



By Lynne Pederson, Director



Renewing. Rejuvenating. Retiring.



I am back from a month's vacation that was filled with sunshine, beach walks, sitting around the pool, reading sappy novels, eating seafood, and having an occasional cool drink with a lime in it. Vacations are good and I highly recommend them. This one certainly renewed and rejuvenated my soul. I had many moments of leisure of not needing to do a thing if I didn't want to and not being on a schedule of having to be anywhere specific by a certain time. What a novel lifestyle. Who knew this was even possible...except for all of you retirees that have been telling me for years that this is called retirement.

This vacation confirmed for me that I have made the right decision. I am going to retire. I know, I know, you are saying to yourself that you have heard this from me before and that I have not quite been able to make the leap and turn the resignation in. Not this time. I have submitted my resignation notice.

*Until next month,
onward and upward...Lynne. ■*

Over the next four months, I will be transitioning out of my current role as Executive Director of FiftyNorth. The Board of Directors has formed a search committee to start the process to hire the new Executive Director to start in September. After the new hire is in place, I will take a few months off... and then I will rejoin the FiftyNorth Expansion Project Team to coordinate the work that will need to be done to accomplish the building expansion.

No retirement party yet...but stay tuned for the details on that. We will need to party and celebrate the good times that we have had together for the past 15 years. It feels right to me to be on the retirement track and I believe that this transition is a good succession plan for FiftyNorth.

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FiftyNorth will be
CLOSED
MONDAY, MAY 30

In observance of
Memorial Day



Save the date!

Artist's Reception in the Gallery:

- Susanne Crane - Painter and
- Josie Prins - Wood-burning & Watercolor

Wednesday, May 11 from 4:00-5:00pm

Live music, beverages and appetizers!



Josie Prins - Wood-burning
& Watercolor



Susanne Crane - Painter



UP NEXT: In The Gallery

May 17 through June 24

Theresa Harsman

ABOUT THE ARTIST:

In the course of my artistic journey I have pursued drawing, painting, bookbinding, paper making, collage, mixed media, and hand stitching.

My recent work is an exploration of hand stitching with a variety of materials including cloth, paper, screen, window screens, and reused and found objects. I enjoy the process of seeing diverse materials come together to make a cohesive whole.

The grounding practice of stitching with reused items brings to mind the need to mend our planet while revealing our everyday consumer waste.

Warmest regards —Theresa Harsma





Member News



SHOWER BEFORE USING THE HOT TUB

You've heard the caution a hundred times "Swimmers should bathe before entering the hot tub." You may bathe after you use the hot tub, but how many times have you actually bathed before entering? Most people will answer never – unless it was a coincidence. While the chemicals in the pool do a good job of keeping the hot tub sanitary, they can only do so much. The oils from your skin, lotion, hair products, etc. will get into the water as well as dead skin cells.

Showering before entering the hot tub, helps wash away those items that can collect in the water and scum up the sides and helps keep the hot tub cleaner throughout the day.

Please make sure you are showering before entering the pool area for any of the pool activities. — Craig Swenson

JOIN THE TRAVEL COMMITTEE

Travel committee is looking for volunteer members to join the wonderful committee. Committee Members meet once a month to help organize trips and lead trips. The next Travel Committee Meeting is May 5th (Thursday) at 1 pm. For more information please contact Craig Swenson at craig.swenson@fiftynorth.org or call 507-664-3702.



POPCORN WAGON

Good day to all! Are you thinking about volunteering at the popcorn wagon this season? Thursday, May 19, hopefully will be opening day for the wagon at Bridge Square.

Saturday, May 21 will be first Art Fair, definitely a fun and busy day.

Hope to have the wagon opened Tuesday-Saturday; with hours/shifts of:

Tuesday & Wednesday 11AM-2PM
 Thursday & Friday 11-2 & 2-5
 Saturday 9-11 & 11-1.

If you are considering helping and would like more info, please contact me:

Lesley Weirich at lesleyweirich1122@gmail.com or call 507-400-4331 Thank you! — Lesley

MEALS ON WHEELS VOLUNTEERS NEEDED

FiftyNorth will support the week of Sunday, May 15 through Saturday, May 21.

Times/Days still needed:

Sunday 5/15: Pink & Orange route
 Wednesday 5/18: Pink route
 Thursday 5/19: Pink route
 Friday 5/20: Green route & Pink route
 Saturday 5/21: Pink & Orange route



Contact Patty Ciernia, Program Coordinator: (507) 664-3709, patty.ciernia@fiftynorth.org or the receptionist at FiftyNorth (507) 664-3700.



Fitness



FIFTYNORTH BOWLING GROUP

FiftyNorth is looking for a lead or leaders for the Bowling group through FiftyNorth at the new Flaherty's Bowling Alley in Northfield. Leads are volunteers that lead the program, communicate back to staff and take attendance each time the group meets. If you are interested please contact Craig Swenson at craig.swenson@fiftynorth.org or call 507-664-3702.

FITNESS CLASS CHANGES

ENDING APRIL 29: Friday Line Dancing and ZOOM Fitness - Line Dancing 1:00-2:00pm

Wednesday Line Dancing classes will continue.

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM		STEP INTERVALS (6:15-7)					
6:30 AM							
7:00 AM			SLO FLO YOGA (7-8)				
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)	YOGA FUSION (9:30-10:15)		
9:30 AM			CIRCUIT TRAINING (9:30-10:30) NO open fitness			CIRCUIT TRAINING (9:30-10:30) No open fitness	
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	TABLE TENNIS	TABLE TENNIS	LINE DANCING (1-2)	TABLE TENNIS			
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							
6:30 PM							

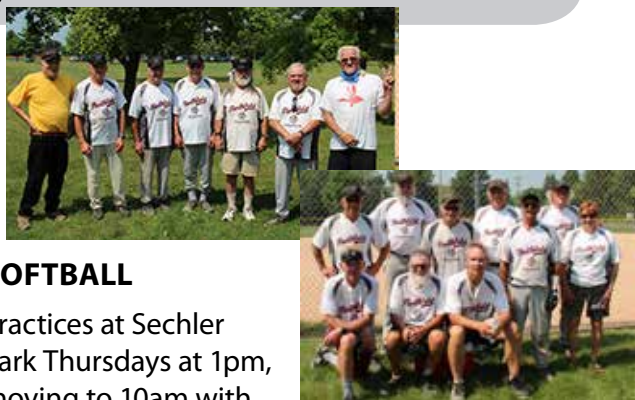
INTENSITY KEY:

- PINK** – High Intensity
- GOLD** – High Intensity
(In Fitness Room; no open fitness)
- BLUE** – Mid-range
- PURPLE** - Gentle
- GREEN** – Group Activity





Fitness



SOFTBALL

Practices at Sechler Park Thursdays at 1pm, moving to 10am with warmer weather.

Games start at 10am on Tuesdays beginning May 31 for 12 weeks. (Warm-ups start at 9am). No games the week of July 4th.

For more information contact:
Bruce Forland (612) 718-4989 or
Chuck Tennesen (507) 581-0592.



PICKLEBALL

Pickleball Meets at Riverside Park (Near Millstream Commons) Tuesdays and Thursday 8 to 9 am. Join the fun of Pickleball in a fun and noncompetitive atmosphere with FiftyNorth. Paddles and Balls are not required. FiftyNorth has equipment available for you to use.

Fee: Free!

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



HIPS 101

Wednesday, May 11
9:00-11:30am

Learn the anatomy and physiology of the human hip. The human hip is one of the most important ball in socket joints of the human body

that coordinates walking, standing, sitting, stability, and coordination of your lower body. Learn ways how to keep your hip joints healthy and engaged as you progress in life.

Instructor: Marcy Kramer

Capacity: 15

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

Space: room 106



NORDIC WALKING INSTRUCTOR TRAINING

Tuesday, May 17
3:00-6:00pm

Members, interested in learning how to lead a Nordic Walking class or group and become nationally certified? This session will teach the correct ways to walk with Nordic Walking Sticks, and the benefits of Nordic Walking as we age.

Instructor: Linda Lemke

Capacity: 10

Cost: \$100

Space: room 103 and Courtyard

2022 VIRTUAL LAND BASED FITNESS CLASSES (updated May 1)

AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00 AM		STEP INTERVALS (6:15-7)		KICKBOXING AND STRENGTH (6:15-7)	CARDIO & STRENGTH INTERVALS (6:15-7)		
6:30 AM							
7:00 AM			SLO FLO YOGA (7-8)				
7:30 AM							
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)	SLO FLO YOGA (9:15-10:15)	INTERMEDIATE YOGA (9-10)	SIMPLE STRETCH (9-9:45)	
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)	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





Pedalers & Walkers Group

PEDALERS AND WALKERS GROUP

NOTE: this information is subject to change weekly. If you want to participate in this group, please send an email to Colleen Vitek, cvitek@gmail.com to get on the weekly email list.

MONDAYS

9:00am meet for coffee at Weitz Center on Carleton's campus. 10:00am walking or biking depending on individual preference. Location and time will be changing when Carleton's semester ends and the weather gets warmer.

WEDNESDAYS

In Town Riders - meet at 9:00am behind Tacoasis (1140 Highway 3 South) by the Dundas trail. There is easy access to the trail with a bike repair station and bench. Bikers can then bike the bicycle trail loop along the Cannon River.

Out of Town Trail Riders - usually meet at FiftyNorth Parking Lot at 8:45 and depart at 9:00.

FRIDAYS

Emails will be sent out to the group regarding where the next week's trips will be located.



COST: There's a \$20 annual group fee payable to Fifty North for the various things they do to support this group. If you haven't paid, you can leave your money with the front desk. Checks should be made payable to Fifty North.

CANNON VALLEY TRAIL WHEEL PASS: If you want one, they'll be available at the front desk for \$20. Checks should be made payable to Cannon Valley Trail.

Emergency Contact and Offsite Program Waiver forms - FiftyNorth asks that we fill these out. The forms are available at the front desk

Lanesboro Trip May 23-25, 2022, to Cedar Valley Resort

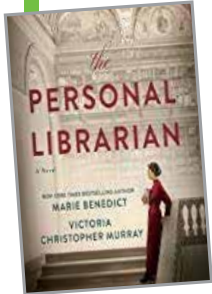
There's room for a few more people to join this trip, which has been a long standing tradition of the Pedalers pre-Covid. The accommodations and biking are good, and the camaraderie is even better. Contact Mary (bmauge@charter.net) if you're interested.





Book Club

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



MAY- THE PERSONAL LIBRARIAN

- by Marie Benedict & Victoria Christopher Murray

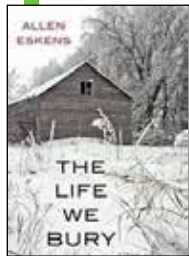
Tells the story of an extraordinary woman, famous for her intellect, style, and wit, and shares the lengths she must go to—for the protection of her family and her legacy—to preserve her carefully crafted white identity in the racist world in which she lives.



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

The Life We Bury is a mystery novel about a young college student whose assignment in a biography class leads him to investigate a thirty-year-old murder. He finds inconsistencies in the case and realizes the convicted murderer may have been wrongfully accused.



AUGUST HUDSON BAY BOUND

- by Natalie Warren

Friendship forged on the river as two young women paddle 2,000 miles to the Arctic. With the candor and enthusiasm of a first grand adventure, Natalie Warren shares the joys and trials of living by water, propelled northward by muscle power and the belief that anything is possible.



Movie Fridays!

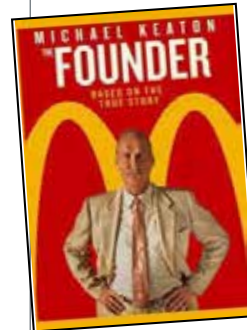
**MOVIES
START
AT
1:00PM**

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



MAY 6 THE LINCOLN LAWYER (2011-119 min.) Rated R

Mickey Haller (Matthew McConaughey) is LA's top criminal defense lawyer—a fast-living, freewheeling pro who does business out of the back seat of his classic Lincoln Town Car. ... deadly game of violence, vengeance and deception that threatens to not only end his career, but also his life.



MAY 13 THE FOUNDER (2016 115 min.)

"The Founder" features the true story of how Ray Kroc (Michael Keaton), a struggling salesman from Illinois, met Mac and Dick McDonald, who were running a burger operation in the 1950's Southern California.



MAY 20 THE THEORY OF EVERYTHING

2015 Best Picture of the Year 120 min Stars Eddie Redmayne and Felicity Jones This is the extraordinary story of one of the world's greatest living minds, the renowned astrophysicist, Stephen Hawking, who falls deeply in love with fellow Cambridge student Jane Wilde.

MAY 27

JUST GETTING STARTED

2018 Comedy 91 min.

Morgan Freeman stars as Duke Diver, the freewheeling manager of a luxury resort, the Villa Capri. Duke may have a mysterious past, but he's a pro at making life at the resort a non-stop party. But when ex-military charmer Leo (Tommy Lee Jones) checks in, Duke and Leo compete for the top spot of alpha male, as well as for the affections of Suzie (Rene Russo).





Art Classes *cont.*



COLORS CLOSE TO HOME

Tuesday, May 10
9:30-11:30am

Colors Close to Home is a two-hour information session about the abundance of natural materials available to you to make colors for dyes, inks, watercolors and more. If you're curious and a garden enthusiast, nature lover, or forager you can learn how to make colors from garden plants and flowers, from food scraps or nature's materials from the woods, prairies, ditches and streams. Quilters, knitters, costumers, felters, seamstresses, or persons repurposing favorite clothes can learn about natural dyeing. Artists can learn about inks, watercolors, pigments and botanical printing. Discover the color from avocados, onion skins, and marigolds. Colors Close to Home is an overview of locally sourced material, processes, resources and interest in future classes.



"Nature's Gentle Colors - Close to Home" - by Judy Saye-Willis

Presenter: Judy Saye-Willis

Capacity: 20

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

Space: Room 105

NOTES:

Bio: Judy Saye-Willis is a visual artist who has lived in rural Minnesota her entire life. Her current work is focused on the use of natural pigments and dyes made from locally grown and foraged materials. She produces bodies of work on textiles and paper that often speak to environmental stewardship.

Please pre-register for all classes:

By Phone: 507-664-3700

Online: www.FiftyNorth.org/classes

In Person: *FiftyNorth* front desk



MIXED MEDIA ART JOURNAL

Tuesdays, May 17 & 24 (2 sessions)
9:30-11:30am

This class is for anyone who would like to learn how to make a handmade journal from watercolor paper embellished with watercolors, acrylics and collage.

We start by painting abstract designs on a 30 x 22-inch sheet of watercolor paper. Then we cut and fold and bind it into a fun and colorful book. You can make it a travel journal by filling the pages with ephemera from your last vacation – tickets, papers, stamps, brochures, menus, maps, photos – and journaling about the fun you had. Or you can make it a grandmother brag book and fill the pages with photos of your grandchildren and favorite memories. Or choose a theme – nature, birds, flowers, anything that calls to you.

In the first session, we'll create a vibrant, colorful abstract design on watercolor paper by combining abstract flowers and stems and fun mark-making with caps, bubble wrap and other common items.

In the second session, we cut, fold and bind our journals. Once you've made your journal, you'll have time to begin filling it with photos, drawings, stenciling, collages, journaling spaces, and ephemera you bring from home. If you've taken my earlier classes, bring your painted papers along and we'll incorporate them in your journal too.

MATERIALS TO BRING: Apron Scissors

Instructor: Pat Jorstad

Capacity: 14

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

Space: Room 105



Art Classes *cont.*



ZOOM – FUSED GLASS BUTTERFLY GARDEN STAKE

Friday, May 20
10:30-11:30am

Butterfly Garden stake: Spring is in the air and the flowers are starting to pop up. Here is your chance to add to your flower beds with your own fused glass Butterfly Garden Stake. No experience necessary.

Instructor: Gerie Thelen

Capacity: 12

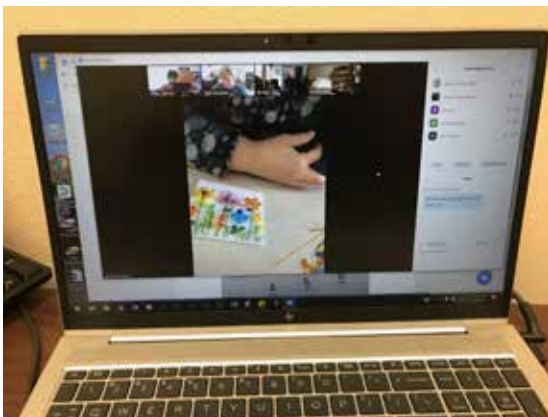
Cost: \$50 nonmbr, \$ 40 mbr, \$ 30 platinum

Space: Zoom

Registration Deadline: May 16

NOTES:

Kits can be picked up on Wednesday, May 18. Return Butterfly to FiftyNorth following class. When they are done being fired in the kiln, we'll notify you to pick up.



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 - OUR GIRLS OVER THERE: THE HELLO GIRLS OF WORLD WAR I NATIONAL MUSEUM OF THE U S ARMY

Tuesday, May 3
1:00-2:00pm

During World War I, over 200 women served the American Expeditionary Forces as telephone operators connecting calls between the front line and higher headquarters. The women, nicknamed the "Hello Girls," worked tirelessly, under at times combat conditions as the first women to actively support combat operations. Learn more about how these female telephone operators were recruited for specific skills and how their contributions were critical to effective U.S. Army wartime communications.



Lifelong Learning

(continued)



SLN - EXPLORING SOUTHEAST ARIZONA NATIONAL PARKS

Tuesday, May 10

1:00-2:00pm

Deserts, mountains, and grasslands, oh my! People are often surprised by the diversity one can find in Southeast Arizona. Our three parks are located in the Sky Island region, which is one of the world's premier biodiversity hotspots. Come explore the unique rock formations of Chiricahua National Monument and more!



SLN - INVASION OF THE BODY SNATCHERS- THE PLOT TO STEAL LINCOLN'S BODY LINCOLN PRESIDENTIAL LIBRARY AND MUSEUM

Tuesday, May 17

1:00-2:00pm

It was a comedy of errors! Incompetent robbers tried to steal Abraham Lincoln's body and bumbling officials almost let them get away with it. Learn about this dramatic story from Abraham Lincoln Presidential Library and Museum research historian, Jacob Friefeld, Illinois and Midwest Studies Research Historian.



SLN - VIRTUAL TOUR WITH NATIONAL AIR AND SPACE MUSEUM (VA)

Tuesday, May 24

1:00-2:00pm

Our own personal docent will take us on a tour of the National Air and Space Museum's one-of-a-kind collections! Hundreds of historically significant air and spacecraft, along with thousands of small artifacts, are on display in an open, hangar-like setting. Highlights in this companion museum to the one in DC is the Space Shuttle Discovery; B-29 Superfortress Enola Gay; Concorde, Lockheed Martin SR-71 Blackbird; Boeing Stratoliner.



Mars Pathfinder Lander Prototype



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)



AARP 8-HOUR SMART DRIVING CLASS

Wednesday, May 11

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, May 19

1:00-5:00pm

AARP SMART DRIVING 4-HOUR REFRESHER COURSE

Wednesday, May 25

9:00-1:00pm

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

Additional dates can be found on our website page at:

<https://fiftynorth.org/classes/learning/aarp-smart-driving/>

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AARP
Smart Driver Safety Course



Travel News!

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: May 9



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



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Kathy Bjerke
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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



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Pre-order: 507-664-3700 by 11:30 one day prior
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