



Northfield Senior Center

**active,
connected,
engaged**

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**Senior Center
Sunday Summer
Hours
June 4 - Sept 3
9am - 4pm**

**Open Swim
available all day**

Center News

FOR ACTIVE OLDER ADULTS



CAL'S STORY

by Lynne Pederson

I volunteered at the Northfield Hospital Auxiliary Book Sale on the last Saturday. What a “well-oiled machine” that organization is. Congratulations to Senior Center member, Rita Olson, as co-chair of the event this year. The event has been held for many years, and has made thousands of dollars. It is an event dependent on volunteers. Many people volunteer year after year, do the same job, and are efficient at it. That has to be a major reason why the event is successful. Just imagine if non-profits had to hire staff to do everything that the volunteers do. Without volunteers, many non-profits would not exist. And for the few that would, there would be many fewer services offered. Volunteers are vital to a non-profit organization.



Most of the classes and programs offered at the Center are taught and led by motivated volunteers that love what they do. Center groups – travel, cards, bikers, softball, hikers, ping pong, reading with 4th graders, etc. – have volunteer leaders who organize each group. The pool is monitored by volunteers. There are around 6-8 shifts each day. At six days a week this equals to be 48 people per week that are needed to monitor the pool. Just think if we had to pay lifeguards it would be approximately \$720 per week or \$2,880 per month. Volunteers save the Center a lot of money and their work keeps the membership costs down. The Popcorn Wagon relies on volunteers to sell popcorn and pop throughout the summer. The Popcorn Wagon makes about \$10,000 in sales each year. I am not sure that we would be running the Wagon if we had to pay someone for the many hours that volunteers put in. The Used a Bit Shoppe has one Manager and cashiers that work the weekends, and depends on our dedicated volunteers throughout the week to sort, tag, and sell the items in the Shoppe.



Cal Kuhnau has volunteered at the Used a Bit Shoppe since it opened in 2003. He works every week in the back room tinkering. He fixes items such as lamps and appliances so they can be put out for sale. If he can't fix it, then he takes it apart to salvage the metal. In the past 14 years, Cal estimates that he has salvaged over 12 to 14 tons of metal that he has delivered to Viking Salvage or Northern Metal Recycling in St. Paul. He figures that this is enough metal to make at least 6 cars! When he gets enough metal to make a car load, he drives to St. Paul. He doesn't ask for anything for mileage or wear and tear on his car, he just drops it off and brings me a check for the Center. Cal thought that it was important to start recycling metal 14 years ago and continues to say "it's a worthy practice to continue". Cal is pretty much an under the radar type of guy – he doesn't expect anything in

continued on pg 3...

GALLERY

Current Exhibit: Continues through June 16
Don Roos, photography;
John Van Ast, wooden bowls and dishes



OPENING RECEPTION

**TUES,
JUNE 27,
5 - 7 PM**

**There are about 8
volunteers that
come together
to hang the
artwork and host
the Openings in
the Gallery each
month.**

Upcoming Exhibit:
June 19 - July 21
Sylvia Langworthy, puppets

Sylvia has over 50 years experience in theater and costume design earning her B.A. in theater arts at the University of Minnesota. She has directed at the U of M, Northfield Arts Guild, the Iowa City Community Theatre, and over 100 plays for the Masque Youth Theatre and School. She was the Children's Theatre Director at the Rochester Community Theatre for 10 years and taught theater at the University of Minnesota and Augsburg College.



...CAL'S STORY
continued from pg 1

return and/or a lot of thanks. He is just doing something that he can do for an organization that he believes in. That's a dedicated volunteer! Thank you, Cal. All non-profit organizations depend on volunteers like Cal to help fill in the gaps. They are vital to the success of the organization.

There seems to be a shift being made in how people want to volunteer. People are still willing but fewer people want to commit to an on-going volunteer job. They want short, one time things to do. There are probably a variety of reasons. The older generation that are dedicated volunteers and can be relied on like clockwork, are aging and some are no longer able to maintain their beloved volunteer duties. Maybe it's because the "baby boomer" generation is coming into the volunteer role and they want to do it on their own terms and only when they want to. Maybe it's due to people being busier and not able to commit to a long term volunteer role. Whatever the reason, it is becoming increasingly difficult to fill volunteer positions. In all of our volunteer groups, we have voids and gaps that are not being filled. This means that there are not always monitors watching the pool. If the lack of monitors continues then staff will be forced to make a change and will probably need to hire people. This means that the fees for using the pool and aqua memberships will ultimately increase. You can control this, by just giving us an hour of your time. Sometimes the Popcorn Wagon is not open because there are no volunteers to work. This result is less income coming to the Center for operating support. Again, less income produced will have a negative effect. Just an hour or two of your time at the Popcorn Wagon can help to keep the Center on track financially.

The Center is responsible to deliver meals on wheels two weeks in May. After advertising and asking people to volunteer, we still do not have the routes filled. Staff is stepping up, by signing up to deliver the routes that are not covered by volunteers.

It poses a dilemma for staff in a nonprofit organization. How do we continue to run programs if we do not have the volunteers to help? Staff can be stretched just so far in their work to fill in the gaps. Staff is brainstorming ideas and ways that we can change the structure in programs so that volunteers can commit on their own terms. We welcome your ideas on how to entice people to volunteer. If you have ideas, we would like to hear from you.

If you have time, talent, and/or desire we need you on our volunteer team. We will do our best to match you to what you want to do and in your time schedule. Contact Volunteer Coordinator, Katie Felland, 664-3708 for the fabulous opportunities that we have for you.



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.

GREAT RIVER SHAKESPEARE TALK

Mon, June 5
10:30 - 11:30am

The Great River Shakespeare Festival will begin its 14th Season under the leadership of Artistic Director, Doug Scholz-Carlson, known to many in Northfield, where he began his career. Doug will present a preview of this year's season and in particular the 2 plays to which the Center has planned trips to attend this summer: Comedy of Errors and Richard III. Doug will also present his recent TED talk on Shakespeare's Sonnet 18.

No fee

Presenter: Doug Scholz-Carlson

PUPPET MAKING

Tue, June 20
1:30 - 3:30pm

Open to all, including children, grandchildren and friends! Make your own puppet using found objects. We will have some materials available but please feel free to bring any objects you might want to use - a sock, a shoe, a box!

Capacity: 12

Cost: \$18/nm, \$14/m, \$0/plat equiv

Instructor: Sylvia Langworthy

KITE MAKING WITH YOUR GRANDCHILD

Fri, June 23
1:30 - 3:00pm

Go fly a kite with your grandchild! We will make and decorate a simple sled kite and then head out to catch a breeze and make our kites soar! All materials provided, just bring your grandchild and a sense of fun.

Capacity: 8 pairs

Cost: \$10/nm, \$8/m, \$3/plat equiv

No charge for grandchildren

Instructor: Chris Ellison

WATERCOLOR FUN!

Mon/Tue, Jun 26 & 27
9am - 3pm

This 2-day workshop is designed for those who want to tap into their creative side and go on a watercolor adventure! Join us as we explore the basics of color mixing and application, as well as composition, under-painting, negative painting, and glazing. Step-by-step demonstrations will enable you to work on a summer floral painting. Both beginners with no experience, as well as more advanced watercolorists are welcome.

*Please pick up materials list at the front desk or email Katie at katiefelland@nscmn.org

Capacity: 10

Cost: \$99/nm, \$77/m, \$0/plat equiv

Instructor: Kathy Miller

FLOWER PHOTOGRAPHY

Wed, June 28
9:30 - 11:30am

Learn how to take gorgeous pictures of flowers just in time for the Northfield Garden Tour July 8-9!

Capacity: 10

Cost: \$18/nm, \$14/m, \$0/plat equiv

Instructor: David Perez

JANE AUSTEN BOOK CLUB

Wed, July 12, 19, 26
10 - 11:30am

While novels by Jane Austen might make you think of love stories, the first novel she wrote (and the last one she published) was a comical Gothic satire, *Northanger Abbey*, that poked fun at both literary conventions and broader Georgian society. In honor of the 200th anniversary of its publication, we will be holding a three-part discussion series about the novel. Conversations will be led by three St. Olaf students, who will also be providing some cultural and historical background for the novel.

Participants will receive a free copy of the novel. Refreshments will be served.

Capacity: 10

no fee

Instructors: St Olaf students

River Bend Nature Center Collaboration Series

Wednesdays, June 14, 21, 28, July 12

The Senior Center and River Bend Nature Center are bringing you a four-program series to get you out to enjoy the beauty of nature during our wonderful Minnesota summer. River Bend Nature Center is a 743 acre nature and environmental learning center located in Faribault along the banks of the Straight River. Each program will run from 1 to 2 hours. The first program will take place here at the Senior Center; the remaining programs will be at RBNC. Participants of the classes to be held in Faribault are encouraged to meet at the Senior Center parking lot to arrange car-pooling.

The cost of each session: \$15/nm, \$12/m, \$0/plat equiv. Register for each class separately.

The classes at River Bend are limited to 15 people so register early.

[THE HIDDEN GEM OF RIVER BEND NATURE CENTER](#)

Wed, Jun 14

9 - 10am

Senior Center

River Bend naturalist, Emily Greger, will talk about all that River Bend has to offer from hiking or mountain bike exploring on its over 10 miles of trails, to classes on birds, insects and other animals, on the plants in its diverse habitats or on geology or conservation. No matter what the season, no matter what your age or your interests, you will always find something for you at River Bend. Discover more about this amazing place and plan your next adventure with nature.

Capacity: 15

Cost: \$15/nm, \$12/m, \$0/plat equiv

[OUTDOOR NATURE SKETCH CLASS WITH KATE DOUGLAS](#)

Wed, Jun 21

9 - 11am

River Bend Nature Center

River Bend Nature Center Summer brings an explosion of native flowers and grasses, and a symphony of birds. Artist and art instructor, Kate Douglas will present a nature sketching class to expand your art skills by drawing the beauty and detail of the world around you.

Capacity: 15

Cost: \$15/nm, \$12/m, \$0/plat equiv

[GUIDED NATURE HIKE](#)

Wed, Jun 28

9:00am to 10:00am

River Bend Nature Center

Join River Bend naturalist, Emily Greger, as we wander the trails of River Bend seeing and hearing the many details we so often miss in our busy world. Birds calling from the shadows of the trees, signs of animal life on the edge of the pond, the rushing water of the Straight River. Breathe deeply and

feel your senses awaken and your tension melt away. This will be approximately a 1-mile walk, on moderate terrain. Wear sunscreen and sturdy shoes.

Capacity: 15

Cost: \$15/nm, \$12/m, \$0/plat equiv

[BIRDING WITH \(OR WITHOUT\) GRANDKIDS](#)

Wed, July 12

9 - 10am

River Bend Nature Center

River Bend Nature Center provides a unique opportunity to view a variety of birds. The nature center is located on the Straight River in southeastern Minnesota and contains many different habitats such as prairie, hardwood forest and wetlands. Their ten-mile trail system gives easy access for viewing birds up close. River Bend naturalist, Emily Greger will show you how to use sound and sight to develop birding skills. This is an excellent program to enjoy with your grandchild.

Capacity: 15

Cost: \$15/nm, \$12/m, \$0/plat equiv

CLASSES AND TALKS

COMPUTER CLASSES

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



All computer classes are designed, created and taught by volunteers

INTRO TO IWORKS: PAGES, NUMBERS, KEYNOTES

Mon, June 5
9:30 - 11:30am
(1 Session)
Prerequisite: none
Cost: \$15/nm, \$10/m, \$0/plat equiv
Instructor: John Severson

INSERT A PHOTO INTO TEXT

Tue, June 6
9:30 - 11:30am
(1 session)
Prerequisite: *Word Processing Basics* or equivalent
Cost: \$15/nm, \$10/m, \$0/plat equiv
Instructor: Jim Finholt

FACEBOOK

Wed/Fri, June 7 & 9
9:30 - 11:30am
(2 Sessions)
Prerequisite: *Intro to Computers* or equivalent
Cost: \$25/nm, \$20/m, \$0/plat equiv
Instructor Gloria Krusemeyer

NEW LIFE FOR OLD SLIDES

Thu, June 8
9:30 - 11:30am
(1 Session)
Prerequisite: *Organize My Computer* or equivalent
Cost: \$10/m, \$15/nm, \$0/plat equiv
Instructor: Jim Finholt

PRESENTATION SOFTWARE LIKE POWERPOINT

Wed/Fri, June 14 & 16
9:30 - 11:30am
(2 Sessions)
Prerequisite: *Word Processing Basics* or equivalent
Cost: \$25/nm, \$20/m, \$0/plat equiv
Instructor: Barb Henwood

ADVICE ON BUYING SMART PHONES AND TABLETS

Mon, June 19
9:30 - 11:30am
This is NOT the class for support on using your current portable device.
(1 Session)
Prerequisite: None
Cost: \$15/nm, \$10/m, \$0/plat equiv
Instructor: John Severson - Carl Henry

INTRO TO IPAD/IPHONE

Mon/Wed, July 10 & 12
9:30 - 11:30am
(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
(2 Sessions)
Prerequisite: none
Cost: \$25/nm, \$20/m, \$0/plat equiv
Instructor: Jim Finholt

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. The cost of this class includes fees paid to AARP for the course.

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



AARP SMART DRIVING 4-HOUR REFRESHER COURSE

Wed, June 7
9am - 1pm

AARP SMART DRIVING 4-HOUR REFRESHER COURSE

Mon, June 26
5 - 9pm

AARP, 8-HOUR SMART DRIVING CLASS

Sat, June 17
8am - 4pm
*Bring a bag lunch

[TAI CHI IN THE PARK](#)

Sat, June 3, 10, 17, 24
10 - 11am

Practice the art of Tai Chi with Daniel Martin in the gorgeous outdoor Senior Center Courtyard.

*Please note class will be cancelled if the weather is raining or storming.

Fees: \$9/nm, \$7/m, \$0/plat equiv

Instructor: Daniel Martin

[YOGA IN THE PARK](#)

Tue, June 6, 13, 20, 27
9:30 - 10:30am

Connecting Mind and Body as you work through yoga poses outside in the Senior Center Courtyard.

*Please note class will be cancelled if the weather is raining or storming.

Fees: \$9/nm, \$7/m, \$0/plat equiv

Instructor: Marie Frederickson

[BOOTCAMP IN THE PARK](#)

Wed, June 7, 14, 21, 28
8 - 9am

Get your workout outside in the Senior Center Courtyard. We will work on strength, cardio and flexibility

*Please note class will be cancelled if the weather is raining or storming.

Fees: \$9/nm, \$7/m, \$0/plat equiv

Instructor: Heather Sand

[GOLF TRAINING IN THE PARK](#)

Fri, June 9, 16, 23, 30
10:30 - 11:30am

Strengthen, loosen, and increase range of motion in specific muscles that are important to your golf game.

Class will meet outside in the Senior Center Courtyard.

*Please note class will be cancelled if the weather is raining or storming.

*Limited to 10 Participants.

Please Make sure to Sign Up before the class.

Fees: \$9/nm, \$7/m, \$0/plat equiv

Instructor: Kaethe Boutelle

FITNESS CLASSES

Welcome Rebecca Gummow

Certifications

- ACE Certified Personal Trainer
- Silver Sneakers Yoga Instructor
- Silver Sneakers Classic Instructor

Areas of Expertise

My area of expertise is with individuals who have joint or medical conditions that make exercise challenging. I also enjoy working with new beginners or those who are beginning again.

Bio

My name is Rebecca Gummow and I am an ACE Certified Personal Trainer. When I was a kid, I was not interested in fitness or exercise, but in my early 20's I was overweight and facing some health problems. Fortunately, I had a friend who took me under her wing and gently introduced me to exercise and fitness. Several years later, I worked in a hospital setting as a physical therapist aide. There, I worked with patients with a variety of problems. After my daughter was born I became a Personal Trainer and began working with many different clients, some have been released from physical therapy, some with COPD, or Fibromyalgia, or other conditions. I also work with people with weight loss goals who may have other conditions too.

I have a menagerie of animals, including a daughter and husband, so I spend much of my free time caring for them, but in quiet moments I like to crochet and research fitness articles. I love helping people move and feel better and coaching them to their fitness and health goals.



FITNESS SPOTLIGHT

FITNESS COLLABORATION

POOL INFO

Approximately 15
volunteers lead the
Fitness Groups at
the Senior Center.

Volunteer pool
monitors are
needed for an
average of 62 hours
per week.

COLLABORATION WITH COMMUNITY ED

ADULT PICKLEBALL LEAGUE

An adult pickleball league will be played on Wednesday evenings at Riverside Lions Park on the new designated pickleball courts! The league is scheduled to run for eleven weeks and will be ladder play format. On the first night, players will have the opportunity to play with no recording of scores. Ladder play will begin the second week with a random partner draw and will transition into partners and groups being determined by each individual's overall accumulated score percentage. Each week, every group of four people will play a total of 6 sets (two sets with a different partner within that group). Players total and submit their ending team score for each game to the league supervisor. Accumulated totals determine the next week's bracket which will be sent to players by the end of each week (because standings are based on a point percentage for the games actually played, it is not a penalty to not have a score recorded if a player has to be absent. However, make-up games or finding a sub are options that will be discussed in further detail on the first night of the league). Medals will be awarded to the top three individuals at the end of the league. Rackets and balls are provided.

Cost \$45 paid to Community Ed of Northfield.

DO I REALLY HAVE TO SHOWER BEFORE GOING IN A PUBLIC POOL?

by Craig Swenson, Assistant Director, Fitness Coordinator

After being asked numerous times why there are so many signs about showering before entering the Senior Center Pool and being asked, "Is it really that important that everyone showers before entering a pool?" I thought I would write this little informational bit for individuals to understand the importance of showering before going into any pool.

Do I really have to shower before going in a public pool?

It often seems that most people enter pool areas dry, probably feeling confident that they are fresh and clean. But even if you just showered that morning, chances are your body has collected dirt, oils and other substances that can contaminate a pool. The U.S. Centers for Disease Control and Prevention estimates that on average, people have about 0.14 grams of some sort of substance on their skin or hair which can contaminate pool water.

Doesn't chlorine kill off most bacteria and germs?

Contrary to popular belief, the chlorine in pools does not kill all germs right away. It will kill most bacteria that cause illnesses in less than an hour -- but that's only if the chlorine and pH are at optimal levels. The bacteria that cause "hot tub rash" for example, can flourish in an improperly maintained pool.

Even if chlorine levels are ideal, many germs survive a few minutes, and while they are floating around in the water, they can be swallowed and cause diarrhea illnesses, especially in children, pregnant women and the elderly, or enter the eyes or ears to create other infections.

I am not writing this to scare you, I am writing this for a learning experience that it is better to shower before and after you use the pool for your safety and the safety of those around you.



Todd Middleton and Carl Henry,
1st Place in the U1400 doubles event

Bob Benson and Dave Wolf,
3rd Place in U1400 doubles event

The 8th Annual Table Tennis Tournament

The Northfield Senior Center hosted its 8th Annual Table Tennis Tournament on Saturday, May 6th at the Northfield Middle School.

The tournament packed the Northfield Middle School Gym and Auxiliary Gym and was considered one of the two largest Table Tennis Tournaments in Minnesota this year with 108 participants. These participants of various ages and skill levels traveled from numerous locations throughout Minnesota. The tournament consisted of singles and doubles events, and even had a live auction for a self-serving table tennis ball machine with the proceeds donated to the Northfield Senior Center.

We are very proud that we had 15 players from the Northfield Senior Center that participated in the tournament: Bob Benson, Armand Boehme, Jim Gill, Danny Gill, Jim Gillis, Rich Goodwin, Paul Grabowski, Carl Henry, Al Hoekstra, Roger Kuznia, Hongyuan Lang, Russ Margulies, Todd Middleton, Stu Sinykin, and Dave Wolf.

Congratulations to the local winners of the 8th Annual Table Tennis Tournament: Carl Henry and Todd Middleton captured the gold medals when they earned first place in the U1400 doubles event and Bob Benson and Dave Wolf won the bronze medals for third place in the U1400 doubles event.

If you are interested in trying Table Tennis, please don't be shy and join in on open Table Tennis at the Northfield Senior Center or contact Fitness Coordinator Craig Swenson.

EVENTS

A huge thank you to all the volunteers and to the Table Tennis Tournament Coordinator Don Diehl for putting on a spectacular tournament.

GROUP ACTIVITIES

The Cafe,
Book Club,
and Monday Movie
utilize about 15
volunteers every
week.

SUNSHINE CAFE

OPEN 11 - 1



JUNE HAPPENINGS AT THE SUNSHINE CAFE

Mon, June 5: Greg Smith and Friends

Thur, June 8: Site Council at 11:45

Wed, June 14: Birthday Party & Concrete Cowboy

Tue, June 20: Father's Day Lunch & Marilyn Finneseth

Fri, June 23: Neil Rowley



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

June: THE ROSIE
PROJECT

by Graeme Simsion

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

JUNE MOVIES MONDAYS AT 1 PM



June is Action/Adventure Month. Come prepared to sit on the edge of your seat and hang on without falling off for up to 2 hours. Perhaps bring a seatbelt. These movies are guaranteed to cause you to jump into a friend's lap so be sure to bring a friend!! All are 2016 movies.

June 5: INFERNO 2016
Tom Hanks and Felicity Jones

June 12: HELL OR HIGH WATER 2016
Jeff Bridges and Chris Pine

June 19: THE MAGNIFICENT SEVEN 2016
Denzel Washington and Chris Pratt

June 26: DESIERTO 2016
A movie you will hate but just can't quit watching!!!!

Table Tennis Congratulations!

Nine Northfield Senior Center Table Tennis Players competed in the Minnesota State Senior Games, May 18th through May 21st in Mankato taking home a total of 10 Gold Medals and 7 Silver Medals.

Congratulations to...

Armand Boehme

Judeen Brown

Jim Gillis

Paul Grabowski

Gary Johnson

Yuan Lang

Russ Margulies

Paul Stohl

David Wolf

It's Popcorn Time in Bridge Square!

The Senior Center's iconic Popcorn Wagon has arrived at its summer home in downtown Northfield. Consider volunteering at the wagon and help raise important funds for the Center! Contact Katie for more information. 664-3708 or katiefelland@nscmn.org Thank you!



VOLUNTEER

At least 35 volunteers staff the Popcorn Wagon for about 6 hours a day, 6 days a week from mid-May through mid-October.

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

About 48 volunteers are needed each week to keep the Used a Bit Shoppe operating efficiently. Please consider helping.



TRIPS

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

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.

A volunteer group of 9 members plan and lead Senior Center trips.

FUTURE TRIPS!

Northfield Historical Society Cemetery Stories
TBA Oct 2017

University of Minnesota Band Concert
Nov 19, 2017



[TWINS VS CHICAGO WHITE SOX BASEBALL GAME](#)

Thu, Jun 22
9:45am - 4:45pm

Join us for a bus trip to see the Minnesota Twins take on the Chicago White Sox at Target Field.

Cost: \$69
Sign up deadline: May 26

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

Thu-Sat, Jul 13-15
6:30am - 8:00pm

The Mystery Trip Returns!!
Time: depart 6:30 am, July 13, return 8:00pm, July 15

Once again the Travel Committee is taking fun-loving and daring members on a mystery trip. This July the trip will be for 3 days and two nights to ??? No telling where Norma will take you! The costs below include bus, hotel, tickets for events, tours and all meals except 1 breakfast, 1 snack, 1 lunch and drinks at meals. How daring and curious are you???

Fees: The 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

Group Leader: Norma Monroe

[THE GREAT RIVER SHAKESPEARE FESTIVAL](#)

The Great River Shakespeare Festival is composed of Shakespearean equity actors drawn from across the country. The core of the company returns each season and they provide the best interpretation of Shakespeare on Minnesota. This is their 14th season. We will again follow the schedule of the past several years: bus to Winona with Phillip Spensley giving us background on the play, the play at 2:00, dinner with the actors after the play, and a delightful early evening return to Northfield along the Mississippi.

Fees: \$90 for a single play, \$160 for both plays

Group Leaders: Bill and Char Carlson [COMEDY OF ERRORS - SHAKESPEARE IN WINONA](#)

Wed, Jul 5
11am - 8:45pm

Comedy of Errors tells the story of two sets of identical twins that were accidentally separated at birth.

[RICHARD III - SHAKESPEARE IN WINONA](#)

Wed, Jul 19
11am - 8:30pm

This is a powerful drama of deception, political manipulation and murder.

[TRIP: JONATHAN PADEFORD BOAT TRIP](#)

Wed, Aug 2
11:15am - 5:15pm

Join us for a narrated tour on an authentic sternwheeler along the mighty Mississippi. Sights along the way include: the St. Paul High Bridge, Pig's Eye's Cave, the Minnesota River mouth, and Pike Island. Lunch on your own before the cruise at Joseph's Grill.

Limit of 25
Cost: \$45

Sign up deadline: July 24

NORTHFIELD SENIOR CITIZENS, INC.

Minutes: Northfield Senior Citizens, Inc. Board of Directors meeting, April 27, 2017.

Directors present: Bernard Borene, Tom Brawley, Beth Endert, Duane Everson, Bill Gruszewski, Gordon Kelley, Ken Lee, Elizabeth Olson, Rita Olson, Jane Persons, Lee Runzheimer, Greg Smith, Yosh Soltis, Dan VanTassel

Absent: Mary Auge, Richard Jackson, Marvin Kormann

Staff present: Lynne Pederson, Craig Swenson, Elaine Grisim

1. CALL TO ORDER

Mayor Rhonda Pownell met for a Q & A with the board prior to the start of the meeting.

The meeting was called to order by Gordon Kelley at 3:11 p.m.

Action: The agenda was approved and seconded.

Action: Motion and 2nd to approve the March 23, 2017 board minutes as printed. Approved.

2. REPORTS

Review of Financial Reports
Bill Gruszewski reviewed the March financial statements.

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

Finance Committee

Bill Gruszewski reported. April 20 meeting minutes

were reviewed. Income is at 22.83% and expense is at 25.36% compared to projected 25%. Transfer from the Wells Fargo Investment fund and the Minnesota Community Fund were received in April. The estate gift from Pat Forsyth was also received in April. **Action:** Motion and 2nd to move \$50,000 from the checking account to the endowment fund. Approved.

Advancement Committee

Beth Endert reported. A representative from the Minnesota Community Foundation met with the committee to share ideas on fund raising. An Annual Fund Drive event was postponed due to booking issues. A new event will be planned.

Facilities Committee

No report.

Membership Committee

Elizabeth Olson reported. Membership numbers continue to grow. A request for new volunteers to join the committee was made.

Nominating Committee

Duane Everson reported. The following persons are nominated for positions:
Gordon Kelley – President
Duane Everson – Vice President
Tom Brawley- Treasurer
Beth Endert – Secretary
Motion and 2nd to accept the slate of officers as recorded.

Executive Director Report

Lynne Pederson reported. The annual insurance facility audit was done by our insurance carrier on April 20. There were no findings or recommendations.

Lynne, met with Gabberts designer to look at furniture and fabric choices for the lobby redesign, and Schmidt Construction designer to receive costs for replacing the coffee bar and reception desk. No costs have been received to date. Staff met with a St. Olaf professor regarding partnering with a student project this summer. The Uppity Women of Shakespeare performance, directed by Sylvia Langworthy, on April 23rd was well attended.

Motion and 2nd to approve all reports. Approved.

3. OLD BUSINESS

The Branding of the Center focus group has started meeting and is moving forward. The next meeting will be in a few weeks.

4. NEW BUSINESS

Gordon shared stories and insights he and Craig came away with after visiting 4 other senior centers in southern MN. The board will look into inviting City Administrator Ben Martig to a future board meeting.

5. ADJOURNMENT

The meeting was adjourned at 4:19 p.m.

BOARD OF DIRECTORS

The Senior Center Board of Directors, Officers, and Committee Members positions are held by volunteers

DONORS

Thank you to these April Donors

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MEMBERSHIP

Welcome to these new members

Jacquelyn Donner, David Skusa, Jennifer Kluzak, Brian Kretlow, Steven Burgstahler, Robert Carlson, Kathleen Mahowald, Angie Nielsen, Steven Lockler, Bradley Hanson, Patricia Hanson, Brian Boehmke, Wayne Kukacka



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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
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Beth Endert,
Barb Henwood,
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Sunday: 9am-4pm

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Friday & Saturday: 6am-6pm
Sunday: 9am - 4pm

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Thursdays: 10 am-7 pm



Volunteer Work Crew

7 members volunteer their time for all miscellaneous tasks that need to be done at the Senior Center and Used A Bit Shoppe.