

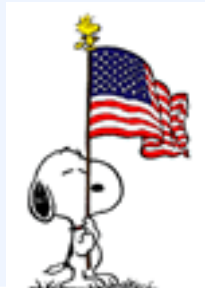


Northfield Senior Center

**active,
connected,
engaged**

- Gallery.....2
- Classes and Talks4
- Computer Classes.....5
- Fitness.....6-7
- News.....7,10
- Moment in Time.....8
- Spotlight.....9
- Neighbors.....10-11
- Events.....11,13
- Volunteer.....12, 15
- Cafe.....14
- Group Activities.....14
- Trips.....16
- Board of Directors...17

**The Senior
Center
will be closed
on Tuesday,
July 4th**



Center News

FOR ACTIVE OLDER ADULTS



WE CAN'T DO IT WITHOUT YOU! by Lynne Pederson

P.S. In last month's article, I may have been remiss in emphasizing that we need more people to volunteer without including an emphasis on how much we appreciate the people that do volunteer. I was trying to make the point that we can't run the Center without our volunteers. If I didn't make that clear, I will do it now. **WE CAN NOT, repeat... CAN NOT RUN THE CENTER WITHOUT OUR VOLUNTEERS.** For everyone that volunteers at the Center, we appreciate you, the time that you give so willingly, and the awesome range of talents that you lend. **REALLY.....WE CAN'T DO IT WITHOUT YOU.**

Remember when you were a kid and time went so slow when you were expecting to go somewhere, or when your birthday or Christmas was coming. Those days are over. Now time and days go by so quickly and I scramble to get it all done. Long awaited spring has come and gone. It is the middle of June, and it feels like summer is flying by without doing enough to enjoy it. It's an age thing, isn't it?

At one of the grandkids soccer games, my 10 year old granddaughter was telling me about a museum in St. Louis that her teacher had visited. It is the St. Louis City Museum, built in an old shoe factory. It was designed by artist Bob Cassilly, a classically trained sculptor, who believes that anything is useful. The 11 story museum is a hands-on haven for kids and adults to explore caves, tunnels, a human size hamster wheel, a fish tank full of turtles and 1 friendly 39 pound catfish, an airplane that you can climb through, a 10 story slide, a working ferris wheel on the roof and much more. She asked if we can go..... so guess where we are going on the family road trip this summer with 4 grandchildren, their parents, and Charlie and I.....yup, the St. Louis City Museum.

The Center has its own road trip you can go on in July. Member, Norma Monroe has put together another Mystery Trip. Last year 15 adventurous people signed up and got on the bus for three days, two nights, not knowing where they were going. The people said that it was the best time of the summer. They actually went to Iowa. I grew up in Iowa and that is the last place I would have guessed that a Mystery trip would go, let alone have a great time. They went to many places that I haven't been but did actually go to one of my old stomping grounds as a kid – Perry Iowa. Who knew that Perry, Iowa had that much to offer. There is still time for you to sign up for this year's trip. I am clueless as to where you will go, but I can guarantee that it will be a fun trip.

continued on pg 3...

GALLERY

Current Exhibit: Continues through July 21
Sylvia Langworthy, puppets



OPENING RECEPTION

TUES, AUGUST 1, 5 - 7 PM

Upcoming Exhibit:
Lake Carter, plein air paintings
July 24 - August 25
Opening Reception:
Tuesday, August 1, 5-7pm



Love Where You Live!



Independent *Plus*, Assisted Living & Memory Support


The Legacy of Farmington offers the comfort and convenience of home in a community that provides a variety of luxurious living options, state of the art amenities, and individualized services to meet your lifestyle wants and needs.

Give us a call today!
(651) 463-2933

Opening August 2017



22300 Denmark Ave
Farmington, MN 55024
thelegacyoffarmington.com

Follow us on 

Now, for some updates about projects that I have mentioned in past months. Members Marge Gruszewski, Char Carlson, and I have been appointed by the Facilities Committee to pull together a plan for re-doing the look of the lobby. You may remember that the Center has received some generous donations in order to do this project. Working with a decorator from Gabberts, at Gabberts and HOM (did you know that Gabberts is owned by HOM Furniture? I didn't) we have chosen a couch, four chairs, a coffee table, two end tables, a puzzle table and four chairs, and fabric to re-upholster the current side chairs. Bill Carlson, member and woodshop extraordinaire, is going to make a longer coffee bar and a new reception desk. The color scheme is blue, rusty red, green, and brown. It may not sound like it but the colors and fabrics together have a lively look and feel. This project not only seems slow, it is slow. We may see the new furniture by September. In the mean time we will have the walls painted so we are ready for the new look. Exciting!

Members working on the branding for the Center continue to meet. It's been an interactive process led by Steve Penn and Jan Ekhart, member and graphic designer. Members have influenced the process by giving their input and ideas of what the Center does, and describing its personality. The words determining the Brand Personality are: Welcoming. Fun. Interesting. Big-hearted. Knowledgeable. Supportive. Genuine. Reliable. Dedicated. Values are described as: Passion, Positivity. Respect. Receptiveness. Well-being. Balance. Leadership. Give it some thought, and I think you will agree that these words are good descriptors of the personality and what is valued at the Center as we know and use it. All of this work is getting the group to the end result of how we will brand the Center.....the words we will use to describe what we do, why we do it, and how we do it.....the look that will be used in marketing ads and flyers..... and the perception in the community. We are getting closer to the end. We have a branding book, example of ads, type fonts and colors, and possible new names. The suggestion for the name is not solid enough to share, yet. But maybe by the next time I write.

Throughout this article I have mentioned names of members that are helping to make the Center better. These are just a few of the hundreds of members that give-back to the Center. I am so grateful to be surrounded by talented, smart, giving people that pull together to accomplish projects and programs that are for the betterment of us all. We really can't do it without you.

**...WE CAN'T
DO IT WITHOUT
YOU!**

continued from pg 1



PROFESSIONAL DRIVE
DENTAL
GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264

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.

JANE AUSTEN BOOK CLUB

Wed, July 12 - 26
10 - 11:30am

Participants will receive a free copy of the novel; enrollment is limited to the first 10 to sign up. Refreshments will be served. Capacity: 10

no fee

Instructors: St Olaf students

JOYFUL PRINTMAKING

Fri, July 14
9:30 - 10:30am

Join us for an inspiring art class! Together we will explore the many possibilities and magic of printmaking! Printmaking is a beautiful process with a variety of techniques. In this session we will explore gelli printing, styrofoam relief printing and collagraph printing!

Capacity: 12

NOTE: Materials fee of \$3 per person payable to instructor

Fees: \$14/nm, \$11/m, \$0/plat equiv

Instructor: Angie Ekern

BIRDHOUSES, VASES, AND PLATTERS! OH MY!

Tue, July 18 - Aug 8
10 - 11:30am

Explore the range of possibilities of creating with clay, culminating in fired pieces of your own. Starting

with slabs of clay, build anything from birdhouses, to vases, to platters, and more! Learn hand-building techniques and styles, explore texture, experiment with glazes, and get your hands dirty! Materials included in fee. Class will be held outside on the patio or room 106 if inclement weather.

Capacity: 10

Fees: \$82/nm, \$70/m, \$25/plat equiv (materials)

Instructor: Bridget Novak

CPR AND FIRST AID TRAINING



CPR AND FIRST AID AND AED TRAINING

Tue, July 25
3:30 - 6:30pm

Become CPR and First Aid Certified

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

Instructor: TJ Heinrey



CLEAN WATER LAND & LEGACY AMENDMENT

The Northfield Senior Center has received an Arts & Cultural Heritage grant from the Southeastern Minnesota Arts Council (SEMAC). The \$7375 award will be designated for instructors teaching in our grant program, "A Year of In-Residence".

Classes and workshops will be taught by highly experienced teachers in these 4 areas—art, writing, music and theater. We will feature each instructor as our "Artist In Residence" during the time of their classes.

This exciting programming will start in August!

There are no AARP SMART DRIVING classes in July



OPEN LAB PLUS

Every Wed

3 - 5pm

Come to get help with your computer, tablet or smart phone questions. No fee.

INTRO TO IPAD/IPHONE

Mon/Wed, July 10, 12

9:30 - 11:30am

This introductory course is for absolute beginners of iPad and iPhones.

(2 Sessions)

Prerequisite: none

Cost: \$25/nm, \$20/m,

\$0/plat equiv

Instructor: John Severson

INTRO TO COMPUTERS/
WIN

Tue/Thu, July 11, 13

9:30 - 11:30am

This introductory course covers general computer concepts and use of the mouse and simple word processing.

(2 Sessions)

Prerequisite: none

Cost: \$25/nm, \$20/m,

\$0/plat equiv

Instructor: Jim Finholt

INTERMEDIATE IPAD/
IPHONE

Mon, July 17

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.

(1 Session)

Cost: \$15/nm, \$10/m,

\$0/plat equiv

Instructor: John Severson

WORD PROCESSING
BASICS/WINDOWS

Tue/Thu, July 18, 20

9:30 - 11:30am

This course reviews and applies the concepts introduced in the course,

Intro to Computers.

(2 Sessions)

Prerequisite: Intro to

Computers/Win or

equivalent

Cost: \$25/nm, \$20/m,

\$0/plat equiv

Instructor Lee Klimisch

ORGANIZE MY WINDOWS
COMPUTER

Tue/Thu, July 25, 27

9:30 - 11:30am

(An introduction to the *Windows* Operating Systems)

This course will explain how to use a *Microsoft Windows* operating system to organize your files

(2 Sessions)

Prerequisite: Word

Processing Basics or

equivalent

Cost: \$25/nm, \$20/m,

\$0/plat equiv

Instructor: Jim Finholt

INTRO TO THE INTERNET
AND EMAIL

Tue/Thu, Aug 1, 3

9:30 - 11:30am

This course deals with searching the internet, sending and receiving email, sending and opening email attachments, using Contacts (Address Book), and security.

(2 Sessions)

Prerequisite: Organize My

Computer or equivalent

Cost: \$25/nm, \$20/m,

\$0 plat equiv

Teacher: Jim Finholt

COMPUTER CLASSES

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



**FULL COURSE DESCRIPTIONS
CAN BE FOUND IN THE
PROGRAM GUIDE OR ON THE
WEBSITE**

FITNESS

THE HARDEST SHOT

Ping Pong tips
by Randy Perkins

THE HARDEST SHOT

Ask half a dozen ping pong players what the hardest shot in TT is, and you'll get half a dozen different answers.

I don't intend to try to convince you of anything, but I suggest that the service return is the hardest shot in the game. I also think it's the most important shot in the game after the serve itself.

The server has the advantage. Only the server knows if the receiver will be required to hit a forehand or backhand, whether the serve will be short or long, wide or down the middle, topspin, sidespin or underspin. The server acts; the receiver reacts. The server has the offense, at least theoretically; usually, the receiver must defend.

Players miss serves, but not frequently. Service returns are missed at least 2-3 times more often than serves. Think about that for a moment: that means serves win points many more times (5x or more, because relatively few service returns win points) than service returns.

I can't prove that it's because receivers try to do too much with their returns, but that's what I believe.

So, Rule No. 1 is: Don't try to win the point with the return of serve.

This is harder than it sounds. When the server hits a good serve to you, the server is dictating to you, essentially telling you what you can and what you cannot do in terms of a service return, whether you can be aggressive or whether you must be more passive. NO ONE likes to be told what he or she can and cannot do. We all like to think that we can decide that for ourselves.

In this one instance, you're far better off accepting the reality - the server dictates what you, as the receiver, can and cannot do.

And that brings us to...

Rule No. 2: Keep your return low.

This is a LOT tougher than it sounds. If the server makes a good serve, the receiver probably can't attack the serve. But the receiver can return it. Concentrate on making the best return you can, given that you cannot attack the serve.

Keeping your return low is about 80% of "making the best return you can." The other 20% is placement.

If you must choose between getting the ball back and keeping it low, get it back. And get it back every time.

When it comes to returning serve, the choice isn't between winning the point and losing the point. The choice is whether you're going to lose the point outright (by failing to return the serve) or force the server to win it, if he or she can. The latter is much to be preferred.

In the course of most rallies, there's a moment when the offense hangs in the balance. When the moment comes, try to recognize it and seize the offense. That moment very rarely occurs on the service return...

BUT it does happen occasionally. If you're the receiver, and you get a long serve (i.e., a serve that's only going to bounce once on your side before crossing a sideline or the endline), you should attack it. Always attack a long serve!

Return everything else.

WHAT TO DO?

By Gordon Kelley

A recent high profile court case prompts me to write this article. I teach a safe driving class for older adults, some of you have taken my class. I have been asked what to do when pulled over by the police. In talks with local officers I have some advice.

Start by pulling over as far as is safe and put your car in park. Lower both front windows at least half way. Put your hands on the steering wheel so they are clearly visible to the officer, probably at the 10 and 2 position. Be polite!

When the officer asks for your drivers license and insurance card respond like this “My drivers license is in my pocket and my insurance card is in the glove box. May I reach for them?” If you are polite, the officer will probably say yes. Ask first, instead of just reaching. That way the officer knows what you are reaching for. Then carefully reach for these items. Do not make fast moves and do not make any move that could be seen as threatening by the officer. Hand these items to the officer. Be polite.

It is always best to be polite and tell the officer you need to reach in your pocket or glove box for license or insurance card. It doesn't hurt to say these things. It will turn out better for you and the officer.

Above all, be polite!



NATIONAL SENIOR GAMES

Five Northfield table tennis players participated in the National Senior Games held in Birmingham, Alabama: Armand Boheme, Judeen Brown, Gary Johnson, Russ Margulies and Stu Sinykin. Sinykin finished 7th in doubles and Brown and Margulies finished 8th in mixed doubles.

Over 10,000 seniors in eight age levels were involved in twenty-one sporting events. The oldest competitor was 103 and there were 43 females over 90 years old. One female runner was 101 and had started running at the age of 100.



Judeen Brown, Russ Margulies

IN THE NEWS

A MOMENT IN TIME

BEING POSITIVE

By: Craig Swenson

We can all agree that we have been faced with negativity and positivity in our life, correct?

Positivity is choosing to see the bright side of life. It is recognizing that struggle and pain are not all that's there, even if they're all we can see in a certain moment. It is seeing the good in people, even when we have to search (really, really hard) for it. And it is about trusting ourselves.

On the contrary, negativity is about finding fault and worry in people and situations. It's about focusing on the one thing that went wrong when a million others went right. And it's about belittling people without attempting to see who they are.

Being positive or negative can affect everyone intrinsically or extrinsically. A Stanford Study showed those that are positive lead a more successful and happier life; they have better health with lower blood pressure and lower chances of chronic conditions, and even less traffic violations.

Over the years I have personally learned to fight negativity with many simple life hacks that you can try. Now, the list I have is quite long so I have shortened it

to fit this article. Below are 10 of those life hacks to help you become more of a positive individual in your life.

1. Listen to music that gives off the same mood you want to be in. For example, when I was in the hospital growing up and would be coming out of surgery, I would place a radio in my ear and listen to calming music to help calm my mind and body during the pain.

2. Eat healthy and Exercise. Numerous studies have shown that by eating healthy and nutritious food along with exercising regularly helps the chemicals in your brain produce the "feel good" endorphins and you become more happy and less "Hangry", which my wife calls me when I am hungry and angry at the same time and I am in need of some good nutritional food.

3. Make a positive file or box. Often times, when people send me kind messages, quotes, or letters, I save them as a screenshot, either in a file on my computer or in a folder in my house. Besides the fact that I'm a collector, these messages are dear to me during times when I'm struggling or feel like I don't matter to the world (we've all been there, right?).

4. Surround yourself with positive influences. Find people who believe in you and your dreams. Seek out others who make your spirit feel full and lifted.

5. Practice positivity. By this, I'm talking about actively weaving positive activities into your life to little by little. For example, look at everyday words that are negative and see the positive aspects in them such as Can't has can in it, Won't has won, and Disability has ability in it.

6. Set goals. Having goals to work towards can make us more positive. Start small, and remind yourself of all the great things you can accomplish. We love goals here at NSC and, have quite an archive of articles on goal-setting, if you're interested, just see myself or one of our personal trainers and we can help you with goal setting.

7. Smile. Simple enough, right? There are actually studies that have proven that just cheesin' it up can make you happier and more optimistic. Even a fake laugh can change your mood and those around you.

8. Get a pet. I know this tip isn't for everyone, but getting a dog recently has done wonders for my sense of purpose and happiness. It is amazing what taking

care of another being can do for ourselves and how they can show us what unconditional love is. I know my 6 month old golden doodle, named Cleo has shown my wife and I what true happiness and love is.

9. Encourage others. Studies have proven that a lot of our happiness comes from making other people happy (but did you really need a study to tell you that?). If we build positive relationships and motivate other people, we feel good about ourselves, which builds confidence and leads to a positive perspective. Not to mention, it makes other people feel like the unique, special beings they are. Talk about a win-win!

10. Remember, it's all you. I quit a job once that brought out the absolute worst in me. I was depressed, negative, and kept telling myself, this isn't you. I don't really know who I thought it was, because it was most certainly me being rude and angry. It was later that I realized, it's all me — the good and the bad. But that doesn't mean it has to be all me, all the time. I still have a choice whether I want to choose positivity or negativity, kindness or anger. I always have a choice. And guess what? So do you choose negativity or do you choose positivity?

MEET THE INSTRUCTOR and PERSONAL TRAINER:

MY NAME IS KYLE NELSON,

My hobbies are playing drums, disc golf, ultimate frisbee, hikes, swimming, and going on walks with my wife Heidi.

I am certified through NASM (National Academy of Sports Medicine)

My goal right now is to learn to be a father; my wife Heidi is due with our 1st baby girl at the end of August this year.

Favorite quote is “Live Life to the Fullest”



I currently teach:
Free Weights class @ 5pm on Thursdays,
and Power/Strength @ 6pm on Thursdays.

**A MOMENT
IN TIME**
...continued

**FITNESS
SPOTLIGHT**

NEWS

ANNUAL POOL CLOSING

The Northfield Senior Center Pool will be closed Sunday, August 20th through Sunday, August 27th for routine maintenance, annual pool cleaning, and resurfacing of the pool deck.

The Northfield YMCA will be open during this time frame. Senior Center Members who wish to swim at the Y that week can check in at the Senior Center and obtain a discounted daily pass for the YMCA.
YMCA fee with pass: \$3

THANK YOU!

Due to the overwhelming help from our volunteers we have decreased our average open monitor shifts from 15 open shifts a week to 4. The Northfield Senior Center thanks you greatly for your help and consideration to volunteer. Remember, even if you are only able to volunteer for 30 minutes or an hour at a time we are greatly thankful for your volunteering at the Senior Center.

Craig Swenson
 Assistant Director

MEET YOUR NEIGHBORS



probably say, “That’s just what we do.” When they moved to Northfield two years ago, they sought out activities that interested them and fit their schedules.

Bob retired from the post office in Bloomington and Pat left CenturyLink. He’d been a volunteer fireman, and she had been a volunteer at the Lewis House in Eagan. They wanted a townhouse, they wanted some nice neighbors, and they wanted a vibrant community. They were in Rosemount, but willing to look at other options.

“MEET THE NEIGHBORS”
 By Peggy Sheldon

If you ask Pat and Bob Tabery why they read with fourth graders year-round or take a shift on the Safe Line at the Hope Center or help with the blood drive, they’ll

They vacillated between Eagan and Northfield. But two things happened that landed them here: Their daughter had moved to Dundas, and Bob visited the

Northfield Senior Center. “My son-in-law’s dad drove down here from Lakeville to use the exercise room, then eat lunch at the Quarterback. I wanted to know what the attraction was.” At the time, he and Pat were putting lots of miles on searching for a new home. He said that for him, the Senior Center tipped the scales. Before Pat visited the center the first time, she says, she worried that it would be “full of old people.” She glances down, obviously a little embarrassed at her initial concern. “Instead, I found lots of active and friendly people, and everywhere I went, they welcomed me, asking, ‘Who are you? I don’t think we’ve met.’”

They decided to build a townhouse. Then Bob decided to form a townhouse association. He organized the neighbors, perhaps because it’s just what they do. Pat found her niche working with Rice County people in crisis while Bob saw other needs all around him. “There’s a volunteer shortage, and a real need,” Bob says. He and Pat just finished a CPR refresher course so they could become pool monitors. They’ve taken their turns at Thursday’s Table and the Popcorn Wagon on Bridge Square.

Pat also finally “went to college,” she laughs. Married at 17, she found herself in

an abusive relationship and with nowhere to turn. “There weren’t safe houses or help lines in those days,” she remembers. And she had a baby girl to care for.

“I got out, but I don’t want other people—men or women—to struggle like I did. I took a two-month training through Carleton College so I could take my turn on the Safe Line and be a court advocate.” She attends court proceedings with abuse sufferers, telling them what to expect as they seek protection and a safe environment. “I was by far the oldest person in my training class!” She works remotely for the Safe Line crisis program, which is based on Faribault. Her experience has made her a calm and quiet advocate.

Pat grew up in West St. Paul, where she graduated from high school. Bob grew up in Crystal, where he attended three different high schools before graduating. “At the time, they kept moving kids around, because of student numbers. I went to Robbinsdale, then to Cooper, then graduated from Armstrong,” he says. He says that changing classes around so much probably helped him to be comfortable in strange new places and to be at ease talking to strangers.

You can find Pat puttering in the garden or walking

the dog on nice days. With Bob, she babysits their granddaughter, Clare, a couple of days a week. They will continue to read to children over the summer, because they enjoy any volunteer job where they can be actively involved with other people.

Bob occasionally drives back to the Bloomington post office to shoot the breeze with his former customers and clients. He has joined the Board of Directors of the Senior Center. “I just love that place!” he says, adding that he can walk over from his house.

He’s also studying the fine art of putting on a cribbage tournament. It’ll take a little organizing, and he goes on field trips to places like the local VFW, where cribbage already is being played. He hopes to have 10 two-person teams sign up for a September Cribbage Tournament at the Northfield Senior Center. Not surprisingly...He chairs the committee that will make that happen.

“Meet your Neighbors” spotlights the interesting people you’ll see at the Northfield Senior Center and about town. Peggy Sheldon and Nancy Ashmore contribute the articles and accompanying photographs to the Northfield News on a bi-monthly basis.

MEET YOUR NEIGHBORS

.....continued



Northfield,
Minnesota USA

Northfield Boomerang Bag Project

Reducing the amount of plastic bags used in Northfield!



July 1-31: Fabric collection begins!
Bring at least 1 yard of clean, woven prints or solids, sheets to light upholstery fabric to Senior Center.



Thurs, July 31 & Fri, Aug 1
10 am to 2 pm

Volunteers create “Take-n-sew” kits for people to sew at home and return finished bags to NSC.



These free bags will be available for Northfield residents to use over and over again!



For more information contact Kathy Ness 507-581-9600 KJL.Ness@gmail.com

EVENTS



4TH ON THE 3RD PICNIC

July 3, 11:00 - 1:00

\$6 / ticket, \$4 suggested donation for registered SEMCAC diners

Join us for a patriotic picnic on our beautiful patio. We'll have hot dogs on the grill, potato salad, baked beans, brownies, ice tea and lemonade – and hopefully sunshine! So come to the 4th Celebration – a day early – sit back and enjoy food, friendship and some foot tapping musical entertainment from Matt Arthur.

2017 ANNUAL FUND DRIVE BEGINS

Last year was an extremely good year. The Center received \$76,960 from 440 donors. This really was our best year yet for receiving donations. It is time to ask you again to make a donation to the Northfield Senior Center. The Annual Fund fills the gap. Membership and program fees alone do not cover all of the expenses in running the Center. Your tax-deductible gift helps fill the gap. No donation is too small – or too big.

You will be receiving a flyer and an envelope in the mail regarding how you can make a donation. Cash, check, or credit card payments are all accepted. And/or consider becoming a Sustaining donor by signing up to make a monthly donation that provides a steady stream of income to the Center and makes it easier for you to budget your resources as well.

Thank you if you have been a donor in the past. And thank you in advance for considering to make a donation in 2017.

The Board of Directors, Advancement Committee.

GROUP ACTIVITIES

SUNSHINE CAFE



OPEN 11 - 1

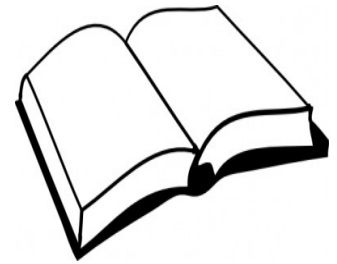
JULY HAPPENINGS AT THE SUNSHINE CAFE

July 3: 4th on the 3rd Picnic

July 12: Birthday Lunch with the Concrete Cowboy

July 19: Music with Marion Concertina, Site Council meeting
at 11:45

July 25: Music with Dave & Chad



BOOK CLUB 2nd Friday of the month at 10:30 a.m.

JULY - Winesburg Ohio
by Sherwood Anderson
AUGUST - Swimming to
Antarctica
by Lynne Cox

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

JUNE MOVIES MONDAYS AT 1 PM



July 3: Jackie 2016 Natalie Portman

July 10: Queen of Katwe 2016 A Disney “true story”
about a young girl in Africa

July 17: Mr. Church 2016 Eddie Murphy and Britt
Robertson. Inspired by a true friendship

July 23: La La Land 2016 Ryan Gosling and Emma Stone

July 31: The Shack 2017 Sam Worthington, Octavia
Spencer, and Tim McGraw

The Popcorn Wagon made \$689 in May!

THANK YOU TO THE MAY VOLUNTEERS

Carolyn Melby
Bonnie Gretz

Nancy and Ron Glodfelty

Lori Foote

John Ernste

Curt Johnson

Bob Quam

Pat and Bob Tabery

Dianne Barrett

Peg and Gene Enders

Mary Brown

Jerry Gehler

Judy Tonolli

Jerry Gengenbach

Cindy Hausmann

Ross Griffin

Roxy Baumann

Dave Morrison



Help the Center raise important funds in July! Take a 2 hour shift at the wagon with a friend or family member! Contact Katie to sign up to be a Popcorn Wagon Volunteer. No experience necessary, training provided.

Katie Felland, Volunteer Coordinator

664-3708

katiefelland@nscmn.org

VOLUNTEER

Used a Bit Shoppe!

Do you love creating displays?

Do you love working in a fun environment?

Do you love helping people find that perfect item?

Are you good at small repairs?

Can you lift and move things?

The Used a Bit Shop is a major source of income for the Center. Please consider volunteering your time, anything helps!

Once/week/month/year!

The Shop is in need of help every day but especially these days/times:

Saturday afternoons

Monday afternoons

Tuesday 10am-2pm

Wednesday afternoons

Contact Katie with questions 507-664-3708

or katiefelland@nscmn.org



TRIPS

For full trip descriptions please check the Center's bulletin board, Program Guide or website.

Travel News July 2017

THE GREAT RIVER SHAKESPEARE FESTIVAL

[TRIP - COMEDY OF ERRORS - SHAKESPEARE IN WINONA](#)

Wed, Jul 5
11 am - 8:45 pm
Comedy of Errors tells the story of identical twins who were accidentally separated at birth.
Cost: \$90 for Single Play, \$160 for Two Plays

[TRIP - RICHARD III - SHAKESPEARE IN WINONA](#)

Wed, Jul 19
11 am - 8:30 pm
Richard III is a powerful drama of deception, political manipulation and murder
Cost: \$90 for Single Play, \$160 for Two Plays

[TRIP: THE MYSTERY TRIP RETURNS!!](#)

Thu-Sat, Jul 13-15
6:30 am - 8 pm
Those who attended the first Mystery Trip with Norma Monroe had a wonderful time and she promises a fun-loving experience again on this outing. Trip cost is determined by the number of people per hotel room:
1 adult/room - \$435
2 adults/room - \$360 each
3 adults/room - \$335 each
4 adults/room - \$322 each

[TRIP: JONATHAN PADEFORD BOAT TRIP](#)

Wed, Aug 2
11:15 am - 5:15 pm
Cruise the mighty Mississippi on an authentic sternwheeler and enjoy a narrated tour. Before the cruise we'll have lunch on your own at Joseph's Grill.
Cost: \$ 45
Sign up deadline: Jul 24

[TRIP - GREASE - CHANHASSEN DINNER THEATER](#)

Wed, Oct 4
10 am - 4:30 pm
It's a high-octane rock 'n' roll party packed with explosive energy! The #1 best-seller in Chanhassen Dinner Theatres' history returns with the Burger Palace Boys and Pink Ladies for an affectionate satire of high school life in the 1950's. Don't miss the unforgettable turns from the stage play as well as those added songs made popular in the beloved film. Lunch is served before the play and is included in your ticket cost. Menu choices will be listed next month.
Cost: \$ 86
Sign up deadline: Sep 5

CANCELLED

FUTURE TRIPS!

- Northfield Historical Society Cemetery Stories
Oct 7
- University of Minnesota Marching Band Indoor Concert
Nov 19



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.

NORTHFIELD SENIOR CITIZENS, INC.

Minutes: Northfield Senior Citizens, Inc. Board of Directors meeting, May 25, 2017.

Directors present: Mary Auge, Bernard Borene, Tom Brawley, Beth Endert, Duane Everson, Gordon Kelley, Ken Lee, Rita Olson, Jane Persons, Lee Runzheimer, Yosh Soltis, Bob Tabery

Absent: Richard Jackson, Elizabeth Olson, Dan VanTassel

Staff present: Lynne Pederson, Craig Swenson, Elaine Grisim

1. CALL TO ORDER

The meeting was called to order by Gordon Kelley at 3:00 p.m.

Action: The agenda was approved and seconded.

Action: Motion and 2nd to approve the April, 2017 board minutes as printed. Approved.

2. REPORTS

Review of Financial Reports
Tom Brawley reviewed the April 30 financial statements.

Action: Motion and 2nd to approve the April financial statements. Approved.

Finance Committee

Tom Brawley reported. May 18 meeting minutes were reviewed. Income is at 41.63% and expense is at 33.46% compared to

projected 33%. The Used a Bit Shoppe had a very good month, the net income was \$6398. The city has reported that they will be responsible for managing the roof project. This project will take place at the same time that the pool deck and grouting takes place. After discussion, the Committee will recommend to the Board that the Senior Center act as the Fiscal Agent for the Age Friendly Northfield organization.

Advancement Committee

Jane Persons reported. A mailing will go out in June to kick-off the Annual Fund Drive, and possibly putting the letter in as an insert in the Saturday Northfield News. Other fundraising ideas were discussed.

Facilities Committee

No report.

Membership Committee

Lynne Pederson reported. Elizabeth is calling new members. The Committee is looking at the timing of the phone calls and adding new questions to ask new members.

Executive Director Report

Lynne Pederson reported. Volunteerism is down in all programs that depend on volunteers. The need for pool monitors is especially crucial as there are slots not filled and there are no monitors watching the pool.

Staff considers the decrease in volunteers to be a trend and a shift in how we will manage our programs.

Action: Motion and 2nd to approve all reports. Approved.

3. OLD BUSINESS

The Branding of the Center focus group is moving forward. Change can take place if we know where we are going. Branding is not going to change what we are and do; but how others view us and what we do.

4. NEW BUSINESS

Action: Motion and 2nd to approve the 2016 Federal 990 Audit Report. Approved.

Action: Motion and 2nd to approve the Senior Center to act as the Fiscal Agent for the Age Friendly Northfield organization. Approved. Board members had a brainstorming session on the Center's future.

Overview of upcoming meetings

5. ADJOURNMENT

The meeting was adjourned at 4:20 p.m.

BOARD OF DIRECTORS

DONORS

Thank you to these May Donors

Bradley & Barbara Anderson, David & Joey Appleyard, Bernard & Mary Auge, Solveig Bailey, Robert & Teresa Ballentine, Dennis & Beth Berry, Bernard & Linda Borene, Judy Broske, Warren & Karen Broughton, Mary Brown, Jim & Phyllis Bull, James & Heather Cannaday, Northfield Cannon Valley Lions, William & Charlotte Carlson, Eileen Cooper, Thomas DeWolfe, Zora Dowell, Winnie Drentlaw, Larry & JoAnn Edwardsen, Chris Ellison & Gene Finger, Beth Endert, Jerry & Diane Gehler, Gerry & Carol Gengenbach, Marie Gery, Malcolm & Jacquelyn Gimse, James Glover, Bonnie Gretz, Elaine Grisim, Jim & Dorothy Hammer, Jerry & Liz Hankins, Georgene Johnson, Jackie Johnson, Julie Klassen, Marv & Rose Kormann, Gary Kruse, Mike & Ann McGovern, Harriet Menard, Elizabeth Meylor, John & Sharon Micklo, Alice Nasby, Mary Olander, Elizabeth Olson, Lynne Pederson, Ken & Roberta Persons, Roberta Peterson, Bernice Pulju, Gordon & Emelda Rasmussen, Patricia Rezac, Dale & Peggy Sheldon, Bardwell & Charlotte Smith, Margaret Sary, Kenneth & Sharon Steinhouse, Linda Wagenbach, Elizabeth Williams

MEMBERSHIP

Welcome to these new members

Gene Moninger, Larry Wachendorf, Vicki Celander, Diane Hagen, Lisa Bestul, Sharon Buchta, Holly Lorence, Melody Werner, Patricia Jorstad, Pam Koester, Christian Prinzing, Karen Whitaker, David & Doris Dahl, Marilyn Jacobson, Rodrick Hoerst, Donna Jackson, Yasmin Ahmed, Mark Fredrickson, Mary Lilly, LeRoy Anderson, Laura Goodwin, Terrance & Ethlynn (Kay) McGee, Lourdes Calleja, Sharon Nord, Veronica Heinz, Kathy Weed, Frieda Helgerson

We are 1/3 of the way to the \$150,000 goal! We've received \$50,000 in receipts so far. Keep them coming! Thank You!



DIRECT YOUR DOLLARS

Remember to save your receipts when you shop for groceries at EconoFoods. Turn in your original receipts at the reception desk to be placed in the Direct your Dollars box.

Airport Service

Every time you call on us...

www.**YouArriveOnTime.com**

RELAX AND ENJOY
VACATION OR WORK

To & From msp
Minneapolis-St. Paul International Airport

First Choice Shuttle

Ron: **507-339-1651**

Airport Direct and/or Shared Shuttle for all your destinations

NSC STAFF DIRECTORY

Director / 664-3701
Lynne Pederson

Assistant Director/Fitness Coordinator / 664-3702
Craig Swenson

Program Coordinator / 664-3707
Chris Ellison

Program Coordinator / 664-3708
Katie Felland

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,
Barb Henwood,
Ruth Johnson-Wirth,
Janice Kasa,
Pat Sunquist,
Sue Schweickert
Leslie Weirich



Northfield Retirement Community
Innovation. Choice. Tradition.

Great minds think alike.

We're proud to share in Northfield Senior Center's vision to meet the needs of our aging population.



Northfield Retirement Community is an Equal Opportunity Provider.

507-664-3466 • 900 Cannon Valley Drive • www.northfieldretirement.org



We Put the "Care" in Homecare

Sometimes you just need a little help at home. Our experienced Registered Nurses and Home Health Aides can provide important medical services and personal care directly to you in the comfort of your own home. Our highly-trained staff will design a program that meets your specific needs. *We're passionate about keeping you in your home.*

- Expertise in Infusion and Wound Care
- Nursing Assessment
- Home Safety and Fall Prevention
- Assistance with Personal Care and Meal Preparation
- Rehab in the home - Physical and Occupational Therapy
- Patient Education

507-646-1457

Northfield Home Care



www.northfieldhospital.org/homecare
2000 North Avenue, Northfield



HERITAGE DENTAL CARE

A Tradition of Excellence

2011 Jefferson Rd. Northfield

507-645-9543

www.heritagedentalcare.net



Faribault Senior Living

Home Care Senior Services, Inc.

(507) 331-6510

Senior Apartment Living Three Links Apartments & Park Ridge Apartments

carefree • affordable • senior living



Call for a tour today!

A beautiful place to call home!

- Attractive 1 bedroom apartments
- Income-based rent
- Handicap accessible • Elevator • Off-street parking
- Transportation to outings & grocery store
- Close to downtown
- Beautiful outdoor spaces including tenant gardens, patio with walking path to park



Three Links does not discriminate on the basis of disabled status in the admission or access to, or treatment or employment in, its federally assisted programs and activities.

(507) 664-8850
www.threelinks.org/senior-living



Northfield Senior Center

1651 Jefferson Parkway
Northfield, MN 55057

<http://www.northfieldseniorcenter.org/>

Non-Profit Org.
U.S. Postage Paid
Permit 31
Northfield, MN
55057

richie EYE CLINIC
"Care you can trust from people that you know"

Now proudly serving the Northfield & Faribault community.
710 Division St. S. • Northfield, MN • 505-645-2261

NORTHFIELD AREA EXPERT **Edina Realty**
Do you need a true local guide to assist in your move to the Northfield Area? a Berkshire Hathaway affiliate

Let me help you!

Tim Freeland Realtor
Text/Call **507-581-5038**

2016 BEST of SoMINN

FRONT DESK: 507-664-3700

CENTER LOBBY & FITNESS CENTER HOURS

Monday-Thursday: 6am-8pm
Friday & Saturday: 6am-6pm
Sunday: 9am-4pm

POOL HOURS

Monday-Thursday: 6 am-8pm
Friday & Saturday: 6am-6pm
Sunday: 9am - 4pm

USED A BIT SHOPPE 507-645-1399

624 Water St. / River Park Mall
Monday-Saturday: 10 am-5 pm
Thursdays: 10 am-7 pm



Lake Carter, plein air painting