



# Center News

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## Ping Pong Connections

By Patsy Dew

The ping pong program at the Center epitomizes the slogan on our logo: active, connected, engaged. The “active” quality is obvious. You’ve seen those players in the Fitness Studio off the lobby bobbing from side to side, deftly smashing or gently lobbing the ball to an unreachable corner of the other side of the table. What you may not have known is that several of these players also carry their passion for the game into the wider community, making connections with other ping-pong “nuts” and their families. For the past three years, ping-pong enthusiasts from the Center

have run a successful table tennis tournament with players they KNOW from all around the region.

Don Diehl, one of the tournament organizers, said that he personally knew 70 of the 78 people who played in the May 5 tournament, held again at the Northfield Middle School. Don plays ping-pong at least four times *per* week during the fall and winter. He plays at our Center, and occasionally at the Rochester Table Tennis Club, and occasionally at a couple of clubs in the Twin Cities. He plays that often for fun, exercise and camaraderie. He enjoys getting the exposure to different players’ styles: their serve, spin and strategy. Don enjoys the competition, and enjoys getting to know other people.

One of the Rochester families Don and others have gotten to know over the years is the Tran family. The father Hoang and son Michael have competed in the last two years of our tournament. As I was watching 9-

year-old Michael winning a singles match, I had a conversation with his father. Hoang said he really likes the spirit and atmosphere of our tournament, especially as an experience for his son, who is fiercely competitive. He said that it is good for his son to see that all ages and all skill levels can compete and enjoy the game. He wants his son to know that there is more to the game than winning. I asked if he were his son’s coach. He smiled and said that he had been, but that his son has moved beyond what he could teach him, and so last year he arranged for Qi Wei to be his coach. I asked about his younger son, and learned that he also plays ping-pong well, but is still too short (his head is not yet above the table height) to play in tournaments. Hoang has built a platform for the younger son so he can play on their ping-pong table at home.

Michael Tran has been fun to watch at our tournament these past two (cont on pg 2)



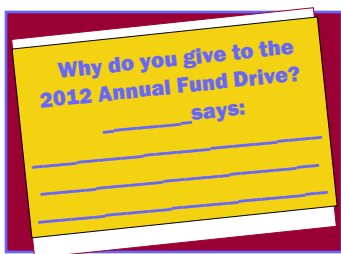
(Ping-pong..., cont) years. He is presently the top-rated player under age 10 in the nation. He placed 3<sup>rd</sup> in this year's Northfield Tournament, and was on the winning doubles team with his coach, Qi Wei. I look forward to watching him in future tournaments, and expect we will see his younger brother as well when he gets a little taller.

Another of our active ping-pong players who makes connections with the community

through this game is Russ Margulies. After retiring from teaching Russ wanted to continue a tradition of playing ping pong he had started in his classroom during the after school hours. He thought that it would be a good sport for seniors, and helped to secure the donation of a ping pong table from Dorene Knowles over 10 years ago. Through our Tai Chi instructor Hong Yuan Lang he also met her husband, a St. Olaf

Chinese Studies professor, and through him, met Chinese foreign students. As a way to get to know them, Russ would always ask if they played table tennis, and whether they did or did not, would invite them to play at the Senior Center. Over the years, Russ and his wife Lyn have become good friends with many of the Chinese students studying at St. Olaf and Carleton, using ping pong as a "social icebreaker."

### Annual Fund Drive




The 2012 Fund Drive campaign has officially begun. One person at the Fund Drive Fiesta kick-off event donated a \$1,000.00 just so he could tell a joke. As he is known for his bad jokes, he thought that this would be the only way he could tell one. He did tell his joke, but he said that he would have donated the money anyway because the Center is important to him and he had planned to give this amount. *Why will you give to the 2012 Annual Fund Drive?* Is it because the membership fees are kept at af-

fordable levels and you know that additional donations are necessary to cover the expenses? Or is it because the warm water pool is an important part of your daily life and you are willing to make a donation to help pay for pool expenses? Is it that you want to give back to an organization that provides so many things to so many people? We all have our own reason for making a donation during the Annual Fund Drive. Think about your own reason. Fill in the blank about why you will give and make as

generous donation as you can.  
-Advancement Committee

PS There are 29 members that are sustaining donors. You also can have your donation withdrawn each month from your bank account or credit card in the same way that these donors have decided to give. It is a convenient way to give in 12 equal payments. You don't have to think about it and it fits your budget. See Lynne or Gene Finger for more information.



## Ice Cream Social

★

### Friday, June 29

7:00—8:00pm

### Outdoor courtyard

I scream, you scream, we all scream for ice cream. Sundaes, sweets, and lively music outdoor by our beautiful gardens. Tickets are only \$5.00 for this fun summer event.

# Introducing

Two new members have joined the staff team. Chris Ellison is hired as the Program Coordinator. She will be planning events, developing a volunteer data base, and working with community organizations. Gail Noren will fill a dual role as the Dining Coordinator and Popcorn Wagon Coordinator. She will oversee the operations of the dining site, the popcorn wagon, and work with many volunteers.

Please welcome them as you have the opportunity.



Chris Ellison (l.) and Gail Noren (r.) join the Center staff

## Senior Center Staff

<b>Director</b> Lynne Pederson	664-3701
<b>Asst. Director</b> Patsy Dew	664-3708
<b>Bookkeeper</b> Kathy Bjerke	664-3705
<b>Membership Coordinator</b> Jackie Johnson	664-3704
<b>Fitness Manager</b> Gale Marchand	664-3702
<b>Program Coordinator</b> Chris Ellison	664-3707
<b>Administrative Coordinator</b> Nancy McDougall	664-3703
<b>Dining Site Manager</b> Gail Noren	664-3735
<b>Evening/Weekend</b> Gene Finger, Janice Kasa, Barb Henwood, Ruth Johnson-Wirth, Pat Sunquist, Bev Lubbers	664-3700
<b>Used A Bit Shoppe</b> Kristi Casson	645-1399

## Senior Center Lobby Hours

Mon—Fri	7 am—8 pm
Saturday	7 am—5 pm
Sunday	10am—5pm

## Fitness Center and Pool Hours

Mon—Fri	6 am—8 pm
Saturday	6 am—5 pm
Sunday	10 am—5 pm

## Used A Bit Shoppe

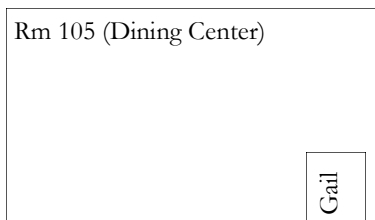
645-1399 624 Water St.

## Shop Hours

Monday - Saturday	10 am—5 pm
Thursdays	10 am—7 pm

**Summer pool hours on  
Sunday**  
  
**10am - 5pm**  
  
**June - August**

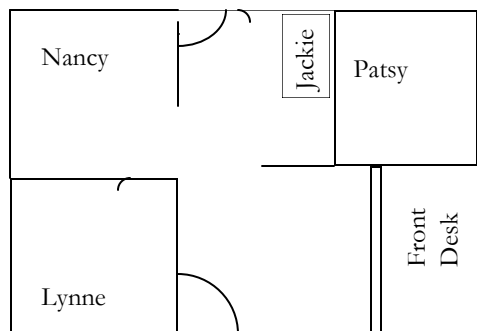
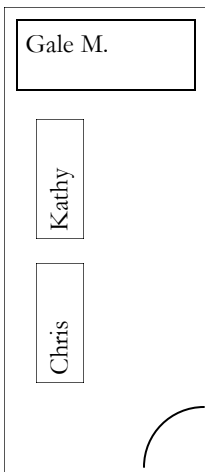
The Northfield Senior Center is seeking bids for cleaning services of the Center space. For cleaning specifications and more information, contact Lynne Pederson, 664-3701.



## Updates from the Director

About two years ago, under the direction of the Facilities Committee, I led a study to look at how space was being used in the Center and to determine if the space was being utilized to the best capacity for Center programming. During this study the Fitness Studio was created and other spaces became the places used for card groups, quilters, etc. Once everyone settled into the different spaces, it seems to be the right set of changes to make to maximize programming.

Staff offices have moved.



In the last few months, I have agreed to develop the Legacy deferred gift program and conduct the year long study to determine the feasibility of management and ownership of the NCRC. Because more of my time needs to be spent on these projects, the Advancement Committee and Board directed me to look at how to shift some of my duties to other staff. From this came a staff restructuring and a realignment of staff job duties. Job duties have been shifted according to the strengths and talents of each staff person. Jobs are now more streamlined in each position which will increase staff efficiency. In the restructure, one position was eliminated and another was created. Here is a brief guide for who to go to and for what:

Jackie: *Membership*— new, renewals, and insurance, Class lists

Gale M: *Fitness*— fitness room, locker rooms, pool, classes, equipment and temperature issues, monitors

Nancy: *Administrative* —room rentals; printing needs; supplies, receptionists

Patsy: *Programs*— arts, gallery, lifelong learning; Newsletter, brochures and marketing

Kathy: *Accounting*—refunds for classes

Gail N.: *Dining and Popcorn Wagon*— questions, volunteers, schedules and menu

Chris: *Programs*—events  
*Volunteer data base*

Lynne: *Operations*— Fund raising; Board and Committees; NCRC study; Legacy gift program; City and community relations; facility oversight; issues and concerns

Staff have also moved their office areas. See the chart to the left for current locations of the staff.

## Computer Learning Center

See the Calendar below for a listing of all classes being offered in our Computer Center during the month of June. If you want more information about any of these classes check out the Program Guide, pg 14-17, either in the lobby

or on our website. The computer page on the website also provides complete descriptions of these classes.

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

JUNE

Monday	Tuesday	Wed	Thursday	Friday
	9:30 -11:30 5 Microsoft Word 1		9:30 -11:30 7 Microsoft Word 1	
1-3p 11 Making Greeting Cards	9:30 -11:30 12 Microsoft Word 2	1-3p 13 Making Greeting Cards	9:30 -11:30 14 Microsoft Word 2	(NO TECH TIME) 15
	9:30-11:30 19 Microsoft Word 2 1:30-3:30p Scanning Pictures		9:30-11:30 21 Microsoft Word II 1:30-3:30p Insert a Photo Into Text	9:30 - 11:30 22 Photography Group
	9:30-11:30 26 Scanning Pictures		9:30 - 11:30 28 Insert a Photo into Text	

## Legacy Giving

Last month I asked people to let me know if they have left a gift in their will to the Senior Center. So far I have heard from two people. These two people are the beginning of what I think will be a long list

for the Legacy Society as I am sure that there are others that have made similar arrangements. You can remain anonymous and your name will not be used, but we would like to include you in this important

group. Please call or stop in and see me at your convenience.

Thank you.  
Lynne

*Leave  
a Legacy  
That Keeps  
on Giving*



*Seasoned Singers'  
May Day Concert*

## Feeling Good in the Summer with Hydration and Exercise

By Gale Marchand



**Q: Can fluid intake levels generally enhance how I feel and how my body works?**

**A:** Proper balance of bodily nutrients makes the body function at optimum. Mayo Clinic reports our brains are 80% water and the body is about 60%. Ideal levels facilitate brain function, body system lubrication blood & heart function, skin elasticity, digestive system, maintain body temperature & is essential for human growth & development. While 20% of body liquid may come from food such as fruits, additional fluid intake is necessary for the body to run smoothly. Water is an **essential nutrient**. Adequate fluid levels help our body to operate at peak performance whether we are reading, visiting, recreating, working or exercising.



**Q: What are the "FITT" Principles my instructor talks about and how do they apply to all of this?**

**A:** The acronym FITT: **F**requency (how often), **I**ntensity (how hard: light, moderate, vigorous), **T**ime (how long) & **T**ype (strength, table tennis, Zumba, swimming). All of these make up the exercise contribution you are making to your body, and any of these can be modified depending on personal goals. Think about adjusting these principles to match the summer weather. Sometimes you may choose to exercise in a temperature controlled space, or you may want to change the frequency, lower



the intensity, change the time of day you exercise or change the type you are doing either for that day or for that 'season of unreasonable weather dearth.' Variety is the spice of life and making adjustments may be just the ticket.

**Q: Are there other ways to help thermo regulation, in addition to fluid intake?**

**A:** Yes. We can dress with less, wear moisture wicking fabric such as technical sports fibers like CoolMax™, modify intensity of exercise, use fans, find more time in cool places on the most sultry days, and get a good night's sleep. Keep in mind that our bodies thermo-regulation is cumulative. If the whole day has been hot, humid and sultry, and we haven't really been drinking water, perhaps that is a day that your Zumba or tennis needs to take it down a notch slightly. For gardeners or outdoor walkers, going out in the morning before the heat rises is a good idea. People with medical issues may also want to consult with their doctor.

**Q: Anything special I can do before I go out into hot weather?**

**A:** Yes. Carry a bottle of ice water with you, wear light, loose fitting clothing. Hydrate before during and after physical activity, and go out when it is cooler and the sun is less intense. (In some

cases, ice cubes in a zip lock baggy under a white hat might do the trick for a while at the State Fair). Acclimatizing slowly to change in season is also a good idea.

**Q: How are the environments set at the Center?**

**A:** The Center provides separate air exchange and air conditioning in the Fitness Center with a goal temperature of 70 degrees and a humidity level at 60% or lower as recommended by the American College of Sports Medicine (ACSM) for physical activity spaces. The Studio is provided with a dehumidifier and is temperature controlled by the whole building HVAC system and is set to be approximately the same as the Fitness Center. To aid the Studio's atmosphere, it is recommended on high dew point days to keep the entry door unpropped and the windows closed. The Pool, with tropical humidity and air temperature set at 90, water at 89 degrees, it can feel luxurious in the winter & for those with certain conditions such as arthritis. Others, may find the warmth a bit much in the summer. We recommend bringing in pool side plastic water bottle with ice, frequently hydrating, modifying exercise intensity levels, avoiding the sauna or hot tub or opting for land based exercise in air conditioning with similar hydration on

## *Go On a Special 'Pops' Ride with the Northfield Pedalers*

**Tues, July 17,  
8am departure**

The NSC bike club, the Northfield Pedalers, will be going to this special event at Nicollet Island Pavilion: "Thunder and Blazes" with

the Minneapolis Pops Orchestra. The music starts at 10:30 and lasts for 1 hour. The group will park at South HS and ride on the mid town greenway along Mississippi to Nicollet Island pavilion. They will eat lunch at Kramarczuk's,

a polish restaurant, returning by the Stone Bridge. Show up at 7:45 am at the Center, and be ready to depart by carpool with your bike at 8 a.m. (rather than 8:30 a.m.). Bring money for your lunch and \$5 for gas for your driver.

## *Some of the History of Aqua Fitness in Northfield*

In 1974 Peg Prowe began "Senior Swim" at Carleton Recreational Center where it continued two times a week for 12 years. Then it moved to the Northfield High School for another 12 years, occurring three times a week with Peggy teaching. When

the NCRC was built with our warm water pool, several people including Helen Berwald, Jean Phillips, and Peg Prowe worked to create an aqua fitness program here. Senior Swim moved to our pool and continued three times a week under that name for a while.

The "Senior Swim" name has changed, but the program these women started has developed over the 11 years in this location to include a total of fourteen on-going aqua fitness classes designed to accommodate all levels of participants age 50 and older

along with a Center-sponsored Water Volleyball Club, and two Family Swim times per week.

## *Volunteer Opportunity - Fitness*

Handi-person Fix-it Crew, meeting on Friday afternoons could use an extra pair of helping hands, and or expertise for

a number of tasks including Fitness Center equipment maintenance as well as other projects around the Center.

## *Thanks! For these Donated Items*

30 blue small balls in the Studio ~ UCare via Enhance Fitness  
20 noodles for the pool ~ via members  
1 electric pump for balls & bikes ~via member & Pedalers

leader  
7 Group Fitness music mixes for classes~ via Instructor Jan Otteson  
Stereo/Radio for Fitness Center use (replacement) ~ via member/volunteer

### *Congratulations!*

Don Forsberg - completed a well developed Continuing Education Course for his ACE Certification renewal. In this he studied Somatic Awareness, Movement Patterns & Integration, Posture & Alignment, Mind Body Awareness, breath work, Healing by Movement, some yoga and Pilates,. Don may be offering a course at NSC regarding some of the material in the future. Congratulations, Don ~we look forward to learning these techniques from you.

Katie Milbrett, who teaches Body Wakeup and Gentle Yoga at the Center, has completed her 200 hour Yoga Training as of May 13 at Heartwork Yoga Studio, qualifying her as an Registered Yoga Trainer through Yoga Alliance. Congratulations, Katie!

Nancy Nieman, Masters in Exercise Physiology, AFAA Personal Trainer who has Interned at NSC, will be offering Personal Training at the Center starting in June, along with subbing Aqua Fitness and other Classes throughout the summer.

### **SUMMER CALENDAR CHANGES**

- Pool will be closed for 1 week in August, 19 - 26
- **Friday Grandparent Swim is canceled for the summer, due to low use. Please see Gale M. if you would like to see it back on the pool schedule. Family swim on Sat. afternoon is open for members and children.**
- There are several changes in the Fitness-class schedule; check the Summer Program Guide, or the website.

## *Where in the World are Arlene and Dennis Kjar?*



*For full color version of this photo, see back cover.*

For the past three years, we have taken an exciting trip by Amtrak all the way to Ft. Myers, Florida. Each trip is an adventure, for when traveling by train, one never knows when something will interrupt the trip. I'll relate to you the trip from last January .

When we checked the Amtrak site to track the progress of the Empire Builder, which starts in Seattle and arrives in Red Wing, it was about five hours behind schedule. We also had a weather alert, so we weren't surprised when we received a call that we would be bused to Chicago because of a service interruption. The problem was that the storm was the most severe in Wisconsin which was the direction our bus was headed. The storm and Friday rush traffic out of Chicago made us way behind schedule to catch the train. But the Capital Limited was having mechanical difficulties and was still there, so we were able to board the train that evening on our way to

Washington, DC. Our next train, the Silver Meteor, left on schedule and we were finally on our way to Florida.

The Best Western Waterfront Hotel in N Ft. Meyers is next to the Caloosahatchee River with a balcony for each room with a view over the river. All the rooms face the river, so one has a good view at palm tree level to watch the birds, dolphins, and boats.

The first day we drove to Babcock Ranch and did a dune buggy ride of the ranch and everglades. Their dune buggy consisted of a bus with the windows cut out with huge tires. It went through fields, creeks, and the everglades. In the wet areas, we saw lots of alligators, shore birds, and native vegetation. When going through the fields, we saw herds of Cracker cattle and horses.

The next day, we drove to the Swamp Billie Safari on the Seminole Indian Reservation. We did an airboat ride through the everglades.

They not only had the native animals, like alligators, shore birds, but also many exotic animals such as water buffalo, bison, and ostrich. After lunch, we headed for the reptile show and a nature program. All around the grounds were animals in natural settings and birds in cages. Our last adventure was to the Randall Research Station. We walked to the top of the Calusa Mound, left by an ancient Native American tribe. We took the last day off to just relax, soak up the sunshine, and swim in the hotel pool. The next morning the Silver Meteor came to take us back to DC. We arrived in time to do our usual sightseeing. We toured the new Native American Museum and enjoyed the flowers at the Botanical Gardens.

I'm sure we will be back in N Ft Myers another year, for the things to see and do are endless. Traveling by train, is also lots of fun and such a relaxing way to travel and we highly recommend it as the best way to travel.

### ***Submit YOUR Photos***

Your Travel Committee would like to hear about your travels. You are invited to submit a photograph of yourself at your destination along with your contact information and if

selected your photo may appear in the next Senior Center Newsletter on the Travel page.

You may submit your photo by leaving it with the Receptionist in an envelope marked "Travel Committee - Photo".



## *June Trip: Alexander Ramsey House Tour*

**Wed, Jun 20, 9a - 3p**

This beautiful house is one of the nation's best preserved Victorian residences and was home to Minneso-

ta's first territorial governor and his family. It has beautifully carved walnut woodwork, marble fireplaces and crystal chandeliers. Guides will be in period costume.

We'll also take time to look at Summit Avenue's own secret garden.

Cost: \$41

Sign up by June 18



### *Sr. Center Survey Results to be Shared, June 4*

In April, Senior Center members with email addresses were invited to participate in a survey about The Center, its offerings, its maintenance, and its staff. The questions were prepared with the assistance of statistics students at Carleton and the Academic Civic Engagement program

there. A second set of Carleton stats classes has spent the spring term analyzing the results of that survey and will present their findings along with poster illustrations in the lobby of The Center on Monday, June 4. You are cordially invited to drop by, see their work, ask questions, and

enjoy coffee, popcorn and other refreshments. Watch for announcements in the lobby about session times. An email notice will be sent to everyone with emails on file.

### *Kari Berit Offers Caregiver Support Group*

If you're taking care of another person...who's taking care of you?

Come join an informational meeting on this pilot caregiver support group. Kari Berit, radio show host and author of "The Unexpected Caregiver" ([www.kariberit.com](http://www.kariberit.com)) wants you to get the support you need.

Under a Mardag grant, she has written materials for a peer-to

-peer caregiver support group. The peer support group materials are written so that anyone who meets for a peer caregiver support group can facilitate the group. The written materials would guide the facilitator in ways to open and close the meeting and would provide verbiage to follow, so that the focus is taken off the "how to's" of running the group and placed on emotional support for each individual. Other support materials will

be created with support group feedback.

The group will meet at the senior center, but will be independent of senior center programs.

Please email Kari ([kb@kariberit.com](mailto:kb@kariberit.com)) or call her at 612-384-8080 to sign up for the initial meeting: Thursday, June 15 at Noon.

### *Membership News*

Welcome to these people who joined the Center since April: Linda Bliese, Mary Borman, Richard Brown, Martin Burger, Thomas Clough, Dale Forcelle, Leola Frame, Floyd Haeuszer, Lois Haeuszer, Steven Hubig, Nancy Huppert, Patricia Kangas, Marianne Kareem, Marsha Kitchel, Gerhard Knutson, Josephine Lind, Susan Lopez, Georgine Malecha, Georgann Malone, Teresa Martin, Elizabeth McKinsey, Stacy Moen, Steven Moses, Roseanne Nohava, William Nohava, Paulette Reisinger, Mary Anne Sammon, Judith Sanftner, Lawrence Sanftner, Sharon Schiller, Katherine Schwasinger, Deborah Seitz, Kenneth (Steve) Smith, Sallee Smith, Suzanne Sornson, Jill Spiekerman, Sherry Swenhausen, Harley Tate, Betty Troska, Donna Werdahl, Jennifer Wolcott, Ruth Wood

*Fiesta Fund  
Drive Kick-  
off  
Fun!!*



## *Minutes of the April 26 Board Meeting (Draft)*

**Directors present:** Nancy Ashmore, Tom Brawley, Evelyn Burry, Lola Fick, Gerry Gengenbach, Bill Gruszewski, Marvin Kormann, Jean Larson, Anna Mae Sjogren, Emelda Rasmussen, Suzanne Riesman, Greg Smith, Phil Winter

**Absent:** Gene Finger, Bob Vanderhoof

**Staff present:** Lynne Pederson, Patsy Dew

**Others:** Bernard Borene, Don Diehl, Duane Everson, Dottie Hammar, Gordon Simonson, Rose Ann Steenhoek

The meeting was called to order by Gerry Gengenbach at 3:12 p.m.

**Action:** The agenda was approved.

**Action:** Motion and second to approve the March 22, 2012, board minutes. Carried.

### **TREASURER REPORT**

Bill Gruszewski reported on the March financial statement. Income to date is 30% of budget and expenses are at 25%. Percentage for this time of year should be at 25%.

Return for first quarter funds is up 11.3%

**Action:** Motion and second to accept the financial report. Carried.

### **COMMITTEE REPORTS**

#### Facilities Committee

Gerry Gengenbach reported. The committee is reviewing the rates the Center charges for renting out rooms. Discussion continues as to whether a chair lift or ramp should be installed in the pool.

**Action:** Motion and second that the Facilities Committee come back with a recommendation by next meeting regarding handicap access for the spa. Carried.

#### Membership Committee

Suzanne Reisman reported.

Carleton students administering a survey to Senior Center members and nonmembers are interested in presenting the results to the Center. Last year lapsed members were called about their leaving the Center. About 30% of those called renewed their membership after the call.

#### Advancement Committee

Lynne Pederson and Emelda Rasmussen reported. Contributions to the fund drive total \$9,123 from 43 donors. The goal is \$60,000. Stelter Company will be used to provide marketing materials for the Legacy Program.

#### Computer Learning Center

Evelyn Burry reported.

### **EXECUTIVE DIRECTOR'S REPORT**

Lynne Pederson reported. Staffing structure is changing. Karen Holz will be leaving the Center. Chris Ellison has been hired as the Program Coordinator. Lynne will take on the Legacy Program and

the feasibility study of purchasing the NCRC.

### **OLD BUSINESS**

Strategic Plan: Nancy Ashmore and Evelyn Burry are working to finalize the Strategic Plan. They encouraged committees to review the plan at their next two meetings and determine which areas are left to complete and what further recommendations are needed. Goal is to approve the plan at the July Board Meeting.

### **NEW BUSINESS**

The meeting was adjourned at 4:34 p.m.

Submitted by Emelda Rasmussen, Board Secretary (assisted by Rose Ann Steenhoek)

## *Donations to the Center in April*

Bernie Anderson, David & Joey Appleyard, Solveig Bailey, Gene & Susan Bauer, Arliss Boyum, Patricia Brenden, Judy Broske, William & Charlotte Carlson, Judy Christensen, Cleve Crowningshield, Robert Fast, Gerry Gehler, Gerry & Carol Gengenbach, Marie Gery, Yvonne Gillispie, Bonnie Gretz, Donna Herbstrith,

Georgene Johnson, Selma Johnson, Joni Kilde, Bob Kuyper, Jean Larson, Beverly Lundeen, Myron McColl, Harriet Menard, Gertrude Miller, Elizabeth Olson, Elizabeth Olson, Jan Otteson, Laurel Pankow, Charles & Lynne Pederson, Ken & Roberta Persons, Gordon & Emelda Rasmussen, Ann Richards, Suzanne Riesman,

Myrtle Ringlien, Anna Mae Sjogren, Bardwell & Charlotte Smith, Thomas Sorenson, Lonna Tschann, Robert & Donna Vanderhoof, Bernice VanNostrand, Marilyn Will, Elizabeth Williams, Virgil Witte, Dorothy Young, Ron Zaun

## Exceptional Eats

### “Come for Brunch”

**Sunday, June 10 12 noon**

Celebrate the return of birds, flowers and lush greenery with good company and exceptional eats. We will be starting our food feast with appetizers and mango mimosas. The main course will feature crab and vegetable mini-quiches, ham balls, baby greens and both

sweet and savory quick breads. We'll also serve baby peppers with Balsamic Vinaigrette on a bed of greens, white wine, coffee and tea. Finishing off this wonderful meal is a fresh fruit lemon tart.

**Cost: \$25**

Sign up by June 4



### Drinks and Conversation on the Patio

10:00 am

Have a cup of coffee (or other type drink) on the patio and talk about things that are happening in Northfield this summer. There will be guest leader each week, but conversation and the drinks will be free flowing and unlimited.

**June 13**—*Friends of the Library with Margit Johnson.* Find out what the library is doing this summer and the many services that is offered.

**June 20**— Summer begins! Drink and chat with mayor, *Mary Rossing* about the “hot topics” in Northfield.

**June 27**— A name change for the *Northfield Senior Center*? It is being talked about in the rumor grapevine that a name change is needed for the Northfield Senior Center. Join the conversation with Lynne and others and let us know what you think.

## NSC Gallery: Julie Fakler and the Paper Crafting Group

**Exhibit runs June 4 - July 8** **OPENING RECEPTION** will be **TUES, JUNE 5, 5 - 7p**

Julie Fakler creates vibrant original domestic animal paintings and pet portraits using acrylic paints on hardboard. Julie’s “preferred models” are chubby cats in addition to animals of all sorts such as dogs, chickens and goats. She serves as Gallery committee chair for The Paradise Center for the Arts in Faribault. Julie herself has six cats - all of them strays before she gave them a home.



The Paper Crafting Group meets at the Center on the 1st and 3rd Mondays of each month. There are usually 6 - 8 people who regularly participate. Their meetings explore various crafting techniques that can be utilized in paper crafts. This is a friendly and inviting group; anyone interested is invited to attend. For more information, contact the group leader, Anne Daley, 507-301-3341 or [anne.daley31@gmail.com](mailto:anne.daley31@gmail.com)



1651 Jefferson Pkwy  
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Phone: 507-664-3700

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www.northfieldseniorcenter.org

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### ADDRESS SERVICE REQUESTED

*Where in the World Are Arlene and Dennis Kjar?*



Check out page 8 for the answer and their story!



Picture shows Doug Scholz-Carlson as El Gallo in "The Fantasticks" (Great River Shakespeare Festival, 2011, directed by Melissa Rain Anderson)

### *Intro to the 2012 GRSF Season*

**Mon, June 18, 1:00p**

Associate Producing Director and Acting Company Member Doug Scholz-Carlson will give an introduction to the 2012 season at the Great River Shakespeare Festival in Winona, MN. Doug plays Speed in "The Two Gentlemen of Verona" and Edgar in "King Lear" and will talk about both plays and answer questions in preparation for the Northfield Senior Center's annual trip to the Festival on July 25. to see *Two Gentlemen of Verona*. For more details on this trip, see the Summer Program Guide, pg 20.

No Fee.