



By Lynne Pederson, Director



## Proceeding On ...



2020 is producing a plethora of events that will make it into the history books. In the past six months we have been challenged

by the impact and effects of Covid 19 pandemic. Through media outlets, we have watched people's reactions resulting from the death of George Floyd, peaceful marchers making the point that Black Lives Matter, and angry rioters and agitators destroying property and burning buildings.

With the passing of Representative John Lewis, our memories have been reawakened and jogged to remember the purpose of the 60's peace marches. And we wait in anticipation of the national and local election outcomes.

And then there are the challenges and effects on members and staff from the closing and reopening of FiftyNorth.

I don't rank the FiftyNorth closing and reopening quite as traumatic as the other events noted, but there are similarities as each has produced lasting effects. I am reading the book, *Canoeing the Mountains* by Tom Bolsinger. The author describes how organizations and groups must "keep our oars in the water and keep paddling" during transitional times. Throughout the book parallels



are drawn to the Lewis and Clark expedition. When Lewis and Clark started their expedition they thought they were going to canoe up the Missouri River and arrive at the Pacific Ocean. They had no idea that they would need to traverse mountain after mountain. When this became reality, they shifted their thinking and plans in how they would continue on – not in a canoe and on a totally different playing field – climbing mountains instead of canoeing a river, connecting with indigent people including Sacagawea, who at 16 years of age, came to be

a prominent person in their success. Perseverance, connecting with others, staying positive and hopeful of the mission was the key to their success, as

eighteen months later they got to the Pacific Ocean.

Lewis and Clark started their expedition with a spirit of exploration and adventure, they learned to adapt to the changes that they faced, they persevered and proceeded on. At FiftyNorth we are doing exactly that, proceeding on. The FiftyNorth mantra is to: work with conviction, stay calm, stay connected, and stay the course. The process of discovery - what works, what programs we can bring back, how

*(continued on p. 4)*

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## Welcome back! GROUPS

It's time to start welcoming back some of FiftyNorth's Group Activities along with Coffee Time in the Courtyard! See page 7



FiftyNorth is closed  
**LABOR DAY**

Monday, September 7th



## In The Gallery

By Patty Ciernia, *Program Coordinator*

Up next: Sept 14 - Oct 4

**The Escape Artists** - a group of midwestern artists who have gone on retreats together for over 20 years to create amazing works of art.



## Mary Ellen Frame - Photography

**On Display:** Aug 10 – Sept 13

This activity is made possible by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund.

### *“Our Cannon River Watershed”*



#### **Mary Ellen Frame –**

Why do I make photographs? Wherever I am, whatever I'm doing, I keep seeing images, bits of the visual world that I want to preserve and to share with others. Sometimes what I see appeals to me because of the joy that sheer beauty brings me; sometimes a scene tells a story or makes a connection that others might not notice; sometimes it's the happenstance arrangement of shapes, colors, textures that make an arresting combination. For me, the best photographs combine two or more of these elements.

Why the Cannon River Watershed? I've had a long connection to the Cannon River, growing up on a farm in Waterford Township, about a half a mile from it, and now I live five blocks from it. It provides a rich connection with the natural world for me. For many of us, the river and its tributaries are part of our daily lives, as we cross bridges, or walk along the various streams. We fear the river in flood stage, but on benign days we enjoy canoeing, fishing and walking or biking beside it. The watershed, as a whole, attracts and supports wildlife. Changes of seasons and its many moods make it a multi-faceted presence.

Creating this exhibit has enlarged and enriched my knowledge and appreciation of this entire region. I want to share some of that with others, perhaps to stimulate the viewer's curiosity and awareness of the river and the complexity of what a watershed is. ■

#### Learn more about:

*Southeastern Minnesota Arts Council:* [www.semac.org/](http://www.semac.org/) and *Cannon River Watershed:* [www.crwpp.net](http://www.crwpp.net)



📍 Sandbagging Along River - Flood 2010



📍 Morning Stretch Merganser



📍 Pancake Ice on Cannon River

### NEW VIRTUAL GALLERY:

Check out the photo gallery of Mary Ellen's show at: [www.fiftynorth.org/activities/art-gallery/](http://www.fiftynorth.org/activities/art-gallery/)



## Member News



### ST. OLAF STUDENT & FIFTYNORTH MEMBER COLLABORATION

#### **VOLUNTEERS NEEDED:**

We are looking for people to participate in a Story Connection Program. The collaboration with the St. Olaf Intro to Social Work class starts in early September.

- Students are paired with an older adult from the Northfield community. Students practice their questioning and listening skills that they'll use in social work practice while building relationships with older adults.
- Older adults build a relationship with a college-aged student and are expected to share life stories and experiences as able and willing during the sessions.
- Number of Participants: 10-12
- Number of sessions: at least 3 sessions of about 30 minutes
- All sessions will be by phone or virtual via Zoom or Google Hangouts. You would need to have your own device (computer, laptop, tablet, or phone), working email and be comfortable using an online video conferencing tool.

Time: Project begins early September

Call Patty, Program Coordinator at FiftyNorth to learn more or sign up! (507) 664-3709



### LAPTOP, SMART PHONE, IPAD HELP:

#### ***Would you come?***

Would you come into FiftyNorth to work one-on-one with a college student through ZOOM? If we have enough interest we will try to set this up with the college again.

Please let us know what you think. Call the front desk at 507-664-3700

Or email Elaine at [elaine.meyers@fiftynorth.org](mailto:elaine.meyers@fiftynorth.org)



### COFFEE TIME ONCE AGAIN!

Monday through Friday enjoy the beautiful scenery of FiftyNorth's courtyard with social distanced conversations and hot coffee. Bring your own cup and fill up as needed with FiftyNorth's coffee. Chairs will be available on the patio, but you are welcome to bring your own chair if you would like.

*See page 5 for Group Activities starting in September.*



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/>



## Director's Message - cont.

to adapt the spaces and put protocols in place to follow the mandates, what programs are scheduled, is getting us up and over our mountains. Every day more members are discovering that the daily protocols in place—wearing a mask in and out of the center, having temperatures checked, signing a waiver, only takes a few minutes and it is okay. The routine for using the pool, fitness room, classes, playing ping pong is working as 200+ members are using the center each day. Members are gathering on the patio at safe distances to have coffee and conversation. Groups like, Movies, Hook, Yarn, and Needle, Kindness Rocks, Art Club, Woodworking, etc. have been added to this month's schedule. And we may soon have a way to distance and play cards.

FIFTYNORTH IS PROCEEDING ON. But, 2020 is proving to be a financially tough year for FiftyNorth due to the effects of Covid 19. Income is down because of the lower numbers of people participating and fewer programs being offered. People are not renewing memberships because they are not participating. Fewer memberships = less income. The kick-off for the Annual Fund Drive is this month and letters are being sent to members. The goal is to receive \$75,000 from member donations by the end of December. It is going to take that amount plus more, to have the fiscal year end on a positive number. This year, FiftyNorth especially needs everyone to dig as deep as they can and donate.

The Lewis and Clark expedition took eighteen months to survey uncharted territory and was no doubt financed by Thomas Jefferson and his friends. We don't have Thomas Jefferson and his friends as members, but we do have many other generous, supportive just as infamous members that I believe are willing to help to assure that our oars are in the water keeping FiftyNorth afloat.

There are still a few days when I will admit that I feel like I am going up the river without a paddle. But, really, there are many more days that I and others feel that we are climbing the mountains and looking forward to conquering the next. Until next month... *onward and upward.* ■



## Fitness News

### CHANGES/ADDITIONS TO MORNING FITNESS BEGINNING SEPTEMBER 1

#### MONDAYS

- **Outdoor Tai Chi Yang Style**, 8:00-8:45am (NEW)

#### TUESDAYS

- **Outdoor Powerlifting**, 6:30-6:55am (NEW)
- **Outdoor Drum's Alive**, 7:00-8:00am (day change)
- **Outdoor Cardio Strength Mix is CANCELED**

#### THURSDAYS

- **Outdoor Kickboxing**, 6:30-6:55am (day & time change)

#### FRIDAYS

- **Outdoor Tai Chi Yang Style**, 8:30-9:15am (NEW)

#### SATURDAYS

- **Table Tennis – Singles**, 9:00-11:45am (new day added)

### MORE ONLINE GROUP EXERCISE CLASSES:

**NOTE: *Kaethe's Online Classes Cancelled for a few weeks. Kaethe will be on vacation so there will be NO classes September 14 through 25***

#### COMING SOON:

Participate with FiftyNorth Instructor-led Fitness classes in the comfort of your own home. Each online class will be provided through Zoom. We ask participants to sign up a week before the class.

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

- **Online Silver Sneakers**

Monday, Wednesday, Friday 10:30 to 11:30am

- **Online Gentle Chair Yoga**

Tuesday and Thursday 10:30 to 11:30am

- **Online Cardio Dance**

Monday and Wednesday 9:00 to 10:00am

*(Fitness News continues on p. 5)*



# Fitness News

## CHANGES/ADDITIONS TO MORNING FITNESS BEGINNING SEPTEMBER 1

### ONLINE PERSONAL TRAINING

Are you stuck in your fitness goals? Do you want to learn more about how to improve your strength, mobility, stability, or overall body awareness? If yes, then sign up with a personal trainer today to meet via zoom to keep you motivated, moving, and keeping you obtaining your goals while being in the location of your choice.

**To learn more** please contact Craig Swenson, Fitness Coordinator: [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org), 507-664-3702.

### INCREASE IN AQUA CLASS AND OPEN SWIM NUMBERS

When we opened the pool and aqua classes, we opened both of them at 40 percent of their capacity. After observing how they have gone we have increased the capacity to 50 percent. This is the Minnesota Department of Health limits on pool usage.

*Total of people per 45 minute session and/or class:*

**Lap Lane:** 2 participants **Open Swim:** 11 participants  
**Aqua Classes:** 15 participants

2020 SUMMER ONLINE FITNESS CLASSES						
	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					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						

2020 SUMMER LAND BASED FITNESS CLASSES (8/30/2020)							
	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)	OUTDOOR SLO FLO YOGA (9-10)		SIMPLE STRETCH (9-9:45)	
9:30						TABLE TENNIS (SINGLES) (9-11:45)	
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)		
11:00 AM							
11:30							
12:00 PM							
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							

(Fitness News continues on p. 6)

## 2020 SUMMER AQUA FITNESS CLASSES (08/30/20)

	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	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
5:45 PM						



## Art Classes

Please pre-register for all classes:

By Phone: 507-664-3700

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



### CARROT PEOPLE

Thursdays, September 10, 17, 24

1:00-3:00pm

Location: 104/106

What are carrot people? I happened upon a YouTube site where an artist swore by a method of figure drawing that starts with a carrot. I thought it sounded hokey, then tried it. What the heck. It was so much fun, I ended up making several versions of the carrot folks. I thought it would be fun to have a class out of the concept. YouTube is amazing.

Consider trying this technique. I will show some examples then demonstrate how the artist embellished the "carrot" and turned it into a very interesting figure.

**Session 1:** Looking at a video of the originator of Carrot People. Watching a demo (me) of how to get started. Looking at examples of completed Carrot People, then just playing with a variety of brush strokes for the balance of the two hours. The end of session one will be looking at the varied results of all students.

*Art Classes - continued from p. 8*



## Group Activities

Welcome back Groups!

We welcome back groups to return to their normal schedule beginning in September.

Here are the groups that we can welcome back safely to enjoy the activity while keeping socially distant. We will try to keep you in the same room as before, but may move you to accommodate spacing needs.

### MONDAY MOVIE

**Mondays, 1:00-3:00pm** (Starting Sept. 14)

Coffee and popcorn will not be provided.

Each week a different movie is shown. Check the bulletin boards for schedule of titles.

\$1 donation appreciated.

### PAPER CRAFTING

**1st & 3rd Mondays, 1:00-3:00pm** (Starting Sept. 14)

Very friendly and inviting to all.

\$1-\$2 fee for supplies may be charged depending on the project.

### HOOK, YARN & NEEDLE

**Tuesdays, 1:00-3:00pm**

If you use one of these tools to craft, you qualify. Bring your own project to work on in the company of other crafters. Learn from each other.

\$1 Group Fees apply

### KINDNESS ROCKS ART GROUP

**Wednesdays, 9:00-12:00pm**

This is a rock painting group.

\$1 Group Fees Apply

### ART CLUB

**Wednesdays, 1:00-3:00pm**

All are welcome to drop-in for art club. work on a project you started at home seek advice regarding a project seek feedback about a project try something new fine tune your skills

Art instructor Kate Douglas will be available to assist, answer art questions, give feedback, and demonstrate techniques.

\$1 Group Fees apply

### WOODCARVING

**2nd & 4th Thursdays, 9:00-11:00am**

Flat-plane hand wood carvers gather to work on their own projects and share ideas, patterns, techniques and friendship. Block sawing services provided. No experience necessary. Some tools required.

\$1 Group Fees apply

### JOY OF QUILTING

**1st & 3rd Fridays, 9:00-12:00pm**

Bring your own project and supplies. Share project ideas and techniques with each other while you craft.

\$1 Group Fees apply

### GROUPS NOT RETURNING AT THIS TIME:

Chime Choir  
Seasoned Singers  
The Band  
Uke Jam Session  
Photography Group  
Pinochle  
Euchre  
Duplicate Bridge  
Social Bridge  
Scrabble  
Cribbage  
500

Unfortunately, we are just not able to bring back card groups and stay distanced. We encourage you to get together and play cards with your close friends and family if you are able to do so safely.

### If you haven't been back to the center yet, here are the guidelines:

- Temps will be checked at the front desk when you check in.
- There will be a one-time COVID waiver to sign if you have not already done so.
- You must wear a mask. Keep at least 6 ft social distancing in place.



## Art Classes - *continued from p 6*

### Please pre-register for all classes:

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

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

**Session 2:** After the first stage of Carrot People is completed and dried, we can begin the embellishment of each figure. I will give a quick demo, then you will begin the "fleshing out" of the figures. You may also have time to think of the scenario of your people... are they waiting for a bus? Watching a concert? Dancing at a club? Working in a garden? The list is endless and this is so much fun.

**Session 3:** We will spend the last 2 hours of class putting up the completed art works and allowing the artist to describe the people, how the people evolved and what the people are doing.

**Instructor:** Kate Douglas

**Capacity:** 10

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

#### NOTES:

##### Materials:

- Acrylic Paint (provided)
- Brushes (provided)
- Surface: This can be a sturdy paper, cardboard, a small/medium canvas, or something else?? Like a piece of wood, metal or fabric. (you must provide)
- Size of surface is up to you, but make sure your figures can be at least 7-8" tall, and be amongst at least 3-4 other figures. You can do smaller versions on your own, but will learn the concept better if you use a size 11 X 14 or larger. 12 X 18 is great. They all work.

### ONLINE - STORY CONNECTION

**Mondays, September 21, 28, October 5, 12, 19, 26, November 2, 9** (8 sessions)

**10:30-12:00pm**

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

Do you feel called to write? Come gather, connect around the writing process, and learn narrative craft.

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

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

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

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

**Instructor:** Amy Hallberg

**Capacity:** 10

**Cost:** \$115 nonmbr, \$90 mbr, \$0 platinum

**Registration deadline:** September 18



### NATURE MONO PRINTS

**Tuesdays & Thursdays Oct. 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

*Nature Mono Prints - continues on p. 9*



## Art Classes - *continued from p 6*

### MATERIALS:

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

Much more! Be creative.



## Lifelong Learning

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

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

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



### PROHIBITION: A GRAND MISADVENTURE

**Wednesday, September 16**

**1:00-2:00pm**

In 1920, the United States entered a period during which the manufacture, sale, and transportation of intoxicating liquors was banned. As it turned out, the US also entered a period of lawlessness and corruption, unequalled in its history. Rather than curing the ills of society, Prohibition is remembered for creating some of the worst possible results - thus, this period is remembered as one of the greatest misadventures ever.

**Presenter:** David Jones

**Capacity:** 12

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

**Location:** 104/106

NOTE:

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!



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

### A MATTER OF BALANCE

**Mondays & Wednesdays, September 21, 23,  
28, 30, October 5, 7, 12, 14**

**2:00-4:00pm**

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.

*(8 sessions)*

**Instructor:** St Olaf students with instructor Jenny Holbein

**Capacity:** 10

**Cost:** FREE

**Location:** 104/106

**NOTES:** Participants will be paid \$20.00 for finishing the program.

*Matter of Balance is a FiftyNorth  
and St. Olaf collaboration.*



## July 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, Bradley & Barbara Anderson, David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Bernard & Mary Auge, Gene & Susan Bauer, Dennis & Beth Berry, Judith Bond, Arliss Boyum, Judy Broske, Warren & Karen Broughton, Gene & Darlene Broughton, Mary Brown, Bob & Lin Bruce, James & Heather Cannaday, Bernice Christensen, Eileen Cooper, Neil Deden, Sandra Dille, Winnie Drentlaw, JoAnn Edwardsen, Chris Ellison, Carol Emery, Beth Endert, Kristina Felbeck, Robert Forsgren, Joyce Francis, Marie Gery, Jim & Gretchen Gillis, Mac & Jacquelyn Gimse, James Glover, David & Betty Habermas, Jerry & Liz Hankins, Thomas & Kathy Hart, Diane Hesslund, John & Kathleen Holden, Richard & Donna Jackson, Georgene Johnson, Jackie Johnson, Ruth Johnson-Wirth, Patricia Jorstad, Marie Kainer, 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, Todd & Sue Middleton, Gene Moninger, Elizabeth Olson, Kenneth Lee & Donald Onsgard, Lynne Pederson, Ken & Roberta Persons, Mark Quinnell, Emelda Rasmussen, Bardwell Smith, Kenneth & Sharon Steinhouse, Craig Swenson, Linda Wagenbach, David Walonick, Patricia Warner, Phil & Thelma Winter, Susan Wolff, Joan Ziemann



## July 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!

Laura Kay Allen, Carol Hagerty, Glenda Jones, Anthony Mustazza



## Book Club

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

**September -**  
**HOLY ENVY** by Barbara Brown Taylor

**October -**  
**INVISIBLE MAN** by Ralph Ellison

**November -**  
**A GOOD TIME FOR THE TRUTH**  
Editor Sun Yung Shin

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



## 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.

- Assistance with personal care
- Expertise in infusion and wound care
- Physical and Occupational Therapy
- Nursing assessment
- Home safety and fall prevention
- Patient education

 Northfield  
Hospital + Clinics

(507) 646-1457



## 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](https://www.benedictineliving.org/together)

 EEO/AA/Vet Friendly



# Movie Mondays!

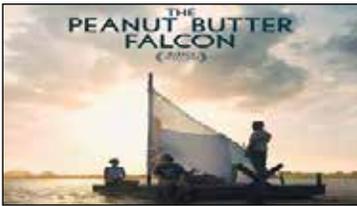
Join other movie fans every **Monday at 1pm in Room 103/105**. There is plenty of room for social distancing! Please bring your mask. **\$1 donation**



## Monday, SEPT. 14 | 1917

2019 | 119 mins. |

At the height of the First World War, two young British soldiers, Schofield and Blake, are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack on hundreds of soldiers—Blake’s brother among them. **Academy Award Nominee—Top Six..**



## Monday, SEPT. 28 | *The Peanut Butter Falcon*

2019 | 97 mins. |

The Peanut Butter Falcon follows Zak (Zack Gottsagen), a young man with Down syndrome who runs away from a residential nursing home to fulfill his dream of attending the pro wrestling school of his idol, The Salt Water Redneck (Thomas Haden Church). On the road, Zak meets Tyler, (Shia LaBeouf), a small-time outlaw who becomes Zak’s unlikely coach and ally. Together, they set out on a wild, life-changing journey and try to convince Eleanor (Dakota Johnson), a kind nursing-home employee charged with bringing Zak back, to join them.



## Monday, SEPT. 28 | *Harriet*

2019 | 125 mins. |

Based on the thrilling and inspirational life of an iconic American freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman’s escape from slavery and transformation into one of America’s greatest heroes.

## Staff Directory

**Director:** Lynne Pederson  
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**Bookkeeper:** Kathy Bjerke  
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### Front Desk (Reception Staff):

507-664-3700  
Bonnie DuPay, Beth Endert



### Lobby Hours:

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



### Fitness Center Hours:

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



### Pool Hours:

Monday–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