	Thursdays	12:00-4:00pm	Room 104
CARDS - Social Bridge	Wednesdays	12:30-4:00pm	Room 104
GAMES - American Mahjongg	Fridays	1:00-3:00pm	Room 106
GAMES - BINGO BINGO is May 20th from 1:00-2:00pm	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	Wednesdays, 2nd	2:00-2:30pm	Multiple Rooms
MISC - Storytelling	Mondays, 2nd	9:30-11:30am	Room 104
MUSIC - Chime Choir	Thursdays	9:30-10:45am	Room 103
MUSIC - FiftyNorth 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	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	Thursdays	3:30-4:30pm	Studio, Courtyard
Water Volleyball	Mondays & Fridays	4:00-5:45pm	Pool
Softball - off season, practice only	Thursdays	1:00-3:00pm	Dundas Dome
Pedalers -	Mondays & Wednesdays	Mornings	Varies

Photos from April Happenings -



Intergenerational Hat Knitting with Carleton College



Travel Group: US Bank Stadium Tour



Community Market Fair at the Dundas Dome



Travel Group: MN Vikings locker room



Travel Group: Mill City Flour Museum

FRIDAY MOVIE GROUP

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

MAY MOVIES

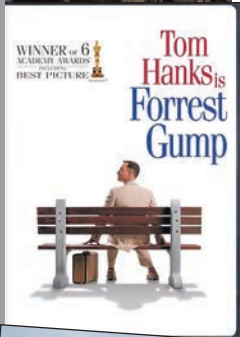


ROOM
103



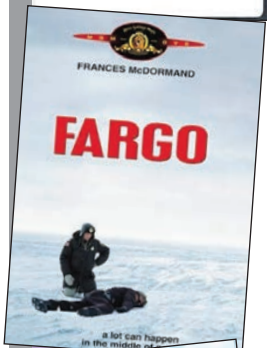
**MAY 3
A WALK IN THE WOODS**

2015 104 mins.
Celebrated travel writer, Bill Bryson (Robert Redford), challenges himself to hike the Appalachian Trail—2,190 miles of America’s most spectacular and unspoiled countryside—much to the chagrin of his loving wife (Emma Thompson), who insists he not embark on the trek alone. The peace and tranquility he hopes to find is anything but, when the only person willing to join him is his long lost friend Katz (Nick Nolte).



**MAY 10
FORREST GUMP**

1994 141 mins. (We may need an intermission)
Tom Hanks gives an astonishing performance as Forrest, an everyman whose simple innocence comes to embody a generation. If you missed it the first time around, now is your chance or come to refresh your memory!! Also stars Sally Field.



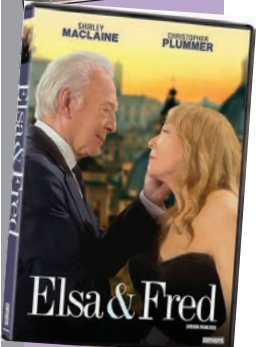
**MAY 17
FARGO**

1996 98 min. mins.
This darkly amusing thriller combines a first-rate cast, a dazzling mix of mirth and malice, and a bizarre kidnapping plot that unravels the Midwest like never before. It stars Frances McDormand, William H. Macy and Steve Buscemi.



**MAY 24
5 FLIGHTS UP**

2015 93 mins.
Academy Award winners Morgan Freeman and Diane Keaton star in this heartwarming story about a happily married couple, Ruth and Alex Carver, who have decided to cash in on their sought-after Brooklyn apartment. After enlisting the help of Ruth's niece, real estate agent Lily (Cynthia Nixon), they're about to embark on a whirlwind weekend they never imagined!



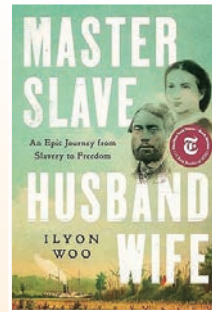
**May 31
ELSA & FRED**

2014 97 mins.
Stars Shirley Maclaine and Christopher Plummer. It is a story of two people who, at the end of the road, discover that it’s never too late to love.

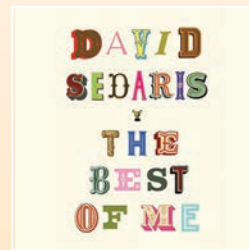
BOOK GROUP



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.



MAY
MASTER SLAVE HUSBAND WIFE
by Ilyon Woo
Presents the remarkable true story of Ellen and William Craft, who escaped slavery through daring, determination, and disguise, with Ellen passing as a wealthy, disabled white man and William posing as “his” slave.



JUNE
THE BEST OF ME
by David Sedaris
In these stories, Sedaris shops for rare taxidermy, hitchhikes with a lady quadriplegic, and spits a lozenge into a fellow traveler’s lap.



JULY
THE FIREKEEPER'S DAUGHTER
by Angeline Boulley
A ground-breaking, heart-racing thriller. An instant no. 1 New York Times Bestseller.

Eighteen-year-old Daunis has always felt like an outsider with her mixed heritage, both in her hometown and on the nearby Ojibwe reservation. After she witnesses a shocking murder, Daunis reluctantly agrees to go undercover for the FBI, who are convinced a drug trafficking ring are behind it.



AUGUST - OWLS OF THE EASTERN ICE: A QUEST TO FIND AND SAVE THE WORLD'S LARGEST OWL
by Jonathan Slaght
A chance encounter with this huge, strange bird was to change wildlife researcher Jonathan C.

Slaght’s life beyond measure. This is the story of Slaght’s quest to safeguard the elusive owl from extinction.

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.



TRIP - MN HISTORY CENTER CHARLES SCHULTZ EXHIBIT, AND LAKEWOOD CEMETERY, GARDENS AND CHAPEL

Thursday, May 30
8:45am-6:00pm



Lakewood Cemetery



Lakewood Cemetery Gardens



Lakewood Cemetery Chapel



Was Charlie Brown his alter ego and the Peanuts Gang his family and the kids he played with growing up in Minnesota, including that darn dog? Or perhaps Snoopy was his alter ego. The answers to these and other profound questions may be found on the first stop of our tour at the Charles M. Schultz exhibit at the Minnesota History Center. Tickets will cover admission to both the exhibit and the museum. So, if the Peanuts Gang was not exactly your cup of tea, all of the other current museum exhibits will be available for viewing as well.

After lunch at Cafe Latte on Grand, the tour will visit the historic and beautiful Lakewood Cemetery. Lunch will be on your own.

Lakewood was founded in 1871, four years after Minneapolis was incorporated and 13 years after Minnesota achieved statehood. That year, Minneapolis boasted 13,000 residents and the city's southern edge was where Franklin Avenue is today.

Since its founding as a "garden cemetery" in 1871, Lakewood has been distinguished by its commitment to its natural landscape. This excellence is now formally acknowledged in Lakewood's new designation as an accredited Level 2 Arboretum, the only one in the state of Minnesota. Only the Minnesota Landscape Arboretum ranks higher.

This arboretum designation recognizes that Lakewood's 250-acre grounds are a dedicated green space where trees and shrubs are intentionally cultivated for scientific and educational purposes. Lakewood is home to a biodiverse tree canopy of more than 4,000 trees, thousands of other shrubs and specialty plants, myriad wildlife and a thoughtfully planned ecosystem.

Famous Memorials:

Hubert H. Humphrey – Minneapolis mayor, U.S. Senator and Vice President of the United States

Rudy Perpich (1928-1995) – longest serving governor of Minnesota

Paul Wellstone (1944-2002) – popular U.S. Senator from 1991 until his death in 2002

Franklin C. Mars (1884-1934) – creator of the Milky Way candy bar

Tiny Tim (1932-1996) – famous and beloved entertainer ...and many more!

Trip Leaders: Bob Sullivan & Jim Pence

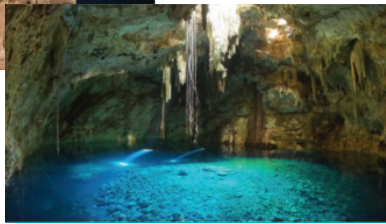
Capacity: 30

Cost: \$95

Registration deadline: May 17



Authentic artifacts



Immersive environments



Interactive activities

TRIP - MINNESOTA SCIENCE MUSEUM: MAYA HIDDEN WORLD EXHIBIT

Tuesday, June 11
9:00-3:30pm

Maya Hidden World Exhibit. Immersive life-size exhibit, explore the hidden worlds of the Maya past and present.

Omni Theater – Great Bears Rain Forest.

Lunch on your own at the museum restaurant.

Trip Leader: Norma Monroe

Capacity: 30

Cost: \$88

Registration deadline: May 28



TRIP - ST PAUL SAINTS VS. TOLEDO MUD HENS

Wednesday, June 19
11:00-5:00pm

Join FiftyNorth as we travel to CHS field and cheer on the St. Paul Saints as they host the Toledo Mud Hens. The cost of food is NOT included in the price. *CHS Field is a cashless venue. Please bring a credit/debit card for your food and/or merchandise purchases.

*Please specify when registering if you want to sit with someone specific.

Instructor: Craig Swenson

Capacity: 25

Cost: \$70

Registration deadline: June 14



TRIP - GUTHRIE THEATER: LITTLE SHOP OF HORRORS - A FRIGHTFULLY FUNNY MUSICAL

Wednesday, July 10
11:15-5:00pm

On Skid Row, Mr. Mushnik plans to shutter his failing florist shop when his timid staffer

Seymour presents an exotic-but-wilted flytrap named Audrey II. Convinced it will boost business, Seymour encourages Mr. Mushnik to display the peculiar plant, which Seymour successfully revives. As Audrey II draws much-needed crowds to the shop, Seymour makes a disturbing discovery: It needs fresh blood (and lots of it) to grow — a secret that forces Seymour into a Faustian bargain to keep his fame and fortune intact. A hilarious mashup of science fiction, horror and musical theater, this cult classic boasts Motown-inspired hits like “Feed Me (Git It),” “Suddenly, Seymour” and “Little Shop of Horrors.” Late lunch on your own. Location to be determined.

Trip Leader: Norma Monroe

Capacity: 35

Cost: \$80

Registration Deadline: June 12



TRIP - GREAT RIVER SHAKESPEARE FESTIVAL: HAMLET

Wednesday, July 10
10:30-7:30pm

We will again have a bus load of folks traveling to Winona to attend a performance of Hamlet directed by Doug Scholz-Carlson. As an added treat we will enjoy seeing long time company member Tarah Flanagan playing the role of Hamlet, with a cast of professional actors from the Great River Festival company. Yes, this staging will be different! But with Doug as director and the amazing Tarah playing Hamlet we will be treated with a new creative version of Shakespeare by folks who really can play Shakespeare. Those of you who have been before and those who are new to the Festival will all have a great enriching experience.

The cost of the trip will include the bus, play tickets, after play box meal with the actors and Director. Doug will also visit FiftyNorth in June to present a preview of the play and answer your questions about the play. More details as the play develops in rehearsal.

The box meal will be a sandwich option with sides.

■ Please specify your sandwich choice: Turkey or Vegetarian

■ Please specify when registering if you want to sit with someone specific.

Trip Leaders: Bill and Char Carlson

Capacity: min 20, max 45

Cost: \$125

Registration deadline: July 5

MARCH 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!

■ Membership total: March 31, 2024: 1884

Karen Achberger	Mary Greenberg	Deb and Dave Nusbaum
Ann Albert	Kevin Groebner & Sue Harvey	Elizabeth Olson
Cynthia Anderson	Pam Groves-Gaggioli	Kenneth Lee & Donald Onsgard
David Appleyard	Craig & Margaret Grunzke	Laurel Pankow
Nancy Ashmore & Kenneth Wedding	Maxine Halverson	Phillip & Jean Parsons
Bernard & Mary Auge	Dorothy Hammer	Kenneth Paulsen
Lois Bakko	Kerry Hjelmgren	Roberta Persons
Robert & Teresa Ballentine	Richard & Donna Jackson	Luther & Bonnie Peterson
Roxanne Baumann	Georgene Johnson	Philip Peterson
Marie Benson	Karen L Johnson	Brenda Rosenberg
George & Catherine Brophy	Sam & Patricia Johnson	Carol Rutz
Judy Broske	Ruth Johnson-Wirth	Jerry Sackmaster
Gene & Darlene Broughton	Steve & Ann Jorstad	Arland & Mary Schwake
Warren & Karen Broughton	Patricia Jorstad	Karen Sellers
Mary Brown	Joni Kilde	Jan Shoger
Bernice Christensen	Gary & Arlene Kruse	John Simek
Eileen Cooper	Myron Lanoue	Fred & Lorelei Stanley
Robert & Gail Craig	Jan Lips	Kenneth & Sharon Steinhouse
Neil & Marilyn Deden	Tom & Nancy Loesch	Vic & Dot Swanson
Winnie Drentlaw	Beverly Lubbers	Craig Swenson
JoAnn Edwardsen	Russ & Lynn Margulies	Allan & Nancy Swenson
Mark & Joan Ekeren	Janet Mathews	Judith Tarabek
Chris Ellison	James & Angie Mayr	Dale & Rose Turnacliff
Carol Emery	Mike & Ann McGovern	Anne Ulmer
Beth Endert	Elaine Meyers	Marlene Vanasek
St Paul & MN Community Foundation	Gordon & Delores Mickelsen	Dale & Dian VanGuilder
Stephanie Frey	Neil Lutsky & Irene Montenegro	Gina Volpe
Thomas & Linda Gagnon	Terrence Morris	Linda Wagenbach
Marie Gery	Richard & Sharol Nau	Patricia Warner
Lisa Gilbertson	Bill & Pat Nelson	Anne Wolf
Mac & Jacquelyn Gimse	Don Niehaus	

Welcome!

MARCH NEW MEMBERS

GLAD YOU'RE HERE!

Brad & Linda Anderson, Theresa Arne, Robert & Susan Askildson, Ron Bongers, Mark Borene, Kim Bradley, Gary Breckenridge, Janice Cervenka, Jeanne Cloud, Dawn Conrad, Mark & Suzanne Daehlin, Karen DeVoto, Mary Denison, Bill & Karen Dexter, Jan Duffie, Maurice Dykema, Nina (Cathy) Gould, Cherrie Hollister, Holly Nordahl, Sheryl Otto, Steven Rezac, Lura Robinson, Debra Valentyn, Stacey Zell

WELCOME
Bluff View
 TWIN * 4-PLEX Quality Homes
 CAREFREE LIVING in picturesque
 Northfield, Minnesota!



Come Visit Us!

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 HOURS:

Friday, Saturday & Sunday, 1-4pm
 at 431 Ford Street.



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Donation accepted: Tues-Sat 10am-2pm
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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.

STAFF DIRECTORY

Director:

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

Assistant Director/Fitness Coordinator:

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

Administration Manager:

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

Program Coordinator: Lifelong Learning/ Community Outreach

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

Program Coordinator: Arts/Volunteer/Dining

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

Used-A-Bit Shoppe Manager:

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

Used-A-Bit Shoppe Assistant Manager:

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

Bookkeeper:

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



Front Desk (Reception Staff):

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



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

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



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

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

View newest information online: fiftynorth.org

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