



By Lynne Pederson, Director



Ah Summer ...



Summer is here! Isn't it great? I am in the leisure mode as most nights I end up in my screened porch reading a book. I peruse the reading material in the corner lending library at FiftyNorth almost daily to check out what has been dropped off. It has become much more active since covid. I just read an older book by Kristin Hannah, *The Great Alone*. I find her writing to be enjoyable and I get so enthralled that I don't get much else done but read. A screened in porch, a summer night, that's why I wait for summer.

It's official. Summer has begun at FiftyNorth. The bike group, Pedalers, and the Softball Team have active members and schedules. The Pedalers ride on Monday and Wednesdays and the Softball Team games are on Tuesdays, 10:00 at Sechler Park. The schedules for both groups are posted at the Center and on the Website. Both groups would warmly welcome, as a participant or a cheerleader.

This month we welcome two new staff people. Michelle Loken is hired as Program Coordinator, working in the Arts, Dining, and Volunteer programs. She happens to be a Notary and is willing to provide this service to members of



Michelle Loken



Maddie Bruggeman

FiftyNorth. A great addition to our services. Maddie Bruggeman, is a University of Iowa senior, majoring in Therapeutic Recreation and Communications. She is working this summer at FiftyNorth as the Social Media Coordinator. She is actively participating in classes and activities, taking pictures, writing up descriptions and posting these on Facebook and other social media outlets. When taking pictures, she will ask first, just

in case you may be camera shy. The two M & M's are out and about getting to know FiftyNorth members and programs. They are both enthusiastic about their jobs

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History buff???
(see p. 3)

**FIFTYNORTH IS
CLOSED
MONDAY JULY 4**





On Display In The Gallery

STUDENTS WORK ON DISPLAY:

Japanese Shibori and Indigo Dyeing class - by Judy Saye-Willis

Judy Saye-Willis taught students the art of Shibori. It is considered the eastern version of tie dyeing. It is a manual tie dye creating more patterns and detail. During the class students learned several resist techniques including hand stitching, string and rubber bands, folding and clamping, and pole wrapping.



They made a plant based natural indigo vat and discussed some of the history of indigo growing and dyeing. It is said that indigo blue made Levi Strauss famous.



PHOTOS: Students holding finished scarf and using Indigo Vat.

On Display In The Glass Gallery Cabinets: Judy Saye-Willis - Scarves and Fiber Art



Silk scarf dyed with indigo. The turquoise was dyed with cold extraction and the dark blue was dyed in an indigo vat.



Director's Message - cont.



and would be happy to meet and talk with you so please introduce yourself when you have the opportunity.

Last month I mentioned that I had no plan for retirement. Seems we may be working on one. We looked at RV's for purchase last weekend and we found one that we like. Maybe traveling pulling an RV is in the future. We are still contemplating if that is something we see ourselves doing. Charlie is unsure about pulling a 26' vehicle to the areas of the country that we will want to spend time in, such as the mountains. I would welcome the great outdoors as my setting but not quite as sure if the setting is a slab of cement with my neighbor being 6' away. Contemplating this has been on the should-we or shouldn't-we list for quite some time...the definitive answer is...maybe. Retirement planning continues.

Enjoy these summer days. As we know, summer is too short in Minnesota, so get out there and take advantage of porch sitting, bike riding, taking a walk, reading a book, watering the garden. Treat yourself and visit one of my most favorite summer places for ice cream – The Blast. It's down the walkway by the now empty Archer House lot by the river. It's worth the hunt to find it. Until next time...
onward and upward. ■



Member News

PUBLIC NOTICE:

IN CASE OF AN EMERGENCY IF 911 IS CALLED, Northfield Hospital and Clinics who oversee the Emergency Medical Service (EMS) will charge for an assessment of the individual that the call is for. The individual patient is billed (not the person or facility that calls 911). EMS of Northfield follows criteria set by CMS (Centers for Medicare & Medicaid Services) on billing for services.

Can you help?



**MEALS ON WHEELS
VOLUNTEER
DRIVERS NEEDED
AUGUST 14 - 20**

FiftyNorth will support meal delivery the week of Sunday, August 14th - Saturday, August 20th. The meals are picked up at the Northfield Hospital and left outside the recipient's door or entry of an apartment building. Volunteers can deliver one or more days. If you are willing to volunteer, please contact: Michelle Loken, Program Coordinator: 507-664-3707 or michelle.loken@fiftynorth.org or stop into the office. Thank you!



**DO YOU NEED
DOCUMENTS
NOTARIZED?**

FiftyNorth now has a Notary on staff, Michelle Loken.

To make an appointment, please call Michelle at 507-664-3707



New Groups!



FiftyNorth HISTORY GROUP

... a fresh start begins!

Calling all history buffs! There is interest in starting a FiftyNorth History Group and your input is welcomed!!

Previously, FiftyNorth history enthusiasts would select a series of lectures on various topics from The Great Courses company. They would watch and discuss with a volunteer lead facilitator.

The previous group has not met since March of 2020. There are many resources available and endless topics to choose from. ... let's begin.

FIRST MEETING: JULY 16 at 11:30 room 103

Can't make the meeting? Contact Patty Ciernia; lifelong learning coordinator at 507-664-3709 or patty.ciernia@fiftynorth.org for information.



**Group
Leader
Needed!**

**COMING FRIDAY AFTERNOONS IN AUGUST!
AMERICAN MAHJONGG!**

MahJongg is a game in which players collect combinations of tiles in order to create a winning hand.

All levels of players welcome. Lessons provided if needed. Watch for details in the August newsletter.



Summer Picnic & Concert

Special Concert at FiftyNorth from the Vintage Band Series:



WINDWORKS PERFORMS AT FIFTYNORTH

FRIDAY, JULY 29 AT 11:00 - ROOM 103

WindWorks, a Northfield and Twin Cities area professional woodwind quintet, was founded in 1993. This year marks the ensemble's 29th anniversary. The group's goal is to promote woodwind quintet music, as well as instrumental chamber music of all kinds, by performing recitals throughout the Twin Cities metropolitan area, greater Minnesota and surrounding states. - NOTE: The Vintage Band Festival 2022 series is July 28-31. For full details, visit vintagebandfestival.org

PICNIC LUNCH FOLLOWING CONCERT

Celebrate summer and enjoy a picnic lunch with fellow FiftyNorth Members. You may dine inside in room 105 or take your lunch outdoors to enjoy the courtyard in full bloom.

Purchase your \$5 ticket(s) at the FiftyNorth front desk by Friday, July 22.

Menu includes:

- Hot Dogs or Veggie Burger
- Baked Beans
- Potato Salad
- Lemonade



BOOK LAUNCH CELEBRATION

Murder at Minnesota Point

— by Jeffrey M. Sauve

➔ **FRIDAY, JULY 15, 2022**

6:30PM - Meet the Author, Book Sales & Live Music

7:15PM - Program hosted by Tim Freeland

Book price and availability: \$14.99 Copies may be purchased at the book launch celebration, Northfield Historical Society and Rice County Historical Society. Also available for online purchase via North Star Editions, Amazon, Target, Walmart and Barnes & Noble. Amazon Kindle price: \$9.99.

Books are available for purchase: cash, credit cards or Venmo (no checks)

➔ **Murder at Minnesota Point:**

Unraveling the captivating mystery of a long-forgotten true crime

by noted Northfield author, historian and FiftyNorth member:

Jeffrey M. Sauve

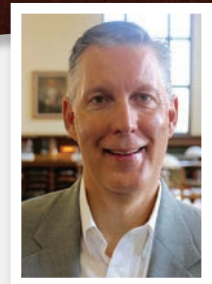
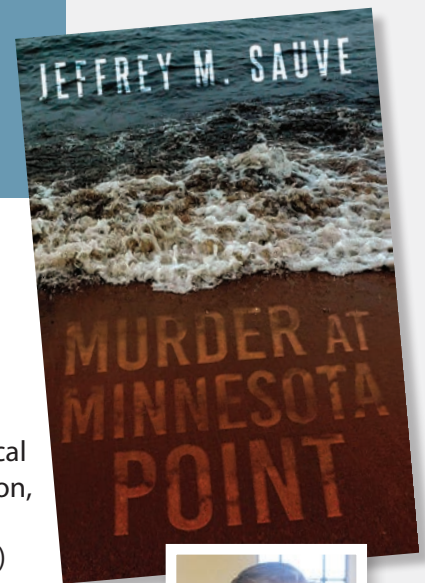
Billed as the crime of the century in 1894, *Murder at Minnesota Point* tells the twisted, sensational true story of a young, unidentified woman found slain on the isolated sandy shores of Minnesota Point, Duluth, Minn.

For two weeks, her corpse was displayed for public viewing in hopes of discovering her identity. After she was buried in an unnamed pauper's grave, her assailant breathed a temporary sigh of relief. Over the next two years, city detectives pursued numerous suspects from every corner of the country. The manhunt captivated a nation enthralled with the sensational details and deepening intrigue. ...



“Jeffrey M. Sauve proves crazed twists and turns exist not only in works of fiction in this expertly researched, true-crime tome. The body of an unidentified female is found dead on a sandy stretch of beach outside Duluth in the second half of August 1894. Let award-winning author and noted historian Sauve guide you on an unforgettable journey through one of Minnesota’s most bizarre murder mysteries.”

—Jeffrey B. Burton, award-winning author of *The Finders, The Keepers, and The Lost*



AUTHOR BIO:

Northfield resident Jeffrey M. Sauve has been featured in the Minneapolis StarTribune, Minnesota Historical Society’s MNopedia, MinnPost, MPR Radio, and TPT television. An award-winning author and historian, Sauve has written nine books and numerous articles for local and regional publications. After serving 20 years as an archivist at St. Olaf College in Northfield, MN, he pursued a successful writing career.

**Event sponsored by:
FiftyNorth & Northfield Historical Society**



FiftyNorth Executive Director Announces Retirement



After 15 years at the helm, Lynne Pederson has decided to retire as Executive Director at FiftyNorth effective September 1st. Her leadership and strategic vision have been essential to FiftyNorth's success and growth.

When Lynne began her tenure in January 2008, the center was known as the Northfield Senior Center and membership was around 500 members. At that time, program space included the fitness room, pool, and one activity room that was scheduled to accommodate all programs – cards, fitness classes, art classes, events, book clubs, and more. The center space was maxed out.

Under the direction of the Board of Directors, Lynne negotiated with the City of Northfield to lease five additional rooms in NCRC, enabling the expansion of programming. The original activity room was transformed into the Fitness Studio, accommodating 50-60 classes per week. In addition to a welcoming lobby with a coffee bar, space was gained for an art studio, lifelong learning classes, card groups playing daily, special events, parties, theatrical plays, and an expanded dining program in CaféNorth. Membership grew to the high of 1940 members prior to COVID-19, dropped during the pandemic years, and is now climbing back up.

It is Lynne's expertise and insight that has led to FiftyNorth being a center that is alive and vibrant and ever evolving as needs and activity preferences of older adults change. Over the years, she has seized every opportunity to serve the values and needs of FiftyNorth members and other older adults in the community. She recognized when change was needed and had the tenacity to successfully implement a plan to institute the change. Lynne accomplished this along with a talented staff that she readily salutes as a dynamic, dedicated leadership team. Lynne has formed many working relationships and partnerships with other nonprofit organizations in Northfield and is a strong believer in the importance of partnering with others.

Perhaps the most daunting issue to face FiftyNorth has been the COVID-19 pandemic. Like other nonprofit organizations, FiftyNorth was faced with safety concerns, ever-changing regulations, and financial challenges. Under Lynne's leadership and guidance and with the hard work of the team, FiftyNorth has maintained strong staffing, programming, and financial condition.

The Board of Directors has formed a search committee to oversee the hiring of the new Executive Director. Lynne will assist in the transition and will then continue working with the FiftyNorth Expansion Project Team. So, even though the elf costume won't reappear, you'll still see Lynne at FiftyNorth in the future.

Plans are underway for a party to celebrate Lynne's many contributions to FiftyNorth and to thank her for her excellent work as Executive Director.

Pat Jorstad, *President, FiftyNorth Board of Directors*

6/13/2022



Wellness

FALL PREVENTION

Wednesday, July 6

9:00-11:30am

Falls and fall-related injuries are among the most common but serious medical problems experienced by older adults. Nearly one-third of older people fall each year, half of which fall more than once per year. Over 3 million Americans over the age of 65 visited hospital emergency departments in 2019 due to fall-related injuries, with over 1.6 million being admitted. Learn how to prevent falls, how to make your living space less of a fall risk, and how to maintain strong bones and muscles that will help lower your chances of fall risks.

Instructor: Marcy Kramer

Capacity: 15

Cost: \$27 nonmbr, \$21 mbr, \$0 platinum

Space: 103



CPR AND FIRST AID
Wednesday, August 3
9:00-12:00pm

Students will receive expert training in First Aid and Basic

Life Support CPR (adult) including Automatic External Defibrillator (AED). This 3-hour class includes instruction, demonstrations and hands-on activities and culminates in the students earning an American Heart Card. It is appropriate training for Certified Nurse Assistants, healthcare workers, teachers, instructors, and volunteers. Many health care facilities require this training of their employees.

Instructor: Jon Bolster

Capacity: 10

Cost: \$72 nonmbr, \$65 mbr, \$0 platinum



Fitness News

● POOL CLOSURE

The FiftyNorth Pool and Pool Area will be closed for annual cleaning and maintenance **July 31st through August 14th** and Reopening on August 15th. Pool passes will be available at the front desk of FiftyNorth to utilize the Northfield YMCA pool for \$3 for Open Swim and Aqua Classes.

● AQUA CLASS TIME CHANGE Beginning July 1



AQUA SUNRISERS:
Mondays,
Wednesdays,
Fridays
Scheduled time
changing to
7:15-8am



● TEMPORARY LOCATION CHANGE

PICKLEBALL
Tuesdays and Thursdays
8:00-9:00am

Pickleball is the newest outdoor sport that everyone is getting into. Learn how to play pickleball, the rules and regulations and meet new individuals while having a blast at Pickleball. Paddles and balls are provided, but you are welcome to bring your own.

If you have questions or are interested in becoming the volunteer lead for the pickleball group please contact Craig Swenson at 507-664-3702 or craig.swenson@fiftynorth.org.

■ **Cancelled if inclement weather**

Capacity: 12

Cost: Free

Location 2: Northfield Middle School Tennis Courts (from mid-June 2022 until Riverside Courts have reopened)

Fitness News continues p8



New Fitness

NEW HYBRID FITNESS CLASS

CORE AND MORE

ZOOM Fitness - Core and More

Monday, Wednesday, Friday

8:30-9:00am

Burn those pesky calories and strengthen your core muscles in this 30-minute intense Core and More Workout. We will work abs, low back, obliques and more using free weights, stability balls, half foam rollers and resistance bands. Class will involve a warm up, full body strengthening keying on the core muscles that will be done either standing or lying down, and stretching at the end.

Instructor: Craig Swenson

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



CRAIG SWENSON
Assistant Director/
Fitness Coordinator

2022 IN-PERSON LAND BASED FITNESS CLASSES (updated July 1)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		EXPRESS STRENGTH (6:15-6:45)		EXPRESS STRENGTH (6:15-6:45)		
6:30 AM						
7:00 AM		STEP INTERVALS (7-7:45)	SLO FLO YOGA (7-8)	KICKBOXING AND STRENGTH (7-7:45)		
7:30 AM						
8:00 AM		FULL BODY SCULPTING (8-9)		FULL BODY SCULPTING (8-9)		
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM						
9:30 AM	CARDIO DANCE AND DRUMSTICKS (9:15-10)	BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)		YOGA FUSION (9:30-10:15)
10:00 AM		CIRCUIT TRAINING (9:30-10:30) NO open fitness		CIRCUIT TRAINING (9:30-10:30) No open fitness		TABLE TENNIS (10-12)
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30- 11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM			LINE DANCING (1-2)			
1:30 PM						
2:00 PM	TABLE TENNIS (1:30-3:30)	TABLE TENNIS (1:30-3:30)		TABLE TENNIS (1:30-3:30)		
2:30 PM			NORDIC WALKING (2:30-3:30) July 6-27			
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM		SILVER SNEAKERS STRENGTH (4:30-5:15)				
5:00 PM						
5:30 PM		INTERMEDIATE YOGA (5:30-6:30)	HEALTHFINDERS BOXING (5:30-6:45) Sign up with HealthFinders			
6:00 PM						
6:30 PM						

INTENSITY KEY:

PINK – High Intensity

GOLD – High Intensity
(In Fitness Room; no open fitness)

BLUE – Mid-range

PURPLE - Gentle

GREEN – Group Activity



New Fitness

■ Drink plenty of fluids while exercising. Remember to bring a water bottle.



NEW IN-PERSON CLASSES

FULL BODY SCULPTING
Tuesdays and Thursdays
8:00-9:00am

Strengthen a majority of your 600+ muscles, increase range of motion and make your calories cry in our new Strength Class offered by the students of St. Olaf that are working towards their Kinesiology Degree. In this class you will utilize a variety of exercise equipment that help enhance your full body strengthen workout. All equipment will be available to you in the class, you are welcome to bring your own mat and water bottle.

Instructor: St Olaf Students
Capacity: 15
Cost: \$9 nonmbr, \$7 mbr, \$0 plus/platinum

2022 AQUA FITNESS (updated July 1)						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-7AM	
6:30 AM						
7:00 AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:15-8AM	OPEN SWIM
7:30 AM						
8:00 AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	AQUA YOGA 8:00-9:00AM	SS AQUA AGELESS 8:15-9:00AM	OPEN SWIM
8:30 AM						
9:00 AM	S&F AQUA FIT ' N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT ' N TONE 9:15-10:00AM	OPEN SWIM	S&F AQUA FIT ' N TONE 9:15-10:00AM	OPEN SWIM
9:30 AM						
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
10:30 AM						
11:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM
11:30 PM						
12:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	FAMILY SWIM 12:1-45PM
12:30 PM						
1:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
1:30 PM						
2:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
2:30 PM						
3:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
3:30 PM						
4:00 PM	WATER VOLLEYBALL 4-5:45PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	WATER VOLLEYBALL 4-5:45PM	
4:30 PM						
5:00 PM		AQUA FUSION 5-5:45PM	OPEN SWIM	AQUA FUSION 5-5:45PM		
5:30 PM						
6:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
6:30 PM						

KEY:

GREEN: Class

GOLD: Group Activity (Open Swim allowed)

BLUE: Open Swim



New Fitness

NORDIC WALKING 101 Wednesdays, July 6, 13, 20, 27 2:30-3:30pm

Nordic Walking is the newest craze in the fitness world. Studies are finding that Nordic walking helps increase stability, coordination, cardiovascular endurance, and allows for individuals to enjoy hikes and walks with less discomfort in joints and various muscle groups. Learn how to walk properly with Nordic Walking Sticks, learn more about the benefits of Nordic Walking and the best way to take care of your Nordic Walking Sticks. Nordic Walking sticks will be available for participants to use during the duration of the class. If you have your own Nordic walking sticks you are welcome to bring them. (4 sessions)

Instructor: Kate Stuart

Capacity: 6

Cost: \$36 nonmbr, \$28 mbr, \$0 plus/platinum

Space: Courtyard and Fitness Studio



2022 VIRTUAL LAND BASED FITNESS CLASSES (updated July 1)

AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		EXPRESS STRENGTH (6:15-6:45)		EXPRESS STRENGTH (6:15-6:45)		
6:30 AM						
7:00 AM		STEP INTERVALS (7-7:45)	SLO FLO YOGA (7-8)	KICKBOXING AND STRENGTH (7-7:45)		
7:30 AM						
8:00 AM	BOOTCAMP (8-9)	STRENGTH TRAINING (8-9)	CARDIO KICKBOXING (8-9)	STRENGTH TRAINING (8-9)	STRONG NATION (8-9)	STRENGTH (8-8:45)
8:30 AM	CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)		CORE AND MORE (8:30-9)	
9:00 AM	YOGA STRETCH (9-10)	CARDIO DANCE AND DRUMSTICKS (9:15-10)	BEGINNING YOGA (VINYASA) (9:15-10:15)			SIMPLE STRETCH (9-9:45)
9:30 AM				SLO FLO YOGA (9:15-10:15)	INTERMEDIATE YOGA (9-10)	
10:00 AM	BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)		BOOTCAMP WITH CARLA (10-10:45)	
10:30 AM	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	
11:00 AM						
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM			LINE DANCING (1-2)		YOGA BALANCE (1-2)	
1:30 PM						
4:00 PM						
4:30 PM		SILVER SNEAKERS STRENGTH (4:30-5:15)				
5:00 PM			CARDIO STRENGTH MIX (5-5:45)			
5:30 PM		INTERMEDIATE YOGA (5:30-6:30)				
6:00 PM						
6:30 PM						
7:00 PM						

INTENSITY KEY:

PINK – High Intensity

BLUE – Mid-range

PURPLE - Gentle



Fitness

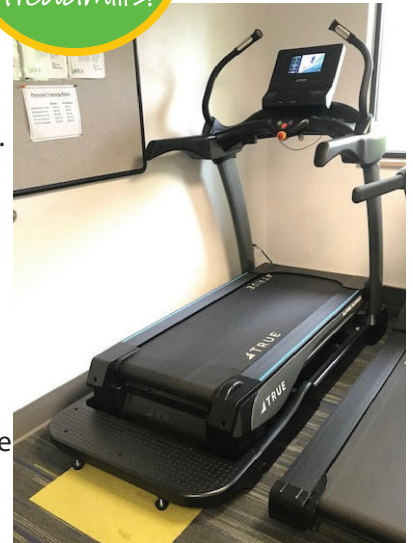


NEW ALPINE RUNNER TREADMILLS:

Have you noticed our two new Alpine Runners in the Wellness Center?

The Alpine Runner is a great addition to the FiftyNorth cardiovascular equipment.

The Alpine Runner is more effective at burning fat and calories compared to a standard treadmill. The Alpine Runner allows users to work on their hiking and hill climbing in a controlled and safe environment. The Patent Incline System of the Alpine Runner allows users to increase their incline to upwards of 45 degrees while the Alpine Runner cushions its tread to lessen the impact on joints. The available grip system of the Alpine Runner helps users stay in an upright position while working out. Typically, it is frowned upon to walk backwards on a treadmill due to the tripping and fall hazard, but with the new handle position of the Alpine Runner users can use the Alpine Runner backwards to work on decline walking and strengthening ankles, hamstrings and calves.



FOR QUESTIONS OR TO ARRANGE AN ORIENTATION on how to use the Alpine Runner to optimize your workouts contact Craig Swenson, Fitness Coordinator at 507-664-3702 or craig.swenson@fiftynorth.org.

Heather Sand — *Certified Health Coach*

What does a Health Coach do? Say you go to the doctor. The doctor says you have high blood pressure, pre-diabetes, or heart disease. They tell you to make lifestyle changes and send you on your way often overwhelmed and unsure of where to start. Many people know what to do to be healthy. A simple Google search these days can tell you what to do. Most people struggle with the how, making consistent effort and lasting change. This where a health coach has your back!

Some of the things people see a Health Coach for:

- Wellness and Self-care
- Managing Anxiety and Stress
- Diabetes Management
- Losing Weight
- Smoking, alcohol, or addiction
- Movement Programs
- Living well with chronic conditions
- Mental Health

CONTACT:
hsand06@gmail.com

Let's Work Together!

A Health Coach is your point-person, your guide, your advocate, and your partner in your wellness journey. A health coach helps you draw out your values, reasons for change, strengths, and motivation. They instead of telling you what to do, you are asked what you want to do and make smart goals and plans coupled with accountability and guidance. As your Health Coach I am your personal behavior change expert, biggest cheerleader and help you to thrive.

HEALTH COACH PRICING
1-Hour Session:
 \$70 nonmbr, \$60 mbr
Package:
 6) 1-Hour Sessions:
 \$385 nonmbr, \$330 mbr
**NOTE: A Health Coach is not covered under health insurance at FiftyNorth.*



Travel News!

For Full descriptions visit the Trips page on our website:
<https://fiftynorth.org/activities/group-activities/trips/>

August Boat Tour!



TRIP - LA CROSSE QUEEN CRUISE BOAT TOUR

**Tuesday, August 9
9:00-5:30pm**

Enjoy the 90-minute La Crosse Queen Sightseeing Paddlewheel Cruise. The wonderful guided tour will explain facts and trivia of the historical and present day of the

Mississippi River, as well as point out local points of interest. Watch for the majestic eagles and other wildlife as you cruise past steep bluffs adjacent to the Great River Road. Lunch prior to the cruise will be at the North Country Steak Buffet, and is NOT included in the cost.

Trip Leader: Jim Estrem **Capacity:** 35 **Cost:** \$70 **Registration Deadline:** July 7

TRIP - A SERVANT'S CHRISTMAS: THE MUSICAL

**Sunday, November 20
11:00-5:30pm**

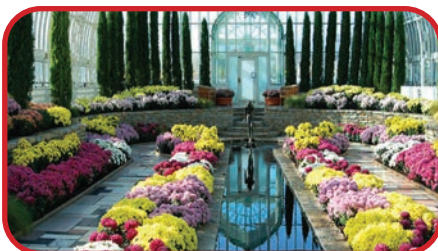
1899. A story of LOVE, ACCEPTANCE, and UNDERSTANDING. A stocking stuffer filled with humor, song & dance and a joy-filled musical! A perfect tonic for our times! It's December on Summit Avenue in St. Paul when Monica, a young immigrant, is hired by the Warner family to serve as a 'Second Girl'. Mr. Warner, a very strict Christian, has recently lost his wife and mother of his two children and this holiday season is particularly difficult for everyone in the household. Monica, who is Jewish, fears that if she revealed her Jewish heritage, "her secret, and true self," she might be dismissed from this job that she desperately needs. Lunch at JOSEPH'S GRILL in St. Paul is NOT included in price.

Trip Leader: Jim Estrem **Capacity:** 25 **Cost:** \$75 **Registration deadline:** October 19

history theatre



Upcoming Trips:



Conservatory

SEPTEMBER - Como Zoo and Conservatory

OCTOBER - Overnight Trip to Lanesboro

DECEMBER - St. Olaf Kings Room



Lifelong Learning



Senior Learning Network programs are viewed via zoom in room 103. There are senior centers from around the country that zoom together. The presenter is at each program location. Following the presentation, there is time for questions and answers.



Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: *FiftyNorth* front desk

Presenter: Senior Learning Network
Capacity: 10
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: 103



**SLN - THE ENERGY CRISIS- (OF THE 70S)
 JIMMY CARTER PRESIDENTIAL LIBRARY**

**Tuesday, July 5
 1:00-2:00pm**

Have you heard the phrase: “not since the ‘70s”? On February 2, 1977, less than two weeks after assuming the Presidency, Jimmy Carter addressed the nation in a televised “fireside chat” to speak to Americans about the looming Energy Crisis. What tools and resources does the Constitution provide the Executive branch to take on such a crisis? What role do the other branches of

government play? This program will examine the 39th President’s response to this crisis through the lens of primary sources of the Carter Library and National Archives.



SLN - JOHN MUIR NATIONAL HISTORIC SITE

**Tuesday, July 12
 1:00-2:00pm**

Located in Martinez, California, the John Muir National Historic Site and National Historic Landmark is where Muir lived and worked during the period of his greatest influence in conservation. Muir’s marriage to Louisa (Louie) Strentzel in 1880 and role in the management of her family’s extensive fruit ranch provided him with the financial security, social connections, and support necessary to commit himself to the movement. From his “scribble den” on the second floor of the Victorian-Italianate Strentzel-Muir house, Muir mounted letter writing campaigns and penned his most important books including *The Mountains of California* (1894) and *Our National Parks* (1901). Muir’s writing and advocacy during his years in Martinez were instrumental to the establishment of early national parks and forest reserves. The Muir Home also offers opportunities to grapple with critical interpretations of Muir’s life and legacy. The property reveals tensions and intersections between the various sides of Muir as the solitary mountaineer, the wealthy grower and family breadwinner, and the passionate advocate for nature.

Continued on p. 14



Lifelong Learning



Continued from
page 13



SLN - MAKING HER MARK AMON CARTER MUSEUM OF AMERICAN ART

Tuesday, July 19
1:00-2:00pm

Join us as we enjoy a new presentation from Amon Carter! Explore works by women artists in the Carter's collection who have demonstrated courageous talent despite adversity and made their mark in the art world.



SLN - GATEWAY ARCH NATIONAL PARK

Tuesday, July 26
1:00-2:00pm

The process of creating the Gateway Arch took many years before its completion in 1965. In this virtual program, a National Park Ranger will share Eero Saarinen's story and take us back to the 1960s to learn about the process of conceiving, designing, and building the tallest national monument in the United States. Gateway Arch National Park is an American national park located in St. Louis, Missouri, near the starting point of the Lewis and Clark Expedition.

POOL CLOSURE NOTICE



The FiftyNorth Pool and Pool Area will be closed for annual cleaning and maintenance **July 31st through August 14th** and Reopening on August 15th. Pool passes will be available at the front desk of FiftyNorth to utilize the Northfield YMCA pool for \$3 for Open Swim and Aqua Classes.

DIABETIC SHOE CLINIC

Thursday, July 7th - 11 A.M TO 2:00 P.M.

Fifty North Senior Center
1651 Jefferson Pkwy
Northfield, MN 55057



Diabetics with Medicare/Insurance may be entitled to one pair of therapeutic shoes and 3 pairs of inserts every year.



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It is important that you wear good shoes. Pick the style and color of shoe you want. All sizes and widths available. A certified Shoe Fitter will measure and examine your feet, we do all the paperwork, prepare your inserts and personally deliver and fit the shoes to you.

IMPORTANT: Please bring the following:

1. Bring **ALL** insurance cards + MN M.A. Card
***PRIMARY & SECONDARY INSURANCE INFO**
2. Primary doctor's name and phone number



Appointments are required

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Art Classes

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: *FiftyNorth* front desk



LIMITED PALETTE

ACRYLIC PAINTING & STENCILS

Tuesday, July 12
9:30-12:00pm

Have you heard about “master boards” and wondered what that means? A master board combines painting, stenciling and collage on a large surface that can then be cut down into pieces for whatever type of project you are creating. Use it as a note card, postcard, bookmark, gift tag, wall art or as an inspiration for a collage piece.

You'll gain experience mixing colors plus creating tints, tones and shades by adding white or black. We'll also discuss basic design and learn stenciling techniques.

We start with a layer of collage, then use a brayer to lay down one or more layers of acrylic paint followed by three or more layers of stencil work. You'll be amazed at the beautiful paper you can create with this technique.

This is a class for people of all skill levels. No experience is needed – just come prepared to play!

Instructor: Pat Jorstad

Capacity: 12

Cost: \$35 nonmbr, \$20 mbr, \$10 platinum

Space: Room 105



Book Club

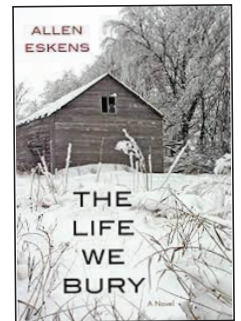
The Book Club meets the 2nd Friday of the month at 10:30. Meetings are in room 105 and also may request Zoom option. Questions: call Katherine Collman at (507) 645-1357.

JULY

THE LIFE WE BURY

- by *Allen Eskins*

The Life We Bury is a mystery novel about a young college student whose assignment in a biography class leads him to investigate a thirty-year-old murder. He finds inconsistencies in the case and realizes the convicted murderer may have been wrongfully accused.

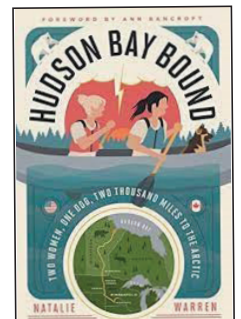


AUGUST

HUDSON BAY BOUND

- by *Natalie Warren*

Hudson Bay Bound is a story of friendship forged on the river as two young women paddle 2,000 miles to the Arctic. With the candor and enthusiasm of a first grand adventure, Natalie Warren shares the joys and trials of living by water, propelled northward by muscle power and the belief that anything is possible.





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. When registering for these classes, indicate AARP Driving Safety and dates of the session.

FEES:

- **\$32 non-AARP Members,**
- **\$27 AARP Members;** AARP Members please register in person or by phone (you will need your AARP member number)
- **\$0 AARP United HealthCare Medicare supplemental plan Members** (does NOT include Advantage plans); Those with an AARP United HealthCare Medicare supplemental plan must register in person (you will need to bring your insurance card to register, and to class)

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AARP SMART DRIVING 4-HOUR REFRESHER COURSE

Wednesday, July 13

9:00-1:00pm

AARP 8-HOUR SMART DRIVING CLASS

Wednesday, July 27

9:00-5:00pm

**THIS IS THE 8-HOUR COURSE FOR
FIRST-TIMERS.**

*Bring a bag lunch

AARP SMART DRIVING 4-HOUR REFRESHER COURSE

Thursday, July 28

1:00-5:00pm

AARP SMART DRIVING 4-HOUR REFRESHER COURSE

Thursday, August 18

9:00-1:00pm

AARP SMART DRIVING 4-HOUR REFRESHER COURSE

Wednesday, September 14

1:00-5:00pm

Smart Driver Safety Course



Movie Fridays!

Enjoy movies together on the big screen at FiftyNorth.
1\$ donation is recommended.

MOVIES
START
AT
1:00PM



Enjoy popcorn with the movie!



JULY 1 WARM SPRINGS

2005 120 mins.

After polio threatens his political career in the early 1920s, Franklin Delano Roosevelt (Kenneth Branagh) desperately searches for a cure to his newly acquired disease, hoping to regain the use of his legs. He learns of a promising spa in Warm

Springs, Ga., and travels there, only to find it dilapidated. Determined to overcome polio, Roosevelt invests in the spa's revitalization and sets about recovering, aided by the support of his wife (Cynthia Nixon) and physical therapist (Kathy Bates).



JULY 8 THE BUCKET LIST

2007 97 mins.

You only live once, so why not go out in style? That's what two cancer-ward roommates, and irascible billionaire (Jack Nicholson) and a scholarly mechanic (Morgan Freeman), decide when they get the bad

news. They compose a bucket list—things to do before you kick the bucket—and head off for the around-the-world adventure of their lives. Sky dive? Check. Power a Shelby Mustang around a racetrack? Check. Gaze at the Great Pyramid of Khufu? Check. Discover the joy in their lives before it's too late? Check! Under the direction of Rob Reiner, the two great stars provide the heart and soul, wit and wiles of the inspired salute to life that proves that the best time of all is right NOW.

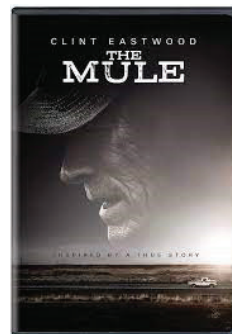


JULY 15 TO KILL A MOCKINGBIRD

1962 130 mins.

Screen legend Gregory Peck stars as courageous Southern lawyer Atticus Finch—the Academy Award-winning performance hailed by the

AFI as the Greatest Movie Hero of all time. Based on Harper Lee's Pulitzer Prize-winning novel about innocence, strength and conviction and nominated for 8 Academy Awards, this beloved classic is now fully restored for optimum picture and sound quality. Watch it and remember why "it's a sin to kill a mockingbird."



JULY 22 THE MULE

2018 116 MINS.

Inspired by a true story! Clint Eastwood stars as Earl Stone, a man in his 80s who is broke, alone and facing foreclosure of his business when he is offered a job that simply requires him

to drive. Easy enough, but, unbeknownst to Earl, he's just signed on as a drug courier for a Mexican cartel. And even as his money problems become a thing of the past, Earl's past mistakes start to weigh heavily on him, and it's uncertain if he'll have time to right those wrongs before law enforcement or the cartel's enforcers catch up to him.

No Movie July 29



May Donors

Our sincere gratitude to all who have donated. We couldn't even come close to doing what we do without your support — *thank you!*

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May New Members

It's sure to be an even better place because you're here!

Stephanie Aitken, Sarah Benjamin, Betsy Brandt, Al & Jean Bronnenberg, Amy Cassidy, Thomas Dracker, Jim & Karen Fountaine, Elyana Glass, Eric & Kari Johnsrud, MaryAnn Lancaster, Gary Meyer, Judi Severson, Tammy Tuma

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1651 Jefferson Pkwy, Northfield, MN 55057

Staff Directory

Director:

Lynne Pederson
507-664-3701 | lynne.pederson@fiftynorth.org

Assistant Director/Fitness Coordinator:

Craig Swenson
507-664-3702 | craig.swenson@fiftynorth.org

Administration Manager:

Elaine Meyers
507-664-3703 | elaine.meyers@fiftynorth.org

Program Coordinator: Lifelong Learning/ Community Outreach

Patty Ciernia
507-664-3709 | patty.ciernia@fiftynorth.org

Program Coordinator: Arts/Volunteer/Dining

Michelle Loken
507-664-3707 | michelle.loken@fiftynorth.org

Used-A-Bit Shoppe Manager:

Dolores Kornkven
507-645-1399 | dolores.kornkven@fiftynorth.org

Bookkeeper:

Kathy Bjerke
507-664-3700 | kathy.bjerke@fiftynorth.org



Front Desk (Reception Staff):

Phone: 507-664-3700 | Fax: 507-664-3720
Mary Brown, Darla DeLong, Bonnie DuPay,
Beth Endert, Nancy Glodfelty, Pat Nelson, Jane Persons



Lobby Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–2pm
Sunday: Closed



Fitness Center Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–2pm
Sunday: Closed



Pool Hours:

Monday–Thursday: 6am–7pm
Friday: 6am–6pm
Saturday: 7am–2pm
Sunday: Closed



CaféNorth Hours:

Pre-order: 507-664-3700 by 11:30 one day prior
Monday–Thursday drive up: 11am–11:30am



Used-A-Bit Shoppe: (Donations by appointment)

624 Water Street, River Mall, 507-645-1399
Tuesday–Saturday: 10am–5pm
Sunday & Monday: Closed