



Northfield Senior Center

**active,  
connected,  
engaged**

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**The Center will close at 5 p.m. on Saturday, December 31<sup>st</sup> and remain closed until 6 a.m. Monday, January 2<sup>nd</sup>**



### ENDINGS AND BEGINNINGS by Patsy Dew

Once upon a time, when I was a young woman in her fifties, I joined the Northfield Senior Center. I took the Fitness Room orientation, walked out the front door and then didn't return for years. The next time I came was the day I applied for the Asst. Director position. "They'll never hire me," I thought. "They will focus on the fact that I joined and didn't return as a sign of rejection." Lucky for me, Lynne Pederson hired me in 2008, and I've had the best last job anyone could hope for.

I've had the opportunity to develop new programs, such as the Art Gallery, the Encore Players' theater performances and a Sunday afternoon concert series.

I've worked on interesting projects, such as redesigning the newsletter, and helping to figure out which database system the Center should use. I've had the privilege of working with members on programs that they value: helping others learn how to use technology; providing trip adventures; offering in depth conversations about planning for the end of life.

While all of this "work" has been interesting for me, it is YOU who have made this truly a best last job. You – the wonderfully positive people I have gotten to know here. From the group that gathers after early morning exercise to do the Asimov quiz, to those who play ping pong in the afternoons. From the volunteers who

respond quickly to my email calls for help with Meals on Wheels to those who readily offer to help hang the gallery shows and bring treats for the receptions. From the smiles that greet me as I walk through the hallways to the compliments I've received for articles in the newsletter. It's you who have made me love this job.

I have learned much during the past eight-and-a-half years, especially about healthy aging. Recently I read that gratitude was the most important element to happiness through all stages of life. And believe me, I am enormously grateful for having worked at the Northfield Senior Center. So I leave this job happy, but this time, when I go out that front door as a staff member for the last time, I will be returning as a member, taking classes, volunteering and enjoying my retirement.

**Retirement Party for  
Patsy Dew: Wednesday,  
January 11 at 2 p.m.**

GALLERY

OPENING RECEPTION

TUES,  
JANUARY 10  
4 - 6 PM

**Current Exhibit:  
Continues through December 30  
7th Annual Senior Open**

**Upcoming Exhibit:  
David Perez, Photography &  
Sylvia Langworthy, Theatre Masks  
January 2 - February 3**

David Perez has been a photographer for many years, switching from film to digital about 13 years ago. His work has been published in calendars, magazines, web sites, and hangs on many walls. He participates in a variety of photographic exhibits and competitions in which he has won many awards.

David writes, "I am a photographer, a capturer of events large and small, moments ordinary and extraordinary. I create images in the camera but I create art, and alter perception, in the digital darkroom. I do this because moments are fleeting, and the combination of moment and artistic vision will never occur quite the same way again."



Sylvia Langworthy has 50 years' experience as a theater director, designer, teacher and playwright. In this exhibit Sylvia will be showing some of the many masks she has designed and created. As a special treat for the Opening Reception, a few of the masks will be worn by costumed living statues.

Sylvia notes that theater arts are collaborative in nature. She writes, "As the director proceeds in his Vision of the play, the concepts of design as a tool to express that vision become more and more clear. Sketches find their way on paper and become part of the actors' guide to character. At our theatre in Rochester



Mask work was definitely a collaboration which included director/designer, actor and graphic artist. All these were a working team and had a vested interest in the process."

Note: Both of these artists are offering classes here that start in January. David Perez is teaching Photoshop Elements (see p. 4); Sylvia Langworthy is teaching a Mask Making Workshop (see p 5).



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## INSURANCE BASED MEMBERSHIPS

The Senior Center supports Silver Sneakers and Silver & Fit memberships from Medicare Supplemental policies.

All Silver Sneakers and Silver & Fit memberships automatically end on December 31<sup>st</sup> as they are based on your medical insurance. Because of the open enrollment period we need to be informed which insurance

you have chosen for the next year. If it is the same insurance plan as in 2016, all you need do is fill out a small membership form with your name and "SAME INSURANCE." List any other changes we need to be aware of.

## NEWS

### NOTICE TO MEMBERS

At the October, 2016 Board Meeting the Directors voted and approved a 3% increase in membership dues effective January 1, 2017.

Annual Membership and Fees Effective January 1, 2017						
Membership Options	Affiliate 80+	General	Fitness	Aqua	Gold	Platinum
Annual Cost	\$35	\$53	\$279	\$279	\$382	\$537
Monthly ATF Cost	-	-	\$26	\$26	\$34	\$47
Open Use – Fitness	\$4	\$4	X	\$4	X	X
Open Use – Pool	\$4	\$4	\$4	X	X	X
Classes – Fitness/Aqua	\$7	\$7	\$7	\$7	\$7	X
Other classes	Fee	Fee	Fee	Fee	Fee	X
Fitness Groups	\$4	\$4	X	\$4	X	X
Aqua Groups	\$4	\$4	\$4	X	X	X
Other Groups	\$1	\$1	\$1	\$1	\$1	X

#### Members with Automatic Withdrawals for memberships.

Please note that membership fees went up starting January 1, 2017. Therefore **on your anniversary** date in 2017 you will automatically be renewed at the higher rate. The new amounts will be \$1 or \$2 more per month depending on your membership level.

Anyone wishing to cancel or change Automatic Withdrawals should contact me before the 15<sup>th</sup> of the month.

Thank you,

Jackie Johnson, Membership coordinator,

Northfield Senior Center 507-664-3704 jackiejohnson@nscmn.org

## CLASSES AND TALKS

**Please pre-register** for all classes, programs and trips. Sign up deadlines will be published with each, if there is one. You may register by phone (507-664-3700), on line through our website (click on Title), or in person at The Center.

### TEACH YOURSELF TO PLAY GUITAR

Wed, Jan 4 - 25  
3:00 - 4:00pm

Do you want to pick up a guitar and play “Old MacDonald” for your grandkids? Do you want to accompany “This Land is Your Land” around the campfire with your singing buddies? Would it be nice to be able to tune that dusty instrument in your closet? Bring it to the Senior Center! Retired music teacher Holly Fischer can get you started.  
(4 sessions)

Class cost: \$38/nm, \$30/m, \$20/plat equiv (includes book and CD worth \$20)

**Instructor: Holly Fischer**

### PHOTOSHOP ELEMENTS

Mon, Jan 9 - 23  
1:00 - 3:00pm  
(3 sessions)

Prerequisite: Beginning Photography series of classes or a good understanding of organizing concepts and strategies.

Adobe Camera Raw (ACR) is a useful part of Adobe Elements. We'll take a look at setting up elements so it works efficiently for you – settings, preferences, etc. Then we'll look at using ACR to do the initial image optimization on your images. We'll be in the computer room so bring a few images you'd like to work on using the center's computers, or

your own laptop if you prefer.

The Organizer is where you'll organize your images in Adobe Elements. In the Organizing session of the Basic Photography series we looked at the concepts involved in organizing images. In this class we'll look at how you can use Adobe Elements to implement a strategy so you can keep track of your images, and find the ones you need when you need them. We'll look at:  
Navigating the Organizer Catalogs  
Importing Images  
Tagging Images  
Filtering and sorting images  
Stacks and Collections  
Other topics as time allows

The Editor is the other component of Adobe Elements. In this session we'll look at basic editing techniques and tools, including  
General Navigation  
Basic adjustments  
Quick Fix  
Navigating the interface (zooming, panning, view size, etc.  
Removing red eye  
Using auto adjustments  
Cropping, resizing, straightening, trimming, and so on  
Noise Reduction and Sharpening  
Simple Selections

We'll have questions during

the class and time for questions and discussion at the end.

If you have a laptop with Elements installed, feel free to bring it along with some images you'd like to organize/edit.

Cost: \$54nm / \$42 m / \$0 Plat equiv

**Instructor: David Perez**

### HOT TOPIC: CLIMATE CHANGE

Mon, Jan 9  
6:30 - 8:00pm

A presentation on the science of climate change, the current and future impacts of climate change, how it will likely impact our grandkids, and what we can do to decrease those impacts. Please bring your questions, skepticism and concerns – they are all important.

Alan Anderson has a BS degree in Wildlife Science and Management, had a career as a Scouting professional, retiring in 2012. In 2012 he and his wife Deb attended a conference on the health of our oceans, which inspired Alan to take an on-line college course from MIT on the Science of Climate Change. He and his wife have two grown children and three granddaughters, who focus his concern about the health of the planet we will leave to them.

Cost: \$4, \$0 plat equiv

**Presenter: Alan Anderson**

TEA WITH EMILY - THE BELLE OF AMHERST

Fri, Jan 13  
3:30 - 4:30pm

On Friday, January 13 at 3:30 in the afternoon, you are invited to have tea with Emily at the Northfield Senior Center.

Emily Dickinson, a hermit of a poet in the mid 1800's, wrote more than a thousand poems. Only ten of these were published during her lifetime – all anonymously. She wrote on scraps of paper, on envelopes, chocolate wrappers, a very careful New Englander.

“I'll tell you how the sun rose/ a ribbon at a time...” begins one of her nature poems.

Another brief poem begins “Surgeons must be very careful/when they take the knife...”

You may recognize “Hope is the thing with feathers/That perches on the soul...”

Plan to join us for tea and poems of Emily's read by Rhoda Van Tassel, Michelle Camp, Holly Fischer, Sylvia Langworthy, and Marie Gery.

No fee

MASK-MAKING WORKSHOP

Mon, Jan 16, Wed, Jan 18, Mon, Jan 23 and Tues, Jan 24  
1:00 - 2:30pm  
(4 sessions)

Discover and create your own Mask (perhaps for Mardi Gras!). Discover this creative and exciting art through the use of plaster of paris, papier mache, paint and whatever it takes to complete your vision.

The process begins with making a plaster image of your face. Papier mache is then added to give it shape and detail. In the final session the mask is painted and ornamented according to your design with yarn, fake hair (or your own?), beads, or trinkets. Wherever your imagination leads you.

Cost: \$25 all membership levels for supplies

**Instructor: Sylvia Langworthy**



COMMUNICATING WITH YOUR DOCTOR

Tue, Jan 24  
9:30 - 11:00am

Aging Mastery Elective Class  
Have you ever left the doctor's office feeling more confused than you did going in? Were you unsure of what you were told to do and frustrated that you didn't get a chance to discuss all that you wanted to? In order to get the most from your health care provider, you and your doctor need to work in partnership – and this requires good communication. In this Aging Mastery Elective Class you will learn tips to prepare for a doctor's visit - how to discuss treatment options, changes and concerns, what to bring with you, and how to get the doctor to listen to you. Presented by Stacy Zell, Respiratory Therapist and the coordinator of the Sleep Center at the Northfield Hospital.

Cost: \$5 (\$0 for Plat. Equiv. and AMP graduates.)

Class limited to 20 people so register soon.

**CLASSES AND TALKS**

## COMPUTER CLASSES

Registration Deadline for all computer classes is NOON, WEDNESDAY, the week before the class begins.

### GENEALOGY

Thu, Jan 5

9:30 - 11:30am

This course will show how to navigate a major website on genealogy, Ancestry.com. Ideally, each student will bring a rough outline of his/her family tree, and will open an account with Ancestry.com before the class. This account would cost money: \$20-\$45 per month, depending on type of account. But the account can then be non-subscribed, up to 14 days later, at no charge, while the family tree remains in the Ancestry.com server, and is accessible to the account holder as a guest, indefinitely. Please bring basic information you'd like in your tree: birth date, for self, parent, sibling, child, other relatives; marriage date, death date, etc. We will show how to incorporate personal information, photographs, documents, and even audiovisual files. (1 Session)

Prerequisite: None

Cost: \$10/m, \$15/nm,  
\$0/plat. equiv.

**Instructor: Ed Lufkin**

### INTRO TO COMPUTERS/ MAC

Mon/Wed, Jan 9 & 11

9:30 - 11:30am

This introductory course covers general computer concepts, and introduces the use of the mouse and keyboard, and simple word processing. It is intended for

people with no experience and those who feel they need some preparation for other Computer Center courses.

The course will use a text book. Students are asked to pick up a free, loaner copy at the Reception Desk prior to the start of the course.

Students should bring a USB flash drive.

(2 Sessions)

Prerequisite: none

Cost: \$20/m, \$25/nm,  
\$0/plat. equiv

**Instructor: Judy Cederberg**

### INTRO TO COMPUTERS/ WIN

Tue/Thu, Jan 10 & 12

9:30 - 11:30am

This introductory course covers general computer concepts and use of the mouse and simple word processing. It is intended for people with no experience and those who feel they need some preparation for other Computer Center courses.

The course will be taught on computers running the Windows 10 operating system. The course will use a text book. Students are asked to pick up a free, loaner copy at the Reception Desk prior to the start of the course. Students should bring a USB flash drive.

(2 Sessions)

Prerequisite: none

Cost: \$20/m, \$25/nm,  
\$0 plat. equiv

**Instructor: Jim Finholt**

### WORD PROCESSING BASICS/WINDOWS

Tue/Thu, Jan 17 & 19

9:30 - 11:30am

This course reviews and applies the concepts introduced in the course, *Intro to Computers*. Students use *WordPad* to learn to create, edit, save and open files. They learn formatting features including alignment, font types, and font styles (bold, italic, underline and color) to improve the appearance of a document. Other topics introduced include use of the Ribbon and Copy/Cut and Paste text.

(2 Sessions)

Prerequisite: Intro to Computers/Win or equivalent

Cost: \$20/m, \$25/nm,  
\$0 plat. equiv.

**Instructor Lee Klimisch**

### WORD PROCESSING BASICS/MAC

Wed/Fri, Jan 18 & 20

9:30 - 11:30am

This course reviews and applies the concepts introduced in the course, *Intro to Computers*. Students use *TextEdit* to learn to create, edit, save and open files. They learn formatting features including alignment, font types, and font styles (bold, italic, underline and color) to improve the appearance of a document.

Other topics introduced include use of the Ribbon and Copy/Cut and Paste text.

(2 Sessions)

Prerequisite: Intro to Computers/Mac or equivalent

Cost: \$20/m, \$25/nm, \$0 plat. equiv

**Instructor: Barb Henwood**

### INTRO TO IPAD/IPHONE

Mon/Wed, Jan 23 & 25

9:30 - 11:30am

This introductory course is for absolute beginners of iPad and iPhones. You will learn the basic operations necessary to operate the iPad /iPhone. the onscreen keyboard, and the basics of using Siri. You will also learn to send E-mails as well as surf the internet with your device. **Please bring your iPad or iPhone to class, and have it updated to the latest IOS operating system before coming to class. It is important that you bring your Apple ID and Password to class.**

(2 Sessions)

Prerequisite: none

Cost: \$20/m, \$25/nm, \$0 Plat. Equiv.

**Instructor: John Severson**

### ORGANIZE MY WINDOWS COMPUTER

Tue/Thu, Jan 24 & 26

9:30 - 11:30am

(An introduction to the *Windows* Operating Systems)

A typical computer may contain thousands of documents and pictures and it is essential to have a good way to organize these items.

This course will explain how to use a *Microsoft Windows* operating system to attain this goal. The course will cover the following *Microsoft Windows* topics: basic computer organization, how to view stored content, use of USB flash drives, creation of folders, view menu options for content display, copying and moving folders and files, use of the right mouse button, finding files and folders, shortcuts, and backup strategies. Students should bring a USB flash drive (thumb drive).

(2 Sessions)

Prerequisite: Word Processing Basics or equivalent

Cost: \$20/m, \$25/nm, \$0 plat. equiv.

**Instructor: Jim Finholt**

### INTRO TO THE INTERNET AND EMAIL

Tue/Thu, Jan 31 & Feb 2

9:30 - 11:30am

This course deals with the following topics: searching the internet, sending and receiving email, sending and opening email attachments, using Contacts (Address

Book), and security. The course will use Mozilla Firefox (browser) and *Google Gmail* (email). Students can choose to work on a computer set to be a Macintosh machine or a Windows machine.

(2 Sessions)

Prerequisite: Organize My Computer or equivalent

Cost: \$20/m, \$25/nm, \$0 Plat. Equiv.

**Teacher: Judy Cederberg**

### INTERMEDIATE IPAD/IPHONE

Wed, Feb 1

9:30 - 11:30am

This class will move us beyond the basics into the expanded use of Siri, iCloud syncing, APPs for travel and specialized projects, health APPs, photo editing/taking, etc. It will be a time to explore the multiple uses the iPad/iPhone can have to make our lives more productive [and even more fun!]. Please bring your own iPad or iPhone with you to class, **and have it updated to the latest IOS operating system before coming to class. It is important that you bring your Apple ID and Password to class.**

(1 Session)

Cost: \$10/m, \$15/nm, \$0 Plat. Equiv.

**Teacher: John Severson**

## FITNESS CLASSES

### CPR AND FIRST AID AND AED TRAINING

Tue, Jan 3  
3:30 - 6:30pm

Become CPR and First Aid Certified

Cost: \$45/nm, \$30/m, \$10/Plat Equiv/Staff/Monitors

**Instructor: TJ Heinrcy**

### TABLE TENNIS GROUP LESSONS

Wed, Jan 4 - Feb 8  
4:30 - 5:30pm

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.

\* If you want guidance on what to get and where to get it, please email Randy at [rndprkns@gmail.com](mailto:rndprkns@gmail.com)

Cost: \$54 nm, \$42 m, \$0 Plat Equiv & Staff (Class Limit: 5)

**Instructor: Randy Perkins**

### FALL PREVENTION

Thu, Jan 12 - Feb 16  
1:00 - 2:00pm

Help lower your risk of falling by attending the Fall Prevention Workshop. The class meets once a week for 6 weeks. Each week you will work on balance drills, strengthen your muscles, increase your range of motion and learn tips to improve your balance.

Cost: \$54 nm, \$42 m, \$0 Plat Equiv

**Instructor: Kaethe Boutelle**

## FITNESS COLLABORATION

These classes at the Senior Center are in collaboration with the Northfield Arts Guild. 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](http://northfieldartsguild.org/education)**. NSC Members: Use code NSC at checkout to get your 10% off!



### ADULT SOCIAL BALLROOM & LATIN DANCE: BEGINNER LEVEL 1

Sat, Jan 7 - Feb 25  
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!

Fees: NAG or NSC member: \$108; non-member: \$120

**Instructor: Andrea Mirenda**

### ADULT SOCIAL BALLROOM & LATIN DANCE: BEGINNER LEVEL 2

Sat, Jan 7 - Feb 25  
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 This class is in collaboration with the Northfield Arts Guild and Northfield Senior Center.

Fees: NAG or NSC member: \$108; non-member: \$120

**Instructor: Andrea Mirenda**



## MEET THE INSTRUCTOR:

My name is Stacey Popp and I have been a group exercise instructor for numerous years. At the Northfield Senior Center I teach....

Silver&Fit (Fridays)

Cardio Core (Tuesday Evening)

Aqua Fitness Fusion (Tuesday and Thursday Nights)

Full Body Strength (Thursday Evening)

Core and More (Saturday Mornings)

**Certifications:** NETA (National Exercise Trainers Association); ACE (American Council on Exercise) Exercise Instructor; AFAA (Aerobics and Fitness Association) Group Exercise Instructor; Yoga Fit Instructor; Pilates: Mat and Reformer; Pump, Body Flow, RIP, Johnny G Spinning, and Aqua Fitness Instructor



**Goals:** Keeping my whole body (mind, body, and spirit) healthy.

**Hobbies:** Working out, teaching group exercise classes, and hanging out with my dogs,



**Favorite Quote:** Foam Rollers ROCK

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### AARP SMART DRIVING CLASSES

These courses are 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.

Fees: \$22 AARP Members, \$27 non-AARP Members  
AARP Members please register in person or by phone (you will need your AARP member number).

### [AARP SMART DRIVING 4-HOUR REFRESHER COURSE](#)

Wednesday, Jan 11  
9:00am to 1:00pm

### [AARP SMART DRIVING 4-HOUR REFRESHER COURSE](#)

Thursday, Jan 26  
1:00pm to 5:00pm

## FITNESS SPOTLIGHT

## AARP SMART DRIVING CLASSES

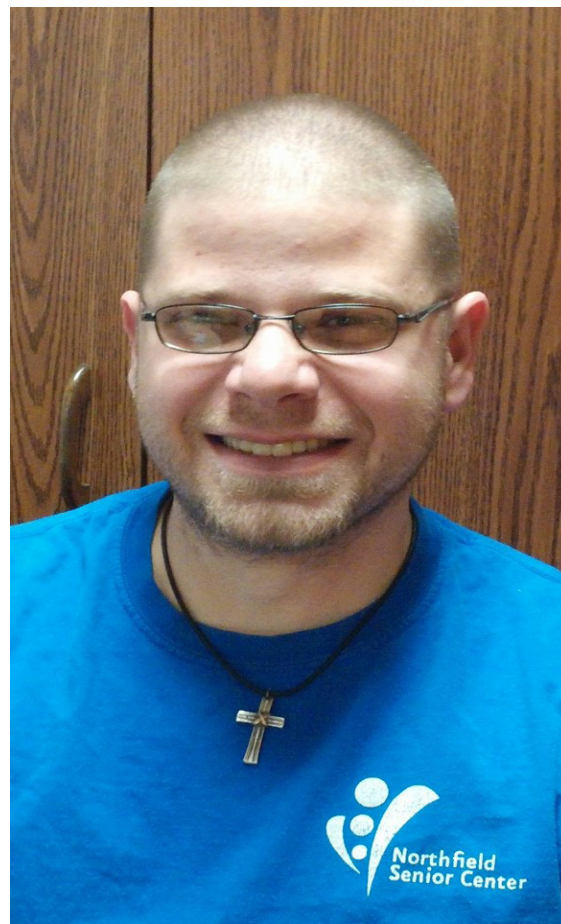
**NEWS****MAKE 2017 YOUR YEAR!**

Make your New Year's Resolutions with small and obtainable goals that work towards larger bigger goals. You will see yourself shine each time you accomplish the goal. The Northfield Senior Center is a great place to start when you are putting together your goals for 2017. We have a large amount of group exercise classes to try with nationally certified instructors that will ensure you have a great time while working off those holiday calories. There are certified personal trainers that can help you obtain your goals in the gym and at home, along with fitness groups such as the peddlers, hiking, table tennis and even bowling. Try something new each week at the Northfield Senior Center. 2017 is YOUR YEAR!! NOW MAKE IT YOURS!

Craig Swenson  
NSC Fitness Manager

I have the pleasure to announce that Craig Swenson has been hired as the Assistant Director. Craig will start the position on January 1, 2017. Craig has worked for the Northfield Senior Center for the past nine years as a Fitness Instructor, Personal Trainer, and currently as the Fitness Manager. He will continue to manage the fitness programs along with other duties as the Assistant Director. Please offer your congratulations as you see him.

Lynne Pederson, Director



## GIVE A GIFT OF TIME

Consider volunteering at the Sr Center. Just look at all the possible ways you can share your talents here.

Pool monitors – help keep those who use the pool safe

Used a Bit Shoppe workers – help customers

find treasures; restore beauty to used items

Receptionists – offer welcome and help to all who come through our front door, and provide assistance to the staff

Reading with 4<sup>th</sup> Graders – make a meaningful connection with Bridgewater 4<sup>th</sup> graders

Sunshine Café workers – serve diners

...and so many more opportunities: Thursday's Table, Meals on Wheels, Teaching, Leading an activity group, serving on a committee.

If you'd like to make a gift of time, contact Patsy Dew, 507-664-3708, or [patsydew@nscmn.org](mailto:patsydew@nscmn.org)

## VOLUNTEER



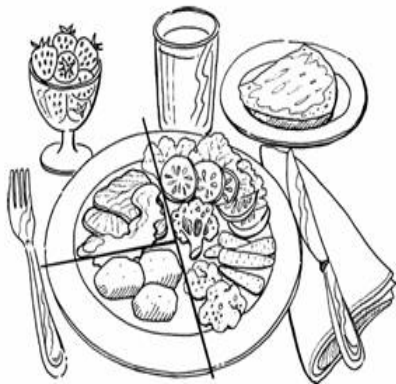
# Thursday's Table

Consider Helping with Thursday's Table on January 19

Thursday's Table is a program of the Community Action Center which offers anyone in the community a free meal on Thursdays. The Senior Center provides volunteers to help with this program one Thursday six months of the year.

Tasks include:  
Table Set up (2:30 – 3:30p)  
Room set up (3 - 5p)  
Beverage/Dessert Server (4:45 – 6:30p)  
Food Server (4:45 – 6:30p)  
Table Cleaners and Re-setters (4:45 – 6:45p)  
Dining Rm Cleaning Crew (6:15 – 7:30p)

If you would like to volunteer for any of these shifts on January 19, let Patsy Dew know, 664-3708, or [patsydew@nscmn.org](mailto:patsydew@nscmn.org)



## GROUP ACTIVITIES

### SUNSHINE CAFE



**OPEN 11 - 1**

### JANUARY HAPPENINGS AT THE SUNSHINE CAFE

- Jan 10<sup>th</sup> Site council meeting at 11:45 a.m.
- Jan 11<sup>th</sup> Concrete Cowboy
- Jan 12<sup>th</sup> Bingo at Noon
- Jan 16<sup>th</sup> Greg Smith & Friends
- Jan 24<sup>th</sup> Birthday Dinner



### BOOK CLUB 2<sup>nd</sup> Monday of the month at 10:30 a.m.

January: Elephant Company  
by Vicki Croke  
February: Harbour Street  
by Ann Cleeve

### JANUARY MOVIES Mondays at 1 p.m.



1/2 DARLING COMPANION Diane Keaton and Kevin Kline star in this romantic comedy about a woman who loves her rescue dog more than her distracted husband. Her husband loses the dog and a frantic search ensues. 2012

1/9 GIANT Elizabeth Taylor, Rock Hudson and James Dean star in this classic saga of family conflict in Texas oil country. 1956

1/16 FLORENCE FOSTER JENKINS Meryl Streep stars in the story of Florence Foster Jenkins, a New York heiress who in the 1940s dreamed of becoming an opera singer, despite having a truly terrible singing voice. 2016

1/23 SYBIL Sally Field stars in this Emmy Award winning true story of a woman whose tortured childhood shattered her into multiple personalities. 1977

1/30 RENAISSANCE MAN Danny DeVito stars as a down-on-his-luck businessman who desperately takes the only job offered—a teacher for a ragtag group of underachieving Army recruits. 1994

For more information about Book Club call Katherine Collman, 645-1357

#### NEW MEMBER WELCOME

#### COFFEE HOUR

First Wed of every  
month  
9:00 to 10:00am



## TRAVEL NEWS JANUARY 2017

### TRIPS

#### CHURCH BASEMENT LADIES: "RISE UP, O MEN"

Plymouth Playhouse  
Thursday, Jan 12, 2017  
10:00 am to 4:30 pm

Additional tickets for this fun performance have been obtained so sign up as soon as possible if you'd like to see the farmers mingle with your favorite church basement ladies. Lunch is on your own at the Green Mill Restaurant prior to the show.

**FULL**

Our tours depart from and return to the Senior Center. Please register as early as possible to avoid disappointment. Cancellations on or before the sign-up deadline receive a full refund. Cancellations after that deadline receive a full refund **IF a replacement can be found.** Note that our trips require a minimum of 20 persons for each outing.

#### RUSSIAN MUSEUM OF ART

Wed, Feb 8, 2017  
9:15 am to 3:00 pm

Join us for this outing at the Museum of Russian Art and lunch at the "Moscow on the Hill" restaurant. Many of the items on display have been connected to the Russian royalty. A guided will take us around to see and hear about many of the 80 objects produced in the 19<sup>th</sup>-20<sup>th</sup> century from the Faberge Company. There are two other exhibits to visit if time allows. The restaurant will be serving family style: borsch soup, cabbage rolls, and medovik (traditional honey cake). The tip is included. Coffee and drinks are extra.

Cost: \$55  
Sign up deadline: Jan 9

#### MINNESOTA ORCHESTRA

Thur, Mar 16, 2017  
9:30 am to 2:00 pm

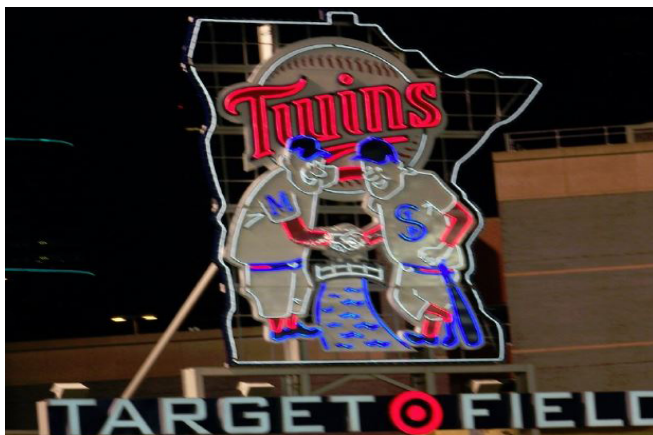
We are going to Orchestra Hall for an 11 am concert of music of Mozart, Beethoven and Mendelsohn. Free coffee and cookies are available in the lobby beforehand. If you already have season tickets of your own and just want to ride the bus, the cost is \$25.00. There is no lunch planned for this trip. The early people who sign up will get the best seats at Orchestra Hall.

Cost: \$ 67  
Sign up deadline: January 31

#### **Future Trips!**

- Arboretum  
TBA April/May 2017
- Twin's Game w/Chicago White Sox  
22 June 2017
- Jonathon Paddleford Boat Trip  
TBA July 2017
- Shakespeare Festival in Winona  
TBA July 2017
- Circus Juventas  
TBA August 2017

## TRIPS



## Tribute to Patsy Dew

by Lynne Pederson



In the late summer of 2008, the Board of Directors gave me the directive to hire an Assistant Director. Patsy Dew applied. Patsy was local. She had lived in Northfield for over 28 years. She worked for the Arts Guild in theater. She was a photographer. She had a passion for the arts. She had experience working in non-profit organizations. She had set-up systems and worked with computers. She was the best candidate. I offered the job to Patsy and she accepted. Thank you, Patsy.

In the nine years that Patsy has worked at the Northfield Senior Center, she has been my “partner in crime” so to speak. We would talk about new ideas and programs, and I would say to her “we should be able to do that, right?” And she would figure out what was needed, and who she needed to talk to, and start a new program.

Patsy put the Center’s arts program “on the map”. She developed a partnership with the Northfield Arts Guild, to bring in instructors for painting, ceramics, and dance classes. She wrote grants to fund and implement the Art Gallery that has showcased hundreds of artists. The Art Gallery provides an outlet for members to show their work; for some another opportunity, for others their first. Patsy has directed all seven of the melodrama plays performed at the Center. I was in the first three. She is a no nonsense director and dedicates many, many hours to make each performance better than the last. She wrote and received grants that paid for the stage, additional lighting, and sound equipment. The Center’s theater productions, including the radio dramedies, are one of the best kept secrets in town. People who have not enjoyed one of the productions, are missing out on a well-produced, fun, authentic community theater performed by Center members. What an excellent opportunity for members who want to act and for members who want to be entertained. Thank you, Patsy.

Patsy has been responsible for the administrative systems that we use to track member data, and records for insurance reports.

She was instrumental in researching data systems and introducing us to Schedules Plus the current admin system. She also worked with a computer programmer to update the website. She “gets it”- the tech stuff, and was able to assess the staff’s needs to determine the systems that we needed. Thank you, Patsy.

There are so many skills and talents that Patsy has. She has a strong interest in the “hot topics” that people are talking about regarding what’s happening in the world, and the environment. She contacted experts in the community and gathered them together to present interesting series of informational topics. She along with Chris planned a very well attended series on Palliative Care and Conversations that Matter. Patsy has helped us to be better thinkers and to consider and contemplate what is happening in the world around us. Thank you, Patsy.

For the past few months, Patsy has been working part time. We started talking over a year ago about her retiring. The date kept getting pushed back, because she just wasn’t quite ready. She likes her job, likes the creativity and the challenges, likes her co-workers, likes the members, and likes the Center for the organization that it is. But

as the months have gone by, she is now to the point of accepting and actually looking forward to the days when she will have more time to dedicate to her love of photography, her kids, and Tom, her husband. I will miss Patsy. She is good for the Center. She “broke ground” at the Center; she has been able to influence the programming so that arts is an established focus area. It will never go back the way it was – it will only go forward. Thank you, Patsy.

**Patsy is not gone yet. She will work through part of the month of January, with her last day on January 12. There will be a party for her at 2:00 on January 11.**

It’s never easy saying goodbye to a co-worker that I have worked with, relied on, collaborated with, planned with, and laughed with for nine years. Patsy’s leaving is no exception to this. In Patsy’s nine years, she brought change to the Center that has made a lasting impact on the programs that are important to offer, and the importance of allowing and encouraging people to be creative. We are all better because of the nine years that Patsy has given us. Thank you, Patsy!





## JOB OPENING

PART-TIME ARTS AND VOLUNTEER COORDINATOR  
20 Hours a week

Assist the Assistant Director in managing the operations and programs of the Northfield Senior Center. Provide leadership to staff and members, coordinate arts, and volunteer programming, and manage website. Recruit, and retain volunteers. Plan and implement music programs, art classes, theater productions, art gallery showings.

FOR FULL JOB DESCRIPTION PLEASE SEE  
[www.northfieldseniorcenter.org](http://www.northfieldseniorcenter.org)

OPEN UNTIL POSITION IS FILLED

Please Apply with a Resume and Cover Letter to:  
Northfield Senior Center  
Attn: Craig Swenson  
1651 Jefferson Parkway  
Northfield, MN 55057  
or  
[craigswenson@nscmn.org](mailto:craigswenson@nscmn.org)  
507-664-3702

Dear Members,

The Senior Center has the opportunity to earn \$1,000 from SpartanNash, simply by shopping at our local Econo Foods store. Through the Direct Your Dollars program, we can turn eligible receipts into cash for our organization!

It's easy to help us "Direct Your Dollars." Every time you shop at any Econo Foods, save your receipts. We'll be collecting them in our Direct Your Dollars box, located at the Senior Center front desk beginning January 2nd.

For every \$150,000 in receipts we collect, we will earn \$1,000 donation from SpartanNash. With your support – and your receipts – we'll be raising money for general operations.

If you aren't able to drop your receipts off in person, you can also mail them to Northfield Senior Center, 1651 Jefferson Pkwy, Northfield, 55057. We do need original receipts to earn the \$1,000 donation, so please no photocopies.

Thanks to the Direct Your Dollars program, we can raise money for the Senior Center as we shop for our groceries each week. Start saving those receipts! We'll continue collecting them throughout the year.

Elaine Grisim  
Administration Manager





## **NORTHFIELD SENIOR CITIZENS, INC.**

**Minutes:** Northfield Senior Citizens, Inc. Board of Directors meeting, December 1, 2016.

**Directors present:** Mary Auge, Bernard Borene, Beth Endert, Duane Everson, Gordon Kelley, Marvin Kormann, Ken Lee, Jane Persons, Yosh Soltis, Dan VanTassel

**Absent:** Tom Brawley, Bill Gruszewski, Richard Jackson, Elizabeth Olson, Greg Smith,

**Staff present:** Lynne Pederson, Elaine Grisim

### **1. CALL TO ORDER**

The meeting was called to order by Gordon Kelley at 3:01 p.m.

**Action:** One item was added to the agenda. The amended agenda was approved and seconded.

**Action:** Motion and 2<sup>nd</sup> to approve the October 27 board minutes. Approved.

### **2. REPORTS**

#### **Review of Financial Reports**

Lynne Pederson reviewed the October financial statements.

**Action:** Motion and 2<sup>nd</sup> to approve the October financial statements. Motion approved.

#### **Finance Committee**

Lynne Pederson reported. November 17 meeting minutes were reviewed. Income is at 83.13% and

expense is at 84.85% compared to projected 83%. There was discussion regarding why Used A Bit Shoppe income is down and what could be done to increase income.

#### **Advancement Committee**

Dan VanTassel reported. We will partake in a program through Spartan Nash that donates funds to non-profit agencies. The Committee has created possible categories for a naming convention for donation amount levels. Motion and 2<sup>nd</sup> to approve the naming convention categories.

#### **Facilities Committee**

Marv Kormann reported. Blue Water reported that the completed cost of the roof project would be \$250,000. An Energy Assessment report regarding the cost to switch the entire building to energy efficient lighting came in.

Projects on hold: ceiling tile cleaning; re-surfacing the parking lot.

#### **Membership Committee**

Lynne reported. There was no meeting

#### **Executive Director Report**

Lynne Pederson reported. An extension to the contract between the city and NCRC will be extended for one year to December 31, 2017. Katie Studer's internship at the Senior Center will end December 13.

The Elf on a Shelf will be back December 8 and 9. A small group of people toured the new state-of-the-art Rochester Senior Center. The 40<sup>th</sup> Anniversary Party and Fall Melodrama were both successful, with lots of good comments.

Lynne and Craig met with the Cannon Falls Senior Center Board to present an idea of collaborating together to bring fitness classes to their location. There is a new policy for lap lane usage in the pool.

### **3. OLD BUSINESS**

Ownership of the electronic sign will remain with the Senior Center.

Went through an overview of the 2017 Budget.

**Action:** Motion and 2<sup>nd</sup> to approve the 2017 Budget. Motion approved.

### **4. NEW BUSINESS**

Challenge for the upcoming year is to come up with some ideas to increase income.

A retirement party will be held for Patsy in late January. Details pending.

Next board meeting will be January 26, 2017

### **5. ADJOURNMENT**

The meeting was adjourned at 4:26 p.m.

## **BOARD OF DIRECTORS**

## DONORS

## Thank you to these November Donors

Sandra Aldrich, Dennis & Barb Altstaetter, David & Joey Appleyard, Bernard & Mary Auge, Solveig Bailey, Robert & Teresa Ballentine, Dennis & Beth Berry, Bernard & Linda Borene, Julie Borene, Judy Broske, Warren & Karen Broughton, Mary Brown, Bob & Lin Bruce, James & Heather Cannaday, William & Charlotte Carlson, William Johnson & Jennifer Cox Johnson, Al & Eleanor Croone, Cleve Crowningshield, Ron Curren, Richard & Joanne Dahlin, Lynn A Davis, Thomas DeWolfe, Don & Bebe Diehl, Zora Dowell, Erin Doyle, Winnie Drentlaw, Larry & JoAnn Edwardsen, Chris Ellison & Gene Finger, Edward & Mary Emery, Beth Endert, Claire & Jerry Ericksen, Evelyn Estenson, Alene Fink, Gerry & Carol Gengenbach, Marie Gery, Jeanette Gilbertson, Malcolm & Jacquelyn Gimse, James Glover, Richard & Lois Goetz, Nancy Grebis, Bonnie Gretz, Elaine Grisim, William & Marjorie Gruszewski, Jim & Dorothy Hammer, Jerry & Liz Hankins, Vicky Hanson, Georgene Johnson, Jackie Johnson, Pat Johnson, Richard Johnson, Andrea Johnston, Nadine Kivens, Julie Klassen, Jo Ann Kleber, Paul & Anne Klinefelter, Marv & Rose Kormann, Ruth Krusen, Calvin & Donna Kuhnau, June Lenz, Carol Lysne, David MacKenna, Willis & Brynda Mc Coy, Mike & Ann McGovern, Harriet Menard, John & Sharon Micklo, Alice Nasby, Willard Nauman, Dale and Linda Ness, Robert & Sandra Nyvall, Sue Odette, Mary Olander, Tom Oleson, Elizabeth Olson, Laurel Pankow, Susan Pedersen, Charles & Lynne Pederson, Ken & Roberta Persons, Mike & Edie Piper, Gordon & Emelda Rasmussen, Jon & Jeanette Rondstvedt, David Roth, Barbara Sawyer, Kay Sexton, Dale & Peggy Sheldon, Bonnie Sherman, Donald & Corrine Slaughter, Bardwell & Charlotte Smith, Jan Stanton, Margaret Stary, Effie Stein, Kenneth & Sharon Steinhouse, Pat Sunquist, Harley Tate, Steven & Kathy Taylor, Dorothy Thibodeau, Linda Wagenbach, Elizabeth Williams

## MEMBERSHIP

### Welcome to these new members

Roger & Myrna Eilers, Michael Bussian, Jerome Schultz, Nadine Albertsen, William & Judy Hofer, Michelle Keske, Bill Jokela, Jon Kerr, Qixian Qian, Stanley Sunderland, Curtis Johnson, Kenneth Wedding, Xiao Ya Zhang, Laurie Corwine Frame, Janis Siemers

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## NSC STAFF DIRECTORY

**Director / 664-3701**  
Lynne Pederson

**Assistant Director / 664-3708**  
Patsy Dew

**Assistant Director/Fitness Manager / 664-3702**  
Craig Swenson

**Program Coordinator / 664-3707**  
Chris Ellison

**Used A Bit Shoppe Manager / 645-1399**  
Kristi Casson

**Dining Site / 664-3735**  
Roxann Berndt

**Administration Manager / 664-3703**  
Elaine Grisim

**Membership Coordinator / 664-3704**  
Jackie Johnson

**Bookkeeper / 664-3700**  
Kathy Bjerke

**Evening/Weekend Receptionists / 664-3700**

Mary Brown,  
Beth Endert,  
Janice Kasa,  
Barb Henwood,  
Ruth Johnson-Wirth,  
Pat Sunquist,  
Sue Schweickert  
Leslie Weirich



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Monday-Thursday: 6am-8pm  
Friday & Saturday: 6am-6pm  
Sunday: 9am-8pm

### POOL HOURS

Monday-Thursday: 6 am-8pm  
Friday & Saturday: 6am-6pm  
Sunday: 5:30 - 7:45pm

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Thurs, 10am - 7pm

**AARP volunteers to offer free tax preparation at the Senior Center to anyone and especially for those 50 and older or who can't afford a tax preparation service.**

**NEW!! Tax-Aide counselors will be working with new software that requires all taxpayer information to be newly entered (i.e. no carryover from the prior year). Appointments will be tightly scheduled. If your tax return took over one and one-half hours to complete last year, we ask that you either go to a different AARP Tax-Aide site or hire a professional tax preparation service.**

Trained and certified AARP Tax-Aide volunteers will prepare and electronically file individual income tax returns. Appointments will be taken at the Senior Center Receptionist Desk or by phone (664-3700) beginning Monday, January 16<sup>th</sup>. These tax services will be available Tuesdays, Wednesdays, and Thursdays from February 7 thru April 13. Appointments are available beginning at 8:30 am, with the last appointment scheduled at 1:30 pm. Please arrive 15 minutes prior to your appointment to complete mandatory forms. The appointment date for filing the Property Tax refund (for homeowners and renters) will be published in the February newsletter.

To complete your Federal and State tax forms, please bring:

1. Last year's tax return. For taxpayers not taking the Standard Deduction but itemizing, last year's tax return is required to complete the new tax return if you received a state refund, and in other circumstances.
2. Social Security Card, or SS statement displaying the SS#, for you, your spouse (if applicable) and all others on the return.
3. Picture ID for each taxpayer. Joint tax return filers must both sign the returns.
4. Income-related documents: Forms W2, Unemployment Compensation Statements, SSA 1099, 1099R, and other 1099 forms, and identification of other income such as self-employment. If you receive a pension or annuity from a former employer, please bring the date that you began to receive payments (in some cases, this is required.)
5. Health care coverage (W-2, SSA 1099, Form 1095, or Exemption Certification Number)
6. Brokerage statements or other documentation for sale of capital property (e.g. stocks, bonds), including date purchased and cost basis.
7. Expense-related documents: Checks and forms showing federal and state taxes paid, 1098 forms showing mortgage interest, documentation of medical, dental, charity, and business expenses, any vehicle and property taxes, and mortgage interest paid. Expense receipts need to be in reasonable order and legible. Organize and total expenses by category is appreciated and often required.
8. Education expenses statements including Form 1098-T from the institution, and receipts for other education expenses.
9. If you wish to use the direct deposit/direct debit option, you must bring your checkbook to verify your bank account and bank routing numbers.
10. If a renter, a signed 2016 Certificate of Rent Paid (CRP). If you own your Mobile Home but rent the lot, you MUST wait for your 2017 Property Tax Statement (Rice County historically issues in mid-summer) before filing M1PR. CRP for lot rental cannot be filed alone if you own the home. You can try a AARP tax site open in the summer, or go to a fee service.
11. For homeowners returning in April for MN Property Tax Day, both 2016 AND 2017 Property Tax Statement. The 2017 Statement is typically mailed in late March for Rice County.
12. NO patronage dividends (Form 1099-PATR – Taxable Distributions Received from Cooperatives)