



By Lynne Pederson, *Director*



Keep On Truckin'



It has been a busy week. My husband, Charlie, had a bout suffering with kidney stones, waiting for them to pass, which didn't happen and ended up having surgery at Abbott Hospital. That in itself is a major experience, not the surgery, but getting to Abbott, after having to get up at 4:00am, not realizing that the south Minneapolis 35W exits are closed, then having to back track through side streets to find the hospital and luckily just happened to turn onto the right street that had the entrance to the Piper building where we needed to be. The surgery went fine, and we were on our way home mid-afternoon – after I had to talk the parking lot attendant into manually raising the lot exit gate, because I couldn't find the parking ticket that would normally raise the bar to let me out. The next day, Charlie is up, feels okay, and drives to Cub in his beloved Ford Ranger. Charlie loves Ford Ranger trucks. They are smaller than most trucks, but can haul things and pull the lawn tractor

trailer. This Ranger happens to be the third in the line of owned beloved Rangers and seemingly the last as they don't make them anymore, and the ones that are still running have many miles on the odometer and parts that no longer work. This one came with the passenger side window not opening – but that is another story.

Charlie parks the Ranger at Cub, buys his groceries, comes out, gets in the truck and it won't start. Having left his cell phone at home, a more normal habit than having it with him, he walks to FiftyNorth to ask me to take him to the car dealership where the truck was towed – a one-mile tow for \$107. The truck sat there overnight, and in the morning, it miraculously started. The mechanics were baffled by why it would not start and then did start. Charlie, chalks it up, and drives it away. The next day, Charlie is coming into town (we live in the country 7 miles south of Northfield), after the latest 5 inch snow fall, with 0 degree temps, and as he is driving up one of the hills, hits a patch of ice, the truck skids, turns completely

(continued on p. 2)



INSIDE

- Member News 2
- Fitness: New Zoom Registration Change..... 3
- Fitness 4,5
- Art Classes 6
- Lifelong Learning: Senior Learning Network..... 7-9
- Donors..... 10
- Book Club 10

DAYLIGHT SAVINGS SPRING AHEAD March 14



Changes to Fitness Zoom Link Registration





Director's Message - cont.

around, and goes into the ditch sideways. Having lived in the country for 33 years, going into the ditch is not a new activity for us. The truck is buried in snow and stuck, and even with four-wheel drive he cannot drive out. He calls the tow truck to get him out, and me to come and pick him up as it was going to be an hour before the tow truck would arrive. This time, I left my cell phone at home, so he calls the Center, gets transferred to Elaine, who tracks me down to tell me that I need to go to pick him up. I switch into my "cavalry to the rescue mode", and take off to find him. He is sitting in the truck, buried in snow. He climbs out, in snow up to his knees, to sit in my car as we wait. The tow truck comes, pulls it out and \$112 later, Charlie gets in the Ranger and drives away. This was Friday. The next Monday, the truck stopped again while Charlie was at the dealership, having had

... Charlie discovers the new truck is too tall — it won't fit into our garage!

a premonition that the Ranger's days were numbered, perusing the used trucks in the lot. The Ranger would not start. Good-bye little truck. I get a call this time to meet him at the car lot, to sign the papers to buy a different truck. Not a beloved Ranger...those days are over, a bigger truck, with a hitch and enough power to pull big things. Two hours later, the paperwork is signed, Charlie is pleased as the proud owner, gets into his newly purchased truck, drives it home, comes into the house, and announces to me... "the truck is too tall and it won't fit into the garage". Stay tuned. Expect a story soon about building a new garage this summer.

Onward and upward...until next time.



Member News

TWINKLE TOES FOOT CARE



**2nd Monday of each month
(March will be the 3rd Monday)
12:30-4:30pm**

Need your toenails trimmed? Since 1999, Laurie has provided foot care in the Twin Cities Metro Area and the surrounding communities.

She takes clients here at FiftyNorth usually on the 2nd Monday of the month from 12:30-4:30pm. \$45 per session payable to Twinkle Toes Foot Care
Call the FiftyNorth front desk to make your appointment. 507-664-3700.



Craig Swenson family update:
Many members have been asking about how Craig's family is doing.



Here is what we know.

Craig is commuting back and forth while Chantel is in Rochester and babies are being cared for at the Mayo. The twins continue to grow and get stronger; each day brings them a little bit closer to coming home.

- They have a CaringBridge site <https://www.caringbridge.org/visit/emmarosalieswenson>
- Craig's parents have set up a fund account to help with medical expenses: Emma & Rosalie Fund, connected with Frandsen Bank & Trust
715 Stafford Rd N, Dundas, MN 55019
(507) 645-8825

THE NEIGHBOR LADY

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Fitness News

Questions? Contact Elaine at (507) 664-3703 or email her at elaine.meyers@fiftynorth.org

Zoom Class Registration Changes: Zoom Fitness classes are now listed under - "Virtual Center: Live Events"



Log in, Click Register then you will see this icon.

Here's what it will look like:

**You no longer will receive zoom links by email.
You will access your fitness Zoom links through FiftyNorth.org
Click on this icon on the Home page to log in.**



- 1 Before class begins, log in to FiftyNorth.org.



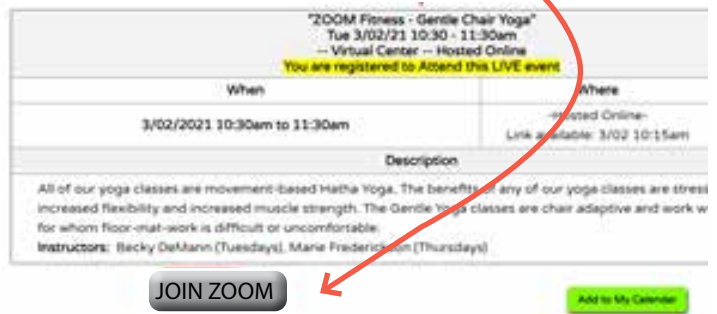
Welcome! What would you like to do today?

- 2 Click on My Calendar My Calendar The zoom classes you have registered for will be highlighted in blue. Click on the class you want to participate in then click on the gray button on the lower left.

- 3 This IS your ZOOM link; click on that button to take you directly to the class.

March 2021

Tue	Wed	Thu
10:30a ZOOM Fitness - Gentle Chair Yoga		10:30a ZOOM Fitness - Gentle Chair Yoga
10:30a ZOOM Fitness - Gentle Chair Yoga		10:30a ZOOM Fitness - Gentle Chair Yoga
10:30a ZOOM Fitness - Gentle Chair Yoga		10:30a ZOOM Fitness - Gentle Chair Yoga
10:30a ZOOM Fitness - Gentle Chair Yoga		10:30a ZOOM Fitness - Gentle Chair Yoga
10:30a ZOOM Fitness - Gentle Chair Yoga		10:30a ZOOM Fitness - Gentle Chair Yoga



EXAMPLE: This is an example of what your calendar could look like. It shows the Virtual Classes you've registered for.

EXAMPLE: This is an example of what you'll see when your ready to begin class. Click on the gray box that says "JOIN ZOOM". It will take you directly to the zoom event.



Fitness News

2021 IN-PERSON LAND BASED FITNESS CLASSES March

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30 AM						
7:00 AM			SLO FLO YOGA (7-8)			
7:30 AM						
8:00 AM	TAI CHI (8-8:45)					
8:30 AM					TAI CHI (8:30-9:15)	
9:00 AM		BEGINNING YOGA (VINYASA) (9-10)		SLO FLO YOGA (9-10)		
9:30 AM						
10:00 AM						
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						
11:30 AM						
12:00 PM		SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM						
4:30 PM						
5:00 PM		SILVER SNEAKERS STRENGTH (5-5:45)				
5:30 PM						

2021 VIRTUAL LAND BASED FITNESS CLASSES March: AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30	CARDIO & STRENGTH INTERVALS (6:30-7:15)	POWERLIFTING (6:30-6:55)			CORE & STRETCH (6:30-7:15)	
7:00 AM		DRUMS ALIVE (7-8)	SLO FLO YOGA (7-8)	BOXING AND STRENGTH (7-8)		
7:30						
8:00 AM	BOOTCAMP (8-9)	TAI CHI (8-8:45)	STRENGTH TRAINING (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRONG NATION (8-9)
8:30						TAI CHI (8:30-9:15)
9:00 AM	YOGA STRETCH (9-10)	BEGINNING YOGA (VINYASA) (9-10)	GLOBAL LINE DANCING (9:30-10:30)	CARDIO DANCE (9:15-10)	SLO FLO YOGA (9-10)	COUNTRY WESTERN LINE DANCING (9:30-10:30)
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						SILVER SNEAKERS (10:30-11:30)
11:30						RESTORATIVE YOGA (10:30-11:30)
12:00 PM	GLUTE STABILITY (12-1)	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)			LINE DANCE FITNESS (5-6)
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM		STRENGTH AND STRETCH (7-8)		RELAXATION YOGA (7-8)		
7:30 PM						

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



Stop by and check it out!

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

COFFEE AREA:

Limited to 2 Participants
(Area has 2 Nu Steps)

FITNESS WEIGHT ROOM:

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

FITNESS STUDIO:

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

ROOM 104 AND 106:

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

2021 AQUA FITNESS CLASSES (01/01/21)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
6:45 AM						
7:00 AM	AQUA SUNRISERS 7-7:45AM	EARLY BIRD AQUA 7-7:45AM	AQUA SUNRISERS 7-7:45AM	EARLY BIRD AQUA 7-7:45AM	AQUA SUNRISERS 7-7:45AM	OPEN SWIM
7:45 AM						
8:00 AM	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	
12: 45 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:45 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
2:45 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
3:45 PM						
4:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
4:45 PM						
5:00 PM	OPEN SWIM	AQUA FUSION 5-5:45PM	OPEN SWIM	AQUA FUSION 5-5:45PM	OPEN SWIM	
5:45 PM						
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		



Art Classes

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/learn/classes

In Person: *FiftyNorth* front desk



ONLINE - SPREADING THE LOVE, GARDEN STAKE

Tuesday, March 9

10:00-12:00pm

Do you want to be a part of The Spreading the Love Project here in Northfield? Create your own fused glass heart garden stake. Let people know all are welcome at your home.

Pick up your fused glass kit on March 5 from the FiftyNorth front desk receptionist. The projects will be returned to FiftyNorth for Geri to fire in her kiln. Then the finished projects can be picked up again at FiftyNorth.

Instructor: Geri Thelen

Capacity: 15

Cost: \$55 nonmbr, \$45 mbr, \$20 platinum

Registration deadline: March 4

INCLUDES MATERIALS

A Zoom link will be emailed to you prior to class.



ONLINE - THE BRIDGE BETWEEN SEEING AND DRAWING

Tuesday, Thursday, March 16 & 18

1:00-3:00pm

During these sessions we will explore a variety of tools and techniques that will help you become more confident about drawing. Whatever your skill level, the key is understanding how seeing differs from looking. Looking is a physical, spontaneous gesture. Seeing is about making a mindful connection between what you see and how you respond with your eyes, your brain, your arm, your hand, your fingers and your drawing tool. We will also explore ways that artists use the *elements of art and principles of design to inform their own art making process through intense concentration on the viewed subject. Most exercises will be process rather than product based.

Presenter: Kate Douglas

Capacity: 10

Cost: \$65 nonmbr, \$55 mbr, \$10 platinum

Registration deadline: March 14

A Zoom link will be emailed to you prior to class.

Please have ready:

- 4 objects from your home to use as models (such as: a toy, fruit or plant, a lamp, a pitcher, a vase, a shoe or boot, something very old, an interesting chair, etc.)
- Creative tools for mark-making or adding color (such as: twigs, feathers, ribbon, string, leaves, sponges etc.)
- 3-4 cotton balls, swabs, Kleenex, paper towel
- Magazine pages that contain some or all of the following dominant colors: White, black, red, blue, yellow, orange, purple, green. Pastel colored pages can also be used.

You will also be provided with a kit of additional needed materials that should be picked up at the FiftyNorth reception desk 1-3 days before the class begins. This kit will include *handouts.



Lifelong Learning: Senior Learning Network

Please pre-register for all classes:

Online: www.FiftyNorth.org/classes

FiftyNorth offers classes in partnership with the Senior Learning Network. All programs are virtual using Zoom. Pre-registration required.

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



ONLINE - PENN MUSEUM/ PERSONALLY GUIDED AFRICAN GALLERIES TOUR (ZOOM)

Tuesday, March 2 • 1:00-2:00pm

What better way to learn about the culture of another place than through the eyes of someone who grew up there? Through the Global Guides Program, the Museum offers virtual tours led by Philadelphians who grew up in countries around the world! In addition to sharing historical information about the museum artifacts on display, our guide from Africa will combine personal experiences and stories to interpret objects from their home country.

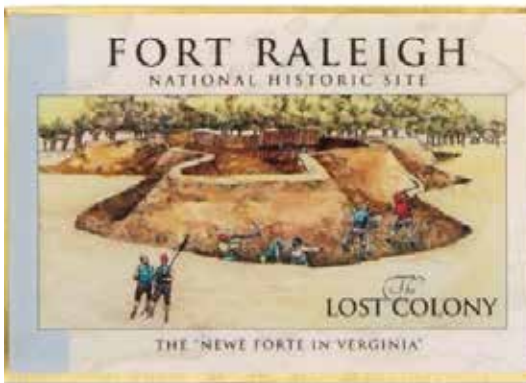
Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: February 28

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



ONLINE - THE LOST COLONY / FT. RALEIGH NATIONAL HISTORIC PARK (ZOOM)

Thursday, March 4 • 1:00-2:00pm

An in-depth look at the complex history and mystery of England's start in North America. Join park rangers to explore the events and unknowns surrounding the first English colony in North America. The program begins at the historic Waterside Theater and will cover the multiple English voyages, the interactions between the English and Native people and some theories about what happened to the Lost Colony. The program will continue with a tour to the archaeology site of the 1585 scientific workshop (this is not an active dig site but rather where known parts of the story exist) and the earthen fort which is a reproduction of one from the 1580's. Continuing through the forest and ending at the north shore of the island provides an opportunity to discuss the, yet to be discovered, location where the colonists built their homes.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: February 28

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

(Cont. on p. 8)



Lifelong Learning: Senior Learning Network

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ONLINE - THE FIRST 100 DAYS OF FDR (ZOOM)

Tuesday, March 9

1:00-2:00pm

The first 100 days of the Roosevelt Administration was the most legislatively active period in American history. This session explores the flurry of dramatic actions taken by FDR as he sought to pull the United States from the grips of the Great Depression in the opening days of his presidency.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: March 7

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



ONLINE - LOVINGLY, MARION/ MCNAY ART MUSEUM (ZOOM)

Thursday, March 11

1:00-2:00pm

Join us for a tour of the McNay Collection! This tour highlights Marion Koogler McNay's bequest of her home and art collection with particular emphasis on 20th and 21st-century modernist artists Paul Cézanne, Marc Chagall, Pablo Picasso, Georgia O'Keeffe, and Diego Rivera among others.

About Marion Koogler McNay:

Marion Koogler McNay, was an American painter, art collector, and art teacher who inherited a substantial oil fortune upon the death of her parents. She later willed her fortune to be used to establish San Antonio's first museum of modern art, which today bears her name.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: March 7

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



Are you new to ZOOM? Could you use a little help? Contact Patty at FiftyNorth. We can set up a sample zoom meeting and learn how to use the options on the tool bar and explore together. (507) 664-3709 or patty.ciernia@fiftynorth.org.

Did you know, while muted, you can hold the space bar to temporarily unmute yourself? It's easier than clicking the unmute button.

Have you tried "pinning"? If you want one person's screen to show the biggest, go under the video icon and there is a pop up menu with the option called "Pin". It's helpful while watching a fitness class and you only want to see the instructor.



ONLINE - THE STORY OF AMISTAD/ MYSTIC SEAPORT MUSEUM (ZOOM)

Thursday, March 18 ■ 1:00-2:00pm

This new joint program of Mystic Seaport Museum and Discovering Amistad tells the story of the Amistad and how it serves as an example of how citizens and communities, working together, can bring about landmark change. Using the legacy of the 1839 Amistad Uprising, the program bridges history and the challenges of that time to present-day issues of inequity. The program features behind the scenes footage from the vessel itself, and a special Planetarium show that showcases changes in the night sky as seen by the Amistad Africans on their return trip to Sierra Leone, and the role that celestial navigation played in this local story.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: March 7

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



ONLINE - VIRTUAL TOUR AT MITCHELL CAVERNS (ZOOM)

Tuesday, March 23 ■ 1:00-2:00pm

Mitchell Caverns, within the Mitchell Caverns Natural Preserve, is a trio of limestone caves, located on the east side of the Providence Mountains. For many years the caves were thought to be "dead", that is, the formations were no longer growing. However, recent studies have found some signs of life. Numerous paleontological and archaeological finds have been made in and around the caverns. Scientists have found the remains of several prehistoric animals, including a sloth.

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: March 7

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



During this program, we will view the mountains, river, and desert of Big Bend, and be introduced to a few animals that live in each area. We will also learn what tourists love to do --learning to canoe down the river, or backpack in the mountains.

ONLINE - BIG BEND NATIONAL PARK / TEXAS' GIFT TO THE NATION (ZOOM)

Thursday, March 25 ■ 1:00-2:00pm

There is a place in Far West Texas where night skies are dark as coal and rivers carve temple-like canyons in ancient limestone. Here, at the end of the road, hundreds of bird species take refuge in a solitary mountain range surrounded by weather-beaten desert. Tenacious cactus bloom in sublime southwestern sun, and diversity of species is the best in the country. This magical place is Big Bend...

Presenter: Senior Learning Network

Capacity: 35

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

Registration deadline: March 7

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



January 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!*

Lois Bakko, Karen Achberger, Bradley & Barbara Anderson, David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Bernard & Mary Auge, Dennis & Beth Berry, Mary Beth Boyum, Judy Broske, Warren & Karen Broughton, Gene & Darlene Broughton, Mary Brown, James & Heather Cannaday, Bernice Christensen, Judy Closson, Eileen Cooper, Robert & Gail Craig, Linda Davis, Neil & Marilyn Deden, Winnie Drentlaw, JoAnn Edwardsen, Chris Ellison, Carol Emery, Beth Endert, Evelyn Estenson, Kristina Felbeck, Robert Forsgren, Joyce Francis, Stephanie Frey, Marie Gery, Mac & Jacquelyn Gimse, James Glover, Lisa Graff, Kenneth Grisim, J. Jay Grove, David & Betty Habermas, Jerry & Liz Hankins, The Ponds Homeowners Association, Richard & Donna Jackson, Susan Jaskowiak, Orpah Johnson, Georgene Johnson, Ruth Johnson-Wirth, Patricia Jorstad, Gordon & Marilyn Kelley, Joni Kilde, Gary & Arlene Kruse, Myron Lanoue, C C Linstroth, Tom & Nancy Loesch, William Roadfeldt & Louise Lurye, Polly Martin, Janet Mathews, James & Angie Mayr, Mike & Ann McGovern, Elaine Meyers, John & Sharon Micklo, Gene Moninger, Bill & Pat Nelson, Elizabeth Olson, Lynne Pederson, Ken & Roberta Persons, Mary Raney, Michelle Ricca, Carolyn Sanford, Arland & Mary Schwake, Bonnie Sherman, Bardwell Smith, Brandon Stack, Kenneth & Sharon Steinhouse, Craig Swenson, Anne Ulmer, Robert & Donna Vanderhoof, Linda Wagenbach, Larry & Ginny Walsh, Patricia Warner, Marilyn Will



January 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!

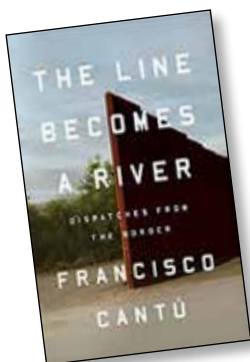
Linda Crain, Denise Ellingson, Jill Fisher, Leota Goodney, Beverly Jacobsen, Judy McGrogan, Todd & Connie Menssen, Karen Montgomery, Penny Priebe, Larry Tolle, Sharon Warwick



Book Club

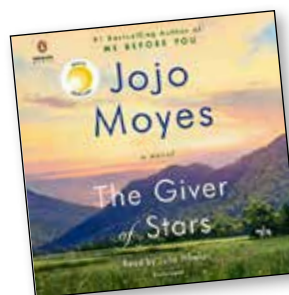
The Book Club meets the 2nd Friday of the month at 10:30am – via Zoom. All are welcome.

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



March - *The Line Becomes a River: Dispatches from the Border*

A beautifully written account of a life between nations cuts through the politics surrounding "the wall" to probe what's really at stake
— *by Francisco Cantu*



Coming up in April *The Giver of Stars*

Set in a small Kentucky town in Depression-era America, the novel details the lives of five women who become traveling librarians, delivering books to the people of Kentucky. The story follows Alice Wright, a British woman, who moves after marrying the Kentucky native Bennett Van Cleve.
— *by Jojo Moyes*

Don't Miss Out **On Life's Great Moments.**

Ophthalmologist **Michelle Muench, MD**, can diagnose and treat a range of degenerative eye conditions, including cataracts, glaucoma, diabetic eye disease and macular degeneration.

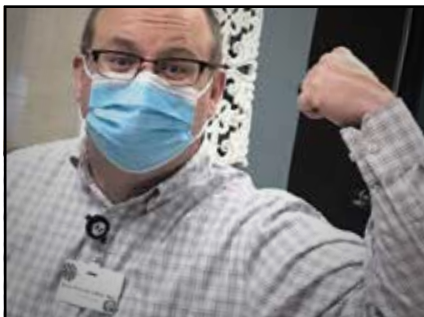
Restore your vision and enjoy the world around you.

Call for an appointment today!

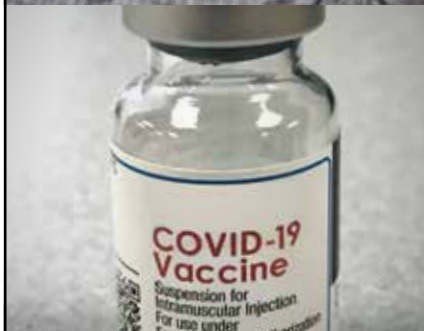


 **Northfield
Hospital + Clinics**

(507) 645-9202



Stay safe. Stay healthy.
Stay strong.



Nursing homes have been among the first to receive the COVID-19 vaccines. Here's more good news: Older adults in senior living communities, including Benedictine, also are prioritized for receiving the vaccine. Just one way we are working to make our community safe, healthy and strong.

Call us today (507) 216-0449
or go to www.blcnorthfield.org to learn more.

We help keep you healthy. We help keep you strong. We are Benedictine.



 **Benedictine**
LIVING COMMUNITY | **NORTHFIELD**

2030 North Avenue
Northfield, MN 55057

www.FiftyNorth.org

1651 Jefferson Pkwy, Northfield, MN 55057

Staff Directory

Director:

Lynne Pederson
507-664-3701 | lynne.pederson@fiftynorth.org

Assistant Director/Fitness Coordinator:

Craig Swenson
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Administration Manager:

Elaine Meyers
507-664-3703 | elaine.meyers@fiftynorth.org

Program Coordinator/ Community Outreach:

Patty Ciernia
507-664-3709 | patty.ciernia@fiftynorth.org

Used-A-Bit Shoppe Manager:

Dolores Kornkven
507-645-1399 | dolores.kornkven@fiftynorth.org

Bookkeeper:

Kathy Bjerke
507-664-3700 | kathy.bjerke@fiftynorth.org



Front Desk (Reception Staff):

507-664-3700
Mary Brown, Darla DeLong, Bonnie DuPay,
Beth Endert, Nancy Glodfelty, Pat Nelson, Jane Persons



Lobby Hours:

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



Fitness Center Hours:

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



Pool Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–12pm
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.