



By Lynne Pederson, *Director*



Good Days ...



It's different...these days. Do you remember the 1993 movie Groundhog Day, with Bill Murray being stuck reliving the same day over and over? That's how I am feeling. Being stuck with no newness to these days. Even thinking about going out for dinner feels like a challenge, so we stay home. We needed a break, we needed normal, so my husband Charlie and I decided to go for it - we went on the family vacation with the two adult children,

and four grandchildren to a cabin on the North Shore. There were rules to follow – no bathroom breaks on the way there, no eating in restaurants, drive-thru at McDonalds was allowed, we can stop for gas and the DQ as long as we were outside. Masks are required. We followed the rules, took food along and cooked our own meals, read books, and sat on the shoreline in the sun. We climbed on Lake Superior shore rocks, the kids went kayaking, got bit by the horse flies, and swam in the lake. It was glorious. We had normal back in our lives for a short amount of time and it felt good.

I have to say that the re-opening at FiftyNorth has felt really good, also. On average there are 150 members in the center every day, and about 30 people taking online classes. It isn't close to the 350-400 uses per day that was the

norm but averaging 180 users per day is a good start. As more classes are added, I am confident that the uses will continue to grow. Staff has done a great job in devising the system that is in place, for self-distancing, taking people's temperatures, cleaning between users, and providing a schedule for activities at the Center and online. In a short amount of time, a routine has been established for how the center is operating. People are in the pool and fitness room by 6:00 am until closing. There are instructor led fitness classes in the courtyard, weather permitting, and indoors in rooms 103-105. Ping pong is played in the Fitness Studio every afternoon. Art club and classes are in the Art Studio or rooms 104-106. The lobby area is still not open for lingering. Members come, enjoy their time, and leave. Many expressions of gratitude have been shared by members on how grateful they are to be back in the Center. The Center is being managed using a "trial and error" approach and changes will be made as staff sees how improvements can be made. This month aqua classes are being added as well as opening the locker rooms for use. We are grateful for the patience and the kind words that members are sharing with us about being back. Online classes will continue to be offered. The topics and schedule can be found in this newsletter and on the website. We look forward to seeing you at the Center. But if we don't we understand and look forward to that time. I hope your days are good. Until the next time...*onward and upward.*



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The Popcorn Wagon has reopened with summer hours. Head to Bridge Square for some fresh air and fresh popcorn!

Open Thursday, Friday & Saturday 10:30 to 1:30



Butterfly Garden at
FiftyNorth



In The Gallery

By Patty Ciernia, *Program Coordinator*

Dick Zawacki *Wood carver*

Mary Jo Winter *Photography & Poetry*

On Display: June 29– Aug 9



Dick Zawacki–

As a woodcarver with over 30 years experience I mainly carve realistic animals, birds, human faces, and chip carved items. My favorite

woods to carve are native Minnesota butternut and basswood. I have tried most types and styles of carving and find them all enjoyable. When taking classes and participating in carving seminars, I find that parts of the process I learn in one carving style can often be applied to another style. I have had the pleasure to study with many nationally known teachers, but I find, that like most art, you learn best by doing.

Carving has changed how I relate to things I encounter in every day life. I now observe and perceive things instead of just “seeing” them. For example, I look at the difference in people’s noses or ears that I see in a crowd when I carve a new face. Even animals and birds of the same species have a lot of individual differences. My carving subjects are often taken from things that are part of my life or have special interest to me. At the same time, exploring new subjects helps me develop and expand my carving skills.

I really enjoy seeing the beauty of the wood grain emerge and enhance a carving as it gets down to the final form. Recently, I started wood turning and that is a new passion of mine. Turning has really exposed me to the beauty found in many common wood species. Often a piece of wood that has a very ordinary exterior, and might have been on its way to someone’s fireplace, reveals a finished product with a grain pattern and internal effects that are striking. ■

NEW VIRTUAL GALLERY VIDEO:

View a video clip of the artist’s work and interviews at
www.fiftynorth.org/activities/art-gallery/

Up next: Aug 10 - Sept 13

Mary Ellen Frame, *photography*
 - “Our Cannon River Watershed”



THE COUGAR



GROUSE TAIL FEATHER



THE PAINTER



PIG'S EYE
PARRANT



TYROLESE
BIERMEISTER



POLAR BEAR



HONEY BEAR



3-D PLATE

Mary Jo Winter →



Gallery - *continued*

Mary Jo Winter

Photography & Poetry

On Display: June 29– Aug 9



Mary Jo Winter–

Photography has always been a great way to captures moments in time. I have been taking photographs for a long time. Topics and series have varied over the years. My tree photos have been going on for over 20 years. These tree photos simply stood out to me in such a way to try and capture the essence of the tree. I don't think of myself as a tree hugger but I have been known to hug one or two.

I actually live outside of Dennison and grew up in Bloomington MN. I do have a Fine Art Degree from the College of Art and Design from 1984. Biggest accomplishment in the last few years is being a Grandma to 4 wonderful grandkids.



Haiku

Spring I have found you
Glory amongst the forest
Appreciation



Member News

NEW PROGRAM COORDINATOR at FIFTYNORTH

Katie Felland, Program Coordinator, has accepted another job and her last day at FiftyNorth was July 24. Katie has provided interesting, creative programs at FiftyNorth in lifelong learning, the arts, and dining for the past four years. We thank her for her work and the programs that she planned. We wish her well in her next endeavors.



KATIE FELLAND



PATTY CIERNIA

Patty Ciernia is taking over Katie's responsibilities as Program Coordinator, FiftyNorth Gallery and CafeNorth manager.

Patty started her job at FiftyNorth in October 2019 as Community Outreach on behalf of the Age-Friendly Northfield initiative and FiftyNorth. She will continue her outreach work and is looking forward to her additional role in programming. If you are looking for resources for older adults in the Northfield area, call or email Patty with any questions. (507) 664-3709 or patty.ciernia@fiftynorth.org

CAFÉ NORTH: TAKEOUT LUNCH

CaféNorth is offering curbside pickup of lunch Monday-Friday. You must call (507) 664-3709 by 12:00 Noon the business day before you want your lunch to place your order.

No money will be collected at pickup. Semcac will mail out a monthly letter with a suggested donation amount that can be sent directly to them. The monthly menu (subject to changes) will be posted on the FiftyNorth website.

Meals can be picked up between 11-11:30am by driving to the east side door of the center. A FiftyNorth staff person will come out to your car. Please stay in your car.

MEALS ON WHEELS VOLUNTEERS WANTED

FiftyNorth is in need of Meals on Wheels drivers to fill noon delivery spots for the week of August 16 through August 22. If you are interested in helping out, please call Patty for details at (507) 664-3709.



Fitness News

Thank you!

FiftyNorth staff would like to thank all of FiftyNorth members that have come to the center following the protocols that we have in place, wearing their mask, social distancing and coming on the hour for their open times in the pool and fitness room. It has been great to see everyone.

Please remember we are limiting the pool to 8 open swimmers, and 2 lap lane swimmers; the fitness room to 5 participants every hour for 45 minutes. We use those 15 minutes before the next hour to clean the areas and get it sanitized and ready for the next individuals coming in.

Due to the increase in demand we are making a few changes ...

- We have increased to two lap lanes during open swim.
- We will be adding morning Aqua Classes in August limited to 12 participants per class.
- Locker Rooms will be open starting Monday, August 3rd.
- Jesse James Lanes is open for Senior Bowling on Fridays 1:30 to 2:30pm with social distancing and sanitation protocols in place.
- Softball is practicing Socially Distanced at Sechler Park #1 on Tuesdays and Thursdays 9 to 10:30am, and might play a few games in August.
- Pickleball will be starting in August down at Lions Club Park on Wednesdays and Fridays 8:00 to 9:00 am. Please bring your own racket, masks are required while not at play, meet down at Lion Clubs Park. Fitness Basic \$4/ Non-Members \$7/ For questions please call Craig 507-664-3702
- The Nfld Pedalers are riding every Wednesday, leaving from FiftyNorth at 8:30am. For more information, contact Mary Auge at 507-663-0790 or bmauge@charter.net



Classes starting August 3:

AQUA FITNESS CLASSES

NOTE:

- Limited to 12 Participants per class
- Please make sure you are self distancing while in the Locker Rooms, cleaning supplies will be available in the locker room to clean out lockers and benches.

■ AQUA SUNRISERS

Monday, Wednesday, Friday
7:00 am to 7:45 am

Instructor: Marilyn Kelley (M/W/F)

■ EARLY BIRD AQUA

Tuesday, Thursday
7:00 am to 7:45 am

Instructors: Sheilah Giles (T)/Jeanne Peloquin (Th)

■ AQUA AGELESS (SS)

Monday, Wednesday, Friday
8:00 to 8:45 am

Instructors: Jeanne Peloquin (M/F)/
Marie Frederickson (W)

■ AQUA YOGA

Tuesday, Thursday
8:00 am to 8:45 am

Instructor: Marie Frederickson (T/Th)

■ AQUA FIT N TONE (S&F)

Monday, Wednesday, Friday
9:00 am to 9:45 am

Instructors: Jeanne Peloquin (M/F)
Marie Frederickson (W)

(Fitness continued on p. 5)



Fitness News

2020 SUMMER AQUA FITNESS CLASSES (08/01/20)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:45 AM						
7:00 AM	AQUA SUNRISERS 7-7:45AM	EARLY BIRD AQUA 7-7:45AM	AQUA SUNRISERS 7-7:45AM	EARLY BIRD AQUA 7-7:45AM	AQUA SUNRISERS 7-7:45AM	OPEN SWIM
7:45 AM						
8:00 AM	AQUA AGELESS 8-8:45AM	AQUA YOGA 8-8:45AM	AQUA AGELESS 8-8:45AM	AQUA YOGA 8-8:45AM	AQUA AGELESS 8-8:45AM	OPEN SWIM
8:45 AM						
9:00 AM	AQUA FIT ' N TONE 9-9:45AM	OPEN SWIM	AQUA FIT ' N TONE 9-9:45AM	OPEN SWIM	AQUA FIT ' N TONE 9-9:45AM	OPEN SWIM
9:45 AM						
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
10:45 AM						
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:45 PM						
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
12: 45 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:45 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
2:45 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
3:45 PM						
4:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
4:45 PM						
5:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
5:45 PM						

July happenings at FiftyNorth ... Peddlers, Ping Pong and Pool





Fitness News

YOU DO NOT need to pre-register for any outdoor or indoor fitness classes.

2020 SUMMER LAND BASED FITNESS CLASSES (08/01/20)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		OUTDOOR KICKBOXING (6-6:30)		OUTDOOR CIRCUIT (6-6:30)		
6:30						
7:00 AM	OUTDOOR DRUMS ALIVE (7-8)	OUTDOOR CARDIO STRENGTH MIX (7-8)	OUTDOOR SLO FLO YOGA (7-8)	OUTDOOR BOXING AND STRENGTH (7-8)		
7:30						
8:00 AM					OUTDOOR TAI CHI FOR STRESS (8-9)	OUTDOOR STRENGTH (8-9:45)
8:30						
9:00 AM	OUTDOOR CARDIO DANCE (9-10)	OUTDOOR BEGINNING YOGA (VINYASA) (9-10)	OUTDOORCARDIO DANCE (9-10)	OUTDOOR SLO FLO YOGA (9-10)		SIMPLE STRETCH (9-9:45)
9:30						
10:00 AM						
10:30	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						
12:00 PM						
12:30						
1:00 PM	TABLE TENNIS (SINGLES) (1-4)	TABLE TENNIS (SINGLES) (1-4)	TABLE TENNIS (SINGLES) (1-4)	TABLE TENNIS (SINGLES) (1-4)	TABLE TENNIS (SINGLES) (1-4)	
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM	Enjoy walking in the Courtyard anytime!					
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

2020 SUMMER ONLINE FITNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30						
7:00 AM						
7:30						
8:00 AM	BOOTCAMP (ZOOM) (8-9)	STRENGTH TRAINING (ZOOM) (8-9)	CARDIO KICKBOXING (ZOOM) (8-9)	STRENGTH TRAINING (ZOOM) (8-9)	STRONG NATION (ZOOM) (8-9)	
8:30						
9:00 AM		COUNTRY LINE DANCING (ZOOM) (9:30- 10:30)		COUNTRY LINE DANCING (ZOOM) (9:30- 10:30)	CHAIR EXERCISE (ZOOM) (9-10)	
9:30						
10:00 AM						
10:30						
11:00 AM						
11:30						



Art Classes

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes



OBSERVATIONAL GARDEN DRAWING

Tuesday, Wednesday,
Thursday, August
11, 12, 13

1:00-3:00pm

Location: Patio and
Art Studio

*The first session filled
so Kate Douglas has
scheduled this second
class.*

We will spend time
looking at and drawing
parts of gardens. You

will actually go outside, find an interesting part of the FiftyNorth garden, and zoom in (visually, using view finder or phone camera) on one particular part of the garden. If the weather is not cooperative, you can look at flowers and leaves inside. We will use pencils first, add color later. Ink will be applied with a pen or brush.

Instructor: Kate Douglas

Capacity: 6

Cost: \$55nonmbr/\$45mbr/\$0platinum

Materials list:

- Drawing boards (provided)
- View finders (3"X5" tag board) (I'll provide these)
- Decent multi-purpose/watercolor paper. The Sketchy Artist has multi-purpose sketchbooks. You can determine the scale or size of your work.
- Pencils, erasers, sharpeners (come with at least two drawing pencils; one hard (2) and one softer (5 or 6))
- Mr. Clean pads (white, for cleaning spots on walls)
- Watercolor sets, any kind
- Brushes (we have many, but you may want your own)
- Spray bottle (misting)
- Water container (provided)
- Ink container with ink (provided)



CARROT PEOPLE

Thursdays, September 10, 17, 24

1:00-3:00pm

Location: 104/106

What are carrot people? I happened upon a YouTube site where an artist swore by a method of figure drawing that starts with a carrot. I thought it sounded hokey, then tried it. What the heck. It was so much fun, I ended up making several versions of the carrot folks. I thought it would be fun to have a class out of the concept. YouTube is amazing.

Consider trying this technique. I will show some examples then demonstrate how the artist embellished the "carrot" and turned it into a very interesting figure.

Session 1: Looking at a video of the originator of Carrot People. Watching a demo (me) of how to get started. Looking at examples of completed Carrot People, then just playing with a variety of brush strokes for the balance of the two hours. The end of session one will be looking at the varied results of all students.

Session 2: After the first stage of Carrot People is completed and dried, we can begin the embellishment of each figure. I will give a quick demo, then you will begin the "fleshing out" of the figures. You may also have time to think of the scenario of your people... are they waiting for a bus? Watching a concert? Dancing at a club? Working in a garden? The list is endless and this is so much fun.

Session 3: We will spend the last 2 hours of class putting up the completed art works and allowing the artist to describe the people, how the people evolved and what the people are doing.

(Carrot People - continued on p 8)



Art Classes - *continued*

Instructor: Kate Douglas

Capacity: 10

Cost: \$65 nonmbr, \$55 mbr, \$10 platinum

NOTES:

Materials:

- Acrylic Paint (provided)
- Brushes (provided)
- Surface: This can be a sturdy paper, cardboard, a small/medium canvas, or something else?? Like a piece of wood, metal or fabric. (you must provide)
- Size of surface is up to you, but make sure your figures can be at least 7-8" tall, and be amongst at least 3-4 other figures. You can do smaller versions on your own, but will learn the concept better if you use a size 11 X 14 or larger. 12 X 18 is great. They all work.



Lifelong Learning

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes



DEMENTIA WORKSHOP

Wednesday, August 26

1:00-2:00pm

Location: 104/106

Dementia: Everything you thought you knew.

An informative and discussion based course that will include a comprehensive overview of symptoms, treatment, diagnosis, and will include specifics about different types

of dementia. It will dive more in depth to diagnosis and preventive strategies to keep your mind sharp. This course will also detail caregiver strategies and caregiver resources for this population.

Presenter: Marcy Kramer, PT

Capacity: 12

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



STAGING YOUR HOME FOR SALE AND DECLUTTERING

Thursday, August 27

1:00-2:00pm

Location: 104/106

Whether you are preparing to sell your home by owner, selling using a Realtor, or just wanting to downsize, this class is for you! We will discuss some helpful hints on staging your home for selling or just staging your home in general. We will also discuss decluttering and methods of disposing of unwanted items to downsize for a future move, or just to clear out a life-time of collecting. We will also discuss the current Real Estate market for those interested.

Presenter: Al Freeland, Realtor with Edina Realty Northfield

Capacity: 12

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

OUTLAW RUN

Northfield, MN

5k/15k Virtual Run-Walk

August 30—September 11 Entry Fee: \$25

Go To RunSignup.com

Your Race! Your Way!

Race proceeds benefit the Northfield Historical Society. See NorthfieldHistory.org for more information.

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June New Members

A warm welcome to each of our new members.

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

Sherry Brooks



Primary Election Voting at FiftyNorth

FiftyNorth is a polling site for the primary election, Tuesday, August 11, 7:00am to 8:00pm. The voting area will be in the Fitness Studio, off the lobby area. This is a City of Northfield managed event. People who come in to vote are not required to follow the FiftyNorth protocol requirement for taking temperatures and distancing. City staff will have the lobby area set-up keeping these protocols in mind. This message is meant to give you notice that there will be additional people entering and exiting the lobby area during that day.



Used-A-Bit Shoppe

VOLUNTEERS WANTED AT USED-A-BIT

Used-A-Bit benefits FiftyNorth through sales from the furniture store and general Used-A-Bit Shoppe. They have reopened and are operating Monday through Saturday from 10:00am - 5:00pm. If you are interested in volunteering, please call Shoppe manager; Dolores Kornkven at (507) 645-1399.



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Deb McGuire Lang, PA-C



Kyle Smisek, PA-C

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Staff Directory

Director: Lynne Pederson
507-664-3701 | lynne.pederson@fiftynorth.org

Assistant Director/Fitness Coordinator:
Craig Swenson
507-664-3702 | craig.swenson@fiftynorth.org

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

**Program Coordinator/
Community Outreach:** Patty Ciernia
507-664-3709 | patty.ciernia@fiftynorth.org

Used-A-Bit Shoppe Manager:
Dolores Kornkven
507-645-1399 | dolores.kornkven@fiftynorth.org

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



Front Desk (Reception Staff):

507-664-3700
Bonnie DuPay, Beth Endert, Sherry Brooks



Lobby Hours:

Monday–Friday: 6am–6pm
Saturday: 7am–12pm
Sunday: Closed



Fitness Center Hours:

Monday–Friday: 6am–6pm
Saturday: 7am–12pm
Sunday: Closed



Pool Hours:

Monday–Friday: 6am–6pm
Saturday: 7am–12pm
Sunday: Closed



CaféNorth Hours:

Pre-order: 507-664-3709
Monday–Friday drive up: 11am–11:30am



Used-A-Bit Shoppe:

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