



Program Guide

Fall 2016

Northfield
Senior Center

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This Program Guide covers ON-GOING activities at the Center.

Information about special events, trips, life-long learning classes and talks are all found in our monthly newsletters, and on our website: northfieldseniorcenter.org



The Center * 1651 Jefferson Pkwy * 507-664-3700 *
www.northfieldseniorcenter.org
Sunshine Café * 11a—1p
Used A Bit Shoppe * 624 Water St * 507-645-1399

On-Going Aqua Classes and Pool Activities

On-Going AQUA Classes & Pool Activities

Aqua Classes

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.

Sunrisers Aqua

Mon/Wed/Fri 7-7:45a

Instructor: Marilyn Kelley

Ageless Aqua

Mon/Wed/Fri, 8:15-9a

Instructors: Gayle Klauser, Jan

Otteson; Kaethe Boyer

Aqua Fit 'n' Tone

Mon/Wed/Fri, 9:15-10a

Instructors: Gayle Klauser, Jan

Otteson

Early Bird Aqua

Tues/Thurs, 7-7:45a

Instructors: Sheilah Giles

Kaethe Boyer

Aqua Fitness Fusion

Tues/Thurs 5:30-6:30p

Instructors: Jan Otteson

Aqua Yoga

Tue 8-9a, Wed 2-3p

Aqua Yoga lets you experience the benefits of linking movement to breath while in the warm, supportive waters of the pool. The water gives buoyancy, which lessens stress on joints. We will build strength, flexibility and balance, without having to come onto the knees. All poses keep the head and face above the water.

Enjoy the relaxing experience of yoga in the water. NO LAP SWIMMING DURING CLASS.

Instructor: Marie Frederickson

Pilaqua

Sat 9—9:45a

Mixture of Pilates and aqua fitness into one class.

Instructor: Sue Monge; Marilyn Kelley

Family Swim

Fri, 3:15 - 5p and Sat, 2-3:45p

Enjoy wonderful family fun and exercise with your grandchildren! On Saturdays, younger YMCA-member families are also welcome. The warm water pool provides a great environment for playing with children. Grandparents or parents are responsible for their children at all times, and must accompany their children/grandchildren in the pool. Lower age limit: 3 yr, and toilet trained (no swimmie pants).

Aqua Zumba

Saturdays 8-9a

Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout.

Instructors: Jan Otteson

Fitness and Aqua Instructors

Sigrid Austin - Registered Yoga Trainer, Himalayan Institute of PA

Bob Bruce - RYT+200

Sheilah Giles: Silver Sneakers, Silver&Fit, Pilates, and Barre Instructor; Certified NETA Group Fitness, Yoga Fit Level 1, Rosen

Marilyn Kelley - Silver Splash trained

Gayle Klauser - ACE Group Fitness and AEA Certified, Silver Sneakers **MSROM™ trained**

Hong Yuan Lang - Native of China, Tai Chi Instructor

Juliana Lima-Native Brazilian, ACE Personal Trainer, Zumba, Zumba Gold, Zumba Toning, Aqua Zumba, Silver Sneakers MSROM

Daniel Martin - registered Yoga Trainer 200, YIN Yoga Certified, CMT, Roling licensed

Kyle Nelson- **BA Exercise Science, NASM Certified Personal Trainer**

Nancy Nieman - MS, ACSM, H/F Certified Personal Trainer, Silver Sneakers

Jan Otteson - NETA Certified Fitness Instructor, Zumba™ Instructor, Latin Cardio, Aqua Zumba, Silver & Fit

Pam Percy: Registered Yoga Trainer 200, Registered Nurse

Craig Swenson - MS, Exercise Specialist, NETA Personal Trainer, Experienced Adaptive Exercise Coach, **Enhance Fitness™ Certified, Silver Sneakers, Silver & Fit Instructor**

Marie Frederickson - Registered Yoga Instructor 200, Aqua Yoga Certified
Kaethe Boyer - Silver Sneakers, TRX, ACE Personal Trainer

Sue Monge - Former Certified Aqua Fitness Instructor

Kate Stuart - Country Line and Folk Dancing Instructor

Stacey Popp - Certified ACE Personal Trainer and Group Exercise Instructor

Elizabeth O'Sullivan - Silver Sneaker, Yoga, Pilates, Step Aerobics Certified Instructor

Heather Sand - Zumba, Silver Sneakers, ACE Group Fitness, Yoga, Silver & Fit Instructor

Fitness and Aqua Instructors

Personal Fitness Training

What is Personal Training? Our certified trainers can help you safely and effectively meet your fitness, health and weight management goals, whether you are new to exercise or a tried and true gym veteran. There is something for everyone. With reasonable rates, high demand skills, custom-made programs, our intuitive, motivating and friendly trainers are committed to your personal success. NSC is the Leader in Fitness for 50+ in Northfield.

Who are they? All of our trainers have nationally recognized, current certifications, along with additional training especially for working with people over 50, including working with special health and orthopedic issues.

Kaethe Boyer - AFAA & ACE Personal Trainer

Kyle Nelson - BA Exercise Science, NASM Certified Personal Trainer

Nancy Nieman - MS Exercise Physiology, ACSM Health and Fitness Certified, AFAA Personal Trainer

Craig Swenson - MS, Exercise Specialist, NETA Certified Trainer, Adaptive Fitness and Adaptive Sports Specialist, Strength and Conditioning Coach

Alyssa Pawlek - MS Exercise Physiology, AFAA Personal Trainer

How often? Meeting with a trainer can be a weekly, monthly, quarterly or a one time situation.

No contracts are involved. We make it simple to receive professional, trustworthy advice. How often depends on your goals, and what type of support you desire.

How much? Investing in our health is always an important decision. This is why we offer only certified trainers who have a nationally recognized certification and specific training to **our members' needs.**

Affordable Fees:

Initial Session (1hr) \$40m/\$45nm
 Subsequent hr \$40m/\$45nm
 Subsequent 1/2-hr \$25m/\$30nm

For more information, or to schedule a personal training session, call Craig Swenson, Fitness Manager, 664-3702

Personal Fitness Training

New Fitness Session Classes

Table Tennis Group Lessons
 Wed, Sept 7—Oct 12
 5:00 to 6:00pm
 Learn the important information about Table Tennis: proper techniques; the four basic strokes; serve; service return; rules of the game; basic strategy; basic tactics; fundamentals of equipment; and some history of the game. This class is open to all levels of participants; please bring your own racket.
 (6 sessions)
 \$54/nm, \$42/m, \$0/plat equiv
 (Limited 6 Participants)

Intermediate Country Line Dancing
 Thu, Sept 15 - Oct 6
 9:15 to 10:15am
 Learn more advance movements and dance steps to help enhance your Country Line Dancing. Exercise and fun all rolled together.
 (4 sessions)
 \$28/m, \$36/nm, \$0 plat equiv
Instructor: Kate Stuart

Yoga for Osteoporosis Prevention
 Tue, Sept 13 - Oct 11
 1:00 to 2:30pm
 Learn fact-based evidence of how Yoga can help prevent Osteoporosis by Marie Frederickson, a certified Yoga, Aqua Yoga, and Chair Based Yoga Instructor. This class will be half lecture and half practicing movements and poses commonly used for yoga.
 (5 sessions)
 \$45/m, \$60/nm, \$0/Plat Equiv
Instructor: Marie Frederickson

Dances from Mexico and Latin America
 Thu, Oct 27 - Nov 17
 9:15 to 10:15am
 Learn the history behind Latin American and Mexican Dancing. Then practice the dance moves all while having a blast.
 (4 sessions)
 \$28/m, \$36/nm, \$0 plat equiv
Instructor: Kate Stuart

Introduction to Meditation
 You may have heard about the many **benefits of meditation but don't know** where to start. Meditation helps to calm the breath, still the mind and release stress. In this class the instructor will delve into some easy and effective techniques you can use to begin a meditation practice. Through guided meditation exercises and explanation you will leave class with tools to meditate on your own. Dress in comfortable clothing.

Wed, Sept 21 - Oct 12
 9:00 to 9:45am
 (4 sessions)
 \$30/m, \$40/nm, \$0/Plat Equiv
Instructor: Heather Sand

Mon, Nov 21 - Dec 12
 10:00 to 11:00am
 (4 sessions)
 \$30/m, \$40/nm, \$0/Plat Equiv
Instructor: Daniel Martin

On-Going Fitness Classes

On-Going Fitness Classes

Strength and Power

The goal of these classes is to increase muscle strength, endurance and flexibility.

Power

Thurs, 6-6:45p

This class is offered in the fitness center. The class offers a progressive workout to help strengthen your muscles by using dynamic movements. The class is open to all levels of ability. Fitness Center Orientations are required before taking this class.

Instructors: Kyle Nelson

Cardio Strength Mix

Tues 7- 8a / Fri 7 - 7:45a/

Sat 9 – 9:45 a

Get a great aerobic workout that is low impact as well as a strength training routine all in one. Class includes various pieces of workout equipment and guarantees to get you sweating.

Instructor: Craig Swenson, Stacey Popp, Jan Otteson

Yoga / Gentle Movement Classes

All of our yoga classes, except Yin Yoga,* are movement-based Hatha Yoga. In each class there is a warm up, breath-work, asanas (postures or held-poses), and relaxation or meditation. The benefits of any of our yoga classes are stress reduction, increased flexibility and increased muscle strength. Our teachers differ in the traditions of their training, and in teaching styles.

Classical Yoga

Mon 6 – 7p

Based off of Hatha Yoga. Each class includes warm-up, breath-work, asanas (postures or held poses) and relaxation. Come relieve your stress and increase your stability, strength, and flexibility.

Instructor: Bob Bruce

Slo Flow Yoga

Wed, 12-1:15p

Instructor: Sigrid Londo

Gentle Yoga

Tue and Thurs, 10:30 - 11:30a

Chair Adaptive for people for whom floor-mat-work are difficult or uncomfortable.

Instructor: Kaethe Boyer /Bob Bruce

Yoga Fusion

Fri, 8:15-9:15a

Enjoy a fusion of yoga poses, functional fitness, and stretches on a yoga mat.

Instructor: Sheilah Giles

Somatics Yoga

Tues 6 –7p

Discover the transformative power of Hanna Somatic Yoga to release chronic tension and pain without stretching. Learn to retrain your brain by moving mindfully and gently, guided by your breath. Regain greater function, strength, and ease in all your movements. Most of this work is done on the floor. Mats, props, and written materials will be available.

Instructors: Pam Percy
Randi Henning

*Yin Yoga

Mon and Fri 12 – 1 p

Poses are held a little longer for a greater stretch and restoration, as opposed to flowing movements.

Instructor: Daniel Martin

Tai Chi, Yang Style

Mon 8:30 - 9:15 a

Wed 8:15 - 9:00 a

The class moves through the 24 forms of Yang style Tai Chi. In addition to physical conditioning, Tai Chi is also known to bring mental relaxation and improved concentration.

Instructor: Hong Yuan Lang

Active Somatics

Wed 7 - 8 a

Gentle Flowing, dance-like movements combined with music to move all the joints in our bodies in easy, fun and simple ways. Based on the movement technique developed by Marion Rosen, a physical therapist. This class is safe for all fitness levels and enables ease in breathing, lubricates joints, relaxes the muscles, and develops body awareness to prevent injury.

Instructor: Sheilah Giles

Aerobic And Dance Exercise

All of these classes provide mild to vigorous aerobic training, and fun movement to music.

Zumba™ Gold

Mon and Thurs 7-8am

Mon 5 - 5:45pm

Latin and international dances simplified for beginners. Rhythms highlighted in this program may include the Cha Cha, Cumbia, Salsa, Rock and Roll, Pop, Bell Dancing, Flamenco, and many more.

Instructors: Juliana Lima
Elizabeth O'Sullivan

Cardio Caberet

Wed 5-5:45p

Come join the fun in this class made up of cardio, pre-choreographed Latin and hip-hop dance steps. The class ensures that you will get a great cardio workout, get you sweating, and leave you wanting more.

Instructor: Jan Otteson

Country Line

Tue 9:15 - 10:15 a

Learn specific Country Line Dances that are known worldwide. Much fun for all! Group Practice offers dances that progress as people are able.. Get the body moving for light aerobic movement and enjoy the music. No specific fitness training, just a great line dance practice for all interested

Instructor: Kate Stewart

On-Going Fitness Classes

Strength And Cardio Combo

Balance Cardio Strength- (Formally known as Enhanced Fitness)

Tues and Thurs 12 – 12:45 p
Fitness program that incorporates all the basic essentials of fitness into one class: balance, coordination, cardio, and strengthening. Class can be done with or without the assistance of a chair.

Instructors: Nancy Nieman
Kaethe Boyer

Full Body Strength

Thur 4:30 - 5:15 p
Come enjoy a Full Body Strengthening exercise class. As you progress with this class you will begin to notice muscular strength, more stability of your joints, greater range of motion, and possible higher bone density along with walking away with a smile on your face knowing you did an amazing workout and had a great time.

Instructor: Stacey Popp

Circuit Training

Tues and Thurs 9:30 - 10:30 am
Strength and aerobic training on timed stations in the Fitness Center, with selected equipment, free weights, and cardiovascular machines. Fitness Orientations required before taking class.

Instructors: Nancy Nieman, Kaethe Boyer

Silversneakers Classic
Mon, Wed, Fri 10:30 – 11:30 a
Nationally known program includes strength, flexibility, and balance training with chair assistance. *This class incorporates the use of chairs*
Instructors: Sheilah Giles, Craig Swenson, Elizabeth O’Sullivan

Silver&Fit® Explore Experience,
Mon, Weds, Fri 1:30 - 2:15 p
This class is for inactive to active older adults. The classes are designed to increase the participants flexibility, joint stability, dynamic balance, coordination, agility, reaction time, strength and cardio endurance.
This Class incorporates the use of chairs
Open to all levels of membership
Instructors: Craig Swenson, Jan Otteson, Sheilah Giles

Core and Pilates

Everyday function relies on strength in the midsection of the body. “The Core” or ‘Powerhouse’ of the body includes the abdominals, hips, back, sides, pelvic girdle and glutes. **Strength in these areas, (‘core stability’), postural cueing and alignment** are emphasized, taking pressure off the back.

Core and More
Tues and Thurs 8:15 - 9 a
Saturdays 8 - 8:45
Core based exercises that help increase abdominal strength, coordination, stability, and postural correction. The class uses various pieces of exercise equipment. Intermediate balance training may be included.
Instructors: Nancy Nieman, Craig Swenson, Kaethe Boyer, Stacey Popp

Gentle Pilates
Wed 9:30 - 10:15 a
Using methods adapted from Joseph Pilate’s original mat work, movements are designed to gently strengthen the core/midsection while using breath work and focused attention with movement.
Instructor: Sheilah Giles

Barre Class
Mon 9:30 - 10:15a
Combines Pilates, yoga and ballet moves to give you sculpted and lean muscles – without the impact and injuries dancers endure.
Instructor: Sheilah Giles

On-Going Fitness Classes

All of our on-going fitness classes meet weekly. Fees for the classes are \$7/mem, \$9/non-mem *per class*.

Fitness Groups (Fitness Group Fees apply.)

Ping Pong

Mon, 7:30-9p All levels
 Tues, 1:15-3:15p All levels
 Wed, 3-4:45p All levels
 Thurs, 2:15-4:15p All levels
 Sat, 10a-noon All levels

The NSC-sponsored Ping Pong group is open to members as well as others in the community. Opportunities for all levels of play abound. The beginner or recreational players are as welcome as those who are interested in advancing their skills.

Volunteer led

Water Volleyball

Thurs, 7-7:45p

For fun and fitness, NOT a competitive league! No experience required. Achieve your fitness goals while playing a game. Think of it as low impact aerobic exercise, or just pure entertainment.

Leader: Volunteer rotation

Group Activities

CIRCLE OF SUPPORT: DROP-IN GROUP FOR GRIEF AND LOSS

3rd Mondays 11:30am - 12:30pm

If you have experienced the loss of a spouse, child, family member or friend and felt that no one really understood the pain that you are experiencing, you are not alone. You may also have experienced a divorce, estrangement from a family member, the death of a beloved pet, or the loss of friends due to a recent move. All of you are welcome to attend this informal and welcoming circle of support. We will provide you with a space to be with others who are grieving and access resources available in the community.

No fee

Facilitator: Northfield Grief Coalition

Memory Café

3rd Wednesdays 1:30-3:30pm

The purpose of a Memory Café is to provide people with early stages of dementia and their care partners an opportunity for social engagement and peer support in a respectful, understanding environment without the pressures and stigma that may exist in more general community settings. Memory Café gatherings are one way people with memory loss and their care companions are coming together to make new friendships and support one another.

No fee

Facilitator: Breanna Wheeler



Popcorn and a Movie

Mondays, 1-3pm

Every Monday the Center's movie group meets to view a movie. Anyone may attend this group. A one dollar donation is recommended. Movies are provided from the private collection of Diane Gehler. If you would like to request a specific movie, please let her know. See monthly newsletter or bulletin board for the list of the month's movies.

Book Club

2nd Friday of each month, 10:30a

The book club is open to all. Simply read the monthly book prior to the meeting, then come and discuss it at the book club gathering at the Center. Book titles are selected by consensus of the group; the genre changes each month. For more information call Katherine Collman, 645-1357.

Movies and Books

See current month newsletter for selections

Calendar of Weekly* Group Activities

| | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|--|--|----------------------------------|---------------------------------|----------------------------------|--|
| | 11:30a-12:30p (3rd) Grief Support | | | | 9a-12 (1st & 3rd) Joy of Quilting |
| | 1 - 4p Double Pinochle | 12:30-3p Euchre | | 9:30 - 11a Chime Choir | 9:30-11:30a (4th) Photography Group |
| | 1 - 3p Movies | 1 - 3p Hook, Yarn and Needle | 12:30 - 3p Social Bridge | | 10:30a (2nd) Book Club |
| | 1:30-3:30p (1st,3rd) Paper Crafting | 1 - 4:30p Duplicate Bridge | 1:30-3:30p (3rd) Memory Cafe | | 12:30-3p "500" Cards |
| | | 4:30 - 5:45p Seasoned Singers | | 6:30 - 9:30p Duplicate Bridge | |

*If a group does not meet every week, there is a notation indication which week(s) of each month it meets.

Our volunteer led groups are as diverse as the people who attend. They are designed to provide social interaction, skill enhancement and fun! Some groups require you to bring your own supplies. A \$1 donation *per* person for use of the facility is collected for these group activities.

Hook, Yarn and Needle
Tuesdays 1-3p
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.

Joy of Quilting
1st and 3rd Fridays 9a-noon.
Tired of quilting alone? This group will enable you to share project ideas and various quilting techniques while working on your unfinished quilting projects. Bring your own quilting project. New projects available for beginners.

The Photography Group
4th Fridays, 9:30 - 11:30a. Each session, held in the Computer Lab, will start with a brief educational presentation of a photography website which offer free photography tips and education. The remaining time will be spent reviewing individuals photos, questions and answers, as well as help with cameras and equipment. This is not a formal class or club. It is an opportunity to share an interest in photography.

Paper Crafting
1st and 3rd Monday of each month from 1:30 to 3:30 pm.
A theme is planned for each month. The first Monday of the month participants

bring a paper project related to the theme. Projects are then selected to make on the third Monday. On the third Monday, participants bring the materials to make the project. Projects range from cards, decorations, books, and techniques using paper.

Chime Choir
Rehearsals:
Thursdays 9:30 to 11:00 a.m. NO FEE
Our 3 octave choir chimes produce mellow-toned music. 11 people are needed plus extras that can substitute. What skills are necessary? Love to make music, able to count notes, commit to participate, enjoy a fun group. Unfamiliar with chimes? We can arrange special tutoring. We are always looking to add new people; men or women, experienced or novice, regular or substitute.
Contact Marilyn Finneseth, director: 645-5147 or 612-877-0959.

Seasoned Singers
Tuesdays, 4:30 - 5:45p beginning October 18
The Center's women's singing group is for women who love to sing in parts and are willing to participate in 3-4 local performances seasonally. Performances this fall include a joint concert with Troubadours on Nov. 20, visits to retirement centers, Winter Walk, and the Sr Center Holiday party on Dec. 9. Come join in the fun and exhilaration of singing under the direction of Donna May, Music Director at St. Agnus School in St. Paul and active member of the Northfield Senior Center.

Fee: \$10

Double-Deck Pinochle
Mondays 1-4p
Pinochle is a bidding, melding and trick taking game played with a partner using 80 cards (A-10-K-Q-J).
Call group leader on Monday morning to sign-up: Phil Winter 645-7131.

Social Bridge
Wednesdays 12:30-3p
Party (rubber) bridge. Intermediate level. Sign up 30 minutes prior to reserve a seat. Bring nickels and pennies for kitty. No partner necessary.

Duplicate Bridge
Tue 1-4:30p and Thur 6:30-9:30p
American Standard Duplicate bridge. Widely used style of contract bridge in club and tournament settings. Identical hands are played at each table. Sign in 30 minutes prior to reserve your seat. Bring your own partner.

Euchre
Tuesdays 12:30-3p
Euchre is a trick-taking card game where each of four players is dealt 5 cards and the player making trump must take 3 tricks to win the hand. Sign in 30 minutes prior to start time to reserve your seat. No partner necessary. Instruction available upon request.

500
Fridays 12:30-3p
500 is a bidding and trick-taking card game using a 45 card deck, with trumping, bowers and the joker as high trump. Bring \$1 for kitty. Sign in 30 minutes prior to start time to reserve your seat. No partner necessary. Instruction available upon request.

Volunteers

The beauty of volunteering is that you are NOT working for money. You choose what you do! You may volunteer to do things you love to do, or you may volunteer to do things just because you feel good knowing that you are helping others. These activities offer ways to meet new friends, learn new skills, or just have fun. Here are descriptions of the volunteer programs available through The Center. If one appeals to you, contact Patsy Dew, our volunteer coordinator, 507-664-3708, or patsydew@nscmn.org.

SEASONAL ACTIVITIES

Popcorn Wagon workers help run our business on Bridge Square from our authentic antique Popcorn Wagon. The Wagon is on the Square from mid-May to mid-October, with a couple of special appearances each summer on the Carleton College campus. The Wagon may be rented for special events.

Gardening Crew takes care of the gardens at the Center including five beautiful flower beds, several pots and two vegetable beds.

FOR THE CENTER

Café volunteers help with a variety of duties associated with our Sunshine Café available at the Center Monday – Friday. Duties could include checking in diners, cleaning and setting tables, making coffee, passing out food, doing dishes, helping with reports, entering data in the computer, planning programming, purchasing supplies or providing entertainment.

Work Crew is an active group of volunteers who fix things and do odd jobs around the Center and at the Used a Bit Shoppe. Last fall they installed new patio stones, hauled furniture for our Art Studio and the Used a Bit Shoppe, and installed new lighting for the stage. This group gathers regularly on Fridays.

Event Crew volunteers help plan and/or execute big events. Duties may include planning, purchasing supplies, distributing flyers, setting up tables and chairs, decorating, baking cakes or bars, dishwashing, clean up and resetting of rooms.

Monitors in the Pool and Fitness Room provide an extra set of eyes and ears in mainly the pool area so that in the event of an emergency help can be summoned promptly. Fitness monitors open the fitness room for early morning use. Some training required, however, lifeguard certification is not necessary.

Receptionists at Sr. Center greet people as they enter the building and document usage on our computer system. System training is required and provided. They also provide information for our members and the community and keep the coffee and popcorn available.

Used A Bit Shoppe retail store is operated by the Senior Center. Volunteer workers prepare used household merchandise for resale at our store in the River Park Mall. Various positions are available from cashiering to hauling and rearranging furniture. All proceeds go to the operations of the Center.

Group Leaders coordinate specific groups such as card groups, crafting groups, fitness groups, book club, etc.

BOARD OF DIRECTORS and Board-Committees

Members of the Board set the mission and oversee the operations for the Northfield Senior Citizens, Inc. This is a working board, and members are elected at the annual meeting each year. Standing Board Committees include: Advancement, Facilities, Finance, Membership, and Nominations. The Advancement Committee oversees fund raising activities.

PROGRAM COMMITTEES

Trip Committee members plan and escort the travel programming offered by the Senior Center. They generally meet once a month.

Computer Committee members coordinate and teach the offerings in our computer lab. Other volunteers coach new students on a one on one basis during the classes.

Gallery Committee members help to plan the season of art exhibits in the NSC Gallery, hang those exhibits and host Opening Receptions for each exhibit.

FOR THE COMMUNITY

Thursday's Table volunteers help with **Community Action Center's** free meal for anyone in the community on Thursdays. The Center provides volunteers six Thursdays each year.

Meals On Wheels is a program run by the Northfield Hospital, in which volunteers deliver nutritious meals to the homes of those in need. The Center provides volunteers three weeks each year. Deliveries are made from the Northfield Hospital kitchen at noon.

Reading with 4th Graders volunteers meet at the Senior Center on the second Tuesday of the month from 9:30-10 a.m. during the school year to listen to 4th grade students read. This program helps build not only the reading skills of the students but also their relationships with caring seniors.

Sunshine Cafe

The Sunshine Café is the dining program at the Center located in room 103-105. Dining hours are from 11:00am to 1:00pm, Monday through Friday. No reservations are necessary.

The menu selections include the Sunshine Plate featuring a daily main meal choice or ala carte items, soup, sandwich, homemade bread, salad bar, and \$1 menu items.

All food is homemade from scratch on site. Drinks include milk, coffee, water, and flavored waters.

The items on the ala carte menu are priced individually. The Sunshine Plate is a suggested donation of \$4.00 for age 60 and older and \$7.00 for under age 60.

Stop in any time during the open hours, order your selection, and enjoy lunch. You may also take your meal to-go.

The Sunshine Café is open to Center members and to the community.

Have lunch in the Café before or after a class, after a work-out, after a bike ride or a walk, etc. Bring a friend and make it a destination.



Sunshine Cafe

aarp

AARP

Driving Safety Courses

This course is designed for the driver over age 50 to help discover how roads, cars, and you may have changed since you started driving. Learn eight driving strategies to make you a safer driver. Completion of this AARP Driver Safety course qualifies each student over age 55 (sometimes 50) a certificate redeemable for a discount on auto insurance premium.

First timers must take the 8-hour course then a refresher course every 3 years to continue the discount. Please check with your insurance agent for age qualifications and renewal details. The cost of this class includes fees paid to AARP for the course.

Fee: \$22 AARP member */
\$27 non AARP member

*Provide you AARP # when registering in person/by phone

8-Hour Smart Driving Course
This is The Course For 1st-timers
Sat, Oct 15, 8:00 am to 4:00 pm
Sat, Dec 3, 8:00 am to 4:00 pm
- Bring a bag lunch

4-Hour Refresher Course
Thur, Sept 8, 1:00 to 5:00 pm
Tue, Sept 27, 5:30 to 9:30 pm
Thur, Oct 6, 5:30 to 9:30 pm
Wed, Oct 26, 1:00 to 5:00 pm
Thur, Nov 10, 9:00 am to 1:00 pm
Mon, Nov 21, 5:30 to 9:30 pm
Mon, Dec 19, 1:00 to 5:00 pm



AARP

CPR & First Aid

CPR and First Aid and AED Training
Tue, Oct 25 or Tue, Nov 22 - 3:00 to 6:00 pm
Become CPR and First Aid Certified
Fee: \$30m / \$45/nm, \$10/Plat. Equiv., Staff, Monitors
Instructor: TJ Heinrich

CPR &
FIRST AID

Computer Classes

Fee and Registration Information

*Registration Deadline:
Noon, Wednesday, the week before the
class begins.*

**The early deadline is needed to
allow adequate course
preparation.**

**See Full Descriptions in the
Monthly Newsletter or online
at Northfieldseniorcenter.org**

COMPUTER CLASSES

Intro to iPad/iPhone

Tue/Thu, Sept 20 & 22
9:30 to 11:30am
Cost: \$20/m, \$25/nm, \$0/plat equiv

Intermediate iPad/iPhone

Mon, Sept 26
9:30 to 11:30am
Cost: \$10/m, \$15/nm, \$0 plat equiv

Intro to Computers/Win

Tue/Thu, Sept 27 & 29
9:30 to 11:30am
Cost: \$20m / \$25nm / \$0 plat equiv

Windows 10

Mon/Wed, Oct 3 & 5
9:30 to 11:30am
Cost: \$20/m, \$25/nm, \$0/plat equiv

Word Processing Basics/ WINDOWS

Tue/Thu, Oct 4 & 6
9:30 to 11:30am
Cost: \$20/m, \$25/nm, \$0 plat equiv

Organize My WINDOWS Computer

Tue/Thu, Oct 11 & 13
9:30 to 11:30am
Cost: \$20/m, \$25/nm, \$0 plat equiv

Facebook and Privacy

Wed, Oct 12 & 19
9:30 to 11:30am
Cost: \$20/m, \$25/nm, \$0 plat equiv

Intro to Mac iWorks

Mon, Oct 17
9:30 to 11:30am
Cost: \$10/m, \$15/nm, \$0/plat equiv

Intro to the Internet and Email

Tue/Thu, Oct 18 & 20
9:30 to 11:30am
Cost: \$20/m, \$25/nm, \$0 plat equiv

Intermediate Internet and Email

Tue/Thu, Oct 25 & 27
9:30 to 11:30am
Cost: \$20/m, \$25/nm, \$0/plat equiv

Facebook Security

Wed, Oct 26
9:30 to 11:30am
Cost: \$10/m, \$15/nm, \$0/plat equiv

Holiday Correspondence

Mon, Oct 31
9:30 to 11:30am
Cost: \$10/m, \$15/nm, \$0/plat equiv

Holiday Correspondence

Thur, Nov 3
9:30 to 11:30am
Cost: \$10/m, \$15/nm, \$0/plat equiv

Microsoft Word/Win

Tue/Thu, Nov 8, 10, 15, 17
9:30 to 11:30am
Cost: \$40/m, \$45/nm, \$0 plat equiv

Microsoft Word/Mac

Wed/Fri, Nov 9, 11, 16, 18
9:30 to 11:30am
Cost: \$40/m, \$45/nm, \$0/plat equiv

Scanning Pictures

Tue, Nov 29
9:30 to 11:30am
Cost: \$10/m, \$15/nm, \$0/plat equiv

New Life for Old Slides

Thur/Mon, Dec 1 & 5
9:30 to 11:30am
Cost: \$20/m, \$25/nm, \$0/plat equiv

Drop-In Open Art Studio

Thursdays, 1 – 3 pm

We are reviving an Open Studio for artists of all skill levels. There will be a secure place to store personal supplies, and room to work in the company of other artists. Kate Douglas, who is teaching two art classes at the Sr Center on Tuesdays this fall, will be available some of these Thursdays for assistance or critique. Other art teachers will be invited to do the same on occasion. This will be a great opportunity to work on what you are learning in our classes, or just to explore your own art projects.

\$1 Donation per session requested



COLLABORATIONS

Dance & Theater Company Residency Includes the Senior Center

In October 2016, internationally-recognized performance company Stuart Pimsler Dance & Theater (SPDT) will be in Northfield to present a week-long residency with St. Olaf College, the Northfield Arts Guild, Arcadia Charter School, and the Northfield Senior Center. SPDT will offer classes and workshops for a wide range of community populations, providing participants a unique opportunity to connect the creative process to their lives as they discover the art in the everyday. The residency will conclude with a public performance by the company, drawing together participants from the project activities as well as the general public.

The residency will take place October 24-29, with a public performance on Saturday, October 29, 7:30 PM at St. Olaf College in Dittmann Center Studio 1.

At the Northfield Senior Center, SPDT will present two of their signature workshops: *Caring for the Caregiver™* and *Life Stories*. Watch for more details about these two workshops in our October newsletter.

This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

Adult Social Ballroom & Latin Dance:
Beginner Levels 1 & 2

These classes are in collaboration with the Northfield Arts Guild and the Northfield Senior Center. Registration is through the Arts Guild.

Registration Forms are available at Northfield Senior Center and at Northfield Arts Guild (304 Division St.) and Online at northfieldartsguild.org/education. NSC Members: Use code NSC at checkout to get your 10% off!

Sept. 17 – Nov. 19, 2016 (No classes Oct 22) - 9 weeks
Fees: NAG or NSC member: \$97.20; non-member: \$108

Adult Social Ballroom & Latin Dance:
Beginner Level 1

Sat, Sept 17 - Nov 19 (No class Oct 22)

12:45pm to 1:30pm

From the classics (Fred Astaire & Ginger Rogers) to the modern day (Dancing with the Stars), ballroom dancing fascinates all ages! Looking for a fun form of fitness? No rhythm? Two left feet? No partner? This class is for you! This introduction to the popular social dances gives you **the basics in Swing, Salsa, Waltz, Tango and more.** You'll have a great time and learn to dance along the way!

Instructor: Andrea Mirenda

Adult Social Ballroom & Latin Dance:
Beginner Level 2

Sat, Sept 17 - Nov 19 (No class Oct 22)

1:30pm to 2:15pm

Beginner Level 2 continues your knowledge and strengthens your social dance skills in Swing, Salsa, Waltz, **Tango and more.** You'll have a great time and build your confidence and flair along the way.

Instructor: Andrea Mirenda



Our volunteer Travel Committee plans one major outing in the region for each month. Join the group for interesting tours, art adventures, museum trips, plays and more, and all with the camaraderie of friends! Look for more information about all of these trips in the monthly newsletters and on our website (www.northfieldseniorcenter.org).

Trips

Fall Color Trip to Winona
Wednesday, September 28
8:30 am – 6:00 pm

A river cruise on the Mississippi to see wildlife is the first stop on this trip to Winona. Lunch is on your own and then we'll tour the hidden gem of an art museum – the Minnesota Museum of Marine Art to view major works by French, Dutch and American artists
 Cost: \$62
 Sign up deadline: Sept 21

Cemetery Stories
Saturday, October 8
5:00 – 8:00 pm

In conjunction with the Northfield Historical, a trip to “Cemetery Stories” is planned again for October. A guided tour of the graves of some of Northfield’s most interesting deceased citizens is highlighted. Telling stories of

their past are enactor “ghosts” who have returned to this world for our information and pleasure. Program and cookies to follow at the Senior Center.
 Cost: \$10
 Sign up deadline: Oct 3

Mystery Trip
Friday-Saturday, November 4-5
Time: 7:30 am Fri – Evening, Sat
 Join us for this 2-day Mystery Trip.

Oops, can't tell you where -- it's a secret! Cost includes bus, hotel, museums, tours and all but one meal. Details are available on a printout at the Senior Center.
 Cost: \$203-280 Depending on number of people sharing a hotel room.
 Sign up deadline: October 14

Church Basement Ladies in
“Rise Up, O Men”
Plymouth Playhouse
Thursday, January 12, 2017
10:15 am – 4:30 pm

“Rise Up, O Men” is a brand new show featuring the men of the church and your favorite church basement ladies who serve them. As these hard-working farmers discuss their scrap lumber piles and the benefits of solder vs weld, they unintentionally disrupt **the order of the kitchen. But that's** what happens when you let roosters in the hen house.

Lunch will be on your own at the Green Mill Restaurant prior to the show.
 Cost: \$52
 Sing up deadline: December 19

NSC Gallery Exhibits, September – December
August 15 – September 18
Mary Ruth – Encaustics

September 19 – October 16
Jan Shoger – Drawn From Nature

October 17 – November 20
DANIEL MARTIN'S COLLECTION OF VIETNAMESE ART

November 21 – December 31
Annual Senior Open

Gallery Exhibits



“OUT OF THE OLD COME THE YOUNG”
Jan shoger

CALL TO ARTISTS:

Two opportunities to show your art in the NSC Gallery

- 1) The 7th Annual Senior Open, Nov 21 – Dec 31, is open to anyone in the area, age 50 or older, to submit one piece. If you are interested, let Patsy Dew know by October 15. (507-664-3708 or patsydew@nscmn.org)
- 2) Apply to have your work featured in one of our 4-5 week long exhibits during 2017. Send 3 examples of your work, plus a brief statement about your work, to Patsy Dew by Novem-