



Northfield Senior Center

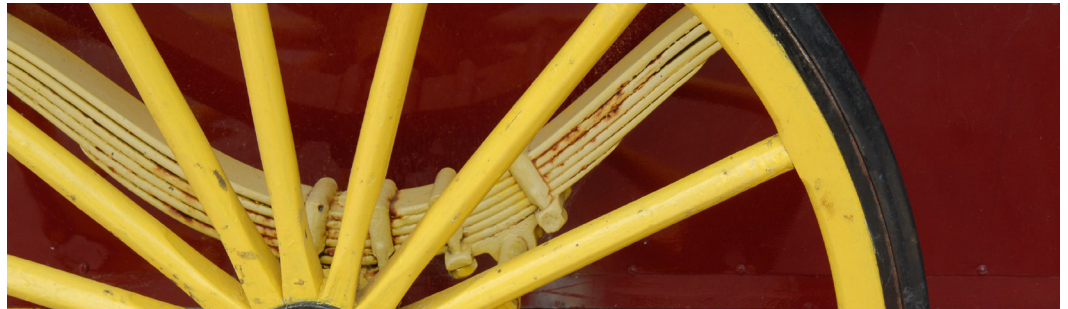
**active,
connected,
engaged**

Gallery.....2
 News.....3
 Volunteers.....3
 Classes and Talks4-5
 Group Activities.....6
 Sunshine Cafe.....6
 Trips.....7
 Board of Directors.....8
 Events.....9
 Moment in Time..Insert



Center News

FOR ACTIVE OLDER ADULTS



How Many? by Patsy Dew

You know the jokes. How many x does it take to change a light bulb? Like,

Q: How many social scientists does it take to change a light bulb?

A: They do not change light bulbs; they search for the root cause as to why the last one went out.

or

Q: How many husbands does it take to change a light bulb?

A: Husbands don't change light bulbs. It's cheaper to sit in the dark

or

Q: How many Psychiatrists does it take to change a light bulb?

A: Only one, but the bulb has got to really WANT to change.

But now, seriously, I ask,

Q: How many volunteers does it take to run our Popcorn Wagon?

A: One to store it each winter. (Thank you, Tom Brawley!)

Five to move it out of storage each spring (this year on Friday, May 13), and set it in place on Bridge Square.

Fourteen to work two 3-hour shifts each week on Bridge Square, selling popcorn, acting as community ambassadors, providing tourist information, serving as a destination for young families.

Twenty-eight people working these shifts in pairs. Friends, married couples, unmarried

couples – having a good time working together at the Wagon.

Five to move it over to Carleton College for 3 events.

Six to serve the popcorn at these campus events.

Thirty-four to sell popcorn during events on Bridge Square: Saturday morning Riverwalk Market Fairs, Thursday evening concerts, Vintage Band events, Defeat of Jesse James Days...to have fun being a part of these fun community events.

Four to move it back into storage in the late fall.

Three to scrape and repaint, and check for needed repairs.

Or a total of 563!

But really, just one – you! Wouldn't you consider how you might help out with this fun, community-minded program of the Senior Center? Contact Popcorn Wagon Coordinator, Lesley Weirich, 507-400-4331 or lesleyweirich1122@gmail.com



GALLERY

Current Exhibit: Continues through May 15

Bob Nyvall, Oil Paintings

Most of the paintings in this exhibit are of barns, and there are some also of scenes from Hawaii.



**Upcoming Exhibit:
Bridgewater Elementary 4th Graders**

For the past nine years the students in the Bridgewater 4th grade classes walk over to the Senior Center once a month and read to our volunteers. This has proven to be a meaningful experience for the children and the volunteers. We welcome this opportunity to view the artwork of this group of students. Many thanks to Kate Woodstrup, Bridgewater Art Teacher, who has assembled and prepared the displays for this exhibit.

**OPENING
RECEPTION**

**TUES, MAY 17
9:30 - 10 AM**



PROFESSIONAL DRIVE
**DENTAL
GROUP**

New Patients Welcome

- Jerome Appeldoorn, DDS**
- Becky Johnson, DDS**
- John Noack, DDS**
- Brian Kraby, DDS**

507-645-5264

Answers to Medicare Questions and More

If you have questions about Medicare, supplemental insurance, or prescription drug coverage, a volunteer from the State Health Insurance Program (SHIP) can help you. Call the Senior Center for an appointment: 664-3700. A SHIP volunteer will contact you to arrange a time to meet.



Hosting Vintage Band Festival Players

The Vintage Band Festival will return to Northfield this summer, July 28-31, and there is an opportunity to provide homestays for the participants, both international and national. You would need to transport the band members to their daily commitment and pick them up in the evening. Also, they will need breakfast in the morning. If you are interested, please contact Garda Kahn, 507-645-9170.

The Scrub Club

We are starting up a club for helping clean the pool. The first official meeting for this club will be Saturday April 23rd at 9:45 am. If you care about the cleanliness of the pool, come join the fun! Marilyn Kelley and Craig Swenson will be heading up the club. We will be meeting monthly to scrub the sides of the pool deck and the hot tub. Supplies will be provided, so all a volunteer needs to do is come when we are cleaning the pool.

Popcorn Wagon

Volunteer meeting for the Popcorn Wagon will be Thursday, May 12 @ 10. Please come to learn more and sign up to help! All are welcome!! Any questions call Lesley @ 507-400-4331 or e-mail lesleyweirich1122@gmail.com

FACTS ABOUT THE POPCORN WAGON

Made in 1918 by C. Cretor Co. of Chicago

1979 - Northfielder Vera Johanssen bought it and served popcorn on Bridge Sq. for 8 years

1987 - Paul Sherwin bought the wagon and served popcorn on Bridge Sq. until

1994 - the Senior Center bought the wagon and carries on the tradition in Bridge Square



Launched in April 2008, Thursday's Table gives everyone — but especially those in transition — a hot, healthy meal every Thursday. Since its beginning, Thursday's Table has been dishing up a nutritious meal to approximately 200 people each week. On alternate months the Sr Center provides volunteers to help with this program.

Would you like to help? On Thursday, May 19 we are helping provide volunteers for these jobs:

- Table Set-up (2:30 - 3:30pm)
- Room Set-Up (3-5pm)
- Food Server in Kitchen (4:45-6:30 pm)
- Beverage Server (4:45-6:30 pm)
- Table cleaners and Re-setters (4:45-6:45 pm)
- Dining Room Cleaning Crew (6:15 - 7:30 pm)

If you would like to volunteer, contact Patsy Dew, <mailto:patsydew@nscmn.org>

NEWS

VOLUNTEER

CLASSES AND TALKS

Please pre-register for all classes, programs and trips.

Sign up deadlines will be published with each, if there is one. You may register by phone (507-664-3700), on line through our website (click on Title), or in person at The Center.

Fraud Fighters

Wednesday, May 25,
1:00-2:00

Cost: \$4 (platinum and equivalent free)

Con-artists don't care how hard you worked, they steal billions from people like you every year. Today, people aged 50+ control over 70% of the nation's wealth and the scammers know it. They're using the telephone, U.S. mail, email, the internet and they may even show up on your doorstep trying to get your money. New technology has made it easier for criminals to get access to personal information and savings. Understanding the latest trends and tactics in fraud can help us all protect our own savings and identity. This program is presented by Jay Haapala, the Associate State Director of Community Outreach with AARP. He leads the state's Fraud Watch Network which serves to educate consumers about fraud, scams and identity theft.

OWLS Natural History Program

Wednesday, May 11
10:30-12:00

Cost: \$7 (platinum and equivalent free)

River Bend Nature Center will bring a fourth series of natural history talks to the Senior Center this spring.

OWLS (Older Wiser Livelier Seniors) programs feature an expert presenting on a topic dealing with the nature and environment of this area. This month's topic is: Permaculture: Join River Bend naturalist Marie Fargo as she explains the basics of permaculture, a sustainable land management practice that provides food for people by following patterns in nature. Marie will share about her experiences in Kenya, where she put permaculture practices to use.

The Vintage Band Festival - the First 10 Years

Monday, May 9,
7:00-9:00pm

Cost: \$4 (platinum and equivalent free)

Vintage Band Festival Artistic Director, Paul Niemisto, will bring in a bandload of old instruments and tell the story of how the Vintage Band Festival got started. Enjoy the music and hear the fun tales of putting on this amazing musical event. 2016 marks the 10th anniversary for the VBF organization which has staged four-day Festivals in 2006, 2010 and 2013 and one-day "Mini-Fests" in 2014 and 2015.

Vintage Band Festival for 2016 will again be a four-day brass and wind extravaganza

taking place in multiple locations throughout Northfield and surrounding southern Minnesota communities. 30 bands will present over 100 concerts during the festival in parks, churches, retirement communities, veterans clubs, bars and pubs. The dates of this year's Festival are July 28-31. And include one very special event here at the Senior Center on July 31. More details about that later.

African Drumming

Tuesdays, May 10 - 24,
6 - 7:30 pm

Cost: \$32 m / \$42 nm/
Plat Equiv, free

Bob will teach two and three part drum songs from Ghana, West Africa, taught to him by Master Drummer Sowah Mensa. These songs will be taught in the aural tradition - by ear. Drums will be provided.

Teacher: Bob Gregory-Bjorklund



Computer Classes

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

Intermediate iPad/ iPhone

Mon, May 2
9:30 - 11:30AM

This class will move us beyond the basics into productivity suites [iWork], iCloud syncing, APPs for travel and specialized projects, health APPs, photo editing/taking, etc. It will be a time to explore the multiple uses the iPad/ iPhone can have to make our lives more productive [and even more fun!]. We will primarily work with the iPad, but generally most APPs will work the same on both devices.

Cost: \$10 m, \$15 nm,
Plat equiv - no fee
Prerequisite: none
Teacher: John
Severson

Intermediate Internet and Email

Tues & Thur, May 3 & 5
9:30 - 11:30AM

This course will discuss internet topics ie. using tabs, bookmarks, searching strategies. Email topics covered will include creating and using group addresses and attachments. Cutting, copying, pasting, and printing techniques will be developed for both email and web browsing. The course will use Mozilla Firefox and Google Gmail

Prerequisite: Intro to the Internet and Email or equivalent
Students must have an active Gmail Account

Cost: \$20 m, \$25 nm,
Plat equiv - no fee
Teacher: Jim Finholt

Scanning Pictures

Tues, May 10
9:30 - 11:30AM

Share your pictures of the grandkids with others. This course shows how to scan photos of any size from small snapshots up to 8x10 inch photographs. Choosing the size and the cropping of the scanned photo will be demonstrated. Students can bring a couple of pictures to be scanned and saved to their flash drive. Prerequisite: Intro to Computers or equivalent

Cost: \$10 m, \$15 nm,
Plat equiv - no fee
Instructor: Jim Finholt



CLASSES AND TALKS

For a complete discription of the computer classes, see the Fall Program Guide, pg. 12-13 or see the "Computer Center" on our website.

Fall Prevention

Thursdays May 5 - June 9, 1- 2 pm
6 sessions

Help lower your risk of falling by attending the Fall Prevention Workshop. The class meets once a week for 6 weeks. Each week you will work on balance drills, strengthen your muscles, increase your range of motion and learn tips to improve your balance.

Fee: \$47m/ \$59nm/ Plat. Equiv. - \$5

CPR & First Aid

Tues, May 10,
3:30-6:30 pm

Become CPR and First Aid Certified

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

**GROUP
ACTIVITIES**

NSC SOFTBALL 2016!

Mondays & Thursdays, 9-11 a.m.
Sechler Field #2

Begins May 2, ends September 1

It's time again to enjoy the national pastime! The Northfield Senior Center is sponsoring coed Senior Softball again this year. Have fun with friends old and new as you get good exercise twice a week. There is no fee. No tryouts will be held; everyone is welcome! Just bring yourself and your glove (and a favorite bat, if you like). On some Mondays and/or Thursdays, games (home or away) may be scheduled with other nearby senior teams (for example, Owatonna, Faribault, and/or Cannon Falls).

Please put "May 2 – Senior Softball starts" on your calendar!

Paper Crafting

Meets at 1:30 on the first and third Mondays of every month

All people who like working with paper are welcome attend.

The theme for the month of May is "Graduation"

May 2 – Anyone who has one, brings ideas for a graduation project.

May 23 - projects will be worked on.

2016 May Movies

May 2: Brooklyn

May 9: Woman in Gold

May 16: Nebraska

May 23: Philomena

May 30: No movie, Closed for Holiday



Sunshine Café Performances include:

Monday, May 2 at 11:00 Mother's Day Concert by the Troubadours. We will feature a BBQ Pork Loin with Mashed Potatoes, Peas and Carrots, and Citrus Fruit Cup.

Thursday, May 12 at 11:00 Celebrating May Birthdays music by Northfield Senior Center Chime Choir The meal is Pork Roast with Dressing, Oriental Blend Vegetables, Lettuce Salad, and Birthday Cake

Wednesday, May 25 at 11:00 Special Memorial Day Program by Craig Forsgren (and friends). Our meal this day will be "War-time Beef", "FDR Potatoes", "Peas w/ Pearl Harbor Onions", "Normandy Salad", Roll w/ margarine, and General Eisenhower Dessert.

**** NOTE** - Sunshine Café will be closed on Friday, May 20th. SEMCAC, our food provider/ kitchen staff, will be attending a special program that day in honor of SEMCAC's 50th anniversary. The Café will also be closed on Monday, May 30th for the Memorial Day holiday.

**SUNSHINE
CAFE**

OPEN 11 - 1

CIRQUE DE LA SYMPHONIE™

Minnesota Orchestra,
Minneapolis
Sunday, May 22
12:45 - 5:00 pm

This trip is now full. However, if you are interested in possibly attending this performance do sign up on the wait-list at the reception desk. Sometimes tickets become available before the trip date so wait list names will be contacted to see if they want to attend.

“CALENDAR GIRLS”

Park Square Theater,
St Paul
Sunday, June 26
12:30 - 5:30 pm

Based on a true story, a group of Yorkshire (England) women propose to produce a calendar in 1999 to raise money for Leukemia Research. A widow and her friends, who belong to the Women’s Institute, decide to discreetly pose nude for this calendar while performing traditional activities and ask the organization to sanction their endeavor. This is a comedy which tells of their hilarious venture as they discover the beauty within themselves and one another.
Cost: \$65
Sign up deadline: June 13

BASEBALL GAME - ST PAUL SAINTS

CHS Field, St Paul
Tuesday, July 12
5:00 - 11:30 pm

It’s a night game – under the lights – to see the St Paul Saints play in their new stadium against the Sioux Falls Canaries. We have wonderful seats above the home dugout. The Saints have a reputation for outlandish promotions and offer a new level of fun during the game. Pablo Pigasso, their live pig mascot, is the only one in baseball. They also have other characters appearing at the game. Join us for an evening of sport and fun!
Cost: \$40
Sign up deadline: June 10

**SOUTH PACIFIC
Guthrie Theater,
Minneapolis**

Wednesday, 3 August
10:15 am - 5 pm

This is a sweeping musical romance – one of the most celebrated and lauded in American theater. It’s set in an island paradise during World War II and tells the story of two couples and how their happiness is threatened by the dangers of war and prejudices of

their times. Lunch is on own at the Level 5 restaurant (casual). Reservations will be made in advance for the group; you may eat alone or with others of your choice, You could bring your own lunch to eat outdoors in the park next to the theater, if you wish. Please indicate on your registration if you wish to do so..

Cost: \$82
Sign up deadline: June 10

See also information about our annual trips to the Great River Shakespeare Festival on page 9.

TRIPS



Future Trips!
Winona - Cruise to see
Birds and MN Museum
of Marine Art
Sept 28

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 date receive a full refund. Cancellations after that date receive a full refund **IF a replacement can be found**. Note that our trips require a minimum of 20 persons for each outing.

BOARD OF DIRECTORS

Northfield Senior Citizens, Inc.

Minutes: Northfield Senior Citizens, Inc. Board of Directors meeting, March 24, 2016

Directors present: Nancy Ashmore, Bernard Borene, Tom Brawley, Beth Endert, Duane Everson, Jerry Gehler, Gerry Gengenbach, Bill Gruszewski, Elizabeth Olson, Greg Smith

Absent: Dan Van Tassel, Marv Kormann, Bob Craig, Richard Jackson, Phil Winter

Staff present: Lynne Pederson, Patsy Dew, Elaine Grism

1. CALL TO ORDER

The meeting was called to order by Gerry Gengenbach at 3:03 p.m.

Action: Minutes from the January Board Meeting and March meeting agenda were accepted

2. REPORTS

Review and approval of Financial Reports

Bill Gruszewski reviewed the March, 2016 financial statements. Income is at 15.39% and expense is at 14.79% compared to projected 16%.

Finance Committee

Bill Gruszewski reported. A suggestion was made to add a Shaved Ice Machine to go along with the popcorn wagon. The Finance Committee received a motion to install solar energy system to the building.

Advancement Committee

Beth Endert reported. Mike McGovern visited from Advancement Committee to speak about sustaining donors and the predictability of income. The goal is to increase from 43 to 80 sustaining donors.

Facilities Committee

Jerry Gehler reported. Discussion topics were the possibility of adding solar energy, and gutters to the building.

Membership Committee

Nancy Ashmore reported. The New Member Orientation (new member coffee) will be starting in May in room 105.

Nominating Committee

Duane Everson reported. Six Board positions are up for election. Four 3-year terms, one 2-year term, one 1-year term. Ending 2nd terms in April 2016 are Phil Winter, Director at Large; Nancy Ashmore, Vice President; and Gerry Gengenbach, President; Beth Endert is eligible for election for a full 1st term, Director at Large. Nominations are Gordon Kelley, Mary Auge, Yoshiko (Yosh) Soltis, Colleen Press, Jane Persons, and Beth Endert.

Executive Director Report

Lynne Pederson reported on grants submission, a St. Olaf Social Work intern, programs, theatre productions, and staffing changes. Lynne and the Eau Claire senior center will meet with the city of Warsaw regarding the NSC and the possibilities that city could incorporate into their new senior center.

3. OLD BUSINESS

Signage – received positive feedback from the planning commission. The Planning Commission will recommend approval to the city council at the April 19. Nancy will present to the council. She will visit two sites next week to see the sign cabinets fabricated.

4. NEW BUSINESS

40th Anniversary – who will work on it? What should we get excited about? Ideas: produce a half hour film on what happens here “all the time”

Solar energy \$100,000 for 40 klw system and roof repair discussion.

Action: Motion by Elizabeth Olson and seconded by Beth Endert to pursue the feasibility of solar energy at the senior center. Motion carried.

Discussion on room usage and program availability

Action: Motion to limit renting rooms 103-105 to outside groups on Sundays and possibly other days of the week so we can provide more programming. Motion carried.

5. ADJOURNMENT

The meeting was adjourned at 5:10 p.m.



Great River Shakespeare Festival Preview

June 6, 1 pm

Doug Scholz-Carlson, Artistic Director of the GRSEF, will give a preview of two of this season's plays, *As You Like It* and *Julius Caesar*. (See info on this page of TRIPS to see these plays).



Shakespeare in Winona, co-sponsored with the CVEC

Both trips will include meeting with the actors over a box dinner for questions and discussion. The Great River Shakespeare Festival (grsf.org) will begin its 13th Season under the leadership of Artistic Director, Doug Scholz-Carlson, known to many in Northfield, where he began his career. Cost of the trip to each play is \$80; if you go on both trips, cost is \$150

As You Like It

Wed, July 6,
11:15 am - 8 pm

Shakespeare's beloved comedy reveals the liberating power of love. *As You Like It* overthrows the traditional rules of romance and allows us to witness how bewildering and how utterly pleasurable life can be. Rosalind, one of Shakespeare's great women, joins a cast of brilliant comic characters lost in the delightful madness of the Forest of Arden. Artistic Director Doug Scholz-Carlson directs this play filled with some of Shakespeare's best known songs.

Cost: \$80 [SIGN UP ONLINE](#) or in person at the Center.

Julius Caesar

Wed, July 13,
11:15 am - 8 pm

A fast-moving thriller about the struggle for democracy, Julius Caesar explores power, loyalty, and tragic idealism through the friendship of great men. Shakespeare's tense drama of high politics is both epic and intimate, with powerful speeches in public squares and whispered conspiracies in back rooms and dark hallways. James Edmondson (*King Lear*, *Hamlet*, *Much Ado About Nothing*) directs this tale of political intrigue that resonates today.

Cost: \$80 [SIGN UP ONLINE](#) or in person at the Center.

EVENTS

Table Tennis Tournament

Did you know...?

The Northfield Senior Center is sponsoring an "open, friendly, and non-sanctioned" table tennis tournament for players (men and women) of all ages on Saturday, May 7 at the Northfield Middle School. This will be the 7th year we have organized this tournament, which has grown each year, thanks to the enthusiastic committee which has overseen it: Don Diehl, Tom Brawley and Russ Margulies. Ours is now the largest table tennis tournament held in Minnesota with players from Mankato, Rochester, and the Twin Cities in addition to many local players.

Spectators are welcome to watch the action!

DONORS

Thank you to these March Donors

Berit Anfinson, David & Joey Appleyard, Solveig Bailey, Tom & Laurie Bergeson, Steven Beto, Patricia Brenden, Tom & Mickey Brodin, Judy Broske, Warren & Karen Broughton, Mary Brown, Arlene Bultman, James Burns, William & Charlotte Carlson, Lyla Cole, Eileen Cooper, Thomas Deneen, Tom & Patsy Pender/Dew, Thomas DeWolfe, Winnie Drentlaw, Larry & JoAnn Edwardsen, Chris Ellison & Gene Finger, Gerry & Carol Gengenbach, Diane Genova, Marie Gery, Malcolm & Jacquelyn Gimse, Bonnie Gretz, Michael Grisim, Allina Health System, Evelyn Horwath, Doug & Sue Ims, Dana Jerrow, Georgene Johnson, Jackie Johnson, Verna Johnston, Julie Klassen, Marv & Rose Kormann, Neidra Krebs, Jean Larson, Elaine Leroy, Harriet Menard, John & Sharon Micklo, Genevieve Morales, Barbara Mount Sahl, Alice Nasby, Willard Nauman, LaMay Norberg, Mary Olander, Elizabeth Olson, Laurel Pankow, Charles & Lynne Pederson, Ken & Roberta Persons, Ken & Roberta Persons, Betty Raadt, Richard Rasmussen, Gordon & Emelda Rasmussen, Myrtle Ringlien, Peter Seitz, Bardwell & Charlotte Smith, Diane Splettstoesz, Fred & Lorelei Stanley, Margaret Stary, Kenneth & Sharon Steinhouse, Sharon Stoeck, Pat Sunquist, Shriley Tollefson, Sue Voegele, Linda Wagenbach, Marilyn Will, Elizabeth Williams, Richard & Karen Wiringa

Membership

Welcome to these new members

Daniel Peterson, Jay Kuivinen, Glynnis Lessing, JoAnn Thomas, Jan Eckhart, Ann Iijima, Phillip Larkin, Karyn & Robert Fast, Jane Morrison, Griff Wigley, Timothy Cowles, JoAnn David, Lorraine Andreas, Joyce Wertheimer, Kenneth Kangas, Rosemary & Ronald Petersen

NSC STAFF DIRECTORY

Director / 664-3701
Lynne Pederson

Assistant
Director / 664-3708
Patsy Dew

Bookkeeper / 664-3705
Kathy Bjerke

Membership
Coordinator / 664-3704
Jackie Johnson

Fitness
Manager / 664-3702
Craig Swenson

Program
Coordinator / 664-3707
Chris Ellison

Administrative
Coordinator / 664-3703
Elaine Grisim

Used A Bit
Shope / 645-1399
Kristi Casson

Dining Site / 664-3735
Gail Noren

Evening/Weekend
Receptionists / 664-3700

Janice Kasa, Barb
Henwood, Ruth
Johnson-Wirth,
Pat Sunquist, Beth
Endert



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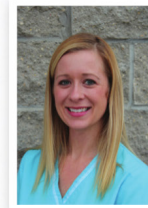
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Catie Barsness, RN
Manager

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Northfield Senior Center

1651 Jefferson Parkway
Northfield, MN 55057

<http://www.northfieldseniorcenter.org/>



This activity is made possible by the voters of Minnesota through a grant from the Southeastern Minnesota Arts Council thanks to a legislative appropriation from the arts & cultural heritage fund.

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Monday-Thursday: 6am-8pm

Friday & Saturday: 6am-6pm

Sunday: 9am-8pm

POOL HOURS

Monday-Thursday: 6 am-8pm

Friday & Saturday: 6am-6pm

Sunday: 5:30pm - 8pm

USED A BIT SHOPPE

507-645-1399

624 Water St. / River Mall

Monday-Saturday: 10 am-5 pm

Thursdays: 10 am-7 pm



7th Annual Northfield Table Tennis Tournament
May 7, 9 am - 5 pm

A MOMENT IN TIME

GRANDPA ROCKS by Steven Beto

I don't often think about Harry Truman, and so when I asked Mr. Anderson for his first name and he replied, "Guess what it is. My first name starts with a "T" and is the last name of a president." I could not come up with it. Truman Dennis Anderson, T.D., he prefers, or Andy, likes to engage people's minds with puzzles, and perhaps that is why a special group of boys at the Dakota County Juvenile Detention Center loved him so much.

"My job—I tell you, I was a foster grandpa to those kids. I'd sit with them in the classrooms, English, math, stuff like that, or in the lunch room and just listen to them. It wasn't my job to probe into their family backgrounds or criminal histories, but if they wanted to talk about something, I'd listen."

Andy became involved part-time at the Detention Center in 2008 while he was still working his job at Unisys. Once retired, he could spend more time with the boys. Andy also worked as a Guardian ad Litem and would accompany the boys to the courtroom to speak on their behalf. In his time at the center, Andy made an impression on the boys, and they on him.

"When a kid first comes in to the system, well, in many cases they had already been incarcerated before, so they were used to that. There weren't many blow-ups. I could count on one hand the problems while I was there."

Andy went on to tell me about certain of the boys that he worked with over the years whose stories he continues to carry with him. There was a tall and lanky boy, a pleasant kid. The other boys in the detentions center gave him a hard time because his father was a county sheriff. Then there was a kid who got involved in a gang that had a rumble with another group in which a boy was killed.

"He flat dab told me that he had nothing to do with the killing, but he was in the group responsible." He broke parole after his release and was sent to a prison north of Saint Cloud. The boy did not want his parents to be placed on the visiting list, but asked instead that Andy be on the list.

"Talk about going into a prison! I had to take my shoes off, and the touch and feel down and everything, but when I saw him, he told me, I know I did wrong. I broke parole. I'm going to serve the time and I'm going to come back."

And then the boy who was heavy into music, "After leaving the detention center and somewhere about the time he was 18 or 19, he got heavy into drugs. He was just the nicest kid, but he got involved with meth and died of an overdose. It's a shame." Open and honest communication is transformational, and may be the only way that we have of resolving difficult issues. The inmates in the detention center who never open up must feel like they are in two prisons, one of their own making.

Andy sometimes sports a sweatshirt that says, "Grandpa Rocks" over the image of a rocking chair. I asked Andy how he came by it.

"The boys in the detention center gave it to me for Christmas. I don't know where they got the money, or how they arranged it, but I'll tell you, they're a great bunch of kids worth saving."

You rock, grandpa.





MEMORY CAFÉ

The Memory Café will meet the third Wednesday of each month at 1:30 p.m. in the Northfield Senior Center Sunshine Café.

The Café is open to anyone who is experiencing early stages of dementia and their care partner from Northfield and other surrounding communities. It is not necessary to be a member of the Senior Center.

The Café will be planned and facilitated by Breanna Wheeler. Breanna has a Master degree in Public Affairs with many years working with the older adult population. Currently she is working with the Northfield Act on Alzheimer's group, is a board member for the Minnesota Gerontology Society, and for many years was the Activity Director for the long term care unit at Northfield Hospital.

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Popcorn Wagon Story

by Gerry Gengenbach



The big numbers on the First National Bank read 3:41 and 92 degrees. It's our Tuesday afternoon late shift at the Senior Center Popcorn Wagon on Bridge Square. We're almost sold out of cold soda. Only 1 bottle of water, 1 root beer and 2 diet coke remain in the little refrigerator. It's been a good day for selling liquids.

The fresh popcorn has been moving out the window at a steady pace too. Butter flavor is added to most boxes, but the "health minded" refuse even as they joke about it. Then they add extra salt.

A grandma and her little granddaughter are sitting side by side cooling their feet in the fountain. I just heard the grandma say, "No, you can't take your clothes off and go swimming. That man over there (me) will call the cops!"

Four young men are trying their fishing luck just below the damn while five senior citizens, one in a wheel chair, are slowly cruising the river walk. A young woman, blue cap and sunglasses, stops at the drinking fountain, lifts her panting small dog up to offer her pooch a drink. The dog laps it out of her cupped hand, then drools on the sidewalk as they walk away.

Across the street in front of us by Neuger Communications two parked Harleys are being admired by some leather-clad, white bearded guys. They look really warm but can't stop looking and pointing at the cycles. Behind us mail is being dropped into the curbside mailbox as a steady stream of cars slowly streams past. More dogs tow their owners to the fountain hoping for refreshment. Skateboards rattle by, their riders creating a slight breeze.

A couple from Michigan stop for popcorn. "What a beautiful downtown you have! And so many interesting stores!" They sit in the shade for a while chatting about their visit to Northfield. We tell them about the Senior Center. They come each summer to visit their children and grandchildren, and always stop for popcorn, but they didn't know it was volunteers helping the Senior Center.

Now it is 4:30 and still 91 degrees. It is almost time to start our inventory of supplies – sodas, boxes, popping oil, butter flavor, salt, napkins, cleaning supplies. We'll shovel the left-over popcorn in a bag to take to the Senior Center – but always at the last minute a customer asks to buy a box, so we fill it out of the bag. Wipe off as many surfaces as possible, put away the money, the sign, the chairs, the stair step. Check to be sure everything is turned off, the windows folded in, the door locked.

Why do this? It is relaxing, fun, simple entertainment. We meet the most interesting people from Northfield and from around the country. We discover people we knew years ago, when they were our students in grade school or confirmation. We read a good book during slow times. We get to talk about our great Senior Center! It is a most enjoyable way to support the Senior Center. It feels really good inside. We are looking forward to doing it again.