MARCH 2017

Center News FOR ACTIV

FOR ACTIVE OLDER ADULTS



Northfield Senior Center

active, connected, engaged

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Reflection

My husband, Charlie, and I just got back from a two week vacation. We spent two days in San Diego visiting a high school friend and his partner. Then we flew to Hawaii, stopping in Honolulu and then on to the Big Island. I don't do well with motion, so flying is not fun for me. Have you been in an airplane lately? In regular coach seating, you literally have room to breathe and that's it. Remember when flying was a big deal? Everyone dressed up. Women wore dresses and heels. Men wore suits and hats. Customer service was exceptional. Stewardess' (only women, no men) couldn't do enough for you. And they chatted with the passengers during the flight. Well, that's all changed. Today flight attendants do their one obligatory complimentary drink run up the aisle, and then are not seen again until landing. In my article last month I said that I liked change. I guess this could be the exception

by Lynne Pederson

that some change isn't necessarily for the better.

Having spent almost two weeks in Hawaii, I now understand why people like to go there. I get it. It is tropical, flowers are blooming, the temperature is consistently 84 degrees and sunny, birds are singing, sea turtles loll on the sandy beaches, tropical fish are as common as gophers in Minnesota, and it is surrounded by an ocean. That's the paradise part. But, really, there is much more lava rock, than there are palm trees. Don't get me wrong, I liked the palm trees and the paradise part. But, as we were there day after day, the weather didn't change, the temperature was the same, it was sunny, I started thinking about how I would miss the seasons, not seeing the Autumn colors, or the green in our Springs. And even the first snow fall. Charlie and I enjoyed ourselves, but we both agree that it will probably be years, before we go back. There are many more places yet to see.

I did think about the Center while I was gone. There is so much happening here, that it is hard not to think about it. The staff did a great job in solving the problems and making those decisions - when a decision needs to be made, but you are not quite sure what the decision should be - type decision. The Center has an exceptional staff team so no matter what staff are here the Center is in good hands. A new addition to the staff is Katie Felland. Katie is overseeing the arts, volunteer programming and communications. Look for more details and a picture of Katie in this newsletter.

I am so jet lagged from this latest trip that it is going to take me all week to recover. A few good naps could help. Look in on me from time to time to make sure that I am not sleeping in my chair.

Current Exhibit: Continues through March 10 David Hamer, Watercolor Paintings

GALLERY

OPENING

RECEPTION

TUES,

MARCH 21

4 - 6 PM

Upcoming Exhibit: Julie Fakler, Animal Acrylic Paintings March 13 - April 14

Julie Fakler creates vibrant original domestic animal paintings and pet portraits. She received individual artist grants from the Southeastern Minnesota Arts Council (SEMAC) for projects that promoted adoption of animals from the Prairie's Edge Humane Society (2011) and S.A.F.E. Sanctuary (2014). Fakler is the director of operations at the Paradise Center for the Arts, and sits on the SEMAC Board of Directors. She holds a BFA in painting and drawing from Minneapolis College of Art and Design.







National Cremation

Not interested in the high costs or full services of traditional funeral homes? Find out why so many Minnesota families are turning to National Cremation Society.

Call today to set up a no-obligation appointment and get the information you need to make a decision that is right for your family.

Mike Murphy, 507-216-7714 or email Michael.Murphy@nationalcremationsociety.com

Simple. Direct. Dignified.

SUNDAY CONCERT: ROBERT KAHN - PIANO Sun, Mar 26, 2 - 3pm

Pianist, Robert Kahn will present classical favorites in this first 2017 Sunday Afternoon Concert.

Kahn began his career as church organist at age 16.

He was choral director at the Wayland Academy in Beaver Dam, Wisconsin, taught piano and served many churches as organist. Now retired, his love of music continues.

Light refreshments provided

free will donations appreciated



EVENTS



Last month we announced the hiring of Katie Felland, our new program coordinator for the Arts and Volunteer progams. She is excited to be here and looking forward to meeting our members, so when you have a moment, stop in and meet Katie.

NEWS

Katie Felland



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 preregister 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.

SOFTBALL INFORMATIONAL MEETING Thu, Mar 2, 6 - 8pm

The softball group generally starts playing outdoors in late April, early May. Practice, games and cost will be discussed. No fee

HOMEOPATHY FOR DEPRESSION AND ANXIETY Thu, Mar 2, 10:30am - 12pm

Homeopathy, an alternative medicine for the 21st century, is a humane and scientific approach to achieving a healthy mind and body. Homeopathy focuses on the interactions and interconnectedness of the mind, body, emotions and behavioral systems. It enables you to take charge of your emotional, mental, and social factors as you experience improvement in your health.

As the incidence of physical disease has waned in affluent cultures, mental and emotional problems have become more prominent. A recent U.S. survey showed that one in six patients seek homoeopathic treatment for a psychiatric disorder such as Depression, and Anxiety. We know that these conditions can be debilitating. Homoeopathy has proven highly effective in their treatment. In this class you will go away with better understanding of homeopathic science, and common homeopathic remedies for Depression, Anxiety, Seasonal Affective Disorder, and panic disorder. Facilitator: Sujata **Owens**, the First Indian Homeopathic Doctor to establish a Homeopathic practice in the United States, is an extensively trained and internationally acclaimed Homeopathic Master Clinician. She has been offering a cost-effective and natural homeopathic approach for a healthy mind and body for over 25 years.

Cost: \$5, \$0 plat equiv

FRONTIERS OF HEALTHY AGING: DEFINING YOUR ROLE Thu, Mar 9, 2:30 - 3:15pm

Jessica Petok, Professor of Psychology at St. Olaf College, will introduce her research on the aging brain: what she has found in her past research and the direction she is headed in future research. She will talk about the current state of aging (population aging as well as what cognitive aging research has shown more broadly). Then, describe the work that could involve some Senior Center participants.

Free and open to the public

CPR AND FIRST AID TRAINING

+

<u>CPR AND FIRST AID AND</u> <u>AED TRAINING</u> Tue, Mar 14, 3:30 - 6:30pm

Become CPR and First Aid Certified

Fee: \$45/nm, \$30/m, \$10/Plat. Equiv.

Instructor: TJ Heinrcy

NORTHFIELD DEPOT RENOVATION VIDEO TOUR Wed, Mar 22, 10:30 - 11:30am

Alice Thomas returns to provide an update on the progress of the depot renovation with a "video tour" of the interior and exterior. Eliminate the possibility of nasty March weather the difficulty with trying to navigate the uneven ground on the outside and all of the tools and equipment on the inside. Find out what's happening with this major preservation project with a tour that's even better than what people can see who tour on-site.

no fee

OPEN LAB PLUS

Every Tue, 3-5 pm

Come to get help with your computer, tablet or smart phone questions. No fee. Please sign up with Receptionist, 664-3700.

THERE ARE NO COMPUTER CLASSES SCHEDULED TO BEGIN IN MARCH.

INTRO TO COMPUTERS/

WIN Tue/Thu, Apr 4 & 6, 9:30 - 11:30am (2 Sessions)

Students should bring a USB flash drive. Prerequisite: none

Cost: \$20m / \$25nm / \$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 and renewal details. 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 Mon, Mar 6, 1 - 5pm

Registration

Deadline for all

computer classes is

NOON, WEDNESDAY,

the week before the

class begins.

AARP SMART DRIVING 4-HOUR REFRESHER COURSE Tue, Mar 21, 5 - 9pm

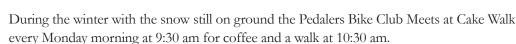
AARP SMART DRIVING 4-HOUR REFRESHER COURSE Thu, Apr 6, 1 - 5pm COMPUTER CLASSES

Please see Program Guide or Website for full class descriptions.

> AARP SMART DRIVING CLASSES

FITNESS





Beginning in April, bike excursions leave from the Center every Monday at 8:30a.m. In town (shorter) and out of town rides are planned for each week. Enjoy riding with the group from 6-20 miles weekly. Club is designed for those looking for a fun time with folks, light to vigorous exercise at your own pace, but no time trials! Volunteer led.

Fee: Free Activity, donations encouraged to cover administrative costs

April 3rd, 9 am we will be having our annual Pedalers Bike Club orientation/informational meeting. Please join in on the meeting to learn more about the Pedalers group.

Senior Bowling

Pedalers Bike Club

Fridays at 1:30pm Jesse James Lanes 1700 Bollenbacher Dr

\$3.25/game, shoes extra

-- All senior citizens are welcome.

-- This is NOT a league and weekly participation is NOT required.

-- Please ensure to check in at the Senior Center to get credit.

Contact | Carl Henry

carlfhenry@gmail.com 507-663-0471



COME JOIN US! SENIOR CENTER SOFTBALL

Men and Women



AT THE DUNDAS DOME TUESDAYS 2:00 to 4:00 pm \$5.00 Per Person (Fee Given at Dundas Dome) *Bring your own glove *Bats and Balls are provided

SOFTBALL GROUP

Come join the fun! Informational meeting Thursday, March 2nd at 6 pm in room 106 at NSC.

The softball group generally starts playing outdoors in late April, early May. Practice, games and cost will be discussed at our March 2nd meeting



NOTICE TO SUNDAY POOL USERS:

Making Waves Swim School has been a long time renter of the pool on Sundays. It has come to staff's attention that under the rental agreement, the Swim School has exclusive use of the locker rooms. Starting February <u>26th, the Making Waves Swim School will</u> have exclusive use of the men's and women's locker rooms on Sunday from 9:00am to To accommodate Senior Center 5:00pm. members using the Fitness Room during this time, we are asking members to use the unisex locker room directly off the Fitness Room, and/or the unisex bathroom in the hallway. Thank you for your cooperation with this change.

NOTICE TO SAUNA USERS:

The sauna in the pool area is a wet sauna. It is built to be run at a minimum of 150 degrees and can go up to 200+ degrees. It is also built to be used by up to four people at any time. Because of this, users are expected to share the sauna, and be able to personally withstand heat ranging from 150 degrees to 200+ degrees. In order to maintain the heat in the sauna, the door to the sauna cannot be propped open. For those that may be sensitive to heat, you may exit out of the sauna to cool down. You are asked to shower before and after using the sauna. Thank you for your cooperation in maintaining the proper use of the sauna.

Slo Flo Yoga Time Change

Wednesday Slo Flo Yoga will be changing its time from 12 - 1:15 pm to 12 - 1 pm starting March 1st.

MEET THE INSTRUCTOR:

My name is Marilyn Kelley, I teach the following classes at the Senior Center:

Aqua Fitness Classes Pilaqua Fill in subbing for Cardio Balance Core

I am certified for the following:

Silver Splash Certified Instructor Aqua Exercise of America Certified Instructor

I spend a lot of time exercising. My favorite is anything in the water. I love to swim laps and have been working on perfecting my basic strokes. The butterfly stroke is one I've only done for about three years. I also enjoy biking with the group from the Northfield Senior Center. I do a little crossstitching, but I guess my favorite pastime is reading. I enjoy a wide variety of genre that includes Dr Suess books which I like to read to my granddaughters Gaby and Molly.

I have participated in Aquacise classes for nearly 38 years. I started when our daughter was young and we were living in Texas. When we moved back to Minnesota I took classes in Mankato, Faribault and Northfield. Then Peg Prowe asked me to teach

the class when they went on Sabbatical, and I have been doing it ever since. I started at the high school pool and then the class moved over to our wonderful warm water pool. I did take the Silver Splash training. I have been teaching the Sunriser Aquacise class now for almost 18 years. My goal is to keep doing this as long as you let me, because I love it! I have just started teaching the Saturday morning Pilaqua class for Susan Monge; we all hope she will be back soon to continue the class.

My favorite quote: People change, Things go wrong, S_t happens, but life goes on. Just keep on keeping on!

FITNESS NOTICES

FITNESS SPOTLIGHT



GROUP ACTIVITIES





OPEN 11 - 1

MARCH HAPPENINGS AT THE SUNSHINE CAFE

March 7 - Birthday Party Music by Concrete Cowboy

March 8 - Bingo at 11:45

March 13 - Music by Greg Smith & Friends

March 16 - Site Council at 11:45

March 17 - St Patrick's Day Party, Music by Al Obyrne & Bill McGrath

March 21 - D & R Music

March 31 - Music by Eilnor Niemisto

MARCH MOVIES MONDAYS AT 1 PM



March 6: <u>Manchester By the Sea</u> 2016 137 minutes. An uncle is shocked that he has been named sole guardian of his teenage nephew after the boy's father dies.

<u>March 13:</u> <u>Hacksaw Ridge</u> 2016 Action Adventure Drama 139 minutes. The true story of army medic and conscientious objector Desmond Doss who, during WWII, saved 75 men without firing or carrying a gun.

March 20: Bringing Down the House 2003 105 minutes. Stars Steve Martin and Queen Latifah. An outrageously funny comedy as only Steve Martin and Queen Latifah can deliver!

March 27: <u>The Last Brickmaker in America</u> 2010 Stars Sidney Poitier and Cody Newton. A powerful and uplifting feel good family movie.



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

March: <u>The Light of the</u> <u>World: A Memoir</u> by Elizabeth Alexander

April: <u>It Can't Happen Here</u> by Sinclair Lewis

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

> SPRING GROUP ACTIVITIES WILL BE STARTING SOON.

WATCH THE BULLETIN BOARDS, LOBBY SCREEN AND NEWSLETTER FOR MORE INFORMATION COMING SOON.

GIVE A GIFT OF TIME

Consider volunteering at the Sr Center. Just look at all the possible ways you can share your talents here.

Pool monitors – help keep those who use the pool safe

Used a Bit Shoppe workers – help customers find treasures; restore beauty to used items

Receptionists – offer welcome and help to all who come through our front door, and provide assistance to the staff

Reading with 4th Graders – make a meaningful connection with Bridgewater 4th graders Sunshine Café workers – serve diners ...and so many more opportunities: Thursday's Table, Meals on Wheels, Teaching, Leading an activity group, serving on a committee.

If you'd like to make a gift of time, contact Katie Felland, 507-664-3708, or katiefelland@nscmn.org

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.



TRIP: MINNESOTA ORCHESTRA, SYMPHONY HALL Thu, Mar 16 9:30am - 2pm

There is no lunch planned for this trip.

If you already have season tickets and just want to ride the bus, the cost is \$25. Please sign up in person at the receptionist desk.

Cost: \$67 Sign up deadline: Feb 27 Limited to 29 TRIP - COMO PARK CONSERVATORY AND MN LANDSCAPE ARBORETUM LIGHT SHOW Thu, Apr 6, 3:30pm - 10:30pm

Cost includes entrance fees and transportation. Your meal is on your own.

Cost: \$47 Sign up deadline: March 31 Limited to 45

TRIP: ORDWAY CONCERT HALL

Fri, Apr 28 9:15am - 2:00pm

There is no lunch planned for this trip.

Cost: \$34 Sign up deadline: March 25 Limited to 29



TWINS VS CHICAGO WHITE SOX BASEBALL GAME

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

Cost: \$69 Sign up deadline: May 26 Limited to 30

NOTE! ENGLAND

Jean Larson is still going to England in August and she would still like you to join her. If you are interested in this trip contact Jean at <u>507-645-9785</u>. The Senior Center will **not** be handling the registrations for this trip.

VOLUNTEER

TRIPS

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

FUTURE TRIPS!

* Shakespeare Festival in Winona TBA July

- * Mystery Trip July 13-15
- * Jonathon Paddleford Boat Trip TBA August

A MOMENT IN TIME

Robert Harry Baker

by Steven James Beto



ROBERT HARRY BAKER

Today's good neighbor is the kind of person we too often marginalize or dismissed in our hectic, drive-up window lifestyles. Born with cerebral palsy, he walks with a halting limp dragging his left foot along while leaning slightly to the left. His left arm is permanently bent at the elbow. His fingers knit together and can be used only slightly to grasp small objects, and yet his smile can brighten any morning.

Robert Harry Baker prefers to be called 'Bob'. Among his many accomplishments, Bob celebrated his 30th year of employment last August 1st at the Northfield McDonald's where he takes your order and receives payment at the first window. "People are nice to me. I take their orders over my headset, and they come around to my window to pay. When I have a day off, they say, 'Where's Bob?'''

Bob was born the youngest of 4 children in Whitefish, Montana. At age 3, the family moved to West Hempstead, Long Island, where his father, Rev. Harry R. Baker, became the Pastor of Trinity Lutheran Church. "I went to Chestnut Elementary School for Kindergarten, just 3 blocks away from the parsonage. I got along pretty well there."

Bob's parents and teachers treated him no differently than any other young person. "Dad always told me he used me in his sermons. I was his inspiration." His mother, Ella Baker, elevated his self confidence and gave him the endurance to handle teasing in Junior and Senior High. "They made fun of me for learning slower than they did. I told them, I'm just learning things a little bit slower than you are. I graduated in 1970...21 credits!"

Bob learned to play the trumpet with one hand in school, and marched in a Memorial Day Parade. "I sang in the chapel choir, too. Mom used to say I could sing before I learned to talk." As a child, Bob could differentiate soprano, alto, tenor, and base in choir practice. "It must have been part of my brain that was not injured at birth... my musical part...plus the hospitality side."

In 1973, Rev. Baker accepted a Letter of Call to be a chaplain at Bethel Nursing Home in Oshkosh, Wisconsin. "It was my mother's idea so we could be closer to family. By then, my 3 sisters lived in Minnesota, but it's only 6 or 8 hours away." While in Oshkosh, Bob volunteered at the nursing home where his father worked and befriended Harlow Schenk, a 70 year old resident confined to a wheelchair.

"Dad took me to the home to give me a tour. Harlow happened to be sitting at the front desk. He announced chapel and deals that came up. Harlow tells me, 'Take me to the elevator. I got to show you something,' and we were off! That began the best 12 years of his life. Because being wheelchair confined, I would take him everywhere. If he didn't like what they had for lunch, I would get him out for supper, or I would get him out all day! We would go to K-Mart which was like half an hour away. One time, I rolled him downtown which was about an hour away."

"Bob! You're going to have a heart attack!" Harlow would say. A Moment in Time comtinued.....

"Those were the days before they put ramps at the corners for wheelchairs, so we had to roll driveway to driveway in and out of the street. One day on our way back it started getting windy and it was hard to push the chair. We went past a funeral home and someone asked us if we wanted to come in to wait out the weather. I thought we could make it back, but we couldn't. When we finally got back to Bethel they got after us and we never heard the end of it. You know, I never did get that tour from dad either."

During this time period, Bob attended Fox Valley Technical School where he learned important skills in Human Resources and cashiering. He also attended a program run by Winnebago Land Independent Learning and Opportunity to become self-sufficient and live independently. One winter day, Bob returned to Bethel Home after a few days absence. Harlow confronted him.

"Where you been? I was thinking of calling the police to see if you were dead."

Bob had to sign them out at the main desk before he could take Harlow out of the building. On cold winter days, Bob checked the sidewalks to see if they were cleared of snow. On one occasion the sidewalks were not shoveled, but he thought they could get through. Bob tried to wheel Harlow through the snow and got stuck. When a staff member brought them back indoors, Harlow was forbidden to go out any more that day.

"That's the first time I been denied going outdoors." said Harlow.

When Rev. Baker retired, the family moved to Northfield, Minnesota to be closer to Bob's sisters who had moved to the Twin City area years before. "When we moved, I went back to say goodbye to Harlow. It was kinda hard on both of us. I knew if he passed away, I would have no way of getting back there... to Oshkosh. They did tell me though. He was 90 when he passed away."

In 1986, Bob became employed at the Northfield McDonald's where he rose to the position of manager. One day, an angry exemployee started a fire in the grease bin. Bob called the fire department and got everyone out safely, but the building burned completely to the ground. "I got everybody out okay," said Bob. "Some people told me I was a hero." When they built the new McDonald's, Bob began work at the drive-up window where he continues to greet early morning customers.

"People ask me, 'when are you going to retire, Bob'. I tell them, I'm going to work as long as this body allows me to."

Today, Bob sings in the choir at St. Peter's Lutheran Church, and with the Troubadours, a men's choir that entertains in area long term care facilities, libraries, and private organizations. We don't have to look very far for hometown heroes. Sometimes they are as close to us as the voice over the intercom saying, "Welcome to McDonald's. How can I help you?"

> A Moment in Time was initiated in the September, 2013 issue of this newsletter. It was created to serve as a forum for our members' writings: short stories, memoir, poems or essays. If you have something to submit, please send it to me at elainegrisim@nscmn. org,

> > - Elaine Grisim

A MOMENT IN TIME

EVENTS



Come join us for the Senior Center Miniature Golf Tournament Fund Raiser for an additional front entrance Rose Bed. Enjoy 4 days of Miniature Golf. Pay a \$1 donation for each time you play and enter your name into a drawing for a fabulous prize. You may enter your name into the drawing for each \$1 donation you make.

Dates are Monday - Thursday, March 20 - 23 from 9 a.m. – 4 p.m.

The tournament will offer 4 days of summer fun in the middle of winter. Come and join in. Thanks for your consideration and participation.

~Senior Center Staff

Minutes: Northfield Senior Citizens, Inc. Board of Directors meeting, January 26, 2017.

Directors present: Bernard Borene, Tom Brawley, Beth Endert, Duane Everson, Bill Gruszewski, Marvin Kormann, Ken Lee, Greg Smith, Yosh Soltis, Dan VanTassel Absent: Mary Auge, Richard Jackson, Gordon Kelley, Elizabeth Olson, Jane Persons Staff present: Lynne

Pederson, Craig Swenson, Elaine Grisim

1. CALL TO ORDER

The meeting was called to order by Duane Everson at 3:01 p.m.

Action: The agenda was approved and seconded. Action: Motion and 2nd to approve the December 1, 2016 board minutes. Approved.

2. REPORTS

Review of Financial Reports Bill Gruszewski reviewed the December financial statements. Action: Motion and 2nd to approve the December financial statements. Approved.

Finance Committee

Bill Gruszewski reported. January 19 meeting minutes were reviewed. Income is at 114.4% and expense is at 101.6% compared to projected 100%. The income includes a \$74,160 donation received in December. **Action:** Motion and 2nd to approve the rewritten verbiage in the letter to the Minnesota Community Foundation requesting the transfer of funds to the Senior Center Wells Fargo endowment fund.

Advancement Committee

Dan VanTassel reported. The 2016 Annual Fund Drive goal was surpassed with 440 donors donating \$76, 960.

Facilities Committee

Marv Kormann reported. Blue Water reported that the lobby and office carpets have been cleaned. Moving the fire alarm panel to the boiler room is being considered. The committee is looking into switching to salt water feeders for the pool to cut down on the use of chlorine; also looking at installing a large ceiling fan for better circulation. There was discussion on planning for the future of the facility. Action: Motion and 2nd to approve the Facilities Committee to use funds to enlist outside services to help with planning for the future, with board approval for amount of funding. Motion approved.

Membership Committee Lynne reported. The Senior Center ended 2016 with

1808 members.

Executive Director Report

Lynne Pederson reported. Craig Swenson is on board as Assistant Director. Craig and Lynne interviewed several individuals for the program coordinator position that will cover arts and volunteer. Katie Felland has been hired for the position. A farewell party was held for outgoing assistant director, Patsy Dew.

OLD BUSINESS NEW BUSINESS

Discussion on where to temporarily put the unrestricted \$74,000 Intihar Estate donation where it will be easily accessible when needed.

Action: Motion and 2nd to move \$100,000 in excess funds; invest 40,000 into the endowment fund now, and \$60,000 into the Heywood savings account. The distribution of these funds will be re-visited at the end of April and the end of July. Motion approved.

Nominating Committee to replace: Treasurer Bill Graszewski, Directors – Marv Kormann, Greg Smith, Gordon Kelley (President). Action: Motion and 2nd to have the Executive Committee act as the nominating committee.

Overview of upcoming meetings

ADJOURNMENT

The meeting was adjourned at 4:22 p.m.

BOARD OF DIRECTORS

DONORS

David & Joey Appleyard, Nancy Ashmore & Kenneth Wedding, Bernard & Mary Auge, Solveig Bailey, Robert & Teresa Ballentine, Phil & Marlene Bauman, William Beery, Dennis & Beth Berry, Bernard & Linda Borene, Arliss Boyum, Judy Broske, Warren & Karen Broughton, Susan Dunhaupt & Dick Brown, Mary Brown, James & Heather Cannaday, William & Charlotte

Thank you to these January Donors

Welcome to these new members

Carlson, Ron Cirksena, Eileen Cooper, Thomas DeWolfe, Zora Dowell, Winnie Drentlaw, Larry & JoAnn Edwardsen, Chris Ellison & Gene Finger, Beth Endert, Evelyn Estenson, Burton Fleming, Gerry & Carol Gengenbach, Marie Gery, Malcolm & Jacquelyn Gimse, James Glover, Nancy Grebis, Bonnie Gretz, Elaine Grisim, Janet Gutzmann, Jim & Dorothy Hammer, Jerry & Liz Hankins, Georgene Johnson, Jackie Johnson, Glen & Marlene Kispert, Julie Klassen, Arlene Kluver, Marv & Rose Kormann, Gary Kruse, Pat Lamb, Dean Larson, Mike & Ann McGovern, Harriet Menard, William & Callista Meyer, John & Sharon Micklo, Alice Nasby, Willard Nauman, Alyce Nelson, Connie & Patrick Nelson, Mary Olander,

Elizabeth Olson, Lynne, Ken & Roberta Persons, Mary Raney, Gordon & Emelda Rasmussen, Eleanor Salisbury, Peter Seitz, Dale & Peggy Sheldon, Bardwell & Charlotte Smith, Margaret Stary, Kenneth & Sharon Steinhouse, Ed & Katie Tetreault, Linda Wagenbach, Eve Webster, Elizabeth Williams, Tom Willis & Judy Saye-Willis

MEMBERSHIP

Larry Anthony, Deborah Bauer, Vickie Benton, Irene Brown, Janice Carlson, Paul Chell, Charles Condon, Bill Dekker, Maribeth Dekker, Marcelino Delgado, Herman Fratzke, Beverly Fratzke, Julie Freeheart, Carl Henry, Lori Macrae, Susan Martin, Dennis McClintock, Gail Moll, Barry Otterness, Elizabeth Petran, Debra

M eaningful E ngaging M otivating B eneficial E njoyable R efreshing S eniors H elpful I nclusive P lay

NSC STAFF DIRECTORY

Director / 664-3701 Lynne Pederson Assistant Director/Fitness Coordinator / 664-3702 Craig Swenson

Program Coordinator / 664-3707 Chris Ellison

Program Coordinator / 664-3708 Katie Felland Pressnall, Carin Rezac, Richard Roberts, Kathleen Ruddle, Dee Spillman, Gary Spillman, Benny Svien, Debra Sviggum, Yung Theisen, Janel

Throckmorton, Marlene Turner, Janet Walsh, John Wenstad, David Wold, Tanja Wold, Margaret (Grit) Youngquist

> Sue Schweickert Leslie Weirich





Great minds think alike.

We're proud to share in Northfield Senior Center's vision to meet the needs of our aging population.

k International Northfield Retirement Community is an Equal Opportunity Provider.

507-664-3466 • 900 Cannon Valley Drive • www.northfieldretirement.org



We Put the "Care" in Homecare

Sometimes you just need a little help at home. Our experienced Registered Nurses and Home Health Aides can provide important medical services and personal care directly to you in the comfort of your own home. Our highly-trained staff will design a program that meets your specific needs. We're passionate about keeping you in your home.

- Expertise in Infusion and Wound Care
- Nursing Assessment
- · Home Safety and Fall Prevention
- · Assistance with Personal Care and Meal Preparation
- · Rehab in the home Physical and Occupational Therapy
- Patient Education

Northfield Home Care



HERITAGE DENTAL CARE

A Tradition of Excellence

507-645-9543

Faribault

Senior Living

Home Care Senior Services, Inc.

(507) 331-6510

507-646-1457 www.northfieldhospital.org/homecare 2000 North Avenue, Northfield



Northfield Senior Center 1651 Jefferson Parkway Northfield, MN 55057 http://www.northfieldseniorcenter.org/



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CENTER LOBBY & FITNESS CENTER HOURS Monday-Thursday: 6am-8pm

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624 Water St. / River Mall Monday-Saturday: 10 am-5 pm Thursdays: 10 am-7 pm



Happy Goat by Julie M Fakler