



By Lynne Pederson, Director



There Will Be A Test



I moved through another age related “rite of passage”. I went to my first Medicare Wellness check-up. I felt old. An unusual feeling for me. I don’t see my medical provider very often and not on a

regular basis. The only chronic ailment that I have is earwax! Well...there is the vertigo. At my last ear cleaning, I got talked into a Medicare Wellness check-up by a very savvy, young enthusiastic medical assistant that made it sound like it was “the thing” to do. At the check-up I was asked all of the health questions, had to draw a clock – which I flunked because I can never remember if the big hand points to the hour or if it is the little hand. I drew it wrong – but I knew it was wrong after I drew it, so I must have gotten some points for knowing it was wrong. And I was given the three words to be asked later on in the exam. I knew about these words from others that have had the check-up. I think I was even told the words previously. Those three words made me nervous, they can be game changers. What if I can’t remember them? What is that going to say about me? Is it the beginning of my expected

to have in the future dementia? Once I was given the three words it was all I could do to concentrate on anything else the assistant asked of me because I was trying so hard to remember the three words. What power these three insignificant words can have on our psychic. They are now emblazoned in my brain. I think that there should be bumper stickers made up with the three words. I know that when and if I ever need to repeat them again I will be up to the task... the reality

is that by the next Wellness check-up that the cute, young, enthusiastic savvy medical assistant talks me into, the words will have changed, and I will need to remember a new set. Ah, the agony of aging.

In the February newsletter I mentioned that I have a few parts – teeth and ears - in need of repair and restoration. I can report that both have been restored and/or replaced.

The jury is still out as to when I will actually be used to wearing either - a partial and hearing aide. At least two out of five mornings of the week, I drive out of the driveway, get down the road as far as the neighbors and turn around as I remember that I



(Director’s message continued on p 2)

INSIDE

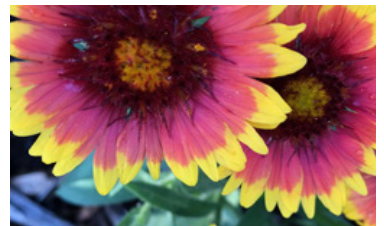
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3rd Thursday Bridge Square Event!



Support FiftyNorth!

The Northfield Downtown Development Corporation is hosting FiftyNorth on their 3rd Thursday celebration; **July 15**. Join us on Bridge Square from 5-7pm for Line Dancing, music by the FiftyNorth Community Band, and popcorn for purchase from the Popcorn wagon. The Red Chairs will be available for seating by Age-Friendly Northfield.

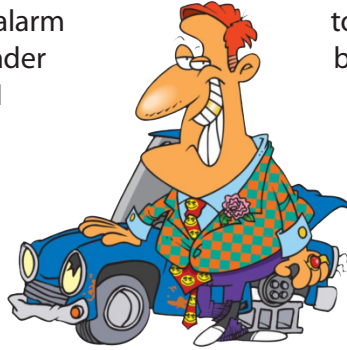




Director's Message - cont.

forgot to put my "teeth and ears" in. I drive back, walk back into the porch where Charlie is watching the Today Show and he asks me smiling, "which is it this morning, teeth or ears"? Maybe an alarm set on my watch will help? I am a cheerleader for wearing hearing aide. The things that I hear now, that I did not know I could not hear are remarkable. I walked into the office when the copier was running and asked the staff if it was always that loud? They said yes, and I said that we needed to do something about it as it was really obnoxious. There are all kinds of sounds I could describe that I am hearing with a few that will remain unmentioned. As to the upper partial, it is in a cup on my desk as I write this. I don't eat well when it is in, so I take it out. Often it is in the cup, on my desk, the next day when I walk into the office. I am not very good at this, am I?

One more update. We bought a new car in the last month. Yes, we traded the van that we made all



of the road trip memories in with the grandkids. Charlie and I both remarked on this. Buying a car is not the top on my list of fun things to do. I find the process grueling, long, boring, and not customer friendly. The fact that a car can be purchased online and delivered to your house, the in-person experience should not take 4.5 hours in a mundane car dealership. Long story short, we bought another van as we don't think that we are quite done taking road trips with the grandkids, we drove it home...and as you may guess...it does not fit in the garage, just like the truck! We are building a new garage.

And the three words that can wreak havoc in the lives of people 65 and older?

Banana. Sunrise. Chair. Start memorizing. There will be a test.

Until next time, onward and upward. ■

FiftyNorth Annual Meeting

Thursday, July 22

PICNIC LUNCH - 11:45am | ANNUAL MEETING - 12:30pm

TOPIC: FiftyNorth Expansion

BUSINESS MEETING: Election of Board Members & Officers



FiftyNorth

You're invited!

FiftyNorth Annual Meeting

FiftyNorth Annual Meeting

July 22, 2021

11:45 Picnic in the Courtyard

12:30 Business Meeting

The FiftyNorth By-laws call for an Annual Meeting to be held in April. The pandemic disrupted many schedules and activities in the last fifteen months and last year an Annual Meeting was not held. We are now back on track, fully open, and getting our "buzz" back. The Annual Meeting will be held this year combined with a picnic lunch in the FiftyNorth courtyard. The picnic fare includes grilled hotdogs, salad, chips, and a dessert served starting at 11:45.

There is no charge, but you need to reserve your lunch by signing up with the Receptionist (507) 664-3700. Reservations will be taken through July 16.

Enjoy the picnic lunch starting at 11:45. The Annual Business Meeting, starts at 12:30. At the meeting, the FiftyNorth Board Expansion Committee will share details of the work they have been doing, working with City staff and others, and 292 Design Architects to plan a FiftyNorth expansion project that includes building a new Fitness Center, with two Fitness Studios, pickleball courts and a walking track, remodeling areas in the building including the locker rooms, classrooms, and a new CafeNorth coffee shop in the lobby. Design drawings will be available to view at the meeting. Other business items will include election of Board members.

Want to hear more about this exciting FiftyNorth news? Reserve your spot today for lunch followed by the Annual Meeting. Can't attend the lunch? Join the business meeting at 12:30.



Fitness News

Classes with Start Time Change

AQUA

Mondays, Wednesdays, Fridays

Aqua Ageless, 8:15 - 9 am

Aqua Fit N Tone, 9:15 - 10 am

Tuesdays and Thursdays

Aqua Yoga, 8 - 9 am

LAND

Tuesdays

Beginning Yoga, 9:15 - 10:15 am

Thursdays

Slo Flo Yoga, 9:15 - 10:15 am



Please pre-register

Somatics 6-week Workshop

Mondays, July 19, 26, August 2, 9, 16, 23

9:00-10:15am

Weather permitting this class will be held outside in the courtyard.

Somatic Movements are gentle, slow movements that focus on the internal sensation of movement. Somatic Movements prepare you to move well in whatever activity you love to do. These classes are the best way to keep your Somatic Movement practice current, improve your quality of life, and keep your body and mind grounded. In this 6-week course you will learn the benefits of Somatic Movements and integrate Somatics into your daily routine.

(6 sessions)

Instructor: Cheryl Ramette

Capacity: 20

Cost: \$54 nonmbr, \$42 mbr, \$0 Plus, Platinum

NEW In-person Classes Added

TUESDAYS

Relaxation Yoga

Tuesdays, 6:00-6:50pm

Relaxation yoga is a gentle way to stretch and restore your body and mind. This practice will include breathing exercises, supported poses (with props) and short meditations. The practice is all done either seated or prone on a mat. We'll move slowly between long relaxing poses.

Instructor: Marie Frederickson

TUESDAYS AND THURSDAYS

Circuit Training

9:30-10:30am

Strength and aerobic training on timed stations in the Fitness Center, with select equipment, free

weights and cardiovascular machines. Fitness Orientation required.

Instructors: Becky DeMann (Tue), Jeanne Peloquin (Thu)

FRIDAYS

Core & Stretch

6:30-7:15am

Strengthen your midsection, low back and oblique's in a controlled manner that helps your body fully stretch and tone.

Instructor: Heather Rataj

Yoga Fusion

Fridays, 9:30-10:15am

Enjoy a fusion of yoga poses, functional fitness and stretches on a yoga mat.

Instructor: Sheilah Giles

2021 IN-PERSON LAND BASED FITNESS CLASSES July (updated July 1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM							
6:30 AM	CARDIO & STRENGTH INTERVALS (6:30-7:15)				CORE & STRETCH (6:30-7:15)		
7:00 AM		STEP INTERVALS (7-7:30)	SLO FLO YOGA (7-8)	STRENGTH INTERVALS (7-7:30)			
7:30 AM		KICKBOXING AND STRENGTH in the PARK (7:45-8:30)			CARDIO DANCE AND DRUMSTICKS in the PARK (7:45-8:30)		
8:00 AM	TAI CHI in the PARK (8-8:45)						
8:30 AM							
9:00 AM		BEGINNING YOGA in the PARK (VINYASA) (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30)	CARDIO DANCE (9:15-10)	SLO FLO YOGA in the PARK (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30)	TAI CHI in the PARK (8:30-9:15)
9:30 AM							YOGA FUSION (9:30-10:15)
10:00 AM						TABLE TENNIS	
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	TABLE TENNIS	TABLE TENNIS		TABLE TENNIS			
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		RELAXATION YOGA (6:00-6:50)					
6:30 PM							

2021 AQUA FITNESS (updated July 1)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:30 AM						
7:00 AM	AQUA SUNRISERS 7:00-7:45AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:00-7:45AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:00-7:45AM	OPEN SWIM
7:30 AM						
8:00 AM						OPEN SWIM
8:30 AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	
9:00 AM		OPEN SWIM		OPEN SWIM		OPEN SWIM
9:30 AM	S&F AQUA FIT ' N TONE 9:15-10:00AM		S&F AQUA FIT ' N TONE 9:15-10:00AM		S&F AQUA FIT ' N TONE 9:15-10:00AM	
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
10:30 AM						
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:30 PM						
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
12:30 PM						FAMILY SWIM 12-1:45PM
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:30 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
2:30 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
3:30 PM						
4:00 PM		OPEN SWIM	OPEN SWIM	OPEN SWIM		
4:30 PM	WATER VOLLEYBALL 4-5:45PM				WATER VOLLEYBALL 4-5:45PM	
5:00 PM		AQUA FUSION 5-5:45PM	OPEN SWIM	AQUA FUSION 5-5:45PM		
5:30 PM						
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
6:30 PM						

Travel Committee Members Needed.

FiftyNorth Travel Committee is looking for outgoing, adventurous travelers full of fun trip ideas that would like to join the travel committee. In the travel committee you help organize, plan, and produce various fun, organized, original, day or weekend trips for members and non-members of FiftyNorth. Travel Committee meets once a month to plan and discuss trips. If you are interested please contact Craig Swenson 507-664-3702 or craig.swenson@fiftynorth.org





PRESENTED BY  MN

2021 MINNESOTA SENIOR GAMES

AUGUST 12-15, 2021
MANKATO, MN

The MN Senior Games is an athletic event with more than 20 sports for people ages 50 or better. Athletes can compete in a variety of events including archery, bowling, cycling, pickleball, swimming, track & field and more.

WWW.MNSENIORGAMES.COM

The 2021 MN Senior Games is hosted by Visit Mankato.
Contact us at 507-385-6663 or seniorgames@visitmankato.com.

2021 VIRTUAL LAND BASED FITNESS CLASSES Summer (updated June 1)

AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30	CARDIO & STRENGTH INTERVALS (6:30-7:15)				CORE & STRETCH (6:30-7:15)	
7:00 AM		STEP INTERVALS (7-7:30)	SLO FLO YOGA (7-8)	STRENGTH INTERVALS (7-7:30)		
7:30						
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						
9:00 AM	YOGA STRETCH (9-10)		CARDIO DANCE (9:15-10)			SIMPLE STRETCH (9-9:45)
9:30						
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						
11:30						
12:00 PM		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)	
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 AND STRETCH (7-8)				
7:30 PM						



Book Club

The Book Club meets the 2nd Friday of the month at 10:30 in the FiftyNorth Courtyard. If inclement weather the Club will meet via ZOOM. Location will be determined one day prior the meeting

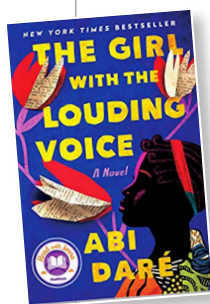


JULY - THE NIGHT WATCHMAN

by Louise Erdrich

Based on the extraordinary life of National Book Award-winning author Louise Erdrich's grandfather

who worked as a night watchman and carried the fight against Native dispossession from rural North Dakota all the way to Washington, D.C., this powerful novel explores themes of love and death with lightness and gravity and unfolds with the elegant prose, sly humor, and depth of feeling of a master craftsman.

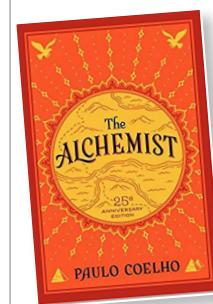


AUGUST - GIRL WITH THE LOUDING VOICE

by Abi Dare

Adunni, a fourteen-year-old Nigerian girl, endures a series of unfortunate events in her quest to get an

education. The alternative is a life of servitude, something Adunni experiences firsthand when, after escaping an arranged marriage, she lands herself in an even more precarious position in the employ of a sadistic wife and her debauched husband.



SEPTEMBER - THE ALCHEMIST

by Paulo Coelho

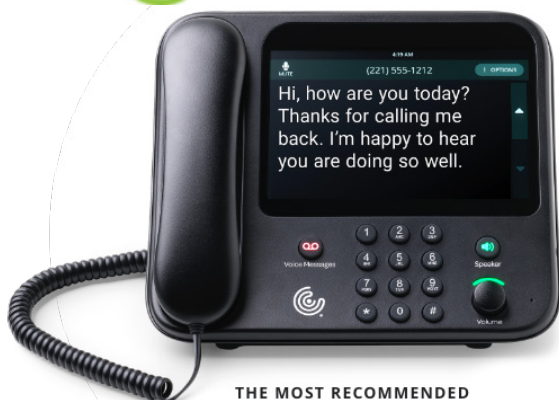
Combining magic, mysticism, wisdom and

wonder into an inspiring tale of self-discovery, The Alchemist has become a modern classic, selling millions of copies around the world and transforming the lives of countless readers across generations.

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



Lifelong Learning



THE MOST RECOMMENDED
CAPTIONING SERVICE FOR PEOPLE
WITH HEARING LOSS

Choose one of two dates

**Information Session:
CaptionCall Phones
Thursday, July 8
10:30-11:30am**

OR

**Information Session: CaptionCall Phones
Tuesday, July 27
10:30-11:30am**

Do you struggle to hear or understand what people are saying to you on the phone? Would it be nice to not only hear, but SEE what people are saying to you on the phone? Well, do we have a solution for you!

David Johnson with CaptionCall Phones will be talking about a revolutionary Caption Phone service. The Caption Phone service is federally funded and is an absolute "no cost service to those that qualify". It is a provision of the Americans with Disabilities Act and has helped thousands and thousands of individuals that struggle to hear on the phone. He will be talking about how to receive this 'No Cost Service', and about the products themselves. A demo phone will be available, so you can get a hands-on experience as well. They also offer a red carpet service where a trainer will set up the phone for you and train you how to use it at your place of residence.

Presenter: David Johnson

Capacity: 20

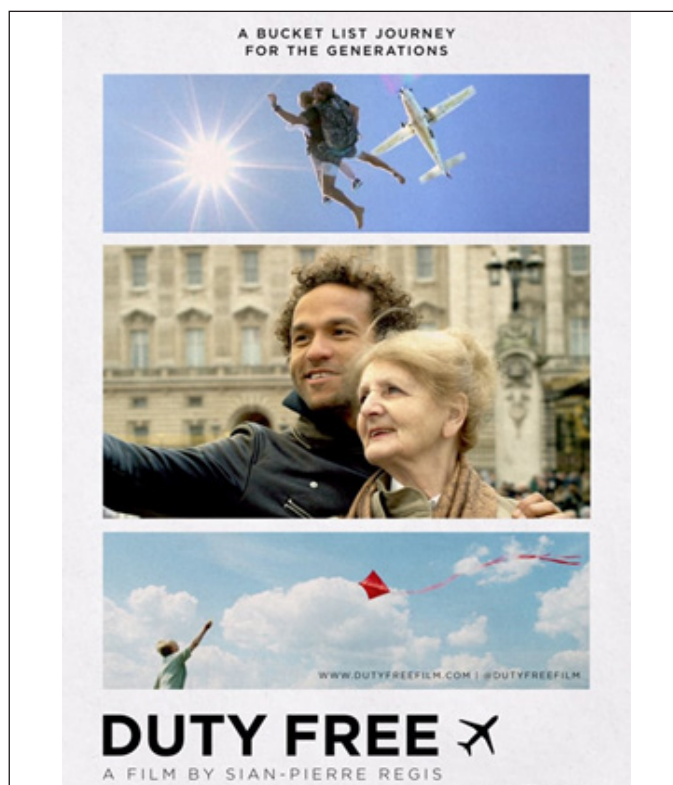
Cost: No fee

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk



DUTY FREE - (Documentary viewing)

**Tuesday, July 13
1:00 - 2:30pm**

Join us for a viewing of *Duty Free*. The documentary is 1 hour and 11 minutes and will be shown at FiftyNorth. After a 75-year-old immigrant mother gets fired from her job, her son takes her on a bucket-list adventure to reclaim her life. As she struggles to find work, he documents a journey that uncovers the betrayals plaguing her past and the economic insecurity shaping not only her future, but also that of an entire generation.

"A tender love poem from son to mother" - CBS News

"Warm, personal, and socially relevant"

- *The Hollywood Reporter*

Optional: Stay to watch the bonus feature. A 27 minute questions and answer segment with Rebecca Danigelis and her son Sian-Pierre.

Presenter: Patty Ciernia

Capacity: 20

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



Never stop learning

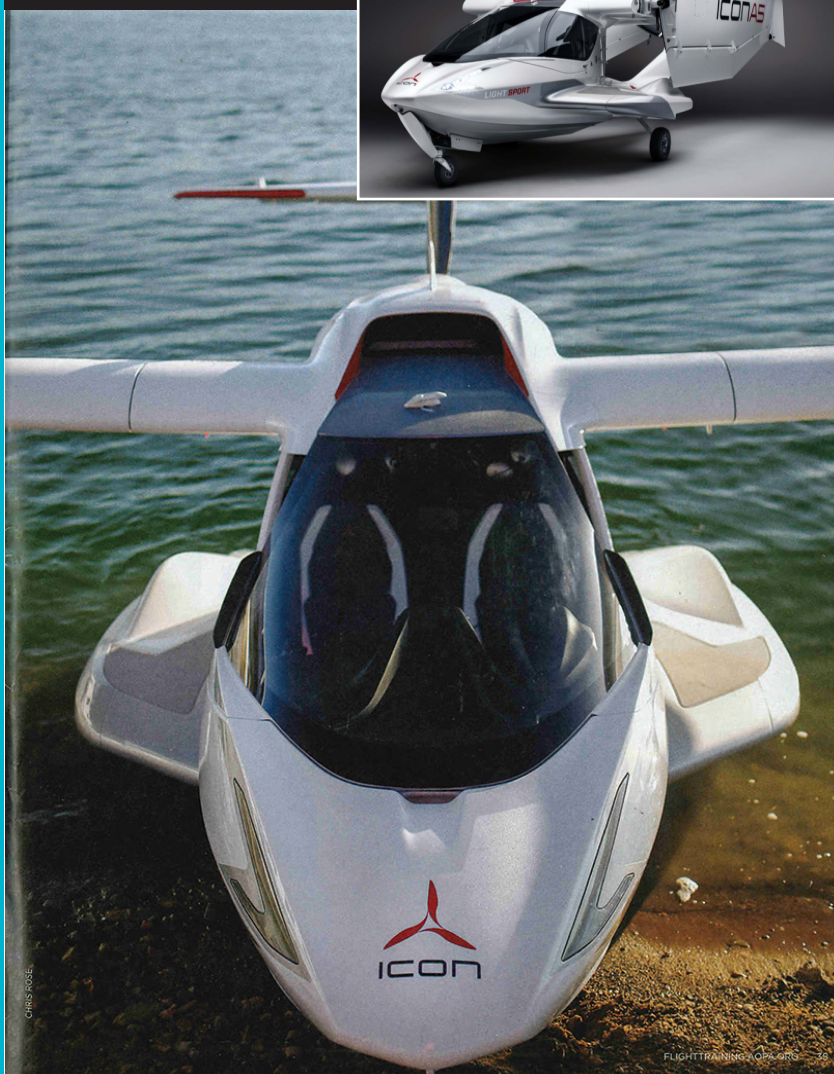
— by FiftyNorth member, Greg Smith

Flying Lessons

Icon A5

Many of us fly solely for the experience, and not necessarily to go anywhere or do anything but escape gravity and play. The Icon A5 embodies this attitude.

**COOL
RIDES**



When I turned 10 years old I wanted to go for a flight in a small plane for my birthday present. I think it was a Cessna 50 which took me up from Flying Cloud Airport just west of Minneapolis.

This winter I turned 69 years old and I was given a birthday gift of a flying lesson in a Cessna 182. My instructor was Jake Heffron of Lake Area Aviation based at Lindbergh Field in Little Falls, MN. The flight included landing and take off from a frozen lake, very cool! The aircraft owners and pilots association (AOPA) recently published a magazine on Flight Training. The article that caught my eye was “Cool Rides”, aircraft that deliver the magic. One of these planes was the Icon A5. It is a light sport, amphibious, advanced airplane with a futuristic look. I hoped to see one of these planes, “designed for the crowd that apparently wanted their jet skis to also fly”. Instructor Jake at Lindbergh Field gave me a ride in the Icon A5 this spring. We landed on the Mississippi river just south of Little Falls. Very Cool! It is said that a good pilot is always learning. That is my goal. I want to be a good pilot – the best that I can be at my age of 69. The next life long learning lesson will be in a 1958 Piper Apache twin engine aircraft. I feel excited and I want to work out in the FiftyNorth pool so that I can easily climb into the cockpit for my next adventure!

Cool Quotes of the Day:

“Don’t be afraid to amp up the mental stimulation. When was the last time you put yourself in a situation that required you to learn? How long has it been since you’ve seen, done, tasted, heard, tried something new? When we introduce novel experiences into our lives, we stimulate new connections between brain cells, and may even help our brains to grow additional nerve cells.”

*“Wellness for the Body and Mind”-
Northern Wilds Magazine June 2021*



Volunteer Opportunities



POPCORN WAGON

If you are interested in helping at the popcorn wagon this season, it is not too late to sign up. Please feel free to contact:
Lesley Weirich 507-400-4331
or Lesley.weirich@fiftynorth.org

POOL MONITORS

We are looking for volunteers to monitor the pool area for 1-hour or 2-hour shifts. Shifts are available any day of the week and training is provided. For every hour that you volunteer, you will receive a pass to use the facility. Two passes allow you a free aqua or land fitness class!
Contact Craig 664-3702 to volunteer

MEALS ON WHEELS VOLUNTEERS WANTED

FiftyNorth is organizing Meals on Wheels Drivers during the week of **Sunday, August 15 through Saturday, August 21**. Meals are picked up at the hospital at 12:00 noon. COVID protocol is still in place so meals are left outside doors of private homes and left in the lobby of apartment buildings. Allow approximately an hour to complete your route.

If you are interested in helping out, please contact Patty Ciernia; program coordinator at FiftyNorth: (507) 664-3709 or email patty.ciernia@fiftynorth.org

THE USED A BIT SHOPPE in Riverpark Mall is an important source of income for FiftyNorth. Without it, we would not be able to offer the services and programming that we have. Help keep the shop running. Volunteers are needed right now.

Positions include; cashier, pricing, arranging items on the sales floor, and testing and verifying electrical and mechanical items. Work in a fun, social team-oriented environment. Most volunteers work once a week. Generally, shifts are 3 or 4 hours, but are flexible. Partial year residents are welcome and you do not need to find your own replacement when gone. Stop by the store, pick up an application and meet the manager, Dolores Kornkven, Tuesday – Friday between 10-3.



Art Classes



THE BRIDGE BETWEEN SEEING AND DRAWING - PRINTMAKING

texture | movement | pattern | variety

**Tuesday, July 20 and Wednesday, July 21
1:00-3:00pm**

If you were in the March class, this will have a similar goal, but a different response and format. We will only learn about 3 to 5 Elements/Principles total per session. Whatever your skill level, the key is understanding how seeing is not just looking. At each session, we will not only learn about the core elements and principles plus we will look at how they were used by specific artists in their work.

Materials students should bring:

- Sketch paper. 9X12, or 12X12
 - Glue, scissors, something to aid in digging trenches in the foam. Dull pencils, potato peeler, Xacto knives, printmaking cutting tools.
 - A variety of pencils or pens or anything that you can use to sketch.
 - Textural materials i.e. (corrugated cardboard, willowy stems or garden grasses, Think of things in nature, kinds of fabric, kinds of papers, different kinds of string, yarn or torn fabric. etc. Just be cautious that everything you collect should be about the same thickness and they should be something that sparks your interest.
- **I will provide pieces of dense Styrofoam, printing ink and brayers.

Instructor: Kate Douglas

Capacity: 9

Cost: \$35 nonmbr, \$25 mbr, \$0 plat

Space: Art Studio



May Donors

Karen Achberger, David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Bernard & Mary Auge, Lois Bakko, Dennis & Beth Berry, Judy Broske, Gene & Darlene Broughton, Warren & Karen Broughton, Mary Brown, James & Heather Cannaday, Bernice Christensen, Eileen Cooper, Neil & Marilyn Deden, Winnie Drentlaw, JoAnn Edwardsen, Chris Ellison, Carol Emery, Beth Endert, Kristina Felbeck, Robert Forsgren, Joyce Francis, Stephanie Frey, Marie Gery, Mac & Jacquelyn Gimse, James Glover, Eugene Haakenson, David & Betty Habermas, Jerry & Liz Hankins, David & Polly Hendee, Bob & Pat Hohertz, Richard & Donna Jackson, Georgene Johnson, Ruth Johnson-Wirth, Patricia Jorstad, Joni Kilde, Bob Klefsaas, Gary & Arlene Kruse, Myron Lanoue, C C Linstroth, Tom & Nancy Loesch, William Roadfeldt & Louise Lurye, Jackie Maas, Janet Mathews, James & Angie Mayr, Mike & Ann McGovern, Elaine Meyers, John & Sharon Micklo, J. E. Moorhouse, Bill & Pat Nelson, Elizabeth Olson, Lynne Pederson, Ken & Roberta Persons, Katharine Powers, Margaret Prowe, Mary Raney, Patricia Rezac, Arland & Mary Schwake, Shelley Silkey, Bardwell Smith, Kenneth & Sharon Steinhouse, Daryl Stokesbary, Lorraine Swedeen, Craig Swenson, Robert & Patricia Tabery, Anne Ulmer, Robert & Donna Vanderhoof, Edward & Colleen Vitek, Linda Wagenbach, David Walonick, Patricia Warner, Roger Zimmerman & Karen Kronberg

Our sincere gratitude to all who have donated.

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



May 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!

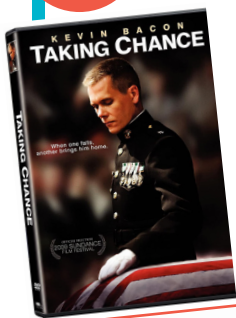
James Allmann, Kelly Becker, Nancy Carpenter, Rita Dixon, Kelley Foehrkolb, Jill Hoelzel Landsteiner, Karen Kronberg, Marggi Pleiss-Sippola, James & Barbara Sayler, Kelly Schmid, Lloyd Thompson, Roger Zimmerman



Friday Movies in July!

Movies start at 1:00PM at FiftyNorth.

A one dollar donation is recommended.



July 2 - Taking Chance Drama 2009 78 in.

Based on real-life events, Lt. Col. Michael Strobl, a volunteer military escort officer, accompanies the body of 19-year-old Marine Chance Phelps back to his hometown of Dubois, Wyoming.



July 9 - The Meddler Comedy 2016 103 min.

An aging widow from New York City follows her daughter to Los Angeles in hopes of starting a new life after her husband passes away.

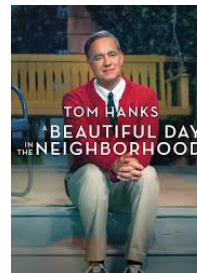


July 16 - The Art of Racing in the Rain Family 2019 109 min.

Through his bond with his owner, aspiring Formula One race car driver Denny, golden retriever Enzo learns that the techniques needed on the racetrack can also be used to successfully navigate the journey of life.

July 23 - A Beautiful Day in the Neighborhood Family 2019 109 min.

Tom Hanks portrays Mister Rogers in A Beautiful



Day in the Neighborhood, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod.

July 30 - St. Vincent Comedy 2014 102 min.

Vincent MacKenna is a retired, grumpy, alcoholic Vietnam War veteran living in Sheepshead Bay, who smokes and gambles regularly. His wife, Sandy, developed Alzheimer's years ago and can no longer recognize him, but he poses as a doctor to visit her and does her laundry. Despite his aggressive attitude toward strangers, Vincent has acquaintances who admire and care about him.



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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–2pm
Sunday: Closed



Fitness Center Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–2pm
Sunday: Closed



Pool Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–2pm
Sunday: Closed



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Monday–Friday drive up: 11am–11:30am



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