



By Lynne Pederson, *Director*



## INSIDE



## Frank vs. Snoop Dog

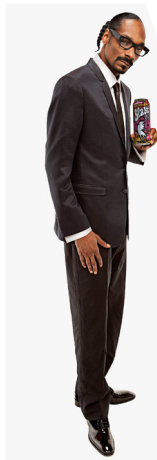


**Did you watch the Super Bowl game?** I watch it for the commercials and put up with the football. This year's game was actually a pretty good game for a

Superbowl. Many super bowl games are often one-sided and or low scoring. This one went right up to the last minute. The half time show is anticipated for the entertainers, what they will be wearing, singing, and if there are any wardrobe malfunctions. This year the music was by Rap artists. The last couple of generations did not grow up listening to Rap music. I don't remember one rap artist back in the teen years so I admit that I find it hard to understand the lyrics and I don't have an appreciation for the style. But my grandkids do and in order to stay up to speed of what goes on in their lives, I try to at least recognize the names of the rappers and singers they listen to. When the grandkids are not in the car, the Frank Sinatra channel is playing on the car radio most of the time, so recognizing todays music is an accomplished feat when it happens.

The people that I was watching the

game and half-time show with ranged in the 50 to 70+ age, but they could have been my parents age for how they were reacting and what they were saying about the music. I know my parents lived with one eyebrow raised most of the time through my teenage years, especially when Elvis, with his gyrating hips, sang about blue suede shoes and the Beatles with their long hair and singing about yellow submarines came onto the music scene. My friends who were complaining so vocally about not being able to understand the



words or know who the entertainers are, are the same people who as teenagers were singing and dancing to Herman's Hermits, Red Hot Chili Peppers or Pearl Jam. I was actually cheerleading for the entertainers against my friends who were being so narrow minded and negative about this

music genre. I thought that they were showing tendencies on what ageism is based on – lumping adults as a group who cannot adapt, accept new ideas, and like to consider the old familiar ways to be best. I do not have the expectations that all age groups will embrace Rap music... but I think  
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*Things are on the move at FiftyNorth!*

Stop in and check out the expanded Fitness Workout Spaces and the newly relocated Art Room. See page 12.



Follow FiftyNorth and Used-A-Bit Shoppe on Facebook

**SUNDAY, MARCH 13**



## Author Talk

### America's Earliest Civil Rights Sit-in

**Samuel Wilbert Tucker:**

***The Story of a Civil Rights Trailblazer and the 1939 Alexandria Library Sit-in***

**Saturday, March 26  
10:30-12:00am**



Refused a library card at the public library, twenty-six-year-old African American lawyer Samuel W. Tucker organized a sit-in to protest the library's whites-only policy in 1939. He defended the protesters when they were arrested for disorderly conduct. Facing down Virginia's "massive resistance" to school desegregation after the 1954 Brown v Board decision, he continued to fight unrelentingly for fairness, equality and justice.

Author Nancy Noyes Silcox's presentation includes details about the sit-in and Tucker's career as a civil rights lawyer. She shares stories of her research journey that led her to unexpected connections and information.

Silcox wrote Tucker's biography to help young readers understand that change requires the determination and courage of many ordinary people, not only the ones who become famous.

Growing up in New Ulm, Silcox now lives in Northfield. As a Peace Corps volunteer in 1968, she served in Guyana, South America. She has been a school librarian in Alexandria, Virginia, Egypt, Belgium and Ukraine.

Currently, Silcox is working on *The Diary of Caroline Beck*, a German Immigrant, 1856-1863. It's historical fiction for young adults about the early history of New Ulm.

**For more information, visit her website:**

[www.nancynoyessilcox.com](http://www.nancynoyessilcox.com)

Samuel Tucker books will be on sale after the presentation.

**Presenter:** Nancy Noyes Silcox (*FiftyNorth Member*)

**Capacity:** 25

**Cost:** FREE

**Room:** 103

### Samuel Wilbert Tucker

The Story of a Civil Rights Trailblazer  
and the 1939 Alexandria Library Sit-In



Nancy Noyes Silcox



*Alexandria Black History Museum  
Arrested Protesters  
Alexandria Public Library  
August 21, 1939*





## Member News



### FABRIC DONATIONS FOR BOOMARANG BAGS

We are collecting fabric at FiftyNorth for the Boomerang Bag Project. The fabric can be previously used, or any fabric you are not going to use; preferably at least an 18" square piece. It

can be old drapes, upholstery material, or cotton fabric. This repurposing also keeps the material out of the landfill. The fabric will all be made into Boomerang Bags to replace plastic bags and will be given out at no cost.

Please drop your fabric off at FiftyNorth anytime in March and April.

Thank you. ~ Questions: please call volunteer Deb Roberts (218-839-1809)



### HELP SHAPE THE FUTURE OF FIFTYNORTH

FiftyNorth Board of Directors Nominating Committee are seeking candidates for openings on the board to be elected at the April Annual Meeting. If you are interested, or have someone that you would like to suggest as a candidate, please contact CC Linstroth at 952-818-0180 or cclinstroth@gmail.com.



### FIFTYNORTH VOLUNTEERS

Save the dates of Sunday, May 15 through Saturday, May 21. We will have a sign-up sheet for drivers for Meals on Wheels.

The meals are picked up at the Northfield Hospital and left outside the recipients door or entry of apartment building.



### THE FIFTYNORTH COMMUNITY BAND PERFORMS

**JOIN US Monday, March 14 at 3:00pm** in room 103 at FiftyNorth. The Band has been working on a selection of new music and you won't want to miss it! Open to all, bring your friends and support the Band.

### THE NEIGHBOR LADY

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Errands • Companionship  
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# Wellness



MARCY KRAMER

## FALL PREVENTION

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

Falls and fall-related injuries are among the most common but serious medical problems experienced by older adults. Nearly one-third of older people fall each year, half of which fall more than once per year. Over 3 million Americans over the age of 65 visited hospital emergency departments in 2019 due to fall-related injuries, with over 1.6 million being admitted. Learn how to prevent falls, how to make your living space less of a fall risk, and how to maintain strong bones and muscles that will help lower your chances of fall risks.

**Instructor:** Marcy Kramer

**Capacity:** 15

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

**Space:** 103

## FITNESS CLASS CHANGES

- Monday 5-6pm Zumba with Victoria is moving to Wednesdays 9:30-10:15am.
- Wednesday Zumba Toning with Victoria time change to 4:30-5:30pm
- Wednesday 9:15-10am Cardio Dance has been cancelled.
- Thursday 6:15-7am Kickboxing and Strength class will no longer be hybrid – it is now ZOOM only.
- Friday 6:15-7am Core & Stretch class will no longer be hybrid – it is now ZOOM only.

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00 AM	CARDIO & STRENGTH INTERVALS (6:15-7)	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						STRONG Nation™ WITH VICTORIA NOLASCO (8:30-9:30)		
9:00 AM	CARDIO DANCE AND DRUMSTICKS (9:15-10)	BEGINNING YOGA (VINYASA) (9:15-10:15)	ZUMBA WITH VICTORIA NOLASCO (9:30-10:15)	SLO FLO YOGA (9:15-10:15)	CIRCUIT TRAINING (9:30-10:30) No open fitness		YOGA FUSION (9:30-10:15)	
9:30 AM								
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	LINE DANCING (1-2)			
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)	ZUMBA TONING WITH VICTORIA NOLASCO (4:30-5:30)					
5:00 PM								
5:30 PM		INTERMEDIATE YOGA (5:30-6:30)						
6:00 PM								
6:30 PM								

**INTENSITY KEY:**

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





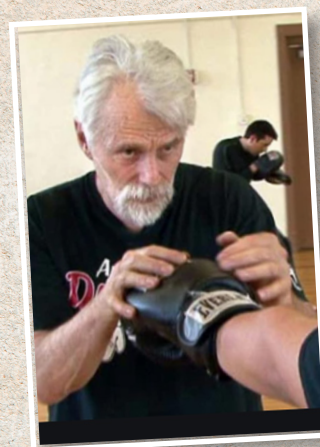
# Fitness

## BOXING (6 SESSIONS) WITH GORDON MARINO & VICENTE ALFARO

**Mondays, March 7, 14, 21, 28, April 4, 11**  
**6:00-6:45pm**

Join world-famous professor of philosophy, former boxer, and veteran boxing trainer Gordon Marino, and award-winning boxing analyst, professional boxer, and former Minnesota Feather Weight Champion Vicente Alfaro, for a 6-week program in which you will acquire the basics of “the sweet science” e.g. boxing stance, footwork, jab etc...

In learning how to throw and block punches you will also enhance your coordination, stamina, and physical as well as mental strength. Once you have completed this introductory class you will be able to watch boxing with an educated eye.



(6 sessions)

**Instructors:** Gordon Marino and Vicente Alfaro

**Capacity:** 9

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

**Registration deadline:** March 6

**Space:** Fitness Studio

### 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						



# 11th ANNUAL TABLE TENNIS TOURNAMENT

Saturday, April 30 at the Northfield Middle School

Singles at 9am – Doubles at 12:30pm



FiftyNorth is sponsoring a “friendly, non-sanctioned, and open” Table Tennis Tournament for players (men and women) of all ages.

The tournament features a choice of three singles events and a choice of three doubles events.

In 11 years, the tournament has grown to be one of the largest table tennis tournaments held in Minnesota. Many of the highest rated players in Minnesota including from Rochester and the Twin Cities Clubs participate, in addition to many local players who are active in one or more of the 4 sessions of table tennis offered at FiftyNorth each week.

For an entry form or more information, contact tournament coordinator Tom Graupman:

**tomgrapmann@gmail.com or call/text his cellphone: 612-282-4105.**

Or download the entry form from the FiftyNorth home page: [www.FiftyNorth.org](http://www.FiftyNorth.org)

**Spectators are welcome!!** All spectators and athletes are required to wear masks at all times during the tournament.

## 2022 VIRTUAL LAND BASED FITNESS CLASSES (updated February 8)

### AVAILABLE THRU ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	CARDIO & STRENGTH INTERVALS (6:15-7)	STEP INTERVALS (6:15-7)		KICKBOXING AND STRENGTH (6:15-7)	CORE & STRETCH (6:15-7)	
6:30 AM						
7:00 AM			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)
11:00 AM						
11:30 AM						
12:00 PM	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)	SILVER SNEAKERS BALANCE (12-12:45)	SILVER&FIT (12-12:45)		
12:30 PM						
1:00 PM			LINE DANCING (1-2)		YOGA BALANCE (1-2)	LINE DANCING (1-2)
1:30 PM						
4:00 PM						
4:30 PM		SILVER SNEAKERS STRENGTH (4:30-5:15)				
5:00 PM				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



# FiftyNorth 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.

**MARCH -**  
**THIS TIME NEXT YEAR WE'LL BE LAUGHING**  
*by Jacqueline Winspear*

A personal memoir this author's family's resilience in the face of war and privation.

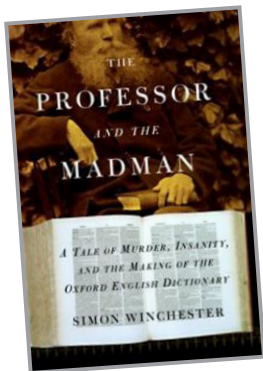


Jacqueline Winspear's memoir tackles family issues like her paternal grandfather's shellshock, her mother's evacuation from London during the Blitz, her soft-spoken animal-loving father's torturous assignment to an explosives team during WWII, her

parents' years living with Romani Gypsies; and Jacqueline's own childhood working on farms in rural Kent, capturing her ties to the land and her dream of being a writer at its very inception.

**APRIL-**  
**THE PROFESSOR AND THE MADMAN**  
*by Simon Winchester*

In *The Professor and the Madman: A Tale of Murder, Insanity, and the Making of the Oxford English Dictionary*, Simon Winchester tells the story of Dr. William C. Minor, a retired American army surgeon found not guilty of murder by reason of insanity in England during the nineteenth century.



**MOVIES START AT 1:00PM**

## Movie Fridays!

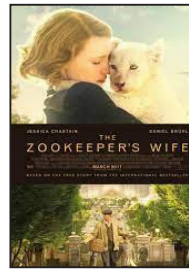
Enjoy movies together on the big screen at FiftyNorth. 1\$ donation is recommended.

**MARCH 4**  
**THE BOY IN THE STRIPED PAJAMAS**  
 2009 94 mins.



Bored and restless in his new home, Bruno, an innocent and naïve eight-year old, ignores his mother and sets off on an adventure in the woods. Soon he meets a young boy, and a surprising friendship develops. Set during World War II, this remarkable and inspiring story about the power of the human spirit will capture your heart.

**MARCH 11 THE ZOOKEEPER'S WIFE**  
 2016 126 mins.



Based on a true story starring Jessica Chastain and Daniel Bruhl In 1939 Poland, Antonina Zabinska and her husband successfully run the Warsaw Zoo and raise their family in an idyllic existence. Their world is overturned, however, when the country is invaded by the Nazis and they are forced to report to the Reich's newly appointed zoologist.

**MARCH 18**  
**THE BRIDGE ON THE RIVER KWAI**  
 1957 161 mins.



When British P.O.W.'s build a vital railway bridge in enemy-occupied Burma, Allied commandos are assigned to destroy it. Seven 1957 Academy Awards - this movie continues today as one of the most memorable cinematic experiences of all time. Come view for yourselves!

**MARCH 25**  
**THE BOOK THIEF**  
 2013 131 min.



Based on the beloved book "Indiewire" comes the story of a girl who transforms the lives of those around her during World War II, Germany.



## Director's Message - cont.

that we should be open to it. It is part of the music that our kids and grandchildren listen to and sing along to...no different than when we sang along to the Beatles or The Backstreet Boys on the car radio... and then our Dads turned the dial to KYMN.

Let's not be curmudgeons – no matter what age we are. Let's be open to what is new, try it out, at least be in the know... go Snoop Dog! And then perhaps decide it is not for us and turn MPR, Frank and Garth, or if the grandkids are in the car ... Hits 1 up a little louder.

As you read this, I am on vacation in Florida soaking up the sun, walking on a beach, and sitting around the pool reading sappy novels. I'll be thinking about FiftyNorth...but not too, much. Until next month... *onward and upward.*



## Art Classes



### ZOOM - NEW FUSED GLASS SUNCATCHER

Friday, March 11  
1:00-2:00pm

The first day of spring is March 20th. Welcome in Spring with us and create a newly designed suncatcher. This online fused glass class will allow you to create your own spring flowers in this 2" by 6" inch sun catcher to hang in your window. No experience needed.

**Instructor:** Gerie Thelen

**Capacity:** 12

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

**Space:** Zoom

**Registration deadline:** March 8

#### NOTES:

•Kits can be picked up on Wednesday, March 9. Return completed suncatchers to FiftyNorth following class. When they are done being fired in the kiln, we'll notify you to pick up.

## Millstream Commons

Assisted Living in Beautiful,  
Downtown Northfield



### No waiting list!

Tour today.

Call/text: 507-649-4947

email: [reply@threelinks.org](mailto:reply@threelinks.org)  
[threelinks.org](http://threelinks.org)

Millstream Commons is an organization of

*Three Links*

Serving the Northfield area community since 1899.



I can walk to shops, the farmers market, restaurants, parks and more!





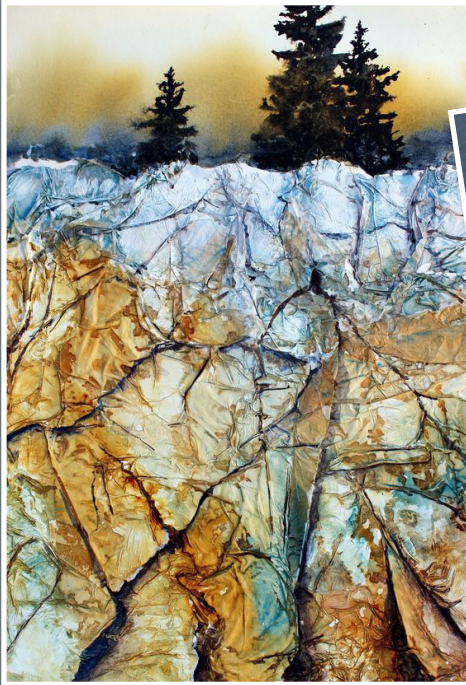
## Art Classes *cont.*

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

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

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

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



## Mixed Media Abstracts!

### **CAPTURING NATURE WITH MIXED-MEDIA ABSTRACTIONS**

**Tuesday, March 15**

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

Mixed media is art-making that allows the artist to create textures, patterns and color using multiple materials. It is a 'mix' of paint, fabric, papers, string, yarn, wire, metal and other actual finds from the earth including small stones, sand, weeds, slivers of wood, and more.

The key is to enjoy yourself creating your own version of natural elements which can include water, winter scenes, forests and land formations.

Most materials/supplies will be available to you, but in your kit you can add anything you want.

... Almost. No food please. If it remains cold, finding stuff outside may be difficult, but not impossible. We will also have nature finds available.

#### **Ideas to bring:**

Photos, letters, newspapers, fabric, eggshells, magazines, lace, mesh netting, etc.

**Instructor:** Kate Douglas

**Capacity:** 14

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

**Space:** 105



# 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](http://www.FiftyNorth.org/classes)

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

**Presenter:** Senior Learning Network

**Capacity:** 10

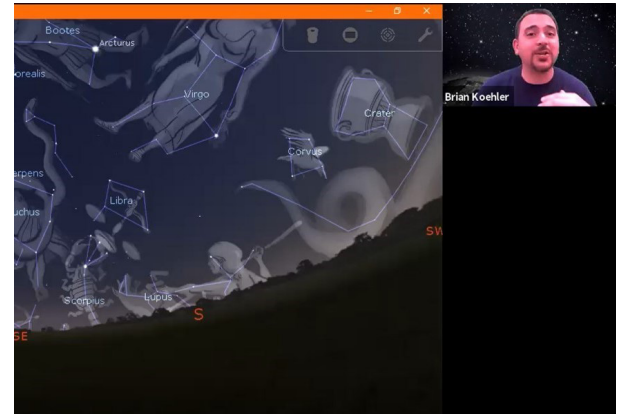
**Cost:** \$9 nonmbr, \$7 mbr, \$0 platinum

**Space:** 103



## SLN - FORDS THEATRE: AFTER THE ASSASSINATION Tuesday, March 1 1:00-2:00pm

After President Lincoln was assassinated at Ford's Theatre on April 14, 1865, an angry public threatened to burn the building to the ground. But Ford's Theatre still stands over 150 years later. Ford's Education explores what happened to the building after the assassination, who occupied it, and how it came to be a working theatre once more. In this interactive program, participants will look at historic images of Ford's Theatre and the Petersen House from the 1860s through today. This session is 45 minutes long plus time for Q&A.



## SLN - TREWORGY PLANETARIUM AT MYSTIC SEAPORT MUSEUM: BACKYARD STARGAZING Tuesday, March 8 1:00-2:00pm

It's time to re-visit a favorite presenter! Brian from the Treworgy Museum will keep you happily star gazing as we explore the current night sky! He will share information about the moon, visible planets, and the constellations that are visible this time of year – where they are and how to find them in the sky. By the end of our program, you'll have learned so much, and everything you need for backyard stargazing!



## SLN - DUNES NATIONAL PARK: BIRD EASY Tuesday, March 15 1:00-2:00pm

Indiana Dunes attracts a diverse array of birds, including hawks during migration, waterfowl along the shoreline, and colorful tanagers found in the trees and bushes. Join Indiana Dunes park rangers live on camera to learn the basics of birdwatching and what it means to be a "birder"!

This 30-45-minute program introduces learners to the 7 S's to consider when learning and identifying bird species. Basic birding tools and techniques will also be discussed.



## Lifelong Learning *(continued)*



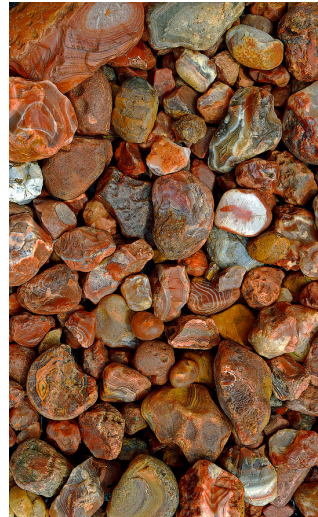
### SLN - ADAMS NATIONAL HISTORIC PARK: "AMERICA'S FIRST FATHER AND SON PRESIDENTS"

**Tuesday, March 22**

**1:00-2:00pm**

Join us as we learn how the Adams story includes four generations of Admasses, including two Presidents. We will focus on the stories of the two First Ladies, their families, and the collection of artifacts that help tell the stories. Adams National Historical Park encompasses the birthplaces, burial place, and the Old House at Peace field, which provides opportunities to connect with the places that shaped the lives and ideas of the statesmen who, through lengthy domestic and international public service, had a profound and lasting influence on United States nation building, constitutional theory, and international diplomacy. All the objects in our collection are original to the family and were gifts from the Adams family in 1946.

*Kelly is the Curator for Adams National Historical Park has directed the Cultural Resource Department for over 30 years. She began her Park Service career as a Park Guide at Adams NHP and began her research in the Adams's papers looking for connections and references to events and objects associated with the Adams's homes and artifacts.*



Lake Superior Agates



Geode

### ROCKS NEAR YOU

**Monday, March 14**

**10:30-11:00am**

**Sandra Dockstader; FiftyNorth member, will be making a short presentation about the rocks on display in the FiftyNorth Gallery cases March 1 through March 31.** She will share the experience of finding them in nature including Lake Superior agates, geodes and some rocks you may not know are in Minnesota and Iowa.

Sandra was interested and collected stones for many years. She started learning more about rocks from all over the world during the winter of 2021. Sandra retired from teaching and joined the Minneapolis Mineral Club. She went on several field trips with the club during the summer of 2021. She met many wonderful people interested in rocks and had fun mining her own. She traveled to Montana, Iowa, Michigan, Arkansas and northern Minnesota. She collected moss agates, petrified wood, Montana black diamonds, fossils, copper, quartz crystals, Lake Superior agates and many more rocks. Meeting new friends in the club inspired her to start cutting, polishing rocks and making jewelry. It has been fun learning to use lapidary equipment and learning about how rocks can be found in nature.

**Presenter:** Sandra Dockstader

**Capacity:** 15

**Cost:** FREE

**Space:** 103

*(continued on page 12)*



## Lifelong Learning *(continued)*

**Discussion: COMMUNITY SOLAR IN NORTHFIELD**  
**SATURDAY, MARCH 12 AT 1:00pm**



Come join Northfield Area Community Solar and Join Solar/Novel Energy for a discussion on the benefits of Community Solar in Northfield.

Community solar is where area residents can sign up to get a discount on their electricity bills, with no added costs, and no equipment needed.

Stop on by for prizes and learn more about how Community Solar benefits you and your community.

**Presenters:** Michael DeLong; JoinSolar and a representative from Northfield Area Community Solar

**Cost:** FREE

**Space:** Room 103/105

## THINGS ARE ON THE MOVE AT FIFTYNORTH!

The Art Studio has moved to room 105 for more classroom space. This room is a multiple use space where several groups and group activities will take place.

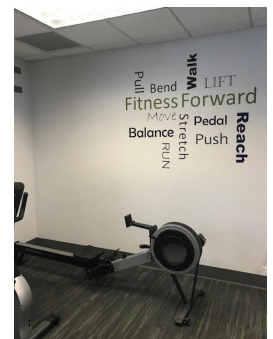
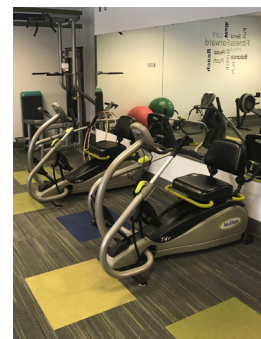
The space that was the Art Studio is now the Functional Fitness Room. Carpet has been laid, two large functional fitness equipment pieces have been moved in along with free weights, a stretch table, plus more. This allowed the remaining equipment in the Fitness Room to be spread out more.



FUNCTIONAL FITNESS ROOM *(former Art Studio)*



## Check it out ...



FITNESS STUDIO *(Lots more room!)*



# Travel News!

For Full descriptions visit the Trips page on our website:  
<https://fiftynorth.org/activities/group-activities/trips/>



**TRIP - THE SHELDON WITH COLLEEN RAYE**  
**Friday, April 8**  
**9:45am-5:30pm**

Enjoy a great meal at Liberty's in Redwing before seeing Colleen Raye and the St. Croix Valley Orchestra. Experience the glorious themes from the movies with Colleen Raye and The St. Croix Valley Symphony Orchestra. This 50-piece ensemble and 30 voice choir is under the direction of Kristin Tjornehoj. Colleen Raye will be guiding us through this journey with world-class vocals, charisma and humor and you can even sing along on a few songs!

**Lunch included at Liberty's:**  
 choice between Roast Beef or Meat Loaf

**Trip Leader:** Craig Swenson  
**Capacity:** 25  
**Cost:** \$80  
**Registration Deadline:** March 25



**TRIP- LITTLE THEATER IN OWATONNA 'SOMETHING ROTTEN'**  
**Sunday, May 1**  
**9:45am-4:45pm**

Enjoy a day of fun. The first stop will be Cabela's to do a little shopping, then

venture over to Olivia's Café in Owatonna to grab bite of their famous pie before heading to see "Something Rotten" at the Little Theater in Owatonna.

Set in the 1590's, brothers Nick and Nigel Bottom are desperate to write a hit play but are stuck in the shadow of that Renaissance rock star known as, "The Bard". When a local soothsayer foretells that the future of the theatre involves singing, dancing, and acting at the same time, Nick and Nigel set out to write the world's very first musical. Lunch not included in price.

**Trip Leader:** Norma Monroe  
**Capacity:** 20  
**Cost:** \$70  
**Registration Deadline:** April 22

**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

# January Donors

Our sincere gratitude to all who have donated. We couldn't even come close to doing what we do without your support — *thank you!*

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 Linda Wagenbach  
 Larry & Ginny Walsh  
 Patricia Warner

# January New Members

*It's sure to be an even better place because you're here!*

Martha Amundson, Paul Chavis, Alberto Conde-Rosas, Karen Dempsey, Martha Easter-Wells, Linda Gagnon, A Jay Grantier, Steven Hacker, Theresa Heiland, Debra Hince, Pam Juvland, Louise Lucas, Lynn Mack, Kristi Maher, David Miller, Kristine Mortensen, Donna Nelson, Joan Odd, Mark Ostgarden, Martha Stromberg, Patricia Zeller

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

1651 Jefferson Pkwy, Northfield, MN 55057

## Staff Directory

### Director:

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

### Assistant Director/Fitness Coordinator:

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

### Administration Manager:

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

### Program Coordinator/ Community Outreach:

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

### Used-A-Bit Shoppe Manager:

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

### Bookkeeper:

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



### Front Desk (Reception Staff):

507-664-3700  
Mary Brown, Darla DeLong, Bonnie DuPay,  
Beth Endert, Nancy Glodfelty, Cathy Graff, Pat Nelson,  
Jane Persons



### Lobby Hours:

Monday–Thursday: 6am–7pm  
Friday: 6am–6pm  
Saturday: 7am–2pm  
Sunday: Closed



### Fitness Center Hours:

Monday–Thursday: 6am–7pm  
Friday: 6am–6pm  
Saturday: 7am–2pm  
Sunday: Closed



### Pool Hours:

Monday–Thursday: 6am–7pm  
Friday: 6am–6pm  
Saturday: 7am–2pm  
Sunday: Closed



### CaféNorth Hours:

Pre-order: 507-664-3700 by 11:30 one day prior  
Monday–Friday drive up: 11am–11:30am



### Used-A-Bit Shoppe: (Donations by appointment)

624 Water Street, River Mall, 507-645-1399  
Tuesday–Saturday: 10am–5pm  
Sunday & Monday: Closed