



By Lynne Pederson, Director



The Word of the Month: PROGRESS



So much has happened in the last twelve months, that it is overwhelming to recall it all. I am struck by the history that is being made, and the people who are influencers. The president is 78 years in age. An older adult that is energized by having the desire, the experience, the foresight, and the hope to lead this country. No matter the politics in play, this man will use every piece of knowledge and draw off of the many experiences from his long career in leadership to be effective at this daunting job. And

a woman of color as vice president being the second in command of the country. She is second, as women are seen to be in many roles, but this is progress. And a 22-year-old poet recognized for her honest, insightful reaction to the country today and for the future filled with truth and hope. An older adult, a woman, and a twenty-two-year old as leaders in this country. I have hope.

I had a birthday recently. Not sure what's up with this particular age, but I received comments like "I can't believe that you are that old. You look really good". How are we supposed to look at the age that we are? It is mystifying to me that people, and their abilities may be judged because of age, the color of hair, the wrinkles earned, the arm readily accepted when going up steps, the color of skin. Age is just a number. There is so much in life that we look forward to as a rite of passage as we age. A five-year-old can't wait to start school, teens turning 16 anticipate getting their driver license, at 18 voting for the first time, 21 drinking legally, a 65 year old receives Medicare benefits. I wonder about when people express that "they do

(Director's message continued on p 7)

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A new method for accessing your ZOOM links coming in March! ... stay tuned!



AMANDA GORMAN

AMANDA GORMAN - excerpt from Inauguration 2021

*... So let us leave behind a country better than the one we were left.
 With every breath from my bronze-pounded chest, we will raise this wounded world into a wondrous one.
 We will rise from the golden hills of the west.
 We will rise from the wind-swept north-east where our forefathers first realized revolution.
 We will rise from the lake-rimmed cities of the midwestern states.
 We will rise from the sun-baked south.
 We will rebuild, reconcile, and recover.
 In every known nook of our nation, in every corner called our country, our people, diverse and beautiful, will emerge, battered and beautiful.
 When day comes, we step out of the shade, aflame and unafraid.
 The new dawn blooms as we free it.
 For there is always light, if only we're brave enough to see it.
 If only we're brave enough to be it. ■*



In The Gallery

By Patty Ciernia, Program Coordinator

"TIME AFTER TIME"

**Art Exhibit FiftyNorth Art Gallery
Showing through February**

***A collaboration of FiftyNorth and
Used-a-Bit Shoppe***

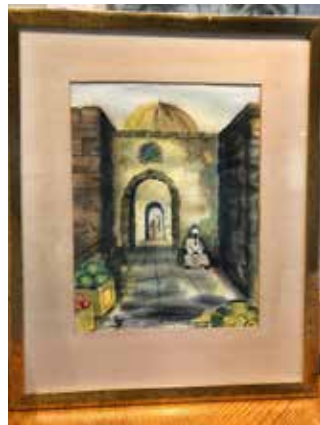
The Time After Time art exhibit will include artwork from at least 12 decades. The art features landscapes, portraits, printmaking, watercolor, acrylic, fibers, photography and pastels. Several of the pieces were done by Northfield artists and many include Northfield and surrounding area scenes, buildings, and farmland. Other works were purchased on vacations to foreign countries.

All of these pieces are original and represent art that was purchased, hung in living rooms, dining rooms, hallways and bedrooms in and around the Northfield area for many years. These works also wove through generational ownership.

All artwork is for sale. New artwork arrives weekly. ■



Artist: Etta Benjamin Cien



Artist: Emmanuel Bellini



Artist: Don Brackett



Artist: George Overlie



Member News



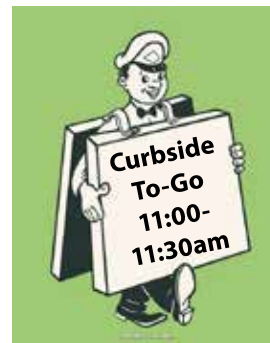
MEALS ON WHEELS VOLUNTEERS WANTED

Northfield Hospital & Clinics is in need of Meals on Wheels drivers to fill noon delivery spots. If you are interested in helping out, please call Jean Callister-Benson, 507-645-6320. You do not enter homes. Meals are left on the doorstep.

Meals-On-Wheels is a Northfield Hospital-supported, volunteer organization dedicated to meeting the nutritional needs of the community through home-delivered meals. Meals-On-Wheels coordinates a broad network of volunteer drivers who deliver noon meals prepared by Northfield Hospital nutrition staff.

NO AARP TAX AIDE SERVICE AT FIFTYNORTH THIS YEAR

Tax-Aide service information for the 2021 season will become available on the AARP Foundation webpage beginning Friday, January 22. The URL for the webpage is www.aarpfoundation.org/taxaide. Taxpayers will be able to view high-level information about Tax-Aide services as well as request tax preparation assistance via online forms. The webpage also provides a link to the Tax-Aide Site Locator Tool to help identify specific site locations and services in your local area.



CURBSIDE LUNCH PICK-UP

Curbside SEMCAC Lunch Pick-up available Monday through Friday. Call one day prior to place your order. Pick up meal between 11:00-11:30. The monthly menu is posted on the FiftyNorth website under "Schedules".

Call FiftyNorth Receptionist at **(507) 664-3700** to place your order.



Art Classes

Please pre-register for all classes:

- By Phone:** 507-664-3700
- Online:** www.FiftyNorth.org/learn/classes
- In Person:** *FiftyNorth* front desk



COASTER



FLOWER STIR STICKS



FLOWER PENDANT

ONLINE - FLOWERS, FLOWERS, FLOWERS

Monday, February 8
10:00-12:00pm

In this class you will get to make 3 fused glass projects: Flower pendant, coaster and 2 flower stir sticks for your summertime beverage. Pick up your fused glass kit on February 5 from the FiftyNorth front desk receptionist. Return the projects to FiftyNorth for Geri to fire in her kiln. The finished projects can be picked up again at FiftyNorth.

Instructor: Geri Thelen

Capacity: 15

Cost: \$60 nonmbr, \$50mbr, \$20 platinum

Registration deadline: February 3

INCLUDES MATERIALS

A Zoom link will be emailed to you prior to class.



ONLINE - ART JOURNALING 101 (ZOOM)

Tuesday, Thursday, February 16 & 18
1:00-3:00pm

Perhaps you're curious about what art journaling is or maybe you already keep a journal and would like to expand it to include art. This class will help you get started by exploring the endless possibilities of art journaling. We'll also create a small journal using watercolor paper.

In the first session, we'll look at several examples of different types of journals, both purchased and handmade. We'll discuss why people find art journaling fulfilling and the various media used by journalers. Then we will start to construct our home crafted journals.

In the second session, we'll complete our journals. There will be time for questions and sharing.

MATERIALS PROVIDED IN KIT FOR EACH STUDENT

(pick up at FiftyNorth February 8-15):

- 4 pieces 140lb watercolor paper
- Bookbinding kit (thread, needles, awl, scissors, bone folder)
- Black uniball vision pen, fine point
- Cloth strips, ribbons
- Instructional handouts

MATERIALS STUDENTS SHOULD HAVE:

Watercolor paint, acrylic paint, pastels – whatever media you like to use. Long ruler, Pencil, eraser, Scissors, Glue – PVA glue, Elmer's glue, glue stick, or gel medium. Things to use for decorating your book – stencils, stamps, stickers, collage items, markers, washi tape, scraps of fabric or paper.

Instructor: Pat Jorstad

Capacity: 12

Cost: \$40 nonmbr, \$30 mbr, \$15 platinum

Registration deadline: February 14

Zoom link will be sent 1 day prior to each class



Art Classes

(cont'd)



ONLINE - SPREADING THE LOVE, GARDEN STAKE

Tuesday, March 9
10:00-12:00pm

Do you want to be a part of The Spreading the Love Project here in Northfield? Create your own fused glass heart garden stake. Let people know all are welcome at your home.

Pick up your fused glass kit on March 5 from the FiftyNorth front desk receptionist. The projects will be returned to FiftyNorth for Geri to fire in her kiln. Then the finished projects can be picked up again at FiftyNorth.

Instructor: Geri Thelen

Capacity: 15

Cost: \$55 nonmbr, \$45 mbr, \$20 platinum

Registration deadline: March 4
INCLUDES MATERIALS

A Zoom link will be emailed to you prior to class.



Lifelong Learning: Senior Learning Network



ONLINE - LIVE FROM THE TRUMAN PRESIDENTIAL LIBRARY (ZOOM)

Tuesday, February 2
1:00-2:00pm

Take a sneak peek into the new exhibits as the museum comes close to opening in the Spring of 2021!

In recognition of the 75th anniversary of his presidency, the Truman Library and Truman Library Institute have developed a momentous plan to use Truman's life and legacy to inform, inspire, educate, and engage a 21st-century audience at an increasingly critical time in our nation's history.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: January 31

Zoom link will be emailed to you the day before the program.



ONLINE - ELEPHANT SANCTUARY, TENNESSEE (ZOOM)

Tuesday, February 9
1:00-2:00pm

Using photos, lives-streaming video and storytelling, a member of The Sanctuary's education team will offer a virtual glimpse into the daily

life of elephants at The Sanctuary and answer all of your elephant related questions.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: February 7

Zoom link will be emailed to you the day before the program.



Lifelong Learning: Senior Learning Network

Please pre-register for all classes:

Online: www.FiftyNorth.org/classes

FiftyNorth offers classes in partnership with the Senior Learning Network. All programs are virtual using Zoom. Pre-registration required.

Join others from across the country for a LIVE PRESENTATION and Q & A following.



ONLINE - Durham Museum: Historic Train Travel (Zoom)

Thursday, February 11
1:00-2:00pm

Join us for a virtual tour of the museum's authentic train cars! We will start with a look at our 1890's steam engine and 1950's caboose, followed by a walk through our passenger trains. Luxurious rail travel awaits!

About the Durham Museum: Beautiful architecture blends with memories of a time gone by at The Durham Museum. Making its home in one of Omaha's most unique treasures, Union Station, The Durham Museum offers a fascinating look at the history of the region and offers a broad-range of traveling exhibits covering subjects ranging from history and culture, to science, industry and more through our affiliation with the Smithsonian Institution and strong ties with the Library of Congress, National Archives and the Field Museum.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: February 7

Zoom link will be emailed to you the day before the program.



ONLINE - HILDENE, LINCOLN FAMILY HOME (ZOOM)

Tuesday, February 16
1:00-2:00pm

Participants will discover what it was like to travel and work on a Pullman car, and engage in discussion about the porters' enduring fight for social change and justice in America. We will examine the critical role that Pullman porters played in giving rise to America's black middle class, the formation of the black labor movement, and the momentum for the civil rights movement. This slice of history spans 100 years beginning with the Emancipation Proclamation.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: February 14

Zoom link will be emailed to you the day before the program.



ONLINE - NATIONAL MUSEUM OF TOYS AND MINIATURES (Zoom)

Tuesday, February 23
1:00-2:00pm

BIG fun with miniatures! Explore the incredible artistry of fine-scale miniatures with Laura Taylor and Kelly Burns from The National Museum of Toys and Miniatures in Kansas City, Missouri. Enjoy a video tour of some of the highlights of the museum's fine-scale miniatures collection, followed by time for Q&A.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: February 21

Zoom link will be emailed to you the day before the program.



Lifelong Learning: *cont.* Senior Learning Network

Please pre-register for all classes:

Online: www.FiftyNorth.org/classes



ONLINE - GENERAL GRANT NATIONAL MEMORIAL (ZOOM)

Thursday, February 25 • 1:00-2:00pm

The final resting place of President Ulysses S. Grant and his wife, Julia, is the largest mausoleum in North America. It testifies to a people's gratitude for the man who ended the bloodiest conflict in American history as Commanding General of the Union Army and then, as President of the United States, strove to heal a nation after a civil war and make rights for all citizens a reality.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: February 21

Zoom link will be emailed to you the day before the program.



ONLINE - PENN MUSEUM/ PERSONALLY GUIDED AFRICAN GALLERIES TOUR (ZOOM)

Tuesday, March 2 • 1:00-2:00pm

What better way to learn about the culture of another place than through the eyes of someone who grew up there? Through the Global Guides Program, the Museum offers virtual tours led by Philadelphians who grew up in countries around the world! In addition to sharing historical information about the museum artifacts on display, our guide from Africa will combine personal experiences and stories to interpret objects from their home country.

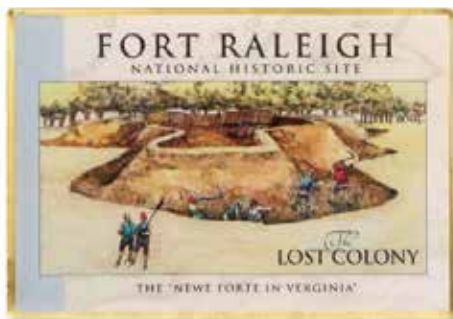
Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: February 28

Zoom link will be emailed to you the day before the program.



ONLINE - THE LOST COLONY / FT. RALEIGH NATIONAL HISTORIC PARK (ZOOM)

Thursday, March 4 • 1:00-2:00pm

An in-depth look at the complex history and mystery of England's start in North America. Join park rangers to explore the events and unknowns surrounding the first English colony in North America. The program begins at the historic Waterside Theater and will cover the multiple English voyages, the interactions between the English and Native people and some theories about what happened to the Lost Colony. The program will continue with a tour to the archaeology site of the 1585 scientific workshop (this is not an active dig site but rather where known parts of the story exist) and the earthen fort which is a reproduction of one from the 1580's. Continuing through the forest and ending at the north shore of the island provides an opportunity to discuss the, yet to be discovered, location where the colonists built their homes.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: February 28

Zoom link will be emailed to you the day before the program.



Lifelong Learning: Wellness



**ONLINE -
12 WEEKS TO BETTER HEALTH (ZOOM)**
**Wednesdays, February 3, 10,17, 24
March 3, 10, 17, 24,31
April 7, 14, 21**
11:30AM-12:30PM

Meet with Marcy Kramer doctor of physical therapy, group exercise instructor and healthy lifestyle advocate. Each week learn more ways to keep yourself active, motivated, and on the right course of action for better health.

Instructor: Marcy Kramer
Capacity: 6
Cost: \$108 nonmbr, \$84 mbr, \$0 platinum
Registration deadline: February 1
Zoom link will be emailed to you the day before the program.

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Director's Message - cont.

receive Medicare benefits. I wonder about when people express that “they do not want to get old”. Do they realize what the alternative is to this? My Dad died in November at the age of 96. He always said that he was going to live to be a 100. He didn't quite make it, and in the last few years, he had many ups and downs that lessened his quality of life. When a person has aged to a significant number, and has aches and pains, then they should probably be considered to have paid their dues, and be allowed to complain. But when a person, that may not be quite of the age to be considered as having paid their dues, is negative about aging, perhaps they do not have enough hope or expectations for themselves. They do not anticipate that there will be progress ahead for the many good



... Too bad there isn't a punch card we could buy for body repairs: teeth – check, hearing aids – check. Done.

days and years yet to come. If you are a reader of the articles I write, you may have picked up on the fact that I like change. I anticipate “the what's” to come - what's next, to discover, the next chapters, reading the end of a book about mid-way because I can't wait to know how it ends.

We age. We change. We progress. I am living proof. I have a few parts – teeth and ears - in need of repair and restoration. It may be due to age and my parts are starting to wear out...or it could be because I have a bad habit of clenching my teeth, or it is hereditary as my mother was really hard of hearing. These adjustments need to be expected. Nice that we have the resources and doctors to make the adjustments to keep us going, living longer, whether we have goals to live to be 100 or not. I am a willing member and welcome receiving my membership card into the repair and restoration phase of my aging. Too bad there isn't a punch card we could buy for body repairs: teeth – check, hearing aids – check. Done.

Until next time...onward and upward. ■



Fitness News

NEW ONLINE FITNESS CLASSES BEGINNING FEBRUARY 1

ONLINE - Glute Stability (Zoom)

Mondays
12:00-1:00pm

ONLINE - Yoga Balance (Zoom)

Fridays
1:00-2:00pm

ONLINE - Line Dance Fitness (Zoom)

Saturdays
5:00-6:00pm

HYBRID CLASSES (IN-PERSON AND ONLINE) MOVING TO NEW DAYS

moving to Wednesdays (12-1)

ONLINE - Silver Sneakers Balance (Zoom) Silver Sneakers Balance

moving to Tuesdays (5-5:45)

ONLINE - Silver Sneakers Strength (Zoom) Silver Sneakers Strength

(See Fitness Calendars with these date changes & NEW classes)



2021 AQUA FITNESS CLASSES (01/01/21)

	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	SS AQUA AGELESS 8-8:45AM	AQUA YOGA 8-8:45AM	SS AQUA AGELESS 8-8:45AM	AQUA YOGA 8-8:45AM	SS AQUA AGELESS 8-8:45AM	OPEN SWIM
8:45 AM						
9:00 AM	S&F AQUA FIT ' N TONE 9-9:45AM	OPEN SWIM	S&F AQUA FIT ' N TONE 9-9:45AM	OPEN SWIM	S&F 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	AQUA FUSION 5-5:45PM	OPEN SWIM	AQUA FUSION 5-5:45PM	OPEN SWIM	
5:45 PM						
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		

2021 IN-PERSON LAND BASED FITNESS CLASSES February

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30 AM						
7:00 AM			SLO FLO YOGA (7-8)			
7:30 AM						
8:00 AM	TAI CHI (8-8:45)					
8:30 AM					TAI CHI (8:30-9:15)	
9:00 AM		BEGINNING YOGA (VINYASA) (9-10)		SLO FLO YOGA (9-10)		
9:30 AM						
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						
11:30 AM						
12:00 PM		SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM						
4:30 PM						
5:00 PM		SILVER SNEAKERS STRENGTH (5-5:45)				
5:30 PM						

2021 VIRTUAL LAND BASED FITNESS CLASSES February: AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30	CARDIO & STRENGTH INTERVALS (6:30-7:15)	POWERLIFTING (6:30-6:55)			CORE & STRETCH (6:30-7:15)	
7:00 AM		DRUMS ALIVE (7-8)	SLO FLO YOGA (7-8)	BOXING AND STRENGTH (7-8)		
7:30						
8:00 AM	BOOTCAMP (8-9)	TAI CHI (8-8:45)	STRENGTH TRAINING (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRONG NATION (8-9)
8:30						TAI CHI (8:30-9:15)
9:00 AM	YOGA STRETCH (9-10)	BEGINNING YOGA (VINYASA) (9-10)	CARDIO DANCE (9:15-10)	SLO FLO YOGA (9-10)		SIMPLE STRETCH (9-9:45)
9:30		GLOBAL LINE DANCING (9:30-10:30)		COUNTRY WESTERN LINE DANCING (9:30-10:30)		
10:00 AM	BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)	
10:30	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	CORE AND MORE (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	CORE AND MORE (10:30-11:30)
11:00 AM					SILVER SNEAKERS (10:30-11:30)	RESTORATIVE YOGA (10:30-11:30)
11:30						
12:00 PM	GLUTE STABILITY (12-1) NEW	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	YOGA 1 (12-1)	SILVER&FIT (12-12:45)	
12:30						
1:00 PM					YOGA BALANCE (1-2) NEW	
1:30 PM						
4:00 PM						
4:30 PM						
5:00 PM		SILVER SNEAKERS STRENGTH (5-5:45)	CARDIO STRENGTH MIX (5-5:45)			LINE DANCE FITNESS (5-6) NEW
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM		STRENGTH AND STRETCH (7-8)		RELAXATION YOGA (7-8)		
7:30 PM						



December Donors

Lois Bakko, Karen Achberger, Steve Albers & Cathy Larson, David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Bernard & Mary Auge, Dennis & Beth Berry, Brent Betterley & Nancy Just, Judy Broske, Warren & Karen Broughton, Gene & Darlene Broughton, Mary Brown, Noel & Karen Bublitz, James & Heather Cannaday, William & Charlotte Carlson, Bernice Christensen, Omaha Community Fnd, Eileen Cooper, Tim & Carol Cowles, Richard & Sara DeCramer, Neil & Marilyn Deden, Dike & Becky Deitchler, Don & Bebe Diehl, Winnie Drentlaw, Phil & Barb Eaves, JoAnn Edwardsen, Chris Ellison, Carol Emery, Beth Endert, Christopher & Joan Ennis, Kristina Felbeck, Darlene Finch, Robert Forsgren, Joyce Francis, Marie Frederickson & John Schnorr, Stephanie Frey, Gerry & Carol Gengenbach, Marie Gery, Mac & Jacquelyn Gimse, James Glover, Bonnie Gretz, Ross & Sandra Griffin, David & Betty Habermas, Dennis & Janet Hahn, Jerry & Liz Hankins, William & Judy Hofer, Bob & Pat Hohertz, Doug & Sue Ims, Muriel Inouye, Richard & Donna Jackson, Georgene Johnson, Jackie Johnson, Sam & Patricia Johnson, Ruth Johnson-Wirth, Patricia Jorstad, Marie Kainer, Joni Kilde, Douglas & Patricia Kriesel, Gary & Arlene Kruse, Pat Lamb, Myron Lanoue, C C Linstroth, Tom & Nancy Loesch, William Roadfeldt & Louise Lurye, Janet Mathews, James & Angie Mayr, Mike & Ann McGovern, Tom & Mary McGovern, Elaine Meyers, John & Sharon Micklo, Gene Moninger, Leslie Moore, Sue Norsted, Alan & Kathleen Norton, Elizabeth Olson, Laurel Pankow, Allen Pankow, Lynne Pederson, Ken & Roberta Persons, Richard Roth, Lee & Kitty Runzheimer, Carolyn Sanford, Bardwell Smith, Kay Smith, Robert & Carol Spear, Kenneth & Sharon Steinhouse, Joan Stoesz, Dorothy Swanson, Craig Swenson, Sandra Titus, Tom Turgeant, Anne Ulmer, Erwin & Judy Ulrich, Linda Wagenbach, Larry & Ginny Walsh, Patricia Warner, Marilyn Will, David & Linda Wolf



December 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!

Bruce Forland, Tom Turgeant



Book Club

The Book Club meets the 2nd Friday of the month at 10:30am – via Zoom. All are welcome.

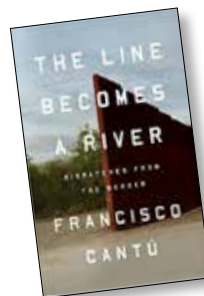
For more information call Katherine Collman, 507-645-1357



February - Moonflower Murders:

Featuring his famous literary detective Atticus Pund and Susan Ryeland, hero of the worldwide bestseller *Maggie Murders*, a brilliantly complex literary thriller with echoes of Agatha Christie.

— by Anthony Horowitz



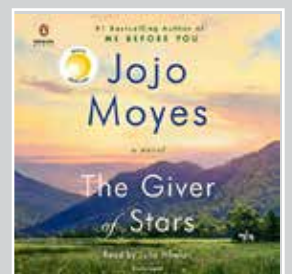
March - The Line Becomes a River: Dispatches from the Border

A beautifully written account of a life between nations cuts through the politics surrounding “the wall” to probe what’s really at stake

— by Francisco Cantu

Coming up in April

The Giver of Stars by
Jojo Moyes



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Clint Muench, MD



Paul Meyer, OPA



Ashley Erichson, PA-C



Deb McGuire Lang, PA-C



Kyle Smisek, PA-C



Should Grace Fail: A virtual talk with Priscilla Paton

Saturday, February 6th from 1:30 – 2:30 pm

Please join us for a virtual program with Northfield resident Priscilla Paton who will talk about her latest book *Should Grace Fail* and share with us her creative inspirations and challenges as a writer.

In this Twin Cities Mystery, Minneapolis police detectives Deb Metzger and Eric Jansson solve the murder of a disgraced police officer with a complex past. They move through the dark worlds of addiction and trafficking while trying not to endanger the lives of the people they encounter during the investigation.

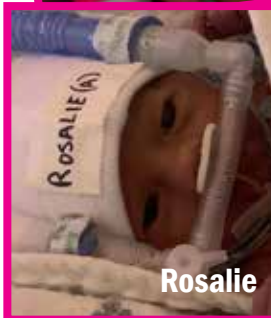


You can register for this event at mynpl.org/events. Click on event link.

For more information about the library program, please contact Jamie Stanley at the Northfield Public Library (1-507-645-1802) or Jamie.stanley@ci.northfield.mn.us.



Emma



Rosalie



Craig & Chantel Swenson welcomed twin girls; Emma and Rosalie on January, 20th. The girls weighed in at 3.2 and 3.1 pounds.

Mom and Dad are thrilled, tired and doing well. Babies are growing, thriving and will be monitored in the hospital until they are ready to come home.

Cards of well-wishes can be dropped off or sent to FiftyNorth.

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
Mary Brown, Darla DeLong, Bonnie DuPay,
Beth Endert, Nancy Glodfelty, Pat Nelson, Jane Persons



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

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



CaféNorth Hours:

Pre-order: 507-664-3700 by 11:30 one day prior
Monday–Friday drive up: 11am–11:30am



Used-A-Bit Shoppe:

624 Water Street, River Mall, 507-645-1399
Tuesday–Saturday: 10am–5pm
Sunday: Closed
Donations by appointment.