



By Lynne Pederson, *Director*



The Cats Meow ...



I am amazed how Covid just keeps coming back into our lives. I wonder if Covid and the variants will eventually be accepted like we do in getting a cold or the flu? It does seem to continue to have power over how we live our lives. A couple of weeks ago Charlie and I were planning to attend an evening choir concert that our granddaughter was performing in. Right before we were to leave, I became very hot, tired and did not feel well. What did I immediately suspect? Covid. We scrambled to find a thermometer amongst the array of hodgepodge medical items that we keep in a bin on the upper shelf of the kitchen cabinet. A thermometer is not used much in our house so the hunt was close to trying to find the horseshoe during The Defeat of Jesse James Days. We found it, cleaned it with alcohol and took my temperature. It was normal. We opted out of going to the concert and I went to bed. The next day I was better, and found the thermometer still on the counter. As I was putting it away I noticed that written on the outside cover was, CATS. I had taken my temperature using the cats' thermometer! Eeew! Desperate times call for desperate measures... but "don't try this at home".

I have heard from many people in regards to me announcing my

retirement. The unique question has been, "what are your plans"? It has made me think about the question. The answer for now is - I don't have any plans. For the past 50 years I have made plans – planning activities, developing and managing low income housing, directing FiftyNorth, name changes, space changes, road trips, grandchildren outings, and I have loved every minute. Planning is in my DNA. I don't go through a day without thinking or asking myself...if I just did this, move this piece of furniture, went there to look, add this to my calendar, plant this pot, get a pillow in this color, make a to-do list... I have no doubts that I will have plans when I retire. I know that my days will fall into place, I will be busier than when I was working, I will go places that I have not had the time to see, and I will make to-do lists. I hope that the plans can be spontaneous, adventurous, and maybe not so planned. Thanks for the question and keep asking as I am learning and enjoying from hearing from your experiences in retirement.

For the past four years – yes, it has been since 2018 that plans to expand FiftyNorth

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On Display In The Gallery Cases

Quartz Crystals ~ by Sandy Dockstader

Quartz is found all over the world. There are several different types of quartz: clear, milky, amethyst, rose, citrine, lithium and smoky. The different colors in the quartz are due to minerals which seep into the quartz during formation, causing the color to change.

Most of the quartz on display are clear quartz from Mount Ida, Arkansas and Clear quartz Geodes from Keokuk, Iowa. There are three places in the world known for their quality clear quartz: Brazil, Madagascar and Arkansas. The Ouachita Mountains in Arkansas have an abundance of quality clear quartz crystal deposits. Last summer I went to Arkansas and Keokuk and mined the crystals and geodes that are on display.

The example of the early quartz shows how it was a milky variety like the sample in the first case. It has less of a crystal-like formation. As the proportions of silica and water change along with the temperature at formation, the quartz becomes translucent or clearer. Clear quartz can be considered optically clear. The quartz is so clear that it will disappear in water and you can read through it.

Quartz from Arkansas has been said to have the highest frequency of energy. Quartz crystals are piezoelectric (pie-EE-zoh-electric). This means that when a crystal is squeezed it releases a little electricity. The crystal will pulse at different frequencies. That is why quartz crystals are used in quartz watches.

There are many other metaphysical uses for quartz, it is believed to be a powerful stone. Quartz crystals with small lines or ridges along the faces of the crystal are called lemurian. Metaphysical believers feel these are records left in the crystal. Quartz crystals with a seven sided window are good for channeling. Quartz crystals with an eight sided window are used for grounding. The crystals come in many different forms, each with their own metaphysical properties and energy.



**SEE PAGE 9 FOR INFO ON SANDY'S CLASS:
QUARTZ CRYSTALS:
How They're Formed & Where to Find Them**

Date: Tuesday, June 28

Time: 10:30am – 11:30am



"Last summer I went to Arkansas and Keokuk and mined the crystals and geodes that are on display."
- Sandy Dockstader



Director's Message - cont.

have been in the discussion and design phase. The process started out at a good pace, determining what members wanted in new space, how to remodel the old space to better adapt to people's needs. Then Covid hit. Priorities changed and the expansion work was somewhat put on the back burner. I can happily report that the expansion work is back in the forefront. The first phase of the concept design has been finalized for the building. FiftyNorth expansion and remodel plan includes: expanded locker rooms, renovated classrooms, expanded lounge and café; newly built indoor pickleball courts, indoor walking track, fitness room and fitness studio; and more. The concept design will be presented to City Council in the next month with the intention for approval to move into the next phase which is to determine finances and the details of the space design. Soon we will be able to share more of the details, display the design concepts for new and remodeled space, explain what the finance needs will be, and the project timelines. Keep in mind as I do every day - Rome wasn't built in a day; all good things come to those that wait; patience is a virtue; if it is meant to be, it will be. Until next month...*onward and upward.* ■



11th Annual Northfield Table Tennis Tournament

FiftyNorth sponsored the 11th Annual Northfield Table Tennis Tournament for players (men and women) of all ages on Saturday, April 30th at the Northfield Middle School. The tournament featured a choice of three singles events and three doubles events.

In eleven years, the tournament has grown to be one of the largest table tennis tournaments held in Minnesota (with 82 participants this year)! Many of the highest rated players in Minnesota including from Rochester and the Twin Cities clubs participated in addition to many local players who are active in one or more of the five sessions of table tennis offered weekly at FiftyNorth. Seven players from Carleton College participated in the tournament as well.

Players from Northfield finishing as medalist included: Hongyuan Lang (U800 Singles 2nd Place), Jim Gill and Neil Lutsky (partners in the U1400 Doubles Division 2nd Place), and Dave Wolf and Armand Boehme (partners in the U1400 Doubles Division 3rd Place).

The tournament was especially highlighted by a high number of young players, ages 8-17 who played exceptionally well. The tournament does not have any age restrictions or age levels, so it's common to see multi-generational matches i.e. players who may be 8, 9, or 10 years old competing with players in their 50's, 60's, 70's, and 80's!



Pictured: Tom Graupmann and Hongyuan Lang



Pictured: David Wolf and Armand Boehme



A Huge Thank you to Tom Graupmann (Volunteer Table Tennis Tournament Coordinator) and all the amazing table tennis volunteers for making the 11th Annual FiftyNorth Table Tennis Tournament a huge success.



Wellness




FOOT CARE 101 Wednesday, June 8 9:00am-12:00pm

Learn how important your feet really are... Did you know that your feet have over 7000 nerve ends? Did you know that your feet help guide you with your coordination and stability? In this 3-hour class learn the structure of the foot, tips on how to keep your feet healthy by exercising them and routinely tending to your feet to help keep you on your toes, stable, strong, and coordinated.

Instructor: Marcy Kramer
Capacity: 18
Cost: \$27 nonmbr, \$21 mbr, \$0 platinum
Space: Room 103

2022 IN-PERSON LAND BASED FITNESS CLASSES (updated June 1)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		EXPRESS STRENGTH (6:15-6:45)		EXPRESS STRENGTH (6:15-6:45)	CARDIO & STRENGTH INTERVALS 6:15-7	
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						
8:30 AM						
9:00 AM	CARDIO DANCE AND DRUMSTICKS (9:15-10)	BEGINNING YOGA (VINYASA) (9:15-10:15)		SLO FLO YOGA (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) No open fitness	YOGA FUSION (9:30-10:15)
9:30 AM						
10:00 AM						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	TABLE TENNIS (1:30-3:30)	TABLE TENNIS (1:30-3:30)	LINE DANCING (1-2)	TABLE TENNIS (1:30-3:30)		
1:30 PM						
2:00 PM						
2:30 PM						
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						

INTENSITY KEY: 

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

BLUE – Mid-range
PURPLE - Gentle
GREEN – Group Activity



Wellness



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

**A MATTER OF BALANCE
(ST. OLAF PROGRAM)**
Tuesdays & Fridays
June 7, 10, 14, 17, 21, 24, 28, July 1
9:00-10:30am

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. St. Olaf students, under the supervision of instructor Jenny Holbein, will teach practical strategies to manage falls. Participants will be paid \$20 for completing the entire program.

(8 sessions)

Instructor: St. Olaf College

Capacity: 18

Cost: Free

Space: Room 103

2022 AQUA FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-6:45AM	OPEN SWIM 6-6:45AM	
6:30 AM						
7:00 AM	AQUA SUNRISERS 7:00-7:45AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:00-7:45AM	EARLY BIRD AQUA 7:00-7:45AM	AQUA SUNRISERS 7:00-7:45AM	OPEN SWIM
7:30 AM						
8:00 AM						OPEN SWIM
8:30 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	
9:00 AM		OPEN SWIM		OPEN SWIM		OPEN SWIM
9:30 AM	S&F AQUA FIT ' N TONE 9:15-10:00AM		S&F AQUA FIT ' N TONE 9:15-10:00AM		S&F AQUA FIT ' N TONE 9:15-10:00AM	
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	
12:30 PM						FAMILY SWIM 12-1:45PM
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		OPEN SWIM	OPEN SWIM	OPEN SWIM		
4:30 PM	WATER VOLLEYBALL 4-5:45PM				WATER VOLLEYBALL 4-5:45PM	
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



Wellness

CPR AND FIRST AID

Wednesday, June 8

9:00am-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

Space: Room 105



2022 VIRTUAL LAND BASED FITNESS CLASSES (updated June 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)	CARDIO & STRENGTH INTERVALS (6:15-7)	
6:30 AM						
7:00 AM		STEP INTERVALS (7-7:45)		KICKBOXING AND STRENGTH (7-7:45)		
7:30 AM			SLO FLO YOGA (7-8)			
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						
9:00 AM	YOGA STRETCH (9-10)	CARDIO DANCE AND DRUMSTICKS (9:15-10)	BEGINNING YOGA (VINYASA) (9:15-10:15)		INTERMEDIATE YOGA (9-10)	SIMPLE STRETCH (9-9:45)
9:30 AM				SLO FLO YOGA (9:15-10:15)		
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





New Personal Trainer: Meet Tina Moen



Meet Tina Moen

Bio:

Tina Moen is a new resident of Northfield, MN and excited to get to know everyone! She has a passion for working with the aging population and keeping everyone mobile and moving without pain. She's

been personal training for 19 years and enjoys being active herself. She enjoys SUPing, biking, yoga, being out in nature and traveling. She enjoys spending time with her husband Eric and two children, Mila (5) and Henrik (3) as well.

DEGREES:

- M.ED Applied Kinesiology
- B.S. Exercise Science

CERTIFICATIONS:

- American Council on Exercise: Personal Trainer
- American Council on Exercise: Senior Fitness Specialist
- ASFA Certified Water Aerobics Instructor
- American Institute of Vedic Studies: Ayurvedic Consultant
- MovNat: Level 1 Instructor
- CrossFit: Level 1 Instructor
- PaddleFit: Level 2 Instructor
- YogaFit Incorporated: Level 1 Instructor
- KRANK, LeMond & Schwinn Cycling: Certified Instructor
- NOLS Wilderness First Responder

Favorite Quote:

“If it doesn’t challenge you, it won’t change you.”

GROUP EXERCISE CLASS CHANGES

CANCELLED

▲ **ZOOM Core and More** on Tuesdays and Thursdays at 10:30am with Rebecca Gummow

NEW CLASS

▲ **EXPRESS STRENGTH - In-Person and ZOOM**

**Tuesdays and Thursdays
6:15-6:45am**

Start your day out right by getting a full body workout in 30 minutes. Nationally certified trainer Heather Rataj will put you through a vigorous half hour workout targeting all the major muscle groups of the upper and lower body.

Instructor: Heather Rataj

CLASS TIME-CHANGE

▲ **STEP INTERVALS - In-Person and ZOOM**

**Tuesdays
7:00-7:45am**

A heart pounding, calorie burning, high intensity step aerobic workout. During the class you will be guided through various step aerobic intervals to get your heart rate up and burn those pesky calories.

Instructor: Heather Rataj

▲ **KICKBOXING AND STRENGTH - In-Person and ZOOM -**

**Thursdays
7:00-7:45am**

Enjoy a great cardiovascular and full body strengthening workout with Heather Rataj.

Instructor: Heather Rataj



Movie Fridays!

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

**MOVIES
START
AT
1:00PM**

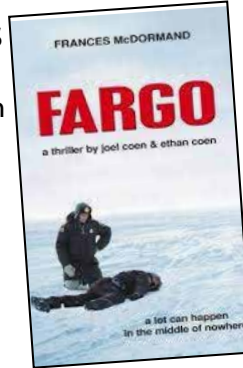
You will find that in the month of June we have selected mostly classic and older movies that you may have missed before and would like to see or you may have forgotten many parts and would like to refresh your memory and laugh a lot. The new movie we present to you is this years' **West Side Story**.



JUNE 3: A WALK IN THE WOODS

2015 104 mins.

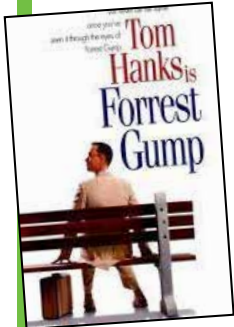
Celebrated travel writer, Bill Bryson (Robert Redford), challenges himself to hike the Appalachian Trail. The peace and tranquility he hopes to find is anything but, when the only person willing to join him is his long lost friend Katz (Nick Nolte).



JUNE 17: FARGO

1996 98 min. mins.

Nominated for 7 Academy Awards and winner of 2 A thriller by the brothers Joel and Ethan Coen, this darkly amusing thriller combines a first-rate cast, a dazzling mix of mirth and malice, and a bizarre kidnapping plot that unravels the Midwest like never before.



JUNE 10: FORREST GUMP

1994 141 mins.

Tom Hanks gives an astonishing performance as Forrest, an everyman whose simple innocence comes to embody a generation. Also stars Sally Field.



JUNE 24: WEST SIDE STORY

2022 156 mins.

From producer and director Steven Spielberg comes West Side Story, an adaptation of the 1957 musical. The film tells the tale of forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.



Lifelong Learning

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: FiftyNorth front desk

HVISTENDAHL TO GIVE TALK ON HISTORY OF THE ARCHER HOUSE

Saturday, June 11

10:00-11:00am

Local historian Susan Hvistendahl was among those watching in horror on Nov. 12, 2020, when a fire which started in the Smoqehouse restaurant spread throughout Northfield's iconic 1877 Archer House and led to its demolition this past January.

Her 2015 "Historic Happenings" book about Northfield people and events had included a history of the hotel which had gone through a \$1.1 million renovation in 2011. Last year, a second edition of this book published by By All Means Graphics in partnership with the Northfield Historical Society included a "Tragic Addendum" about the fire. Hvistendahl will give an update on her research as she talks about the history of the Archer House, from its opening in 1877 through 2022. Photos, videos and more will be used as illustrations. A book signing will follow the presentation.

Presenter: Susan Hvistendahl **Capacity:** 30

Cost: FREE **Space:** Room 103



Susan Hvistendahl
to give talk on
History of the
Archer House



Lifelong Learning



THE ESSENTIAL DOCUMENTS YOU NEED TO COMPLETE

Tuesday, June 21
10:00-11:30am

Do your loved ones a favor by preparing and organizing important documents. This will help them make financial decisions, act on your behalf and follow your wishes. Jacqui Dorsey, an attorney with the law firm Hvistendahl, Moersch, Dorsey and Hahn, will present a hands-on information session. You will become acquainted with helpful forms and can ask questions about their use.

Presenter: Jacqui Dorsey
Capacity: 30
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: Room 103



QUARTZ CRYSTALS: How They're Formed & Where to Find Them

Tuesday, June 28
10:30-11:30am

Ever wonder how quartz crystals are formed and where to find them? Join Sandy Dockstader in a class all about quartz. Sandy will bring samples of a variety of quartz crystal from all over the world and share her experience mining quartz crystals in Arkansas. Quartz is an amazing crystal that forms in a variety of shapes, colors, and sizes. It can be found as crystals, clusters, geodes and much more. Quartz has many metaphysical properties and uses. Come and learn about many of the interesting facts about quartz.

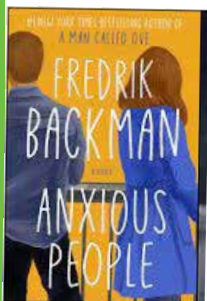
Note:
Sandy has a display of quartz and crystals in the FiftyNorth Gallery cabinets throughout the month of June.

Presenter: Sandy Dockstader
Capacity: 20
Cost: \$9 nonmbr, \$7 mbr, \$0 platinum
Space: Room 103

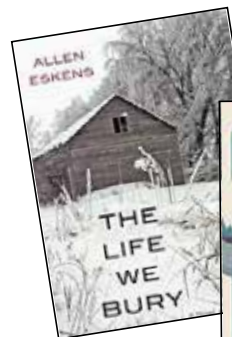


Book Club

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



JUNE
ANXIOUS PEOPLE
-by Fredrik Backman
 Anxious People is about a failed bank robbery that turns an apartment viewing into a hostage situation and the subsequent investigation into it. The victims are argumentative and difficult, the bank robber is distraught and the realtor is incompetent.



JULY
THE LIFE WE BURY
-by Allen Eskens

AUGUST
HUDSON BAY BOUND
- by Natalie Warren



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 - JAMES A. GARFIELD NATIONAL HISTORIC SITE

Tuesday, June 7
1:00-2:00pm

At first glance, Abraham Lincoln and James A. Garfield have some obvious similarities: they were both bearded Republican presidents struck down by assassins. But there's much more to the story than that! Lincoln and Garfield knew one another and shared many similar views. In fact, without Lincoln's intervention, James Garfield might never have served in Congress or become President of the United States. But there were also some stark differences between the two as well, and Garfield privately expressed frustration with President Lincoln. This presentation will explore many of the similarities and differences.

SLN - EXPLORING LINCOLN IN WASHINGTON: NATIONAL MALL AND FORDS THEATRE

Tuesday, June 14
1:00-2:00pm

Ford's Theatre and The National Mall and Memorial Parks join forces to explore what Washington, D.C., was like for President Lincoln and how the city has grown and changed over time.

SLN - CASA GRANDE RUINS NATIONAL MONUMENT

Tuesday, June 21
1:00-2:00pm

The building of the Casa Grande was a major event of the Classic Period (1100 – 1450 C.E.). The best dating methods available indicate that this large, caliche structure was built during the 1300's. The construction appears to have been well planned and organized, requiring tons of material and a huge cooperative effort on the part of many people. Today we can only marvel at the Casa Grande and try to imagine what it was used for. Though many theories have been suggested, we still aren't sure as to its purpose. All we can assume is that the Casa Grande must have been very important to the people who built it. Join us as we learn about this fascinating mystery in Arizona!

SLN - TRUMAN PRESIDENTIAL LIBRARY: THE UPSET OF THE CENTURY

Tuesday, June 28
1:00-2:00pm

"The Upset of the Century: The 1948 Election" Truman's approval in 1948 was at an all-time low. Still, he enjoyed being President. He threw himself into the challenge of his long-shot reelection bid with confidence and verve. His aggressive cross-country "Whistle Stop" campaign began nearly broke.

Defections by southern "Dixiecrats" on the right and Henry Wallace supporters on the left endangered the party. Yet these setbacks only energized Truman. He predicted victory using his own electoral calculation.

Flanked by Bess "The Boss" Truman and crowd favorite Margaret, he crisscrossed the country three times by train. He met with midwestern farmers and cheering crowds in Harlem. He stressed high prices and housing. He attacked the "Do Nothing" 80th Congress. In the last, campaign where television did not play a role, Truman spoke directly to the voters.

His win over the heavily favored Republican candidate, Thomas Dewey was one of the greatest upsets in U.S. political history.



Art Classes

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: *FiftyNorth* front desk



JAPANESE SHIBORI AND INDIGO DYEING

Tuesday, June 7

10:30am - 3:30pm

(5 ½ hour class with ½ hour break)

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

We will make a plant based natural indigo vat and discuss some of the history of indigo growing and dyeing. It is said that indigo blue made Levi Strauss famous.

During class students will dye two organic cotton napkins with shibori patterns and another item of their choice. A cotton bandanna or cotton and silk scarf. Students will take home a small indigo vat. Included in Fee: two organic cotton napkins, a scarf or bandanna, and materials for an indigo Vat

Supply List Students Need to Bring:

- Rubber gloves
- Old clothes
- Rubber Bands
- Embroidery needles
- C clamps if you have them
- Small sharp scissors
- Two paint stir sticks
- Erasable fabric marking pen
- ½-gallon glass jar and tight lid (I make fresh vats in the class and students can take home a small vat.)

Presenter: Judy Saye-Willis

Capacity: 10

Cost: \$65 nonmbr, \$55 mbr, \$35 platinum

Space: Room 105

COMPOSITION X NINE: How to make an interesting drawing or painting using a very old theory

Tuesdays, June 14 & 21

10:00am - 12:00pm

THE RULE OF THIRDS (two vertical lines, two horizontal lines = nine boxes)

The rule of thirds dictates that if you divide any composition into thirds, vertically and horizontally, and then place the key elements of your image along these lines or at the junctions of them, the arrangement achieved will be more interesting, pleasing and dynamic. This theory goes back to Medieval Art.

It is used frequently by photographers, but also painters and artists use the rule of thirds. However, it also works for a variety of other subject matter including still lifes, figures and portraits. Learning about rules such as this (i.e. Golden Ratio) will improve your art and design.

USING THE RULE OF THIRDS/NINE HELPS ARTISTS:

1. Determine, then possibly change the focal point
2. Understand how to utilize the Rule of Thirds to refine use of lines, shapes, color, and values, texture and perspective.
3. Create an interesting and vibrant painting, drawing, or print.

MATERIALS to bring

1. Your choice of images, photo or actual object that fits the subjects below.
2. A favorite pencil and/or pen for drawing
3. Scissors

CHOOSE ONLY 1

- PORTRAIT: (BRING A PHOTO OF YOUR CHOICE)
- STILL-LIFE OBJECTS: (TEA POTS, BOWLS WITH FRUIT, VASE, ETC.)
- FLORAL/LEAF ARRANGEMENT
- EXOTIC BIRD OR BIRDS

Instructor: Kate Douglas

Capacity: 12

Cost: \$45 nonmbr, \$35 mbr, \$20 platinum

Space: Room 105



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, June 8
1:00-5:00pm

**AARP SMART DRIVING
4-HOUR REFRESHER COURSE**
Monday, June 20
9:00-1:00pm

**AARP SMART DRIVING 4-HOUR
REFRESHER COURSE**
Wednesday, June 22
1:00-5:00pm

**AARP SMART DRIVING 4-HOUR
REFRESHER COURSE**
Thursday, June 30
1:00-5:00pm

**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





Travel News!

TRAVEL COMMITTEE

Travel committee is looking for volunteer members to join the wonderful travel committee. Committee Members meet once a month to help organize and lead trips. The next Travel Committee Meeting is June 9th (Thursday) at 1 pm. For more information please contact Craig Swenson at craig.swenson@fiftynorth.org or call 507-664-3702.

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

Summer fun ahead!!

TRIP - ST. PAUL SAINTS VS. ROCHESTER REDWINGS

Wednesday, June 8

5:00-11:00pm

Game time 7:10pm

Join us for a bus trip to see the crazy baseball antics as the Saint Paul Saints take on the Rochester Redwings. Bring your friends and experience the great American pastime of baseball!

Trip Leader: Jim Estrem

Capacity: 25

Cost: \$55

Registration Deadline: June 5



TRIP - MINNESOTA TWINS VS. MILWAUKEE BREWERS

Wednesday, July 13

10:15am-4:15pm

Game time 12:10pm

Enjoy an afternoon of fun in the sun at the Twins Target Stadium as you watch the Minnesota Twins go against the Milwaukee Brewers. Trip includes seats for the game and bus ride up to the game and back. Meal not included in price.

Trip Leader: Jim Estrem

Capacity: 25

Cost: \$72

Registration Deadline: June 21



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



April 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!*

Karen Achberger
 Joyce Ahlman
 Berit Anfinson
 David & Joey Appleyard
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 Kenneth & Sharon Steinhouse
 Craig Swenson
 Allan & Nancy Swenson
 Dale & Rose Turnacliff
 Anne Ulmer
 Erwin & Judy Ulrich
 Linda Wagenbach
 Reed Wahlberg
 Patricia Warner
 Blanche White



April New Members

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

Joyce Ahlman, Michael Cremer, Ken DeGroot, Dorothy (Dot) Dykema, Brianna Hohman, Todd Johnson, Mary Kern, John Lawrence, Laurie MacKenzie, Jim Malloy, Maja McDonald, Jackie McNeil, Rebecca Messer, Bill Miller, Joan Nelson, Cynthia Neubecker, Richard & Tammy Nodland, Catherine Phillops, Gary & Irene Shaske, Leah Wellstone, Stephen & Colleen Zastrow



Mask Requirement at FiftyNorth



We are following the Centers for Disease Control (CDC) guidelines regarding the need to wear masks. High level in Rice county means we will require masks at FiftyNorth; Low and Medium levels we will have masks optional.

The CDC reevaluates the county COVID levels every Thursday, and we will adjust mask requirements as necessary. The CDC website to check the county level is:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

WELCOME

Bluff View

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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/ Community Outreach:

Patty Ciernia
507-664-3709 | patty.ciernia@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, Cathy Graff, 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