



By Lynne Pederson, *Director*



We Begin Again!



FiftyNorth classes started outdoors, June 15th.

Two fitness classes a day, with 10 to 15 participants have been taking place either in the parking lot or the courtyard. Soon, Art Club will be held on the back patio under tents. Book Clubs have met on the patio. The gardening volunteers have transformed the area into a blooming mass of color. It is happening...FiftyNorth is active again. People are here...it truly makes my heart sing and gives me hope to see people working out to the music, smiling, sweating, digging in the dirt, talking, and enjoying themselves outside at FiftyNorth. Life doesn't get much better than this...oh, but wait. FiftyNorth is opening its doors, June 29th. *See below and welcome back!*



FIFTYNORTH FACILITIES REOPENS JUNE 29TH

A Message for Members That Are Ready to Use the Center:

Governor Walz has lifted state mandated restrictions so that FiftyNorth can reopen. Before kicking up your heels in excitement – you need to read this newsletter in its entirety. There will be guidelines, temperature checks, questions, and a waiver to sign before entering the building. The details for the opening have been determined following state mandated guidelines, and how these can be put into place at FiftyNorth. The guidelines are expected to be followed by all users without exceptions.

We are not opening to the schedule that you may have enjoyed in March. We will offer familiar classes, outdoor and inside, open use of fitness and pool on a modified schedule, limited to the mandated number of people that can be in classes and the facilities at one time.

In order for the opening to be successful and for you to have a good experience, you need to know, understand, and have patience with the details. **PLEASE READ THE NEWSLETTER.**

The schedule will continue to be expanded – more classes, more activities, groups held at the Center etc, as we see how many people are participating, hear what members are looking forward to, and what is allowable according to State guidelines. Happy reading...and welcome back!

A Message for Members that are Not Ready to Come Back: →

(continued p. 2)

INSIDE



- Member news..... 2
- REOPENING INFORMATION:
- General..... 3
- Fitness..... 3-5
- Lifelong Learning..... 5
- Art Classes..... 5
- Group Activities..... 5
- CaféNorth Takeout 5
- Fitness Class Schedule.. 6
- Art Classes..... 7-8
- Lifelong Learning..... 8-9
- Donors..... 10
- Sign up for Eblasts..... 10
- VOTE: Absentee Ballot ..10
- Used-A-Bit..... 12
- Popcorn Wagon 12





Message from Director

(continued from p1)

A Message for Members that are Not Ready to Come Back:

COVID 19 is still a pandemic. We understand if you are one of the many members that are not yet ready to come back to FiftyNorth. IT IS OKAY if you are feeling this way. Your safety and concern for the effects of the virus is upper most in our minds and has been considered throughout our planning. You are invited to come back whenever you are ready and feel that it is right for you. Please continue to take advantage of the online classes and videos. And if you are out walking and happen to come by the Center stop and sign-in for walking and we will count your participation.

We are all in this together ... we will move FiftyNorth into full use ... we will be here to welcome you ... we will be excited to see you.

Onward and upward. ■



Member News

A MESSAGE TO SILVER SNEAKER PARTICIPANTS

As of July 1, member participation under the Silver Sneaker insurance program, will only be reimbursed to FiftyNorth when the activity takes place onsite at FiftyNorth. This means that after July 1, classes taken online will not count towards your activity record or payment to FiftyNorth. If you take a class or participate in an activity at FiftyNorth, Silver Sneakers will pay FiftyNorth for your participation. This includes checking in for walking, in the courtyard or on our own. If you have questions regarding this, please call Elaine Meyers at (507) 664-3703.

A MESSAGE TO SILVER AND FIT PARTICIPANTS

Silver & Fit insurance program has not reimbursed FiftyNorth since March for member participation, due to the policy of only reimbursing for activities done at FiftyNorth. After June 29, your participation in onsite activities at FiftyNorth will be reimbursed. You must check-in to assure your activity is counted.

MONTHLY MEMBERSHIPS NOTICE

For the months of April, May, and June FiftyNorth did not pull monthly membership payments from your bank/credit card accounts.

Beginning in July, all monthly membership withdrawals will resume and be taken out of member bank/credit card accounts as before the shutdown.

If you have questions regarding this, please contact Elaine Meyers at 507-664-3703 or email elaine.meyers@fiftynorth.org



CAFÉ NORTH:

TAKEOUT LUNCH STARTING JULY 6TH!

CaféNorth will offer curbside pickup of lunch Monday-Friday beginning July 6. You must call (507) 664-3708 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.

ROAD CONSTRUCTION on JEFFERSON PARKWAY!

Everyone must access FiftyNorth by coming in on Jefferson Parkway from the west. The MAIN entrance is the only available entrance to the building. You may not park on the north end of the NCRC building near the CAC. The connecting hallway is closed to through foot traffic.

The detours are anticipated to stay in place throughout the summer and into October.



FIFTYNORTH RE-OPENING PLAN

Phase **2** Welcome back!

GENERAL INFORMATION

OPEN: JUNE 29TH

- ◆ Center facilities will be open for use on a modified scale.
- ◆ The number of participants will be limited according to state guidelines.
- ◆ Guidelines – taking temperatures, and asking questions will be verified for every user before proceeding into the center.
- ◆ Masks are required to be worn at all times in the facility except during physical activity.

HOURS: Monday through Friday: 6:00am to 6:00pm

Saturday: 7:00am to 12:00

Sunday: Closed

LOBBY

- ◆ Coffee bar and popcorn is not in use.
- ◆ No congregating at this time.
- ◆ Signage on floor for self-distancing; minimum 6 feet.
- ◆ Everyone must check in at the front desk.
- ◆ After check-in user will go to specific program area.

FITNESS

- ◆ **Locker Rooms are open for walk-thru only. No locker use. One bathroom will be designated for use.**

FITNESS ROOM

- Users must sign in at the front desk after being screened at the front door
- Limited to 25% of normal use
- Limit 5 users per 45 minute sessions.
- We ask that users clean equipment before and after use.
Disinfecting wipes and cleaners will be provided in the fitness room.
- Equipment is set-up for distancing.
- Doors are propped open to limit touch points.
- Receptionists will use a colored card system to track how many people are permitted in for each session.
- Pre-registration is not allowed. Usage is based on first come/first serve. Waiting areas will be set-up should you choose to stay and wait for the next open time slot.



(continued on p. 4)

FITNESS - continued

FITNESS CLASSES - ONSITE

- Classes held outdoor in courtyard – capacity of 25 participants per class.
- Drop-in – no pre-registration.
- Inclement weather – class moves indoors to room 103/105 where social distancing practices will be implemented.
- Select amount of equipment will be provided for the class. Participants are expected to clean equipment before and after use.
- Schedule will include 1 indoor class per day (Silver Sneakers, or Gentle Chair Yoga.) using room 103/105. Schedule will be set so that classes do not run simultaneously with other classes. Capacity 25 participants per class.
- More group exercise classes will be added to the schedule as time progresses.
- Walking – using the circle in the courtyard. Check in at the front desk. 15 times around the courtyard equals 1 mile. We ask participants to please self-distance as they use the walking track in the courtyard.

FITNESS CLASSES - ONLINE

- A limited number of classes will continue to be offered.
- Pre-Registration is required **3 days** in advance for ZOOM classes

FITNESS STUDIO

- The Fitness Studio will NOT be used for group exercise classes.
- The Fitness Studio will be set-up with 2 tables for singles ping pong only. Registration with Table Tennis Committee using Google Docs.

NOTE: There will no longer be the ability to check-in for your daily exercise on the website; and please do not email your activity report to Craig or Elaine. FiftyNorth will not get reimbursed for any activity that is done off-site so those will not be tracked.

POOL

- ◆ Limited to 50% capacity
- ◆ Drop-in for open use. Check-in with receptionist.
- ◆ Receptionists will use a colored card system to track how many people are permitted in for each session.
- ◆ 1 lap lane for lap swimmers per 45 minute sessions.
- ◆ Second lane will remain roped and blocked for use as a buffer to open swim.
- ◆ Open swim limit: 8 users per 45 minute sessions.
- ◆ X's and chairs will be placed on the deck to determine user space and location for user to place belongings.
- ◆ **Locker room:** Users are expected to come dressed ready to go into the pool and to exit the pool **without** using the locker rooms to change. Bags should not be left in the locker rooms but taken into the pool area during session time and left on designated chairs provided in the pool area.
- ◆ One bathroom in the locker rooms will be open for use.
- ◆ Sauna and hot tub will not be open for use at this time.

(POOL continued on p. 5)

POOL - continued

AQUA CLASSES

- ◆ Aqua classes will be added to the schedule in August.
- ◆ Limited to 10 users.
- ◆ Normal class schedule will be worked back into schedule as time progresses.

Check out the full schedule of all classes online at fiftynorth.org

LIFELONG LEARNING

Onsite Classes

- ◆ Room 104/106 will be set-up for all classes – art and lifelong learning
- ◆ Users are asked to clean before and after.

Online Classes

- ◆ Will continue.

THE ARTS

Onsite classes

- Classes will be scheduled outside on the FiftyNorth Patio or in Room 104/106.

Online Classes

- Will continue.

GROUPS

- Groups will be added as mandate allows.
- Pedalers are meeting Wednesday mornings for in town social distanced bike rides. Bikers meet in the West Parking Lot of FiftyNorth

CAFÉNORTH

- ◆ Takeout Lunch starting July 6th
- ◆ CaféNorth will offer curbside pickup of lunch Monday-Friday beginning July 6. You must call (507) 664-3708 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.
- ◆ Inside dining to be determined at a later date.



FITNESS: Land Based & Online Classes Starting June 29th

Starting June 29th you will NOT need to pre-register for any outdoor or indoor fitness classes.

Outdoor fitness classes that required pre-registration scheduled for June 29 – July 31 have been deleted from our system. Because these classes will no longer require pre-registration, they had to be set up differently. If you already registered for any of these classes your spot in class IS NOT reserved.

2020 SUMMER LAND BASED FITNESS CLASSES begin 6/29/2020									
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
6:00 AM		OUTDOOR KICKBOXING (6-6:30)		OUTDOOR CIRCUIT (6-6:30)					
6:30					OUTDOOR STRENGTH (6:30-7)				
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)				
8:30									
9:00 AM	OUTDOOR CARDIO DANCE (9-10)	OUTDOOR BEGINNING YOGA (VINYASA) (9-10)	OUTDOOR CARDIO DANCE (9-10)	OUTDOOR SLO FLO YOGA (9-10)		OUTDOOR YOGA FIT (9-9:30)			
9:30					OUTDOOR STEP CLASS (9:30-10:30)				
10:00 AM						OUTDOOR STRENGTH (10-10:30)			
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)					
11:00 AM									
11:30									
12:00 PM									
12:30									
1:00 PM									
1:30 PM									
2:00 PM	TABLE TENNIS (SINGLES) (1-4)	OUTDOOR WALKING (12-5)	TABLE TENNIS (SINGLES) (1-4)	OUTDOOR WALKING (12-5)	TABLE TENNIS (SINGLES) (1-4)	OUTDOOR WALKING (12-5)	TABLE TENNIS (SINGLES) (1-4)	OUTDOOR WALKING (12-5)	
2:30 PM									
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM									
5:00 PM									

2020 SUMMER ONLINE FITNESS CLASSES (beginning June 29)						
	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					CHAIR EXERCISE (ZOOM) (9-10)	
9:30		COUNTRY LINE DANCING (ZOOM) (9:30-10:30)		COUNTRY LINE DANCING (ZOOM) (9:30-10:30)		
10:00 AM						
10:30						
11:00 AM						



ART CLASSES

Online and Onsite at FiftyNorth

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes



ONLINE - WATERCOLOR AND INK

Thursdays, July 9, 16, 23, 30
1:00-2:00pm

This class will be offered through ZOOM.

Be ready to have fun exploring the playful technique of wet-on-wet watercolor. These are basically abstract paintings that are the result of allowing the water and watercolors play together. As artist and director, your job is to watch what happens while you merely touch the paper with a paint filled brush

Instructor: Kate Douglas

Capacity: 6

Cost: \$40 nonmbr, \$35 mbr, \$10 platinum
(includes materials)

Registration Deadline: July 6

Notes:

"Welcome to the wonderful world of virtual visual art and thank you for being willing to share this new adventure with me." -Kate

Materials will be delivered directly to your home.
Kate will send you the Zoom link prior to each session

Session 1: This will be a demonstration of wet-on-wet painting. I will show you a number of techniques that are both interesting and skill building tips.

Session 2: Students will be prepared to show their watercolor work plus ask questions and comment on other works.

Session 3: This will be another demo about adding fine ink lines to the dried watercolor painting. Students can also create another ink drawing if they wish. Questions are welcome!

Session 4: At the final session, students will all participate in showing their work and asking for feedback. We will do this in a critique format.



DOODLE CARDS

Tuesday, July 21
10:30-12:00pm

This class will be held on the FiftyNorth Patio.

Do you like to doodle? Here is your chance to learn how to doodle flowers and make homemade greeting cards to send to friends and family to brighten their day.

In this class you will receive materials to make 8 cards. It will also include a fine tip sharpie.

Instructor: Gerie Thelen

Capacity: 6

Cost: \$35 nonmbr, \$30 mbr, \$20 platinum

Location: FiftyNorth Patio



ART CLASSES *(continued)*

Online and Onsite at FiftyNorth



OBSERVATIONAL GARDEN DRAWING

Tuesday, Wednesday, Thursday, August 4, 5, 6
12:00-2:00pm

Location: Patio and 104/106

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: \$55/\$45/\$0

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)



LIFELONG LEARNING

Online and Onsite at FiftyNorth



WALKING MEDITATION - OUTSIDE

Tuesday, July 14
10:30-11:30am

Walking Meditation involves "intentionally" attending to the experience of walking itself. We focus on the sensations in your feet or in your legs and body using our breath to anchor our awareness in the present moment. We cultivate an internal observation of sensations associated with walking, nothing more. "Just walking and knowing that you are walking". This practice will help you build concentration and focus on each moment as it unfolds. Practicing walking meditation can be expanded to your environment, trees, the sky, and sounds.

Instructor: Daniel Martin

Capacity: 6

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



MAKING THE AMERICAN HOME

Tuesday, July 14
1:00-2:00pm

Location: Room 104/106

Explore how domestic interiors reflect changes in American society from the late 17th century through the early 20th century using the DAR Museum period rooms.

Presenter: Stacey Mae McGowen Olson

Capacity: 12

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



LIFELONG LEARNING (Continued)

APOLLO: WHY WE WENT TO THE MOON

Wednesday, July 29

1:00-2:00pm

Location: Room 104/106

July of 1969 will be remembered for centuries to come as the first time that mankind ventured beyond the earth's boundaries and explored a new world. There were many forces, political, social and fiscal, at work that led us to the moon. Join us for a non-technical discussion about mankind's greatest technological achievement.

Presenter: David Jones

Capacity: 12

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

Notes:

David Jones is a resident of Minneapolis and a native of St. Peter, MN. He graduated from Gustavus Adolphus College and spent 24 years in the financial services industry and three years in the nonprofit sector.

He has been making presentations since 1996 and has spoken to a total of more than 40,000 people.



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Sign up for Email Updates!

FiftyNorth sends a biweekly eblast which features updates for that period. You will receive the latest information on reopening phases, current class offerings, cancellations and special featured articles. If you are not currently receiving these emails, please sign up by sending an email to: patty.ciernia@fiftynorth.org
You can unsubscribe at any time.



Get an Absentee Ballot Your Vote Counts!

During COVID-19, a safe option for voting is to apply for an absentee ballot.

To complete the application online you must:

- Be eligible to register and vote in Minnesota
- Provide an email address
- Provide your identification number: MN-issued driver's license, Minnesota ID card or last 4 digits of Social Security Number

If you do not have an email address and one of the identification numbers above, you cannot apply for your absentee ballot online. You may apply with a paper form by going to the website listed below: selecting your preferred language, and printing out the paper absentee ballot application.

Get an Absentee Ballot

Any eligible voter can
vote early with an
absentee ballot!



In Minnesota, you can vote early with an absentee ballot starting 46 days before Election Day. You can request an absentee ballot online. Read about other options and more information about absentee voting at the link below.

NOTE: The City of Northfield will have a special insert in the July utility bills regarding Absentee Ballot information.

<https://mnvotes.sos.state.mn.us/ABRegistration/ABRegistrationStep1.aspx>

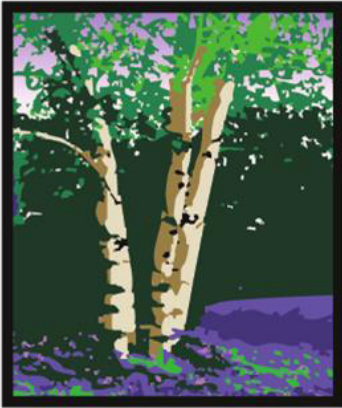
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Used-A-Bit Shoppe: Open!

The Used-A-Bit Shoppe has reopened. Shoppe manager; Dolores Kornkven is now accepting donations by appointment. Call prior to coming: (507) 645-1399. Many exciting new displays await the shoppers! There is truly something for everyone.

HOURS: Monday - Saturday 10:00 to 5:00

Masks & Social Distancing Required



Popcorn Wagon: Open!

The iconic Popcorn Wagon is now open! Volunteers are pictured visiting with fellow popcorn lovers. This photo on Bridge Square was taken on Saturday, June 20. Head to Bridge Square for some fresh air and fresh popcorn!

Open Friday & Saturday

10:30 to 1:30

