



By Lynne Pederson, *Director*



## Buffalo Roam and the Skies are Cloudy All Day.



My husband, Charlie, and I struck off on a road trip last month. Just he and I, Sinatra playing on the radio, and plenty of books on tape to listen

to. Westward ho to Oregon. It seemed the safest place to travel as we have relatives to stay with at their mountain home that has lots of amenities, biking trails, walking paths, surrounded by Ponderosa pines, high desert, mountains, and canasta games played every night. The road trip took us through Theodore Roosevelt National Park, on the edge of North Dakota and Montana. We had not been there and have always wanted to see it. Theodore Roosevelt fell in love with the landscape and found it to be a healing retreat working through the loss of his wife and mother dying within a week of one another. He established two ranches and had

many herds of cattle. I am not sure when buffalo were introduced, but we actually encountered a herd as we were driving through the park. I mean literally as they were standing in the middle of the road. We stopped and watched in awe as they sauntered past our car, mangy moms and their obedient kids, on their way to lunch we guessed as none paid any attention to us. Had the windows been down, we could have reached out and petted them. We didn't, as having a herd of buffalo walk past your car, and seeing how big they actually are, was a bit unnerving. This made up for the past few trips when we have been determined to seek and find buffalo, and not seeing one. Our travels took us through the northern entrance of Yellowstone along the hot springs and back out the west gate. Saw two buffalo, laying by the west gate looking as if they were "on their shift" staged to welcome visitors, and a flock of turkeys that we can see at

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**FiftyNorth will be  
closed November 3rd  
due to polling location  
for the election.**





## In The Gallery

By Patty Ciernia, *Program Coordinator*

**Up next: Nov. 16 - Dec 31**

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

### Kathy Thibodeau Weed - **Quilter**

### Dawn Makarios - **Potter**

**On Display: October 2 — November 15**



#### **Kathy Thibodeau Weed –**

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, taught by my mother, who is a great seamstress. I sewed clothes for myself as a teenager. Then in my early 20's started quilting. I

took a few classes, hand piecing was popular in the 70's. But I am mostly self taught. Now that I'm retired, I have more free time to quilt.

I've made many bed quilts for my family. Lately, quilting has really changed with machine piecing and quilting .

Now, my passion for quilting, has also changed. It is inspired by nature; landscapes, especially trees, flowers, and birds. I enjoy the process of designing, picking out fabrics, piecing and finally the quilting.



#### **Dawn Markios - -**

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 peoples 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.



### NEW VIRTUAL GALLERY:

Check out the photo gallery available October 6th at: [www.fiftynorth.org/activities/art-gallery/](http://www.fiftynorth.org/activities/art-gallery/)





## Member News

### EXTENDED HOURS AT FIFTYNORTH

Extended hours beginning Monday, October 5  
 Monday-Thursday, 6am – 7pm  
 Fridays, 6am – 6pm  
 Saturdays, 7am – noon

### ACTIVITIES: MOVIES

Movies are moving to Fridays 1-3pm beginning October 2. See page 10 for October's showings and dates.



### LEAVES FOR JOE'S ROSES

Joe Endert, who has tended our beautiful rose garden, has asked for leaves to cover the rose bushes when preparing them for winter. If you have extra leaves you could donate to this cause, please leave them next to the building by the rose garden in yard waste bags.



MINNESOTA'S LINK TO A LOCAL EXPERT

### MEDICARE QUESTIONS & THE SENIOR LINKAGE LINE

The Senior LinkAge Line will not be returning to FiftyNorth at least through the end of 2020. If you have questions regarding Medicare or other services for older adults you can call and speak with a specialist at 1-800-333-2433

Here are a couple of websites that may have information for you as well.

<https://mn.gov/senior-linkage-line/>  
<https://www.minnesotahelp.info/>



## Community News



### EVERYTHING ELDERBERRY:

How to Forage, Cultivate, and Cook with this Amazing Natural Remedy

### AUTHOR TALK AT THE PUBLIC LIBRARY

Saturday, October 3, 1-2 pm  
 Drawing on historical texts,

peer-reviewed scientific research, and interviews with experts around the world, local author Susannah Shmurak will discuss her new book, Everything Elderberry: How to Forage, Cultivate, and Cook with this Amazing Natural Remedy. This book explores the science behind elderberries' renowned health benefits, their traditional uses, and everything you need to know about foraging, growing, and cooking with elderberries and elderflowers.

Northfield resident Susannah Shmurak is a freelance writer covering health and environmental topics for magazines such as Mother Earth Living, Northern Gardener, Ensia, and Sierra as well as numerous websites. Susannah shares practical shortcuts to eco-friendly living, easy natural remedies, and foraging and gardening tips on her blog HealthyGreenSavvy.com.

**You can register for this live virtual event at [mynpl.org/events](https://mynpl.org/events), to receive a program link.**

For more information about the library program, please contact Jamie Stanley at the Northfield Public Library (1-507-645-1802) or [Jamie.stanley@ci.northfield.mn.us](mailto:Jamie.stanley@ci.northfield.mn.us).



### 2020 ELECTION CANDIDATE FORUMS

sponsored by the League of Women Voters of Northfield and Cannon Falls, Academic Civic Engagement Office of St. Olaf College, Center for Community & Civic Engagement at Carleton College, and Northfield Area Chamber of Commerce.

Link to Zoom forums and full event information can be found:

<https://lwnnorthfieldmn.org>

### FORUMS: Saturday, Oct 3rd

9:00 -10:00am | Northfield City Council

10:30-11:30 | Northfield Mayor

1:00-2:00PM | Northfield School Board



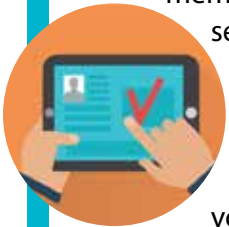
## Director's Message - cont.

our house on a daily basis. The sighting of wildlife is not what I remember from childhood when the bears would come up to the cars wanting to be fed. Not a good practice but a sign of the times.

This was an odd year to travel through the western states. Fires were numerous and there seemed to always be a line of smoke wafting up in the distance. Oregon is definitely on fire. There was hardly an area in the state that was not affected by either fire or smoke. The day we left, the air quality was at 600 versus the healthy range at 0-10.

I never tire of traveling through the western states and I look forward to the transformation in scenery. One of the most dramatic is crossing the Missouri River at Chamberlain, South Dakota, as there is an instant change from fields of corn and soybeans on one side of the river to rolling hills of bluffs and prairies on the other. I even enjoy the endless miles of ranch land as I imagine what the lifestyles of families is like living miles apart from their neighbors, schools, and a town. They must be used to living in isolation and may not think much about the changes forced by Covid 19. It does seem that ranch owners want you to know who they support politically as there are numerous blatant displays on their land for their candidates. Lots of red states in the west – in the skies from the smoke and their political candidates.

Have you voted yet? I have talked with many members that vote by mail-in ballot. It seems to be easy and quick. Ballots can be tracked online as to where it is in the mail system and when it has been received and counted. It is a big election year – federal and local. Please vote. Your vote is important. FiftyNorth will be closed for member activities and programs on November 3, election day, this year. We are closing to maintain the safety protocols in place at FiftyNorth. NCRC is a polling site, so the building will be open to voters only. We can stay home and await the transformation in the scenery – new people, new ways, or the same landscape that we have navigated for the past four years. Until next month...*always onward and upward.* ■



## Fitness News

### NEW LAND CLASSES BEGINNING OCTOBER 5.

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

#### ● SILVER SNEAKERS STRENGTH

**Mondays | 5:00-5:45pm**

Full body strengthening exercise class that will help increase your physical strength, stability, and coordination.

**Instructor:** Marie Frederickson

#### ● SILVER&FIT

**Tuesdays & Thursdays | 12:00-12:45pm**

Increase, Stability, Strength, and Cardio in this very adaptable Silver&Fit Class.

**Instructor:** Marie Frederickson



#### ● FULL BODY STRENGTHENING

**Wednesdays | 12:00-12:45pm**

Modified full body workout that strengthens your upper and lower body along with helping increase your cardiovascular endurance. All exercises can be modified to suit your needs.

**Instructor:** Heather Rataj

#### ● CARDIO STRENGTH MIX

**Wednesdays | 5:00-5:45pm**

Interval Training class that will work you through sets of various strengthening exercises and then bursts of great cardio workouts.

**Instructors:** Marcy Kramer, and Stacey Popp

#### ● SILVER SNEAKERS BALANCE

**Fridays | 12:00-12:45pm**

Improve Balance, Posture, Stability and Core stabilization. All exercises are adaptable for standing or seated position.

**Instructor:** Karen Whitaker

FITNESS NEWS - continued on p. 5



## Fitness News (cont.)

**NEW CLASSES ADDED STARTING IN OCTOBER:  
CHECK THE SCHEDULE FOR DETAILS!**

### NEW AQUA CLASS BEGINNING OCTOBER 6

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

#### ● AQUA FITNESS FUSION

**Tuesdays & Thursdays | 5:00-5:45pm**

All of our aquacise classes provide aerobic and strength conditioning using water resistance and buoyancy. They include a warm up, a conditioning phase, a cool down, and stretches.

**Instructors:** Marcy Kramer (Tuesdays), Stacey Popp and Marie Frederickson (Thursdays)



### NEW ONLINE CLASSES – BEGINNING THE WEEK OF OCTOBER 5

**Pre-Registration is Required**

#### ● ONLINE YOGA STRETCH (using ZOOM)

**Mondays | 9:00-10:00am**

Lengthening and holding positions of yoga to help increase flexibility and strength with each pose.

**Instructor:** Ingrid Freeman

**Class Limit:** 35

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

**Registration deadline:** 4 days prior to class

#### ● ONLINE CORE AND MORE (using ZOOM) - Beginning October 20

**Tuesdays & Thursdays | 10:30-11:15am**

Strengthen your core muscles (abdominals, glutes, low back, obliques, hips and more) in a fun, and adaptable way. Each week you will learn more ways to strengthen your core muscles to help improve balance, posture, strength, and overall health.

**Instructor:** Rebecca Gummow

**Capacity:** 35

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

**Registration deadline:** 2 days prior to class

#### ● ONLINE YOGA 1 (using ZOOM)

**Wednesdays | 12:00-1:00pm**

Learn basic yoga poses within the comfort and ease of your own home. This class is great for beginners to yoga and will put you through a full body strengthening and stretching workout.

**Instructor:** Ingrid Freeman

**Class Limit:** 35

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

**Registration deadline:** 4 days prior to class

#### ● ONLINE RESTORATIVE YOGA (using ZOOM)

**Fridays | 10:30-11:30am**

Restorative yoga is a gentle, slow, still style of yoga that involves long, passive holds in a series of 4-6 restful poses. Yogis are often supported by props to enhance or deepen their experience and achieve a state of total relaxation and release.

**Instructor:** Ingrid Freeman

**Class Limit:** 35

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

**Registration deadline:** 4 days prior to class



## Fitness News (cont.)

### 2020 FALL LAND BASED FITNESS CLASSES (9/30/2020)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30		POWERLIFTING (6:30-6:55)		OUTDOOR KICKBOXING (6:30-6:55)		
7:00 AM		OUTDOOR DRUMS ALIVE (7-8)	OUTDOOR SLO FLO YOGA (7-8)	OUTDOOR BOXING AND STRENGTH (7-8)		
7:30						
8:00 AM	TAI CHI (8-8:45)					OUTDOOR STRENGTH (8-8:45)
8:30					TAI CHI (8:30-9:15)	
9:00 AM	OUTDOOR CARDIO DANCE (9-10)	OUTDOOR BEGINNING YOGA (VINYASA) (9-10)	OUTDOOR CARDIO DANCE (9-10)			SIMPLE STRETCH (9-9:45)
9:30						
10:00 AM						
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)	TABLE TENNIS (SINGLES) (9-11:45)
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						
1:30 PM						
2:00 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)	
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 (09/30/20)

	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)				CHAIR EXERCISE (ZOOM) (9-10)	
9:30		COUNTRY LINE DANCING (ZOOM) (9:30-10:30)		COUNTRY LINE DANCING (ZOOM) (9:30-10:30)		
10:00 AM						
10:30		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)	
11:00 AM						
11:30						
12:00 PM			YOGA 1 (ZOOM) (12-1)			
12:30						
1:00 PM						



## FALL 2020 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	OPENSWIM	



## Book Club

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

October - *Invisible Man* by Ralph Ellison

The book's nameless narrator describes growing up in a black community in the South, attending a Negro college from which he is expelled, moving to New York and becoming the chief spokesman of the Harlem branch of "the Brotherhood", before retreating amid violence and confusion to the basement lair of the Invisible Man he imagines himself to be.

November - *A Good Time for the Truth*

— Editor Sun Yung Shin



In this provocative book, sixteen of Minnesota's best writers provide a range of perspectives on what it is like to live as a person of color in Minnesota. They give readers a splendid gift: the gift of touching another human being's inner reality, behind masks and veils and politeness. They bring us generously into experiences that we must understand if we are to come together in real relationships.

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



## Art Classes

**Please pre-register for all classes:**

**By Phone:** 507-664-3700

**Online:** [www.FiftyNorth.org/classes](http://www.FiftyNorth.org/classes)



### NATURE MONO PRINTS

**Tuesdays & Thursdays, October 6, 8, 13, 15**  
**1:00-3:00pm**

Mono-Printing is one of several forms of Printmaking often called the most "painterly" version. Printing plates are created first by adding a variety of collected elements based on the theme Nature. Bases can be plexi, wood, heavy cardboard or canvas board. Some elements will then be glued to the base. One print can be made; thus, mono (one) print. Elements can be gradually added while paint is still wet, repeat, print, repeat, print. Students can make as many new "plates" as time permits. You can carefully plan your plate, or just let it evolve.

**Instructor:** Kate Douglas

**Capacity:** 6

**Cost:** \$80 nonmbr, \$65 mbr, \$10 platinum

**Space:** Art Studio, Courtyard Tent

Materials to bring:

At least one base for the first session, sizes 9X9, 9X12 or 12X12 or 12X16  
cardboard bases (supplied), Liquid glue (Elmers is fine), Scissors, Rulers, Pencils

Suggested collections:

*Look for shapes, textures and thickness, not color*  
Fabric, Ric-rac, Wire, Corrugated cardboard (exposed), Leaves, flowers, Weeds, Grasses, Buttons, String, Tiles, Glass, Thin cardboard **Be creative!**



### AIR DRY DECORATIVE POTS

**Thursdays, October 22, 29**  
**10:00-12:00pm**

Learn how to make small whimsical adorned bowls using air-dry clay, beads and charms. The first session we'll fashion the bowls and beads. The following session we'll paint and decorate the bowls. These fun little pieces can be used for storing small treasures; or use to hold a flameless candle.

**Instructor:** Pat Jorstad

**Capacity:** 10

**Cost:** \$55nonmbr, \$50mbr, \$15 platinum

**Space:** 104/106

### ITEMS STUDENTS SHOULD BRING:

First session:

Base Molds: shot glasses, custard dishes, glass bottles, drinking glasses with straight sides or sloping outward, or other various glass bowls.

Second session:

Beads or charms – There will be beads available, or **bring your own if you prefer.**

### ALL OTHER MATERIALS ARE PROVIDED



We'll also learn to make these whimsical rolled paper beads with our leftover supplies!





## Lifelong Learning

**Please pre-register for all classes:**

**By Phone:** 507-664-3700

**Online:** [www.FiftyNorth.org/classes](http://www.FiftyNorth.org/classes)



### 100TH ANNIVERSARY OF THE LEAGUE OF WOMEN VOTERS

**Tuesday, October 6**  
**1:00-2:30pm**

FiftyNorth will present the video documentary created by three Carleton students exploring the history – and future – of the Northfield-Cannon Falls League of Women Voters. Come learn how the intertwined history of activism and non-partisan engagement has sustained the Minnesota League for the last century.

The 50 minute film will be introduced to the group by Serena Zabin, Professor of History at Carleton College.

**Capacity:** 10

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

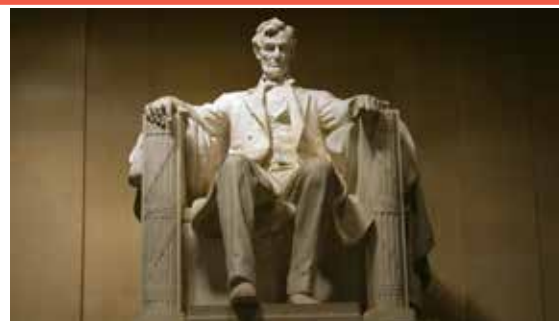
**Space:** 104/106

### BACK AT FIFTYNORTH BY POPULAR DEMAND:

David Jones is a resident of Minneapolis and a native of St. Peter, MN. He graduated from Gustavus Adolphus College and spent 24 years in the financial services industry and three years in the nonprofit sector.

He has spoken in senior communities, schools and churches, as well as to veterans and civic groups, women's clubs and community education programs. He has been making presentations since 1996 and has spoken more than 1,500 times to a total of more than 40,000 people!

*Members gave rave reviews after his last presentation in September so we asked David to share more interesting history with us.*



### THE LINCOLN ASSASSINATION: A FRAGILE TIME

**Thursday, October 15**  
**1:00-2:00pm**

2020 the 155th Anniversary  
When John Wilkes Booth assassinated Abraham Lincoln, the Civil War was ending and emotions were high. Killing the President was just part of Booth's plan. Join us to explore this fragile time in our history and the plot that very nearly succeeded in toppling the government.

**Presenter:** David Jones

**Capacity:** 12

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

**Space:** 104/106



### STATUE OF LIBERTY: TWO DECADES OF EFFORT, ALMOST IMPOSSIBLE ODDS

**Tuesday, October 27**  
**1:00-2:00pm**

The Statue of Liberty stands proudly in New York Harbor, but how did the Statue come to be? What does it symbolize? Join us for a compelling look at the idea, the construction and the meaning behind one of the most recognizable symbols in the world.

**Presenter:** David Jones

**Capacity:** 12

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

**Space:** 104/106



## Movie Fridays in October!

Enjoy movies together on the big screen at FiftyNorth.

### Oct. 2 Irresistible | 2020 | 101 mins.

A Democratic strategist helps a retired veteran run for mayor in a small, conservative Midwest town.

Stars: Steve Carell, Rose Byrne, Chris Cooper

### Oct. 9 The Good Liar | 2019 | 109 mins.

The Good Liar is a 2019 crime thriller film directed and produced by Bill Condon and written by Jeffrey Hatcher, based on the novel of the same name by Nicholas Searle.

### Oct 16: Knives Out | 2019 | 130 mins

Knives Out is a 2019 American mystery film written and directed by Rian Johnson, and produced by Johnson and Ram Bergman. A modern whodunit, the film follows a master detective investigating the patriarch's death after a family gathering gone awry.

### Oct 23: Little Women | 2019 | 135 mins

Jo March reflects back and forth on her life, telling the beloved story of the March sisters - four young women, each determined to live life on her own terms.

### Oct 30: Once Upon a Time in Hollywood | 2019 | 161 mins

A faded television actor and his stunt double strive to achieve fame and success in the final years of Hollywood's Golden Age in 1969 Los Angeles.

\$1 donation for movie goes.



**MOVED TO FRIDAYS!**



## August Donors

Lois Bakko, Berit Anfinson, 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, Bernice Christensen, Eileen Cooper, Neil Deden, Winnie Drentlaw, JoAnn Edwardsen, Chris Ellison, Carol Emery, Gene & Margaret Enders, Beth Endert, Kristina Felbeck, Robert Forsgren, Joyce Francis, Marie Gery, Mac & Jacquelyn Gimse, James Glover, David & Betty Habermas, Jerry & Liz Hankins, Richard & Donna Jackson, Georgene Johnson, Jackie Johnson, Ruth Johnson-Wirth, Patricia Jorstad, Marie Kainer, Karen Kempke, Joni Kilde, Gary & Arlene Kruse, C C Linstroth, Nancy Loesch, William Roadfeldt & Louise Lurye, Janet Mathews, James & Angie Mayr, Mike & Ann McGovern, Elaine Meyers, John & Sharon Micklo, Janet Mitchell, Leone Larson & Tom Moen, Gene Moninger, Elizabeth Olson, Raymond & Mary Ozmun, Dorothy Palmquist, Lynne Pederson, Ken & Roberta Persons, Patricia Rezac, Bardwell Smith, Kenneth & Sharon Steinhouse, Dorothy Swanson, Linda Wagenbach, Patricia Warner

### Our sincere gratitude to all who have donated.

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



## August New Members

Russell Ballard, Quinten & Emily Burt, Karl Vohs

### 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!

# Don't let pain slow you down.

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



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- Fracture Care
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Hans  
Bengtson, MD



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Paul  
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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

# Strength. Together.

Welcome to a caring community of older adults living safely in company with others. Welcome to Benedictine Living Community-Northfield, a new senior living option offering the same level of commitment you've come to expect from Benedictine Living Communities throughout the Midwest.

As a member in the Benedictine organization, Benedictine Living Community-Northfield can offer personalized care to your loved ones while relying on the support and expertise of a larger network of professionals. We are proud of our community, and we are proud to serve you.

**We are Benedictine.**



**Benedictine**

LIVING COMMUNITY | **NORTHFIELD**



Learn more at  
[benedictineliving.org/together](http://benedictineliving.org/together)



EEO/AA/Vet Friendly





# FiftyNorth

Nonprofit Org.  
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Northfield, MN 55057  
Permit No. 31

[www.FiftyNorth.org](http://www.FiftyNorth.org)

1651 Jefferson Pkwy, Northfield, MN 55057

## Staff Directory

**Director:** Lynne Pederson  
507-664-3701 | [lynne.pederson@fiftynorth.org](mailto:lynne.pederson@fiftynorth.org)

**Assistant Director/Fitness Coordinator:**  
Craig Swenson  
507-664-3702 | [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org)

**Administration Manager:** Elaine Meyers  
507-664-3703 | [elaine.meyers@fiftynorth.org](mailto:elaine.meyers@fiftynorth.org)

**Program Coordinator/  
Community Outreach:** Patty Ciernia  
507-664-3709 | [patty.ciernia@fiftynorth.org](mailto:patty.ciernia@fiftynorth.org)

**Used-A-Bit Shoppe Manager:**  
Dolores Kornkven  
507-645-1399 | [dolores.kornkven@fiftynorth.org](mailto:dolores.kornkven@fiftynorth.org)

**Bookkeeper:** Kathy Bjerke  
507-664-3700 | [kathy.bjerke@fiftynorth.org](mailto:kathy.bjerke@fiftynorth.org)



### Front Desk (Reception Staff):

507-664-3700  
Mary Brown, Darla DeLong, Bonnie DuPay,  
Beth Endert, 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