



By Lynne Pederson, *Director*



Goodbye 2020. Hello 2021.

Dear Members,

There is a line from the book, *The Help*, I liken you to. "You is Kind. You is Smart. You is Important. And... with my edit "You is AWESOME".



The light bulbs are on at the end of the tunnel. FiftyNorth is reopening on December 28, in compliance with the latest restrictions and guidelines mandated by Governor Walz.

Online classes are ongoing. Check the website for schedule and registration.

Oh, what a year 2020 has been. A tough year for all of us for many reasons, with glimmers of goodness mixed in. I asked you to step-up and help FiftyNorth during a very rough financial year. And you did. You gave as you could. From the donations ranging from \$10 to \$10,000, the total for the 2020 Annual Fund Drive was \$104,850. I have goosebumps just thinking about this, about you, the support you give to FiftyNorth, and your accountability to this organization. THANK YOU.

Our patience, tolerance, and resilience has been tested and stretched to the limits this past year. We adjusted to create new routines. We learned how to stay in touch with people and our families using technology through ZOOM, Skype, and Facetime. For many of us, learning new technology platforms may be our biggest accomplishment in 2020. We made the leap and it feels good to be able to say "see you on

(continued on p 2)

Effective December 28:

- **FiftyNorth facility hours.**
Monday – Thursday: 6am to 7pm.
Friday: 6am to 6pm.
Saturday: 7am to 12pm.
Sunday: closed.
- Masks are required to be worn at all times, including during exercise and classes.
- 12 feet in distancing.
- Fitness Room is open. Equipment is positioned to accommodate distancing.
- Locker room is open.
- Online classes through Zoom continue.
- Hallways are open for walking.
- Coffee and or conversation groups 10 or less people can meet in designated areas.

Effective January 4:

- Some Onsite Fitness classes, led by instructors resume. Limit 10 per class.
- The pool reopens for classes and open swim. 1 person per lap lane and 8 in the open swim area. Swim classes limited to 10
- Masks are to be worn at all time except for when you are in the pool.

INSIDE

Book Club	2
Member News	2
Fitness Land-based	3-4
Fitness Pool	5
Lifelong Learning: SLN	6-8
Lifelong Learning:	
Wellness	9
Donors.....	10

Café North

Curbside 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 (507) 664-3709 to place your order.

HOLIDAY HOURS:

New Year's Eve 6am-1pm
Closed New Year's Day





Director's Message - cont.

Zoom". We broadened our capacities to do things in new ways. Could we have lived without all these challenges, new ways, learnings? Probably. But we would have missed out on ah-ha moments that have come our way. Like - a member hosting Thanksgiving dinner with friends in the driveway while sitting in lawn chairs roasting hotdogs over a portable fire pit; realizing that we really can participate in a Silver Sneakers class online; staying active by taking numerous daily walks; saying hello to people that we didn't know; and just maybe getting to know our neighbors a little better because we needed to see someone, anyone.

We have come a long way in the last year from being scared, and not knowing, to now having a vaccine for the coronavirus. We can welcome 2021 with hope in our hearts and in anticipation for the days when we will not be wearing masks, but rather eating in a restaurant, hugging others, sitting next to one another as close as we want, seeing our grandkids, celebrating birthdays and holidays together, going to the zoo, a museum, the theater, navigating through the doors at FiftyNorth. I have high expectations for 2021. I am counting on our faith being restored to believe that our lives will be busy again, that we will be able to go where we want, when we want, with whom we want.

As we wait: We is Patient. We is Tolerant. We is Resilient. We will get through this together, just a little bit longer.

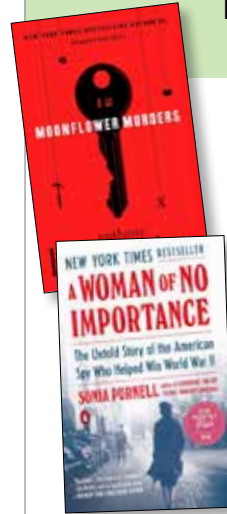
Until next time...onward and upward. ■



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



January - A Woman of No

Importance: The Untold Story of the American Spy Who Helped Win WW II
— by Sonia Purnell

February - Moonflower Murders:

Featuring his famous literary detective Atticus Pund and Susan Ryeland, hero of the worldwide bestseller Magpie Murders, a brilliantly complex literary thriller with echoes of Agatha Christie.
— by Anthony Horowitz

MEMBERSHIP REMINDER: To all members with memberships connected to Health insurance. Your membership needs to be renewed each year before January 1.

If you haven't already done so...

- Please call Elaine at 507-664-3703 ASAP
- Tell her: insurance has stayed the same OR
- Insurance has changed and the provider
- Level of membership that you want
- Payment method, if required.

THE NEIGHBOR LADY

Let me do that for you.



Non-medical Senior Home Care

Light Housekeeping
Errands • Companionship
Technology Support

Stacey Greer

TheNeighborLady.com • 612-839-2286
Serving Northfield and surrounding communities



Fitness

Two ways to stay moving, motivated and engaged in January with Zoom!

Meet with a personal trainer 1-to-1 to meet your fitness goals.



ONLINE - PERSONAL FITNESS TRAINING (Zoom)

Meet with a Personal Trainer one on one to enhance your at home workout routines and help you reach your goals. Our certified personal trainers are nationally recognized trainers who are able to adapt any workout routine to suite your needs and goals. Don't let your goals pass you by, set up a time with a trainer via zoom to get back on track.

For more information or to set up an appointment with a trainer contact

Craig Swenson 507-664-3702

Personal Trainers:

Craig Swenson, Heather Sand, Ingrid Freeman

Cost: 1 Hour Session \$ 45 nonmbr, \$ 40 member

Cost: ½ Hour Session \$30 nonmbr, \$25 member

Meet with a personal trainer in a group of 5 or less to discuss staying healthy during isolation.

Covid 19, isolation and the holidays can have us all stressed out and worried about our own health and wellness. Questioning what should I be doing to keep myself moving, keep my mind fresh, eating to keep myself healthy. Meet with a certified Trainer or Instructor of FiftyNorth via Zoom in a 1 hour group session geared toward ways to better your health and wellness while being at home. Individuals will be able to share their own experiences and hear from certified trainers on how to keep yourself moving, motivated and engaged.

ONLINE - MEET THE TRAINER (Zoom)

Capacity: 5

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

REGISTRATION: Must register 2 days prior to each session

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

HEATHER RATAJ

Tuesday, January 5 (1:00-2:00pm)

Tuesday, January 12 (1:00-2:00pm)

Tuesday, January 19 (1:00-2:00pm)

Tuesday, January 26 (1:00-2:00pm)

Registration deadline: 2 days prior to session

HEATHER SAND

Friday, January 8 (9:30-10:30am)

Friday, January 15 (9:30-10:30am)

Friday, January 22 (9:30-10:30am)

Friday, January 29 (9:30-10:30am)

Registration deadline: 2 days prior to session

MARCY KRAMER

Wednesday, January 6 (8:00-9:00am)

Wednesday, January 13 (8:00-9:00am)

Wednesday, January 20 (8:00-9:00am)

Wednesday, January 27 (8:00-9:00am)

Registration deadline: 2 days prior to session

MARIE FREDERICKSON

Wednesday, January 6 (1:30-2:30pm)

Wednesday, January 13 (1:30-2:30pm)

Wednesday, January 20 (1:30-2:30pm)

Wednesday, January 27 (1:30-2:30pm)

Registration deadline: 2 days prior to session



Fitness (cont.)

2021 IN-PERSON LAND BASED FITNESS CLASSES January						
	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 SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	SILVER SNEAKERS STRENGTH (5-5:45)					
5:30 PM						
6:00 PM						

2021 VIRTUAL LAND BASED FITNESS CLASSES AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30 AM	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 AM						
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRONG NATION (8-9)	STRENGTH (8-8:45)
8:30 AM						
9:00 AM		BEGINNING YOGA (VINYASA) (9-10)				
9:30 AM	YOGA STRETCH (9-10)		CARDIO DANCE (9:15-10)	SLO FLO YOGA (9-10)		SIMPLE STRETCH (9-9:45)
10:00 AM	BOOTCAMP WITH CARLA (10-10:45)		GLOBAL LINE DANCING (9:30-10:30)		COUNTRY WESTERN LINE DANCING (9:30-10:30)	BOOTCAMP WITH CARLA (10-10:45)
10:30 AM		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)				SILVER SNEAKERS (10:30-11:30)	RESTORATIVE YOGA (10:30-11:30)
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	YOGA 1 (12-1)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM						
1:30 PM						
4:00 PM						
4:30 PM						
5:00 PM	SILVER SNEAKERS STRENGTH (5-5:45)		CARDIO STRENGTH MIX (5-5:45)			
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM		STRENGTH & STRETCH (7-8)		RELAXATION YOGA (7-8)		
7:30 PM						



2021 WINTER 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	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	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		

**Pool
opens
Jan. 4**

NEW: Some equipment has been moved out of the fitness room into other areas of the center to accommodate more members every hour.



**Fitness
Center
opened
Dec. 28**

■ **Check-in on the hour for a 45 minute session.**

COFFEE AREA:

Limited to 2 Participants
(Area has 2 Nu Steps)

FITNESS WEIGHT ROOM:

Limited to 4 Participants
(Room has 4 treadmills, free weights, and weight machines available)

FITNESS STUDIO:

Limited to 4 Participants
(Room has the rower, 2 stand-up ellipticals, 1 seated elliptical and free weights available)

ROOM 104 AND 106:

Limited to 4 Participants
(Room has 2 recumbent bikes, 1 total body cycle, 1 upright bike and free weights available)



Lifelong Learning: Senior Learning Network

Please pre-register for all classes:

Online: www.FiftyNorth.org/classes

Now offering classes in partnership with the Senior Learning Network. All programs are virtual using Zoom.

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



**ONLINE - REDWOOD HEROES:
THE WOMEN WHO DEFENDED THE
GIANTS** (Zoom)

Tuesday, January 5 • 1:00-2:00pm

Redwood forests are one of the most ancient ecosystems on planet Earth. In this program, we will explore these ancient giants, the science concepts of ecosystems, and the history of the preservation of these giants, particularly the women who defend the redwoods from commercial logging. Take an adventure to the towering redwoods to gain a perspective into the past and future!

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: January 3

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



**ONLINE - LIVE FROM THE LAGOON-
MORE FUN WITH THE DOLPHINS!
(ZOOM)**

Tuesday, January 12 • 1:00-2:00pm

We're going back to visit the dolphins with our friends at Dolphin Research Center! Join us lagoon-side for an exciting and interactive session all about dolphins! One of our trainers will be chatting with you while conducting a training session with a member of our dolphin family. You will be inspired by these magnificent marine mammals during this presentation. Participants will be able to chat questions to the trainer during and after the session with the dolphin.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: January 10

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



**ONLINE - GERDA III & "NUMBER THE
STARS" (Zoom)**

Thursday, January 14 • 1:00-2:00pm

This program uses the resources of several institutions to tell the story of the boat Gerda III, a Danish lighthouse tender that played a critical role in carrying Jews to safety in Sweden during October of 1943. The program explores the similarities found in the popular young adult novel, Number the Stars by Louis Lowry and the story of the Gerda III. We will experience survivor accounts, oral histories, and behind the scenes footage on the vessel. This program is a partnership between The Museum of Jewish Heritage: A Living Memorial to the Holocaust, the Holocaust Center of Pittsburgh, and Mystic Seaport Museum.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: January 10

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



Lifelong Learning: Senior Learning Network



ONLINE - JEFFERSON'S MONTICELLO (ZOOM)

Tuesday, January 19 •
1:00-2:00pm

We're taking a virtual field trip to Thomas Jefferson's Monticello!

Monticello was the home of Thomas Jefferson, the author of the Declaration of Independence and 3rd president of the United States of America. His home in Charlottesville, Virginia, is an architectural icon, with its neoclassical design drafted by Jefferson himself.

During this tour, our Monticello educator will use images and Google Street View as well as Q & A time to engage your participants and get a glimpse of life on the "little mountain."

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: January 17

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



ONLINE - THE ART AND ARCHITECTURE OF HEARST CASTLE (ZOOM)

Thursday, January 21 • 1:00-2:00pm

Located in central California, along the Pacific Coast stands Hearst Castle. This architectural wonder, was the home of the famous American newspaper magnate William Randolph Hearst from 1919 to 1947. At one time, christened La Cuesta Encantada or The Enchanted Hill by its famous resident, today it is both a California Historical Landmark and a National Historical Landmark. Hearst, a prolific collector of art and antiques, designed the construction of Hearst Castle to provide space necessary to display his vast collection of artifacts.

Come explore the variety of historical architectural structures, all based on what Hearst himself had seen during his travels around Europe.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: January 17

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



ONLINE - NATIONAL PORTRAIT GALLERY "EVERY EYE IS UPON ME": FIRST LADIES OF THE UNITED STATES (ZOOM)

Tuesday, January 26 • 1:00-2:00pm

From the National Portrait Gallery in Washington, DC, we will take you on a virtual tour of the National Portrait Gallery's First Ladies exhibition entitled "Every Eye is Upon Me: First Ladies of the United States." The time period covered will be from First Lady Martha Washington to First Lady Melania Trump. Learn about First Ladies who came to the White House through marriage or as family friends or relatives who filled this important role. Through portraiture, you'll will learn about their personalities, experiences, and accomplishments.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: January 24

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



**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.

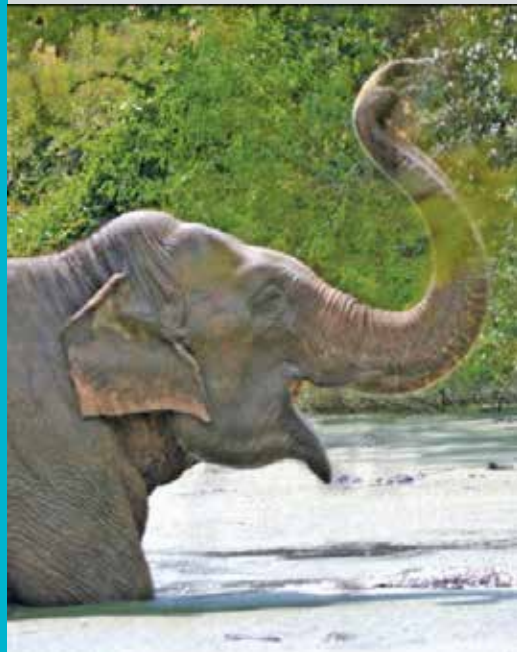
Presenter: Senior Learning Network

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

"The Elephant Sanctuary in Tennessee exists to provide captive elephants with individualized care, the companionship of a herd, and the opportunity to live out their lives in a safe haven dedicated to their well-being, and to raise public awareness of the complex needs of elephants in captivity, and the crisis facing elephants in the wild. Located on 2,700 acres in Hohenwald, TN, The Elephant Sanctuary is the largest natural habitat refuge in the country dedicated solely to the care of African and Asian elephants retired from zoos and circuses across North America. As a true sanctuary, the elephant habitats are closed to the public and all the elephants are retired from their lives of performance and exhibition. Through their distance learning program, The Sanctuary reaches thousands of students and adults each year to share the mission of The Sanctuary and the stories of their resident elephants. 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.

ARE YOU NEW TO "ZOOM"?

Here is a great tutorial for preparing for your first Zoom session:

ZOOM TUTORIAL: <https://youtu.be/9isp3qPeQ0E>

(Lifelong Learning cont. p 9)



Lifelong Learning: Wellness



ONLINE - WINTER WELLNESS (ZOOM)

Wednesday, January 20
1:00-3:00pm

Winter got you down? Covid making you feel anxious and isolated? Learn causes of common winter worries and woes and learn how to do your best to avoid and combat them. Topics include: fitness and wellness, risk of immobility, fall prevention, and how to feel and stay connected. Taught by a local physical therapist and fitness instructor from FiftyNorth.

Instructor: Marcy Kramer

Capacity: 35

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

Registration deadline: January 18

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



ONLINE - BALANCE, DIZZINESS AND VERTIGO (ZOOM)

Wednesday, January 27
1:00-3:00pm

Dizziness is one of the worst feelings. Even worse, is not knowing what causes it or how to feel better. Learn about balance, dizziness and vertigo, including fall prevention, symptoms and treatment and how to start to determine the cause of your dizziness. Taught by a local physical therapist, learn how to advocate for yourself and start on the road to feeling better.

Instructor: Marcy Kramer

Capacity: 35

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

Registration deadline: January 25

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

Northfield Reads Book Discussion

*An Indigenous People's
History of the United
States* by Dunbar-Ortiz

Thursday
January 21
7-8:30 p.m.
Online via Zoom



Northfield Reads: An Indigenous People's History of the United States by Roxanne Dunbar-Ortiz

Thursday, January 21 from 7-8:30 p.m. Virtual program via Zoom

Join fellow Northfielders in a community book discussion! Read *An Indigenous People's History of the United States* by Roxanne Dunbar-Ortiz, or the young people's edition of the book, and then join the conversation on Zoom. Register for the program at mynpl.org/events to receive the Zoom link.

For more information, contact Northfield Public Library (507-645-6606, mynpl.org) or visit northfieldreads.com.



November 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!

Caroline Coleman, Calvin & Sonya Thielbar,
Joleen VanSickle



Our sincere gratitude to all who have donated.

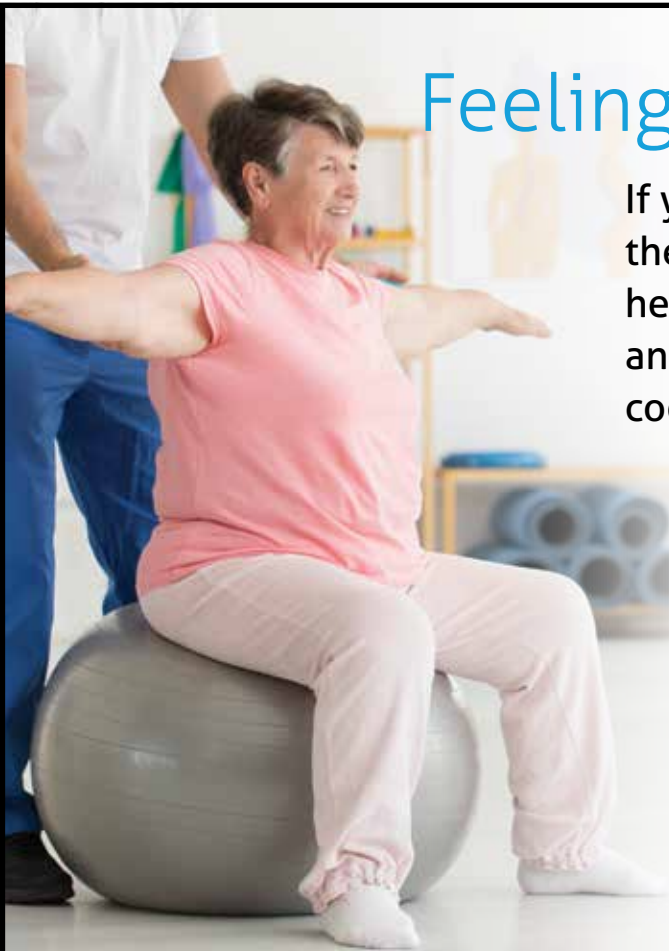
We couldn't even come close
to doing what we do
without your support
— *thank you!*



November Donors

Lois Bakko, Karen Achberger, Dave & Mitzi Ackerman, Richard Allen, Janie Anderson, David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Bernard & Mary Auge, Mavis Bell, Duane & Marie Benson, Dennis & Beth Berry, Diane Boyum, Judy Broske, Warren & Karen Broughton, Gene & Darlene Broughton, Judeen Brown, Susan Dunhaupt & Dick Brown, Mary Brown, James & Heather Cannaday, Bernice Christensen, Steve & Patty Ciernia, Eileen Cooper, Neil & Marilyn Deden, Winnie Drentlaw, JoAnn Edwardsen, Carol Egly, Chris Ellison, Carol Emery, Beth Endert, Kristina Felbeck, James Finholt, Robert Forsgren, Joyce Francis, Marie Gery, Jim & Gretchen Gillis, Mac & Jacquelyn Gimse, James Glover, William & Marjorie Gruszewski, Kathy Bjerke & James Haas, David & Betty Habermas, Maxine Halverson, Dorothy Hammer, Jerry & Liz Hankins, Charles & Anita Hellie, Carl Henry, Kay Hinzman, John & Kathleen Holden, Richard & Donna Jackson, Steve & Joan Janusz, Georgene Johnson, Jackie Johnson, Ruth Johnson-Wirth, Patricia Jorstad, Gordon & Marilyn Kelley, Joni Kilde, Dennis & Arlene Kjar, Dick & JoAnn Kleber, Ken & Lee Klimisch, Vernon & Joan Koester, Gary & Arlene Kruse, Myron Lanoue, Dean Larson, Bev Legler, C C Linstroth, Tom & Nancy Loesch, Edward & Ann Lufkin, William Roadfeldt & Louise Lurye, Janet Mathews, James & Angie Mayr, Ruth McCarty, Mike & Ann McGovern, Natalie Melhouse, Elaine Meyers, John & Sharon Micklo, Todd & Sue Middleton, Barbara Miller, Gene Moninger, Norma Monroe, Robert Moore, Alyce Nelson, Telford & Betty Norvold, Elizabeth Olson, Rita Olson, Raymond & Mary Ozmun, Robert Peasley, Lynne Pederson, Ken & Roberta Persons, Patricia Rezac, Anne Schulz, Karla Shanahan, John Simek, Nancy Schumacher & Jim Sipe, Joyce Skaar, Bardwell Smith, Effie Stein, Kenneth & Sharon Steinhouse, Craig Swenson, Richard Todd, Anne Ulmer, Linda Wagenbach, Patricia Warner, United Way Worldwide, Mark Zach





Feeling a Little **Off Balance?**

If you're feeling dizzy or a loss of balance, the experts at Rehabilitation Services can help. We offer fall prevention, strength and balance programs to help you improve coordination and reaction time.

- Dizziness/vestibular rehabilitation
- Balance evaluation and retraining
- Home safety and fall prevention
- Fall risk assessment
- Injury rehabilitation

 **Northfield
Hospital + Clinics**

(507) 646-8800

You Deserve our **Very Best.**

We have a limited number of one- and two-bedroom floorplans available and welcome the opportunity to walk you through our variety of options safely in person at Benedictine. Act fast to take advantage of our affordable, right-sized apartments, rewarding lifestyle, and access to a continuum of care that makes our community such a smart plan for retirement.

Benedictine is also home to the finest in assisted living and memory care, conveniently located across from Northfield Hospital. We have a handful of pristine new floorplans should you seek a higher level of care for you or a loved one.

**We're filling up fast,
so contact us today!**

(507) 216-4875

www.blcnorthfield.org



Benedictine

LIVING COMMUNITY | **NORTHFIELD**

EEO/AA/Vet Friendly



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: (Opens Jan. 4)

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



CaféNorth Hours:

Pre-order: 507-664-3709 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.