



By Lynne Pederson, *Director*



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C'mon Back!



FIFTYNORTH is open! Renew and reup your memberships.

FiftyNorth has been closed, open partially, closed again, re-opened and managed under restrictions since March, 2020. The

Smart management Staff - Craig, Elaine, Lynne, Patty have been behind the closed doors, working on bringing you programs that you could participate in at home. Thirty plus online fitness classes have been offered by our very capable and nationally certified instructors – Marie, Kaethe, Sheilah, Carla, Kate, Stacey, Marcy, Ingrid, Rebecca, Becky, Heather S., and Heather R. Patty assured that art classes were taught using Zoom, and lifelong learning classes were offered through the Lifelong Learning Network. Craig set-up a lending program for members to borrow fitness equipment to continue

workouts at home, and moved the fitness equipment numerous times to accommodate the distancing requirement. Once we were partially open staff determined how to offer onsite use of the pool, fitness room, and classes in the pool and on land, while following the distancing guidelines and the limitations on how many users could be in an area at one time. Elaine has welcomed members new and renewing.

The Stellar Receptionists – Beth, Bonnie, Darla, Jane, Mary, Nancy, Pat welcomed and checked people in, assured that guidelines were followed, and cleaned the pool and fitness areas every hour. Cards are being played per a daily schedule in rooms 104 and 106. The “re-opening dance” continues and staff continue as your dance partner. The Unsinkable Dolores has worked tirelessly to keep the Used a

(Director’s message continued on p 2)



FiftyNorth just keeps on a changin’.

- ☑ Masks are optional to wear in indoor and outdoor activities for people who are fully vaccinated. People who are not vaccinated are encouraged to wear a mask.
- ☑ Participation check-in is required either with the Receptionist or at the kiosk.

AS OF MAY 28TH:

- There are no distancing requirements
- No limitations on the number of people in classes, fitness room, pool, and social activities. Lap lines are limited if there is a waiting line.
- There is no time limit for use in open swim and in the fitness room.
- Fitness classes are relocated to the Fitness Studio.
- Rooms 103-105 will be set up for lifelong learning classes and meetings.
- Rooms, upon availability, may be rented for events, parties, meetings, etc.
- Cleaning continues. Receptionists will be cleaning surfaces each shift.



EXCITING TIMES are ahead for FiftyNorth and we are looking for engaged and interested members to help shape our future. If you are passionate about FiftyNorth, willing to share your varied expertise and prepared to give a limited amount of your time each month, we invite you to apply now for an open seat on the Board of Directors.

Applications are available at the FiftyNorth front desk.

If you have questions, contact Pat Jorstad at pjorstad@gmail.com, CC Linstroth at cclinstroth@gmail.com, or Rita Olson at rrkmcc@aol.com.



In The Gallery

By Patty Ciernia, Program Coordinator



2021 FIFTYNORTH
MEMBER SHOW:
“The UnMasking”
Bring Your Art Out of Isolation
May 17 - June 25.

Twenty-four artists who are members of FiftyNorth, are on exhibit now through June 25. The Gallery is open during business hours. Artists have on display works that were created during the pandemic.



Collage with papers ~ by Mary Boylen



Mixed media ~ by Kate Douglas



Pastel and Ink ~ by Marie Larson



Director's Message - cont.

Bit Shoppe open and profitable. The Energized Lesley rounded up the volunteers and the Popcorn Wagon in open for another season in Bridge Square.

All Staff and instructors have done exemplary work to keep FiftyNorth programs operating so that members can stay active and healthy, even in pajamas while doing yoga in your living rooms. I appreciate every effort, problem solved, and hour worked from each and every staff person.

FiftyNorth thrives on its members. The energy at FiftyNorth comes from members and users participating in activities of their choice, the coffee groups, people talking, laughing, enjoying themselves, and including FiftyNorth as a part of your daily/weekly routines

There are about 270 members that are actively participating each day at the center or through online classes. We are grateful to members that have continued their memberships, and are participating online and onsite. We are delighted to have members in the center again. The buzz is coming back...but right now it is more like a hum.

In May of 2019 the average number of users per day was 450. Spaces were bursting at the seams with activity. We have a ways to go to get the Center back to full use capacity. Covid 19 has affected staff in how they have had to manage the center, members being nervous and cautious about returning to the center and dropping or not renewing FiftyNorth memberships. Currently 49.8% of the membership is participating. There are 50.2% of members who are not participating and 27% not renewing memberships. FiftyNorth continues to show a negative monthly income because we are not at full capacity in use. This can be improved by members renewing memberships and participating

C'mon back.



The restrictions have been lifted, the fitness room, pool, are open. Classes have resumed onsite and online. Groups are active. FiftyNorth is humming. **Members who have not renewed or dropped memberships, please reconsider – renew, and reup. You will be supporting FiftyNorth and giving yourself a gift of being active, healthy and engaged. Let's put the “buzz back” in FiftyNorth.**

Until next time, ... Onward and upward. ■



Fitness News



New In-person Fitness Classes Beginning June 1

CARDIO & STRENGTH INTERVALS

Mondays, 6:30-7:15am

Alternating short bursts of cardiovascular activity with longer intervals of full body strengthening activity.

Instructor: Heather Rataj

STEP INTERVALS

Tuesdays, 7:00-7:30am

30 minute heart pounding, calorie burning, high intensity step aerobic workout. During the class you will be guided through various step aerobic intervals to get your heart rate up and burn those pesky calories.

Instructor: Heather Rataj

KICKBOXING AND STRENGTH IN THE PARK

Tuesdays, 7:45-8:30am

Enjoy a great cardiovascular and full body strengthening workout with Heather Rataj outside in the FiftyNorth courtyard. If inclement weather the class will be held inside.

Instructor: Heather Rataj

CARDIO DANCE

Wednesdays, 9:15-10:00am

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: Heather Rataj

STRENGTH INTERVALS

Thursdays, 7:00-7:30am

30 minute full body strengthening, fat burning, and high intensity workout. During the class you will run through numerous upper and lower body strengthening workouts that leaves your body stronger and rejuvenated.

Instructor: Heather Rataj

CARDIO DANCE AND DRUMSTICKS IN THE PARK

Thursdays, 7:45-8:30am

What better way to workout and burn calories than to dance and beat on drums to some great music. Cardio Dance will help increase your cardiovascular endurance, coordination, stability, and hand and eye coordination. This class promises to leave you with a smile on your face and feeling accomplished. If inclement weather the class will be held inside.

Instructor: Heather Rataj



NEW Online ZOOM Fitness Classes Beginning June 1

ZOOM FITNESS - STEP INTERVALS

Tuesdays, 7:00-7:30am

30 minute heart pounding, calorie burning, high intensity step aerobic workout. During the class you will be guided through various step aerobic intervals to get your heart rate up and burn those pesky calories.

Instructor: Heather Rataj

ZOOM FITNESS - STRENGTH INTERVALS

Thursdays, 7:00-7:30am

30 minute full body strengthening, fat burning, and high intensity workout. During the class you will run through numerous upper and lower body strengthening workouts that leaves your body stronger and rejuvenated.

Instructor: Heather Rataj



Two Yoga classes are moving outside;

If inclement weather these classes will be held indoors.

BEGINNING YOGA IN THE PARK (VINYASA) Tuesdays, 9:00-10:00am

*PLEASE BRING YOUR OWN MAT

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

SLO FLO YOGA IN THE PARK (THUR) Thursdays, 9:00-10:00am

*PLEASE BRING YOUR OWN MAT

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

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30 AM	CARDIO & STRENGTH INTERVALS (6:30-7:15)	STEP INTERVALS (7-7:30)	SLO FLO YOGA (7-8)	STRENGTH INTERVALS (7-7:30)		
7:00 AM						
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					TAI CHI in the PARK (8:30-9:15)	
9:00 AM		BEGINNING YOGA in the PARK (VINYASA) (9-10)	CARDIO DANCE (9:15-10)	SLO FLO YOGA in the PARK (9-10)		
9:30 AM						
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						



GROUP WALKING

Mondays & Wednesdays, 7:30-8:30am
(meet at 7:15)

Do you love to walk? Do you enjoy the outdoors and walking in the company of others? Then join FiftyNorth's Walking Group led by group exercise instructor Becky DeMann. Each week you will venture out to a new location in the Northfield area.

TABLE TENNIS

Monday, Tuesdays and Thursdays (1:00-3:30 PM). Primary start time of 1:00, but the room will stay open until 3:30 for those who wish to continue to play. NO sign up to play; come in just like before the pandemic.

Saturdays (10:00-11:45 AM). Sign up with Judeen Brown. Contact her PRIOR to 8:00 PM on Fridays.

Email: judeengwynne@charter.net
Phone Numbers: Home - 507-645-5896
Cell (call or text): 507-301-2650



FIFTYNORTH PEDALERS

Mondays – depart 9:00am
Wednesdays – depart 8:30am

We are starting something new this year. There will be **TWO** weekly rides.

Mondays will be In-town, led by Mary Auge. Miles average will be 10-12.

Wednesdays will be out-of-town, led by a wonderful group of volunteers! Miles will depend on what trail you'll be on that day. Normally about 20-25+. Frequently, a fun lunch break will be included.

Feel free to ride with both groups or jump from one to another. Whatever works best for you!



2021 AQUA FITNESS (updated June 1)

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



Fitness News

SOFTBALL TEAM

It's that time of year where you can hear the crack of the bat and the roar of the crowd. Join FiftyNorth's Senior Softball Team for practice and games. Both Men and Women are strongly encouraged to join and must be 55 years or older to play.

Practice is on Thursdays at 12:30 pm to 2:30 pm at Sechler Park in Northfield

For more information contact Harley Tate (Team Manager) at (507) 251-9958 or email: harleyjtate@yahoo.com

Join us Tuesdays to watch the games! Cheer on our FiftyNorth team and have some fun!



2021 SENIOR SOFTBALL LEAGUE NORTHFIELD SCHEDULE

All Games on Tuesday at 10:00am

Home Games played at Sechler Park

Date	Teams
June 1	Home vs. Cannon Falls
June 8	At Owatonna
June 15	Home vs. Faribault
June 22	At Cannon Falls
June 29	Home vs. Owatonna
July 6	At Faribault
July 13	Home vs. Cannon Falls
July 20	At Owatonna
July 27	Home vs. Faribault
August 3	At Cannon Falls
August 10	Home vs. Owatonna
August 17	At Faribault

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)	STEP INTERVALS (7-7:30)	SLO FLO YOGA (7-8)	STRENGTH INTERVALS (7-7:30)	CORE & STRETCH (6:30-7:15)	
7:00 AM						
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						



Lifelong Learning

THE ENTERTAINMENT GUIDE™



AUTHOR TALK: SUSAN HVISTENDAHL ON "HISTORIC HAPPENINGS"

Thursday, June 17
1:00-2:30pm

Susan Hvistendahl presents highlights of Volume 1 of her "Historic Happenings" series of books, open to the public at FiftyNorth. She will take note of Northfield personalities, places and events, such as John North, Hiram Scriver, Laura Baker, Maggie Lee, Marilyn Sellars, Johnny Western, Yosh Murakami,

Wayne Eddy, Sid and Dan Freeman, Laura MacKenzie, the Lyceum, the Archer House, the Grand, the Odd Fellows, a 1915 lion attack at a carnival, Dwight Eisenhower at Laird Stadium in 1952, quiz aces, the 1997 Northfield Raiders state football championship and the infamous James-Younger bank raid of 1876.

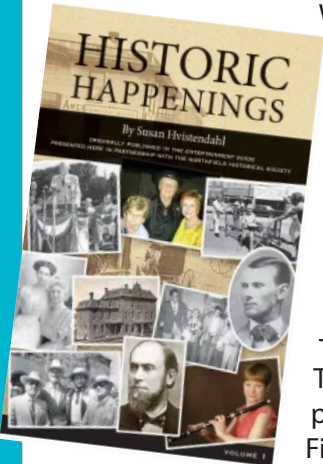
The history of the beloved popcorn wagon, run by FiftyNorth, will be featured. The event will take place in rooms

103/105, no pre-registration required. There will be a book signing of all her local history books, cash and check only, following the presentation.

Presenter: Susan Hvistendahl

Capacity: 25

Cost: FREE **Room:** 103



Advance Care Planning

What it is, why it matters,
how to begin

ADVANCE CARE PLANNING: WHAT IT IS, WHY IT MATTERS, HOW TO BEGIN

Thursday, June 24
10:30-12:00pm

Health Care Directives, the instructions you give to your loved ones for medical decision-making, life-prolonging treatment, and end-of-life care, are not easy to write. These plans should be completed after discussions with your family and careful thought as to what your wishes really are -- a process called Advance Care Planning. This class will help you along that journey. We will learn about the steps of Advance Care Planning and explore some hard questions about hopes, fears and what really matters to you, as this informs your preferences for end-of-life medical care and support. What you learn about Advance Care Planning and about yourself will prepare you to effectively complete your own Health Care Directive. Materials for completing directives and discussing your wishes and your care plan with your family will be available to participants.

Instructors: Susan Lohmann, MSW, LICSW and Anne Meyer Ruppel, RN, CNP (retired).

Both Susan and Anne are Certified Advance Care Planning Facilitators

Capacity: 20

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

Room: 103



THE UNITED STATES FLAG: ORIGINS, EVOLUTION AND SYMBOLISM

Tuesday, June 29
1:00-2:00pm

The United States Flag is an important, perhaps, the most

important, symbol of our identity and national pride. The history of the Flag reflects the history of our Nation itself. Join us to hear that story.

Presenter: David Jones

Capacity: 20

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

Room: 103



Wellness Classes



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A MATTER OF BALANCE

Tuesdays & Thursdays

June 15, 17, 22, 24, 29, July 1, 6, 8 (8 sessions)

2:00-3:30pm

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. St. Olaf students, under the supervision of instructor Jenny Holbein, will teach practical strategies to manage falls.

Instructor: St Olaf students with instructor Jenny Holbein

Capacity: 18

Cost: FREE

Room: 103

NOTES: Participants will be paid \$20 for completing the entire program.



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

JUNE: *An Irish Country Doctor* by Patrick Taylor

JULY: *The Night Watchman* by Louise Erdrich

AUGUST: *Girl With The Louding Voice* by Abi Dare



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



FiftyNorth Trips

Please pre-register for all trips and classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk



If FiftyNorth is unable to get 20 participants signed up by June 11th the trip will be canceled. Please sign up as soon as possible.

TRIP: TWINS VS. CHICAGO WHITE SOX

Wednesday, July 7

10:00-4:30pm

Enjoy an afternoon of fun in the sun at the Twins Target Stadium as you watch the Minnesota Twins go against the Chicago White Sox in a divisional game. Seats will be in section 102 which is right off of first base and a great location of viewing the entire field. Due to the new seating arrangements, our seats would not all be together, but we would all be in the same general area. Seats are in pods of 2 and 4. Trip includes seats for the game and socially distanced bus ride up to the game and back. Seats at the game and on the bus are socially distanced and limited to number of participants.

Trip Leader: Jim Estrem

Maximum Capacity: 25

Minimum Capacity: 20

Cost: \$75

Registration Deadline:

Sign Up Before June 11th.

Effective May 14, all guests at Target Field are strongly encouraged, but not required, to wear face coverings while in the ballpark's outdoor spaces, except when actively eating or drinking.



Art Classes



INDIGO DYEING COMMUNITY VAT

Friday, June 11
1:00-5:00pm

Indigo is the blue dye that made Levi Straus famous and comes from a plant. Indigo was grown in the SE US in the early 1800s. Today there is a commercial indigo growing and processing operation in Tennessee. Many tobacco farmers have switched to growing indigo and there are smaller growers across the country.

Participate in the community vat and learn more about this mysterious centuries old blue color. I will bring a vat made from indigo grown locally in Rice County.

Presenter: Judy Saye-Willis
Session Times: 1-1:45pm, 2-2:45pm, 3-3:45pm, 4-4:45pm
Capacity: 8; 2 people per 45-minute session; 4 sessions, select session time at checkout
Cost: \$30 nonmbr, \$20 mbr, \$10 platinum
Room: Art Studio
Registration deadline: June 10

ITEMS STUDENTS SHOULD BRING: Please bring up to five ounces of cotton, linen, or silk. It needs to be very clean and presoaked in water for an hour or more before you come. Bring it in a zip lock bag.

Bio: Judy Saye-Willis is a visual artist who has lived in rural Minnesota her entire life. Her current work is focused on the use of natural pigments and dyes made from locally grown and foraged materials. She produces bodies of work on textiles and paper that often speak to environmental stewardship

ONLINE - GRANDMA OR GRANDPARENT AND ME (GRANDKID)

Tuesday, June 15
10:00-12:00pm



In this class a grandparent and a grandchild each get to make a dog or cat pendant and a mini square plate. This fused glass project is for all ages. Each person picks a cat or a dog theme. Or they can make cat necklace

and a dog plate. The small plates are perfect for a tea bag or special treat holder.

Instructor: Geri Thelen
Capacity: 20
Cost: \$45 nonmbr, \$35 mbr, \$25 platinum
Space: ZOOM
Registration deadline: June 10

ART SUPPLY KIT INCLUDED: Kits available to pick up at FiftyNorth, starting Friday, June 11. Return kit for firing after class.

THE BRIDGE BETWEEN SEEING AND DRAWING - BIRDS

Tuesday, Thursday, June 22 & 24
1:00-3:00pm



Whatever your skill level, the key is understanding how seeing is not just looking. This session and future sessions, we will not only learn about the elements and principles but we will look at how they were used by specific artists and their work.

Elements of Art: line, shape, color, space, form, value and texture.

Principles of Design: Balance, contrast, emphasis/focal point, harmony/unity, movement, repetition, rhythm, pattern and variety.

Instructor: Kate Douglas
Capacity: 6
Cost: \$35 nonmbr, \$25 mbr, \$0 plat
Space: Art Studio

Materials students should bring: Images of birds (photos, not paintings), Good quality paper and sketch paper, A variety of pencils, An eraser Pens, permanent ink



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!*

Karen Achberger, David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Bernard & Mary Auge, Lois Bakko, Dennis & Beth Berry, Judy Broske, Warren & Karen Broughton, Gene & Darlene Broughton, Mary Brown, James & Heather Cannaday, Bernice Christensen, Judy Closson, Eileen Cooper, Robert & Gail Craig, 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, David & Betty Habermas, Jerry & Liz Hankins, Richard & Donna Jackson, Georgene Johnson, Ruth Johnson-Wirth, Patricia Jorstad, Gary & Arlene Kruse, Myron Lanoue, C C Linstroth, Tom & Nancy Loesch, William Roadfeldt & Louise Lurye, Janet Mathews, James & Angie Mayr, Mike & Ann McGovern, Elaine Meyers, John & Sharon Micklo, Bill & Pat Nelson, Elizabeth Olson, Lynne Pederson, Ken & Roberta Persons, Mary Raney, Laura Skluzacek, Bardwell Smith, Kenneth & Sharon Steinhouse, Craig Swenson, Anne Ulmer, Linda Wagenbach, Patricia Warner



April 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!

Gretchen Amy, Milo Edel, Debra (Deb) Johnson, Doug & Karen Lien, Rickey Mantley, David & Genevieve Quarberg, David & Genevieve Quarberg, Geoffrey Tisdale, Debbie Zellner, Ellen Zeta



Friday Movies in June!

Movies start at 1:00PM

Every Friday the Center's movie group meets to view a movie. Anyone may attend! A one dollar donation is recommended.

June 4: Learning to Drive 2014 89 min. Comedy



Wendy (Patricia Clarkson) is a fiery Manhattan author whose husband has just left her for another woman. Darwan (Ben Kingsley) is a soft-spoken taxi driver from India on the verge of an arranged marriage. Wendy sets out to reclaim her independence, but as a lifelong New Yorker, she's never learned to drive – so she hires the calm, restrained Darwan to teach her. As Darwan shows her how to take control of the wheel, Wendy coaches him on how to impress a woman. Their unlikely friendship awakens them to the joy, humor, and love in starting life anew.

June 11: The Judge Drama 2014 142 min.



Hank Palmer (Robert Downey, Jr.) is a cocky, self-assured attorney who defends rich criminals and he is good at it. His father (Robert Duvall) is a hard-nosed judge in a small Indiana town. Hank returns to his hometown after learning his mother has passed away. Family friction heats up, but when his father needs an attorney, Hank stays. It is a story about family coming together.

Movies are provided from the private collection of Diane Gehler. If you would like to request a specific movie, please contact her via email at jdgehlers@msn.com.

Friday Movies are Back!

June 18: Mr. Church Family 2016 105 min.



Mr. Church tells the story of a unique friendship that develops when a little girl and her dying mother retain the services of a talented cook – Henry Joseph Church (Eddie Murphy). What begins as a six-month arrangement instead spans fifteen years, and creates a family bond that lasts forever.

June 25: The Leisure Seeker 2017 (timeless) 112 min.



Helen Mirren and Donald Sutherland, star as an elderly couple who run away on an unforgettable journey in their faithful old RV they call "The Leisure Seeker", traveling from Boston to the Ernest Hemingway Home in Key West. They recapture their passion for life and their love for each other on a road trip that provides surprise right up to the very end.

You Deserve our **Very Best.**

We have a limited number of one- and two-bedroom pristine 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 the finest continuum of care that makes our community such a smart plan for retirement.

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

(507) 216-4875 | www.blcnorthfield.org



EEO/AA/Vet Friendly Accessibility icons for wheelchair and hearing/vision impaired.

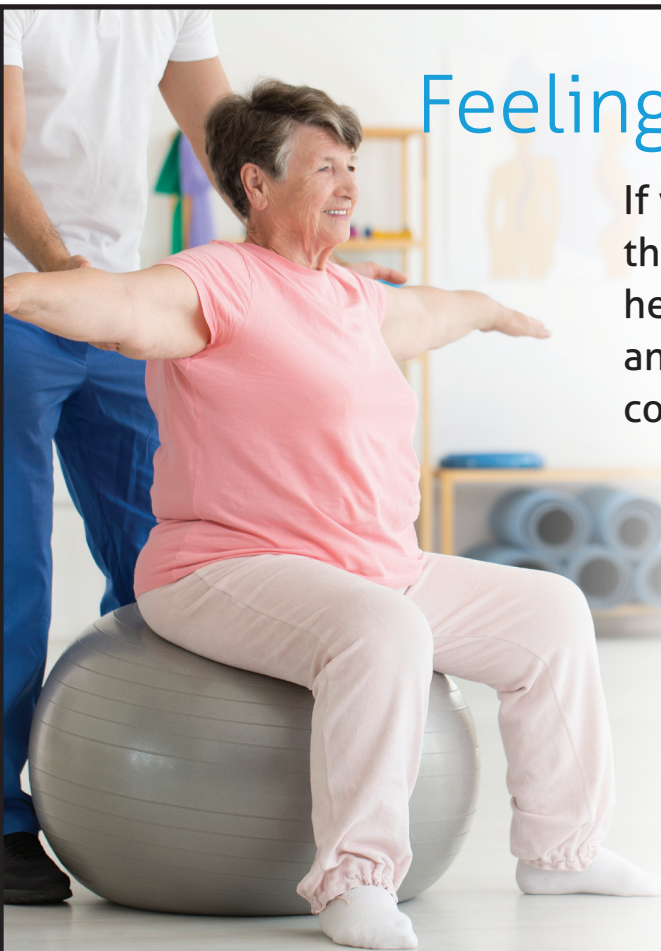
Feeling a Little **Off Balance?**

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



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–2pm (beginning June 5)
Sunday: Closed



Fitness Center Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–2pm (beginning June 5)
Sunday: Closed



Pool Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–2pm (beginning June 5)
Sunday: Closed



CaféNorth Hours:

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



Used-A-Bit Shoppe:

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