



INSIDE

By Lynne Pederson, Director



COVID 19:



Whenever my grandmother, said goodbye to me, she finished with “remember whose kid you are”. What do you suppose she meant by that? As a child I am sure I looked at her adoringly and thought that’s what all Granny’s say. As a teenager, I probably rolled my eyes and continued on in my own little world. As an adult, I now say that same phrase to my grandchildren. This simple statement has had a lasting effect on my life. Granny said it repeatedly, so my guess is she thought she was saying, don’t do anything to embarrass your parents. But knowing the woman that my grandmother was, I believe it went deeper. I believe that she was reinforcing in me to be true to myself, to make the right decisions no matter the situation that I find myself in.

The Annual Fund Drive letter was mailed to 1,400+ members in October. At about the same time, I tested positive for Covid 19. I contracted the virus from my sister, after spending time with her in a car while driving four hours for an outdoor visit with our DAD living in Iowa. Neither of us knew or suspected that she had the virus. We thought it was a cold. So when she called me

four days later and told me to consider that the symptoms were Covid related I was really quite surprised. Up to that point, I had not known anyone that had the virus, and did not think much about getting it as I think that we do a good job at FiftyNorth to follow protocol – wearing masks, distancing, and cleaning, meeting outside, etc.

I tested positive, as did Charlie. We went into quarantine, together at home, for two weeks. Repeat - together for two weeks. Charlie always seems to be able to get through any illness, without much effort

... knowing the woman my grandmother was, I know it went deeper. “Remember whose kid you are.”

or needed couch time. Me...not so much, as when I get sick, I am in it for the long haul. Flat out in bed or on the couch. Much of the first week was a blur as I was sleeping a lot, and did not have a great deal of concentration for what was happening beyond the couch that I was on. If there was a symptom, I had it. Fever, cough, lost sense of taste and smell, no appetite and fatigue. Extreme fatigue. I never felt that Charlie or I were seriously in danger healthwise. It was the flu, with symptoms that seemed to linger on and on. Our kids would leave care packages of food on our porch every couple of days. Not that we were too interested in eating, but food

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FiftyNorth will be closed November 3rd due to polling location and November 26 on Thanksgiving Day.

No in-person Land Based Fitness Classes at FiftyNorth November 4th.

OPERATION JOY 2020

The Northfield Community Action Center sponsors Operation Joy. For information on how to support this program, contact them at online or at (507) 664-3550.

FiftyNorth can not accept donations for Operation Joy.



In The Gallery

By Patty Ciernia, Program Coordinator

Kathy Thibodeau Weed - Quilter

On Display: October 2 — November 15



I'm a native of Northfield, my husband Steve and I have raised our 2 children here. I started sewing when I was about 8 years old and was taught by my mother who is a great seamstress. I sewed clothes for myself as a teenager. While in

my early 20's I started quilting. My quilts are inspired by nature; landscapes, especially trees, flowers, and birds. I enjoy the process of designing, picking out fabrics, piecing and finally the quilting.



Dawn Makarios - Potter



I just love ceramics and pottery. What a joy it is to watch artists and craftspeople doing their works! I like the process of the craft as much as the finished product. I enjoy looking at pieces around people's homes and how it feels when I use it. I get inspiration from my potter friends, being outside, and going to art exhibits and fairs.



Up next: Nov. 16 - Dec 31

Original Works of Art from Used-A-Bit Shoppe!
FiftyNorth Art Club will present the exhibit.

"TIME AFTER TIME"

**Art Exhibit FiftyNorth Art Gallery
November 15-december 30**

A collaboration of FiftyNorth and Used-a-Bit Shoppe

The Time After Time art exhibit will include artwork from at least 12 decades. The art will feature landscapes, portraits, printmaking, watercolor, acrylic, fibers, photography and pastels. Several of the pieces were done by Northfield artists and many include Northfield and surrounding area scenes, buildings, and farmland. Other works were purchased on vacations to foreign countries.

All of these pieces are original and represent art that was purchased, hung in living rooms, dining rooms, hallways and bedrooms in and around the Northfield area for many years. these works also wove through generational ownership.

Life demands changes and each of these artworks ended up where most Northfielders can comfortably yield household treasures that honor time and family. Sometimes the shift in life is a result of moving, interior re-design or even death. Used a Bit is the place where these household treasures find new homes.

Stay tuned for further details. We are very excited to show these 'donated' works and hope you can find pieces that you would like to purchase in order to keep the works alive and treasured. ■



NEW VIRTUAL GALLERY:

Check out the photo gallery online at: www.fiftynorth.org/activities/art-gallery/



Community News



FLU VACCINE CLINIC AT FIFTYNORTH:

Wednesday, November 4

9:00-11:00am

Provided by Sterling Pharmacy, Northfield
Bring your Medicare and Insurance Cards.

SMART DRIVERTeK IS OFFERING VIRTUAL WORKSHOPS

Technology is changing the driving experience. The new free, AARP Smart DriverTEK workshop will keep you in the know about the latest high-tech safety features in your current or future car. Learn about what new technologies are available, how they work, and how they can make driving safer and more enjoyable.

This interactive 90-minute workshop will help you understand:

- Blind-spot detection systems
- Forward-collision warning systems
- Lane-departure warning systems
- And much more!

PLEASE NOTE: ALL TIMES LISTED ARE IN EASTERN TIME.

Follow the link below to register for one of the workshop dates.

<https://aarp.cvent.com/sdtekvirtual>

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Director's Message - cont.

food is one way that people can feel like they are helping. They were worried about us, after all their parents had COVID 19. Charlie and I were not overly concerned for ourselves, I was too tired to care, but others certainly showed their concern for us. We had lots of people checking in with us by phone each day, making offers to bring us food, or anything else that they felt that we could use.

I am back to work, having stayed away for the time required to be past being contagious. I cannot make light of this virus, as I now understand how it is very capable of taking a person down, and how that person has to really work at getting better. I have a better understanding for how it has not been possible for many people to get better. I don't ever remember being home sick for two weeks, maybe a couple of days, but never two weeks. During the first week, I did not have the energy to do much of anything, especially related to FiftyNorth. I called in to check on what I was missing, but my head or heart was not into it. I really just wanted to sleep. While I was in my foggy stupor, FiftyNorth was being well cared for by the great team of staff. They are the backbone of the organization, knowledgeable in what needs to get done, awesome workers, and problem solvers as situations arise. They do their work willingly because they love what they do and know why they do it. We can all be grateful in knowing that FiftyNorth is managed and run on a daily basis by such extremely capable people. Thank you, staff!!!

The response to the Annual Fund Drive letter has been overwhelmingly generous... not surprising, as I know FiftyNorth members to be generous and will step-up to do the right thing when they know there is a need. I am awed by the loyalty and generosity of members. I am grateful to the members who donated \$22,000 in three weeks, for renewing memberships in support of FiftyNorth, and for the donations that will continue to be received. I am proud to be a part of this organization. I love FiftyNorth, the members, the staff for stepping up and for making the right decision to support FiftyNorth. And as Granny would say..."remember whose member you are". Until next time...*onward and upward.* ■



Fitness News



MEET CARLA JOHNSON

I'm delighted to join the fitness team at FiftyNorth where I will offer virtual classes on Zoom.

I've been a nutrition, health and fitness enthusiast my whole adult life and within the past five years, after retiring from a career in nonprofit leadership, I reengaged with strength training and yoga, getting certified to teach and coach both.

At age 69, I believe that having examples of coaches and teachers near one's own age is powerful, since many of us start thinking that it's not possible to make progress any more, or that it will be difficult to gain, regain and maintain strength and flexibility. What I know from personal experience is that "if you don't use it, you lose it". No matter our age, we can start out with simple and less-intense movements and increase the challenge we want and as we get stronger and have more endurance.

My fitness classes focus on strength, balance, mobility and those movements that closely resemble the functional fitness needs that we have as we grow older. I build in rest and modifications so that people of any age and stage can benefit.

I'm delighted that my husband, Tom, and I have returned to live in Northfield after 20 years in Rochester and the Twin Cities. Many things have changed since I had a massage therapy practice here and since I served the Northfield CAC as its Executive Director. I look forward to connecting with people that I knew during my earlier time in Northfield and to meeting new people as I find a replanted life here. ■



ARE YOU NEW TO "ZOOM"?

Here is a great tutorial for preparing for your first Zoom session:

ZOOM TUTORIAL:

<https://youtu.be/9isp3qPeQ0E>

NEW ONLINE CLASSES BEGINNING IN NOVEMBER

PRE-REGISTRATION IS REQUIRED

- **ONLINE Bootcamp with Carla (ZOOM)**
Mondays, Wednesdays, Fridays
10:00-10:45am

This 45 minute boot camp session will warm you up, use a variety of movements within each class and then cool down so you start your day and fill your week with functional fitness. Each class includes some cardio, body weight exercises, interval training and strength work. No class is exactly the same. Let's have fun together keeping our bodies strong, increasing our balance and mobility and learning to listen to what our body brings to each session each day.

Instructor: Carla Johnson

Capacity: 35

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

Registration deadline: 2-4 days prior



- **ONLINE: Holiday Line Dancing (Zoom)**
Saturdays, December 5, 12, 19, 26
9:30-10:30am

Enjoy up to 4 weeks of Holiday Dance classes with Kate Stuart who will incorporate various Holiday Line Dances from throughout the world.

Instructor: Kate Stuart

Capacity: 35

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

Registration deadlines: December 3, 10, 17, 24



Fitness News (cont.)



All outdoor classes have been moved indoors for the season.

NEW GROUP FITNESS CLASS BEGINNING IN NOVEMBER

- **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

Capacity: 18

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

Room: 103/105

- **Core & Stretch**

Fridays

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

Capacity: 18

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

Room: 103/105

There will be NO in-person Land Based Fitness Classes at FiftyNorth November 4th.



FITNESS NEWS - continued on p. 6

Used-A-Bit Shoppe is Looking for Volunteers!



The Used-a-Bit Shoppe in Riverpark Mall is an important source of income for FiftyNorth. Help keep the shop running. Volunteers are needed 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, or call her at 507-645-1399 Monday – Friday between 10-3.

Used-A-Bit Shoppe - 624 Water Street (River Park Mall) Store Hours: Mon. - Sat. 10-5



Fitness News (cont.)

2020 FALL LAND BASED FITNESS CLASSES (10/31/20)

	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	TAI CHI (8-8:45)					STRENGTH (8-8:45)
8:30					TAI CHI (8:30-9:15)	
9:00 AM	CARDIO DANCE (9-10)	BEGINNING YOGA (VINYASA) (9-10)	CARDIO DANCE (9-10)			SIMPLE STRETCH (9-9:45)
9:30						
10:00 AM						TABLE TENNIS (SINGLES) (9-11:45)
10:30	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						
11:30						
12:00 PM		SILVER&FIT (12-12:45)	FULL BODY STRENGTH (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	
12:30						
1:00 PM	TABLE TENNIS (SINGLES) (1-4)	TABLE TENNIS (SINGLES) (1-4)	TABLE TENNIS (SINGLES) (1-4)	TABLE TENNIS (SINGLES) (1-4)	TABLE TENNIS (SINGLES) (1-4)	
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)		CARDIO STRENGTH MIX (5-5:45)			
5:30 PM						
6:00 PM						

2020 FALL ONLINE FITNESS CLASSES (10/31/20)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30						
7:00 AM						
7:30						
8:00 AM	BOOTCAMP (ZOOM) (8-9)	STRENGTH TRAINING (ZOOM) (8-9)	CARDIO KICKBOXING (ZOOM) (8-9)	STRENGTH TRAINING (ZOOM) (8-9)	STRONG NATION (ZOOM) (8-9)	
8:30						
9:00 AM	YOGA STRETCH (ZOOM) (9-10)	GLOBAL LINE DANCING (ZOOM) (9:30-10:30)	BOOTCAMP WITH CARLA (ZOOM) (10-10:45)	COUNTRY WESTERN LINE DANCING (ZOOM) (9:30-10:30)	CHAIR EXERCISE (ZOOM) (9-10)	HOLIDAY LINE DANCING (ZOOM) (9:30-10:30) Dec 5, 12, 19, 26
9:30						
10:00 AM	BOOTCAMP WITH CARLA (ZOOM) (10-10:45)	CORE AND MORE (ZOOM) (10:30-11:15) (starts Oct 20)	CORE AND MORE (ZOOM) (10:30-11:15) (starts Oct 20)	RESTORATIVE YOGA (ZOOM) (10:30-11:30)		
10:30						
11:00 AM						
11:30						
12:00 PM			YOGA 1 (ZOOM) (12-1)			
12:30						
1:00 PM						

2020 FALL AQUA FITNESS CLASSES (09/30/20)

	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	AQUA AGELESS 8-8:45AM	AQUA YOGA 8-8:45AM	AQUA AGELESS 8-8:45AM	AQUA YOGA 8-8:45AM	AQUA AGELESS 8-8:45AM	OPEN SWIM
8:45 AM						
9:00 AM	AQUA FIT ' N TONE 9-9:45AM	OPEN SWIM	AQUA FIT ' N TONE 9-9:45AM	OPEN SWIM	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/classes

DRAWING WORKSHOP: PORTRAITS

Tuesdays and Thursdays, November 10, 12, 17, 19
1:00-3:00pm

Students in this workshop will practice drawing a portrait using more than one 'guiding techniques'. For centuries, artists have used techniques that aided them in improving proportion, seeing shadows and capturing likenesses. This was especially true with human portraits and figures. Come prepared to enjoy this process and learn some very old techniques used before the camera existed.

Instructor: Kate Douglas

Capacity: 10

Cost: \$ 75 nonmbr, \$65 mbr, \$0 plat

Space: 104/106



Materials to Bring:

- Pencils #2,4,6,8
- Erasers (white plastic and/or kneaded)
- Unlined sketch pad for multi-media
- Mirror
- Good image of a face from the front. Photo or other image. It should be clear and large enough for you to see properly. Color or black and white. Bring several to choose from.
- Sharpie permanent marker (fine or medium)
- Color tools used the last 2-4 hours
- Rulers



Lifelong Learning

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes



MEET THE AUTHOR: ELSIE OHM SLINGER

**Thursday, November 5
1:30-2:30pm**

Author, Elsie Slinger will introduce her latest book "Murder, Mysteries & Misfortune in Rice County". Northfield's dark history comes alive in my book, especially in the Trilogy of Murder I 1969, when law enforcement and the community work together to solve three brutal killings. Throw in a bootlegger's family illegal run with authorities, add a child napping story plus good ol' Jesse James and you won't disappoint your depraved appetite for intrigue!

Morristown, Lonsdale, Faribault, Northfield, Webster share one thing in common between these pages - hate, crime and blood. With so many stories over the last 150 years, only 30 were shared in this 240 page book. It's an opportunity to read about how the crimes were committed, solved (or unsolved) and dealt with throughout the 20th century.

Presenter: Elsie Ohm Slinger

Capacity: 18

Cost: FREE

Space: 103/105

**NEW
ONLINE LIVE
CLASSES**

New offering for classes in partnership with the Senior Learning Network. November offerings are virtually via Zoom (with registration deadlines).

Starting in December we'll offer both viewing together here at FiftyNorth AND virtually via zoom. Join others from across the country for a LIVE PRESENTATION and Q & A following. The Zoom link will be emailed to you, two days prior to class date.



ONLINE - SPANISH MISSIONS IN TEXAS (ZOOM)

**Thursday, November 5
1:00-2:00pm**

Why did the Spanish attempt to build Missions in Texas? What effect did this have on the Native Americans living in Texas? Were these Missions a success or a failure? Explore these questions alongside a museum educator with maps, timelines, and historical information.

Presented by: The Senior Learning Network

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

Registration deadline: November 3



Lifelong Learning



ONLINE - I WANT MY MUMMY! - PENN MUSEUM (ZOOM)

**Tuesday, November 10
1:00-2:00pm**

Mummies, intentionally or naturally preserved human (or animal) remains, hold a special fascination in popular culture. The very word, "mummy" typically brings to mind a mysterious ageless land, ancient Egypt, where

mummification of the dead in preparation for a successful afterlife persisted for millennia. However, when we think of ancient Egypt's mummies, we commonly associate them with books and movies that portray them as reanimated, vengeful monsters returning from death to wreak havoc upon the living. Where did such notions come from, and why? This workshop addresses that question by engaging participants in a close examination into the at least 500-year history that led to why ancient Egypt's mummies hold such a special fascination in our own culture. Unpublished images of actual ancient Egyptian mummies, including royal mummies such as Ramses II as well as human remains recovered as part of Dr. Phillips' own excavations in Egypt, are used to illustrate how and why the Egyptians mummified their dead (including their pets!). Please note: This program includes photography of human remains.

Presented by: The Senior Learning Network
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Registration deadline: November 8

ONLINE - WRIGHT BROTHERS NATIONAL MEMORIAL (ZOOM)

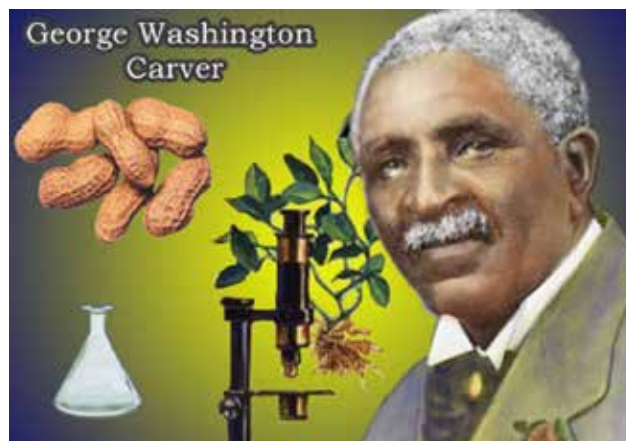
**Thursday, November 12
1:00-2:00pm**

How did small barrier islands off the coast of North Carolina become the site of the first successful flights of human history? In this presentation by the rangers at Wright Brothers National Memorial, you'll learn about what made two brothers from Dayton, Ohio, travel to Kitty Hawk, North Carolina and how



they used the perfect conditions of the Outer Banks to conduct their flying experiments and make the impossible possible.

Presented by: The Senior Learning Network
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Registration deadline: November 10



ONLINE - LIFE AND LEGACY OF GEORGE WASHINGTON CARVER (ZOOM)

**Tuesday, November 17
1:00-2:00pm**

Explore the incredible life of George Washington Carver- from his birth into slavery during the Civil War to his 47-year career at Tuskegee Institute in Alabama.

Following the program, stick around! Just for fun, we will answer this question: Can you milk a peanut?!! Join a park ranger in making milk from peanuts. George Washington Carver found this milk substitute in 1919 and shared it with impoverished people in the Belgian Congo, where most of the cattle and goats had died from disease.

Presented by: The Senior Learning Network
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Registration deadline: November 15



Lifelong Learning

(Cont. from p. 9)



ONLINE - RED ROCK CANYON PARK (ZOOM)

Thursday, November 19
1:00-2:00pm

"A Walk Through Time on the Desert View Trail". Join us as we explore the climate change that has occurred at Red Rock Canyon over the millions of years including the beginning of the drying period approximately 12,000 years ago. We will then discuss the various animal fossils found and how mother nature goes through a system of change and adaptation. Learn about general flora and fauna and how the Native Americans used various plants for medicinal purposes. Discover the Three Hundred Year Flood the park experienced in 1997, including a story told by one of our past volunteers that was camping at the park with his grandson during the flood.

Presented by: The Senior Learning Network

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

Registration deadline: November 17

NEW ONLINE LIVE CLASSES

New offering for classes in partnership with the Senior Learning Network. November offerings are virtually via Zoom (with registration deadlines).

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September 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, David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Bernard & Mary Auge, Dennis & Beth Berry, Judy Broske, Warren & Karen Broughton, Gene & Darlene Broughton, Mary Brown, James & Heather Cannaday, Jim & Judy Cederberg, Bernice Christensen, Eileen Cooper, Bill & Laurie Cowles, Neil Deden, Winnie Drentlaw, JoAnn Edwardsen, Chris Ellison, Carol Emery, Beth Endert, Kristina Felbeck, Alene Fink, Robert Forsgren, Joyce Francis, Gerry & Carol Gengenbach, Diane Genova, Marie Gery, Mac & Jacquelyn Gimse, James Glover, David & Betty Habermas, Dennis & Janet Hahn, Jerry & Liz Hankins, Katherine Hanson, Richard & Donna Jackson, Georgene Johnson, Jackie Johnson, Ruth Johnson-Wirth, Patricia Jorstad, Kenneth & Patricia Kangas, Joni Kilde, Gary & Arlene Kruse, C C Linstroth, Greg Loek & Kathleen Rice, Nancy Loesch, William Roadfeldt & Louise Lurye, Janet Mathews, James & Angie Mayr, Mike & Ann McGovern, Elaine Meyers, John & Sharon Micklo, Gene Moninger, Laura A Olson, Elizabeth Olson, Jon & Gloria Olson, Lynne Pederson, Ken & Roberta Persons, Bardwell Smith, Kenneth & Sharon Steinhouse, Craig Swenson, Linda Wagenbach, Patricia Warner



September 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!

Edward Lufkin, Walt & Cathleen Mills, Brian Taylor, Judy Thompson-Reitz

Stay in your home with a little help.

Our experienced Registered Nurses and Home Health Aides provide medical and personal care services in the comfort of your home.

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- Nursing assessment
- Home safety and fall prevention
- Patient education

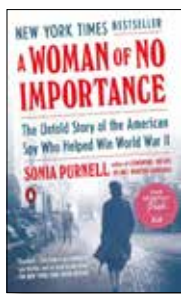
 Northfield
Hospital + Clinics

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Book Club

The Book Club meets the 2nd Friday of the month at 10:30am – via Zoom
NOTE: There will be no book in December. The meeting with each person sharing a holiday memento, decoration, story or a Hello!



November - A Good Time for the Truth

— Editor Sun Yung Shin

January - A Woman of No Importance: The Untold Story of the American Spy Who Helped Win WW II

— by Sonia Purnell

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



Movie Fridays in November!

Enjoy movies together on the big screen at FiftyNorth.

Nov. 6: **Giant** | 1956 | 200 mins.

This film is a sweeping saga of family conflict and social consciousness based on Edna Ferber's best seller. With its all-star cast, Rock Hudson as rancher, Bick Benedict, Elizabeth Taylor, his wife, Leslie and James Dean (in his final film role) as oil baron, Jett Rink, this tale of three generations of Texans is both grand and intimate. It was nominated for 10 Academy awards. *Stars Elizabeth Taylor, Rock Hudson and James Dean*

Nov. 13: **Butch Cassidy and the Sundance Kid** | 1969 | 110 mins.

One of the most popular screen westerns ever made, this Academy Award winning classic blends adventure, romance and comedy to tell the true story of the West's most likeable outlaws. No one is quicker than Butch Cassidy when it comes to get rich quick schemes, and his sidekick, Sundance, is a wizard with a gun. *Stars Paul Newman, Robert Redford, and Katherine Ross.*

Nov 20: **Cat Ballou** | 1965 | 96mins

The sleeper hit of 1965, Cat Ballou, was declared an instant classic when its sly blend of Western parody and rapid-fire action hit the screen. Lee Marvin won an Oscar for Best Actor for his dual role as "noseless" gunslinger, Tim Strawn and as Kid Shelleen, the woozy boozy has-been who goes up against him. Jane Fonda co-stars as Catherine "Cat" Ballou, the schoolmarm-turned outlaw, who teams up with Kid. *Stars Lee Marvin and Jane Fonda*

\$1 donation for movie goes.



FRIDAY
MOVIES
START AT
1:00PM



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–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: 507-664-3709
Monday–Friday drive up: 11am–11:30am



Used-A-Bit Shoppe:

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