MAY 2017 Northfield Senior Center

active, connected, engaged

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The Senior
Center will
be closed on
Memorial Day,
Monday, May
29th.

Center News

FOR ACTIVE OLDER ADULTS



STORIES TO TELL

by Lynne Pederson

One of the better parts of my job is hearing people's stories. The stories give me a new perspective into the person's life and insights as to who they are. I would never gain these insights by just saying hello to the person as I pass them in the hallway. We have a lot of remarkable people at the Center. The stories are not so much about what they have done in their lives but more about how they have overcome significant changes that have had a major impact on their lives. In every story, woven in the telling is how the Center has played a significant role in how the person has been able to make the change necessary in their life. In each of the stories, the Center is a centerpoint for people; it's a place where people are rejuvenated; one can regroup, reconnect, and eventually figure out that they are okay, life does go on.

The Annual Fund Drive will be starting soon. For new

readers, this is a member fund drive, when we ask members to make a donation to support the operations of the Center. Every year, I am asked why do we need a fund drive? Why can't the membership dues cover the costs? The answer is the same every year. Membership dues could cover the costs, but it would have a major negative impact on many member's lives and budgets. Many members could not afford to pay what would be required. The membership dues structure is set-up to give people affordable choices.

I have recently been elected to the Council of my church. For people that know me, this is not something that they would have readily thought that I would be doing. I have a long relationship with church in my life that has had its ins and outs. What I am learning by being on the Council is a whole new perspective to the church. In a lot of ways

it is no different than a non-profit like the Senior Center. Both have facilities that have to be managed, programs that need to be planned, and members that need to be tended to. And they both have a need for members to support them financially. It is a different perspective to consider, comparing the Senior Center to a church organization. It is not the religious aspect, but more about the desire and importance to support something that has meaning in your life. That is what I would like you to consider and ponder about the importance of giving.

In the coming months, I will be telling the stories of members that give to the Center in their own ways. We have a lot of talented, generous people that have stories to tell.

GALLERY

OPENING

RECEPTIONS

TUES, MAY 9 9:30-10 AM

> TUES, MAY 16 5 - 7 PM

Current Exhibit: Continues through May 12 Bridgewater students



Upcoming Exhibit: May 15 - June 16 Don Roos, photography; John Van Ast, wooden bowls and dishes

John Van Ast, wooden bowls and dishes

My earliest recollection of woodworking was visiting my uncle's furniture factory in the Netherlands prior to my family immigrating to Canada in 1951.

Fast forward retirement in 2002, snow birding in Arizona reignited my wood turning interest. My wife Pam and I spend our winters at an RV park that has 5 craft shops, a jewelry shop, a leaded glass shop, a ceramics shop, a quilt shop, and a wood shop.

Each bowl in this show, has been recycled from wood found along the side of the road, in the woods, a gift from a friend, colleague, stranger, or a visitors to previous shows like this. I do not purchase wood from commercial outlets. There are just too many treasures out there.





Don Roos, photography

Through photography, I seek to display my vision of the beauty of nature. By visualizing the subject and composition of a shot, I try to create a story through an image.

My interest is in displaying the wonders of nature as fine art by showing landscapes, gardens, seasons, birds and macro images, as close to how I remember they appeared and as I wish them to have appeared.

Although I have shot photos for many decades, photography has been my passion since retiring from medicine in 2011. By frequently photographing ones every-day world and regularly studying shooting, composition, and image processing, one can produce photos with feeling and beauty.



THE TROUBADOURS IN CONCERT

Monday, May 8, 11:30 Northfield Senior Center, room 103

Come and enjoy the wonderful harmonies of the Troubadours men's chorus. They will be entertaining you with a variety of favorite standards and new melodies sung by the full chorus, the small group the Octagons, and soloists.

This concert is free and open to all.





PROFESSIONAL DRIVE DENTAL GROUP

New Patients Welcome

Jerome Appeldoorn, DDS

Becky Johnson, DDS

John Noack, DDS

Brian Kraby, DDS

507-645-5264

EVENTS

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.

BASIC DOG OBEDIENCE

Fri, May 5-26 1:30 - 2:30pm

This is a 4 week class that will focus on teaching basic behaviors: sit, down, stay, come, leave it and on loose leash walking. We will talk about establishing food daily practices and leave enough time to add some fun games at the end of the session for you and your dog to engage in. Please bring small soft treats, a flat collar and a non-retractable leash. Bring proof of current vaccinations to the first class An Advanced Dog Obedience Class will be offered starting June 2 that will reinforce the behaviors covered in the Basic class plus new behaviors: up, off, shake and under. (4 sessions)

Fees: \$70/nm & m, \$52/plat equiv Instructor: Shahar

Fearing

SAYING THE "D" WORD: DIALOGUES OF DEATH, DYING, D'LIFE

Thu, May 11 1 - 3:00pm

Me! Die?

Join in participant-led dialogues about what really matters in life. We know how this ends...

Capacity: 20

Fees: \$7/nm,\$4/m,\$0/

plat equiv

Instructors: Paul and

Barb Krause

INDOOR/OUTDOOR MINI-HERB GARDEN

Thu, May 11 1:30 - 2:30pm

Fresh herbs add a wonderful flavor kick to any dish you make. Mint and parsley for tabbouleh salad, chopped sage on grilled chicken breasts, basil in fresh pasta salads, even just a sprig of mint in a tall glass of iced tea. Having access to fresh herbs is the key. Make your own 3-herb small container garden to brighten your deck in the summer and that you can bring inside to enjoy all winter long. Plus enjoy samples of food using fresh herbs as you plant. Pots, a choice of herb plants and soil are provided.

Fees: \$17/nm, \$15/m, \$12/plat equiv fees include materials

Instructor: Chris Ellison

PRESERVING MEMORIES IN MELODIES

Wed, May 17 1:30 - 2:30pm

The alphabet song has provided millions with the ability to recall 26 arabic letters in sequence. Learn how to preserve your treasured memories by setting them to a memorable melody. Open to everyone. No music or writing skills necessary.

NOTE: This class will be offered twice (May 17 and 24). You may register for one

or both. Class size is limited so register early.

Fees: \$9 nm, \$7m, \$0plat equiv

Instructor: Wendy Russell

CPR AND FIRST AID AND AED TRAINING

Tue, May 23 3:30 - 6:30pm Become CPR and First Aid Certified

Fee: \$45/nm, \$30/m, \$10/plat equiv, staff, monitors

Instructor: TJ Heinrcy

PRESERVING MEMORIES IN MELODIES

Wed, May 24 1:30 - 2:30pm

The alphabet song has provided millions with the ability to recall 26 arabic letters in sequence. Learn how to preserve your treasured memories by setting them to a memorable melody. Open to everyone. No music or writing skills necessary.

NOTE: This class will be offered on twice (May 17 and 24). You may register for one or both. Class size is limited so register early.

Instructor: Wendy Russell

Fees: \$9 nm, \$7m, \$0plat equiv

OVERSEAS ADVENTURE TRAVEL - EXPLORE THE WORLD

Wed, May 24 2 - 3:30pm

What places in the world are on your bucket list? Overseas Adventure Travel offers small group trips to Asia, the South Pacific, Africa, the Americas and Europe – even the remote shores of Antarctica. Join Gail and Bob Craig as they talk about their experience with this travel program and what it has to offer to those interested in experiencing authentic glimpses of world cultures in addition to the basic tourist sites.

No fee

Instructors: Gail and Bob

Craig

ESTATE PLANNING

Thu, May 25 9 - 10:30am

Most people want to leave their mark on the world in some way. Often that way is through a financial legacy. Where do you want your assets to go? How can I bequeath monetary gifts so that the recipient will receive the most gain with the least tax penalty? What is an annuity? What is a legacy gift? What are the current tax laws? How can I protect my assets while still meeting my financial needs as I age? These questions and many more will be answered in this program on Estate Planning presented by financial advisor, Jon Snodgrass of Edward Jones. Capacity: 25

Fee: \$7/nm, \$5/m, \$0/plat equiv

Instructor: Jon Snodgrass

CLASSES AND TALKS

AARP SMART DRIVING CLASSES

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. 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 Wed, May 10

Wed, May 10 1 - 5pm AARP SMART DRIVING 4-HOUR REFRESHER COURSE Thu, May 25 5 - 9pm



COMPUTER CLASSES

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



INTRO TO IPAD/IPHONE

Mon/Wed, May 1 & 3 9:30 - 11:30am Cost: \$20/m, \$25/nm, \$0/plat equiv

Instructor: John Severson

INTERMEDIATE INTERNET AND EMAIL

Tue/Thu, May 2 & 4 9:30 - 11:30am Prerequisite: Intro to the Internet and Email or equivalent Students must have an active Gmail Account

Cost: \$20/m, \$25/nm, \$0/plat equiv

Teacher: Judy Cederberg

OPEN LAB PLUS

Every Tue 3 - 5pm

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

INTERMEDIATE IPAD/ IPHONE

Mon, May 8 9:30 - 11:30am Cost: \$10/m, \$15/nm, \$0 plat equiv

Teacher: John Severson

NEW CLASS

INTRODUCTION TO ANDROID TABLETS AND SMART PHONES

Thu, May 11 & 18 9:30 - 11:30am

This course is for beginning users of Android phones and tablets. It will cover the basic procedures required to operate these devices. Bring your phone or tablet to class along with your user id and password.

(2 sessions)

Prerequisite: none

Cost: \$25/nm, \$20/m, \$0/plat equiv

Instructor: Gloria Krusemeyer

COMMUNITY EVENT



The Convenings Real Families, Real Choices, Real Life,

THE CONVENINGS

Tuesday, May 9, 6:30-8:00 St Dominic's Church 104 Linden St N

The Convenings Northfield is one of six community events planned throughout the state to inspire people to think about and discuss with their family their choices for living and dying well. The

Convenings is presented by Minnesota Public Radio's Cathy Wurzer and is based on a series of remarkable broadcast conversations she had with University of St. Thomas Dean Bruce Kramer during the final months of his life following his diagnosis of ALS. Their honest and insightful conversations were published in their book, "We Know How This Ends: Living while Dying." Join Cathy

for an evening of music, storytelling and meaningful conversation.

This event is FREE and open to the public. American Sign Language and Spanish Language interpretation will be available. To register or for more information: www. honoringchoices.org/theconvenings.

NEW CLASS, STARTING MAY 3

YOGA FIT

Wed, 5 - 6 pm

Build Strength, Flexibility, Stability, and awareness through the application of yoga, followed by relaxation to absorb the deeper effects of your practice.

Floor, Seated, Standing, Balance and Inversion poses offered. Mats and props provided.

Instructor: Barbara Krause, 200RYT, Yoga

certified

LEARN TO USE FREE WEIGHTS

Thu, May 4-June 8 5 - 6:00pm

Learn ways to use Free Weights effectively, and safely. Each week we will target a section of the body that can be worked effectively by using Free Weights. Advancements and Adaptations can be made for each person.

Fees: \$56/nm, \$42/m, \$0/

plat equiv

Instructor: Kyle Nelson

NEW PERSONAL TRAINERS

Please welcome aboard Heather Sand NETA Certified Personal Trainer and Rebecca Gummow ACE Certified Personal Trainer as the newest certified personal trainers of the Northfield Senior Center. Both are ready and rearing to take on new clients. Remember personal trainers are here to help you achieve your personal fitness and life goals, by ensuring you are doing the correct workout routine suited to your needs and wants.

FITNESS CLASSES

COLD AND FLU SEASON

Please remember when using the weight room to wipe down your equipment after usage. This helps lowering chances of trading colds and flu and other germs to another individual. Thank you!

MEET THE INSTRUCTOR: BARBARA KRAUSE

Senior Center Involvement

Teacher: YogaFit, beginning W, May 3, 5-6p Substitute: Classic Yoga, Gentle Yoga Facilitator: Me! Die? Dialogues

Speaker: First-Ever Sr. Center EXPO, June 2017

Hobbies

Taking inspirational field trips to spark my creativity Listening to Classical music Preparing gourmet dinners

Certifications

200RYT, HeartWork Yoga Studio, Northfield Yoga certified, 2015

Personal Goals

To use my writing, speaking, and teaching to connect with people, helping them to heal and awaken.

To "dare greatly" (from Brene Brown) by being vulnerable and recognizing this positive quality in others.

To continue my personal spiritual journey.

Favorite quote: "We're all just walking each other Home."

~Ram Dass

FITNESS SPOTLIGHT



FITNESS COLLABORATION

PICKLEBALL - AVAILABLE THROUGH COMMUNITY ED

Wed, Jun 7 - Aug 16

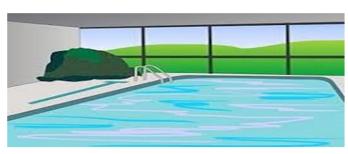
6:30 pm

Registration and payment is processed through Community Ed.

Cost to participate is \$45/person paid to Community Ed.

An adult Pickleball league will be played on Wednesday evenings at Riverside Park on the new designated Pickleball courts! The league is scheduled to run for eleven weeks and will be ladder play format. On the first night, players will have opportunity to play with no recording of scores. Ladder play will begin the second week with a random partner draw and will transition into partners and groups being determined by each individual's overall accumulated score percentage. Each week, every group of four people will play a total of 6 sets (two sets with a different partner within that group). Players total and submit their ending team scores for each game to the league supervisor. Accumulated totals determine the next week's bracket which will be sent to players by the end of each week (because standings are based on a point percentage for the games actually played, it is not a penalty to not have a score recorded if a player has to be absent. However, make-up games or finding a sub are options that will be discussed in further detail on the first night of the league). Medals will be awarded to the top three individuals at the end of the league. Rackets and balls are provided, but players may use their own.

VOLUNTEER



Could you be a pool monitor? YES!!!!

Ensure that the rules and etiquette of the pool are being upheld

Make sure everyone is staying safe

Contact proper individuals when an emergency arises

Engaging with people to make them feel welcome at the Center

We need your help—even if it's just once/month!

Contact Katie

664-3708

katiefelland@nscmn.org or stop by her office



TABLE TENNIS TOURNAMENT

Table tennis enthusiasts of the Northfield Senior Center are busy making plans for its 8th Annual Northfield Tournament scheduled for Saturday, May 6th at the Northfield Middle School. It's been highlighted as one of the two largest table tennis tournaments in Minnesota by drawing participants from Mankato, Rochester, the Twin Cities, as well as many Northfielders. It's even attracted a father-son combination from Duluth.

The tournament is open to all ages, male and female, with three events for singles and three events for doubles being held from 9 a.m. to 5 p.m. The gymnasium doors will open at 8 a.m. for players to warm up. Healthy snacks will be provided to players throughout the day.

New for this year are the inclusion of a tournament shirt and an auction for a robot. For orders placed before April 15, the tournament shirt (100% polyester) is available in sizes XS-4XL, is graphite grey in color, and is available for anyone wanting to purchase one. Cost varies from \$18 to \$22.

The robot is being donated by NEWGY, an industry leader in table tennis equipment, for a live auction at 12:15 PM with the proceeds benefitting the Northfield Senior Center. The robot allows anyone to have a practice partner anytime for developing one's skills for the sport. The auction is open to all bidders. The robot would make an excellent father's day gift, a birthday gift, and/or a source of home-use games for family fun and entertainment, fitness, and competition.

See the Center's website to download the entry form and to see more information about the Tournament.

EVEN IF YOU DON'T WANT TO PLAY, COME TO WATCH. IT IS FACINATING AND FUN TO WATCH.



EVENTS

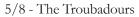
GROUP ACTIVITIES

SUNSHINE CAFE

OPEN 11 - 1



MAY HAPPENINGS AT THE SUNSHINE CAFE



5/10 - Concrete Cowboy

5/11 - Bingo at Noon

5/17 - The Chimes

5/18 - Site Council 11:45

5/24 – Birthday Party

5/29 - Closed

5/30 - Memorial Day Celebration Marilyn Finneseth



POPCORN WAGON INFORMATION MEETING

Thu, May 4 10 - 11am

Come learn more about volunteering at the Popcorn Wagon on Bridge Square during the summer months.



MAY MOVIES MONDAYS AT 1 PM

5/8 <u>LION</u> A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia; 25 years later, he sets out to find his lost family. 2016 118 minutes

5/15 LOVING The story of Richard and Mildred Loving, an interracial couple, whose challenge of their anti-miscegenation arrest for their marriage in Virginia led to a legal battle that would end at the US Supreme Court. 2016 123 minutes

5/22 <u>THE EDGE OF SEVENTEEN</u> High-school life gets even more unbearable for Nadine when her best friend, Krista, starts dating her older brother. 2016 104 minutes

5/29 Memorial Day. CLOSED - No Movie



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

May: GRANDMA GATEWOOD'S WALK by Ben Montgomery

June: THE ROSIE PROJECT by Graeme Simsion

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

CALLING ALL GARDENERS!!

The first Gardeners Meeting of the spring will be Wednesday, May 3.We will meet in room 103 for a pot luck dinner and plan out playing in the dirt for the upcoming summer season. All members of the Garden Committee are invited, as are any members interested in joining our group. Beverages, plates, silverware, good company and a few laughs will be provided.



ACTIVITIES

GROUP

NEW CLUB!! DOG LOVER'S CLUB

WEDNESDAYS 1:30-2:30 STARTING MAY 3
Senior Center Patio

\$1

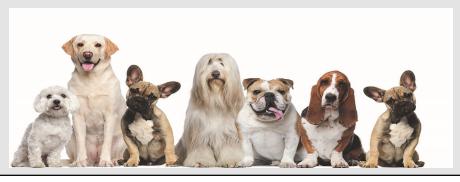
The Dog Lover's Club is open to anyone with a dog... and people who love dogs.

We will meet at The Center with our dogs for socializing, short walks around the grounds, and learning and talking about ALL THINGS DOG.

Bring your dog on a regular buckle collar (or a harness for the small dogs) and a regular (not retractable) leash, and plenty of treats that your dog loves.

And...don't forget your doggy poop bags!!!

For more information call: Mary Malone 952-649-9133 or Shahar Fearing 649-0745



TRIPS

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

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.



MYSTERY TRIP CLUES

Guess three destinations and win a prize!!!

Where are we going? Make it with a brush, you need 2 horns, mother has one, creamy ice, bubbles, a leap of faith, more bubbles, in a book, they are watching, what is its age? old time ride, where we hope to go, you need a hat with a 3-inch brim, just a kennel, a patch of dirt



TWINS VS CHICAGO WHITE SOX BASEBALL GAME

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

Join us for a bus trip to see the Minnesota Twins take on the Chicago White Sox at Target Field.

Cost: \$69

Sign up deadline: May 26

THE GREAT RIVER SHAKESPEARE FESTIVAL

The Great River Shakespeare Festival is composed of Shakespearean equity actors drawn from across the country. The core of the company returns each season and they provide the best interpretation of Shakespeare on Minnesota. This is their 14th season. We will again follow the schedule of the past several years: bus to Winona with Phillip Spensley giving us background on the play, the play at 2:00, dinner with the actors after the play, and a delightful early evening return to Northfield along the Mississippi.

Fees: \$90 for a single play, \$160 for both plays

Group Leaders: Bill and Char Carlson
COMEDY OF ERRORS - SHAKESPEARE IN WINONA

Wed, Jul 5 11am - 8:45pm

Comedy of Errors tells the story of two sets of identical twins that were accidentally separated at birth.

RICHARD III - SHAKESPEARE IN WINONA

Wed, Jul 19 11am - 8:30pm

This is a powerful drama of deception, political manipulation and murder.

TRIP: THE MYSTERY TRIP RETURNS!!

Thu-Sat, Jul 13-15 6:30am - 8:00pm

The Mystery Trip Returns!!
Time: depart 6:30 am, July 13, return 8:00pm, July 15

Once again the Travel Committee is taking fun-loving and daring members on a mystery trip. This July the trip will be for 3 days and two nights to ??? No telling where Norma will take you! The costs below include bus, hotel, tickets for events, tours and all meals except 1 breakfast, 1 snack, 1 lunch and drinks at meals. How daring and curious are you??? Fees: The cost is determined by the number of people per hotel room:

1 adult/room - \$435

2 adults/room - \$360 each 3 adults/room - \$335 each

4 adults/room - \$322 each

Group Leader: Norma Monroe

TRIP: JONATHAN PADELFORD BOAT TRIP

Wed, Aug 2 11:15am - 5:15pm

Join us for a narrated tour on an authentic sternwheeler along the mighty Mississippi. Sights along the way include: the St. Paul High Bridge, Pig's Eye's Cave, the Minnesota River mouth, and Pike Island. Lunch on your own before the cruise at Joseph's Grill.

Limit of 25 Cost: \$45

Sign up deadline: July 24

Northfield Senior Citizens, Inc.

Minutes: Northfield Senior Citizens, Inc. Board of Directors meeting, March 23, 2017.

Directors present: Mary Auge, Bernard Borene, Tom Brawley, Duane Everson, Bill Gruszewski, Gordon Kelley, Marvin Kormann, Ken Lee, Elizabeth Olson, Jane Persons, Greg Smith, Dan VanTassel

Absent: Beth Endert, Richard Jackson, Yosh Soltis, Staff present: Lynne Pederson, Craig Swenson, Elaine Grisim

1. CALL TO ORDER

The meeting was called to order by Gordon Kelley at 3:00 p.m.

Action: The agenda was approved and seconded. Action: Motion and 2nd to approve the February 23, 2017 board minutes. Approved.

2. REPORTS

Review of Financial Reports

Bill Gruszewski reviewed the February 28 financial statements.

Action: Motion and 2nd to approve the January financial statements. Approved.

Finance Committee

Bill Gruszewski reported. March 16 meeting minutes were reviewed. Income is at 15.05% and expense is at 15.64% compared to projected 16%. A new treasurer will be elected at the Annual Meeting on April 27.

Advancement Committee

Jane Persons reported. A representative from the Minnesota Community Foundation will talk to the committee at the April meeting on Annual Fund Drive planning. A dance is planned for the Annual Fund Drive Kick-off on May 6.

Facilities Committee

Mary Kormann reported. The city is yet to decide when to move forward on the roof project. Our role will be to coordinate the timing of the roof project with the pool closing. The parking lot will be resurfaced when the city is preparing other asphalt projects. The fire alarm panel has been moved to the boiler room. A \$3000 grant was received for landscaping around the electronic sign. A decorating consultant from Gabberts has provided Lynne with suggestions on updating the lobby area.

Membership Committee

Elizabeth Olson reported. Membership numbers continue to grow. Calls by the membership committee to new members will resume.

Nominating Committee

Four persons have expressed interest in serving on the board. The nominating committee can now offer a slate of nominations at the Annual Meeting.

Executive Director Report

Lynne Pederson reported. Staff is working on a space study to see what rooms are over and underutilized and what options there may be to expand usage for now and the future.

Staff have been working on items for the next Strategic Plan; each committee will take the plan and go over it at their next month's meetings to add and/or work through some of the items.

NRC has requested that we contribute a prize for their annual golf classic.

3. OLD BUSINESS

4. NEW BUSINESS

The Annual Meeting will be held on April 27 at 1 p.m.

A focus group met with Jan Eckhart and Steve Penn regarding Branding of the Center. Lynne provided the board information about what they could offer in a Phase I and II Branding Plan.

Action: Motion and 2nd to approve signing of the

BOARD OF DIRECTORS

contract with Jan Eckhart and Steve Penn for Phase I of their Branding Plan. Motion approved.

Overview of upcoming meetings

5. ADJOURNMENT

The meeting was adjourned at 4:56 p.m.

DONORS Thank you to these March Donors

Berit Anfinson, David & Joey Appleyard, Bernard & Mary Auge, Solveig Bailey, Robert & Teresa Ballentine, Sherry Behrens, Dennis & Beth Berry, Bernard & Linda Borene, Patricia Brenden, Tom & Mickey Brodin, Judy Broske, Warren & Karen Broughton, Mary Brown, Arlene Bultman, James & Heather Cannaday, William & Charlotte Carlson, Lyla Cole, Eileen Cooper, Cleve Crowningshield, Tom & Patsy Pender/Dew, Thomas DeWolfe, Zora Dowell, Winnie Drentlaw, Larry & JoAnn Edwardsen, Chris Ellison & Gene Finger, Beth Endert, Ruth Eppen, David & Vicky Follansbee, Patricia Forsyth, Jerry & Diane Gehler, Gerry & Carol Gengenbach, Diane Genova, Marie Gery, Malcolm & Jacquelyn Gimse, James Glover, Bonnie Gretz, Elaine Grisim, Jim & Dorothy Hammer, Jerry & Liz Hankins, John & Donna Jadwinski, Georgene Johnson, Jackie Johnson, Marie Kainer, Kenneth & Judy Kaul, Julie Klassen, Marv & Rose Kormann, Neidra Krebs, Gary Kruse, Elaine Leroy, Judy Madland, Mike & Ann McGovern, Harriet Menard, Barbara Meyer, John & Sharon Micklo, Jimmilee Miller, Susan Mosiman, Barbara Mount Sahl, Alice Nasby, Mary Olander, Joan (Jo) Olson, Elizabeth Olson, Lynne Pederson, Ken & Roberta Persons, Gordon & Emelda Rasmussen, Myrtle Ringlien, Richard Sellers, Northfield SHARES, Dale & Peggy Sheldon, Eulalie Smestad, Bardwell & Charlotte Smith, Diane Splettstoeszer, Margaret Stary, Kenneth & Sharon Steinhouse, Sharon Stoeck, Pat Sunquist, 409 Viking Terrace, Harley Tate, Dorothy Thibodeau, Chuck & Edie Thomas, Shirley Tollefson, Robert & Donna Vanderhoof, Sue Voegele, Linda Wagenbach, Elizabeth Williams, Veteran of Foreign Wars Post 4393

MEMBERSHIP Welcome to these new members

Robert Moore, William Crews, Scott Hamblin, Marie Larson, Teresa Graham, Linda Ripka, Margaret Mode, Rick & Mary Schmidt, Kathy Gearon, Bonnie Sadauskis, Fred & Carole Gerbig, Harley Jones, David Sudermann, Clare O'Connor, John Dragelin, Lori Underdahl, Janice Lehmkuhl, Allie Naze, Theresa Switzer, Lauren Egdahl



DIRECT YOUR DOLLARS

Remember to save your receipts when you shop for groceries at EconoFoods. Turn in your original receipts at the reception desk to be placed in the Direct your Dollars box.



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 Manager / 645-1399
Kristi Casson

Dining Site / 664-3735
Roxann Berndt

Administration

Manager / 664-3703
Elaine Grisim

Membership

Coordinator / 664-3704

Jackie Johnson

Kathy Bjerke

Evening/Weekend

Receptionists / 664-3700

Mary Brown,

Beth Endert,

Barb Henwood,

Ruth Johnson-Wirth,

Janice Kasa,

Pat Sunquist,

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.



Northfield Retirement Community is an Equal Opportunity Provider.

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



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.

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