



By Lynne Pederson, *Director*



Looking Ahead



At the time of this writing, the state mandate still has fitness centers closed, allowing no large group gatherings, and 65+ year olds are

strongly encouraged to stay at home. These are tough mandates to follow while trying to open FiftyNorth.

This is why....the decision has been made that we are not opening the center facilities right now. We will reevaluate by June 30 using guidelines from the governor and Minnesota Department of Health to determine if and how we can safely have groups of people exercising, swimming, and learning together. In the meantime, online classes and activities will continue to be offered. Outdoor fitness classes are being added to the daily schedule starting June 15. Classes will be instructor led, using the parking lot and courtyard as the outdoor fitness studios. See page 2 for more details.

When we do open the facility, it will not be the same as we experienced

when we left it. To start there will not be people sitting drinking coffee, eating popcorn, nor, will there be eighty people in the lobby all coming together after classes are over. It will be a slow beginning. It will be different. Phase 1 in the reopening is to add classes, outdoors following distancing and guidelines. Phase 2 will open the Fitness Room and the pool. There will be fewer people in the fitness room, pool, and classes at any one time. There will be distancing and guidelines. Phase 3 will open the Lobby for use, schedule classes in the Fitness Studio, and in the Center, offer take-out meals for pick-up and bring back some groups. Guidelines will include wearing masks – relaxed while exercising, self-distancing, taking temperatures, and everyone is involved in cleaning, cleaning, cleaning.

All of our planning is dependent on you, the member. We will conduct surveys to find out your level of readiness to come to the

(continued on p. 4)

INSIDE

FITNESS NEWS:

- Courtyard Fitness..... 2
- Parking Lot Fitness ... 3
- Online Fitness 3,4
- Online Art Classes..... 5
- Online Life Long Learning Classes..... 6
- Jackie Retires..... 8
- Community Assistance Resources 9
- Donors..... 10
- Used-A-Bit Reopens... 10
- Learn to ZOOM!..... 12



USED-A-BIT SHOPPE

Used-A-Bit Shoppe is now open with exciting new displays!
See page 10

PHASE 1 OF REOPENING STARTS JUNE 15



Starting with outdoor classes offered in the parking lot area and courtyard while following self-distancing and Minnesota guidelines.





FITNESS Re-Opening PHASE 1 ...

New outdoor classes starting soon.

Workout Online or
Outdoors at FiftyNorth!

Beginning June 15 we will be opening up to Outdoor Fitness Classes. Members will be able to come and work out to their favorite fitness instructors either in the parking lot or the courtyard. Members will not yet be allowed in the building at this time, so come prepared: bring your own yoga mat if class is in the courtyard. – The outdoor classes will have a limit of 10 participants at this time. Also, check out the new online classes on page 3.



FIFTYNORTH COURTYARD

HERES WHAT YOU NEED TO KNOW:

- Social distance of 10' apart
- Bring your own mat

- Fitness Fees Apply
- Pre-registration is REQUIRED 1 day prior to each class
- If inclement weather the class will be canceled
- Please park in the first parking lot of FiftyNorth (the West parking lot)

OUTDOOR CARDIO STRENGTH MIX

Tuesdays, beginning June 16

7:00-8:00am

Using your own bodyweight for strength training and cardiovascular training get your workout in outdoors with Heather Sand on Tuesdays.

Instructor: Heather Sand

Class Limit: 10

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

OUTDOOR BEGINNING YOGA (VINYASA)

Tuesdays, beginning June 16

9:00-10:00am

This practice will move through poses from standing, sitting, and hands and knees. However, I will offer options to remain standing throughout, if preferred. For those who are familiar with yoga there will also be options to increase intensity, if preferred. In all cases the poses will be broken down with clear cues as to how to build the pose to increase flexibility, strength, balance, and avoid injury.

Instructor: Marie Frederickson

Class Limit: 10

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

OUTDOOR SLO FLO YOGA

Wednesdays, beginning June 17

7:00-8:00am

A form of Yoga that synchronizes the breath with movement. Connecting your body with the breath honors your potential for increased awareness, fluidity, comfort and ease in your practice.

Instructor: Marie Frederickson

Class Limit: 10

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

OUTDOOR SLO FLO YOGA

Thursdays, beginning June 18

9:00-10:00am

A form of Yoga that synchronizes the breath with movement. Connecting your body with the breath honors your potential for increased awareness, fluidity, comfort and ease in your practice.

Instructor: Ingrid Freeman

Class Limit: 10

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

OUTDOOR YOGAFIT

Saturdays, beginning June 20

9:00-9:30am

YogaFit is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format.

Instructor: Stacey Popp

Class Limit: 10

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

OUTDOOR STRENGTH

Saturdays, beginning June 20

10:00-10:30am

Full body strengthening class with Stacey Popp. Increase your muscular strength, coordination, and endurance.

Instructor: Stacey Popp

Class Limit: 10

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

(continued on p. 3)



FITNESS *(continued)*



FIFTYNORTH MAIN PARKING LOT

HERES WHAT YOU NEED TO KNOW:

- Please park in the first parking lot of FiftyNorth (the West parking lot)

- Fitness Fees Apply
- Pre-registration is REQUIRED 1 day prior to each class
- If inclement weather the class will be canceled
- Social distance of 10' apart

NEW OUTDOOR DRUMS ALIVE!

Mondays, beginning June 15

7:00-8:00am

Get a great cardio workout and increase your coordination while you drum with friends to great music. All equipment will be provided. Just bring yourself, water bottle and be ready for a great and fun workout.

Instructor: Heather Sand

Class Limit: 10

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

OUTDOOR CARDIO DANCE

Mondays and Wednesdays, beginning June 15

9:00-10:00am

This Cardio dance class combines musical rhythms and EASY choreographed dance moves that are designed to get your heart pumping and your feet moving for a fun and dynamic workout.

Instructor: Karen Whitaker

Class Limit: 10

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



ONLINE 'ZOOM' FITNESS CLASSES

HERES WHAT YOU NEED TO KNOW:

- Fitness Fees Apply
- Pre-registration is REQUIRED
- Deadline is 3 days prior to class
- Zoom link will be sent to registrants before each class

ONLINE BOOTCAMP (Using ZOOM)

Mondays, beginning June 15

8:00-9:00am

Join Certified Personal Trainer Kaethe Boutelle for an at home full body workout. This class will increase your heart rate; help build muscular strength, flexibility, and stamina. Go at your own pace and adapt if needed.

Sign Up Each Week

Instructor: Kaethe Boutelle

Class Limit: 25

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

ONLINE CARDIO KICKBOXING (Using ZOOM)

Wednesdays, beginning June 17

8:00-9:00am

This choreographed, high-energy workout lets you punch and kick your way to a stronger, healthier you. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Sign Up Each Week

Instructor: Kaethe Boutelle

Class Limit: 25

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

ONLINE STRENGTH TRAINING (Using ZOOM)

Tuesdays and Thursdays, beginning June 16

8:00-9:00am

Increase muscular strength and bone density by using things around your house or a set of free weights. Kaethe will give you tips and tricks how to keep strong and mobile while staying at home.

Sign Up Each Week

Instructor: Kaethe Boutelle

Class Limit: 25

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

ONLINE STRONG Nation (Using ZOOM)

Fridays, beginning June 19

8:00-8:45am

STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Sign Up Each Week

Instructor: Kaethe Boutelle

Class Limit: 25

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

(continued on p. 4)



FITNESS *(continued)*

ONLINE Chair Exercise (Using ZOOM)

Fridays, beginning June 19

9:00-10:00am

Get a Full Body workout all while staying seated in your chair. Kaethe Boutelle a certified personal trainer will go through the motions of how to strengthen your body, increase your cardiovascular endurance, increase flexibility, and range of motion. *Sign Up Each Week*

Instructor: Kaethe Boutelle

Class Limit: 25

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

A Message from the Director

(continued from page 1)

center for activities versus continuing to be active with online offerings. Other considerations will be state mandates and the advancement or decrease of the coronavirus.

This is the hardest decision that I have been involved in making in my forty-three year career. Do we open FiftyNorth or do we not?

There are members that have said to staff that they are still too nervous about contracting the virus and probably will not come back until a vaccine is in place. While others are saying we want the pool open so we can use it. Some people take everything that they read or hear about COVID 19 very seriously. Others scoff and feel that it is hyped by the media and that it will be over soon.

I am in the "taking it very seriously" camp. It would be irresponsible on the staff and boards part if we did not. The majority of the members qualify to be considered to be in the most vulnerable group due to age and underlying medical conditions. How many do not have underlying conditions to be concerned about with COVID 19? How many take medications for heart disease, high blood pressure, diabetes, COPD? How do we open the center knowing that our members are in the vulnerable group? How do we plan to self-distance on exercise machines that are so close they touch base

Cannon River Handyman, LLC

Bill Winter NO JOB TOO SMALL
INSIDE OR OUTSIDE

507.301.5920

bjwinter123@gmail.com

to base. How will people exercise while wearing masks? How do we keep the center clean, as free of germs as possible? How do we not care? The answer is that we do care about our members. We have a strong sense of accountability when it comes to providing a healthy, safe environment for the members

I strongly believe that FiftyNorth will build back up to how we knew it and enjoyed it before the virus hit. FiftyNorth is too important in people's everyday lives for it not to come back. It will take all of us working together to get there. It will take all of us to cooperatively follow the new guidelines. And it will take all of us to support the center financially in any way that we can. We are receiving Annual Fund Donations from people, with notes saying that they know that FiftyNorth needs this money now. And it does. Even during closure, there are expenses to pay. Any donation is appreciated and will directly be used to support the day-to-day center operations.

I expect that the decision not to "open the doors" is disappointing to some, while others are breathing a sigh of relief that the decision has been made for them to not come to the center right now. All of us have experienced tough times in our lives. We got through those and we will get through this. In the meantime, keep walking, gardening, reading, taking those online classes, and enjoying the summer days. We miss you.

Until the next time...*onward and upward.* ■

Online Classes & Talks

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes



Online Art Classes



ONLINE - COPPERPLATE CALLIGRAPHY

Mondays, June 8, 15, 22

9:00-11:00am

This online ZOOM workshop will introduce students to Copperplate – a calligraphic script created with a pointed, metal nib. Over the course of three 2-hour sessions, the instructor will present step-by-step demonstrations of how to use and care for your special tools; and how to construct a lower case alphabet and one variation of capital letters. At the end of each session, there will be time for questions and individualized instruction.

Sessions will be recorded and available for 2 weeks after workshop's end for registered students to access and continue to practice at their own pace. Take the mystery out of how to make these beautiful letter forms! No calligraphic experience necessary.

(3 sessions)

Instructor: Sally Wightkin

Capacity: 12

Cost: \$75 nonmbr, \$65 mbr, \$20 platinum (Includes cost of materials and shipping to your home)

Registration Deadline: June 1



ONLINE – BLOOMING FLOWERS SUNCATCHER

Wednesday, June 17

10:00-10:40am

This class will take place via ZOOM.

Have you ever wondered how to work with glass? In this class you will get a chance to work with glass in many forms, grit, stringers, and sheet glass. Combine all of these different forms to create a blooming flowers sun catcher that will brighten your day.

Gerie will send you the Zoom link prior to the class.

Instructor: Gerie Thelen

Capacity: 10

Cost: \$35 nonmbr, \$25 mbr, \$20 platinum

Registration Deadline: June 15

Notes: Materials for the class will be delivered to your home on June 16. Return your finished piece for firing to Gerie's home between 10am-12pm on Friday, June 19. Pickup your finished piece on Monday, June 22 between 10am-12pm.



ONLINE - SUMMER STORY CONNECTION

Every other Monday: June 29, July 13, 27,

August 10, 24

10:30-12:00pm

Classes will take place via ZOOM, in a format similar to past in-person classes. The instructor will communicate technical details before the first meeting. Between sessions, participants will have the option (at no additional cost) of sharing writing and connecting online in a private small group forum.

Do you feel called to write? Come gather, connect

(continued on p. 6)



Online Art Classes

(continued)

.....

around the writing process, and learn narrative craft. Whether you're a first-time writer seeking direction or an experienced writer who longs for community, you're welcome here. Let's cultivate stories and nurture the muses. More than ever, that matters.

Why? Because stories can bring people together.

The gift of shared wisdom helps us understand each other. More than that, our stories helps us understand ourselves.

In this collaborative workshop, we'll keep it simple. We'll locate and unpack writing that feel true, focusing on craft aspects to move promising pieces forward. Each session will consist of three parts:

- 1) idea-generating writing prompts,
- 2) cross-pollination to unpack ideas, and
- 3) facilitated peer review to reflect on shared work.

If this speaks to you, join us.

(5 sessions+)

Instructor: Amy Hallberg

Capacity: 10

Cost: \$70 nonmbr, \$55 mbr, \$0 platinum

Registration deadline: June 26



Online Lifelong Learning Classes



ONLINE - FOR THE FUN OF IT

Tuesday, June 16

10:00-10:40am

American childhood from the 18th through the early 20th Century examined through toys in the New Hampshire children's attic.

This program will be delivered through Zoom.

Stacey will send you the link before the class.

Presenter: Stacey Mae McGowen Olson

Capacity: 20

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

Registration deadline: June 14



ONLINE – CLEAN OUT YOUR PANTRY AND MAKE...

These classes will be offered through ZOOM.

Cooking with what you have in the house. This class will be offered 3 times, each with a different meal option: breakfast, lunch, and dinner. Sign up for one or all three. Each class will explore recipes that have a basic recipe with options to swap out different ingredients based on what you have in your pantry. Example: quiche or egg bake. What ingredients do you have in your refrigerator: cheese, spinach, or bacon, onions or peppers. Gerie will give the tools to make a great recipe based on what you have. You will receive copies of recipes in each class. Gerie will send you the Zoom link prior to the class.

Instructor: Gerie Thelen

Capacity: 10

Cost: \$25 nonmbr, \$20 mbr, \$12 platinum

ONLINE - Clean Out Your Pantry and Make Breakfast!

Monday, June 22

10:00-11:30am

Registration Deadline: June 21

ONLINE - Clean Out Your Pantry and Make Lunch!

Tuesday, June 23

10:00-11:30am

Registration Deadline: June 22

ONLINE - Clean Out Your Pantry and Make Dinner!

Wednesday, June 24

10:00-11:30am

Registration Deadline: June 23

(continued on p. 7)



Online Lifelong Learning Classes *(continued)*



FROM THE LIBRARY OF CONGRESS

ONLINE - MAKING THE AMERICAN HOME

Tuesday, July 14

10:00-10:40am

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.

This program will be delivered through Zoom. Stacey will send you the link before the class.

Presenter: Stacey Mae McGowen Olson

Capacity: 20

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

Registration deadline: July 12

You deserve the finest

Our residents enjoy the security of knowing that they will receive the finest of Northfield - well designed apartments, quality care, and premium services and amenities.

Call Kernal today to learn more about the newest senior living community in Northfield!

(507) 216-4875

kernal.buhler@bhshealth.org

Independent Living | Assisted Living | Memory Care

2030 North Avenue, Northfield, MN 55057

www.BLCNorthfield.org



**BENEDICTINE LIVING
COMMUNITY OF NORTHFIELD**

A message from Membership Coordinator, Jackie Johnson



Yes, I am FINALLY retiring.

I have worked with seniors since June of 1987. I started in the kitchen of the new SEMCAC Senior Dining program at 500 West Woodley, where the CAC and Northfield Senior Center was located. I worked for SEMCAC for 21 years in various capacities including head cook. I helped with the planning to move the kitchen from there to the NCRC building when the senior center moved in 2000.



At that time I had been volunteering for the Senior Center and also working very limited hours, mostly with trips and newsletters. When we moved to the current building I became Site manager for the dining program, and also started working with membership, volunteers, and accounting for the Senior Center, almost full time. Over the years I have had 5 different office spaces and many differing responsibilities. The hardest time I had was going through my stem cell transplant 12 years ago this October. I was doing the accounting

and payroll at that time. The organization was very good to support me through my recovery. (No working on-line at that time).

I am sure the current leadership will bring FiftyNorth to great places and activities for all people over the age of 50 and intergenerational. We are in a trying time, but we will persevere.

Thank you to all the wonderful friendships I have made in my years working with you. Jackie Johnson After over 33 years working with the senior dining program and Senior Center/FiftyNorth, Jackie will be retiring on June 4. She has played an instrumental role throughout her career and will be sorely missed. Her most recent role of membership coordinator included all reporting to insurance companies to ensure FiftyNorth received reimbursements for members' activities.

Jackie didn't want a party or big fan-fare, but we were hoping members would have a chance to stop in and wish her well; however, that like most things now will have to be done remotely. Please feel free to send your well-wishes her way through email until June 4 (Jackie.johnson@fiftynorth.org), US Mail to FiftyNorth, or drop off a card inside the front door and we will make sure she gets these.

Moving forward membership questions can be directed to Elaine Meyers elaine.meyers@fiftynorth.org or 664-3703.



2011 Jefferson Rd. Northfield
507-645-9543
www.heritagedentalcare.net

Now proudly serving the Northfield & Faribault community.
 710 Division St. S. • Northfield, MN • 505-645-2261

**Faribault
 Senior Living**

Home Care Senior Services, Inc.
 (507) 331-6510

NORTHFIELD AREA EXPERT **Edina Realty**
Do you need a true local guide to assist in your move to the Northfield Area?
 a Berkshire Hathaway affiliate

Let me help you!

Tim Freeland Realtor
 Text/Call **507-581-5038**

BEST of SoMINN

Northfield Community Assistance Resources 2020



MN Department of Health

Hotline Health questions (w/interpreters):
(651) 201-3920 or 1-(800) 657-3903

Public Health Emergencies:

To report a Public Health Emergency, call 911

Centers for Disease Control: [cdc.gov](https://www.cdc.gov)

Northfield Hospital & Clinics: (507) 646-1000
[northfieldhospital.org](https://www.northfieldhospital.org)

Health Finders Collaborative: [healthfindersmn.org](https://www.healthfindersmn.org)
Faribault (507) 323-8100 | Northfield (507) 646-8964

Northfield Police: Non-emergencies: (507) 645-4477

Northfield Urgent Care: (507) 664-9999
[northfieldurgentcare.com](https://www.northfieldurgentcare.com) | 2014 Jefferson Rd Suite C, Northfield, MN 55057

Rice County Public Health: (507) 332-6111
[co.rice.mn.us/256/Public-Health](https://www.co.rice.mn.us/256/Public-Health)



Housing Assistance

Community Action Center of Northfield: (507) 664-3550
[communityactioncenter.org](https://www.communityactioncenter.org) | Emergency shelter, Supportive Housing, and Energy/Rent Financial Assistance

Northfield Union of Youth: (507) 663-0715
[unionofyouth.org](https://www.unionofyouth.org) | Youth support: mental health and homeless resources

Rice County MN-Housing: (507) 333-3787
[co.rice.mn.us/327/Housing](https://www.co.rice.mn.us/327/Housing)

Xcel Energy energy assistance | (800) 895-4999 | [xcelenergy.com](https://www.xcelenergy.com)



Food Access

Food Shelf:

Community Action Center of Northfield Food Shelf | (507) 664-3550
[communityactioncenter.org](https://www.communityactioncenter.org) | (Home delivery available)

Meals on Wheels:

Northfield | (507) 646-1022 | [northfieldhospital.org/meals-wheels](https://www.northfieldhospital.org/meals-wheels)
Surrounding communities: (800) 277-8418 | [threeriverscap.org](https://www.threeriverscap.org)

NAPS: (Nutritional Assistance Program for Seniors):

- St. Dominic Church Outreach: (507) 645-8816 | [churchofstdominic.org](https://www.churchofstdominic.org)
- Community Action Center of Northfield: (507) 664-3550
[communityactioncenter.org](https://www.communityactioncenter.org) | (Home delivery available)

SNAP: (Supplemental Nutrition Assistance Program)

(507) 664-3550 [communityactioncenter.org](https://www.communityactioncenter.org) | Community Action Center of Northfield offers application assistance or apply through Rice County Social Services.

WIC: services are being provided by phone. (507) 332-5906



Abuse, Mental Health, Substance Abuse

Hope Center | 24 hour SafeLine: (800) 607-2330
[hopecentermn.org](https://www.hopecentermn.org) | Support to victims of sexual and domestic violence

Rice County Public Health & Chemical Dependency:
(507) 332-6111 | [co.rice.mn.us/256/Public-Health](https://www.co.rice.mn.us/256/Public-Health)

Rice County Social Services-Mental Health Services:
(507) 333-3773

The Rice County Chemical and Mental Health Coalition:
[ricecountycmhc.org](https://www.ricecountycmhc.org) | Local Resource list during public health emergency

Minnesota Mental Health and Substance Use Disorders resources: [fasttrackermn.org](https://www.fasttrackermn.org)

Minnesota Crisis Text Line: Text 'MN' to "741741

National Suicide Prevention Lifeline: 1 (800) 273-8255 |
Spanish speakers call 1 (888) 628-9454

Minnesota Adult Abuse Reporting Center: 1 (844) 880-1574

South Central Mobile Crisis Team: (877) 399-3040



Older Adults, Disabled persons, Veterans

FiftyNorth (senior center): (507) 664-3700 | [fiftynorth.org](https://www.fiftynorth.org)
Questions? 50+ residents of Northfield, call and we'll help you find resources.

Laura Baker Services: (507) 645-8866 ext. 155 | [laurabaker.org](https://www.laurabaker.org)
Support services for individuals with intellectual and developmental disabilities.

Senior Linkage Line®: (800) 333-2433 | [seniorlinkageline.com](https://www.seniorlinkageline.com)
Talk to an expert about persons 60 and older.

Veterans Linkage Line™: (888) 546-5838 | [linkvet.org](https://www.linkvet.org)
Talk to an expert about resources for veterans.

Disability Hub MN: (866) 333-2466 | [disabilityhubmn.org](https://www.disabilityhubmn.org)

MinnesotaHelp.Info: [minnesotahelp.info](https://www.minnesotahelp.info) | State of MN assistance resources website

The LINK (A service of the Northfield Public Library) | (507) 645-6606
[guides.mynpl.org/resources](https://www.guides.mynpl.org/resources) | Bilingual resources



Financial & Employment

Community Action Center of Northfield: (507) 664-3550
[communityactioncenter.org](https://www.communityactioncenter.org)

ThreeRivers Community Action: (507) 316-0610
[threeriverscap.org](https://www.threeriverscap.org)

MN Employment and Economic Development (MN-DEED):
[mn.gov/deed](https://www.mn.gov/deed) | Information for workers & businesses related to COVID-19.

Rice County Social Services: (507) 332-5995 | Financial assistance
[co.rice.mn.us/349/Public-Assistance-Programs](https://www.co.rice.mn.us/349/Public-Assistance-Programs)



Childcare & Families

Rice County Social Services: (507) 332-6115
[mn.gov/mmb/childcare/families](https://www.mn.gov/mmb/childcare/families)

Northfield Area Family YMCA & Northfield Public Schools
are partnering together to provide childcare for Tier 1 and Tier 2 Employees.
Northfield YMCA: (507) 645-0088 | [northfieldymca.org](https://www.northfieldymca.org)
Northfield Public Schools: (507) 645-1245
[northfieldschools.org/communityservices](https://www.northfieldschools.org/communityservices) (click Ventures childcare)

Growing Up Healthy: (507) 301-6456 | [growinguphealthy.org](https://www.growinguphealthy.org)
Connect families to childcare - bilingual staff in English and Spanish



March & April Donors

Our sincere gratitude to all who have donated.
We couldn't even come close to doing what we do without your support — thank you!

Berit Anfinson, David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Bernard & Mary Auge, Lois Bakko, Dennis & Beth Berry, Robert Beske, Judy Broske, Warren & Karen Broughton, Gene & Darlene Broughton, Susan Dunhaupt & Dick Brown, Mary Brown, Arlene Bultman, James & Heather Cannaday, Bernice Christensen, College City Coin Club, Eileen Cooper, Cleve Crowningshield, Neil Deden, Winnie Drentlaw, JoAnn Edwardsen, Chris Ellison, Carol Emery, Beth Endert, Kristina Felbeck, Joyce Francis, Marie Frederickson & John Schnorr, Marie Gery, Mac & Jacquelyn Gimse, James Glover, David & Betty Habermas, Erling & Connie Halverson, Jerry & Liz Hankins, Peter & Karen Herborn, Richard & Donna Jackson, Georgene Johnson, Jackie Johnson, Ruth Johnson-Wirth, Patricia Jorstad, Joni Kilde, Gary & Arlene Kruse, C C Linstroth, Nancy Loesch, William Roadfeldt & Louise Lurye, Janet Mathews, James & Angie Mayr, Mike & Ann McGovern, Tom & Mary McGovern, William & Callista Meyer, Elaine Meyers, John & Sharon Micklo, Gene Moninger, Leslie Moore, Rosemary Ohles, Elizabeth Olson, Laurel Pankow, Lynne Pederson, Ken & Roberta Persons, Emelda Rasmussen, Bardwell Smith, Margaret Stary, Kenneth & Sharon Steinhouse, Dorothy Swanson, Harley Tate, Robert & Donna Vanderhoof, Linda Wagenbach, Patricia Warner



March & April New Members

A warm welcome to each of our new members.

Patricia Bartell, Kristin Bloomer, Steve Breaux, Vince & Susan Larson, Curtis lien, Diane Mardaus, Sandra Tuma, A. DeWayne Wee

AARP FOUNDATION TAX-AIDE

AARP Foundation Tax-Aide Service Suspended Until Further Notice. AARP will reassess whether they will be able to re-open. Please visit the online site locator tool aarpfoundation.org/taxhelp for the most up-to-date information, including site re-openings. **Please do NOT leave voicemail messages at the FiftyNorth front desk. We don't have any further information.**



Used-A-Bit Shoppe Reopens!

The Used-A-Bit Shoppe has reopened. They are not accepting donations at this time. Shoppe manager; Dolores Kornkven has been very busy preparing for the reopening. The crew has cleaned and reorganized both the furniture store and merchandise store. Many exciting new displays await the shoppers! Look for the new vintage train set collections and vintage sheet music display. There is truly something for everyone.

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

Masks & Social Distancing Required

NO DONATIONS at this time



Don't let pain slow you down.

We offer high-quality care that's close to home.



- Hip Replacement
- Knee replacement
- Shoulder Surgeries
- Fracture Care
- Chronic Tendonitis
- Minimally Invasive Surgery



Hans Bengtson, MD



Clint Muench, MD



Paul Meyer, OPA



Ashley Erichson, PA-C



Deb McGuire Lang, PA-C



Kyle Smisek, PA-C

(507) 646-8900



PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Becky Johnson, DDS

Brian Kraby, DDS

John Noack, DDS

Tyler Yahnke, DDS

507-645-5264

Moving on?

If you're thinking of selling in the Spring,
now is a good time to learn more
about preparing for the sale.

I would love to help.
Consultations are complimentary.

RE/MAX

ADVANTAGE PLUS

Mary Jo Winter

612.701.2079 - Text or call

mj@maryjowinter.com

158 Water Street N, Suite 8

Northfield



*"Thank you for all the help you gave us
this year getting our house ready for sale.
It kept us on track and really helped ease the stress."*

- Mike and Carol

www.FiftyNorth.org

1651 Jefferson Pkwy, Northfield, MN 55057

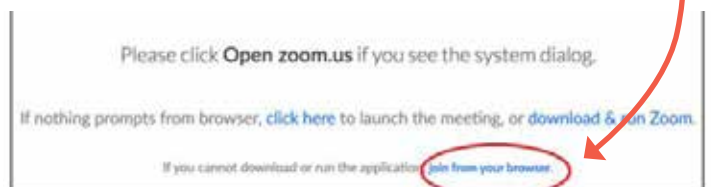
Let's get 'ZOOM'ing!

FiftyNorth is continuing to add virtual classes for Fitness, the Arts and Lifelong Learning. Zoom is a popular video chat platform that the instructors use.

Here are the steps for using ZOOM:

- 1 Register for the class at fiftynorth.org
- 2 Your instructor will send you an email with a link to the ZOOM class that has your Personal Link Name or Meeting ID.
- 3 Just before class begins, click the link which connects you to the ZOOM website. Enter your Personal Link Name or Meeting ID from your email.
- 4 Click "Join" when ready. **Have FUN!**

It isn't necessary to download or run the Zoom application to join a meeting. Just click join from your browser in the bottom, right of your screen. You don't need a Zoom account to join a class.



Give it a try!

If you have any questions, your instructors are happy to help or contact Katie at katie.felland@fiftynorth.org.

Here's a great resource that shows all the features of using ZOOM.
seniorplanet.org/wp-content/uploads/2020/03/Zoom.pdf

WE MISS YOU!

