



# FiftyNorth Report

**JANUARY 2022**  
Where Active Adults Gather.



**CLOSED SATURDAY, JANUARY 1**

By Lynne Pederson, *Director*



## Seems Like Just Yesterday...

YIKES! It's January, 2022. Where did the time go? My wish for us all is that we will celebrate being another year older, always wiser, and enjoying FiftyNorth. It is the beginning of my 15th year at FiftyNorth as Director. Whew! Who knew that would happen? December was a whirlwind month – Holiday party showcasing FiftyNorth musical groups made up of our own talented members and friends in the community, creative art classes that are producing projects that many didn't realize that they could do and asking for more, fitness classes for all levels of energy, learning network interactive classes when ended leaving participants thinking...wow, I did not know that. Card groups are growing in numbers of players ever hoping to make the high scores of the week. The water volley ball group has

grown to playing 2x a week. Fun! The softball team is practicing in the Dome to ready themselves for games scheduled in Spring. The Pedalers Bike group may have hung up their bikes for the winter but continue to meet for coffee and walks each week. And then there is a whole other group of members that are participating online, faithfully pulling their mats out to do yoga and other classes in the comfort of their homes. This describes what happened in December, and you can count on January and the following months to offer the same, with offerings interjected for trying something new. Fun. Engaging. Active. Connecting with others. Makes me feel good and healthy just thinking about it.

*(continued on p. 8)*



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“The bad news is time flies.  
The good news is you're the pilot.”

— Michael Altshuler

**4** **PERSONAL TRAINERS**  
at FiftyNorth who are ready to help with your flight plan.  
(see p. 8)



# Hello 2022!





## In The Gallery

**Robert Nyvall - Oil Painter**

*Exhibiting January 6 through February 11*

**Next Up:**

**Robert Nyvall - Oil Painter**

### ABOUT THE ARTIST:

I am a retired University of Minnesota Professor of Plant Pathology. I grew up on a farm in northern Minnesota and after high school, joined the Marine Corps and was stationed on Okinawa and Guantanamo Bay Cuba. After my service I attended the University of Minnesota, majoring in Forest Management. During this time I married my life's companion, Sandra, who has blessed me with two wonderful children and in turn, four grandchildren.



I became interested in plant diseases while working as a laboratory technician in

the Plant Pathology Department at the University of Minnesota. I was admitted to graduate school at the University, majoring in plant pathology and minoring in soil science. I obtained my Ph.D. in 1969.

After graduation I took a post doctorate at Washington State University working on



diseases of peas and other vegetable crops. In 1971 I joined the faculty at Iowa State University working on corn and soybean diseases. After 16 years, I returned to Minnesota as a professor on the faculty of the University of Minnesota; first serving as an administrator of the North Central Research and Outreach Station in Grand Rapids and then as a research plant pathologist working on diseases of cultivated wild rice and biological control of weeds.

My avocations, besides painting, are gardening, reading, history, traveling, and golf. I am primarily interested in the life of Captain James Cook, the American Civil War, World War II and biographies of historical figures.

I have been painting with oils for over 50 years. Landscapes, water, animals and especially old barns are my primary subjects. Most of my commissioned works are paintings of old barns on family farms requested by family members before these buildings are either burned down for fire practice or slowly rot away like an old carcass. Sadly most of these grand old buildings are disappearing from rural America. ~ Robert Nyvall

### ARTIST RECEPTION:

**TBD - (early February)**

**Watch for the date in your February**

**Newsletter.** You will have a chance to hear Robert talk about his work while enjoying music and refreshments.







# Member News



## FRIENDLY REMINDER

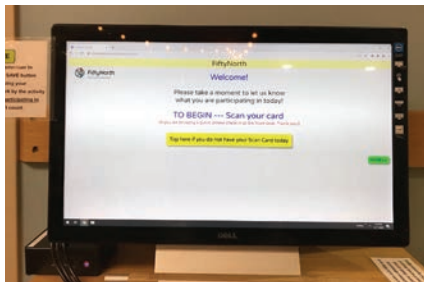
As the weather outside is at times frightful the inside of FiftyNorth is hopping with over 50 onsite fitness classes a week, table tennis, one of the best warm water pools and 3 of the top personal trainers.

Due to the weather many of us are needing to add extra layers such as jackets, mittens, stocking caps, scarfs, etc... Please remember that we ask you to please put your gear away in either the lockers in the locker room, or cubbies near the fitness studio. Keeping things tidy helps increase our safety and decreases tripping hazards.

— Thank you - *Craig Swenson*

**Also, PLEASE CHECK IN EVERY TIME** that

you come to the center. It is a financial lifeline of FiftyNorth.



## THE NEIGHBOR LADY

Let me do that for you.



**Non-medical Senior Home Care**  
Light Housekeeping  
Errands • Companionship  
Technology Support

**Stacey Greer**

TheNeighborLady.com • 612-839-2286  
Serving Northfield and surrounding communities



## TRANSPORTATION TALK

**Wednesday, January 12**  
**10:30-11:30am**  
or

**Wednesday, January 26**  
**2:00-3:00pm**

What's working?  
What's not?  
Any ideas to share?

### Transportation Needs Assessment: Seeking Input

Have ideas, concerns, or opinions about transportation in Northfield? The City of Northfield wants to hear from you! A Transportation Needs Assessment is being conducted to inform the priorities of the Sustainability Program Coordinator and other city staff.

You can share your transportation experiences in Northfield by speaking with Stephanie Bramwell, the City of Northfield's AmeriCorps VISTA Sustainability Associate. Stephanie will host 2 discussions on transportation in room 103 at FiftyNorth on Wednesday, January 12 from 10:30-11:30am and Wednesday, January 26 from 2:00-3:00pm.

Participant names will not be collected, only your experiences and stories. Feel free to join us for five minutes or for an hour.

We want to know your thoughts about driving, riding the bus, walking, and biking in Northfield. How do you move within and beyond Northfield? What do you wish was different?

**If you have any questions, or would like to share your transportation experiences outside of these group discussions, you can contact:**



Stephanie at [stephanie.bramwell@ci.northfield.mn.us](mailto:stephanie.bramwell@ci.northfield.mn.us) or 507-645-3042 between 8:00 a.m. – 4:00 p.m. Monday through Friday (please leave a message and she will get back to you within 24 hours).



# Fitness News

## FRIDAY LINE DANCING

Line Dancing will move from 12 noon to 1 pm on Fridays beginning January 7.

*FiftyNorth Line Dancing Class*



# Fitness New In-Person Class

## YOGA FUSION

**Fridays, 9:30-10:15am**

Enjoy a fusion of yoga poses, functional fitness and stretches on a yoga mat. Sheilah will bring you through a full body yoga class focusing on strength, stretching and relaxation.

**Instructor:** Sheilah Giles

**Class Limit:** 18

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

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
6:30 AM	CARDIO & STRENGTH INTERVALS (6:15-7)	STEP INTERVALS (6:15-7)		KICKBOXING AND STRENGTH (6:15-7)	CORE & STRETCH (6:15-7)	
7:00 AM			SLO FLO YOGA (7-8)			
7:30 AM						
8:00 AM	TAI CHI (8-8:45)					
8:30 AM					TAI CHI (8:30-9:15)	STRONG Nation™ WITH VICTORIA NOLASCO (8:30-9:30)
9:00 AM		BEGINNING YOGA (VINYASA) (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) NO open fitness	SLO FLO YOGA (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) No open fitness	
9:30 AM	CARDIO DANCE AND DRUMSTICKS (9:15-10)		CARDIO DANCE (9:15-10)		YOGA FUSION (9:30-10:15)	
10:00 AM						TABLE TENNIS
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)		LINE DANCING (1-2))	
1:30 PM						
2:00 PM	TABLE TENNIS	TABLE TENNIS		TABLE TENNIS		
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	ZUMBA WITH VICTORIA NOLASCO (5-6)		ZUMBA TONING WITH VICTORIA NOLASCO (5-6)			
5:30 PM		INTERMEDIATE YOGA (5:30-6:30)				
6:00 PM						
6:30 PM						

**INTENSITY KEY:**

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

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



# 5-Week Workshop



## SOMATICS 5-WEEK WORKSHOP

**Fridays, January 14, 21, 28,  
February 4, 11  
2:30-4:30pm**

Somatic Movements are gentle, slow movements that focus on the internal sensation of movement. Somatic Movements prepare you to move well in whatever activity you love to do. These classes are the best way to keep your Somatic Movement

practice current, improve your quality of life, and keep your body and mind grounded. In this 5-week course you will learn the benefits of Somatic Movements and integrate Somatics into your daily routine.

**Instructor:** Cheryl Ramette

**Capacity:** 20

**Cost:** \$45 nonmbr, \$35 mbr, \$0 Plus, Platinum

### 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						



## 2022 VIRTUAL LAND BASED FITNESS CLASSES (updated January 1)

### AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	CARDIO & STRENGTH INTERVALS (6:15-7)	STEP INTERVALS (6:15-7)		KICKBOXING AND STRENGTH (6:15-7)	CORE & STRETCH (6:15-7)	
6:30 AM						
7:00 AM						
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)	CARDIO DANCE (9:15-10)	SLO FLO YOGA (9:15-10:15)	INTERMEDIATE YOGA (9-10)
9:30 AM						
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)	CORE AND MORE (10:30-11:30)	SILVER SNEAKERS (10:30-11:30)	GENTLE CHAIR YOGA (10:30-11:30)	CORE AND MORE (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)	LINE DANCING (1-2)
1:30 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)	CARDIO STRENGTH MIX (5-5:45)			
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						

**INTENSITY KEY:**

**PINK** – High Intensity

**BLUE** – Mid-range

**PURPLE** - Gentle



## Wellness



### 2022 - THE YEAR OF HEALTH AND WELLNESS

**Wednesday, January 5  
9:00-11:30am**

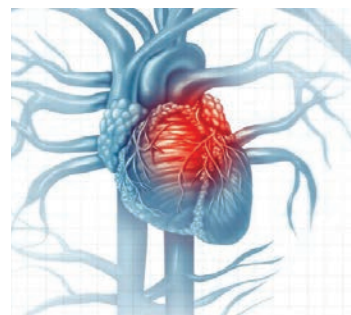
Learn about the daily importance of staying active, hydration, sustainable habits, and quality sleep. In order to keep yourself on track to wellness we all need to learn how to make goals and achieve them. Learn by Marcy Kramer, doctor of Physical Therapy, on how to set short term and long term goals and how to achieve each one of your goals, No goal is never too far out of reach.

**Instructor:** Marcy Kramer

**Capacity:** 15

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

**Space:** 103



### CARDIOVASCULAR DISEASE 101

**Wednesday,  
February 9  
9:00-11:30am**

Cardiovascular disease is the leading cause of death in both men and women in the

United States over the age of 50. Learn What types of Cardiovascular disease there are, what are the causes of the disease, what are ways to prevent the disease and what are the treatments available.

**Instructor:** Marcy Kramer

**Capacity:** 15

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

**Space:** 103

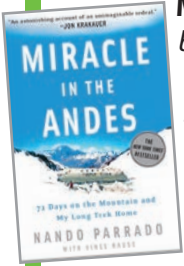




# FiftyNorth Book Club

The Book Club meets the 2nd Friday of the month at 10:30 in room 105. Questions: call Katherine Collman at (507) 645-1357.

## JANUARY



### MIRACLE IN THE ANDES: 72 DAYS

by Nando Parrado

Miracle in the Andes is Nando Parrado's true account of his struggle to survive after the plane chartered by his rugby team crashes into the Andes Mountain range near Chile. ... They crashed on a glacial mountain ridge and had only the airplanes remaining fuselage for protection.

### FEBRUARY: THE THURSDAY MURDER CLUB

by Richard Osman

### MARCH: THIS TIME NEXT YEAR WE'LL BE LAUGHING

by Jacqueline Winspear



LuAnn Raadt on Winter Wellness with Herbs

This event is at the Northfield Public Library



## LuAnn Raadt on Winter Wellness with Herbs

Bunday Room,  
Saturday January 22  
1:30 – 2:30 pm

Masks required for this indoor program, social distancing will be observed.

**Please register in advance with the Northfield Public Library.**

# Start Building Your Dream Home In 2022!



**Cannon River Valley Estates** DUNDAS, MN



**Bluff View** NORTHFIELD, MN

**CUSTOM-BUILT HOMES • IDEAL FOR SENIORS • MOVE IN SUMMER 2022**



Johnson-Reiland is a family-owned custom build and design firm that is the winner of four Reggie awards – come design your custom home with us today!

**jrbr.builders | 507.366.1288**

Builders ID BC636389





## Director's Message - cont.

January highlights include a presentation by a Naturalist from River Bend Nature Center talking about birds – “Beak to Tail Feathers”, page 9. I find it delightful to watch birds at the feeders during winter, so it is a good fit to learn more about our feathered entertainers. Personal Trainers are back in action, offering 1:1 guidance with you to determine fitness goals, weight loss, increasing stability etc. If you want a little attention and expert help in how to work out the kinks, or set-up a personal routine, see advertisement below for contact details.

Victoria Nolasco is a new fitness instructor that is leading a high intensity Zumba class. It is so fun to watch her lead the class; her energy is amazing. If you have been wanting more intensity in a class, this may be for you. And don't be scared off that you may not be able to keep up. You can follow at your own pace, and as I would do, make up steps as you go along. It's not as much about doing it exactly as Victoria is as much as just move, feel the beat of the music, and have fun! Right? Marcy Kramer, physical therapist and instructor will be teaching a class on fitness goals – what is right for you, and how to work towards them. Goals are tough – I could be the poster child for setting fitness goals...and then not so much. Sounds like Marcy can give tips on how not to take my path. And there will be a fitness class on Somatics – I had to ask Craig what this is. It is a class on mind, body connection so when you move, getting you to use the muscles that you should be using. Maybe not so much intensity but having more

“ah ha” moments as to “so this is what I should be doing”. Of course, read the Newsletter for all of the fabulous classes and opportunities to take part in.

**Last but never, never, least,** I would like to convey my appreciation, and awe in knowing how generous and supportive FiftyNorth members are. Members show this – donating money, volunteering time, renewing membership, participating, signing-in, enjoying and attending the programs offered. In the past three months, members have given generously by donating to the Annual Fund Drive. The fund does not close until the last day of the year, donations are still being accepted, and the final total is not yet known, but the goal has been surpassed. People give in different ways – cash, check, credit cards, stock, investment dividends, and in many different denominations. Members gave in ways that they can, amounts that fit for them financially. The common denominator is that behind each donation is the member with the heartfelt desire to support and help FiftyNorth as the organization that is personally important to them. I am humbled and proud of how members (YOU) step up to support and recognize that what FiftyNorth represents and offers to you and the community is important to sustain. THANK YOU. FiftyNorth members, you are the BEST! *Until next time... onward and upward.* ■

## Used-A-Bit Shoppe



**2 STORES: Household and Furniture & Art**  
(Proceeds support FiftyNorth)

**Open 10AM-5PM, Tues-Saturday**

Accepting donations.

Please call (507) 645-1399

624 Water St S, Northfield, MN - Riverpark Mall







# Lifelong Learning

Please pre-register for all classes:  
**By Phone:** 507-664-3700  
**Online:** [www.FiftyNorth.org/classes](http://www.FiftyNorth.org/classes)  
**In Person:** *FiftyNorth* front desk



## CPR AND FIRST AID

**Tuesday, January 18**

**9:00am-12:00pm**

**CPR & AED  
FIRST AID**

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.

**Instructor:** Jon Bolster

**Capacity:** 10

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



## River Bend NATURE CENTER



## BIRDS: BEAK TO TAIL FEATHERS

**Wednesday, January 19**

**11:00am-12:00pm**

Explore what makes a bird a bird; from the smallest to the largest, local and across seas to the flightless and beyond. The program will include a presentation and artifacts to take a closer look at why birds are so captivating.

**Presenter:** Katy Anderegg, Naturalist/Operations Manager, Riverbend Nature Center, Faribault MN

**Capacity:** 30

**Cost:** \$12 nonmbr, \$7 mbr, \$0 platinum

**Space:** Room 103

# PERSONAL FITNESS TRAINING ONLINE OR IN-PERSON

## INDIVIDUAL SESSIONS 1-TO-1

### Personal Trainers:

CRAIG SWENSON: (507) 664-3702 | [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org)

HEATHER SAND: (612) 718-4998 | [hsand06@gmail.com](mailto:hsand06@gmail.com)

HEATHER RATAJ: (651) 428-1575 | [heartlift@zoho.com](mailto:heartlift@zoho.com)

### Aqua Trainer:

MARIE FREDERICKSON: (612) 703-0033 | [mariejohn@charter.net](mailto:mariejohn@charter.net)

**Cost:** 1 Hour Session \$40 member, \$45 nonmbr

**Cost:** 1/2 Hour Session \$25 member, \$30 nonmbr

**(Package of 10)**

**1-hour personal training sessions:**

\$380 member, \$420 nonmbr

**(Package of 10)**

**1/2-hour personal training sessions:**

\$235 member, \$285 nonmbr



# FiftyNorth

*Where Active Adults Gather.*

Contact Craig Swenson for more information: CRAIG SWENSON: (507) 664-3702 | [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org)



# 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.



## SLN - AMON CARTER ART MUSEUMS ART OF THE AMERICAN WEST

**Tuesday, January 4**  
**1:00-2:00pm**

Join us as we view the Carter Legacy galleries housing the original collection of Frederic Remington and Charles Russell objects

We will also discover how other artist of the time and modern and contemporary artists have depicted the American west.

**Presenter:** Senior Learning Network

**Capacity:** 10

**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum

**Space:** Room 103



## SLN - STE. GENEVIEVE NATIONAL HISTORICAL PARK

**Tuesday, January 11**  
**1:00-2:00pm**

Come discover the unique

history of Ste. Genevieve! Established by 1750, Ste. Geneviève was the first permanent European settlement in Missouri. Early French-Canadian settlers were drawn here by the rich agricultural land known as Le Grand Champ (the Big Field). After the flood of 1785, the town relocated to its present location on higher ground approximately three miles to the northwest of its original site. A true embodiment of the "melting pot" metaphor, Ste. Genevieve is rich with history, telling the stories of the people that lived and settled the land.

**Presenter:** Senior Learning Network

**Capacity:** 10

**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum

**Space:** Room 103

**Please pre-register for all classes:**

**By Phone:** 507-664-3700

**Online:** [www.FiftyNorth.org/classes](http://www.FiftyNorth.org/classes)

**In Person:** *FiftyNorth* front desk



## SLN - GERALD R. FORD PRESIDENTIAL MUSEUM

**Tuesday, January 18**  
**1:00-2:00pm**

Did you know the Ford Presidential Library and Museum

is the only split Presidential museum? The Library is located in Ann Arbor on the University of Michigan's campus. The Museum is located in Grand Rapids, Michigan.

Join Kristin Phillips, Public Affairs Specialist, as she gives you a glimpse inside the Gerald R. Ford Presidential Library and Museum. Find out why there are two separate facilities, and more fun facts about the 38th President Gerald R. Ford.

**Presenter:** Senior Learning Network

**Capacity:** 10

**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum

**Space:** Room 103



## SLN - MITCHELL CAVERNS

**Tuesday, January 25**  
**1:00-2:00pm**

Mitchell caverns are the only limestone

caves in the California State Park system. The caverns were created during the Pleistocene epoch, when ground water with a high carbonic acid content ate into the surrounding marble and sedimentary limestone. Stalactites, stalagmites, and other cave formations were formed from calcium carbonate left by dripping mineral water. For many years the caves were thought to be "dead", that is, the formations were no longer growing. However, recent studies have found something different.

Our park ranger, Andrew has asked us to return to see a special presentation of the caverns in Providence Mountains with their new and improved internet connections.

**Presenter:** Senior Learning Network

**Capacity:** 10

**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum

**Space:** Room 103





# Art Classes

**Please pre-register for all classes:**

**By Phone:** 507-664-3700

**Online:** [www.FiftyNorth.org/classes](http://www.FiftyNorth.org/classes)

**In Person:** *FiftyNorth* front desk



## PAINT A PORTRAIT OF YOUR PET 2.0

PARADISE  
CENTER Arts  
for the Arts



Julie Fakler; Visual Arts & Education Director Paradise Center for the Arts

*Julie is back at FiftyNorth!*

### PAINT A PORTRAIT OF YOUR PET 2.0

**Monday, Tuesday, January 10 & 11  
10:00am-12:00pm**

Artist Julie Fakler will teach you step by step on how to paint a portrait of your pet. In class you'll learn about under painting, form, shape and color. In the first class we will complete the first layer of colors (paint), and we'll return the next day to add a second layer of colors (paint). If time allows more layers can be added to your masterpiece. Wear clothes that can get paint on them.

The class is for all experience levels. Julie has taught Paint a Portrait of Your Pet class to students ages 3 to 79. The class is taught step by step. Over all there are 7 steps, and on the second day of class we repeat the steps. If you don't have a pet you can still take the class, paint a family or friends' pet, or Julie can provide a photo of a pet too.

**Instructor:** Julie Fakler

**Capacity:** 10

**Cost:** \$35 nonmbr, \$ 25 mbr, \$15 platinum

**Space:** Room 105

**Registration deadline:** January 5



### MATERIALS INCLUDED.

NOTE: Email your pet reference photo to [juliefakler@gmail.com](mailto:juliefakler@gmail.com) a week prior to class.

Julie Fakler is a fiscal year 2021 recipient of a Creative Support for Individuals grant from the Minnesota State Arts Board. This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.

### PARADISE CENTER FOR THE ARTS

*Mission ~*

We welcome everyone to experience the transformative power of the arts.

*Vision ~*

The Paradise Center for the Arts is a collaborative center of artistic activity in downtown Faribault. We offer art education, gallery exhibitions and live performances of music, theater, and comedy and other artistic opportunities for all ages. We are a vibrant hub in our community and a well fueled economic engine for the region.





## Art Classes



**Winter Blue Snowflake Dish**

### ZOOM - WINTER BLUE SNOWFLAKE DISH

**Friday, January 14**  
**10:00-11:30am**

Let it snow, let it snow! In this class you will create your own snowflake dish using the fused glass technique. The plate will measure approximately 5" square. A nice size to use as a spoon rest, jewelry dish, candy etc. No experience necessary. This project is a great introduction to fused glass.

**Instructor:** Geri Thelen

**Capacity:** 15

**Cost:** \$45 nonmbr, \$35 mbr, \$25 platinum

**Space:** Zoom from home or Zoom from Art Room

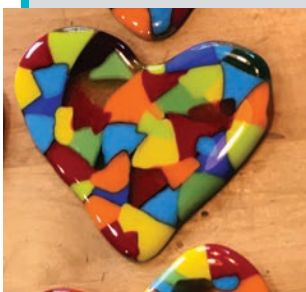
**Registration deadline:** Tuesday, January 11

**NOTES:**

Zoom link will be emailed to you prior to class. Kits will be available to pick up at FiftyNorth on Wednesday, January 12. The projects are to be returned to FiftyNorth after class for Geri to fire in her kiln; then the final piece can be picked up a few days later.

### ZOOM - SPREADING THE LOVE SUNCATCHER

**Friday, January 28 10:00-11:30am**



In the Spreading the Love Suncatcher class, we create a fused glass suncatcher to brighten up your window on these snowy winter days. There is no prior experience needed! If you enjoy puzzles, then this project is for you!. Use your creativity to put together the pieces.



### WATERCOLOR UNPLUGGED

**Thursday, January 20**  
**9:30am-12:30pm**

Description: For anyone who is interested in exploring the free, playful side of watercolor painting, this class is for you! Basically, you will experiment with the properties of color and water along with some additional elements like sodium and wax. A playful attitude and a paint shirt are all you need. Once you experience this technique it will make you more familiar with color and the relationship of the medium with water and other elements.

**Instructor:** Kate Douglas

**Capacity:** 14

**Cost:** \$35 nonmbr, \$25 mbr, \$15 platinum

**Space:** Room 105

**Materials to bring:** Paint shirt

**Instructor:** Geri Thelen **Capacity:** 12

**Cost:** \$45 nonmbr, \$35 mbr, \$25 platinum

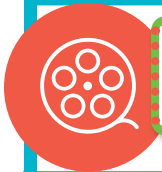
**Space:** Zoom, or Art Studio

**Registration deadline:** January 24

**NOTES:**

This is a zoom class you can do from home, or join others and take the class from the FiftyNorth Art Studio. We can zoom as a group, too.

Kits can be picked up on Wednesday, January 26. Return completed suncatchers following class. When they are done being fired in the kiln, they will be ready to pick up.



# Movie Fridays!

**MOVIES  
START  
AT  
1:00PM**

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

## JANUARY 7 QUEEN BEES

2021 101 min.

This comedy supports many aging stars: James Caan, Ann-Margret, Ellen Burstyn, Loretta Devine, and Christopher Lloyd. While her house undergoes repairs, a fiercely independent widow stays at the nearby retirement community and realizes it is like high school all over again.



## JANUARY 14 R.E.S.P.E.C.T.

2021 145 min.

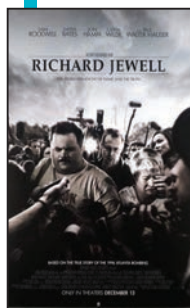
This is a long movie but worth it. Features not only the life of Aretha Franklin played by Jennifer Hudson but view the many aspects of Respect of Black People and women brought out by Aretha in her life time still celebrated today. See Aretha herself at the end of the movie.



## JANUARY 21 RICHARD JEWELL

2019 137 min.

A Clint Eastwood directed true story. Richard Jewell tells the story of the security guard who discovers a bomb at the 1996 Atlanta Olympic Games and takes swift, heroic action, saving countless lives. But in a turn of events, he becomes the FBI's number one suspect, vilified by the press and public alike.



## JANUARY 29 HERE TODAY

2021 117 min.

Veteran comedy writer Charlie Burnz (Billy Crystal) forms an unlikely yet hilarious and touching friendship with New York lounge singer Emma Payne (Tiffany Haddish). Emma unexpectedly wins a launch with the comedy legend, and their friendship gets off to an extremely rocky start.



# Travel News!

**TRIP -  
TREASURE ISLAND  
Wednesday,  
January 12  
10:00am-5:00pm**



Enjoy the weekly senior discount card day at Treasure Island Casino. Treasure Island Casino is a non-smoking casino and is open to various types of gambling and ways to enjoy time with friends. Try your hand at blackjack, enjoy a great meal at one of their 3 restaurants, or sip a drink at one of their open bars. Masks are required by everyone.

**NOTE - Requirements:**

Masks are required on the bus and at casino.

**Trip Leader:** Norma Monroe

**Capacity:** 30

**Cost:** \$37

**Registration deadline:** January 5



**TRIP - WIEDERHOLT'S SUPPER CLUB  
Tuesday, February 15  
4:00-7:30pm**

The month of romance dinner. Enjoy your friends or loved ones the night after one of the most romantic days of the year. Wiederholt's Supper Club is known for their superb food and drinks. Enjoy their mouth-watering Prime Rib, savory Shrimp, delicious Chicken Kiev or one of many other great choices. End your night with a Wiederholt's famous Grasshopper while you enjoy great chatter, laughter and smiles.

**Trip Leader:** Jim Estrem

**Capacity:** 15

**Cost: \$23** (doesn't include food or drinks)

**Registration Deadline:** February 11

**FUTURE TRIPS:**

**April 8** - Colleen Raye at the Sheldon, and a meal at Liberty's in Redwing.

**June 8** - St. Paul Saints

**July 13** - Minnesota Twins



## November Donors

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Kathleen Yung

### Our sincere gratitude to all who have donated.

We couldn't even come close to doing what we do without your support — *thank you!*



## November New Members

We look forward to seeing you at *FiftyNorth*. — It's sure to be an even better place because you're here!

Julie Anderson, Katheleen Andrie, Peter Beck, Robert Bennewitz, Greg Birulkin, Michael & Mary Erickson, Ken Ewald, Darwin Grosse, Christine Hamblin, Mary Howells, Mark & Rebecca Krug, Michael & Heidi Magnuson, Gordon Marino, Victoria Nolasco, Patrick O'Loughlin, Kerry Olsen Sleece, Peter & Jeanette Schappa, Heidi Valentine



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 **Benedictine**  
LIVING COMMUNITY | NORTHFIELD



[www.FiftyNorth.org](http://www.FiftyNorth.org)

1651 Jefferson Pkwy, Northfield, MN 55057

## Staff Directory

### Director:

Lynne Pederson  
507-664-3701 | [lynne.pederson@fiftynorth.org](mailto:lynne.pederson@fiftynorth.org)

### Assistant Director/Fitness Coordinator:

Craig Swenson  
507-664-3702 | [craig.swenson@fiftynorth.org](mailto:craig.swenson@fiftynorth.org)

### Administration Manager:

Elaine Meyers  
507-664-3703 | [elaine.meyers@fiftynorth.org](mailto:elaine.meyers@fiftynorth.org)

### Program Coordinator/ Community Outreach:

Patty Ciernia  
507-664-3709 | [patty.ciernia@fiftynorth.org](mailto:patty.ciernia@fiftynorth.org)

### Used-A-Bit Shoppe Manager:

Dolores Kornkven  
507-645-1399 | [dolores.kornkven@fiftynorth.org](mailto:dolores.kornkven@fiftynorth.org)

### Bookkeeper:

Kathy Bjerke  
507-664-3700 | [kathy.bjerke@fiftynorth.org](mailto:kathy.bjerke@fiftynorth.org)



### Front Desk (Reception Staff):

507-664-3700  
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–Friday 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